

TODAY'S VERSE 2 Corinthians 5:6,7 Therefore we are always confident, knowing that, whilst we are at home in the body, we are absent from the Lord: For we walk by faith, not by sight



FACES OF HAMILTON COUNTY People who call our community their own.

What makes Laura Vaughan smile? "The thing that makes me smile the most is seeing young 4-H'ers start to grow up in the program and once they get toward the end of their journey, they really start to blossom," said the 19-year-old Noblesville resident, a 10-year Hamilton County 4-H'er and former Junior Leader who was found in 2021 helping with the Hamilton County 4-H Fair in Noblesville. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. During the 2021 4-H Fair, she earned multiple scholarships and was one of two county 4-H'ers presented the coveted Tenure Award with scholarship money from Farm Bureau. "My biggest achievement is being awarded the Cornelius Vanderbilt scholarship at Vanderbilt University" in Nashville, Tenn. "It's a full-ride scholarship so I get all of my tuition covered. I was so excited to be handpicked from a pool of, I think 45,000 applicants, to represent my school in such an amazing way." Since age 10 until she graduated high school, she was a youth volunteer at Conner Prairie. The daughter of George and Lisa Vaughan, she was a 4-H Fair Queen contestant in the 2021 Queen Pageant and was first runner-up in the 2020 4-H Fair Queen Pageant. This year marks the 63rd year for the pageant, which is now accepting entries for the 2023 Queen Pageant through May 15.

And Another Few Things...

1. The Cure to Political Fatigue is... HUMOR

Are you dreading it too? According to several polls, a lot of Americans don't want to see a Trump-Biden rematch. According to sought-after politics and satire expert Dr. Sophia A. McClennen, the only way to cure this overwhelming political fatigue is through comedy, specifically satire. Dr. McClennen says "There is one antidote to the depression, anxiety, and frustration we feel in having to pay attention to the politicians and issues that exhaust us and that's comedy, especially satirical comedy. My groundbreaking new research proves that satire is the #1 most powerful political tool - it likely stopped Trump from being reelected in 2020, and the party that manages to use satire best will have a massive advantage in the 2024 election."

2. USPS Events In Support Of Small Business Week

Post Offices across the nation are hosting events during the month of May to demonstrate how the U.S. Postal Service continues to create easy and affordable services designed to help small businesses grow. The event, with more expected. This year, many post offices in Indiana will support Small Business Week, April 30th through May 6th, by hosting a May event to demonstrate how the U.S. Postal Service continues to create easy and affordable services designed to help small businesses grow.

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The Times photo by Betsy Reason

Joshua Leach dons pointy fairy ears dressed as a fairy, greeting guests in front of Nickel Plate Arts Campus during Welcome to Fairyville on Saturday afternoon in downtown Noblesville.

Fairies Come Out To Play At 11th Annual Fairyville



BETSY REASON From The Editor's Desk...

If you were in downtown Noblesville on Saturday, you probably noticed fairies of all ages in

Arts campus on Eighth Street in downtown Noblesville.

Fairy Houses were created by Girl Scouts, local businesses, individuals, families, nonprofits and more. There was even a Tink's Pixie Park fairyhouse that looked like a birthday party, created by Martin & Martin Insurance, and displayed on the front porch of the Nickel Plate Arts building.

costume.

While the day was not as sunny and warm as the 2022 Fairyville, we still saw many families out enjoying Nickel Plate Arts' 11th annual Welcome to Fairyville event.

As always, it's a magical time for kids of all ages, who dress in costume, get their faces painted and follow the Fairyville Trail.

This year, 28 Fairyhouses were on display on the trail, which started at the Nickel Plate

where children enjoyed Sleeping Beauty's Colorful Tea Party during four different sessions in the morning and afternoon.

There were kids and adults dressed in costumes, from Joshua Leach wearing pointed fairy ears greeting guests in front of Nickel Plate Arts Campus to Gal's Guide board member Jeff Couch reading fairy stories to children in the side yard.

My daughter was among the Conner Prairie youth volunteers, who are in the spinning program, and who demonstrated spinning, carding and other techniques Saturday at the HCAA's Birdie Gallery in downtown Noblesville, just a brief stroll from the Fairy-Vendor-Ville, which this year was on the Courthouse Square,

See BETSY Page A6

CCHA Law's Kelleigh Fagan Named In IBJ's Forty Under 40

Church Church Hittle + Antrim is proud to congratulate Kelleigh Irwin Fagan for her recognition as one of Indianapolis Business Journal's Forty Under 40 in the Class of 2023. Kelleigh is a partner in the firm's sports law and business services sections.

Each year, the Indiana Business Journal recognizes the top professional leaders in Indianapolis who have achieved success and excelled in their field before the age of 40. All honorees were recognized at a reception and through profiles of their accomplishments -- read more about Kelleigh's leadership and stand out work in her field here.

"I'm honored that my colleagues at CCHA thought to nominate me for this recognition. Being selected is truly a recognition of the firm and all current and past members of the Sports Law Group. Each

of those individuals has made noteworthy contributions to our growth and success, and I feel lucky to be on a team with them!" said Kelleigh.

