

▶ TODAY'S VERSE

Habakkuk 3:19 Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places.



▶ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Savannah McClure smile? "Ballet," said the 17-year-old, a Noblesville High School junior. The daughter of Matt McClure and Missy McClure, she has been studying ballet for 14 years and was found in December 2021 dancing the role of the Sugar Plum Fairy in White River Ballet Co.'s production of "The Nutcracker" at NHS Auditorium. Much rehearsal time went into preparing for this ballet, she said, to coordinate with her teachers to come into the studio and work with her ballet partner, Simon Pawlak, who played the Nutcracker Prince. Also, she said, "I had to get new pointe shoes fitted for this role since I needed more durability for the shoes to be able to perform such big parts," including "Dance of the Sugar Plum Fairy." Why does she enjoy ballet? "I just love the ability to be so many different cool characters and to be able to tell your story through your dance." Today's feature is a look back at one of The Times' previous Faces of Hamilton County. In high school, she also enjoys performing in the NHS Singers show choir, which began its competition season last Saturday.

And **Another Few Things...**

1. Home Show Tickets

Want free tickets to the 101st Indianapolis Home Show, running 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) to ttimmons@thetimes24-7.com. 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. Then all you have to do is wait and watch. If you see your smiling face on our front page - you win!

2. Comet Coming!

Want to see a comet with your naked eye? Well, you just might get your chance soon. Comet C/2022 E3 (ZTF) will be closest to our planet on Feb. 1 and Feb. 2. According to the good folks at space.com, if the comet continues to get brighter, we just might be able to look up and see it. And even if it fades a bit, we should still be able to use binoculars or a telescope around then. Go to space.com for more information.

3. 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. Selected designees will have their artwork displayed in the offices of female elected officials at the Indiana Statehouse and at the Governor's Residence. 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/.

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

50¢ WWW.THETIMES24-7.COM

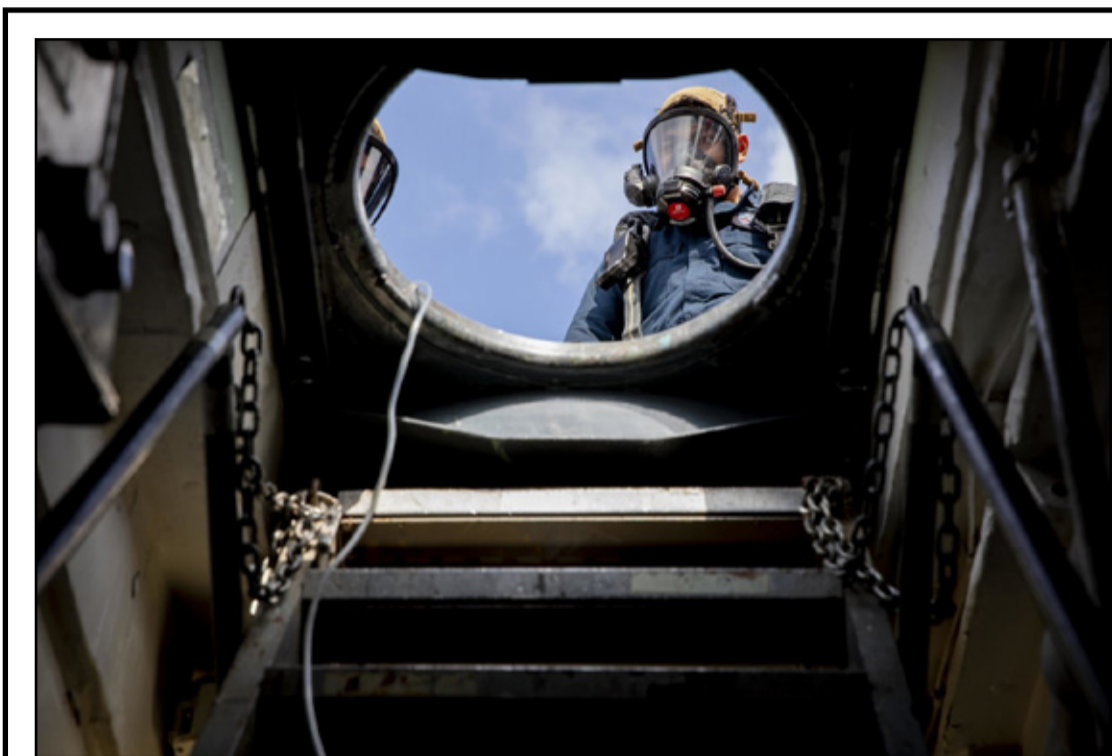


Photo by Mass Communication Specialist 2nd Class David Negron courtesy of the U.S. Navy

Fortville Native Participates in Toxic Gas Damage Control Drill
Damage Controlman 3rd Class Johnclent Paez, from Fortville, Ind., participates in a toxic gas damage control drill aboard the Arleigh Burke-class guided-missile destroyer USS Decatur (DDG 73). Decatur, part of the Nimitz Carrier Strike Group, is currently underway in U.S. 7th Fleet conducting routine operations. U.S. 7th Fleet is the U.S. Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with 35 maritime nations in preserving a free and open Indo-Pacific region.

Lantern Awards Light the Way for Westfield Chamber



The Westfield Lantern Awards is a time-honored tradition of the Westfield Chamber of Commerce. The signature community recognition event began in 1982. The event celebrates the community of Westfield and is a semi-formal dinner reception designed to bring the community together for an evening of fellowship while recognizing and honoring outstanding residents and businesses. This year's Awards Ceremony will take place this Thursday at the Prairie Waters Event Center in Westfield.

The Chamber will hand out awards in eleven categories at the awards ceremony. Seven of the award winners are a surprise and will be announced the evening of the event. Four of the awards have finalists, those individuals and companies are listed below. All winners will be announced at that Lantern Awards event.

Westfield Citizen of the Year

- Lisa Brandenburg
- Shelly Brown
- Matthew Deck
- Dr. DeLayne Lefevre
- Gina Terrill

Young Professional Hall of Fame Inductees

- Joshua Andrews, Westfield Washington Schools
- Kayla Arnold, City of Westfield
- Thea Snelly, The Zulu

Group, Keller Williams Realty

- Matt Trnjan, Grand Park Sports Campus
- Brian Tomamichel, Westfield Washington Schools

Westfield Chamber Board of Directors Business of the Year Cup

Large Business

- Abbott Labs
- Community First Bank of Indiana

Mid-Size Business

- Greeks Pizza
- Meijer
- Sobczak Construction

Small Business

- Dean Ballenger Agency
- Hittle Floral
- Quack Daddy Donuts

Community Leadership Award of Distinction

- Humane Society For Hamilton County
- Open Doors
- Student Impact

There are reserved tables and individual tickets available. Tickets include three food stations and one dessert station. A cash bar will also be available.

Reserved Table (\$550)

- Eight (8) Lantern Awards Tickets
- Guaranteed Reserved Table

Individual Ticket (\$60)

- Individual ticket to attend the 2023 Lantern Awards Ceremony.
- There will be open seating and limited high-top tables available as well.

NPD Investigating Robbery at Clover Road Subway Shop



Noblesville Police are investigating a robbery that took place Sunday evening at the Subway on Clover Road. At approximately 7:55 p.m., NPJ officers responded to the Subway after reports of an armed robbery that had just occurred. Officers arrived on the scene a short time later but were unable to locate the suspect(s).

Per witnesses' statements and evidence at the scene, NPD believes that a male suspect entered the store through the front door at around 7:55 p.m. The suspect reportedly approached two employees of the business and demanded money. The suspect allegedly displayed a handgun during the robbery and fled the scene through the front door with an undetermined amount of money. No injuries were reported.

