

TODAY'S VERSE

1 Corinthians 15:58 Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Eric Thornbury smile? "Directing the band when they play well; that makes me happy. Also, my own children, puppies, playing trumpet and an ice-cold beer," said the Noblesville Schools director of bands and music department chairperson.

And Another Few Things...

1. Women Artists

Lt. Gov. Suzanne Crouch and the Indiana Arts Commission yesterday announced details for the 2023 Hoosier Women Artists Exhibition and began accepting submissions.

Established in 2008, the Hoosier Women Artists Exhibition celebrates the importance of art and creativity in Hoosier communities and highlights the work of talented female artists throughout Indiana.

Submissions are open from now to Friday, Feb. 3 and can be made through the Indiana Arts Commission's Online Application System.

A reception will be held March 29, 2023 at the Indiana Statehouse to honor and showcase the selected artists.

For more information on the program and eligibility requirements, visit [in.gov/ig/ask-suzanne/hoosier-women-artists/](http://www.in.gov/ig/ask-suzanne/hoosier-women-artists/).

2. Holiday Closure

Most County offices will be closed next Monday, Jan. 16.

Typically, Hamilton County Government is closed in observance of this Holiday. There are occasional exceptions. If in doubt, please check directly with the office or agency in question.

3. MLK Day Event

The Indiana Civil Rights Commission (ICRC), the Dr. Martin Luther King, Jr. Indiana Holiday Commission, Indiana Black Expo, Inc. and AFSCME Local 725 will host the 32nd Annual Dr. Martin Luther King, Jr. Indiana Holiday Celebration with two events beginning tomorrow.

Tomorrow at 6 p.m., ICRC will host the 32nd Annual Dr. Martin Luther King, Jr. Indiana Holiday Wreath Placing Ceremony at the Indiana War Memorial: Soldiers and Sailors Monument, the Iota Lambda Chapter of Alpha Phi Alpha Fraternity will be participating in the ceremony.

On Thursday at 12 p.m., noon, ICRC will host the 32nd Annual Dr. Dr. Martin Luther King, Jr. Indiana Holiday Celebration and Award Ceremony at the Indiana Statehouse. The celebration will include Gov. Eric Holcomb and other elected officials honoring Dr. King, along with an awards ceremony acknowledging four individuals for their tireless contributions to the civil rights movement in the State of Indiana.

The keynote speaker on Thursday will be Chief Officer Karrah Herring from the Office of Equity, Inclusion and Opportunity and will feature addresses from Gov. Holcomb and ICRC Executive Director Gregory L. Wilson.

Both events are open to the public; registration is required for Thursday's event. To register, visit eventbrite.com/e/32nd-annual-dr-martin-luther-king-jr-indiana-holiday-celebration-tickets-458385231567

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Speaking to Constituents



Mark Hall - Hamilton County Council The Timesheet

Welcome to the Timesheet. This column is the first of regular communications from an elected official to those that I'm honored to serve.

As your employee it's important that the voters know what I'm spending time on and it's vital in today's climate to be transparent in government. You hired me as your Hamilton County Councilman, and my hope is that you'll choose to be informed by regularly reading this column, getting involved and by asking any questions that you may have.

I began official employment on Jan. 1, but dozens of meetings took place prior to that. Over recent years, attending County Council meetings, Noblesville City Council and Cicero Town Council meetings has allowed important relationships with local officials to flourish.

Hitting the ground running is a top personal priority, making department head and stakeholder meetings, studying the 2023 budget, reading the ARPA meeting minutes and attending several days of new elected official training, critical to a strong start.

See HALL Page A6

Noblesville Schools Launches New Community Communications

Noblesville Schools announced today that they will be launching two new communication platforms to enhance information sharing with the community.

The Connect: State of the Schools print publication is scheduled to hit resident mailboxes later this month and will provide an overview of Noblesville Schools finances, academics, construction, celebrations, challenges, and more.

Also launching in January will be a monthly digital newsletter

In the Know. This publication will provide regular updates on district initiatives, school board meetings, student and staff highlights, and events. Community members can sign up to receive it via email by visiting lp.constantcontactpages.com/su/slmpInp/intheknow

"We hope all residents, including those without children in our schools, will take advantage of these opportunities to learn more about how their tax dollars are being spent, how their future workforce is being developed, and how strong schools make

See COMMUNITY Page A6

We're Doing it Again!

The Noblesville Times once again has free tickets to give away for the 2023 Indianapolis Home Show which runs from Jan. 20-29 at the Indiana State Fairgrounds and Event Center.

All you have to do to win tickets (valued at \$15 each) is send us a selfie of you and our front page (Print or Online Edition). Be sure to tell us who you are, where you are from, how many tickets you would like and a little bit about yourself so we can include it if your photo is selected to publish on our front page.

See AGAIN Page A6

Altman Elected President of the Hamilton County Commissioners



County Commissioner Christine Altman

Christine Altman has been elected president of the Hamilton County Commissioners. She replaces Steve Dillinger in the role. Mark Heirbrandt will serve as Vice President.

Altman was first elected to the Hamilton County Commissioners in 2003. She represents District 1 which includes the City of Carmel and Clay Township.

Prior to becoming a County Commissioner, Altman served on the Hamilton County Council. As a commissioner she is actively involved in many state and local boards representing the citizens and taxpayers of the County. Altman is an active member of the Indiana Commission for Women, having previously been appointed chair of the Commission by former Governor Mike Pence.

Altman and her husband live in Carmel. They have four children and two grandchildren.

Conner Prairie Launches This is Problematic! Podcast

Conner Prairie has launched This is Problematic!, a new podcast spotlighting problematic history and the ramifications still felt today.

No topic is off-limits for hosts Hannah Murphy and Easton Phillips, both Curatorial Research Associates at Conner Prairie. In this season of the podcast, Murphy and Phillips discuss topics from Native American representations and misrepresentations, gentrification in Indianapolis, to the history of William Conner and the property Conner Prairie sits on today.

"Conner Prairie is currently undergoing a shift towards telling a more complete history," Murphy said. "Part of that is acknowledging the problems of

the past. There are more wrongs of the past than time and space to exhibit on site. The podcast format allows for deeper conversation over a wider variety of topics to engage with a broader audience."

Podcast guests include Conner Prairie staff including President and CEO Norman Burns, local historians, and other scholars with expertise in historical events and people.

"We hope that our conversations spark curiosity to learn more about history and explore some of our topics further," Phillips said. "Each episode comes with a source list for further research but also resources for engagement in case guests

See PODCAST Page A6

The Daily Almanac

Sunrise/Sunset RISE: 8:05 a.m. SET: 5:37 p.m.

High/Low Temperatures HIGH: 51 °F LOW: 34 °F

Today is...

- Houseplant Appreciation Day Peculiar People Day Save the Eagles Day

What Happened On This Day

- 1812 The first steamboat on the Ohio River or the Mississippi River arrives in New Orleans, 82 days after departing from Pittsburgh 1863 The Metropolitan Railway, the world's oldest underground railway, opens between Paddington and Farringdon, marking the beginning of the London Underground 1901 The first great Texas oil gusher is discovered at Spindletop in Beaumont, Texas

Births On This Day

- 1945 Rod Stewart English/Scottish singer-songwriter 1949 George Foreman American boxer

Deaths On This Day

- 1971 Coco Chanel French fashion designer and founder of the Chanel Company 2016 David Bowie English singer-songwriter, producer and actor

John Marlowe's Weekly Column



JOHN O. MARLOWE With The Grain

John O. Marlowe's column won't appear this week. The award-winning writer is on break.

INSIDE TODAY

Table with 2 columns: Item and Page. Meeting Notice...A2, John Roberts...A3, Meeting Notice...A3, Service Directory...A4, Classifieds...A4, Casey Williams...A5, Carrie Classon...A5, Brian Howey...A5, Kitchen...A7, A8, A9, Health...A10, A11

HONEST HOOSIER

It was Jan. 9, 2007 that the first iPhone was introduced by Apple CEO Steve Jobs. Kind of amazing how fast it's gone, huh?



TODAY'S QUOTE

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." - Dale Carnegie

TODAY'S HEALTH TIP

Research shows smokers are actually happiest when they are trying to quit. 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.



TODAY'S JOKE

A horse walks into a bar and the bartender looks up and says "hey." The horse nods and says "sure."

OBITUARIES

None

The Times appreciates all our customers. Today, we'd like to personally thank GREG O'CONNOR for subscribing!



7 DAY FORECAST: TUE 34/51, WED 38/51, THU 48/55, FRI 30/33, SAT 25/36, SUN 26/46, MON 36/51

Local School Districts Receive Nearly 200K in STEM Grants

The Indiana Department of Education (IDOE) yesterday announced that 48 school districts and charter schools across Indiana will receive nearly \$2.2 million in STEM Integration Grant funding. Among those named were Carmel Clay Schools, who received \$99,804, Sheridan Community Schools, who received \$20,500 and Westfield-Washington Schools, who received \$74,997.

These grants will support Hoosier schools in integrating science, technology, engineering and mathematics (STEM) instruction and learning opportunities into the classroom, improving access and support for Hoosier students.

