

➔ TODAY'S VERSE

Matthew 7:2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.



➔ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Greg Nordhoff smile? "My family," said the 50-year-old Noblesville resident. He was found on Election Day in November 2022 working the polls, as a trained inspector at the First Presbyterian Church of Noblesville polling site. Election traffic? "Steady but not heavy. We had about 10 people come in right at 6 (a.m.) But outside of that, it's been a slow trickle." He is a sports marketing CFO. Born in Jasper, Ind., he moved to Noblesville for a job. He has a wife, Melissa, and two sons in college, Chris and Alex, at Purdue and Indiana universities. Hobbies? I play golf, not very well." Why he wanted to be an Election worker? "My dad ran the elections in southern Indiana when I was growing up. At this point, we're empty nesters, so I thought it would be a great time to start." Registered voters can early vote beginning today at the Hamilton County Government & Judicial Center and the Hamilton County 4-H Fairgrounds in Noblesville. Hours are 8 a.m. to 4:30 p.m. April 4-6, 10-14, 17-21, 24-28 and 9 a.m. to 4 p.m. Saturdays, April 22 and 29, and 8 a.m. to noon on Monday, May 1, at the Judicial Center and 9 a.m. to 4 p.m. April 4-6, 10-14, 17-22, 24-29, and 8 a.m. to noon May 1, at the Hamilton County 4-H Fairgrounds in Noblesville. Read more about early voting in the Betsy Reason column in today's edition of The Times.

And **Another Few Things...**

1. Executive Orders

Indiana Gov. Eric Holcomb signed an Executive Order declaring a disaster emergency for Sullivan and Johnson counties after the storms ripped through those communities last weekend. "First and foremost, my thoughts and prayers are with the families of those who have perished in this storm and all who are suffering losses because of this incident. I will remain in contact with emergency management officials as well as local officials in Sullivan and Johnson counties as we continue to assess the damage, and the Indiana Department of Homeland Security is actively engaging with FEMA to assess the damages from the incident."

2. Kroger Helps

If the images of the storm damage from last week across western and central Indiana inspire a desire to help, Kroger offers an option. Since cash may be the most important commodity to quickly address their needs, Kroger has stepped up to help. Cashiers can easily enter your contribution through a special "disaster relief" button on their registers. Many Kroger stores across Indiana and Illinois will take part in this charitable promotion.

3. Indiana 211 collecting March/April severe storm damage reports

Hoosiers impacted by the severe storms that occurred overnight on March 31-April 1, 2023, are asked to contact Indiana 211 to report damages and help with a damage assessment. To help establish a comprehensive assessment of damages, residents can call 211 or visit the Indiana 211 website. Agricultural damage should be reported to the Purdue Extension.

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Noblesville Lion Julia Kozicki Elected 25D District Governor



Photo courtesy of Noblesville Lions Club

Julia is first District Governor from Noblesville since Roy Kirk in 1965-66. On Saturday, April 1st, Lion District 25D had its convention at the Greentown, IN Lions Club. The Noblesville Club had 9 members attend, along with District Governor, Eric Schuman and International Director, Allen Snider. Julia Kozicki was elected as the District Governor for District 25D in East Central Indiana. She will take office at the International Convention in Boston in July. In Photograph: Noblesville Lion Attendees Duke Miller, Steve Shaw, George Long, Walt Scheid, Julia Kozicki, John Grimes, Jeff Kozicki, Jen Carr, and Tim Baker



The Times photo by Betsy Reason

Registered voters can early vote beginning today at the Hamilton County Government & Judicial Center and the Hamilton County 4-H Fairgrounds in Noblesville.

Early Voting Begins Today



BETSY REASON
Columnist

Any registered voter in Hamilton County can vote early in person beginning today.

It's easy. Just bring your photo identification to either the Hamilton County Government & Judicial Center or to the Hamilton County 4-H Fairgrounds, both in Noblesville.

Here's everything you need to know to vote for the May 2 Primary Election.

There are 101 primary candidates -- 82 Republicans and 19 Democrats -- running for election for a total of 58 seats.

I share the candidates for opposed offices:

-Carmel Mayor -- Republicans Kevin Woody Rider, Sue Finkam and Fred Glynn; and Democrat Miles Nelson.

➔See BETSY Page A6

Bicentennial Events In April



It's Jackson Township's Month! We can't list it all here, but check out some of what's going on:

- April 15 - Jackson Township History Tour
- April 19 - Hamilton Heights Sports Events - Arcadia
- April 21 - Day at Red Bridge Park - Cicero
- April 22 - Jackson Township Lantern Walk - Cicero
- April 22 - Vintage Baseball Match - Arcadia
- April 28 - Arcadia and the Hoosier Hot Shots - Arcadia
- April 29 - Jackson Township's Signature Event - Arcadia

Join the Bicentennial at a fun-for-all event with games, a parade that includes a recently restored 1960s fire engine, and the chance to have your family professionally photographed for free to record your own family history!

Times, locations, and MORE events all located on our event calendar! You don't want to miss it!

The Daily Almanac

Sunrise/Sunset
RISE: 7:21 a.m.
SET: 8:12 p.m.

High/Low Temperatures
HIGH: 82 °F
LOW: 55 °F

Today is...
• 404 Day
• Holy Tuesday
• Hug a Newsperson Day

What Happened On This Day

- 1975 Bill Gates and Paul Allen establish Microsoft. Microsoft has developed into a multinational corporation, and it is the world's largest software maker by revenue.
- 1969 Denton Cooley implants the first artificial heart. The machine kept patient Haskell Karp alive for 65 hours. He died before a human heart could become available.
- 1968 Martin Luther King Jr. is assassinated. The civil rights activist was killed by James Earl Ray. Ray, a segregationist, received a 99-year prison sentence. He died in jail in 1998.

Births On This Day

- 1928 Maya Angelou American author, poet, actress, director
- 1979 Heath Ledger Australian actor, director

Deaths On This Day

- 1968 Martin Luther King, Jr. American minister, activist, Nobel Prize laureate
- 2013 Roger Ebert American journalist, critic, screenwriter

Guerin Catholic First Week Of April

Monday, April 3
Used Uniform Collection Begins.

Tuesday, April 4
Regular Schedule

Wednesday, April 5
Regular Schedule

Thursday, April 6
Holy Thursday
11 a.m. Stations of the Cross

Friday, April 7
Good Friday, No School

Sunday, April 9
Happy Easter!!

Monday, April 10
Easter Monday, No School

➔ INSIDE TODAY

- Service Directory.....A3
- Casey Williams.....A4
- Brian Howey.....A4
- Dr. John Roberts.....A5
- Carrie Classon.....A5
- Kitchen.....A7
- Health.....A8

➔ OBITUARIES

None

➔ HONEST HOOSIER

Why do Monday always start so slow. TGIT!



