

➤ TODAY'S VERSE

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.



➤ 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 "Mozy" 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. Golf 4 Kids Heads to The Fort This May

The Salvation Army is excited to announce that the annual Golf 4 Kids Outing on May 10, 2023 will take place at one of Indiana's best public courses, The Fort Golf Course in Indianapolis. This historic property promises to deliver a memorable experience with its challenging course and scenic vistas.

2. Inflation Caused 19.9% Of Indiana Adults To Increase Credit Card Use

Recent data suggests that efforts to tame inflation are starting to have an effect. After nearly a year of steady interest rate increases by the Federal Reserve, year-over-year growth in the Consumer Price Index slowed to 6.0% in February 2023. This figure was the lowest since September 2021.

While inflation might have finally reached its peak, many Americans continue to struggle with high prices. Nominal wages have grown since the start of the COVID-19 pandemic amid the Great Resignation and ongoing labor market tightness, but this rate of growth has trailed the rate of price increases for most workers. This cuts into household budgets and makes it more difficult for consumers to maintain their standard of living.

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Noblesville High School Singers



The Times photo by Betsy Reason

Noblesville High School's NHS Singers Josiah Smith (left) and Ray Kenley dance during the mixed show choir's competition set, themed, "High School Musical, The Musical, The Series, The Musical, The Prom," on Thursday during the Noblesville Schools' District Show Choir Concert at Noblesville High School. NHS Singers will compete in their final competition of the season on Saturday.



The Times photo by Betsy Reason

Noblesville High School's NHS Singer Nick Adams interjects a comical line into the song-and-dance scene during the mixed show choir's competition set, themed, "High School Musical, The Musical, The Series, The Prom," on Thursday during the Noblesville Schools' District Show Choir Concert at Noblesville High School.

The Daily Almanac

Sunrise/Sunset
RISE: 7:44 a.m.
SET: 7:58 p.m.

High/Low Temperatures
HIGH: 59 °F
LOW: 32 °F

Today is...

- Memory Day
- National Ag Day
- National Crunchy Taco Day

What Happened On This Day

- 2006 Jack Dorsey sends the world's first Twitter message, or tweet. The microblogging service revolutionized the communication and social networking landscape. In 2012, about 340 million tweets were posted per day.
- 1970 Earth Day is celebrated for the first time. The first edition was limited to some cities in the United States. Today, Earth Day is observed by about 1 billion people around the world.
- 1943 A plot to assassinate Adolf Hitler by suicide bomb fails. German Wehrmacht officer, Rudolf von Gersdorff, failed to blow up the dictator but managed to defuse his bombs just before they went off and avoid suspicion.

Births On This Day

- 1806 Benito Juárez, Politician, 25th President of Mexico
- 1940 Solomon Burke, American singer-songwriter

Deaths On This Day

- 1843 Guadalupe Victoria, Mexican politician, 1st President of Mexico
- 1656 James Ussher, Irish archbishop

About A Tourist Town



CARRIE CLASSON
The Postscript

My husband, Peter, and I are staying in San Miguel de Allende, Mexico, which is, according to a lot of folks, a tourist town.

Sometimes, the person saying this means it is not a place they would want to spend time. This puzzles me. I'm not sure why a town known for meatpacking or manufacturing would be a better place to spend time than a town known for tourism. But I respect anyone's right to spend time wherever they want, and

➔ See CARRIE Page A5

Looking At What Makes Carmel Great

A lot of time and money is spent on vehicles. The average American spends 6 percent of their waking hours in a vehicle and about \$800 a month out of their income.

This is probably why more Americans are looking for opportunities to spend time outside of their vehicles. We love our cars, but even in Indiana – the land of motorsports – we can use a break.

On a beautiful day, people want to go to the "walkable" part of town and go shopping and dine out. They want to ride

their bikes or go on a short run. They want to walk their dogs and push strollers.

Across the largest 35 metropolitan areas in the United States, only 1.2% of land mass is in walkable urban areas. That small fraction of land generates 20% of the GDP in the entire U.S. The whole country.

Walkable urban areas are good for business.

In Carmel, this is no secret. More than two decades ago, before Carmel Mayor Jim

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➤ INSIDE TODAY

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➤ HONEST HOOSIER

Is it just me, or is there a way to bet on almost everything these days? And does anyone else remember when anything other than office pools and friendly wagers was frowned on?



➤ TODAY'S HEALTH TIP

Chronic sinus and nose problems can often be solved by using a salt water nasal irrigator like a neti pot or Sinus Rinse®.

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 QUOTE

"Any jackass can kick down a barn, but it takes a good carpenter to build one."

- Sam Rayburn, 43rd Speaker of the House

➤ TODAY'S JOKE

How old is baseball? Well it got mentioned in the bible. Remember Genesis? In the big inning...

➤ OBITUARIES

Max McKinney

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



3 WTHR 7 DAY FORECAST

32/58 WINDY BREEZY TUE	43/58 SHOWERS WED	55/70 RELIEF THUR	46/52 WET AND COOL FRI	36/51 CHANCE OF RAIN SAT	38/57 RAIN SUN	40/56 PARTLY CLOUDY MON
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OBITUARIES

Max McKinney

1925 - Wednesday, March 15 2023

Max McKinney, 97, of Indianapolis, went to be with the Lord March 15, 2023. He was born in 1925 on a farm in Pickard, Indiana to Giles and Zelda McKinney. Max was a graduate of Butler University after serving in the Army Air Corps and spent his career in construction sales with Construction Products and Mid States Engineering among others. Prior to joining the Army Air Corps in WWII, he attended Purdue University and was a member of Kappa Delta Rho Fraternity. As a B-17 navigator and instructor in the Army Air Corps, he learned to read maps and used this skill later in life with historical maps at the Indiana Historical Society for 15 years. Max was a caring family man with a sense of humor and was always interested in other's lives and families. He was a Deacon and Elder at First Meridian Heights Presbyterian Church in Indianapolis for 15 years. Later in life he and his wife Isabel attended St. Luke's United Methodist Church.



