

**▶ TODAY'S VERSE**

Romans 5:3 – 5 And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope; And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.



**▶ FACES OF NOBLESVILLE COUNTY**

People who call our community their own.

What makes Barry Dixon smile? "Old cars," said the 59-year-old Noblesville resident, a 1981 graduate of Noblesville High School. He owns a 1955 Cadillac and started the Lucky Teter Rebel Run Car and Vintage Motorcycle Show. Dixon, a Freemason of more than 20 years, founded the car show to help out the Noblesville Masonic Lodge's Angel Fund. Originally started in the parking lot of the Noblesville bowling alley, the show's move to Forest Park changed themes after Barry discovered that Lucky Teter was also a Freemason. Barry plays in two bands, upright bass with Big Wally & the Homewreckers, a rockabilly band; and electric bass in Fast Cadillac, a classic-rock band that played at 7 p.m. yesterday at Primeval Brewing in downtown Noblesville. Best things in life? "Family, cars, music and my wife (Michelle)."

And Another Few Things...

**1. YP Happy Hour**

Join Westfield Young Professionals at West Fork Whiskey from 5-7 p.m. next Tuesday for a fun night to meet with other young professionals who work or live in Westfield. Appetizers will be provided! You can get an inside scoop on when tours will start and how you can get more involved with the Young Professionals and West Fork Whiskey. Register to attend online at business.westfieldchamberindy.com/event-calendar/Details/january-yp-happy-hour-812550

**2. 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 now to Feb. 3 and can be made through the Indiana Arts Commission's Online Application System.

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

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

**3. 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](mailto: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!

# The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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## Boomer Bits



### Ask Rusty – What Income Does and Doesn't Count Towards My Social Security's Earnings Limit?

**Dear Rusty:** I retired on Feb. 1 of this year (2022). I collect a pension from my employer plus a union pension, as well as Social Security, all of which started in February 2022. I am married and I'm 65 years old. I only worked 4 weeks in 2022 before retiring, but my income ended up being far more than expected. I got 5 weeks' vacation pay and a retroactive check from an overdue labor contract. I also got hazard pay and a small check for a class action lawsuit my union filed years ago. All of that brings my 2022 income to about \$35,000 which means I have exceeded what I can make as far as Social Security goes. My question is, should I contribute some money to my IRA to offset my earned income? And is it even possible for me



**Social Security Matters**

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**to do that? Signed: Retired but Concerned**

**Dear Retired:** Generally, income earned before starting your Social Security benefits (such as accumulated vacation pay) doesn't count toward Social Security's earnings limit for those who have not yet reached their full retirement age (FRA), nor do your earnings from working in the 4 weeks of 2022 before your SS benefits started.

Similarly, the check for retroactive labor contract benefits, hazard pay for past work, and income from the class action suit do not count toward Social Security's earnings limit. The only thing that counts towards the limit is earnings from working after your Social Security benefits started, which you apparently did not do. Thus, from what you've shared, you should not

▶ See RUSTY Page A5

### 6 Ways to Build Lasting Healthy Habits

**(Family Features)** Starting on a path toward healthy habits is often easier than maintaining them long term. This year, you can avoid a major pitfall of healthy resolutions and build healthy habits that stick by working small, positive steps into your daily life.

In fact, healthy habits are the first suggested treatment strategy for people whose blood pressure and cholesterol levels are creeping higher than normal,

▶ See HABITS Page A5

### 4 Things to Know About A Bladder Cancer Diagnosis

**(StatePoint)** Bladder cancer is the fourth-most diagnosed cancer among men in the United States, according to the Centers for Disease Control and Prevention. In fact, men have a one in 27 chance and women have a one in 89 chance of developing this cancer during their lifetime.

As with any serious illness, being equipped with the right information after a bladder cancer diagnosis is important. Here five things you should know about detection, removal and surveillance.

**1. The importance of improved detection.** You probably

had a cystoscopy procedure during your diagnosis or during a transurethral resection of bladder tumor (TURBT). While performing the cystoscopy, your urologist likely looked inside your bladder with a small scope using regular white light for illumination. There is also an enhanced cystoscopy procedure called Blue Light Cystoscopy, which uses both white and blue light. This can reveal additional tumors that are either difficult or impossible to see in white light. If you don't know whether you

▶ See BLADDER Page A5

## Hamilton County Awards More Than \$750K in Grants to Local Not-for-Profits

The Hamilton County Commissioners and Councilors have awarded twelve not-for-profits with more than \$750,000 in support for 2023. These funds are in addition to contract services already provided to the County by organizations like Janus, the Humane Society for Hamilton County, and Cherish Center.

The organizations receiving grants are (with dollar amount in parentheses):

- Prevail (\$180,000)
- PrimeLife Enrichment (\$100,000)
- Hamilton County Education Foundations (\$90,000)
- Shepherd Center (\$75,000)
- Good Samaritan (\$60,000)



Hamilton County Councilor Sue Maki

- Trinity Free Clinic (\$51,564)
- Hamilton County Harvest Food Bank (\$50,000)

- Family Promise of Hamilton County (\$45,000)
- Heart & Soul Clinic (\$35,000)
- Indiana Center for the Prevention of Youth Abuse & Suicide (\$30,000)
- Hope Family Center (\$20,000)
- Meals on Wheels (\$10,000)
- Connor Prairie Museum (\$7,500)

"The County is proud to be able to support many of our not-for-profit organizations," said Sue Maki, Hamilton County Councilor.

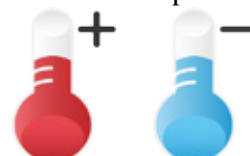
"While we could not fund all

▶ See GRANTS Page A5

## The Daily Almanac



**Sunrise/Sunset**  
RISE: 8:01 a.m.  
SET: 5:49 p.m.



**High/Low Temperatures**  
HIGH: 38 °F  
LOW: 26 °F



- Today is...**
- International Playdate Day
  - National Hugging Day
  - One-Liners Day



**What Happened On This Day**

- **1789** The first American novel, *The Power of Sympathy or the Triumph of Nature Founded in Truth* by William Hill Brown, is printed in Boston
- **1793** After being found guilty of treason by the French National Convention, Louis XVI of France is executed by guillotine
- **1968** A B-52 bomber crashes near Thule Air Base, contaminating the area after its nuclear payload ruptures; one of the four bombs remains unaccounted for after the cleanup operation is complete



**Births On This Day**

- **1940** Jack Nicklaus American golfer
- **1963** Hakeem Olajuwon Nigerian/American basketball player

**Deaths On This Day**

- **1924** Vladimir Lenin Russian politician
- **1950** George Orwell English author

**▶ INSIDE TODAY**

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**▶ HONEST HOOSIER**

This from a reader: I have a memory like an Etch-a-Sketch. I shake my head and forget everything.



**▶ TODAY'S QUOTE**

"Although we are capable of great acts of kindness, history teaches us that we sometimes need saving from ourselves - from our recklessness or our greed."  
- Queen Elizabeth II

**▶ TODAY'S HEALTH TIP**

Don't smoke around kids - it can lead to increased numbers of ear infections and lung infections. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Times* and online at [www.thetimes24-7.com](http://www.thetimes24-7.com)



**▶ TODAY'S JOKE**

What do you call a well-balanced horse? Stable.

