

**▶ TODAY'S VERSE**

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.



**▶ 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 playwriting classes in college and majored in English. She is currently producer for The Belfry Theatre's "Crimes of the Heart," directed by Jen Otterman in 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 Chamber**

The Westfield Chamber is excited to announce that Collective Beauty has upgraded to an Emerald Level Partner, the Chamber's \$2,500 partnership level.

Collective Beauty is a premier salon and spa located on 32 in Westfield just across the street from Field Brewing. They take pride in their extraordinary client relations and luxury services and strive to be your new, all-in-one salon/spa for your personalized beauty needs.

**2. Greyhound Elite Sundays**

Greyhound Elite is a place for all of our Middle School and competitive Elementary kids to come in and train together. This practice is for both advanced AND beginner athletes that are committed to learning how to train properly and build skills necessary to compete at the next level. Workouts will be intense, and those who come will reap the benefits as we learn how to drill and master fundamental skills.

Practices will be held in the wrestling room at Carmel High School on Sundays from 4:00-5:30 PM. There will not be a registration for this group, however, we will charge \$10 at the door per practice. Please reach out to info@carmelusawrestling.org if you have any questions regarding Greyhound Elite.

**3. River Heritage Park Rededication Ceremony Postponed Due to Weather**

Due to weather conditions, today's rededication ceremony at River Heritage Park will be postponed to a later date. For updates, visit carmelclayparks.com or follow Carmel Clay Parks on social.

# The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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Photo courtesy of Hamilton County Parks and Recreation

**Past President Terry Prather honored by board members, leadership staff, civic leaders, family and friends.**



Photo courtesy of Hamilton County Parks and Recreation

**Hamilton County Council Members Brad Beaver, Mark Hall and Steve Nation present Terry with a plaque from the council on behalf of the Hamilton County community.**



Photo courtesy of Hamilton County Parks and Recreation

**Hamilton County Commissioners Christine Altman and Steven Dillinger issued Mr. Prather the prestigious Hamilton County Continental Award**

## Past Parks Board President Terry Prather Honored during Recognition Ceremony

Former Hamilton County Parks and Recreation Parks Board President, Andrew "Terry" Prather, was honored at the department's administrative office in a special ceremony and reception that was attended by a large contingency of elected officials, civic leaders, parks board members, leadership and staff, as well as family and friends of the humble man that has served the community

he loves for more than five decades. Guests gathered to recognize the selfless contributions Mr. Prather has made, beginning with his coaching in the Carmel Pups youth football program and leading up to the leadership role he undertook during the early, formative years of the county parks department.

During the ceremony, Hamilton County Commissioners

Christine Altman and Steven Dillinger issued Mr. Prather the prestigious Hamilton County Continental Award and Hamilton County Council Members Brad Beaver, Mark Hall and Steve Nation were on hand to present Terry with a plaque containing a formal declaration of appreciation from the council on behalf of the Hamil-

▶ See PARKS Page A6

## Grateful For This Community



**Charity Rosandich**  
Guest Columnist

I don't have any tattoos. If

I got one, I had planned to get one of the word "Gratitude" on my wrist. I thought it might remind me on those not-so-great days to be grateful for the little things I sometimes miss.

When I started working with FeedingTeam.org last summer, I was amazed to learn that this organization is supported by the most kind and robust team of volunteers. The volunteers are diverse – both men and women, of all age groupings, some working, some retired.

▶ See CHARITY Page A6

## Spring Into Upcoming Hamilton County Bicentennial Events

The Hamilton County Bicentennial Commission would like to announce its lineup of grant-funded events for April 2023. Jackson Township, located in the middle of the northern section of Hamilton County and home to Atlanta, Arcadia, and Cicero, is being celebrated during April. All three towns and the surrounding areas have tons of history waiting to be celebrated!

During April, we're highlighting Jackson Township events

from cemeteries to vintage sports to the train (and more). Our traveling exhibit will also be touring during this month. You can see details and other events on our online calendar at [www.hamcoturns200.com/events](http://www.hamcoturns200.com/events)

**Watercolors in the Indiana Room**

April 8, 10 a.m.-1 p.m. | Maker Space at Hamilton North

▶ See SPRING Page AX

**▶ INSIDE TODAY**

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**▶ OBITUARIES**

**Joseph Lee Roudebush**  
**Vada L. Sharpe**

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

**▶ HONEST HOOSIER**

Happy Birthday, Sen. Kenley!



**▶ TODAY'S HEALTH TIP**

Get an eye exam regularly – some eye diseases don't have any symptoms until it's too late. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at [www.thetimes24-7.com](http://www.thetimes24-7.com).



**▶ TODAY'S QUOTE**

"March winds and April showers bring forth May flowers."

- English proverb

**▶ TODAY'S JOKE**

Anyone know Forrest Gump's password? 1Forrest1!

**3 WTHR 7 DAY FORECAST**

40/49 AIR CRIZZLE, COOLER	32/48 CLOUDY, BRISK	30/54 NOT AS COOL	35/60 SOME DRIZZ MORE MILD	52/62 BEN AND STORMS	48/48 STRAIGHTFORWARD	32/53 MAINLY SUNNY
MON	TUE	WED	THU	FRI	SAT	SUN



## OBITUARIES

### Joseph Lee Roudebush

October 27, 1935, Monday, March 20, 2023

Joseph Lee Roudebush, born in Noblesville, Indiana on October 27, 1935, returned home on March 20, 2023. He was the eldest son of Doris and Ruth (Horton) Roudebush. Joe graduated from Noblesville High School and married the love of his life, Laverta (Cox) Roudebush on November 5, 1954.



After high school, Joe served his country in the Army at the height of the Cold War, stationed in West Germany near Munich, from 1958-1960. Laverta joined him there and they lived and traveled in Europe for two years. After an honorable discharge, Joe returned to Indiana to begin a long and successful career as a master machinist, first with Reeder & Kline Machine Company, then with Western Electric and Bates Technology. He retired from Bates Technology in 2003.

Joe was a lifelong gardener who loved having produce to share from his annual vegetable garden. In retirement, he became an avid woodworker, even making garden structures. He enjoyed auctions and vintage cars and, having both lived and worked on farms, he loved Farmall tractors.

After retiring, Joe enjoyed gathering with friends for coffee, reading his daily Indianapolis Star, and doing crossword puzzles. Birds always enjoyed trips to his many feeders, which he kept stocked year-round.

He was preceded in death by his parents, his brother, Jere Roudebush, and his sister, Janice Roudebush Provence. He is survived by his loving wife of 68 years, his daughters, Kathryn Roudebush (Jon Bomberger) of Fort Wayne, Indiana, and Amy (Fred) Deaver of Noblesville, Indiana, sister, Jane Roudebush Adkins of Noblesville, Indiana, and brother, Jack Roudebush of Leesburg, Florida.

In lieu of flowers, the family requests donations be made to Humane Fort Wayne at [humanefw.org/capital-campaign](http://humanefw.org/capital-campaign).

Calling from 4:00 pm to 6:00 pm on March 30, 2023 with Celebration of Life at 6:00 pm at Randall and Roberts Funeral Center, 1685 Westfield Road, Noblesville, Indiana.

Condolences: [www.randallroberts.com](http://www.randallroberts.com)

### Vada L. Sharpe

June 22, 1930, Wednesday, March 22, 2023

Vada L. Sharpe, 92, of Lapel, passed away on Wednesday, March 22, 2023, at Prairie Lakes in Noblesville following an extended illness.