"Through STEM education, our students are building skills that will serve them throughout their life, including problem solving, critical thinking, communication



and digital literacy skills," said Dr. Katie Jenner, Indiana Secretary of Education. "We also know that these important skills are essential to meeting the needs of our state's future workforce. The STEM Integration Grant helps Indiana schools continue to grow their capacity to provide high-quality STEM education, provide early exposure to STEM career opportunities and ultimately, set students on the best possible path for future success, both in life and in their career."

First launched in the 2018-2019 school year as the STEM Acceleration Grant, the STEM Integration Grant is a competitive grant that helps schools

increase students' access to STEM courses, programs and resources. The grant focuses on helping schools integrate research-based, high-quality coursework, instructional materials and professional development for educators that helps build a culture of STEM leadership in schools.

Of this school year's STEM Integration Grant recipients, 60% intend to use these funds to develop or improve previously established STEM infrastructure to support applications for the STEM Certified Schools program, which recognizes schools for their focus on inquiry, project-based learning, community engagement, entrepreneurship, stu-

dent-centered classrooms and out-of-school time STEM activities.

This grant is funded by state appropriations to IDOE for STEM program alignment. More than 170 schools have been awarded STEM Integration Grants since 2018, with grants totaling more than \$11.3 million.

The STEM Integration Grant is one of several IDOE-led initiatives focused on improving access to high-quality STEM education. In addition to the STEM Certified Schools program, this includes the launch of the Indiana STEM Cadre in 2022, which develops and implements collaborative professional development for educators. Additionally, Indiana approved new science and computer science standards in 2022 that increased focus on supporting active student engagement in science learning.

Judge Brian Poindexter to Run for Re-Election



Judge Brian G. Poindexter

Carmel City Court Judge Brian G. Poindexter has announced he will seek re-election in 2023.

Judge Poindexter has served as the Judge of Carmel City Court since January of 2009. Governor Mitch Daniels first selected and then appointed Judge Poindexter to the bench to fill a judicial vacancy. The citizens of Carmel Indiana have re-elected Judge Poindexter to this position in 2011, 2015, and in 2019. The cases heard in Carmel City Court consist of misdemeanor cases, typically involving cases related to vehicles, drugs, alcohol, and infractions for traffic violations, and DNR violations.

Before being appointed to the bench he was a Homicide Prosecutor in Marion County Indiana and supervised the Major Felony Division of the Marion County Prosecutor's Office.

In Judge Poindexter's term during the pandemic, the court was transitioned to an emergency courtroom facility. Under Judge Poindexter's leadership, the facility was up and fully operational within three days, ensuring that residents had access even

during the pandemic's toughest times.

"In my next term, I will continue building on vital community relationships and identifying the available local resources that will support the court in addressing the ever-changing issues and challenges the community faces," said Judge Poindexter.

Judge Poindexter places the highest priority on ensuring equal access to justice to all people regardless of station in life. "No individual that comes before a Judge should ever have any concern that will be treated unfairly. I will continue, without fail, to ensure that everyone that stands before the court is treated first with dignity and afforded a fair and impartial hearing," said Judge Poindexter.

Carmel City Court was the first city court in the State of Indiana to make the transition to a "paperless" environment. This was a significant cost savings to the city of Carmel and an environmentally friendly initiative as well.

Judge Poindexter is a past president of the Rotary Club of Carmel, a past president of the Board of Directors of Janus Development Services, and a former member of the Board of Governors of the Indiana State Bar Association.

Judge Poindexter lives in Carmel with his wife, Anne Hensley Poindexter, a founding partner with the law firm of Altman Poindexter & Wyatt LLC. Their daughter, a graduate of Carmel High School, is currently in medical school.



Photo courtesy of HHSC

Hamilton Heights High School's DECA chapter has earned the THRIVE Level recognition this year. Of the 525 DECA chapters across the country recognized, Heights was just one of seven Indiana schools and the only one from Hamilton County to earn this campaign recognition. HHHS Husky Fan Club staff (l-r): Micah Colvin, Aiden Orton, Melissa Lovell, Lydia Lytle, Hannah Smallwood, Addison Matthews, Elijah Bowers, Alex Rickey, and Tanner Orton.

Hamilton Heights DECA Recognized for THRIVE Level Chapter Campaigns

Hamilton Heights DECA was among 525 chapters that achieved THRIVE level recognition this year and will be commended at DECA's International Career Development Conference (ICDC) held April 22-25, in Orlando.

Each fall, DECA offers four campaigns for chapters to complete as part of their program of leadership for the year. These campaigns are designed to grow membership engagement and build lasting partnerships within the school and local community. Chapters that achieve THRIVE level receive a commemorative pennant, flag, and plaque.

The chapters also have an opportunity to participate in ICDC. In order to receive THRIVE level recognition, the chapter completed two out of the three chapter campaigns including the community service campaign, ethical leadership campaign, and promotional campaign.

The Hamilton Heights DECA members who contributed to the THRIVE recognition were Hannah Smallwood, Lydia Lytle, Melissa Lovell, Alex Rickey, Micah Colvin, Aiden Orton, Elijah Bowers, Tanner Orton, Gavin Poland, with the assistance of their advisor, Kim Kaiser.

The DECA organization is made up of marketing students that manage and

operate the Husky Fan Shop. The shop sells Husky apparel and accessories to promote school spirit. The community service promotional campaign highlights activities that the Husky Fan Shop has participated such as "Back to School Bash", Cicero Street Festival, Cicero Tree-Lighting/Christmas Parade, Backpack Buddies, and Ryan White Walk.

The promotional campaign featured new items the Husky Fan Shop offers in the shop to generate sales and recognition such as the "Kinley" shirt - a shirt designed to honor our school facility dog where \$1 from each shirt sold goes back to Kinley's training facility ICAN. The "Red for Ed" shirts are offered to school personnel to promote public education and recognition of our staff.

The Husky Fan Shop also has included new items such as school logo lanyards, license plates, baseball caps, beanies, and blankets. Our "Heritage" and "Husky Gear" items are stock items kept in the store.

"I am so proud of our students," said Kim Kaiser, Chapter Advisor. "This was a re-branding year for the Husky Fan Shop and the students have proven themselves. We have expanded our fan shop inventory and exceeded our sales goals.

We are constantly trying to bring new ideas and promotions to the shop and generate community awareness of the Husky Fan Shop."

This student-run enterprise is Hamilton Heights official spirit wear fan shop and can be accessed online through the link on the high school athletic website.

About DECA Inc.:

DECA is a career and technical student organization that prepares emerging leaders and entrepreneurs who are interested in careers in marketing, finance, hospitality, and management. DECA

enhances the preparation for college and careers by providing co-curricular programs that integrate into classroom instruction, apply learning, connect to business and promote competition. DECA student members leverage their DECA experience to become academically prepared, community oriented, professionally responsible, experienced leaders. DECA is a 501(c)(3) nonprofit with more than 225,000 members in 4,000 high school and college chapters in all 50 United States, Canada, Guam, Puerto Rico and Germany.

Meeting Notice

**Noblesville
Redevelopment
Commission**

The Noblesville Redevelopment Commission meeting scheduled for this Thursday, Jan. 12 at 9 a.m. has been canceled.

PUBLIC NOTICES

You are hereby notified that the Hamilton County Commissioners have petitioned the Commissioner of the Indiana Department of Environmental Management (IDEM) for an order establishing a Regional Sewer District to be known as the Hamilton County Regional Sewer District (RSD).

A public hearing will be held on January 11, 2023, at 6:00 p.m. (local time), at the Commissioners Courtroom in the Hamilton County Government Center, 1 N 8th Street, Noblesville, IN, 46060 to receive public comments on said Petition. IDEM will accept written comments on the petition until February 3, 2023, at the following address:

Mrs. Angela Bottom
Office of Water Quality
Indiana Department of Environmental Management
100 North Senate Ave., IGCN-1255
Indianapolis, Indiana 46204

For more information regarding the formation of regional water and sewer districts, see Indiana Code 13-26. Additionally, an electronic copy of the petition to form the Hamilton County Regional Sewer District can be found at <https://www.in.gov/idem/cleanwater/2400.htm>.