**▶ OBITUARIES**

**Shannon Schneider**

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



**7 DAY FORECAST**

26/38 SOME SUNSHINE SAT	30/36 SNOW FLURRIES POSSIBLE SUN	30/39 A.M. FLURRIES, P.M. SUN MON	29/43 CLOUDY TUE	32/38 RAIN AND/OR SNOW LIKELY WED	24/29 SNOW SHOWERS THU	18/29 SNOW SHOWERS POSSIBLE FRI
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## OBITUARIES

### Shannon Schneider

December 24, 1934-January 19, 2023

Shannon Schneider, 88, of Carmel, passed away Thursday, Jan. 19, 2023 at Sunrise on Old Meridian in Carmel. She was born on Dec. 24, 1934 to Glen and Irene (Carlisle) Traw in Petersburg, Indiana.

Mrs. Schneider graduated from Bosse High School in Evansville where she was the Homecoming Queen. She received an undergraduate degree from IU and a master's degree in education from St. Francis University. She was an educator for many years, teaching 1st grade reading readiness for Fort Wayne Community Schools.

Mrs. Schneider had a very strong faith and relationship with her Lord. She was a member of and served as choir director for Bethany Lutheran Church in Fort Wayne for many years, and was a member of Mount Calvary Lutheran Church in Fort Wayne. She was a member of Bethel Lutheran Church of Noblesville and served as pianist.

She enjoyed playing golf and even got a hole in one! Mrs. Schneider was a big IU fan, especially of IU basketball. She was a master bridge player and enjoyed card games. She was a member and leader of Golden Aires group. At Sun Rise, Mrs. Schneider enjoyed playing music for the residents. Her biggest accomplishment in life was being a loving mother to her 4 boys and family. She will be dearly missed.

Survivors include her 4 sons Eric (Jeanne) Schneider, Kurt (Sally) Schneider, Linc (Lori) Schneider and Bradd (Jill) Schneider; brother C. Michael Traw; 9 grandchildren; and 6 great-grandchildren.

In addition to her parents, she was preceded in death by her spouse Robert George Schneider.

Visitation is scheduled to run from 12-1 p.m., with a memorial service scheduled for 1 p.m., on Friday, Jan. 27, 2023 at Bethel Lutheran Church, 20650 Cumberland Rd., in Noblesville. Pastor Doug Gast will officiate.

Memorial contributions may be made to the Bethel Lutheran Church Music Program, 20650 Cumberland Rd., Noblesville, IN 46062 (bethellutheranchurch.com).

Online condolences may be made at randallroberts.com

## Meeting Notes

### Noblesville Board of Public Works and Safety

Meeting Agenda  
Tuesday, Jan. 24, 2023  
at 9 a.m.

City Hall, Council Chamber

1. Call Meeting to Order
2. Pledge of Allegiance
3. Petitions or comments by citizens who are present
4. Approval of agenda
5. Consent agenda
6. For approval

A. Approval of Minutes: Jan. 10, 2023

B. Board to consider Secondary Plat for Lots 1 & 2 of the Replat of Block GG-2 in Blocks EE, FF and GG in Saxony Corporate Campus (Joyceann Yelton)

C. Board to consider Warranty Deed and Perpetual Drainage Easement for 156TH Street and Boden Road Roundabout (EN-338) (Jim Hellmann)

D. Board to consider Release of Erosion Control Bond for Carlton Heights, Section 6 (Jayme Thompson)

E. Board to consider Release of Erosion Control Bond for Sagewood of Noblesville (Jayme Thompson)

F. Board to consider Release of Erosion Control Bond for Flagstone Woods, Section 1 (Jayme Thompson)

G. Board to consider Release of Erosion Control Bond for Flagstone Woods, Section 2 (Jayme Thompson)

H. Board to consider Release of Erosion Control Bond for Flagstone Woods, Section 3 (Jayme Thompson)

7. Contracts under \$50,000 (approved by Mayor or Director)

A. Service Agreement with Pro Air Midwest and the Noblesville Fire Department for air sampling and maintenance (Deputy Chief Chris Gellinger)

B. Service Agreement with Julota and the Noblesville Fire Department to renew Case Management Software used by Noble-act (Division Chief James Macky)

C. Service Agreement with Michael A. Reuter Consulting Services for Financial Consulting Services (Jeffrey Spalding)

D. Agreement with A.E. Boyce Co., Inc. for Annual Renewal of License for Keystone Accounting Software (Steve Strycker)

E. Service Agreement with Cavanaugh Macdonald Consulting, LLC for GASB 68 Compliance Rules regarding the City's pension liability (Steve Strycker)

F. Service Agreement with Policy Analytics, LLC for Financial Consulting for the Redevelopment Commission (Amy Smith)

G. Service Agreement with Traffic Parking Control Co., Inc. (TAPCO) for Preventative Service Maintenance on City traffic signals (Patty Johnson)

H. Memorandum of

Understanding with Keep Noblesville Beautiful 2023 (Patty Johnson)

I. Service Agreement with Telamon Energy for design, bidding support and construction administration services for a solar array installation at Lift Station No. 19 (Jonathan Mirgeaux)

J. Service Agreement with Citizens Energy Group for Water Usage Data Reports (Jonathan Mirgeaux)

8. New items for discussion  
A. Board to hear an update on The Village at Federal Hill Project (Shaun Barcelow)

B. Board to consider a revision to the Noblesville Fire Department's EMS Writeoff Policy (Division Chief James Macky)

C. Board to consider approval of Emergency Services Unit Memorandum of Understanding with the Sheridan and Westfield Police Departments (Lt. Jon Williams)

D. Board to consider an agreement with O.W. Krohn & Associates, LLP for Accounting, Financial Reporting and Consulting Services (Jeffrey Spalding)

E. Board to consider Agreement with Councilman-Hunsaker for Forest Park Aquatic Center Assessment/Study on behalf of Friends of Central Pool (Matt Light)

F. Board to consider First Amendment to Declaration of Covenants and Easements, and Condominium Declaration for The Levinson (Jonathan Hughes)

G. Board to consider acceptance of a Corporation Limited Warranty Deed for The Levinson, Unit 1 (Jonathan Hughes)

H. Board to consider a Replat of Lots 5, 6, 7 and 8 and the Vacated Alley in Square No. 15 in the original plat of Noblesville, to be known as Lot 5R in The Levinson (Joyceann Yelton)

I. Board to consider a Service Agreement with Bluesky Commerce for Marketing Communications (Chuck Haberman)

J. Board to consider a Service Agreement with Luminaut for Concept Design and Programming for Target Industries (Chuck Haberman)

K. Board to consider a Service Agreement with Sondhi Solutions for Continued Services and Support for Salesforce Software (Sarah Davis)

L. Board to consider approval to advertise for bids for right-of-way mowing and landscaping (Patty Johnson)

M. Board to consider a Service Agreement with CHA Consulting for Combined Sewer Overflow Long-Term Control Plan Post-Construction Monitoring and Modeling (Jonathan Mirgeaux)

N. Board to consider a Service Agreement with CHA Consulting for On-Call Engineering Services (Jonathan Mirgeaux)

9. Adjournment

# Budget, Education and Health Care Top Priority List This Session



Rep. Donna Schaibley  
Guest Column

Lawmakers recently returned to the Statehouse for the start of the 2023 legislative session, which runs through the end of April. This year I'll be focused on issues that matter to all of us like ensuring Indiana remains fiscally responsible, addressing health care costs and increased educational opportunities for all.

First and foremost, lawmakers will look to pass the state's next two-year budget that funds critical services, invests in Hoosiers and keeps our state moving forward. Indiana has a strong reputation for not spending more than we take in and we're committed to maintaining fiscal responsibility. We expect the budget will include increased support for the state's mental health providers and programs, and resources for low-income women and children, and another record investment in K-12 education.