She was born on June 22, 1930, in Cabell County, West Virginia to Otmer Fitzwater and Ruby (Lamb) Finley.

She was a homemaker and had previously worked as a manager for Country Hearth Inn & Suites.

She was a member of Trinity United Methodist Church in Lapel. She loved to drive and travel. She enjoyed spending time with her family and friends.

Vada is survived by four children, Becky (David) Woodward of Anderson, Ed Sharpe of Anderson, Nancy Allen of Noblesville and Steve Sharpe of Lapel; eleven grandchildren, Brad (Betsy) Woodward, Mark (Luda) Woodward, Tammy (Darrell) Richardson, LeeAnn (Scott) Heinlein, Bryan Sharpe, Andrea Sharpe, Nathan Music, Leah (Adam) Alexander, Jamie Sharpe, Anthony Sharpe, Kyla Sharpe; twenty-three great-grandchildren; two great-great-grandchildren; and several nieces and nephews.

She was preceded in death by her husband, James Sharpe; her parents; four siblings; a granddaughter, Bethany Allen; and a son-in-law, Dean Allen.

A funeral service will be held at 1:00 PM on Monday, March 27, 2023, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Indiana 46051 with Pastor Jill Moffitt officiating. Burial will follow in Brookside Cemetery in Lapel.

Visitation will be from 11:00 AM to 1:00 PM on Monday, March 27, 2023, at the funeral home.

Memorial contributions may be made to the Madison County Humane Society.

Online condolences may be shared at: [www.hersbergerbozell.com](http://www.hersbergerbozell.com)

## Noblesville Lions Club Inducts Cheryl Helton



Photo courtesy of Noblesville Lions Club

At last Wednesday evening Lions meeting, the club inducted new member Cheryl Helton. Cheryl was brought to the club by her Lion Sponsor, Jen Carr. Photo: Lion Julia Kozicki, Secretary; Cheryl Helton; and Lion Jen Carr, Sponsor

## Noblesville Lions Host Sara Colter



Photo courtesy of Noblesville Lions Club

At Wednesday evenings meeting the club was entertained by Sara Colter, of Teach One to Lead One (T1L1); a mentor program at Hamilton Heights High School and Middle schools. Sara has developed the program at HH. The organization provides schools throughout the nation with qualified mentors, and a proven program curriculum. The program emphasizes excellence and integrity. T1L1 principles reflect onto the daily lives of students, and increases performance levels leading students into a life of purpose and potential. Photo: Sara Colter and Lion Vp Walt Scheid

## Noblesville Lions "Tail Twister" Fun

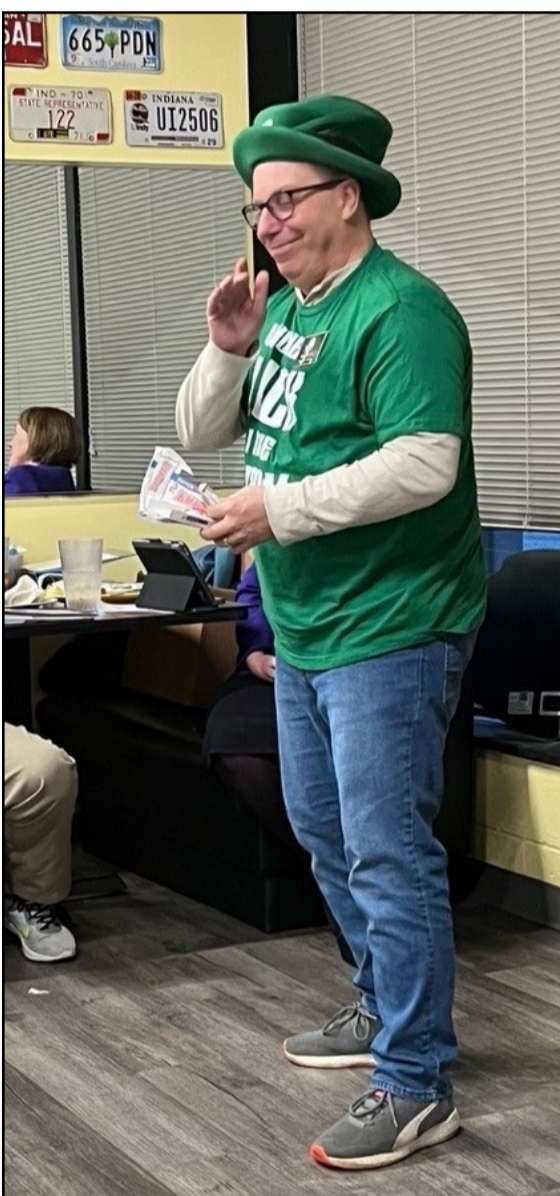


Photo courtesy of Noblesville Lions Club

Lions Club meetings always finish with a little fun. Lion Mark Bachar is the club "Tail Twister" and finished last Wednesday's meeting as Mr. Leprechaun. He had a little game with the club members on a Final 16 drawing. He always seems to come up with a candy bar treat or other sweet surprise for the winners! Photo: Lion Mark Bachar as Mr. Leprechaun

## Construction begins on Fishers Event Center, new Expansion of Fishers District

City officials, executives from Indy Fuel, Thompson Thrift, and ASM Global commenced construction today on the Fishers Event Center, an 8,500-seat entertainment and sporting event venue, the largest mid-size event center in the region. The project, announced in September 2022, is the anchor to a nearly \$550 million expansion of the popular Fishers District lifestyle and entertainment destination in Fishers. The Fishers Event Center is anticipated to be completed by the end of 2024.

Hamilton Southeastern and Fishers High Schools Class of 2025 presidents joined the groundbreaking as leaders of the Class of 2025, the first classes of graduates to graduate at the Fishers Event Center.

"The Fishers Event Center will be the epicenter of entertainment for the whole community," said Fishers Mayor Scott Faddess. "Thanks to the vision of partners like Paul Thrift, Jim Hallett, and our City Council leadership, we can bring Fishers' next chapter to fruition."

Thompson Thrift, the master developer of Fishers District and the Fishers District expansion, unveiled its new retail, restaurant, entertainment, and residential neighborhood called The Crossing. The recently announced Chicken n Pickle, an entertainment-focused restaurant featuring pickleball courts, was named as the latest tenant for The Crossing.

"Thompson Thrift is thrilled to continue to

work with the City of Fishers and its residents to expand upon Fishers District. The development of the Fishers Event Center and continued new innovative dining, living, and entertainment options will enhance the experience of those living in and visiting this dynamic community," said Paul Thrift, CEO of Thompson Thrift.

Once complete, the Indy Fuel, the professional hockey minor league affiliate of the NHL's Chicago Blackhawks, and Hallett Sports & Entertainment will officially move its headquarters from the Indiana State Fairgrounds to Fishers with the event center serving as the team's primary facility. The 2024-25 ECHL season will be the Indy Fuel's first season calling the Fishers Event Center home.

"The Indy Fuel are excited as we begin the development of this state-of-the-art facility that will provide memorable experiences for a multitude of people. We are thrilled to work with the City of Fishers, Thompson Thrift and ASM Global to create a new home not just for Fuel fans but encompassing entertainment for the entire community," said Jim Hallett, Chairman of Hallett Sports & Entertainment and the Indy Fuel.