➔ TODAY'S HEALTH TIP

Smoking does not relieve stress - it actually reinforces it. 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

"Man is the only animal that laughs and weeps; for he is the only animal that is struck with the difference between what things are and what they ought to be."
- William Hazlitt

➔ TODAY'S JOKE

What's a stepladder's favorite holiday?
April Stool's Day!

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



3 WTHR 7 DAY FORECAST

MON	TUE	WED	THU	FRI	SAT	SUN
72	55-82	65-73	41-57	35-60	41-63	44-70
PM SHOWERS	FLY BY	STRONG WINDS	DRIZZLE	WINDY	WINDY	WINDY

Letters

Daughter Thanks Guardian Angel

Dear Editor,
James Williams was on the phone with my mom while she was ordering a U-Haul. My mom started acting weird and ended up having a seizure while on the phone with him (she had never had one before). He stayed on the phone with me the whole time and was willing to walk me and my aunt Scotty through CPR if needed. Or call 911 if needed so I can help my

mom. He went above and beyond for us. It's safe to say that this man was a hero and an absolute guardian angel. It is very rare these days to find this in people. We thank God that he was who answered the phone for her. We thank you so much James. Words cannot describe how thankful we are for you.

Mykayla Gibbs (daughter of Jamey Gibbs Noblesville)



Photo courtesy of The Salvation Army

Volunteers Help In Aftermath Of Tornado Outbreak

When things look bleak-est, Hoosiers respond the most. The violent tornadoes that swept across Indiana last Friday destroyed homes and businesses. But since then, the Salvation Army has been coordinating response efforts since the early morning hours and is currently at work in three of the hardest hit counties in the state: Sullivan, Johnson, and Lake counties. These teams are providing immediate needs like food, hydration, and emotional and spiritual care. Those looking to support these disaster responses can give online at HelpSalvationArmy.org.

The Salvation Army of Sullivan, Indiana has mobilized disaster team members in response to Friday's tornado outbreak, which left destruction across the community and damaged or destroyed over 200 structures. During the overnight hours The Salvation Army immediately opened shelter at City Hall, serving four displaced families in the immediate aftermath of the storm.

Early Saturday morning The Salvation Army transitioned operational focus to feeding, hydration, and emotional and spiritual care across the impacted area. One mobile kitchen (canteen), located in the Silver Street Corridor, is providing meals those

in a high impact area. A second roving unit is providing meals to impacted regions deeper within the county. The Salvation Army has served nearly 250 meals in the first few hours of this incident and is staging resources and personnel at First Christian Church.

Michele Smith, the Sullivan County Service Extension Coordinator, shared, "We are all trying to get our feet under us, these early moments of the disaster are very fluid, and it is nearly impossible for us to get into the highest impacted areas until emergency crews are able to clear roadways. Our mobile kitchens are ready to deploy to those areas to support first responders and survivors. Until then we will continue to do what we always do; which is meet human need in Jesus's name." She went on to say, "The community has already been very generous to us in these early moments and truly the best way people can support us right now is through financial donations."

The Salvation Army of Sullivan is prepared to serve for as long as we are needed. With the feeding capacity of the mobile kitchen, the support of First Christian Church, and other faith communities The Salvation Army will do all it can to help

Sullivan recover from this disaster.

Sullivan County is reporting that at least 200 homes damaged, so The Salvation Army will focus on both immediate relief for those who are displaced and long-term assistance during the rebuilding process. The EDS team is currently set up at First Christian Church at 105 N. Broad Street, where they fed those who sought emergency assistance early this morning and are preparing meals for distribution out in the community today. An EDS canteen has been brought up from Evansville to provide mobile delivery of food and water to affected areas of the county.

In Johnson County, Majors Mike and Mary Thomas of The Salvation Army's Johnson County Red Shield Center are leading the EDS response. They have brought an EDS canteen donated by FedEx to a staging area in Whiteland, which is the community hit hardest by the storms. The canteen will serve as a mobile kitchen to provide food and hydration to emergency responders, utility workers, and displaced residents.

Bert Williams, Assistant Divisional EDS Director for The Salvation Army Indiana Division,

is serving as the PIO for our response in Lake County. The EDS team in Lake County is led by Capt. Bersabe Vera, Area Commander for The Salvation Army of Northwest Indiana. She is joined by Lt. Joshua Bowyer of The Salvation Army's Hammond-Munster corps and Capt. Gloria Pelayo of The Salvation Army's East Chicago corps.

For the latest updates, follow The Salvation Army Indiana Division's EDS team on Facebook at facebook.com/Emergency-DisasterServicesIndiana.

One hundred percent of monetary donations given to The Salvation Army Emergency Disasters Services is used for direct response in affected communities. To learn more about the EDS ministry and responses in the U.S. and around the globe, visit disaster.salvationarmyusa.org. To support The Salvation Army's disaster relief efforts across the state, call 1-800-SAL-ARMY or make a secure donation online at HelpSalvationArmy.org. One hundred percent of your donation will go to directly serve those impacted by this event. To learn more about the EDS ministry and responses in the U.S. and around the globe, visit disaster.salvationarmyusa.org

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Thanks for reading The Times!

Early Voting Locations Open On Tuesday, April 4th

Two early voting locations in Noblesville are set to open on Tuesday, April 4, with six other locations opening later on April 19. Dates, times, and locations are as follows:

Noblesville
Judicial Center, One Hamilton County Square, Noblesville
April 4-6 from 8:00 a.m. to 4:30 p.m.
April 10-14 from 8:00 a.m. to 4:30 p.m.
April 17-21 from 8:00 a.m. to 4:30 p.m.
April 22 from 9:00 a.m. to 4:00 p.m.
April 24-28 from 8:00 a.m. to 4:30 p.m.
April 29 from 9:00 to 4:00 p.m.
May 1 from 8:00 a.m. to 12:00 p.m.

Hamilton County Fairgrounds, 2003 Pleasant Street, Noblesville
April 4-6 from 9:00 a.m. to 4:00 p.m.
April 10-14 from 9:00 a.m. to 4:00 p.m.
April 17 from 9:00 a.m. to 4:00 p.m.

April 24-29 from 9:00 a.m. to 4:00 p.m.
May 1 from 8:00 a.m. to 12:00 p.m.

Carmel
Wilfong Pavilion, 11675 Hazel Dell Parkway, Building A, Carmel
Jill Perelman Pavilion, 3000 W 116th Street, Carmel
April 19-20 from 2:00 p.m. to 7:00 p.m.
April 21-22 from 10:00 a.m. to 3:00 p.m.
April 26-27 from 2:00 p.m. to 7:00 p.m.
April 28-29 from 10:00 a.m. to 3:00 p.m.