After talking with families and employers, it's clear Indiana must do more to expand work-based learning, apprenticeship and internship opportunities in high schools. Regardless of whether a student wants to pursue a two- or four-year degree, or start working

after graduation, we need to ensure they're given the tools to be successful no matter what path they choose. That's why I support legislation, House Bill 1002, to allow quality, work-based learning to count toward high school graduation requirements and create a framework for students to earn a post-secondary credential before graduation. These hands-on experiences are important tools to grow the state's workforce and prepare young Hoosiers for the job opportunities of today.

One of the top concerns I hear from constituents and local employers is the rising cost of health care, and they're right to be frustrated. This session, I authored House Bill 1004 to lower patient and employer costs by increasing

competition among insurers and hospitals, supporting independent physicians and incentivizing hospitals to lower prices. I look forward to continuing discussions with my House colleagues and all stakeholders on this complex and critical issue.

As the legislative session moves forward, I'll continue providing updates on what's happening at the Statehouse, and I encourage you to sign up to receive my e-newsletters by visiting in.gov/h24. You can also reach out with questions or input on these topics and others by contacting me at h24@iga.in.gov or (317) 232-9833.

State Rep. Donna Schaibley (R-Carmel) represents House District 24, which includes portions of Boone and Hamilton counties.

# City of Westfield, Westfield Welcome Looking for Artists to Create Public Art

The City of Westfield is seeking an artist or artists to design and paint original artwork at Quaker Park (17501 Dartown Road) in Westfield. This mural location is on the north side of the facilities building.

This is highly visible location that caters to families and includes amenities such as a splash pad, Midland Trace Trail access and pickleball courts. The City is seeing an eye-popping mural designed with primary colors that also complements the mural also on the north side of the building.

Artists are welcome to use Westfield's history, signature events and physical environment as inspiration, if they choose.

**Deadline for Submission:**

Friday, Feb. 17 at 11:59 p.m.

**Eligibility:**

- To be eligible to submit for this opportunity, artists must:
- Be able to meet all of the project requirements (see below)
- Be age 18 or over
- Be willing to meet all contractual obligations and adhere to a strict budget and timeline
- Carry personal liability insurance for the duration of the project (The City of Westfield, can provide a referral to an insurance provider, if needed)

**This Project Will Require:**

- Providing a concept design with application
- Painting and sealing the mural
- The mural will be approximately 12' wide and 4.5' tall on the north side of the facilities building
- Coordinating with the City of Westfield to develop an approved design
- Coordinating with the City of Westfield for installation dates

**Project Budget:**



This project will carry a commission fee of \$2,000 for design, fabrication and installation of the mural. This fee is to cover all of the artists' compensation and anticipated expenses, including (but not limited to) design fees, paint, brushes, sealant, other materials, production and labor. Payment will be made in two installments: 1/2 will be paid to the artist at the beginning of the project, with the remaining 1/2 to be paid upon completion of the project. Please note that these payments can take up to 30 days to arrive.

**Resources:**  
The City of Westfield can provide any artist with electronic of printed elevation drawings of the building upon request.

**Selection Process:**  
Artists must submit their qualifications to Kayla Arnold (karnold@westfield.in.gov) by 11:59 p.m. on Friday, Feb. 17. Representatives from the City of Westfield will review submitted qualifications and select up to three finalists to interview further.

Note: While this is the intended selection process, in the event of an insufficient number of qualified applicants, the City of Westfield reserves the right to invite an artist to propose, or to directly select an artist and also reserves the right to cancel the opportunity entirely at any point and for any reason.

**Selection Criteria:**  
Finalists will be selected based upon the following criteria:

- Technical Ability: Artist's submission indicates professionalism,

skill with materials and techniques, and indicates the capacity to meet the requirements of this project

**Artistic Quality:**  
Artist's past work is appropriate to its context, innovative, creative and stylistically distinctive

**Project Timeline:**  
This timeline represents the project as it now appears. Changes may be necessary as the project progresses.

• Release Request for Qualifications: Jan. 20,  
• Deadline for qualification submissions: Feb. 17

• Selection Committee Review: Feb. 20-March 1  
• Selection of final candidate: No later than March 3

• Design: March 6-April 29  
• Installation: May 2023

**How to Apply:**  
Artists must submit the following information to Kayla Arnold, Westfield Welcome Director at karnold@westfield.in.gov (please note: submission materials will not be returned to applicants).

**Resume:** Please include a copy of your artistic resume

**Cover Letter:** Please include a statement about your interest in this project, as well as any personal or professional connection you have to Westfield and how that connection influences your interest in this project. Please also include a statement about how your previous work experience qualifies you for this opportunity as well as your proposed budget.

**Examples of previous**

artwork: Submit 2-10 digital images in .jpg or .pdf format of past work. Please limit the file size of each image to 2MB or less. If possible, include images of at least 1 previous project that is appropriate to the conditions of this brief.

**Image information sheet:** Submit a sheet with the following information about each submitted project: title, date completed, client/neighborhood/site name, total artwork budget, and a brief (1-2 sentences) description of the project or piece at it relates to this project. Include a directory of which image titles you have submitted are associated with each project (ex: for an artist named Smith: PROJECT x: Images Smith 1, Smith 2, Smith 3; PROJECT Y: Smith 4, Smith 5, Smith 6). Submit this sheet in .doc, .docx or .pdf format.

**Delivery of Submissions:**  
Submissions may be emailed to karnold@westfield.in.gov shared via Dropbox, or hand-delivered to Kayla Arnold at the City of Westfield located at the below address.

Mailed or delivered submissions must be loaded on a single USB drive. CDs, DVDs, or printed items cannot be accepted. USB drives must arrive at City of Westfield City Services no later than 11:59 p.m. on Friday, Feb. 17. A dropbox share request must be time-stamped by 11:59 p.m. on Friday, Feb. 17 - all items must be included in the shared folder by that time. Any item that is time-stamped as being uploaded after 11:59 pm will be disqualified from consideration.

**The Delivery Address is:**

ATTN: Kayla Arnold  
City of Westfield  
2728 E. 171st St.  
Westfield, IN 46074

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# JAN. 20-29

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Photo courtesy of the Noblesville Lions

## Noblesville & Carmel Lions Start Off 2023 Helping Gleaners

This past Thursday evening, the Noblesville and Carmel Lions joined forces to help Gleaners distribute food at 6 Points Church in Sheridan. It was a chilly evening, but the fellowship helped keep everyone warm! Photographed from left to right are Carmel Lions Bob Yunker and Matt Best and Noblesville Lions Joe Connerley, John Terhune, George Long, Dale Unger, Jerry Baker, Mark Bachar, Steve Shaw, Carol Miller, Duke Miller and Ron Williamson.

# Lawmakers and Energy Advocates Unite Behind Solar, Wind Disposal Bill

By Leslie Bonilla Muñiz

Republican lawmakers — along with Democrats and clean energy advocates — want Indiana to figure out solar and wind energy equipment decommissioning and disposal before the hazardous waste involved becomes a large-scale problem.

Senate Bill 33, authored by Sen. Greg Walker, R-Columbus, would task the Indiana Department of Environmental Management and the Indiana Regulatory Commission with conducting a joint study of how to phase out old solar panels and wind turbines.

"We often react after the fact — [after] we have concerns about the environment, we have concerns about industrial waste — and we don't attempt to deal with those concerns until we already have a significant problem handling the volume of material," Walker told the Senate Utilities Committee Thursday.