The Fishers Event Center will be managed by ASM Global, the world's largest venue management company, has launched its efforts to attract entertainment performances from concerts to theatrical productions for the venue.

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## Property Taxes Due Wednesday, May 10th

### Hamilton County Tax Rate Remains Flat; Property Assessments Increase

The Hamilton County Treasurer will mail property taxes the first week of April. The Spring installments are due Wednesday, May 10. Fall property taxes will be due Monday, November 13.

“The good news is the housing market is still strong,” says County Assessor Kevin Poore. “We’re seeing an average 15-percent increase over last year in terms of overall residential values. Unfortunately, for some that could mean an increase in property taxes.”

Property taxes are a primary source of funding for local government units, and include funding for counties, cities and towns, townships, libraries, schools, and special districts like solid waste. The Department of Local Government Finance, the state entity charged with approving the tax rates and levies, made an adjustment to its cost tables this year to better reflect the housing market and inflation. “While demand and values are slowing in many parts of the country, they remain strong here in Hamilton County,” says Oscar Gutierrez, President of Bondry Consulting.

“This is still a byproduct of the reduced home production felt after the housing crisis, historic low interest rates enjoyed until 2022, and the county having some of the highest incomes in the state.” Indiana properties are valued using mass appraisal techniques. These techniques consider age, grade, and condition of a property, but they also use market value “trending” data to determine if the value of nearby properties should change to match the market value found in the recent sales of similar properties. Fortunately, Hamilton County’s tax rate has remained at \$0.2744 per one hundred dollars of net assessed value since the county reduced it two years ago. In fact, Hamilton County has the sixth lowest tax rate of all Indiana counties and the lowest tax rate of the largest 10 counties in terms of assessed value or population.

“That’s due in part to a strong tax base as well as conservative fiscal management,” says Hamilton County Commissioner Mark Heirbrandt. “The county has been very deliberate about structuring its debt and managing the tax rate to avoid increases.” If you need specific

assessment values for your property or wish to question existing assessed values for your property, please call the Hamilton County Assessor’s Office or find your satellite location here. <https://www.hamiltoncounty.in.gov/952/Office-Locations>

In the meantime, there are three ways all property owners can seek tax relief:

- Exemptions - a full or partial waiver of property tax liability for a given property. Exemptions are generally only available in limited circumstances, such as for not-for-profit organizations, religious groups, and economic development purposes.

- Deductions - a subtraction of assessed value for a property prior to the calculation of tax liability. Deductions are the most common types of property tax relief available to taxpayers and include relief for primary residences (homesteads), mortgaged property, veterans and disabled citizens, to name a few.

- Credits - a type of property tax relief applied directly to the tax liability after it is initially calculated. Common property tax credits include the circuit breaker credit and the local property tax replacement credit.

## Sheridan Public Library April Events

### Babies + Toddlers:

April 13,20,27 | 11am  
Discovery Time (ages 0-2)  
Rain Theme

### Preschool:

April 14,21,28 | 11am  
Storytime with Wynn (ages 3-6)  
Rain Theme

### Grades K-5:

12 | 4pm STEAM: Weather  
19 | 4pm Building Club  
26 | 4pm Comic Club

### Grades 6-12:

13,20,27 | 4pm D+D Club

### Adults:

5,12,19,26 | 11am-1pm  
Knitting Club  
12 | 6pm Friends of the Library Meeting  
13 | 6pm Public Listening Session: Community input for SPL  
17 | 6pm Pinners  
19 | 5:30pm Sheridan Readers Book Club: Book- The Ride of her Life by Elizabeth Letts  
25 | 1:30pm Euchre Club

### All Ages:

1 | 9:30-11:30am Easter Egg Hunt + Easter Bunny Visit \*Note: Library closed for regular business  
6 | 1-2pm Homeschool Meet + Greet  
11 | 4-6pm Food Packing Volunteer Event  
\*Note: Library closed for regular business for Staff Development + Volunteer Event  
14 | 6pm Family Virtual Reality Program  
21 | 6pm Bingo Night  
28 | 4-8pm Mini Comic Con

## Over 55 Farming Families Honored With The Hoosier Homestead Award

At the Indiana Statehouse, Lt. Gov. Suzanne Crouch and Indiana State Department of Agriculture (ISDA) Director Don Lamb presented 56 farming families with a Hoosier Homestead Award in recognition of their commitment to Indiana agriculture.

“It is a true honor to be in the historic Statehouse today celebrating your incredible family farming history,” said Lt. Gov. Crouch, Indiana’s Secretary of Agriculture and Rural Development. “Your commitment to Indiana and our agriculture history and future is renowned. It was awe-inspiring to celebrate this family achievement

with you all today.” To be named a Hoosier Homestead, farms must be owned by the same family for more than 100 consecutive years, and consist of more than 20 acres. If less than 20 acres, the farm must produce more than \$1,000 of agricultural products per year. Indiana farms may qualify for three honors: Centennial Award for 100 years of ownership, Sesquicentennial Award for 150 years of ownership and the Bicentennial Award for 200 years of ownership. Since the program’s inception in 1976, over 6,000 families have received the Hoosier

Homestead Award. Many past awardees can be identified by the sign proudly displayed in front of the family farm or field.

“Being a farmer myself I know how challenging it is to farm today in general, and to keep the same property in the family for decades on end, no less,” said Lamb. “This award being presented today to your farming families is proof of your dedication to agriculture, to our State and to feeding our world, so I thank you.” Sowers-Pickett is the Hamilton County farm and they won the Centennial Award in 1918.

## Indy Airport, INARF To Honor Local Artists, Creatives With Disabilities

**What:** The Indianapolis Airport Authority and the Indiana Association of Rehabilitation Facilities will come together on March 29 at the Indianapolis International Airport (IND) to unveil an exhibit with more than 20 art pieces created by adults with disabilities. This event will emphasize and celebrate diverse artists and creatives in Indiana – which includes Hoosiers with disabilities. INARF, established 48 years ago, champions support for more than 50,000 members annually and

employs more than 15,000 workers. This event is appropriately timed, as March is National Disability Awareness Month.

**Where:** Civic Plaza – Media should check in at the Guest Services desk.

**When:** Media should arrive promptly at 12:45 p.m. at the Guest Services desk. MEDIA SHOULD RSVP TO MEDIA CONTACT BELOW BY 5 P.M., MARCH 28.

**Who:** Confirmed

speakers and honored guests include: Lieutenant Governor Suzanne Crouch, State of Indiana

Featured artist: Jai Matthew, Arc of Greater Boone County  
Mario Rodriguez, Executive Director, Indianapolis Airport Authority  
Katy Stafford-Cunningham, Interim President and CEO of Ability Indiana/INARF

**Contact:** IAA Media Relations at [mediarelations@ind.com](mailto:mediarelations@ind.com) or 317.487.5025

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Photos courtesy of Volvo

## Volvo Builds A Better Turbo Wagon In The 2023 Cross Country

When I was a car-obsessed kid back in the '80s, one of my favorites was the Volvo Turbo Wagon, made iconic in an advertisement showing it sitting next to a Lamborghini Countach pulling a trailer. The comparison was apt – a superwagon with no penalties of a supercar – a very practical way to haul your stuff. That infatuation is probably why I've owned two Subaru Outbacks, the latest with turbo power. Streamline that original turbo wagon, add a bit of the Outback's off-road capability, and you have the 2023 Volvo Cross Country B5 AWD.

