

TODAY'S VERSE

Mark 8:38 Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels.



FACES OF HAMILTON COUNTY

What makes Bonnie Zickgraf smile? "Sunshine, handshakes and hugs," said the 69-year-old Noblesville resident. Also, "the pure joy of thinking about Jesus, puppies, all baby animals, the laughter of family, friends, grandkids and babies, the smells inside a bakery and a flower shop, (real) Christmas trees with shiny, silver tinsel and twinkling lights, and great contemporary jazz music. She was found giving the Noblesville First United Methodist Church's online daily prayer. She was born and raised in Reading, Pa., and is a graduate of Ball State University. She is an ordained, graduate-level pastoral counselor and registered nurse (psychiatric RN of 28 years). She has three sons, Jeff, Rob and Thomas and their families living in Noblesville, as well as in Tennessee, and San Francisco areas, and seven grandchildren and two great-grandkids, and brothers-in-law near Columbia City and in Texas, California and Pennsylvania. After moving north from Florida in the middle of Covid, she began at Noblesville First UMC in June 2020 as a hospitality coordinator, "thanks to the faith and trust of senior pastor Jerry Rairdon," and now she works full time on UMC's pastoral care team. She helps to coordinate and participate in the pastoral care activities, including the Daily Prayer Service and Sunday morning worship services. When she's not working, she enjoys writing prayers and Christian non-fiction, walking her dog, Houston, and taking him for car rides, "because he can't drive yet," listening to contemporary jazz, thinking of the next new ministry, "like rescue bears for 'Fur st' Responders to the Sheriff's office." What else? She loves to travel.

And Another Few Things...

1. En Pointe Ballet

This Friday and Saturday at Noblesville High School Auditorium, En Pointe Indiana Ballet will present an exciting new work, Sweet Love, by Robert Moore, Emily Franks, Jessica Smith and Shauna Boyd. The original performance features all En Pointe loves about the art of modern and contemporary dance and will be approximately 1.5 hours long including intermission times. The performance's musical theater pieces include excerpts from Newsies, Mama Mia, The Greatest Showman and more. Tickets start at just \$10; visit enpointe.yapsody.com to book yours now!

2. Chamber Event

Whether you are a new partner with the Westfield Chamber of Commerce, have been a partner for a while or are interested in becoming a partner, join the Chamber to learn how you can get the most from a partnership with the Chamber, Downtown Westfield Association and Westfield Young Professionals.

The City's Community Development Department and Westfield Welcome will also make a brief presentation. From partner benefits to best practices to making connections with other partners, they will help you maximize your return from the Chamber.

This event will run from 3-5 p.m. on Wednesday at the Bridgewater Club. This event is free to attend; visit business.westfieldchamberindy.com/event-calendar/Details/chamber-new-partner-orientation-813534 to register to attend.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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The Times photo courtesy of Betsy Reason

Noblesville Schools' electronic marquee, which cost \$60,000, is used to communicate news to the community, such as this announcement with a photo of Noblesville High School thespians Lauryn Kinzie and Josiah Smith, who recently received the Indiana State Champions award at the State Thespian Conference.

NHS's Electronic Sign Is A Great Communication Tool



BETSY REASON The Times Editor

Passersby at Noblesville High School have likely noticed the array of news that has been promoted on the NHS electronic marquee that welcomes visitors.

Whenever we drive into the high school's main parking lot, or drive by the front gate along Cumberland Road just south of Field Drive, we always look to see what's on the electronic board.

Teachers and students get recognition on the sign. Athletic teams are recognized. Parent seminars and school day late starts are posted.

When I first saw the new marquee after its installation in September, I wondered the value of spending \$60,000 on the sign.

But it's already been a great communication tool for school families and the community, capturing the attention of everyone who passes by.

Signage on the electronic board for NHS's fall musical, "Chicago: Teen Edition" helped promote the show.

Signage honored NHS jazz

See BETSY Page A8

Nickel Plate Heritage Railroad Announces New Board President

Lisa Everling will serve as the Board of Director's President for the Nickel Plate Heritage Railroad, operator of the Nickel Plate Express (NPX) which runs on 12.5 miles of track between Noblesville and Atlanta.

Everling was elected during a

recent board retreat to serve the one year role as president. Also elected, was Brett Morrow as Vice President, Toni Dickover as Treasurer and Christy Johnson as Secretary.

See BOARD Page A8

Fishers Native Becomes Newest Member of Elite Navy Honor Guard

A native of Fishers, Indiana, recently completed an intensive 10-week training program to become a member of the elite U.S. Navy Ceremonial Guard.

Constructionman William Peters, a 2022 Fishers High School graduate, joined the Navy six months ago. Today, Peters serves as a U.S. Navy Ceremonial Guardsman.

"I joined the Navy because I believed it would create a strong

foundation for my future and my education," said Peters.

Established in 1931, the U.S. Navy Ceremonial Guard is the official honor guard of the U.S. Navy and is based at Naval District Washington Anacostia Annex in Washington, D.C.

According to Navy officials, the U.S. Navy Ceremonial Guard's primary mission is to

See NATIVE Page A8



Photo courtesy of HHHS

Several Cinderella cast members are pictured during rehearsal: left: Victoria Chambers (Evil Stepmother), center standing: Hannah Beechler (Evil Stepsister), center floor: Meredith Dodson (Cinderella) and right: Jessa Steffen (Evil Stepsister).

HHHS Drama Department Brings Magic to Life with Cinderella

Are you ready for a little magic in your life? Mark your calendars to attend the Hamilton Heights High School Drama Department's live presentation of Cinderella Feb. 17 -19 in the high school auditorium.

Come experience all the magic of a young woman looking

for her one true love and of a prince only having a shoe to help him find his future wife in the classic fairy tale performed with the Rodgers & Hammerstein hallmarks of grace, originality, charm, and elegance.

See CINDERELLA Page A8

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HONEST HOOSIER

Here's a tip of the seed corn cap to my buddy John Marlowe. God-speed on your health and recovery!



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.



TODAY'S QUOTE

"You know you're in love when you can't fall asleep because reality is finally better than your dreams." - Dr Seuss

TODAY'S JOKE

Why do air fresheners love Valentine's Day? They're scent-imental!

OBITUARIES

Beverly Charlene Cave
John Hampton 'Jack' Chapman
Shawn Charles Hensley
...and more on Page A2.

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



OBITUARIES

Beverly Charlene Cave

June 10, 1932-February 1, 2023

Beverly Charlene Cave, 90, of Westfield and formerly of Marshalltown, Iowa, passed away on Feb. 1, 2023 surrounded by loved ones.

She was born on June 10, 1932 in Midland, Michigan, the daughter of the late Charles W.J. and Nova Charlotte (Kelly) Gunterman.

Mrs. Cave married David in 1952, describing him as the love of her life. Over the next 70 years of marriage they built a life that brought joyful memories to their family and friends. They spent 60 years in ministry with the United Church of Christ. She especially enjoyed the Clowning for Christ Ministry with her husband where they went by the names Jelly Bean and Lil Oscar. In addition to supporting David's ministry, Mrs. Cave received her licensed practical nurse (LPN) license and worked in several skilled care facilities as well as a state mental hospital.

She enjoyed spending time outdoors and bird watching. She loved canoeing and camping during family vacations in the Boundary Waters in northern Minnesota and home-steading their wooded acreage near Duluth in Moose Lake, Minn. A highlight during her retirement years was the adventure vacation she and David took when they drove their truck camper from Moose Lake to Alaska.

She had many hobbies throughout her life including knitting, crocheting, reading, painting, creating stained glass artwork, square dancing, learning to play the harp and volunteering at libraries. Mrs. Cave loved to laugh, mention how cute David is and play Dominoes and Rummikub around the kitchen table with family and friends.

Survivors include her husband of 70 years the Rev. David Cave; sister Norma Kay (Marvin) Everly of Grass Lake, Mich.; sister-in-law Barbara Gunterman of Fort McCoy, Florida; 4 children Bill (Betty Lou) Cave of Marshalltown, Iowa, John (Joanne) Cave of Ireton, Iowa, Jim (Sue) Cave of Spencerville, Ohio and Susan (Michael) Hirl of Cicero; and 22 grandchildren and 26 great-grandchildren, her pride and joy.

In addition to her parents, she was preceded in death by her sister Judy Smith; brother Charles Gunterman; and daughter Kathryn Mary Cave.

Funeral services are scheduled to be held on March 4, 2023 at 11 a.m. at Hartley Funeral Home Cicero Chapel, 209 West Jackson St., in Cicero, with visitation scheduled to be from 10 a.m. until the time of the services. Pastor Jody Brown will officiate. Burial is scheduled to occur at a later date at Silver Creek Cemetery near Leaf River, Illinois.

Memorial contributions may be made to Moose Lake Public Library, 313 Elm Avenue, Moose Lake, MN 55767.

Online condolences may be made at hartleyfuneral-homes.com

John Hampton 'Jack' Chapman

January 31, 1936-February 3, 2023

John Hampton "Jack" Chapman, 87, beloved husband, Dad and Paw, passed away peacefully at home on Friday, Feb. 3, 2023.

He was born at home in Marion County to Orville Thomas (O.T.) and Kathryn Lucille Chapman on Jan. 31, 1936.

He was a lifelong resident of Noblesville and graduated from Noblesville High School in 1954 where he was a 4-year letterman in football.

On October 5, 1958, Mr. Chapman married the love of his life, Mildred Maxine Mustin Chapman. Celebrating 64 years together this past fall, they raised 4 children and spent the last 30 years traveling and enjoying their grandchildren and great-grandchildren. He enjoyed raising miniature horses, gardening and building. He never hesitated to help those in need and was a generous supporter of many Noblesville organizations over the years.

Mr. Chapman served in the Indiana National Guard for 10 years and began his career as an electrician in the late 1950s. Together with his wife Mildred, he owned and operated Chapman Electric, Gray Shield Insulation and finally Chapman Electric Supply, Inc., serving Noblesville and Hamilton County for over 60 years. He served as president of the Noblesville Rotary Club and the Noblesville Babe Ruth Association. He coached his sons' teams from Little League through Babe Ruth League, travelling throughout the Midwest and Ohio Valley with their all-star teams.

Survivors include his wife Mildred; 4 children Deb (Johnny) Pritchard of Winters, Texas, David (Debbie) Chapman of Noblesville, Doug (Nancy) Chapman of Noblesville and DeeAnna Chapman of Noblesville; 9 grandchildren Marie (Chad) Carlisle of Lubbock, Texas, Misty (Stuart) Sutton of Canyon, Texas, Mandy (Seth) Jeter of Shallowater, Texas, Cody (Brittany) Pritchard of Bronte, Texas, Ryan (Abbey) Chapman of Lafayette, Colby (Audie) Pritchard of Winters, Texas, Colton (Chelsea) Pritchard of Shallowater, Texas, Tyler (Ashley) Chapman of Noblesville and Corey (Ashley) Pritchard of Winters, Texas; 25 great-grandchildren; great-great grandchild; 2 sisters Charmaine Carson of Carmel and Marilyn (Susie) Engle of Fishers; brother and sister-in-law Bill Mustin and Janet Mustin of Lebanon; several cousins; and many nieces and nephews.