Hundreds of thousands of aging steel underground storage tanks around the United States are leaking petroleum and other

hazardous substances, Walker said. Tank contents can leak into soil and contaminate groundwater — which nearly half the country's population relies on for drinking water, according to the U.S. Environmental Protection Agency.

Many of those tanks were abandoned over the decades, Walker said, adding, "We're still dealing with the mess today, of sites that haven't pumped fuel in 25, 30, 35 years." Walker's bill would have IDEM and the IURC's study consider a new state program to manage solar and wind decommissioning and disposal, which agency could run that program and how to fund the task.

It would also direct the study to consider financial assistance for decommissioning and disposal, who's financially liable and several other legal nuances, best practices for disposal or recycling,

and criteria for the equipment's expected life span and classification as "inoperable" or "irreparable."

**Universal support** Utility consumer, environmental and waste management advocates all threw their support behind the bill, though some asked that the bill leave room for stakeholder involvement in the agencies' study.

Others pushed for Indiana to see old equipment as an opportunity to lead the recycling industry, and properly fund those efforts.

"[When] we get a [cardboard] box, we think to ourselves, what do we do with it? Well, in Indiana, we can recycle it and reuse it, repurpose it, remake it right in our own state and start all over again, said Jessie Biggerman of the Association of Indiana Solid Waste Management Districts.

"It's the same thing with solar panels,"

Biggerman said, adding that almost all the materials in the panels can be recycled.

Lawmakers also considered a proposal to audit energy use on Indiana's government building campus in Indianapolis. Senate Bill 221 also got widespread and bipartisan support after author Sen. Andy Zay, R-Huntington, deleted a section weighing creation of a state coal reserve.

Instead, Zay said he'd get that summer study committee created by asking leadership directly.

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## Meeting Notes

### Noblesville Common Council

Meeting Agenda  
Tuesday, Jan. 24, 2023  
at 7 p.m.  
City Hall, Council Chamber

1. Call meeting to order
2. Pledge of Allegiance
3. Roll call
4. Approval of Executive Session Memorandum: Jan. 10, 2023
5. Approval of Minutes: Jan. 10, 2023
6. Approval of Agenda
7. Petitions or comments by citizens who are present
8. Council committee reports
9. Approval of claims
10. Miscellaneous
  - A. Council to consider **Resolution RC-8-23**, a Resolution approving an Economic Development Agreement between the City of Noblesville and a development partner (Mayor Jensen)
  - B. Council to consider **Resolution RC-6-23**, a Resolution approving an Economic Development Agreement with Ryan Fireprotection, Inc. (Mayor Jensen)
  - C. Council to consider **Resolution RC-7-23**, a Resolution approving

a Tax Abatement for Ryan Fireprotection, Inc. (Mayor Jensen)

11. Previously Discussed Ordinances
  - A. **#01-01-23** Council to consider **Ordinance #01-01-23**, as amended, an Ordinance adopting a Change of Zoning from R1 Single Family Residential and Two Family Residential to R4 Single Family Residential for The Retreat at Morse Development, as amended (Denise Aschleman, Matthew Skelton)
  - B. **#02-01-23** Council to consider **Ordinance #02-01-23**, as amended, an Ordinance adopting a Change of Zoning from R4 Single Family and Two Family Residential including a Preliminary Development Plan for The Retreat at Morse Development, as amended (Denise Aschleman, Matthew Skelton)
  12. Transfer
    - A. Council to consider **Transfer TA-03-23A-C**, Appropriation Transfers in Multiple Funds for Merit-Based Pay Adjustments for City Employees (Ian Zelgowski)
    13. Council Comments
    14. Adjournment

# Find Your Pie-oneer Spirit IN Indiana

The Indiana Destination Development Corporation (IDDC) and the Indiana Foodways Alliance are inviting pie lovers to get a slice of the action with the annual "Pie Day-to-Pi Day" celebration and contest.

From Jan. 23, 2020 (National Pie Day) through February (National Pie Month) to March 14, 2023 (Pi Day), anyone who checks in at three restaurants on the Hoosier Pie Trail using the free Indiana Culinary Trails Passport will earn custom "I Only Have Pies For You" socks.

Anyone who visits Mrs. Wick's Cafe in Winchester will be entered to win free pie for a year (one per month) from Mrs. Wick's Pie, lunch, as well as a VIP tour of their factory.

"There's something for every palate on the Hoosier Pie Trail with 24 restaurants from the Indiana Foodways Alliance," said Lt. Gov. Suzanne Crouch.

"From the local favorite sugar cream pie to

chocolate pie, the varieties are endless, so keep your eye on the pie!"

Indiana Foodways Alliance has 21 culinary trails, including the Hoosier Pie Trail, which can be found on the Indiana Culinary Trails Passport, an exclusive mobile app. All you need to do is sign up online and check in with your smartphone.

"This passport was designed to encourage people to eat at locally-owned restaurants and establishments," said Elaine Bedel, Secretary and CEO of IDDC.

"The Indiana Culinary Trails Passport is a great way to explore our destination's rich culinary scene."

Mrs. Wick's Pie has served as the gold standard for Indiana baked goods for decades, so they are perfect for our 'Pie Day-to-Pi Day' promotion," said Lindsey Skeen, Indiana Foodways Alliance Executive Director.

Head to VisitIndiana.com/Pie for more information.

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# Indiana Supreme Court Hears Arguments in Abortion Ban Challenge

By Casey Smith

Indiana Supreme Court Justices will decide the future of Indiana's near-total abortion ban after hearing oral arguments over the constitutionality of the new law on Thursday.

Attorneys for abortion care providers maintained that the ban will "severely" injure women and girls, while lawyers for the state doubled down on their position that abortion access is not enshrined in the Indiana Constitution. The Indiana Attorney General's Office said in court filings that abortion was banned by law in Indiana as early as 1835.

Solicitor General Thomas Fisher with the attorney general's office said the injunction will lead to the deaths of "so many" unborn fetuses.

Ken Falk with the American Civil Liberties Union (ACLU) of Indiana pushed back, saying the abortion ban amounts to government infringement into private lives.

The five justices grilled both sides, largely questioning the attorneys about their interpretations of the rights guaranteed to Hoosiers in the state constitution.

The state's highest court granted a request by Republican Attorney General Todd Rokita to bypass the Indiana Court of Appeals. The court also denied the state's request to stay the preliminary injunction that is currently blocking the abortion law.

The court challenge up

for debate was originally filed in Monroe County Circuit Court in August by the ACLU of Indiana on behalf of health care providers and a pregnancy resource center.

A special judge in Owen County later ruled that the ban likely violates the Indiana Constitution. An injunction issued by Judge Kelsey Blake Hanlon, a Republican, halted the state's new abortion law one week after it took effect. Under the injunction, the state's previous abortion law stands — allowing abortions up to 20 weeks.

The state quickly appealed that decision and asked the Indiana Supreme Court to bypass the Court of Appeals and take the case directly.

It's not clear when the justices will make their ruling. Chief Justice Loretta Rush said an opinion will be issued "in due course."

The court has numerous options. For instance, it could rule only on whether the preliminary injunction was proper and send it back to the trial court for further proceedings. Or it can move forward with ruling on the legality of the law.

## Courtroom debate

Addressing the justices, Fisher said Indiana's founders were "well aware" of abortion when they crafted the constitution, adding that the state "has always recognized the right of the embryo to life."

But Rush, who led most of the questioning, said she had looked at

"every law" that was in place at the time of the constitution's writing, and they all protected the right of the mother to make decisions to protect her own life, implying that abortion could be one of those options.

Rush asked Fisher if a total abortion ban — with no exceptions — would be acceptable under the constitution.

