

➤ TODAY'S VERSE

1 John 3:18 My little children, let us not love in word, neither in tongue; but in deed and in truth.



➤ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Les Reinhardt smile? "The creative arts," said the 42-year-old Fishers resident. She is executive director of Fishers Arts Council and operations manager for Nickel Plate Arts in Noblesville. She joined the Fishers Arts Council board in 2018 as treasurer; it's been an all-volunteer group since 2005. At Nickel Plate Arts, where she works 20 hours per week, she facilitates all gallery spaces in Noblesville, and also in Fishers, at Meyer Najem (Construction) Gallery, Four Day Ray Brewing and a nonprofit wing of Hub & Spoke community center. She was born and raised in Indianapolis and graduated from Lawrence Central High School. "I wanted to be an accountant, but then I landed on stage in production management." After graduating from Ball State University with a degree in theater technology and design major, she lived in California for 15 years and worked in the arts there, in music, dance and theater. She is a member of Actors Equity Association and is a Union Stage Manager. She has been married for 20 years and has a 10-year-old son. "We moved to Hamilton County (when her son was 5) because of the schools." She has been a virtual worker since 2017. She manages Fishers Arts Council's social media, website, events and does grant writing. For Nickel Plate Arts, she manages gallery space and keeps the calendar going. Next up: Meet artist Marc "Mozzy" Love during his free public reception 5 p.m. to 8 p.m. March 11 in the Stephenson House on Nickel Plate Arts Campus. Love's exhibit, "Welcome to the Boomtown," is open noon to 5 p.m. Wednesdays through Fridays in March in the Stephenson House.

And Another Few Things...

1. Local Teachers Receive Appreciation Gifts

TCC, one of the nation's largest Verizon authorized retailers and a subsidiary of Round Room, LLC., recently conducted its 10th annual Teachers Rock initiative, where the company gives back to and shows appreciation toward teachers who make invaluable impacts on the lives of students each year. During the week of Feb. 13-17, TCC allocated funds to store locations nationwide to shower local teachers with love and support during the middle of a busy academic year. Each store selected a group of teachers to give back to, with appreciation efforts including providing catered meals, gift cards, an assortment of sweets, school supply kits and more.

2. Trappers to Sharpen Skills

The U.P. Trapper's Association is hosting the National Trappers Association Convention and Outdoor Show, at the U.P. State Fairgrounds in Escanaba Michigan on July 27 - 29, 2023. There will be 24 top-notch demonstrators on the main stage, including three women; more women demonstrators at "The She-Side" demo area; and trapping demos (by youngsters for youngsters) at the unbelievable "Kids Cave." For more information on the educational demos, bios and pictures of the demonstrators, and the many other events and opportunities at this "Biggest Trapping Event in the Nation," go to www.uptrappers.com and browse to your heart's content!"

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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Photo courtesy of Hyperion Players

Hyperion Players cast members Kristin Hilger (from left), Haley Glickman, Adam Fike (standing) and Aaron Henze rehearse for "God of Carnage," which is on stage Friday through Sunday at The Switch Theatre at Ji-Eun Lee Music Academy in Fishers.

'God of Carnage' Director Takes on Dark Comedy



BETSY REASON
Columnist

Meet Nicole Amsler. This week, she's directing a play for the Hyperion Players in Nobles-

ville, "God of Carnage," which is on stage Friday through Sunday.

She's also a playwright. She wrote her first play at age 10, has written and sold her scripts and last Christmas directed one of the holiday one-act plays that she wrote at Basile Westfield Playhouse.

The day after "Carnage" closes, on Monday, she begins as co-assistant director with Andrea Odle for The Belfry Theatre's "Crimes of the Heart" with director Jen Otterman.

She's costuming "Sweeney Todd" at Westfield.

Amsler has also applied to direct at The Belfry Theatre and Basile Westfield Playhouse.

"Even when I'm working in shows, I am still attending all the other excellent local shows. It's a full life," said Amsler of Noblesville.

She "inherited" the directorship of "God of Carnage," which opens Friday at The Switch Theatre at Ji-Eun Lee Music Academy in Fishers after Hyperion Players' co-founder was double-booked to direct the recent "Night Must Fall" at Basile Westfield Playhouse.

"She said, "I am used to working on comedies, but this is a dark comedy."

Here's the synopsis: Two ostensibly civilized married

➤ See BETSY Page A5

Collar Named Husky Hero In Depth With Hodgkin Lymphoma

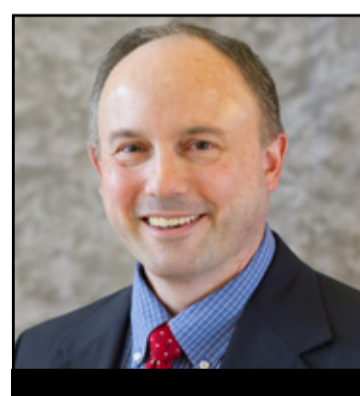
Marianne Collar, a third-grade teacher at Hamilton Heights Elementary School, has been named as a Husky Hero for January. Collar has also been instrumental in making important contributions in STEM learning, as a volleyball coach, and in directing musical performances. She is the type of educator who motivates her students to dream BIG and learn BIG!

Julie Griffey, Principal, Hamilton Heights Elementary School, said Mrs. Collar runs her classroom in a flexible manner to allow for different learning styles to be successful.

She is hands-on with her learning and has a knack for hooking students in by knowing about relevant topics and characters that spark student interest. She also models for her students the idea behind growth mindset, encouraging them to take risks, and finding solutions in their everyday learning. Her passion is evident, and our students love Mrs. Collar.

"Mrs. Collar is an absolute gem among gems on our elementary school faculty," said parent Brooklyn Copeland Seall. "Our first experience

➤ See HUSKY Page A5



JOHN R. ROBERTS, M.D.
Hamilton Health

Last week I tried to explain the very complex non-Hodgkin

lymphomas (NHL). This week I want to cover Hodgkin lymphoma, more commonly known as Hodgkin's Disease (HD). It gets its eponymous name from Dr. Thomas Hodgkin who first described it in 1832.

Hodgkin's is a potentially curable malignant lymphoma that carries a much better prognosis than non-Hodgkin lymphomas. It is a very specific type of lymphoma, defined by its microscopic appearance and by specific proteins that are found in the cell membranes of the tumor cells.

➤ See ROBERTS Page A5

➤ INSIDE TODAY

- Public Notice.....A6
- Service Directory.....A3
- Casey Williams.....A4
- Brian Howey.....A3
- Carrie Classon.....A6
- Kitchen.....A7, A8
- Health.....A9

➤ HONEST HOOSIER

Could someone tell the Indiana legislature and our good governor that fixing property taxes isn't all that tough.



➤ TODAY'S QUOTE

"Old age is no place for sissies."

- Betty Davis

➤ TODAY'S HEALTH TIP

Treat burns by immediately soaking the area in cold water for at least five minutes and cover any open areas with antibiotic ointment.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



➤ TODAY'S JOKE

What'd March say to all the madness? Hey, what's the bracket?!?