A Celebration of Life service will be held Saturday, March 18, 2023 at 1:00 p.m. at Shirley Brothers Fishers-Castleton Chapel, 9900 Allisonville Road, Fishers, with visitation one hour prior.

Max is survived by two brothers, Mark McKinney of Tipton, Indiana, and Phil McKinney of Grand Ledge, Michigan; daughter, Susan McKinney (Jefferson Summers); sons, Judson (Therese) McKinney and Matthew (Dian) McKinney; grandchildren, Michelle (Jacob) Boline, Kyle (Taylor) McKinney, Matthew (Cassandra) McKinney and Paul McKinney; great-grandson, Wyatt McKinney; and nephews, J. (Marie Clare) Chapman and Jeff (Michele) Chapman. He was preceded in death by his wife of 58 years, Isabel McKinney. www.shirley-brothers.com.

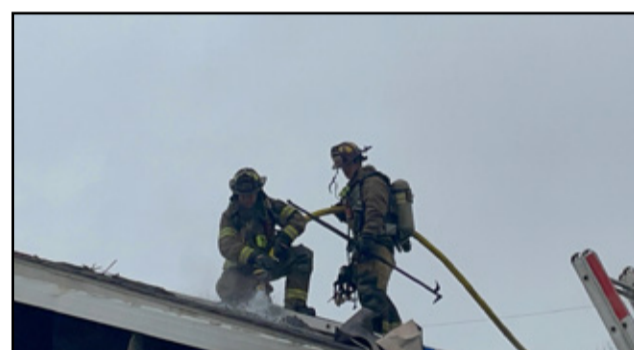
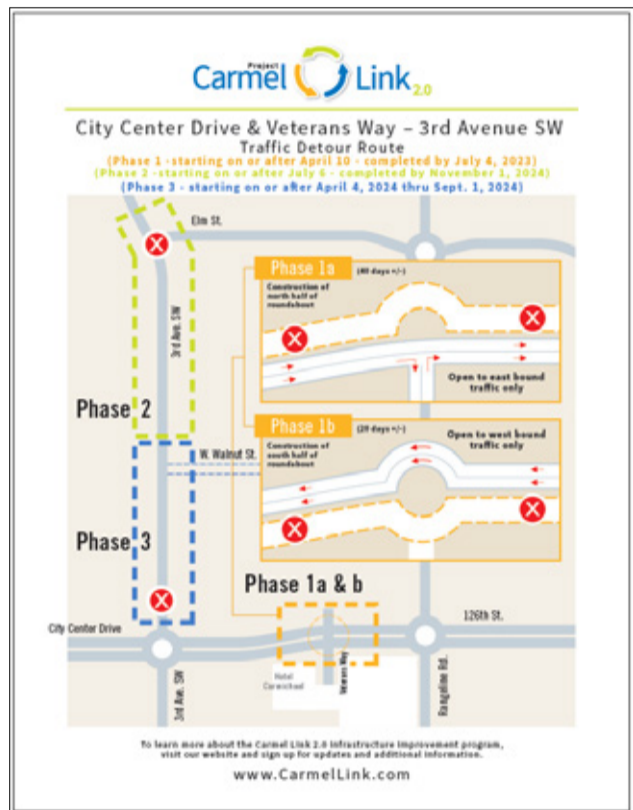


Photo provided by Noblesville Fire Department



Graphic provided by Adam Aasen

City Of Carmel Announces Spring/Summer 2023 Construction Highlights

The City of Carmel's Engineering Department provides updates and highlights to the following projects occurring around the City:

MONON GREENWAY
North of Smoky Row: The bridge was placed on March 7 and is scheduled to be open for the Carmel Marathon on Saturday, April 8 and then completed soon after. North of 116th Street: Weather permitting, draining the creek will continue. The bridge is expected to be placed and completed soon thereafter. For more information on this project contact the Carmel City Parks & Recreation Department.

SMOKY ROW
On or after March 20, expect Smoky Row to close at the west end of the project limits for the construction of a roundabout. At that time, we will finish work on the road, the multi-use path and landscaping throughout the project corridor. This work is expected to be completed in June.

COLLEGE AVENUE AND 106TH STREET ROUNDABOUT
Beginning on or after April 3, the roundabout will close for all remaining work. This is expected to take approximately 30 days.

CITY CENTER DRIVE AND VETERANS WAY - 3RD AVENUE SW

Phase 1a - Beginning on or after April 10, westbound lanes of City Center Drive will be closed between Range Line Road and 3rd Avenue SW for approximately 40 days for the construction of the northern half of the roundabout. Eastbound traffic will be maintained. During this time, access the shops and restaurants at Carmel City Center and Hotel Carmichael from eastbound City Center Drive.

Phase 1b - Work begins on the southern half of the roundabout for approximately 20 days. During this phase of work, alternate routes be provided to access Carmel City Center. Eastbound lanes will be closed. Traffic will be shifted to the northern half of the roundabout for westbound traffic. Work is anticipated to be substantially complete before July 4.

Phase 2 and 3 - Beginning on or after July 10, reconstruction of 3rd Avenue SW will include a new roundabout at Walnut Street, pedestrian connectivity and storm water management. This extensive project is expected to go on through most of 2024, concluding in the fall of that year.