Mr. Chapman was preceded in death by his parents and 2 brothers, Tom Chapman and Joe Chapman.

Funeral arrangements are under the direction of Randall & Roberts Funeral Center, 1685 Westfield Rd., in Noblesville. Visitation is scheduled to be held at the funeral home from 4-8 p.m. on Thursday, Feb. 9, 2023. Services are scheduled to be at 2 p.m. on Friday, Feb. 10, 2023, at Randall & Roberts. Burial is scheduled to follow at Oaklawn Memorial Gardens in Indianapolis.

Memorial contributions in Mr. Chapman's memory may be made to the American Heart Association or the American Cancer Society. Those in Texas may choose to donate to the Winters Memorial Scholarship Fund in memory of Jack Chapman.

Online condolences may be made at randallroberts.com



Shawn Charles Hensley

February 2, 1974-January 25, 2023

Shawn Charles Hensley, 48, of Noblesville, passed away on Wednesday, Jan. 25, 2023 at his home.

He was born on Feb. 2, 1974 in Galesburg, Illinois to Charles Hensley and Kimberly (Smith) Hensley.

Mr. Hensley was very bright and accomplished and that enabled him to execute his dream job as a Technology Administrator, a job he worked most of his adult life. Helping others by using his knowledge was his greatest passion in life. He loved music and enjoyed playing his D.J. set at home as a hobby. Spending family time, using his RC race cars with his children, building computers and creating video games were a few of the many additional things he enjoyed doing.

Mr. Hensley was a very loving, caring and devoted husband and father who had a genuine, kind heart and beautiful soul. He always made sure his family was very loved and cared for. He was respected, loved and admired by all who knew him.

Survivors include his loving wife Marisol Hensley; 4 children Jayce Richard Hensley, Jack Maxwell Hensley, Melany Zuniga and Steven Zuniga, all of Noblesville; parents Kimberly Taylor and Richard Taylor; and 2 brothers Adam Hensley and Colton Taylor, both of Galesburg, Ill.

He was preceded in death by his biological father Charles Hensley.

Memorial services are scheduled to be held on Saturday, Feb. 18 at 3 p.m. at Hartley Funeral Home Cicero Chapel, 209 West Jackson St., in Cicero.

Online condolences may be made at hartleyfuneral-homes.com.



Sarah Elizabeth Martin

April 4, 1991- February 3, 2023

Sarah Elizabeth Martin, 31, took her last breath on Feb. 3, 2023, just a little over a year after being diagnosed with Angiosarcoma.

She was born on April 4, 1991, to Toby Buck and Amy Buck.

Mrs. Martin was a joy from her first breath. Her siblings Rachel, Levi and Makentoch soon followed.

She had a fierce love for Jesus and her family. Her husband Travis and her kids Chloe, Kai and Keely were the loves of her life. Her dream was to be a wife and mom -- and wow, was she the best!

"She was the bestest mom in the whole world! I love you more!" from Kai.

If you had the pleasure of game night with Mrs. Martin, you didn't stand a chance. Her competitive spirit knew no limits, even in a game of Candy Land. Family game nights will never be the same. She loved adventure, riding four wheelers, tubing, hiking, sports and camping -- anything she could do with friends and family.

Her positive attitude and trust in God were an inspiration to everyone who met her. The earthly love of Mrs. Martin will leave a huge hole in the Martin and Buck families that will only be comforted by the Holy Spirit. We look forward to our family reunion in Heaven!

A celebration of life service is scheduled for Saturday, Feb. 11, 2023, at 4 p.m. at Northview Church, 1720 East 22nd St., in Anderson. Pastor Chris Mishler will officiate the service.

Visitation for family and friends is scheduled to be from 12-4 p.m. on Saturday at the church. Hersberger-Bozell Funeral Home in Lapel has been entrusted with the services for Mrs. Martin.

Condolences may be shared at hersbergerbozell.com



Patricia (Pat) Garrett Rooney

July 7, 1936-February 4, 2023

Patricia (Pat) Garrett Rooney, 86, entered heaven on Feb. 4, 2023.

She was born on July 7, 1936, in Pennsylvania to James Miller and Ruth Miller.

Affectionately known as "Mrs. Pat," she was best known for never meeting a stranger. She loved meeting new people, learning about them and connecting them with others. She is recognized for her incredible advocacy of others, helping local organizations to succeed and an unbeatable memory that only faded from Alzheimer's.

Mrs. Rooney moved to Indiana in 1959 after earning a B.S. in Education from Kent State University, and married Stephen T. Garrett in 1961. She later married J. Patrick Rooney.

She enjoyed life as a mother and was known as the host of Kindergarten College from 1963-1966, but her passion was her community. Mrs. Rooney volunteered for numerous local organizations, sat on over a dozen Boards of Directors and served as the Interim President of several not for profits.

Survivors include her 7 children Terrence (Bambi), Steve Jr., Megan (Greg), Andy, Therese (Brian), Cathy (Rick) and Tenna (Mike); brother James G. Miller, Jr.; and 11 grandchildren Kyla (Kyle) Garret, Kent Garrett, Garrett Wiles, Grace Wiles, Greg Shuff, Julia Shuff, Nate Moyer, Alliy Moyer, Christopher Moyer, Clay Merchant and Asher Merchant.

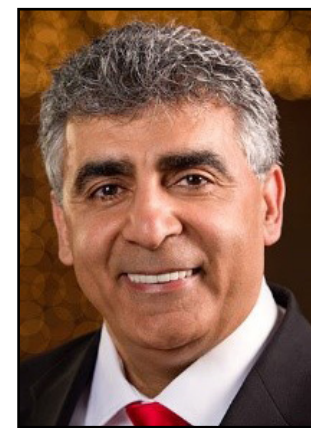
Join us to celebrate Mrs. Rooney and her incredible

contributions to our community on Feb. 10, 2023 from 4-7 p.m. at Conner Prairie, 13400 Allisonville Rd. in Fishers. A funeral service is scheduled to be held at 2 p.m. on Feb. 11, 2023 at St. Michael's Episcopal Church, 444 S. Harbor Dr., in Noblesville.

Memorial contributions may be made to a charitable organization that she loved, or people may perform a random act of kindness in her memory.

Condolences may be made at randallroberts.com

Longtime Resident Rocky Shanehsaz Announces Run for Noblesville Council



Rocky Shanehsaz

Rocky Shanehsaz, a longtime Noblesville resident, philanthropist and owner of the Mill Top Banquet & Conference Center in downtown Noblesville, announced last Friday that he will seek election to the Noblesville City Council for District 5.

The 62-year-old Republican candidate has lived in District 5 for 33 years and knows firsthand the issues, concerns and opportunities that matter to residents who live and work in these neighborhoods. Shanehsaz believes strongly in responsible growth, historic preservation and efficient use of taxpayer dollars.

"I am a small businessman who wants to continue providing for his community by ensuring better services, education, housing, employment, among other areas — thus improving the standard of living for all residents of Noblesville," Shanehsaz said.

"I'm interested in making sure our tax dollars have the most impact in our community."

District 5 is bordered by Stony Creek Boulevard to the north, 146th Street to the south, Allisonville Road to the west and Greenfield Avenue to the east. Additionally, because of recent redistricting, District 5 now includes: neighborhoods in the Southwest Quadrant of Old Town, the Wellingtons, homes & businesses along Pleasant Street, areas near Stony Creek Elementary School, the Prairie Lakes Subdivision and Deer Path, among others.

The Mill Top, located at Eighth and Mulberry streets in the Southwest Quadrant, earns top rankings on wedding venue sites year after year, attracting visitors from all over the country. As the Mill Top ambassador, Shanehsaz uses every opportunity to promote the wonderful qualities and amenities the City of Noblesville has to offer. He also shares the event space with various local charitable organizations, such as:

- Savor Noblesville — major sponsor and event space host for this annual fundraiser for North Elementary School, Noblesville's oldest elementary school. Shanehsaz has

sponsored this event for three years in a row.

- Hamilton County Sheriff's Office Chaplaincy Prayer Breakfast — provides event space for this annual fundraiser to support prison ministry activities.

- Noblesville Parks & Recreation Father-Daughter Princess Ball — provides an elegant space for this widely popular annual dance that gives dads and daughters a special night out together.

- Hamilton County Humane Society — major sponsor and event space host for previous fundraising events.

The Mill Top, formerly known as the Model Mill building, is listed on the National Register of Historic Places. Rocky bought the building in 2001, renovated it, and transformed it into a thriving business. This local businessman is also known for his successful renovation of Matteo's Restaurant in downtown Noblesville, as well as buying and successfully relocating three historically significant homes to pave the way for construction of a new Noblesville City Hall at 10th and Conner streets.

In partnership with Miller Care Group, Chapel Church, and other local churches, Shanehsaz is also working to expand Hope and Recovery Centers Inc. — a comprehensive, ministry-based drug rehabilitation service — to provide ministerial services and support medical needs for individuals living with alcohol and drug addiction.

Shanehsaz says he focuses his philanthropy on areas where it's needed most, and he wants to share his experience, knowledge, and business acumen to help guide the city's historic preservation efforts and future development.

"I have been able to accomplish many things due to my perseverance, knowledge, and hard work — and because I care," Shanehsaz said.

"I am looking forward to serving my community."

Shanehsaz became a U.S. citizen in 1985, after leaving his Iranian home as a teenager more than 45 years ago. He completed high school in Bowling Green, Ky., earned a computer science engineering degree from Western Kentucky University, then attended medical school in the Dominican Republic. Shanehsaz, a grandfather of two, is married to Terri Shanehsaz and has two children, Abe, an attorney with Faegre Drinker Law Firm in Indianapolis, and Ava, a Purdue University freshman studying biomedical engineering.

Thanks for reading The Times!



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REGISTRATION IS OPEN

Though we are "Noblesville Babe Ruth Baseball," we welcome and encourage players from other communities to participate with us!

Registration: Now thru March 8, 2023

Evaluations: March 11, 2023 from 2-4 PM, Noblesville HS (New players ages 13-15 only)

Opening Day: April 17, 2023 (13-15)
April 21, 2023 (16-18)

www.noblesvillebaberuthbaseball.com

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THE TIMES classifieds.



Photo by Jen Kauffman courtesy of HHSC

Hamilton Heights' senior Kylee Rhoton has signed a letter of intent to play basketball for the Franklin College Grizzlies in Franklin, Indiana this fall. Rhoton is pictured with her family (from left to right) Adam (father) Kamryn (sister) and Stephanie (mother).

