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HOSTED BY DICK WOLFSIE | FEBRUARY 6 - 14, 2026



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■ TODAY'S VERSE

2 Timothy 2:7 Consider what I say; and the Lord give thee understanding in all things.

■ HAMILTON HAPPENINGS

The Hamilton County Soil and Water Conservation District and Tipton County SWCD will host a Farmer Field Day on Wednesday, Sept. 10, from 9 a.m. to 1 p.m. at Johnson Grain Farms, 15415 E 281st St. in Atlanta. This event will provide area farmers, landowners, and ag professionals with timely updates on nutrient management, herbicide regulations, and conservation practices, along with opportunities for continuing education credits. Registration opens at 8. Continuing education opportunities include: PARP, CCH and CCA credits. Registration is required by Sept. 3 at <https://www.surveymonkey.com/r/ZFZF729> or by contacting Courtney Lockwood at tate9@purdue.edu or (317) 776-0854. Farmer Field Day is made possible through the collaboration of Hamilton and Tipton County SWCDs, Purdue Extension, and local agricultural partners.



Happy Birthday Eve to Hoosier Col. Harland Sanders. Yes, the KFC king was born in Henryville, Indiana, on Sept. 9, 1890!

■ QUOTE OF THE DAY

"If they don't give you a seat at the table, bring a folding chair."

- Shirley Chisholm

■ JOKE OF THE DAY

Did you hear about the horse named Mayo?

Sometimes Mayo neighs.

The TIMES

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Remembering 9-11 BY THE NUMBERS

By The Numbers, a look at what's in the news . . . by the numbers. These are just numbers, not suggestions that they mean more or less than what they are. We do not suggest that one number is connected to another. These are simply facts with no extraneous details, bias or slanted reporting. To borrow (and perhaps mangle a bit) a quote from legendary fictional detective Joe Friday, it's just the numbers, ma'am!

Almost everyone remembers where they were and what they were doing on that tragic Sept. 11, 2001 when terrorists declared war on the United States. We observe the 24th anniversary of that fateful day this week so today, please join us while we respectfully look back at 9-11.

2,977 That's how many people were killed in the attacks on the two World Trade Center buildings (north tower and south tower, the Pentagon and the crash of Flight 93 in Pennsylvania.



343 & 72

The number of firefighters and police who were killed.



8:46.40

The time the first plane, Flight 11, crashes into the north tower.

10:03.11

The time the final plane, Flight 93, crashes in Pennsylvania.



56

That's how many minutes from the time Flight 175 hit the south tower and its collapse.

102

It took longer for the north tower to collapse after being hit by Flight 11. The impact speed is the main reason why.

\$100 billion

Some estimate the financial impact of the tragedy at \$100 billion. That takes into account the hit the U.S. economy took, job losses in New York, the airlines shutting down temporarily, the cost of recovery and more.



■ THREE THINGS YOU SHOULD KNOW

1. When the mood for Italian food strikes, what do you like? Well, if it's lasagna, then you are right in line with many Hoosiers. A study conducted by Cooking School Italy, which provides professional training in Italian cuisine, analyzed Google monthly average searches over the 12 months leading up to July 2025 to reveal which ones are the most popular in each U.S. state. The five most popular pasta dishes in Indiana are Lasagna, Carbonara, Ziti al Forno, Fettuccine Alfredo and Cacio e Pepe.

2. A wedding chapel in Las Vegas is offering 87 free weddings if Taylor Swift and Travis Kelce say 'I Do' in Vegas. Chapel of the Flowers has unveiled a once-in-a-lifetime offer: 87 free weddings or vow renewals for fans if the couple ties the knot in the Wedding Capital of the World. Why 87? It's Kelce's jersey number - and the first 87 couples to register will receive a complimentary ceremony at the landmark chapel. And here's the twist: Taylor and Travis don't even have to marry at Chapel of the Flowers. As long as the couple says "I do" anywhere in Las Vegas, the chapel will honor its promise.

