

**➤ TODAY'S VERSE**

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



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

What makes Nancy Hernandez smile? "Working at Adrienes," said the Noblesville resident who has worked at Adrienes Flowers & Gifts on Conner Street in Noblesville for 26 years. "I like working here. Everybody's nice. The owners are really nice. We're more like a family than employees." She was born Nancy Sylvester in Noblesville. Her dad was Charles Sylvester, who retired from the Noblesville Fire Department. She graduated from NHS in 1974. She is married to Joe Hernandez and they have two sons, Jason and Mark. She was found getting ready for Valentine's Day, which is today and is the second-busiest holiday for the shop, the first busiest being Mother's Day. On Monday and today, she said Adrienes has extra volunteer crews to help with the deliveries: Noblesville Lions and Noblesville High School show choirs' Noble Roadies. What's the most popular flower for Valentine's Day? She said, "Roses, red roses."

**And Another Few Things...**

**1. Office Closures**

Most County Offices will be next Monday, Feb. 20, for President's Day. Hamilton County Government offices are typically closed in observance of President's Day; there are occasional exceptions. If in doubt, please check directly with the office or agency in question.

**2. Road Closure**

On Monday, Feb. 27, there will be temporary lane closures on 116th Street between Hazel Dell Parkway and Eller Road. ICC Group will close one lane at a time to perform bridge repairs. These closures are expected between 9 a.m. and 2:30 p.m. Use caution while driving through the area.

**3. Memory Blossom**

Adults and children ages 7-12 are invited to enjoy a night of fun with dancing, a themed photo booth, light refreshments and more activities at Fishers' Parks latest semi-formal event! Spring Formal will run from 6-8 p.m. on March 4 at the Fishers Parks HQ (8100 E. 106th St., Fishers). Registration is \$25 per person. Register now and receive a promo code for 50% off child's services booked with an adult service, at The W Nail Bar in Fishers.

Services will need to be booked during the week leading up to Spring Formal (Feb. 26-March 5). Once registration is complete, you'll receive a confirmation email from "Rec1" with the promo code in the body of the receipt text. Register online at [playfishers.com/609/Spring-Formal](http://playfishers.com/609/Spring-Formal)

**4. Stretch into Spring**

Free Yoga is back at Billerica Park on Wednesdays from 9-10 a.m. Each session is guided by Roots & Wings Yoga Wellness. All participants must provide their own yoga mat. No registration is required to attend. Start your new year off to a new routine and incorporate Yoga to stretch and give some quiet back to your normal routine. Visit Fishers' Parks Facebook page at [facebook.com/fishersparksandrecreation](http://facebook.com/fishersparksandrecreation) to view and RSVP to any of the upcoming sessions under our event tab.

**5. Volunteering**

Anew Hospice is looking for volunteers to provide companionship, a listening ear, and non-clinical assistance to patients both in facilities and their homes. Volunteers experience a rewarding connection and provide invaluable comfort and support to patients and their families. To volunteer, call (317) 300-2292 or email [volunteers@anewhosp.com](mailto:volunteers@anewhosp.com)

# The TIMES

Hamilton County's Own Daily Newspaper

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## Fishers, Heights' Girls Basketball Semi-State Pairings Announced

HAVE PRIDE - SHOW CHARACTER - BUILD TRADITION



The final road to Gainbridge Fieldhouse became clearer this past weekend as the 32 remaining teams in the IHSAA Girls Basketball State Tournament learned their opponents and the location of their semistate games.

For the first time, the Indiana High School Athletic Association drew the semi-state pairings live mid-tournament in a special show that streamed on Sunday afternoon on [IHSAA.tv](http://IHSAA.tv).

Semi-state games are scheduled for Saturday at eight different sites with two semi-final games during the day and the championship game in the evening. The winners will advance to their respective state championship games at Gainbridge Fieldhouse in downtown Indianapolis on Feb. 25.

The Indiana Fever and Indiana Pacers are the presenting sponsors of the IHSAA Girls Basketball State Tournament.

**Want MORE?**

*Semi-States*

- Date:** Saturday, Feb. 18, 2023.
- Admission:** \$12 session; \$20 both sessions. Children age 5 and younger admitted free.
- Class 4A at Huntington North:**
  - G1: Fort Wayne Snider (21-4) vs. Fishers (24-2) at 10 a.m.
  - G2: SB Washington (27-0) vs. Lake Central (22-5) at 12 p.m.
  - Championship: G1 winner vs. G2 winner at 8 p.m.
- Class 3A at LaPorte**
  - G1: Twin Lakes (27-0) vs. Hamilton Heights (20-5) 10 a.m.
  - G2: Tippecanoe Valley (22-3) vs. Fairfield (25-2) 12 p.m.
  - Championship: G1 winner vs. G2 winner at 7:30 p.m.

*State Finals*

- Date:** Saturday, Feb. 25, 2023.
- Site:** Gainbridge Fieldhouse, 125 S. Pennsylvania Street, Indianapolis.
- Admission:** \$15 per session (two games).
- Home Team:** The winners of the south semi-states will be the designated home teams.
- Television:** All four state championship games will air live on Bally Sports Indiana (BSIN).
- Streaming:** All four state championship games will stream on [IHSAA.tv](http://IHSAA.tv) via pay-per-view for \$15 per game or \$20 for all games, and also stream via subscription on the Bally Sports+ app.
- Radio:** Each game will be broadcast on affiliates of the IHSAA Champions Network.
- Game times:**
  - Class 1A State Championship at 10:30 a.m.
  - Class 2A State Championship at approx. 12:45 p.m.
  - Class 3A State Championship at 6 p.m.
  - Class 4A State Championship at approx. 8:15 p.m.



Photo courtesy of Noblesville Schools

### NHS Jazz Featured at Indiana Statehouse

Noblesville High School's award-winning jazz director Bethany Robinson and her top jazz band students were at the Indiana statehouse Monday meeting the governor, speaking to legislators and performing in honor of Indiana Music Arts Education Day.

### The Daily Almanac

Sunrise/Sunset  
RISE: 7:38 a.m.  
SET: 6:18 p.m.