➤ OBITUARIES

None

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



3 WTHR 7 DAY FORECAST

70 PLUCKY WARMER THUNDER	37/48 A.M. CLOUDS, COOLER	30/46 A.M. CLOUDS, CLOUDY	30/50 MAINLY CLOUDY	37/50 WET AND WINDY	32/44 CLOUDS AND COOLER	30/38 A RAINY POSSIBLE
MON	TUE	WED	THU	FRI	SAT	SUN

NFD Firefighter Todd Amstutz To Retire



Photo courtesy of Noblesville Fire Department

The Noblesville Fire Department will be holding a retirement ceremony to recognize Firefighter Todd Amstutz for his 20 years of service to the citizens of Noblesville. In addition to being a firefighter and EMT, he spent 13 years on the dive rescue team and was a member of the honor guard. Amstutz plans to move to southwestern Indiana and spend more time enjoying the outdoors with his family. The ceremony will be held March 17th at the Noblesville Fire Department Station 71 located at 135 South 9th Street in Noblesville. The ceremony will begin at 10:30 am with an open house to follow. The public is invited to attend.

Superintendent Joins In Test Drive Event



Photo courtesy of Noblesville Schools

Noblesville Schools Superintendent Dan Hile participated Saturday morning in the district's Test Drive a Bus event. The public was invited to drive a bus in the safety of the Transportation Center parking lot while learning about the paid training, flexible schedule, and competitive salary and benefits offered to Noblesville Schools bus drivers.

Spartz Hosts Town Hall In Sheridan



Photo courtesy Victoria Spartz

Rep. Victoria Spartz, a Republican representing Indiana's 5th District, met with residents in Sheridan over the weekend. She gave an update on happenings in Congress responded to a number of different topics such as federal overreach, health care and national security. "It was a pleasure to connect with constituents in Sheridan and have such robust conversations," she said. "The feedback I get from these town halls is very valuable to me. I will continue to focus on issues important to Hoosiers in the Fifth District and make sure they have a seat at the table."

National Humanities Conference Coming To Indy

Local organizations and individuals have opportunity to submit proposals, welcome visitors.

Think an all-star game for humanities professionals. That's the mindset local organizers are bringing to the planning of the National Humanities Conference, which takes place in Indianapolis Oct. 25-29, 2023.

As the city has done when hosting sporting events, festivals, national conventions and more, Indiana Humanities plans to take the humanities conference well beyond its primary venue to showcase the city's cultural assets. The approximately 800 humanities professionals, board members, scholars and students from all over the country who will attend the conference will be given many opportunities to engage with area writers, musicians, historians, poets, local food, meaningful places and recreational spaces, all while sharing research and inclusive ways to engage with the public through the humanities.

Often grouped as the fields of history, literature, philosophy and ethics, world languages and cultures, religious studies, archaeology and other related disciplines, "the humanities" are not a thing but a process for pursuing truths about the shared human condition. They inspire, engage and enrich us, allowing us to remember our past, envision our future and consider ourselves as individuals and as members of communities. In essence, the humanities are the study of, participation in and sharing of the things humans make and the things that make us human.

"Indianapolis has made a name for itself as a host that makes visits memorable, and we're eager to share that hospitality with humanities leaders from across the country," said Chris Gahl, executive vice president at Visit Indy and board chair of Indiana Humanities. "In addition, moving this nationally attended conference from 2020 to 2023 is a pandemic win, as not all conferences rescheduled Indianapolis as a host city."

"Timed with our organization's 50th anniversary year, the conference is a unique opportunity to showcase our statewide work," said Keira Amstutz, president and CEO of Indiana Humanities. "We plan for attendees to experience Indiana as a state where cultural and literary activity thrives and where Hoosiers are doing thoughtful, innovative work."

To that end, individuals are encouraged to submit proposals for presentations that examine the conference's theme of Crossroads. The deadline for proposal submission is April 3, 2023. Find details about the theme and presentation opportunities at <https://www.statehumanities.org/events/2022/11/national-humanities-conference-2023>

Changes To 'Best of John Williams' Performances

Carmel Symphony Orchestra under Artistic Director Janna Hymes has announced a change to its Best of John Williams tribute concerts on Saturday, March 11 and Sunday, March 12 at the Palladium.

"Due to the failure of our contractor to secure licensing rights to the requisite film clips, the concerts will proceed with the glorious John Williams-composed music but without movie clips projected onto the Palladium's screen," said CSO Executive Director Cara Pittenger.

"We have just been informed of this situation - barely a week before the concerts, and in spite of many months of advance

work with the contractor along with assurances that we indeed had the rights necessary for the performances.

"To say we are disappointed is an understatement," she continued.

"We are disappointed that our original plan for this special offering will not be realized, and especially disappointed for our fans. However, we still intend to present two amazing concerts, and hope everyone still will plan to join us on March 11 or 12."

To show its appreciation for those who have purchased tickets and attend the concerts, the orchestra will e-mail a special code following the performances, good for a 50 percent discount on

tickets to CSO's April or May programs:

Saturday, April 22, 7:30 pm - Masterworks 5 with Cellist Sterling Elliott. Included among selections will be the Tchaikovsky Symphony No. 4, Cello Concerto No. 1 by Saint Saens, plus In Rowan Oak - a tribute to the great American writer William Faulkner composed by Dr. John Berners, Professor of Music at the University of Indianapolis.

Saturday, May 6, 7:30 pm - CSO Pops: Respect - A Tribute to Aretha Franklin, featuring the great music from the incomparable Queen of Soul (and first woman inducted into the Rock & Roll Hall of Fame).

Patrons who purchased

tickets for March 11 or 12 but decide not to attend the concerts may contact the Palladium Fifth Third Bank Box Office at 317.843.3800, from now up until the start of the concerts, for a full refund.

"We truly appreciate our fans' understanding, and their continued support, and hope they will choose to join us for The Best of John Williams," Pittenger said. "We promise to give you two dynamic concerts with magnificent music - exactly what you've come to expect from your Carmel Symphony Orchestra."

Tickets for the performances are available at the Palladium Fifth Third Bank Box Office, 317.843.3800 or online at thecenterpresents.org

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MARKETPLACE | EVENTS

Losing The Republic My Ancestors Fought To Preserve



BRIAN HOWEY
Howey Political Report

I am a descendent of two Hoosiers who fought in the American Civil War. Two of my great-great grandfathers enlisted in Indiana regiments to preserve the United States. When an emerging Republican congressional "leader" – U.S. Rep. Marjorie Taylor Greene of Georgia – used "Presidents Day" to call for a "national divorce," my first instinct was to take this offense personally. "We need a national divorce. We need to separate by red states and blue states and shrink the federal government," Greene said. "Everyone I talk to says this. From the sick and disgusting woke culture issues shoved down our throats to the Democrat's traitorous America Last policies, we

are done." The reaction from Indiana's Republican dominated congressional delegation was mute. It would be easy to dismiss Rep. Greene's ranting as one more crazy thing she has said. A year ago, she called out "Nancy Pelosi's Gazpacho Police" (I think she had meant Nazi Germany's "Gestapo" as opposed to a force consisting of cold soup made of blended vegetables). She described the Jan. 6 U.S. Capitol insurrection as a "little riot" instead of the attempted coup d'etat that it was. She suggested on Fox News that joining the U.S. military is "like throwing your life away." During the last war of secession, one of my great-great grandfathers, Harvey Hopping Platt, was a private in Infantry Company G, 7th Indiana Volunteers. The second was Jacob Wesley Main, who was a private in Company D, 104th Indiana Infantry. Both were born in 1838 and were 23 years old when 11 southern states formed the Confederacy. Pvt. Platt was wounded in the head, on May