Hamilton Heights' Rhoton Signs to Play Basketball at Franklin College

Kaylee Rhoton, Hamilton Heights' senior, has signed a letter of intent to play basketball for Franklin College in Franklin, Indiana this fall. Franklin College is a member of the Heartland Conference and a NCAA Division III athletic institution. She is the daughter of Adam and Stephanie Rhoton.

Kaylee Rhoton is a multi-sport student athlete who has excelled in the classroom, on the court, field, and green. She is a four-year varsity letter winner in golf, basketball, and softball. With eight varsity letters to her name, she earned Hamilton Heights coveted 7-Year Varsity Blanket. She was also named to the 2022 Golf and Softball All Conference Teams, and received the 2022 Softball Team Mental Attitude Award, and 2021-22

Basketball Team Mental Attitude Award.

Rhoton chose Franklin College to study exercise science and play basketball. "I like that Franklin College is close to home, has a beautiful campus, and the overall environment was inviting," she said of her visit to Franklin College. "Coach Johnson is such a great coach and I love her vision for the women's basketball program."

"I have played basketball for the past 12 years," she said. In addition, Kaylee has played AAU for Indiana Girls Basketball and Indy Magic and trained with Eric Bordan, Sr. Rhoton credits her high school and club coaches including Coaches Dubois, Scott, and Blanding for their help and support. "They have all helped me grow as a student athlete to an

pushed me to be my best," she noted.

In addition to sports, Rhoton is involved in a few extra-curricular activities including Business Professionals of America (BPA), National Honor Society, and Student Government where she is the senior class secretary.

"We are very excited for Kaylee and know she will find both academic and athletic success at Franklin College," said Keegan Cherry, Head Coach, Hamilton Heights High School Girls Basketball.

"Kaylee has been a key contributor in multiple roles for our program over the past four years. The one thing that has always been consistent is Kaylee's loyalty to her teammates and program. Kaylee is a fantastic teammate and works really hard. Franklin College is getting

a special student athlete (and family) and we will miss Kaylee greatly but look forward to watching her basketball and life journey continue. And we know she'll continue to make us proud."

"Kaylee has been a strong 3-sport performer for Hamilton Heights the past four years, which is rare anymore with sport specialization," said Kurt Ogden, Hamilton Heights High School Athletic Director.

"And she has not only led on the court and on the field/golf course, but she has been a leader in the classroom and with other extracurricular activities as well. She has been a tremendous role model for our younger athletes and she will certainly be missed. We wish her well as she pursues her dream to continue the sport she loves at Franklin College."

Fishers Man Sentenced to 13 Years for Trafficking Child Sexual Abuse Material

Robert Ficzner, 27, of Fishers, Indiana has been sentenced to 13 years in federal prison for distributing child sexual abuse material.

According to court documents, the National Center for Missing and Exploited Children (NCMEC) received information from Omegle, a one-on-one random video chat application, that Robert Ficzner had displayed an image of a naked, prepubescent 5-year-old to other Omegle users. In March of 2022, Ficzner was approached by investigators and admitted that he showed the sexually explicit images of the child to elicit a "reaction" from other Omegle users. Additionally, Ficzner admitted to receiving and sharing child sexual abuse material via the Kik and Telegram instant messaging applications.

When investigators searched Ficzner's cell phone, they found multiple files containing child sexual abuse material, as well as conversations between Ficzner and other participants discussing their desires and plans to kidnap and sexually abuse children.

Ficzner's collection of child sexual abuse material contained well over 600 images and included depictions of the sexual abuse and torture of infants and toddlers, as well as sadistic and masochistic conduct.

"Civilized society will not tolerate the trafficking of images of the sexual torture of babies and toddlers," said Zachary A. Myers, United States Attorney for the Southern District of Indiana.

"Even worse, this defendant discussed his desires and plans to kidnap and sexually abuse children with likeminded offenders online. The serious sentence imposed here demonstrates that federal, state, and local law enforcement will root out those criminals who pose a danger to

our children, prosecute them, and get them off our streets."

"This sentencing shows just how damaging Ficzner's crimes against children are and emphasizes HSI's dedication to hold perpetrators accountable," said HSI Special Agent in Charge of the Chicago area of operations Sean Fitzgerald.

"We, alongside our law enforcement partners, are committed to keeping the most vulnerable of our communities safe. Child predators like Ficzner cannot escape justice and there will be serious consequences for their heinous actions."

Homeland Security Investigations, the Hamilton County Metropolitan Child Exploitation Task Force and the Department of Justice's Child Exploitation and Obscenity Section investigated this case. The sentence was imposed by U.S. District Court Judge, Jane E. Magnus-Stinson. Judge Stinson also ordered that Ficzner be supervised by the U.S. Probation Office for 15 years following his release from federal prison and pay \$8,000 in restitution to the victims. Ficzner must also register as a sex offender wherever he lives, works, or goes to school, as required by law.

This case was brought as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat the growing epidemic of child sexual exploitation and abuse.

Led by U.S. Attorneys' Offices and the Child Exploitation and Obscenity Section, Project Safe Childhood marshals federal, state, and local resources to better locate, apprehend and prosecute individuals who exploit children via the internet, as well as to identify and rescue victims. For more information about Project Safe Childhood, visit justice.gov/psc

Comcast Signs Deal with Indiana for \$50M Investment to Bring Fiber Network to Rural Hoosier Communities

Comcast has signed contracts with Indiana's Office of Community & Rural Affairs (OCRA) to bring gigabit-capable broadband service to unserved parts of Indiana. The initial finalized agreements will enable Comcast to build to rural, unserved portions of Hamilton County, as well as Allen, Bartholomew, Carroll, Cass, Delaware, Fayette, Hendricks, Jennings, Johnson, Huntington, LaPorte, Madison, Marshall, Montgomery, Morgan, Porter, Starke and Wayne counties.

Under Indiana's Next Level Connections Broadband Grant Program, Comcast is partnering with the state and local governments to build and deliver fast, reliable broadband service to more than 10,000 homes and businesses across 19 counties. The projects will deploy 1,200 miles of fiber

to unserved rural portions of Indiana.

Under this latest phase of Next Level Connections grants, Comcast is investing \$36 million in conjunction with the state's \$13.6 million to expand its network.

This partnership builds upon Comcast's ongoing commitment to bridging Indiana's rural digital divide. Over the past three years, Comcast expanded and enhanced its network and product offering to reach more residents and businesses across the state, connecting communities like Darlington, Tell City and Thorntown with gigabit-capable speeds. In that time, Comcast has also invested more than \$500 million to strengthen and expand its Indiana network.

"Next Level Connections is used as a model by other states to deliver the best tech infrastructure to rural areas," said

Indiana Lt. Gov. Suzanne Crouch, who also serves as Secretary of Agriculture and Rural Development. "The investments made by Comcast and other partners will not only benefit residents and businesses but also contribute to Indiana's rural economic engine."

"Ensuring all Hoosiers have access to reliable, high-speed internet has been a top priority for Comcast," said Joni Hart, vice president of Government Affairs for Comcast in Indiana. "As the world we live in becomes increasingly digital, we remain focused on not only bringing our broadband network to more Indiana homes and business, but also meeting the ever-increasing appetite for education, business, telemedicine, entertainment and more." Now that these contracts with the State of Indiana are signed, Comcast will

immediately start work on the multiple pre-construction priorities of these expansion projects. The company anticipates having its gigabit-capable, fiber-to-the-home network expansion completed within two years. As each build is complete, residential customers will be able to take advantage of Xfinity's full suite of internet products, including the company's Internet Essentials program that provides low-cost, highspeed broadband service to income-constrained households. Since its inception in 2011, the program has connected more than 440,000 students, parents, veterans and seniors in Indiana. Comcast also participates in the federal government's Affordable Connectivity Program (ACP), which provides qualifying households a \$30 monthly credit toward internet and mobile services.

Meeting Notes

Hamilton County Parks & Recreation Board

Meeting Agenda
H CPR Administration Building, 400 Lafayette Rd., Noblesville
Feb. 13, 2023 at 6 p.m.
Executive Session at 5 p.m.
1. Call to Order 6 p.m.
2. Approval of Jan. 17, 2023 Minutes
3. Finance Report:
A. Approval of Payroll
B. Approval of Claims
C. Encumbrances and

- Transfers
4. Committee Reports
 - A. Foundation Update
 5. Old Business:
 - A. Project Updates
 - B. Coxhall Cell Tower
 6. New Business
 - A. WRC Utility BOT
 - a. Resolution
 - b. Public Hearing
 - i. Open
 - ii. Close
 - c. Approval
 - B. Hosta Society MOU
 7. Director's Report
 8. Deputy Director's Report
 9. Additions/Announcements

Never miss a public notice on legal proceedings!
After it prints in your local newspaper, it goes online:
IndianaPublicNotices.com
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Bill Seeks to Encourage Employers to Hire Hoosiers with Disabilities

By Whitney Downard

Four out of every five Hoosiers with disabilities are unemployed, spanning the spectrum of Hoosiers with a physical disability or Hoosiers with a developmental disability. Many want to work and live independently but encounter barriers outside of their control – whether it’s a transportation issue or employer stigma.

“A lot of people with disabilities can’t drive or they don’t have an accessible vehicle... finding accessible housing is very difficult, especially affordable (and) accessible housing,” said Hannah Carlock, the senior director of public affairs for The Arc of Indiana. “The good thing is, over the past couple of years, there have been more conversations about hiring people with disabilities.”

The Arc of Indiana primarily works with Hoosiers with developmental or intellectual disabilities but coordinates their lobbying efforts at the Statehouse to advocate for Hoosiers of all disabilities.

Arc provides workforce training to Hoosiers with disabilities at their Erskine Green Training Institute, and helps combat myths about employing Hoosiers with disabilities. As an incentive, several legislative bills have proposed a tax credit to encourage business owners to consider this often overlooked group.

“People with disabilities want to be treated just like anybody else. When they’re talking, they want you to listen like how I want you to pay attention and listen to me,” Carlock said. “Some might take a little bit longer to talk or try to find their words or they may stutter. But... they’re just like any other human.”

Combating misinformation about workers with disabilities

Just over one in four Hoosiers have a disability, or 27%, making unemployed Hoosiers with disabilities a large portion of the population. At the same time, employers are scrambling to find job applicants, as the unemployment rate sinks but job openings creep up.

But myths about hiring employees with disabilities give some employers pause, though resources exist to alleviate any concerns. For example, most disability accommodations are easier – and cheaper – than most employers anticipate.

According to Virginia Commonwealth University, 15% of accommodations cost employers nothing and slightly more than half, 51%, cost between \$1 and \$500. Only 34% of accommodations cost more than \$500. But the majority of employees, 73%, don’t require any accommodation.

Certain disabilities might need physical accommodations to their space – such as lowering a counter for a wheelchair user or installing a ramp – but others will need more frequent breaks or places to sit throughout the entirety of their shift.

“Not every disability is going to cost a ton of money to an employer. It’s just what would work best for the employee and what works best for the employer and his business,” Carlock said.

