

TODAY'S VERSE

Genesis 1:1 In the beginning God created the heaven and the earth.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Ka'Lena Cuevas smile? "Only the worst cliches come to mind when trying to answer this question, but it reminds me of one of my favorite Shakespeare plays: 'The robbed that smiles, steals something from the thief;'" said the Fishers resident, who is often found producing local community theater productions. In 2022, she earned Encore Association's 2022 Awards for Best Production of a Comedy for Basile Westfield Playhouse's "Rumors" and Best Production of a Drama for the Playhouse's "Mice and Men." Before that, she earned Best Production of a Comedy for the Playhouse's 2019 "Lie, Cheat and Genuflect." She performed in Noblesville Cultural Arts Commission's 30th annual free Shakespeare in the Park. Cuevas was born and raised in New York City (Chelsea, Manhattan) and when she was a teenager moved with her family to Oahu, Hawaii, until she left for college, "which is what brought me here (to Indiana)," said Cuevas, who graduated from DePauw University. After finishing grad school on the East Coast, she moved to Indianapolis, then Fishers. Why theater? "I've always loved theater. My parents would take my siblings and me to Broadway and Off-Broadway shows growing up in NYC, and I still remember those," said Cuevas, who took acting and playwrighting classes in college and majored in English. She is currently producer for The Belfry Theatre's "Crimes of the Heart," directed by Jen Otterman of Noblesville. Auditions continue at 7 to 9 p.m. today at Emmanuel United Methodist Church in Noblesville. For details, thebelfrytheatre.com.

And Another Few Things...

1. Westfield Innovative Competition

You are invited to the Westfield High School Innovation Luncheon on Thursday, March 16. Twenty student groups from the high school will be on hand with their inventions and innovations. Attendees will get the opportunity to visit each student group and then vote on their favorite during lunch. Three student groups will be selected to present in front of everyone with the chance to win a \$1,500 prize presented by WKRP Indy Real Estate.

2. Hamilton County Launches The GeoHub

The Hamilton County GeoHub is the primary public resource for geospatial data, web maps, and applications for Hamilton County, Indiana. It provides access to the General Viewer, Aerial Imagery Downloader, departmental map viewers, REST services, and most importantly, the downloadable geospatial data. The geospatial data is owned and maintained by various departments within the County and is provided by the GIS Office in the Information Systems Services (ISS) Department. You can find direct links to those departments that offer GIS support, such as the Surveyor's Office, Planning Department, and Assessor's Office, as well as, direct links to the GIS offices of the municipalities and the state's IndianaMap on the site. Visit the Hamilton County GeoHub at https://geohub.hamiltoncounty.in.gov/.

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Hamilton County's Own Daily Newspaper

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Photo courtesy of Dave Dugan

Carmel High School graduate comedian Dave Dugan returns to The Cat at 7:30 p.m. this Thursday for a St. Patrick's Eve comedy night.

Dugan's Back For St. Pat's Eve At The Cat



BETSY REASON Columnist

I catch up with comedian Dave Dugan a few times a year. St. Patrick's holiday is one of those times.

I saw him last August doing stand-up comedy at The Cat in Carmel. It was my first time at the 110-seat rental venue.

The Indianapolis-based comedian who is famous nationwide and around the world and has appeared on Comedy Central, HBO, and VH-1, is a Hamilton County native who graduated from Carmel High School and still lives in Carmel.

He returns to The Cat at 7:30 p.m. this Thursday on St. Patrick's Eve.

I've known Dugan and have been following him for 30 years. Being that the Carmel High School grad has had nearly a lifetime of popularity, I had a few questions for Dugan:

Q: So, how do you keep your St. Patty's Day show and other shows fresh from year to year?

A: Well, since I return to some venues regularly, I keep a record of what (material) I cover for each performance, so that I can prioritize new bits at the next performance there. (In this case, the Cat Theatre in Carmel) This way, returning audiences don't have to sit through the same show. In other words, fresh show, same stale face, but fresh show. It's the one time I'm thankful for my OCD that pushes me to keep the content of every show on file.

Q: What's so comical about St. Patrick's Day?

A: I might have to answer that question with a question. What's so funny about Peace, Love and Understanding? (Elvis Costello from 1979, thanks for your request) St. Patrick's Day is chock full of humor. From observing those who celebrate the holiday to the extreme, wearing cos-

Want TO GO?

What: St. Patrick's Eve with Dave Dugan at The Cat. When: 7:30 p.m. Thursday. Where: The Cat, 254 Veterans Way Carmel. How much: \$15 in advance, \$20 at the door. Where to buy tickets: https://thecat.biz/whats-on-stage-1

tumes you wouldn't be caught dead in the other 364 days of the year, to leprechauns.

Q: Your thoughts on green beer?

A: Heck, green beer makes me giggle. It's only desirable the one day. Any other time of the year if you were served a green beer, you'd think it was tainted and send it back.

Q: Why do you like St. Patrick's Day so much?

A: Oddly, or maybe not, no one else in my family lives for St. Patrick's Day like I do. Dugan is a very Irish name, and I guess I'm somewhere between 50-75 percent Irish. But our kids

See BETSY Page A5

Mother Son And Daddy Daughter Dances Will Surely Be "Out of this World"

Westfield Welcome announces the return of the Mother-Son Dance and Daddy-Daughter Dance presented by Wittler Orthodontics. These dances, which have become an annual tradition for many families, will occur at The Bridgewater Club on Saturday, April 29th.