High/Low Temperatures  
HIGH: 58 °F  
LOW: 33 °F

**Today is...**

- Valentine's Day
- Library Lovers Day
- League of Women Voters Day

**What Happened On This Day**

- **1849** In New York City, James K. Polk becomes the first serving President to have his photograph taken
- **1899** Voting machines are approved by Congress for use in federal elections
- **1903** The US Department of Commerce and Labor is established (later split into the Department of Commerce and the Department of Labor)

**Births On This Day**

- **1818** Frederick Douglass American author and activist
- **1942** Michael Bloomberg American businessman, politician and the 108th Mayor of New York City

**Deaths On This Day**

- **1779** James Cook English navy officer, explorer and cartographer
- **1975** Julian Huxley English biologist

### What 8 Men Want for Valentine's Day



**BETSY REASON**  
The Times Editor

Today is Valentine's Day. Is it a holiday just for women? We don't think so. That's why we went on a mission in Noblesville to find men to tell us how they really want to spend Valentine's Day. Here's what these eight men said:

➔ See BETSY Page A5

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**➤ HONEST HOOSIER**

Happy Valentine's Day, Hamilton County! I love you all!



**➤ TODAY'S HEALTH TIP**

Learn to read food labels and watch for ingredients that end in -ose, that means it's a form of sugar. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at [www.thetimes24-7.com](http://www.thetimes24-7.com).



**➤ TODAY'S QUOTE**

"Yours is the light by which my spirit's born: - you are my sun, my moon, and all my stars."

- E.E. Cummings

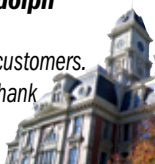
**➤ TODAY'S JOKE**

What do you call first love in an aquarium?  
Guppy love!

**➤ OBITUARIES**

- Paul E. Bell
- Peggy Joanne Scott
- Piper Aspen Brooke Randolph

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



**13 WTHR**

**7 DAY FORECAST**

41 SOME SUNSHINE FRI	22/42 COLD START, WINDY SAT	29/50 MILD AND SUNNY SUN	34/50 MILD AND SUNNY MON	32/51 MILD, LATE RAIN TUE	46/63 BREEZY AND WILD WED	53/60 WINDY, HEAVY FALLING RAIN THU
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## ⇒ OBITUARIES

### Paul E. Bell

March 29, 1954 - Feb. 9, 2023

Paul E. Bell passed away at home surrounded by his loving family on Thursday, Feb. 9, 2023. He was born on March 29, 1954 to Lois Bell in Crawfordsville. Paul married Jayme Nile on July 7, 1990 in Montgomery County.



Paul graduated from North Montgomery High School, Class of 1972, and Ivy Tech with an associate degree in Business Service. He proudly served in the United States Army as a Sargent in Germany. Paul was a truck driver and mechanic, working at various local businesses. He was also a farmer, working with farming friends in the county. Paul and Jayme started P&J Repair, repairing motorcycles and automobiles.

Paul was a member of the Jamestown American Legion. He loved riding his Harley Davidson Motorcycle and attended the 100th Anniversary Event for Harley Davidson in Wisconsin.

Paul is survived by his wife, Jayme Bell; 4 children, Katina Coutts, Gabriel Bell, Cassie Rice (Willie), Kimberly Farrell (Brad); 8 grandchildren; 1 great grandson; twin sister, Paula Willis; younger sister, Ruth Ann Bell; and several nieces and nephews.

He was predeceased by his mother, Lois Bell; father, William "Tennessee" Bell; infant brother, James Allen VanGilder; and brothers-in-law, Keith Willis and Mike Grenard.

Visitation will be held on Wednesday, Feb. 15, 2023 from 12 noon until the time of the service at 2 p.m. at Sanders Priebe Funeral Care, 315 S Washington Street in Crawfordsville with military honors presented by the Army Reserves and American Legion, Post 72. Burial will follow at New Ross Cemetery. Donations may be made in Paul's memory to the Muscular Dystrophy Association, 161 N. Clark, Suite 3550, Chicago, IL 60601 or www.mda.org. Share memories and condolences at www.SandersFuneralCare.com.

### Peggy Joanne Scott

July 19, 1949 -

On the 9th of July, 1931 Peggy Joanne Scott was born in Tangier, Indiana, Parke County in the house where Bill & Mary Catherine Graves made their home for many years. The house was built by A.J. Marshall for this daughter Lula Grace and new husband, William Henry Hobson. Peggy was born to Dorothy & Jay Scott, their 4th of 6 children. Peggy lived her childhood years on 44 acres one mile south of Sylvania where the children played in the woods and stream in the summer months when not in school which she attended 12 years thru high school. Her siblings were: Orville Lee, Dorothy Jean, Kenneth Lowell, Myrna Louise, and Doris Marilyn "Toots".



She married John Edward Eppert on her 18th birthday, July 19, 1949. From this marriage there were 6 children, John Douglas and Cynthia Jane - both died as babies and the remaining living children, Brenda Lynn (Vic) Meagher of Melloitt, Patricia Annette (Cass) Miller of Tangier, Emily Joanne (Chuck) Marshall of Tangier, and Darrell Clifford (Mitzi) Eppert of Tangier; grandchildren: Zach Scott Meagher (deceased), Israel Isaiah (Christy) Meagher, Caswell Lee (Amber) Miller, Lacassa Leone Norman, Cody Scott (Kayla) Miller, Johnathan Alexander (Hannah) Marshall, Tiffany Michelle Marshall, and Lyndsay Noel Marshall, Justin Michael Paxton, Curtis Darrell Eppert, Krista Michelle Paxton, and Trevor John Eppert; Great-grandchildren: Caden Zane, Lillian Grace, Caitlyn Elizabeth, Samuel Isaiah, and Jolene Adele Meagher; and Wyatt Michael, Jasmine Leone, Christian Blake, and Cassidy Jane Norman; and Ava Jane and Ezra Lane Miller, Lainey Jo Leslie, Piper Nova Marshall, Julian Charles Marshall, Baya Jo Crum, Marli Michelle Paxton, Knox Alexander Paxton, Sebastien David Phelps, and Izabella Renali and Atayven Jane Cotten. All of these descendants would make a very large picture.

Visitation will be at Sanders Funeral Care, 203 S 1st Street, in Kingman on Wednesday, February 15, 2023 from 5:00pm - 7:00pm. The funeral service will be at Tangier Friends Church on Thursday, February 16, 2023 at 1:00pm with Rev. Tom Norris officiating. The service will be recorded which can be viewed on her obituary page at www.SandersFuneralCare.com. She will be laid to rest in Tangier Cemetery beside her husband John and two infant babies. Memorial donations may be given to Tangier Friends Church. Share memories and condolences online at www.SandersFuneralCare.com

### Piper Aspen Brooke Randolph

Feb. 8, 2023

Infant Piper Aspen Brooke Randolph was born a sleeping baby on Wednesday, Feb. 8, 2023 at Columbus Regional Hospital in Columbus, Ind. She was the daughter of Charles Randolph and Brooke Hughes.