Fishers
Roy G Holland Memorial Park Building, 1 Park Drive, Fishers
Billericay Park Building, 12690 Promise Road, Fishers
April 19-20 from 2:00 p.m. to 7:00 p.m.
April 21-22 from 10:00 a.m. to 3:00 p.m.
April 26-27 from 2:00 p.m. to 7:00 p.m.
April 28-29 from 10:00 a.m. to 3:00 p.m.

Westfield

Westfield City Hall, 130 Penn Street, Westfield
Cool Creek Nature Center, 2000-1 E 151st St, Carmel
April 19-20 from 2:00 p.m. to 7:00 p.m.
April 21-22 from 10:00 a.m. to 3:00 p.m.
April 26-27 from 2:00 p.m. to 7:00 p.m.
April 28-29 from 10:00 a.m. to 3:00 p.m.

The deadline to request an absentee ballot is also nearing. Those wishing to vote absentee must submit an application by midnight on Thursday, April 20th. The form can be submitted electronically at www.indianavoters.com. You can also call 317-776-8476 and make a request for an application over the phone.

Once you have received your ballot and completed it as directed, you can submit your ballot by mail or return it in person. All mailed-in and dropped-off ballots must be received by the Elections Office in Noblesville on or before 6:00 p.m. on Election Day.

Attorney General Todd Rokita Warns Hoosiers Of Storm Scams During Severe Weather

With thunderstorms brewing, Attorney General Todd Rokita is warning Hoosiers to be wary of scams. With Spring storms, scammers will be out in full force trying to con Hoosiers out of their hard-earned money, and calling it clean-up, repair, or rebuilding.

“Hoosiers can protect their hard-earned money by asking questions, demanding a written contract, and doing old-fashioned research,” Attorney General Rokita said. “It can be tempting to accept help to fix damages to your home, but it’s crucial to take a step back and fully vet the contractor.”

Unfortunately, far too many dubious con artists appear on people’s

doorsteps, promise to make needed repairs, and then disappear with their victims’ down-payments in their pockets – never to return to do the work.

Attorney General Rokita is sharing the following tips to help Hoosiers avoid falling victim to storm-chasing scammers:

- Be skeptical of people promising immediate clean-up and debris removal.
- Know that FEMA doesn’t charge application fees. If someone wants money to help you qualify for FEMA funds, that’s probably a scam.
- Check out contractors’ reputations before enlisting their services.
- Ask for IDs, licenses,

and proof the contractor is both bonded and insured.

•Get more than one estimate for work.

•Don’t believe any promises that aren’t in writing.

•Never pay by wire transfer, gift card, cryptocurrency, or in cash.

•Don’t pay the full amount for the project up front.

Dealing with a disaster is never easy. But when scammers target people just trying to recover, the experience can become even more difficult. If you ever suspect a scam of any type, file a complaint at indianaconsumer.com or call Attorney General Todd Rokita’s office at 1-800-382-5516.

Indiana American Water Files Rate Request Driven By \$875 Million Investment

Indiana American Water filed a rate adjustment request today with the Indiana Utility Regulatory Commission (IURC) reflecting \$875 million in water and wastewater system investments to be made through 2025 to continue providing safe and reliable service as well as a significant increase in the cost of procuring chemicals, goods and services.

“Indiana American Water has made significant investments in aging infrastructure and its treatment and distribution facilities to ensure service reliability, water quality, and fire protection capabilities that help protect customers and the communities we serve,” said Indiana American Water President Matt Prine. “We also remain steadfastly committed to addressing the needs of our most vulnerable customers and have included components in our request to keep their rates affordable.”

In today’s filing, Indiana American Water is seeking to increase revenues over a phased, three step process through May 2025 that would result in \$86.7 million of additional annual revenue when fully implemented. If the company’s proposed rates are approved as requested, the bill for a typical residential customer using 4,000 gallons per month would increase approximately \$14 per month when rates are fully implemented in 2025. The company last

filed for new rates through a general rate filing in September 2018 and last implemented new rates in 2019.

The increases for residential wastewater customers will vary depending on the community served. Additional information on current rates is available on the company’s website at <https://www.amwater.com/inaw/customer-service-billing/your-water-rates>.

Results of a customer affordability study conducted as part of the filing demonstrate that the affordability of the company’s water and wastewater services as a comparison of monthly bills to monthly household income has steadily improved over the past decade and will remain affordable under the company’s proposed rates.

Recognizing that affordability may still be an issue for some customers, the company is proposing a new rate design that provides 1,500 gallons of water usage at no additional cost above the fixed monthly customer charge for all water customers. The proposed change would provide relatively low-cost basic water service for customers on fixed incomes that use a lower volume of water than the typical residential customer.

The filing also includes a proposed Universal Affordability Tariff to provide multiple tiers of discounts to address

the affordability needs of different levels of household income. Under the new rate structure, eligible households would receive monthly bill discounts of between 30 and 80 percent for water service.

The IURC’s rate review process offers multiple opportunities for customer involvement. Customers can participate through written comments, attendance at public input hearings, and consumer advocacy organizations that participate in the proceedings. For more information on the company’s rate proposal and to find out what actions customers may take, visit us online at <https://www.amwater.com/inaw/customer-service-billing/your-water-rates>.

For customers facing a financial hardship, Indiana American Water offers payment plans and budget billing. Indiana American Water also provides information to customers about the Low-Income Household Water Assistance Plan (LIHWAP). More information can be found by clicking on the Low Income Program link under the Customer Service & Billing heading on the company’s website or by clicking here. For tips on how to reduce your water bill by conserving water, visit our Wise Water Use page at <https://www.amwater.com/inaw/Water-Wastewater-Information/wise-water-use>.

April Is A Great Time To Move More

American Heart Association offers tips to inspire activity and enhance well-being

One in four U.S. adults are sitting for longer than eight hours each day, and this lack of activity is bad for mental and physical health. The American Heart Association, the leading voluntary health organization focused on heart and brain health for all, is urging adults to move more and sit less throughout the day. April, designated as Move More Month, is a great month to start.

“Staying active can help you feel, think, live and sleep better,” said Dr. William Gill, a cardiologist on the American Heart Association’s Indianapolis board of directors. “Most of us don’t get enough movement throughout the day, so we encourage people to move more. Start out with five minutes of movement and build from there, ideally getting to 30 to 60 minutes of aerobic activity per day. Walking is a great form of activity, but we have many other resources and ideas to fit everyone’s lifestyle.”