Gone are the razor edges of past Volvos, evolved to a streamlined version with a sweeping windshield, strong shoulderlines and bold grille with Volvo logo strewn across. "Thor's hammer" driving lights show the way. Around back, taillamps that zig into the roof identify the V60 as a Volvo. Look closer and you'll notice

### Likes:

- Sumptuous interior
- Bad boy style
- Renowned safety

the Cross Country rides on 20" wheels and clears 8.1" for that crossover look and added capability even if it essentially a tall station wagon. It looks best in black!

The Swedish design ethos continues inside where perforated woodgrain graces the dash and console while soft Nappa leather caresses one's backside. Crank up the Bowers & Wilkins audio system with concert hall and jazz club modes and you will think it's worth every penny of the \$3,200 it costs. Four-zone automatic climate control, panoramic moonroof, heated/ventilated front seats, heated rear seats, heated steering wheel, and four-zone automatic climate control elevate luxury. The 9" touchscreen isn't as easy

### Dislikes:

- Borderline power
- Pricy with options
- Complicated touchscreen

to navigate as before, but it is intuitive after a few minutes. Just swipe and click.

This is indeed a Volvo, which means safety rules every aspect of the wagon's engineering. Check the list for automatic emergency braking, rear cross traffic alert with auto brake, lane keep assist, and blind spot warning with steering assist. Drivers lighten their load with adaptive cruise and head-up display. If all that fails, the car's body structure is tops in protecting passengers from extreme impacts.

Putting the turbo in wagon is a 2.0-litre turbocharged four-cylinder engine producing a peppy 247 horsepower and 258 lb.-ft. of torque. Putting that in perspective, a Corvette barely matched

### 2023 Volvo Cross Country B5

**Five-passenger, AWD Wagon**  
**Powertrain: 2.0-liter T4, 8-spd trans**  
**Output: 247hp/258 lb.-ft. torque**  
**Suspension f/r: Ind/Ind (air)**  
**Wheels f/r: 20"/20" alloy**  
**Brakes f/r: disc/disc**  
**Must-have features: Style, Safety**  
**0-60 mph: 7.1s**  
**Fuel economy: 23/30 mpg city/hwy**  
**Assembly: Ghent, Belgium**  
**Base/As-tested price: \$48,000/63,585**

those numbers in the 1980s with a 5.7-liter V8. Power and efficiency are helped along with an 8-speed automatic transmission and 48v mild hybrid system that contributes 13 horsepower and replenishes batteries with regenerative braking. No Volvo – or Corvette – of that era felt as smooth while delivering the CC's 23/30-MPG city/highway.

Let's be clear, this turbo wagon is more about running a quick 0-60 mph in 7.1 seconds, storming onto fast freeways, or hauling down mountain

Interstates than tackling boulders, but it does have an off-road mode to configure the powertrain for light trails, deep snow, and muddy driveways. The hybrid system even makes short work of traffic-congested city avenues. With a long wheelbase and longer rear cargo area, many will find it a more practical alternative to mid-size crossovers...even if it is essentially a car with a longer roof.

Perhaps the ultimate irony is that Lamborghini now sells a crossover of its own, the Urus, with



**CASEY WILLIAMS**  
Auto Reviews

four doors and a modicum of all-terrain capability. But, Volvo wagons are really in a class by themselves in terms of safety, performance, style, and heritage. But if you wanted to compare options, go drive the Subaru Outback XT, Mercedes-Benz E450 All-Terrain, and Audi A4 allroad quattro. Expect to pay at least \$48,000 for the V60 Cross Country or \$63,585 as-tested. Storm Forward!

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

## Remembering Our Last Democratic Governor, Joe Kernan



**BRIAN HOWEY**  
Howey Political Report

To the congressional Republican rank and file, Democrats today are often described as "radical leftists" or "socialists" and even "Marxists." There have been Hoosier Republicans who described Democrats as partisans who "don't love our country."

I would have loved to have seen the reaction to this type of criticism from the last Indiana Democratic governor, Joe Kernan.

Kernan passed away at age 74 in July 2020 from complications with Alzheimer's Disease. Last week with bagpipes playing at the Statehouse, Republican Gov. Eric Holcomb joined former First Lady Maggie Kernan, family and friends in unveiling a bust of Gov. Kernan. "It's

obviously just a perfect day, on St. Patrick's Day, that we set aside time for this unveiling of this truly – a man that's been kind of referred to over time – as a legend, a leader, a statesman and so much more than that," said Holcomb. "Gov. Joe Kernan was certainly all three of those."

Kernan served three terms as mayor of South Bend before Frank O'Bannon selected him for the Democratic ticket in 1996.

Kernan reluctantly accepted the nomination, and with an upset win, moved to Indianapolis from his beloved South Bend. He served almost seven years as lieutenant governor, and upon O'Bannon's death in 2003, became governor. But more importantly, as a Navy navigator based on the USS Kitty Hawk, he was shot down over North Vietnam in 1972, spending the next 11 months as a prisoner of war.

When he died, then-Purdue President Mitch Daniels, who defeated Kernan in the 2004 gubernatorial race, observed that his predecessor "was at different times my ally,

opponent, and advisor, but always a friend to me, and as far as I could tell, to everyone he met. In wartime and in peace, he embodied patriotism and the goodwill toward all we associate with the term 'Hoosier.' He was a true leader, and we have lost him far too soon."

Daniels drew on Kernan's experience as a mayor and asked him and then-Chief Justice Randal Shepard to head a commission weighing local government reform. Holcomb, a U.S. Navy veteran, keeps portraits of two of his predecessors – Kernan and Republican Gov. Edgar Whitcomb – in his Statehouse office. Both had been POWs. Whitcomb, a B-17 navigator, was captured by the Japanese during World War II, winning the governorship in 1968 after writing the book "Escape from Corregidor," which detailed his eight-hour swim to the Philippine mainland.

"This official portrait of (Kernan), kind of larger than life, to this day, still looks down at me over my shoulder, almost as if he's grading my work," Holcomb said. "Joe could

connect with anyone, anywhere. His character was impeccable, his courage unwavering – his unrelenting commitment to duty is again, legendary."

The gubernatorial legacy of Gov. Kernan was a mere flash in time. Upon the death of Gov. O'Bannon on Sept. 13, 2003, Kernan became the 48th Indiana chief executive. He was defeated for a full term 15 months later and left office the following January.

Kernan gave only one State of the State address (in 2004 described by Howey Politics as "exceptional") and didn't preside over a single biennial budget process. Kipper V. Tew, who was a close political ally and served as Indiana Democratic chairman under Kernan, observed of the late governor's legacy, "No. 1, he picked the first female lieutenant governor in Indiana history" as well as the first female chief of staff with Mary Downes.

What would a full-term by a Gov. Kernan been like?

Tew explained, "He proposed a big increase in the number of community college campuses. I would

argue he was at least a decade ahead of where folks are . . . now. He asked for tuition and fee increases to basically freeze at the rate of inflation (somebody followed his advice at Purdue years later)." On health care, Tew said, Kernan advocated lower prescription prices for seniors. He signed legislation creating the state prescription drug purchasing pool. He would have sought to provide protections for the uninsured.

