

➤ TODAY'S VERSE

Revelations 19:9 *And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.*



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

What makes Emma St. Dennis smile? "Conner Prairie and watching and mentoring our youth and helping them prepare for their futures," said the Noblesville resident, who was founded in 2019 at Conner Prairie. Today's feature is a look back at one of *The Times'* previous Faces of Hamilton County. A former executive assistant to the president of Conner Prairie, Emma retired in July 2020. She is also a previous executive assistant for Girl Scouts of Central Indiana, Emma became a Girl Scout in 1960, then a leader for more than 40 years, also a camp director, trainer of adults, and is now is a mentor for Girl Scout's Manuka Service Unit, serving Noblesville and Hamilton Heights schools. She is married to Bill St. Dennis, a handyman who owns Ship Shape Home Services. She has three daughters, Lara, Leah and Lona, and five grandchildren; the oldest, namesake Emma, graduated from high school in 2018. She sings in the Noblesville First United Methodist Church choir, enjoys community theater and traveling, and has traveled to Savannah, Ga., to Girl Scouts' birthplace. Her ladies group at UMC is hosting a Lydia Circle event, a Steppin' Up to Help line-dancing fundraiser, 6:30 to 8 p.m. today in Celebration Hall, with the community welcome, no experience necessary, and freewill offering collected to benefit Cherish, a nonprofit that protects children (cherishcac.org). For more info, call the church office at 317-773-2500 or email Marilyn Hensley at marilyn8557@msn.com

And Another Few Things...

1. Want to Be An Outdoors Woman?

Registration for the annual Becoming an Outdoors-Woman workshop, which is open to women ages 18 and older, opens this week. The workshop will be held May 5-7, at Ross Camp in West Lafayette. The program is designed for women to learn outdoor skills in a relaxed, low-pressure environment. Participants will choose four activities from more than two dozen offerings, including fishing, archery, geocaching, wild edibles, wildlife tracking, shooting muzzleloader guns, and outdoor cooking. The workshop is for women who want to learn all the way to those who enjoy the camaraderie of individuals with similar outdoor interests and seek time away to reconnect with nature. Size is limited to 100. To register, go to IndianaBOW.com. The cost for the workshop is \$275, which includes all equipment, meals, and lodging.

2. SPARK!Fishers 2023 Vendor Applications!

Are you a local business, entertainer, artist, food & beverage vendor or classic car owner? We're recruiting ALL vendors for SPARK!Fishers 2023, our annual 5-day community-wide festival! Beginning Wednesday, March 1 our vendor application will go live at sparkfishers.com.

Our SPARK!Fishers 2023 5-day line up includes need for vendors at:
-Tuesday, June 20: Concert at the Nickel Plate District AMP
-Wednesday, June 21: SPARK!Fishers 5k run/walk and Kids Dash, starting at Municipal Drive
-Thursday, June 22: Car & Art Show at Fishers Municipal Complex
-Friday, June 23: Concert at the Nickel Plate District AMP
-Saturday, June 24: Street Fair, Parade, Live Music, Fishers Nickel Plate District, Municipal Complex, and Nickel Plate District AMP

Vendor Applications will close on Friday, May 12! Be first in line to be considered to participate in this year's SPARK!Fishers! For all event schedules, times, dates, and registration information, visit: sparkfishers.com.

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IT'S BACK! Welcome to Readers' Choice '23

It's back. It's new and improved. It's better than ever.

What is it? Hamilton County's favorite annual contest, The Times' Readers' Choice 2023!

The way this huge annual promotion works is simple. The Times publishes a list and asks you to vote for your favorites. For example, who has the best cheeseburger in town? Who makes the best pizza? Who is the best mover? What's your favorite newspaper? Since around 2007, Noblesville and Hamilton County residents have voted by the hundreds of thousands – and a few times in the millions – for their favorite people, products and places.

And this year, we are making it even easier to vote. You can go to www.thetimes24-7.com and click on the Readers' Choice 2023 ad and then vote



for any and all your favorites. Or, you can watch for the Readers' Choice page in some of our Online Editions, print it out, mark your choices and mail it to us at 54 N. 9th St. Or you can e-mail your choices to ttimmons@thetimes24-7.com. And don't forget, this is exactly like Chicago politics – vote early and vote often!

Last year we finished with more than half a million votes.

Times readers have been voting by the hundreds of thousands for their favorite people, products and places for years and this time around looks to be no exception. "We started the Readers' Choice

Awards as a way to have some fun and let people recognize their favorite things," Times Publisher Tim Timmons said.

"It seems that we always hear about the bad things. Readers' Choice is a great opportunity to point out the many, many good things and good people all over Montgomery County." Everyone is encouraged to vote in all categories, and you can vote for as many or as few – or as often – as you want. As usual, there is no definitive ending date announced, so don't wait! Hurry up and vote now, today. And keep voting if you like! You are the Reader and these are your Choices. Make them count!



Photo courtesy of Noblesville Schools

Noblesville Schools superintendent Daniel Hile enjoys visiting a classroom in the district.

Lions' Guest, Superintendent Daniel Hile proud of District



BETSY REASON
The Times Editor

Did you know that Noblesville High School has the largest

internship program in Indiana?

That the NHS Class of '2022 earned a record-setting \$6.3 million in scholarships? That students speak more than 50 different home languages? And that NHS is the first school in the nation to offer an educator apprenticeship program that is giving its first student a jump start on college teacher certification while still in high school?

The district's new superintendent Dr. Daniel Hile is pretty proud of his new school district. Hile, who officially began his position more than seven months ago, on July 1, was guest speaker this week at the Noblesville Lions Club bi-monthly meeting

at Ginger's Cafe in Noblesville.

Hile is a former choir director of eight years who went on to serve as assistant principal, principal and then superintendent while gaining a great perspective on a wide range of student needs and student ages, before coming to Noblesville Schools.

He said while Hamilton County has a reputation of being a very wealthy area, about 22 percent of the district's students qualify for free or reduced meals based on family income. "A very important dynamic that we have to remember, as educators, that not all of our children

➤ See BETSY Page A5

The Daily Almanac

Sunrise/Sunset
RISE: 7:17 a.m.
SET: 6:35 p.m.

High/Low
Temperatures
HIGH: 55 °F
LOW: 41 °F

Today is...

- Floral Design Day
- National Science Day
- Rare Disease Day

What Happened On This Day

• **2013** Pope Benedict XVI resigns. The pope whose birth name is Joseph Ratzinger was the first leader of the Catholic Church to resign since 1415.

• **1991** The first Gulf War ends. The armed conflict had lasted a little over half a year and claimed over 100,000 civilian casualties.

• **1986** Swedish Prime Minister Olof Palme is assassinated. Even though over 130 people have confessed to the murder, the case has never been solved.

Births On This Day

- **1953** Paul Krugman American economist, Nobel Prize laureate
- **1948** Bernadette Peters American actress, singer, author

Deaths On This Day

- **2009** Paul Harvey American radio host
- **1977** Eddie Anderson American actor

"Chia Pet Moment"



CARRIE CLASSON
The Postscript

"You know, since I've been eating these chia seeds, I've noticed my beard has gotten heavier."

My husband, Peter, was

➤ See CARRIE Page A5

➤ INSIDE TODAY

Obituaries.....	A2
John Roberts.....	A3
Brian Howey.....	A3
Casey Williams.....	A4
Capital Chronicle.....	A5
Service Directory.....	A4
Public Notices.....	A4
Carrie Classon.....	A5
Kitchen.....	A6, A7
Health.....	A8

➤ HONEST HOOSIER

So long February – sure not sorry to see you go! No offense, but the groundhog can keep you.



