

➤ TODAY'S VERSE

Isaiah 59:19 So shall they fear the name of the LORD from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the LORD shall lift up a standard against him.



➤ FACES OF HAMILTON COUNTY
People who call our community their own.

What makes Larry Jacobi smile? "These old airplanes; they make me smile. And we enjoy taking people on rides. These airplanes were built as trainers in World War II. I just love taking people up in them." The pilot was found recently giving an airplane ride to Promise Road Elementary Principal Christy Martino as a reward for students' fundraising. Jacobi has been flying airplanes for 53 years and was happy to do a flyover for the kids in his U.S. Army blue and yellow open-cockpit 1941 Stearman two-seater biplane PT-17, that was used for training in World War II. Jacobi, 78, Noblesville, a retired Noblesville High School math teacher has given hundreds of airplane rides in his Stearman over the years. He often donates a 30-minute ride in his Stearman for local charity events' auctions. He belongs to the Noblesville Experimental Aircraft Association (EAA) which meets at Noblesville Airport the first Monday of the month at 7:30 p.m., with a pitch-in dinner at 6:30 p.m. and organizes a fly-in/pancake breakfast on a Saturday morning in mid-June and mid-August. Jacobi, co-owner of Noblesville Airport, taught the late Paul Estridge Jr., how to fly "many years ago" and called him a "model student." They flew together many times in recent years. Jacobi said, "I considered him a very good friend ... We will all miss him dearly."

And Another Few Things...

1. Flags at Half Staff

Governor Eric J. Holcomb is directing flags to be flown at half-staff in honor and remembrance of the victims of the tragedy in Monterey Park, California. Flags should be flown at half-staff at the Indiana Statehouse until sunset on Thursday, Jan. 26, 2023. Gov. Holcomb also asks businesses and residents to lower their flags to half-staff.

2. 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!

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 designers 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/lg/ask-suzanne/hoosier-women-artists/.

The TIMES

Hamilton County's Own Daily Newspaper



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Photo courtesy of Rep. Chris Jeter's Office

State Rep. Chris Jeter (R-Fishers) presents to the House Courts and Criminal Code Committee his bill to strengthen criminal penalties and sentencing for killing a police K-9 on Wednesday, Jan. 18, 2023, at the Statehouse. The committee approved Jeter's legislation, sending it to the House floor for further consideration.

Bill Seeking Stronger Penalties for Killing Police K-9s Advances

The House Courts and Criminal Code Committee on Wednesday approved State Rep. Chris Jeter's (R-Fishers) bill to strengthen criminal penalties and sentencing for killing a police K-9.

Jeter, an attorney who serves as a member on the House Courts and Criminal Code Committee, authored House Bill 1306. The legislation would increase the penalty for killing a police K-9 from a Level 6 to a Level 5 felony, carrying a sentence of between 1 to 6 years in prison and a fine of up to \$10,000. He said killing a K-9 in the commission of a crime would also be an aggravating

circumstance for sentencing in criminal cases.

"These K-9s are vital for police officers who work tirelessly to protect our community," Jeter said. "Not only do they serve alongside their handlers, but they also fearlessly pursue suspects and take on dangerous tasks to save Hoosiers."

Jeter's legislation is inspired by the 2019 killing of Harlej, a K-9 with the Fishers Police Department shot by a fleeing suspect. With the current maximum sentence for the crime standing at 6 months, Jeter said the penalty is too low and crimi-

➤ See BILL Page A5

HamCo Staff Among Recent NACo Grads

Recent graduates of the National Association of Counties (NACo) Professional Development Academy included three Hamilton County staff. Gary Duncan, Project Engineer for the Surveyors Office, Marilyn Schenkel, Office Manager in the Assessors Office and Erika Wiles, Orderbook Supervisor in the Clerks Office all graduated in December from the High Performance Leadership program.

The program, created in partnership with General Colin Powell, is a 12-week, 4-course

➤ See STAFF Page A5

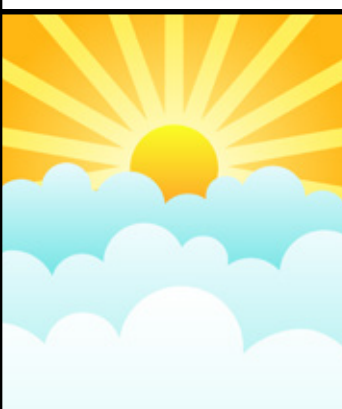
Marlowe Column



JOHN O. MARLOWE
With The Grain

John Marlowe is out and dealing with some medical issues. We wish him the best and pray for his recovery.

The Daily Almanac



Sunrise/Sunset
RISE: 7:59 a.m.
SET: 5:53 p.m.



High/Low Temperatures
HIGH: 39 °F
LOW: 30 °F



Today is...

- Go For a Ride Day
- Humane Society Anniversary Day
- Start Your Own Country Day



What Happened On This Day

- 1848 James W. Marshall finds gold at Sutter's Mill near Sacramento, eventually setting off the California Gold Rush
- 1916 In *Brushaber v. Union Pacific Railroad Co.*, the US Supreme Court declares the federal income tax constitutional
- 1933 20th Amendment to the US Constitution is ratified, changing beginning and end of terms for all elected federal offices
- 1935 Gottfried Krueger Brewing Company starts selling the first canned beer



Births On This Day

- 1941 Neil Diamond American singer-songwriter and guitarist
- 1943 Sharon Tate American actress

Deaths On This Day

- 1965 Winston Churchill English politician, Prime Minister of the UK and Nobel Prize laureate
- 1986 L. Ron Hubbard American religious leader, author and founder of the Church of Scientology
- 1989 Ted Bundy American serial killer



Photo courtesy of Noblesville Schools

NWMS Students Going to Robotics State Championship

Congratulations to (from left to right) Lila Middleton, Genevieve Claffey, Aderyn Madsen and Kelsea Law of the Noblesville West Middle School Robotics Club for earning a spot to compete at the Indiana State Robotics Championship in March at Lucas Oil Stadium.

The students are advancing thanks to their performance on their competition engineering design journal. Teams build robots to play a game during competition, but must also chronicle their decision-making processes for the design, build, innovation and automation of their robot.

➤ INSIDE TODAY

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➤ HONEST HOOSIER

Three weeks to Valentine's Day. Better not forget, fellas!



➤ TODAY'S QUOTE

"Poor is the pupil who does not surpass his master."
- Leonardo da Vinci

➤ 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.



➤ OBITUARIES

Rex Leon Randall
Barbara A. Thomas

The Times appreciates all our customers. Today, we'd like to personally thank
DAVID BROST
for subscribing!



3 WTHR 7 DAY FORECAST

30/39 MAINLY CLOUDY	32/34 SNOW LIKELY HEAVY AT TIMES	27/32 SNOW SHOWERS	20/33 WINDY, P.M. WINTER MIX	25/35 MOSTLY CLOUDY	32/35 SNOW/RAIN POSSIBLE	25/33 WINDY AND POSSIBLE
TUE	WED	THU	FRI	SAT	SUN	MON

⇒ OBITUARIES

Rex Leon Randall

December 27, 1924-January 20, 2023

Rex Leon Randall, 98, of Fishers, passed away on Friday, Jan. 20, 2023 at his home with his family by his side.

He was born on Dec. 27, 1924 to Claude and Georgia (Crider) Randall in Fishers.

Mr. Randall married the love of his life, Barbara Passwater, on April 13, 1952.

The City of Fishers considered Mr. Randall to be the "oldest living original Fishers resident." He spent his entire life in the house he was born in on the Randall Family Farm, established in 1919. He worked for over 30 years in the automotive industry, finishing his career at Ford Motor Company in Indianapolis. He was born into a farming family and later in life became an avid gardener. He was a loyal sports fan. Mr. Randall enjoyed golfing, bowling, croquet and playing cards. He was a life-long member of the Fishers United Methodist Church. He enjoyed traveling with family and friends. He and Barbara were part time residents in Haines City, Fla. for 18 years.

Survivors include his 4 children Denise (Myke) Perrey, Dennis (Maureen) Randall, Donna (Eddie) Randall-Jones and Deleasa (Tom) Randall-Griffiths; sister-in-law Donna Anderson; 7 grandchildren; 7 great-grandchildren; 3 great-great-grandchildren; and many nieces and nephews.

In addition to his parents, he was preceded in death by his wife Barbara Randall; 2 brothers Alwyn (Betty) Randall and Max (Pat) Randall; 3 sisters Foneta (Elmer) Brown and Francis (Bob) Kincaid; brother-in-law Bill Anderson; and grandson Jesse Randall.