The suspect is approximately 5'-10" and was wearing a black jacket, black hat, black facemask and blue pants. Anyone with information regarding this case should contact the NPD Criminal Investigation Division at (317) 776-6370 or Detective Mike Haskett at mhaskett@noblesville.in.us

The Daily Almanac

Sunrise/Sunset
RISE: 8:03 a.m.
SET: 5:45 p.m.

High/Low Temperatures
HIGH: 48 °F
LOW: 44 °F

Today is...

- Ben Franklin Day
- National Classy Day
- Printing Ink Day

What Happened On This Day

- 1912 British polar explorer Captain Robert Falcon Scott reaches the South Pole, one month after Roald Amundsen
- 1920 Prohibition begins in the US as the Volstead Act goes into effect
- 1977 Capital punishment in the United States resumes after a ten-year hiatus, as convicted murderer Gary Gilmore is executed by firing squad in Utah

Births On This Day

- 1706 Benjamin Franklin American politician, scientist, publisher and 6th President of Pennsylvania
- 1942 Muhammad Ali American boxer
- 1962 Jim Carrey Canadian/American actor and producer

Deaths On This Day

- 1893 Rutherford Hayes American politician and 19th President of the US
- 2008 Bobby Fischer American chess player

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

Obituaries.....	A2
John Roberts.....	A2
Brian Howey.....	A2
Casey Williams.....	A3
Carrie Classon.....	A3
Capital Chronicle.....	A4
Kitchen.....	A5, A6, A7
Health.....	A8

▶ HONEST HOOSIER

Only two months until St. Paddy's Day! Can't wait!



▶ 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 QUOTE

"If people are good only because they fear punishment and hope for reward, then we are a sorry lot indeed."
- Albert Einstein

▶ TODAY'S JOKE

What do you call a belt with a watch attached to it? A waist of time.

▶ OBITUARIES

Lynelle Renee "Nelly" Agnew
Mary Kathryn Johnson-Eaton
Mary Lois McDole

The Times appreciates all our customers.

Today, we'd like to personally thank

LAURA ANDERSON

for subscribing!



OBITUARIES

Lynnelle Renee "Nelly" Agnew

April 25, 1962-January 15, 2023

Lynnelle Renee "Nelly" Agnew, 60, of Noblesville, Indiana passed away on Jan. 15, 2023, surrounded by loved ones at Riverview Hospital in Noblesville.

She was born on April 25, 1962 to Dean Warren and Frieda Mae Barnette in Indianapolis, Indiana.

Ms. Agnew attended Lawrence Central High School where she played flute in the school band and softball for the Bears. Her favorite pastime was snuggling up with a warm cup of tea and a good book or her favorite sitcoms.

She had two children, Molly Annabelle Nichols and Thomas Dean Agnew, with her former husband, Thomas Coelestine Agnew Jr., and was a devoted stay-at-home mom for many years. She adored being around kids - while she was growing up, she was the beloved "fun Aunt Nelly" to her nieces and nephews, and when her children were older, she worked as a substitute teacher and classroom aide for students with special needs in the Noblesville Schools District.

Ms. Agnew also served over a decade in the insurance industry in a variety of roles and bravely went back to school at age 52 to earn her associate's degree from Harrison College.

Survivors include her 2 children; 2 sisters Laura Strausburg and Lisa Owen; 4 brothers Larry, Les, Lowell and Louis Barnette; and 15 nieces and nephews.

She was preceded in death by her parents; 2 sisters Louise Grdincic and Loretta Rockel; and former husband.

Visitation is scheduled to run from 4-7 p.m. on Friday, Jan. 20, 2023 at Randall & Roberts Funeral Center, 1685 Westfield Rd., in Noblesville. Services are scheduled for 12 p.m. on Saturday, Jan. 21, 2023 at the funeral home. Burial will follow at Cicero Cemetery in Cicero.

Memorial contributions may be made to the Hamilton East Public Library, 1 Library Plaza, Noblesville, IN 46060.

Mary Kathryn Johnson-Eaton

December 1, 1934-January 15, 2023

Mary Kathryn Johnson-Eaton, 88, of Anderson, passed away on Sunday, Jan. 15, 2023, at residence following an extended illness.

She was born on Dec. 1, 1934, in Sparta, Tennessee, to Hayden and Essie (Bennett) Mosley.

Mrs. Johnson-Eaton graduated from Lapel High School. She retired from Guide Lamp Division of General Motors after 18 years of employment.

She was a member of Meadowbrook Church of Christ in Anderson and Madison County Homemakers. She loved the outdoors, gardening, and traveling. Mrs. Johnson-Eaton was a family oriented-person and enjoyed life to the fullest.

Survivors include her second husband whom she married in 1998, Phil Eaton; son Gary (Darla) Johnson of Anderson; brother Chuck (Joyce) Mosley of Lapel; sister Hattie Hull of Lapel; 3 grandchildren Josh Johnson, Philip Johnson and Charity (Rick) Lance; special caregiver Rachel Acord; and 2 great-grandchildren.

She was preceded in death by her first husband Philip Johnson; son Steven Johnson; her parents; brother Glenn Mosley; and sister Mildred Leasure.

A funeral service is scheduled for 2 p.m. on Friday, Jan. 20, 2023, at Hersberger-Bozell Funeral Home, 1010 North Main St., Lapel with Don Harsh officiating. Burial will follow in Brookside Cemetery in Lapel.

Visitation is scheduled to run from 12-2 p.m. on Friday at the funeral home.

Memorial contributions may be made to the Alzheimer's Association.

Online condolences may be shared at www.hersbergerbozell.com

Mary Lois McDole

August 5, 1940-January 13, 2023

Mary Lois McDole, 82, of Du Bois, Pennsylvania, passed away on Friday, Jan. 13, 2023, at Penn Highlands Du Bois Hospital in Du Bois following an extended illness.

She was born on Aug. 5, 1940 in Celina, Tennessee, daughter of the late Charles C. and Olyne Killman.

On April 27, 1957 in Lapel, Mrs. McDole married Lawrence K. "Cracker" McDole; he passed on Oct. 28, 2004.

She enjoyed boating, attending car shows, and traveling. She looked forward to music in the park with her friends and going to dinner with her family. Mrs. McDole was often delighted with the company of her great-grandchildren, Lilah, Lolah and Lukah Farrell.

Survivors include her 3 children Lawrence J. (Kelly) McDole of Anderson, Penny (Kevin) McCarthy of Carlisle, Penn. and, Timothy B. (Carrie) McDole of Brockport, Penn.; daughter-in-law Penny McDole of Lapel; 2 grandchildren who cared for her, Lauren (Scott) Farrell of Rockton, Penn. and Steve McDole of Clearfield, Penn., as well as six other grandchildren and numerous great and great-great-grandchildren.

In addition to her parents and husband, she was preceded in death by 2 siblings Charlene K. White and Bobby W. Killman; and son Jimmy Lee McDole on Aug. 25, 2013.

A funeral service is scheduled to be held at 1 p.m. on Saturday, Jan. 21, 2023, at Hersberger-Bozell Funeral Home, 1010 North Main St., Lapel, with the Rev. Gary Klingler officiating. Burial will follow in Brookside Cemetery in Lapel.

Visitation is scheduled to run from 11 a.m. to 1 p.m. on Saturday at the funeral home.

Memorial contributions may be made to Treasure Lake Church, 226 Treasure Lake, Du Bois, PA 15801.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

I'm running through my list of suggested topics from readers, and this one goes out to a reader from Sheridan. It's a common problem, but one of those topics that doesn't usually come up in casual conversation - constipation.

There are three usual times in a person's life when constipation can become a problem. The first is during early childhood, the second when a person becomes sedentary, and the last is during the elder years. Each one has different causes.