Individuals with disabilities requiring reasonable accommodations for participation in this event should contact the Indiana Department of Environmental Management Americans with Disabilities Act (ADA) Coordinator at:

ADA Coordinator
Indiana Department of Environmental Management
100 North Senate Ave., Suite 1322
Indianapolis, Indiana 46204

Please provide a minimum of five (5) days notification.
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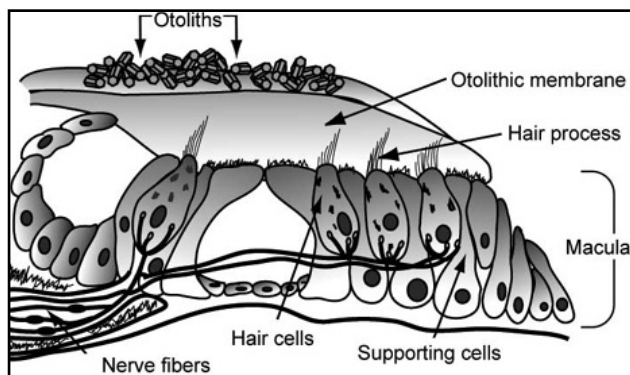
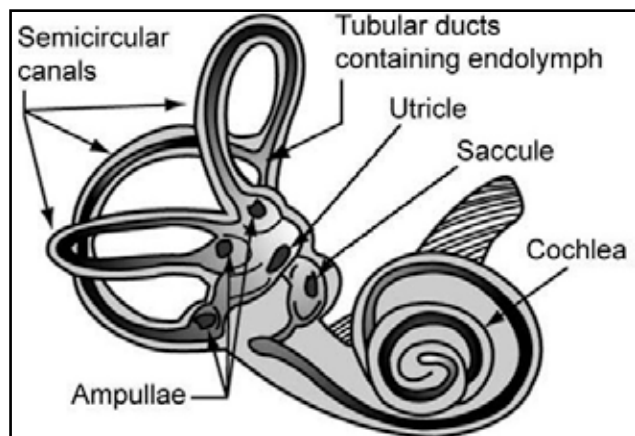
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Photos courtesy of Dr. John Roberts
(Above) Otoliths. (Left) Vestibular

Doctor, My Head is Spinning!



JOHN R. ROBERTS, M.D.
Montgomery Medicine

is not dangerous, paroxysmal indicates it recurs intermittently, and positional refers to the vertigo typically being brought on by changes in body or head position.

I have to crack open the anatomy and physiology books to explain the cause of BPPV. Hopefully, some of you recall the vestibular apparatus from junior high science class. It is the organ that allows us to maintain our balance and is found in the inner ear. This is a truly remarkable and complex organ. I've included a diagram to help you visualize what I'm describing.

We have a vestibular apparatus on each side of our heads. These organs, along with input from our eyes, are constantly monitoring the position of our heads in space in relation to motion and gravity. If one or both of them gives faulty or conflicting information to our brains, we lose our sense of orientation in space.

The three semicircular canals are a key part of the vestibular apparatus and are oriented at 90 degree angles to one other. They are filled with a fluid called endolymph. When we move our heads, the fluid shifts to varying degrees inside each of the three canals, allowing us to detect motion in three

different planes (head turning, nodding up-and-down, and moving forward or backward). Movement of the endolymph acts on a piece of tissue called the otolithic membrane that resides in two other parts of the vestibular system called the utricle and saccule.

The membrane sits on top of tiny hairs protruding from nerve cells that communicate with the brain. When the membrane moves, it wiggles the hair cells that fire off nerve impulses, telling the brain which direction the head is moving.

Resting on top of the otolithic membrane are tiny crystals made of calcium called otoliths. These crystals provide some weight on top of the membrane allowing it to stimulate the nerve cells more easily.

Now that you're an expert in some inner ear anatomy and physiology, what does any of that have to do with BPPV? The cause of BPPV is a problem with the otoliths – they get dislodged from their position on top of the otolithic membrane and move into the semicircular canals. The displaced crystals move in the canals and trick the brain into thinking your head is moving in a direction it is not. This results in the sensation of vertigo.

Tilting the head, rolling over in bed, getting out of a bed or chair, looking up or down, or sudden head motion can all cause the vertigo associated with BPPV.

A good patient history is usually suggestive of BPPV. There is also a few simple movement tests that can be performed in the office to determine if one of the vestibular canals is at fault. You can watch a video demonstration of one of the maneuvers here: goo.gl/HcNIDY.

Most cases of BPPV resolve on their own when the otoliths move out of the semicircular canal. Sometimes medications like meclizine (Antivert) or scopolamine are given to dull the severity of the vertigo.

If BPPV doesn't resolve on its own, most cases can be treated in the office by undergoing either the Epley, Lempert, or deep head-hanging maneuvers. These involve putting the patient through a series of movements that attempt to move misplaced otolith(s) out of the semicircular canals. Severe and refractory cases of BPPV occasionally require surgical correction.

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

Meeting Notes

Hamilton County Parks & Recreation Board

Meeting Agenda
HCPR Administration Building, 400 Lafayette Rd., Noblesville
Jan. 17, 2023 at 6 p.m. 5 p.m. - Executive Session-Land Acquisition, Litigation and Personnel
1. Friends of Hamilton County Parks & Recreation
2. Land
6 p.m. - Board Meeting
1. Call to Order
A. Board Positions
2. Approval of Dec. 12, 2022 Minutes
3. Finance Report:

- A. Approval of Payroll
- B. Approval of Claims
- C. Encumbrances and transfers
- 4. Committee Reports
- A. Foundation Update
- 5. Old Business:
- A. Project updates
- 6. New Business
- A. Regulated Drain at Bishop Park
- B. Coxhall Cell Tower
- C. Campground
- a. Foundation lift pricing
- b. Sewer/water BOT
- D. Miscellaneous
- 7. Director's Report
- 8. Deputy Director's Report
- 9. Additions/Announcements

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Budget Has Big Ongoing, One-Time Obligations

By Whitney Downard

When drafting the state's next budget, lawmakers will need to consider the state's ongoing commitments and one-time obligations under the cloud of a potential recession.

This comes after more than a year of revenues out-performing projections and two years of cash infusions from the federal government, boosting the state's reserves.

Indiana operates under a two-year budget, meeting in odd-numbered years over four months to hammer out line items and debate spending priorities.

In the previous budget session, in 2021, the budget passed in a near-unanimous vote – losing just five Democrats in both chambers combined – and included record investments in education, which Gov. Eric Holcomb plans to continue.

Indiana's budget balances

For just the second time in the state's history, Indiana's high reserves triggered an automatic taxpayer refund: coming in over 12.5% of the state's revenues at the close of the fiscal year in 2021. The additional \$1.1 billion was split evenly between an outstanding debt obligation and \$125 payment to each 2020 tax payer.

But reserves still came in at \$6 billion at the end of the 2022 fiscal year, or 28.6% of revenues. Holcomb urged the General Assembly to send out another refund, this time for \$200, to a wider eligibility pool for a total of \$1 billion.

By the end of the 2023 fiscal year, reserves are estimated to clock in at more than \$4 billion, 19% of that year's revenues. In closeout statements, both 2024 and 2025 end with more than 12.5% in combined reserves.

But budget writers and the Holcomb

administration seem to have differences when it comes to the ideal level of reserves as a percentage of the budget. Cris Johnston, the director of the Office of Management and Budget, said 10-12% would be "prudent" while Mishawaka Republican Sen. Ryan Mishler pushed for combined reserves as high as 15%.

Mishler has also argued that three of the four reserve accounts – tuition support, Medicaid and the rainy day fund – shouldn't be included in overall calculations because those are for emergency use.

Without those three accounts, reserves are projected to fall under \$1 billion by 2024.

This safety net means that anything outside of that reserves amount gives Indiana flexibility to increase ongoing costs and invest in one-time expenditures. But the possibility of a mild recession in early 2023 has dampened spirits, signaling a cooling economy that will no longer produce record-breaking collections.

Ongoing cost increases

Unlike one-time obligations, these ongoing costs will inflate this budget cycle and every other one following. Outside of education, which composes just over half of the state's budget, the next biggest spending category is Medicaid – and it's growing.

State Budget Director Zac Jackson, who started with the agency around 2006, said that since he joined the Medicaid Assistance fund had more than doubled from \$1.4 billion to \$3.9 billion, a 179% increase.

"This is one of our fastest growing appropriations," Jackson said.

Medicaid provides health insurance coverage for impoverished Hoosier adults and children – an industry with increasingly

high costs already under scrutiny from the General Assembly.

Last month, Medicaid Director Allison Taylor told the budget committee that enrollment had grown during the pandemic, due to some federal changes in insurance coverage, but was expected to begin falling after the expiration of the public health emergency, anticipated in spring 2023.

But while that partially inflated the budget request, another big transition will cost hundreds of millions of dollars: pivoting from a fee-for-service model to a managed care model for Medicaid, specifically for home- and community-based services.

Stakeholders assure lawmakers this move will save the state money in the long run, but some members seemed skeptical due to the state's weak caregiving infrastructure.

At the same time, FSSA and other agencies – including the Department of Child Services – need to increase their rates to providers, pushing up overall costs. The state's technology costs will increase by 5% partially due to higher licensing fees from Microsoft.

Additionally, the Governor's Public Health Commission has urged an infusion of funding for public health – recommending a minimum of \$243 million annually before reducing their ask.

The last major pillar of cost increases will be salary bumps across the board – an attempt to reverse the state's loss of hundreds of employees during the pandemic, for an overall turnover rate of 25%.

Existing funding will cover the 5% average increase to the end of Fiscal Year 2023, with the General Fund covering \$160 million of the \$253 million annual cost.

Raising salaries for

the Indiana State Police from \$53,690 to \$70,000 will cost another \$36 million per year and has been identified as one of Holcomb's priorities for the 2023 session.

