

➤ TODAY'S VERSE

Deuteronomy 6:4-5 Hear, O Israel: The Lord our God is one Lord: And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with thy might.



➤ FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Michael Harrison smile? "I'm 74 years old and still sitting here," said the Arcadia resident, an antique car buff who was found on Labor Day 2020 at Cicero Parks' annual Red Bridge Park Car Show...

And Another Few Things...

1. Mourning Loss Of Noblesville Officer

Noblesville Mayor Chris Jensen issued a short statement about the death of Noblesville Police Department Patrol Officer Levi Adkins.

"It is with great sorrow that I announce the Noblesville Police Department (NPD) had the untimely passing of one of its officers. Patrol Officer Levi Adkins passed away in his residence Saturday evening.

2. Options Noblesville To Host Student Job Fair On May 12

On Friday, May 12, Options Schools will host a Student Job Fair to offer local companies the chance to present opportunities for employment, education & career training and more, to Options Schools students.

The event is limited to current Options students from 2 p.m. - 3 p.m., and from 3 p.m. - 5 p.m. the Job Fair will be open to new Options students, families, and community members.

For more information on the Student Job Fair, or to register as a participant or attendee, contact Thomas Yazell at tyazell@optionsined.org.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Photo courtesy of Hamilton Heights Highschool. Taken by Jen Kauffman

Hamilton Heights' senior Steven Case has signed a letter of intent to run track and cross country for the Indiana University Kokomo Cougars in Kokomo, Indiana.

Case Signs To Run Track And Cross County For Indiana University Kokomo

Steven Case, Hamilton Heights' senior, has signed a letter of intent to run track and cross country for Indiana University Kokomo this fall.

After being approached by a member of IUK's track and cross country team during his first cross country meet of the season, Cass, a member of the Hamilton Heights High School Honor Society, took a closer look at IUK.

Case, who has been running cross country since the 6th grade, is as strong on the field as he is in the classroom earning awards and recognitions for his performance.

track and cross county 2021-22; Most Valuable runner in cross country 2022-23; named to the All-Conference Team in cross country his junior and senior years;

He really began to kick up his game as a sophomore when he ran an 800 in 2:19. The following year, he dropped his cross country time by 2:30, down to 17:13 and his 800 time down to 2:00.39.

"Steven is one of those quiet leaders in his sport," said HHHS Athletic Director, Kurt Ogden "He gradually improved his times over the course of his high school cross country career, all due to the hard work

and dedication he put into running. He has been an outstanding role model in the classroom and also in athletics.

"The biggest influence on my running development has been HHHS Cross Country Coach Bill Trachtman. "He has been helping me build my confidence in the sport since the moment I started to put in effort," he recalled.

Fishers Student Stars In "Much Ado About Nothing" At Cedarville University



SAM ACOSTA

This April, Cedarville University's theatre department will perform its adaptation of one of William Shakespeare's best-loved comedies: "Much Ado About Nothing."

Tickets can be purchased online or at the information desk in

the Stevens Student Center. This classic comedy uses themes of suspicion and loyalty, deception and honor, jealousy and true love, to weave together the humorous story of how two couples find love - whether they want it or not.

Shakespeare's plays are often set in time periods other than the original Elizabethan Era of the late 1500s. Cedarville's production pays homage to the Regency Era, primarily in its influence of design, which is also mixed with more contemporary elements.

The process of adapting this

play began in the spring of 2022, in the Performing Shakespeare class taught by Stacey Stratton, assistant professor of theatre and director of the production.

"With this play, we're looking to serve both the original work and the contemporary audience," said Stratton. "By strengthening themes that are appropriate for our audience, this adaptation focuses on a simple plot that allows the characters to feel more relatable."

➔See ACOSTA Page A5

The Daily Almanac

Sunrise/Sunset RISE: 7:00 a.m. SET: 8:26 p.m.

High/Low Temperatures HIGH: 66 °F LOW: 33 °F

Today is...

- Holocaust Remembrance Day
Income Tax Pay Day
Piñata Day

What Happened On This Day

- 1951 The European Coal and Steel Community, a precursor of the European Union, is established.
1949 Ireland becomes an independent republic.
1906 A massive earthquake destroys San Francisco.

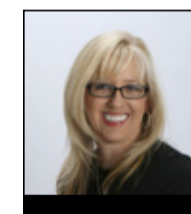
Births On This Day

- 1964 Niall Ferguson Scottish historian
1971 David Tennant Scottish actor

Deaths On This Day

- 1955 Albert Einstein German/American physicist, Nobel Prize laureate
2012 Dick Clark American television host, producer, founded Productions

Tax Day Mostly Needless Worry



BETSY REASON From The Editor's Desk...

Founding father Benjamin Franklin once said, "In this world, nothing is certain but death and taxes."

Well, today is Tax Day. Income taxes are due by midnight.

While taxes are usually due on April 15, this year's deadline was moved back, three days, to April 18, because Tax Day can't occur on Saturdays or Sundays.

➔See BETSY Page A5

➤ INSIDE TODAY

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➤ OBITUARIES

Harold J. "Joe" Jones Jr.
Sandra "Sandy" Kay McMahon

➤ HONEST HOOSIER

It's tax day. Do you know where your money is?



➤ TODAY'S HEALTH TIP

If you want to get more exercise, consider getting a dog and walk it regularly.

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

"I'm proud to pay taxes in the United States. The only thing is, I could be just as proud for half the money."

-Arthur Godfrey

➤ TODAY'S JOKE

A Notre Dame grad, a vegan and a liberal walk into a bar ... we know, because they told us.