"There are many more things he did in his way too short time in office," Tew said. "I firmly believe had the election gone our way, he would have been one of the most consequential governors in state history. He had all of the tools, drive and desire to make a difference." Tina Noel, Kernan's press secretary as both LG and governor, added, "Joe's priorities would have stemmed from the kind of person he was – someone who was compassionate, competitive and ridiculously smart; someone who famously encouraged everyone on his team to 'do the right

thing, always.'

"I think his work on government efficiency and improving Hoosiers' interactions with state agencies would have continued," Noel continued. "Joe would have done all that he could to ensure that our state's veterans received the care they deserved."

What is the lesson here? During the O'Bannon and Kernan era, Indiana was a true two-party state. Republicans and Democrats would fight with piss and vinegar over biennial budgets and policy. But back in those days, no one's patriotism was questioned.

"Those among us so ready to bear malice against those with whom they differ, and either so ignorant or so ungrateful that they disdain those whose sacrifices gave them the freedom to express their views, should pause and consider the life and character of Joe Kernan," Daniels said.

-The columnist is managing editor of Howey Politics Indiana/State Affairs at [StateAffairs.com/pro/Indiana](http://StateAffairs.com/pro/Indiana). Find Howey on Facebook and Twitter @hwypol.

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# The Season of Sneezing



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

It's once again time to run my annual column on allergies. Some of our readers may already cursing the annual return of allergy symptoms. Tree pollen levels (Oak, Cedar/Juniper and Birch) in Indiana have been high recently. Spring allergy symptoms can make it even more difficult to differentiate who might have an upper respiratory infection, COVID, or just run of the mill allergy symptoms.

Seasonal allergies are a major problem for many people. When allergy sufferers are asked about their quality of life, they generally rate allergies as more bothersome than heart disease and sometimes even cancer. Many different things cause allergies; I want to focus on the seasonal type.

Seasonal allergies are caused by pollen. Pollen contains the male genetic material of plants; it is analogous to sperm in animals. The key to survival of any biologic organism is to disseminate its genetic material as far and wide as possible to mix with that of others in the species in order to improve fitness and survival. Pollen accomplishes this task in exquisite fashion.

There are two main categories of pollen – anemophilous (wind-loving) and entomophilous (insect-loving). Anemophilous pollen is very lightweight, allowing it to move great distances, particularly on windy days. Anemophilous pollen is produced by trees, grasses, and weeds. Golf ball engineers have used biomimicry of pollen grains to design the dimples on the balls to allow them to fly farther.

Entomophilous pollen is produced primarily in plants that bear flowers. It is much heavier and stick-

er, allowing it to be picked up and spread by insects such as bees. The loss of pollinating insects due to things like insecticide use and climate change is a real threat to these types of plants. Entomophilous pollens are much less likely to cause allergies since they are not typically inhaled or blown into noses by the wind.

Plants produce and release pollen at various times of the year, hence the “seasonal” nature of allergies. Trees in Indiana start pollinating in late February and usually end sometime in May. Each species of tree pollinates for around one to two weeks.

Grasses start pollinating in April and continue through May. Hoosiers then get a little break until about mid-August when ragweed starts up and continues until sometime in October. The allergy season has become longer over the past two decades, starting two to three weeks earlier and lasting two to three weeks longer. This is most likely due to warming from climate change.

Pollen grains contain proteins on their surfaces that bind to the tissues on the inside of the nose. In order to develop allergies, a person's immune system must be genetically programmed to recognize these proteins as foreign invaders. This is the case in about 40 percent of people.

A person's immune system reacts to these proteins by creating a specific class of antibodies called immunoglobulin E (IgE). It can take from two to ten years of exposure to an allergen to develop IgE in sufficient quantities to cause allergy problems. This is why many people suddenly develop an allergy to a family pet after they have had it for a few years.

When IgE against a particular allergen is produced, it attaches to the surface of specialized mast cells where it sits, waiting to do its job. When pollen finds its way to a mast cell coated with IgE programmed to react to it, it binds to the IgE and causes the cell to release various substances that cause allergy symptoms.

One of the most com-

mon molecules released by mast cells is histamine. It causes the typical nasal symptoms of congestion and watery discharge as well as red, itchy, watery eyes, and perhaps wheezing. These physical effects are all designed to do one thing – cough, sneeze, or flood the allergen out of the body.

Diagnosing pollen allergies is fairly straightforward. The offending agent can often be determined based on the time of year a person develops symptoms. Sometimes an allergist is required to do skin or blood tests to identify the specific offender(s).

There are numerous treatments for allergies. Avoidance is the most important prevention strategy – stay indoors when possible, particularly on windy days, and run the air conditioning instead of opening windows. Saline (salt water) rinses can be very effective at rinsing pollen out of the nose. This can be done using commercial products such as a Neti Pot or squeeze bottle such as Sinus Rinse® manufactured by NeilMed.

Antihistamines are also a mainstay of treatment. These medications block the release of histamine by mast cells. There are numerous antihistamines available both off the shelf and by prescription. Older antihistamines like Benadryl® (diphenhydramine) often cause drowsiness, but are very effective. Newer medications like Claritin® (loratadine), Allegra® (fexofenadine), Zyrtec® (cetirizine) and XYZAL® (levocetirizine) are generally less sedating but tend to be a bit more expensive.

Other treatments are also available such as nasal steroid sprays like Flonase® (fluticasone) as well as sprays that stabilize mast cells from bursting and releasing histamine. Severe allergy sufferers, or those who fail other therapies, may need to move on to allergy injections under the skin or drops under the tongue to reduce the severity of allergy symptoms.

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

# Anxiety Fixates On Numbers And Statistics



**CARRIE CLASSON**  
The Postscript

Anxiety likes numbers. I only recently realized that a lot of my anxiety fixates on meaningless numbers. I like to know how many there are of a particular thing and then attach meanings—usually sinister, sometimes hopeful, always unreasonable—to these numbers.

How many words are in this column? Six hundred exactly. Why are there 600 words? Because I once read that 600 words was a good length for a column, I have always written exactly 600. Never more. Never less. But if my wonderful editor suggests I let an extra word in or suggests a hyphen that makes two words become one, does this bother me? I am proud to tell you this does not bother me—very much.

How many pounds do I weigh? How many pounds should I weigh? Does the fact that I weigh less today mean I am at a better weight? If I weigh less tomorrow, would that be better still? How many

days would it be better? When would it no longer be better? Because there is no exact answer to this question, I've decided it's better not to weigh myself. Instead, I take notice if I can no longer get into my pants.

How many steps have I taken? How many should I take? Should it bother me that I took 500 fewer steps today than I took yesterday? Should I try to take 500 more tomorrow? What if that works out to be an odd number? Wouldn't it be better if it were a nice even number? Should I run around the bed a few times until there are at least two zeros at the end of whatever number it is? For obvious reasons, I have never had a fitness watch. It was my brother-in-law who pointed out that a watch that counted my steps would be a very bad idea. I was a little embarrassed that he knew me so well.

Waiting also increases anxiety, and that's what I'm doing right now. I'm waiting to see if a publisher is interested in my first novel. How many days will it take an editor to read my novel before replying? How many days would it take them if they liked it? How many days will it take them if they hated it? At what hour of the day will I know that I am waiting for nothing? Will I ever know?