The American Heart Association’s Move More initiative, which encourages physical activity for better physical and mental health is a great time to commit to building in more activity. Here are some ideas to move more throughout the day:

- Schedule breaks. Avoid being sedentary for too long and set a reminder to move around for five minutes multiple times a day.
- Be creative. Find more ways to get up and off the couch by taking a walk around the house or doing a few push-ups between episodes of a TV show. If you have a pet, take breaks to play or take a walk outside. Active chores like vacuuming and tidying up clutter count, too.
- Put the screens on hold. Dedicate time each day for the whole family to unplug and take an active break. Take a walk, play a game of hide-and-seek inside or put on your favorite music for a dance party.
- Move more while working at home. Start reducing meetings by five minutes when

possible and use that time to incorporate active moments like doing some basic strength exercises like squats or crunches, moving to a different area to do a few stretches to break up your day, or make it a habit to stand every time you make or answer an e-mail.

•Find forms of exercise you like. To find a routine that you’ll stick with, experiment with at home workouts that fit your personality and schedule.

For adults, the American Heart Association recommends at least 150 minutes per week of moderate intensity aerobic activity such as brisk walking or gardening, or 75 minutes of vigorous intensity aerobic activity such as running or aerobic dancing, or a combination of both intensity level activities. In addition, the Association recommends two days of moderate-to-high-intensity muscle strengthening activity weekly, such as resistance training.

For additional physical activity ideas, visit www.heart.org/movemoretogether.

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Photos courtesy of Genesis

The Genesis G90, Motor Trend Car Of The Year, Is A \$100,000 Fusion Of Rock And Opera

Following his band's iconic performance during Live Aid at London's Wembley Stadium, Queen frontman Freddie Mercury had an idea. He wanted to perform a concert in Barcelona with Montserrat Caballe, one of the world's premiere opera singers. Barcelona-born Caballe was an unlikely duet partner for flamboyant Zanzibar-born Mercury, but this wedding of rock and opera made magic.

Transfer that ethos to four wheels and you have the Genesis G90, a Korean car born to rock traditional players from Germany and Japan. Genesis' enormous cross-hatch grille is flanked by twin strips of LED headlamps that extend into the front fenders, but its most enchanting elements are the gently rear-sloping beltline and upwardly angled windowline that give a sense of motion with contemporary formality. Add to those chiseled bodylines and narrow wrap-around taillamps – all placed over 21"

Likes:

- Cultured Style
- Divine audio
- Sublime driving experience

Dislikes:

- CarPlay/Auto not wireless
- Middling fuel economy
- Aspirational price

wheels. It's a unique, yet beautiful composition.

The G90's fusion of rock and opera continues inside where soft Nappa leather, sueded headliners, and sustainable wood veneers conspire with twin screen infotainment, wireless phone charging, and drenching 26-speaker Bang & Olufsen audio that recreates the acoustics of Boston Symphony Hall. Front seats heat, cool, and massage. Same for the rear. A "mood curator" adjusts ambient lighting, audio, and fragrance to your desire.

My daughter, who's expressed her own inner queen from the rear seats of some spectacular sedans, was impressed with the right rear extendable footrest, power window shades, panoramic

sunroof, and touch controls in the console. Rear seats even get their own climate setting and the air suspension has a chauffeur mode to insure nothing pierced her sanctuary.

Safety is paramount. Assisting drivers is a head-up display, adaptive cruise with steering inputs, and blind spot cameras. Automatic emergency braking, rear cross path detection, and lane keep assist help too. Going farther are ultrasonic rear seat detectors for kids and Safe Exit Assist that prevents passengers from stepping into traffic.

Mercury was known for his supercharged performances while Caballe was known for her smooth vocals. The G90's powertrain match-

2023 Genesis G90

Five-passenger, AWD Sedan
Powertrain: 3.5-liter SCV6, 8-spd trans
Output: 409hp/405 lb.-ft. torque
Suspension f/r: Air Ind/Ind
Wheels f/r: 21"/21" alloy
Brakes f/r: disc/disc
Must-have features: Style, Power
0-60 mph: 5.1s
Fuel economy: 17/24 mpg city/hwy
Assembly: Ulsan, Korea
Base/As-tested price: \$88,400/100,370

es both. In top trim, the G90 duets a 3.5-liter V6 with an electric supercharger. Shifted through an 8-speed transmission, the powertrain conjures 409 horsepower and 405 lb.-ft. of torque – plenty to raise the G90's prow as it traces fast motorways. Press gently to see 17/24-MPG city/highway.

It's a delightful car to drive across any stage. The air suspension wafts along on smooth roads, but can be clicked into Sport mode if you want a faster sprint. Rear wheel steering maneuvers The Queen Mary like a

compact in tight drive-ways. Getting a prized passenger in and out of a concert venue – or tight downtown parking – is effortless. When weather turns ugly, all-wheel-drive pushes through.

In the movie Bohemian Rhapsody, we're given a glimpse of a Rolls-Royce Silver Shadow taking Freddie Mercury to the Wimbledon concert. The Mercedes S-Class was arguably a better car, but the Rolls dispensed its past with unibody construction and streamlined body that predicted the brand's future. The G90 makes a similar



CASEY WILLIAMS
Auto Reviews

break from Genesis past, earning it Motor Trend's 2023 Car of the Year while employing panache and tech that equally satisfies a rock star or opera diva.

You may need their incomes to afford the G90's base price of \$88,400 or, a-hem, \$100,370 as-tested. Competitors like the Mercedes-Benz S-Class, BMW 7-Series, Audi A8, and Lexus LS cost considerably more. Storm Forward!

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

Lack Of Competitive Politics Now Hitting City Halls



BRIAN HOWEY
Howey Political Report

Indiana's political scene is in distinct decline. Our congressional races are no longer competitive in General Elections, whereas in past decades there would be half a dozen or so of seat changes between Republicans and Democrats. Since the 2011 reapportionment, not a single congressional incumbent has been upset.

Our General Assembly has become lop-sided. For the first time since the Democrat/Republican two-party system took root in 1856, one party (the Republicans) have had super majorities in both the House and Senate since the 2014 election. That's an unprecedented five election cycles, and counting. The districts are so unbalanced that I will be amazed if this doesn't continue until the

2031 maps.

We've seen the constitutional Statehouse races become dominated by Republicans, with the last Democrat victory there coming in 2012. We've watched the GOP dominate at the county level, with Indiana Republican Chairman Kyle Hupfer telling me that his party controls about 90% of county courthouse offices.

Now we are watching this lack of a robust election races coming to city halls across the state.

What jumps out after the Feb. 4 filing deadline is how many uncontested mayoral races there are during this 2023 cycle, including cities like Kokomo and Elkhart that have had competitive races in recent cycles. There are at least 35 cities where only Republican candidates have filed, including Jeffersonville, Noblesville, Bedford and Columbus. There are 10 cities where only Democrats have filed for mayor, including Hammond, Elkhart, Lafayette, West Lafayette.

When I was a reporter at the Elkhart Truth, the one guaranteed election cycle which would be interesting was the mayoral

one, where Democrats and Republicans routinely traded that office. In 2019, Democrat Rod Roberson succeeded Republican Tim Neese. He followed Democrat Dick Moore. In 1999, Republican Dave Miller upset five-term mayor Jim Perron by 1,400 votes.