The Times appreciates all our customers. Today, we'd like to personally thank

PETER MUIR for subscribing!



OBITUARIES

Harold J. "Joe" Jones Jr.

July 29, 1957, Monday April 17, 2023

Harold J. "Joe" Jones Jr., 65, of Anderson, passed away on Monday, April 17, 2023, at Ascension St. Vincent in Anderson following a brief illness.

He was born on July 29, 1957, in Florida to Harold Sr. and Barbara (Ely) Jones.

He served his country in the National Guard.

He had worked in customer service for Roche Diagnostics.

He was a member of Prairie Baptist Church. He loved to fish., He enjoyed woodworking, gardening and playing cards. He loved spending time with his family and friends.

Joe is survived by his wife, Marla (Blazier) Jones; two children, Daniel Jones of Anderson and Vanessa (husband, Shawn) Street of Fishers; a granddaughter, Sierra Hook of Muncie; and a sister, Jennifer Ely of Virginia.

He was preceded in death by his parents; a sister, Judy; and two brothers, Jim and Johnny.

A funeral service will be held at 6:00 PM on Friday, April 21, 2023, at Hersberger-Bozell Funeral Home, 1010 North Main Street, Lapel, Indiana 46051 with Rev. Tom Greenslade officiating. Cremation will take place.

Visitation will be from 4:00 PM to 6:00 PM on Friday, April 21, 2023, at the funeral home.

Memorial contributions may be made to the Alzheimers Association.

Online condolences may be shared at www.hersbergerbozell.com.

Sandra "Sandy" Kay McMahon

June 16, 1942, Saturday, February 25, 2023

Sandra (Sandy) Kay McMahon, of Los Angeles, passed away on February 25, 2023, her Daddy's birthdate. Sandy was born in Indianapolis on June 16, 1942, to Bud and Jeanne McMahon of Noblesville, who preceded her in death.

While her Dad was stationed in San Francisco, Sandy and her Mom traveled by train to live there for a short time. After that, she lived in Noblesville and attended Noblesville schools throughout, graduating in 1960. Sandy earned her teaching degree from Ball State Teachers College in 1963, teaching in Tipton, IN for a couple years, then Warren Central High School for five years, while earning her master's in teaching at Indiana University in 1967. Between degrees, Sandy married Tom Johnson in 1964 and they would eventually move to Los Angeles in 1969. She then taught in the Los Angeles County Community High School, teaching teens in the court system, as well as at a preschool.

Later in life, Sandy was a strong advocate for animals and was always a loyal and kind friend and neighbor. Her many long-time neighbors threw a touching memorial in the neighborhood in

March. She and 30-year companion, Malcolm, attended many art and jewelry fairs.

Sandy is survived by a sister, Becky (Tony) Fisher, a brother Bruce (Sharon) McMahon, both of Noblesville, life partner Malcolm Lansky of Los Angeles, and several nieces, nephews and great

nieces and nephews who will all miss her dearly. Also surviving are her two dogs, Teddy and Sunshine, who are now residents of Noblesville, living with family.

A celebration of Sandy's life to chat, look at pictures, and share memories will be held open-house style on Saturday, April 22, 2023 from 12 p.m. to 2 p.m. at Randall & Roberts Funeral Home, 1150 Logan Street in Noblesville, Indiana.

In lieu of flowers, memorial contributions may be made to the Humane Society of Hamilton County, 10501 Hague Road, Fishers, IN 46038, www.hamiltonhumane.com

Condolences: www.randallroberts.com

Carmel Professional Firefighters Local 4444 Endorse Rider For Mayor & Other Council Candidates In Carmel

The Carmel Professional Firefighters Union Local 4444 are proud to endorse their support for Kevin "Woody" Rider as Mayor of Carmel.

"We are very excited at the prospect of Kevin "Woody" Rider's election as Mayor of Carmel," said JC Mitchell, president of the Carmel Professional Firefighters Union. Rider has been an unwavering supporter of public safety in Carmel as an At-Large City Councilor the last 16 years, and it only makes sense to support that commitment to ensure the public safety in our city continues to meet the high standard we have here in Carmel," said Mitchell. "Rider rose to the top in this process for my members. He presented a genuine vision for the future of public safety in Carmel that continues to improve on the excellent service we provide currently under Mayor Brainard which has

seen Carmel consistently named one of the safest cities in the country" added Mitchell.

Local 4444 also is announcing a slate of candidates that they are endorsing for city council for the May 2nd Primary Election. They are:

- Jeff Worrell – At Large
- Matthew J. Snyder – At Large
- Rich Taylor – At Large
- Adam Aasen – Southeast District
- Tony Green - South Central
- Ryan Locke – Northwest District
- Shannon Minnaar – Northeast District

"Carmel Firefighters are committed to keeping the citizens of Carmel safe, and we need our elected officials to have the same commitment, these candidates have it", said Mitchell.

"We look forward to working with each of them"



Photo courtesy of Fishers Art Council

Lee, McKee, Haigh - Alex McKee was the overall winner of Best in Show

John Lee, Private Banking Manager, STAR Bank

Alex McKee, Senior at Fishers High School

Kathryn Haigh, Chair of Fishers Arts + Culture Commission, soon-to-be CEO and President of Eiteljorg Museum



Photo courtesy of Fishers Art Council

FHS & HSE award winners with...