First, I have to deliver yet another lesson in basic anatomy and physiology. When we eat, food travels through the following structures: mouth, esophagus, stomach, small intestine and finally, the large intestine. This journey is facilitated by peristalsis, a physiologic process where involuntary muscles in the wall of the digestive tract contract to move food from north to south.

While constipation can involve trouble anywhere along the way, the vast majority of problems occur in the colon. One of the main jobs of the colon is to reclaim water from the undigested food remaining in the feces. If food is slowed down in its transit through the colon, more water is absorbed, making the feces firmer and more difficult to evacuate.

Young children can develop problems with constipation when they put off going to the bathroom for various reasons. When this happens, they can develop a condition called encopresis. They can retain very large amounts of stool in their colons to the point where the muscles are not able to push the stool out and the child may lose the urge to have a bowel movement.

These children may pass very large bowel movements and may have a great deal of pain when doing so. They also may have accidents, passing semi-solid or liquid stool that has leaked around the blockage. Painful movements lead to the child not wanting to have a bowel movement and the cycle repeats itself. It's important to treat this condition as early as possible using medications and behavioral modification.

Another common cause of constipation is a period of inactivity, usually following surgery. This is especially true follow-

ing abdominal surgery, particularly if it involved manipulating the intestines. Handling the intestines tends to interrupt normal peristalsis for a period of time. Taking pain medication post-operatively is also a common cause of constipation, especially in older patients. It's important to minimize the use of narcotics and to prevent post-operative constipation using a bowel regimen started as soon as possible following surgery.

Older persons are also more likely to be inactive, so they tend to suffer from bouts of constipation. They are also commonly dehydrated due to not drinking enough fluids. These folks are frequently on medications that can exacerbate the normal age-related slowing of intestinal motility. Common drugs that can result in slowing include Benadryl, Tylenol PM, Zantac, some antidepressants, and anticholinergic medications used to treat bladder spasms and incontinence.

As usual, prevention is the best medicine. All people should consume adequate fiber, plenty of fruits and vegetables, and enough fluids to keep the urine clear to pale yellow. Google "high fiber diet" for recommendations. Children need to be taught the habit of sitting on the toilet at least twice a day for ten minutes or so. They should not be rushed and they should have good

support for their feet. Along those lines, a shout out to two of my prior patients for telling me about the Squatty Potty. This is a simple device that elevates the feet, allowing one to be in a more anatomic position to make it easier to have a bowel movement (squattypotty.com).

Those planning to have surgery, or who are laid up for another reason, should make sure they are consuming plenty of liquids and taking a stool softener like docusate or an osmotic agent like MiraLAX immediately following surgery or at the beginning of their illness. The elderly should consume fluids and also remain as active as possible. We joke a lot about prunes, but they are very effective.

Young children who have difficulty with bowel movements should be evaluated by their physician. The earlier this problem is treated, the easier it is to correct. For adults who are suffering from constipation who do NOT have abdominal pain, laxatives such as Dulcolax are generally safe and effective for short-term use. If results are not obtained in a couple of days or you develop pain you should consult your medical provider.

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

Party Switching Candidates are Rare in Indiana



BRIAN HOWEY
Howey Political Report

When it comes to switching parties, the list is a long one and recently dominated by the Southland, which in the wake of the 1965 Great Society Voting Rights Act prompted an overt migration from the Democratic to the Republican party, as President Lyndon B. Johnson aptly predicted.

The list includes some titanic American figures, like Abraham Lincoln, Ronald Reagan, John Tower, John Connally, Richard Shelby, Jesse Helms, Phil Gramm, Condoleezza Rice, and Rick Perry.

In Indiana, party switching has been rare, particularly for those who have already commenced a political career. State Reps. Eric Turner, Frank Newkirk and Barb Engle switched, with the first two switching from D to R two decades ago. Hobart Mayor Brian Snedecor did the same and will not seek reelection. In 1940, it was former Democrat business executive Wendell Willkie who won the Republican presidential nomination. Prior to beginning his public career, Mike Pence was a Kennedy Democrat, before switching to the GOP.

In Indiana's 200-plus year history, only two governors have switched

the reason I believe that is because I've traveled the state. I've talked to a lot of people and again, I am not doing the whole let's focus on nine counties and hope for the best, I'm going to focus on 92 counties. I also know too, that there are a lot of people that haven't voted in a very long time because they feel like what's the point; they're not going to be heard. So getting to them, and listening to them, and providing them with an option, I think provides a lot of opportunity."

McCormick was asked about her Republican background and whether it would alienate some Democrats.

"That's a great question," she responded. "I'm gonna get out and run a very professional, very organized, very inclusive race. And I'm hopeful that, and I'm already seeing it, a lot of Democrats are getting behind it, they understand it. I know it's gonna take a lot of work to win over those who may be skeptical or those who don't appreciate that I ran as a Republican once."

Hammond Mayor Thomas McDermott Jr., who told Howey Politics Indiana/State Affairs in December that he will seek a sixth term as mayor this year and then run for governor in 2024, saw the McCormick interview as naive.

"I'm happy she's part of the party," McDermott told HPI on Monday. "I want to make that clear. But I think the toughest race for her will be the primary. She'd be a great candidate in November, but her weakness will be the Democratic primary."

"Well, I don't think they can. I know they can," McCormick said. "And

McDermott said that "most people" remember who their first votes for president and even governor were for. "I think she might be a little embarrassed by that interview. That exposes her a little bit in a Democratic primary. I'm sure she remembered who she voted for, I'm sure she does. Most average voters would remember every president they voted for."

Asked about the recent past when Hoosier Democrats have run as "conservative lite" candidates, losing every statewide race since 2014, McDermott said, "I'm a moderate. My problem and that of other moderate Democrats ... is when we run statewide, somebody looks at me and sees Nancy Pelosi. They equate me with Nancy Pelosi and it's hard to shake that. I couldn't shake Nancy Pelosi. I couldn't shake Joe Biden. My problem in my race against Sen. Young was I needed to get on TV to define myself, but I didn't have the funds until the very end. Our problem is that national Democrats are hurting us in states like Indiana. The DNC didn't send a penny for us to compete."

"It's not impossible," McDermott said. "In this Republican primary, they're going to spend \$20 million beating each other up. Whoever emerges as a Democrat nominee during a presidential election year, all the numbers change."

The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwypol.

The Times
Public Notices Deadline:
11:00 a.m.
2 Business Days Prior to Publication
legals@thetimes24-7.com
Private Party Notices Submitted After Deadline
May Be Subject To \$25.00 Fee
In Addition To The Cost Of The Advertisement

Obituary deadline
The Times publishes obituaries daily at www.thetimes24-7.com, and in its print product every day with the exception of Sundays and Tuesdays.
All obituaries must come from a funeral home.
A photo may be included and should be sent as a high-resolution JPEG.
Daily obituary deadline is 4 p.m. for the following day's print publication.
To read more obituaries, visit www.thetimes24-7.com.

Hersberger Bozell FUNERAL HOME

Traditional Funerals | Affordable Cremation | Pre-Planning

765•534•3131 www.hersbergerbozell.com
1010 North Main, Street Lapel, IN 46051

NOW Hiring

THE TIMES

LIGHT DELIVERY ROUTE

Early Wednesday morning newspaper delivery route available!

This does NOT include home delivery. It is delivering to post offices mostly.

Must have insurance, reliable transportation and a clean driving record.

Send resume and vehicle information to jobs@thetimes24-7.com.