12, 1864, at Battle Laurel Hill, part of the Wilderness campaign near Spotsylvania Courthouse in Virginia. He received his discharge on Jan. 20, 1865, returning home with a steel plate in his head. A farmer near Aurora in Dearborn County, he wore a cork hat when working in the sun, and he died on June 27, 1873, from effects of the wound. Jacob Main was a Ripley County farmer working the land carved out of a forest. He mustered in on July 10, 1863, one of six brothers who served in Indiana regiments. One of those brothers, Charles, was killed in the Battle of Mark's Mill in July 1864 in Arkansas, as a member of the 43rd Indiana regiment. According to the Indiana Historical Bureau, Pvt. Platt and Main were two of the 196,363 Hoosier men served in the Civil War, the second highest among Union states. Most recruiting was carried out at community meetings and by individuals like Benjamin Harrison and Lew Wallace. Companies generally assembled at county seats or other

large towns. Fairgrounds were turned into military camps. The departures of companies were often marked by community celebrations or public meals. Our family has scant information on why they chose to serve. Some ardently opposed slavery and its expansion to the western frontier. Theodore Upson expressed himself in this way, according to the Historic Bureau: "This Union your ancestors and mine helped to make must be saved from destruction." Henry C. Marsh wrote: "I miss home the Church and my friends very much but am willing to give them all up for my country in this great struggle for Liber[t]y." Or as Ara Fraizer put it, "I, with thousands of others . . . periled our lives for the sole purpose of putting down the rebellion, & to maintain this Government, the best that the world ever knew" Secession stalked this grand, but fragile, American experiment from the beginning. Founding fathers John Adams and Thomas Jefferson

pondered a federal breakup reflecting their intense rivalry. U.S. Rep. John Quincy Adams – the former president – once introduced a petition demanding the dissolution of the United States. "The trend is old in the sense that American politics is starting to look rather similar to the way it was in the beginning, which was extremely fractured, totally dysfunctional," said Richard Kreitner, the author of the 2020 book "Break It Up: Secession, Division, and the Secret History of America's Imperfect Union." In an interview with Elaine Godfrey in *The Atlantic*, Kreitner adds, "That it keeps coming up suggests there is something to it. It represents an impulse that cannot be simply wished away or ignored." Peter Wehner, a veteran of the Reagan and both Bush administrations, observes that Rep. Greene is now an influential ally of House Speaker Kevin McCarthy. He writes in *The Atlantic*, "My response to Greene is not 'I must remain united with this person at any cost,' but 'Why would I want to

be part of a government where this person is a leading figure? Why would I want to remain loyal to a Constitution so patently broken that somebody like this ascends to the highest ranks of power?" "Greene and McCarthy – one crazed, the other cowardly – embody a large swath of the modern-day GOP," Wehner continues. "Any party that makes room for secessionists and secessionists is sick and dangerous." Founding Father Benjamin Franklin was asked if America was a republic or a monarchy. "A republic, if you can keep it," he famously responded. When I was a young man, I believed that America was a relatively young empire that would last for centuries. Now, if I came face to face with Pvt. Platt and Main, I would have to admit to them that I no longer believe that to be the case.

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

Indy Airport Employees Lauded For Another Best Airport Win

Today marked another top achievement for the Indianapolis International Airport (IND) as it claimed the title again as Best Airport in North America – for 11 years straight. And airport officials are making it clear it's their employees who are responsible for that amazing winning streak year over year – and they're looking to recruit from a variety of professional fields to hold that top position among North American airports into the next decade. "The Indy airport is more than just a place where aircraft take off and land – it's very much like a city within a city," said Indianapolis Airport Authority Executive Director Mario Rodriguez. "It takes a breadth of dedicated employees from across a broad spectrum of professional backgrounds – even beyond that of aviation – to deliver a world-class customer experience." The Best Airport in North America title is determined each year by Airports Council International-North America as part of its Airport Service Quality Awards, which recognizes the best airports for customer experience worldwide.

The Best Airport designation is based on survey input from passengers on the day of their travel, giving the most complete picture of the passenger experience. Each airport is rated based on over 30 key performance indicators, such as ease of finding your way, check-in, shopping and dining offerings and cleanliness of overall facilities. The ASQ awards recognize the achievements of airports of different sizes and different regions of the world. Many and varied roles contribute to the Indy airport's success. To keep the airport operating in top shape, it takes a full spectrum of professionals and skilled workers beyond aviation specialties. Currently the Indy airport is recruiting for workers in the areas of operations and public safety, terminal services, maintenance, and professional staffing, as well as the summer internship program. The collective efforts and dedication of these employees are at the heart of providing a best-in-class customer experience that have earned IND top honors year after year for more than a decade. Lindsay Rozzel, for example, is an IND

police sergeant and K-9 handler, and part of the public safety team that serves to keep the airport safe and secure around the clock every day at the Indy airport. "My favorite thing about being a police officer [at IND] with the dog is bridging the gap between myself and a stranger – just because everybody loves dogs," said Rozzel. George Kestler, who works as an airport maintenance group leader, has been with the Indy airport for 34 years helping to keep everything looking and running at its best. And Kestler exudes the customer service mentality that is at the heart of the Indy airport culture, along with a passion for public service and a commitment to teamwork. "A job well done is rewarding not only for yourself but for the airport," said Kestler. "So, it's easier to go out and do the job right and to do it the most efficient way that you possibly can. People come and go [in the workplace] just like planes, but the culture that we have developed here at Indy is the bedrock of this place. I feel that we'll still be number one in ten years." The Indy airport is also

known for its cleanliness; something that gets high marks not only from passengers participating in ASQ surveys, but from all other best-in-class honors in the aviation industry. And that's because of employees like Maria LaRosa, a terminal services specialist at the Indy airport and a 2019 Visit Indy ROSE Award honoree. "I clean well because it's like my house," said LaRosa. "If my friends come by, I would want it clean and disinfected. We all like to be in a clean area." LaRosa and her team create not only the first impression for travelers, but one of the most noticeable and notable of the Indy airport's attributes. Hafedh Khemir is a 2016 Visit Indy ROSE Award recipient and a chauffeur for the Indy airport parking team. He greets passengers on the airport electric shuttle buses with a smile and has a warm personality that is a trademark reflection of Hoosier Hospitality. "I love people, and I like to drive and both of them make like a perfect combination for me," said Khemir. "Every human has unlimited kindness and it's free. And just being best

airport in North America for once it is a great thing but eleven years in a row? It is fantastic. And sometimes I feel like I did a little bit just -- a little bit -- of that." Tracy Guerrero, who serves as a program manager on the airport's supplier diversity team, said it's the variety of backgrounds and experiences IND employees bring to the table that make the airport work so well for the more than 8 million people who travel through it each year. "It's truly been a really great experience working with a team that values diversity," said Guerrero. "The culture here intentionally strives to ensure that internally the leadership represents the community it serves, and externally works with vendors and partners that are diverse as well -- while making an economic impact in our community." IAA employees are also compensated well for their work, which includes benefits like paid child-care reimbursement up to \$10,000 per year, paid tuition assistance up to \$5,250 annually, free healthcare and a generous medical, dental, vision and prescription drug benefit package, a