Kelleigh is a pioneer in the collegiate sports world. When beginning her career, she started a practice group to represent colleges and universities through the NCAA infractions process. Over the past nine years, Kelleigh has crafted CCHA Collegiate Sports Law into a national practice group. Her initiative and leadership have also been recognized through the Indiana Lawyer's "Leadership in the Law" award and by CCHA Law when she was named partner after just five years of practicing law when she was 30 years old. Active in her field and in giving back to the community, Kelleigh serves as the President of the

See CCHA Page A6

Experience "Magic of the Square" In Historic Downtown Noblesville

Calling all Wizards! Join Noblesville Main Street and Moonshot Games for the 2nd Annual Magic of the Square, part of the upcoming enchanted First Friday event on May 5th, from 5pm-9pm in the heart of the historic Noblesville Square.

This is a fantastic opportunity for the whole family to experience a magical day filled with live magic shows, exotic animals from Silly Safari, and Diagon Alley. Visitors can also enjoy listening to a wizard rock band and climb aboard the

See MAGIC Page A6

Preview Of May Hamilton County Bicentennial

The Hamilton County Bicentennial Commission would like to announce its lineup of grant-funded and community events for May 2023. Adams Township, located in the northwestern section of Hamilton County and home to Sheridan, is being celebrated during May. We hope to see you there!

During May, we're highlighting Adams Township events from vintage cars to murals to frisbee golf. Our traveling exhibit will also be touring during this month. You can see details and other events on our online calendar at www.hamco-turns200.com/events

HAMILTON COUNTY BICENTENNIAL TRAVELING EXHIBIT

May 6-12, Sheridan Public Library, West 1st St., Sheridan May 13-19, University High School, West 116th St., Carmel May 20-26, Trinity Free Clinic, West 146th St., Carmel May 27-June 2, Country Moon Winery, Prairie Baptist Rd., Noblesville

Learn about all five of our Bicentennial themes: Arts, Diversity/Inclusion, Education, Historic Preservation, and Parks/Environment. Contact the hosting organization for information on when the exhibit is open to the public.

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INSIDE TODAY

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HONEST HOOSIER

TV news sure has changed. Now, they have to tell us about whatever the hot show is on their network. I miss Walter Cronkite!



TODAY'S QUOTE

"Quality means doing it right when no one is looking."

-Henry Ford

TODAY'S HEALTH TIP

If you sit a lot at work, take walking breaks as often as you can to help keep your weight in check. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



TODAY'S JOKE

What'd the pig say to his sweetie? Don't go bacon my heart!

OBITUARIES

None

The Times appreciates all our customers. Today, we'd like to personally thank JERRY MACE for subscribing!



WTHR 7 DAY FORECAST: TUE 38/56, WED 34/60, THU 38/62, FRI 46/65, SAT 47/58, SUN 43/48, MON 38/50



Photo courtesy of Hamilton Heights Schools and Jen Kauffman

Hamilton Heights' senior Colin Wilson has signed a letter of intent to join the University of Kentucky Wildcats track and field team in Lexington, Kentucky this fall. Wilson (seated) is pictured with his stepfather Michael Medley and mother Ashley Medley. Photo credit: Jen Kauffman.

Wilson Commits to University of Kentucky

Colin Wilson, Hamilton Heights' senior, has signed a letter of intent to join the University of Kentucky (UK) Men's Track and Field Team in Lexington, Kentucky this fall. University of Kentucky is a member of the Southeastern Conference (SEC) and a NCAA Division I athletic institution. He is the son of Ashlee Medley.

"I chose the UK because I felt the most welcomed on my visit and they offered the most opportunities for me to grow as a student athlete," said Colin Wilson, of his top pick to continue his education and take his athleticism in track and field to the collegiate level.

Wilson, who plans to study kinesiology and exercise science to become a strength and conditioning coach, is an excellent ex-

ample of a student athlete who had a vision and was willing to put in the time and hard work to realize his dream. He has dedicated most of his high school career to conditioning, competing, and studying. It paid off and caught the attention of college recruiters from across the country.

Wilson was named a National Strength and Conditioning Association (NSCA) All American Strength and Conditioning Athlete of 2022, placed in the Top 5 of the Indiana High School Athletic Association (IHSAA) Discus State Championships, took 2nd place in the IHSAA Shotput State Championships, received the prestigious Bob Rodibaugh Award. Wilson set new school records in shot up and discus as well as set

new shot put records at the county, sectional, and regional competitions.

Tony Brown, Hamilton Heights High School Throws Assistant Coach, said Colin has been a great leader on the team, always has time to help or give advice to the other throwers. "I have been privileged to have him as part of my life and know there are great times ahead in his future."

"Colin is one of the most self-driven athletes I've had the privilege of knowing," said HHHS Athletic Director Kurt Ogden "His dedication to the sport is off the charts which may explain why he has put himself into the "elite" class. He's a very respectful young man and we wish him well as he continues his throwing career at one of the premier

D-1 Colleges, University of Kentucky."

"I have been passionate about my sport for about two years," Wilson said. "I have practiced and trained under every type of condition. I have sacrificed most of my time and energy to become one of the best athletes in the country. I have dedicated my life to this."

He credits Coach Tory Brown and his strength and conditioning Coach Nate Brown as being among the major influences in his growth as an athlete. He also shared his gratitude to his mom for being by his side through this amazing journey.

"With the hard work and dedication I have shown over the past few years, I am very excited to see what the future brings," Wilson added.

More Than 300 Students Explore Frontiers In History At National History Day In Indiana State Contest

Top two finishers in junior and senior categories compete at National Contest in June.

The Indiana Historical Society (IHS) proudly announces 353 students from schools across the state took part in the 2023 National History Day in Indiana (NHDI) State Contest on Saturday, April 22 at Marian University in Indianapolis.