Visitation is scheduled to be held from 4-8 p.m. on Friday, Jan. 27, 2023 at Randall & Roberts Fishers Mortuary, 12010 Allisonville Rd. in Fishers. An additional visitation is scheduled to run from 11 a.m. to 12 p.m., with services scheduled to begin at 12 p.m. on Saturday, Jan. 28, 2023 at the funeral home, with Pastor Mark Ellcessor officiating. Burial will be at Crownland Cemetery in Noblesville.

Memorial contributions may be made to Fishers United Methodist Church, 9690 East 116th St., Fishers, IN 46037 (fishersumc.org); or Guardian Angel Hospice, 513 West Lincoln Rd., Kokomo, IN 46902, (guardian-angelhospice.com).

Online condolences may be made at randallroberts.com

Barbara A. Thomas

February 1, 1935-January 14, 2023

Barbara Ann Thomas, 87, of Fishers, died peacefully on Saturday, Jan. 14, 2023 in Fishers.

She was born on Feb. 1, 1935 to Finley and Alpha Fisler, younger sister to Louise Fisler Cooper.

Mrs. Thomas graduated from Bay View High School with honors in 1952, and then went to the University of Wisconsin - La Crosse, graduating with honors in elementary education. During her teaching career, she taught in several schools in Wisconsin, Iowa, West Virginia and an international school in Shiraz, Iran. She pursued post-graduate studies in numerous university workshops in behavioral psychology, and instructional techniques in math and science.

She was married to her college sweetheart, John A. Thomas, on June 22, 1957.

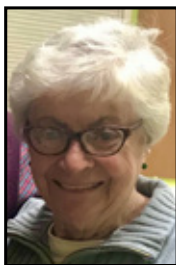
Mrs. Thomas enjoyed traveling, and visited over 50 countries, including Antarctica. Bicycling and cross-country skiing were enjoyed by her entire family. She was an excellent swimmer and enjoyed synchronized swimming in college. She was an avid reader, and recorded books on audio for the blind, and tutored children with reading disorders. Mrs. Thomas enjoyed participation in book clubs, and often had recommendations for her friends who asked her if she had read any good books lately.

She served as a volunteer with many organizations, including the Women's Service League Morgantown, WV and as an assistant for the Food Pantry and Homeless Shelter in San Antonio, TX. Mrs. Thomas served as President of the Faculty Wives organization at West Virginia University and the University of Texas at San Antonio, and was a member of the American Association of University Women, and volunteered for a various of non-profit organizations. She was a member of the First Presbyterian Church in Noblesville.

Survivors include her husband John; son Michael (Dori) Thomas of Durham, NC; daughter Jane (Scott) Hoover of Carmel; 4 grandchildren Alex (Erica) Thomas of Washington, D.C.), Annemarie Thomas of Chicago, Matthew Hoover of Carmel, and Lauren Hoover of Des Moines, IA.

Randall & Roberts Fishers Mortuary (Fishers, IN) was entrusted with Mrs. Thomas care. Inurnment will be at the Oak Grove Cemetery (La Crosse, WI). Private services are planned for a later date.

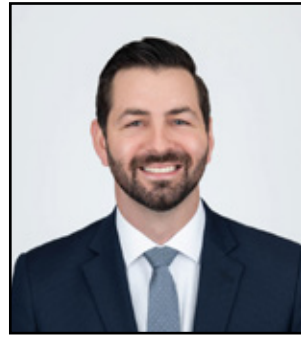
Online condolences may be made at randallroberts.com



CCHA Welcomes James Nussbaum

Church Church Hittle + Antrim (CCHA) is pleased to welcome James Nussbaum to the firm. Nussbaum will join the Sports Law practice group and also serve as the chair of the newly launched Higher Education practice group. CCHA has had the privilege of advising institutions of higher education throughout Indiana and across the country on a variety of matters for the past ten years and with the addition and leadership of Nussbaum, commits to continue to grow this practice area.

Nussbaum has spent his entire career in higher education, serving as Associate General Counsel at Indiana University, a public research institution with 90,000 students and 40,000 employees across nine campuses.



James Nussbaum

At IU, he conducted investigations and provided legal advice on a wide variety of matters including athletics, Title IX, student and faculty affairs, human resources, employment discrimination and negotiated real estate and other business transactions. Nussbaum's vast experience in higher education ideally situates him to formalize and lead CCHA's higher education practice and position it for future

growth and expansion.

"James is a wonderful addition to the firm," said CCHA Managing Partner Alex Pinegar.

"The fact that he served such a vital role at Indiana University really speaks to his capabilities and the ways in which he will be able to assist the clients we serve and lead our higher education group."

"I look forward to working alongside such esteemed and respected attorneys," said Nussbaum.

"CCHA is in a pattern of growth, and the creation of a higher education practice group was a natural fit given their established sports law and school law practices. I am excited to be a part of the team."

About Church Church Hittle + Antrim (CCHA):

Founded in 1880,

CCHA is the oldest law firm in Hamilton County, Indiana. As a full-service law firm, CCHA provides a myriad of legal services to clients across a wide variety of practice areas including: complex litigation, personal injury, governmental entity and municipal law, education, business formation and representation, divorce and family law, estate planning and administration, real estate law, criminal law, labor and employment law, mediation services and appellate litigation. Church Church Hittle + Antrim serves clients across the state with offices in Noblesville, Fishers, Fort Wayne, Tipton, Merrillville and Westfield.

Learn more about CCHA at cchalaw.com and by watching a video at [vimeo.com/721170726](https://www.youtube.com/watch?v=721170726)

USDA Builds Out Regional Networks for Transition to Organic Partnership Program



The U.S. Department of Agriculture (USDA) announced late last week the partner organizations that farmers can contact to learn more about transitioning to organic. These organizations are also entry points for existing organic farmers wanting to serve as paid mentors to help establish the next generation of organic farmers.

This work is part of the Organic Transition Initiative (OTI), which supports transitioning and recently transitioned producers who face technical, cultural, and market shifts during the transition period and the first few years of organic certification. To help identify the organizations, USDA is also providing a state-by-state map listing of the organizations.

OTI was launched in August 2022 as part of USDA's food system transformation effort to support local and regional food systems, expand access to markets to more producers and increase the affordable food supply for more Americans, while promoting climate-smart agriculture and ensuring equity for all producers.

The initiative provides

comprehensive support for farmers transitioning to organic production and will deliver wrap-around technical assistance, including farmer-to-farmer mentoring; provide direct support through conservation financial assistance and additional crop insurance assistance; and support market development projects in targeted markets.

"USDA and its partners have worked quickly to establish a robust network of partners in every state, and we encourage organic mentors and transitioning farmers to contact these organizations to get started," USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt said.

"Organic production is a vital part of the USDA's

Food System Transformation Initiative, bringing new opportunities for producers across the country."

The TOPP partnership network includes six regions: the Mid-Atlantic/Northeast, Southeast, Midwest, Plains, Northwest, and West/Southwest. Partnerships provide mentors, technical assistance, community building, and organic workforce development.

TOPP regions are geographic and include a mix of states that are already well-represented in organic and states that are currently underserved to maximize the availability of expert mentors in each region. TOPP is a collaborative effort involving many partners, with cross-functional teams and repre-

sentatives from different regions working together to achieve a common goal.

Details on resources, contacts, and how to get involved in TOPP are regularly updated on USDA's Agricultural Marketing Service (AMS) webpage, Transition to Organic Partnership Program, at ams.usda.gov/services/organic-certification/topp

AMS's National Organic Program (NOP) administers TOPP. NOP is a federal regulatory program administered by AMS that develops and enforces consistent national standards for organically produced agricultural products sold in the United States.

The National Organic Program works with accredited certifiers and law enforcement partners to continually strengthen farmer and consumer trust in products that display the USDA organic label. The Organic Integrity Database (OID) remains a key tool for confirming that imported and domestic products are in fact certified organic. Anyone who suspects a violation of USDA organic regulations should submit a complaint using our online complaint portal.

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Photo courtesy of Rivian



Photo courtesy of Kia



Photo courtesy of Hyundai



Photo courtesy of Chevrolet

4 Trends in EVs Will Change How We Speak in 2023

I finally did it – joined The Grid and installed an electric vehicle charger in my garage. I’m apparently not alone. According to data from Edmunds, U.S. EV market share from January-November 2022 was 5.1% compared to 2.5% for all of 2021. These shares will seem paltry as every automaker launches full lines of EVs during the next few years. While four key trends define EVs during 2023, it’s time we learn a new language.