She is survived by her parents; five siblings, Rhiyver, Laylah, Landon, Liam, and Leighton; paternal grandparents, Bill (Bonnie) Randolph and Rita (Todd) Hay; and maternal grandfather, Bill Hughes; maternal great-grandparents, Tom (Teresa) Kendrick and Les (Donna) Hughes; great uncle, Brian (Sam) Kendrick and Rob (Misty) Hughes; and aunts, Destiny Hay and Pamela Randolph.

She was preceded in death by her maternal grandmother, Vickie Kendrick; and paternal great-grandparents, Bob (Rita) Cotten and Fuzz (Sis) Randolph.

Visitation will be at Sanders Funeral Care, 203 S 1st Street, in Kingman on Wednesday, Feb. 15, 2023 from 12 p.m. till the time of the funeral service at 1 p.m., with Pastor Steve Crum officiating. Burial will follow at Centennial Cemetery. Share memories and condolences online at www.SandersFuneralCare.com.

# Insomnia Part 2 with Dr. Roberts

I want to follow up on last week's column where I discussed the causes of insomnia and focus on basic prevention and treatments. If the cause of insomnia is not readily identifiable it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at [bit.ly/3DZjTRH](http://bit.ly/3DZjTRH).

The most common problem identified when taking a sleep history or reviewing a sleep diary is poor sleep hygiene. Sleep hygiene is defined as "daily activities and habits that are consistent with or promote the maintenance of good quality sleep and full daytime alertness."

When I ask patients what they do when they can't fall asleep most answer that they continue to lie in bed and watch the clock. A key sleep hygiene concept is that one's bedroom should be reserved for sleep and sex. It should not be used for watching TV, surfing the Internet, doing work, exercising, etc. You need to train your brain that when it's in that room it should be shutting off and recharging.

If you are unable to sleep you should get out of bed and go to another room. Engage in a low-energy activity such as reading or perhaps doing a crossword puzzle. Do this until you become drowsy and then go back to bed. If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day - the total hours you spend in bed should remain about the same each day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes before



**JOHN R. ROBERTS, M.D.**  
Hamilton Health

retiring. Some say a warm bath or shower two hours before bedtime can be helpful. A light, non-fatty snack may also promote drowsiness. Meditation can be very effective. Many of my patients were successful using the free Oak app on their smartphones.

While it is also very important to try and maintain a consistent bedtime, it appears that a consistent wake time is even more important. This is usually extremely difficult for folks that work nights Monday through Friday and are off on the weekends. They need to try and maintain the same schedule as closely as possible and get the same total number of hours of sleep that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's, "it's light out, time to wake up" switch from being turned on, allowing you to get to sleep more easily.

I touched on medications last week, but I want to briefly mention drugs that frequently cause insomnia. Caffeine can stay in the system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications containing pseudoephedrine (Su-

dafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your health provider. Alcohol is the last thing you want to consume if you're having trouble with insomnia; it can prevent entering the deep stages of sleep.

Natural products, particularly melatonin, may can help some people. It's important to start at a low dose, perhaps ½ to 1 mg, and to take it at least two hours before bedtime. Large doses are rarely effective and are more likely to cause side effects.

Prescription sleep medications should be the absolute last resort for treating insomnia. These medications only provide a few extra minutes of sleep on average. They are all highly addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on insomnia can be found at [bit.ly/39XAkPC](http://bit.ly/39XAkPC). I also recommend two books you can find at Amazon: The Sleep Solution: Why Your Sleep is Broken and How to Fix It by Dr. Chris Winter, and How to Sleep: The New Science-Based Solutions for Sleeping Through the Night by Dr. Rafael Pelayo.

Cognitive Behavioral Therapy for Insomnia (CBT-i) is very effective for treatment of chronic insomnia. Finding a therapist in your area that performs CBT-I can sometimes be challenging. Some of my patients received good results using CBT-i Coach, an app for smart phones. You can also check out Somryst, a popular and effective online course for CBT-I, at [www.somryst.com](http://www.somryst.com)

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

## Songbook Foundation Announces New Board Members



Five new members recently have been named to the Board of Directors of the nonprofit Great American Songbook Foundation. Board members serve three-year terms on a volunteer basis.

Adam Arceneaux of Carmel is a litigation partner at Ice Miller law firm in Indianapolis. He holds a bachelor's degree from Indiana University and a law degree from the Indiana University Robert H. McKinney School of Law.

Stan Burton of Carmel is a senior associate with Avison Young real estate in Indianapolis. He holds a bachelor's degree in marketing from Indiana University.

Joni Hrisomalos of Carmel is a philanthropist and community volunteer. She is a graduate of Indiana University.

Marty Rosenberg of Noblesville is the CEO of Forté Sports Medicine and Orthopedics. He holds a bachelor's degree from Hofstra University and a master's degree in Health Care Management from Rensselaer Polytechnic Institute's Lally School of Management and Technology.

W. Michael Wells of Carmel is chairman of Hylant of Indianapolis insurance brokerage and a graduate of Indiana University.

The board's current officers are Karen Kelsey, chair; Don Gottwald, vice chair; Rollin M. Dick, treasurer; and Troy Payner, M.D., secretary.

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# Lack of Competitive Politics Now Hitting Hoosier City Halls

Indiana's political scene is in distinct decline. Our congressional races are no longer competitive in General Elections, whereas in past decades there would be half a dozen or so of seat changes between Republicans and Democrats. Since the 2011 reapportionment, not a single congressional incumbent has been upset.



**BRIAN HOWEY**  
Howey Political Report

Our General Assembly has become lop-sided. For the first time since the Democrat/Republican two-party system took root in 1856, one party (the Republicans) have had super majorities in both the House and Senate since the 2014 election. That's an unprecedented five election cycles, and counting. The districts are so unbalanced that I will be amazed if this doesn't continue until the 2031 maps.

We've seen the constitutional Statehouse races become dominated by Republicans, with the last Democrat victory there coming in 2012. We've watched the GOP dominate at the county level, with Indiana Republican Chairman Kyle Hupfer telling me that his party controls about 90% of county courthouse offices.

Now we are watching this lack of a robust election races coming to city halls across the state.

What jumps out after the Feb. 4 filing deadline is how many uncontested mayoral races there are during this 2023 cycle, including cities like Kokomo and Elkhart that have had competitive races in recent cycles. There are at least 35 cities where only Republican candidates have filed, including Jeffersonville, Noblesville, Bedford and Columbus. There are 10 cities where only Democrats have filed

for mayor, including Hammond, Elkhart, Lafayette, West Lafayette.