5-percent retirement plan matching, and generous paid time off – all in addition to the chance to work with an award-winning team where each individual is valued. Employee dedication earns accolades, repeat international recognition. In addition to earning the top spot for the past 11 years straight among airports that accommodate 5 million to 15 million passengers annually, the Indy airport's employees have landed the ACI-NA Best Airport in North America title for 12 years overall. That's a feat that earns accolades from the airport management industry's top brass. "Travelers have spoken and recognized the successful efforts of these airport communities in providing outstanding customer experience," said Luis Felipe de Oliveira, director general of ACI World. "The ASQ program not only measures and benchmarks, but also provides airports of all sizes with an opportunity for continual learning and improvement to reach new heights in customer experience excellence." To join the team behind the Indy airport's award-winning status, visit IND.com/Career

The Times

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With Average New Car Prices Approaching \$50k, These Ten Impress At Half That Price

The average new vehicle price approached \$50,000 at the end of 2022, but that doesn't mean you have to spend that much to get a car with much. Putting a cap of \$30,000, and many far below that, these ten vehicles provide impressive style and technology for surprisingly little coin.

2024 Chevrolet Trax
An all-new Trax channels bold Blazer style, including wireless CarPlay/Auto 17-inch wheels. Drive with a 1.2-liter turbo-three with 137 horsepower. Spend more for auto climate control, wireless phone charging, adaptive cruise, and heated seats/steering wheel. Automatic emergency braking and lane departure warning come standard.

Base price: \$21,495
2023 Ford Maverick
The first truck to come standard as a hybrid delivers 42-MPG city and a stout 191 hp. Cool funky

interiors lay in standard Apple/Android connectivity and automatic emergency braking. B&O audio is available. Plug into household outlets in the bed for tailgating. Choose the base hybrid with steelie wheels for ultimate authentic value.

Base price: \$22,195
2023 Mitsubishi Eclipse Cross
Slap a classic name on an edgy crossover and you get this roomy roamer with LED headlights and a cabin stocked with Apple/Android connectivity. Step out with a 152-horsepower four-cylinder engine, AWD, and active yaw control for tight handling. Automatic emergency braking and 10-yr/100,000-mile powertrain warranty protect it.

Base price: \$25,795
2023 Honda HR-V
More sophisticated, the little crossover grows up with styling cribbed

from the latest Civic and a considerably larger interior featuring digital instruments, 7" touchscreen and wireless Apple CarPlay/Android Auto. A larger four-cylinder engine puts down 158-horsepower through front- or all-wheel-drive. Expect 26/32-MPG city/highway.

Base price: \$23,650
2023 Mazda CX-50
Butch, sporty, and loaded with luxury, this crossover is stoked with up to 256 turbocharged horsepower and achieves a combined 27-MPG. Hybrids come later. Interiors are gorgeous with available saddle leather, heads-up display, and infotainment system with artful screen and joywheel. Pedestrian detection alert enhances safety.

Base price: \$26,800
2023 Hyundai Venue
A tall small room with a view. The 121-horsepower 1.6-liter four-cylinder

is underpowered on the Interstate, but loves urban travel while delivering 29/33-MPG city/highway. Available wireless Apple CarPlay and Android Auto connect devices while automatic emergency braking with pedestrian detection and lane keep assist enhance safety.

Base price: \$19,500
2023 Kia Forte
Crisply creased styling previews an upscale cabin awash with a sporty steering wheel, bolstered seats, and precision feel. The base 2.0-liter four-cylinder engine makes a spirited 147-horsepower and frugal 30/41-MPG city/highway. Automatic emergency braking, lane keep assist, and lane following assist come standard to fortify safety.

Base price: \$19,49
2023 Toyota Prius
It's gorgeous, efficient, and a pleasure to drive. Yep, it's the new Prius. Beyond sexy Lamborghini-

ini forms and minimalist interior, the hybrid system delivers a combined 54-MPG and 194-horsepower to run 0-60 mph in 7 seconds. Safety tech includes adaptive cruise, lane tracing assist, rear parking with auto brake, and Safe Exit Assist.

Base price: \$27,450
2023 Nissan Kicks
Go Rogue at compact car prices. Base models wear cloth and rubber, but adaptive cruise, heated seats/steering wheel and auto climate are optional. Throttle a 1.6-liter four-cylinder delivering 122-horsepower and 31/36-MPG city/highway. Safety elevates with automatic emergency braking, blind spot warning, and lane departure warning.

Base price: \$20,290
2023 VW Jetta
Get German performance at a steal. It's a bit boring outside, but the peppy 1.5-liter turbo-four delivers



CASEY WILLIAMS
Auto Reviews

158-horsepower and 29/42-MPG city/highway with the base six-speed manual transmission. Standard features include VW's Digital Cockpit screens, blind spot monitor, and rear traffic alert. Apple/Android apps easily connect phones.

Base price: \$20,655
Storm Forward!
Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @AutoCasey.

BETSY From Page A1



Photo courtesy of Hyperion Players

Hyperion Players cast members Kristin Hilger of Noblesville (left) and Haley Glickman of Fishers rehearse for "God of Carnage," which is on stage Friday through Sunday at The Switch Theatre at Ji-Eun Lee Music Academy in Fishers.

couples, Nanette Raleigh and Alan Raleigh (played by Haley Glickman of Fishers and Adam Fike of Indianapolis) and Veronica Novak and Michael Novak (played by Kristin Hilger of Noblesville and Aaron Henze of Indianapolis) meet up to sort out a playground fight between their 11-year-old sons, Benjamin and Henry. Alan and Annette's son had hit Michael and Veronica's son in the face with a stick, resulting in two broken teeth.

"It's very indicative of today's culture of nihilism, violence and blaming and shaming," Amsler said.

She's fallen in love with the play "because it's such a train wreck while also being subtly nuanced."

It's a darkly, delicious comedy that dissects human interactions, conflict and the apprenticeship of violence, Amsler said.

"It's a bombastic script with strong language and some very pessimistic elements. But it's sharply funny. As a playwright, I know the words are sacrosanct, but I had to end on a positive note, which is done through action rather than words," she said.

Amsler also gave a hint about the play: "There are some wonderful special effects and surprises."

She just came off directing two shows for Basile Westfield Playhouse's holiday show, including "Holiday Cards," which she wrote.

Want TO GO?