➤ TODAY'S HEALTH TIP

Make a grocery list and only buy what's on it. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in *The Times* and online at www.thetimes24-7.com.



➤ TODAY'S QUOTE

"The secret of getting ahead is getting started."
- Mark Twain

➤ TODAY'S JOKE

What'd the flower say about the joke? Hey, I was just pollen your leg!

➤ OBITUARIES

Bessie "Betty" Jean Dunson

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



OBITUARIES

Bessie "Betty" Jean Dunson

September 21, 1928 - Monday, February 7, 2023

Bessie "Betty" Jean Dunson, 94, of Anderson, passed away on Monday, February 7, 2023, at her residence following an extended illness.

She was born on September 21, 1928, in East Saint Louis, Illinois to Roger and Bessie (Reeder) Brooks.

She was a graduate of Anderson High School. She retired from Delco Remy Division of General Motors after 30 years of employment.

She was a member of Main Street Church of God. She enjoyed painting, crafting, scrapbooking, sewing, crocheting, and playing cards. She loved to play bass guitar. She sang with the USO.

She was president of the Young Democrats Club. She was a lifelong supporter of the union and the Democratic party. She volunteered at St. Vincent Anderson Surgery Center.

Bessie is survived by three children, Dennis (Myra) Neff of Anderson, Tammy Smith of Anderson and Teresa Hopper of Sharpsville; four grandchildren, Franklin (Simone) Smith Jr. of Germany, Selenia (Ozzie Velasquez) Smith, Amy (Joshua) Bair and Daniel Smith; six great-grandchildren, Dustin, Hailey, Tabea, Charleen, Jake and Alexandra; and four great-great-grandchildren.

She was preceded in death by her husband, Hobert "Cliff" Dunson; two sons, James Hopper and Darrell Neff; her parents; a son-in-law, Franklin Smith; sisters, June, Louise and Donna; and a brother, Roger.

A memorial service will be held at 12:00 PM on Saturday, March 4, 2023, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Indiana 46051 with Pastor Don Billey officiating.

Visitation will be from 11:00 AM to 12:00 PM on Saturday at the funeral home.

Memorial contributions may be made to Main Street Church of God, 4211 Main Street, Anderson, Indiana 46013.

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



Photo courtesy of Hamilton Heights

Hamilton Heights High School Athletic Hall of Fame was created to honor the memory and contributions of the many outstanding athletes, coaches, and supporters of our athletic programs. Nominations for the Hamilton Heights Athletic Hall of Fame Class of 2023 are being accepted through March 31, 2023.

Heights Accepting Nominations For Athletic Hall Of Fame Class Of 2023

The Hamilton Heights Athletic Hall of Fame Committee is seeking nominations from the public for the Class of 2023. Nominations are being accepted through March 31, 2023.

Hamilton Heights Athletic Hall of Fame was created to recognize and honor Hamilton Heights High School athletes, coaches, teams, and athlet-

ic program contributors for their achievements and/or contributions to the Hamilton Heights High School athletic program.

The Hamilton Heights Athletic Hall of Fame, created in 2019, is an opportunity for the corporation to recognize graduates and other individuals for their contributions to the district and achievements inside and outside the communi-

ty. The committee selects inductees not only for their athletic achievements at Heights but because they demonstrate the values of good character and citizenship.

Categories and nomination criteria are included on the application and can be found online on the high school athletics page of the corporation website (www.hhschuskie.org).

Applications can be submitted electronically to Mitch Street, Hall of Fame Committee Chairman, (mstreet@hhschuskie.org), or mailed to Hamilton Heights High School, P.O. Box 379, Arcadia, IN 46030. For questions or additional information, contact Mitch Street at 317-984-3551, ext. 1092 or email mstreet@hhschuskie.org.

Bright Blues Future Tour 2023 Live In Concert In Fishers

The Nickel Plate District Amphitheater (NPD AMP) and MOKB Presents today announced Ripe live in concert in Fishers on Saturday, July 15, 2023. Tickets for the Ripe show go on sale this Friday, March 3 at npdamp.com. An Indianapolis area favorite, Ripe made their central-Indiana debut at last year's WonderRoad Festival and then returned in the fall to the Vogue. Now with a new release, Ripe returns for their own, stand-alone outdoor headlining show.

Ripe's show is part of the venue's annual summer series. Additional summer shows and events will be announced soon. Additionally, the NPD AMP will continue to host the Fishers Farmers Market, kicking off in May, along with local community concerts and national tours. Updates on the 2023 summer schedule can be found at npdamp.com.

Boston's Ripe is a pop quartet featuring singer Robbie Wulfsohn, guitarist Jon Becker, drummer Sampson Hellerman, and trombonist Calvin Barthel. The four came together while studying at Berklee College of Music. Their newest album, Bright Blues, is a collection of 12 songs full of sleek grooves and bold melodies put together to help ride out tough times, an anthem for better days ahead.

The band drew acclaim from the likes of the Boston Globe, Huffington Post and WXPB with their first full-length, Joy in the Wild Unknown. Their streams

on Spotify surged past 56 million as they conquered stages at festivals including Bonnaroo, Firefly, Sweet Water, and Bottlerock, and sold tens of thousands of tickets across the US, including selling out the iconic House of Blues Boston and Brooklyn Steel.

Bright Blues is their first release after signing to indie powerhouse Glassnote Records and their first release working with outside co-writers. Teaming up on production with Noah Conrad (BTS, Niall Horan) and Ryan Linvill (Olivia Rodrigo, Dermot Kennedy) helped bring the high-energy, freewheeling stage show to the recording studio, with the result being an album that shows the full scope of the band's abilities as writers and performers. The live show has always been at the core of who Ripe is, and now the recorded music can stand alongside it as an all-encompassing representation of who the band is and where they are going.

Bright Blues is available worldwide on March 10, 2023 via Glassnote Records.

Tickets for the Ripe show go on sale this Friday, March 3 at 10 a.m. and will be available at npdamp.com and mokbpresents.com. For ticketed shows, the venue is an all age's facility and children ages two and under are permitted for free. Fans can also bring their own lawn chair and blankets. Additional information is available on the venue website.

Carmel Students Win National Science Bowl® Regional Competition, Secure Spot In National Finals

A team of high school students from Carmel, Indiana won their regional competition for the 2023 National Science Bowl® (NSB) this past weekend and will compete in the NSB National Finals this spring, the U.S. Department of Energy (DOE), who sponsors the NSB, announced today.

"The National Science Bowl® is an extraordinary competition that brings together young minds across America through science and technology," said Asmeret Asefaw Berhe, DOE Office of Science Director, "and I would like to congratulate the Carmel High School team as they advance to the National Finals! Good luck to you - our future scientists, visionaries, and leaders!"

The NSB brings together thousands of middle and high school students from across the country to com-

pete in a fast-paced question-and-answer format where they solve technical problems and answer questions on a range of science disciplines including biology, chemistry, Earth and space sciences, physics, and math.

The team from your area that won their qualifying regional competition this past weekend and will be advancing to the National Finals is:

Carmel High School, Carmel, Indiana

The winning team from each qualifying regional competition will be eligible to compete in the National Finals held in Washington, D.C., from April 27 to May 1, 2023, with all expenses paid. The national event consists of several days of science activities and sightseeing, along with the competitions. For press inquiries, please contact the media outreach

manager, Nathan Clark, at nathan.clark@science.doe.gov.