When I was a reporter at the Elkhart Truth, the one guaranteed election cycle which would be interesting was the mayoral one, where Democrats and Republicans routinely traded that office. In 2019, Democrat Rod Roberson succeeded Republican Tim Neese. He followed Democrat Dick Moore. In 1999, Republican Dave Miller upset five-term mayor Jim Perron by 1,400 votes.

In Kokomo, Democrat Greg Goodnight won the mayoral election in 2007 and held the post for three terms. In 2019, Republican Tyler Moore defeated Democrat Abbie Smith with just under 70% of the vote. With the 2023 election filing deadline last Friday, there are only two Democrat council candidates, and none for Kokomo mayor or city clerk.

Unless a party slates a candidate by noon July 3, this means that Republican incumbent mayors Mike Moore in Jeffersonville, Dave Wood in Mishawaka and Democrat incumbents Tony Roswarski in Lafayette, Rod Roberson in Elkhart and Tom McDermott in Hammond will have no challengers.

The situation in West Lafayette is intriguing. Four-term incumbent

Republican Mayor John Dennis is not seeking re-election and has endorsed Democrat Erin Easter. She is the only mayoral candidate filed.

According to independent journalist Dave Bangert, who published at the Based in Lafayette substack site, Mayor Dennis pushed Easter to run and introduced her at her campaign announcement. There are rumblings about Republicans slating someone after the primary. West Lafayette has been "hard blue" since 2016, outside of Dennis, who is Republican in name only.

When Gov. Eric Holcomb gave Mayor Dennis a Sagamore of the Wabash honor, Dennis deadpanned, "Leave us alone," before launching into a discussion about cooperation and faith in each other in ways that didn't lean on party affiliation. Dennis later said he didn't "understand that horse and elephant thing very much." Lafayette Mayor Tony Roswarski, a Democrat, reminded him it was donkey for Democrats, not a horse. "Really? It is an elephant, though, right?" Dennis said.

The irony is that while Indiana is losing its competitive political dynamic at the federal, state and local levels, there is a move afoot to politicize school board races.

According to the Associated Press, Indiana Republicans forged ahead Wednesday with a proposal that would upend the current nonpartisan school board elections across the state despite opponents arguing the change would further inject politics into local schools. The Indiana House Elections Committee voted 6-4 along party lines to endorse a bill to

establish a system allowing a decision by each of the state's nearly 300 school districts on whether to require candidates to declare a political party. Each district's decision would be made through either a voter referendum or school board vote. It would be up to those votes whether candidates would be required to win a party's May primary in order to appear on the November general election ballot.

During testimony, State Rep. Alan Morrison (R-Brazil) said it's about local control. "There are some communities that want this and there are some communities that don't," Morrison said, according to Indiana Public Media. "Through this amendment, they will be able to make that choice."

State Rep. Tonya Pfaff (D-Terre Haute) said the entire concept is unnecessary. "I've not had any constituent come up and say that they thought this was a good idea, either local control or period," Indiana Public Media quoted Pfaff as saying.

What we are witnessing here in this era is a one-party dominance is the loss of political discourse. This comes while there is push by General Assembly lawmakers to begin the instruction of civics into our high schools. In the old days, that meant participating in dynamic General Election races between two major parties in three out of every four Novembers.

We're losing that. I'm not sure where all of this will lead us.

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

# Indiana Donor Network Hits New Heights in 2022

Indiana Donor Network, the federally designated organ recovery organization that coordinates organ, tissue and cornea donation in Indiana and transplantation throughout the U.S., hit new heights in 2022, transplanting an all-time high of 1,116 lifesaving organs.

The milestone is an 18% increase in annual transplants compared to 2021, when 949 organs were transplanted.

"I'm proud to say we're on the right trajectory and the future is bright for Indiana Donor Network," said Indiana Donor Network President and CEO Kellie Tremain. "We are dedicated to investing in cutting-edge technology, new and innovative processes and highly skilled professionals across all disciplines for those in need of lifesaving transplants."

Also, the selfless gifts of 1,267 tissue and cornea donor heroes resulted in 14,392 tissues recovered in 2022, including 141 hearts for valve transplant, 3,701 skin grafts and 382 corneas.

New liver perfusion technology deployed: Indiana Donor Network took an industry leading step in 2022 by training in advanced perfusion technology that has the potential to keep donated livers functioning outside the human body for up to 24 hours with the use of a liver transporter.

Last year, Indiana Donor Network participated in a trial study in partnership with four Midwest transplant centers, including University of Cincinnati Medical Center, University of Chicago, Northwestern University and Rutgers' University Hospital. Once approved by the U.S. Food and Drug Administration, Indiana Donor Network intends to deploy the device for use in liver transplants at all transplant centers the organization serves.

When packed in a traditional cold storage device, donated livers can remain outside the body for only 12 hours. Keeping a donated liver functioning longer after recovery with a liver transporter will create more time for medical teams to assess a liver's viability for transplant, improve a liver's function, and ultimately make more livers available for transplantation.

Kidney perfusion technology saving more lives: Indiana Donor Network's team of surgical recovery specialists is also specially trained in the use of kidney perfusion pumps, which are utilized in operating rooms during organ recovery and for transport to a transplant center.

Pumps keep donated kidneys functioning outside the body, allowing the organ's temperature and vascular performance to be constantly monitored and increasing its viability for successful transplant. Donated kidneys on

perfusion pumps can be transported up to 250 nautical miles from Indiana Donor Network's Organ and Tissue Recover Center, reaching patients at 40 transplant centers throughout the Midwest.

In 2022, Indiana Donor Network utilized 10 kidney perfusion pumps for 622 successful transplant surgeries.

Other major milestones achieved by Indiana Donor Network in 2022:

- Provided programs, grief and counseling services and support to 2,253 donor family members.
- Registered 960,000 Indiana residents to become organ and tissue donors, an all-time high number of new registrants in a single year; today, more than 4.3 million Hoosiers are registered donors.
- Relied on passionate donation advocates who volunteered nearly 14,000 hours, equivalent to more than six full-time employees.
- Led nearly 950 school and community presentations and activations, reaching more than 200,000 Hoosiers.
- Generated nearly \$180,000 in net proceeds for Indiana Donor Network Foundation and its mission to provide financial assistance and support for organ transplant recipients and donor families.
- Hired 45 new team members for a total of 284, creating its largest staff since the organization was founded in 1987.

Nationally, in 2022 the U.S. surpassed 1 million lifesaving organ transplants since the first was performed in 1954, according to United Network for Organ Sharing. A new annual high of 42,887 organs were successfully transplanted in 2022.

