

TODAY'S VERSE

Ecclesiastes 3:14 I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it.



FACES OF HAMILTON COUNTY

What makes Kate Baker smile? "The kindness of others, my nieces and nephew, laughter, my dogs, the ocean. There are so many things that bring me joy." She's "an incredibly proud aunt, the best title I've ever had," and "a proud mom" to her two sweet huskies, Dakota and Dasher. Since coming on to the job as Noblesville Main Street's executive director, Baker feels right at home. She invites everyone to stop in. "I love hearing about what people value about Noblesville Main Street and, of course, what they'd like to see from us in the future," she said. In Noblesville, Baker grew up singing and loving theater. She was involved in high-school drama productions and sang with NHS Singers and New Dimension show choirs, and she still sings in the chancel choir at Noblesville First United Methodist Church. Currently, she's preparing for Noblesville Main Street's First Friday, 5 p.m. to 9 p.m. today in downtown Noblesville. The event offers all kinds of reasons to shop downtown with Caravan Classes having a free Vintage Valentine activity, Wild Bohemian Boutique selling \$20 Galentines Gift Sets, Vintage Adventures offering a chance to win a wall art and vase of wooden flowers, specials at Little Petal Farm, giveaway at Noblesville Antiques on the Square, and special dinner and roses with special purchases of jewelry at Smith's Jewelers on the Square, including things to do at The Lacy Arts Building with local vendors, artists and live music in The Lacy Arts Building, the former Kirk Hardware, on the north side of the Courthouse Square. Read more things to do in the Betsy Reason column in today's edition of The Times.

And Another Few Things...

1. Visit Center Trail

The Goose Pond Fish & Wildlife Area's new Visitors Center Trail is scheduled to be dedicated Feb. 25 at 10 a.m. The accessible 0.5-mile gravel trail circles the visitors' center. The trail's surface and maximum 15 percent slope grades allow for virtually anyone of any ability to use it and appreciate the route's wildflower plantings and interpretive signage. Goose Pond, located near the Greene County city of Linton, serves as an inclusive space for birding and other outdoor recreational opportunities across 9,098 acres of prairie and marsh habitat. Register at bit.ly/GPTrailDedication to attend the dedication. After the event, attendees can walk the new trail and stay to enjoy the 14th annual Marsh Madness Sandhill Crane Festival. For more information about Goose Pond FWA, see on.IN.gov/goosepondfwa.

2. February Storywalk

This is the last full week in February to enjoy the Storywalk through Ritchey Woods Nature Preserve with the book "Love" by Matt de la Pena. Storywalk is offered on a monthly basis in partnership with Hamilton East Public Library as an opportunity to enhance an every-day stroll through one of Fishers Parks. Locations and featured storybooks are rotated out on a monthly basis. Clear your head, take in the sights and sounds of nature and explore this month's unique and uplifting story! This month's book will take you on a "...colorful exploration of all the ways that people navigate through the spaces around them and a celebration of the relationships we build along the way." Fishers would love to see pictures of your Storywalk by tagging @FishersParks this month on Facebook or Instagram!

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Photo courtesy of HHSC

Hamilton Heights High School's Grant Venable ('20), Jason and Kelly Tuntland (Tyler's parents), and Tyler Tuntland, ('24) are competing in Season 6 as The Mavericks team on Season 6 of Make48.

2 Huskies To Compete In Make48

Hamilton Heights' junior Tyler Tuntland, his parents, Jason and Kelly Tuntland, and Grant Venable, Hamilton Heights (HH Class of 2020), have been doing something pretty cool in their spare time. They were among the participants in a reality TV inventor show, Make48, whose challenge was to produce a solution for food perseveration.

Make48 is a 48-hour competition where teams are given a challenge for which they build a physical prototype, create a sales sheet, and produce a 1-minute marketing video, all to pitch in front of industry-leading judges. The twist is that we have tool technicians and access to a space full of equipment and tools, all to help the teams build almost anything their imaginations can come up with to solve

the challenge. To come out on top, collaboration is the key to success. The team that claims first prize will win \$10,000, the trophy, and bragging rights for the year!

"This experience began because my mother was obsessed with the show, Make48," recalled Tyler Tuntland. "My parents started talking about it and we ultimately applied to participate when the show would be filmed in Indiana. We were thrilled and felt extremely lucky when we got word that we were accepted!"

"We each seem to have a specific gift in terms of what we could contribute to the overall competition," continued Tuntland. "Grant is a sophomore at Purdue studying aeronautical engineering. He knew how to

use 3D computer modeling to help create our invention and has a knack for thinking outside the box. My dad is a jack of all trades. By day he's a fleet manager at a local automotive company. By night, he transforms crashed airplane cockpits into flight simulators for training at flight schools. My mom has a lot of passion and is a hands-on type of person. Having watched the show for several seasons, she brought a great deal insight and vision. I was all in by a desire to create something that would ultimately help people and give back to those in need. No one should ever go without food."

When asked about the team's name, Tuntland shared that they

See HUSKIES Page A7

Returning For Its 11th Season, HSEF's Game Day Silent Auction



Game Day is HSEF's largest annual fundraiser benefitting all 22 Hamilton Southeastern Schools. Proceeds from this event help support classroom and school grants rooted in innovation across all grade levels as well as student scholarships.

This year's event is sold out, but the HSE Schools community can still support through the Game Day Silent Auction that is now live! Get your bids in before the auction closes at 9:15

See AUCTION Page A7

Make48 Indianapolis Competition at Maker Playground Premieres

The Indianapolis Make48 competition—filmed last fall at Fishers Maker Playground—will air on Wednesday at 8:30 p.m. during the season 6 premiere of Make48 on Roku's This Old House Makers Channel.

In September 2022, the Fishers Maker Playground (8100 E. 106th St., Fishers) hosted Make48 for their nationwide maker competition. During the 48-hour competition, teams were presented with a real-world challenge and tasked to build a physical prototype, create a sales sheet, produce a 1-minute marketing video and pitch their big idea to a panel of judges.

From Sept. 9-11, teams of

four or more gathered inside the Maker Playground to utilize hand tools, 3D printers, laser engraver & cutters, and CNC machinery to brainstorm, draft, and create a model to solve a problem presented by Corteva AgriScience: Food Preservation & the Supply Chain: Food at the Right Place, at the Right Time. The first-place team, who will be unveiled during Wednesday night's show, will advance to Make48's national competition in March.

To celebrate the debut, Maker Playground will host a Watch Party on Wednesday from 7:30-9:30 p.m. This all-ages event

See MAKE48 Page A7

INSIDE TODAY

Table with 2 columns: Topic and Page Number. Includes Obituaries, John Roberts, Brian Howey, Casey Williams, Capital Chronicle, Service Directory, Carrie Classon, Kitchen, and Health.

HONEST HOOSIER

I wish we still had a day to honor Abe Lincoln and a different day for George Washington. I hate lumping them together.



TODAY'S QUOTE

"February is merely as long as is needed to pass the time until March."

- J.R. Stockton

TODAY'S HEALTH TIP

Be consistent when disciplining your children - they need know their boundaries. 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 JOKE

How are relationships like algebra? You sometimes look at X and wonder Y.

OBITUARIES

Patricia Annamae 'Pat' Davis Jewel Elaine Stapleton

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



Weather forecast for WTHR 13, 7 DAY FORECAST. Includes temperatures and icons for Tue, Wed, Thu, Fri, Sat, Sun, Mon.

⇒ OBITUARIES

Jewel Elaine Stapleton

October 13, 1962-February 16, 2023

Jewel Elaine Stapleton, 60, of Noblesville, passed away on Feb. 16, 2023, at Indiana University North Hospital in Carmel following a brief illness.

She was born on Oct. 13, 1962, in Anderson, to David Hughes and Karen (Deaton) Lenze.

Jewel graduated from Lapel High School.

She was a homemaker and had worked as a loan supervisor with USA Group.

She liked to kayak. She enjoyed spending time with her family, especially her grandson. She was a former member of the Alexandria Angels. She loved flowers and enjoyed working outside in her yard.

Jewel is survived by her husband whom she married June 24, 2012, Brad Stapleton; two daughters, Katie Hall of Lapel and Keileigh Stapleton of Fort Wayne; her mother, Karen (Deaton) Lenze; three siblings, Genia Mayhew of Avon, Theodore (Jennifer) Lenze Jr. of Cicero and Andrew (Eghe) Lenze of Lawrence; and a grandson, Braylon Fellows.

She was preceded in death by her father, David Hughes and her stepfather, Theodore Lenze Sr.

Visitation will be from 5-7 p.m. on Monday, Feb. 20, 2023, at Hershberger-Bozell Funeral Home, 1010 North Main Street, Lapel, IN 46051.

A funeral service will follow at 7 p.m. Cremation will take place at a later date. There will be no graveside services.