Key EV Trends

A recent story by Jessica Caldwell, Director of Insights at Edmunds, discusses EV trends that will greet us in 2023.

Trend 1: EVs of all brands are attracting more luxury buyers.

Caldwell used the Ford Mustang Mach-E, Hyundai IONIQ5, and Kia EV6 as examples. Luxury trade-ins for the Mach-E is 23% while only 6% for Ford overall. The IONIQ5 gets 17% compared to only 7% for Hyundai while the EV6

commands 18% versus 6% for Kia. As the luxury brand for Hyundai Kia, Genesis, is also proving EVs are a strong way to gain new exposure to the brand. This makes sense since EVs cost more, but it’s a smart move for mainstream brands.

Trend 2: EVs are winning conquests from other brands.

Indeed. Using examples from above, 69% of Mach-E buyers trade in non-Ford models compared to 42% for Ford overall. It’s also true that the IONIQ5 draws 81% of buyers from non-Hyundai models compared to 57% for Hyundai overall. EV6 claims 79% vs. 61%. In all three cases, having desirable EVs drew new buyers.

Trend 3: EVs command top dollar.

EVs remain pricey, but seamless performance, home charging, and lower operating cost offset loftier stickers. And, EVs offer features luxury buyers desire. The average

Mach-E sold for \$57,988 while the average Ford transacted for \$55,609, driven by trucks. The compact IONIQ5 averaged \$54,643 compared to \$34,952 for Hyundai overall. Similar is true for the EV6, which averaged \$57,178 compared to \$34,651 for Kia. EVs aren’t cheap, but offer an ownership experience equal their prices.

Trend 4: EVs are appealing to younger shoppers.

In the first nine months of 2022, 44.1% of EV buyers were under 45 compared to 35.5% for all models. This is important for automakers as they try to attract drivers for life and create an aura of youthfulness. It makes sense that younger buyers would be attracted to EV interiors and technology that seem more like extensions of their screens than symbols of a bygone mechanical age.

Learning the Lingo

To prepare for this new electric age, we

must understand a new language. Let me help.

Unlike familiar hybrids, EVs have no gasoline engine. They derive all of their power from a plug and through Regenerative Braking (Regen) that recovers kinetic energy during braking. Driving Range, the distance from fully charged to parked roadside, varies by battery size and vehicle weight, but typically 250-300 miles (or more for luxury models).

Horsepower still defines work being done as a factor in acceleration while Torque, the twisting force that turns a vehicle’s wheels, is often higher in EVs for quick acceleration and towing. Unlike gas engines that rev for maximum power, electric motors generate it instantly for that silent rocket ride. You may also have read about “one-pedal driving”. Most EVs allow regen to automatically engage when lifting off the accelerator, allowing drivers to slow or stop without using the

brake pedal.

Advanced Knowledge

You’re going to read a lot about Kilowatt-hours (kWh), which is the current a battery can emit over an hour. The higher the kWh, the more range, acceleration, and towing capacity. Larger batteries provide more kWh, which is why trucks have larger battery packs than compact sedans. It’s also why it takes longer to recharge a pickup than a compact. Think of filling gas tanks of 20 gallons vs. 10 gallons.

To demonstrate their efficiency, electric vehicle window stickers show “MPGe”, or miles-per-gallon-equivalent. It’s how far an EV can travel with 33.7 kWh, or the energy in one gallon of gasoline. EVs often exceed 100-MPGe.

When it comes to putting energy back in, there are three levels of chargers that allow increasing speeds of charging. A Level 1 charger is essentially an EV plugged into a wall



CASEY WILLIAMS
Auto Reviews

outlet. It takes days to fully recharge. Moving up to a Level 2 home or commercial charger decreases it to under 10 hours. The fastest Level 3 DC Fast Chargers can replenish a battery pack in about 30 minutes.

The transition from gasoline to electricity will be a challenge for all of us, but it is coming quickly. Being able to speak the new language will ease change. Get ready for a new journey.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ [AutoCasey](https://www.youtube.com/channel/UC...).

Dogs in the Winter Banks Take a Preemptive Swing at Mitch Daniels



CARRIE CLASSON
Columnist

“Aren’t you the cutest dog?” I asked the chubby brindle pit bull mix walking down the sidewalk.

Objectively, she was not the cutest dog, I suppose. But there is no such thing as an ugly dog, as we all know. She was wearing a brand-new jacket with colorful pockets and a hood and, to top it off, had matching booties. She looked a little self-conscious—as we all are when we get dressed up for the first time in a while—and I thought she could use a little reassurance.

“I wasn’t sure she would wear the booties,” her owner confessed.

The dog looked at me seriously, as if she understood. The booties might be a bridge too far, even on a very cold day. But this barrel-shaped brindle pup was dancing on the cold pavement, happy to meet me, booties all but forgotten.

“She loves meeting new people,” her owner explained, unnecessarily. I love seeing the dogs in the winter.

Of course, this is the time of year that long-haired dogs are finally getting comfortable. They stroll at a leisurely pace. They roll in the snow. They walk with their noses under the snow, sniffing the mysterious world beneath the surface. They scoop up big mouthfuls of snow as they go, cruising along with their tongues firmly inside their mouths for the first time in months. They are utterly at home in the snow, as if the warm months of the past were an aberration and we are now back to normal.

But the short-haired dogs suffer. They shiver and hop from one foot to the other and look as if the whole notion of taking a

walk in these temperatures was neither their idea nor something they approved of. Their owners decide that what they need is a jacket and, usually, the jacket is a mixed success.

The little dogs still seem cold, even in their jackets. I saw a greyhound with a jacket over a sweater. He didn’t look cold, but he looked deeply embarrassed. I’ve seen dogs in Santa costumes and fancy hand-knitted Guatemalan sweaters and expensive gear that looked like it was designed for trekking up Mount Everest. None of the jackets look as if they fit very well. They are all held on with straps and clips and usually are drifting to one side or the other, or threatening to come off entirely. The booties almost never stay on long.

Just down the block, I met a short-haired terrier walking with a man I chat with regularly. The terrier was not in a jacket and, when he saw me coming, I could see the pleading in his eyes. “Please do not make my owner stop and talk!” I tried not to talk too long as the terrier hopped from one cold paw to the other and shivered disapprovingly.

“He needs a jacket!” I said to the terrier’s owner, but I could tell neither owner nor terrier was crazy about the idea.

Which is why the brindle pit bull’s ensemble was so impressive.

She looked as if she was planning to model it in a dog catalog. Her slightly pudgy frame filled out the jacket and kept it in place. Her little booties kept her off the cold snow and sharp sand and biting salt. She was perfectly decked out and, I suspect, she had an idea of exactly how adorable she was.

“You are the cutest dog in town!” I announced. The stubby dog was pleased. Her owner was proud. And—at that moment—I think it might almost have been true.

Till next time,
Carrie

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



BRIAN HOWEY
HOWEY POLITICS

In the coming days or weeks, Mitch Daniels will make a decision about whether to return to politics by running for the Senate seat Mike Braun is vacating to seek the open governor seat.

After serving as White House budget director, then two terms as Indiana governor followed by a decade at the helm of Purdue, where he froze tuition for a decade (saving families \$1 billion), raised billions of dollars and ignited a research corridor on the west side of campus, Daniels appears poised for a Senate run where he could redefine conservatism after the era of Donald Trump.

If Daniels runs in this 2024 cycle race, he will likely face U.S. Rep. Jim Banks. The Columbia City Republican had predicted a GOP tsunami last Spring, but after that gusher was reduced to a trickle in November, this ambitious lawmaker has been on a demolition derby course.

He had flirted with a run for governor, but deferred to Sen. Braun when the latter declared for that open seat in November. He dabbled in U.S. House leadership in December and early January, losing a whip race to Rep. Tom Emmer, and then received a vote for speaker during his ally Kevin McCarthy’s

tortured 15-ballot squeaker.

Then late last week with a toxic blast of political rectal gas, Rep. Banks signaled he would enter the brewing 2024 U.S. Senate race. Teaming up with Club for Growth President David McIntosh, the pair did something we’ve never seen before: Running a preemptive TV ad designed to keep a rival – Mitch Daniels – out of the race.

The same Mitch Daniels who never ran a negative TV ad during his two gubernatorial runs in which he defeated an incumbent Democrat, and then recorded a landslide reelection on the same day Barack Obama carried Indiana’s 11 Electoral College votes in 2008.