3. The Indy Arts Council has achieved its \$300K fundraising goal for their annual Start with Art event held Aug. 21 at the Indiana Roof Ballroom. Since 1987, Start with Art has kicked off the fall arts season in Indianapolis and celebrated the artists and arts organizations whose creative talents shape our world-class city. Nearly 1,000 arts, business, and community leaders gathered to support the Indy Arts Council's vision of a creative life for all. This year's sold-out event supports the work Indy Arts Council does to champion arts and culture.

Westfield to Honor Underground Railroad Tie

The City of Westfield is issuing a Request for Qualifications for professional artists to design a signature public art installation that honors Westfield's historic ties to the Underground Railroad. This effort is being led in partnership with GANGGANG, a cultural development firm that centers beauty, equity, and culture in cities.

The selected artist or artist team will be invited to create a light-based, interactive public artwork as a central feature in downtown Westfield at the recently announced Jersey 32 mixed-use development. The goal of this project is to reflect the spirit, heritage, and voices of Westfield's past and present while establishing a meaningful destination for both residents and visitors.

"This project will highlight our city's Quaker history and role in the Underground Railroad while celebrating the welcoming and growing culture of Westfield today," stated Mayor Scott Willis.

Westfield was part of the Underground Railroad's central route through Indiana, which wound through Madison, Columbus, and Indianapolis before reaching Westfield and continuing to South Bend. There were eight documented Underground Railroad Stations in Westfield, although historians believe there may have been more.

Project Overview and Budget

The City is seeking qualifications from experienced artists or teams to design a large-scale installation that is immersive and visually engaging during both day and night. The all-inclusive budget for the project is \$250,000. This amount must cover artist fees, materials, design, fabrication, transportation, installation, permits, taxes, insurance, soil analysis, engineering, lodging, travel, and community engagement.

Artwork Goals

The final artwork should:

- Be a dynamic, light-based installation with immersive or interactive elements
- Reflect Westfield's Quaker roots and the city's history with the Underground Railroad
- Acknowledge the legacy of welcoming and inclusion while celebrating the contemporary Westfield community

See TIE Page 4

The TIMES

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ADOPT A PET SKY & SNOW



After four years in a loving home. Sky and Snow had their world turned upside down when their owner moved away and brought them back to our shelter. Sky and Snow are 4-year-old male brothers who have been available for adoption at the Humane Society for Hamilton County (HSHC) since 8/2/25. Sky and Snow are a bonded pair who must be adopted together, so if you're looking for two gentle companions to keep you company, Sky and Snow might just be the perfect cats for you. They would love to meet you soon at HSHC anytime Monday-Tuesday or Thursday-Sunday from 12-5 PM. To meet them, please fill out an adoption application at hamiltonhumane.com/adopt.

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In a Manner of Speaking



Dick Wolfsie
Columnist

Five years ago, while the world was in the throes of COVID, I started looking through some of my wife's old cookbooks. I was preparing Mary Ellen for the next pandemic. I also found a couple of editions of books written by manners-maven Emily Post, who died in 1960. Very few attended her funeral because people feared they'd wear something inappropriate. Here are some new insights from the second edition, with a few favorites from the first edition, which I wrote about many years ago.

Don't tell guests beforehand if you are serving an unfamiliar dish. It could prejudice them before they even taste it. After the first bite, casually mention that it's not Beef Burgundy but Gopher Goulash.

In 1930, Emily said you should avoid "promiscuous kissing" at a dinner party. Yes, that's her exact phrase. I'm no prude, but I agree. At least, wait until you have been introduced. Then please wait until after dessert.

Emily does not like pretension. She is not in favor of saying, "I am going to retire." She wants you to say, "I am going to sleep." In 2021, after 40 years on TV, I guess I went to sleep. She also prefers "Excuse me" to "Pardon me," unless you have committed a crime and are talking to the president.

If you visit a friend's home, you must conform to the habits of your host family...have meals at their hours, eat what is put before you, and go to bed according to their schedule. Similar advice is found in "Joining a Cult for Dummies."

How about guests who overstay their welcome? Incredibly, the author says it is okay for the host to stifle a yawn. I prefer: "Would you mind dropping our kids off at school on your way home?"