This is a very long process—and I knew it

would be. But knowing something will take a long time and actually waiting for it—day by day, week by week, sometimes minute by minute—is a very different thing. It makes me worry more about other things—like whether I have more or less hair than I used to and how much sugar I am eating. It makes me take longer walks than usual, and it makes me grateful to my brother-in-law, once again, because I do not have a fitness watch.

Instead, I just walk. I realize that whatever I weigh, it's about right. I realize that, in reality, I have not been waiting very long for publishers to read. I realize that my hair is actually looking pretty good these days (a stranger even gave me a compliment!), and I probably don't need to worry about going bald. And, after enough steps (although I cannot tell you how many), I realize, once again, what a lucky girl I am to be able to do all these wonderful things and have all these wonderful opportunities.

I'd tell you more, but I've hit 600 words—exactly.

Till next time, Carrie Check out CarrieClassonAuthor on Facebook or visit CarrieClasson.com.

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

## Pancake & Sausage Breakfast

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## SPRING

From Page A1

Public Library West Brinton Street, Cicero  
**FREE**  
 HNPL Art Instructor Lor MacNorton will lead participants in modern recreations of local, historic class portraits and photographs from the Indiana Room of the Cicero Library. Participants may donate their creations to the library; best of the donated paintings will be framed and displayed. Register on the library's website, limited to 25 participants so sign up soon!

### Nickel Plate History Express

April 15, 10 a.m.-2 p.m. | Hobbs Station Forest Park Drive, Noblesville  
**\$20**

Celebrate the history of the town stations along the Nickel Plate line! Get on board at Hobbs Station in Noblesville's Forest Park, travel north through Cicero, Arcadia and Atlanta. Once in Atlanta, disembark for a break and refreshments, then travel back for a round-trip experience. Tickets selling fast on nickelplateexpress.com!

### Jackson Township Historical Tour Open House

April 15, 2-5 p.m. | Hamilton Heights Student Activity Center 420 W North St., Arcadia  
**FREE**

With your smartphone and QR codes, you can unlock the past with this interactive self-guided driving tour. Students from Hamilton Heights Middle School have put together videos about historic buildings and places in Jackson Township. Signs installed in front of these buildings give participants the chance to see history, and on April 15, several of these buildings will be open to the public, including the mini-museum at the Student Activity Center in Arcadia!

### Hamilton Heights Athletic Events

April 19, 5-8 p.m. | Hamilton Heights High School State Route 19, Arcadia  
**FREE**

Learn about the evolution of girls sports at Hamilton Heights and their new Unified Sports initiative where students with all levels of intellectual and physical abilities play on the same teams. Watch softball, both track and Unified Track meets, tennis, and a throwback baseball game.

### Day at Red Bridge Park

April 21, 7-9 p.m. | Red Bridge Park, Cicero  
**FREE**

Festivities will include a showing of the Ball State PBS Special "Now Entering Cicero" as well as a Hoosier Hot Shots movie! Join them for local music and be sure to enjoy a meal at local restaurants offering historically inspired desserts at discounted prices. Scavenger hunt prizes will also be given out on this date. Open through April 17, find the instructions for the hunt here: <https://www.ciceroin.org/event/hamilton-county-bicentennial/>

### Atlanta's History Showcase

April 22 & 23 10 a.m.-3 p.m. | Atlanta Town Hall East Main Street, Atlanta  
**FREE**

The Town of Atlanta

is taking a dive into their rich past by going back in time! Mail a historic postcard, and tour historic homes and businesses downtown. On Sunday at 9:30, attend a church service with the three Atlanta area churches. Afterwards, enjoy activities and ride the caboose.

### Vintage Baseball Match

April 22, 1-4 p.m. | Bishop's Park East 256th St., Arcadia  
**FREE**

Hamilton County Parks will host a vintage-style baseball game. There will be displays on the history of the park, along with a kettle corn vendor and other activities. Bring a picnic lunch and get your "baseball cards" signed by the players!

### Jackson Township Cemetery Lantern Walk

April 22, 7-9 p.m. | Cicero Cemetery Morse Court, Cicero  
**FREE**

Help honor those that have passed by remembering the impact they made on our community. Hamilton Heights High School theater students will showcase research on people buried in cemeteries around Jackson Township, and will portray these notable citizens as visitors walk through the cemetery. Lanterns at each headstone will light your way along the path.

### Sheridan Elementary Bicentennial Celebration

April 27, 7 p.m. | Sheridan Elementary School Hinseley Road, Sheridan  
**FREE**

The 2nd and 4th grades will be joined by the First United Methodist Church Chancel Choir for a Bicentennial Celebration concert that showcases historical songs from throughout time!

### Arcadia and The Hoosier Hot Shots

April 28, 6 a.m.-5 p.m. | Remnant Coffee Shop West Main Street, Arcadia  
**FREE**

Join the Town of Arcadia as they display a newly created timeline of the town's history. They will also celebrate the historic local talent of the Hoosier Hot Shots. In the 1930s, their band was nationally famous for their radio shows and "talkie" movies with their well-known tagline, "Are you ready, Hezzie?"

### Jackson Township's Signature Event

April 29, 10 a.m.-2 p.m. | Arcadia Christian Church SR 19, Arcadia  
**FREE**

As a way to celebrate the end of a month that commemorates all things Jackson Township, the township will organize an event to remember! Bring the family and have your photo professionally taken for free as part of the "Faces and Families of Jackson Township" Collection. Also come for the debut of the Jackson Township Fire Department restored original fire engine, partially funded by the Hamilton County Bicentennial. A mini-parade will begin at 12pm, and there will also be an arts show hosted by Hamilton Heights Schools. Finally, bring your copy of the Hamilton County Bicentennial book to have it signed by students from Hamilton Heights who contributed to the epilogue.

## CHARITY

From Page A1

working, some retired. These are people who will help box up crates of food outside, no matter the weather. They come when its 80 degrees out and sweat with us. They come when its 20 degrees out and dance around in the cold with us to keep warm. They show up when it's raining and work around the puddles in our parking lot.

These are people who spend time every week checking the pantry that they have adopted, stocking it with food. They sort through what has been put in the pantry and get rid of anything that shouldn't be there - rotten bananas, raw chicken, old bread. They come quickly, a day earlier than usual, when an impending snowstorm has us rescheduling food pick up for their pantry. They check their pantry for any physical defects and other volunteers make necessary repairs. And some of these pantry adopters maintain two pantries, so multiply that times two.

Our volunteers will also come at a moment's notice to help unload received pallets of food. And when the delivery truck is late, they wait so that we have the help we need. They will meet up as a group to upright a pantry on the rare occasion that one topples over in the Hamilton County spring winds. They will walk in the Christmas parade with us and help out at our fundraising events.

And while we have the best group of volunteers one could ask for, we are additionally supported by other members of our community in alternate ways. There are businesses that provide tents and tables at our outdoor events, build our pantries, paint our pantries, deliver those built pantries to our headquarters, provide space for indoor events, provide sponsorship for pantries and events, provide food at a massive discount. They support us by spreading the word and putting us in touch with others that help serve the cause.

This past winter, we put together a Reverse Advent campaign and received so much love in the form of nonperishable foods from

our neighbors. We asked for peanut butter and they brought us cases of it. We have been blessed by countless food drives organized by local businesses, schools and youth sports teams. When our supplies are dwindling, the community seems to know and they help rebuild them.