Fisher conceded no, saying he doubts it would be.

Justice Christopher M. Goff also asked Fisher why the near-total abortion ban shouldn't be placed on a referendum voters decide. Fisher rebutted that the public already decided the issue when they elected lawmakers to the General Assembly.

Goff asked, too, why the law must force abortion clinics to shut down entirely. Fisher said they could become hospitals or ambulatory surgical centers owned by hospitals, but Goff responded that he doesn't understand why "it's all or nothing."

Fisher further argued that abortion care providers want the justices to create a "novel, unindicated" right in the Indiana Constitution.

He additionally said medical providers who are plaintiffs in the case shouldn't be allowed to sue based on the alleged rights violations of their patients. Fisher maintained "it would have to be a woman who is pregnant" to file such a lawsuit.

Addressing Falk, Justice Geoffrey Slaughter pointed out that the Court usually does not allow health care providers to bring cases on behalf of their patients.

Falk emphasized that medical providers are harmed by the law and have standing to sue, as well, in part because they could face criminal penalties under the new abortion restrictions.

Existing Indiana law makes it a felony for a doctor to perform an illegal abortion, and under the new legislation, most abortions will be illegal.

Doctors who perform abortions outside of an approved setting could face a Level 5 felony criminal charge — punishable by one to six years in prison and a fine of up to \$10,000.

Slaughter also asked Falk how the constitution ensures a mother's right to terminate a pregnancy over the right to life of the fetus.

"We have never equated the life of the woman with the potentiality of life of the fetus," Falk said.

**Ban background**  
The ACLU's lawsuit argues that the abortion ban "will infringe on Hoosiers' right to privacy, violate Indiana's guarantee of equal privileges and immunities, and violate the Constitution's due course of law clause through its unconstitutionally vague language."

The court challenge is based on the Indiana Constitution. The

Supreme Court of the United States in June ruled that the U.S. Constitution does not guarantee abortion rights.

Meanwhile, a second lawsuit, also led by the ACLU of Indiana, seeks to strike down the ban on the basis that it violates Indiana's Religious Freedom Restoration Act. A Marion County judge is scheduled to hear arguments in this case on Friday.

The Republican-dominated Indiana General Assembly advanced the abortion-restricting measure during a heated, two-week special session that concluded in August.

That made Indiana the first state in the nation to approve such legislation since the high court ruling that overturned *Roe v. Wade*.

The ban outlaws all abortions except in the case of a fatal fetal anomaly and cases of serious health risk to the mother. One part of the law says these exceptions are up to 20 weeks but another part says they can be used anytime. Rape survivors can get an abortion up to 10 weeks post-fertilization. It also strips abortion clinics of their state medical licenses, and provides that only hospitals and hospital-owned ambulatory surgical centers can provide abortions.

"It is unconscionable that anyone should have to leave their home states to access basic health care," said Rebecca

Gibron, CEO of Planned Parenthood Great Northwest, Hawai'i, Indiana, Kentucky.

She added that Planned Parenthood will not shutter any health care centers in the state, even if the ban takes effect again: "We will continue to provide care and service to our patients, even if that means the need to help them access care out of the state of Indiana."

Indiana Right to Life CEO Mike Fichter, on the other hand, held that "there is no right to abortion in the Indiana Constitution" and said "there is a great urgency" for the court to quickly put the law back in effect.

"The United States Supreme Court made it clear abortion policy is to be decided by the people of each state, which is exactly what happened when the Indiana legislature acted following the overturning of *Roe vs. Wade*," he said in a statement Thursday. "We hope the court will act quickly in upholding the new law so Indiana can move forward in ending the majority of abortions in our state."

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## RUSTY From Page A1

be subject to any impact to your monthly SS benefits as a result of your total 2022 income. Note, you may still get an inquiry from Social Security next year about your 2022 earnings, but only earnings from actually working after your Social Security benefits started (which you did not) would count toward Social Security's earnings limit.

You may, however, wish to consult with a qualified tax advisor because some of your Social Security benefits received in 2022 will be subject to income tax on your 2022 tax return. Assuming you file your tax return as "married/jointly," if your combined income from all sources exceeded \$32,000 then 50% of the SS benefits you received during the tax year will become part of your overall taxable income; and if your 2022 combined income from all sources (including your wife's income) exceeded \$44,000, then up to 85% of

your SS benefits received in 2022 will become taxable income. A tax advisor can give you more information on that, and also help you decide if it would be wise to contribute to an IRA. But, in any case, contributing to an IRA will not affect your monthly Social Security benefit.

### About The Association of Mature American Citizens (AMAC):

The 2.4 million member Association of Mature American Citizens (AMAC) is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors.

## GRANTS From Page A1

organizations or always fund to the amount requested, we do believe we used the taxpayers' money to make the greatest impact on Hamilton County residents."

The grant program is intended to furnish funding to organizations that provide services in furtherance of County goals and without the providing of these services the County may need to consider the development of such programming.

The largest grant, \$180,000, was awarded to Prevail, Inc. to help provide crisis intervention and support services for survivors of crime and abuse. PrimeLife Enrichment, an agency that provides programs and services to support senior citizens has been awarded \$100,000.

And \$90,000 was approved to fund men-

tal health initiatives for underinsured and uninsured students in Hamilton County's six school districts through their youth assistance and education foundation programs.

"The County Council and County Commissioners are proud to support these community not-for-profit partners in a meaningful way," Maki said.

"We are fortunate that we have these professionally run organizations serving our citizens in need."

Grant applications for not-for-profit funding in 2024 will be due in June. Awards are provided based on application score and funding available. Complete information, including eligibility criteria, can be found on the application, which is available online at [hamiltoncounty.in.gov/1682/Non-profit-Grant-Application](http://hamiltoncounty.in.gov/1682/Non-profit-Grant-Application)

## HABITS From Page A1

according to an American Heart Association scientific statement.

"The current guidelines for managing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks, and increasing physical activity is a great place to start," said Bethany Barone Gibbs, Ph.D., chair of the statement writing group and chair of the department of epidemiology and biostatistics at West Virginia University School of Public Health.

These six ideas from the American Heart Association's Healthy for Good Habit Coach can help.

### Bust Common Habit-Building Myths

You may be surprised to learn the truth about creating and sticking to healthy habits. One myth is getting healthy means doing things you don't like. Research shows positive emotions make habits stick, so set your intentions on something you enjoy. Another misconception is big results

require big changes, which may lead to overly ambitious habits. However, the simpler the routine is, the more likely it is to become a habit.

### Work with Your "Brain Loops"

Your brain creates "loops" for habits made up of three things: a cue, a routine and a reward. Each time the loop is repeated, it becomes more routine and may become automatic. Knowing this, you can design cues for developing new, healthy habits, such as setting walking shoes by the bed to start a walking habit. The routine is putting on the shoes and walking around the block, and the reward is the pleasant sensations and brighter mood from a morning stroll.

### Create Cues That Work for You

Most successful health habits begin with a cue. The cue can be external in your environment or internal in terms of your mindset. The more consistent the cue, the more likely it is to trigger the habit. Hacking your brain's reminder system

can help you remember your cue. Some examples of visual cues are placing a sticky note where you'll see it often, keeping a water bottle on your desk or refrigerating fresh veggies at eye level.

### Build a Routine That Supports Your Goals

Positive and consistent habits are important to achieve your personal goals. Small habits done consistently can add up to big results. To create a new healthy habit, think through the steps that could lead to your desired outcome. Ask yourself whether you want to do it, if it's easy and if it's high impact. It's important to choose habits that make a difference and move you closer to your goals.