If your hostess has not begun to eat, once several people have been served at the table, it is okay to pick up your fork and begin. I tried that once and Mary Ellen also picked up her fork...and stuck it in my thigh.

"Napkins must be unfolded in your lap," says Emily.

NPD Arrests Carmel Woman

Noblesville Police arrested a 41-year-old Carmel woman after a chase that went through downtown Noblesville and ended near the entrance to South Harbor on State Road 38, just west of Noblesville.

NPD took Michelle M. Mittler into custody following a pursuit they say came to a stop only after tire deflation devices flattened all four tires on the suspect's vehicle. Police also report that two police vehicles were hit.

It began when NPD got a report at 6:47 p.m. Wednesday of a theft at Nails & Lounge at 12831 Campus Parkway in Noblesville. Police say they were given a description of

I tried that and Mary Ellen thought I was secretly looking at my cell phone. Talking about folding, Emily Post says never cut your salad. Instead, always fold the lettuce leaves. Fold the lettuce leaves? I can't even fold a fitted sheet?

To prevent guests from showing up late, ask guests to come about a half hour before you really want them to arrive. If the doorbell rings while you are still in your underwear, rethink the concept.

Men should remove their hats in elevators, says Ms. Post. Even nowadays, if a guy is headed upstairs to a chic restaurant, he should still consider taking off his hat when a lady enters, unless they are both rooting for the same team.

The guide says at home to peel a banana halfway down and eat it bite by bite. These rules for humans are pretty much the same as for orangutans. At a restaurant, says Emily, "You should peel the whole fruit, cut it into pieces, and eat it with a fork." That's why bananas on a menu have never caught on.

Another prohibition: When out for dinner, do not violently shake your napkin when you open it. (This puts a damper on my first magic trick at the table.)

Ms. Post says never to say, "I'm stuffed" after dinner. Growing up, failure to make this observation meant you were disappointed with the food. If I said, "Thanks for the delicious dinner, Mom," she would not have fallen for that baloney. Especially if we were having bologna.

"Overnight visits require written thank-you notes." We spent five days at my sister's house in New York this past week. We consumed all the food she prepared; we agreed to sleep in her spare room, and we let her do our laundry. So far, not a word of thanks from her.

I thought our mother taught us better.

Dick Wolfsie is a retired TV personality, author, speaker, teacher and all-around good guy. His award-winning column appears here weekly. If you'd like to learn more about joining Dick on an upcoming trip to Costa Rica, go to this paper's website and click on the Collette Travel ads.

the vehicle the suspect was driving and located it near State Road 32 and Promise Road. NPD tried to pull it over at the intersection of 32 and 19, but say the suspect did not stop. The pursuit went through downtown Noblesville and west on State Road 38 before deflation devices flattened all four tires at 38 and Hague Road. NPD says the car continued a little farther before coming to a stop at 38 and Dooney Court. Mittler was taken into custody without further incident, police say.

She was taken to River-view Health and later to the County Jail where she was preliminarily booked on one felony and two misdemeanor charges.

County Celebrates Reduction in Veteran Suicide Rates

Exciting news from Hamilton County as the Indiana Department of Veterans Affairs (IDVA) and the Stronger Veterans, Stronger Communities (SVSC) Coalition announce a significant drop in veteran suicide rates. This milestone showcases the SVSC Coalition's relentless dedication to supporting Service Members, Veterans, and their Families/Caregivers. Since its start in 2022, the Coalition has teamed up with IDVA, as IDVA launched the Indiana Community Challenge to Prevent Suicide among the Indiana Veteran community. This initiative equips community coalitions with crucial resources, like data, training, and funding, to tackle this vital issue head-on.

Carlye Gibson, the Indiana Community Challenge Public Health Coordinator, shared the positive news: "Provisional data for 2024 from Hamilton County shows a decrease in suicide deaths compared to 2023." The Hamilton County Health Department reports that veteran suicides have dropped from 13 in 2021 to fewer than 5 in 2024, marking an impressive 62 percent reduction. This achievement reflects the community's unwavering support for its veterans and highlights the powerful results of collaborative efforts.