Photos courtesy of Ford

'23 Ford Maverick the Practical Antidote for Inflation

I know some people are sad to see 2022 kicked to the curb while Baby New Year takes up residence, but I am not one of them. Inflation was not kind to my paycheck or my family's budget. Everything became more expensive and \$5 gasoline is still felt through salted wounds. Given all of this, Ford is in the driver's seat with the 2023 Maverick hybrid pickup that shares compact crossover architecture with the Ford Escape and Ford Bronco Sport. If you like the truck, you'll love the price.

Stylists created a streamlined boxy little pickup that's obviously a smaller sibling to the best-selling F-150 and Ranger, but has its own thing going too. Ours came with the \$1,645 Black Appearance package that includes a black grille, mirrors, 18" wheels, and even darkened

Ford logos front/rear. It's like a friendly little puppy who gives you the stink eye. Around back, a trailer hitch receiver, spray-in bedliner, tie-downs, and power outlet signal a willingness to do light yardwork and weekend activities.

I'm especially impressed with the interior. Sure, there's a lot of hard plastic, but it is beautiful with sharp molded textures and contrasting bluish gray color on the dash and doors. Our Lariat package includes heated seats, heated steering wheel, dual-zone automatic climate control, and B&O audio. Infotainment is handled a dash screen using simple icons for radio, media, navigation, and vehicle settings. Add to that Apple CarPlay, Android Auto, Bluetooth, and wireless phone charging in the console. Rubberized

volume and tuning knobs work as God intended.

Knowing the Maverick is as likely to carry families as lumberjacks, engineers gave it the entire safety book. Adaptive cruise, automatic emergency braking, and lane keep assist step in to avoid danger. Rear cross path detection, lane departure warning, and blind spot warnings add an additional margin. Evasive steering assist helps drivers maneuver through an emergency.

Maverick drives like no other pickup. First, there's the hybrid powertrain that combines a 2.5-liter gas engine with lithium-ion batteries and motors to put a system combined 191 horsepower to the front wheels. Normally, a two-wheel-drive pickup would be a handful in slick weather, but what's essentially a front-drive

2023 Ford Maverick Lariat

Five-passenger, FWD Pickup
Powertrain: 2.5-liter I4 Hybrid, CVT
Output: 191 hp (combined)
Suspension f/r: Ind/Twist beam
Wheels f/r: 18"/18" alloy
Brakes f/r: Regen disc/disc
Must-have features: Style, Space
Towing: 2,000 lbs.
Fuel economy: 42/33 mpg city/hwy
Assembly: Hermasillo, Mexico
Base/As-tested price: \$22,195/\$36,125



CASEY WILLIAMS
Auto Reviews

crossover with traction and stability control should be a snowmobile while optimizing fuel economy. And, that is a very frugal 42/33-MPG city/highway.

It's efficient, but also engaging to drive. Since it is essentially a unibody crossover with an integrated bed, there's none of the front vs. rear fighting that agitates balance in traditional pickups. It's just one solid chunk with tight steering

and firm suspension setting. Nothing squeaks, creaks, or rattles. I'd like it better with an independent rear suspension, but the twist beam is economical and performs fine in this light pickup. A turbo-four engine is available in the Maverick, but nearly 200 horsepower from the hybrid is plenty for daily commuting and is the best choice for saving fuel dollars.

As lines that formed

across 2022 for Mavericks starts to clear, prices are only slightly increased. Base models with steel wheels, front-drive, and hybrid powertrain rise from \$22,195 to \$36,125 for our luxurious Lariat. Competitors include the Hyundai Santa Cruz, used Subaru Bajas, and your dad's El Camino.

Storm Forward!

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

Beauty in the Imperfections



CARRIE CLASON
The Postscript

I almost threw away my old lace napkins.

They have rust stains on them. In order to cover the stains, I threw them in a pot of green dye and boiled them. The dye was not a success. The napkins all came out in slightly varying shades of green, and the rust stains—while less noticeable—were still there. I used them once and was self-conscious the whole time.

"People are going to think I didn't wash the napkins!" I worried. But I washed them again, ironed them and kept them anyway.

Then, over the holidays, I had the whole family over. I eyed the old green napkins.

They have what appears to be handmade lace around the edges and a crocheted medallion in one corner. They are a generous size and made of good, sturdy cotton. They are serviceable napkins in every way except for the small spots that appear on almost every one of them.

"Not one person in 10 can see those spots!" my husband, Peter, says when I tell him I'm thinking

of throwing out the old napkins.

(There are 12 napkins so, even if Peter is right, that still means one person might notice and think, "Did she wash these napkins?")

But I used them anyway. I don't think anyone noticed. Then I washed them again and looked at them before I ironed them. The stains were just as noticeable. The shades of green are no more uniform.

And I realized I kind of liked them.

I have no idea where these napkins came from. I found them when I was cleaning out my barn, preparing to sell my old farmhouse years ago. They are not family heirlooms. I have to assume I picked them up at a garage sale somewhere. I probably didn't look at them closely until I got home, saw the rust stains on them and tucked them away—unsure from the very beginning whether or not I should keep them.

I wonder who made them. It was a lot of work. I wonder where the rust stains came from. That must have been disappointing for whoever owned them. I'm guessing it happened many years ago. And here I am, still using them. And I do like them.

Things don't have to be perfect. That's what I'm finally coming to accept.

My own inability to reach perfection was an ongoing source of

frustration for decades until I reconciled myself to the fact that I was, in fact, good enough. Good enough was a laudable goal. And these napkins, while they would never be featured on any magazine cover, are good enough—more than adequate, in fact—for the celebrations I host, which will also not be perfect, but hopefully good enough for everyone in attendance.

It is nice to use something that is old and loved and imperfect.

I look at these napkins and imagine the life they must have had when they were new. Likely they were a wedding present to somebody a very long time ago. They were used for festive gatherings I cannot imagine by people I never knew and maybe just a little of that history is left, maybe a little of that laughter remains, somewhere in their imperfections.

I ironed the old napkins. I folded them. I put them in the drawer for another use at another celebration with different people—of whom, perhaps, one in 10 might wonder about the rust stains, now camouflaged with green dye.

They still have a purpose—imperfect as they are. And I take inspiration from that.

Till next time,
Carrie

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

NOW Hiring

The **TIMES**
Serving Noblesville and Hamilton County for more than a century

LIGHT DELIVERY ROUTE

Early Wednesday morning newspaper delivery route available!

This does NOT include home delivery. It is delivering to post offices mostly.

Must have insurance, reliable transportation and a clean driving record.

Send resume and vehicle information to jobs@thetimes24-7.com.

LIVING WITH DIABETES CAN BE

PAINLESS

If you administer insulin 3 or more times per day or using an insulin pump, CALL NOW and learn how a Continuous Glucose Monitor CAN HELP YOU.

Get **FREE** shipping of your new CGM, plus we will bill your insurance for you... **AT LITTLE OR NO COST!**

CALL NOW! 866-641-0141

COPAYS AND DEDUCTIBLES MAY APPLY

TheTimes24-7.com

TheTimes24-7.com

Proposal Seeks to Change Constitution — and Who Has Right to Bail in Indiana

By Leslie Bonilla Muñiz

A Bedford Republican wants to change who has the right to bail in Indiana — and it will mean editing the state's Constitution to make it happen.

Prosecutors say Sen. Eric Koch's Senate Joint Resolution 1 would keep dangerous people off the streets before trial, while defenders and civil rights advocates say its subjectivity could endanger the rights of those presumed innocent until convicted.

In Indiana now, only people accused of murder or treason can't get bail.

All others can pay to get out of pre-trial detention, though judges typically set higher bails for people with more severe charges, who might not show up for trial or who are otherwise considered safety risks.