NFD Responds To Residence Fires At 168 & 169 Tippecanoe Drive

Shortly after 3:00pm on Saturday, March 18, 2023, a resident of 168 Tippecanoe Dr. was alerted to smoke coming from her home by a neighbor. The homeowner was able to safely exit the house and call 911. She ran next door to alert her neighbors at 169 Tippecanoe Dr. that their

home was also on fire. Fire and EMS units were dispatched by the Hamilton County Dispatch Center. Upon arrival, crews could see smoke and fire coming from both homes. Crews were able to quickly deploy hand lines to both homes and bring the fires under control. There were not

any injuries to civilians, firefighters, or pets. NFD was assisted by the Cicero Fire Department, the White River Township Fire Department, the Lapel Fire Department, the Jackson Township Fire Department, the Wayne Township Fire Department, the Hamilton County Sheriff's

Office, and the Noblesville Police Department. The cause of the fire is still under investigation. NFD would like to remind residents to sleep with their bedroom doors closed. Sleeping with your door closed can reduce exposure to toxic smoke and help limit the spread of flames.



Photo courtesy of The Center for Performing Arts

Jazz Fusion band Spyro Gyra

Want TO GO?

What:
Spyro Gyra

When:
8 p.m. Saturday, Aug. 12

Where:
The Palladium at the Center for the Performing Arts

Tickets: From \$25, on sale 10 a.m. Friday, March 24

Purchase and information:
(317) 843-3800
Tickets@TheCenterPresents.org

Spyro Gyra Set For Aug. 12 At The Palladium

Long-running jazz fusion band Spyro Gyra will highlight the inaugural Carmel Jazz Fest weekend with an Aug. 12 performance at the Palladium.

Known for original instrumental pieces spiced with R&B, Latin and world music elements, Spyro Gyra emerged during the 1970s fusion wave and never let up, releasing 35 albums, playing more than 10,000 shows and earning 13 Grammy nominations over the past five decades.

Tickets starting at \$25 will go on sale at 10 a.m. Friday at the Palladium's Fifth Third Bank Box Office, online at TheCenterPresents.org and by phone at (317) 843-3800. Separate passes are required for Carmel Jazz Fest, which will take place on the Center's campus and at other venues around the city Aug. 11-12. More information is available at www.carmeljazzfest.org.

Spyro Gyra last performed at the Center in January 2012. On the current tour, saxophonist and founding bandleader Jay Beckenstein is joined by longtime members Julio Fernandez on guitar and Scott Ambush on bass, along with more recent arrivals Lionel Cordew on drums and Chris Fischer on keyboards.

The band's most recent album, Vinyl Tap, was an intriguing departure: a cover collection of songs by the Beatles, Cream, Blind Faith and other classic rockers.

This Drewry Simmons Vornehm Jazz Series performance is the first to be announced from the upcoming 2023-2024 Center Presents Season, presented in partnership with Allied Solutions. Spyro Gyra ticket purchases can be applied toward subscription packages when the full 2023-2024 season is announced May 23

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Fishers Announces Plans For Revitalizing Allisonville Road Corridor

The City of Fishers announced the findings from the Allisonville Road Corridor Study and its plan for revitalizing the heavily-traveled corridor in west Fishers. Plans are underway to implement road and walkability improvements, boost greenspace, and encourage new development along the corridor. As part of the plan, Kroger will relocate from the west side of Allisonville Road near the 116th Street intersection to build a new, expanded store on the east side of Allisonville Road.

In summer 2022, Mayor Scott Fadness established the Allisonville Road Steering Committee to work alongside HWC Engineering to conduct a study to examine the commercial center of the Allisonville Road corridor between 106th and 126th Streets. The limits of the corridor are anchored by existing greenspace and recreational areas, including the White River to the west, Conner Prairie to the north, and the future 125-acre White River Park to the south. However, the commercial center of the corridor—one of the city's original retail centers—is aging, and the committee was charged with creating a plan to ensure that this area remains a vibrant destination for business and leisure for years to come.

Comprised of corridor residents, local business owners, community leaders, and City staff, the Steering Committee engaged the community to prioritize key areas of concern and potential improvements for the area.

Steering Committee members included:

- Corby Thompson, Co-Chair
- Joe Eaton, Co-Chair
- Selina Stoller, Fishers City Council
- David Giffel, Fishers City Council
- Ed Sahn, Sahn's Restaurants
- Kelly Marburger Novak, EF Marburger Fine Flooring
- Pat Sullivan, Allisonville Home & Garden by Sullivan
- Mike Colby, River Glen Neighborhood Representative
- Brad Rochford, River Highlands Neighborhood Representative
- Jim Trueblood, Trueblood Real Estate
- Drew Bender, VS

Engineering
 •Allen Bourff, Retired Superintendent at HSE
 •Stephanie Perry, Resident
 •Marissa Deckert, Resident

"The community was really involved in every aspect of the Steering Committee's work," said Joe Eaton, co-chair of the Allisonville Road Steering Committee. Allisonville Road resident, and partner at Barnes & Thornburg. "We hosted a community workshop, focus groups, and an online survey where over 1,500 residents provided feedback and input about what they wanted to see, both in the short-term and long-term, with the corridor."

The resulting plan includes a focus on greening the corridor, improved parking and walkability, enhanced connectivity, and collaboration with local business partners to infuse vibrancy in the area.

"The transformation of Allisonville Road is a long-range project that will take some years to complete, but we have significant things happening in the early chapters of that transformation—road improvements, a new park on the southern end, and several economic development projects," said Fishers Mayor Scott Fadness. "All of these are catalysts to jump start the transformation of the entire corridor."