Kristen M. Ludeker-Seibert, BA, Director of SVSC, remarked "This milestone, met through three years of collaborative work, demonstrates the collective commitment that continues to remain strong as we move through 2025 and into 2026, continuously reassessing suicide prevention needs in Hamilton County and evolving our approach to better serve the military-connected community." The SVSC is a vibrant network comprising local veterans, veteran-serving organizations, community service providers, government leaders, and passionate volunteers.

IDVA is eager to continue its mission of reducing suicide rates and boosting the well-being of Indiana's Veteran Community. The Community Challenge program is currently collaborating with five community coalitions across the state and is eagerly planning to expand these community coalition partnerships. Along with community coalition support, the IDVA also aligns prevention efforts statewide through its Grants for Veterans Services Program (GVS). The GVS recently allocated \$1,200,000 this fiscal year (July 1, 2025 – June 30, 2026) to 32 Indiana nonprofits dedicated to offering essential services and suicide prevention initiatives.

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2025 Chevy Equinox Proves Ruggedly Handsome and High-Tech Crossovers Don't Have to Be Expensive

The Equinox starts at \$28,600, and even with leather, ventilated seats and AWD, you'll be comfortably under \$40k.



Casey Williams
Columnist

The first-generation Chevy Equinox that debuted for 2005 was the automaker's first car-based crossover and offered a roomy interior that catered as much to rear passengers as those in front. It felt equal parts concept car and jacked up Malibu, but was immensely successful. Now in its fourth generation, and seemingly larger than the previous, the latest 2025 version feels more downsized Traverse than puffy sedan.

All previous Equinox models barely hid their car-based underpinnings, wearing sleek sheetmetal that looked about as rugged as a trip to Urban Outfitters. This one is considerably more outdoorsy with a glint of Corvette too. A drive from Indianapolis to Memphis and back provided plenty of seat time.

We didn't have much choice since the Equinox is selling so well, but we chose the most basic LT trim. It still looked pretty fancy with its large honeycomb cross-bar grille, thin horizontal driving lights, and angled-in headlamps in the lower fascia. The side profile projects toughness with bolstered fenders, gray cladding, and blade-like C-pillar that tie it to the larger Traverse and smaller Trailblazer. ACTIV trim looks tougher still, but even with 17" wheels and fat black tires, our ride looked smart.

I think Chevrolet uses too much hard plastic on its dash and doors, but the rest of the interior is posh. Configurable flatscreen gauges flow into a 11.3-inch infotainment screen to echo Corvettes, and it's pretty sporty with large round air vents and thick three-spoke steering wheel. Climate control is manual, but blew ice cold.

Moving gear selection back to the column frees up cubbies of space in the console for cupholders and other stuff. Connect devices via Google built-in and a smattering of USBs. If you like Apple CarPlay, too bad; GM says no. Cloth seats are all-day comfortable and heated too. There's no fancy brand on the 6-speaker audio system, it doesn't sound bad.

When the Equinox debuted for 2005, it won praise for its roomy interior that neatly split the difference between compact and mid-size. Rear passengers had stretch-out legroom for three across and the cargo hold held much. Same was true for the second generation in 2010, but Chevrolet decided to downsize the last generation that came for 2018. This one feels back to bigger with plenty of space for families and all their stuff.

Out on the highway, either on board-flat Indiana highways or fast hilly Tennessee passes, the 1.5-liter turbocharged four-cylinder engine provided pep. It delivers 175 horsepower and 203 lb.-ft. of torque to the front- or all-wheel-drive system through a continuously variable (FWD) or eight-speed (AWD) automatic transmission. Our car was front-drive, which

is fine for most snowy conditions given traction and stability control. Fuel economy is rated 26/31-MPG city/highway.

Those fat tires don't let you carry quite as much speed through curves, but that's not really the point. Attached to the ends of a four-wheel independent suspension, they sop up rough pavement while encouraging feet deeper into the accelerator. And the turbo provides enough torque to lift through hills and mountains with surprising ease. Automatic emergency braking stands by to keep travelers safe.