This year's dance theme is "Out of this World." The dances include a professional DJ, tasty snacks, themed crafts, and activities on the lawn. There will also be the chance to take portraits with a professional photographer to capture the

memories. The event's highlight is the Mom dance-off and the Daddy dance-off, which awards the respective winner a one-of-a-kind trophy.

"It's such a special event; we love seeing all the families that come out, and the memories made. We welcome families to join regardless of traditional event names," said Kayla Arnold, Westfield Welcome Director.

The Mother Son dance takes place from 2 - 4pm, and the Daddy Daughter dance will

have an afternoon session from 4:30 - 6:30pm and an evening session from 7 - 9pm.

Tickets are \$15 per person, and each attending will need a ticket. The event is recommended for ages 3 - 10; however, we welcome all ages.

Tickets go on sale Wednesday, March 15th at 10am. There are limited tickets available, and each session typically sells out. To purchase tickets, visit: westfieldwelcome.ticketleap.com

Want TO GO?

What: Mother Son and Daddy Daughter Dances

When: Saturday April 29 For Mother Son 2pm-4pm For Daddy Daughter 4:30pm-6:30pm 7pm-9pm

Where: The Bridgewater Club

How much: \$15

Where to buy tickets: westfieldwelcome.ticketleap.com

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HONEST HOOSIER

I always used to think if my wife and I were talking about diapers it might be something kind of kinky. At my age now, I've learned it's anything but.



TODAY'S QUOTE

"There are good ships and there are wood ships, the ships that sail the sea. But the best ships are friendships, and may they ever be."

- Irish Toast

TODAY'S HEALTH TIP

It's critical for kids, especially teens to get plenty of sleep to help with mood, school performance and appetite.

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

Who was the roundest knight at the round table? Sir Cumerference! He at too much Pi! (And happy Pi Day!)

OBITUARIES

Nilah Kay McDavid
Betsy Janiece Presser

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



OBITUARIES

Nilah Kay McDavid

August 21, 1939-March 11, 2023

Nilah Kay McDavid, 83, of Anderson, passed away on Saturday, March 11, 2023, at her residence following an extended illness.

She was born on Aug. 21, 1939, in Madison County, Indiana, to Alfred and Wilda (Webb) Kramer.

Nilah was a graduate of Lapel High School.

She had worked as a waitress at Wheelers Truck Stop and had also worked at several factories.

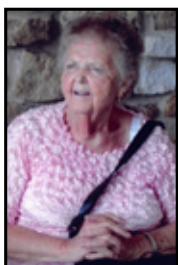
Nilah is survived by a nephew, Bob Kramer of Daleville and a cousin, Edna Frawley of Titusville, Florida.

She was preceded in death by her parents; two sons, Butch Hand and Jack McDavid; and two brothers, Kenny Kramer and Art Kramer.

A funeral service will be held at 11:30 a.m. on Thursday, March 16, 2023, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Indiana 46051 with the Rev. Gary Klinger officiating. Cremation will follow.

Visitation will be from 9:30-11:30 a.m. on Thursday at the funeral home.

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



Betty Janiece Presser

July 9, 1942-March 9, 2023

Betty Janiece Presser, 80, of Greenfield passed away on Thursday, March 9, 2023 at Westminster Village North in Indianapolis.

She was born July 9, 1942 in Anderson, Indiana to Harold L. and Lillian L. (Woods) Wiseman.

Betty married Ernest Richard Presser on August 16, 1964 at Ford Street United Methodist Church in Lapel.

She was a 1960 graduate of Lapel High School. She earned her bachelor's degree from Purdue University, graduating in 1964.

She was a home economics teacher at East Peoria Community High School for 20+ years. She was a member of the East Peoria Community High School Home Ec Club. She was an avid reader and enjoyed traveling and spending time with her family and friends. She always had a smile on her face.

She was a member of Mossville United Methodist Church in Peoria, Illinois and Ford Street United Methodist Church in Lapel. She also attended Trinity Park United Methodist Church in Greenfield.

Betty is survived by her husband of 58 years, Ernie Presser; her children, David (Jennifer) Presser of Greenfield and Susan (Keith) Nachtigall of Alexandria, Virginia; a brother, Dennis (Susan) Wiseman of South Carolina; and a grandson, Jacob Presser.

She was preceded in death by her parents.

A funeral service will be held at 11:30 a.m. on Wednesday, March 15, 2023 at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Indiana 46051 with the Rev. Larry Van Camp officiating. Burial will follow in Brookside Cemetery in Lapel.

Visitation will be from 9:30-11:30 a.m. on Wednesday at the funeral home.

Memorial contributions may be made to the Susan G. Komen Foundation for Breast Cancer Research, P.O. Box 6069, Dept. 95, Indianapolis, Indiana 46206-6069 or to the Harold and Lillian Wiseman Educational Scholarship at Coastal Carolina University, c/o: Financial Aid/Scholarships, P.O. Box 261954, Conway, South Carolina 29528-6054.



Westfield Fire Department Paramedics And EMS personnel To Receive Award

Want TO GO?

What

Eleven paramedics and emergency medical technicians with the Westfield Fire Department will be honored tomorrow, March 14th, by the Indiana Department of Homeland Security EMS Director Kraig Kinney with the department's Stork Award after helping a family deliver their newborn baby.