In Kokomo, Democrat Greg Goodnight won the mayoral election in 2007 and held the post for three terms. In 2019, Republican Tyler Moore defeated Democrat Abbie Smith with just under 70% of the vote. With the 2023 election filing deadline last Friday, there are only two Democrat council candidates, and none for Kokomo mayor or city clerk.

Unless a party slates a candidate by noon July 3, this means that Republican incumbent Mike Moore in Jeffersonville, Dave Wood in Mishawaka and Democrat incumbents Tony Roswarski in Lafayette, Rod Roberson in Elkhart and Tom McDermott in Hammond will have no challengers.

The situation in West Lafayette is intriguing. Four-term incumbent Republican Mayor John

Dennis is not seeking reelection and has endorsed Democrat Erin Easter. She is the only mayoral candidate filed.

According to independent journalist Dave Bangert, who published at the Based in Lafayette substack site, Mayor Dennis pushed Easter to run and introduced her at her campaign announcement. There are rumblings about Republicans slating someone after the primary. West Lafayette has been "hard blue" since 2016, outside of Dennis, who is Republican in name only.

When Gov. Eric Holcomb gave Mayor Dennis a Sagamore of the Wabash honor, Dennis dead-panned, "Leave us alone," before launching into a discussion about cooperation and faith in each other in ways that didn't lean on party affiliation. Dennis later said he didn't "understand that horse and elephant thing very much."

Lafayette Mayor Tony Roswarski, a Democrat, reminded him it was donkey for Democrats, not a horse. "Really? It is an elephant, though, right?" Dennis said.

The irony is that while Indiana is losing its competitive political dynamic at the federal, state and local levels, there is a move afoot to politicize school board races.

According to the Associated Press, Indiana Republicans forged ahead Wednesday with a proposal that would upend the current nonpartisan school board elections across the state despite opponents arguing the change would further inject politics into local schools. The Indiana House Elections Committee voted 6-4 along party lines to endorse a bill to establish a system allowing a decision by each of the state's nearly 300 school districts on whether to require candidates to declare a political party. Each district's decision would be made through either a voter referendum or school board vote. It would be up to those votes whether candidates would be required to win a party's May primary in order to appear on the November general election ballot.

During testimony, State Rep. Alan Morrison (R-Brazil) said it's about

local control. "There are some communities that want this and there are some communities that don't," Morrison said, according to Indiana Public Media. "Through this amendment, they will be able to make that choice."

State Rep. Tonya Pfaff (D-Terre Haute) said the entire concept is unnecessary. "I've not had any constituent come up and say that they thought this was a good idea, either local control or period," Indiana Public Media quoted Pfaff as saying.

What we are witnessing here in this era is a one-party dominance is the loss of political discourse. This comes while there is push by General Assembly lawmakers to begin the instruction of civics into our high schools. In the old days, that meant participating in dynamic General Election races between two major parties in three out of every four November's.

We're losing that. I'm not sure where all of this will lead us.

The columnist is managing editor of Howey Politics Indiana/State Affairs at StateAffairs.com/pro/Indiana.

Hot Flashes And Other Changes Having A Lot Of Dog Friends



JOHN R. ROBERTS, M.D.
Hamilton Health

ovaries, the estrogen level drops rapidly and she develops "surgical menopause."

One of estrogen's biochemical targets in the body is the hypothalamus, a collection of nerve cells found at the base of the brain. One of the jobs of the hypothalamus is to regulate body temperature via the autonomic nervous system. Autonomic nerves cause blood vessels in the skin to either expand (vasodilation) releasing heat from the body, or to constrict (vasoconstriction) which helps to conserve heat.

Blood levels of estrogen are in constant flux in and around menopause. This gives the hypothalamus confusing signals, resulting in vasodilation at inappropriate times. This increases blood flow to the skin that causes the warmth, sweating, and flushing that is typical of a hot flash.

This also explains the problems many women have with night sweats. The level of circulating estrogen in the body is usually lowest during sleep. This, on top of the already low level of estrogen in menopause, triggers the hypothalamus to cause vasodilation. Hot flashes at night can result in poor sleep that likely contributes to irritability described by many women. Lack of sleep can also cause cognitive difficulties with concentration and memory.

The most effective treatment for hot flashes is replacement of estrogen. Taking estrogen after menopause is associated with a slight increased risk of breast cancer (depending on length of exposure) and does increase the risk

for cancer of the uterus if it is not taken with progesterone. Estrogen has also been shown to increase the risk of cardiovascular disease (heart attack and stroke) if taken for an extended period of time, particularly in women who smoke.

Current science suggests that estrogen replacement is probably safe for about the first five years after menopause in low risk women who have intolerable hot flashes. Women who have a history of breast cancer, undiagnosed vaginal bleeding after menopause, severe liver disease, or a history of blood clots should not take estrogen. Smoking also increases a woman's risk of complications. Any woman who decides to take estrogen should take it at the lowest effective dose for the shortest period of time.

Some herbal preparations may be somewhat helpful with hot flashes. The most popular one is black cohosh, a member of the buttercup family. There have not been many well designed studies to assess its effectiveness but anecdotal evidence seems to indicate it may be helpful and probably not harmful. If a woman is interested in using it, I usually recommend Remifemin[®] which is a standardized preparation. Recall that herbs are not regulated by the FDA. Some antidepressant medications can also be helpful. The one that seems to work the best is venlafaxine or Effexor[®].

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

My husband, Peter, is trying to impress a local collie.

Peter knows better than this. He had a collie for many years. Collies are not easily impressed. They have their own priorities and their own agenda and if it happens to coincide with yours, you can pretend they did something on your behalf—but you'd be lying to yourself.

But Peter still loves collies. The current object of Peter's affection is named Lasso and lives on a road Peter takes every day on his hike.

Peter met the collie one day when the dog was sticking his head through the curtains. Peter learned his name from the collie's owner, and went on to assume he and the collie would be fast friends. Every day, as Peter walked by, he called out, "Lasso!" and the collie ignored him. So Peter decided he would start bringing treats.

Peter brought a cookie and put it on the windowsill. The collie did not come. On the way home, Peter checked the windowsill. The cookie was gone. Peter did this for several days running.

"Maybe Lasso's owner is finding the cookies," I said. "Maybe he is throwing them away!" Peter was not convinced.

Then one day, Lasso was at the window. Peter gave him a cookie. Lasso ignored it. Peter put it down on the sill. Lasso poked it with his nose. He eventually ate it, but did

not seem excited.

"I don't think Lasso likes cookies," Peter concluded. The next day, he went out and bought corn chips.

"If he didn't like cookies, he's not going to like corn chips!" I told Peter. "He's waiting for organic sun-dried beef chips." Peter looked as if he was considering this.