For example, if one of your goals is improving your heart health, a meaningful habit might be to move more. Increasing physical activity can help lower blood pressure and cholesterol along with many other health benefits, Gibbs said.

"Every little bit of activity is better than none," she said. "Even small initial

increases of 5-10 minutes a day can yield health benefits."

### Use Rewards to Make Habits Stick

Start by choosing a habit you enjoy that's rewarding by itself. If you're more of a dancer than runner, increase your physical activity with an upbeat dance class. You might also look for a more enjoyable version of a new habit, such as getting more fruits and veggies by sipping on a delicious smoothie.

### Understand Resets are Part of the Process

New habits are experiments. If they don't stick, you haven't failed. Instead, you've learned what doesn't work, which is useful. Get curious and ask yourself which part of the habit didn't work for you. Maybe the cue was ineffective. Maybe the steps of the routine were too ambitious and you need to split them into smaller, easier steps. If you realize you don't enjoy the habit, stop doing it and try something else.

Find more inspiration and ideas to jumpstart healthy habits this year at [heart.org/habits](http://heart.org/habits).

## BLADDER From Page A1

had this procedure, ask your doctor.

**2. The value of enhanced visibility.** Without the use of Blue Light Cystoscopy, it can be more difficult to identify the margins of certain tumors or smaller tumors may be missed. In fact, some flat tumors, called carcinoma in situ (CIS), are typically invisible with white light alone. While Blue Light Cystoscopy may not detect all malignant lesions, when urologists have a better view of tumors, they're able to more completely remove them.

**3. Impact on your care.** A more complete resection of tumors means that your

urologist has removed all the cancer that can be seen using both white and blue light. Less cancer in your bladder improves the chances that subsequent treatment will be successful. Also, the more tumor samples that can be tested by the pathologist, the better chance there is of more accurately understanding the stage and grade of your cancer. The guidelines that doctors use to make treatment decisions are based on cancer stage and grade, so more confidence in this determination can mean a greater chance of success with appropriate treatment.

**4. Surveillance is critical.** Historically, bladder

cancer has the highest recurrence rate (between 50-80%) of any form of cancer. This can be due to missed tumors and incomplete surgeries because not all cancerous tissue is easy to see under white light.

This is one reason that surveillance visits are of the utmost importance. It is vital to keep checking in with your doctor as directed. If you visit an office that uses Blue Light Cystoscopy, you'll be able to see on the monitor whether any areas of your bladder indicate potential cancer. Small tumors might be removed right there in the office, while more advanced tumors could mean needing

another TURBT procedure in the operating room. Whatever the results, both patients and urologists report having greater confidence in the examination when using enhanced imaging techniques.

**5. Find out more.** After a bladder cancer diagnosis, it's important to be aware of the latest technologies available in disease detection. Ask your urologist about whether you were diagnosed using Blue Light Cystoscopy. To find where Blue Light Cystoscopy is available near you, visit [rebrand.ly/Find-BLC-4things](http://rebrand.ly/Find-BLC-4things).

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### Notes and NEWS

Weekend, Jan. 21-22, 2023

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## Take Command of Your 2023, Compel the Career & Life You Want

Ask anyone what “personal development” means to them and you’ll surely receive a vast array of differing answers. On the whole, some popular definitions regard personal development to be interchangeable with self-improvement, consisting of activities that advance a person’s capabilities and potential, build human capital, facilitate employability and enhance quality of life and the realization of dreams and aspirations.

Sounds pretty good in theory. In tactical practice, however, those overarching outcomes can seem lofty. Indeed, not intended to be a short term endeavor, the quest for personal development is a lifelong one to be pursued throughout one’s entire human experience.

Inherent in the personal development process is self-reflection, with a myriad of questions to be asked through those recurring assessments. This includes exploring mindsets and skillsets that you currently have, and that you aspire toward, in order to achieve fulfillment both personally and professionally. In order to achieve better and different results, it’s important to consider both your capabilities and capacity with intentionality.

What’s certain is that there’s always a better way to respond to your current challenges and circumstances. Of course, this often requires a change in approach. Whether you want to form closer, more rewarding relationships built on trust and respect; gain ways to project an upbeat and contagious attitude; discover ways to manage stress and

minimize worry; encourage positive thinking; and other representative aspirations, continuous improvement is yours to be had ... though with the right amount of intention, effort and consistency.

Every change begins with the self. Deepening our understanding of our natural tendencies as humans helps clarify why it takes active work by each of us to change. Gaining insight into our attitudes, opinions and thoughts helps us identify and confront our fears. Building our resilience and self-confidence enables us to engage in honest exchanges—both with ourselves and others.

Here are key strategies that will help you “do the work” to find your inner strength, build enduring relationships, unlock your full potential and ultimately create the life you want.

### #1 Find Your Inner Strength

One key to living a happy and successful life is finding your inner strength. This means understanding and managing your thoughts and emotions, and developing habits and practices that help you cultivate a strong, optimistic mindset. Here are a few ways to do this:

#### Pay Attention to Your Thoughts

How often do you think about what you think? Most of us go through our days reacting to things that happen to us, without taking the time to really consider our thoughts. But the thoughts we have can have a big impact on our emotions and actions. It’s important to take a step back and ask yourself if you’re really thinking about something the right

way. Are you seeing things clearly? Challenge negative thoughts and try to see things in a more positive light.

#### Handle Stress

Stress is a normal part of life, but it’s important to learn how to manage it. When we’re stressed, it can be tempting to turn to unhealthy coping mechanisms like overeating, procrastinating, or relying on drugs or alcohol. But these behaviors can actually make things worse in the long run. Instead, try healthy stress management techniques like exercise, meditation, or talking to a trusted friend or family member.

#### Build Courage and Confidence

Another key to inner strength is courage and confidence. When we feel confident, we’re more likely to take on new challenges and persevere when things get tough. But confidence doesn’t always come naturally. It’s something we need to work on and build over time. One way to do this is by setting small, achievable goals for ourselves and then celebrating our successes. As we accomplish more and more, our confidence will grow.

#### Deal with Change

Change is a fact of life, and it can be hard to deal with at times. But it’s also an opportunity for growth and development. When faced with change, try to focus on the positives and see it as a chance to learn and adapt. Change can be scary, but it can also be exciting. Embrace it and see where it takes you.

#### Move Past Regret

It’s natural to have regrets from time to time, but it’s important not to let

them hold us back. Instead of dwelling on the past, try to learn from your mistakes and move on. Don’t let regret keep you from pursuing your goals and living the life you want.

### #2 Building Enduring Relationships

Having strong connections with the people around us is an essential part of a fulfilling life. Whether you’re an introvert or an extrovert, it’s important to be able to connect with people authentically and respectfully. Here are a few ways to build great relationships:

#### Be Warm

Showing warmth is an important part of building relationships. Being open and friendly with body language, facial expressions, and tone of voice helps others feel emotionally safe and trustworthy. Research shows that 55% of communication is nonverbal, so the way you present yourself is almost more important than what you say.

#### Listen

Effective listening involves more than simply not talking while someone else speaks. It means opening your mind to truly hear what the other person is saying and asking follow-up questions to gain a deeper understanding. It also means being patient and showing that you’re truly listening. Dale Carnegie wrote that “intent and focused listening is one of the highest compliments we can pay someone.”

#### Find Common Ground and Show Genuine Interest

Connecting with others through common interests, hobbies, professions, and values can help build strong relationships. This

is especially important in the early stages of getting to know someone, but it can also be used to reconnect with relationships that have faded or to strengthen relationships that are going through a rough patch.