When

Tuesday, March 14th at 9am

Who

Westfield Mayor Andy Cook, Westfield Fire Department EMS Division Chief Patrick Hutchison, Westfield Fire paramedics and EMS personnel, Indiana Department of Homeland Security EMS Director Kraig Kinney and the parents of baby Anna

Where

Westfield Public Safety Building
17535 Dartown Road
Westfield, IN 46074

***Please enter from the north side of the public safety building. The presentation will take place in the training rooms on the main level.

Centier Bank Welcomes Casey Wilson To Carmel Mortgage Team



Casey Wilson

tuned into the industry's rapidly changing market. "I enjoy educating my clients and having the knowledge to be able to structure financing to meet their needs," Wilson explained. "My clients have access to me and know I am available to answer questions and provide updates. My ultimate goal is to build strong relationships and be accessible to my clients when they need me."

Wilson serves as the Secretary on the Board of Trustees for the Carmel Public Library and resides in Carmel with her family.

For more information about Casey Wilson, email cwilson@centier.com, or go to unlockyourhouse.com.

For more information about Centier Bank, go to centier.com.

Michael E. Schrage, Chairman of the Board and Chief Executive Officer of Centier Bank, is pleased to welcome Mortgage Loan Officer, Casey Wilson, to the bank's Carmel Mortgage Team, located at 568 E. Carmel Dr.

Wilson joined Centier after working over 20 years in real estate with a focus on mortgage lending. She is eager to guide clients through the mortgage process and remain

TheTimes24-7.com

Hamilton County Sheriff's Office Prayer Breakfast



Photos courtesy of Hamilton County Sheriff's Office

April 26th is 2nd annual Chaplaincy Prayer Breakfast and sign-up links below. This year is the 30th anniversary for the Chaplaincy. On July 6th, 1993, Reverend Tom Burton was commissioned as a volunteer chaplain for HCSO by Sheriff Daniel Stevens. Chaplain Burton was assigned the task of organizing, recruiting, training, and implementing the program. Hamilton County Sheriff's Chaplaincy is a 501(c)(3) non-profit, non-denominational faith-based organization serving public safety personnel, those who work or reside in public safety facilities, those housed in the jail facility, as well as all residents of Hamilton County. Their mission is to serve as a supportive group of qualified ministers and counselors, assisting in matters of personal, marriage, job, spiritual as needed, and to be available to assist during times of emergency. **Guest Speaker TBA**

TICKET OPTIONS:

Individual (\$35.00 per person) <https://square.link/u/Biy6k9dW>

Table (\$300.00 per table of 10 people) <https://square.link/u/BLGIQJtq> See less

Letters

Reader Says Mayor Has Conflict Of Interest

Dear Editor,
When I first moved to Noblesville some 18 years ago I got on the wrong side of our then-mayor over his practice of funding the campaigns of his favorite city councilors. I thought it was a bad idea to have people who are supposed to represent their constituents beholden to another elected official, especially one that they are supposed to be keeping in check. It's not illegal, but its also not good practice. At the very least it presents a conflict of interest. At worst it leads to

cronyism, stifles new ideas and makes one wonder who the councilor is really representing. So I was disappointed to learn that the apple didn't fall too far from the tree, as the current mayor, a protégé of the past mayor, is continuing the same practice. Mayor Chris Jensen is raising funds to help get Dave Johnson elected to the council. Dave Johnson is a decent guy. I met him on the campaign trail when he ran in the past. He seems competent, genuinely

interested in public affairs, and apparently he really wants the job. But it's hard to understand why he can't see how this arrangement can compromise his judgment. The council controls the budget. If he has to choose between the mayor and his constituents on an issue do you really think he will ignore the guy who helped get him elected and put his constituents first? Do his constituents think so? I guess its possible that he agrees with the mayor on all issues so there's no

conflict, and that, if true, is a problem itself. Cronyism has had Noblesville mired in mediocrity for more than a generation now. We desperately need some new ideas and new approaches, but all we get is the same old thing. There are many reasons for that but having incumbents picking the very people who are supposed to be checking and balancing them doesn't help. It was a bad idea 18 years ago and it's a bad idea now. Mike Corbett Noblesville

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Indiana's January 2023 Employment Report

Indiana's unemployment rate in January stands at 3.1%, according to the Indiana Department of Workforce Development. By comparison, the national unemployment rate for January stands at 3.4%.

In addition, Indiana's labor force participation rate held at 63.4% for January, remaining above the national rate of

62.4%. Indiana's total labor force, which includes both Hoosiers employed and those seeking employment, stands at 3,409,096 - a decrease of 973 from the previous month.

Private sector employment in Indiana increased by 12,600 jobs over the last month, translating to a gain of 85,300 jobs from this time last year. Indiana's January private

employment stands at 2,825,700. Industries that experienced job increases in January included:

- Construction (+6,700);
- Leisure and Hospitality (+4,700);
- Private Educational and Health Services (+2,500);
- Trade, Transportation and Utilities (+1,500);

and

•Professional and Business Services (+300).

As of March 1, 2023, there were 130,839 open job postings throughout the state. In January, 19,460 unemployment insurance claims were filed in Indiana.

Individuals looking for work, training or career information are encouraged to visit in.gov/dwd/ job-seekers.

It's Severe Weather Preparedness Week

Indiana is no stranger to storms. Snow and ice happen each winter, then in the summer, extreme heat can alter outdoor plans. Even though Hoosiers experience this kind of weather often, they cannot get complacent.