"I could take chicken," he said.

"You can't take chicken on your hike!" I figured there wasn't much Peter wouldn't do to capture this dog's affection.

Then Peter had an idea. "Popcorn! Dogs love popcorn even more than beef!"

Peter packaged up some popcorn and put it in his backpack. "Lasso!" he called. The dog did not answer. Peter left popcorn on the windowsill. On his way down, he checked. The popcorn was still there, but one piece had been moved. It was now in tiny, wet pieces. Apparently, Lasso did not like popcorn either.

Some dogs will do anything for affection. Some dogs will give you affection once they figure you've earned it. And some dogs are always going to play hard to get. I had a feeling that Lasso might not be in the market for more friends, but I didn't want to break this to Peter.

And even though it sounds funny, it's still a little sad. I've been ignored and ghosted by



CARRIE CLASSON
The Postscript

folks I thought were my friends. I realized—a little too late—they were not actually my friends. They already had friends, and I wasn't one of them. It doesn't matter if it's a dog or a person. The realization still hurts.

"You have lots of dog friends," I reminded Peter.

And he does. There is Reacher, who he calls the "Reacher Creature," a giant dog who jumps up in delight when he sees Peter. There is Bucky, who has very short legs and lies down on the sidewalk when Peter talks too long with Bucky's owner. There are several tiny dogs who walk on his route every day and bark in excitement every time Peter goes by. And somewhere, just behind the curtains of his home, is Lasso, ignoring Peter every day.

"Lasso doesn't know what he is missing," I told Peter. And he doesn't.

Till next time,
Carrie

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

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BETSY

From Page A1

-Carmel City Council -- District Northwest, Republicans Sheldon Barnes, Danny Niederberger and Ryan Locke; North Central, Republicans Leah York, Teresa Ayers and Chuck Ford, and Democrat Courtney Culver; South Central, Republican Anthony "Tony" Green and Democrat Jessica Irvine; Northeast, Republicans Jason Engle and Shannon Minnaar; Southeast, Republican Adam Aasen and Democrat Jeremy Eltz; West, Republicans Ven Tadikonda, Loren Matthes and Democrat Anita Joshi; and At-Large (vote for 3), Republicans Rich Taylor, Matthew J. Snyder, Jeff Worrell and Jonathan K. Blake, and Democrats Jake Madore and Sara Draper.

Fishers Clerk -- Republicans Jennifer L. Kehl and Rachel Segars and Democrat Janet Pritchett.

Fishers City Council -- District Northwest, Republican Selina Stoller and Democrat Bill McLellan; North Central, Republican John P. DeLucia and Democrat Crystal Neumann; South Central, Republican John W. Weingardt and Democrat Lane Skeeters; Southwest, Republican David Giffel and Democrat Bill Stuart; Northeast, Republican David DeReamer and Democrat Samantha R. Chapman; At-Large (vote for 3), Republicans Tiffanie Ditlevson, Cecilia Coble and Todd Zimmerman and Democrats Howard Stevenson and Jocelyn Vare.

Noblesville Common Council -- District 5, Republicans Dave Johnson and Rocky Shanehsaz; and At-Large (vote for 3), Republicans Darren Peterson, Mike Field, Nick Gomillion, Pete Schwartz and Evan Elliott and Democrat Paula Jo Gilliam.

Westfield Mayor -- Republicans Scott Willis, Kristen Burkman and Jake Gilbert.

Westfield Clerk-Treasurer -- Republicans Marla Ailor and Tonya F. Hyatt.

Westfield City Council -- District 1, Republicans Jon Dartt and Mark F. Keen; District 2, Republicans Victor McCarty and Andrew Bouse; District 3, Republicans Joe Duepner and Justin C. Griffiths; District 4, Republicans Patrick T. Tamm and Scott Frei and Democrat Alexis Lowry; District 5, Republicans Noah Herron and Mike Johns; At-Large (vote for 2), Republicans Kurt J. Wanninger, Chad Huff and Brian Tomamichel and Democrat Gary Lane.

Atlanta Town Council District 2 -- Republican Timothy Johnson and Democrat Jody Price.

Cicero Town Council District 2 -- Republicans Chad Blueher and Emily K. Pearson.

Sheridan Town Council District 1 -- Republicans David W. Kinkead, Cleova M. Brown and John A. Brandenburg.

Registered voters can vote absentee by mail in the Primary Election if they meet the requirements and complete an application by April 20. Ballots may be returned in person by voter or a family member, or be returned by mail to the Hamilton County Election Office.

Election administrator is Beth Sheller.

Registered voters can early vote at these times and locations:

-8 a.m. to 4:30 p.m. April 4-6, 10-14, 17-21, 24-28 and 9 a.m. to 4 p.m. Saturdays, April 22 and 29, and 8 a.m. to noon on Monday, May 1, at the Hamilton County Government & Judicial Center in downtown Noblesville.

-9 a.m. to 4 p.m. April 4-6, 10-14, 17-22, 24-29, and 8 a.m. to noon May 1, at the Hamilton County 4-H Fairgrounds, 2003 E. Pleasant St. in Noblesville.

-2 p.m. to 7 p.m. Wednesdays and Thursdays, April 19-20 and 26-27; 10 a.m. to 3 p.m. Fridays and Saturdays, April 21-22 and 28-29, at these locations: Wilfong Pavilion at Founders Park, 11675 Hazel Dell Parkway, and Jill Perelman Pavilion, 3000 W. 116th St., in Carmel; Roy G. Holland Memorial Park, 1 Park Drive, and Billericay Park Building, 12690 Promise Road, in Fishers; and Westfield City Hall, 130 Penn St., and Cool Creek Nature Center, 2000-1 E. 151st St., Westfield.

-Election Day is from 6 a.m. to 6 p.m. May 2.

Deadline to register to vote was Monday. Find everything that you need to know -- including voting location -- at www.indianavoters.in.gov.

With nearly 200 voting precincts for Election Day, find your polling location at www.hamiltoncounty.in.gov/219/electionoffice, where registered voters will also find precinct and district maps, current election information, instruction on how to vote early in person or by absentee ballot, also candidates' campaign finance reports, poll worker training information and other candidate resources. Election board members include Ray Adler, Republican; Greg Purvis, Democrat; and Kathy Kreag Williams, clerk and secretary of the board.

For more information or to find a polling location, call the Hamilton County Election Office at 317-776-8476.

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

CenterPoint Energy Recognizes April As National Safe Digging Month

In observance of National Safe Digging Month, CenterPoint Energy encourages customers to keep safety top-of-mind when planning for digging projects. Projects such as installing a garden, pool, fence or water sprinkler system require digging and the need for customers to call 811.