More than 105,000 Americans are currently awaiting a lifesaving organ transplant, including 1,200 Hoosiers.

"The need for more people to make the selfless decision to one day become a donor hero remains incredibly important," Tremain said. "Working with our hospital and transplant center partners throughout Indiana and beyond, we remain laser focused on saving more lives each year through donation and transplantation, educating more Hoosiers about how important donation is, and encouraging Indiana residents to say 'yes' to donation."

Indiana Donor Network's mission is to save and enhance the quality of life through organ, tissue and eye donation and transplantation. Its vision is to be a leader in organ and tissue recovery. Founded in 1987, the organization coordinates donation in 85 of the state's 92 counties and serves transplant hospitals throughout the U.S.

Despite age or medical history, anyone can sign up to be a donor at [DonateLifeIndiana.org](http://DonateLifeIndiana.org).

# Hoosiers Invited to Search More Than Their Hearts This Valentine's Day at IndianaUnclaimed.gov

Attorney General Todd Rokita invites Hoosiers to visit IndianaUnclaimed.gov today as love fills the air. Valentine's Day is a perfect time to see what money awaits to sweep you and your loved ones off your feet.

"Returning unclaimed property to rightful owners is an important part of our mission," Rokita said.

"This holiday of love is a great time for Hoosiers to be true to their hearts and start searching."

While all states administer unclaimed property programs, Indiana is the only one where the attorney general oversees this function.

Last year, Rokita's Unclaimed Property Division returned over \$62 million to Hoosiers, and you could be the next lucky person to join the list.

Some property owners in the Unclaimed Property Division's database include such holiday-appropriate first or last names as Love, Valentine, Rose, and Candy.

Here are the types of property that might go unclaimed this Valentine's Day that are even better than a box of chocolates:

- Unclaimed wages or commissions
- Money orders
- Safety deposit box



Attorney General Todd Rokita

- contents
- Savings and checking accounts
  - Refunds
  - Overpayments such as:
  - Credit card balances
  - Cell phone bills
  - DMV payments

Once unclaimed property is in its custody, the Unclaimed Property Division conducts an aggressive outreach effort to locate the rightful owners or heirs.

Individuals and/or businesses have 25 years in which to claim money once it is reported to the Unclaimed Property Division.

So be sure to check [IndianaUnclaimed.gov](http://IndianaUnclaimed.gov) or text CLAIM to 46220 to search your name, family, or business.

You can also contact the Unclaimed Property Division at 1-866-462-5246 or [updmail@atg.in.gov](mailto:updmail@atg.in.gov).

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Photos courtesy of Lexus

# Lexus RX350 A Safe, Comfortable Mother-in-Law Suite

Unlike some of you, I love my mother-in-law, and when she came to me about her next new car, I was in for the chase. She wanted a car of the highest quality, durability, and comfort, but it also had to be easy to drive. Fuel economy was important as was safety. She has two young grandchildren. All-weather capability would also be good since she was planning long drives to see said grandchildren. She was essentially describing a luxurious Toyota Camry crossover. I propose the redesigned 2023 Lexus RX350 Luxury to become her rolling mother-in-law suite.

It's a brash design, but also one that's familiar. For sure, nobody will miss the bolder version of Lexus' trademark spindle grille, but how the body color gradates into satin silver from top to bottom is an inspired design flourish. Piercing strings of LED headlamps define precision. The side view is more muscular with curved

forms, but is topped by the last generation's floating roof that works just as well. Around back, LED blade taillamps and LEXUS spelled across the decklid enhance elegance.

My mother-in-law craves comfort and she'll find plenty here. Traveling under a panoramic glass roof are plush stitched dash coverings, brushed nickel accents, and soft leather trimmed seats that are heated and ventilated front/rear. Add to that a heated steering wheel and saturating Mark Levinson audio. She can crank up her favorite oldies and groove. Infotainment is controlled through a wide intuitive touchscreen, connected via wireless Apple CarPlay and Android Auto. Charge phones wirelessly on the console pad. It all sounds complicated, but is very easy to use.

Safety was definitely a priority in the RX350's design. Protecting everybody are automatic emergency braking with

## 2023 Lexus RX350 Luxury

**Five-passenger, AWD Crossover**  
**Powertrain:** 2.4-liter T4, 8-spd  
**Output:** 275 hp/317 lb.-ft  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 21"/21" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Safety  
**Fuel economy:** 21/28 mpg city/hwy  
**0-60 mph:** 7.2s  
**Towing:** 3,500 lbs.  
**Assembly:** Cambridge, ON  
**Base/As-tested price:** \$48,550/\$61,740

pedestrian detection, lane keep assist with steering intervention, adaptive cruise, lane tracing assist, and side exit assist that prevents passengers from stepping into traffic. A wide head-up display that projects speed, navigation, and safety system status over the hood keeps eyes ahead. There's also an automated parallel/perpendicular parking and hands-off traffic jam assist for creeping through morning commutes.

There are hybrid and plug-in hybrid plus F Sport versions of the new RX,

but my mother-in-law will do just fine with the base 2.4-liter turbocharged four-cylinder engine that delivers 275 horsepower and 317 lb.-ft. of torque. It shifts to the all-wheel-drive system through an eight-speed transmission, which enables fuel economy ratings of 21/28-MPG city/highway. If she decided to go camping or boating, my daughter's grandmother could tow up to 3,500 lbs.

Driving the RX350 is much like piloting a tall Camry. The turbo-four sounds raspy at full throttle, but moves the

## Want MORE?

- Likes**
- Bold upscale style
  - Comprehensive safety systems
  - Lush luxury appointments
- Dislikes**
- Raspy four-cylinder engine sounds
  - Harsh ride with 21" wheels
  - Pricey with options



**CASEY WILLIAMS**  
Auto Reviews

It was not difficult to recommend the redesigned RX350 to my mother-in-law. I want her to be comfortable and safe for many years to come. If it is essentially a taller Camry with advanced safety systems, then it should serve her well. A base price of \$48,550 rose to \$61,740 as tested. Competitors include the Cadillac XT5, Lincoln Nautilus, BMW X3, Mercedes-Benz GLE, Audi Q5, and Genesis GV70. Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @AutoCasey.

# Rural Hospitals Worry as Lawmakers Move to Lower Costs for Patients

By Leslie Bonilla Muñoz

Indiana lawmakers have seized on high health care costs as a priority problem to tackle this legislative session, but rural hospitals with thin profit margins are worried — and want more help from the state.