That is why Gov. Eric Holcomb proclaimed March 12-18 Severe Weather Preparedness Week.

Each year, the Indiana Department of Homeland Security (IDHS) collaborates with the National Weather Service during Severe Weather Preparedness Week to remind and educate Hoosiers about seasonal severe weather threats and how to prepare effectively for them.

"This week reminds us that we all have a role

in preparing for severe weather, whether we're emergency responders, community leaders or simply concerned citizens," said Emergency Management and Preparedness Director Mary Moran.

All Hoosiers should learn the best practices to stay safe, save lives and recover from Indiana's severe weather.

IDHS encourages all families, schools and workplaces to make tornado safety plans. You can practice these plans during the statewide tornado drill at 10:15 a.m. Tuesday, March 14.

Throughout the week, IDHS will share severe weather safety tips on Facebook, Twitter and Instagram. Follow IDHS and use the hashtags #SevereWx and #SWPW.

On My Way Pre-K Applications For The 2023-2024 School Year Now Available

Following a record-setting year of enrollment for On My Way Pre-K, Indiana's Office of Early Childhood and Out-of-School Learning is now accepting applications for the 2023-2024 school year. On My Way Pre-K allows 4-year-olds from lower-income families to receive a free, high-quality, prekindergarten education through Indiana's only state-sponsored prekindergarten program. Information about the program and the link to apply can be found at OnMyWayPreK.org.

"We enrolled more than 6,200 children in 2022 and expect to enroll even more this year," said Courtney Penn, director of FSSA's Office of Early Childhood and Out-of-School Learning. "The Purdue University long-term study released last year showed that children who attend On My Way Pre-K are better prepared for school and that the benefits continue well into elementary school. As we enroll an even larger group of children, we know more will be better prepared to succeed throughout their school years."

- Aug. 1, 2023
- Plan to start kindergarten in the 2024-2025 school year
 - Live in a household with an income below 127% of the federal poverty level
 - Have parents or guardians who are working, attending job training or an educational program, looking for employment, or
 - Meet other requirements specified on this page

An easy-to-use, online application called "Early Ed Connect" serves as the application for both On My Way Pre-K and child care assistance provided via the federal Child Care Development Fund or CCDF. Early Ed Connect makes it easy to attach documents and notifies the user that their submission was successfully submitted. A Spanish version is also available. Once the family has met eligibility requirements and completed the enrollment process, they may choose from any of the 1,055 approved On My Way Pre-K programs located across Indiana. These programs are operated in homes, centers, schools and religious settings, allowing families to choose the type of setting that works best for them. Families can search approved providers at www.ChildCareFinder.IN.gov.

For the 2023-2024 school year, a child is eligible for On My Way Pre-K if they:

- Will be 4 years old by

Indiana Tech Earns Gold Designation And Top 10 Status As A Military Friendly School For 2023-24

Indiana Tech has been designated a Military Friendly School for 2023-24 by Viqtory, a service-disabled, veteran-owned small business (SDVOSB) that connects the military community to civilian employment, educational and entrepreneurial opportunities. Military Friendly is the standard that measures an organization's commitment, effort and success in creating sustainable and meaningful benefit for the military community.

In addition to Military Friendly status, Indiana Tech was also recognized as a Top 10-Gold Level institution among graduate programs. According to Viqtory, a Top 10-Gold Level designation indicates Indiana Tech is a "guidon bearer to military/veteran programs and initiatives," and sets standards for other institutions to follow. This is the 12th consecutive

year that Indiana Tech has been recognized as a Military Friendly School. "Receiving Gold Status and Top Ten again this year is directly related to the commitment the Military and Veteran Services team at Indiana Tech has for our students," said Ryan Ozbun, associate vice president of Military & Veteran Services at Indiana Tech. "Our team has grown this past year, allowing us to better serve our military and veteran student population, and our goal is to be the best possible educational choice for those who are currently serving or have served. In the coming year, we are looking forward to bringing Indiana Tech to active duty bases, armories and reserve centers across the nation, as we continue to expand our first class service to military and veterans looking for a great education and great

educational experience." Methodology, criteria and weightings were determined by Viqtory with input from the Military Friendly Advisory Council of independent leaders in the higher education and military recruitment community. Final ratings were determined by combining the institution's survey response set and government/agency public data sources, within a logic-based scoring assessment. Viqtory measures the institution's ability to meet thresholds for student retention, graduation, job placement, loan repayment, persistence (degree advancement or transfer) and loan default rates for all students and, specifically, for student veterans.

"Military Friendly is committed to transparency and providing consistent data-driven standards in our designation

process," said Kayla Lopez, national director of military partnerships, Military Friendly. "Our standards provide a benchmark that promotes positive outcomes and support services that better the educational landscape and provide opportunity for the military community. This creates a competitive atmosphere that encourages colleges to evolve and invest in their programs consistently. Schools that achieve awards designation show true commitment in their efforts, going over and above that standard."

Indiana Tech's Military & Veteran Services team extends its support to current members of the military, veterans and military spouses, as well as civilian Department of Defense and Department of Veterans Affairs employees. Learn more at military.indianatech.edu.