### #3 Taking Command of Your Future

#### Set Clear Goals

Pursuing your purpose and creating a vision for your life are important steps in living an intentional life. This means knowing your “why”: what drives you and what you want to accomplish. It’s about taking control of your life and making conscious decisions about the kind of life you want to live and the contribution you want to make. To live an intentional life, it’s important to step back and think about your values, goals, and priorities. In the end, living an intentional life is about making conscious choices that align with your values and goals. By taking control of your future and defining your purpose, you can create a life that is meaningful and fulfilling.

#### Seek Fellowship-Based Inspiration

Developing a vision for your life can be exhilarating, as it allows you to see the possibilities for your future. It can also be eye-opening, as it may reveal areas of your life that you’re not fully satisfied with or that you’re not giving the attention they deserve. For example, you may realize that you’ve been focusing too much on work and not enough on your relationships with friends and family. To create a vision for your life,

it can be helpful to seek guidance from inspiring leaders who are pursuing their dreams and making a lasting difference. These individuals can provide valuable insight on how to pursue your own passions and make a positive impact on the world.

It’s important to remember that each of us has inherent greatness within us, no matter one’s background or circumstances. By developing and leveraging this greatness, you have the potential to achieve anything for yourself and make a positive impact on the lives of others.

The strategies outlined above require ongoing attention and proactive application in order to achieve success. By focusing on your thoughts, emotions, relationships and passions with regularity, you can better control your future and live life to its fullest.

*Joe Hart is the President & Chief Executive Officer of Dale Carnegie—a global training and development company with operations in over 75 countries and a worldwide leader in professional development, performance improvement, leadership training and employee engagement. Participants can build skills through in-person, live online, and hybrid programs. Also author of the book “Take Command: Find Your Inner Strength, Build Enduring Relationships, and Live the Life You Want,” Joe has a unique understanding of how leaders can inspire trust, create an environment of psychological safety, drive employee engagement and instill a culture of creativity and resilience toward change.*

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# WEEKEND

## In The Home

A7

Weekend, Jan. 21-22, 2023

TIM TIMMONS, Publisher □ JOE LARUE, Vice-President of Readership □ MELISSA MEME, Account Executive □ BETH HEDGE, Business Manager

## Make Your Home Smell Fresh and Clean Poetry With Flowers as A Hymn to Nature

**(Family Features)** A clean and inviting home doesn't just look tidy, it smells pleasantly refreshing, too. However, running a household can be a stinky business and it may take some special effort to make your living spaces feel more welcoming.

Consider these sensible ideas to improve the scents throughout your home:

### Bring the Outside In

Fresh air is a terrific option for banishing bad smells. Throwing open windows creates a cross breeze that can chase stale, musty air away in a hurry. You can also improve your air quality by adding house plants, which naturally help purify the air by absorbing pollutants and exchanging carbon dioxide for oxygen. Plants like jasmine, eucalyptus and gardenias also offer their own pleasant scents.

### Refresh Soft Surfaces

Textiles and other soft surfaces throughout

your home easily trap odor-causing bacteria, dust and other particles that can contribute to unsavory smells. That's why it's a good idea to regularly give the rugs, carpet, bedding, throw pillows, curtains and other soft surfaces throughout your home a deep cleaning. If you can't machine wash an item, use a vacuum with a hose attachment to remove as many hidden particles as possible.

### Install a Heated Towel Rack

Damp spaces like bathrooms are breeding grounds for bacteria. If you notice a musty smell in the bathroom but can't pinpoint the source, it may be your towel. That's especially true if, like many people, you reuse a towel several times before washing it. Hang-drying your towel may not be enough to chase away smell-inducing bacteria. However, the growth of bacteria

is reduced on heat-dried towels by as much as 99%, according to a study commissioned by Amba Products. What's more, in the study, a heat-dried towel produced a fresh smell over a seven-day period, whereas an unheated sample produced a musty odor by the fourth day.

With a variety of styles and finishes to fit almost any decor, the line of heated towel racks produces radiant heat to gently warm and dry towels. That can help eliminate moisture, resulting in less growth of mold and mildew. They also offer time, water and energy savings, plus some models come ready to use and take as little as 5 minutes to set up.

### Simmer Fresh Aromas

If you need to add a pleasant scent in a hurry, such as just before hosting a special event for guests, consider simmering something that smells delicious

on the stove. Simmering a blend of orange slices, cloves and cinnamon in a pot of water over low heat produces a subtle, pleasing scent that doesn't overpower the room. Diffusers, candles and room sprays can also help add appealing smells in rooms that may need some extra attention.

### Clean Common Culprits

Every household has some common culprits and, if you're noticing smells, you may need to step up your game to keep these areas clean. Trash cans, litter boxes and pet beds all need regular attention that goes beyond the basics. Make a point of not only emptying the trash but also cleaning the trash can itself. Don't just scoop the litter box. Replace the entire pan at least weekly. Strip and wash the exterior covering of pet beds and air out the cushion.

## Poetry With Flowers as A Hymn to Nature

Everything is connected, and as human beings we are part of everything. Nature's overwhelming power finds its way to the interior. Create stunning flower poems as an ode to nature.

### Vulnerable

The climate crisis is the subject of a great deal of attention because people are starting to realize that rather than the earth, it is humanity itself that needs saving. People are starting to understand that humanity is vulnerable. We are increasingly experiencing the overwhelming power of nature.

### Take-over

Mother Nature is an awesome element of life. We put her on a pedestal and she can be found throughout the house. The interior is more robust, more whimsical and, as such, over the top of course. All the forms used are organic. It is almost as

if nature is invading and taking over our house.

### Symbiosis

The use of flowers is just as whimsical and natural as the rest of the interior. Indoor gardens with dead and living materials stand out, forming an organic symbiosis as they are combined. Why not try working with flower bulbs to create cohesion between different elements of nature.

### Beauty

Repeat bulb flowers in natural and balanced colors to create your 'rhyme'. Create an indoor garden of flowers in a double vase, or combine white hyacinths with pale-pink Muscari. A single flower is a beauty in itself, thanks to the miraculous geometric repetitions in flower and leaf.

Would you like to know more about bulb flowers? Then go to [www.ilsaysays.com](http://www.ilsaysays.com).

## Growing A Beautiful Indoor Succulent Garden



**MELINDA MYERS**  
Columnist

It's no surprise that succulents, including cacti, are popular. These easy-care houseplants come in a variety of colors, shapes, and sizes making them perfect for any home.

All you need is a lot of light and benign neglect to raise healthy and beautiful succulents. Place the plants near an unobstructed south-, west- or east-facing window.

Don't let a lack of light stop you from enjoying these beautiful plants in your home. You'll find many attractive options for displaying your plants while providing the light they need. A single desktop LED plant light, attractive plant light shelves and carts, and furniture-grade light gardens allow you to grow these sun-lovers anywhere in your home.

Grow these plants in cacti and succulent potting mix. These fast-draining mixes help reduce the risk of overwatering which can lead to root rot. Further reduce this risk by using containers with drainage holes that are only slightly larger than the succulents' root system. Growing them in too large of a container that retains moisture longer can result in root rot, decline, and even the



Photo courtesy of Gardener's Supply Company/gardeners.com

**Succulents are low-maintenance houseplants that add interest and beauty to indoor décor.**

death of your plants.

Water thoroughly whenever the top inch or two of soil is dry. Some gardeners check the soil moisture at the drain hole to ensure it is dry and the plants need to be watered. Always pour off any excess water that collects in the saucer.