Kathryn Haigh, Judge of the Awards

John Lee, STAR Bank title sponsor

Catherine Snider, Jordan D. Snider steward

Les Reinhardt, Executive Director, Fishers Arts Council

Jocelyn Vare, Propeller Marketing, award sponsor



Photo courtesy of Fishers Art Council

Lee, McKee, Haigh - Alex McKee was the overall winner of Best in Show

John Lee, Private Banking Manager, STAR Bank

Alex McKee, Senior at Fishers High School

Kathryn Haigh, Chair of Fishers Arts + Culture Commission, soon-to-be CEO and President of Eiteljorg Museum

Fishers Arts Council Announces Winners Of 2023 STAR Bank Senior Showcase

Fishers Arts Council is proud to announce the winners of the 14th Annual Fishers Arts Council Senior Showcase sponsored by STAR Bank. Senior Showcase is an annual exhibit where seniors of both city high schools, Fishers and Hamilton Southeastern, exhibit their artwork and compete for 18 scholarship awards totaling over \$3,300.

The awards were presented Friday evening, April 14th at Fishers Arts Council's Hub Gallery at the Hamilton County Community Foundation during their Second Friday reception. Fishers Arts and Culture Commission Chair, Kathryn Haigh, and STAR Bank Private Banking Manager, John Lee presented the awards. Ms. Catherine Snider also presented a special award, "Best Art Reflecting Poetry or the Written Word," in memory of her daughter Jordan D. Snider.

The top award for Best in Show went to Alex McKee (Fishers High School) for her artwork entitled, "On Pointe." The evening's other big winner was Annie Bonnett, (Hamilton Southeastern) for her poem

entitled, "Grave Robbing Memory Lane." She won the Jordan D. Snider award for Best Art Reflecting Poetry or the Written Word. Bonnett gave a reading of her poem during the ceremony. 66 Students participated in the exhibit offering 110 pieces or collections of art.

The artwork will remain on exhibit through April 28th at the Hub Gallery at the Hamilton County Community Foundation, 11810 Technology Drive, Fishers from 9am to 5pm, Monday to Thursday. The gallery can be viewed on Fridays by making an appointment with Fishers Arts Council.

Kathryn Haigh also served as the judge for the exhibit. Haigh said about the quality of work in the show: "I was incredibly impressed by the overall quality of the work and the range of media represented. It was very hard to choose the winners. One of the most intriguing aspects of the show was the number of digital works and the quality of them."

STAR Bank has been the title sponsor of the Senior Showcase since 2021. "STAR Bank is heavily involved in the communities

we serve, and it's important to take care of the next generation and support them in their positive activities. Attending this event is fun because the music, the smiles on the faces of the students and their families is an enjoyable experience," said John Lee.

"Visual Art Department chairs Angela Fritz of HSE and Jasmine Osborne of FHS are amazing partners to have - this show would not be possible without them and their dedicated fellow visual arts teachers at both high schools. We are incredibly lucky to have these individuals educating and supporting our students and guiding the next generation of creatives in our community," said Les Reinhardt, Executive Director of Fishers Arts Council.

Sponsors for the 2023 scholarships were as follows: STAR Bank: Best in Show, 1st Place awards in each category Catherine Snider: Jordan D. Snider Award Four Day Ray Brewing: 3rd Place awards in each category Propeller Marketing: 2nd Place Painting, Photography, and Drawing Medium Cool Pictures: Honorable Mention awards in each category

Schoolhouse 7 Cafe: 2nd Place 3D

A complete list of winners follows:

- Best in Show: Alex McKee (FHS)
- Jordan D. Snider Award for Best Art Reflecting Poetry or the Written Word: Annie Bonnett (HSE)
- 1st Place Drawing: Bri Ruscoe (HSE) 2nd Place Drawing: Ava Matas (HSE)
- 3rd Place Drawing: Cayla Compton (HSE) Honorable Mention (HM) Drawing: Katrina Wolf (FHS)
- 1st Place Painting: Alex McKee (FHS)
- 2nd Place Painting: Henry Yarbrough (FHS)
- 3rd Place Painting: Cayla Compton (HSE)
- HM Painting: Meghan Dickinson (HSE)
- 1st Place Photography: Andrew Snyder (FHS)
- 2nd Place Photography: Jose Alvarez (HSE)
- 3rd Place Photography: Trinity Kendrick (FHS)
- HM Photography: Lilian Jones (FHS)
- 1st Place 3D Art: Megan Jerrell (FHS) 2nd Place 3D Art: Katrina Wolf (FHS)
- 3rd Place 3D Art: Tara Pyle (FHS) HM 3D Art: Morgan Walker (HSE)



Life without local news is like hearing crickets

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➔ Letters

Writer Backs Rocky Shanehsaz For Council

Dear Editor,
I am writing to recommend my friend Rocky Shanehsaz for Noblesville City Council's District 5 seat. My name is Kelly McVey and I am the founder of the Indiana Peony Festival. Prior to my current role, I owned a Noblesville-based pharmaceutical reverse distribution company called MedTurn, that later relocated to Westfield. I met Rocky more than 25 years ago when he was introduced to me by a good friend. MedTurn was seeking a freelance computer programmer who could write the software program that would run our complete reverse distribution process. It was a very large and detailed project. If done well, I knew that it could take our business to the next level. We'd had some bad experiences with other programmers and were reluctant to trust anyone new, until Rocky came along. He not only proved himself capable of completing the task, but he also showed us that he cared just as much about our business and the project as we did. Rocky kept the programming project on time and on budget, every step of the way. We never had to wonder if he would show up for a meeting or if another client might become a bigger priority. He even traveled with us to New Jersey to help us close a contract. If something came up that needed special attention, Rocky was always there. Needless to say, the software program was a huge success and Rocky's contributions

helped us to land larger contracts, enabling us to ultimately sell our business to a company out of North Carolina. Good programmers tend to be meticulous, organized and thorough in their work. They can easily look at a problem, or a need, and identify possible resolutions. Rocky is a brilliant problem solver. My parents also began using Rocky's services for their computer needs with their company. They enjoyed working with him as much as we did. They eventually sold Nickander Associates but years later, my mom would still call Rocky and ask him to help her with computer problems and answer questions. Rocky always returned her calls the same day or evening. Through the years, Rocky has been a valuable member of our various organizations and has also become a wonderful family friend, still supporting us to this day. The Mill Top Banquet & Conference Center, his company, was the very first supporter of the Indiana Peony Trail, planting more than 100 peonies on the Mill Top property. Rocky also supports the Peony Festival through his sponsorship and by allowing us to use his parking lot during festival events. In short, I strongly endorse Rocky's candidacy for Noblesville's City Council – District 5. I wholeheartedly believe that he will do a tremendous job representing the Noblesville community!