"The best part, for me, about this study is that it is targeting future investment," said Corby Thompson, co-chair of the Allisonville Road Steering Committee and owner of Boomerang Development.

Redevelopment and partnerships with local businesses are identified as key priorities in the new plan. Earlier this month, CRG Residential and the City of Fishers broke ground on River Place—a \$135 million mixed-use project at the northwest corner of 96th Street and Allisonville Road. The project includes a luxury apartment community, for-sale townhomes, and commercial retail space situated next to the future White River Park.

Kroger has also announced plans to build a new store across the street from their current location at 7272 Fishers Crossing

Drive. The new 120,000 square foot store on the east side of Allisonville Road will include features such as an expanded assortment of "fresher than fresh" foods, expanded Kroger Pickup, wider aisles, Starbucks, even fresh, store-made popcorn. Kroger and the City of Fishers will hold a public meeting about the project in the coming months.

"Our Fishers Crossing Kroger has always been a friendly, welcoming place for anyone living here or just visiting the city," said Colleen Juergensen, president of Kroger Central Division. "Over the years, Fishers has become a destination in a way its founders never could have imagined. Our location is a gateway to this vibrant community, and we're excited to commit the new investment as another ingredient in the energy and entrepreneurial spirit of the city."

Road improvements and enhanced connectivity are another focus of the new plan. This spring, the City will begin the reconstruction of the existing Michigan Left intersection at 96th Street and Allisonville Road to become a two-lane roundabout adjacent to the new River Place development. The roundabout is anticipated to be completed by the end of the year. Next spring, the City will begin construction on another two-lane roundabout at the intersection of 116th Street and Allisonville Road, further improving the flow of traffic and aesthetics of the area.

Other priorities include boosting greenspace and enhancing the streetscape to achieve vibrancy and improved care for the corridor. The City is in the early stages of these improvements, but new median designs and beautification efforts by the Department of Public Works are already improving the vibrancy of this area.

Additional opportunities to provide feedback on the future of Allisonville Road will be offered later this year, with a focus on the White River, connectivity, and the city's trail system.

To view the full plan, join the email list, and learn more, visit ThisIsFishers.com/AllisonvilleRoad.

Carmel Southeast District Town Hall

City Councilor Adam Aasen will host a town hall meeting for the Southeast District in Carmel at 6:30 p.m. on Wednesday, March 22. The event, which is free and open to the public, will be held indoors at Wilfong Pavilion, which is the building at Founders Park, located at 116th Street and Hazel Dell Parkway. The building is east of the playground and park shelter. Aasen will give an update

on what's going on in Carmel when it comes to council actions, new road construction, crime numbers, upcoming events and developments with the parks department. Representatives from city engineering, the Carmel Police Department, the Carmel Fire Department, Carmel Clay Parks and Recreation, Carmel Clay Township Board and the Carmel Clay Public Library will all be on hand to answer questions

or give brief remarks. Ample time will be given for questions and answers. The event is expected to last until 8 p.m. "Town hall settings like these are a great way to connect face-to-face with residents to answer their questions," Aasen said. "Not only will I try to answer any questions myself, but representatives from various departments will be on hand, which will help nearly any question be answered."

EV Industry Growth On World's Stage At InterBattery Conference In South Korea

Indiana Secretary of Commerce Brad Chambers concluded an economic development trip to Asia on Friday, wrapping up a week in Japan and the Republic of Korea focused on accelerating investment and innovation in high-growth, future-focused industries. "The time spent in Japan and South Korea was another great opportunity to show the world why Indiana is a great place to live and do business," said Sec. Chambers. "In Japan, our workforce and automotive partnerships are prime to deliver innovations in the future of mobility, and in South Korea, our relationships continue to grow as Indiana's battery and electric vehicle industries accelerate. I'm confident we will see tangible results for Hoosiers stemming from our discussions and new connections made." In Tokyo, Sec. Chambers met with government officials, including U.S. Ambassador to Japan Rahm Emanuel, to discuss the strong ties between Indiana and Japan and opportunities to strengthen that partnership and the future of mobility. Indiana is home to the highest concentration

of Japanese investment among all U.S. states, shares a sister-state relationship with Tochigi Prefecture, and operates memorandums of understanding with the Government of Japan as well as Aichi Prefecture and Gunma Prefecture focused on two-way investment, academic partnerships and workforce development collaborations. Sec. Chambers also met with some of Indiana's largest Japanese employers, including Toyota Motor Corporation, Subaru and Aisin Corporation, to thank them for their commitment to Hoosiers and their contributions to Indiana's economy and communities. The Secretary also met with leadership of the Japan Business Federation to strengthen investment- and innovation-focused partnerships and opportunities. On Wednesday, Sec. Chambers traveled to Seoul to lead Indiana's participation in the InterBattery Conference - Korea's leading battery exhibition. Indiana, joined by leadership of the Applied Research Institute and the Battery Innovation Center, was one of eight states invited

by the U.S. Embassy in Seoul to exhibit within the conference's U.S. pavilion. At the conference, Indiana's competitive business climate, innovation ecosystem and growing battery and electric vehicle industry took center stage. The IEDC's exhibit highlighted state innovations and featured its recent "Indiana is for Winners" marketing campaign, while the Indiana delegation met with new business prospects. In Seoul, Sec. Chambers also hosted a Friends of Indiana reception with U.S., Korean and global business and industry leaders to highlight the growing partnerships between Indiana and South Korea and to meet with business prospects in critical industries, such as life sciences and semiconductors. Indiana is home to more than 1,050 foreign-owned business establishments, representing more than 40 countries and territories - including more than 300 from Japan and 12 from South Korea. This concludes Sec. Chambers' second trip to Korea and first trip to Japan as Indiana Secretary of Commerce.