Carlock said people still thought – more than three decades after studies disputing the falsehood – that employees with disabilities were more likely to have on-the-job accidents and couldn’t meet performance standards.

“Specifically for somebody with

Want MORE?

Examples of workplace accommodations, from Virginia Commonwealth University (vcurrtc.org/resources/viewContent.cfm/589):

- Suspending tools from the ceiling to balance weight
- Using a cart to move assembly parts
- A tape recorder with periodic reminders to help an employee stay on task
- Laminated cards with basic lists of task items
- Adjusting equipment to accommodate muscle weakness
- Automotive repair creepers
- Braille printers

an intellectual or developmental disability – once they learn something, they do it repetitively in the exact same way.”

Carlock said. “Whereas sometimes I (as somebody without an intellectual or developmental disability) might try to find a quicker way to do it that might lead to me getting injured.”

On some metrics, employees with disabilities are more reliable than other employees and boost company morale.

Encouraging employers to hire people with disabilities

Freshman Rep. Robb Greene, R-Shelbyville, has a special interest in advocating for people with disabilities after his son was diagnosed with autism three years ago. Greene’s son, now 6, serves as an impetus to try and improve conditions for underemployed Hoosiers with disabilities.

“Meaningful work is what gives you a degree of independence, of dignity and respect,” Greene said. “(House Bill 1559) encourages true integration into the workplace.”

Greene’s bill specifically calls for equal pay, regardless of ability, rejecting the former model of sheltered workshops. Sheltered workshops exclusively hired Hoosiers with disabilities for subminimum wages, segregated from the greater community without

benefits or worker safety.

Roughly 2,000 Hoosiers still labor in 37 of these types of workspaces, though Indiana has started to transition those employees to more integrated opportunities. Arc of Indiana has its own program for these employees, Career Counseling and Referral Services, and has advocated for the change in previous years.

“I think it’s important to maintain that dignity and aspect of your job,” Greene said. “It’s exactly what anybody else would ask.”

Another bill working its way through the statehouse that encourages employers to hire Hoosiers with disabilities comes from Rep. Ed Clere, R-New Albany. His bill includes workforce training and grants to help offset potential costs.

Benefits cliff discourages work

Greene’s proposal would establish a tax credit for employers, with larger credits going to smaller businesses. He highlighted two Hoosier companies – BeeFree in Noblesville and No Label at the Table in Carmel – that formed to care for and employ their own children with autism spectrum disorder.

Greene said that parents of children with disabilities often had to create these opportunities for their children because

benefits for Hoosiers with disabilities disappeared in adulthood.

“Indiana’s actually a great state for early intervention,” Greene said. “But once you age out of that primary intervention, it’s really anybody’s guess.”

Carlock noted some high school interventions designed to alleviate this – primarily Pre-Employment Transition Services – that taught soft skills to help children with disabilities find work.

“Schools pretty much pay for all of these different services for (Hoosiers with disabilities) since you were pretty much a baby,” Carlock said.

“You can be in school until age 22 and for all of your life you’ve these services and supports. But then you don’t know what to do (after) because you no longer have (that).”

But benefit cliffs, particularly for those with Medicaid waivers to cover specific assistance, discouraged employees with disabilities from seeking better work, Carlock said.

“They want to work but they’re also scared to take a job or even take a higher paying job... because they’ll be making too much and they’ll lose their Medicaid benefits,” Carlock said. “Those Medicaid benefits really do help them continue to live their daily life and be healthy.”

Having a disability is expensive. According to data with the Centers for Disease Control and Prevention, the average person with a disability spends roughly \$16,973 annually on health care. That number doesn’t include specialized services like an adapted vehicle, which can cost up to \$80,000.

A December story from the Indiana Capital

Chronicle highlighted a phlebotomist wheelchair user who limits herself to part-time work to keep her Medicaid benefits, noting that any raise or salary increase she had wouldn’t begin to cover the supports and services she needed.

“We would like to see a bit of a buffer... because it’s not helping them down the road,” Carlock said. “We would like to see a little bit more of a transition.”

Carlock highlighted a bill from Sen. Shelli Yoder, D-Bloomington, that proposes a phased-in approach but noted that the expense endangered its chances for a hearing this session.

“But I feel like the more people that we get into the workforce, hopefully we’ll be able to move that kind of legislation in the future,” Carlock said.

Two large Indiana employers did a particularly good job of hiring and accommodating employees with disabilities, Carlock said: IU Health and Toyota. She hoped that their advocacy pushed other businesses to follow suit, particularly in this time when employers were scrambling for workers.


“I feel like since those big fish and Indiana are starting to do that, it might lead the way for more opportunities,” Carlock said. “If they see that this is an opportunity, (employers) might jump on it because they do need to fill that job.”

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Photos courtesy of Hyundai, Honda, Nissan, Cadillac, Genesis, Mercedes-Benz, Volkswagen, Ford, Chevrolet, Volvo, Lexus and Subaru

Eleven of the Brightest EVs Available in 2023

Our electric future has finally arrived. From luxury crossovers to affordable compacts and ultra-safe Swedes, these are the electric vehicles that will keep our home chargers humming in the coming year.

Hyundai IONIQ 6
Sharing architecture with the Kia EV6, but looking like Porsche and Tesla had relations, the sedan delights with buttonless doors, flybridge console, and screens for side mirrors. Drivers enjoy a peppy 320 horsepower, 360 miles range, 0-62 mph under 5s, charging 10-80% in 18 minutes, and remote self-parking. Sales begin in the spring.

Base price: \$48,000
Honda Prologue
Designed in L.A. and sharing GM's Ultium platform with the Chevy Equinox EV, this is Honda's first modern electric. They're keeping mum on specs, but expect nearly 300 miles range, 300 horsepower, AWD, and ability to fast charge 70 miles in 10 minutes. Bose

audio, panoramic sunroof, and 21" wheels delight. Sales begin this fall.

Base price: \$45,000
Nissan Ariya
With the Leaf finally in demise, this sleek crossover steps up with 304 miles all-electric range and hands-off highway driving. Interiors feature "Japanese Futurism" with a curved dash, head-up display, plush Zero Gravity seats, and twin infotainment screens. Recharge 10-80% in 45 minutes. Go forth with 389 horsepower.

Base price: \$43,190
Cadillac Lyriq
Cadillac looks to bolster its crossover line with this all-electric stunner boasting a 312-mile range, ability to charge 76 miles in 10 minutes, and up to 500 horsepower. Hands-off cruising, 33-inch OLED widescreen display, 19-speaker AKG audio, and glass roof delight. Identify the lit grille and boomerang taillamps that hint at fins.

Base price: \$62,990
Genesis GV60

Enter with facial recognition, start with fingerprints. Go 235 miles, charge 10-80% in 18 minutes, and zap 0-60 mph in 4s. It's also suave with its Porsche styling. Lux out with Bang & Olufsen audio, Nappa leather, suede headliner, and head-up display. An orb rotates in the flying console to present the gear selector. My favorite car this year!

Base price: \$58,890
Mercedes-Benz EQS SUV
The best car in the world goes crossover – and electric. This Alabama-built 'Benz conjures up to 536 horsepower, 305 miles range, and a full charge in 30 minutes. Big glitz, the 3-zone 56" curved glass Hyperscreen spans the entire dash. Optional third-row seating, head-up display, adjustable suspension, and off-road mode send it home.

Base price: \$104,400
Volkswagen ID.4
It's a typically German crossover with firm ride, sparse interior, and avant garde styling. It glides

out with 201 horsepower and rear-drive – 295hp and AWD optional. Range touches 275 miles; recharge 10-80% in 30 minutes. Standard heated steering wheel and rain sensing wipers add class. Auto braking and adaptive cruise add safety.

Base price: \$38,995
Ford F-150 Lightning
It just won Motor Trend Truck of the Year and we tested it. Energized with up to 563 horsepower and 300-mile range, it's the F-150 that runs 0-60 mph in a smooth 4.5 seconds. Tow up to 7,700 lbs. Charge 15-80% in 45 minutes. A large frunk, tablet touchscreen, and power outlets add convenience. It can even power your house.

Base price: \$56,000
Chevy Equinox EV
Bringing EVs to the masses, this stylish crossover drops a 17.7" infotainment screen, heated seats, and hands-off Super Cruise on fossil-free driving. GM's Ultium architecture enables 300 miles range, 290 horsepower,

AWD, and recharge 70 miles in 10 minutes. Blind zone steering assist and head-up display aid safety. Coming fall 2023.

Base price: \$30,000
Volvo C40 Recharge
Sure, it has all of the expected crash avoidance systems, but this Volvo is also sexy and environmentally friendly. The crossover coupe offers 226 miles all-electric range, runs 0-60 mph in 4.5 seconds and recharges 10-80% in 37 minutes. A leather-free interior, Harman Kardon audio, large tablet screen and recycled carpets add Swedish allure.

Base price: \$55,300
Lexus RZ 450e
Grab it by the steering yoke as Lexus begins its transition to a battery-only brand. A chiseled body and panoramic roof accompany 225 miles range and recharging to 80% in 30 minutes. Lane tracing assist, head-up display, radar cruise, 14" screen, and remote automated parking enhance travel. It can even stop itself during



CASEY WILLIAMS
Auto Reviews

a health emergency.
Base price: \$55,000
Subaru Solterra
A twin of Toyota's bZ4X, Subaru hikes afield with X-Mode off-road programming and EyeSight crash avoidance system. The flatscreen gauge cluster is placed high for a heads-up effect. Harman Kardon audio, panoramic roof, and flybridge console add luxuries. Go 222 miles per charge, zap 0-60 mph in 6.5s, and recharge 80% in an hour.
Base price: \$44,995
Storm Forward!

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

The Mitch Daniels Political Era Has Officially Passed



BRIAN HOWEY
Howey Political Report

Perhaps it was poll after poll showing congressional approval hovering around 18%. Or that he never had that horde mentality; Mitch Daniels has been for the past three decades the leader of the pack. Or, perhaps, it was the Cooperstown busts of two native Hoosiers – Major League Baseball commissioner Kenesaw Mountain Landis and Ford Frick – and the fact that the job could come open next summer, that might have held sway.

When it came to a decision, Mitch Daniels determined that spending the next eight years campaigning and serving in dysfunctional Washington, D.C., with Donald

Trump-inspired loony bin senators in stasis congressional gridlock was the ultimate deal breaker.

Thus on Tuesday, the former two-term Indiana governor and Purdue University president and, arguably, the most cunning and influential Hoosier Republican of the 21st Century, slammed the door on a political comeback. "I've decided not to become a candidate for the U.S. Senate. With full credit and respect for the institution and those serving in it, I conclude that it's just not the job for me, not the town for me," Daniels said.

The decision capped off a two-month exercise of whether Daniels would seek a Senate seat that he had once turned down, when Gov. Robert Orr offered him Vice President-elect Dan Quayle's seat in 1988.