NHDI is a yearlong program dedicated to enhancing history education in Indiana's schools. Students in grades four through 12 explore a historical subject that fits under the annual theme. This year's theme is "Frontiers in History: People, Places, Ideas," inviting students to consider questions of time and place, cause and effect, change over time, and impact and significance. Students use their research to create a documentary, exhibit, paper, performance or website.

Educators and students alike use NHDI because it allows them to build critical thinking, inquiry, analysis and presentation skills through subjects the students are passionate about. Whether students

create mini projects in class or go all the way to regional and state contests, educators and students share control of the project.

Students qualified for state by taking part in regional contests where volunteer judges worked in teams to assess projects, give feedback and rank winners. All regional finalists advanced to the state contest, where students also had the chance to win special prizes for Indiana history topics.

For a list of NHDI State Contest winners, including student names, school names, project categories and project names, please visit: <https://bit.ly/3oGyFrv>. All first- and second-place state finishers in each junior and senior category are now eligible to compete in the National Contest for National History Day held June 11-15, 2023, at the University of Maryland, College Park.

NHDI is presented by the Rooker Family Foundation with support from the Vigran Family Foundation. For more information, visit www.indianahistory.org/historyday or call (317) 232-1882.



Graphic courtesy of Hamilton County Highway Department

The three closures and their intersections are circled in red.

Road Closure / Lane Restrictions Lochaven Subdivision

Please be advised, beginning on or after Monday, April 24, the Highway Department will begin bridge wearing surface replacement work within East Haven and Lochaven. This work will involve intermittent traffic restrictions or road closures along Midland Lane between Hazel Dell Road and Catlin Lane, Midland Lane between Cherry Tree Road and Strathaven

Road, and Kippford Street between Carrick Road and Cherry Tree Road. Work will be completed at one bridge location at a time with the goal of minimizing travel disruptions to the nearby residents.

These closures/restrictions will be between the hours of 9am and 3:30pm, Monday - Friday, with the anticipated restriction order of Bridge 200, 211, then 199.

Noblesville Schools Board Of Trustees



Photo provided by Noblesville Schools

The Noblesville Schools Board of Trustees has been recognized by the Indiana School Board Association's Exemplary Governance Awards for their ongoing commitment to professional board learning and development. (L-R) Member Misti Ray, Member Laura Alerding, President Joe Forgey, Secretary Stephanie Lambert, Vice President Christi Crosser

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Indiana School Officials Push Back On CTE Grant Elimination In Senate GOP Budget Plan

By Casey Smith
Indiana Capital Chronicle

A school funding provision in the Senate-drafted state budget has drawn apprehension from some Hoosier education officials who say the change threatens students' access to "essential" training programs. In contention is a proposal to eliminate existing Career and Technical Education (CTE) grants that Indiana schools can receive on top of basic tuition support. That includes added funding for programs in fields like agriculture, construction, health sciences and manufacturing. Senate Republicans want to see those grants go away, however. The caucus' budget plan eliminates the separate awards altogether and instead redirects the dollars back into the school funding formula to be disturbed to public K-12 schools statewide. Sen. Ryan Mishler, R-Mishawaka, said the move is part of an effort to give schools "more flexibility" over spending. Schools can still use the funds for CTE costs, he said, but local districts would also have the ability to use the money for other educational needs. Indiana school administrators aren't all on board, though. Superintendents from around the state caution that — without dedicated CTE funding — more than 225,000 Indiana students

may lose guaranteed access to quality career and technical education. Gail Zeheralis with the Indiana State Teachers Association (ISTA) additionally urged lawmakers to keep CTE funding separate from other school funding to ensure "transparency." "The grants are supposed to be used for encouraging career and technical education," Zeheralis said while testifying last week before lawmakers. "Folding it in, I get, provides some flexibility, but we just want to make sure that isn't supplanting tuition support funding." The proposed grant elimination comes amid the push for a Republican-backed plan to "reinvent" Hoosier high school curriculum with an expanded emphasis on work-based learning opportunities. Changes to the school funding formula Current CTE funding for schools varies by course classification and is determined by the Department of Workforce Development and State Board of Education. The grants intend to encourage school corporations to offer courses in high-wage, high-demand fields. Under the existing funding model, introductory courses qualify schools and career education centers for a \$300 grant, while apprenticeships and high-demand training is reimbursed up to \$1,020 per student.

For the 2021-22 school year, \$168.1 million in state and federal dollars covered CTE training costs for roughly 223,000 students, according to the Governor's Workforce Cabinet. The number of students enrolled in state-funded CTE courses increased this year to more than 228,000 — representing about 65% of all Indiana high schoolers. Those enrollments translate into a new high of \$179.4 million invested in CTE programs by the state. The House version of the next two-year state budget included an increase in the current line for "high-value" CTE programs by 5% in both the 2024 and 2025 fiscal years. Under the Senate-proposed budget, CTE dollars are rolled into foundational funding schools get, including via complexity grants — part of the state's school funding formula that provides additional funding to school corporations to educate kids from low-income families. Katrina Hall, representing Indiana Farm Bureau, said many leaders in the state's rural communities are especially concerned about the grant elimination. "In order to provide flexibility and the opportunity and reward for growth and innovation in vocational programs, I believe that having CTE as a categorical grant — as it's been before — allows for that and makes that