"But if they set that bail too high, the Indiana Supreme Court has ruled that could be considered an unconstitutional, de facto denial of bail," Koch told reporters at a Jan. 9 presentation of Senate Republican priority bills.

So he worked "with Indiana prosecutors" to draw up SJR 1. Koch's proposal would let judges deny bail to anyone that they believe — based on "strong" evidence — "poses a substantial risk to the public."

"We think this is a tool the Indiana criminal justice system needs to have too, in our toolbox," Koch said.

Action, reaction?

Two men made headlines across the state last year when Indianapolis law enforcement officials arrested each one on charges of murder — allegedly committed while each was out on bail paid by a charitable organization. Their cases — and similar ones — went viral.

State lawmakers clamped down on The Bail Project within months, with House Enrolled Act 1300.

But Koch proposal supporters and detractors alike say the motivation goes back further, to a four-year Indiana Supreme Court review of the bail system and the rule change in which it culminated.

The court in 2020 told lower courts they should release arrestees without bail as long as those people are not "a substantial risk of flight or danger to self or others," hadn't already been out on bail, or hadn't already been on probation or parole.

Criminal Rule 26 reversed previous logic that arrestees should stay in pre-trial detention until they could cough up the cash to get out.

For SJR 1 proponents like Daviess County Prosecutor Dan Murrie, that's part of the "disconnect" between bail on the national level versus in Indiana.

There's no absolute right to bail on the federal level — just an Eighth Amendment protection against "excessive" bail. Indiana, in contrast, has just two non-bailable charges.

"My view, at least, is that [SJR 1] is the other half of what Criminal Rule 26 does," Murrie said. He co-chairs the Indiana Prosecuting Attorneys Council's legislative committee; the judicial branch agency has thrown its weight behind Koch's proposal.

"If you're going to offer no bail for low-level offenders or people who don't pose a problem, you need to likewise identify

Proposed Changes

Koch's proposal would add the bolded words to existing language in Indiana's Constitution: "Offenses, other than murder or treason, shall be bailable by sufficient sureties, **unless the accused poses a substantial risk to the public.** Murder or treason, **or if the accused poses a substantial risk to the public,** shall not be bailable, when the proof is evident, or the presumption strong."

Read SJR 1 online at d37sr56shkhr08.cloudfront.net/pdf-documents/123/2023/senate/resolutions/SJ0001/SJ0001.01.INTR.pdf

those who should be preventatively detained," Murrie added. "It's just kind of the logical upper half of that concept. And we've been prevented from pursuing that because of the Constitution."

Even opponents agree that the rule was a key launching pad to SJR 1.

"I feel like the [Indiana] Supreme Court started us on a path with Criminal Rule 26," said Indiana Public Defender Council Executive Director Bernice Corley.

But she argued that the rule has already been used to approve overly high bails, citing 2022's *DeWees v. State*. In that case, the Indiana Supreme Court upheld a \$50,000 bond for an 18-year-old accused of being the driver in an armed burglary because she was deemed a flight risk and a risk to the alleged victim's safety. Sierra DeWees had no prior record and no way to pay.

Murrie said he'd personally experienced people in Daviess County allegedly commit crimes while out on bail for earlier alleged crimes — and had noted similar cases in counties across the state. He declined to name specific cases.

But TyJuan Garrett, a vice president and legal counsel for Indianapolis' chapter of the National Association for the Advancement of Colored People, criticized rhetoric about repeat offenders committing new crimes while out on bail as "scare tactics."

"This legislation is an overreaction to a straw man, to a boogeyman, that's really not there," he said.

With SJR 1, Indiana would join 22 other states that have also adopted language narrowing the right to bail, according to prosecutors council research.

Discretion vs. discrimination

For SJR 1 supporters, Koch's proposal would weigh public safety more heavily in bail decisions, but others say it is subjective criteria rife with potential for misuse.

"Indiana's focus is more on the attendance of the defendant at future hearings," Murrie argued. "As prosecutors, we would like to see that expanded, giving judges more tools than they have now to also protect the people in the community."

"The foundational piece of freedom and economic prosperity is public safety," he added. "And that's what we're after."

But defenders and civil rights advocates worried that with SJR 1, judges could deny bail to people accused of low-level crimes.

"From my point of view, we already do a great job, in a negative way, of keeping people detained pre-trial," Corley said. "I think this language just gives comfort to what was already being done. And ... it broadens the catchment of people who could be caught up."

The vast majority of people nationwide imprisoned in county

jails under local authority hadn't yet gone to trial in 2021 — more than 80%, according to a 2022 report by the anti-mass incarceration nonprofit Prison Policy Initiative. Until convicted, they're presumed innocent.

Corley pointed to the bail schedules that many counties have, which go up with charge severity and violence.

"That proportionality is out the window," Corley said. "It really has the potential for sweeping abuse."

Corley said people experiencing mental health crises could languish in county jails instead of being diverted toward care. Opponents also feared other types of discrimination.

"Policy wise, I agree with [SJR 1]. The question is: who's going to make that decision?" Senate Minority Leader Greg Taylor asked reporters last week.

"As we've seen over the history of any type of public policy that has these types of subjective criteria, people who look like me seem to be on the bottom end of the of the scale," Taylor, who is Black, said.

Garrett, of the NAACP, said he didn't think judges would go as far as to discriminate based on race. But, he said, "Most judges are elected. Prosecutors are elected."

He argued that neither would want voters to consider them "soft on crime," and would instead be motivated to minimize the potential for people to commit additional crimes while out on bail.

Koch, asked how he might ensure SJR 1 is applied consistently, said Hoosiers should trust their judges.

"We're relying on and trusting the good discretion of our trial court judges, who will make those decisions on a case by case basis," he told the Capital Chronicle.

Murrie, meanwhile, said SJR 1's intent was not to "deteriorate" the rights of arrestees but to "increase the safety of everyone else."

Looking toward 2026

There's a long road ahead for SJR 1.

Because it seeks to change Indiana's Constitution, two successive general assemblies must approve it: this session, and after a new legislature takes office in 2025.

Then, it would go to ballots in 2026. A majority of Hoosiers would need to support SJR 1 for it to take effect.

Its first hearing is scheduled for Tuesday.

Capital Chronicle reporters Whitney Downard and Casey Smith contributed reporting.

Indiana Capital Chronicle is part of States Newsroom, a network of news bureaus supported by grants and a coalition of donors as a 501(c)(3) public charity. Indiana Capital Chronicle maintains editorial independence. Follow Indiana Capital Chronicle on facebook.com/IndianaCapitalChronicle and twitter.com/INCapChronicle

Tough Road Ahead for Bill to Increase Semi Truck Speed Limits

By Casey Smith

A pair of bills filed in the Indiana Legislature seek to raise the speed limit for large trucks on certain state highways and interstates, but continued pushback from a Hoosier truck drivers group is likely to keep the measures from becoming law.

Five prior proposals to eliminate the lower speed limit for trucks have been filed in the House since 2017 without success. All have been authored by Rep. Mike Aylesworth, R-Hebron, but none have ever received a hearing in committee.

He's filed the same language in a bill again this year, hoping that it can at least be discussed in the House roads and transportation committee where it's been assigned.

"Those of us that live a considerable distance from the state capitol travel interstates, and it's always bothered me that Indiana has a bifurcated speed limit," Aylesworth told the Indiana Capital Chronicle. "The trucks can be very annoying, going slower than regular traffic. I think for safety sake, they all ought to be uniform."

Republican Sen. Jim Tomes, of Wadesville, has additionally authored a separate bill that similarly seeks to increase speed limits for large vehicles, like semi trucks.

Like Aylesworth's bill, Tomes' measure would raise the speed limit for trucks to 70 mph on highways and interstates outside urban areas. Currently, those vehicles must not go above 65 mph.