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Photos courtesy of Mazda

2023 Mazda CX-30 Compact Crossover Is Easy To Recommend

It's not often that I get to spend time in an auto that I both recommended to a close friend and that I would own myself, but the 2023 Mazda CX-30 fits that bill. About a year ago, my friend's old Chevy Impala, with nearly 200,000 miles on the clock, bit it. She has a long drive to work, is admittedly a might bougie, needs secure traction winter, and wanted all of the latest safety tech. Recommending the CX-30 was easy.

When I last had a CX-30 as a test car, my friend walked to the parking lot and asked, "What is that?!" I think that's when she fell in love. And I get it because I too find the CX-30's styling quite beautiful. Mazda calls its orchestrated creases and forms "Kodo", which translates to "Soul of Motion". It's an art piece.

You can see it in how the sheetmetal is drawn tightly over the brand's large grille and forms

Likes:

- Flowing style
- Luxurious interior
- Peppy performance

eyebrows over the squinty curve-following LED headlamps. It seems impossible the crisp lines and compound curves of the body could have been stamped by machine instead of carved by human hands. Splashes of gray moldings hint at off-road capability, even without much. Dark 18" alloy wheels throw shade at the highway. The CX-30 is not large, but does look expensive.

So does the minimalist interior swathed in plush materials, stitched dash coverings and precisely angled screen that looks like Italian glass – even if it is commanded by an unnecessarily cumbersome joywheel-based infotainment system that never seems to stay where you left it. Seats are all-day comfortable with

Dislikes:

- Decrepit joywheel
- Tight rear seat
- Harsh-ish suspension

heated cushions facing a heated steering wheel. Below are aluminum knobs and simple read-outs for climate controls.

The 12-speaker Bose audio system was the perfect accompaniment for my drive and recently downloaded Barcelona album featuring Queen frontman Freddie Mercury and Spanish opera star Montserrat Caballé. I could hear every crisp pitch change in both of their iconic voices. Devices connect easily via Apple CarPlay and Android Auto plus wireless charging. Safety is enhanced with adaptive cruise, automatic emergency braking, rear cross traffic alert, lane keep assist, and head-up display.

I've driven the base CX-30 with its non-turbo

2023 Mazda CX-30 Premium

Five-passenger, AWD Crossover
Powertrain: 2.5-liter T4, 6-spd trans
Output: 227hp/310 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
Must-have features: Style, Driving
Fuel economy: 22/30 mpg city/hwy
Assembly: Salamanca, Mexico
Base/As-tested price: \$22,950/36,810

four-cylinder engine that produces 186 horsepower, and it gets excellent fuel economy, but I thought my friend needed the turbo...and all-wheel-drive. The optional 2.5-liter turbocharged four-cylinder dishes out 227 horsepower and 310 lb.-ft. of torque for spirited acceleration off the line or when ramping up to fast freeways. Driving on two-lane roads towards my parent's house, I had complete confidence zapping past semis and farm trucks. Fuel economy is rated 22/30-MPG city/highway.

Now that my friend has owned her CX-30 for over one full ride around the sun, she was ready to take stock of her little Mazda. Style, fuel economy, and interior quality topped her likes. Having fold-down rear seats and a power liftgate make runs to COSTCO easy, even if rear legroom is tight. She's no fan of the cantankerous joywheel either and thinks the firm suspension is a little harsh over rough pavement. It is the trade-off for sports car handling.

This is a car I'd recommend to my grand-



CASEY WILLIAMS
Auto Reviews

mother, my nephew, or my best friend. It offers much for relatively little. Keeping it affordable is a \$22,950 base price, rising to \$36,810 with virtually every option. Compare that to a Mercedes-Benz GLA or Audi Q3 to know that's a bargain! More direct competitors include the Buick Encore, Subaru Crosstrek, Honda HR-V, Hyundai Tucson, and Kia Sportage.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ AutoCasey.

Gov. Holcomb Puts Career On Line Over Transgender Athletics Bill



BRIAN HOWEY
Howey Political Report

In March 2022, Gov. Eric Holcomb vetoed a transgender athletics bill that quite possibly could end his political career. In his veto letter, Holcomb said that the legislation was a "solution" for a problem that didn't exist in Indiana. "It implies that the goals of consistency and fairness in competitive female sports are not currently being met," Holcomb wrote. "After thorough review, I find no evidence to support either claim even if I support the overall goal." The governor said the enrolled act fell short of providing a clear and consistent policy. Last May, the Republican super majorities overrode that veto by wide party-line margins. In June,

in an act of retribution against Holcomb-appointed Secretary of State Holli Sullivan, she was defeated for renomination at the Indiana Republican Convention, with a number of delegates telling Howey Politics Indiana that it was a payback for Holcomb's veto.

This past week, the transgender youth scenario was again in the headlines. Senate President Pro Tempore Rodric Bray assigned HB1407 to the Senate Rules Committee and an almost certain demise. It was filed by State Rep. Dale DeVon after a transgender child had been removed by the Department of Child Services following multiple reports that the child's mother was emotionally and mentally abusive. The DeVon bill is one of around 150 such bills filed by Republicans in the 50 state legislatures in a concerted effort to capitalize on transgender issues.