Online condolences may be shared at www.hershbergerbozell.com.



JOHN R. ROBERTS, M.D.
Hamilton Health

It's very common for people who are middle age or older person who have some lapses in memory to wonder if they might be developing Alzheimer's. Encountering someone with Alzheimer's dementia is becoming more common as the proportion of elderly individuals in our society increases. Forgetfulness is a normal part of aging and usually does not indicate impending dementia.

The word dementia stems from the Latin root de- "apart or away" and mentis "mind." It is characterized by a progressive decline in cognitive and behavioral function due to damage or disease in the brain beyond what is expected in normal aging. Alzheimer's dementia or AD is the most common form of dementia.

Approximately 5.5 million people in the U.S. suffer from clinically significant AD. There are many more who have mild disease (mild cognitive impairment) and remain func-

tional in their day-to-day affairs. Most cases of AD are sporadic while about seven percent of cases are genetic in origin.

About 14 percent of individuals over age 65 and 40 percent of those over 80 have AD. The good news is that 86 percent over 65 and 60 percent over 80 don't have it. It is estimated that by the year 2030 there will be 7.7 million Americans over age 65 with AD. Caring for Americans with various forms of dementia cost \$321 billion in 2022. The cost of caring for a patient with AD who requires nursing home care can reach up to \$100,000 a year.

Alzheimer's is a type of dementia resulting from specific anatomic changes in the brain. The two hallmark findings in brain tissue examined under the microscope are neurofibrillary tangles (NFT) and senile plaques (SP). German psychiatrist Alois Alzheimer first described these abnormalities in 1907.

Although NFTs and SPs are found in Alzheimer's, they can also be seen in other neurodegenerative diseases such as Chronic Traumatic Encephalopathy (CTE), the degenerative brain disorder caused by concussions in athletes like NFL football players. NFTs and SPs must be found in sufficient numbers and in a specific anatomic pattern in the brain to make the diagnosis of Alzheimer's.

Normally, nerve cells (neurons) are very organized and follow specific pathways that allow them to communicate with other neurons. These connections allow us to think clearly. The appearance of normal nerve cells would be analogous to straight strands of hair. The nerve cells in AD look like badly tangled hair and the senile plaques that form are like mixing bubble gum in the tangles. The resulting mess of nerve cells drastically reduces their ability to communicate effectively.

The diagnosis of AD is very complex and there are numerous criteria that have to be met that are too detailed to enumerate here. Diagnosis usually requires the involvement of a team of medical experts. Physicians start by doing a history and physical exam along with some basic blood work to look for other conditions that can mimic AD. These may include (among others): infections, vitamin deficiencies, depression, and thyroid disease.

Additional testing usually involves brain-imaging using a CT and/or MRI scanner. A brain wave test or EEG may be performed and genetic testing may also be done if there is a family history of AD. Specialized neuropsychological testing may be performed by a clinical psychologist to identify exactly which parts of the brain are affected.

The earliest finding

in AD is that of slowly progressive memory loss. Forgetfulness is what causes most people to worry they may be developing AD. Occasionally forgetting things such as where you placed your keys or why you came into a room is usually not a cause for concern. It's more worrisome when memory problems start to consistently disrupt daily functioning. There is a list of ten warning signs found on the Alzheimer's Association website at bit.ly/3ajnKkV. This site also contains a wealth of information about the disease.

The underlying cause(s) of AD has been very elusive. Research has focused primarily on tau protein, a normal protein found in nerve cells. However, when tau protein folds incorrectly, it can cause the formation of neurofibrillary tangles found in AD. Researchers are working on treatments that reduce the formation of neurofibrillary tangles, alter the abnormal folding of tau protein, or increase the destruction of abnormal tau protein. Results have been very mixed, bringing the hypothesis of abnormal tau protein being the only cause of AD into question. Hopefully Alzheimer's will be a treatable or preventable disease in the not-to-distant future.

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

Patricia Annamae 'Pat' Davis

October 28, 1936-February 5, 2023

Patricia Annamae "Pat" Davis, age 86, passed away peacefully at her home in Westfield, Indiana, on Sunday morning, Feb. 5, 2023. Born Oct. 28, 1936, in Elwood, Indiana, she was the daughter of the late Samuel Lester and Frances Leona (Owen) Miller. Pat was a 1954 graduate of Westfield High School where she was active in Sunshine Club. She was also an 8-year 4-H member, as well as a reporter on Shamrock Staff and photographer for the Shamrocket Yearbook. For a few years following high school, she worked for the Sheridan News. She was also a 20-year employee in the housekeeping department for Maple Park Village. Pat shared a wallpaper, cleaning, and painting business with her sister-in-law, Ramona and aunt, Kathryn Kirby-Milikan. Pat and her husband, Stuart, resided near Jolietville for 65 years and were both members of the Eagle Creek Friends Church. She and Stuart had a passion for mentoring young people. Together, they directed and traveled with the church choir, The Singing Disciples, where she sang alto and helped many of the young women in the group to find their alto voices as well. They also served as chaperones for summer church camp, and hosted many memorable Sunday night "Afterglow" youth meetings at their home. The entire group from back then has remained close and often looks back with fond memories of the square homemade Chef Boyardee pizzas and great fellowship. Pat also helped her husband take care of the Eagletown Cemetery for many years. She always made sure that the entire cemetery was decorated with silk flowers for spring and would continue to change out the flowers according to holidays and seasons. Pat loved to cook, but enjoyed even more the fellowship that would happen around the table. For many years, she hosted Sunday dinner for her family every week after church, and even had to buy a bigger table as the family grew with the addition of grandchildren and great-grandchildren. Many wonderful creations came from her kitchen throughout the years, of which her pies will probably be missed the most. Pat loved flowers; her beautiful gardens always attracted plenty of birds, and she always enjoyed sitting and watching the beauty of God's creations whenever they came for by for a visit.

Without a doubt, Pat's favorite activity in her later years was following her grandchildren and great-grandchildren in their adventures. Whether it be a cross country meet, basketball or football game, wrestling meet, tennis match, piano recital, or Grandparents' Day at school, she never missed a chance to show her love and support to the youngest and dearest of her family. Pat is survived by three sons, Stuart Mark Davis (Paula) of Fishers, Kerry Wayne Davis of Arcadia, and Paul Nathan "Nate" Davis (Kristin) of East Earl, PA; six grandchildren, Jessica Davis-Ray (Luke), Andrew Davis (Amanda), Lindsay Davis, Brittany Davis-Riner (Mark), Reagan Davis, and Riley Davis; four great-grandchildren, Isaac, Aiden, Maggie, and Calvin; her sister, Alice Gipson of Sheridan; and will be greatly missed by her nieces and nephews, Donna Gipson, Allan Gipson (Valerie), Karen Hammack (Rodger), Danny Gipson (Shari), and Donald Gipson (Lisa), as well as, Milton Whittaker (Mary Kathryn), Susan Whittaker-Cluxton (Paul), and Little Sidney Davis. She was preceded in death by her parents, Samuel Lester and Frances Leona (Owen) Miller; sisters-in-laws and brothers-in-laws, Morris "Dick" and Ramona Whittaker, and Robert and Phyllis Davis; and brother-in-law, Donald Gipson; and by her loving husband, Stuart Edwin Davis on January 8, 2023. She and Stuart were married on August 12, 1956. Pat was laid to rest at Eagletown Cemetery in a private family service with Pastor Bob Stubbs officiating. A Celebration of Pat's life will take place at noon on Saturday, Feb. 25, 2023, at Eagle Creek Friends Church, 18325 Eagletown Road, Westfield, Indiana, with visitation from 10 a.m. until the time of service. In lieu of flowers, memorial contributions may be presented to the Eagletown Cemetery, 3924 W. 186th Street, Westfield, IN 46074.



Noblesville And Carmel Lions Assist Gleaners



Photo courtesy of the Noblesville Lions

Lions shown helping load cars with food.



Photo courtesy of the Noblesville Lions

Lion members helping with the project included Matt Best, Bob Yunker, Lane Sims of Carmel Club; Steve Shaw, George Long, Joe Connerley, Gary Hipes, Jeff Kozicki, Ron Williamson, Dale Unger of Noblesville Club. Last four (2 in rear) were Charlie Stock, Zach Stock of Carmel; and Carol Miller, Duke Miller of Noblesville Club.

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Armed Hoosier Toddlers Holcomb Honors Emergency Management Agencies

The fact that there's been 67 mass shooting events in the United States this year by this date (Feb. 16) is ample evidence that something is going terribly wrong. Things are haywire in American society.

Now, consider this new phenomenon: Armed Hoosier toddlers.