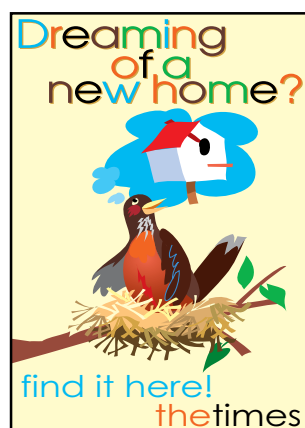
The top two middle and high school teams will win \$5,000 for their schools' math and science departments. Other schools placing in the top 16 in the National Finals will win \$1,000 for their schools' science departments. But to many, the ultimate prize is simply the prestige of winning the National Championship.

Today, the NSB annually draws more than 14,000 middle and high school competitors. Since the first competition in 1991, approximately 335,000 students have faced off in the National Science Bowl® Finals. The knowledge that former competitors have acquired and, more importantly, the collaborative skills and study habits that they learned along the way have led them to success in

a variety of fields. Many have become researchers; others are science and math professors.

The 2023 competitors will follow in the footsteps of previous National Science Bowl® contestants and will blaze a trail for students in science, math, and engineering.

Middle and high school student teams come from all across the country: large and small schools, urban and rural settings. Each team is composed of four students, one alternate, and a teacher who serves as an advisor and coach. The competition tests the students on a range of science disciplines including biology, chemistry, Earth science, physics, energy, and math. The Department of Energy Office of Science manages the National Science Bowl® and sponsors the finals competition.



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The Defiance Of President Biden



BRIAN HOWEY
Howey Political Report

When Vice President Joe Biden met with Russian President Putin at the Kremlin in March 2011, he recounted, "I looked into his eyes and I said, 'I don't think you have a soul.'" To which Putin responded, "We understand one another." When ABC News anchor George Stephanopoulos asked President Biden years later, "You think he's a killer?" Biden responded, "Mm-hmm. I do." Here at the first anniversary of the Russian invasion of Ukraine, Putin has been exposed as a lying killer, commanding a rattle tin army eroded by decades of chronic corruption and incompetence. Both sides have taken more than 100,000 military casualties, or more than 200,000 total, said Joint Chiefs of Staff Chairman Mark A. Milley. According to the United Nations refugee agency, there have been 8,006 civilian deaths, including 456 children. There have been hundreds of reported atrocities by Russian forces and Wagner mercenaries. Russian artillery has targeted apartment buildings, utilities, schools, nuclear power plants and hospitals. This war has created more than 8 million refugees, including 1.6 million who are now living in the

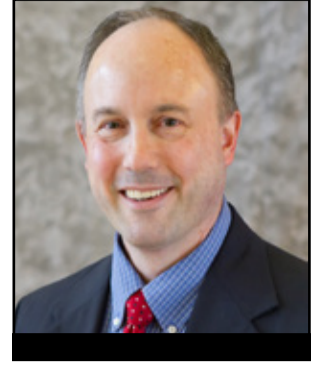
homes of many families in Poland. According to the Council on Foreign Relations, citing the U.N., more than 13 million people, or nearly a third of Ukraine's prewar population, have been displaced. U.S. officials say Russian forces have forcibly transferred up to 1.6 million Ukrainian refugees to Russian territory as of September 2022. Last weekend, President Biden took a secret journey to Ukraine as this war reaches a pivotal state. Stepping out into the streets of the capital city as air-raid sirens blared with Ukraine President Zelensky at his side, a defiant Biden said, "One year later, Kyiv stands. And Ukraine stands. Democracy stands." This was the 21st Century version of Presidents Kennedy and Reagan appearing before the Berlin Wall, with the latter saying, "Mr. Gorbachev, tear down this wall." Or the trans-Atlantic alliance between President Franklin D. Roosevelt and British Prime Minister Winston Churchill during World War II. According to the Kiel Institute for the World Economy, the Biden administration and the U.S. Congress have directed more than \$75 billion in assistance to Ukraine, which includes humanitarian, financial, and military support (\$46.6 billion, or 61%). What the tyrant Putin is discovering is that Biden is a very different adversary than he found in President George W. Bush when he invaded the neighboring country of Georgia in 2008. Or President Barack Obama when Putin sent an army of "little green men" into Crimea while launching a takeover of the

Donbas region in 2014. Neither Bush nor Obama confronted Putin beyond rhetoric and sanctions. Obama handed the Kremlin portfolio to Vice President Biden, who, like Putin, grew up and came of age during the Cold War. Biden has long viewed Putin as a thug. He was offended when Putin interfered in the 2016 U.S. presidential election. In the PBS edition of Frontline ("Putin and the Presidents") there is a direct correlation between the Jan. 6 U.S. Capitol insurrection that had been plotted to, as Steve Bannon said, "Kill the Biden presidency in the crib" and Putin's decision to invade Ukraine the following year. America is divided, Putin believed. The U.S. Capitol is under attack. He had a green light to invade Ukraine. Former U.S. Ambassador Marie Yovanovitch told Frontline that Putin made a "calculation" that President Biden would not hold the western alliance together, as well as Congress. Instead, NATO has expanded and the European Union is weaning itself off of Russian energy. "This was a miscalculation of Napoleonic magnitude," Kori Schake, director of the American Enterprise Institute, told Frontline. Through the lens of former Senate Foreign Relation Committee staffers to the late U.S. Sen. Richard Lugar of Indiana in a Roll Call op-ed in October 2020, there wasn't much doubt about the Biden resolve we've seen three years hence. From 2003 through 2006, Lugar chaired the committee, while Biden was ranking member. They flipped roles in 2007 when Democrats won control of

the Senate. "Despite major policy differences between Lugar and Biden and the typical rivalry between their staffs, there never was a moment when we doubted that Biden's main objective as an elected official was the well-being of the United States," Republican staffers Dan Diller, Shellie Bressler, Mary Locke and Carl Meacham wrote. "Lugar and Biden also had different priorities," these staffers continue. "Biden usually was more interested in regional geopolitics, diplomatic negotiations and conflict resolution than Lugar was. Lugar was more focused on the building blocks of American economic and political power — alliances, trade agreements, arms treaties and diplomatic capacity. "The partnership flourished because Biden and Lugar had a common vision of how the two parties should overcome their differences. Lugar and Biden believed that fights over policy in committee should not translate into division in front of foreign leaders. Their standing order was to present the most united front possible." Because of this resolve, Ukraine still stands. It faces a brutal year ahead in 2023, if not years longer. "When Putin launched his invasion nearly one year ago, he thought Ukraine was weak and the West was divided. He thought he could outlast us," Biden said in a statement issued by the White House. "But he was dead wrong." The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana. Find Howey on Facebook and Twitter @hwypol.

Montgomery Medicine No. 710 Non-Hodgkin Lymphoma

Someone recently asked me what lymphoma is. My knowledge of the subject was a bit dusty before I started doing some research for this column. Medical knowledge of non-Hodgkin lymphoma has rapidly evolved over the last decade or so. It is a very interesting disease and a type of cancer that is illustrative of recent advances in cancer treatment.