One-time obligations

The Senate's lead budget writer, Misher, has maintained that the next budget will be hampered by the more than \$1 billion in cost overruns mostly due to inflation.

To cover those costs, Holcomb proposed dedicating \$1.25 million. That amount will cover costs for the Westville Correctional Facility construction and the combining of the Indiana Schools for the Deaf with the Indiana School for the Blind and Visually Impaired, among other projects.

In terms of economic development, the Indiana Economic Development Corporation will be getting several one-time investments designed to encourage business in the Hoosier State. Specifically, another \$500 million for READI grants to improve quality of life, \$300 million in a "deal closing" fund and \$150 million for a site acquisition fund.

The Holcomb administration said that the site acquisition would operate similar to the state's involvement in the Boone County LEAP Innovation Project, which purchased land to then re-sell to companies such as Eli Lilly. However, this fund can be used for projects across the state.

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Indiana Targets High-Tech Investments with New West Coast Hire

Indiana Secretary of Commerce Brad Chambers today announced Jillian Ochs has been named west coast business expansion specialist for the Indiana Economic Development Corporation (IEDC). In this new role, Ochs will represent the IEDC to entrepreneurs, innovators and enterprise businesses in California, proactively increasing the state's brand awareness in the west coast market and working to secure high-tech, future-focused business investments in Indiana.

"Indiana is strategically focused on creating the economy of the future here, and we are uniquely positioned to lead globally in high-tech sectors," said Sec. Chambers.

"Compared to traditional high-tech markets along the West Coast, Indiana offers a low-tax, reduced regulation environment with a robust pipeline of STEM specialists and a quality of life that employers and employees alike can enjoy. We are excited to welcome Jillian to the team and look forward to sharing Indiana's story even more boldly with future-focused entrepreneurs and innovators looking to grow."

Ochs, who resides in the Bay Area, brings to the IEDC more than 12 years of business development experience, with specialized expertise in new market entry, foreign direct investment and global partnerships. Currently, she is the founder of Smith Global, an independent strategic consulting practice focused on international expansion, market intelligence, go-to-market business strategy, global product commercialization, product develop and global business development.

She represents a variety of small-to-medium sized enterprises (SME's), economic regions and business-to-business conferences and has led and supported business

development efforts for a variety of organizations, including Advise Global, Greater Zurich Area, Abu Dhabi Investment Office, Ministry for Investment Saudi Arabia, Conapto, WorldWebForum, and the PacificRim Tax Institute.

Ochs received the 40 Under 40 Economic Developers Award from Development Counselors International in 2017 and was named a 'Visionary You Need to Know' by the World Web Forum in 2018. She serves on the board of the San Francisco Zurich Sister City Initiative and is a member of the International Economic Developers Council, Swiss American Chamber of Commerce, and Swedish American Chamber of Commerce.

At the IEDC, Ochs joins a robust team of business developers in Indiana and globally focused on creating the economy of the future in Indiana. Ochs will focus on increasing investment and innovation opportunities with California-based companies as well as domestic and international companies active in the California market, advancing Indiana's future-focused sectors, including tech, life sciences, semiconductor design and fabrication, and energy, as well as the sectors' R&D and supply chains.

In 2022, the IEDC secured \$22.2 billion in new industry investments, including \$15.5 billion from companies establishing new operations – either as a startup company or as an established business investing in Indiana for the first time. In the past two years alone, California-based companies have committed to expanding or relocating to Indiana, investing nearly \$7 billion in Indiana. This includes announcements from industry innovators like Anchorage Digital, Intellinair, and Ninth Avenue Foods.

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Photos courtesy of Kia

2023 Kia Telluride Bombed the Holiday Cyclone

When weathercasters predict something called a “bomb cyclone”, one should probably pay attention. I didn’t really... because there were still Holiday parties to attend and grandparents to see. “It’s going to be -9 to-night,” I hear. And a foot of snow, too? Just great. Fortunately, the 2023 Kia Telluride X-Pro was the bomb ride in which to ride out the bomb cyclone. X-Pro looks like it could bust over the river and through the snow with ease. The package adds 18” black alloy wheels, all-terrain tires, and blacked out exterior trim. It’s pretty sinister when applied to a large crossover that itself echoes the Rolls-Royce Cullinan. They could have called it something more menacing like Sinister Death or Frozen Fear, but it certainly commands attention - even

in a blizzard. Vertical LED headlamps, side windows that hint at coach doors, and curved taillamps add to the allure. It’s difficult to imagine a more luxurious and stylish space in which to travel as the Telluride is especially fetching upholstered in Terracotta with quilted Nappa leather seats, heated/ventilated front- and second-row seats, and heated steering wheel. Matte wood trim is fake, but looks and feels real. Deep sound streaming from the Harman/Kardon audio system is definitely real. Winter sun warms through dual moonroofs, making zero-degrees more bearable. Technology matches the luxury fittings. Dual panoramic 12.3” displays handle gauges and infotainment. They are slick and sleek, but also intuitive for linking phones

through Apple Car-Play and Android Auto. Charge wirelessly in the console; conjure directions with navigation. A head-up display, surround view parking monitor, and blind spot monitors (camera images in the gauge cluster) enhance safety - as does active crash avoidance tech that includes rear occupant alert with ultrasonic sensors and Safe Exit Assist to prevent passengers from stepping into traffic. The powertrain is considerably less extravagant, but gets the job done. Beneath the wide hood is a 3.8-liter V6 delivering 291 horsepower and 262 lb.-ft. of torque. It routes to the active all-wheel-drive system through an eight-speed automatic transmission. X-Pro models include heavy duty cooling, self-leveling rear suspension, and 5,500 lbs. towing capacity. Adjust

2023 Kia Telluride Prestige X-Pro
Seven-passenger, AWD Crossover
Powertrain: 3.8-liter V6, 8-spd trans
Output: 291hp/262 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18”/18” alloy
Brakes f/r: disc/disc
Must-have features: Safety, Luxury
Towing: 5,500 lbs.
Fuel economy: 18/24 mpg city/hwy
Assembly: West Point, GA
Base/As-tested price: \$35,690/\$55,120



CASEY WILLIAMS
Auto Reviews

the drive modes from mud to pavement and snow. Fuel economy rates 18/24-MPG city/highway. There’s ample power to move the big three-row crossover down the road with a few people and their luggage aboard, but load up with six passengers and gear - not to mention a trailer - and that power will be sapped quickly. The suspension takes some harsh bumps on potholed

city streets, but it handles firmly and confidently for a large vehicle. Those thick off-road tires help absorb the rougher stuff, but are probably not the best choice for carving up road tracks and backroads. Typical of Kia vehicles, the Telluride provides much value for the dollar. Prices start at \$35,690, rising to \$55,120 exquisitely equipped for whatever bombs its

path. If that sounds too expensive, but you like the Telluride’s style, check out the smaller Sorento for \$29,990 or the compact Sportage starting at \$25,990. Full-size competitors include the Ford Explorer, Toyota Highlander, Honda Pilot, Chevy Traverse, Nissan Pathfinder, and similar Hyundai Palisade. Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @AutoCasey

Dogs in the Winter Gov. Holcomb Feeling Stronger Every Day



CARRIE CLASSON
The Postscript

“Aren’t you the cutest dog?” I asked the chubby brindle pit bull mix walking down the sidewalk. Objectively, she was not the cutest dog, I suppose. But there is no such thing as an ugly dog, as we all know. She was wearing a brand-new jacket with colorful pockets and a hood and, to top it off, had matching booties. She looked a little self-conscious—as we all are when we get dressed up for the first time in a while—and I thought she could use a little reassurance. “I wasn’t sure she would wear the booties,” her owner confessed. The dog looked at me seriously, as if she understood. The booties might be a bridge too far, even on a very cold day. But this barrel-shaped brindle pup was dancing on the cold pavement, happy to meet me, booties all but forgotten. “She loves meeting new people,” her owner explained, unnecessarily. I love seeing the dogs in the winter. Of course, this is the time of year that long-haired dogs are finally getting comfortable. They stroll at a leisurely pace. They roll in the snow. They walk with their noses under the snow, sniffing the mysterious world beneath the surface. They scoop up big mouthfuls of snow as they go, cruising along with their tongues firmly inside their mouths for the first time in months. They are utterly at home in the snow, as if the warm months of the past were an aberration and we are now back to normal. But the short-haired dogs suffer. They shiver and hop from one foot to the other and look as if the whole notion of taking a

walk in these temperatures was neither their idea nor something they approved of. Their owners decide that what they need is a jacket and, usually, the jacket is a mixed success. The little dogs still seem cold, even in their jackets. I saw a greyhound with a jacket over a sweater. He didn’t look cold, but he looked deeply embarrassed. I’ve seen dogs in Santa costumes and fancy hand-knitted Guatemalan sweaters and expensive gear that looked like it was designed for trekking up Mount Everest. None of the jackets look as if they fit very well. They are all held on with straps and clips and usually are drifting to one side or the other, or threatening to come off entirely. The booties almost never stay on long. Just down the block, I met a short-haired terrier walking with a man I chat with regularly. The terrier was not in a jacket and, when he saw me coming, I could see the pleading in his eyes. “Please do not make my owner stop and talk!” I tried not to talk too long as the terrier hopped from one cold paw to the other and shivered disapprovingly. “He needs a jacket!” I said to the terrier’s owner, but I could tell neither owner nor terrier was crazy about the idea. Which is why the brindle pit bull’s ensemble was so impressive. She looked as if she was planning to model it in a dog catalog. Her slightly pudgy frame filled out the jacket and kept it in place. Her little booties kept her off the cold snow and sharp sand and biting salt. She was perfectly decked out and, I suspect, she had an idea of exactly how adorable she was. “You are the cutest dog in town!” I announced. The stubby dog was pleased. Her owner was proud. And—at that moment—I think it might almost have been true. Till next time, Carrie