What: Hyperion Players, a new Hamilton County-based theatrical nonprofit organization, will present its second stage production in the 2022-23 pilot season, "God of Carnage," a play by Yasmina Reza and directed by Nicole Amsler of Noblesville.

When: 8 p.m. Friday and Saturday and 2 p.m. Sunday.

Where: The Switch Theatre at Ji-Eun Lee Music Academy, 10029 E. 126th St., Fishers.

How much: \$12.

Good to know: This show contains strong language. Tickets: Online at <https://hyperionplayers.com/> The Hyperion Players - A new theatre in Hamilton County, Indiana. hyperionplayers.com, also at the door. Remainder of pilot season: "Call Me Sister," by Ian Hauer, June 8-11, 2023, at The Ivy Tech Auditorium in Noblesville. The 2023-24 season will be announced soon.

"I'm deeply enmeshed in the local theater community because all my friends are there," Amsler said. "I've been lucky to partner with really talented actors, directors and crews. The theater community is very welcoming and inclusive."

She always wanted to direct but it would be several years off. But she

found herself at the helm of a few shows sooner than I expected. But I love it," Amsler said.

She's a marketing director in her day job and formerly was communications manager for Noblesville Chamber of Commerce and Nickel Plate Arts.

In her day job, she's skilled in managing complex teams, setting direction and working toward a common goal. "Directing theater isn't dissimilar. I surround myself with smart, talented people and point them all in the same direction," she said. "Managing back-to-back shows has been challenging, only because I also started a new job that is time intensive and requires travel."

She will direct again in 2023 for Hyperion Players, which has not yet announced the next season.

Hyperion Players is a traveling community theater with no brick-and-mortar building and is built completely off site and transported to the venue, and the rehearsing is done at Allisonville Christian Church or in the director's living room. "Thank goodness, it's only a cast of four," she said.

Amsler was thrilled to move into the venue over the weekend and start using real props.

"We've been using faux props just to get the blocking and the rhythm right," she said. "The set itself tells a story, and I'm

excited to see the audience make the connections."

The Michigan native wrote her first play, at age 10, called "The Rich, The Poor" and forced all her neighborhood friends to be in it. She said, "I've always been a writer but gravitates more toward books, short stories and nonfiction."

She's a published author and has ghostwritten several business books.

About six years ago, she signed up for a playwrighting class with the Indiana Writers Center, to improve her dialogue. She sold her first four scripts within months. "It's much easier to sell theater scripts than a book. So I was hooked," she said.

She's mostly written shorter pieces but after Covid took five of her shows off the stage in a single weekend, she hasn't written since.

"I hope to find the passion to write again one day," Amsler said.

Fast forward to 2022, and she found herself back onstage (in Epilogue Players' "Calendar Girls," as an actress after a 27-year hiatus.

"And while it's very enjoyable to me, I don't think everyone needs me to write or act. I won't say that I'll never do either again, but I think I am better suited behind the scenes."

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

HUSKY From Page A1



Photo provided

Marianne Collar, a third-grade teacher at Hamilton Heights Elementary School, was selected as a Husky Hero for the month of January. Pictured (l-r): Melissa Martin (HHEF), Marianne Collar (HHES 3rd Grade Teacher), Amber and Craig Bowen (FC Tucker), and Julie Griffey (HHES Principal).

with Mrs. Collar was during a parent-teacher conference last year. She did this amazing thing where she had our daughter *join* the conference and participate, highlighting our daughter's accountability for her own education and praising her capacity to do Great Things. It's a message our family has taken to heart, and our daughter counts Mrs. Collar among her role models to this day. Mrs. Collar not only teaches with great imagination, passion, and talent for tapping into each student's unique learning "DNA," but she devotes countless hours to enriching our school's programs - volleyball and drama to name only a few! Her dedication to bringing these "extras" to elementary school children, exposing them to worlds beyond the standard curriculum and helping to instill their own early passion, is a reward reaped by so many local families over the course of a school year. She has done an amazing job leading a large production team to put on the school's most recent musical, "Moana." Mrs. Collar is one of the few people who could get my daughter onboard with 7 a.m. drama or line dancing class and, judging by the way her classes always fill up, we are not alone! We love Mrs. Collar and are so glad to have had her as a teacher and a mentor at HHES!

"I have never seen so many kids' faces light up when they see or even talk about Mrs. Collar," said Ashley Santasiero. "She goes above and beyond for every student, even those who she doesn't personally teach. Whether it be directing plays, coaching volleyball, her extracurricular STEM programs, or even passing her in the hall, kids are drawn to her kindness and leadership. My child has never even had her as a teacher, and absolutely adores her. I know many students who feel the same way. Her kindness, compassion, and adventurous personality are such an asset to this school. I know my child feels loved and appreciated by Mrs. Collar. Not only is she my kid's hero she is mine as well!"

"I am honored to receive this recognition,

but MOST importantly, I am honored to have built relationships, shared the love for learning, and empowered students to find their niche and passion in life," said Marianne Collar after receiving the award. "This truly fills my heart. I am grateful for the trust these parent and families have in me as they continue to share their students with me on this journey of learning. Every day I learn something new from these kids. For that, I am grateful."

"I value the opportunity to give something of myself that someone else could use," Collar continued. "I am meant to do great things and so are these kids. Empowering them to do something bigger than they ever thought possible has been a gift to me beyond words. This student confidence carries into so many bigger things that builds into becoming amazing human beings that contribute into building and our community, small and wide." This award will continue to impact me by allowing me to honor those teachers, friends, and mentors that inspire me. I plan on giving the \$250 back to those who are MY Husky Heroes."

Congratulations to our January Husky Hero! Thank you, Marianne for making an impactful difference in our schools and being a Husky Hero!

About the Husky Hero Award. The monthly award is designed to recognize a Hamilton Heights School Corporation employee for performing an act of kindness, or going above and beyond for a student, fellow staff member, or our community. Any staff member employed by the district is eligible to be recognized and can be nominated by anyone on or off campus. The Husky Hero Recognition program is made possible through the Hamilton Heights Educational Foundation in partnership with Craig and Amber Bowen (FC Tucker). Nominate a Husky Hero today or learn more about this special recognition program at <https://bit.ly/hhschusky-hero>.

ROBERTS From Page A1

We expect about 8,500 new cases of Non-Hodgkin lymphomas to be diagnosed this year. The death rate from this cancer is declining due to improved treatment. It has what is called a bimodal age distribution, with peak occurrences between the ages of 15 and 34 and in those over age 55. Most patients, if not cured, usually die from HD much later in life. Hodgkin's is more common in Caucasians and slightly more common in men, except in childhood where 85% of the cases are found in boys.

The cause of HD is unknown. It's hypothesized that a viral infection, perhaps Epstein-Barr virus (EBV) may cause HD. Epstein-Barr virus causes mononucleosis (mono). EBV is found in half of HD tumors in people with normal immune systems and all of the tumors in people infected with HIV. One percent of people with HD have a family history of the disease. Siblings of a person with HD are about three to seven times more likely to develop HD themselves.