In January, a 4-year-old Beech Grove boy was seen in a shocking live video during the TV show "On Patrol: Live on Reelz" that went viral nationally. According to Marion County court documents, Beech Grove Police found the boy in a diaper in an apartment complex hallway waving around a handgun. The father is facing three felony charges of neglect of a dependent and dangerous control of a firearm.

In early February, a Lafayette 3-year-old shot himself in the leg and was treated at the hospital for minor injuries. WFLI-TV reported that LPD Lt. Mike Brown said there were multiple people were in the house when the shot was fired.

Last November, a 4-year-old Muncie boy shot and killed himself in front of his 2-year-old sister. The boyfriend of the mother, according to Fox59, "routinely left his Glock on a dollhouse inside his girlfriend's home."

On Feb. 9, a 2-year-old Portage girl died after "accidentally" shooting herself. WLS-TV reported: Officials said the initial investigation shows that the child was able to gain access to a family-owned firearm and discharged a single round, striking herself.

In East Chicago a few days later, it was a 14-year-old boy who "accidentally" shot an 11-year-old boy, according to WLS-TV.

WRTV reported in August 2022 that 76 children had been gun violence victims so far that year, 11 of them fatally. In 2021, according to IMPD data, a total of 92 kids were victims of shootings, 12 of them fatally. In 2021, a record 48,000 Americans were killed by firearms, including suicides, homicides and accidents.

On Valentine's Day, the Washington Post's John Woodrow Cox and Steven

Rich reported that the total number of children exposed to gun violence at school had risen from 187,000 in 2018 to a staggering 338,000 this year. "By nearly every meaningful measure, 2022 was the worst year of school shootings in history," Cox and Rich continue. "Across 46 acts of violence during school hours, 34 students and adults died while more than 43,000 children were exposed to gunfire at the places they go to learn and grow."

Kate Woodsome, a producer, writer and director, writes in a Washington Post op-ed, "American kids are unwell because American society is unwell. The systems and social media making teenagers sad, angry and afraid today were shaped in part by adults who grew up sad, angry and afraid themselves."

Woodsome cites a Centers for Disease Control and Prevention released data from the first Youth Risk Behavior Survey collected across the United States since the start of the coronavirus pandemic. "It is devastating," Woodsome writes. "Nearly 1 in 3 high school girls reported in 2021 that they had seriously considered suicide."

There is a plethora of reasons for this deep funk, ranging from bullying to social media impacts, but the fact that our kids are stepping on to the school bus and having to take part in "active shooter drills" and knowing, in the back of their minds, that they may leave school in a body bag is part of our harrowing reality.

At Michigan State University on Monday, a gunman shot and killed three students and critically wounded five others before taking his own life. As tens of thousands of students have endured in recent years, MSU students received the hallmark text of our haywire times: "Run, hide, fight." On Tuesday, the Indiana House Republicans passed a bill 71-24 that would begin a state-funded handgun training program for teachers. "Sadly, it's something that's necessary for the tragic world we live in today," said Rep. Jim Lucas, R-Seymour.



BRIAN HOWEY
Howey Political Report

Sadly. I personally know several teachers, and not one of them believes that arming themselves in the classroom is a good idea. It is a bandage step to a catastrophic epidemic of violence. They are, to a person, thinking of leaving the profession. That's part of the reason we are having a teacher shortage.

"Guns are part of the American way of life," Lucas said. "It's enshrined in our Constitution. It's enshrined in our Bill of Rights."

I want to remind Rep. Lucas that the preamble to the U.S. Constitution reads: "We the People of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America."

Our leaders and lawmakers are failing us; leaving our students vulnerable and frightened; many of our children exposed and endangered. In a nation awash in guns, they are refusing to take common sense preventative steps to staunch this violence. A society that refuses to protect its children is an endangered one.

U.S. Rep. Elissa Slotkin, whose district includes MSU, said, "I'm filled with rage that we have to have another press conference to talk about our children being killed in their schools. And I would say that you either care about protecting kids or you don't."

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

Emergency Management Agencies (EMAs) often work behind the scenes without gaining attention until events like snowy weather, floods, tornadoes, etc. Governor Eric J. Holcomb is honoring this group of critical personnel by celebrating EMA Appreciation Week Feb. 19-25, 2023.

EMAs are part of the first line of response to natural and man-made disasters. County emergency managers help draft disaster

response plans, organize trainings that include first responders and community partners, work with state and federal agencies to find the most effective disaster recovery methods and offer knowledge and expertise to local community leaders.

"Emergency managers play a pivotal role in their counties. Their decisions carry a heavy weight on how a community responds to and recovers from a significant incident or event," said

Joel Thacker, executive director of IDHS.

Every emergency begins and ends locally, like the COVID-19 pandemic that impacted all 92 Indiana counties. It is important for Hoosiers to recognize the dedication and accomplishments of these highly-trained professionals.

IDHS will be celebrating EMAs on Facebook, Twitter and Instagram. Follow along to learn about the people putting in countless hours to keep you safe.

Lt. Gov. Crouch, OCRA Unveil Grant Opportunity for Indiana Main Street Communities

Gov. Suzanne Crouch and the Indiana Office of Community and Rural Affairs today announced the Taking Care of Main Street grant program is now open for applications. This Indiana Main Street grant program will award a total of \$150,000 in grants to eligible Main Street communities.

"The Indiana Main Street program has such a positive impact on communities across our state," said Lt. Gov. Crouch, Indiana's Secretary of Agriculture and Rural Development. "These additional grants will help maintain this success and fuel even greater economic development for our Main Street communities."

The Taking Care of Main Street program aims to support Indiana Main Street organizations as they transition to the new

accreditation standards, implemented by Main Street America. By providing this one-time financial assistance, Main Street organizations will be able to provide direct assistance to the economic development growth in their community, including business retention and recruitment, organizational growth, transformation strategy implementation and more.

"Our Indiana Accredited and Nationally Accredited Main Streets have some of the strongest downtown business districts in the state," said OCRA Executive Director Denny Spinner. "This program will help communities to increase capacity and ensure the continued success of their main street and downtown districts."

Through a competitive process, 37 programs

will be eligible to apply for funds ranging from \$5,000 to \$25,000 with a 50/50 match requirement.

Indiana Main Street, administered through OCRA, works with Indiana communities to build relevant and economically thriving places where people want to live, work and grow. OCRA works with local, state and national partners, including Main Street America, to provide resources and technical assistance to aid communities in shaping and achieving their vision for community and economic development.

Eligible expenses could include salaries, administrative or consultant fees, space and equipment rental, or staff development and training. For more program information, visit in.gov/ocra/mainstreet/taking-care-of-main-street.

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Photos courtesy of Lexus

Mazda CX-9 A Bridge To First-Ever 2024 CX-90 Luxury Crossover

If every Mazda is created around its own piece of Miata soul, then the CX-9 three-row crossover receives a bigger helping than most. But, by now, it is only a bridge to the first-ever CX-90 crossover that recently debuted for 2024. Whether you buy now or later, there could be a very beautiful and practical Mazda in your future.

2023 Mazda CX-9 Signature

Trying to find a reasonably affordable three-row crossover that's luxurious, family-friendly and offers fun to the driver is not that easy. Most three-row crossovers are way too big and tall to be fun and those Euro wagons that aren't cost big coin. However, if you need to carry your larger family on vacation or friends to dinner, the 2023 Mazda CX-9 Signature may be your ride.

Mazda gained a reputation of being a "Japanese Alfa Romeo" and that is evident in its styling. Looking like it came from an Italian carrozzeria, exterior

shapes seem as much hand formed as stamped. Mazda's trademark grille with precise edges stands tall, flowing back into the long hood, curvaceous fenders and low roofline. Bodysides are accentuated in all the right place. It's distinguished further by 20" wheels, LED headlamps, and signature lighting.

The art show continues inside where stylists embraced minimization and rich materials, highlighted by Deep Chestnut Nappa leather, Santos Rosewood trim, and controls kept low in the console. Rear passengers get twin captain's chairs with a large console. Heated/ventilated front seats, heated second row chairs, and a heated steering wheel sooth chilly souls. A power moonroof, crisp 12-speaker Bose audio, and tri-zone automatic climate control add comfort.

Infotainment is handled via a console joywheel and new 10.25" display, employing Apple CarPlay, Android Auto, and Bluetooth to connect

2023 Mazda CX-9 Signature

7 passengers, AWD Crossover
Powertrain: 2.5L T4, 6-spd trans
Output: 227 hp/310 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: disc/disc
Must-have features: Style, Drive
Fuel economy: 20/26-MPG city/hwy
Assembly: Hiroshima, Japan
Base/As-tested price: \$38,750/50,130

devices while rain sensing wipers and a head up display make driving easier. Charge phones wirelessly on a console pad. Safety is enhanced with radar adaptive cruise control, forward collision warning with auto brake, lane keep assist, blind spot warning, and rear cross-traffic alert.