But in the eyes of Club for Growth, a PAC of billionaires, it said in the TV Ad, “After 50 years in big government, big pharma and big academia, Mitch Daniels forgot how to fight. An old guard Republican clinging to the old ways of the bad old days.”

Long-time GOP operative Mark Lubbers responded to the Club for Growth TV ad, telling me, “These are the same people who cost us Republican control of the Senate. Sad to see that Banks has thrown in with them.”

The Wall Street Journal’s conservative editorial board weigh in: “It’s bewildering to see the Club for Growth, whose reason for being is promoting growth economics, smack a politician for working in private industry at Eli Lilly. Even more odd is the higher-ed slam: He stepped down at the end of 2022 as the most successful

college president in the country.”

According to Lubbers, Daniels and Banks had a phone conversation on a recent Saturday and, reportedly, Daniels did not attempt to dissuade Rep. Banks from making a Senate bid. “Apparently they think it’s political genius to poke the bear with a sharp stick,” Lubbers said. “We’ll see how that works.”

Donald J. Trump, Jr., then tweeted on Jan. 13: “The establishment is trying to recruit weak RINO Mitch Daniels to run for US Senate in Indiana. The same Mitch Daniels who agreed with Joe Biden that millions of MAGA Republicans are supposedly a danger to the country & trying to ‘subvert democracy.’ He would be Mitt Romney 2.0.”

This was the first time anyone had described Daniels as a “weak RINO.”

Lubbers responded to Trump the younger: “You think the progressive left needs to be fought; we think it needs to be BEATEN. That requires optimistic positive conservatism that builds majorities, wins elections & makes policy. Not just foaming at the mouth, counting tweets, and grifting contributions. Hit the road.”

So, what are the chances of a “U.S. Sen. Mitch Daniels?”

The two strongest Hoosier political dynasties in the last 30 years have been run by Democrat Evan Bayh and Daniels. It was Daniels, along with then-Republican Chairman Eric Holcomb, who created the modern GOP dynasty.

Watching his 2004 and 2008 gubernatorial campaigns, what became clear was Daniels’s strategic, tactical and messaging strengths. As a retail campaigner, he was without peer. We have seen this persist while at the helm of Purdue University this past decade.

As for the “strongest” president of Daniels’s life, the answer would probably be his former boss, President Reagan, who repeatedly promoted his “11th Commandment: Thou shalt not criticize another Republican.”

Having said that, Evan Bayh was once considered invincible, but he lost the 2016 U.S. Senate race 52-42% to Sen. Todd Young. You can be the right candidate, but in the wrong race at the wrong time.

That is a key question for Mitch Daniels: Is this the right race at the right time?

Banks, too, will cite his patriotic duty to save America, all while embracing Donald Trump, who since helping kick away another Senate GOP majority last November, has dined with a neo-Nazi, expressed solidarity with the Jan. 6 insurrectionists, and called for the termination of the U.S. Constitution so he could be “restored” to power after losing in 2020 by seven million votes.

If this race is defined and fought, it could define the coming political era in Indiana as well as the nation.

The columnist is managing editor of *Howey Politics Indiana/State Affairs* at [StateAffairs.com/pro/Indiana](https://www.StateAffairs.com/pro/Indiana). Find *Howey* on Facebook and Twitter @hwypol.

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Proposed Auditor Name Change Aligns with Duties but Requires Further Consideration

By Whitney Downard

Indiana State Auditor Tera Klutz wants Hoosiers to know: regardless of her title, she isn't really auditing anything.

"I always like to be on the same page with anybody in the room and I feel like I spend a lot of time explaining that I don't audit governments, I don't audit tax returns, I won't audit your township," Klutz said. "I think it's confusing for the public."

During her election campaign last year, Klutz floated the idea of changing the name of her office to comptroller – a change several other state governments have made over the years. The proposal has the support of the General Assembly and is included in Gov. Eric Holcomb's proposed state's two-year budget.

But the office of auditor – along with the secretary of state and state treasurer – is enshrined in the state constitution, meaning a simple name change likely requires a constitutional amendment.

"I feel like, over the last six years, I've done a lot of explaining about my

role... the term 'auditor' has changed over the last few hundred years," Klutz, who previously conducted audits in the public and private sectors, said. "I definitely put a lot of thought into it and we're trying to change it to say comptroller to more accurately reflect our duties."

What's in a name?

In practice, the auditor has the responsibility to balance the state's checkbook and pay state employees – ensuring that the government money spent goes to the right place and reporting it through the state transparency portal.

But few states run their accountancy offices in the same way – and there isn't even agreement on what to call the office.

Some states assign the duties of fiscal oversight to a controller, comptroller or examiner, names used somewhat interchangeably with auditor. But other states wrap those duties into other offices – such as treasury or even secretary of state.

Klutz maintains that the office of auditor should remain separate from

other agencies because it establishes a system of checks and balances. But some states don't elect an auditor – or an equivalent to auditor – at all.

Roughly half of states hold elections for the role and another two states – Maine and Tennessee – elect their auditors through the state legislature. In the remaining states, the governor nominates someone to the role and the legislature confirms the appointment.

Other states have both an elected auditor and an appointed auditor, including Minnesota, Utah and Washington. Those state leaders split their duties, one auditing local units of government or agencies and another evaluating the state's fiscal management.

Indiana's auditor doesn't review agency spending to detect fraud, but does act as an accountant for the state by checking budgets and administering payroll.

What does it take to change a name?

State ballot initiatives or referendums allow every resident to vote on a proposal in a more direct form of democracy.

Several states have passed marijuana reform using this process, including Michigan, bypassing their state legislatures.

But generally Indiana doesn't allow that – with the exception of local school funding referendums.

To change the Constitution, the language must pass in two successive general assemblies – meaning an election must occur between the two – before appearing on the ballot the following year. A resolution proposing to change Indiana's constitutional language guaranteeing bail faces the same uphill road this year.

Because her 'auditor' title is specified in the state constitution, Klutz's office prepared to go the lengthy constitutional amendment route. But legislators Klutz consulted worried that placing the name change before voters would be confusing and many might believe the referendum would eliminate the office of auditor entirely.

As an alternative, Klutz said the State Budget Agency proposed putting the name change into

the budget, which is guaranteed to pass in some form.

"The auditor of state is officially known as the state comptroller. After June 30, 2023, the auditor of state shall use the title 'state comptroller' in conducting state business, in all contracts, on business cards, on stationery, and with other means of communication as necessary. The change in title under this subsection does not invalidate any documents or transactions conducted in the name of the auditor of state," the budget language says. "After June 30, 2023, state agencies shall refer to the auditor of state as the state comptroller when adopting agency rules, and references to the auditor of state in the Indiana Administrative Code are considered references to the state comptroller."

However, Klutz said the office of auditor would still appear on the ballot and go through Indiana's primary convention process because both elections must adhere to the Indiana Constitution. Klutz likened it to a company "doing business as" under a name other

than their legal name.

Other states have successfully changed their auditors to comptrollers or controllers through a ballot initiative, such as Illinois in 1973 and Idaho in 1994. Both states have a simpler process than Indiana.

Still, Klutz hopes that a name change, even if it doesn't change the constitutional office of auditor, will at least be a more accurate description of her duties.

"I'm trying to quell some of that confusion; I obviously don't want to create more," Klutz said. "My hope is that, if we can move forward with this change, that at least I will set the expectation that I don't audit governments or individuals."

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Indiana Lawmakers Gear Up for Debate Over Bill to Repeal Certain Floodplain Requirements

By Casey Smith

Property owners and environmental advocates are clashing over an Indiana bill that would repeal a requirement for local administrators to use the latest statewide floodplain maps when deciding new construction projects.

Authored by Sen. Jean Leising, R-Oldenburg, the bill seeks to nix a provision in current state law that requires floodplain administrators to use the “best floodplain mapping data available” when reviewing an application for a construction permit in or near a floodplain.

Hoosier property owners complain that the newest floodplain maps adopted by the Indiana Department of Natural Resources (DNR) are more restrictive than those from the Federal Emergency Management Agency (FEMA). Many who spoke before lawmakers said they were never notified of the floodplain map changes that went into effect in 2022 and are now faced with costly requirements for building projects on their property.

Leising additionally contends that lawmakers were “unaware” that they approved the DNR-supported provision last year that requires the new statewide floodplain maps to be used.

But environmental groups point to increases in extreme rain events that lead to greater flooding. Some who spoke against the bill said they are concerned the bill could increase the risks and potential damage that could be caused by future flooding — especially after state lawmakers removed wetlands protections in a previous legislative session.