The Equinox has been immensely successful for Chevrolet. In fact, my parents have owned three of them. It's affordable enough for young drivers yet sophisticated enough for growing families and empty-nesters. Our base model was comfortable enough for days on the highway, but add options as you please. The base and as-tested price were \$28,600. Compare to the Ford Escape, Toyota RAV4, Honda CR-V, Kia Sportage and Subaru Forester.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ [AutoCasey](https://www.youtube.com/user/AutoCasey).

LIKES	DISLIKES
• SNAPPY STYLING	• INTERIOR
• INTERIOR SPACE	• PLASTICS
• INFOTAINMENT SCREENS	• CVT (FWD)
	• GOOGLE BUILT-IN

2025 Chevy Equinox LT
Five-passenger, FWD Crossover
Powertrain: 1.5-liter T4, CVT
Output: 175hp/203 lb.-ft.
Suspension f/r: Ind/Ind
Wheels f/r: 17"/17" alloy
Brakes f/r: disc/disc
Fuel economy city/hwy: 26/31-MPG
Assembly: San Luis Potosi, Mexico
Base/as-tested price: \$28,600

Taking a New Route



Carrie Classon
The Postscript

I'm driving back to my parents' home from a state park on a beautiful summer day.

"She's taking us around the slow part," my mother observes. My dad remains silent.

We emerged onto the road we would have come to, but a bit sooner than expected, having missed several slowdowns and traffic lights.

"I never knew you could go that way!" my mother exclaimed.

"We have a new route!" my father said.

My mother is riding shotgun; my dad is in the back seat. I have Google directions on my car dashboard, out of habit.

"We know how to get home!" my mother says. And of course she does.

"Turn here," my mother says.

"Turn in one-quarter mile," Ms. Google orders.

Now I am in a quandary.

"That's wrong," my mother says—meaning the directions Ms. Google has just given.

"There's nothing up ahead," my dad confirms.

"The turn is here," my mother insists. I am not always the best daughter. I drive on.

I can feel the skepticism seeping out of my parents. I turn onto the little road that Ms. Google has suggested. "You're on your own now!" my father says.

"Turn right in one-half mile," Ms. Google tells me. Then, "Turn left in one-quarter mile."

"I have never been here before," my mother says. My father says nothing.

They are not interested in a new route.

I want to be like my parents when I am 90. I want to be open to new routes. I may be sure I am right, but I want to be happy and surprised if proven wrong and something better shows up. I want to be open to new information, new stories, new ways of doing things. I want to try a new dish, a new path, a new idea. I think this is the way you get to be 90 and still have a lot of living to do.

My dad uses his tablet to look up birds. My mom solves Wordle every day, sometimes consulting with her sister in California while she does it. They are better informed than I am about current events and attend more musical and theater performances than I do. They will be the first to tell you they are slowing down. But to hear them tell it, slowing down doesn't sound like such a bad thing.

"We're not in a hurry," my dad will say.

"We don't have anywhere we have to be today," my mother will add.

And that is why they are so much fun to be with. We have plenty of time when we are together. We have time to find a new route.

Till next time,

Carrie

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TIE
Continued from Page 1



Artists will have access to historical research compiled by the City and GANGGANG and will be encouraged to engage with residents and stakeholders during the creative process.

Public Art with Purpose

This project is part of Westfield's ongoing commitment to telling authentic stories of its people and place through art in public spaces. With a history rooted in trust, collaboration, and a deep sense of community, Westfield aims to support artworks that are welcoming, courageous, and beautiful.

"At a time when there is apprehension around preserving history and heritage, it is refreshing that a city is taking steps to boldly talk about their

identity and the culture of the city. It's uplifting, informative and provides context for Indiana's important story," said Alan Bacon, Chief Strategist and co-founder of GANGGANG.

Statement of qualifications are due no later than 11:59 p.m. on Monday, September 22, 2025. Semi-finalists will be selected no later than Friday, September 26, 2025, and proposals will be due no later than Monday October 27, 2025. Artist selection will take place in early November 2025 with installation occurring tentatively in November 2027.