a tight fit," she said last week at the Statehouse. Denny Costerison, executive director of the Indiana Association of School Business Officials, said his group is primarily lobbying to see an overall increase in the foundational amounts schools get through the funding formula. But he said CTE dollars should remain independent of that calculation. That's what is currently done for extra spending on special education, for example. "For career technical education, those programs often require a lot of equipment or machines or what have you to properly teach those courses. So, they've been given additional dollars," Costerison told the Indiana Capital Chronicle. "The biggest concern is without that (separate funding), CTE would lose that emphasis." Still, Costerison said he thinks CTE grant funding will "likely" be returned to the final budget draft as a result of the pushback from school officials. Senate President Pro Tem Rodric Bray, R-Martinsville, emphasized, too, that lawmakers are not committed to CTE grant elimination. "Schools, obviously, will continue to do CTE funding. This just doesn't set it out separately so they could use it for some other things, as the school would prioritize," Bray said last week. "There

are some conversations going on now. I know I've heard from some of my folks in my district about whether or not we pull that CTE specifically back out. It may — we may very well do that. We haven't decided yet." Last-minute school funding talks CTE funding is sure to be part of state lawmakers' deliberations as the Indiana General Assembly enters the final days of the 2023 legislative session. Spending decisions have become more complicated, in a way, after better-than-expected tax collections gave budget writers an unexpected \$1.5 billion to work with. Education advocates say they're hoping to see some of that extra money appropriated for K-12. Those lobbying for public schools said they want to see a bigger tuition support increase in the next state budget, and for other expenses to be funded separately. That's especially true for textbooks. The Senate included a separate, \$160 million annual line item to eliminate K-12 student textbook fees. House budget writers, on the other hand, required schools to dip into their foundational funding to fully pay students' curricular materials costs. "Without having a specific line item for this new (textbook) expenditure, it just comes off the top (of base funding), and

... there's no flexibility — you have to have materials," Zeheralis said. But "school choice" supporters want a major voucher expansion returned to the budget. The House GOP spending plan sought to allocate \$1.1 billion in fiscal years 2024 and 2025 to expand eligibility for the Choice Scholarship program. Senate Republicans completely nixed that plan in their proposal. "We're 12 years into a new paradigm as it relates to private school choice and how funding occurs ... and my hope is that we can all get beyond that more siloed focus — how do we work together to ensure that we have the best education program in the country, here in the state of Indiana?" John Elcesser, executive director of the Indiana Non-Public Education Association, told lawmakers last week. Legislators are expected to announce new changes to the budget in the coming days. The spending plan must be finalized by Saturday.

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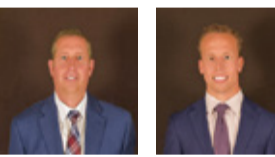
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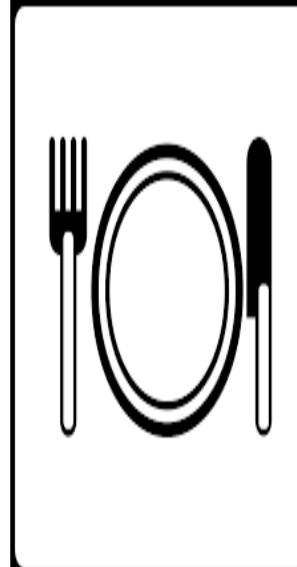
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Photos courtesy of Nissan

Affordable, Future-Tech 2023 Nissan Leaf Ev Deserves A Second Look

I have to admit I didn't give this second-generation Nissan Leaf EV a fair shake. I went to the media preview of the first-generation Leaf a decade ago and was impressed with the effort, but a wobbly oddly-styled compact that could only go 75 miles on a charge wasn't going to lure many out of their hybrids at a premium price for the pleasure. When the second generation debuted, it was a more solid car, but still posting range far below Tesla and Chevy. With greater range and styling tweaks, the deliciously affordable 2023 Nissan Leaf deserves a second look. If reactions from my 17- and 20-year-old nephews are any indication, styling is spot-on. It has a bit of future-tech '80s vibe with the front aero panel, tall crossover proportions, and black crosshatch 17" wheels, but cues like the boomerang rear lamps, floating roof, and outline of Nissan's trademark V-Motion "grille" connect to its greater family.

Likes:

- Affordable price
- Rapid acceleration
- Spacious interior

Squinty LED headlamps and accentuated lower body moldings give it attitude. That tall techy exterior encloses a roomy airy cabin that comfortably seats four passengers with a deep well of luggage through the hatch. Flip down the rear seats for bicycles and camping gear. Up front, supportive cloth seats face a lot of hard plastic, but the intuitive touchscreen channels audio, navigation, and phone while retaining proper volume and tuning knobs. Phones connect via Apple CarPlay and Android Auto. Heated front seats and steering wheel add comfort, but are also more energy efficient than a blower. Compared to some EVs, the dashboard is a little

Dislikes:

- Dated dashboard
- Base range
- Slow charging

underwhelming. There's a reconfigurable flatscreen portion that shows energy use and range plus a speedometer if you want it, but the main speedometer has an actual dial – no glassy flatscreen. The touchscreen works well, but seems a generation behind. I do like the drive selector orb in the console and there's a full roster of safety tech that includes adaptive cruise with lane tracing, automatic emergency braking, rear cross traffic alert with auto brake, and blind spot warning. Styling promises an advanced powertrain the Leaf mostly delivers. If you're looking to rip off 3-second 0-60 blasts, look elsewhere, but the Leaf's 214 horsepower is plenty to squirch the front wheels