“None of us want to see anybody build where they’re going to be flooded. But I don’t want to see people’s property devalued,” Leising said in a committee hearing last week. “Whether (the DNR maps) are good or bad, whether we need to be more protective than the federal maps, that’s a whole other issue. But I do know that we are

getting a lot of concerns expressed from folks throughout our districts.”

The bill advanced from the Senate Natural Resources Committee last week and now heads to the full Senate for further consideration.

If passed, the change would take effect July 1.

How the floodplain maps work

A floodplain is the area next to a stream or river that is at risk for flooding at least once per 100 years or more.

Resulting floodplain maps are often made by calculating rainfall, topography, and hydraulic analysis, which evaluates the capacity of a stream or other water body.

FEMA has published maps for many of Indiana’s floodplains, but not for all of them.

To cover the rest of the state, the DNR maintains floodplain maps for an additional 18,500 miles of Indiana streams. The state agency combined its maps with those created by FEMA to produce the Best Available Flood Hazard Area map.

Environmental advocates maintain that the DNR map is the best resource for identifying flood-prone areas. Currently, local floodplain administrators are charged with using it to reduce construction in the floodplain so rivers and streams can spread out, as needed. That keeps flood waters from flowing as fast or rising as high, which also reduces erosion.

Climate change analyses are increasingly predicting that flooding will become a major concern for American cities. Annual rainfall has increased by 15% since 1895, a trend that is anticipated to continue — and possibly accelerate, according to Purdue’s Climate Change Impacts Assessment.

Hoosiers give mixed testimony on current DNR floodplain maps

Dozens testified before the Senate committee last week.

Caitlin Smith, representing the DNR, said the agency is neutral on the bill. She maintained that current state law “codi-

fies what local floodplain administrators should be following” as required by federal code, as well as state and local ordinances.

Still, Smith defended the current Indiana law. She said the state’s floodplain requirements — while “more restrictive” than FEMA’s — result in cost savings for 450 Indiana communities that purchase flood insurance.]

The Indiana Association for Floodplain and Stormwater Management (INAFSM) urged lawmakers to let the Indiana Drainage Task Force work through the issue before making changes to the Flood Control Act.

“Let us get more information to address some of these questions and concerns,” said Kerry Daily, INAFSM’s legislative chair. “Let’s see what other states are doing and what they have done with this type of situation.”

Multiple property owners who supported the bill said the state’s current floodplain maps restrict construction on their land, like the building of garages and bridges.

That included Melanie Caldwell, who lives with her husband in rural Union County. The couple testified in support of Leising’s bill, saying that they’ve been kept from building a small bridge over a stream on their property.

“Why are we involved in this? We live in rural Indiana It’s just unfathomable,” Caldwell said of current restrictions.

The Indiana Builders Association and the Indianapolis Association of Realtors were among the groups that lobbied in support of the measure. The Indiana Farm Bureau is neutral on the bill.

But Jill Hoffman, executive director for the White River Alliance, pushed back on the idea to revert back to the FEMA maps alone.

The federal maps are dated and incomplete, she said, noting that “we know a lot more about the potential risks we’re facing” because updated DNR maps cover streams that FEMA has never

documented before.

“Today’s flooding isn’t yesterday’s flooding, so maps can’t be stagnant. We need to recognize what it means — and what these maps mean — and what it means to have sustainable water management,” Hoffman said. “Being stagnant about how we manage floodplains is going to leave us at great risk going forward. As I look across the landscape, I can’t see one other state, county, municipality, town or anybody that’s working to rollback flood protections.”

The trend nationally is to increase flood protections because of the changing environment, Hoffman continued. Allowing Hoosier floodplain administrators to use the updated DNR maps “provides them with a really important tool,” she said.

Dr. Indra Frank, the Hoosier Environmental Council’s director of environmental health and water policy, added that even if the bill is passed, language in the Indiana Flood Control Act that requires floodways to stay open so they can “convey flow” will remain. That means it will still be illegal to build in the floodplain without a permit from the DNR.

If local permit decisions are made with just the federal maps, more buildings are likely to be built in flood-prone areas, leading to flooded buildings and less healthy rivers and streams, Frank said.

“The language that this bill would repeal helps to ensure that fewer properties are built in flood prone areas in the future,” Frank said. “And that means fewer families in the future wind up with these just heartbreaking situations.”

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Alzheimer’s Association Greater Indiana Chapter to Host State Advocacy Day

Volunteer advocates from across the state will urge lawmakers to pass legislation to help Hoosiers affected by Alzheimer’s and other dementia during the Alzheimer’s Association Greater Indiana Chapter’s State Advocacy Day on Feb. 7 at the Indiana Statehouse. This will be the Chapter’s first in-person Advocacy Day since the pandemic.

Advocates will push for the Association’s top legislative priority, House Bill 1422, authored by Rep. Gregory Porter (D-Indianapolis) and Rep. Brad Barrett (R-Richmond). The bill would establish a Dementia Care Specialist Program, directing each of the state’s Area Agencies on Aging to create full time positions that will bring dementia expertise to local communities.

Dementia Care Specialists would provide community education and help connect caregivers with resources. These services can help individuals stay in their homes and remain active in their communities longer.

The program would cost about \$1.5 million a year over the course of two years. A similar program in North Dakota yielded more than \$39 million in long-term savings.

“Indiana spends \$1 billion a year in Medicaid funds on Alzheimer’s

alone, and that number will increase exponentially unless we build a foundation to make Indiana a more dementia-capable state,” said David Sklar, director of government affairs, Alzheimer’s Association Greater Indiana Chapter.

“This bill is an investment that will reduce long-term costs and — most importantly — better support people living with this disease and their caregivers. The time to act is now.”

Speakers at the Advocacy Day event will include Darlene Bradley, a Hancock County woman who is living with early stage Alzheimer’s disease, Alzheimer’s Association executive director Natalie Sutton and Governor Eric Holcomb.

“We are honored that Governor Holcomb has agreed to speak at this year’s Advocacy Day, and we support his efforts to improve Indiana’s public health system,” continued Sklar.

“Given that one in every three seniors dies with Alzheimer’s or another form of dementia, it is crucial that investments in public health address the impact of this disease.”

Registration for State Advocacy Day is open, and no prior advocacy experience is required. More information is available at alz.org/indiana.

BILL From Page A1

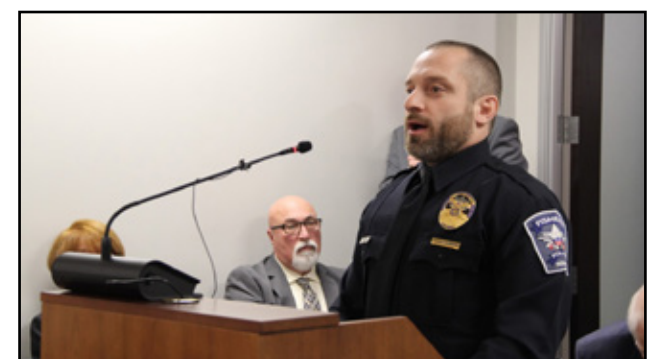


Photo courtesy of Rep. Chris Jeter’s Office

Fishers Police Officer Jarred Koopman, testifies in favor of House Bill 1306 on Wednesday, Jan. 18, 2023, at the Statehouse. Koopman’s K-9 partner, Harlej, was killed in the line of duty by a fleeing suspect in November 2019.

nals who take the lives of police K-9s like Harlej need to face stiffer penalties. Fishers Police Officer Jarred Koopman, who was Harlej’s handler, testified in support of the legislation.

He said in addition to the emotional toll of losing a K-9, their death

is costly and impacts budgets as training can cost up to \$45,000 per dog.

House Bill 1306 now heads to the House floor for further consideration. For more information, or to watch session and committees live, visit iga.in.gov

STAFF From Page A1

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About National Association of Counties (NACo):



Photo courtesy of Hamilton County

From left to right are recent NACo Professional Development Academy graduates Marilyn Schenkel, Gary Duncan and Erika Wiles.

The NACo strengthens America’s counties, serving nearly 40,000 county elected officials and 3.6 million county employees. Founded in 1935, NACo unites county officials to advocate county priorities in federal policymaking,

promote exemplary county policies and practices, nurture leadership skills and expand knowledge networks, optimize county and taxpayer resources and cost savings and enrich the public’s understanding of county government.