There's not an over-abundance of power, but the CX-9 has enough. The 2.5-liter turbocharged four-cylinder engine generates 227 horsepower and 310 lb.-ft. of torque, all routed to the all-wheel-drive system through a six-speed automatic transmission. With a couple of people aboard, acceleration is fine. Load up with six and

their luggage and it will be strained. Upgrading to an eight-speed transmission would improve fuel economy ratings beyond 20/26-MPG city/highway.

Put it into the twisties, or attack a downtown on-ramp with vigor, and the CX-9 betrays its Miata DNA. The firm yet compliant suspension encourages you to travel far and wide, but you can also enjoy a weekend backroad hustle. I could do without the cumbersome joywheel control, and the drive mode selector doesn't really do much, but the CX-9 is a beautiful place to spend time, is super comfortable for four passenger, and looks good in the driveway.

Prices start at very reasonable \$38,750, but came to \$50,130 as-tested. That's not cheap, but a fair price for all you'll enjoy. Competitors include the Acura MDX, Volvo XC90, Ford Explorer ST-Line, Toyota Highlander XSE and Chevy Traverse RS.

Preview - 2024 Mazda CX-90

As much as families will enjoy the CX-9, they should get one fast as soon it will be completely replaced by the just introduced 2024 CX-90. A larger more sculpted body encompasses a roomier third-row seat and two hybridized powertrains for improved fuel economy and an alternative for those not quite ready to go fully electric.

Beyond its voluptuous sheetmetal and lush interior, the CX-90 will be available with two powertrains: The base 3.3-liter V6 delivering 340 horsepower with a mild hybrid system to enhance fuel economy or an optional plug-in hybrid with a 2.5-liter four-cylinder engine helping



CASEY WILLIAMS
Auto Reviews

create a system combined 323 horsepower. All-electric range was given as "competitive", which should mean something around 30 miles after a full charge.

Back inside, the comfy interior features Japanese aesthetics with wood and tone-on leathers plus a third row-seat with USB-C charging ports and cooling vents. Drivers will appreciate a large 12.3-inch infotainment screen. Sales begin in the spring with prices slightly higher than the current CX-9 - think \$40,000ish as a base. Storm Forward!

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

New LED Strategies Could Make Vertical Farming More Productive, Less Costly

Purdue University researchers have designed two simple LED lighting strategies to increase yield and reduce energy costs for the vertical farming sector of indoor agriculture.

The close-canopy and focused-lighting strategies developed by PhD candidate Fatemeh Sheibani and professor Cary Mitchell, both in the Department of Horticulture and Landscape Architecture in Purdue's College of Agriculture, capitalize on LED lighting's special properties.

"One is that they are relatively cool at the emitting surface, in contrast with other lighting choices," Sheibani said. Thus, the lighting system works closer to plants without scorching them. LEDs are also current driven, unlike many energy-intensive, voltage-driven lighting sources.

Their work is part of a project called OptimIA (Optimizing Indoor Agriculture). The project, led by Michigan State University, includes collaborators at Purdue, University of Arizona and Ohio State University. OptimIA is sponsored by the U.S. Department of Energy's Specialty Crop Research Initiative.

In vertical agriculture, produce grows using LEDs as the sole lighting source.

"It is the fastest-growing sector of controlled-environment ag," Mitchell said. "There are new

startups going on in urban and para-urban areas all the time, and worldwide."

Fueled by an enthusiastic investment sector, the U.S. is a worldwide industry leader. But labor and energy costs, totaling about 60% of running an indoor farm, threaten the startups' future. Inflation and rising energy costs have made an already fragile industry even more so. Startup costs are also high, both for land in urban areas and for LED lighting system installation.

But indoor farms can easily lower energy use while achieving their usual yield with the close-canopy-lighting strategy. Or, they can increase yield while maintaining their previous energy use. Indoor farmers can dim the voltage of a 1,000-watt, high-pressure sodium lamp with a rheostat, but that merely turns the energy into heat without any savings.

"It's hidden energy," Mitchell said. But with the LEDs, the current flow can be reduced, and light output is reduced proportionally.

Close-canopy lighting works because LEDs shine in all directions, like the sun. At standard plant/light separation distances, significant light streaming at wide angles over the plants misses them entirely. But with reduced separation distances, the plants absorb light that would otherwise go to waste.

Today, indoor farms can affordably offer only leafy greens and culinary herbs to consumers. Their quick growth allows for many cropping cycles year-round, unlike produce grown in gardens or fields.

And once they reach high-cost urban areas, indoor-produced salad kits and leafy greens might sell for \$16 or \$17 a pound.

"What they sell you in the store in a clamshell or as an individual plant is just a fraction of a pound," Mitchell said.

LEDs are the lighting system of choice for indoor farming because of their relative energy efficiency and long lifetimes, Sheibani said. But improved LEDs also have high photon efficacy, meaning that electric energy is more readily converted to light that plants can use efficiently.

Still, inefficient capture of LED light reduces their benefits. Many indoor farmers, for instance, mistakenly believe that they can place their LEDs anywhere. But Sheibani and Mitchell noticed both in vertical farms and in smaller-scale experiments that the light fell not only on the plants but also on the walls and walkways. By reducing the distance between the LED system and the leaf canopy, the researchers were able to reduce such wasted light.

"We can improve canopy photon capture efficiency, as we call it, as long as we use LEDs correctly," Sheibani said.



Photo by Jessica Kerkoff courtesy of Purdue Agricultural Communications

Fatemeh Sheibani, a PhD candidate in horticulture and landscape architecture, examines lettuce plants in a controlled environment chamber using LED lighting. Sheibani's research focuses on finding the best strategy for using LEDs in vertical farming that will maximize crop yield and decrease production costs associated with lighting.

"Canopy photon capture efficiency is the fraction of photons that reach the photosynthesizing machinery of the plants."

Sheibani measures waste via a ratio of plant growth to LED electrical energy consumption. The resulting energy utilization efficiency compares grams of fresh or dry biomass yield per kilowatt hour of energy consumed by the LED lighting system.

"The higher the grams of fresh or dry biomass produced per kilowatt hour, the better it is," she said. And both of Purdue's tested scenarios found that the closest separation distance had the highest energy utilization efficiency.

Sheibani and Mitchell

also are testing an energy-saving, focused-lighting approach that relies on a custom-made LED system with selective controls. How do small, individual, widely separated plants fare under slowly spreading beams of light rather than full coverage all the time?

"When seedlings emerge after germination, the very small plants are wide apart," Mitchell said.

"It takes two weeks for them to grow together and close a canopy of baby greens. Everything in between is mostly wasted light until then."

Sheibani and Mitchell's system minimizes that waste. When plants are still small, they use full-coverage LED lighting

inefficiently, Sheibani said. But it is possible to save energy in the earlier growth stages with focused lighting.

"Then when the plants are at the stage that they can use light efficiently, we can upgrade to provide the optimum amount," she said.

OptimIA offers more information in free video presentations at OptimIAUniversity and the Indoor Ag Science Café.

"There's a lot of excitement about indoor ag and people are jumping into it," Mitchell said. "But they don't really have the secret for long-term profitability yet. That's where academic research such as the OptimIA project comes in to help."

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State Needs More Emergency Responders, Takes Aim At Training

By Whitney Downward

Indiana's emergency responders, especially volunteer firefighters, might be getting more funding for training and gear in the next state budget.

Gov. Eric Holcomb's proposed budget earmarks more than \$13 million to expand training opportunities for these volunteers, most of whom work in rural counties. Currently, large swaths of the state are more than 45 minutes away from one of the 14 existing state-funded facilities.

"We've made a lot of progress in terms of our first responders," Holcomb said last week. "But what we really want - as with our infrastructure program, as we've done with our public health commission - we really wanted this to be data driven."

If approved by lawmakers, the \$13 million will fund an additional 16 facilities, meaning nearly every corner of the state will be less than 30 miles from a training facility.

"We've on the road now," Joel Thacker, the executive director of the Department of Homeland Security (DHS), said about how soon new regional sites could be built. Thacker, the previous State Fire Marshal, oversees the state's emergency response system as the leader of DHS.

Building such facilities required more forethought, Thacker noted, because they needed to be isolated from neighborhoods but still have connections to a continuous water supply.

"My hope is that (planning is) all wrapped up when the money is approved so we can hit the ground running and start seeing these under construction," Thacker said.

The importance of training close to home Rep. Randy Frye, a retired Indianapolis firefighter, said he joined the service because it was high adrenaline and high risk, just like the sports he played in high school.

But committing to the 10-week course as a volunteer firefighter balancing a job and family can be difficult - especially because training is "far more intense and involved" than it was 20 years ago, Frye said.