JOHN R. ROBERTS, M.D.
Hamilton Health

"Lymphoma" is a broad term that includes a large number of "lymphoid neoplasms." A neoplasm is an abnormal growth of cells that can be benign (not usually dangerous to one's health) or malignant (cancerous). Lymphoid neoplasms are composed of cells originating in the lymph system. This system is responsible for filtering tissue fluid and killing foreign substances in our bodies, particularly infectious agents. The lymph system contains two types of specialized cells that can kill or remove these foreign agents, either directly (T cells), or indirectly (B cells). B cells produce antibodies that bind to foreign substances to assist in their removal from the body. When B and T cells multiply out of control, it results in different types of lymphomas. The various types of lymphomas are named using a complex classification system based on cell morphology (what they look like) and lineage (their genetic makeup). Lymphomas are broadly classified into Hodgkin and non-Hodgkin lymphomas (NHL). Non-Hodgkin lymphoma is further divided into B-cell and T-cell types. B-cell lymphomas account for about 80% of NHL. Medical oncology used to make a clear distinction between solid tumors (lymphomas) and tumors comprised of cells circulating in the blood stream (lymphoid leukemias). It's becoming more clear that these neoplasms can have both solid and circulating components now that we have more sophisticated testing methods, particularly genetic testing. This makes it even more complicated to describe the multitude of lymphoma types. Non-Hodgkin lymphomas account for about four percent of all cancers and we expected to diagnose about 80,500 cases in 2022. These lymphomas are about one and a half times more likely in men than women. NHL caused about 20,000 deaths last year. It is more common in Caucasians, and is usually diagnosed after age 50. The five-year survival of patients with NHL is about 73 percent. Interestingly, specific types of NHL are more common in certain geographic areas around

the world. A person's lifetime risk of developing NHL currently is a little over two percent. However, the risk has been increasing about three percent a year over the last 40 years. This rise is likely due to improvements in diagnostic testing and new classification systems that include people who were previously felt to have benign disease. Our aging population, use of immunosuppressive drugs, transplant medicine, and HIV infections have also been implicated in the larger number of cases. Physical rearrangement of various parts of our chromosomes that contain our DNA causes most types of NHL. Farming, pesticide application, flour milling, meat processing, painting, and those who work with rubber, plastics and other synthetics carry an increased risk of developing NHL. Exposure to herbicides, solvents, petroleum products and organic chemicals like benzene & carbon tetrachloride (dry cleaning fluid) also increase one's risk. Symptoms of NHL can be highly variable. Fevers, drenching night sweats, and weight loss are the most concerning and carry a poorer prognosis. These are called "B symptoms." Swollen lymph nodes (including the liver and spleen) are another ominous sign. Some people present with shortness of breath, chest pain, cough, and abdominal or bone pain. Diagnosing NHL usually involves blood tests, various radiologic imaging procedures (X-rays, CT scans, MRI, PET scans), and biopsies of suspicious lesions. It may also include examination of the bone marrow. Classification involves a lot of testing to identify the genetic signature of the tumor to nail down the specific type of NHL. This makes NHL one of the leading examples of how genetic testing is being used in modern day cancer treatment. Determining the genetic makeup of cancer cells to determine what chemotherapy or biologic treatments will offer the best chance at remission or cure is the future of managing cancer. Dr. John Roberts is a retired member of the Franciscan Physician Network specializing in Family Medicine.

Versiti And The Girl Scouts Of Central Indiana Team Up For Thin Mint Thursday

On Thursday, March 2, 2023, Versiti Blood Center of Indiana and the Girl Scouts of Central Indiana are partnering in a special way to thank donors. Unofficially known as "Thin Mint Thursday," all attempting donors at Versiti's Indiana donor centers will receive a package of Thin Mints® cookies. "We are always proud to be able to support efforts that help the community," Girl Scouts of Central Indiana CEO Danielle

Shockey said. "Whether through Cookies for a Cause or in ways that celebrate giving back like the blood drive Thin Mint efforts. Girl Scout cookies and community service are in the Girl Scouts DNA and we are happy to do our small part to support Versiti's efforts." "More than a cookie, Thin Mint Thursday is a way to thank our generous blood donors for their lifesaving gift," said Penny Schroeder, area vice president at Versiti. "We

are grateful to partner with the Girl Scouts of Central Indiana to save lives and help girls thrive!" To schedule an appointment to donate blood, call 1-317-916-5150 or visit versiti.org. Donor Center locations: · INDIANAPOLIS: 3450 N. Meridian St. · FISHERS: 11005 Allisonville Road · CARMEL: 726 Adams St., Suite 150 · GREENWOOD: 8739 U.S. 31 South · HIGHLAND: 2126

45th St. · TERRE HAUTE: 2021 S. Third St. · LAFAYETTE: 2200 Elmwood Ave., Suite D-16 Donating blood takes about an hour. Anyone age 17 or older in good health who meets eligibility requirements is encouraged to give. Parental consent is required for donors age 16 to donate blood. Donors should bring a photo ID that includes their birth date.

Nomination Deadline Extended For Environmental Awards

The Indiana Department of Environmental Management announced that it will continue to accept nominations for the 2023 Governor's Awards for Environmental Excellence until Friday, March 17. Citizens, government agencies, businesses, organizations, and educational institutions are invited to submit nominations. Self-nominations are encouraged. Nominated projects must have occurred in Indiana and been implemented in 2021 or 2022. "It is always an honor for IDEM to recognize

these outstanding Hoosiers who are choosing to go above and beyond to make a difference in Indiana's environment," said Commissioner Brian Rockensuess. "I encourage Hoosiers to submit their applications for their innovative projects, and I look forward to celebrating this year's honorees and their many contributions to our state." The Governor's Awards for Environmental Excellence are the most prestigious environmental awards given in the state. This year, IDEM and Governor Eric J. Holcomb's office will

present seven awards, one in each of the following categories: Energy Efficiency/Renewable Resources; Environmental Education/Outreach; Five Year Continuous Improvement; Greening the Government; Land Use/Conservation; Pollution Prevention; and, Recycling/Reuse. The deadline for nominations is now March 17, 2023. The previous deadline was March 6. Awards will be presented in September. A panel of conservation, environmental, and academic professionals review nominations. The awards will be based

on project innovation, measurable results, and transferability. Nomination forms and instructions are available at idem.IN.gov/partnerships/governors-awards-for-environmental-excellence/. In 2022, award winners included: Bendix Commercial Vehicle Systems, LLC, Paramount Schools of Excellence, AstraZeneca Mount Vernon Operations, Indianapolis Public Schools, Big Pine Creek Watershed, Cummins Inc., and the City of Monticello. Watch the Governor's call for nominations video

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Photos courtesy of Toyota

Stylish, Safe 2023 Toyota Camry Hybrid Achieves 47-MPG

You should have seen the look on my husband's face when I rolled up in the 2023 Toyota Camry Hybrid. There's never a question about the Camry's quality or durability, but he's not terribly excited. I don't care; look at a list of the best-selling and highest quality cars for the past three decades and the Camry will always be near the top. While trying to sell him on how stylish, smooth, and efficient is this latest Camry hybrid, we made a highway run to visit relatives.

Sitting in the driveway, it's a dignified design, but more exuberant than any Camry before. The XSE trim features more aggressive facias and a contrasting black roof, and the TRD edition even sprouts a wing, but our XLE takes on a more "athletic luxury" style. There are more bulges and creases than in previous models, wide horizontal grille slats imbue a Lexus vibe, and the thick rear pillars hint at Rolls-Royce. Put it all over sporty 18" wheels. Angry taillamps and integrated decklid spoiler leave strong impressions.