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TUESDAY

In The Kitchen

Tuesday, Jan. 24, 2023

A6

A Savory Solution to Stretch Your Grocery Budget



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

FAMILY FEATURES

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

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

Save Money

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

Savor the Flavor

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

One Carton, Multiple Dishes

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

Serve Up Nutrition

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

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

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

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

Chicken:

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

Orzo:

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

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

To make chicken: Preheat oven to 450 F.

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

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

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

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

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

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

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next.

Remove from heat and stir in Parmesan. Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

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

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

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

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

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

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

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



Creamy Spinach, Mushroom and Lasagna Soup

Creamy Spinach, Mushroom and Lasagna Soup

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

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

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

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

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

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

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

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TUESDAY

In The Kitchen

Tuesday, Jan. 24, 2023

A7

Family Meals that Make Busy Weeknights a Breeze

FAMILY FEATURES

After a long day in the classroom or at the office, it's tough to top bringing the family together with a home-cooked meal. When evenings are busy with homework and activities, however, there might be little time left for complicated dishes.

Take those schedules on with a menu of delicious recipes that require 30 minutes or less so you can focus on celebrating the day's accomplishments with loved ones. These simple yet flavorful ideas from Milk Means More call for limited instructions, less equipment and shorter ingredients lists fueled by dairy favorites that provide much-needed nutrients to recharge the entire family.

Pork Chops in Creamy Mustard-Peppercorn Sauce feature the sharp yet balanced taste of mustard and cracked black peppercorns as an easy way to dress up pork chops. When pasta night comes around, Pasta with Yogurt Sauce provides a quick, creamy Middle Eastern solution.

This Chicken with Creamy Sun-Dried Tomato Sauce recipe gets its robust flavor from sauce made with sun-dried tomatoes and enhanced with luscious half-and-half. For a tasty twist on Taco Tuesday, you can play "beat the clock" with Roasted Chicken and Zucchini Tostadas by crisping corn tortillas under the broiler then topping them with a tangy yogurt spread, cumin-seasoned chicken, veggies and shredded cheese.

Turn your hectic weeknights into cause for celebration with more quick and easy recipe ideas at MilkMeansMore.org.



Pork Chops in Creamy Mustard-Peppercorn Sauce

Pork Chops in Creamy Mustard-Peppercorn Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Total time: 20 minutes
Servings: 4

- 3/4 cup evaporated 2% milk
- 3 tablespoons spicy brown mustard or Dijon mustard
- 3/4 teaspoon coarsely cracked black peppercorns
- 1/2 teaspoon all-purpose flour
- 4 boneless pork loin chops (1 1/4 pounds), cut 3/4-inch thick
- 1/4 teaspoon salt
- 1 tablespoon vegetable oil
- 1 teaspoon minced garlic
- 1/4 cup reduced-sodium chicken broth
- cooked noodles or rice (optional)
- chopped fresh parsley (optional)

In bowl, whisk milk, mustard, peppercorns and flour. Set aside.

Pat pork chops dry with paper towels. Sprinkle both sides of chops with salt.

In large nonstick skillet, heat oil over medium-high heat. Cook pork chops 3-4 minutes, or until browned. Turn and cook 3-4 minutes, or until thermometer inserted in thickest part of chops reads 145 F. Transfer chops to serving platter. Loosely cover with foil to keep warm.

Add garlic to drippings in skillet. Cook 15 seconds. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in milk mixture and any accumulated juices from cooked pork. Cook and stir until just boiling. Immediately remove from heat and spoon sauce over chops.

Serve with noodles or rice, if desired. Garnish with parsley, if desired.



Pasta with Yogurt Sauce

Photo courtesy of Jenny Struik of "Jenny with the Good Eats"

Pasta with Yogurt Sauce

Recipe courtesy of Enas Malik, RDN, on behalf of Milk Means More
Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

- Salted water
- 8 ounces angel hair pasta
- 1 tablespoon vegetable oil, divided
- 1 small white onion, minced
- 8 ounces ground beef or lamb
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup plain yogurt
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 3 cloves garlic, minced
- 1 tablespoon fresh mint or 1 teaspoon dried mint

In medium pan, bring salted water to boil. Add pasta and cook according to package directions. Strain pasta and reserve about 1/2 cup water.

In medium saute pan over medium heat, heat 1/2 tablespoon vegetable oil. Add minced onions. Cook until translucent and aromatic, 2-3 minutes. Add ground meat and season with salt and black pepper. Cook until meat is browned through, 8-10 minutes. Drain fat. Transfer cooked meat to bowl and set aside.

In small pan over medium heat, cook yogurt, white pepper, cumin and garlic powder until mixture comes to soft boil and thickens. Remove pan from heat. Add pasta water to reach desired consistency.

In same saute pan used to cook meat over medium heat, add remaining vegetable oil and saute garlic until golden in color. Add mint. Remove from heat and pour over yogurt mixture.

Mix pasta, meat and yogurt sauce; serve.

Roasted Chicken and Zucchini Tostadas

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Total time: 25 minutes
Servings: 4

- 12 street taco-size corn tortillas nonstick cooking spray
- 1/2 cup plain Greek yogurt (2% or 5%)
- 3 teaspoons lime juice, divided
- 1/4 teaspoon garlic powder
- 1 1/2 cups shredded or chopped rotisserie-roasted chicken breast
- 1/2 cup seeded and chopped tomato
- 1/2 cup chopped zucchini
- 2 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper

1 cup (4 ounces) shredded Monterey Jack cheese

Heat oven to broil.

Line large baking sheet or 18-by-13-by-1-inch baking pan with foil. Arrange tortillas in single layer on pan. Lightly spray tortillas with nonstick cooking spray. Broil about 5 inches from heat 4-6 minutes, or until beginning to brown on one side. Remove from broiler. Carefully turn tortillas over.

In medium bowl, stir yogurt, 1 teaspoon lime juice and garlic powder. Set aside. In another bowl, toss chicken, tomato, zucchini, remaining lime juice, olive oil, cumin and cayenne pepper.

Spread yogurt mixture on unbrowned sides of tortillas. Top with chicken mixture. Sprinkle with cheese. Broil about 5 inches from heat 2-3 minutes, or until hot and cheese melts. Serve immediately.



Roasted Chicken and Zucchini Tostadas



Chicken with Creamy Sun-Dried Tomato Sauce

Chicken with Creamy Sun-Dried Tomato Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Total time: 20 minutes
Servings: 4

- 3/4 cup half-and-half
- 1/2 teaspoon all-purpose flour
- 1 1/4 pounds boneless, skinless chicken breast cutlets (about 3/4 inch thick)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon oil from sun-dried tomato jar
- 1/2 cup oil-packed, slivered sun-dried tomatoes, drained
- 1/3 cup finely chopped onion
- 1/3 cup reduced-sodium chicken broth
- 1 tablespoon grated Parmesan-Reggiano cheese

In bowl, whisk half-and-half and flour. Set aside.

Pat chicken pieces dry with paper towels. If necessary, cut into four serving-size pieces. Sprinkle both sides of chicken with salt and pepper.

In large nonstick skillet over medium heat, heat sun-dried tomato oil. Cook chicken pieces 3-4 minutes, or until browned. Turn chicken. Cook 3-4 minutes, or until thermometer inserted in thickest portion of chicken reads 165 F. Transfer to serving platter. Loosely cover with foil to keep warm.

Add sun-dried tomatoes and onions to drippings in skillet. Cook 1-2 minutes, or until onion is tender. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in cream mixture and any accumulated juices from cooked chicken. Cook and stir until simmering and slightly thickened. Remove from heat. Stir in Parmesan-Reggiano cheese. To serve, spoon sauce over chicken.

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TUESDAY

In The Kitchen

Tuesday, Jan. 24, 2023

A8

Pair **Soup and Sandwich** for a Warming Winter Meal

FAMILY FEATURES

Cool winter days and their cold, crisp air call for a quick warmup in the form of a classic combo: soup and sandwich. Next time you need warmed up from the inside out, go for a homemade pairing that brings together a cheesy handheld and hearty minestrone.

When you sit down for a wintertime meal with the family, Gourmet Grilled Cheese with Aunt Nellie's

Pickled Beets provides the comfort you crave with caramelized onions, gooey melted cheese and toasted sourdough. Slowly simmered to savory perfection, 3-Bean Tortellini Minestrone – powered by READ 3-Bean Salad – plays the ideal complement to the griddled sandwiches as a filling soup without the hassle.

To find more comforting meal ideas made for combatting the cold, visit AuntNellies.com and READSalads.com.