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Photos courtesy of Hyundai

2023 Hyundai Palisade Three-Row Crossover Puts The Affordable In Luxury

I'm betting when you think of a luxury three-row crossover, models from Audi, Cadillac, Lincoln, Jeep, and Mercedes-Benz are front of mind. So, you may be surprised to find one of the most comfortable and stylish crossovers comes from Korea – more specifically Hyundai and its 2023 Palisade Calligraphy.

Calligraphy is the top trim in the Palisade hierarchy, which means it has the flashiest styling and biggest wheels. Its wide face is dominated by an arrangement of faceted silver pieces and what seem like thinline headlamps, but look closer and you notice the LED headlamps are contained in pods beside the grille. The thick bodysides are visually diminished by silver lower inserts and formal chrome window surrounds. Around back, angled taillamps give an upscale appearance. Place it all over 20" alloys for that flash luxury

Likes:

- Bold style
- Cossetting luxury
- Advanced safety

look.

The Palisade's interior is an art gallery that just happens to carry seven people in absolute comfort. The swaths of light woodgrain, contrasting light and dark gray heated steering wheel, and perforated ribbed leatherette on the doors are all very Zen, soothing minds like a Japanese rock garden. Aluminum finishes on the console and doors add an industrial vibe. Rub hands over sueded headliner. Nappa leather seats – heated and ventilated up front, heated in all rows behind – are as beautiful as they are comfortable.

Glassy twin infotainment screens provide easy access to gauges and devices connected to the Harman Kardon audio

Dislikes:

- Merely adequate power
- No air suspension
- Non-luxury badge

system through Apple CarPlay or Android Auto. Rear USBs and front console wireless charging provide convenience. It would take a separate guide to fully explain all of the safety systems, but include a head-up display, adaptive cruise, automatic emergency braking, and rear cross traffic alert with braking. Lane following steering, blind spot warning, and lane keep assist add capability while ultrasonic rear occupant alert and safe exit assist add protections.

There's not an abundance of power, but there's enough. Behind the glittering grille is a 3.8-liter V6 engine delivering 291 horsepower and 262 lb.-ft. of torque. It sends all of that power

2023 Hyundai Palisade Calligraphy

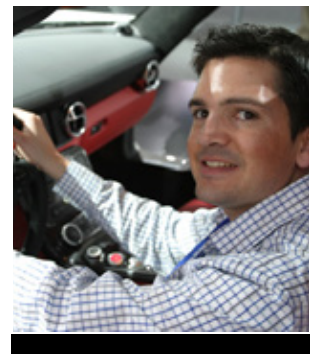
Seven-passenger, AWD Crossover
Powertrain: 3.8-liter V6, 8-spd trans
Output: 291/262 hp/lb.ft.
Suspension f/r: Ind/Ind
Wheels f/r: 20"/20" alloy
Brakes f/r: disc/disc
Must-have features: Style, Luxury
Fuel economy: 19/25 mpg city/hwy
Assembly: Ulsan, Korea Base
As-tested price: \$35,550/\$52,310

to the all-wheel-drive system through a crisp 8-speed automatic transmission. With two to four people aboard, the big wagon feels peppy, but fully loaded with seven plus their luggage, it will be pressed. Add on the maximum 5,000 lbs. of trailer and you'll want a couple of turbos. On the plus side, fuel economy rates 19/25-MPG city/highway – pretty frugal for a large non-hybrid crossover.

Some of the luxury pretensions disappear when you hit the road. There's no air suspension

and the big wheels can thunk over bumps, but the tight steering and four-wheel independent suspension provide a balance of everyday comfort and backroad fun. You'll always remember you're driving a large vehicle, but there's nothing sloppy about the handling either. Hyundai got it mostly right.

Hyundai may not be the first name in luxury crossovers, but the Palisade Calligraphy makes a strong case for itself. It's beautiful inside and out, has a full array of safety gear, and spoils



CASEY WILLIAMS
Auto Reviews

passengers rotten with everything you expect in a \$100,000 automobile. But, this luxury crossover doesn't carry a six-figure sticker. Instead, it's about half that. The Palisade starts at \$35,550, but came to \$52,310 as-tested. Competitors include the Buick Enclave, Acura MDX, Jeep Grand Cherokee, Ford Explorer, Nissan Pathfinder, and similar Kia Telluride. Storm Forward!

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

The Conservative Political Action Conference Time Warp



BRIAN HOWEY
Howey Political Report

Let's crank up the CPAC time machine. On March 20, 1981, there stood President Ronald Reagan, who told the Conservative Political Action Conference, "We've come to a turning point. We have a decision to make. Will we continue with yesterday's agenda and yesterday's failures, or will we reassert our ideals and our standards, will we reaffirm our faith, and renew our purpose? "This is a time for choosing," Reagan said. In February 2011, the man behind the podium was Indiana Gov. Mitch Daniels, who gave the Reagan Dinner address. "We face an enemy, lethal

to liberty, and even more implacable than those America has defeated before. We cannot deter it; there is no countervailing danger we can pose. We cannot negotiate with it, any more than with an iceberg or a Great White. I refer, of course, to the debts our nation has amassed for itself over decades of indulgence. It is the new Red Menace, this time consisting of ink." Daniels continued: "Purity in martyrdom is for suicide bombers. King Pyrrhus is remembered, but his nation disappeared. "We are at such a moment," Gov. Daniels said. "I for one have no interest in standing in the wreckage of our Republic saying, 'I told you so' or 'You should've done it my way.'" And then came last weekend. On Friday night, the Reagan Dinner speaker was Kari Lake, defeated Arizona gubernatorial nominee, who said, "There's no hiding it. There's no sugarcoating it. They stole that election.