Mark and Lisa Hall are the Founders of Feeding Team. They are inspiring, kind and very likeable. I once made a comment that because of this likeability, people want to help them. But I was corrected, "People want to be a part of THIS." "THIS" is Feeding Team. People want to make sure that the person sitting next to them at church has a meal on Sunday evening. People want to know that a child won't sit at a lunch table without food because his school has a pantry nearby. People like knowing that the single mom they work with can still feed her family, even with that unexpected expense that came up. They donate their time, their talent and their resources to ensure that FeedingTeam is able to continue its mission.

Knowing that all of these people exist among us makes me grateful every day. Tattoo not required. With over 44,000 food challenged neighbors in Hamilton County, [www.feedingteam.org](http://www.feedingteam.org) is a registered 501C3 not for profit organization that provides outdoor 24x7x365 no questions asked free food pantries throughout the county. The pantries exist, to meet the food insecurity needs of GAP families, neighbors that may not qualify for public assistance and could use a few meals before payday. The pantries serve as many food-challenged neighbors as possible, and our hearts are with those that, like my family, could not always make ends meet.

[www.feedingteam.org](http://www.feedingteam.org) facts - 49 pantries, 10,000 meals in November 2022, over thirty volunteer families. Mark & Lisa Hall are the Founders of Feeding Team. They may be reached at [lisa@feedingteam.org](mailto:lisa@feedingteam.org) and [mark@feedingteam.org](mailto:mark@feedingteam.org) or 317-832-1123.



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## PARKS

From Page A1

ton County community. HCPR Director, Chris Stice, presented the past parks board president a commemorative medallion for his thirty-seven years of uninterrupted service to the Hamilton County Parks Department.

The highlight of the evening came when the commissioners, council members, parks board members and leadership informed Terry that the county was bestowing upon him the honor of renaming River Road Park - PRATHER PARK.

He and his wife, Donna and their daughters Andrea and Kim were then presented scaled-down replicas of the park's future entrance signs that will feature the Prather name. Parks department officials stated that the timing of the park's public rededication ceremony and on site unveiling of its new signage will be announced at a later date.

To learn more about Hamilton County Parks visit [MyHamiltonCountyParks.com](http://MyHamiltonCountyParks.com), call 317-770-4400 or follow the department on Facebook.

## Request For Sponsorship Of Indiana Landmarks Juneteenth Black Heritage Concert

Right now, a historic Black heritage site is being destroyed. A theater. Your grade school, perhaps. Or a corner store, or that house of worship. Smashed to pieces and lost forever to all who cherished it as a landmark both physical and emotional.

Its destroyers will claim the building was empty. But it was full. Packed with stories. Crowded with meaning, history and heritage. And brimming with potential for reuse.

Since 1992, Indiana Landmarks has worked to save or restore sites of historical Black significance throughout the state. The program received additional support last year when the Lilly Endowment funded it to assure its survival into the future.

The funding allows the Black Heritage Preservation Program to provide:

- More than \$200,000 in grants statewide each year to restore or preserve sites with significant Black heritage. These grants also support research and documentation necessary for listing on the National Register for Historic Places.
- Two paid internships and a \$20,000 scholarship

annually.

While the program is only six months old, it has provided financial support of more than \$107,000 in grants and professional support in assisting and forming preservation organizations. Additional funding will allow the Black Heritage Preservation Program to support more efforts to preserve Black heritage sites.

Our first fundraiser will be held on June 19, 2023. It will be a celebration in observance of Juneteenth, recognized nationally as Emancipation Day, ending slavery. The concert will be held at Indiana Landmarks Center and performers are Men in the Fire, a contemporary gospel group; Downstroke Band, an R&B group that performs oldies; and Act a Foo comedians. Throughout the event, the audience will receive Black history facts many won't know.

Tickets are \$25 general admission and \$50 VIP (Indiana Landmarks member tickets are \$20 and \$40). VIP tickets include a private reception and showing of the Black artist exhibit WeAreIndyArts Collective. WeAreIndy-Artists will be there to greet guests.

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# TUESDAY

## In The Kitchen

Tuesday, March 28, 2023

A7

# Cooking Clean

## A reliable energy source can make cooking nutritious meals quick and easy



Chef Dean Sheremet

### FAMILY FEATURES

With many people focused on achieving a cleaner and healthier lifestyle, taking actionable steps such as recycling, using less hot water and eating nutritious foods can help lower your carbon footprint. Another step for a clean lifestyle: cooking with an environmentally friendly, clean energy source like propane.

Propane is already powering more than 12 million homes with reliable energy people can count on. Plus, gas-powered cooktops are preferred by 96% of professional chefs, including nutritionist and chef Dean Sheremet of "My Kitchen Rules," who partnered with the Propane Education & Research Council (PERC) to educate homeowners on the benefits of cooking with gas.

"There is a lot of misinformation about cooking with gas in the news," Sheremet said. "It's important to remember, the act of cooking itself impacts indoor air quality, regardless of the energy that powers the stove. Having a qualified technician install and perform regular service for the stove, maintaining proper ventilation using a hood or opening doors or windows and following common sense safety measures can ensure the safe use of any stove."

Because ventilation when cooking is key, it's important to note that cooking with propane results in lower carbon dioxide (CO2) emissions than electric cooking, on average. That's because more than 60% of electricity production comes from natural gas or coal generation plants, which release more CO2 emissions as part of the generation process.

Beyond the environmental benefits, propane-powered cooking appliances provide convenience, modern design and performance in kitchens, allowing home chefs to prepare healthy meals for their families in a short amount of time. Sheremet values the efficiency of a propane cooktop when creating nutritious meals like Skirt Steak with Salsa Verde and Spaghetti and Clams, which can be whipped up in minutes using a clean energy source.

"Chefs, and parents like me, prefer gas for a variety of reasons," Sheremet said. "My son, Atlas, is often in the kitchen when I'm cooking, and we know sometimes kids don't listen when we tell them to not touch a pan or the stove. Propane cooktops allow for greater control of heat levels and their instant flame turnoff capabilities help them cool faster than traditional electric stoves, which can remain dangerously hot for a period after they have been turned off."

Learn more about cooking with propane and find recipes from Sheremet at Propane.com/ChefDean.

### DO'S AND DON'TS OF COOKING WITH GAS

Cooking with a reliable and environmentally clean energy source like propane can take your home chef skills to the next level. However, there are steps to take to ensure safety while maximizing the benefits of cooking with your gas range.

#### Do:

- Follow the manufacturer's installation and operating instructions.
- Keep pot handles turned inward to protect against accidents like knocking the pot off the stove or little ones reaching for the handles.
- Keep the range surface clean.
- Keep flammable materials away from burner flames.

#### Don't:

- Do not cover the oven bottom with foil as it can restrict air circulation.
- Never use gas ranges for space heating.
- Do not allow children to turn burner control knobs.
- Do not leave food unattended on the cooktop.



Spaghetti and Clams

### Spaghetti and Clams

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- Salt
- 8-12 littleneck or other small clams in shell, scrubbed
- 1/4 pound spaghetti noodles
- 2 tablespoons extra-virgin olive oil
- 1/2-1 garlic clove, minced
- 1/2 dried red chile pepper
- 1/3 cup vermouth or white wine
- 1-2 tablespoons chopped fresh Italian parsley

Bring large pot of lightly salted water to boil. Soak clams in cold water.