Kelly McVey
Noblesville

Community Heroes You Don't Always See

Dear Editor,
While most people take shelter when severe weather looms, lineworkers gear up and prepare to head out. They are among the first responders after storms and other catastrophic events, often making the scene safe for other public safety heroes. While their responsibility is enormous, their commitment to the job – and their communities – looms even larger. Customer needs and safety always come first at Duke Energy, but it's our lineworkers who are in the trenches – through lightning, wind, ice, and even extreme heat and cold. They work diligently through high-stress situations and the aftermath, including sometimes widespread power outages. If you had

a conversation with any of them today, they'd tell you that nothing satisfies them more in their work than helping get the lights back on for their customers. National Lineworker Appreciation Day (NLAD) on April 18 recognizes utility lineworkers nationwide and their commitments to safety and ensuring electricity is flowing for those who depend on it. Please join me in thanking our state's lineworkers for their commitment to powering Indiana communities and building an increasingly resilient energy grid that can withstand severe weather threats.

Mark LaBarr
Duke Energy
Gov't & Community
Relations Manager



Noblesville Lions Keeping Noblesville Streets Clean



Photo courtesy of Noblesville Lions

Lions Walt Scheid, Tim Baker, Steve Morgan, Bill Meyer, Ron Williamson, and Dave Marsh. Not pictured are Lions Mark Bachar, Jim Sparks, George Long, and Steve Shaw. On Saturday, April 15th, the Noblesville Lions Club provided Spring street cleanup in the city. The group met for breakfast at 8 p.m., and after, the work commenced. Lion Ron Williamson is Chairman of this event.

The Times

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Photos courtesy of Cadillac

2023 Cadillac CT4: The Stylish Driver's Car With Its Own Chauffeur

For way too long, Cadillac built cars better suited to riding than driving. But over the last twenty years, GM's luxury brand kept a grip on its opulent heritage while engineering truly world-beating sport sedans. The CTS-V, STS-V, and current CT5 Blackwing are a few examples. But just as Cadillac put its German competitors to bay, it's decided to let their cars chauffeur themselves. Let's drive and ride in the 2023 Cadillac CT4 with Super Cruise.

Lucky for me, I'm planning a drive from Indianapolis, Indiana to Bowling Green, Kentucky and back to visit a certain sports car museum. It's one of my favorite drives, combining wide-open Interstate through cornfields and fast curvy roads south of Louisville. Sharing basic architecture with the Chevy Camaro, the CT4 is as much sports car as luxury sedan, so I can't wait to settle in for about 250 miles each way.

I'm greeted by a

Likes:

- Super Cruise
- Spirited driving
- Bold style

sleek design with familiar cues. A proud grille, long horizontal bodylines, and vertical taillamps that hint of fins recall the past while thin LED headlamps, vertical driving lamps, 18" wheels, and formed rear deck spoiler impart fresh attitude. The long creased hood and streamlined C-pillar hugging the beltline add a pleasing combination of formality and sport. Dynamic styling lends the car presence beyond its compact size.

Even for a small sedan, the CT4 embraces proper Cadillac luxury. It's not as lavish as larger Cadillacs, but I there's no complaining about heated and ventilated front seats, heated steering wheel, crisp Bose audio, and dual-zone auto climate control. I connect my

Dislikes:

- Tight rear seat
- No sunroof
- Limited lifespan

phone wirelessly via Apple CarPlay rock out. A new flatscreen instrument cluster accompanies a super simple touchscreen to access navigation and phones. There's a joywheel in the console if you prefer, but I do not. Wireless console charging adds convenience. Just toss the phone in and go.

I feel safe. I'm a big fan of the head-up display that hovers over the hood, especially when pressing the car to beat closing time, but Cadillac went further with adaptive cruise, automatic emergency braking, lane keep assist, and blind-spot warnings. Should I lose attention, rear cross traffic alert with auto brake protects pedestrians and bicyclists. The safety alert seat cushions buzz in the direction of

2023 Cadillac CT4 Premium Luxury

Five-passenger, AWD Sedan
Powertrain: 2.7-liter T4, 10-spd trans
Output: 310hp/350 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 18"/18" alloy
Brakes f/r: disc/disc
0-60 mph: 5.2s
Fuel economy: 21/29 mpg city/hwy
Assembly: Lansing, MI
Base/As-tested price: \$34,395/\$53,215



CASEY WILLIAMS
Auto Reviews

danger.

Base CT4s come with a 2.0-liter turbocharged engine, but this one is stoked with the 2.7-liter turbo-four generating 310 horsepower and 350 lb.-ft. of torque. All of that power routes to the all-wheel-drive system through a 10-speed transmission. Naught to sixty rolls up in a smidge over 5 seconds. Sport and Touring modes adjust sharpness of throttle and steering, but there's no Magnetic Ride Control. Drive gently to see 21/29-MPG city/highway.