2023 Nissan Leaf SV Plus
Five-passenger, FWD Hatchback
Powertrain: Li-Ion batteries/motors
Output: 214hp/250 lb.-ft.
Suspension f/r: Ind/Torsion beam
Wheels f/r: 17"/17" alloy
Brakes f/r: regen disc/disc
Driving range: 212 miles
0-60 mph: 6.5s
Recharge (DC Fast, 80%): 45m
Economy (comb): 109 mpg-e
Assembly: Smyrna, TN
Base/as-tested price: \$28,040/36,985

and accelerate briskly onto the freeway. Base models have 149 miles range, but our SV Plus extends to 212 miles – a fully usable range for a car that will rarely travel beyond city limits. In a world where Kia and Hyundai charge to 80% in 20 minutes, the Leaf requires a lengthy 45 minutes on a DC fast charger and 11 hours to fully recharge on a 240v home or public charger. While I had the car, my family traveled to my parents' house an hour away for Easter dinner. The car had no problem

making the round-trip, but range diminished much more quickly while hammering the left lane. If you want to travel over 200 miles, I admonish you to drive gently. That said, the Leaf was smooth, quiet, and plenty roomy for my family on the highway, but it also made a surprisingly good city car with its compact footprint and one-pedal driving mode that immediately enacts regenerative braking upon lifting from the accelerator. If you're looking for



CASEY WILLIAMS
Auto Reviews

an affordable EV, the Nissan Leaf definitely deserves a second look. Sure, some of the interior materials are low rent, but everything looks and functions well – especially given a super affordable base price of \$28,040 or \$36,985 as-tested. Since it is built in Smyrna, Tennessee, the car will be eligible for the full \$7,500 federal incentive. At under \$21,000, the Leaf is an epic steal! Storm Forward!

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

The President Biden & Former President Trump Actuarial Dilemma



BRIAN HOWEY
Howey Political Report

Leave it to Al Roker at the annual White House Easter egg hunt to smoke out President Biden on whether he will seek a second term at age 82. The NBC Today Show weatherman phrased the question as to how many more Easter egg hunts were in the president's future. The president's answer was troublesome. "I'm planning on running, Al, but we're not prepared to announce it yet," Biden responded. "Well, I plan on at least three or four more Easter egg rolls ... maybe five. Maybe six I don't know, what the hell?" That sounds like a recipe for a state funeral. Biden would be 86 years old at the end of a second term. If Republican Donald Trump wins in 2024, he

would be 82 years old on Jan. 20, 2029. The Social Security Administration's actuarial life expectancy data reveals that the 79-year-old Biden would be at 88 years old. Trump's life expectancy would be at 86.7 years. Both men would be facing the Grim Reaper as a second term in the White House would wind down. But we're not talking about just any job. We're talking about the most pressure-cooked job on Earth. When it comes to the question of "what keeps you up at night?" President Biden has been dealing with the specter of a potential nuclear war unfolding after Russia invaded Ukraine. That proverbial "3 a.m. phone call" could be Joint Chiefs of Staff Chairman Mark Milley advising a meeting beneath the White House in the Situation Room or trip to Joint Base Andrews for a rendezvous with one of three U.S. Air Force "doomsday" jets. We've watched recent younger presidents like Bill Clinton, George W. Bush and Barack Obama become grayer right before our eyes.

President Biden, who has suffered two brain aneurysms as a younger man, moves and acts older than when he took office in 2021 after running a Benjamin Harrison style "front porch" campaign. The COVID-19 pandemic spared Biden hundreds of thousands of miles of travel and, perhaps, hundreds of greasy chicken dinners. According to The Hill, "Trump meets the technical definition of obesity, has at times slurred words, and has had trouble walking." According to The Hill: If Biden lives to 86 years old at the end of a second term, he would have outlived all but seven presidents (Harry Truman at 88, Herbert Hoover and John Adams at 90; Ronald Reagan and Gerald Ford at 93; George H.W. Bush at 94; Jimmy Carter still alive at 97). Of the 45 men who have served as president, just seven (15%) have lived longer than 86. Then there's the first Hoosier president, William Henry Harrison, who took office in 1841 as the oldest at the time (68), gave the longest inaugural

address in history during frigid weather, and died a month later. What will be revealed between now and November 2024 is whether the "torch" will pass to a new generation" as President John F. Kennedy put it after succeeding the older, heart attack prone President Dwight Eisenhower (who lasted a little more than eight years after retiring). There's been speculation that Biden is "slow walking" his reelection announcement. It was expected in January, and now it will come sometime this summer. There are only two "fringe" candidates (Marianne Williamson and Robert F. Kennedy Jr.) running for the Democrat nomination, but RFK Jr. polled 14% in a USA Today/Suffolk Poll this week; Williamson was at 5% and 13% were undecided. That's nearly a third of Democrats unsure about a Biden reelection. The real "next generation" for Democrats – Vice President Kamala Harris, California Gov. Gavin Newsom, Transportation Sec. Pete