There's an upscale ambience inside too. The swerve-curved dash with deep woodgrain trim and stitched coverings is as much Lexus as Toyota. Some will find the seats a bit firm, but I like them

2023 Toyota Camry XLE Hybrid

Five-passenger, FWD Sedan
Powertrain: 2.5-liter I4 Hybrid, CVT
Output: 208 hp (combined)
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: Regen disc/disc
Must-have features: Style, MPG's
Fuel economy: 44/47 mpg city/hwy
Assembly: Georgetown, KY
Base/As-tested price: \$28,355/\$40,232

— especially when heated and ventilated. The thick heated leather-wrapped steering wheel, dual-zone automatic climate control, and power moonroof were nice too. Crisp tunes stream to the 800w JBL audio system with subwoofer through Apple and Android connectivity. Charge wirelessly with a clever console phone drawer. Proper volume and tuning knobs add convenience.

Given the Camry's broad adoption by families and even a couple of older drivers, Toyota devoted itself to safety. I liked the head-up display that projects speed, navigation, and safety systems over the hood, but it was slightly distorted like the flip-lens eye test at the doctor's office. Providing clearer vision are radar cruise control, lane tracing with steering assist, rear cross path detection, and blind spot warning systems.

But, this efficient

Camry is pretty enjoyable to drive, too. The powertrain mates a 2.5-liter four-cylinder engine with a continuously variable transmission and Lithium-Ion batteries for a combined 208 horsepower. It may not be the fastest Camry, but it's no sloth. For comparison, a 1987 Camaro IROC-Z's V8 delivered just 215 horsepower. And, that Camaro would never match the Camry Hybrid's 44/47-MPG city/highway.

My husband is still carping about the Camry being a "grandma's car" as I tune him out and enjoy the drive. First, it's dead solid — absolutely nothing squeaks, creaks, or rattles. Even over rough pavement, there's nothing but fump, fump, fump, fump. Especially for a front-drive car, the chassis is well balanced, allowing the driver to dial in handling while passengers enjoy a comfortable ride. Accelerating onto the



CASEY WILLIAMS
Auto Reviews

Interstate takes a little patience, but it's smooth and spirited at Interstate speeds. Even my grandma would appreciate its talents (she once out-ran an Amtrak across Indiana in her Mercedes).

When people of all ages come to me asking about a car that provides room for their family, is safe, and will last a very long time, the Toyota Camry tops my list. However, it has also become one of the most stylish, comfortable, and efficient on my list too. Even my husband had to admit it's a pretty impressive ride. The Kentucky-built Camry starts at just \$28,355 and came to a still-reasonable \$40,232 in hybrid trim with all of the kit. Competitors include hybrid versions of the Honda Accord, Hyundai Sonata, Kia K5, and Ford Maverick.

Storm Forward!

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

PUBLIC NOTICES

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 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
 TL20103 2/21 2/28 2t hspaxlp

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 \$0.05 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 TO TAXPAYERS OF HEARING ON PROPOSED CUMULATIVE CAPITAL FUND FOR THE CITY OF FISHERS, HAMILTON COUNTY, INDIANA

Notice is hereby given to the taxpayers of the City of Fishers, Hamilton County, Indiana, that the Common Council of the City of Fishers will consider at Launch Fishers, 12175 Visionary Way, Fishers, Indiana 46038 at 7:00 o'clock pm on Monday, March 20, 2023, the establishment of a Cumulative Capital Development Fund under the provisions of Indiana Code section 36-9-15.5 for all applicable uses stated therein.

The tax will be levied on all taxable real and personal property within the taxing district and will not exceed \$0.05 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 proposed tax rate for the Cumulative Capital Development Fund is subject to certification by the Department of Local Government Finance.

Within 30 days after the date of the adoption of the cumulative fund by the City of Fishers Common Council, the Common Council will publish a Notice of Adoption. Upon publication of the Notice of Adoption, twenty-five (25) or more taxpayers in the taxing district may file a petition with the County Auditor not later than noon 30 days after the publication of the Notice of Adoption setting forth their objections to the proposed fund.

Dated this 15th day of February, 2023

CITY OF FISHERS,
 /s/ Lisa Bradford
 City Controller
 1 Municipal Drive
 Fishers, IN 46038
 TL20116 2/28 3/14 2t hspaxlp

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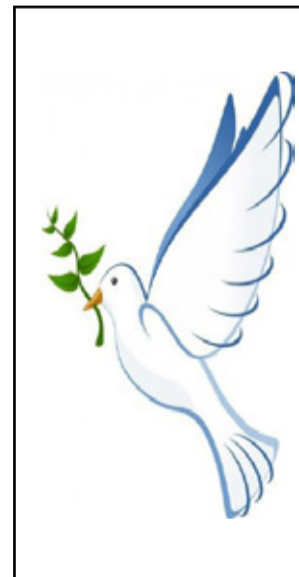
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Kratom — An herbal Painkiller — Could Become Legal Again In Indiana

By Leslie Bonilla Muniz

A plant substance touted as a natural painkiller, “energy booster” and even a treatment for opioid withdrawal could once again become legal in Indiana under a bill advancing through the state legislature.

House Bill 1500, authored by Rep. Alan Morrison, R-Terre Haute, would permit the sale of kratom, an herbal extract derived from the leaves of a tropical evergreen tree. The plant is native to Thailand, Malaysia, Indonesia, and Papua New Guinea.

Kratom was legal in Indiana until 2014, when state lawmakers banned the substance in anticipation of similar action at the federal level. The U.S. Food and Drug Administration (FDA) has failed to outlaw kratom, despite numerous attempts.

In Indiana, kratom is currently listed as a schedule 1 narcotic — the same as heroin or cocaine.

While some critics compare kratom to opioids — cautioning that the plant has addictive properties — advocates say it can ease everything from chronic pain to substance abuse

withdrawal. Where it’s legal, the plant is often purchased as a powder or liquid which can then be stirred into drinks. It also comes in tea or capsule form.

Morrison’s bill would allow anyone over the age of 18 to buy kratom in Indiana, as long as the packaging contains certain information about where and how it was produced.

“People use this supplement as an energy boost to help with anxiety and even pain relief, and the spectrum of what they use it for, or how, is based on the dosage and the amount that they take,” Morrison said earlier this month as lawmakers discussed the bill in the House commerce committee. “But it is not a drug. It is an herbal botanical plant.”

The bill advanced 53-40 from the House last week — with mixed support from both sides of the aisle — and now heads to the Senate.

Indiana is one of just six states to currently ban kratom sales. Still, an estimated 100,000 Hoosiers are already using the substance, according to the American Kratom Association. Kratom is legal in all of Indiana’s border

states, making it easy to bring across the border.

But a black market also exists for kratom, Morrison said, increasing the risk for an “impure” substance, or products that are contaminated with other different chemicals like cocaine, fentanyl, and heroin.

“It’s critically important that we enact these kinds of regulatory frameworks to protect consumers so that they can make informed choices and use the product properly,” said Matt Caddo, a policy fellow with the American Kratom Association.

What the kratom reversal would entail

The latest version of Morrison’s bill would require kratom packaging to contain a scannable bar or QR code that provides information about the manufacturer, as well as data on product batch and what ingredients were used.

Labels would also caution pregnant women to consult their physician before consuming it. Failure to comply with the sale and packing regulations could result in an infraction and a fine of up to \$10,000.