The entire world saw that crime was committed in broad daylight on Nov. 8. They sabotaged Election Day." Lake was referencing her own election, which she lost by less than 1% a week after she told supporters of the late U.S. Sen. John McCain to "Get the hell out!" "I'm not just the most dangerous politician in America – I'm the most dangerous politician in the world because we are not going to let these people win," Lake said. Former president Donald Trump, who lost his reelection bid by 7 million votes in 2020 (and who spoke to CPAC the night before Daniels did in 2011), gave a rambling two-hour address on Saturday before a room not at capacity. "In 2016, I declared, 'I am your voice,'" Trump said. "Today, I add, I am your warrior. I am your justice. And for those who have been wronged and betrayed, I am your retribution." When Trump took office in

January 2017, the national debt was \$19.9 trillion, according to the Treasury Department's Bureau of Fiscal Services. By September 2020, it stood at \$26.9 trillion, which was an increase of \$7 trillion, or 39%. It amounts to about \$23,500 in new federal debt for every person in the U.S. Conservative commentator Charlie Sykes of The Bulwark observed, "Ronald Reagan proclaimed 'It's Morning in America'; Trump declared, 'I am Nemesis.' It gives a taste of the bleak storm to come." Trump won the CPAC straw poll with 62%. Lake won the straw poll for veep. Tom Nichols of The Atlantic noted, "Donald Trump went to CPAC and gave a speech that was, even by his delusional standards, dark and violent. Much of it was hallucinatory. It is long past time to admit that support for Trump, after all that we now know, is a moral failing. Anyone who cares about the health of American democracy,

of any party or political belief, should say clearly that to applaud Trump's fantasies and threats at CPAC is to show an utter lack of civic character." During his 1981 address – coming a little more than a week before he survived an assassination attempt – President Reagan told this story: "You know, one day the great baseball manager Frankie Frisch sent a rookie out to play center field. The rookie promptly dropped the first fly ball that was hit to him. On the next play he let a grounder go between his feet and then threw the ball to the wrong base. Frankie stormed out of the dugout, took his glove away from him and said, 'I'll show you how to play this position.' And the next batter slammed a line drive right over second base. Frankie came in on it, missed it completely, fell down when he tried to chase it, threw down his glove, and yelled at the rookie, 'You've got center field so screwed up nobody can play it.'" "The point is we must

lead a nation," Reagan continued, "and that means more than criticizing the past. Indeed, as T. S. Eliot once said, 'Only by acceptance of the past will you alter its meaning.'" Reagan referred to a speech he gave on behalf of Republican presidential nominee Barry Goldwater in 1964. "I said, 'We've been told increasingly that we must choose between left or right.' And I'll repeat what I said then in '64. 'There is no left or right. There's only an up or down': Up to the ultimate in individual freedom, man's age old dream, the ultimate in individual freedom consistent with an orderly society – or down to the totalitarianism of the ant heap. And those today who, however good their intentions, tell us that we should trade freedom for security are on that downward path."

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

www.TheTimes24-7.com

Stem Cells And The Critical Roll They Play In Life



JOHN R. ROBERTS, M.D.
Hamilton Health

I've been seeing some news stories recently describing stem cell therapy. This week I will describe what they are, where they come from, how they might be used to treat disease and finally, touch briefly on the social and ethical challenges surrounding their use. Stem cells are critical to our development and tissue repair. They have the potential to change into other more specialized cells in the body through a process known

as differentiation. By definition, stem cells have to exhibit two properties: (1) they must be able to divide multiple times while remaining unchanged and (2) they have to have "potency," the ability to differentiate into other cell types.

Stem cells have a hierarchy of potency that is important in determining what they are capable of doing. Totipotent cells sit at the top of the stem cell pyramid. They have the capacity to differentiate into any of the approximately 200 cell types in our bodies. Pluripotent cells can differentiate into nearly all cells, while multipotent cells can become only cells of a closely related family of cells. There are additional levels of potency that produce even fewer cell types.

There are two types of stem cells in humans – embryonic and adult. Embryonic stem cells are derived from embryos

that are 4-5 days old. Embryos at this stage contain about 50 to 150 cells, some of which are pluripotent and can propagate indefinitely.

Adult stem cells are found in most tissues in the body and are multipotent. They are generally able to produce all of the cell types of the particular organ where they reside. They can also be found in umbilical cord blood. These cells exist to replace and repair tissues. It is hypothesized these cells may bear responsibility for development of some cancers since they have the capacity to divide almost indefinitely, one of the hallmarks of cancer cells.

Stem cells can be removed from either embryos or various tissues of the body and then grown in laboratory tissue culture. This is a very tricky business, as stem cells naturally want to differentiate into other cells. The stem cells need to be kept

in a very specific biochemical soup to prevent them from differentiating. One of the most challenging facets of stem cell research is discovering the complex biochemical signaling that controls stem cell differentiation.

The excitement surrounding the use of stem cells arises from the potential they have to replace damaged or genetically defective cells and tissues in the body. Currently, the only stem cell treatments approved by the Food and Drug Administration (FDA) are products that treat certain cancers and disorders of the blood and immune system.