Symptoms of HD are very similar to those of the non-Hodgkin lymphomas. About 40% of patients develop B Symptoms (weight loss, fever and drenching night sweats). Hodgkin tumors are frequently found in the chest. Patients may therefore present with chest pain, cough and shortness

of breath. Most patients present with enlarged lymph nodes in the neck (60-80%), armpits (6-20%) and less commonly, the groin. Patients may also present with an enlarged liver or spleen.

The diagnosis of HD is made by doing blood work and radiologic studies. A definitive diagnosis of HD can only be made by removing involved lymph nodes for microscopic examination. A simple chest X-ray may show a tumor. If the diagnosis is suspected, a CT scan of the chest, abdomen and pelvis is usually performed to look at the internal lymph nodes.

More recently, the standard test for the diagnosis and staging of HD is the PET/CT scan. PET stands for positron emission tomography. These scans are performed by tagging sugar molecules with a radioactive tracer. Since cancer cells require a lot of energy, they take up a larger proportion of the tagged sugar molecules. This results in increased radioactivity in the tumor that is detected using a special camera. This information, combined with standard X-rays from the CT scan, is very specific for determining how extensive the HD is.

I mentioned staging. This is something that is done in cancers to describe how extensive the disease is. This is very important for determining treatment and prognos-

is. The staging of HD can vary from stage 1 (found in one lymph node area) to stage 4 (found in many areas or involving other organs or the bone marrow). The presence or absence of B symptoms is also part of the staging of HD.

The five-year survival rates of HD by stage are: stage 1 and 2 about 90%, stage 3 84% and stage 4 65%. Patients who have very large "bulky" disease, greater than three sites of involvement, B symptoms, or disease outside the lymph nodes have a worse prognosis.

Hodgkin lymphoma is considered curable. The goal of treatment is to induce a complete remission where there is no evidence of disease as evidenced by PET/CT, physical exam and lab studies. Treatment usually involves a combination of chemotherapy and radiation. These treatments can potentially cause long-term toxic effects. Newer combinations of chemotherapy are much less toxic than those used just a few years ago. Still, patients can develop heart disease, lung disease, thyroid problems, infertility, and other cancers (lung, breast & leukemias) as a result of treatment.

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



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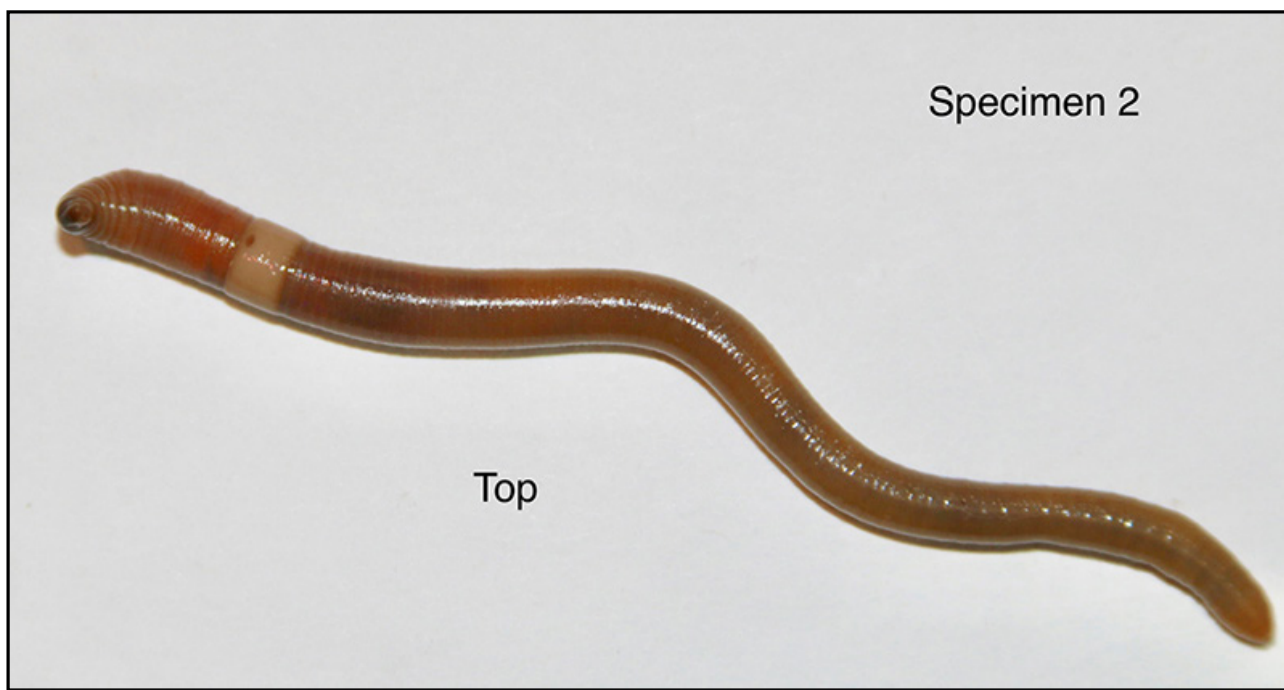


Photo courtesy of Purdue Agricultural Department

Gardeners Asked To Be Vigilant This Spring For Invasive Jumping Worms

While earthworms in the spring are a happy sight for gardeners, an invasive worm species is wreaking havoc for landowners and gardeners in southern Indiana.

Robert Bruner, Purdue Extension's exotic forest pest specialist, describes jumping worms, an invasive species to North America in the genus *Amyntas*: "Traditionally, when we see earthworms, they are deep in the ground and a little slimy. The jumping worms are a little bit bigger, kind of dry and scaly, and tend to thrash around much like a snake does." While worms have a reputation as a helpful species found in the soil ecosystem, invasive jumping worms do not live up to that standard, Bruner explained. Jumping worms will consume all organic material from the top layer of soil, leaving behind a coffee ground-like waste

with no nutrients for plants or seeds. Since jumping worms stay within the first few inches of topsoil, they are not creating channels for water and air the way earthworms do, disrupting water flow to plant roots. "So basically, they're just very nasty pests that ruin the quality of our soil, and the only thing that can really grow in soil like that are essentially invasive plants, or species that are meant to survive really harsh conditions," Bruner said. Currently, the worms are being found in cities around southern Indiana, he said, particularly in Terre Haute. There is still much to learn about jumping worms, making eradication efforts difficult. One thing that is known, Bruner said, is they aren't a migrating species. "This is the kind of invasive pest that is moved almost entirely through

human activity. They don't crawl superfast," he explained. "So, when they move, that means they're moving because we're transferring soil, say, from someone's plants or someone's compost and we're bringing them to a new area." Bruner is working with fellow Purdue Extension educators to spread the message that gardeners should not share ground soil or compost and avoid potted plants from unknown sources. If you suspect jumping worms are present in your own soil, Bruner suggests a process called solarizing to eliminate unwanted pests. Gardeners should lay down a black or dark-toned tarp on a sunny day and sprinkle a thin layer of soil on top, allowing it to reach a temperature over 105 degrees Fahrenheit. Bruner cautions that jumping worms can escape

during the solarizing process, "so you need to completely wrap the soil up in the tarp, essentially making the world's worst sandwich, and allow it to heat up and kill whatever is in there." Bruner said whether the worms will create a major issue for gardeners this season remains to be seen, but he isn't as concerned for farmers. "It's a bit of a nightmare pest if you do gardening, but we don't have evidence yet that it will spread into agricultural fields," he said. "We don't think it's going to kill any kind of industry. We're asking people to be on the lookout and use your best judgment when you're getting your soil." Any invasive species sightings should be reported to the Indiana Department of Natural Resources at depp@dnr.in.gov or by calling 1-866-663-9684

