

# INDIANA'S 51st GOVERNOR SWORN IN

"From our urban to rural settings, Indiana has it all," Holcomb says. "And I'm eager to spread the good word, far and wide."

Holcomb's ascension comes just eight months before his name will appear on the ballot with Pence. The longtime Hoosier political figure Eric Holcomb replaces Sue Ellspermann, who left to pursue a job at Ivy Tech. When introducing Holcomb, Gov. Mike Pence noted the many hats Holcomb has worn: Navy veteran, congressional staffer, Deputy Chief of Staff to Governor Mitch Daniels, Indiana Republican Party Chair, and Chief of Staff to Senator Dan Coats. Holcomb says all those roles have taken him around the world -- but that he's always been drawn home to Indiana.



Indiana's 51st Governor Eric Holcomb Sworn in

## VIEW ON HOLCOMB'S APPROACH FOR THE STATE

Indiana's new Republican Gov. Eric Holcomb delivered his first State of the State Address Tuesday night. Holcomb opened by thanking state lawmakers, and praising Indiana's attractive business environment. The governor said the current state of Indiana was "sound" and went on to present five pillars he believes will further improve Indiana as a whole.

1. Cultivate a strong and diverse economy to ensure Indiana is a magnet for jobs.
2. Fund a long-term roads and bridges plan.
3. Develop a 21st century skilled and ready workforce.
4. Attack the drug epidemic.
5. Provide great government service.

University of Indianapolis economist Matt Will says that despite strong connections to the previous two administrations, Governor Eric Holcomb will take a "very different" approach to running the state than

his predecessors. Holcomb outlined the vision for his first term in office during Tuesday night's State of the State Address, where he renewed his emphasis on work force development programs, education issues and long-term infrastructure planning. In an interview with Inside INdiana Business, Will said Holcomb is proposing a traditional fiscal plan for the state.

Holcomb served as an advisor for former Governor Mitch Daniels, who Will says, worked to change "the entire paradigm of how government functions in our lives." Holcomb most recently served as lieutenant governor under former governor and current Vice President-elect Mike Pence, who Will says fought for "across-the-board" cuts to income and corporate taxes. Will says Holcomb will lead Indiana in a very different way than either by focusing more on services, while not being "as business-focused as most -- I think -- people in the business community would like."

# LAUGHTER

"Laughter is the sun that drives winter from the human face." ~Victor Hugo



Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer, he has been a dedicated columnist for Indy Asian American Times since 2010.

Global Belly Laugh Day is observed annually on January 24. It is a day to celebrate the holistic benefits of laughter, and to inspire individuals who have gone through hard times to laugh and be happy. In the past few decades, researchers have been studying the health benefits of laughter and humor.

According to the researchers at the University of North Carolina, humor can cause a positive mental state which cultivates open-mindedness, creativity and ability to adapt to change; laughter can induce positive emotions and motivate a more positive outlook. Laughter stimulates the reward center of the brain, which secretes two hormones, dopamine and serotonin; these are anti-stress substances linked to a happy feeling. Humor and laughter can incite an emotionally positive influence on people in reducing anxiety and improving attitude. Laughter can enhance happiness, build confidence and relationships and relax the whole body. A Stanford University study reveals that laughter augments creativity, alertness, memory, learning ability and brain faculty.

Dr. Ronald A. Berk at Johns Hopkins University lists psycho-physiological benefits of humor and laughter: they reduce anxiety, tension, stress, depression, loneliness; improve self-esteem and mental functioning; restore energy; provide a sense of empowerment and control; exercise and relax muscles; improve respiration; stimulate circulation; reduce stress hormones; enhance immune system defenses; trigger the release of endorphins in the brain which can relieve pain.

Laughter can resolve conflict and boost teamwork. Laughter helps us to be less judgmental and critical. It also helps us to express our true feelings and emotions. It connects people. It helps us to develop strong social bonds with people, which can guard against stress, frustration, disagreements and arguments.

Dr. Lee Berk of Loma Linda University demonstrates that stress, anger or depression reduces the immune response, thus weakening the immune system. Moreover, they find that laughter increases infection-fighting antibodies and immune cells. "When we laugh, natural killer cells which destroy tumors and viruses increase, along with Gamma-interferon (a disease-fighting protein), T cells (important for our immune system) and B cells (which make disease-fighting antibodies). Laughter increases oxygen in the blood, which also encourages healing." Additionally, laughter helps circulate lymphatic fluid throughout the body, heightening the immune system.

Dr. Berk also studied the effect of mirthful laughter on diabetic patients with hypertension and hyperlipidemia (high cholesterol) and found that, compared to the control group, the blood sample of the diabetic patients in the laughter group had lower epinephrine and norepinephrine levels indicating lower stress levels; and elevation of the HDL high-density lipoproteins. There were also decreased levels of TNF- $\alpha$ , IFN- $\gamma$ , IL-6 (inflammatory cytokines) and C-reactive protein levels, implying lower levels of inflammation. Inflammation contributes to cardiovascular diseases. He concludes that mirthful laughter may lower the risk of cardiovascular diseases associated with metabolic syndrome and diabetes mellitus.