This is a seriously

confident car. The peppy engine, AWD, and crisp analog suspension press the car firmly into pavement. After some fun on backroads, I hit I65, set the cruise, press a button on the steering wheel, wait for green lights, and lift my hands. The car monitors traffic, automatically switching lanes and passing when necessary, buzzing the safety alert seat to communicate intentions. A camera on the steering column makes sure I'm watching the road. As much as I enjoy driving the CT4, it's calming sitting back, having a cup of coffee, and listening to

my music.

The CT4 is the kind of cozy unflappable sport sedan Germany used to build, but no longer does. If you want this one, get it quick because whatever replaces it will soon be electric. A base price of \$34,395 makes baby Caddy surprisingly affordable, but add the \$7,700 Super Cruise package to Premium Luxury models like ours and the total comes to a loftier \$53,215.

Storm Forward!

Send comments to Casey at AutoCasey@aol.com; follow him on YouTube @ [AutoCasey](https://www.youtube.com/channel/UC0wYp0l).

America In Almost Continious State Of Absolute Carnage



BRIAN HOWEY
Howey Political Report

Connor Sturgeon, a former star athlete at Floyd Central High School, had just shot about a half dozen of his Old National Bank colleagues with his legally purchased AR-15 when he sat in the lobby and waited behind reflective glass for the cops to come. One of the first to respond was 26-year-old Louisville PD Officer Nickolas Wilt, a rookie working just his fourth shift after being sworn in on April 4. Wilt was ambushed, taking an AR-15 round to his brain. "They have him sedated. We are keeping our fingers crossed. It's just a wait and see," LaGrange Fire Chief Jim Sitzler told CNN. Wilt is a volunteer

firefighter with the department. "Hopefully, he will recover enough where he can go to rehab. (Nick) is going to have a long road ahead of him but he's young." When Dr. Jason Smith of the University of Louisville Medical Center was asked on MSNBC's "Morning Joe" about the difference between a wound created by an AR-15 as opposed to a Glock 9mm handgun, he responded, "There is simply no comparison. The energies and velocities of the bullets moving from a rifle are just devastating to the human body. That is what they were designed to do. The amount of energy impacting all the tissues, it just pulverizes the tissues, it liquefies organs, it destroys and pulverizes bones and muscles, it just leaves these horrific wounds that are almost unable to be treated because of how devastating they can be. Handguns simply don't carry that kind of energy. It just makes treating those patients so much more difficult." Dr. Smith and his

colleagues in Louisville and across the nation now routinely see this type of American carnage. "The amount of gun violence and the escalation that's happened over the 22-23 years since I have been out of medical school has just been unbelievable," he said. "This was somewhat isolated and on a downturn in the 1990s and the uptick of what we're seeing now is on a scale that has not been seen in this country, ever. That is what people need to understand. This is a public health crisis." "We have to begin the discussion; we have to have the dialogues because there is no simple answer any longer," Smith said. "We have to be able to come up with complex solutions. I would simply ask you to do something because doing nothing, which is what we've been doing, is not working." This epidemic of gun violence that has brought a low-grade war into American society. The Gun Violence Archive reports there have been 147 mass shootings in the U.S. so far this

year (involving four or more victims) following Monday's rampage at an Old National Bank branch in Louisville. There have been 73 kids under age 11 killed and 164 injured. There have been 409 teenagers killed and 986 wounded. There have been 16 police officers killed and 109 wounded. As of April 12, the Gun Violence Archive reports there have been 11,757 gun deaths so far this year, including 5,025 homicides, and 6,732 suicides. There have been 377 school shootings since the massacre at Columbine in 1999. Last year, there were 46 school shootings - more than any year since Columbine. A Pew Research Center analysis found that the number of children below the age of 18 who were killed by guns rose from 1,732 to 2,590 between 2019 and 2021 - a stunning increase of 50% in just two years. A sizable share of American parents are worried about their kids getting shot. In a fall 2022 Pew Research Center survey, 22% of

parents with children under 18 said they were extremely or very worried about any of their children getting shot at some point, while another 23% said they were somewhat worried. These are siren symptoms of a sick society. What can we do to stem this mayhem without violating the 2nd Amendment? How about raising the gun purchasing age to 21 and preventing those who have a record of violent misdemeanors, alcohol abuse or domestic violence from purchasing? Or banning hollow-point bullets (the U.S. military prohibits them). Or reinstating the assault weapon ban? Or high-capacity magazines, which were never meant for civilian use? Or requiring steeper insurance premiums for guns, the way the industry does for flashy sports cars or homes with swimming pools? And then there are the societal costs that are largely unexplored. As Hoosier legislators complain about a spike in property tax bills,

not yet appearing in the conversation is the array of expensive steps taken to "harden" our schools and add school resource officers, borne by taxpayers. We have no idea what the collective price tag is. In past eras, if a 23-year-old bank employee was fired, he might go on a bender or end his own life. On Monday, Connor Sturgeon took his AR-15, killed five people and injured eight (including three police officers), all while live streaming his massacre on Instagram. If these atrocities persist, if this low-grade war on Americans continues without a government response, there will be political ramifications. If not in the coming 2024 election cycle, then when the generation of kids who have endured "active shooter drills" in school begin voting and running for office.

The columnist is managing editor of Howey Politics Indiana/State Affairs at [StateAffairs.com/pro/](https://www.StateAffairs.com/pro/) Indiana. Find Howey on Facebook and Twitter @ [hwyypol](https://www.hwyypol.com).

www.TheTimes24-7.com

What's A Thyroid And What Does It Do?