Open Mouth, Insert Foot; Husband Edition



CARRIE CLASSON
The Postscript

My husband, Peter, is learning Spanish his own way. I do Duolingo online. It is free. It is easy to do. The whole thing is designed like a game, and dancing animated creatures hop up and down and celebrate every time I get five answers in a row correct. This shouldn't matter to me—yet I find it deeply satisfying. Peter doesn't do any of this. Peter learns Spanish by talking with the sandwich shop staff. Since we started staying in our little apartment in Mexico, Jorge, the resourceful owner, has converted what used to be a storage room into a sandwich shop. The sandwich shop is not

large. There is a grill and a counter with a few stools, and that is it. But they make everything from scratch, and it is very good. Peter takes his long morning hike and stops by the sandwich shop, just inside the hotel, on his way back. He orders lunch. Ten minutes later, either Eduardo or Miriam, the employees of the sandwich shop, knock on the door. Sometimes Miriam is accompanied by her small son, Santiago. Peter's lunch arrives on a plate, and he pays for it, along with a generous tip. There is usually enough for two lunches, so he puts the leftovers in the refrigerator, and he's all set for the next day. I recently pointed out the obvious to Peter. "You are getting very spoiled." He does not argue. But in addition to getting a delicious lunch, Peter is working to improve his Spanish, and Miriam and Eduardo are eager to assist. The problem is that Peter has decided to forgo the usual "How are you? I am fine" first steps in language acquisition and jump right

into real conversations. This has not always been successful. "They were laughing like crazy at me!" Peter announced, not for the first time. "What did you say?" I asked, a little afraid. "I was trying to ask if Miriam and Eduardo were siblings. I asked them if they were hermosos." "They were laughing because you asked them if they were beautiful." "Oh! I meant hermanos!" "Yes, that would be different." Miriam and Eduardo (and the rest of the staff) were still laughing about this when I left later in the day. I assured them that we thought they were all beautiful. A couple of days later, Peter came up from ordering lunch and reported that he'd done it again. "Oh, boy! They are really laughing at me today." "What did you say this time?" I asked. "I tried to say 'Mr. Muscles' and they just stared at me. I said Eduardo was Mr. Muscles because he was squeezing fresh orange juice by hand. But I said it again,

and they started laughing. So I wrote it out on a paper—and they started laughing even harder!" Peter showed me the paper as evidence. "So, why are they laughing?" I asked. "They said it was slang—that I said, 'Show me your butt!'" "Oh, dear." "They are still laughing!" Miriam and Eduardo are laughing almost every day at Peter, and I think Santiago, who is only four, may have joined in. But, amazingly, while providing daily entertainment, Peter is picking up quite a lot of Spanish. The first rule in learning a second language is to let go of the fear of making mistakes. Mistakes are a necessary part of the process. Peter is very fortunate. He has found teachers who will not only forgive his mistakes—they are eagerly looking forward to the next time he makes one. Till next time,

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

PUBLIC NOTICES

NOTICE TO BIDDERS

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

96th STREET & ALLISONVILLE ROAD ROUNDABOUT IN FISHERS, INDIANA

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

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

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

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

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

TL20143 3/8 3/15 2t hspaxlp

Consumer Alert: Products Recalled In February

Attorney General Todd Rokita alerted Hoosiers of important consumer protection concerns for products recalled in February. Attorney General Rokita encourages consumers to take advantage of opportunities available for those who purchased the recalled items.

"Hoosiers deserve protection from products that are faulty, especially when they can injure our most precious assets, our children," Attorney General Rokita said. "If you have one of the recalled products, stop using it immediately and pursue resolution from the manufacturer."

According to the Consumer Product Safety Commission, the following consumer products were recalled in February:

- Children's Pajamas from Paper Cape
- Children's Robes from Amazon
- Lancaster Table & Seating Brand High Chairs from Clark Associates
- Ovation Protege Equestrian Helmets from English Riding Supply

- ODGER Swivel Chairs from IKEA
- Silver Lining Cloud Activity Gyms from Skip Hop
- LiftMaster myQ Garage Door Control Panels from Chamberlain
- Fabuloso Multi-Purpose Cleaners from Colgate-Palmolive
- Side-By-Side Vehicles from BRP
- "My First" Disney-Character Figurines from Kids Preferred
- Outdoor Kitchens from Paradise Grills
- Electric Bicycles from Linus Bike
- Mainstays Three-Wick Candles from Star Soap
- Star Candle Prayer Candle

If you believe you recently purchased a recalled product, stop using it, and check its recall notice. Then follow the notice's instructions, including where to return the product or what steps must be taken to receive a replacement product.

To view recalls issued prior to February, visit the Consumer Protection Safety Commission website.

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TUESDAY

In The Kitchen

DAY

Tuesday, March 7, 2023

A7

BRING ON DESSERT WITH BETTER-FOR-YOU SWEETS

FAMILY FEATURES

If healthier eating holds a prominent spot on your list of goals, you may feel it's necessary to eliminate some of your sweetest favorites. However, committing to a nutritionally friendly way of life doesn't have to leave desserts by the wayside.

Instead, rethinking nighttime treats with better-for-you ingredients like California Prunes as a quick substitution can make healthier eating easy. As a versatile ingredient that can replace added sugar, fats and eggs in all kinds of recipes, prunes can also add nutrients important for bone and gut health.

Plus, the copper in prunes inhibits bone breakdown, while boron plays a role in calcium metabolism and polyphenols can help decrease bone breakdown through their antioxidant power. As a fruit that's high in vitamin K, which helps improve calcium balance and promotes bone mineralization, prunes are also a "good gut food," meaning a single serving (roughly 4-6 prunes) can help support a healthy microbiome.

They're easy to use in recipes that can become favorites in your household such as these Chocolate Energy Balls. Enjoyed as an easy, on-the-go snack, they're a perfect way to refuel for an adventure, recharge after a workout or to simply savor as a healthy snack.

Chocolate lovers rejoice: This rich, delicious, gluten-free, grain-free Chocolate Covered Prune Fudge Cake is naturally sweetened using prunes instead of added sugar. If brownies are more your style, prunes can also take the place of eggs in these Vegan Brownies for a family-friendly treat that won't wreck your eating plan.

To find more better-for-you desserts, visit californiaprunes.org.