There are no currently approved embryonic stem cell treatments. However, the first human study using embryonic stem cells was started a few years ago. It involved placing stem cells around damaged nerves in patients with spinal cord injuries. There are a number of

potential challenges when using embryonic stem cells. One is discovering how to program them to differentiate into the desired cell type. Stem cells can differentiate into masses of different cell types and tissues if allowed to grow on their own. If a patient receives stem cells from a human donor, there is also the risk of rejection by the recipient's immune system.

Finally, embryonic stem cell research presents social and ethical challenges in regard to obtaining stem cells from human embryos. Removing embryonic stem cells usually resulted in destruction of the entire embryo. A technique was developed in 2006 that allows the embryo to survive following stem cell removal.

More recent research has developed a methodology to produce pluripotent stem cells from fully differentiated cells. These reverse-engineered stem

cells are called induced pluripotent stem cells. Scientists have taken skin cells and added various proteins to alter DNA expression to cause the mature skin cells to revert to stem cells. This discovery is very exciting and has the potential to obviate the need to use embryonic stem cells.

You may run across medical clinics that claim to offer stem cell therapies. This is a very questionable practice since using stem cells for treatment of diseases is in its infancy and there is no good evidence to indicate they are safe and effective. The FDA is really cracking down on stem cell clinics. Consumer Reports had an excellent review in January 2018 that you can read at goo.gl/vfZfvv.

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

Taking The Time To Feel Useful



CARRIE CLASSON
The Postscript

I spent last week trying to be useful.

I volunteered for a writers' conference in San Miguel de Allende, Mexico, where my husband, Peter, and I stay. I love writers' conferences. I love that people will travel from far away just to talk about writing, to meet other writers, to learn about writing, to listen to established writers, and to eat. It was a terrific week, although it was tiring because I ended up as the designated conference sheepdog.

Every event of this kind needs at least one sheepdog, and since I had fewer administrative and computer skills than other volunteers, I was happy to do it. Being a conference sheepdog is exactly like being a real sheepdog except, instead of sheep, there are lost writers wandering around and getting separated from the herd—and I didn't actually nip at their heels.

Instead, I did my best to help them get to their workshop or other event. I tried to keep them in a tight group, and when I found a lost writer, bleat-

ing in the lobby, I restored them to the herd.

"Are you always here?" the writers started asking me on the second or third day.

"Always," I told them.

I figured, in a strange hotel, in a strange country, trying to do things they had never done before, having one person they could count on at the entrance of the hotel every morning might make the whole thing a little less daunting.

And I had fun. I sat in on several talks and discussions with writers, and I had a lot of interesting conversations with a lot of folks. At the end of the week, I had blisters on my feet, and I was very tired, but the conference went well, and I was proud I'd had a small part in it.

It got me thinking about how important volunteers are. I have to confess, I don't volunteer a lot. My parents volunteer for all sorts of things. They help homebound seniors (who I suspect are considerably younger than they are). They help with church projects and fundraisers. My parents are an active part of their community up north, and I know they make a big difference.

I have a friend who has been busy painting a set for a theater production all week. "I was on my hands and knees all day painting!" she told me. I felt bad complaining about my blisters.

I don't do many things like that. I'm thinking I

should do more.

Because volunteers of all stripes make things possible that would not otherwise happen—and the things that happen because of volunteers are some of the nicest parts of being in a community.

Volunteers help arts organizations and libraries. They help older members of their community, people new to their community, old people within their community, and people outside their community and around the world. Volunteers put out fires, teach children to read, organize concerts and festivals and parades and potlucks. Volunteers invest more than money. They spend their time. They give their hearts. Volunteers make wherever they live a better place to be.

"Thank you for volunteering!" the writers said as they left the conference for the last time. I don't think I deserve a lot of thanks just for being a sheepdog. That's how I am, naturally.

And I gained a new appreciation for how important being a volunteer could be. The blisters on my paws have healed and I am already thinking of ways I could be more useful in the future.

Till next time, Carrie Classon's memoir is "Blue Yarn." Learn more about her writing at CarrieClasson.com.

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

BETSY From Page A1



Photo courtesy of Dave Dugan

Carmel-based nationally known comedian Dave Dugan, a Carmel High School graduate, finds humor in everyday life, even when he decides to perch himself next to one of downtown Carmel's 17 life-size lifelike statues in the Carmel Arts & Design District. He'll headline a St. Patrick's Eve show Thursday night at The Cat.

are even more Irish since there is a strong Irish lineage on my in-law side, as well. My dad is more proud of his German heritage, so I guess I'll never see him in a kilt sitting down to a bowl of piping-hot Irish stew. Our first grandchild turned 1 year old this week and has Irish lineage from my son, but Italian from my daughter-in-law's side. I guess I'll hit the grandson with a joke about that ethnic combination when he's old enough to defend himself.

Q: What's new?

A: So far in 2023, a varied lineup of shows. Some corporate and conferences, but also theaters, opera houses, vineyards, legions, yacht clubs, fundraisers. Hoping to add a hog roast to the schedule. That probably sounds like I'm being sarcastic but the summer before last, I was hired to entertain at a hog roast and it was a blast. Not for the hog. But for all us humans.

Q: What have you been up to?

A: In addition to com-

edy, I'm still doing voice over. Recently for Remington, Durango Boots, Prowood Lumber..... almost always "manly" products. But I'd kill to be the voice of one of those products for sensitive skin....to show off my delicate side.

Q: What else is on your mind?