Selling or providing a

kratom product to a minor would additionally be illegal.

Distribution violators could face a Class B misdemeanor and up to 180 days in jail for a first offense, and a Class A misdemeanor — punishable by up to one year in a county jail — if they have a previous conviction.

Where health experts stand

Some health experts have expressed concern that kratom can lead to psychotic symptoms and even cause recovering addicts to relapse.

The FDA has not approved kratom for any medical use, instead warning not to use the plant because “it appears to have properties that expose users to the risks of addiction, abuse and dependence.”

The U.S. Drug Enforcement Administration (DEA) additionally lists kratom as a “drug of concern.”

But Jack Henningfield, a professor at the Johns Hopkins University School of Medicine, said those claims continue to be refuted — including by other professionals in the medical research commu-

“It’s not approved (by the FDA) as a drug, but around the world people use it therapeutically,” Henningfield said. “The best side effect from a health perspective is that if you take too much, you get nauseated, and if you take a little more, you might throw up.”

He testified before lawmakers that the plant has safely been used in Southeast Asia “for millennia” as an herbal form of pain relief during pregnancy and childbirth, and “as a daily pick me up in place of coffee or tea.”

Kratom, which is related to the coffee plant, produces stimulant effects in low doses and sedative effects in high doses, Henningfield noted.

“There is no public health data that shows imminent public health threat,” he said. “There’s public health data that shows that if you schedule it, you will create a problem — you will create a black market.”

John DeLao, a University of Indianapolis student, further testified in support of kratom legalization, telling lawmakers he was able to overcome a heroin addiction by using the substance.

“Kratom isn’t going to completely remove those withdrawal symptoms, but it will lower them significantly,” he said. “That little bit of less withdrawal could be the reason somebody ends up getting off of it.”

Kratom can be purchased from smoke shops and vitamin stores in other places, although lawmakers in some states are trying to enact more restrictions. For example, the Louisiana Legislature approved a bill in 2019 to make kratom illegal if the DEA regulates it. That hasn’t happened yet, however.

The Georgia Legislature is currently considering a kratom ban after several people blamed the plant for contributing to the deaths of their family members. But legislators there have so far declined to advance the bill.

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Noblesville Schools superintendent Daniel Hile (left) attends the dedication of the district’s new tennis facility, which is in use this school year.

BETSY

From Page A1

come to school with the same home life and opportunities.”

Hile is focused on the many wonderful things happening in our school district everyday, “definitely a lot of things to be proud of,” Hile said.

The superintendent, who came from a smaller school district and who was named 2022 Northeastern Indiana Superintendent of the Year, is still getting to know Noblesville Schools, and said it’s “so exciting to go to school every day and see the great things (happening).”

Back in the fall, on Oct. 29, Noblesville won state championships in boys soccer, girls soccer and girls cross country all on the same day, he noted proudly.

NHS jazz director and assistant band director Bethany Robinson is a two-time national Grammy music educator finalist, has been Indiana Jazz Educator of the Year and was this school year named Indiana High School Music Educator of the Year.

A soft spot for the performing arts program, Hile said “fine arts” has way outgrown their spaces. “That’s one of the victims of your own success.”

Since Hile has been at

Want MORE?

If you are a Noblesville resident and you missed the new State of the Schools publication in your mailbox, check it out at <http://bit.ly/3Zjtnzg>

Noblesville Schools, he’s helped cut the ribbon on the new Beaver Stadium and the new tennis facility. And the district has broken ground on a new multi-purpose high school athletic expansion, which will free up additional facility space that the district plans to use for a proposed performing arts and STEM classroom expansion. The project contract came in under bid at \$14.8 million and is funded through a loan with no use of referendum or classroom dollars and no increase to the tax rate.

Also, the Miller Ambassadors program, which runs August through May, offers school learning experience for community leaders and parents. Applications for the Class of 2024 will open in June 2023.

Want more? A new print newsletter, Connect, a new state-of-the-schools publication by Noblesville Schools, has been mailed

out to 33,000 homes in Noblesville.

Hile encourages Noblesville residents who want to stay in the know to sign up for Noblesville Schools’ new “In the Know” digital publication, which will be delivered monthly to your email inbox. The new newsletter provides updates on Noblesville Schools’ initiatives, board meetings, celebrations, events, leadership and more.

Next up, Noblesville Schools Education Foundation’s Miller-Palooza is 6 p.m. to 11 p.m. March 10 at the Embassy Suite in Noblesville, with \$125 tickets, sponsorships available, dress casual Noblesville school spirit, and featuring Dueling Pianos from Felix and Fingers. To donate to silent auction, email adriann_young@nobl.k12.in.us

Contact Betsy Reason at betsy@thetimes24-7.com. Read more from Superintendent Hile in the Betsy Reason column in an upcoming edition of The Times. See a photo and press release of Dr. Hile with the Lions Club members, also in The Times. (This is a rerun of Saturday’s Betsy Reason column in its entirety. The second half of Saturday’s column was missing and not published in The Times. We regret the error.)

CARRIE

From Page A1

talking to my father downstairs. I sat up at attention.

This comment about the chia seeds was news to me. I knew Peter was eating chia seeds because he thought it might lower his cholesterol. Peter is always reading articles about health, and I don’t usually pay a lot of attention. He reads scientific studies about a variety of things. The studies are rarely conclusive, but if they indicate that eating chia seeds might be a good thing, Peter starts eating them every morning.

My cholesterol is low, and I’ve never eaten a chia seed in my life. But this information about his beard caught my attention. For one full moment.

Then I realized this was Peter’s way of making a joke.

“You mean like a Chia Pet?” I hollered downstairs.

Peter started laughing and my dad groaned, and I was deeply disappointed. Because I was actually hoping it was true.

I had been hoping—for one long and optimistic moment—that chia seeds might help my hair. My hair is so wispy at this point that saying I look like a dandelion gone to

seed is doing dandelions a disservice. I look at photos of myself taken a couple of years ago and can see I used to have a lot more hair. I can see a trajectory, and it’s not going in the right direction. I wouldn’t mind one bit if I started to resemble a Chia Pet. It would be a big step up, as I see it.

“Yes!” Peter laughed. “I’ve started to look like a Chia Pet!”

Now, this is almost true. Peter has a lot of hair. His whole family has a talent for growing hair. But the idea of a real-life, Chia Pet-type cure stayed with me. That’s the trouble with getting your hopes up. When I was reconciled to being bald as a cue ball by 70, everything was fine. Get me hoping I might grow more hair—even for a moment—and I suddenly see this future filled with hair. I see luxuriant long tresses cascading down my back. OK, not really. But I imagine having enough hair where it would make a noticeable difference if I ran a comb over my head or not.

I discovered, unsurprisingly, that there were a lot of folks happy to sell products to grow more hair. There were legions of photos of impossibly

long, thick hair and products associated with these photos, claiming to take credit. It was a swamp of dubious information and misplaced hopes and snake oil. It was irresistible. I ordered some supplements.

“I’m just gonna give this a try!” I told myself late at night as I imprudently ordered enough product to get me through the next three months.

The product is “guaranteed or your money back,” but I know how that goes. Nobody wants to say they were suckered. Nobody wants to admit they got their hopes up. Nobody wants to come back and report that they now have almost no hair at all and would feel a lot better if they at least had the 30 bucks back that they spent, so they could buy a hat to keep their head warm, since their hair was no longer doing the job.