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



BRIAN HOWEY
Howey Political Report

When my State Affairs Indiana colleague Kaitlin Lange asked Gov. Eric Holcomb what he was playing on his Spotify music list, he responded, “Feeling Stronger Every Day” by the legendary rock band Chicago. It was a revealing answer because after U.S. Sen. Mike Braun announced he would seek the open governor’s seat in 2024, I began asking Republican Party chairs for potential candidates for Senate. Hardly any prominent GOP county chairs or operatives saw Holcomb seeking the seat, with most expecting him to, as one put it, “find a great job in the private sector.” After serving as deputy chief of staff to Gov. Mitch Daniels and then as Indiana Republican chairman when he helped create a launch the current GOP juggernaut that now dominates Hoosier politics, Holcomb launched a bid for the U.S. Senate for the 2016 cycle. He was running third in the GOP primary when Gov. Mike Pence tabbed him to replace Lt. Gov. Sue Ellspermann. When Donald Trump picked Pence as his running mate that July, Holcomb won a second-ballot Republican Central Committee caucus.

After a 106-day campaign he likened to “building an airplane in flight,” Holcomb upset Democrat John Gregg. It’s one of the more interesting rises to stardom in Hoosier history. Why wouldn’t Holcomb, who won reelection with a record number of votes in 2020, be at the top of insider Senate lists? Because as governor, he made a number of moves and restrictions during the COVID-19 pandemic that angered social conservatives. They delivered a swift rebuke during last June’s Indiana Republican Convention, defeating Holcomb appointee Holli Sullivan for a full-term as secretary of state and opting for Diego Morales, who had accused the governor of “abusing” his power. About six weeks later, in the wee hours of a hot August night, Holcomb signed SEA 1, the holy grail of true-believing conservative Republicans. It became the most restrictive anti-abortion bill passed by a state legislature following the U.S. Supreme Court’s repeal of Roe. v. Wade on June 24. Proponents believe the new law will prevent more than 90% of Indiana abortions. “Following the overturning of Roe, I stated clearly that I would be willing to support legislation that made progress in protecting life,” Holcomb said. “In my view, SEA 1 accomplishes this goal following its passage in both chambers of the Indiana General Assembly with a solid majority of support.” Thus, Holcomb’s signature provided an interlude to a strange, strange year.

When State Affairs Indiana asked Holcomb during his year-end interview whether he was considering a Senate run, he responded, “Not right now. I’m not going to let anything interfere with my focus, and my focus right now is the budget session that’s upon us. I haven’t ruled anything out or in. I’ve told multiple people from different walks that have expressed an interest or asked me to think about something. I’ve literally told 100% of them the same thing so that if one talks to the other they will get the same response. If you need an answer now, I’m not your guy.” Earlier this week, Gov. Holcomb unveiled his final biennial budget. He called it “transformational” because it proposes to change the way public health is delivered in Indiana, and makes what he calls “historic investments” in K-12 education - including fully funding the cost of textbooks for Indiana students and new literacy initiatives. He is seeking an 8% increase in education spending and wants to raise average teacher salaries to \$60,000. He proposed increasing health spending by \$120 million in 2024 and \$277 million in 2025 per recommendations from the Governor’s Public Health Commission, as well as a continued expansion of broadband to rural areas, more recreational trails, and another \$500 million for his Regional Economic Acceleration & Development Initiative (READI) program that has ignited an array of community projects across the state. And after another

landmark report by the Indiana Behavioral Health Commission during what is being termed a “crisis in mental health,” Holcomb will seek an expansion of the 988 Crisis and Suicide Lifeline services, \$4.25 million to combat military veteran suicide, and will begin to invest \$500 million in opioid settlement funds to create community substance abuse programs. “By making lasting investments in our health, education and workforce we are building a stronger tomorrow for all Hoosiers,” Gov. Holcomb said. “First and foremost, we will protect our fiscal strength of Indiana by adopting our 10th straight honestly balanced budget which allows us to strategically prioritize public health, education, workforce, as well as economic and community development to elevate Indiana to the Next Level and provide citizens and their families the tools they need to not just survive but thrive for generations to come.” His wish list comes as the state sits on a record \$5 billion budget surplus. Holcomb for Senate? If Mitch Daniels, Holcomb’s ally and mentor, decides against reviving his storied political career by seeking Richard Lugar’s old Senate seat, perhaps the 54-year-old governor will consider a run. Senate nominees are chosen via primaries, not state conventions. A governor would be tough to beat in a primary. The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwypol.

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AGAIN From Page A1

It's really that simple! You can text or e-mail it to ttimmons@thetimes24-7.com.

And this is the year you don't want to miss! The Indianapolis Home Show returns for its 101st year! An Indiana tradition, the oldest home show in North America offers the latest in decorating, landscaping, construction and remodeling ideas. Visitors to the Indianapolis Home Show can talk to hundreds of home and décor experts for advice and explore thousands of the newest home products.

The opening day of the show is special because visitors can pay honor to all our heroes! All active and retired military, police and fire personnel get **FREE ADMISSION** for the day, plus **FREE PARKING** at the State Fairgrounds. Just bring a valid ID, and come enjoy the Home Show on opening day!

The show opens at 10 a.m. each day and closes at 8 p.m., except for Sundays when it wraps up at 5 p.m.

Regular admission prices are \$15 for adults, \$3 for children ages 6-12 and free for children 5 and under.

The following are some of the special features at this year's show.

- Can't CONTAIN Ourselves with This Custom-Built Home

A brand-new development has arrived at the 2023 Indianapolis Home Show — one you won't be able to contain your excitement for! Custom Container Builders specializes in building with shipping containers to ensure long-lasting homes for the first-time home buyer, the move-up buyer and the luxury buyer. They are building a customized, 2,000-square-foot, two-story home for this year's Centerpiece Home.

Plus, there's a swimming pool and a pool house!

- Twin Sisters Host HGTV's "Unsellable Houses"

Real estate consultants and twin sisters Leslie Davis and Lyndsay Lamb have a knack for helping desperate homeowners sell their lifeless homes on the HGTV show "Unsellable Houses." After visiting nearby comparable homes, the sisters make the necessary, impactful renovations that convert these unlovable houses into diamonds in the rough. Catch Lyndsay and Leslie at the Home Show on Friday, Jan. 20 and Saturday, Jan. 21.

- Nina Klemm of Carmel-Based "Flipping Exes"

Nina is a realtor with a client roster that includes everyone from professional athletes to CEOs. She and her ex-boyfriend starred on Bravo's "Flipping Exes," flipping properties in and around Carmel, the "Beverly Hills of the Midwest." Meet Nina and hear about all the up-and-coming trends for home décor and renovation when she appears at the Home Show on Sunday, Jan. 22.

- HGTV Star Mina Starsiak Hawk Gets Risky!

Daughter of the "Two Chicks and a Hammer" mother-daughter duo, Mina Starsiak Hawk is back at the Home Show revealing all the best stories from season seven of "Good Bones." Plus, she's got a gritty new spinoff called "Good Bones: Risky Business," a six-episode series that follows Mina's undertaking of a singular run-down mansion. Make sure to see Mina at the Home Show on Saturday, Jan. 28.

- Make It a "Great Day" with Local Personality Patty Spittler and Louie

Host and executive producer of "Great Day TV

with Patty Spittler," Patty is a popular name in central Indiana TV and radio, having won The Indianapolis Star's Best Local TV Personality twice! She has a 45-year career in radio and TV broadcasting, including 23 years at WISH-TV, and is known for her passion for pets. Meet Patty at the Home Show when she appears with her dog, Stewie, on Friday, January 27 — she will be selling and signing her new autobiographical book, "The Dog That Saved My Life."

- The Marketplace

At the Marketplace, Home Show attendees can find everything from affordable furniture to unique knick knacks you won't see anywhere else! Seek and Find Furniture and Home Décor along with several local furniture artisans from The Artisan Markets bring a boutique shopping experience with curated home décor and gift items. Plus, they'll be on stage throughout the 10-day Home Show to show you creative ways to take your next step in home décor.

- Backyard Bungalows

The Backyard Bungalows are the perfect place to gather design and décor inspiration for multiple home spaces! Millers Mini Barns is bringing four mini barns — their classic space-saving storage solution — to the Home Show, and a group of local designers will get creative with the interiors. Four different barns and four different design themes for Home Show attendees to explore! Designers will also share the dos and don'ts of home renovation in a panel discussion on stage on Saturday, Jan. 21.