"Some of it is we've learned a lot. We have a very high cancer rate amongst firefighters and we learned that some of that was because we weren't taking care of ourselves. We weren't doing the proper training

or wearing the proper protection," Frye, R-Greensburg, said.

Having facilities closer to potential volunteers makes it easier to recruit someone to the demanding profession and provides high-quality training that could save their lives.

"Public safety in general - whether it's law enforcement, EMS (Emergency Medical Services), the fire service - all of our recruiting numbers are down," Thacker said. "I think our lives are so busy, it's hard for us to really make that additional sacrifice or take on additional responsibilities outside of the home."

At the beginning of his career in 1984, Frye said that he didn't use a self-contained breathing apparatus frequently, something "we should have been wearing all along."

Additionally, homes today are often treated with more fire protectants and catch fire less often than older homes. But the use of composite materials in modern homes means that, if the home does catch fire, it burns much faster and the fumes are more dangerous.

Frye said today, a floor joist or truss might burn in 10 minutes, compared to the hour firefighters used to have. This weakens the floor and makes it more dangerous for emergency responders to enter a home.

Frye retired from the service in 2010, the same year he joined the General Assembly. He is spearheading a handful of legislative efforts to recruit firefighters, especially younger Hoosiers to offset the aging volunteer service whose members are, on average, in their 50s.

"We have to find other ways to attract new volunteer firefighters," Frye said. "If we had to pay for it, it would cost billions of dollars. We can't afford to lose it."

Volunteer fire units traditionally have a lower call volume than their career counterparts, though EMS calls over the last few years have grown even as the number of people responding shrinks.

Thacker estimated that nearly three-quarters of the state's emergency responders, specifically firefighters and paramedics, were volunteers - and it's not uncommon for someone in the firefighting industry to cross train as an Emergency Medical Technician (EMT).

But maintaining individual stations, training emergency responders and equipping them is prohibitively expensive.

"It takes about \$12,000 to outfit one firefighter and these organizations don't have the money," Thacker said. "They have to raise money through fish fries and other event just to survive and put gas in their vehicles."

Additionally, turnout gear - the protective clothing used by firefighters - is supposed to be completely replaced every five years and a self-contained breathing apparatus needs to be replaced every 10 years.

Legislation aims to improve emergency services. Several proposals in the Statehouse aim to provide more funding to these services.

Holcomb's budget proposed \$24.2 million for public safety, which includes the \$13.1 million for building and expanding training facilities.

Another \$1.1 million will go to mobile training, or materials and trailers used by DHS for other programming, while the remaining \$10 million will replace volunteer turnout gear and self-contained breathing apparatus - with a priority to replace the oldest equipment from the most impoverished stations.

Outside of the budget, a handful of other bills aim to ease Indiana's shortage of emergency responders - specifically the sweeping proposal to shore up Indiana's public health system.

An analysis of the state's training and workforce development for EMTs was one of the Governor Public Health Commission's recommendations, with a focus on which communities fall short on trauma care.

Emergency responders with medical training are even more important in rural areas far from hospitals because the majority of calls to EMS are time sensitive or require treating someone with significant trauma. Most firefighters are dual certified as EMTs and roughly 70% of calls to their stations are for emergency services, not fires.

Under the public health bill, which passed the Senate Appropriations Committee on Thursday, emergency services will get nearly \$14.7 million. Ambulances, which can cost over \$300,000, were added into the bill as one of the "core health services" which public health grant funding can cover.

"That's great because we have a shortage of ambulances, we have a shortage of people that operate ambulances," Thacker said. "When I was fire chief, we could

put a request in to build an ambulance and get it in 180 days. Now it's two years and the cost has increased."

Other bills include a proposal to better mesh emergency dispatch systems across county lines and another easing the splitting of local income taxes between government entities to fund fire districts.

"In the last couple of years, I feel like we have really had a lot of attention and a lot of focus from local and state leaders to try to make a difference, to try to make things better," Thacker said.

But Thacker said that while the current injection of funding would stabilize and build out the training infrastructure, but more is still needed to secure a sustainable source of revenue.

Currently, Indiana funds its public safety training fund, its fire training infrastructure fund and disaster relief fund through a 5% public safety fee on fire-works. A bill from Frye would combine those funds with Indiana's Homeland Security Fund, paid for through First Responder license plate purchases, into one overall fund that includes scholarships.

Volunteer firefighters are now eligible for scholarships to Ivy Tech to cover tuition and books as part of an annual \$125,000 appropriation through the budget.

Last week Holcomb said funding for the state's emergency responders would be something to address, especially in his last budget as governor.

"We're not at halftime yet, but we will meet with the Speaker of the House and the President Pro Tem," he said. "We're talking about our shared priorities and this is on all of our radar."

With better training and more funding for equipment, hopefully younger generations will volunteer as emergency responders in their communities.

"The goal of this is to help make it better. Is it enough? No. We've got to continue to do better; we've got to sustain this moving forward," Thacker said. "But it's certainly a great start."

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A Valentine's Day Gift



CARRIE CLASSON
The Postscript

My husband, Peter, does not believe in Valentine's Day. I mean, he knows it is a thing. It's just a thing he prefers to ignore.

"Stupid!" That is Peter's verdict. Peter takes offense whenever there is a big marketing effort aimed at getting him to buy things in order to show affection. He feels this way about Christmas, believing it has become too commercialized. He feels this way about birthdays, insisting that the day of his birth is nothing to celebrate. Buying gifts for Peter is pretty easy because he doesn't want any.

But Peter is one of the most generous people I have ever known. He never hesitates to pick up the bill. He is always a generous tipper. He contributes to organizations he believes in all the time. It just bothers him when he is expected to come up with a gift. He finds it stressful and annoying, and so I learned, long ago, that he would not give me gifts on so-called special occasions, and I wouldn't try to figure out what he wanted.

I am very glad I don't have to guess what Peter wants.

Peter has very particular tastes, and he enjoys further refining those tastes. If Peter buys a new shirt, he can tell me more about that shirt than I have ever known about any piece of clothing I own. It will almost certainly be sun-resistant and probably bug-resistant and possibly provide protection against a thermonuclear attack. I don't even ask. This is equally true of every gadget he uses and every pot and pan in our house. Not having to figure out what Peter wants (or do that kind of research!) is a

great relief. Instead, I try to be nice to him.

I try to remember when I am stressed or bothered that none of these feelings ever have anything to do with him. If my mind is filled with things already, I try to make room and listen closely to whatever he is telling me. I try to stay out of his way when he needs his space. I try to keep him company when he needs it.

And Peter is always giving me gifts. They are just not the kind that seem like presents.

I hate the light in the kitchen of the little place we rent in Mexico. It is bright blue-white.

"I feel like we could be doing elective surgery in here!" I tell Peter.

But the ceilings are high, I don't have a ladder and we really do need light in the kitchen. The light does not bother Peter. He does not seem to notice the difference in light color the way I do. This is just one of the many ways (I am sure) I seem unreasonably fussy to him.

"Turn the light off as soon as you are through!" I always tell Peter, in an unnecessarily crabby voice.

But then, one day, I walked into the kitchen, and Peter was cooking in a bright, amber-colored light.

"You changed the bulb!" I said in delight. "I did," he said. "It wasn't as high up as I thought."

I don't know how Peter got up to the ceiling to change the bulb. But everything else, I know.

He changed the bulb because he understands me. He changed it because he wanted me to be happy. He changed it because he loves me, and this was his Valentine gift to me.

"Thank you," I said. "You're welcome!" he answered.

And both the kitchen and my heart were bathed in a warm light.

Till next time,
Carrie

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

PUBLIC NOTICES

NOTICE TO TAXPAYERS OF HEARING ON PROPOSED AMENDMENT TO THE CUMULATIVE CAPITAL DEVELOPMENT FUND

Notice is hereby given the taxpayers of the Town of Cicero, Hamilton County, Indiana, that the Cicero Town Council will meet at 7:00 o'clock PM on March 7, 2023 at the Cicero Town Hall, 70 N. Byron Street, Cicero, IN for purpose of amending Section 4 of the current Cumulative Capital Development Fund under the provisions of Indiana Code 36-9-15.5 for the purposes as follows:

"For all uses as set out in IC 36-9-15.2."

The tax will be levied on all taxable real and personal property within the taxing district and will not exceed \$.05 per \$100 of assessed valuation. The proposed fund will be levied beginning with taxes due and payable in the year 2024. Taxpayers appearing at such hearing shall have the right to be heard thereon. The Proposal for the amending of the Cumulative Capital Development Fund is subject to approval by the Department of Local Government Finance, who will require a Notice of Submission to be given to the taxpayers by publication. After the publication of the Notice of Submission, fifty (50) or more taxpayers in the taxing district may file a petition with the County Auditor not later than thirty (30) days after publication, setting forth their objections to the proposed levy.