After spending a day in DC last week, he seemed uncertain, telling Politico, "I'm not the least bit worried, honestly, about losing an election. I'm worried about winning it and regretting it for six

years. I say this with great respect for those who do it. But you know, that doesn't mean it fits me or fits me at this time of my life. So that's what this field trip's about."

"My one tour of duty in elected office involved, like those in business before and academe after it, an action job, with at least the chance to do useful things every day," Daniels said. "I have never imagined that I would be well-suited to legislative office, particularly where seniority remains a significant factor in one's effectiveness, and I saw nothing in my recent explorations that altered that view."

At this writing, U.S. Rep. Jim Banks, R-Columbia City, is the sole candidate to announce for the Senate seat being vacated by Mike Braun, who is running for governor. "As I've said before, I respect Gov. Daniels and I learned a lot from him when I served in the Statehouse," Banks said in a statement Tuesday morning before meeting with former British Prime Minister Boris Johnson. "I'm excited

about the early momentum and support for our campaign but we've got a long way to go. Over the next two years, I'm going to work hard every day to make my case to Hoosier voters that I'm best prepared to be their conservative Senator in Washington."

U.S. Rep. Victoria Spartz, R-Noblesville, had expressed interest before Daniels explored a bid, and might do so again. Informed and reliable sources close to Attorney General Todd Rokita tell Howey Politics Indiana/State Affairs that he likes his current job and will likely seek reelection in 2024.

In addition to Spartz, the other potential factor in the race is Gov. Eric Holcomb, who said in December that he has not ruled out a Senate bid, but such a determination would not come until the Indiana General Assembly sine die expected in late April.

Holcomb was a Senate candidate in 2016, facing then-U.S. Reps. Todd Young and Marlin Stutzman, when Gov. Mike

Pence selected him to finish the term of Lt. Gov. Sue Ellspermann, who resigned to become president of Ivy Tech. Holcomb went on to win a gubernatorial caucus by the Indiana Republican Central Committee when Donald Trump chose Pence to be his vice president nominee.

Asked about a potential Senate candidacy in mid-December, Holcomb responded, saying, "We'll see."

"I've been involved in some campaigns that have been 16 months, and I thought that was early. And then I've been involved in some that took about 106 days, and I thought that was rushed," Holcomb said. "I'm going to do the job I've got. That's somewhat liberating. I'm very comfortable with that."

On the day that Daniels announced his decision, Donald Trump endorsed Rep. Banks. "Jim Banks is running for the United States Senate from the Great State of Indiana. I know Jim well, have seen him tested at the highest and most difficult levels,

and WIN!" Trump wrote on Truth Social. "Jim Banks is respected by all, will never let you down, and has my Complete & Total Endorsement!"

This is the same Donald Trump who had dinner last December with an anti-Semite neo-Nazi, suggested the U.S. Constitution be "terminated" to let him back into the office he lost by seven million votes in 2020, and called Russian President Putin's invasion of Ukraine a fit of "savvy genius."

In his statement, Daniels said, "I've likewise tried to keep in mind President Reagan's observation that some people seek public office to be something, others to do something."

Rep. Banks will run in the Trump lane, but there are a number of Daniels type Republicans in Indiana who will be searching for a non-Trump alternative.

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

I Can't Sleep Doc



JOHN R. ROBERTS, M.D.
Hamilton Health

Insomnia is a huge problem in the United States. We spend over \$10 billion a year on sleep-related treatments and it's estimated the economy loses over \$40 billion in worker productivity due to sleeplessness.

Insomnia is a very complex subject that I can address only briefly in this column. This week I'll focus on some causes of insomnia and next week I'll cover prevention and treatment of sleep disorders. It's important to remember that insomnia is not a disease – it is a symptom of an underlying problem.

Insomnia is classified into three broad categories based on how long a person has it. The first is transient insomnia that lasts a week or less and is usually due to some type of temporary life stressor. It can also be the result of environmental factors such as sleeping in an unfamiliar bed or surroundings or having too much light or noise in a room. The second type of insomnia is short-term insomnia that lasts one to six months. It is usually caused by persistent stress. Finally, chronic insomnia lasts greater than six months.

There are many causes of chronic insomnia, the most common of which is anxiety. The primary symptom of people suffering from anxiety is difficulty initiating sleep. These folks usually report that they can't turn their thoughts off at bedtime. I see this frequently in patients who are multi-taskers who feel as though they never get everything finished. Depression may also cause chronic insomnia, though these individuals usually present with "terminal insomnia," meaning they wake up in the wee morning hours.

Pain from arthritis or other conditions like fibromyalgia can also lead to chronic insomnia. Lung disease such as COPD/emphysema and heart disease, especially congestive heart

failure, can cause frequent night waking. Chronic insomnia has also been identified as a symptom of post-acute sequelae of COVID (Long COVID).

Restless Leg Syndrome (RLS) can cause trouble getting to sleep or staying asleep. Sleep apnea may also cause frequent nighttime wakings. Over-the-counter medication use can be a common cause of chronic insomnia, particularly stimulants found in cold medication and sedatives, especially alcohol.

Caffeine is a huge problem and one of the first habits I ask about when I see someone who has trouble sleeping. Some people drink too much soda, coffee or energy drinks. I often discover they're doing it to keep themselves awake during the day because they can't sleep at night! This is common in teens and college students who are often up late at night playing video games or checking social media. Caffeine can stay in your system for eight hours or longer.

Over-the-counter or prescription sleeping pills can also be habit-forming. People who take these often find themselves unable to stop taking them or they require larger doses to get the same effect. If they do stop them, they can develop "rebound insomnia." Sleeping pills can also be extremely dangerous when used by older people. They frequently lead to difficulty with balance and coordination, resulting in falls with associated fractures and brain injuries.

Many people subscribe to the incorrect notion that alcohol helps them sleep. While alcohol has depressant effects on the brain, it actually does not allow the brain to enter critical phases of sleep that refresh the brain. If the brain does not get enough deep sleep, the person constantly feels sleep deprived.

Manufacturing workers who work alternating shifts can develop shift work sleep disorder. It is common in people who have brains that are wired to only function properly if they sleep at night. More and more young people are suffering from "sleep phase delay" insomnia. This results from staying up late and sleeping in late. The problem manifests when they try to go to bed earlier and can't get to sleep. Pleasant dreams!

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

Angela Abbott Appointed Interim Purdue Associate Dean, Extension Director

Angela Abbott, the assistant dean for outreach and engagement for the College of Health and Human Sciences and associate director for Purdue Extension, has been named interim associate dean and Purdue Extension director, effective the beginning of March. Abbott assumes this role as current Director Jason Henderson leaves to become the vice president of Extension and outreach programs at Iowa State University.

Abbot joined Purdue Extension and HHS in 1999. She was promoted to associate director in 2014.

Ken Foster, interim dean of the College of Agriculture, praised Abbott's credentials and commitment to Purdue Extension.

"Dr. Abbott is an accomplished and experienced leader. She and her colleagues have made a significant impact on the health and wellness of Hoosiers," Foster said.

"She has also led Purdue Extension with Dr. Henderson during the past eight years and is ideally suited to assume the



Angela Abbott

responsibilities of interim director."

Abbott earned her bachelor's and master's degrees from Ball State University and her doctorate in educational leadership from Creighton University. She is a registered dietitian nutritionist. Before joining Purdue Extension, she worked for the American Dairy Association and in several health care settings.

"I am honored to serve in this interim position. Every day in every county in our state, Purdue Extension professionals are making a difference in the lives and future of our fellow citizens. My job in this role is to continue to advance and support that work," Abbott said.

Indiana 211 Day Raises Awareness of Valuable Resource for Hoosiers

Governor Eric J. Holcomb has proclaimed this Saturday, Feb. 11, "Indiana 211 Day," as Indiana joins states and cities across the country raising awareness about 211: an important, free resource, available to all Hoosiers. In 2022, Indiana 211 helped connect more than 150,000 callers through-out Indiana with housing, utility assistance, health care, food and many other important resources.

"In 2022, assistance locating housing was the number one concern of callers to Indiana 211, along with utility assistance and help feeding their families," said Tara Morse, executive director of Indiana 211.

"But what many Hoosiers don't realize is that they can call for everyday information like where to take their child for developmental screening or how to locate job training or find free tax filing support."

Experienced, responsive and compassionate community navigators at Indiana 211 can quickly help connect Hoosiers to resources and services they need. During winter months and the early part of the year, the 211 team also enhances its database to include specific resources such as energy assistance programs, warming centers on subfreezing days or tax assistance during tax season.

February 2023 marks the 20th anniversary of the first call accepted by Indiana 211. Indiana 211 connects Hoosiers with thousands of health and human services



Governor Eric Holcomb

agencies and resources in their local communities quickly, easily and confidentially. Anyone can call 211 and connect to a navigator who can assist them. There are no eligibility requirements or income standards, and Hoosiers can call on behalf of themselves or for other Hoosiers in need. Many Hoosiers called 211 during the pandemic to schedule or reschedule a vaccine or find a testing site.

Indiana 211 is a free and confidential statewide service that helps Hoosiers find local resources they need, including housing, utility assistance, health care and food. In 2020, Indiana 211 became a part of the Indiana Family and Social Services Administration, helping to simplify the process of connecting people to the many services in our state and placing the power of Indiana state government behind this convenient resource.

Information and resources are available at IN211.org, including an in-depth data dashboard that shows call volume, caller demographics, county breakdowns, caller needs and other information.

Young, Baldwin Reintroduce Bill to Ensure American Students Remain Globally Competitive

U.S. Senators Todd Young (R-Ind.) and Tammy Baldwin (D-Wis.) last week reintroduced their Advancing International and Foreign Language Education Act. This bipartisan legislation will ensure that American students have access to quality international and foreign language education programs that meet the needs of our nation and help our students remain globally competitive.

"Our higher education institutions must train students to be globally competitive, and that starts with foreign language and international education instruction. This bill is vital to both enhancing our national security and ensuring that students can have successful international careers. I am pleased to once again lead the charge in giving students the right tools to excel on the international stage," said Senator Young.

"Right now, there is a rising demand for skilled employees that meet the needs of an increasingly interconnected world. It is our responsibility to equip our students with the tools they need to not only remain competitive, but drive innovation and strengthen our local economies," said Senator Baldwin.

"I'm proud to support the reauthorization of critical Title VI programs that support language and area studies education so that international and foreign language education programs at Wisconsin's world-class universities can continue to live up to our

state motto, 'Forward'."

The Advancing International and Foreign Language Education Act will also reauthorize Title VI of the Higher Education Act. Title VI provides resources for universities across the country, including Indiana University (IU), to develop quality and innovative international programs of strategic interest related to the Middle East, East and Central Asia, Russia, Eastern Europe, Africa and other world areas.

This bill advances national security, invigorates global competition and expands access to underserved students. Partnerships between universities and government strengthen and preserve our national and international foreign language education infrastructure.