Tomes declined the Indiana Capital Chronicle's request for comment about the bill, however.

Increased speed limit would make roads 'safer'

Under current Indiana law, passenger vehicles are allowed to travel at 70 mph while commercial vehicles (other than buses) weighing more than 26,000 pounds are subject to the reduced speed limit.

There are about 124,000 vehicles that meet this weight criteria registered in Indiana, according to a legislative fiscal report. The Indiana Department of Transportation (INDOT) reported in 2018 that more than 414 million tons of truck freight travels through Indiana each year, making it the fifth busiest state for commercial

freight traffic.

Aylesworth said Indiana's lower speed limit for trucks creates more traffic — and makes roads less safe.

"I was coming back from a trip to South Carolina, and as we came back through the Carolinas and Tennessee and Kentucky — where the speed limits are all the same — we didn't have many blockages of semis," he said. "We came to Southern Indiana, and all of a sudden, you've got semi issues, for stretches, and it's very aggravating."

Indiana is one of eight states that requires a lower speed limit for semi trucks on rural interstates and highways, according to the Insurance Institute for Highway Safety.

Those in support of the increased speed limit for large trucks maintain that the current split speed creates congestion for surrounding traffic. They further argue that averting trucks can be hazardous — especially on rural roads that are often reduced to two lanes.

Groups like the Owner-Operator Independent Drivers Association (OOIDA), a national trade union representing professional truck drivers, have opposed differential speed limits for heavy duty trucks "because it decreases safety by increasing the interaction between large trucks and passenger vehicles."

Motor Truck Association remains opposed

But Aylesworth said years of pushback from the Indiana Motor Truck Association (IMTA), which represents the trucking industry in Indiana, has largely kept the bill from even being placed on the committee schedule.

IMTA President and CEO Gary Langston maintains that the group "will continue to support" the current lower speed limit for trucks in Indiana, rather than measures to raise those speeds.

"There are different opinions within the industry, yet the majority of our members continue to support the 65 MPH speed limit," Langston told the Indiana Capital Chronicle in a written statement. "As trucks with technological advanced safety features become more prevalent, an increased speed limit may

be more acceptable."

Still, Aylesworth says his conversations with insurance experts, INDOT and the Indiana State Police indicate that "everybody's cool with it."

"There isn't going to be a significant change in accidents or increased danger to the public," Aylesworth said. "It's just very frustrating. With the (IMTA) ... we have a disagreement on this one."

In 2020, there were 153 people killed in crashes involving large trucks in Indiana, according to the U.S. Department of Transportation. At least 26 fatal semi-involved crashes in the state involved speeding.

An Indiana Public Policy Institute report also notes that occupants in large trucks were almost five times as likely to be injured in crashes when speeding, compared to the same vehicle type not speeding.

A chance to be heard in the Senate committee?

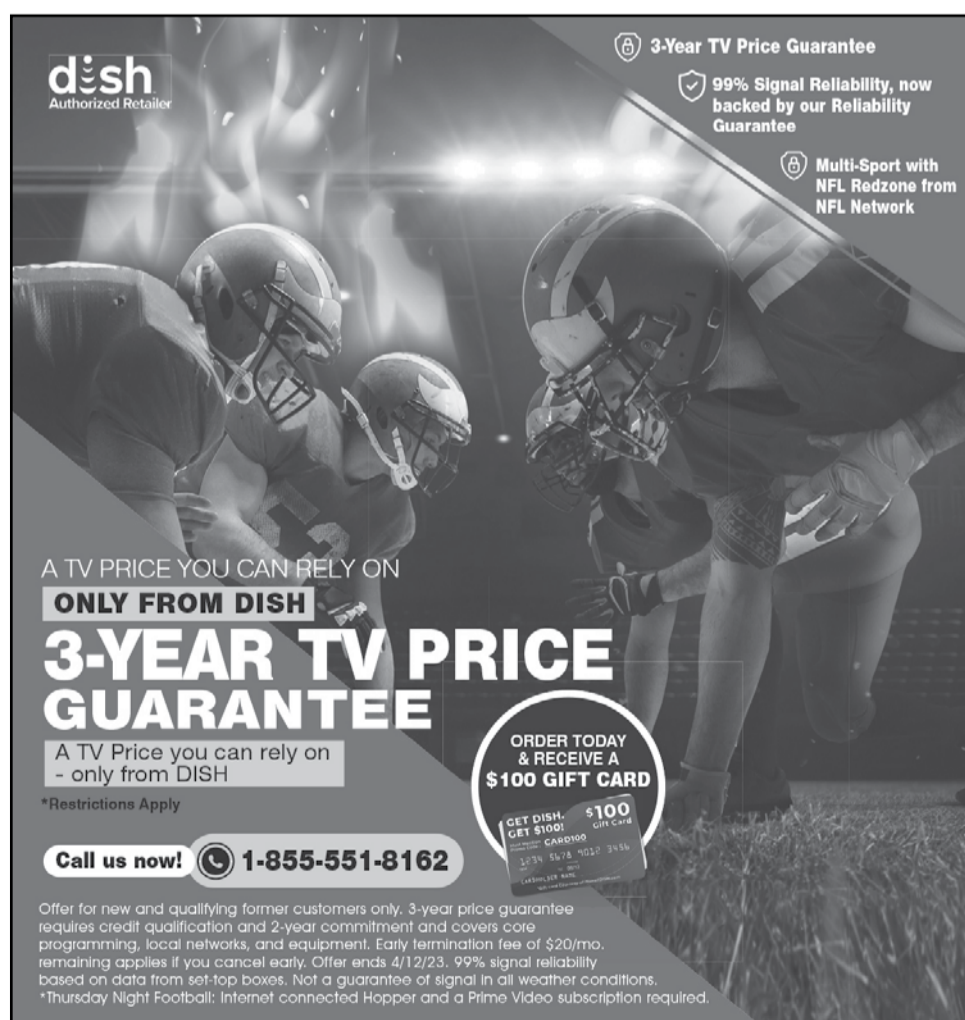
Aylesworth said he wasn't sure if his bill would get traction in the House committee in the 2023 session. Anytime he's told a committee chairperson about the IMTA pushback, he's been told that he's "going to have trouble" moving the bill forward.

But given that Tomes is a ranking member of the Senate committee to which his bill has been assigned, it's possible that his proposal could be up for debate.

If Tomes' bill makes it out of the Senate, Aylesworth said he's still skeptical as to whether it can advance in the House, however.

"I would welcome that bill to come over, but I can tell you where it's going to go," Aylesworth said. "Knowing the way the legislature works, if that bill got assigned to my committee, as an agricultural bill, then we'll get to hear it. But it isn't going to happen that way."

Indiana Capital Chronicle is part of States Newsroom, a network of news bureaus supported by grants and a coalition of donors as a 501(c)(3) public charity. Indiana Capital Chronicle maintains editorial independence. Follow Indiana Capital Chronicle on facebook.com/IndianaCapitalChronicle and twitter.com/INCapChronicle



Never miss a public notice on legal proceedings!
After it prints in your local newspaper, it goes online:

IndianaPublicNotices.com

TheTimes24-7.com

Thanks for reading The Times, Hamilton County!

TUESDAY

In The Kitchen

Tuesday, Jan. 17, 2023

A5

Party-Worthy Wine Pairings Perfect for Easy Entertaining

FAMILY FEATURES

Red or white, sweet or dry, wine lovers are often entertainers at heart. When inviting guests to share your personal favorites, nothing enhances a tasting get-together quite like complementary snack and wine pairings.