Vegan Brownies

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 9

Prune Puree:

- 16 ounces pitted California prunes
- 1/2 cup hot water

Brownies:

- nonstick cooking spray
- 6 ounces unsweetened chocolate
- 1/2 cup California extra-virgin olive oil
- 2 cups light brown sugar
- 10 ounces California prune puree
- 1 1/2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/4 cup cocoa powder
- 2 teaspoons vanilla extract
- flaky sea salt, for garnish

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary. Store puree in airtight container in fridge up to 4 weeks.

To make brownies: Preheat oven to 350 F. Line 9-by-9-inch baking pan with parchment paper then lightly grease with nonstick cooking spray.

Using double boiler, melt chocolate and olive oil. Whisk in sugar and prune puree; mix until dissolved.

Into large bowl, sift flour, baking powder and cocoa powder. Gently fold in chocolate and prune mixture then add vanilla.

Spread batter in prepared pan, sprinkle with flaky sea salt and bake 20-25 minutes, or until top starts to look dry and brownies are just beginning to pull away from sides of pan.

Cool in pan. Remove then cut brownies into 3-inch squares.



Vegan Brownies



Chocolate Covered Prune Fudge Cake

Chocolate Covered Prune Fudge Cake

Prep time: 15 minutes

Cook time: 55 minutes

Yield: 1 cake (8 inches)

Cake:

- Coconut oil spray
- 14 tablespoons butter, chopped
- 2 teaspoons vanilla extract
- 3/4 cup cocoa powder
- 10 soft, pitted prunes, chopped small
- 1/3 cup maple syrup
- 6 eggs
- 1/2 cup coconut sugar
- 1 cup almond meal

Ganache:

- 1 cup full-fat coconut milk
- 1 1/3 cups dark chocolate morsels

To make cake: Preheat oven to 300 F. Lightly spray bottom and sides of 8-inch springform pan with coconut oil spray. Place round piece of parchment paper in bottom of pan and lightly grease with

into saucepan. Stir with spatula until completely smooth. Remove from heat and set aside.

In bowl of food processor fitted with "S" blade, place prunes and syrup. Top with cooled butter mixture then process until smooth. Transfer to large mixing bowl, scraping all chocolate mixture from food processor with spatula.

In bowl of stand mixer fitted with whisk attachment, whip eggs and coconut sugar on high speed 7 minutes, or until tripled in volume.

Add one-third of egg mixture to bowl with chocolate mixture. Using spatula, gently fold together until completely combined. Add almond meal and remaining egg mixture to bowl and gently fold to combine.

Pour batter into prepared pan and bake 55 minutes, or until set. Once cooked through, transfer cake to cooling rack and cool completely in pan.

To make ganache: In top of double boiler, melt coconut milk and dark chocolate until

Chocolate Energy Balls

Recipe courtesy of Meg van der Kruik on behalf of California Prunes

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 24 pieces

Prune Puree:

- 16 ounces pitted California prunes
- 1/2 cup hot water

Energy Balls:

- 1 cup old-fashioned or gluten-free oats
- 2/3 cup toasted, unsweetened shredded coconut
- 1/2 cup creamy natural nut butter (peanut or almond)
- 1/2 cup pecan meal
- 1/2 cup prune puree
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract

To make prune puree: In blender, combine prunes and water. Pulse to combine then blend until smooth, pourable consistency forms, scraping sides, if necessary. Store puree in airtight container in fridge up to 4 weeks.

To make energy balls: In mixing bowl, stir oats, coconut, nut butter, pecan meal, prune puree, cocoa powder and vanilla until completely combined.

Cover and chill in refrigerator 30 minutes. Once chilled, use small cookie scoop or measuring spoon to measure equal-sized amounts of mixture then form into balls by applying gentle pressure to dough using palms. Do not roll as balls will break apart. Store covered in airtight container in refrigerator up to 1 week.



Chocolate Energy Balls

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TUESDAY

In The Kitchen

Tuesday, March 7, 2023

A8

Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

Despite busy lives and full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. Gathering your family, friends, coworkers or neighbors at least once a week to spend time together over a meal provides opportunities to decompress and socialize.

If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to create a recurring tradition and enjoy favorites such as breakfast for dinner. Recipes like Egg, Avocado and Black Bean Breakfast Burritos; Huevos Rancheros; and Southwestern Quinoa and Egg Breakfast Bowls from the Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best, are perfectly suited for sharing while making time to destress at the dinner table.

In fact, according to a study by "Canadian Family Physician," regular meals at home with loved ones can reduce stress, boost self-esteem and make everyone feel connected with mealtime conversations that allow a chance to unplug and unwind.

Meals don't have to be elaborate for a successful evening together. Despite the perceived effort involved with preparing a meal, research published in "Preventive Medicine" shows those who have frequent meals with others, particularly parents with their children, may improve social and emotional well-being.

In addition to the mental and emotional benefits of meals with loved ones, eating together can also encourage healthier choices when better-for-you recipes are on the menu. Dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke.

To find recipe ideas, conversation starters and more tips for mealtime, visit heart.org/together.

Huevos Rancheros

Servings: 4

Salsa:

- 1 teaspoon canola oil
- 1/2 cup diced yellow onion
- 1/2 cup diced poblano pepper, seeds and ribs discarded
- 1 small fresh jalapeno pepper, seeds and ribs discarded, minced
- 1 1/2 teaspoons minced garlic
- 1 can (14 1/2 ounces) no-salt-added crushed tomatoes
- 2 tablespoons water
- 1/4 teaspoon salt

Huevos Rancheros:

- 1 teaspoon canola oil
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 1/4 cup shredded low-fat Mexican cheese blend

- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 medium lime, cut into four wedges (optional)

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Cook poblano and jalapeno peppers 2 minutes, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to keep warm.

To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg, being careful not to break yolk. Gently top each egg with warm salsa, cheese and avocado slices.

Sprinkle each serving with cilantro and serve with lime wedge, if desired.



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet over medium-high heat with nonstick cooking spray. Crack eggs into skillet. Sprinkle eggs with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg sunny side up into each bowl. Sprinkle

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

- Nonstick cooking spray
- 1 1/3 cups liquid egg whites
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 4 whole-wheat tortillas (6 inches, lowest sodium available)
- 2 medium avocados, sliced
- 1/4 cup hot sauce or salsa (lowest sodium available, optional)

Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.



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TUESDAY

Health and WELLNESS

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Photo courtesy of Getty Images

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death.

Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

The Silent Killer

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

Understand Your Readings

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- **Elevated blood pressure** is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- **Hypertension stage 1** is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- **Hypertension stage 2** is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- **A hypertensive crisis** requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

Know Your Risk

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.



Talk About It

Whether you’re making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you’re talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

Lowering Your Pressure

You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication.

Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice.

If you have diabetes, it’s important to work with a doctor to manage the disease and reduce your blood glucose levels. If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure.

When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life.

When you’re discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won’t raise your blood pressure to ensure you’re not creating a blood pressure problem while treating other concerns.

Getting Ready for Your Appointment

Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:

- How often do you check your blood pressure?
- Do you keep a log of your blood pressure measurements?
- Are you taking medications as prescribed?
- What are some things you can do to have less salt in your diet?
- What are some reasons it can be hard to manage your blood pressure?
- What are some things you’d like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

Blood Pressure Categories			
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels