

1st Qtr
2024

INDIANA LICA NEWS

2024 INLICA Officers

President

Joe Stull
1300 W 1000 S
Kingman, IN 47952
765-585-4089

Vice President

Keith Miller
13529 S 150 E
Kokomo, IN 46901
765-776-2458

Treasurer

Chris Smidler
15071 W 100 S
Medaryville, IN
47957
219-863-3395

Executive Director

Nanci Gutwein
PO Box 425
Francesville, IN
47946
219-204-1722
www.indianalica@
gmail.com
Visit us at:
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The 2024 Convention has come to a close. Thank you SO MUCH to everyone that attended, and to our generous Associates that make convention possible! Check out the INLICA website for all of this years convention photos.

A Word from our President

Hello Everyone!

Hoping this newsletter finds you all very busy and with everyone in good health! I want to thank each of our contractor members for the great turnout at our Trench Safety and Confined Space training last month! This was requested by one of our members and we were able to get it opened up and offered to all. If you were unable to attend, know of others that wanted to go, or know of another training that could be helpful to you or others, please let me or Nanci know. Invite other contractors, members or not, to these opportunities. I know my own team members found the day to be educational. Some days, even the reminders help us to become aware again of things around us as we can become confident in our abilities and lenient in our practices. Keep busy out there as it seems the rains are beginning to come more now (at least around me) and stay safe!

-Cheers
Joe Stull



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Upcoming Opportunity

The former St Joe Campus in Rensselaer, IN will be home to a training facility for the LICA Veterans Foundation. To “kick off” this new venture, National LICA will be hosting a Drainage Water Management Forum this coming June 13th & 14th. Details on that event can be found at www.licanational.com and on page 7 in this newsletter.

INLICA will be having a booth at this forum and would like to invite our contractor members to submit a “Meet our Membership” page. These pages will be compiled and available for those that attend this forum to browse through. We would ask that you include where you are located, a bit of history about your company, maybe some details about your employees or their backgrounds, past jobs you have completed, your company's area of expertise, anything that might be interesting and specific to your company. We would also encourage you to include photos with this submission. Depending on the quality of photos and amount of responses received, we might choose to highlight some of these companies on our banners. The more timely we receive the submissions the better!! Take this opportunity to advertise your companies hard work! Submissions can be sent to indianalica@gmail.com



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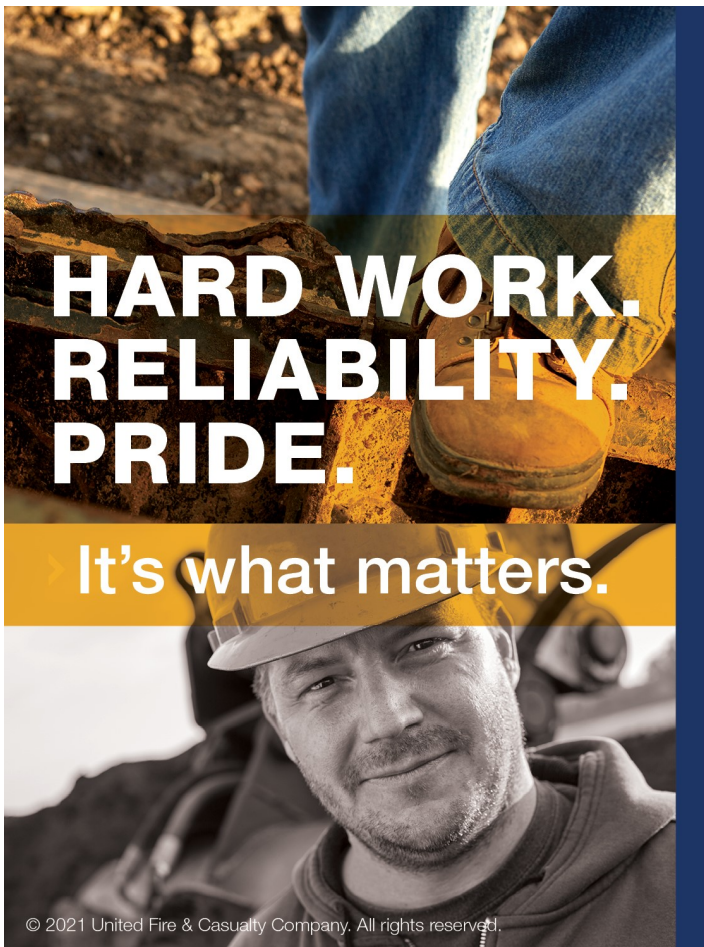
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June 13 & 14, 2024



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LICA WATER MANAGEMENT FORUM

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Introduction to Heavy Construction Equipment

This three-hour session is a wonderful exploration of heavy equipment operation and the construction industry. It will begin with an introduction video to the Land Improvement Contractors of America and discussion of the various career opportunities within the construction field.

FREE to Attendees (*Registration Required*)

Register online at: LICANational.org

St. Joseph's College, Rensselaer, IN

June 13 & 14, 2024



Other Courses Being offered during this event:

Basic First Aid Training for Construction Workers—\$65 per person

OSHA Two-Day, 10 Hour Construction Industry Course—\$150 per person

Be watching for more details and the release of the full schedule.

Thanks is never enough! We have the best Associates that make our convention possible. Be sure to thank them and patronize their businesses!

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OSHA Proposes to Issue a New Emergency Response Standard

On Feb. 5, 2024, OSHA published a [notice of proposed rulemaking](#) (NPRM) to issue a new safety and health standard, titled Emergency Response, to replace the existing Fire Brigades standard. The new standard would address a broader scope of emergency responders and include programmatic elements to protect emergency responders from various occupational hazards.

OSHA requests comments on all aspects of the proposed rule by May 6, 2024.

Feb. 5, 2024

OSHA published an NPRM to issue a new safety and health standard, titled Emergency Response, to replace the existing Fire Brigades standard.

May 6, 2024

Due date for submission of comments on all aspects of the proposed rule.

The proposed rule focuses on the achievement of improving emergency responder health and safety and reducing injuries and fatalities.

New Standard Overview

The proposed rule would replace the existing Fire Brigades standard and expand the scope of OSHA's standard to include a broad range of hazards emergency responders encounter during emergency response activities. It would also bring the standard in line with the Federal Emergency Management Agency's National Response Framework and modernize the standard to align with the current industry consensus standards issued by the National Fire Protection Association on the safe conduct of emergency response activities.

OSHA standards do not apply to volunteer emergency responders. However, in States with OSHA-approved State Plans, volunteers may be treated as employees under state law. OSHA has no authority over how individual states regulate volunteers.

OSHA states it is seeking input on alternatives and potential exclusions for economically at-risk small and volunteer organizations that will be shared with State Plans as they determine how to proceed with their subsequent individual state-level rule-making efforts. Organizations that provide emergency services vary significantly in size and the different types of services they provide. They are often not well suited for "one-size-fits-all" prescriptive standards. Accordingly, the proposed rule is a "performance-based" standard, which provides flexibility for affected employers to establish the specific criteria that best suit their organization.

In addition, the proposed rule focuses on improving emergency responder health and safety and reducing injuries and fatalities while providing flexibility as to the precise methods used to achieve those results. The performance-based nature of the proposed rule is particularly beneficial to small and volunteer organizations with limited resources.

Employer Next Steps

Employers should review the new emergency response standard proposal and, if it affects them, respond by May 6, 2024, with comments and/or suggestions.

MENTAL HEALTH MINUTE



Recognizing the Symptoms of ADHD in Adults

New research by the U.S. Food and Drug Administration shows that prescriptions for drugs used to treat attention-deficit/hyperactivity disorder (ADHD) surged during the COVID-19 pandemic, particularly among women and patients ages 20-39. Researchers noted that the reasons for the increase are not obvious but could include pandemic-related stress, recognition of undiagnosed cases, over-prescription and online marketing of medications. Social media may have also enabled more people to recognize that they had untreated symptoms of ADHD and receive professional help.