JOHN R. ROBERTS, M.D.
Hamilton Health

Jill wants to know, “what’s a thyroid and what does it do?” Thyroid problems are common in primary care medical practices. For those like Jill who don’t know what the thyroid gland is or does, read on!

The thyroid is an endocrine gland found in the front of the neck below and to the sides of the larynx or Adam’s apple. Endocrine glands produce hormones that are secreted into the bloodstream and travel around the body where they signal cells in different tissues to perform particular functions.

The primary job of the thyroid gland is to control metabolism (energy use) in our cells. It does this by producing two hormones, T4 (thyroxine) and T3 (triiodothyronin). Both of these hormones contain iodine which is why iodine is so important in our diets.

Our cells have hormone receptors protruding from their cell membranes that act as sensors to constantly monitor body functions and adjust them to maintain “homeostasis,” a balanced internal environment. Biochemical systems that maintain homeostasis are very elegant. The thyroid works somewhat like a furnace thermostat that turns the furnace on or off based on the temperature in the room. Instead of using wires and electricity to communicate, the body uses thyroid hormones as chemical messengers.

The hypothalamus, found near the bottom of the brain, functions as the thermostat in our body that interacts indirectly with the thyroid. When the hypothalamus detects that the body needs to increase metabolism, it will release the hormone TRH (Thyrotropin Releasing Hormone). This hormone travels to

the pituitary gland, another endocrine gland just below the hypothalamus, where it stimulates the pituitary to secrete TSH (Thyroid Stimulating Hormone) into the bloodstream. The TSH then stimulates the thyroid gland to release T4 and T3.

Once the hypothalamus turns on the thyroid “furnace” via TRH and TSH, how does the system get shut off? The hypothalamus and pituitary also monitor the levels of T4 and T3 in the bloodstream via a feedback loop. When the hormones reach a certain level in the blood they suppress the production of TRH and TSH.

Now that you know the physiology of the thyroid, hopefully it will make it easier to understand how things can go haywire. There are two main problems that can develop with the thyroid. The first is HYPOTHYROIDISM, a “low” thyroid state where too little T3 and T4 are produced. The other is HYPERTHYROIDISM a “high” thyroid state where too much of the hormones is released. Either one of these conditions can be very serious since homeostasis is knocked out of balance.

Hypothyroidism can result when there is an interruption in any step of the complex hypothalamic – pituitary – thyroid pathway. The hypothalamus may not detect the body is in need of energy and/or may not produce or release TRH to stimulate the pituitary to secrete TSH. The pituitary may not respond to TRH or may not make or release TSH. Finally, the thyroid gland itself may not respond to TSH to make T3 or T4.

Common symptoms of hypothyroidism include fatigue, weight gain, water retention, intolerance to cold, brittle hair and nails, dry skin, muscle cramps, joint aches, thyroid enlargement (goiter), low heart rate, and constipation.

Hypothyroidism may result from a number of conditions involving the endocrine glands controlling the thyroid as well as the thyroid’s ability to make T3 & T4. The most sensitive way to diagnose hypothyroidism is by checking the level of

TSH in the blood. Levels will be high in the blood because the pituitary is sensing the low levels of thyroid hormones and is trying to stimulate the thyroid to make more. Depending on the situation, blood tests for T3 and T4 may be checked in addition to TSH.

Treatment of hypothyroidism usually requires taking synthetic thyroid hormone pills for the rest of one’s life. Monitoring is performed by checking blood levels of thyroid hormones on a periodic basis and adjusting the replacement medication dose accordingly.

Hyperthyroidism is caused by problems with excess production of thyroid hormones. Hashimoto’s thyroiditis is the most common cause that results from a person’s immune system producing antibodies that mimic TSH and keep the thyroid in a constant “on” state. Other problems like thyroid tumors can also cause production of excess hormones.

Symptoms of hyperthyroidism include weight loss, anxiety, tremor, intolerance to heat, rapid heartbeat or palpitations, thyroid enlargement, apathy or depression, and occasionally bulging eyeballs.

Like hypothyroidism, hyperthyroidism is confirmed with lab testing. Usually the level of TSH is low since the pituitary sees plenty of thyroid hormone in the blood. The thyroid hormones T3 & T4 are usually elevated. Additional testing may include ultrasound or nuclear imaging of the thyroid to look for growths or other abnormalities.

The treatment of hyperthyroidism varies based on the cause. It may require taking medication to suppress hormone production or taking radioactive iodine to destroy overactive thyroid tissue. Surgery is sometimes performed. Treatment of hyperthyroidism often results in hypothyroidism that requires replacement with thyroid hormone pills.

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

A Story Of 3,002 Smiles



CARRIE CLASSON
The Postscript

Our landlord, Jorge, loves his suns. I am sure he loves his son, Jorge Jr., as well, but I am talking about the other kind of sun.

This is why there are nearly 3,000 smiling sun faces decorating the hotel where we stay when we are in Mexico. Two more were added yesterday.

Much of the time my husband, Peter, and I are in our little apartment in Jorge’s hotel, there is a team of artists working. Fabricio is the father, and usually at least two and sometimes three of his sons work with him. They paint anything that stays still long enough for them to apply paint.

Jorge sets them to work painting ceramic suns to join the nearly 3,000 already hanging in the courtyard. They paint the outside of the hotel for the Day of the Dead and other celebrations—painting over their artwork at the end of the celebration. They paint saints on palm frond mats that are hung during Holy Week. They paint images of famous wrestlers so tourists can have their pho-

tos taken with them. They paint murals in the guest rooms. Occasionally, they even touch up the banisters in the hotel, and do not seem to mind.