Gourmet Grilled Cheese with Pickled Beets

Recipe courtesy of "Carlsbad Cravings"
Prep time: 60 minutes

Caramelized Onions:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 3 large yellow onions, halved, sliced 1/4-inch thick
- 1-2 tablespoons water (optional)
- 1 tablespoon brown sugar
- 1 tablespoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon red pepper flakes

Sandwiches:

- 8 large sourdough slices, 1/2-inch thick
- 1/3 cup mayonnaise
- 4 ounces fresh goat cheese, at room temperature
- 8 ounces shredded gruyere cheese, at room temperature
- 1 jar Aunt Nellie's Sliced Pickled Beets (about 32 beets)
- 2 cups baby arugula
- 2 tablespoons butter, divided
- 2 tablespoons olive oil, divided

To make caramelized onions: In Dutch oven over medium-high heat, melt butter and olive oil. Add onion and cook, stirring occasionally, 5 minutes then reduce heat to medium.

Cook until onions are caramelized and rich, deep golden brown, about 25 minutes, stirring often. Turn heat to medium-low or add water if onions are dry or start to scorch before caramelizing.

Add sugar, balsamic vinegar, salt, pepper and red pepper flakes; cook 1 minute. Onions should be jammy and darkly caramelized when done. Remove to plate to cool.

To make sandwiches: Spread out bread slices on flat surface. Spread thin layer of mayonnaise on one side of each bread slice.

Turn four bread slices over and spread goat cheese on plain side. Top goat cheese with gruyere, even layer of beets, caramelized onions and arugula. Top with remaining bread, mayo side out. Secure with toothpicks, if desired.

In large skillet over medium-low heat, melt 1 tablespoon butter with 1 tablespoon olive oil. Add two sandwiches, cover and grill until bottom of bread is toasted, about 5-7 minutes, and cheese starts melting, checking often. Flip and cook, uncovered, until cheese is melted and bottom of bread is toasted.

Repeat with remaining sandwiches.



3-Bean Tortellini Minestrone

Recipe courtesy of "Joy of Eating"

Prep time: 20 minutes
Cook time: 25 minutes

- 1 can (15 ounces) READ 3-Bean Salad
- 1/2 cup extra-virgin olive oil
- 1/2 medium yellow onion, diced
- 3 peeled garlic cloves, minced
- 2 pinches salt, plus additional to taste, divided
- 1 teaspoon Italian seasoning
- 1/4 teaspoon black pepper, plus additional to taste, divided
- 3 small carrots, trimmed, peeled and diced
- 2 celery stalks, trimmed and diced
- 1 medium zucchini, diced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 Parmesan rind (optional)
- 6 cups low-sodium vegetable broth

- 9-10 ounces refrigerated cheese tortellini
- 2 cups baby spinach
- jarred pesto, for serving (optional)

Drain and rinse bean salad; set aside.

In large pot over medium heat, heat olive oil. Add onions, garlic and 1 pinch salt; saute until translucent, 3-4 minutes. Stir in Italian seasoning and 1/4 teaspoon black pepper. Cook until fragrant, about 1 minute. Add carrots, celery and zucchini with remaining pinch salt. Cook, stirring occasionally, until vegetables are crisp tender, 5-7 minutes.

Stir in tomatoes. Add Parmesan rind, if desired. Cook about 10 minutes until most tomato juice evaporates. Pour in vegetable broth. Bring to boil. Add tortellini; cook 2 minutes, or just until tender. Stir in bean salad and spinach. Cook 2-3 minutes to heat through.

Season with additional salt and black pepper, to taste. Serve garnished with pesto, if desired.



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TUESDAY

Health and WELLNESS

Tuesday, Jan. 24, 2023

A9

BBB Tip: Supplements, Other Weight Loss Products Scams

Many consumers are looking to lose a little extra holiday weight. BBB is ringing in 2023 with tips to help people avoid falling prey to overstated weight loss advertisements and scams. The desire to get in shape or lose weight fast creates a risk of being deceived by products that do not work as advertised, come with a host of unwanted side effects, or cause weight gain instead.

Any time you see miracle claims for weight loss, be very skeptical. There is no such thing as a 'secret ingredient' or 'break-through formula' that can result in weight loss virtually overnight.

The Federal Trade Commission (FTC) warns consumers of dozens of false weight-loss claims. Many consumers end up purchasing and using products such as body wraps, topical creams, dietary supplements, skin patches, and even earrings promising to "melt," "flush," "burn," or "dissolve" away unwanted fat.

Promotions advertising "miraculous" weight loss products and promising immediate results should be viewed as potential scams. These products, if delivered as promised, are often ineffective in delivering their promised results, or worse can have potentially dangerous side effects.

Fraudulent weight loss products are often advertised alongside images of celebrities and fake endorsements. Additionally, deceptive free trial offers are very common, as investigated in the 2018 BBB study, "Subscription Traps and Deceptive Free Trials Scam Millions with Misleading Ads and Fake Celebrity Endorsements." The study reported that

consumers filed nearly 37,000 complaints and BBB ScamTracker reports related to deceptive free trial offers and fake celebrity endorsements since 2015, with an average loss per victim of \$186.

Many consumer complaints described weight loss programs as difficult to cancel, even if the product doesn't work as claimed in the ads.

Some consumers say they believed they were making a one-time purchase but then received recurring charges to their credit cards for more of the product. When they contacted customer service, they were informed that they had signed up for a subscription, which was only disclosed in the fine print of the terms and conditions of their original purchase.

In other, similar complaints, consumers described being notified of an additional shipment of the weight loss product that they did not order. When they tried to contact the company to cancel, the company claimed the item had already shipped, and the consumer struggled to receive a refund for the shipped product.

Many consumers also filed complaints after being unable to reach the weight loss goals stated in advertising for the product.

To help avoid weight loss scams, BBB recommends the following:

- Always be wary of advertisements and customer endorsements promising "miracle" results or immediate weight loss. According to the Center for Disease Control and Prevention, evidence suggests gradual loss of 1-2 pounds per week is a healthy goal and is more successful for

achieving long-term weight loss. Ask your doctor what an achievable weight loss goal for you would be.

- Determine your fitness goals. It's hard work to lose weight. Find a program you can stick with, preferably one that you enjoy. Does a weight loss plan require special foods? Can you cancel if you move or find that the program doesn't meet your needs or is more expensive than anticipated?

- Avoid products that claim to help lose weight without diet or exercise. Be especially skeptical of claims that you don't have to give up favorite foods or reduce the amount you consume. Doctors, dietitians, and other experts agree that losing weight takes work. Pass up any product that promises miraculous results without any effort.

- Check a product's ingredients with the FDA. Be suspicious of taking special pills, powders, or herbs. Some products have been recalled for containing ingredients with potentially dangerous effects. Check the list of public notifications from the FDA regarding potentially harmful weight loss products. In Canada, check with Health Canada for guidelines.

- Be wary of a lack of an ingredients list. Some companies have been accused of not advertising certain ingredients that can come with harmful side effects or mix adversely with prescription drugs.

- Read all terms and conditions for any weight loss product. Before clicking check out or purchase, make sure the cart only includes the items you wish to purchase, and does not include signing up for a subscription unless

this is an option want. Be cautious of any contract that takes payment from your credit card until you cancel.

- When participating in online forums and chat rooms focused on weight loss and fitness topics, be wary of individuals pushing products they claim will help quickly reach goals.

- Research the company with BBB.org before purchasing. Read reviews about the company to see if there are any complaints alleging that it's a scam.
- Be wary of free trial offers, and before signing up, understand all the terms and conditions. These deals can become "subscription traps" that hook consumers into expensive shipments of products they did not agree to buy.

- Report the deceptive ads. Be suspicious of ridiculously positive testimonials on the company website. Testimonials become an easy marketing tool and are easily faked. These are often accompanied by glorious before and after pictures. Call your BBB to report suspicious, confusing, or misleading ads to BBB Ad Truth or report a scam with BBB ScamTracker.

Consumers can also report the ad to the Federal Trade Commission (FTC) by calling 877-FTC-Help.

You can also report fake ads to the FBI's Internet Crime Complaint Center.

Check BBB ScamTracker to research and report scams. To find BBB Business Profiles of businesses or charities, go to BBB.org.

See BBB's New year's guide and the BBB News Feed for more tips and scam alerts.