ADHD is often thought of as a condition present during childhood, but it can impact adults, too; the condition manifests differently than in kids. Additionally, symptoms of ADHD can become more severe as the demands of adulthood increase. Inattention and distractibility are hallmark traits of ADHD, but adults specifically may experience the following symptoms:

- Inability to focus on one task for an extended period
- Inability to start or follow through on projects that require planning
- Difficulty with time management or organization
- Excessive daydreaming
- Interrupting others
- Inability to pay attention during conversation
- Difficulty managing finances or spending

Symptoms of ADHD can cause difficulty at work or home or with relationships. Also, keep in mind that these symptoms can vary. Just like other mental health conditions, ADHD is not permanent and can show up in different ways throughout one's lifecycle.

When left untreated, ADHD symptoms can be disruptive and potentially lead to depression, anxiety and substance misuse challenges. If you are experiencing symptoms of ADHD, it's imperative to receive a professional diagnosis, so reach out to a doctor to discuss symptoms and treatment.

Food and Your Mood

As research reveals more about the mind-body connection, it becomes evident that food plays a pivotal role in influencing mood and overall mental well-being. A healthy, well-balanced diet can help individuals think clearly and be more alert. It can also improve concentration and attention span. The link between diet and emotions comes from the close relationship between the brain and the gastrointestinal tract, often called the "second brain."

The brain relies on a delicate balance of neurotransmitters, chemicals that transmit signals between nerve cells, to regulate mood and emotions. Certain nutrients from the foods you consume play a crucial role in the synthesis and function of these neurotransmitters.

Eating Well for Mental Health

An American Psychiatric Association survey revealed that 4 in 5 adults would be willing to change their diet in a way that positively impacts mental health. Certain foods may improve overall brain health and certain types of mood disorders. Consider incorporating the following foods into your day-to-day diet:

- Foods with omega-3 fatty acids** (e.g., salmon, flax-seeds, chia seeds, walnuts and avocado)
- Fermented foods** (e.g., kimchi, miso, tempeh, kombucha, kefir and yogurt)
- Magnesium-rich foods** (e.g., cacao nibs, almonds, cashews, dark leafy greens and bananas)
- Berries** (e.g., raspberries and blueberries)
- Spices** (e.g., saffron, turmeric and ginger)

By making mindful choices and incorporating nutrient-rich foods into your diet, you can positively influence the delicate balance of neurotransmitters in your brain. While no single food can guarantee happiness, adopting a balanced and varied diet can contribute to an overall positive impact on your mood and mental and emotional health.

March is National Nutrition Month, making it a great time to assess your diet and ensure you're serving your body—and mind—well.

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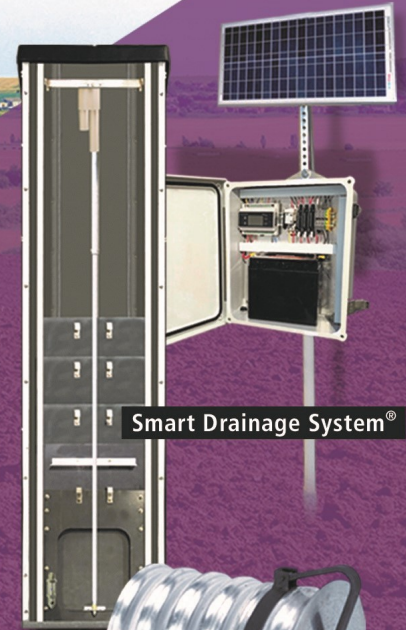
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National LICA Winter Convention, Virginia Beach



INLICA Member and Former INLICA President, Tony Cain was pinned as the new National LICA President. Congratulations Tony!



INLICA Members attending the National Convention, Pictured left to Right: Steve and Michelle Putt, Bob and Donna Clark, Jason and Nanci Gutwein, Tony and Michelle Cain, Joe and Ashann Stull



The LICA Family raised over \$6,000 for the LICA Educational Foundation for Veterans at the 2024 Winter Convention. The proceeds go towards setting up Heavy Equipment Training for Veterans.

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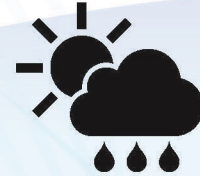
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CALENDAR OF EVENTS

June 13th & 14th 2024– National LICA Water Management Forum
St. Joseph's College, Rensselaer IN
Board Meeting to be held one of these evenings.