"The vitality of international and foreign language education programs is foundational to the work of preparing Hoosiers for service and careers in a globally-connected world," said Indiana University President Pamela Whitten.

"I deeply appreciate Senator Young's commitment to vital Title VI programs that equip universities like IU to provide students with the robust foreign language skills and international experiences they need to contribute to our national security and the global competitiveness of Hoosier companies."

For the full bill text, visit young.senate.gov/imo/media/doc/Advancing%20International%20and%20Foreign%20Language%20Education%20Act.pdf

Walking Through the Snow



CARRIE CLASSON
The Postscript

It was snowing hard, the way it almost never does anymore, and I decided I needed to go for my walk, heedless of the weather.

"I probably won't be gone long!" I texted a friend in California as I headed out the door looking like an Arctic explorer. The snow was coming down fast and sideways. Many businesses were closed, and the streetlights had eerily popped on at midday.

Once outside, I wondered if this was such a good idea.

It was impossible to keep the snow out of my eyes. I pulled my fur-trimmed cap down so it nearly hid my eyes. I pulled my face mask up over my nose and navigated through a narrow strip of vision with a fringe of fur on top.

It was a lot of work. Between 4 to 5 inches of snow had already fallen and only a few people had traversed the sidewalk ahead of me. I found myself tripping and slipping in their tracks.

"I'm going to walk to the next cross street and turn around," I promised myself. "A short walk is better than no walk at all!" I kept trudging.

But a funny thing happened on the next block. The last of the footprints disappeared, and I was walking through untouched, fresh snow. Once I was no longer stumbling in the footsteps of previous pedestrians, the walk became easier. The snow had a bounce to it. My steps, though slow, were even and smooth. I started to have fun.

"I'll go one more block before turning around."

The block came and went. Every so often, I'd hit a patch of sidewalk where someone had shoveled, and walking became

amazingly easy. Then I'd go back to what I was now used to.

And, eventually, walking through the snow became normal. I settled into a slow but steady pace and observed the closed businesses and the unshoveled sidewalks and the snowplows trying to clear the street beside me. At one point, I saw two young people trying to pry a car out of a parking spot, and I helped push it free.

"Thank you!" they called as they headed down the street, wheels spinning in the deep snow.

"They're going to get stuck again," I thought. And they probably did.

I heard sirens in the distance and watched great whirls of snow gust off the rooftops and fill the air with dancing snow phantoms. I ended up walking my whole route.

I remember hearing the neural pathways of our brain described as paths through the snow. I can think in new ways, but it is much easier to follow an existing path, one that has already been cleared, and so I'll do that whenever possible.

But I wonder if there isn't more to it.

I think of all the times that I've heard there was a "right way" to do things, and remember all the times the right way hasn't been all it's cracked up to be. Of course, it's always easy to walk on a clear path. But sometimes I have to break a new trail and, when the path is new, it's often a good idea to find my own way.

"I did the whole loop!" I told my friend in California once I was back. "It wasn't too hard to walk because I was the first one to make tracks!"

"It's harder to follow in someone else's footsteps?" she asked. She hasn't seen a lot of snow.

"It is!"

And it was. And there's a lesson for me in that, I am sure.

Till next time,

Carrie

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

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New Statewide Poll Shows Most Indiana Parents are ‘Satisfied’ with Schools, Classroom Curricula

By Casey Smith

Results from a new statewide poll show that most Indiana parents are happy with the education their kids get at school.

The revelation comes as state lawmakers debate how to revamp K-12 instruction and increase funding to schools. It also appears to conflict with rhetoric at the Statehouse suggesting widespread parental disapproval of topics taught in the classroom, including claims that schools are indoctrinating children with liberal ideologies.

Overall, 88% of Hoosier parents who responded to the survey said they were satisfied with the quality of their child’s school. That sentiment was especially high among parents whose children are in elementary school (90% satisfied) and parents in rural and small communities throughout the state (96% satisfied).

Most parents said they also know and approve of the subjects taught at their child’s school. Only 7% of parents said they don’t approve of the curriculum, while just 2% of parents surveyed said they are both aware of and disagree with what their kids are learning.

The Indiana Department of Education (IDOE) presented results from the statewide survey last week. Education officials said the purpose was to better understand parents’ perceptions in order to make improvements to K-12 education across Indiana.

The survey was conducted last year by the state education department, in partnership with Gallup. It was administered by mail using randomly selected addresses of more than 3,000 Indiana parents with school-aged kids.

This is the first time IDOE has conducted a survey like this since Indiana Secretary of Education Katie Jenner took the helm in 2021, a department spokesperson told the Indiana Capital Chronicle. It’s not clear whether previous administrations have commissioned similar

surveys, too.

“Coming into this, we truly wanted to know ... you have to look in the mirror and see,” Jenner said during a State Board of Education meeting last week. “Our parents spoke loud and clear on this.”

More awareness of post-high school opportunities

Parents provided information about their child’s experiences at the school they attend, as well as their own attitudes and opinions about the school.

The results offer a statistically accurate representation of the opinions of Indiana parents, according to the Gallup report.

“We know that student achievement is at its highest when our schools and educators, as well as our parents and families, are working together to provide comprehensive support,” Jenner said in a written statement following the release of the survey results. “As our team has visited schools throughout the state, we have seen evidence of positive working relationships between educators and families, and the results of this survey confirm that. This data also provides key insight into areas where we must continue to raise awareness, particularly in terms of the educational opportunities that exist during high school and beyond.”

A majority of parents also reported that their high school student plans to pursue additional educational opportunities beyond high school. This includes the six in 10 who plan to attend a four-year university or two-year college and the one in 10 who say they will pursue training to learn a skill or trade.

That could mean a helpful boost to Indiana’s overall college-going rate — recent data indicates only half of Indiana’s 2020 high school graduates pursued some form of college education beyond high school. The drop marked the state’s lowest college-going rate in recent history.

Still, about one-third of parents of seniors say their child is not prepared

for life after high school. Among parents of freshmen, roughly half say their child is not prepared for what comes after graduation.

Parents say college is a good option — if you can afford it

Indiana parents further reported ongoing concerns about college affordability.

More than 70% of parents said education after high school is available in the state to those who need it, but only 27% expressed that post-high school education is affordable.

The survey additionally showed lacking awareness about certain state programs and initiatives that could help students earn post-secondary credentials.

Awareness of the Indiana 21st Century Scholars program, specifically, is inconsistent across parents of students who might benefit the most. About six in 10 parents of middle school students are aware of the Indiana 21st Century Scholars program, a state-wide grant program that supports student enrollment at two- and four-year schools.

Indiana Commissioner for Higher Education Chris Lowery said the results show a need for increased promotion of the state’s “generous financial aid programs,” including the 21st Century Scholarship.

“Hoosiers with education or training beyond high school are more likely to experience greater social and economic mobility,” Lowery said. “Indiana ranks first in the Midwest and fifth in the nation in providing need-based financial aid. Our public institutions have held the line on tuition and fee increases for over a decade — we have to continue spreading these messages.”

Indiana lawmakers are currently weighing a proposal to automatically enroll eligible students in the program. Gov. Eric Holcomb said getting such legislation passed this session should be a priority.

Other concerns from parents
Parents said there is still

room for improvement, though.

Fourteen percent of parents surveyed said they don’t feel their school is open to feedback on the subject matter they cover. Just over half of parents agree their child’s school is very open to feedback.

One-third of parents said they worry often or very often about their child’s safety at school.

Concerns are highest among lower-income parents in micro- and metropolitan areas, where nearly half of parents say they worry about their child’s safety at school, compared with 33% of all parents.

Additionally, 16% of all parents say their child has expressed worry or concern about feeling unsafe at school.

Parents who were unhappy with the subject matter taught at their child’s school were also more likely to consider a college education less important or “completely unimportant” compared to other parents.

Molly Williams, a spokesperson for the state education department, said the agency has been “intensely focused on gathering feedback from a variety of stakeholders throughout the state,” adding that “parents are the most important factor in the academic success of Indiana’s students.”

It remains to be seen whether lawmakers will take the poll results into consideration as they decide dozens of education-related measures moving through the General Assembly, or if parent input could influence the next state budget.

The poll did not survey parents about their thoughts on issues like school funding.

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Students to Celebrate Agriculture, Leadership Around the Country

This month, FFA members around the country will celebrate agriculture and FFA during National FFA Week.

Today, FFA provides the next generation of leaders who will change the world. As the nation’s top school-based youth leadership development organization, FFA helps young people meet new agricultural challenges by encouraging members to develop their unique talents and explore their interests in a broad range of career pathways. FFA members are our future leaders, food suppliers, innovators and more!

Whether through service projects or community gatherings, National FFA Week is a time for FFA members to raise awareness about the National FFA Organization’s role in developing future leaders and the importance of agricultural education.

National FFA Week always runs from Saturday to Saturday and encompasses Feb. 22, George Washington’s birthday. This year, the week kicks off on Feb. 18 and culminates on Saturday, Feb. 25.

The National FFA Board of Directors designated the weeklong tradition, which began in 1948, to recognize Washington’s legacy as an agriculturist and farmer. A group of young farmers founded FFA in 1928, and the organization has been influencing generations that agriculture is more than planting and harvesting — it involves science, business and more.

“National FFA Week is a meaningful week for members across our country as we celebrate the organization, share the message of positive youth development through FFA and promote agriculture,” said National FFA Advisor Dr. Travis Park. “During this week, FFA chapters

across the country celebrate agriculture while thanking their supporters — their local alumni chapters, agriculture teachers, or local businesses. Today, FFA and agricultural education continue to play a key role in developing the next generation of leaders and those who will fill the ever-growing need in the talent pipeline across our food systems.”

National FFA Week is a time for FFA members to share agriculture with their fellow students and communities. During FFA Week, chapters also give back to their communities through various service projects.

The six national FFA officers will connect with chapters across the country throughout the week — delivering keynotes, greetings, workshops and more.

- President Andrew Seibel will visit with FFA members in Minnesota and Wisconsin.

- Western Region Vice President Ryan Williamson will visit FFA members in Delaware and West Virginia.

- Eastern Region Vice President Gracie Murphy will visit with FFA members in Mississippi and Louisiana.

- Central Region Vice President Karstyn Cantrell will visit with FFA members in Alabama and Tennessee.

- Southern Region Vice President MacKenna Clifton will visit with FFA members in Indiana and Michigan.

- National FFA Secretary Jess Herr will visit with FFA members in Oregon and California.

The National FFA Organization is a school-based national youth leadership development organization of more than 850,000 student members as part of 8,995 local FFA chapters in all 50 states, Puerto Rico and the U.S. Virgin Islands.

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BETSY From Page A1

director and assistant band director Bethany Robinson when she received the Outstanding High School Music Educator of the Year Award.

Many of these announcements, including Robinson's, include photographs on the electronic sign.

Yes, even photos can show up on the electronic sign which is a great place to share good news.