Dated this 17th, day of February, 2023.
Cicero Town Council
Chad M Blueher, Council President

TL20102 2/21 2/28 2t hspaxlp

NOTICE OF REQUEST FOR PROPOSALS

Notice is hereby given that Noblesville Schools ("School"), is requesting proposals from qualified organizations to provide copier leases and maintenance services ("Products/Services").

The proposals will be received until March 10, 2023, at 3:00 p.m. (EST). Proposals must be delivered to Andrew Swickheimer, Noblesville Schools, 18025 River Road, Noblesville, Indiana 46062 and via andrew_swickheimer@nobl.k12.in.us All proposals received after such time will not be considered and returned to the submitter unopened.

Discussions may be conducted with, and best and final offers obtained from, responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award. Following evaluation of best and final offers, School may select for final contract negotiations/execution the offers which are most advantageous to School, considering price and the evaluation factors in the Request for Proposals ("RFP Documents").

Contracts may be made with more than one offeror whose proposals are determined to be advantageous to School, taking into consideration price and other evaluation factors set forth in the RFP Documents. The factors and criteria that will be used in evaluating the proposals and the relative importance of price and the other evaluation factors are set forth in the RFP Documents. The proposals must be submitted according to the requirements outlined in the RFP Documents and properly executed.

The RFP Documents for the Products/Services are on file with School and may also be examined at <https://www.noblesvilleschools.org/Page/8323>

All offerors must comply with applicable laws and requirements outlined in the RFP Documents. Offerors must also be able to and meet all requirements found in applicable public purchasing (e.g. Ind. Code § 5-22) and public contract statutes.

Prior to approval and execution of School's contract(s), the responsible offeror who submits proposals determined to be reasonably susceptible of being selected for award must furnish satisfactory evidence showing evidence of financial responsibility, and it can faithfully perform the contract, timely delivery, and all obligations arising hereunder.

School expects to award the contract(s) for the Products/Services at its April 18, 2023 Board meeting to the responsible offeror(s) whose proposal is determined in writing to be the most advantageous to School, taking into consideration price and the other evaluation factors set forth in the RFP Documents. School reserves the right to hold proposals, including any alternates, for up to 90 days from the date of the opening. School reserves in its sole discretion the right to cancel the solicitation, reject any and all proposals in whole or part, delay the opening, ask for new proposals, is not obligated to accept the lowest or any other proposal, and may waive any irregularities, discrepancies, omissions, variances or informalities in the request for proposal procedure.

Questions regarding the contract(s) or requests for fair and equal treatment, can be directed in writing to: Andrew Swickheimer, Noblesville Schools, 18025 River Road, Noblesville, Indiana 46062 and andrew_swickheimer@nobl.k12.in.us

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Ag Officials Push For Farm Bill To Fund Slew Of Programs

By Adam Goldstein

State agriculture officials from across the country sought this month to remind a new crop of lawmakers in Congress of their states' needs for a robust farm bill to address a host of food issues.

Members of the National Association of State Departments of Agriculture gathered in Washington for their annual winter meeting in mid-February. They urged Congress to provide a timely, fully funded farm bill to address a wide range of issues affecting agriculture, including technology, conservation and foreign trade.

Throughout its two-day conference, members of the coalition stressed the bipartisan history of the bill and the importance of educating a new Congress on titles that support American food systems amid changing economic and environmental landscapes.

The state officials urged Congress to include nutrition programs in the farm bill, as past versions have done. They also advocated for bolstering crop insurance and allocating more money to research, animal safety, and conservation programs.

"It's just a responsibility we have to make sure that all of our producers, our economies, our communities of every size have a forward-looking and fully funded farm bill," NASDA president Doug Miyamoto, the director of the Wyoming Department of Agriculture, said in an interview.

Miyamoto was appointed to his state post by Republican former Gov. Matt Mead in 2015.

"We've got to make sure that we do this correctly," he added. "We can't start splintering off

programs and splintering off ideas in the farm bill, and then hoping that we're going to be able to get a comprehensive farm bill that's on time."

Mike Naig, secretary of the Iowa Department of Agriculture and an elected Republican, said it's important for lawmakers — especially those who weren't in office when the 2018 bill was written — to remember that the measure is not just a farm bill, but a farm-and-food bill.

"There's a lot of new members of Congress that have never had a chance to vote on a farm bill," Naig said. "A lot of work has to be done to educate folks on that."

Kate Greenberg, the commissioner of the Colorado Department of Agriculture who was appointed by Democratic Gov. Jared Polis, also advocated for considering nutrition and agricultural policy in the same bill to keep the "critical nexus point of production and consumers."

She added members of Congress must put aside their differences to strengthen the "bread and butter of the American economy."

"Let's keep our heads down and focus on the impact of the policy and the appropriations on the American landscape in agriculture," she said.

The five-year farm bill does not appropriate funding, which Congress does annually in separate bills. But it does authorize dollar amounts for discretionary programs that set expectations for actual spending bills. Other programs authorize mandatory funding not subject to annual decisions by lawmakers.

Lloyd Knight, deputy director of the Idaho State Department of Agriculture, encouraged Congress to provide certainty to farmers across the country

by finishing the farm bill before the current authorizations expire Sept. 30.

Securing new technology, foreign markets, and the safety net

Mike Strain, the Republican commissioner of the Louisiana Department of Agriculture and Forestry, advocated for increasing funding for research and development of technology, especially as demand continues to outpace supply for U.S. agricultural goods.

Louisiana sugar production, for example, needs to be twice as efficient as it is today, he said.

Jeff Witte, director of the New Mexico Department of Agriculture, said research provisions would also be key for Western specialty crop farmers who need to address worker shortages.

Farmers in the state have converted from vegetable crops to tree nuts because the labor was cheaper, he said. But that trend could lead to an unwanted imbalance in what food crops are available to consumers, he added.

"If we don't start investing in technology that can do the harvesting of other produce crops, we're going to get way too far behind," he said.

Alabama Department of Agriculture and Industry Commissioner Rick Pate, a Republican, said developing foreign markets through the Foreign Agricultural Service should be a priority in the bill.

U.S. Under Secretary of Trade and Foreign Agricultural Affairs Alexis Taylor said in a February 1 Senate hearing that for every dollar the U.S. invests in developing foreign markets, U.S. farmers see a \$24 return in the value of their products.

"They think there's a huge return on what travel

we can do and the marketing program that they find through our organization," Pate said. "So we just need to continue to take the farmer story to people."

Naig added the new farm bill needs to modernize and reinforce the federal crop safety net.

"I just don't want to see anything undermine the importance of the crop insurance program," he said.

Building conservation and food safety programs

Naig said farmers had broad interest in market-based environmental incentives in the coming farm bill. Concepts like soil health and carbon sequestration have entered the mainstream of agribusiness, but farmers are still wary about their costs.

"What has to be acknowledged is that there's costs associated with implementing some of these practices," Naig said. "So if you want to see significant adoption, how do you help them achieve a return on that investment? If you do that well and do that correctly, you will get implementation at a scale that you couldn't otherwise."

Jordan Seger, deputy director of the Indiana State Department of Agriculture, said he hopes to see federal encouragement of public-private conservation partnerships. He touted Indiana's work with the Nature Conservancy and Enterprise Rent-a-Car to regrow wetlands and forests in the state.

"With about one dollar, we can get about seven or more dollars from the federal government, put that all toward private lands, and leverage each other's resources and expertise to get things done quickly," Seger said.

Randy Romanski, who was appointed secretary of

the Wisconsin Department of Agriculture, Trade, and Consumer Protection by Democratic Gov. Tony Evers, said Congress should use the farm bill to get a better handle on animal health, noting outbreaks of avian influenza that have plagued the country since 2015.

Congress could create a national warning network for emerging animal diseases, like avian flu and African swine fever, he said.

"Clearly, this is something that crosses state boundaries," Romanski said. "We need to have systems in place to track, respond to and eradicate diseases when they show up."

Setting terms for state and federal collaboration

The coalition members said Congress should offer clear guidance and resources so states can make choices that suit their constituents.

The federal government should avoid placing mandates on conservation practices, Seger said. Increased collaboration between USDA agencies would also reduce paperwork for states, he added.

Knight, of Idaho, added that Congress must ensure federal programs are fully staffed. Clear guidelines on implementation that are flexible enough to accommodate the diverse needs of farmers throughout the country would also be key, he said.

"It's a big country with a lot of issues and a lot of resources," Knight said.

Colorado's Greenberg said the bill also presents an opportunity to reinforce climate-related policies.

"The thing about climate change is that we're all impacted, and our farmers and ranchers are on the frontlines," Greenberg said. "They're the ones who are feeling and

experiencing the changes in the environment, and they know it. So how do we address that, not just state-by-state, but as a nation?"