July 9th-13th 2024 –National LICA Summer Meeting, Pittsburgh PA

September 2024–Board Meeting, Exact Date and Location To be Announced

December 7th 2024– Board Meeting, 10AM Renaissance Marriott North, Carmel IN

January 21st-23rd 2025– NACADE Conservation & Drainage Expo

January 21st–INLICA Annual Board Meeting Renaissance Marriott Carmel

January 22nd– INLICA Awards Banquet , Entertainment and Auction



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Indiana Farm Bureau commends SEC for change to climate reporting

Mar 8, 2024, 10:15 AM by Heidi Gant, INFB Public Policy Team

(Indianapolis) – March 8, 2024 – Earlier this week, the Securities and Exchange Commission (SEC) announced it would not include Scope 3 reporting requirements in its final Climate Disclosure Rule, which would have required public companies to report the greenhouse gas emissions of their supply chain.

“This is a huge win for agriculture and we’re grateful the SEC listened to our concerns,” said Randy Kron, INFB president. “In the original SEC rule proposed, farmers would have been required to track every single move they made that impacted greenhouse gas emissions. That means every time we run our combines, use fertilizer, sell a bushel of corn or any of the many other things farmers do every day as part of our jobs, we would have to report.”

Onerous reporting requirements would have disqualified many small, family-owned farms from doing business with public companies, or companies that supply public companies, leading to more consolidation in agriculture. This all comes after the just-released 2022 Census of Agriculture data showing the number of U.S. farms has declined nearly 7% since 2017.

“Farmers are committed to protecting the natural resources they’ve been entrusted with,” Kron said. “But they cannot afford to hire compliance officers just to handle SEC reporting requirements. This is especially true for small farms that would have likely been squeezed out of the supply chain.”

Since the rule was first proposed two years ago, Farm Bureau members sent almost 20,000 messages to the SEC and Capitol Hill, sharing their perspectives on how Scope 3 reporting would detrimentally affect their farms.

“This win is a testament to our members and their willingness to take action,” Kron added. “That grassroots advocacy turned into a major victory, and I’m proud of all the work we did to prevent Scope 3 reporting from entering this final rule.”



Culp's Bill Banning 'Foreign Adversaries' from Buying Indiana Farmland Goes to Gov. Holcomb

by C.J. Miller March 10, 2024

Last Friday, your state lawmakers wrapped up the Indiana General Assembly for 2024. One of the bills that received final approval and now heads to Governor Eric Holcomb's desk for his approval is one that impacts the renting or selling of Indiana's farmland.

"[The bill] said if you were one of the adversarial countries as identified by the U.S. Department of Commerce—Russia, China, North Korea, Iran, Venezuela, and Cuba—then you would not be permitted to buy farmland in Indiana," says State Rep. Kendell Culp (R-16th District) who spoke during the Shelby County Ag Promotion banquet last week in Shelbyville before the bill received full approval from state lawmakers.

Culp introduced **House Bill 1183**, which passed in the House unanimously back in February. When his bill made it to Senate Ag Committee, they added some additional ownership restrictions to his bill.

"It's going to put a 10-mile circle around every military installation in Indiana, including armories and bases, and just the four main ones—Cuba and Venezuela are not on that list. They could not buy any real estate within that 10-mile radius including buildings and property, not just farmland," according to Culp.

Even though the bill also received unanimous support from State Senators, Culp says he has received pushback from members of the Indiana Economic Development Commission (IEDC).

Story continued on next page.



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Story Continued...

"State Sen. Jean Leising (R-District 42) and I met with a representative from the Indiana Economic Development organization, and they told us then there were nine companies that fit the definition of 'foreign adversary' that they currently are working with to locate in Indiana. Sen. Leising asked how many of those are Chinese. The answer: all nine of them. Now that's concerning—and that should be concerning to all of us," he said.

Culp adds that the bill goes beyond food security. It's a matter of national security.

"We had a gentleman named Brian Cavanaugh who flew in from Washington D.C. to testify for Sen. Leising's Ag Committee. Cavanaugh was on the National Security Council during the Trump Administration, and he says there's every reason to be concerned about why these foreign entities are wanting to come in here. This is Communist China, and maybe they want to do good things, but you don't know who is giving them the money that is behind them. If it's the Chinese government, that should be concerning to us," says Culp. If Gov. Holcomb signs House Bill 1183 into law, it would take effect beginning July 1, 2024.



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