Artists can review the Request for Qualifications at westfieldin.gov/rfq. The application link is located within the RFQ.

Heights Superintendent Shares Update



DR. DEREK ARROWOOD
Guest Columnist

We recently hosted a special ribbon cutting celebration for our re-

vitalized high school athletic complex and administrative wing. This event marked the completion of the most recent investment in our facilities. It featured the unveiling of the Jarrod T. Mason Team Room, an inspiring centerpiece of the new Outdoor Locker Facility. In addition, there were stadium upgrades and major enhancements to our high school facilities including a renovated Administration Wing, new Ag Lab and Classroom, and updated Construction Lab.

I was genuinely touched by the turnout and heartfelt support. To me it was a powerful reflection of the community's pride in Heights. These new spaces aren't just about bricks and mortar they're about building a legacy of opportunity, where students are inspired to learn, lead,

and leave their mark. This milestone reflects HHSC's ongoing commitment to creating exceptional academic and athletic spaces that empower students to thrive. The upgrades not only elevate the student experience but also reinforce the district's role as a cornerstone of community pride and progress. Thank you to everyone who joined us in celebrating this exciting moment for Heights!

September marks Attendance Awareness Month, a time to highlight one of the most powerful predictors of student success: showing up. Consistent attendance is more than being present in the classroom; it's about building routines, relationships, and resilience. When students attend school regularly, they're more likely to stay on track academically, feel connected to their peers and teachers, and develop the confidence that comes from being part of a supportive learning community.

Whether it's a kindergarten student learning foundational skills or

a high school senior preparing for graduation, each moment in school contributes to a larger journey. Everyday counts. We understand that life happens, and sometimes absences are unavoidable. But when families, educators, and students work together to prioritize attendance, we create a culture where every student knows their matter and where every missed day is met with care, communication, and a plan to re-engage. Let's continue to work together to make school a place students want to be, every single day.

September is Suicide Prevention Month, a crucial time to raise awareness about a preventable public health issue that so deeply affects our youth and communities. At Hamilton Heights, we believe every student deserves to feel seen, supported, and safe. Mental health challenges can impact anyone, and it's essential that our schools foster an environment where students feel comfortable speaking up, asking for help, and know-

ing they're not alone.

By encouraging open conversations, recognizing warning signs, and connecting students to trusted adults and resources, we can work together to prevent suicide and promote hope. Thank you for joining us in creating a culture, on and off campus, where every student knows they are valued, cared for, and never without support. If you or anyone you know is struggling, don't be afraid to reach out and ask for help.

Thank you for partnering with us in shaping the future of our students. Your engagement and encouragement empower our learners to take ownership of their education, reach high, and pursue excellence with confidence and purpose. #WeAreHuskies

Dr. Derek Arrowood is the Superintendent of the Hamilton Heights School Corporation. His columns appear periodically in The Times.

Westfield State of Schools Sept. 18

The Westfield Chamber invites business leaders, community members and guests to attend the annual State of the Schools Luncheon.

Please join in for Dr. John Atha's first address as Superintendent of Westfield Washington Schools on Thursday, Sept. 18 from 11 a.m. to 1 p.m. at The Bridgewater Club!

Hear directly from Dr. Atha as he provides an update on the Destination Westfield initiatives, shares the district's core

priorities, and outlines plans for the upcoming school rebalancing process. He will also be highlighting recent success stories in our school system!

Please join us for what is to be an insightful afternoon as we celebrate progress and look forward to the future of our schools. This event typically sells out due to high interest, so register today to reserve your seat at <https://westfieldchamberofcommerce.growthzoneapp.com/ap/Events/Register/wZFx3l-JHeCxw>



Photo courtesy Hamilton County

The County Council will adopt the budget formally at the Oct. 13 meeting.

County Council Wraps Up 2026 Budget Hearings

The Hamilton County Council wrapped its 2026 budget hearings on Wednesday, September 3 at the Hamilton County Judicial Center. Over the course of two days, councilors and staff worked collaboratively to bring the \$324 million budget into line with revenue forecasts.