NHS senior Abby Pittman's face was pictured on the marquee when the daughter of Craig and Julie Pittman was named a Lilly Endowment Scholar to receive full tuition for four years at an Indiana college of her choice.

Currently, a photo of NHS thespians Lauryn Kinzie and Josiah Smith, is cycling on the electronic marquee recognizing the two as Indiana State Champions for the recent Acting Duet Thespy

Competition at the 2023 Indiana State Thespian Conference.

Parents have been thrilled to see their children's accomplishments on the electronic board.

Staff can communicate reminders, deadlines, dates, major activities, accomplishments, community news and awards such as those just mentioned, through this new tool as another way to connect with and inform the public.

The new sign also reflects school colors and branding.

"With over 3,200 students and hundreds of teams, clubs and activities at NHS, the sign will help highlight key happenings," district spokesperson Marnie Cooke told me last fall after the sign was installed.

The electronic sign was funded through dollars remaining in the stadium

construction bond, she said.

"This means the money does not raise the tax rate, does not use referendum dollars, and is money that can't be spent on education or salaries."

Cooke said a high school staff member manages the sign, and there is an internal process for school faculty to submit content for consideration.

"The focus is on certain types of academic, athletic and performing arts celebrations and events and other informational items, like testing dates, schedule reminders, school events, like the (recent) NHS Course Fair and (upcoming) vape education night," she said. (Noblesville Schools, in partnership with Noblesville Police Department, will host the free vape education seminar for parents, guardians and adults in the commu-

nity at 6 p.m. Wednesday at the high school, with no registration required. The announcement about this upcoming educational seminar, which will share the dangers of vaping, how to recognize if your student is involved and how to help this epidemic, has been cycling on the electronic marquee daily).

Many high schools -- including Hamilton Heights School Corp. in Cicero -- have had digital sign boards for years.

There are no plans to add digital boards at any other Noblesville schools.

Cooke said, "We're excited to have this new resource to share school news, reminders and celebrations with NHS students and families, and the Noblesville community at large."

Contact Betsy Reason at betsy@thetimes24-7.com

BOARD From Page A1



Lisa Everling

"As the New Executive Board President for the Nickel Plate Express, I look forward to working with Emily Reynolds our Executive Director and the rest of our Board," said Everling.

"We have built a great base of staff members and involved board members over the past year, and I cannot wait to see where we will be taking the Nickel Plate Express for Hamilton County this year."

Nickel Plate Express kicks off their 2023 season starting in mid-February and will operate most weekends throughout the year.

Nickel Plate Heri-

tage Railroad Executive Director, Emily Reynolds shared, "I am delighted to have Lisa step on and serve as our board president. She brings so much enthusiasm to the role and has great connections throughout the community. She will be vital in helping us grow our donor and sponsor network this year."

Nickel Plate Express is a program of the Nickel Plate Heritage Railroad, a charitable nonprofit that operates the historic Arcadia Depot and offers entertainment and educational excursions on historic train equipment out of Forest Park, Noblesville. The 12.5 miles of Nickel Plate track is owned by the Hoosier Heritage Port Authority and runs from Noblesville through Cicero and Arcadia to Atlanta, Ind., in northern Hamilton County.

For information about the variety of NPX excursions -- from the St. Patrick's Day Express to special dining experiences and holiday-themed rides in 2023 -- visit nickelplate-express.com

CINDERELLA From Page A1



Photo courtesy of HHHS

Cinderella cast and crew bottom row (left to right): Kella Shaffer, Mary Rogers, Ems Craig, Jessa Steffen, Hannah Beechler, Victoria Chambers, Anna Kauffman, Andrea Ward and Luke Steffen. Top row (left to right): Olivia Goldfarb, Ricky Munoz, KateLynn Bishop, Tanner Orton, Director Brooks Myers, Meredith Dodson, Brinley Flaherty, Chole Westerfield, Lu Hubbell, Casper Wanczyk and Leah Vanderwall.

Originally presented on television in 1957, Cinderella starred Julie Andrews, and was the most widely viewed program in the history of television, drawing 107 million viewers! Its recreation in 1965, starred Lesley Ann Warren, and was as successful in transporting a new generation to the miraculous kingdom of "Dreams Come True."

A second remake in 1997 starring singers Brandy as Cinderella and Whitney Houston as her Fairy Godmother, set a new standard for representation and diversity in screen musicals.

"Cinderella has always been one of my favorite fairy tales, so bringing it to life on stage has been something I have wanted to do for a while," said Director Brooks Myers.

"Plus, it can be enjoyed

Want MORE?

Title: Cinderella
What: Hamilton Heights Drama Department Spring Production
When: Friday, Feb. 17 @ 7 p.m., Saturday, Feb. 18 @ 7 p.m., and Sunday, Feb. 19 @ 2:30 p.m. in the high school auditorium
General Admission: \$5 Tickets available on through the HHHS website at hhschuskies.org/highschool and at the door

by all ages, which is important. I want families to be able to attend together and for everyone to be entertained."

While this is not the musical, this two-act play is based on the fairy tale and includes music and some dancing. The characters consist of the poor, ragged Cinderella, her cruel stepmother and selfish stepsisters, the handsome prince, and the fairy godmother. And of course, there will be

a ball and the search for the foot that fits the glass slipper. Even though it is the classical, charming scenes, there is an element of humor built in.

Run time is approximately one hour with an intermission. The Drama Boosters will be selling popcorn and water to raise money for the Drama Boosters' scholarship program.

Plan to take in a show and enjoy local talent live on stage! Tickets are \$5

Meet THE CAST

- Cinderella** - Meredith Dodson
- Fairy Godmother** - Anna Kauffman
- Prince** - Mason Johnson
- Pierre** - Tanner Orton
- Trumpeter** - Casper Wanczyk
- Queen** - Lu Hubbell
- Stepmother** - Victoria Chambers
- Agnes** - Hannah Beechler
- Blanche** - Jessa Steffen
- Cloakmaker** - Chole Westerfield
- Shoemaker** - Leah Vanderwall
- Dressmaker** - Brinley Flaherty
- Hatmaker** - Morgan Beatty
- Townspiece & Ball Guests:**
 Emaline Craig
 Olivia Goldfarb
 Ricky Munoz
 Mary Rogers
 KateLynn Bishop
 Charles Wedmore
 Luke Steffen
 Bonnie Brock
 Kella Shaffer

Meet THE CREW

- Director** - Brooks Myers
- Stage Manager** - Sage Dugger
- Sound** - Andrea Ward

and available online at hhschuskies.org or at the door. All proceeds benefit the High School Drama Department. Hamilton Heights High School is located at 25802 State Rd. 19 in Arcadia.

NATIVE From Page A1



Constructionman William Peters

represent the service in Presidential, Joint Armed Forces, Navy, and public ceremonies in and around the nation's capital. Members of the Navy Ceremonial Guard participate in some of our nation's most prestigious ceremonies, including Presidential inaugurations and arrival ceremonies for foreign officials.

"Most valuable thing I have learned since joining the Navy so far, has been the ability to make friends fast and network within my work environment," said Peters.

Sailors of the Ceremonial Guard are hand selected while they are attending boot camp at Recruit Training Command in Great Lakes, Illinois. Strict military order and discipline, combined with teamwork, allow the Ceremonial Guard to fulfill

their responsibilities with pride and determination. They are experts in the art of close order drill, coordination and timing.

The Ceremonial Guard is comprised of the drill team, color guard, casket bearers and firing party.

"My favorite part about serving at this command, is the opportunity I've received to do in what less than one percent of the Navy is selected for," said Peters.

There are many opportunities for sailors to earn recognition in their command, community and careers.

"I am most proud of the career path I have chosen, especially being a young man striking out on his own," said Peters.

As a member of the U.S. Navy, Peters, as well as other sailors, know they are a part of a service tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance. Their efforts will have a lasting effect around the globe and for generations of sailors who will follow.

"Serving in the Navy is very a honorable career choice," added Peters. "I have always looked up those who have served this country."



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TUESDAY

In The Kitchen

Tuesday, Feb. 7, 2023

A9

Enjoy Better-for-You Foods Focused on Flavor

FAMILY FEATURES

From salads and snacks to breakfast, lunch and dinner, rounding out a full menu of healthy meals shouldn't be a chore. In fact, you can still enjoy your favorite flavors and tickle your taste buds with nutritious recipes that capitalize on powerful ingredients you actually want to eat.

A fruit-forward breakfast is a nutritious way to start your morning, and a fresh twist on pasta salad can make lunches or your evening side an enjoyable way to stay on track. Bowls filled with grains, veggies and a favorite protein are all the rage, and this seafood-fueled version is no exception when you're craving a combination of your personal favorites.

Take your better-for-you eating plan from bland and boring to delightfully delicious by visiting Culinary.net for more recipe inspiration.

Eat Smart with Seafood

No matter if you're searching for a healthy family dinner, a quick lunch at home or an easy idea to meal prep for the week ahead, these Orange Shrimp Quinoa Bowls are perfect for seafood lovers who also enjoy a hint of spice. Fresh, healthy and full of deliciously prepared shrimp, these bowls are also loaded with mushrooms, peppers and cucumbers.

The homemade sauce is light with a sweet yet spicy vibe. Resting over a cup of steamy quinoa for a filling base of healthy grains, it's a quick and easy recipe you can customize with favorite toppings like sesame seeds and cilantro.

Find more wholesome, health-forward recipes at Culinary.net.



Orange Shrimp Quinoa Bowls

Orange Shrimp Quinoa Bowls

Servings: 2

- 1 cup quinoa
- 1 cup orange juice
- 1 tablespoon hot sauce
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 4 tablespoons vegetable oil
- 1 tablespoon lime juice
- 1 tablespoon white miso
- 1 1/2 pounds shrimp, peeled, deveined and tails removed
- 1/4 cup butter
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 cucumber, sliced into half moons
- 5 green onions, sliced
- 1 avocado, sliced
- 1 teaspoon sesame seeds
- 2 tablespoons cilantro, chopped

Cook quinoa according to package instructions. Set aside.

In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour 1/4 of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

Drizzle with reserved dressing.

Start the New Year with a Savory Salad

Starting the new year with fresh intentions, whether you're trying to reset for 2023 or simply add more greens to your meals, begins with delicious, nutritious and easy recipes.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, Fresh Express provides plenty of inspiration, information and incentives to help you achieve your goals. For example, this Pesto Pasta Salad features red lentil rotini and Twisted Pesto Caesar Chopped Salad Kits loaded with a fresh blend of crisp iceberg and green leaf lettuces, crunchy garlic brioche croutons, Parmesan cheese and creamy pesto dressing. Add fresh grape tomatoes and toasted walnuts for a simple side or easy lunch that can be made ahead of time.

Discover more fresh recipe ideas at FreshExpress.com.