"All's I'm trying to do is, in this bill, is to protect parents from government's overreach

[in] taking their children from them without having harmed them," DeVon, R-Granger, said on the House floor (Capital Chronicle). "I don't know if this bill is the right answer, but our government took that child away" A spokesman said Bray "did not see a path forward" for the bill, both because of concerns about the policy and the ongoing lawsuit that will be heard by the Indiana Supreme Court.

The Capital Chronicle covered State Rep. Wendy McNamara's floor testimony prior to House passage. "I don't think any parents should be separated from their child and have an undue process to be able to receive that child back," she said. "But I also feel there is a better route and way for this bill to go. To fix this wrong, she added, "it might put in jeopardy hundreds of other kids in our system." As with the transgender athletic bill that was vetoed, I spent a few hours trying to learn of the scope of the issue. There is a compelling lack of data. It was unclear how many DCS cases

involve the removal of transgender kids from their families. What I did learn came from the Indiana Youth Institute. It said 4.5% of Indiana's population identify as LGBTQ+, and 34% of the LGBTQ+ population has children. As of September 2020, Indiana was home to 43,000 LGBTQ+ youth ages 13 to 17; 7.8% of this population comprised 3,350 transgender youth. According to Gallup and the Williams Institute, approximately 4.5% of U.S. adults identified as LGBT in 2017 (about 14.65 million people). This includes about 1.4 million people who identify as transgender (0.6% of the U.S. adult population in 2016). In Indiana, 4.5% of Indiana adults identify as LGBT (about 300,000 people). This includes 0.56% who identify as transgender (about 27,600 people). According to a summary of HD1407 by the Indiana Family Institute, the bill "would elevate parental rights to a fundamental right. It makes clear that parents have a right to direct the upbringing, education, health care, and mental health of

their child, and that the government of Indiana may not interfere. The only exceptions that allow government involvement are legitimate abuse and neglect. The bill clarifies several key areas that are not appropriate reasons for government involvement." The ACLU of Indiana also weighed in, saying, "This bill would make it illegal for child services agencies to consider failure to provide a safe and affirming environment to a trans youth when deciding whether to remove a child from a potentially abusive home. This bill attempts to capitalize on unfounded public fear that parents will be 'forced to accept' trans youth. There simply aren't examples of Indiana agencies removing children from homes for the sole reason that parents didn't provide trans-supportive care." While the number of DCS cases involving transgender youth is a missing data set, the issue will continue to make headlines. On the day that Bray killed HB1407, the Anderson Herald Bulletin reported that a Pendleton

Heights HS counselor had been fired in "an apparent effort to withhold information from parents about student gender transition decisions." Board President Mike Hanna, responding at a March 2 meeting to a pointed question from a parent about whether a gender support plan exists, described it as "a work in progress," according to the Herald Bulletin.

The key phrases jumping out are DeVon's ("I don't know if this bill is the right answer") and Hanna's ("work in progress") assertion from Pendleton Heights. There's a great deal to sort out here, with impacts facing transgender kids, perhaps the most vulnerable Hoosiers among us, as well as their families. Bray was wise to pull HB1407 and await more information on the scope of the dilemma and its impacts.

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

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Diving Into Snoring And Sleep Apnea



JOHN R. ROBERTS, M.D.
Hamilton Health

into the airway, usually when the throat muscles relax during sleep. This is why OSA is much more common in overweight individuals who can have a lot of excess tissue in the back of their throats.

People usually seek a medical evaluation for possible OSA at the request of a spouse or significant other who is either being awakened by snoring or who has actually seen the patient stop breathing during sleep. They often describe a cycle of snoring respirations, followed by long pauses, then gasping for air. The snoring results from vibrations of the tissue in the back of the throat that is similar to the vibrations of strings on an instrument.

There are other signs and symptoms we ask about when evaluating people for OSA. Sleep apnea sufferers are unable to fall into a deep sleep – the apneas can wake them tens or even hundreds of times per night. This can result in excessive daytime sleepiness causing sleepiness at work or school, while driving, or during other restful activities. Patients frequently complain of fatigue, irritability, dry mouth, a reduced ability to concentrate, and headaches. They may have hypertension or other heart or lung diseases. They often consume caffeine or other stimulants to try to stay awake during the day.

The diagnosis of sleep apnea is suggested by the history but in order to confirm the diagnosis a sleep study or polysomnogram must be performed. These studies have historically been done in a sleep lab where patients are connected to monitoring equipment that records respirations,

brain wave activity, movements via a video camera as well as sensors that measure gas exchange in and out of the lungs. Home sleep studies are done much more commonly though they don't collect as much information as when the study is done in a lab. In-lab studies should also be done in patients with particular risk factors. The sleep study data collected during sleep is summarized or "scored." A physician who has received special training in sleep medicine interprets the test.

A patient must meet specific scoring criteria to be diagnosed with OSA. Treatment for OSA usually involves a device called a CPAP (Continuous Positive Airway Pressure) machine that is connected to either a mask worn on the face or plugs inserted in the nostrils. The CPAP machine blows air into the patient's airway to inflate it to prevent the tissues from collapsing when sleeping. These machines may be set at a specific air pressure or may adjust themselves automatically to minimize airway blockage.

If you feel you may have sleep apnea or know someone who does, you should see a physician to discuss testing. OSA is a very serious condition that can lead to or worsen cardiovascular, lung, and neurologic problems. You can do a quick screen for sleep apnea here: www.stopbang.ca/osa/screening.php. For more information on sleep apnea, see bit.ly/2z6OAOx

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

Snoring can certainly be annoying, but it doesn't always indicate a serious medical problem. However, sometimes snoring can be due to sleep apnea, a condition that can lead to significant medical problems.