Laughter increases blood flow and improves blood vessel function, leading to an increase in oxygen intake, and activating the lungs, heart rate and muscles. Thus it is beneficial to the cardiovascular system. Michael Miller, M.D., F.A.C.C., University of Maryland found that there was a 22% increase in blood flow after participants watched a comical movie. Laughter can increase levels of nitric oxide, a powerful vasodilator, in arterial walls. Increased blood circulation can reduce the risk of heart attack and stroke. Dr. Miller claims that laughter promotes our emotional state which in turn may augment our physical health.

Laughter reduces the stress hormone cortisol and epinephrine that can cause hypertension. Regular hearty laughter, like aerobic exercise, lowers blood pressure, improves the overall performance of the heart's muscular functions and may lower the risk of heart disease. Researchers at Albert Einstein College of Medicine find that if you want to enjoy longevity, emphasize on the positive and keep laughing. Most of the centenarians are extroverts, optimistic about life, easily laughing and having active social life. Evidently, the old adage saying that laughter is the best medicine is compelling. Lord Byron once said, "Always laugh when you can. It is cheap medicine." Last but not least, there are no bitter pills to swallow as well. Love fully, live simply and laugh often.

新年快樂! 笑口常開!

## PARTIAL SPECIAL CENSUS ADDS 7,755 to CARMEL CITY POPULATION

Additional \$1.7 million in tax revenues over next 6 years

A partial special Census conducted in select parts of Carmel during the summer and fall of 2016 has resulted in a new population count for Carmel, adding 7,755 people and bringing Carmel's official population in 2017 to 86,946 -- an increase from 2010 when the city's official population was 79,191. The number of housing units is now 32,836, up from 30,738 in 2010.

Many tax revenues received by cities are based on population. With Carmel's growth over the past decade, city officials opted for a partial special census -- for which the city took the census in the tracks where there has been a lot of new construction -- in order to capture tax revenues that would otherwise not be realized until the next decennial census scheduled in 2020. Because of the increase in population, the city of Carmel will see an additional \$1.7 million over the next five years, which takes into consideration the \$388,911 cost for conducting the special census. City financial planners also indicate that number could go higher depending on any tax increases by the State Legislature.

"We work very hard on financial planning to ensure local taxpayers get the most from their tax dollars and conducting this special census will pay off for the City," said Mayor Jim Brainard. "Clearly, our efforts to build a great city to live, work and play are paying off by attracting more people to Carmel."

Because this partial special census was targeted to specific neighborhoods, it's possible the city's actual population may be higher than what the special census shows. But the decision was made to save money by focusing on areas of high growth. While Carmel saw growth in other areas as well, it did not necessarily pay to survey all households. To see a map of the areas that were part of the special census, login - <http://carmel.in.gov/modules/showdocument.aspx?documentid=7164>

Indiana Governor Mike Pence signed the Executive Order certifying the population increase on December 28, 2016. The City of Carmel will begin receiving additional tax revenues in 2017.

Source: Carmel New Release

## FIRST CHINESE AMERICAN ON CARMEL SCHOOL BOARD



Lin Zheng and Katie Browning were sworn in by the Honorable Judge Gail Bardach Henry

## Indiana Association of Chinese Americans Year of the Rooster 2017 IACA Chinese New Year Banquet Celebration



DATE: Saturday, January 28th, 2017

TIME: 6:00PM Registration, 6:30PM Dinner, Chinese Banquet Style

LOCATION: Sichuan Cuisine within Formosa Seafood Buffet  
6304 East 82nd Street, Indianapolis, IN 46250

PRICE: \$28 per person (inclusive non-alcoholic beverage), \$15 children under 10

RSVP: by January 21st and mail check to  
IACA, P.O. Box 3888, Carmel, IN 46082 - 0018

ENJOY: Lion Dance, Chinese & Joy Orchestra Performances, Hung Bao for children and raffle prizes

QUESTIONS? Contact Marilyn Jacobs (jakesjag@aol.com)

### Year of the Rooster 2017 Banquet Menu

蟹肉魚肚羹	Seafood Soup
錦綉大拼盤	Combination Appetizer Platter
蒙古牛肉	Mongolian Beef
椒鹽大蝦	Salt and Pepper Prawns
薑葱龍蝦	Lobster with Ginger and Scallion
發財絲瓜	Chinese Okra Squash with Chinese Angel Hair
雙味松鼠魚	Fried Whole Fish Dressed with Dual Sauces
四川回鍋肉	Sichuan Double Cooked Pork
揚州炒飯	Yang Chou Fried Rice
星洲炒米粉	Vermicelli Singapore Style
甜湯湯丸	New Year Sweet Rice Dumplings

Please return this portion with your RSVP along with your check:  
Name of your party \_\_\_\_\_ Total number of people in your party \_\_\_\_\_

Thank you and look forward to a joyful and successful 2017 with you!