- Capture the Moment with Neon Leon

Penny Lane's VW Photo Bus, Neon Leon,

is a fully-restored 1971 Volkswagen Bus that has been converted into a unique photo booth — helping you create smiles and memories while at the Indianapolis Home Show! Don't miss getting your pic snapped with family and friends on site!

- Sip, Sip, Hooray!

The Wine Bar by Booher Remodeling and PRP Wine International is the place to wine down. Featuring an open concept in the West Pavilion, the Wine Bar has a variety of wines for Home Show attendees to treat their taste buds.

- Precision Outdoors Living Stage

Check out all the Home Show stage presentations on the Precision Outdoors Living Stage, designed and constructed by Precision Outdoors. A local landscaping company servicing the Indianapolis area for almost two decades, Precision Outdoors offers everything to build your outdoor dream space.

For more information, check out the Indianapolis Home Show website at IndianapolisHomeShow.com

PODCAST From Page A1

want to get involved with community work also."

To learn more about This is Problematic! and to listen to the complete first season, visit connerprairie.org/this-is-problematic/. Listeners can also stream the podcast on Spotify and Apple Podcasts.

- About Conner Prairie:

Spanning more than 1,000 wooded acres in Central Indiana, Conner Prairie welcomes more than 400,000 visitors of all ages annually. As Indiana's first Smithsonian affiliate, Conner Prairie offers various outdoor, historical-

ly themed encounters and indoor experiential learning spaces that combine history and art with science, technology, engineering and math to offer an authentic look into history that shapes society today.

Conner Prairie is a 501(c)3, nonprofit organization — accredited by the American Alliance of Museums — that relies on grants and philanthropic donations from individuals, corporations, and foundations for sustainability and growth.

For more information, visit ConnerPrairie.org

COMMUNITY From Page A1

for a strong community," said Marnie Cooke, executive director of marketing and communications for Noblesville Schools.

"Connecting with the community is important to us and we're pleased to offer these additional ways for Noblesville residents to stay informed regarding their schools."

In addition to the new print publication and digital newsletter, Noblesville Schools offers several oth-

er ways for those without children in our schools to find school news. These include the district's websites, social media channels, school board meetings, annual State of the Schools presentation, local media coverage, the Miller Ambassadors program, public events, brochures and videos. Residents are also encouraged to contact district leadership directly with any questions, concerns, or suggestions.

HALL From Page A1

report that we have an incredibly impressive team working in county government. The wide range of services requires exceptionally diverse skill sets, planning, and accountability. County services include but aren't limited to the courts, hazardous waste removal, probation, highways, bridges, the auditor, the jail, treasurer, assessor, elections, surveyor, drainage, weights and measurements, clerk, recorder, sheriff, health department, prosecutor, emergency operations, 911 communications, parks, coroner and many more. Add to that all the teams of professionals who support buildings, grounds, county executives, judges, information technology, security and collectively you have hundreds of people serving the citizens of Hamilton County every day. We are regularly served by county government.

Meeting dozens of dedicated professional staff these last few weeks and learning about their work, their challenges, and specifically what is working in county government and what could be improved, has given me invaluable insight into our government operations.

I've learned a great deal. I've also had the opportunity to serve several constituents working with them to solve a problem with the State Department of Health.

In the near-term future, the council will be working with the Commissioners on State Road 37, 191st street, the 4H fairgrounds, the domestic violence shelter, and several facility renovation and improvement projects. A longer more comprehensive list of 2023 priorities will be reviewed for you in future columns.

Over the last few days, I've had the opportunity to observe Hamilton County's Emergency Operations Center, the Highway Department, along with County Buildings and Grounds professionals prepare for what could have been a major storm event. It is with confidence I report that these dedicated professionals spent countless hours preparing for and executing support services for the citizenry as the storm unfolded. Fortunately, the most severe impact of the storm missed Hamilton County, but the teams were working all night and were prepared to support us further if the weather, roads, and/

or infrastructure was more severely impacted.

This is my time sheet. This is where I am spending my time prior to beginning in office in a few days. There are several projects in queue for 2023 and while my job is primarily the financial oversight of the county budget it is important that I understand the Board of Commissioners priorities and balance them with the stewardship of taxpayer dollars. That is the job, and I am so very excited to do the peoples' business.

As a taxpayer myself, and listening to so many of you, my employers, it's important for the taxpayers to have access to all the information you want. I work for you and although you may not choose to do a deep dive into what your County Council does, it's important that you always can do so. Feel free to contact me at (317) 832-1104 or mark.hall@hamiltoncounty.in.gov with questions, feedback or if you would like to talk about county business.

Mark Hall is a successful business, husband, father and grandfather. He is serving his first term on the Hamilton County Council.

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THE TIMES

TUESDAY

In The Kitchen

Tuesday, Jan. 10, 2023

A7



Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

Prioritize **Heart Health** with a Balanced Eating Plan

FAMILY FEATURES

No matter your motivations, it's never too late or too early to start focusing on your heart health, and taking steps now can make a big difference. Small changes, like following a healthier eating plan, can help you start down a path toward improved heart health.

One step you can take is following the DASH eating plan, which is a flexible and balanced way of eating that stands for Dietary Approaches to Stop Hypertension and was developed by the National Heart, Lung, and Blood Institute. Requiring no special foods, DASH provides daily and weekly nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

Being more physically active, managing stress, getting quality sleep and not smoking combined with DASH can put you on a path toward a healthy heart for life.

Encouraging others to join you on your heart-health journey can also be rewarding. Research shows social support and personal networks make it more likely you'll stick to healthy habits like eating healthy.

Sharing heart-healthy recipes with family and friends is an added bonus, and these DASH-friendly meals can help you take the guesswork out of putting nutritious dinners on the table. Greek-Style Flank Steaks with Tangy Yogurt Sauce offer the bold flavors of the Mediterranean while Teriyaki-Glazed Salmon with Stir-Fried Vegetables is as easy to make as it is colorful. For a complementary combination of pork and sweet fruit flavor, these Baked Pork Chops with Apple Cranberry Sauce are perfect to serve alongside brown rice or steamed broccoli.

Learn more about heart health and find DASH-friendly recipes at nhlbh.nih.gov/DASH.

Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute
Prep time: 25 minutes
Cook time: 25 minutes
Servings: 4

Marinade:

- 1/4 cup lemon juice
- 1 tablespoon olive oil
- 2 teaspoons fresh oregano, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1 beef flank steak (12 ounces)

Yogurt Sauce:

- 1 cup cucumber, peeled, seeded and chopped
- 1 cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon fresh dill, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1/2 teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic.

Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices.

Serve three slices with 1/2 cup yogurt sauce.

Tip: Serve in sandwich with pita bread, lettuce and tomato.

Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute
Prep time: 20 minutes
Cook time: 15 minutes
Servings: 4

Salmon:

- 2 tablespoons light teriyaki sauce
- 1/4 cup mirin or sweet rice wine
- 2 tablespoons rice vinegar
- 2 tablespoons scallions, rinsed and minced
- 1 1/2 tablespoons ginger, minced
- 12 ounces salmon fillets, cut into four portions (3 ounces each)

Vegetables:

- 1 bag (12 ounces) frozen vegetables stir-fry
- 1/2 tablespoon peanut oil or vegetable oil
- 1/2 tablespoon garlic, minced (about 1 clove)

- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade.

Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.



Baked Pork Chops with Apple Cranberry Sauce

Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute
Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4

Pork Chops:

- 4 boneless pork chops (about 3 ounces each)
- 1/4 teaspoon ground black pepper
- 1 medium orange, rinsed and zested
- 1/2 tablespoon olive oil

Sauce:

- 1/4 cup low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 cup)
- 1/2 cinnamon stick
- 1 bay leaf
- 1/2 cup dried cranberries
- 1/2 cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with 1/4 cup sauce and two orange segments.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables

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TUESDAY

In The Kitchen

Tuesday, Jan. 10, 2023

A8



Feta Roasted Salmon and Tomatoes

A Mission for Nutrition

Accomplish health goals with better-for-you family meals

FAMILY FEATURES

Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in these recipes from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in Feta Roasted Salmon and Tomatoes and 15-Minute Weeknight Pasta provide vitamin B12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones. Meanwhile, the homemade yogurt sauce served alongside these Grilled Chicken Gyros provides protein and zinc.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org.

Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided

- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside. In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper. Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork. Place salmon on serving plates. Spoon tomato mixture over top.

Grilled Chicken Gyros

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 30 minutes, plus 30 minutes chill time
Cook time: 20 minutes
Servings: 8

Chicken:

- 3 tablespoons unsalted butter, melted
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh oregano
- 2 cloves garlic, peeled and minced
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 pounds boneless, skinless chicken breasts

Yogurt Sauce:

- 1 1/2 cups plain, whole-milk yogurt
- 1 1/2 tablespoons freshly squeezed lemon juice
- 1/2 cup diced cucumber
- 2 tablespoons chopped fresh dill
- 1 clove garlic, peeled and minced

- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

- 3-4 small loaves whole-wheat pita bread, halved lengthwise
- 1 cup thinly sliced tomatoes
- 1/2 cup thinly sliced red onion

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes. To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate. Heat grill to medium heat. Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain. Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.