Timeline in question
Members of the group predicted Congress would finish either by its fall 2023 deadline or next year.

Strain said he believed negotiations would likely bleed into 2024.

Regardless of the timeline, the bill must be funded appropriately, without an overemphasis on the nonpartisan Congressional Budget Office's score, Strain said.

"You know, it always runs over, or we get to the threat of having to revert to the previous farm bill," he said. "But the other thing is that when we pass it, we can't pass it in such a manner as to just try to get a low CBO score."

Others in the state agriculture delegation expressed cautious optimism over the prospects of a farm bill in 2023, noting that there would be consequences for U.S. farmers if a new bill is not passed on time.

"I'm really encouraged by what (U.S. House Speaker) Kevin McCarthy said this week, that they're going to get it done," Pate said. "People need to understand the impact of that kind of stuff. Just like a government shutdown, these things have consequences when they don't get them done."

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Indiana's Energy Plan Needs Improvement On Climate Change

By Anthony Cherolis

Indiana was ranked as the 8th highest state for overall greenhouse gas emissions, emitting 176.1 million metric tons of carbon dioxide, outstripping the state's population rank (17th). This is disheartening for anyone considering the societal costs and global instability from human caused climate change.

Indiana only generated 10% of its electricity use from renewable sources in 2021, mostly from wind power. Indiana currently uses four times more energy than is produced within the state. Much more energy could be generated locally with smart state level policies for wind and solar energy.

Unfortunately, Indiana legislators phased out net metering for rooftop solar with a 2017 law. After that law passed, residential solar installations dropped 93%.

The energy utility bill being considered in the 2023 Indiana legislative session, HB 1007, mentions environmental sustainability, but it is by far the weakest section. The bill does not mention climate change or set targets for reducing electric sector greenhouse gas emissions. There is no meaningful content in the bill that would increase the sustainability of energy generation or reduce the state's greenhouse gas emissions.

Several amendments for HB 1007 were rejected. One proposed a return of solar net metering (Amendment 2 by Representative Matt Pierce), and the other introduced community solar (Amendment 1 by Representative Sue Errington).

Indiana State Representative Matt Pierce responded:

"Among the many negative outcomes of phasing-out net metering

is it undermined a fledgling industry that could be growing in Indiana. By extending the payback period for an owner of a solar installation through lower payments for excess energy returned to the grid, the General Assembly made it less likely homeowners will install solar panels, reducing demand for solar installations. The legislature should instead be enacting policies to assist economic development in this industry."

"Indiana's energy policies should be working to accelerate the transition away from fossil fuels. Unfortunately, the Republican majority has only grudgingly accepted the fact that an energy transition is underway and market forces are pushing the energy industry toward renewables. Key policymakers in the General Assembly refuse to even discuss climate change, let alone enact policies that would combat it. The major piece missing from Indiana's energy policy is promotion of distributed energy like rooftop solar. Instead it has been hostile to any policies that might liberate Indiana ratepayers from their monopoly utilities. HB 1007 establishes some broad principles upon which everyone can agree, but it establishes no policies that will put Indiana in the forefront of the energy transition."

Indiana is behind neighboring Illinois and Ohio for jobs in the solar energy sector, in part due to the 2017 law that phased out net metering. Thirty nine states, including Ohio and Illinois, allow residents to take advantage of net metering (National Solar Jobs Census 2021). Net metering credits an electric utility customer with rooftop solar at the consumer cost of that electricity and spurs more installations.

Increased rooftop and community solar would

also generate more Indiana power – within Indiana. While other states are moving into the next phase of renewable and sustainable energy technology in storage and grid upgrades, Indiana legislators are considering legislation that will subsidize and build new fossil fuel plants (HB 1417).

What can one do?

Contact your Indiana State Senator, where the bill will go next. HB 1007 is co-sponsored by Indiana State Senator Eric Koch.

Sign your household or business up for a renewable power alternative. One supplier, AES Indiana, notes that a "typical customer using 1,000 kWh per month enrolled at the 100% level [for renewable energy credits] would pay an additional \$5.50 on their [monthly] AES Indiana electric bill."

Get a home energy audit and weatherize your home. Sealing leaks, improving insulation, and investing in high efficiency lighting and appliances can significantly reduce a home's energy use and energy bill.

Learn about other utility and energy bills that are going through the Indiana state legislature, and comment on those too. Here's an article from IndyStar, Advocates Worry Energy Bills Give More Power to Utilities, Put Consumers at Risk. House Bill 1417, also sponsored by Representative Ed Soliday, would put ratepayers on the hook to subsidize new fossil gas plants.

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ACLU Of Indiana Opposes Don't Say Gay Bill Progressing In Indiana Legislature

HB 1608, a bill that censors conversation about LGBTQ kids in schools and outs transgender students, today passed the Indiana House Education Committee. The bill will now move to the floor of the House.

ACLU of Indiana Advocacy and Public Policy Director, Katie provided testimony at today's hearing and after the vote issued this statement:

"The Indiana House Education Committee just passed HB 1608, a horrific 'Don't Say Gay' bill. This bill would censor discussion about LGBTQ people in schools and target students who

choose not to conform to traditional norms about gender by forcing teachers and administrators to act as 'gender police,' outing transgender students without their consent, potentially putting them in danger at school and at home. This bill sends a dangerous message to already vulnerable youth, especially trans youth, that they and their stories are worth less than their peers."

"The bill author, Representative Michelle Davis, is pushing this bill as a 'parental rights' bill, but Rep. Davis authored another bill that would take away parents' rights

to make decisions about essential medical care for their trans kids. This is not about parental rights.

"This is also not about teaching sex-ed. If it were, HB 1608 would explicitly name sex education. Instead, Indiana legislators are using a broad, undefined term, 'human sexuality,' to ultimately erase conversations about LGBTQ Hoosiers."

"Hoosiers see this bill for what it really is, a blatant attack on LGBTQ families in Indiana. Our schools should protect all students—including LGBTQ students—so they can learn and thrive in a safe environment."



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AUCTION

From Page A1

Game Day Silent Auction that is now live! Get your bids in before the auction closes at 9:15 p.m. on Friday. This year's auction includes:

- Amazing baskets from all 22 school PTOs
- Trips to Jackson Hole, Italy, California, Alaska, Curacao, Key West, South Africa, and France
- Colts and Pacers tickets
- Kenny Chesney autographed guitar
- In-home private chef experience
- Goalrilla basketball hoop
- Commercial grade double bay swing
- Heating and security system
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ride

- Youth sports experiences from Fishers and Hamilton Southeastern High Schools
- And much, much more!

Start by registering with Qtego by texting HSEF to 79230 and follow @HSEFoundation on social media for sneak peeks of all the amazing items available for bid.

Stay tuned to Facebook (facebook.com/hsefoundation), Twitter (twitter.com/hsefoundation), Instagram (instagram.com/hsefoundation) and hsefoundation.org for Game Day updates and to learn how HSEF supports students and staff through grants and scholarships.

MAKE48

From Page A1

will feature a chat from a few of our local teams as well as complimentary snacks. This event is free, but registration is required via Eventbrite.

Learn more about Make48 at make48.com

About Fishers Maker Playground:

The Fishers Maker Playground is a 15,000-square-foot, state-of-the-art, public makerspace at the Hub and Spoke building located in west Fishers, just off Fishers' Nickel Plate Trail.

Managed Fishers Parks, the Maker Playground was recently awarded 'Best Innovation in Design' by the National Recreation and Park Association (NRPA).

At the Maker Playground, members and visitors will find a wood shop, metal shop, CNC machine, 3D Printer, laser engraver, computers, tools, and supplies to cut, form, and create. For information on classes, day passes and memberships, visit fishersmpg.com.

HUSKIES

From Page A1



Photo courtesy of HHSC

The Mavericks team involves two Hamilton Heights Huskies who are pooling their imagination, creativity, and talent to literally make and market a prototype solution for food preservation on Season 6 of Make48. Pictured (l-r): Jason Tuntland, HHHS junior Tyler Tuntland, Grant Venable (HHHS '20) and Kelly Tuntland.

were all into airplanes and they had just watched the new Top Gun movie. When his dad suggested "The Mavericks" it was a unanimous yes!

Tuntland admitted that early on it was intimidating with teams consisting of many individuals who were college educated with degrees in engineering, even some college professors were participating. "What really stuck out to

me was that I was still in high school, and Grant was just two years into college," noted Tuntland. "My dad was homeschooled and never able to get his high school diploma. Yet, he is a self-taught and one of the smartest men I know. Together we believed we had a fighting chance."