Avoid water collecting in the rosette of leaves or the cluster of prickly stems that can lead to crown rot. Use a watering can like the Haws Indoor Watering Can which has a long narrow spout that allows you to reach under the plants to water just the soil.

Make slight adjustments in your watering regime and growing environment as the seasons change. Adapting to changing conditions will keep your plants healthy and looking their best year-round.

Find a cool, sunny, draft-free location for your cacti and succulents in the fall and winter. Maximize

the amount of light the plants receive by moving them to the sunniest, usually south-facing, window in your home. Water thoroughly but only when the top few inches of soil are dry and just often enough to keep the plants from shriveling. These changes in the growing conditions often encourage a spring display of colorful and unique flowers.

Boost your succulents' natural beauty by displaying them in unique containers or places in your home. Create a living wall display with a 3-tier vertical wall planter (gardeners.com) or Mini Magnetic Galvanized Planter Pock

Grow a succulent centerpiece that can be enjoyed year-round. Plant a variety of succulents in a long narrow planter like the Veradek GEO Series Planter boxes. Display it on the table, and if needed, move it

back to its sunny location between dinner parties. Small containers like the heart-shaped concrete tabletop planters allow you to create an attractive dish garden even when space is limited.

Whether you're a busy, experienced, or new indoor gardener, creating a succulent garden may be just what you need to brighten your home and elevate your mood.

*Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her website is [www.MelindaMyers.com](http://www.MelindaMyers.com)*



## Start Spring Swinging With Bulb Flowers

Do you feel like starting the spring dancing? Flowers instantaneously make you feel like spring has started. Buy a nice bunch of spring flowers and start bringing the outside in - even when it is still cold outside!

### Blooming

Calyces and leaves that dance and swing in the breeze; spring flowers are colorful, fresh, playful and ooze spring. They provide the freshness we are all longing for and immediately get the house ready for the next season, so they are an indispensable feature. They are available as cut flowers or potted bulbs. Choose whatever makes you happiest!

### Typical spring flowers

Spring flowers are available from January onwards. All it takes is just one trip to your local florist to get ready for spring. What about typical bulb

flowers such as tulips, crocuses, hyacinths or grape hyacinths? Arrange them into a beautiful bunch in a vase or place potted bulbs in a decorative basket, pot or dish.

### Tips for spring flowers:

Make several small bunches of different types of spring flowers and place them all over the house.

Use a clean vase for fresh flowers and fill it with clean water.

Daffodils produce a substance which other flowers do not tolerate. If you would still like to combine them, place the daffodils in a separate vase for one night. After this night, you can mix them with other flowers.

Buy your flowers locally so your they are fresh, and to support local florists.

Would you like to know more about bulb flowers? Then go to [www.ilsaysays.com](http://www.ilsaysays.com).

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# WEEKEND

## In The Home

Weekend, Jan. 21-22, 2023

A8

TIM TIMMONS, Publisher @ JOE LARUE, Vice-President of Readership @ MELISSA MEME, Account Executive @ BETH HEDGE, Business Manager



Photo courtesy of Getty Images

## Healthy Habits for Your Home

### FAMILY FEATURES

If you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings.

Your home living environment plays a major role in your health and comfort, so incorporating some new habits like these from the cleaning experts at Swash Laundry Detergent can help you establish a healthier lifestyle.

#### Control Air Quality

Especially during the winter months when your home tends to be closed tight, air can grow stale. Do your best to keep air quality strong by opening windows on mild days to circulate fresh air, using an air purifier to remove irritants and pollutants, frequently vacuuming and sweeping to keep floor dust and debris under control and regularly cleaning textiles that can trap allergens and other particles.

#### Scale Back Detergent Use

Using too much laundry detergent isn't just risking buildup and unnecessary wear on your washer and dryer; it can also increase

the residue and buildup in your clothes, which can lead to skin irritation and damage fabric faster. Using only what you need helps protect your belongings and your skin. An option like Swash Laundry Detergent, which features a Precision Pour Cap, dispenses the detergent for you, so you only pour what you need to effectively clean each load and fight stains. A single bottle of the ultra-concentrated formula – available in Simply Sunrise, Free & Clear and Pure Linen scents – washes up to 83 loads while taking up less space than traditional, bulky detergent bottles.

#### Make Use of Natural Light

When winter brings day after day of dark, dreary weather, it can take a toll on your mood. Brightening your living space with natural light can positively influence your emotional state while helping with your electric bill. If you're concerned about privacy, utilize window treatments at night, but let the sunlight bring good cheer to your living spaces during the day.

#### Switch Bedding on Schedule

While you sleep, your body sheds oils, cells and elements you carry into your home like pollen. Sheets should be washed once a

week on the hottest water setting your fabric will tolerate (check tags for laundering directions on your sheets before washing). If your schedule makes weekly washing, drying and remaking the bed unrealistic, consider having a couple sets you can rotate so you always have fresh, clean sheets waiting to remake your bed on laundry day.

#### Work Up (and Wash Out) a Sweat

The materials that keep you feeling cool and fresh by wicking away sweat can quickly get stinky, but over-washing can make them lose their shape and fade. Even so, washing after every use is a must. Washing workout clothes inside out exposes the surfaces that have absorbed sweat and body oil to detergent and agitation. Be sure to close zippers, buttons, clasps and other fasteners to prevent snags. Pre-soaking with equal parts vinegar and cold water can also help eliminate odors, and washing in a gentle, cold-water cycle and drying on low heat can help protect the fabric's elasticity and wicking properties.

Start your year off right with more advice for healthy habits around the home at Swash.com.

## 5 Ideas for an Organized, Intentional Laundry Space

Having an organized and decorated laundry room can ease the weight of your to-do list and the tension you feel from the day-to-day grind. It can also help keep your laundry routine simple, orderly and organized. Consider these tips from the laundry experts at Swash:

#### 1. Think like a minimalist.

Empty your laundry space and sort through what you need and what you don't. Eliminating the extras leaves room to evaluate your space. Consider whether you could organize differently to make frequently used items more accessible and make the most of your storage space. Cutting down on clutter may even make it possible to incorporate shelves or cabinets that add stylish functionality.

#### 2. Update your space with open shelving.

Open laundry shelves offer a sense of more space, and the horizontal lines can lend a sense of calm. For an easy and attractive upgrade, try hanging 2-3 open shelves within easy reach. If you're hesitant about the open feel, limit to just one shelf for the everyday necessities and keep the rest of your laundry supplies out of sight in a complementing cabinet. Baskets offer another option for concealing your belongings, whether you use them on the open shelves or inside cabinets to keep things tidy and clutter-free.

#### 3. Create a practical workspace.

Mundane laundry chores like folding can be more enjoyable when you have a comfortable, dedicated space for the job. An open counter or table that folds down from the wall gives you the surface you need to fold clothing within your laundry space without disrupting the rest of the house. Other ways to add practical space include areas for sorting garments that need special attention and a place to hang items that shouldn't be dried in the dryer.

#### 4. Use colors and materials that evoke calm.

Natural materials and a neutral color palette can lend to a more peaceful space. Lighter neutral colors reduce stress and anxiety, promote relaxation and can even make a space feel more expansive. For a calm, refreshing area, start with a base of white then add natural textures like woven baskets, faux or real plants and marble stone accents in the tile flooring or backsplash. Add a calming color like blue to evoke the tranquility of the sky or ocean, or consider green to incorporate the soothing effects of nature.

#### 5. Invest in products that bring you joy.

Choose quality pieces that aren't overly trendy and will stand the test of time. Consider how your investment of laundry decor, including your washer and dryer, will serve you in the space in the coming years.



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