Buttigieg, Michigan Gov. Gretchen Whitmer, and U.S. Sens. Cory Booker and Amy Klobuchar – are preparing for their future by forming leadership PACs and preparing for 2028. On the GOP side, all eyes are on Trump, who is facing one criminal indictment, with two or three others just over the horizon. The GOP's "next generation" would include Florida Gov. Ron DeSantis (though he is stumbling through the opening phase of his national moment), former vice president Mike Pence, and, potentially, former New Jersey governor Chris Christie, who told Republicans in Fort Wayne this past week that Trump can't and shouldn't win a general election. "I think Donald's confused," he said of the former president who called for the U.S. Constitution to be "terminated" to allow him back in office. "The oath for president says 'preserve, protect and defend' – not 'preserve, protect and suspend,'" Christie said. Neither Trump or Biden is very popular. According

to FiveThirtyEight, Biden's average approval rating stands at 43%, only 1% higher than Trump's approval rating on April 15, 2019, at the same point in his one-term presidency, according to the New York Times. It could be a redux of 2016, when the historically unpopular Trump defeated the historically disapproved Hillary Clinton, prompting me to ask this question: Out of 320 million Americans, is this the best we can do? The scenario of an 82-year-old Biden seeking a second term is fraught with danger for Democrats. America is pretty much a 50/50 country these days. The nightmare scenario is President Biden suffering a stroke, a heart attack, or tumbling down the Air Force One stairs in late September 2024, meaning ... all bets are off and anything could happen.

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

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“Fireworks in the Morning” Causes of Shoulder Pain and What Can Be Done To Help



CARRIE CLASON
The Postscript

I start noticing the planes overhead when it's nearing the time to go.

Planes don't fly low over this small Mexican city. San Miguel de Allende doesn't have its own airport, so the few planes flying overhead are high in the sky, headed off to somewhere else. I rarely notice them at all—until it's time to leave.

Now I'm watching them leave a trail in the sky and wondering about the people inside. Are they happy to be going wherever they're going? Are they sad to be leaving wherever they were?

After almost three months here, in our little apartment in Mexico, everything we do in the last week takes on a new significance.

Will these flowers last until we leave? How many potatoes should I cook? Should we buy one more small jar of honey?

We wonder where we should go out to eat, and we keep using the expression “one last time,” as if we will never return. We plan to return. We even

have tickets. But life is uncertain and leaving, even for a few months, feels momentous.

At 6 o'clock this morning, we heard fireworks. “Pop! Pop! Pop!”

My husband, Peter, mumbled something in his sleep.

“Fireworks,” I told him.

He went back to sleep.

He doesn't mind. Peter is used to them now. Fireworks in the morning are not unusual. There are reasons for them, we are told, but they are complicated. They have to do with births and deaths and things we will never fully understand. This morning, I was wide awake at 6 o'clock, listening to the fireworks and wondering how they ever could have bothered me in the past.

I'm having a hard time remembering our home in the U.S.

I try to remember what pots and pans I use, and I can't quite picture them. It seems odd that my other life has grown so fuzzy in such a short time. I have forgotten how many houseplants we left to be watered. (Very few, is the answer.) I try to remember what vase I put my flowers in and what coffee cup I use. It seems important that I remember these things. Otherwise, it feels as if I will be flying into a void.

I wonder if winter is finally over. (Not really, is what I am hearing from my family.) I wonder if the crocuses will be coming up when we get back.

Unlike the kitchen and my coffee cup, I can picture the crocuses with vivid clarity, scattered across the lawns, growing oblivious to property lines, spreading brilliant purple blooms everywhere for just a couple of short weeks, then disappearing again for a full year. I look forward to the crocuses.

And I miss my parents and spending time with my family. I will enjoy my walk through the old neighborhood. It will be fun to see spring finally arrive and meet all my old dog friends who will be eager to smell whatever was hidden beneath all that snow.

When you read this, I'll be back. And I'm sure I'll feel happier about it than I feel today. Today, I think I'll miss the fireworks.

Psychological studies report that, if I want to keep enjoying something, I need a little time away. I need to do something different for a while to keep the appreciation fresh. I believe this is true. But right now, I don't feel like going away.

Right now, I feel like taking in the brilliant colors and the warm sun and even the fireworks for at least one more day.

Till next time,
Carrie Check out CarrieClasonAuthor on Facebook or visit CarrieClason.com.

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



JOHN R. ROBERTS, M.D.
Hamilton Health

The next two weeks, I'd like to address shoulder pain and injuries. Most people experience shoulder pain at some point in their lives. Doctors see it in mostly in athletes and people who overuse their shoulders. We also see it in those who suffer trauma, particularly from taking a blow directly to the shoulder or by falling with their arm extended.

To understand shoulder pain, it's important to know the basic anatomy of the shoulder joint itself (see diagram of the right shoulder seen looking from the front). The shoulder is one of the most complex joints in the body. Most joints permit a limited range of motion. The unique anatomy of the shoulder joint allows for a vast range of movements. In order to allow this, it has to be more unstable compared to our other joints.

The easiest way to describe the shoulder joint is to picture a basketball resting on a dinner plate. The basketball represents the head of the humerus, the spherical top part of the upper arm bone. The plate represents the glenoid, the part of the shoulder blade (scapula) that articulates with the head of the humerus. If you imagine the

basketball sliding around on the plate, you can understand how unstable the shoulder joint is.

There are anatomic structures that help reduce this instability. One is the glenoid labrum, a rim of cartilage that runs around the edge of the glenoid. It serves to shape it into more of a shallow cup rather than a flat plate. The other structure is the rotator cuff, a juxtaposition of four tendons that attach around the head of the humerus to hold it in place. These four tendons are connected to four muscles that rotate the head of the humerus and help initiate arm movements. There are also fluid-filled bursa sacs around the joint that help cushion the movements of the tendons. As I said, it's a complex joint!