Sleep apnea is a condition when people have pauses in their breathing while sleeping. Most people have pauses to some degree but people with sleep apnea have much longer pauses, lasting as long as 30 seconds. These long pauses cause the level of oxygen in the blood to drop and carbon dioxide to rise. These changes can be very hard on the body, especially the heart and lungs and can lead to problems such as high blood pressure.

There are two main types of sleep apnea – central and obstructive. Central sleep apnea is a problem with the brainstem's signals to breathe. Obstructive sleep apnea (OSA) occurs much more often than central sleep apnea.

Any type of obstruction of the flow of air in and out of the airway can cause obstructive sleep apnea. The obstruction occurs most commonly in the back of the throat when excess or loose tissue collapses

Virtual Suicide Bereavement Clinician Training

The suicide of a loved one can have a profound and sometimes devastating impact on those left behind, called suicide survivors. Bereavement after suicide may entail high levels of disorientation, guilt, regret, anger, shame, and trauma. Survivors sometimes also find their relationships with other people changed, as they struggle with the social stigma often placed on suicide, and the altered family relationships that have been changed by the feelings of guilt, blame, and failure that suicide may engender. Survivors may also be at risk for elevated rates of complicated grief and future suicidality themselves. All of this makes surviving the suicide of a loved one a potentially life-transform-

ing ordeal that requires a level of support that goes beyond traditional grief counseling. Yet very few mental health training programs devote any time to training clinicians about the challenging work of suicide postvention – helping survivors cope with the tragic loss.

This workshop will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs. The workshop will include didactic presentation, group discussion, case examples from the presenter's practice, and video clips from grief therapy sessions. These research-based techniques will help you gain confidence in working with survivors of suicide loss.

You must attend the full day of training to receive a CE certificate

- Topics will include:
- The psychological impact of suicide on survivors and common themes in the bereavement of survivors
 - The impact of suicide on family functioning
 - What research with survivors tells us is needed
 - The tasks of loss integration and recovery for survivors
 - Postvention options for survivors
 - Principles of postvention after client suicide
 - Principles of longer term clinical work with survivors
 - Examples of specific clinical techniques that can be of use in grief therapy with survivors

CARMEL From Page A1



Photo provided by Adam Aasen

Brainard took office, our city didn't have a real downtown. There were some great stores and restaurants, but they were spread out. Brainard helped accumulate land and pitch private-public partnerships to create a walkable downtown core.

Now, Carmel residents and visitors enjoy a widened Monon Trail that takes them to the Carmel City Center, The Palladium, Carmel City Hall, Midtown, the Carmel Arts & Design District and more. Sidewalks, paths

and crosswalks make it easier to get around, even allowing you to bike or run all the way from your home.

Homes and businesses along the Monon Trail have become our version of beach-side property. People will pay extra money to live in a walkable area. Business headquarters who have relocated to these areas have a competitive edge when hiring new workers.

While this is certainly exemplified in warmer weather months, you see

residents taking advantage of trails and paths all year long.

This spring, when you see a large crowd of people gathering outside of Midtown Plaza or a long line of people waiting to eat at the restaurants located near the Monon, remember that these walkable areas didn't just happen by magic.

It took the leadership of government visionaries, alongside strong business partners, to create the vibrant walkable areas in Carmel.

CARRIE From Page A1

Peter and I are happy in San Miguel, in large part because it is a tourist town.

A lot of the tourists are from the United States. A surprising number are from Canada.

"Is there anyone left up there in the winter?" I asked a Canadian visitor I met at the writers' conference last week. There were more Canadians in the audience than folks from the U.S. and Mexico combined. I found this astonishing, considering that all of Canada has only as many people as Mexico City.

"Did you leave someone up there to turn off the lights?" I asked.

But more common than either Canadians or Americans are, of course, the Mexican tourists who come to town to enjoy the year-round festivities of San Miguel. There is always a party of some sort going on. There is music in the streets, religious celebrations, parades of zombies, costumed indigenous dancers, fireworks and giant puppets—amazing surprises that appear every day, surprises that appear as if by magic.

And there's no mistaking Mexican tourists for their northern counterparts.

U.S. tourists tend to look as if they are braced for calamity. They constantly refer to their maps. They wear sunscreen under their oversized hats, have trousers filled with zippered pockets, secret money belts and hiding places for their passports. They wear shoes intended for hiking up mountains and carry water in case they should make a wrong turn at the ice cream shop and inadvertently end up marooned in the desert.

Mexican tourists are always better dressed, often in high heels, and never lost.

They wear sequins and carry small dogs and, even when I don't know what they are saying, I can hear them using a lot of exclamation points to say it. Mexicans do not take photos of the sights, but of one another, smiling broadly, and usually holding their small dogs. They zip in on Friday nights and start partying immediately, hiring the mariachi bands to play songs they love and lining up at restaurants to have their favorite meals.

The U.S. tourists generally look less cheerful. They are also older. I noticed, on a rare occasion that a store advertised

in English, the sign read, "Spare parts for crutches, wheelchairs and walking sticks." Clearly, they knew their market.

Mexican tourists would be unlikely to need any of the above, despite the high heels, and would be more inclined to buy festive costumes for their tiny dogs.

By Monday morning, most of the Mexican tourists are gone, leaving only traces of confetti on the cobblestones, which the street cleaners work diligently to remove until they are, again, pristine and ready for the next party.

I'm trying to learn from the Mexican tourists. I'm trying to remember to smile at strangers and worry less about falling on the cobblestones (even if I keep wearing practical shoes). I'm trying to put a little more glitter in my life and a few more sequins.