But now I have miracle supplements on the way, and I’m resigned to giving them a try. I’m trying to recapture my Chia Pet moment—that 15 seconds when I thought anything was possible.

Till next time,
Carrie Photos and other news can be found at CarrieClasson.com.

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www.noblesvillebaberuthbaseball.com

TUESDAY

In The Kitchen

Tuesday, Feb. 28, 2023

A8

A Savory Solution to Stretch Your Grocery Budget



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

FAMILY FEATURES

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

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

Save Money

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

Savor the Flavor

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

One Carton, Multiple Dishes

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

Serve Up Nutrition

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

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

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

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

Chicken:

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

Orzo:

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

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

To make chicken: Preheat oven to 450 F.

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

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

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

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

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

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

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

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

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



Blended Pasta Sauce

Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

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

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

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

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

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

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

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



Creamy Spinach, Mushroom and Lasagna Soup

Creamy Spinach, Mushroom and Lasagna Soup

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

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

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

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

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

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

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

TUESDAY

In The Kitchen

Tuesday, Feb. 28, 2023

A9

EAT THE RAINBOW

Pair seafood and seasonal produce for colorful, healthy recipes

FAMILY FEATURES

Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

“Eating the rainbow” refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon – like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium – can take your meal planning one step further.

Whether you’re commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn’t mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a “rainbow” of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you’re reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that’s delicious on its own or used to elevate favorite recipes.

To find more health-focused snacks, appetizers, meals and more, visit chickenofthesea.com.



Mediterranean Tuna Salad

Mediterranean Tuna Salad

Prep time: 20 minutes
Servings: 1-2

Dressing:

- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon dried oregano

Salad:

- 1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
- 1 cup halved cherry tomatoes
- 1/3 cup sliced Kalamata olives
- 1 cup chopped English cucumber (about 1/2 cucumber)
- 1/4 cup feta
- 1 tablespoon minced parsley
- pita chips (optional)
- crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.



Salmon Chili Bites

Salmon Chili Bites

Prep time: 15 minutes
Servings: 2

- 2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
- 1 tablespoon chili crisp
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- 2 bell peppers, cored and cut into 2-inch squares

- 1 green onion, thinly sliced
- minced cilantro
- black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.



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TUESDAY

Health and WELLNESS

Tuesday, Feb. 28, 2023

A11

National Institutes Of Health Grant Funds Interdisciplinary Stem Cell Research

A team of Purdue University scientists led by Shihuan Kuang has received a \$2.5 million grant from the National Institutes of Health to define the role of lipid droplets in muscle stem cell function, a study with implications in both humans and livestock.

“Lipid droplets are important as a regulatory component of the stem cell. The content of lipid droplets makes the stem cell function better or worse,” said Kuang, Cancer Center Chair in Stem Cell Biology and a professor of animal sciences in Purdue’s College of Agriculture.

The human angle will focus on muscle-related disease, aging and injury. The livestock aspect will delve into animal growth to enhance meat production, quality and taste.

Working with Kuang on the project are Christina Ferreira, a developmental biologist with training in analytical chemistry in the Bindley Bioscience Center; James Markworth, assistant professor of animal sciences; and Chi Zhang, assistant professor of chemistry in the College of Science.

The grant follows a study that Kuang and eight Purdue co-authors published in the journal Cell Reports last year showing how fat plays an unexpected role in the fate of muscle stem cells.

“We know that if you perturb lipid droplets, the cells do not do well,” Kuang said. “The question now is what do the lipid droplets do in the cell? Do they supplement energy to the cells? Or do the lipid droplets perhaps secrete certain types of molecules that regulate cell function?”

People often think of lipids as bad because

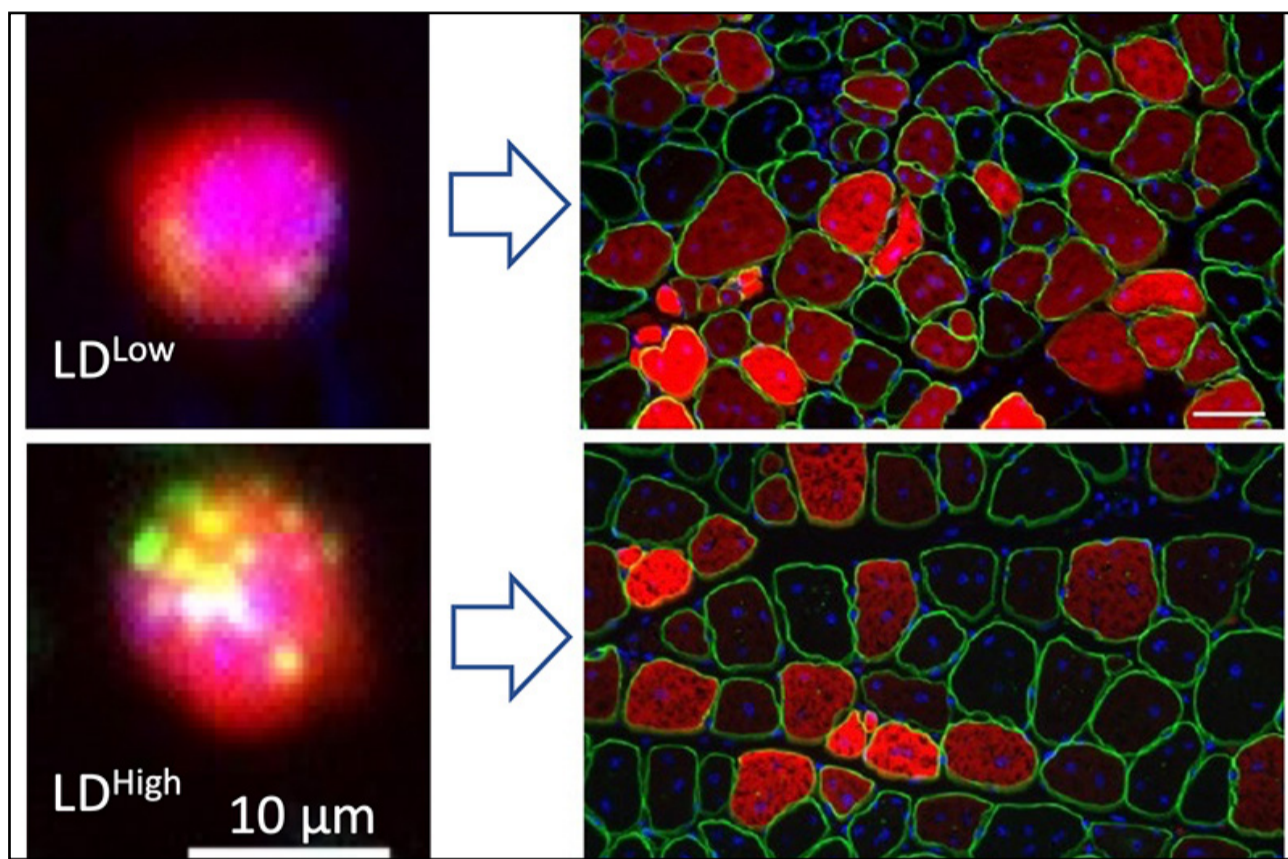


Photo courtesy of Shihuan Kuang, Purdue University

The content of lipid droplets (LD, yellow dots in the panels at left) determines a stem cell’s potential to repopulate an injured muscle. The cell with many lipid droplets (LDHigh) had reduced ability to form muscle cells (red in the right panels) than the cell with few lipid droplets (LDLow). The 10-micron scale bar in the panel at lower left is less than one-fourth the width of a human hair.

they accumulate within the body as fat tissue, Markworth said. The NIH project, however, will explore the potential positive role that lipids may play as important signaling molecules in muscle.