Now that you're an expert in shoulder anatomy, let's examine what can go wrong. I don't want to cover fractures since they are usually pretty obvious. I also don't have enough space to cover all shoulder injuries, so I'll need to finish up next week.

I'll start with rotator cuff injuries. These are injuries to the tendons and/or muscles that make up the rotator cuff. These structures can be inflamed, stretched, partially torn, or completely torn. An injury may damage one or more of the four tendons.

Rotator cuff injuries usually happen when someone falls on an outstretched arm. This can cause the humerus to act as a lever that puts excess force on the cuff tendons and muscles. Cuff injuries can also occur when someone falls on an elbow causing the head of the humerus to be forced out of its normal position in the glenoid. Other forces on the arm

may cause the humerus to slide around on the dinner plate (subluxation) or completely slide off the dinner plate (dislocation), both of which can cause injury to the rotator cuff. Finally, overusing one's arm, such as when forcefully throwing, can stretch or tear the cuff tendons.

Symptoms of rotator cuff injuries depend on the severity of the trauma and can be quite subtle. The shoulder may simply be achy. Some may notice severe pain when moving the shoulder in a particular direction, especially raising it in a forward or sideways direction. Others may note obvious weakness. Since the rotator cuff tendons are responsible for initiating arm movements, patients with tears may note they have trouble starting movements, especially raising the arm to the front or side.

Treatment of rotator cuff injuries depends on the type of injury as well as the age and activity level of the patient. The goal is to stabilize the joint as much as possible by rehabilitating the shoulder muscles to return the patient to maximum possible function. Young patients and athletes usually receive aggressive treatment including physical therapy and often surgery for a torn tendon. Elderly or less active patients often do fine with physical therapy alone to strengthen the cuff muscles in the shoulder.

Stay tuned next week when I'll cover shoulder dislocations, impingement, and bursitis.

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

Victims' Rights Awareness Week Puts Focus On Survivors

The Indiana Criminal Justice (ICJI) is observing National Crime Victims' Rights Week from April 23-29.

According to a report from the Bureau of Justice Statistics, in 2021, there were more than 4.6 million violent victimizations and 11.7 million property crimes, the latest year for which such information is available. From 2017-2019, Indiana was among the states with higher rates of property crimes than the national average.

"As a society, we must understand that victims of crime have already been through so much, and they deserve our full support and attention," said Devon McDonald, ICJI Executive Director. "We must listen to them, respect their rights, and ensure they have access to the resources they need to heal and move forward. It's not just about holding offenders accountable, but also about empowering victims and giving them a voice in the criminal justice system and beyond."

The federal Office for Victims of Crime (OVC) leads communities throughout the country in their annual observances of National Crime Victims' Rights Week by raising awareness of victims' rights and honoring crime victims and those who advocate on their behalf. This year's theme is "Survivor Voices: Elevate. Engage. Effect Change." As commemorative

vigils and events are held across the state, the Indiana Criminal Justice Institute is ramping up efforts to spread awareness about its Victim Compensation Program and other resources that exist to assist those impacted by violent crime.

"A large part of the work we do at the agency is devoted to supporting crime victims and the organizations that advocate on their behalf," said Devon McDonald, ICJI Executive Director. "We would prefer that these resources were not necessary, but it is essential for people to know that they are available in the unfortunate event that they become a victim of a crime."

Established in 1978, the state's Victim Compensation Program works to make victims and their families whole by covering certain expenses incurred as a result of a violent crime. Compensation, which typically comes in the form of reimbursement to providers, can be used to help with items such as medical bills, funeral costs and counseling services, in certain circumstances.

For instance, the crime must have occurred within the past two years, resulted in physical injury and be reported to law enforcement within 72 hours. If eligible, claimants can be reimbursed up to \$15,000 in cases involving bodily injury. If the criminal act resulted in loss of life, the family of

the victim may be eligible for an additional \$5,000 to recoup funeral and burial expenses.

In 2022, the Indiana General Assembly passed legislation, authored by State Rep. Sharon Negele (R-Attica), that expands the list of expenses eligible for compensation. The program is now able to reimburse costs associated with crime scene cleanup and the replacement of windows or door locks.

In addition to the Victim Compensation Program, ICJI also oversees the Indiana Sexual Assault Kit Tracking System. Survivors who are interested in tracking their sexual assault kits can do so by visiting on.in.gov/TrackMyKit and then entering their sexual assault kit serial number and assigned pin. The website is simple, secure and confidential, and the results are available within seconds.

Along with providing direct support to victims, ICJI also administers several state and federal grant programs to assist organizations in their efforts to provide services and support to victims and prevent violent crime.

For a list of those programs and other CJJ resources, like a brochure of sexual assault victims' rights, visit www.cji.in.gov/victim-services. For victim-centered resources on topics ranging from domestic violence to human trafficking, visit HopeAndHelpIN.org.

Legislation To Lift Up Foster Children, Families



DONNA SHAIBLEY
Guest Columnist

Foster youth often face numerous challenges that can impact their development and future. Every child deserves a safe, loving home, and this session I'm working on several bills to support and create more opportunities for Hoosier foster children.

Keeping siblings together in foster care can put them in the best position to overcome emotional trauma, and succeed at school and in life. I often hear about the challenges and results of siblings being separated when placed into foster care. According to Casey Family Programs, between 65-85% of children in foster care have a sibling in care, yet an estimated 53-80% of children with siblings are separated from one or more of their siblings while in care. I authored a new law this year to help keep more

sibling groups together by requiring a court to consider whether the child will be separated from a sibling, and whether that separation is in the child's best interest. Ensuring that these relationships are taken into consideration will help prioritize the well-being, safety and mental health of these children.