The next time you find a wine party on your schedule, consider these simple yet delicious recommendations from sommelier and founder of “The Lush Life,” Sarah Tracey, who partnered with Fresh Cravings to create “Dips and Sips.” Aimed at reinventing wine and cheese parties, the movement focuses on simplistic recipes, easy dip pairings and suggested wines.

“When I entertain at home, I’m always looking for ways to impress my friends with fresh, creative bites I can pair with wine,” Tracey said. “My favorite hack is finding great products with high-quality ingredients then creating simple, elevated ways to serve them. The less time I spend in the kitchen, the more time I get to spend with my guests.”

Tracey relies on the versatility of Fresh Cravings’ array of dip options and crowd-pleasing, bold flavors worth celebrating. With authentic-tasting chilled salsas offering a vibrant alternative to soft, dull blends of jarred salsa and flavor-filled hummus made with premium ingredients like Chilean Virgin Olive Oil, these dips elevate both traditional and reinvented recipes.

For example, Tracey’s recipes for Polenta Rounds with Pico de Gallo Salsa and Crab, Spiced Butternut Squash Naan Flatbreads, Cheesy Tortilla Cutouts with Salsa and Hummus-Stuffed Mushrooms offer flavorful, easy-to-make appetizers that can make entertaining easy and effortless. Plus, these crave-worthy morsels are just as tasty and approachable for guests choosing to skip the wine.

Find more recipe and pairing ideas perfect for enhancing your next party at FreshCravings.com.

Hummus-Stuffed Mushrooms

Recipe courtesy of Sarah Tracey
Total time: 15 minutes
Servings: 6

- Nonstick olive oil spray
- 16 ounces cremini mushrooms, stems removed and gills scooped out
- salt, to taste
- pepper, to taste
- 1 container Fresh Cravings Classic Hummus
- 1 jar manzanilla olives stuffed with pimientos, cut in half
- 1 jar roasted red pepper strips
- Oregon Pinot Noir

Preheat oven to 375 F. Prepare sheet pan with nonstick olive oil spray.

Place mushroom caps on sheet pan, spray with olive oil and season with salt and pepper, to taste.

Roast 7-8 minutes then let mushrooms cool to room temperature. Fill each mushroom cap with hummus and top each with one olive slice.

Thinly slice roasted red pepper strips and arrange around olive slices.

Pair with lighter bodied pinot noir with cherry tones from Oregon.



Hummus-Stuffed Mushrooms



Spiced Butternut Squash Naan Flatbreads

Spiced Butternut Squash Naan Flatbreads

Recipe courtesy of Sarah Tracey
Total time: 25 minutes
Servings: 6

- 1 1/2 pounds butternut squash
- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- salt, to taste
- pepper, to taste
- 1 container Fresh Cravings Roasted Garlic Hummus
- 1 package mini naan dippers
- 1 bunch fresh rosemary, minced
- La Vieille Ferme Rosé

Preheat oven to 425 F.

Chop butternut squash into 1/2-inch chunks.

Toss squash with olive oil, maple syrup, cumin and chili powder. Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes.

Spread hummus on naan dippers and top each with squash and fresh rosemary.

Pair with deeper, savory and earthy rosé.



Polenta Rounds with Pico de Gallo and Crab

Cheesy Tortilla Cutouts with Salsa

Recipe courtesy of Sarah Tracey
Total time: 20 minutes
Servings: 6

- Nonstick cooking spray
- 6 large flour tortillas
- 16 ounces pepper jack cheese, grated
- 1 can (4 ounces) green chiles, drained
- 1 bunch fresh cilantro, finely chopped
- 1 container Fresh Cravings Restaurant Style Salsa, Medium
- New Zealand Sauvignon Blanc

Preheat oven to 350 F. Prepare sheet pan with nonstick cooking spray.

Place large flour tortilla on sheet pan. Top with handful of grated cheese.

Sprinkle chiles on top of cheese layer. Add chopped cilantro. Sprinkle with additional cheese.

Top with another tortilla. Bake until cheese is melted, about 10 minutes. Work in batches to make three sets of cheese-filled tortillas.

Cut out desired shapes with cookie cutters.

Serve with salsa and pair with sauvignon blanc from New Zealand with zest and zing.



Cheesy Tortilla Cutouts with Salsa

Polenta Rounds with Pico de Gallo Salsa and Crab

Recipe courtesy of Sarah Tracey
Total time: 30 minutes
Servings: 6

- 1 tube (16 ounces) prepared polenta
- nonstick cooking spray
- salt, to taste
- 8 ounces jumbo lump crabmeat
- 1 container Fresh Cravings Pico de Gallo Salsa, Mild
- 1 bunch fresh mint, finely chopped
- Mateus Rosé

Heat oven to 400 F.

Slice polenta into 1/4-inch thick rounds. Arrange on baking sheet sprayed with nonstick cooking spray and bake 20-25 minutes until golden brown and crispy. Sprinkle with salt, to taste, and let cool.

Combine jumbo lump crabmeat with salsa.

Top each polenta round with crab salsa mixture.

Garnish with finely chopped fresh mint and pair with vibrant, fruity rosé.

www.TheTimes24-7.com
www.TheTimes24-7.com

TUESDAY

In The Kitchen

DAY

Tuesday, Jan. 17, 2023

A6

Planning a Balanced, Plant-Based Diet for Kids

FAMILY FEATURES

Caregivers who follow a vegetarian, vegan or other plant-based diet may wonder whether it's wise for their children to follow the same eating plan.

A well-balanced vegetarian diet can meet a baby or child's needs, although it's important to make sure children eating plant-based diets are getting enough protein-rich plant foods and other essential nutrients, according to Malina Malkani, MS, RDN, CDN.

If you're contemplating a plant-based diet for your child, you can learn more about the essential nutrients every child needs with this insight from Malkani and the nutrition experts at Plum Organics.

Iron

Starting at about 6 months, babies' iron reserves are low and they need iron from food sources. Iron is essential for brain development and healthy immune systems, as well as overall growth. Heme iron from animal-based foods is absorbed better than non-heme iron found in plant foods, but you can increase the absorption of non-heme iron by offering meals that include a plant source of iron – found in foods like beans, legumes, quinoa, chia seeds, leafy greens, nuts, nut butters and tofu – and a vitamin C-rich food, such as broccoli, strawberries or cantaloupe. Vitamin C helps boost non-heme iron absorption.

Vitamin B12

Important for development of the nervous system, vitamin B12 also plays a role in the prevention of anemia and affects some behavior and mood regulation. Dietary sources of B12 include primarily animal products (meat, fish, eggs and milk), although some B12 can be found in nutritional yeast and fortified cereals. Infants likely get enough vitamin B12 from breast milk or formula, but as their milk intake begins to taper between 9-12 months, vegan babies may benefit from supplementation.



Photos courtesy of Getty Images



Vitamin D

Most people know vitamin D is good for strengthening teeth and bones, but it also supports calcium absorption and promotes optimal functioning of the immune system. The only known naturally occurring plant-based food source of vitamin D is some varieties of mushrooms. Formula-fed infants drinking more than 32 fluid ounces do not generally need a supplement, but breastfeeding infants may need to be supplemented.

Omega-3 Fatty Acids

These essential fatty acids are important for brain development, learning and behavior. There are three types of omega-3s, including EPA, DHA and ALA. EPA and DHA, the most critical, are found mainly in fish or algae. Breast milk and formula often contain omega-3s, as well.

For plant-based tots who don't eat fish, the ALA in foods like chia seeds, flax seeds and walnuts can be an important source of omega-3 fatty acids. Consider an option like the Mango & Pineapple, White Bean, Butternut Squash & Oats blend from Plum Organics, which provides omega-3 ALA from chia seeds and offers a convenient way to add important nutrients to a toddler's plant-based diet.