Being prepared for an emergency is a good thing, of course. But being prepared for a party is every bit as important.

Till next time, Carrie

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

PUBLIC NOTICES

NOTICE OF ADOPTION

To the taxpayers of the City of Fishers, Hamilton County, Indiana. You are hereby notified that on March 20, 2023, the Common Council for the City of Fishers, Hamilton County, Indiana, pursuant to notice heretofore given, and under and by virtue of Indiana Code section 36-9-15.5, duly adopted a plan whereby a Cumulative Capital Development Fund was established for all applicable uses stated within Indiana Code section 36-9-15.5.

The fund will be provided for by a property tax rate of Five Cents (\$0.05) on each one hundred dollars (\$100.00) of taxable real and personal property within the taxing unit beginning in 2023 payable in 2024 and thereafter, continuing until reduced or rescinded.

Twenty-Five (25) or more taxpayers in the taxing unit who will be affected by the tax rate and corresponding levy may file a petition with the Hamilton County Auditor not later than noon 30 days after the publication of this Notice setting forth their objections to the proposed cumulative fund. Upon the filing of the petition, the County Auditor shall immediately certify the same to the Department of Local Government Finance, at which point the Department will fix a date for and conduct a public hearing on the proposed cumulative fund before issuing its approval, disapproval, or modification thereof.

Dated this 21st day of March, 2023.

CITY OF FISHERS,
/s/ Lisa Bradford
City Controller
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TUESDAY

In The Kitchen

Tuesday, March 21, 2023

A6

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 spray with coconut oil spray.

In small saucepan over low heat, place butter and vanilla. Use sieve to sift cocoa

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 completely smooth. Pour prepared ganache over cake. Serve immediately for molten fudge effect or allow to completely set.

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

Health and WELLNESS

Tuesday, March 21, 2023

A7



Photos courtesy of Getty Images

Selecting a Health Care Provider

Resources to guide your selection

FAMILY FEATURES

Getting health care for yourself or a loved one is a big responsibility, especially if you're just getting started with Medicare or have changes in your life, such as a new diagnosis of a condition or disease. It can be overwhelming if you need services like nursing home care, have to find a new doctor or get home health care.

Using online tools like "Find Care Providers" on Medicare.gov can make it easier to make comparisons and help choose doctors, hospitals, nursing homes and more for you or the person you are helping provide care to. Consider these benefits of using the comparison tools to narrow your options.

A Resource for Research

The website provides a simple search and compare experience that allows you to find providers near you. Simply put in a ZIP code and the type of provider to receive a list of providers, their contact information and a map of locations. The information even includes "star ratings" and services provided. The tool can be used to find all sorts of providers, including doctors, hospitals, home health care agencies, skilled nursing facilities, rehabilitation providers, hospice and dialysis facilities.

For example, two sisters needed to find a nursing home that was right for their father. This proved to be a difficult, emotional decision. They didn't know what nursing homes were in the area where he lives, so they entered his ZIP code and searched for nursing homes. They then received a list of each one in his area, complete with ratings as well as staffing data and inspection reports.

Using a laptop, desktop, tablet or mobile device, you can see how patients rate their care experiences at the hospitals in your area and find home health agencies that offer the services you might need, like nursing care, physical therapy and occupational therapy.

Contact information for local inpatient rehabilitation facilities or long-term care hospitals is available, as well as hospice quality care ratings and specific care details, such as which dialysis facilities offer home dialysis training.

Finding Health Care Services

Many factors influence who you trust with your health care. In some cases, family, caregivers or friends may offer referrals to a doctor or medical

facility based on their own experiences, and that can be a helpful guide.

Whether you have referrals or are starting from scratch, you can compare health care providers near you using the Medicare.gov tool, pinpointing which category of services you need, whether it's doctors and clinicians, hospitals, hospice and home health agencies, dialysis facilities, inpatient rehabilitation centers or nursing homes.

In addition to searching by your location using your address or a combination of city, state or ZIP code, you can search by provider type and keyword to generate a list of providers that could fit your needs.

Finding a Doctor Who Fits

When you're looking for a new doctor and not sure where to start, the tool makes it quick and easy to find and compare doctors in your area. You can find contact information, practice locations, specialty and hospital affiliation as well as hospital ratings.

Selecting the "compare" button allows you to compare up to three different health care providers at once. When you're ready to schedule a visit with a new provider, be sure to take time during your scheduling call to verify general information, like the office location, whether the office is accepting new patients with Medicare and whether you need a referral to be treated.

Comparing Nursing Homes

Whether you're planning ahead or need to make an unexpected decision, there's a lot to think about when choosing the right nursing home for you or someone else. Many family members and caregivers prioritize location so they're able to check in and visit frequently, but there are many other important factors you may want to consider, too.

The comparison tool at Medicare.gov provides filtering options that allow you to personalize your results by sifting through the criteria that matter most to you, such as inspection results, number of beds, staffing data and more.

You'll be able to check out the nursing home's overall "star ratings." The information can serve as a guide of a provider's track record to help assist you with finding a home that best suits the person's needs.

Visit Medicare.gov/care-compare and services the tool and find health care providers and services in your area that fit your needs.

Paid for by the U.S. Department of Health & Human Services.



Caregiver Guide

Making decisions as a caregiver can be challenging but taking advantage of available resources can help you feel more confident in your choices.

For example, Medicare.gov allows you to find information about health care providers, hospitals, nursing homes, hospice, home health agencies, dialysis facilities, inpatient rehab and long-term care hospitals near you. The website also provides quality ratings, so you can see the provider or facility's history of service, among other details that help you make the most informed decision on behalf of the person you're helping.