15-Minute Weeknight Pasta

15-Minute Weeknight Pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 5 minutes
Cook time: 10 minutes
Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest

- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.



Grilled Chicken Gyros

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TUESDAY

In The Kitchen

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Meatless Meals Made Easy

FAMILY FEATURES

Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like these Baked Vegetarian Taquitos. Or for a twist on a classic dish, Tri-Color Quinoa can be layered with traditional flavors in this Mushroom Spinach "Lasagna." Packed with protein and all nine essential amino acids, the quinoa is a good source of fiber.

To find more meatless meal inspiration, visit SuccessRice.com.

Baked Vegetarian Taquitos

Prep time: 15 minutes
Cook time: 20 minutes
Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- 1 cup sour cream, for dipping
- 1 cup salsa, for dipping
- 1 cup guacamole, for dipping
- fresh cilantro, for garnish

Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes. Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.

Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.

Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.

Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.



Mushroom Spinach "Lasagna"

Prep time: 10 minutes
Cook time: 30 minutes
Servings: 6

- 2 bags Success Tri-Color Quinoa
- 1 tablespoon olive oil
- 2 garlic cloves, chopped
- 1/2 cup onion, chopped
- 1 cup mushrooms, sliced
- 4 cups baby spinach leaves
- 3 cups tomato sauce
- 2 cups ricotta cheese
- 1 egg, lightly beaten
- 1/2 cup grated Parmesan cheese, divided
- 1 tablespoon Italian seasoning
- 1 1/2 cups shredded mozzarella cheese, divided

Prepare quinoa according to package directions. Preheat oven to 375 F.

In large skillet, heat oil over medium heat. Add garlic and onions; saute 1 minute. Add mushrooms and cook 5 minutes, stirring occasionally. Add spinach and stir until wilted, about 2 minutes. Stir in tomato sauce and keep warm.

In medium bowl, combine ricotta, egg, 1/4 cup Parmesan cheese and Italian seasoning.

Place 1 cup sauce in bottom of 2-quart baking dish. Spread half of quinoa evenly over sauce. Top with half of ricotta mixture. Top with 1 cup sauce. Sprinkle with 1 cup mozzarella. Repeat layers, finishing with remaining mozzarella and Parmesan cheese.

Bake uncovered 30 minutes. Serve warm.

Quick and Easy Dishes from *Around the Globe*

FAMILY FEATURES

One of the best parts of traveling is trying the local cuisine, and that's particularly true on an international scale. No matter where you go around the globe, however, there is one ingredient you'll likely find is an integral part of many cultures and cuisines: rice.

Grown on almost every continent, this staple ingredient is a large part of meals around the world, which means there are nearly endless varieties and recipes to try. However, you don't need to go on vacation to try authentic-tasting international food; easy-to-make versions of popular dishes from around the globe can be made right at home in mere minutes.

Mediterranean

Known for vibrant vegetables, savory sauces and incredible tastes, the Mediterranean is also home to a few classic rice dishes such as rich and creamy risotto from Italy. Other vibrant options include Spanish specialties like arroz con pollo (chicken and rice) and paella, which is made with an assortment of ingredients like seafood, spices and savory broth.

Asia

If you've ever been to an Asian restaurant, you'll notice a large portion of the menu likely includes recipes made with rice. While it might be difficult to pinpoint where certain recipes originate, fried rice is a Chinese specialty. Over time, this delicious dish has made its way to many different countries and been reinvented with local ingredients. For example, this Kale and Kimchi "Fried" Rice is based on Korean cuisine and can be made in less than 5 minutes using Minute Jasmine Rice & Red Quinoa Cups, which combine the buttery taste and aromatic scent of authentic Jasmine rice with crunchy, 100% whole-grain red quinoa in a convenient, pre-portioned cup.

Middle East

Much like other cuisines around the world, Middle Eastern cooking uses rice almost every day. A Turkish and Arab mixed dish, shawarma is now a global street food. Traditional Persian rice uses a variety of spices like turmeric, ginger and cardamom with dried fruits and nuts.

Latin America

Latin American recipes vary from country to country and region to region, but rice is essential on the side or as part of the main dish across the board. A quick and easy morning meal, this Mexican Breakfast Scramble is ready in 4 minutes. Aiding the short prep time, Minute Jalapeno Rice Cups are ready in just 1 minute and can help spice up dishes with a tasty blend of onion, green peppers and jalapenos.

North America

With bold flavors, few things say southern comfort quite like Louisiana cooking. Bring the taste of New Orleans to your kitchen with rice-based dishes like gumbo or jambalaya, or by pairing rice with another popular Cajun pastime – a classic shrimp boil.

Find more quick and easy international recipe ideas at MinuteRice.com.



Kale and Kimchi "Fried" Rice

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1

- 1 Minute Jasmine Rice and Red Quinoa Cup
- 1 cup kale, chopped
- 1/4 cup kimchi, chopped
- 1 teaspoon soy sauce
- 1 egg, lightly beaten

Heat rice according to package directions.

In medium microwave-safe bowl, combine kale, kimchi and soy sauce. Cover and microwave 1 minute.

Add rice and egg; mix well to combine. Cover and microwave 30 seconds. Stir and serve.

Serving Suggestions: Drizzle with sesame oil. Add cooked shrimp.

Mexican Breakfast Scramble

Prep time: 2 minutes
Cook time: 2 minutes
Servings: 1

- 1 Minute Jalapeno Rice Cup
- 1 egg, lightly beaten
- 2 tablespoons salsa
- 2 tablespoons queso fresco

Heat rice according to package directions.

In small microwave-safe dish, combine egg, salsa and rice.

Microwave 1 minute. Stir in cheese; microwave 30 seconds.

Serving Suggestion: For meal to go, wrap scramble in warm tortilla.



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TUESDAY

Health and WELLNESS

Tuesday, Jan. 10, 2023

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Indiana Medical Licensing Board Schedules Hearing in Ongoing Abortion Case

By Casey Smith

The Indiana Medical Licensing Board will take up a complaint next month against an Indianapolis doctor who is at the center of a controversial abortion case.

The hearing, which is set for Feb. 23, moves the board one step closer toward a decision about the doctor's medical license and other penalties.

Indiana Attorney General Todd Rokita maintains that Dr. Caitlin Bernard, an OB-GYN, "failed to immediately report the abuse and rape of a child to Indiana authorities" after performing the abortion on a 10-year-old girl from Ohio in June.

An investigation by the Republican attorney general's office into the doctor originally prompted a lawsuit from Bernard and her medical partner Dr. Amy Caldwell.

Rokita said in court

filings that Bernard "failed to immediately report the abuse and rape of a child to Indiana authorities" after performing the abortion on the girl from Ohio. He additionally maintains that Bernard "failed to uphold legal and Hippocratic responsibilities" by "exploiting a 10-year-old little girl's traumatic medical story to the press for her own interests."

But courtroom testimony and evidence appears to show Bernard communicated with Ohio authorities even before she administered abortion-inducing medication. She also notified the Indiana Department of Child Services a few days after the abortion.

Just days before Marion County Superior Court Judge Heather Welch issued a ruling, Rokita sent the complaint against Bernard to the state medical licensing board.

Although the move

prompted Welch to deny an injunction request, she ruled that Rokita caused "irreparable harm" to the OB-GYN's reputation and professional standing when he publicly discussed his office's ongoing investigation into Bernard.

The doctor voluntarily withdrew her lawsuit against Rokita after the case shifted to an administrative licensing action, however. Her lawyers cited jurisdictional issues that would likely keep the case from moving forward.

In the latest filings with the state licensing board, Bernard continues to maintain that her public comments about the 10-year-old's case were within the bounds of HIPAA. She also argues that she "could not" have knowingly violated Indiana's child abuse reporting law because her notification to authorities was consistent with policies in place at IU Health, where

she practices.

"Dr. Bernard fulfilled her obligation to immediately report suspected child abuse when she informed a social worker who IU Health had designated to handle child abuse reporting within the hospital and also because she knew the abuse had already been reported," documents filed with the medical licensing board state. "Dr. Bernard believed at all times that she was complying with all state and federal privacy laws and that she had fulfilled her obligation to report child abuse."

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How Cold Weather Can Impact Heart Health

(Family Features) Clearing sidewalks and driveways of snow may be essential to keep from being shut in, however, it's important to use caution when picking up a shovel or starting the snowblower. Research shows many people face an increased risk of a heart attack or sudden cardiac arrest after shoveling heavy snow.

In fact, snow shoveling is among the physical activities that may place extra stress on the heart, especially among people who aren't used to regular exercise, according to the American Heart Association's scientific statement, "Exercise-Related Acute Cardiovascular Events and Potential Deleterious Adaptations Following Long-Term Exercise Training: Placing the Risks Into Perspective - an Update." Numerous other scientific research studies over the years have also identified the dangers of shoveling snow for people with and without previously known heart disease.

"Shoveling a little snow off your sidewalk may not seem like hard work," said Barry Franklin, Ph.D., FAHA, lead author of the scientific statement, long time American Heart Association volunteer and a professor of internal medicine at Oakland University William Beaumont School of Medicine. "However, the strain of heavy snow shoveling may be as, or even more, demanding on the heart than taking a treadmill stress test, according to research we've conducted. For example, after only 2 minutes of snow shoveling, study participants' heart rates exceeded 85% of maximal heart rate, which is

a level more commonly expected during intense aerobic exercise testing. The impact is hardest on those who are least fit."

Franklin said winter weather in general can contribute to increased risks. Cold temperatures may increase blood pressure while simultaneously constricting the coronary arteries. Those factors, combined with higher heart rate from extra physical effort, may increase the risk for acute cardiac events. There are even studies showing an increased risk for heart attacks among people using snowblowers. Similar to the exertion of pushing a shovel, pushing a snowblower can raise the heart rate and blood pressure quickly.

"The impact of snow removal is especially concerning for people who already have cardiovascular risks like a sedentary lifestyle or obesity; being a current or former smoker; or having diabetes, high cholesterol or high blood pressure; as well as people who have had a heart attack or stroke," Franklin said. "People with these characteristics and those who have had bypass surgery or coronary angioplasty simply should not be shoveling snow."

If you experience chest pain or pressure, lightheadedness, heart palpitations or irregular heart rhythms, stop the activity immediately. Call 911 if symptoms don't subside shortly after you stop shoveling or snowblowing. If you see someone collapse while shoveling snow, call for help and start Hands-Only CPR if they are unresponsive with no pulse.

Learn more about cold weather and cardiovascular health at Heart.org

Alzheimer's Association Offers 6 Crucial Terms Every Alzheimer's and Dementia Caregiver Needs to Know

During National Family Caregivers and National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association is highlighting six essential terms that are important for Alzheimer's and dementia caregivers to know. Currently, there are more than 216,000 caregivers in Indiana providing care to more than 110,000 living with Alzheimer's.

"Nearly half of all caregivers who provide help to older adults do so for someone with Alzheimer's or another dementia," said Natalie Sutton, executive director, Alzheimer's Association Greater Indiana Chapter. "There are six essential terms that are commonly used by professional dementia caregivers that we think family caregivers should understand as well. These terms can help empower family caregivers during their journey caring for a loved one living with the disease."

Six Essential Terms Alzheimer's and Dementia Caregivers Need to Know

1. Person-centered care - Most often associated with professional caregivers in long-term care settings, person-centered care offers important guidance for family caregivers as well. It requires understanding the world from the perspective of the individual living with dementia. It encourages caregivers to take into account a person's interests, abilities, history and personality to inform interactions and care decisions.

2. Dementia-related behaviors - The term is used to describe wide-ranging behavioral symptoms as-

sociated with Alzheimer's and other dementia. While most people associate Alzheimer's and dementia with memory loss due to changes in the brain, there are several other challenging behaviors that can accompany an Alzheimer's or dementia diagnosis, including:

- Aggression and anger
- Anxiety and agitation
- Depression
- Sleep disturbances and sundowning
- Wandering
- Suspicious and delusions

Underlying medical conditions, environmental influences and some medications can impact these behaviors or make them worse. The Alzheimer's Association offers tips and strategies to help caregivers address these and other disease-related behaviors.

3. Caregiver Burnout - Caring for someone living with Alzheimer's or another dementia can be exhausting - mentally, physically and emotionally. In fact, according to the Alzheimer's

Association 2022 Alzheimer's Disease Facts and Figures report, Alzheimer's caregivers report experiencing higher levels of stress than non-dementia caregivers, including:

- 59% of Alzheimer's caregivers report their emotional stress as high or very high (non-Alzheimer's caregivers - 41%)
- 35% report declining health because of caregiving (non-Alzheimer's caregivers - 19%)

- A recent national poll found 27% of caregivers for people with dementia delayed or did not do

things they should for their own health.

The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

4. Respite Care - Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. It can be provided at home - by a friend, other family member, volunteer or paid service - or in a care setting, such as adult day care or long-term care community. Using respite services can support and strengthen family members' abilities to be a caregiver.

5. Care Consultations - A care consultation can help family members work through tough decisions, anticipate future challenges, develop an effective care plan. The Alzheimer's Association offers free care consultations through its 24/7 Helpline (800.272.3900). During these consultations, master-level clinicians work with families to discuss wide-ranging, disease-related issues, including disease progression, care and living options and referrals to local support services.

In addition, Medicare covers care planning for individuals with cognitive impairment. Many family caregivers overlook or are not aware of this valuable benefit, which reimburses health professionals to provide affected individuals and their caregivers with information about medical and non-medical treatments, clinical trials and support services available

in the community - all of which can contribute to a higher quality of life. The Alzheimer's Association encourages caregivers caring for someone covered by Medicare to ask their health provider about this important benefit.

6. Treatment Pipeline - Currently, there are more than 100 disease-modifying Alzheimer's treatments in clinical trials - researchers often refer to this as the treatment pipeline. Earlier this fall, positive topline results from phase 3 clinical trials for the treatment of early-stage Alzheimer's disease were announced. These are the most encouraging results in clinical trials treating the underlying cause of Alzheimer's to date.

While these new treatments will not provide a cure to Alzheimer's and other dementia, the Alzheimer's Association is hopeful these new treatments will address the underlying biology of the disease in new ways to help slow the progression of Alzheimer's disease. This could mean more time for individuals to actively participate in daily life, have sustained independence and hold on to memories longer. Alzheimer's Association recent statement on latest treatment.

Caregivers are encouraged to stay abreast of these and other potential treatments as they move forward. In addition, caregivers and individuals living with Alzheimer or another dementia can play an active role in helping advance potential new treatments by enrolling in a clinical trial.

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TUESDAY

Health and WELLNESS

Tuesday, Jan. 10, 2023

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Scaling Back



Photo courtesy of Getty Images

5 ways to manage your weight

FAMILY FEATURES

For many people who wish to work toward a healthier weight, one of the greatest obstacles is figuring out where to begin.

These tips from SlimFast consultant and registered dietitian Maryann Walsh show it doesn't take a drastic lifestyle overhaul to make an impact.

Eat Mindfully

Many people who struggle with their weight benefit from being more conscious about what they're eating and why. For example, consider your eating habits, such as eating even when you're not hungry whether that's because it's mealtime and you think you should eat, you're satisfying a craving or using a tasty snack to cope with stress.

Recognizing why you're eating is an important step toward correcting destructive eating patterns, but so is paying attention to the other details of the eating experience, including what you eat and how it makes you feel. Ultimately, this may allow you to choose healthier foods that nourish

your body for the long-term, rather than the brief satisfaction that comes with less nutritious choices.

Consider Intermittent Fasting

One weight-loss method many people find success using is intermittent fasting, which involves abstaining from all food and beverages for a specified time period each day or week. While going too long without food can sometimes lead to excess hunger then overeating later, in shorter, controlled fasting timeframes one can often more easily achieve a caloric deficit, which is required for weight loss.

Prepare for your fasting phase by choosing foods that support satiety. Options like SlimFast's Intermittent Fasting line of meal bars and protein shakes can help avoid a sense of deprivation with tasty flavors like the Vanilla Cupcake Snack Shake Mix and Vanilla Almond Crunch Complete Meal Bar. The shake mixes deliver 15 grams of slow-digesting protein, compared to whey protein, to help curb hunger, along with more than

20 vitamins and minerals. The meal bars clock in with 15 grams of protein and 10 grams of fiber.

Manage Stress

When you're stressed, your body produces cortisol, which also raises insulin and can drive hunger and trigger cravings for comfort foods. In fact, that's the very reason people tend to overeat when they're under pressure. Light exercise and meditative practices can help you manage your mental strain. You might also consider talk therapy with a friend or professional or spend time unwinding with a book or music.

Get Proper Sleep

Poor sleep habits affect your weight in numerous ways. One is that when you're feeling tired, your hunger and satiety hormones, ghrelin and leptin, can be affected, leading to an increase in caloric intake and subsequent weight gain. Additionally, when you're tired, you're more likely to take shortcuts like skipping workouts or opting for unhealthy convenience

foods. All are reasons to make better rest a bigger priority.

Track Eating and Exercise

When you're not paying attention to what you eat and how you move, you may not even realize how your habits are affecting your health. Logging what you eat, especially if you use a tool like an app that helps you see the nutrition breakdown, may give you a

clearer idea of the quality and quantity of your intake. Similarly, when you're specifically writing down the time you're committing to physical activity, you'll find it easier to identify patterns and pinpoint where you can make adjustments to increase your exercise.

Visit SlimFast.com to find more resources on weight management and intermittent fasting.

3 Tips for Intermittent Fasting

If you're new to the idea of intermittent fasting, these tips can help you find greater success so you can see results.

- 1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods.
- 2. Stay hydrated.** Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like

fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.

- 3. Set goals.** Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.