Yesterday, Peter and I had lunch in the hotel. Jorge has opened up a sandwich shop in the hotel but, like so much that happens in Mexico, the long-term plan remains unclear to us.

Yesterday, for instance, we had salmon.

“Jorge is serving salmon in his sandwich shop?” I asked Peter.

“Yup.”

“It’s not really a sandwich shop anymore, is it?”

He also had a steak and a shrimp special. Peter and I had the salmon. It was fantastic.

Then I saw Fabricio on a ladder.

“What is he doing outside our door?” I asked aloud.

We ate. Fabricio painted. After we were through, I went upstairs. Fabricio had found room for two more suns over our door, and had roughed in the first colors.

“Oh! I love that color!” I told him.

There were two suns, side by side, and one of them was painted the blue-green color that I love. I showed him the approximately 11 to 13 bracelets I had on my wrist at the moment, all in shades of blue and green. Fabricio smiled. He kept painting.

Later in the afternoon, Fabricio had taken down his ladder. I stepped outside to see the finished

project.

There were two suns: a smiling blue-green female sun with her eyes closed, and a yellow male sun with bright blue eyes—just like Peter’s. I realized that none of this was by accident. Fabricio had painted the two of us, as suns, right outside our door.

“Thank you for the beautiful suns!” I told Fabricio as he was on his way out, arms full of paints and paintbrushes, paint splatters all over his T-shirt and face. “They are beautiful!”

That night, Jorge was sitting at the front desk. I told him how good the salmon was. He smiled. Then I told him that Fabricio had painted two suns—and they looked just like Peter and me!

Jorge smiled and nodded. He knew. Of course he did.

Nothing happens in this hotel that Jorge does not know about. Peter and I wander around imagining all the gentle acts of kindness that surround us somehow happen by chance.

“Gracias,” I said.

I don’t know if he thought I was thanking him for the salmon or the suns or the accommodations that always feel like home, or for simply creating this unique and wondrous place.

And it doesn’t matter. Till next time, Carrie

-Check out CarrieClasson-Author on Facebook or visit CarrieClasson.com.

An Update On Legislation, Health Care, Energy



REP. SPARTZ
Guest Columnist

CBO Projections – Unsustainable Debt with Health Care as a Major Driver

Recent Congressional Budget Office (CBO) projections show the unsustainable path of the national debt growth with health care spending being one of the major drivers. Over 50% of health care spending is attributable to hospital and physician services with a

huge monopoly problem, especially in Indiana. One in six Hoosiers are facing insolvency due to medical debt.

Therefore, Congresswoman Spartz served as a member of the Healthy Future Task Force last year, introduced a legislative package to combat hospital monopolies, and worked with a variety of committees to advance this issue in Congress.

Energy & Commerce Hearing on Competition

The House Energy & Commerce Committee held a hearing on “Lowering Unaffordable Costs: Examining Transparency and Competition in Health Care” focused on ideas to drive down the cost of health care through transparency and competition.

Ways & Means Hearing on Unaffordability

The House Committee on Ways & Means held a hearing on “Why Health Care is Unaffordable” examining how inflation and high health care costs have impacted patients, small businesses, and independent medical providers across the country.

High Cost of Care at Indiana Nonprofit Hospitals

Legislation introduced by Rep. Spartz last Congress, H.R.9510, the Stop Anticompetitive Health-care Act, was highlighted in a recent Op-Ed focused on how Indiana nonprofit hospitals are taking advantage of vulnerable patients and legal loopholes.

-Rep. Spartz currently serves on the U.S. House of Representatives Judiciary and Education and Labor committees.

BETSY From Page A1

Or on holidays. So why weren’t taxes due on Monday? That’s because April 17 is a holiday called Emancipation Day.

And while this isn’t a federal holiday, like July 4, Emancipation Day was made an official holiday in Washington, D.C., in 2005 (and each year, District of Columbia residents celebrate the end of slavery). According to the Internal Revenue Service, which administers the federal tax laws that Congress enacts, the law says any holidays in the nation’s capital will impact tax deadlines in the same way that federal holidays do.

That said, this year’s Tax Day deadline gives Americans an extra three days to file their income taxes.

I am among the Americans who took advantage of this extended time this

year. While I usually have good intentions every year to prepare my income taxes as soon as I receive my W-2 wage and tax statement and dividend and expense statements, I always end up waiting until the last minute.

While I used to hire a well-known tax-preparation service to do my taxes, I began doing my own taxes when I learned that I could e-file my own taxes with computer software. However, it also meant putting off doing it. This year, I started my tax prep work on my mobile phone on Friday (yes, four days before the deadline), and I went back to it about midnight Saturday, finishing the task on my laptop at about 4:30 a.m. Sunday. It took about four hours.

I am not sure why I put off this task, because I usually receive a tax re-

fund. And procrastinating until the last minute is, and was, more stressful than finishing a task early and feeling satisfaction.

Am I afraid that I will be audited? Not anymore, after being randomly audited a couple of years ago. I am thankful I paid for the audit-defense (insurance) membership that had someone other than me having to do all of the audit correspondence. Apparently, the chance of being audited is only about 3.8 in 1,000, according to an article this year in USA Today, and I was among the lucky taxpayers to experience it.

So, if you still haven’t done your taxes, you have a few hours to finish.

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

ACOSTA From Page A1

both the director and one of the cast members have special connections to this play.

Stratton has long regarded this play as one of her favorites.

“I was excited to adapt a script I was very familiar with,” she said. “I considered it a personal challenge.”

Sam Acosta, starring as Benedick in the upcoming production, appeared in the same role in a middle school performance, a performance that changed his life.