Nearly 20%, or 17, of the state's 92 counties don't have a single hospital; another 50% have just one, according to Indiana Department of Health data.

Nationally, over 150 rural hospitals across the country closed between 2005 and 2019. For many of these communities, the closest hospital is now more than a half hour away. An additional 19 rural hospitals closed their doors in 2020.

And more counties could join them. At least seven more Indiana hospitals are at risk of closing within the next six years, according to a January report from the Center for Healthcare Quality & Payment

Reform. Six could close within three years.

The report doesn't name specific hospitals, but Woodlawn Hospital CEO Alan Fischer worries his is among them. The independent critical access hospital, located in Fulton County, has three clinics in the area.

"Unfortunately, my facility is likely one of those at the greatest risk," Fischer said during an Indiana Hospital Association news conference this month.

Woodlawn lost \$4.5 million in 2021, \$6.3 million in 2022 and hopes to limit losses to \$1.5 million this year, Fischer said. That's after \$2.5 million in cost-saving measures, which he said included employee health insurance changes, lease renegotiations and physician layoffs.

Some lawmakers take aim at high costs for patients

Hoosiers pay some of the stiffest hospital prices in the country — the 7th

highest, according to a May 2022 report from the RAND Corporation — despite the state's low overall cost of living and below-average salaries.

Just before last year's legislative session, House Speaker Todd Huston and Senate President Pro Tempore Rodric Bray sent letters to health insurance companies and healthcare systems warning that if the corporations didn't reduce their prices, the General Assembly would.

Lawmakers appear to be carrying through with that threat this year.

Moving through the legislative process are bills that would fine overly expensive hospitals and lower prices for care delivered at hospital-owned outpatient clinics.

Another bill would ban non-compete agreements, in which hospitals limit when and where former employees practice medicine, leading some to leave their communities or the industry.

**Opponents say**

**hospitals are struggling as-is**

But hospitals have protested that while they're operating in the red, insurers are raking in cash.

One in four rural Hoosier hospitals listed in a Center for Healthcare Quality & Payment Reform database had negative profit margins in an average of 2019, 2020 and 2021 financial data.

Some lawmakers representing rural areas have pushed back against price-lowering efforts by colleagues.

"I don't know what's good or bad, to be honest," Sen. Jean Leising, R-Oldenburg, said Tuesday, ahead of her vote against the chamber's non-competes bill.

"But I know one thing: if my small hospitals have a hard time staffing good physicians, they're already struggling financially, they're not the hospitals [with] large assets on hand," Leising said, those hospitals could close.

"We've already lost one in my district a couple of years ago to bankruptcy," she added. "... What happens if we don't have any rural hospitals anymore? That's pretty serious."

**Hospitals seek more**  
Indiana Hospital Association President Brian Tabor told reporters during the press conference that not only do hospitals want potentially "punitive or harmful" proposals dropped, they want more help from lawmakers.

Tabor suggested raising Medicaid base reimbursement rates — current rates cover just over half the cost of providing care — or streamlining prior authorization and other administrative duties.

Multiple executives of struggling hospitals said their facilities consistently lost money on their obstetrics units, which deal with childbirth.

"We typically deliver about 12 babies per

month, which does not make for a profitable service," Woodlawn's Fischer told the Capital Chronicle. "But if we closed our OB, we would just create what they call a 'maternity desert.'"

Fischer instead envisioned dedicated state funding for what he dubbed "maternity oases."

"Without a hospital in a community, that community eventually dies," he said. With a hospital, a fire department and a school, he added, "you have a viable community — our goal is to be part of that solution."

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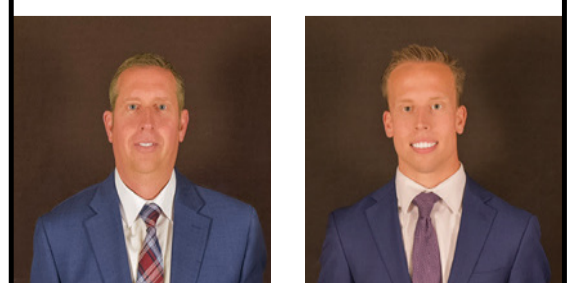
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# Rokita Under Investigation By Disciplinary Commission

By Casey Smith

Indiana Attorney General Todd Rokita is under investigation by the Indiana Supreme Court Disciplinary Commission in relation to his televised statements about the doctor who oversaw a medication abortion for a 10-year-old rape victim from Ohio.

Documents first reported by the Indiana Citizen additionally show Rokita's office hired a Washington, D.C. law firm to help litigate a medical licensing case against Dr. Caitlin Bernard.

The same lawyer is also representing Rokita in his disciplinary case but it is unclear if state funds are paying him.

The proceedings stem from an ongoing legal saga between Rokita and Bernard, an Indianapolis OBGYN.

Marion County Superior Court Judge Heather Welch ruled in December that the Republican attorney general violated the state licensing statute's confidentiality provision when he disclosed his office was investigating Bernard. He made the public statements on Fox News before he filed a complaint against the doctor with the Medical Licensing Board.

Rokita's office did not respond to the Indiana Capital Chronicle's request for comment about the disciplinary investigation or his outside legal counsel.

## Rokita's outside counsel

Gene Schaerr, managing partner of the Schaerr Jaffe law firm, filed a petition Feb. 2 with the Indiana Supreme Court, requesting to represent Indiana in the case Rokita brought before the medical licensing board against Bernard.

Schaerr also indicated he has filed a similar petition to appear before the disciplinary commission in the grievance against Rokita.

The document is the first to publicly confirm that complaints filed by several Indiana attorneys are being investigated by the disciplinary commission.

Although the petition does not identify the specific reason for the investigation, the citation to the commission's case references the attorney general's public comments about Bernard.

Rokita's office has contracted with the outside counsel since 2019, according to the Indiana Department of Administration — initially on other abortion-related litigation.

The attorney general's office amended its contract with Schaerr Jaffe in December, dishing out an additional \$100,000 to the

law firm for additional services related to Bernard's case.

## Indiana's rules for lawyers

Last summer, former Indiana University Maurer School of Law Dean Lauren Robel alleged that Rokita made "false or baseless" statements about Bernard. She filed a complaint with the disciplinary commission in July.

Robel further asserted to the disciplinary commission that Rokita did not retract those comments even after they were shown to be false.

"If he can throw the entire weight of his office without consequence to attack Dr. Bernard, he can do so to target any private citizen with whom he disagrees," Robel wrote in a letter obtained by the Indiana Citizen. "This is the opposite of the rule of law."