Digging without knowing the approximate location of underground utilities can result in serious injury or death, inconvenient service disruptions, and costly fines and repairs. Hitting underground natural gas, electric, communications, water and sewer lines while digging can have a major impact on communities and businesses. Making a free request before digging at www.811beforeyoudig.com or by calling 811 can help maintain the safety of everyone who digs, as well as the essential utility services in their communities.

"It is essential that

anyone who plans to dig, regardless of how shallow the project might be, contact 811 beforehand to have buried utilities marked to allow for safe digging," said Shane Alexander, Director of Damage Prevention at CenterPoint Energy. "Callers should contact 811 a few days prior to the start of their digging project to give surveyors enough time to reach the site and mark the area."

In addition to working on projects themselves, homeowners often hire a contractor to complete digging projects on their property. If a contractor is completing the project, it is recommended the homeowner ensure the area has been marked prior to the start of the project. The homeowner is advised to let the contractor know work cannot begin until the area has been marked. Either the homeowner or contractor should place a request online or call 811.

Private owned lines are not located by the utility. If the property owner has private owned lines servicing a sprinkler system or outdoor appliance, the property owner is responsible for ensuring these lines are marked.

CenterPoint Energy encourages everyone to take the following steps when planning a digging project:

- Always contact 811 a few days before digging, regardless of the depth or familiarity with the property.
- Plan ahead. Make a free 811 request on Monday or Tuesday for work planned for an upcoming weekend, providing ample time for the approximate location of lines to be marked.
- Confirm that all lines have been marked.
- Consider moving the location of your project if it is near utility line markings.
- If a contractor has been hired, confirm the contractor has contacted

811. Don't allow work to begin if the lines aren't marked.

•Visit www.811beforeyoudig.com for complete information.

Those calling 811 are connected to a local 811 center that will take the caller's information and communicate it to local utility companies. Professional locators will then visit the dig site to mark the approximate location of underground utility lines with spray paint, flags or both. Once a site has been accurately marked, it is safe to begin digging around the marked areas.

In the case of a hit pipeline, leave the area immediately. Once in a safe location, report the leak by calling the CenterPoint Energy utility emergency line at 800-227-1376.

Additional information about pipeline safety can be found at www.centerpointenergy.com/callbeforeyoudig.

Tornado Relief Update: The Salvation Army Indiana Division

The Salvation Army Indiana Division's tornado relief response continued through the weekend after at least 17 confirmed tornadoes swept through that state on the evening of March 31.

Emergency Disaster Services teams deployed to Sullivan, Johnson, and Lake counties have been focused on immediate needs, such as food, hydration, and emotional and spiritual care, but are coordinating with local government and other organizations in preparation for long-term casework to help families get back on their feet. Those looking to support these disaster responses can give online at HelpSalvationArmy.org.

In these early days of clean-up, providing care to utility workers in all three of these counties has been an important piece of The Salvation Army's response.

"While our teams were careful to keep a safe distance from electric crews while they were working, they did end up serving work crews who saw them and approached our teams seeking hydration and snacks," shared Major Mike McKee, Divisional Director of Emergency Disaster Services. "Our firm policy is to never distract, interfere with, or approach work crews doing their often dangerous jobs. We serve everyone who recognizes us and comes seeking refreshment or a listening ear and emotional support."

JOHNSON COUNTY

In Johnson County, Majors Mike and Mary Thomas of The Salvation Army's Johnson County Red Shield Center have been on the front lines with their team. Over the weekend they were able to travel throughout the county in a mobile kitchen (FedEx canteen) to reach storm victims, utility workers, and emergency crews. They helped 700 individuals, providing 400 meals, 605 drinks, and 1,200 snacks. The unique Emotional & Spiritual Care (ESC) training that Salvation Army officers and volunteers receive also brings comfort and prayer to those who are despairing.

The Salvation Army is partnering with The United Way of Johnson County, Indiana Red Cross, and area churches to coordinate services to the community. They are also set up at the Greenwood Middle School shelter and will be out again today in a Salvation Army vehicle delivering assistance to affected neighborhoods. Many thanks go out to Pizza Hut in Franklin, Long's Donuts, and Rise'n Roll Bakery for donating food that could go out into the community.

Donations of shelf-stable food, household items, and toiletries can be dropped off at the Red Shield Center, located at 325 Market Plaza in Greenwood, from 10:30 a.m. until 3:30 p.m. this week. Clothing items

are not needed, but cash donations are much appreciated as they can be used to help families with larger needs. Donate online by visiting HelpSalvationArmy.org or texting the word HOOSIER to 24-365.

SULLIVAN COUNTY

The FedEx EDS canteen was relocated to Sullivan County on Sunday so that The Salvation Army of Evansville's canteen in service on Saturday could return to its community in preparation of additional storms anticipated this week. New equipment is being sent to Sullivan County to assist with the large-scale response efforts there. More than 560 meals were delivered to residents and workers over the course of the weekend. Food is continuing to be prepared at First Christian Church and delivered via the EDS canteen. Domino's has also donated pizza to help with lunch today.

The Salvation Army in Sullivan County does not have the capacity to handle donations of goods at this time, but monetary donations are much needed. First Financial Bank has set up Salvation Army Red Kettles at all three bank branches in the county and are collecting donations for relief efforts. Case management will be vital in this community over the next several weeks and months, so the EDS team is preparing to work with residents to determine their long-term needs.

This will begin as soon as the damage assessment report is available for the county.

LAKE COUNTY

The EDS team in Lake County, led by Capt. Bersabe Vera, Area Commander for The Salvation Army of Northwest Indiana, has focused its efforts on the cities of Merrillville and Gary, which were hardest hit by Friday's storms. The EDS canteen has been out of affected neighborhoods offering support and sustenance to residents and workers.

Additional assistance can be found at The Salvation Army Gary-Merrillville Corps Community Center, located at 4800 Harrison Street in Gary. We are scheduling households to come in for food and household goods from our pantry at that location and helping to get residents connected with other local assistance. Call 219.239.2426 for additional information.

For the latest updates, follow The Salvation Army Indiana Division's EDS team on Facebook at facebook.com/EmergencyDisasterServicesIndiana.

One hundred percent of monetary donations given to The Salvation Army Emergency Disasters Services is used for direct response in affected communities. To learn more about the EDS ministry and responses in the U.S. and around the globe, visit disaster.salvationarmyusa.org.

PUBLIC NOTICES

NOTICE TO BIDDERS

Notice is given by the Board of Commissioners of Hamilton County, Indiana, that they will receive bids to rent two enclosed buildings located at the Hamilton County 4-H Center at 2003 East Pleasant Street, Noblesville, Indiana, for storage of materials during the 2023-2024 winter season, beginning October 1, 2023 through May 1, 2023. The buildings are the swine barn which is 60' by 144' or 8,640 square feet; and the cattle barn which is 60' by 210', or 12,600 square feet. Said buildings will be rented in their present condition without any warranties, express or implied. Any questions concerning the renting of said building should be addressed to Lisa Hanni at the Purdue University Cooperative Extension Service, (317) 776-0854.