A: I've also got this desire to return to radio. I don't know if I'm talking terrestrial, satellite or internet, but I've got some creative ideas to showcase music that I think other music fanatics like myself might enjoy.

Q: What's next?

A: Once the St. Patrick's Eve show is history, I'll look forward to the next show that falls on a holiday: Friday, May 5 -- Cinco de Mayo -- at the Brown County Playhouse in Nashville (for the "Dugans Aren't Losers" tour.)

Q: What else?

A: I'm pushing for another Dry Bar Comedy special. The first one has had close to a million

views. So if your readers could search for the special through Dry Bar Comedy or YouTube, and then share it with a ton of their friends maybe I'll get a second special out of the deal? Another tip: if you do go to this search-and-share trouble to support my selfish cause, while you've got the video loaded, be sure to hit "like," even if you don't like it. I really think this begging tactic is going to work out and am so confident I may just go ahead and book my flight to Provo, Utah, right now, home of the theater where all of the dry-bar specials are filmed.

Dugan and his wife, Heidi, of 26 years, have two kids, Max, who was married in 2020 and who has a son who just turned 1 over the weekend; and daughter, Riley, 19, who loves being on the radio and following in her dad's footsteps.

-Betsy Reason writes about people, places and things in Hamilton County. Contact Betsy Reason at betsy@thetimes24-7.com.

PUBLIC NOTICES

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

NOTICE TO BIDDERS

NOTICE IS HEREBY GIVEN that the Board of Public Works and Safety of Fishers, Indiana, hereinafter referred to as the Owner, will receive sealed bids for the following project:

96th STREET & ALLISONVILLE ROAD ROUNDABOUT IN FISHERS, INDIANA

Proposals may be forwarded individually, registered mail, or delivered in person, addressed to the Director of Engineering, Engineering Department Office, 11565 Brooks School Road, Fishers, Indiana 46038, prior to 10:00 a.m., local time, March 21, 2023. Bids received after the 10:00 a.m. deadline will not be considered but will be returned to the Bidder unopened. Commencing immediately after 10:00 a.m. on the same date, such bids will be publicly opened and read aloud in the Engineering Department Office, 11565 Brooks School Road, Fishers, Indiana 46038.

The work to be performed and the proposals to be submitted shall include a bid for all general construction, labor, material, tools, equipment, applicable taxes, permits, licenses, insurance, service costs, etc., incidental to and required for this project.

All materials furnished and labor performed incidental to and required by the proper and satisfactory execution of the Contract to be made shall be furnished and performed in accordance with requirements from the Drawings and Specifications included with these Contract Documents. Bid Documents and Plans can be obtained for a fee of \$100 from the offices of A&F Engineering Company, LLC, 8365 Keystone Crossing, Suite 201, Indianapolis, IN 46240. Partial sets will not be sold. Copies of bid documents and plans are also available for examination in the Engineering office.

Each proposal must be enclosed in a sealed envelope bearing the title of the project, bid opening date and the name of the bidder firmly attached.

The proposal shall be accompanied by a certified check or acceptable Bidder's Bond made payable to the City of Fishers, in a sum of not less than five percent (5%) of the total amount of the proposal, which check or bond will be held by the City of Fishers as evidence that the Bidder will, if awarded a Contract, enter into the same with Owner upon notification from him to do so within ten (10) days of said notification. Failure to execute the Contract and to furnish a Performance Bond to the City of Fishers, Indiana, will be cause for forfeiture of the amount of money represented by the certified check or Bidder's Bond, as and for liquidated damages. Form 96 (Most recent version), as prescribed by the Indiana State Board of Accounts, shall be properly completed and submitted with bid proposals. The City of Fishers at its discretion reserves the right to waive any and all informalities in the bidding process. All bids submitted shall be good for sixty (60) days from the opening of the bids.

TL20143 3/8 3/15 2t hspaxlp

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THE TIMES

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Young, Assistant Secretary Of Commerce Alejandra Castillo To Hold Media Availability

U.S. Senator Todd Young (R-Ind.) will join U.S. Assistant Secretary of Commerce for Economic Development Alejandra Y. Castillo and local and state stakeholders at a listening session Tuesday on the formation of Tech Hubs across the country. Following the listening session, Young and Assistant Secretary Castillo will hold a media availability.

Tech Hubs are a key component of Senator Young's CHIPS and Science Act, which became law last year. The bill authorized \$10 billion for the creation of at least 20 tech hubs, which will be

designated to jumpstart regional innovation in key technology areas across the country.

The U.S. Economic Development Administration (EDA), the agency tasked with designing the Tech Hub program, is seeking input through a Request for Information that is open until March 16. In Tuesday's listening session, state and local stakeholders will be able to provide direct input to the head of EDA, Assistant Secretary Castillo.

Members of the media interested in attending this event must RSVP to press@young.senate.gov.

Want TO GO?

WHO: Senator Todd Young, U.S. Assistant Secretary of Commerce for Economic Development Alejandra Y. Castillo, and other state and local stakeholders

WHAT: Media availability to follow the listening session

WHEN: Tuesday March 14, 11:30 AM EST

WHERE: Innovation Building #1 at 16 Tech 1210 Waterway Blvd. Indianapolis

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TUESDAY

In The Kitchen

Tuesday, March 14, 2023

A6



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-1-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.

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, onion and yogurt sauce.



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

- 1/2 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. Saute 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



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TUESDAY

Health and WELLNESS

Tuesday, March 14, 2023

A7



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.