Letters

Reader Praises Franciscan

Dear Editor,

I am writing to express my appreciation for the staff at Franciscan Hospital in Crawfordsville and Franciscan Hospital in Lafayette. On January 2, 2023, my wife had an emergency and I had to rush her to the Crawfordsville's emergency room. Despite the hospital being full, the staff there looked for other locations to ensure that the exceptional treatment could be continued and she was subsequently transferred to Franciscan in Lafayette where she stayed in the ICU for three more days.

From the moment we arrived at the Crawfordsville's ER, the staff was quick to respond to our needs, and provided my wife with the necessary medical attention. The nurses, doctors, and other healthcare professionals were compassionate, professional, and thorough in their approach. They were patient, kind, and always willing to answer any questions I had. They communicated clearly and effectively with me throughout the process, which helped me to under-

stand my wife's condition and the treatment being given.

We were impressed with the way the staff handled the emergency situation and how they were able to provide my wife the necessary medical attention in a timely and efficient manner. The facilities were clean and well-maintained, and the technology and equipment used were state-of-the-art. The hospital's commitment to providing the highest quality of care is evident in every aspect of their operations.

At Franciscan Hospital in Lafayette, the staff was just as exceptional. They continued to provide my wife with the necessary care and attention and the level of care was just as exceptional as it was in Crawfordsville. The team there was also professional, compassionate and attentive.

I am grateful for the care and attention provided by the entire staff at both hospitals, and I highly recommend Franciscan hospitals to anyone in need of medical attention.

Gary Behling
Crawfordsville

Dining With Diabetes

Do you have type 2 diabetes? Would you like to learn more about your disease and how to live well reducing your health risks? If so, Purdue Extension has a great program for you!

Purdue Extension - Montgomery County is offering Dining with Diabetes again this year. A face to face offering will be held on Tuesdays, Feb. 7 - Feb. 28 from 5 - 7 p.m. Classes will be held at the same time and location each week. It is best to attend all 4 sessions. The Dining with Diabetes program is open to those with diabetes, their family members and caretakers. The series of four sessions is \$40/person and \$65/couple. Pre-registration and payment are required see details below.

The educational programs and cooking school will help adults with type 2 diabetes control their blood sugar to feel better and reduce risk of health complication. Through this program you will learn how to prepare meals that are healthy and easy to prepare that taste good. You will get the opportunity to see several recipes demonstrated and taste each one. Participants of this program will learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. All participants will be given

recipes and handouts.

Diabetes is a very serious and costly disease. According to the American Diabetes Association as of 2017, nearly 13% of Indiana's adult population has diabetes. Type 2 diabetes is the most common form of diabetes and is a life-long disease where there is high levels of sugar (glucose) in the blood. Type 2 Diabetes is often associated with older age, obesity, family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity and race/ethnicity. But research has shown that those who learn to manage their blood glucose (sugar) levels, eat a healthy diet and exercise regularly can lower their risks of complications and lead a healthier and more productive life.

Purdue Extension Montgomery County is currently recruiting participants for this program. If you have been diagnosed with type 2 diabetes, or know someone and are part of the support system for an individual and are interested in being a part of this program register at event.me/20X9WE

Class's will be held at the Montgomery County Fairgrounds in the 4-H Building. For questions or help registering, please call Purdue Extension office at (765) 364-6363 or e-mail Monica at monicanagele@purdue.edu

Franciscan Health Lafayette to Offer Emergency Med Services Training Course in the Spring

Franciscan Health Lafayette is holding an Emergency Medical Services Training course where students have access to the only EMS simulation lab in the area. The class will be on Mondays and Thursday from 5 to 9 p.m. April 3, 2023 (occasional Saturday classes to be determined). Applications will be accepted until noon on Friday, March 10, 2023.

The Emergency Medical Services Training course will help prepare those interested in an Emergency Medical Services (EMS) career with an extremely hands-on, entry-level class—starting them on the path to becoming emergency medical technicians (EMTs). The course will be held at Franciscan Education Center Lafayette, located at 1501 Hartford Street in Lafayette, Ind.

Students will be able to take part in the high-fidelity simulation lab as part

of their learning process. Franciscan Education Center Lafayette is the only educational center that offers an EMS simulation lab in the area. Students will also get to perform clinicals in the Emergency Room and ambulance.

Requirements to enroll in the class include:

- You must be at least 17 years old and have a:
- High school diploma or a GED
- Driver's license
- Negative drug test
- Approved background check
- Vaccinations (or approved exemptions) and negative tuberculosis test

Fees
The cost of the class is \$1100 and the application fee is \$100. However, for those who are enrolled in the class, the application fee will be deducted from the class cost. There will be additional fees which will be listed on the application.

Tuition discount op-

portunities for Franciscan Health Employees

Discounts are available for persons who work full-time or part-time for Franciscan Health or who work full-time for any of our affiliated provider organizations or our field precepting sites. Only one discount is allowed per student. Documentation of eligibility is required. A discount for the program is available to EMTs who graduated from the Franciscan Health EMT program.

How to Apply
To learn more about the spring Emergency Medical Services Training course or to apply, please reach out to Mike Master, Emergency Medical Services educator, through his email at: mike.master@franciscanalliance.org. He will send you the application and provide you with additional information. The course is also offered in the fall. If you are considering applying for the

fall course instead, Mike Master is the resource for that class as well.

About Franciscan Health:

The Franciscan Alliance healthcare ministry began in Lafayette, Ind., in 1875. Today, Franciscan Alliance is one of the largest Catholic healthcare systems in the Midwest with 12 hospital campuses, more than 19,000 employees and a number of nationally recognized Centers of Health Care Excellence. Hospitals include: Franciscan Health Carmel; Franciscan Health Crawfordsville; Franciscan Health Crown Point; Franciscan Health Dyer; Franciscan Health Hammond; Franciscan Health Indianapolis; Franciscan Health Lafayette; Franciscan Health Michigan City; Franciscan Health Mooresville; Franciscan Health Munster; Franciscan Health Olympia Fields (IL); and Franciscan Health Rensselaer.



TUESDAY

Health and WELLNESS

Tuesday, Jan. 24, 2023

A10

5 Healthy Habits to Help Reduce Stress

FAMILY FEATURES

Between work, family obligations and a constantly changing world, people in the United States are stressed. In fact, U.S. workers are among the most stressed in the world, according to a State of the Global Workplace study. While some stress is unavoidable and can be good for you, constant or chronic stress can have real consequences for your mental and physical health.

Chronic stress can increase your lifetime risk of heart disease and stroke. It can also lead to unhealthy habits like overeating, physical inactivity and smoking while also increasing risk factors, including high blood pressure, depression and anxiety. However, a scientific statement from the American Heart Association shows reducing stress and cultivating a positive mindset can improve health and well-being.

To help people understand the connection between stress and physical health, the American Heart Association offers these science-backed insights to help reduce chronic stress.

Stay Active

Exercise is one of the easiest ways to keep your body healthy and release stress. Physical activity is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression. It can also help increase energy and improve quality of sleep. The American Heart Association recommends adults get at least 150 minutes per week of moderate-intensity activity, 75 minutes of vigorous activity or a combination.

Meditate

Incorporate meditation and mindfulness practices into your day to give yourself a few minutes to create some distance from daily stress. Some studies show meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.



Stress 101

Understanding stress is an important step in managing and reducing it. Consider these things to know about stress and how it could affect your life:

- Today, 1 in 3 adults in the U.S. report being worried or depressed.
- Higher levels of the stress hormone cortisol are linked to increased risk of high blood pressure and cardiovascular events like heart disease and stroke.
- The top sources of stress are money, work, family responsibilities and health concerns.
- Work-related stress is associated with a 40% increased risk of cardiovascular disease like heart attack and stroke.

Photos courtesy of Getty Images

Practice Positivity

A positive mindset can improve overall health. Studies show a positive mindset can help you live longer, and happy individuals tend to sleep better, exercise more, eat better and not smoke. Practice positive self-talk to help you stay calm. Instead of saying, "everything is going wrong," re-frame the situation and remind yourself "I can handle this if I take it one step at a time."

Show Gratitude

Gratitude – or thankfulness – is a powerful tool that can reduce levels of depression and anxiety and improve sleep. Start by simply writing down three things you're grateful for each day.

Find a Furry Friend

Having a pet may help you get more fit; lower stress, blood pressure, cholesterol and blood

sugar; and boost overall happiness and well-being. When you see, touch, hear or talk to companion animals, you may feel a sense of goodwill, joy, nurturing and happiness. At the same time, stress hormones are suppressed. Dog ownership is also associated with a lower risk of depression, according to research published by the American Heart Association.

Find more stress-management tips at Heart.org/stress.



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