Indiana's professional conduct for attorneys states that lawyers holding public office assume legal responsibilities "going beyond those of other citizens." A lawyer's abuse of public office "can suggest an inability to fulfill the professional role of lawyers."

The rules instruct lawyers not to "make a false statement of material fact or law," and instead "be truthful when dealing with others on a client's behalf."

Attorneys are additionally required to avoid "misrepresentations," which can occur if a lawyer "incorporates or affirms a statement of another person that the lawyer knows is false."

Misrepresentations can also occur when making "partially true but misleading statements or omissions that are the equivalent of affirmative false statements," according to the attorney guidelines.

Lawyers who "engage in conduct involving dishonesty, fraud, deceit or misrepresentation" are in violation of the professional conduct rules and subject to discipline.

The Indiana Supreme Court Disciplinary Commission previously told the Indiana Capital Chronicle it could not confirm or deny if a complaint has been filed against Rokita — who is currently in good standing — unless it decides to file formal disciplinary charges against him.

Still, most of the complaints filed with the disciplinary commission do not result in any action. During the 2022 fiscal year, the commission received 1,270 complaints, according to the Indiana

Supreme Court's annual report. Of those, 997 were dismissed. Another 273 were investigated, 72 of those were also dismissed after review.

The commission previously investigated Rokita's predecessor, former Indiana Attorney General Curtis Hill, following allegations that Hill groped four women during a party at an Indianapolis bar.

Although the commission recommended that Hill's law license be suspended for two years, the Indiana Supreme Court suspended Hill's law license for just 30 days. Hill continues to maintain no wrongdoing.

## Rokita-Bernard saga

Bernard previously sued to stop Rokita's office from obtaining certain patient records related to her care for the 10-year-old, who sought an abortion in Indiana after her pregnancy progressed beyond the 6-week cutoff for in Ohio.

Bernard previously sued to stop Rokita's office from obtaining certain patient records related to her care for the 10-year-old, who sought an abortion in Indiana after her pregnancy progressed beyond the 6-week cutoff for in Ohio.

Bernard's legal team voluntarily dismissed the case after it transitioned to an administrative licensing action before the Indiana Medical Licensing Board, scheduled to be heard later this month. The court officially dismissed the case Nov. 12.

Rokita filed to reopen it Jan. 9 to refute the superior court judge's "erroneous finding" that he violated state confidentiality laws. The Schaerr Jaffe firm is assisting in those efforts, documents show.

Indiana's General Assembly passed a near-total abortion ban in a special legislation session over the summer — with proponents citing the 10-year-old's case as a reason to include exemptions for rape and incest.

But two separate judges granted injunctions temporarily blocking the ban. The Indiana Supreme Court elected to hear the case themselves in January. It's not clear when the justices will make their ruling, however.

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# Barely Remembered Memories



**CARRIE CLASSON**  
The Postscript

"The worst thing," I told my mother, "was when you made us eat venison sausages for lunch. That sausage lasted forever!"

I am visiting my parents, and we somehow got to discussing our less-than-favorite foods. My mother always made wonderful school lunches with fresh fruit and a homemade cookie. But memory is fickle. What I remember most clearly was when my father brought home from work what seemed to me, as an elementary-school-age kid, a venison sausage the size of a baseball bat, and I had to eat sandwiches made from it—forever, as I recall.

"That was not the worst thing," my father said.

"No, you're right," I agreed. "The worst thing was when you made tongue sandwiches. I didn't eat those."

"When did I make you a tongue sandwich?" my mother asked.

"You made it for my lunch!"

"How did you know it was tongue?" she asked.

"It had bumps!" I told her, suddenly reliving the

experience. "It couldn't have had many bumps," my mother said.

"How many bumps do you think it needs for an 8-year-old to refuse to eat it?" I asked.

My mother laughed. She's not a fan of tongue, either.

We were talking after dinner. My husband, Peter, and I were visiting my parents in their home "up north." We were having my mother's pumpkin bars for dessert and talking about old times and relatives I barely remembered—if at all.

I knew my mother's father had a brother named Evald, and I knew they used to go fishing. I remember my grandmother saying that grandpa was not going up north to fish but to drink beer with Evald. I figured with 11 kids to raise and 50 cows to milk, drinking a little beer with Evald once a year wasn't the worst thing a guy could do.

"I've never seen the house you lived in when you were little!" I told my mom.

"It's in kind of sad shape, last I saw," she told me. "But it's still there. You need a tour!"

"I do," I agreed.

Memory is a funny thing. It seems to disappear completely, then slaps us with a vivid clarity—like an image of the bumps on a tongue sandwich eaten (or not eaten) 50 years ago.

I'm going to take a tour of the house my mother

and her siblings grew up in the next chance I get. Even if the old farmhouse isn't looking as fine as it used to, even if it's been empty for a long time. I'd like to hear what memories my mom has when she sees it again and try to imagine some of the things that are now barely remembered.

"That was not the worst thing," my father said again. "We didn't make you eat the worst thing."

"What was the worst thing?" I asked him, trying to think what could be worse than a tongue sandwich in elementary school.

"You remember what your Uncle Evald gave us?" my dad asked my mom.

"No!" my mother said.

Uncle Evald lived off the land, up in the north woods, occasionally driving a school bus, from what my mother said.

"It was canned bear meat. In a jar. The fat had separated from the rest of it."

"I don't think I ever saw that," my mother said.

"That wasn't the worst of it," my dad continued. "There was hair in the jar!"

"No!" my mother said.

"There was," my dad said. "So, it could have been worse than venison sausage for lunch."

I had to admit, my dad was right.

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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**BETSY** From Page A1

Name: Eric Behrends. Age: 51. City: Noblesville. Occupation: Retired and a veteran of the U.S. Army of six years. Where found: Noblesville Ralph Lehr Veterans of Foreign Wars Post 6246. Wants for Valentine's Day: "I want to spend it with my beautiful wife, Linda."



Eric Behrends

*Here's what these eight men said:*

Name: Steve Vetrano. Age: 52. City: Fishers. Occupation: Finance director for the State of Indiana. Active duty in the U.S. Army. Where found: Noblesville Ralph Lehr Veterans of Foreign Wars Post 6246. Wants for Valentine's Day: "To come over here (to the VFW) and spend some time with my friends who don't have Valentine's Day dates. We'll commiserate together. I like coming to the VFW; it's because I've got friends here of common interests and common experiences we get to talk about. It's a great place to be. ... We typically do a potluck."