Add spaghetti to boiling water and cook until slightly underdone. In large saucepan over medium-low heat, add olive oil, garlic and chile pepper. Sauté gently, reducing heat, if necessary, so garlic does not brown.

Add vermouth and clams; cover. Clams should open in about 2 minutes. Add hot drained pasta, cover and shake pot gently. Simmer 1-2 minutes until spaghetti is cooked to taste.

Discard unopened clams. Add half the parsley and shake pan to distribute evenly. Transfer to plate or bowl and sprinkle with remaining parsley.

### Skirt Steak with Salsa Verde

Recipe courtesy of chef Dean Sheremet on behalf of PERC

- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 2 thinly sliced scallions
- 3 tablespoons capers, drained and roughly chopped
- 3 garlic cloves, minced
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon black pepper, plus additional, to taste, divided
- 1 1/2 pounds skirt steak
- 2 tablespoons chopped parsley
- 2 tablespoons chopped fresh mint, divided
- 1/4 cup pistachios
- 1 romaine heart
- 1 radicchio
- 1/2 cup crumbled goat cheese

Whisk olive oil, vinegar, scallions, capers, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper. Pour about 1/3 of dressing (about 1/3 cup) over steak and turn to coat.

Add parsley and 1 tablespoon mint to reserved dressing; stir and set aside until ready to use. Cover and refrigerate steak 30 minutes, or up to 24 hours.

In small sauté pan over medium heat, toast pistachios, tossing often, until golden brown, about 3 minutes. Set aside.

Set grill to medium-high heat or heat grill pan on stovetop over medium-high heat. Grill steak about 5 minutes per side. Transfer to plate and rest 10 minutes.

Cut romaine hearts lengthwise into quarters. Arrange romaine and radicchio in layers on large platter, leaving room on one side for steak. Sprinkle with goat cheese, pistachios and remaining mint.

Slice steak into 3-inch pieces then slice against grain to cut steak into wide strips. Add sliced steak to platter. Drizzle reserved dressing on romaine and steak.



Skirt Steak with Salsa Verde

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# TUESDAY

## Health and WELLNESS

Tuesday, March 28, 2023

A8



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# 6 Steps to Get Better Sleep and Improve Heart Health

### FAMILY FEATURES

There's more to maintaining a healthy heart than just eating right and exercising regularly. While these practices play an important role in both cardiovascular and overall health and well-being, getting a good night's sleep is also key.

"Getting a good night's sleep every night is vital to cardiovascular health," said Donald M. Lloyd-Jones, M.D., Sc.M., FAHA, past volunteer president of the American Heart Association and chair of the department of preventive medicine, the Eileen M. Foell Professor of Heart Research and professor of preventive medicine, medicine and pediatrics at Northwestern University's Feinberg School of Medicine. "Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age."

However, more than 1 in 3 adults in the United States are not getting the recommended 7-9 hours of sleep per night, according to the Centers for Disease Control and Prevention (CDC). In addition to increasing risk for cardiovascular conditions like high blood pressure, heart disease, heart attack and stroke, lack of sleep may also put people at risk of depression, cognitive decline, diabetes and obesity.

While high blood pressure – a known risk factor of cardiovascular disease, the No. 1 cause of death worldwide – can run in families, it is more common in non-Hispanic Black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%) or Hispanic adults (39%). Healthy lifestyle behaviors, including sleep, can help prevent the condition.

"We know that people who get adequate sleep manage other health factors better as well, such as weight, blood sugar and blood pressure," Lloyd-Jones said. "The American Heart Association added sleep to the list of factors that support optimal cardiovascular health. We call these Life's Essential 8, and they include: eating a healthy diet, not smoking or vaping, being physically active and getting adequate sleep along with controlling your blood pressure and maintaining healthy levels of cholesterol and lipids, healthy blood sugar levels and a healthy weight."

What's more, falling asleep at different times or sleeping an inconsistent number of hours each night, even variations of more than two hours a night within the same week, may also increase the risk of atherosclerosis, which is a cardiovascular condition where plaque builds up in the arteries, in those age 45 and older, according to research published in the "Journal of the American Heart Association."

"Maintaining regular sleep schedules and decreasing variability in sleep is an easily adjustable lifestyle behavior that can not only help improve sleep, but also help reduce cardiovascular risk for aging adults," said study lead author Kelsie Full, Ph.D., M.P.H., an assistant professor of medicine in the division of epidemiology at Vanderbilt University Medical Center.

Education about healthy heart habits from the American Heart Association is nationally supported by Elevance Health Foundation. Some practices to improve sleep health and impact heart health include:

#### Observe Current Sleep Habits

Keeping a sleep diary to help track your sleep patterns and habits can make it easier to identify factors that may be helping – or hurting – your sleep quality. Monitor what time you go to bed, what time you wake up in the morning, how many times you woke up during the night, how you felt when you woke up and any variables, such as changes to your routine or sleeping arrangements. Having documentation over the course of several weeks can help you identify necessary changes.

#### Avoid Food and Beverage Close to Bedtime

It can be more difficult to fall asleep if you're still digesting dinner. To help reduce sleep disruptions caused by food, avoid late dinners and minimize fatty and spicy foods. Similarly, keep an eye on caffeine intake and avoid it later in the day when it can be a barrier to falling asleep.

#### Exercise Regularly

Physical activity during the day can have a noticeable impact on overall health and wellness but can also make it easier to sleep at night as it can initiate changes in energy use and body temperature. However, exercising too close to bedtime may hinder your body's ability to settle; aim to have your workout complete at least four hours before you plan to head to bed.

#### Establish a Bedtime Routine

Getting a good night's rest often requires getting into a routine. Start by setting an alarm to indicate it's time to start winding down. Rather than heading straight to bed, take time to create a to-do list for the following day and knock out a few small chores. Then consider implementing a calming activity like meditating, journaling or reading (not on a tablet or smartphone) before drifting off to sleep. Also set an alarm to wake each morning, even on weekends, and avoid hitting the snooze button to keep your biological rhythms steady.

#### Create a Comfortable Sleep Space

The ideal space for sleeping is dark, quiet and a comfortable temperature, typically around 65 F depending on the individual. Use room-darkening curtains or a sleep mask to block light and ear-plugs, a fan or a white noise machine to help drown out distracting noises. Remember, using your bed only for sleep and sex can help establish

Healthy for Good™

**HOW TO GET HEALTHY SLEEP**

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**Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.**

**LEARN HOW SLEEP AFFECTS YOUR HEALTH**

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*

- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity

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- ▶ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ▶ **LESS RISK** of chronic disease

**Learn more at [heart.org/lifes8](https://heart.org/lifes8)**

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**TIPS FOR SUCCESS**

**Clean up your sleep hygiene**

**MOVE IT.**

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

**DIM IT.**

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

**SET IT.**

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.

**LOCK IT.**

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in off-hours emails, social media or gaming.

**BLOCK IT.**

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

a strong mental association between your bed and sleep.

#### Avoid Tech Before Bed

The bright light of televisions, computers and smartphones can mess with your circadian rhythm and keep you alert when you should be winding down. Try logging off electronic

devices at least one hour before bedtime and use the "do not disturb" function to avoid waking up to your phone throughout the night. Better yet, charge devices away from your bed or in another room entirely.

Find more tips to take control of your blood pressure and create healthy sleep habits at [Heart.org](https://heart.org).