Bidders shall submit sealed bids to the Office of the Hamilton County Auditor at 33 N. 9th Street, Suite L21, Noblesville, Indiana, in the basement of the Historic Courthouse on or before 11:30 a.m. on April 24, 2023. After 11:30 a.m. they can be delivered to the Commissioners Courtroom, One Hamilton County Square, Noblesville, Indiana until the time of the bid opening. Those bids shall contain the following:

- A clear designation on the outside of the bid envelope of 4-H RENTAL Bids.
- A Cashiers or Certified Check in the amount of Five Hundred Dollars (\$500) payable to Hamilton County, Indiana.
- The name, address, home, and business phone number of the bidder.
- No bid under \$13,200 will be considered.

The bid shall be opened and read aloud during the meeting of the Board of Commissioners of Hamilton County on or after 1:00 p.m. on April 24, 2023.

The successful bidder shall be expected to tender to the County one-half of the bid amount on or before October 1, 2023, with the balance of the bid amount due and owing on December 1, 2023.

All unsuccessful bidders shall have their Five Hundred Dollars (\$500) deposit check returned. A successful bidder who fails to complete his rental agreement shall forfeit his Five Hundred Dollars (\$500). The Five Hundred Dollars (\$500) will be held as a damage deposit until the buildings are vacated at the end of the rental term.

Any persons desiring an opportunity to inspect the building(s) prior to submission of a bid and to review the proposed Rental Agreement may contact Ms. Lisa Hanni, Purdue University Cooperative Extension Service at (317) 776-0854.

s/s Robin M. Mills, Auditor
Hamilton County, Indiana

TL20257 4/4 4/11 2t hsp/pxp

TUESDAY

In The Kitchen

Tuesday, April 4, 2023

A7

Enjoy Better-for-You Foods Focused on Flavor

FAMILY FEATURES

From salads and snacks to breakfast, lunch and dinner, rounding out a full menu of healthy meals shouldn't be a chore. In fact, you can still enjoy your favorite flavors and tickle your taste buds with nutritious recipes that capitalize on powerful ingredients you actually want to eat.

A fruit-forward breakfast is a nutritious way to start your morning, and a fresh twist on pasta salad can make lunches or your evening side an enjoyable way to stay on track. Bowls filled with grains, veggies and a favorite protein are all the rage, and this seafood-fueled version is no exception when you're craving a combination of your personal favorites.

Take your better-for-you eating plan from bland and boring to delightfully delicious by visiting Culinary.net for more recipe inspiration.

Eat Smart with Seafood

No matter if you're searching for a healthy family dinner, a quick lunch at home or an easy idea to meal prep for the week ahead, these Orange Shrimp Quinoa Bowls are perfect for seafood lovers who also enjoy a hint of spice. Fresh, healthy and full of deliciously prepared shrimp, these bowls are also loaded with mushrooms, peppers and cucumbers.

The homemade sauce is light with a sweet yet spicy vibe. Resting over a cup of steamy quinoa for a filling base of healthy grains, it's a quick and easy recipe you can customize with favorite toppings like sesame seeds and cilantro.

Find more wholesome, health-forward recipes at Culinary.net.



Orange Shrimp Quinoa Bowls

Orange Shrimp Quinoa Bowls

Servings: 2

- 1 cup quinoa
- 1 cup orange juice
- 1 tablespoon hot sauce
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 4 tablespoons vegetable oil
- 1 tablespoon lime juice
- 1 tablespoon white miso
- 1 1/2 pounds shrimp, peeled, deveined and tails removed
- 1/4 cup butter
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 cucumber, sliced into half moons
- 5 green onions, sliced
- 1 avocado, sliced
- 1 teaspoon sesame seeds
- 2 tablespoons cilantro, chopped

Cook quinoa according to package instructions. Set aside.

In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour 1/4 of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

Drizzle with reserved dressing.

Start the New Year with a Savory Salad

Starting the new year with fresh intentions, whether you're trying to reset for 2023 or simply add more greens to your meals, begins with delicious, nutritious and easy recipes.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, Fresh Express provides plenty of inspiration, information and incentives to help you achieve your goals. For example, this Pesto Pasta Salad features red lentil rotini and Twisted Pesto Caesar Chopped Salad Kits loaded with a fresh blend of crisp iceberg and green leaf lettuces, crunchy garlic brioche croutons, Parmesan cheese and creamy pesto dressing. Add fresh grape tomatoes and toasted walnuts for a simple side or easy lunch that can be made ahead of time.

Discover more fresh recipe ideas at FreshExpress.com.

Pesto Pasta Salad

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 6

- 1 quart cooked red lentil rotini
- 2 packages (9 1/2 ounces each) Fresh Express Twisted Pesto Caesar Chopped Salad Kits
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup grape tomatoes, halved
- 1/2 cup walnuts, toasted

Prepare red lentil rotini according to package directions; cool 15 minutes.

In bowl, mix rotini and one dressing packet from salad kits. Sprinkle with salt and pepper; mix well. Refrigerate, covered, 30 minutes, or until rotini is cold.

In large bowl, mix lettuce from both salad kits with remaining salad dressing package. Add rotini and tomatoes; toss to combine. Sprinkle with garlic brioche croutons and shredded Parmesan cheese from salad kits and walnuts.

Substitution: Traditional rotini can be used for red lentil rotini.



Pesto Pasta Salad



Brunch Fruit Tart

A Fruity Twist on Breakfast

Whether it's a weekend celebration or a simple morning bite on the go, it's often said breakfast is the most important meal. Starting off your day with some fruity nutrition is a sweet way to add vitamin C to your diet without skimping on flavor.

With a tasty granola crust and yogurt filling, this Brunch Fruit Tart is an easy way to impress guests or fuel your morning at the office. Balanced and easy to make, the crunchy crust and smooth center make it an enjoyable addition to at-home menus. This version calls for strawberries, blueberries and kiwi, but you can get creative with your own favorite fruits for a different flavor each time you make it.

Visit Culinary.net to find more nutritious breakfast ideas.

Brunch Fruit Tart

Recipe adapted from homemadeinterest.com

Crust:

- 4 cups granola mixture
- 1/2 cup butter, softened
- 4 1/2 tablespoons honey
- nonstick cooking spray

Filling:

- 2 1/4 cups vanilla Greek yogurt
- 8 ounces cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 package gelatin

Toppings:

- strawberries, sliced
- blueberries
- kiwis, sliced

To make crust: Preheat oven to 350 F.

In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper.

Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour. Top with strawberries, blueberries and kiwis.

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TUESDAY

Health and WELLNESS

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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.

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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.