A major topic of discussion was the long-term impact of Senate Bill 1, Indiana's recently passed property tax reform legislation. While supporters say it will save homeowners \$1.3 billion over three years, critics argue it will significantly reduce local government resources.

County Financial Consultant Mike Reuter

emphasized the challenge SB1 poses for Hamilton County. "While the effects will not significantly impact the 2026 budget, future years will see reductions in property tax revenue and limits on levy growth," Reuter explained. "It's important we plan ahead so Hamilton County can continue meeting the needs of a growing community despite these new fiscal pressures."

This year's hearings also marked a transition in county leadership; with more than a half dozen new department heads and elected officials participating in the process for the first time. Among them new administrative officials for both the

Council and Commissioners, 911 Dispatch, Community Corrections, and Emergency Operations, as well as the county's newly elected Auditor Todd Clevenger and Surveyor Gary Duncan. Council President Sue Maki applauded everyone for working collaboratively to reach a common goal.

"This year's hearings were unlike any other," says Council President Sue Maki. "So many people were new to this process, including myself as president of the council. I can't thank everyone enough for making the tough adjustments and reductions in the budget so we can meet our revenue forecast."



Sue Maki

The final 2026 budget is scheduled to be adopted at a special session of the Hamilton County Council on October 13, 2025, before being sent to the State of Indiana for approval. Once approved, it will go into effect January 1, 2026.

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Franciscan Offers Virtual Diabetes Prevention Program

Franciscan Health will be hosting a virtual diabetes prevention program online, starting on Wednesday, Oct. 1 at 6 p.m.

Franciscan Health's Diabetes Prevention Program follows guidelines recommended by the Centers for Disease Control and Prevention that have been proven to prevent or delay type 2 diabetes.

More than 1 in 3 adults have prediabetes, but most do not know it. Without lifestyle changes, prediabetes can lead to type 2 diabetes, which can be prevented or delayed with lifestyle changes, like those implemented

through the Franciscan Health Diabetes Prevention Program.

Groups meet weekly for a total of 16 sessions, prior to six monthly follow-up sessions with a trained lifestyle coach. Throughout the course of the program, participants work with a certified healthy lifestyle coach who guides them in practices to lose weight, move more, reduce stress and build confidence.

The program is only open to participants ages 18 and older who have been diagnosed with prediabetes, not those who have previously been diagnosed

with type 1 or type 2 diabetes. They must also have a body mass index greater than 25. Those who had a previous diagnosis of gestational diabetes or a screening result indicating a high risk of type 2 diabetes are also eligible to participate.

The year-long program costs \$99.

Registration is required and space is limited. To register, complete the DPP Qualifying Questionnaire online, by going to https://franciscanhealth-care.formstack.com/forms/test_form_with_amy

Braun Creates New Utility Watchdog

Governor Mike Braun announced the selection of Abby Gray as the new Office of the Utility Consumer Counselor commissioner, who serves as Hoosiers' advocate.

Governor Braun directed the office to evaluate utilities' profits and find cost-saving measures to ease the financial burden on Hoosiers — including utilities' investors bearing more of the costs of doing business rather than ratepayers.

Governor Braun issued

the following statement:

"Hoosiers have been burdened with utility rate increase after increase. We can't take it anymore. I am directing the Utility Consumer Counselor, who is Indiana's ratepayer advocate, to evaluate utilities' profits along with other cost savings measures to ease the burden on ratepayers. I would also like to see the utilities' investors bear more of the cost of doing business." - Governor Mike Braun

Abby Gray, who will serve

as the Office of the Utility Consumer Counselor commissioner, issued this statement:

"I have dedicated my career to public service and it's the honor of a lifetime to continue to serve Indiana ratepayers in this new role. I am deeply humbled and appreciative of Governor Braun's confidence in me and look forward to advocating for Indiana utility consumers." - Abby Gray, Commissioner of the Office of the Utility Consumer Counselor

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