Steve Vetrano

Name: Harvey Campbell. Age: 64. City: Arcadia. Occupation: Owner of Campbell Sales & Service of 34 years and veteran of the U.S. Army. Where found: Noblesville Ralph Lehr Veterans of Foreign Wars Post 6246. Wants for Valentine's Day: "I'm probably going to spend it at home with my fiancée."



Harvey Campbell

Name: Joe McMahon. Age: 30. City: Cicero. Occupation: Pokemon card extraordinaire at Moonshot Games in downtown Noblesville. Where found: Moonshot Games. Wants for Valentine's Day: "A Valentine."



Joe McMahon

Name: John Morris. Age: 52. City: Indianapolis. Occupation: Medical sales representative. Where found: Noblesville American Legion Frank E. Huntzinger Post 45, where he is commander. Wants for Valentine's Day: "I would like a special night for me and my wife to have a nice dinner and enjoy our company."



John Morris

Name: Matthew Buehler. Age: 63. City: Noblesville. Occupation: Manager of a paint store. Where found: Noblesville American Legion Frank E. Huntzinger Post 45, where he is a member of Sons of the American Legion; his late father served in the U.S. Marines in World War II. Wants for Valentine's Day: "To have a real nice evening with my lovely wife."



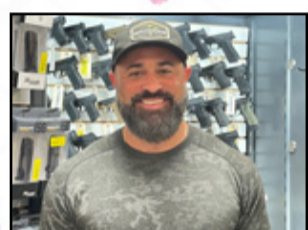
Matthew Buehler

Name: Randy Brake. Age: 68. City: Noblesville. Occupation: Retired, served in the U.S. Army for 20 years. Where found: Noblesville American Legion Frank E. Huntzinger Post 45. Wants for Valentine's Day: "Go get a good steak dinner."



Randy Brake

Name: David Perry. Age: 43. City: Carmel. Occupation: Business owner. Where found: His family-owned business, Hoosier Armory in downtown Noblesville. Wants for Valentine's Day: "Go out to dinner at a nice restaurant and have a nice night."



David Perry

- Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).

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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](http://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](http://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](http://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](http://Culinary.net) to find more nutritious breakfast ideas.

### Brunch Fruit Tart

Recipe adapted from [homemadeinterest.com](http://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. 14, 2023

A8

### 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 barbaqoa to curried brisket rice and pho rub beef belly spring rolls, viewers are in for a treat by tuning into season 3 of "BBQquest: 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 BBQquest 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 BeefLoving Texans.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. 14, 2023

A9

## 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](http://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](http://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. 14, 2023

A10

# Helping Heroes Handle IBD



Photos courtesy of Getty Images

**FAMILY FEATURES**

**F**or 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.

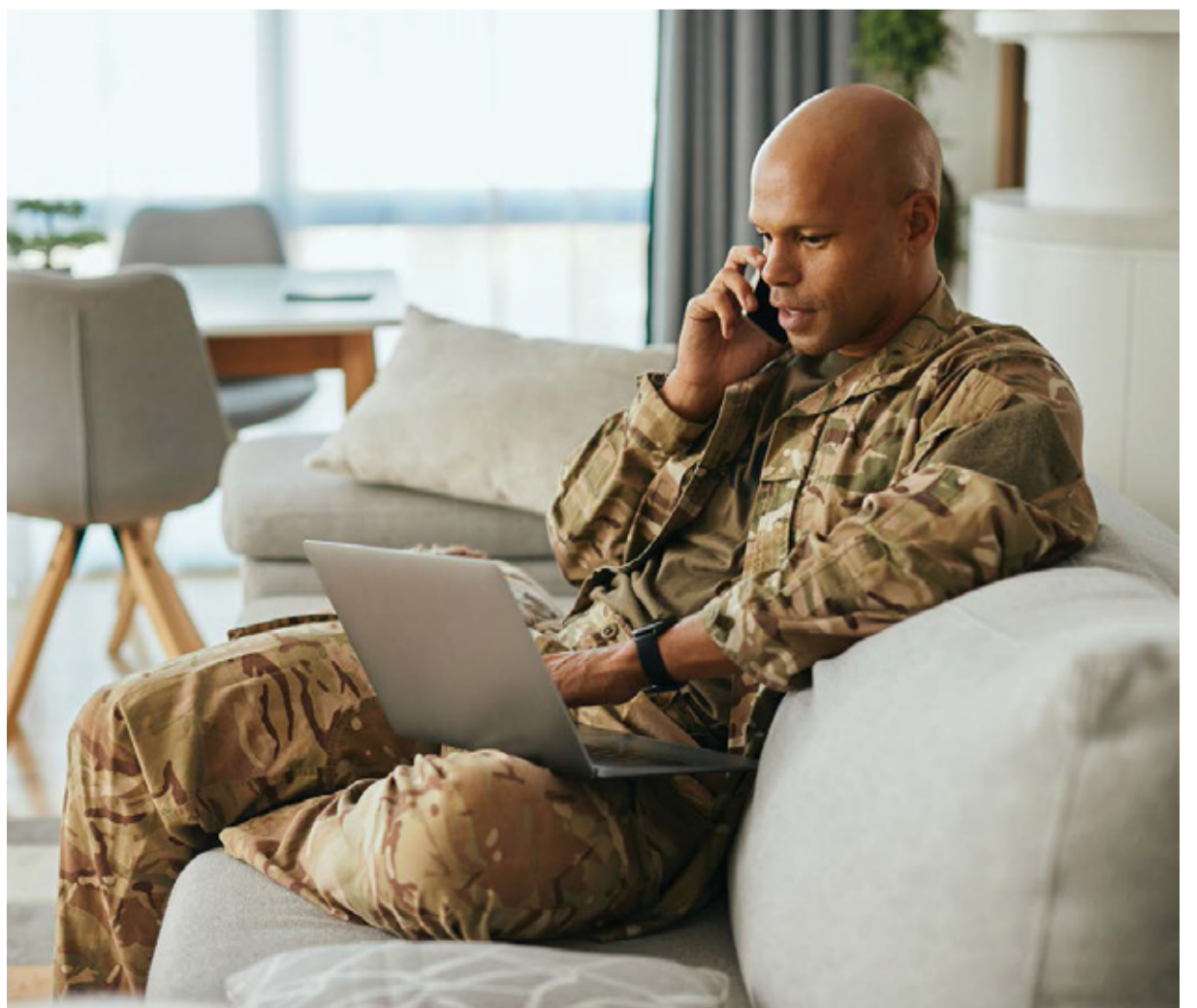
**Mental Health and Emotional Wellness**

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](http://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. 14, 2023

A11

# 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.