“This show ignited my love for theatre,” said Acosta, a senior theatre major from Fishers, Indiana. “Being able

to be part of that show again, especially in the same role, is an incredible full circle moment for me and has truly been a joyful experience.”

The show promises an immersive audience experience as part of the new presentation of a classic play.

“Our hope is that the audience sees that Shakespeare’s work is still relevant, and we want them to come away with a greater appreciation of Shakespearean comedy,” said Stratton.

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enroll-

ment of 5,082 undergraduate, graduate, and dual-enrolled high school students in more than 175 areas of study. Founded in 1887, Cedarville is one of the largest private universities in Ohio, recognized nationally for its authentic Christian community, rigorous academic programs, including its Bachelor of Arts in theatre, high graduation and retention rates, accredited professional and health science offerings, and the #4 national ranking by the Wall Street Journal for student engagement. For more information about the University, visit cedarville.edu.

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TUESDAY

In The Kitchen

DAY

Tuesday, April 18, 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, April 18, 2023

A7

GET FIT



Photo courtesy of Getty Images

Tackle goals with fitness-friendly tech gadgets

FAMILY FEATURES

Committing to getting fit and actually doing it aren't always one and the same but relying on tech devices can be an effective way to tackle your fitness goals.

From watches and phones to earbuds and virtual reality headsets, technology can make it easier to track your progress and create a more enjoyable workout experience. See how some of the latest technology is fueling new devices ideal for amping up your workouts this winter with these trendy ideas.

Find more inspiration to energize your fitness regimen at [Qualcomm.com](https://www.qualcomm.com).



Basic to Power Your Workout

Bring stereo-quality sound wherever your workout is with a state-of-the-art smartphone like the Motorola Edge+ Gen 2, powered by the Snapdragon 8 Gen 1 Mobile Platform. Giving you up to two full days of power, lightning-fast speeds and pro-quality features bring more of what you love, this smartphone can provide music that motivates you regardless of your exercise style. When it's time to rest and recover, you can enjoy days of entertainment on a beautiful display that wraps around the edges.



Sound to Motivate More Movement

An energizing workout requires a soundtrack to get you pumped up and moving. Enhance your listening experience with LG Tone Free T90 wireless earbuds, which feature Dolby Head Tracking and Snapdragon Sound. These earbuds identify the location of sound as you turn your head, recalibrating to enable a more natural sound experience so you're always in the center of the scene. The speaker driver is made of a strong, lightweight material that delivers better overall audio clarity and reduced vibration so you can hear every sound come alive. Exceptional audio combines with superior connectivity for music, movies, crystal-clear voice calls, gaming and a low latency fit for aptX Adaptive compatible devices.



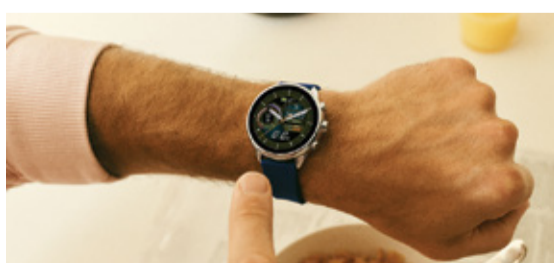
A Smart Workout Buddy

If you're always on the go, a powerful smartphone is a smart way to get in a streamlined workout. An option like the OnePlus 10T 5G delivers on multiple levels. Driven by the powerful Snapdragon 8+ Gen 1 mobile platform, this is a phone built to evolve beyond speed. It has Qualcomm FastConnect 6900 for premium Wi-Fi connectivity and a Kryo CPU for unbeatable performance, ideal for multitaskers and power users. The charging system delivers a day's power in 10 minutes. What's more, the antenna system, featuring a total of 15 antennas, provides a 360-degree closed-loop system to avoid blind signal angles, while simple and textured visuals help you focus and move seamlessly between work, rest and play.



Go Your Way to Fitness

Your workout regimen needs an infusion of playful fun, the Meta Quest 2 virtual reality headset may be just the ticket. This VR headset is your ticket to the metaverse (and so much more), whether you're working out, gaming, meeting up with friends or going on a virtual field trip. Industry-leading graphics and immersive audio put you in the middle of the action. The portable device is ideal for workouts on the go, and you'll find a wide range of apps that let you work out in stunning scenery, compete against friends and participate in challenges. The immersive experiences break up the monotony of a boring, basic workout, making exercise fun and playful.



Wellness You Can Watch

Powered by the Snapdragon 4100+ Wear Platform, the Fossil 6 Wellness Edition watch provides the speed, power and performance you need to efficiently track your health, all with extended battery life. Bluetooth 5.0 LE connectivity, rapid charging and more features to elevate your experience. The watch detects movement and starts a workout for you. In addition, not only does it allow you to monitor how hard your heart is working and provide estimated blood oxygen measurements so you can see how well your body is circulating oxygen, but it also measures your cardiorespiratory fitness, allowing you to track the amount of oxygen your body utilizes during exercise. In addition to keeping tabs on your active hours, the watch also helps you understand more about your sleep habits, including sleep quality and history, restfulness and progress against sleep goals.

Track Your Progress

Setting fitness goals starts with a plan and achieving them requires strong work ethic and, just as importantly, the ability to track progress so you can enjoy the success. The ultimate expression of ultra-portability and versatility, the Lenovo IdeaPad Duet 5 Chromebook is powered by the Snapdragon 7c Gen 2 Compute Platform. Slim and sleek, this 2-in-1 features a detachable keyboard to transform from a tablet to a laptop so you can keep an eye on your fitness goals whether you're working out at home or on the go, and 15 hours of battery life means you can enjoy usage from day to night.