Pesto Pasta Salad

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 6

- 1 quart cooked red lentil rotini
- 2 packages (9 1/2 ounces each) Fresh Express Twisted Pesto Caesar Chopped Salad Kits
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup grape tomatoes, halved
- 1/2 cup walnuts, toasted

Prepare red lentil rotini according to package directions; cool 15 minutes.

In bowl, mix rotini and one dressing packet from salad kits. Sprinkle with salt and pepper; mix well. Refrigerate, covered, 30 minutes, or until rotini is cold.

In large bowl, mix lettuce from both salad kits with remaining salad dressing package. Add rotini and tomatoes; toss to combine. Sprinkle with garlic brioche croutons and shredded Parmesan cheese from salad kits and walnuts.

Substitution: Traditional rotini can be used for red lentil rotini.



Pesto Pasta Salad



Brunch Fruit Tart

A Fruity Twist on Breakfast

Whether it's a weekend celebration or a simple morning bite on the go, it's often said breakfast is the most important meal. Starting off your day with some fruity nutrition is a sweet way to add vitamin C to your diet without skimping on flavor.

With a tasty granola crust and yogurt filling, this Brunch Fruit Tart is an easy way to impress guests or fuel your morning at the office. Balanced and easy to make, the crunchy crust and smooth center make it an enjoyable addition to at-home menus. This version calls for strawberries, blueberries and kiwi, but you can get creative with your own favorite fruits for a different flavor each time you make it.

Visit Culinary.net to find more nutritious breakfast ideas.

Brunch Fruit Tart

Recipe adapted from homemadeinterest.com

Crust:

- 4 cups granola mixture
- 1/2 cup butter, softened
- 4 1/2 tablespoons honey
- nonstick cooking spray

Filling:

- 2 1/4 cups vanilla Greek yogurt
- 8 ounces cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 package gelatin

Toppings:

- strawberries, sliced
- blueberries
- kiwis, sliced

To make crust: Preheat oven to 350 F.

In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper. Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour. Top with strawberries, blueberries and kiwis.

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TUESDAY

In The Kitchen

Tuesday, Feb. 7, 2023

A10

Smoked Chuck Beef Ribs

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

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

Preheat smoker or pellet grill to 275 F.

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

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

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

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

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

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

To serve, slice ribs between bones.



Cook Like a Pitmaster from the Comforts of Home

FAMILY FEATURES

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

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

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

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

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

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

Grilled Jalapeno Cheddar Meatballs

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

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

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

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

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

Heat grill to medium for two zone cooking.

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

Remove meatballs from grill and cool slightly before serving.



Grilled Jalapeno Cheddar Meatballs



Szechuan Skirt Steak with Crispy Rice

Szechuan Skirt Steak with Crispy Rice

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

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

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

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

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

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

Slice skirt steak across grain.

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

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TUESDAY

In The Kitchen

DAY

Tuesday, Feb. 7, 2023

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Quick and Easy Dishes from *Around the Globe*

FAMILY FEATURES

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

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

Mediterranean

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

Asia

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

Middle East

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

Latin America

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

North America

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

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



Kale and Kimchi "Fried" Rice

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

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

Heat rice according to package directions.

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

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

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

Mexican Breakfast Scramble

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

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

Heat rice according to package directions.

In small microwave-safe dish, combine egg, salsa and rice. Microwave 1 minute. Stir in cheese; microwave 30 seconds.

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



Warm Up Winter with Watermelon Fun



FAMILY FEATURES

The cold chill of winter may have you feeling trapped indoors with nothing to do and nowhere to go, but fun activities fit for the whole family can add excitement and chase away those wintertime blues. Paired with an appetizing snack, at-home crafting provides a relaxing way to keep your mind and body moving.

Warming up with family-friendly activities starts with a versatile (and delicious) option like watermelon, which can be your sweet superstar all year long. As a centerpiece for evenings at home or gatherings and get-togethers, its versatility creates zero food waste with endless creative uses in the kitchen, from rind-smile snowmen to handheld snacks.

When this year's first snowfall offers a canvas for creativity and entertainment, gather your loved ones to make this Watermelon Snowman. Fresh-cut and personal-sized watermelons are the predominant options in wintertime, and they're perfect for putting together this festive work of art. All you'll need is a collection of kitchen knives, an ice cream scoop, melon ballers, skewers, some decorative "clothing" and blueberries for a fruit salad served right out of the snowman.

While you're hard at work, ease your appetite with a quick and easy snack like Watermelon Glazed Meatballs. Start with a homemade watermelon puree mixed with barbecue sauce then saute frozen meatballs and top with the sweet glaze for a perfect wintertime treat. Along with delicious taste, watermelon is also a nutritious hydration source, which is just as important in winter as during warmer months, and provides an excellent source of vitamin C with 25% of the daily recommended value in each 2-cup serving to support immunity.

These tasty morsels also make for a simple, shareable appetizer while hosting throughout the season. Just lay them out on a serving tray and pop toothpicks into each meatball so guests can grab and go while mingling.

To find more family-friendly crafts and sweet snack ideas, visit Watermelon.org.

Watermelon Snowman

Kitchen knives

- 1 round seedless watermelon
- 2 personal-sized watermelons, one larger than other
- ice cream scoop or large spoon
- melon baller
- mini melon baller or paring knife
- blueberries
- large wooden skewers

- y-shaped sticks
- scarf
- hat

Using knife, cut 1/4-inch slice off bottom of round seedless watermelon and both personal watermelons to provide stable bases. Use smallest melon for head, second largest for torso and largest for lower body. Set aside smallest watermelon.

Cut tops off large and medium watermelons to create bowls. Using ice cream scoop or large spoon, scoop out flesh.

Using melon baller, scoop eyes out of smallest watermelon. Invert melon balls and reinsert.

Using mini melon baller or paring knife, scoop out holes for nose and mouth. Carve one piece of watermelon into triangle for nose and fill mouth holes with blueberries.

On platter, using large wooden skewers, connect all three watermelons.

Insert y-shaped sticks in middle watermelon for arms.

Fill bottom sections with fruit salad of melon balls and blueberries. Decorate with scarf and hat.



Watermelon Glazed Meatballs

Servings: 8

Watermelon Puree:

- 1 fresh watermelon
- 2 tablespoons vegetable oil
- 24-36 frozen prepared mini meatballs
- 1 cup prepared barbecue sauce
- 1 cup watermelon puree

To make watermelon puree: Remove seeds from watermelon and cut into large chunks. In blender, process until smooth.

In large, heavy saute pan over medium-high heat or electric skillet set to 325 F, heat oil.

Saute mini meatballs until browned and hot. Reduce heat to low.

Mix barbecue sauce and watermelon puree. Pour over meatballs and simmer 2-3 minutes. Serve hot.

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TUESDAY

Health and WELLNESS

Tuesday, Feb. 7, 2023

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Helping Heroes Handle IBD



Photos courtesy of Getty Images

FAMILY FEATURES

For many veterans, their greatest battle isn't against enemy forces. It's a challenge that lies within their own bodies. An estimated 66,000 veterans live with inflammatory bowel disease (IBD). Whether diagnosed while in service or after discharge, it's normal to have questions about the disease, need resources to navigate care options and want to connect with others who understand what you are experiencing. Regardless of your specific circumstances, learning to be an advocate for your health can take some time as you complete your transition process into the U.S. Department of Veterans Affairs' (VA) health care system. Being a proactive participant in your health care can help you in your journey. Arm yourself with more information about IBD and your options with these tips from the Crohn's & Colitis Foundation.

Learn About IBD

No matter where you are in your disease journey, you may have questions about Crohn's disease and ulcerative colitis. Focus groups led by the Crohn's & Colitis Foundation revealed many veterans living with IBD want to learn more about their diet and how to manage their disease symptoms. Living with IBD means paying special attention to what you eat. Your diet needs to include enough calories and nutrients to keep you

healthy and avoid malnourishment. Some of the best ways to maintain adequate nutrition are to work with your health care team, seek help from a dietician, make healthy food choices and avoid foods that make your symptoms worse. Many people with IBD also take medications on a regular basis to manage symptoms and help prevent flares, even when the disease is in remission. Patients may sometimes use complementary therapies together with traditional medicine; however, it is important to remember complementary therapies should not replace the treatment prescribed by your doctor.

Continuous Care

Living with a chronic illness like Crohn's or colitis means seeing your doctor regularly. Continuous care helps ensure your needs are being addressed and you're receiving the care you need. Working on an ongoing basis with a primary care doctor and gastroenterologist (ideally an IBD specialist) allows you to focus on targeted IBD and preventive care such as immunizations, cancer screenings and bone health monitoring. Keep these tips in mind as you navigate your care, whether it be through a VA hospital, community center or private physician outside the VA.

- Seek help from a social worker, care coordinator or patient navigator.
- Adhere to recommendations for follow-up visits with your health care team.
- Keep a list of all prescribed and over-the-counter medications in your smartphone or on paper.
- Sign up for the VA's health app, Myhealthvet, to communicate with your health care team, access your records, request prescription refills and access other helpful tools.

Mental Health and Emotional Wellness

People with IBD are 2-3 times more likely to experience anxiety and depression than the general population, according to the Crohn's & Colitis Foundation. However, there are ways to help you cope with these feelings and concerns. Coping tips include engaging in activities like exercise, relaxation techniques and meditation. You might also consider seeking help from a mental health professional who can assist you with acquiring skills to cope with your fears, worries and emotions. To find more resources, including perspectives from other veterans managing IBD, visit crohnscolitisfoundation.org/veterans, where you can also find a link to a support group for veterans with IBD on Facebook.

Manage Your Menu

It's not always easy knowing what foods best fuel your body, especially when you have Crohn's disease or ulcerative colitis. Your diet and nutrition are a major part of life with IBD, yet there is no single diet that works for everyone. Nutrition affects not just your IBD symptoms, but also your overall health and well-being. Without proper nutrients, the symptoms of your Crohn's disease or ulcerative colitis can cause serious complications, including nutrient deficiencies, weight loss and malnutrition. While there is no one-size-fits-all for meal planning, these tips can help guide you toward better daily nutrition:

- Eat small, frequent meals daily.
- Stay hydrated with water, broth, tomato juice or a rehydration solution. Drink enough to keep your urine light yellow or clear.
- Drink slowly and avoid using a straw, which can cause you to ingest air that may cause gas.
- Prepare meals in advance and keep your kitchen stocked with foods you tolerate well.
- Use simple cooking techniques such as boiling, grilling, steaming and poaching.
- Use a food journal to keep track of what you eat and any symptoms you experience.



TUESDAY

Health and WELLNESS

Tuesday, Feb. 7, 2023

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Scaling Back



Photo courtesy of Getty Images

5 ways to manage your weight

FAMILY FEATURES

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

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

Eat Mindfully

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

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

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

Consider Intermittent Fasting

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

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

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

Manage Stress

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

Get Proper Sleep

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

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

Track Eating and Exercise

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

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

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



3 Tips for Intermittent Fasting

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

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

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

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

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