“Right now, we don’t really know what types of lipids are found in these droplets,” he said.

Markworth is especially interested in the role of lipid metabolites – known as bioactive lipid mediators – in muscle biology. Are dietary essential omega-3 or omega-6 (healthy unsaturated fats) found within lipid droplets, for example?

“Does the type of fat that they contain influence their role? And do their various downstream metabolites play different roles in determining stem

cell fate?” he said.

In the past, scientists viewed the droplets as inert storage containers, “like a garbage can,” Kuang said. Learning more about how lipid droplets influence stem cells could lead to their manipulation to repair muscle damage more rapidly or to heal muscle disease, he said.

The work has relevance to sarcopenia – common, age-related muscle atrophy – as well as metabolic diseases that affect the muscle, such as obesity and diabetes. The treatment of major genetic muscle diseases, such as Duchenne muscular dystrophy, and of more common exercise-induced and traumatic muscle injury also could benefit.

From an animal science perspective, “lipid

droplets are found in the muscle of livestock species, the meat that we eat,” Markworth said. “The composition of lipid droplets in the meat may affect both the taste of the meat and its nutritional value to the human diet. If we can manipulate lipid in the muscle, we could potentially enhance meat quality.”

Markworth joined the Department of Animal Sciences faculty in 2021. His collaborations with Kuang indicate the department’s heightened focus on basic muscle research.

“My lab would like to link the role of lipids and their downstream bioactive molecules in muscle back to lifestyle, nutrition, diet and exercise behaviors,” Markworth said. “If we understand

what lipids are important within the cells, their role and how they function, we can manipulate this easily by what kind of lipids we eat.”

Lipid droplets are among many different types of cogs in the cellular machinery. At the Bindley Center’s Metabolite Profiling Facility, Ferreira chemically analyzes the lipids and other small molecules related to the metabolic regulation of the muscle stem cells that the team is studying.

“When cells change their lipid composition, they change their roles in metabolism,” she said.

Ferreira uses an array of highly sensitive techniques, including two developed by Purdue’s Graham Cooks, the Henry Bohn Hass Distinguished Professor of

Analytical Chemistry, to profile the metabolism of stem cells and to chemically screen their associated lipid droplets.

“Stem cells are very rare. They appear in small numbers,” Ferreira said. Lipid droplets, meanwhile, are difficult to chemically analyze because of their nanoscale size. Thousands of them could lay side-by-side across the width of a single human hair.

Zhang adds Raman spectroscopy to the project. With this imaging method, he measures the compositions of lipids in live cells. Raman imaging exploits the way that molecular vibrations link to light beams to measure chemical compositions. He also has developed an imaging technique that allows the team to monitor the lipid droplets as the stem cells convert to muscle cells and other cell types.

“We are a group for developing tools. We hope that our tools can be used by biologists,” Zhang said. “Finding applications is always the motivation we have.”

His group currently is designing a tool that can take images of muscle cells while also controlling their fate as they differentiate. The group also is testing how to precisely target a laser only on lipid droplets to see if manipulating the droplets might change the stem-cell differentiation process.

While Purdue’s NIH study will focus on muscle, it has potential implications for stem cells throughout the body, including neural stem cells.

“Lipid droplets might play a similar role in other tissue stem cell types that are not studied yet,” Kuang said.

Simple Steps Can Help Keep You And Your Family Covered In 2023

Steve Smitherman – President at CareSource Indiana

It’s hard to believe we’ve reached the three-year mark since the COVID-19 pandemic began. When it came to our health, this period was marked by confusion and a number of worries. These ranged from masks, vaccines and boosters, mental health challenges, job loss and more.

But for over 2 million Hoosiers, health coverage has not been a major issue or something needing much attention since the federal public health emergency began. However, it’s important that Hoosiers know about some changes coming in 2023 that could impact their health care and ability to go to the doctor, hospital or pharmacy. As we move further into the year, it is crucial that many Hoosiers take steps to keep themselves and their families covered.

Prior to the pandemic, anyone with health cov-

erage through Medicaid, which in Indiana includes Hoosier Healthwise, Hoosier Care Connect and the Healthy Indiana Plan, had to renew their coverage annually. The federal government required this to make sure people receiving these benefits were still eligible based on factors like their income, household size and disability status. However, when the pandemic began, this requirement was set aside, and anyone with Medicaid simply stayed on the program without taking any renewal actions. This will change in 2023. The state of Indiana will return to the pre-pandemic norm of checking to see if Hoosiers are eligible for the health care they get through HIP, Hoosier Healthwise, Hoosier Care Connect or traditional Medicaid. This annual process that is restarting is called redetermination.

How can I be prepared for redetermination?

It is important that Hoosiers know what

kind of coverage they have and understand that they might need to work with the state to keep it. This work can begin right now. Most Medicaid members have likely experienced changes since 2020, so they should update their information with the Indiana Family & Social Services Administration, often referred to as FSSA. This includes answering the following prompts and confirming these details with the state:

- What is your address?
- What is your income?
- What is your employment status?

Details surrounding your age and family status

FSSA has made it easy for this information to be updated by following these steps:

Go to FSSABenefits.IN.gov.

Scroll down to the blue “Manage Your Benefits” section.

Click on either “Sign into my account” or “Create account.”

Call 800-403-0864 if you need assistance.

Then watch your mail! Be sure to respond with any information that FSSA requests.

Members may also be hearing from their current health plan. Health plans like CareSource will be busy reaching out to their members to help keep their status updated. We’re sending mail, calling our members, sending text messages and emails, all in an effort to help ensure they understand the importance of updating their account information and reporting any details that have changed from their application or last renewal.

What if I lose my health coverage?

It is estimated that 25% of Hoosiers that are currently on Medicaid could lose their coverage as redetermination starts and the process returns to normal. Why does this matter? Hoosiers’ health is a top priority and access to coverage is essential so residents

can see a doctor or get medicines when needed. Health coverage is also

essential as it connects patients to laboratory and x-ray services, home health services, physical therapy, hearing aids and more. If a current member is determined to no longer be eligible for Medicaid coverage, there are other options available for them and their family. Health plans can connect those individuals to other resources and help to get them enrolled in other coverage options such as Health Insurance Marketplace. To learn more about Marketplace coverage and determining eligibility, visit HealthCare.gov or call 800-318-2596.

Where else can I find help?

There are also specially trained and certified professionals throughout Indiana who can help Hoosiers find the right health coverage. These are called navigators and application organizations. Hoosiers can find help

in their area by visiting: in-fssa.force.com/HC-Nav/.

Finally, we’ve all had a few birthdays during the pandemic. For those that are now over 65, they can look into coverage through the federal Medicare program by visiting Medicare.gov or by calling 800-MEDICARE (800-633-4227).

Indiana’s State Health Insurance Program can also help with any questions about Medicare. Find them online at medicare.in.gov or call 800-452-4800.

It is truly in the best interest of all Medicaid members to update their information with the state. Doing this can help to better ensure that residents avoid any lapse in coverage. Whether an individual is a CareSource member or a member of another health plan, their health is important and their ability to stay covered or obtain the right coverage in 2023 is a critical piece of the puzzle.

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