"I love creating with my family and friends," added Tuntland of his experience



Photo courtesy of HHSC

Against the odds The Mavericks, consisting of Kelly Tuntland, Jason Tuntland, Tyler Tuntland (HHHS '24), and Grant Venable (HHHS '20), are vying for a chance to win the Make48 Season 6 competition with their prototype, sales sheet, and marketing video to advance to nationals in March.

on Make48. "If you can think it, do it. The only failure is not trying!" His team, The Mavericks, are among the teams competing in Season 6 competition.

A preview of Season 6 competition, filmed in Indianapolis, can be viewed at youtube.com/watch?v=7K7Yxgi1pqw

Want to know how The Mavericks held up to the

competition? The show will be aired exclusively on This Old House Makers Channel - Roku TV (Channel 458) on Wednesday starting at 7 p.m. at therokuchannel.roku.com/watch/2f7855ad196b57fc8e1dcb9cb74ea161/this-old-house-makers-channel The winner of this competition advances to the national competition next month in Kansas.

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TUESDAY

In The Kitchen

Tuesday, Feb. 21, 2023

A8

Party-Worthy Wine Pairings Perfect for Easy Entertaining

FAMILY FEATURES

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

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

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

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

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

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

Hummus-Stuffed Mushrooms

Recipe courtesy of Sarah Tracey

Total time: 15 minutes

Servings: 6

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

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

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

Roast 7-8 minutes then let mushrooms cool to room temperature.

Fill each mushroom cap with hummus and top each with one olive slice.

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

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



Hummus-Stuffed Mushrooms



Spiced Butternut Squash Naan Flatbreads

Spiced Butternut Squash Naan Flatbreads

Recipe courtesy of Sarah Tracey

Total time: 25 minutes

Servings: 6

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

Preheat oven to 425 F.

Chop butternut squash into 1/2-inch chunks. Toss squash with olive oil, maple syrup, cumin and chili powder.

Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes.

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

Pair with deeper, savory and earthy rosé.



Polenta Rounds with Pico de Gallo and Crab

Cheesy Tortilla Cutouts with Salsa

Recipe courtesy of Sarah Tracey

Total time: 20 minutes

Servings: 6

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

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

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

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

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

Cut out desired shapes with cookie cutters.

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



Cheesy Tortilla Cutouts with Salsa

Polenta Rounds with Pico de Gallo Salsa and Crab

Recipe courtesy of Sarah Tracey

Total time: 30 minutes

Servings: 6

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

Heat oven to 400 F.

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

Combine jumbo lump crabmeat with salsa.

Top each polenta round with crab salsa mixture.

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

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TUESDAY

In The Kitchen

Tuesday, Feb. 21, 2023

A9

HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

FAMILY FEATURES

From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the

action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites and

meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran

Servings: 4-6

- 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
- 1 cup sliced cucumbers
- 1/2 cup Kalamata olives, seeded and roughly chopped
- 1/2 cup canned garbanzo beans, drained
- 1/4 cup crumbled feta cheese
- 3/4 cup cherry tomatoes, quartered
- 1/4 red onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1/2 lemon, juice only
- extra-virgin olive oil
- zaatar, for sprinkling (optional)
- pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

Enchilada Lasagna

Recipe courtesy of chef George Duran

Servings: 4-6

- 2 tablespoons olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tablespoons taco seasoning
- 1 cup chicken stock or broth
- 8 ounces cream cheese, at room temperature
- 2 cups shredded Tex-Mex cheese blend
- 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 inches each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas.

Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



Jalapeno Bacon and Salsa Biscuit Bites

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TUESDAY

In The Kitchen

Tuesday, Feb. 21, 2023

A10



Feta Roasted Salmon and Tomatoes

A Mission for Nutrition

Accomplish health goals with better-for-you family meals

FAMILY FEATURES

Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in these recipes from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in Feta Roasted Salmon and Tomatoes and 15-Minute Weeknight Pasta provide vitamin B12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones. Meanwhile, the homemade yogurt sauce served alongside these Grilled Chicken Gyros provides protein and zinc.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org.

Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided

- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-11-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.



15-Minute Weeknight Pasta

15-Minute Weeknight Pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 5 minutes
Cook time: 10 minutes
Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest

- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.

Grilled Chicken Gyros

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 30 minutes, plus 30 minutes chill time
Cook time: 20 minutes
Servings: 8

Chicken:

- 3 tablespoons unsalted butter, melted
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh oregano
- 2 cloves garlic, peeled and minced
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 pounds boneless, skinless chicken breasts

Yogurt Sauce:

- 1 1/2 cups plain, whole-milk yogurt
- 1 1/2 tablespoons freshly squeezed lemon juice
- 1/2 cup diced cucumber
- 2 tablespoons chopped fresh dill
- 1 clove garlic, peeled and minced

- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

- 3-4 small loaves whole-wheat pita bread, halved lengthwise
- 1 cup thinly sliced tomatoes
- 1/2 cup thinly sliced red onion

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes.

To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate.

Heat grill to medium heat.

Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain.

Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.



Grilled Chicken Gyros

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TUESDAY

Health and WELLNESS

Tuesday, Feb. 21, 2023

A11



Photos courtesy of Getty Images

Managing Birth Defects for a Lifetime

FAMILY FEATURES

An estimated 1 in 33 babies is born with a birth defect, according to the Centers for Disease Control and Prevention (CDC).

While some require minimal intervention after birth, many birth defects affect the individual, parents and families across a lifetime.

Birth defects are structural changes present at birth that can affect almost any part of the body. They may affect how the body looks, works or both. They can cause problems in overall health, how the body develops or how the body works, and may range from mild to serious health conditions.

Awareness of birth defects across the lifespan helps provide affected individuals, parents and families the information they need to seek proper care. Learn more about birth defects at each stage of life from the experts at March of Dimes:

Before and During Pregnancy

Not all birth defects are preventable but protecting a mother's health before and during pregnancy can help increase the likelihood of a healthy baby. Having adequate folic acid for at least one month before getting pregnant and throughout the pregnancy can prevent major birth defects.

Other important steps include receiving proper prenatal care from a doctor, preventing infections,

avoiding alcohol and drugs, controlling conditions like diabetes and avoiding getting too hot.

Infancy

Babies who are diagnosed with a birth defect during pregnancy or at birth may need special care. Similarly, monitoring for certain birth defects can help pinpoint a potential problem and ensure the baby begins receiving supportive care for better survival rates and quality of life. Examples include newborn screenings for critical congenital heart defects and monitoring bladder and kidney function in infants and children with spina bifida.

Childhood

For children born with heart defects and conditions like spina bifida, muscular dystrophy or Down syndrome, early intervention services and support can make a significant impact on a child's success in school and life. They can help children with learning problems and disabilities; school attendance; participation in school, sports and clubs; mobility adaptations; and physical, occupational and speech therapy.

Adolescence

Many adolescents and young adults who have birth defects begin working toward a transition to

a healthy, independent adult life in their later teen years. This may involve insurance changes and switching from pediatricians to adult doctors.

Other areas of focus might include medications, surgeries and other procedures; mental health; social development and relationships within and outside the family; physical activity; and independence.

Adulthood

Certain conditions, such as heart defects, can cause pregnancy complications or affect sexual function. Talking with a doctor about your specific condition can help you understand your risk.

In addition, every pregnancy carries a 3% risk of birth defects, even without lifestyle factors or health conditions that add risk, according to the CDC. Women who have had a pregnancy affected by a birth defect may be at greater risk during future pregnancies.

Talking with a health care provider can help assess those risks. A clinical geneticist or genetic counselor can assess your personal risk of birth defects caused by changes in genes, as well as your risk due to family history.

Find more information about birth defect prevention and management at marchofdimes.org/birthdefects.

Common Causes of Birth Defects

Research shows certain circumstances, or risk factors, may make a woman more likely to have a baby with a birth defect. Having a risk factor doesn't mean a baby will be affected for sure, but it does increase the chances. Some of the more common causes of birth defects include:

Environment

The things that affect everyday life, including where you live, where you work, the kinds of foods you eat and how you like to spend your time can be harmful to your baby during pregnancy, especially if you're exposed to potentially dangerous elements like cigarette smoke or harmful chemicals.

Health Conditions

Some health conditions, like pre-existing diabetes, can increase a baby's risk of having a birth defect. Diabetes is a medical condition in which the body has too much sugar (called glucose) in the blood.

Medications

Taking certain medicines while pregnant, like isotretinoin (a medicine used to treat acne), can increase the risk of birth defects.

Smoking, Drinking or Using Drugs

Lifestyle choices that affect your own health and well-being are likely to affect an unborn baby. Smoking, drinking or using drugs can cause numerous problems for a baby, including birth defects.

Infections

Some infections during pregnancy can increase the risk of birth defects and other problems. For example, if an expectant mother has a Zika infection during pregnancy, her baby may be at increased risk of having microcephaly.

Age

Women who are 34 years old or older may be at increased risk of having a baby with a birth defect.