Calcium

Calcium is important for strengthening bones and teeth, as well as muscular and nervous systems and heart function. For most infants, formula, breast milk or a combination of the two will provide adequate intake of calcium. Plant-based

dietary sources of calcium include tofu, beans, fortified cereals, green leafy vegetables, tahini, sesame seeds and almond butter.

Zinc

In addition to the important role it plays in immune health, overall growth and development, zinc is a vital component of cell turnover and repair. Breast milk provides adequate zinc to meet a baby's needs, but over time the concentration of zinc in breast milk decreases (even if the mother takes supplements). Whole grains, fortified breakfast cereals, beans, legumes, chickpeas and nuts are all plant-based sources of zinc.

Protein

Most children who eat plant-based diets easily meet their needs for protein, which is essential for adequate growth and development. Plant-based baby food blends like the Carrot, Sweet Potato, Corn, Pea and Chicken pouches from Plum Organics offer a no-mess, portable way to provide about 18% of an average 6-12-month-old's daily protein needs. Other sources of plant-based protein include beans, legumes, whole grains, vegetables, nuts, seeds and soy.

Caregivers should speak with their pediatricians or registered dietitians about any nutrition-related concerns and always consult them before starting any supplements. Find more information to support your child's nutrition needs at plumorganics.com.

Show Your Love with a Naturally Sweet, Delicious Gift

FAMILY FEATURES

Whether you're celebrating a special occasion, saying "I love you" to a faraway relative or offering a kind gesture to a friend or neighbor, sending a gift is a thoughtful way to share your appreciation. A handwritten note goes a long way, and you can take that token of gratitude one step further by pairing it with an authentic fruit basket.

When it's time to give a gift to a friend or loved one, consider sending fresh Florida Citrus boxes, which contain premium citrus hand-selected at the peak of ripeness. Available in a variety of sizes to fit your budget and filled with your choice of oranges, grapefruit, tangerines and unique jams, jellies and candies, the baskets arrive fresh at the door of your recipient.

With naturally sweet taste from the Sunshine State, the unique climate with subtropical temperatures, abundant sunshine, distinctive sandy soil and ample rainfall help grow juicy citrus. Plus, the delicious fruits are equally nutritious as they're loaded with vitamin C and provide a combination of nutrients to support overall health to help adults and children alike meet intake recommendations for certain key nutrients.

On top of their taste as appetizing snacks, they're perfect for cooking in recipes like Citrus Marinated Flatiron Steak Salad or Citrus Cherry Cobbler that take advantage of their natural sweetness and allow for mouthwatering meals, sides, desserts and more.

To choose a premium, hand-selected basket and send to your friends, neighbors, coworkers and loved ones, visit gifts.floridacitrus.org.

Citrus Cherry Cobbler

Cobbler:

- 4 cups cherries, pitted, juice reserved
- 1/2 cup Florida Orange Juice
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 2 cups Florida Orange segments, seeded
- 1/2 cup Florida Grapefruit segments, seeded

Topping:

- 1 cup all-purpose flour
- 6 tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 tablespoons unsalted butter
- 1 large egg, beaten
- 3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F. In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.



Citrus Cherry Cobbler



Citrus Marinated Flatiron Steak Salad

Citrus Marinated Flatiron Steak Salad

Citrus Balsamic Vinaigrette:

- 1/4 cup Florida Orange Juice
- 1/4 cup Florida Tangerine Juice
- 2 teaspoons Florida Orange zest
- 1/4 cup lemon juice
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons garlic, minced
- 1 tablespoon Dijon mustard
- salt, to taste
- pepper, to taste
- 1 1/2 cups olive oil

Flatiron Steak Salad:

- 1 1/2 pounds flatiron steak
- 2 cups Citrus Balsamic Vinaigrette, divided
- 1/2 cup Florida Orange segments
- 1/2 cup Florida Grapefruit segments
- 2 quarts baby spinach
- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved

- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

got stuff?
sell it in the classifieds.
317.770.7777

Buy. Sell. Rent. Lease.
THE TIMES classifieds.

TUESDAY

In The Kitchen

Tuesday, Jan. 17, 2023

A7

Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

Despite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. Gathering your family, friends, coworkers or neighbors at least once a week to spend time together over a meal provides opportunities to decompress and socialize.

If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to create a recurring tradition and enjoy favorites such as breakfast for dinner. Recipes like Egg, Avocado and Black Bean Breakfast Burritos; Huevos Rancheros; and Southwestern Quinoa and Egg Breakfast Bowls from the Healthy for Good Eat Smart initiative, nationally supported by Egglad's Best, are perfectly suited for sharing while making time to destress at the dinner table.

In fact, according to a study by "Canadian Family Physician," regular meals at home with loved ones can reduce stress, boost self-esteem and make everyone feel connected with mealtime conversations that allow a chance to unplug and unwind.

Meals don't have to be elaborate for a successful evening together. Despite the perceived effort involved with preparing a meal, research published in "Preventive Medicine" shows those who have frequent meals with others, particularly parents with their children, may improve social and emotional well-being.

In addition to the mental and emotional benefits of meals with loved ones, eating together can also encourage healthier choices when better-for-you recipes are on the menu. Dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke.

To find recipe ideas, conversation starters and more tips for mealtime, visit heart.org/together.

Huevos Rancheros

Servings: 4

Salsa:

- 1 teaspoon canola oil
- 1/2 cup diced yellow onion
- 1/2 cup diced poblano pepper, seeds and ribs discarded
- 1 small fresh jalapeno pepper, seeds and ribs discarded, minced
- 1 1/2 teaspoons minced garlic
- 1 can (14 1/2 ounces) no-salt-added crushed tomatoes
- 2 tablespoons water
- 1/4 teaspoon salt

Huevos Rancheros:

- 1 teaspoon canola oil
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 1/4 cup shredded low-fat Mexican cheese blend

- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 medium lime, cut into four wedges (optional)

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Cook poblano and jalapeno peppers 2 minutes, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to keep warm.

To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg, being careful not to break yolk. Gently top each egg with warm salsa, cheese and avocado slices.

Sprinkle each serving with cilantro and serve with lime wedge, if desired.

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

- Nonstick cooking spray
- 1 1/3 cups liquid egg whites
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 4 whole-wheat tortillas (6 inches, lowest sodium available)
- 2 medium avocados, sliced
- 1/4 cup hot sauce or salsa (lowest sodium available, optional)

Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet over medium-high heat with nonstick cooking spray. Crack eggs into skillet. Sprinkle eggs with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg sunny side up into each bowl. Sprinkle with hot sauce, if desired.



Egg, Avocado and Black Bean Breakfast Burritos

www.TheTimes24-7.com
www.TheTimes24-7.com

TUESDAY

Health and WELLNESS

Tuesday, Jan. 17, 2023

A8



Take Control

Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death.

Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

The Silent Killer

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

Understand Your Readings

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- **Elevated blood pressure** is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- **Hypertension stage 1** is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- **Hypertension stage 2** is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- **A hypertensive crisis** requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

Know Your Risk

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.



Talk About It

Whether you’re making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you’re talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

Lowering Your Pressure

You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication.

Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice.

If you have diabetes, it’s important to work with a doctor to manage the disease and reduce your blood glucose levels. If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure.

When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life.

When you’re discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won’t raise your blood pressure to ensure you’re not creating a blood pressure problem while treating other concerns.

Getting Ready for Your Appointment

Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:

- How often do you check your blood pressure?
- Do you keep a log of your blood pressure measurements?
- Are you taking medications as prescribed?
- What are some things you can do to have less salt in your diet?
- What are some reasons it can be hard to manage your blood pressure?
- What are some things you’d like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

www.TheTimes24-7.com