Foster youth also often face challenges when it comes to obtaining a driver's license and car insurance, which can create more independence and opportunities as they transition to adulthood. According to the Indiana-based nonprofit Foster Success, children in foster care often pay over 40% more than their peers for auto insurance, because they don't have an adult to add them to an existing plan. I co-sponsored legislation last year to establish the Insuring Foster Youth Trust Fund, which helps these young Hoosiers cover costs associated with getting a driver's license. This fund uses public and private dollars to offset the cost of car insurance and supervised driving hours.

To build on our existing efforts, I sponsored legislation this session to boost funding by expanding the foster care sup-

port tax credit to include anyone who contributes to the Insuring Foster Youth Trust Fund. The legislation would also give foster families free access to state parks. This is an important step to ensure the program is funded so these foster youth have access to car insurance, and have the tools and support to be successful now and into the future.

Helping foster families and improving the foster care system is rewarding and fulfilling. I appreciate the invaluable work of Indiana's foster parents and the providers who serve the most vulnerable among us. Please reach out to me if you would like to provide feedback on this legislation or have ideas on how Indiana can better serve those in need at h24@iga.in.gov or by calling 317-232-9833. If you're considering becoming a foster parent or would like to volunteer to help locally, I hope you consider contacting The Villages or the Cooper House, which serve foster youth and families.

-State Rep. Donna Shaibley (R-Carmel) represents House District 24, which includes portions of Boone and Hamilton counties.

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BETSY From Page A1



The Times photo by Betsy Reason

Gal's Guide board member Jeff Couch reads stories about fairies to children in the side yard of Nickel Plate Arts Campus during Welcome to Fairyville.



The Times photo by Betsy Reason

Fairy Maroline Ritter of Fishers greets young guest Wallis Letendre, 4, Fishers, the daughter of Jeremy and Jessi, during Welcome to Fairyville Saturday at the Nickel Plate Arts campus in downtown Noblesville.



The Times photo by Betsy Reason

Gal's Guide Library creator Leah Leach greets visitors to her booth at Nickel Plate Arts Campus during Welcome to Fairyville on Saturday. The Gal's Guide Library, started in 2016, houses the first women's history library in the United States.

where live sheep, dressed in fairy wings, were available for petting at Larry and Angie Hopkins' Little Eagle Creek Valley Farm in Westfield. There was also a Fairyville Parade on Saturday, sponsored by Noblesville Trustee Office.

at The Lacy Arts Building. Fairyville After Dark, in its second year, this year also took place at The Lacy Arts Building and featured face and body effects painting, acrobatics and fire performing, Celtic music and dancing and more.

Welcome to Fairyville, sponsored by Duke Energy, actually kicked off on Wednesday, with Queen Titania's Fairy Ball, a 21-and-older event

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

PLANTS From Page A1

FAMILY STORY-TELLING
May 4, 6-7 p.m.
Sheridan Public Library
West 1st St., Sheridan
FREE
Storyteller Debby Gullery from Storytelling Arts of Indiana will lead the public in an interactive workshop on family histories and the importance of passing stories through generations.

SHERIDAN FIRST FRIDAY
May 5, 5-8 p.m.
Main Street, Sheridan
FREE
Tour the Sheridan Historical Society as well as other businesses during this First Friday event, and enjoy free music during the Bluegrass Band Session.

ADAMS TOWNSHIP SIGNATURE EVENT: "WAITING ON THE BUS DOWNTOWN" MURAL UNVEILING
May 6, 10 a.m.-6 p.m.
Sheridan Historical Society
South Main Street, Sheridan
FREE
See artist Melinda Spear-Huff's 8'x7' mural portraying transportation history in Sheridan, specifically the bus line that had a stop right next to her studio. Also enjoy activities including a Model T and antique car show from 10 a.m.-3 p.m. in Veteran's Park, the dedication of new veteran banners, and the Sheridan alumni banquet at 5 p.m. at Sheridan Elementary School. (For alumni information, call 317-758-5170.)

DISC GOLF TOURNAMENT AT BIDDLE PARK
May 13, Beginning at 10 a.m.
Biddle Memorial Park
East 10th Street, Sheridan
FREE
Join Sheridan Parks at Biddle Park as they debut their new-and-improved frisbee golf course. Each hole at this historic park includes a course map and local-history fact. Watch or participate in a tournament, with prizes for the top teams. (Teams must register. Call 317-758-5170.)

SHERIDAN COMMUNITY CHOIR PATRIOTIC MUSICAL
May 20, 7 p.m., and May 21, 3 p.m.
Six Points Church
West 226th Street, Sheridan
FREE
The Sheridan Community Choir will present a Patriotic Musical for the whole community. Join us for one of two performances!

MAGIC From Page A1

Nickel Plate Express's caboose as it's transformed into Noblesville's own Hogwarts Express! Held in the beautiful downtown Noblesville, visitors can also explore a variety of shops and restaurants.

The idea for the event was born out of the desire to celebrate the unique and magical feeling that the square invokes with its rich history, charm, and diverse shops and restaurants. "Magic of the Square" is a family-friendly event that will offer something for everyone. Attendees will enjoy live music, street performances, local food vendors, and shopping at the various boutique stores and art galleries that make up this charming and picturesque town.

"Our goal for the event is to bring people together and showcase the many wonderful attractions that historic Downtown No-

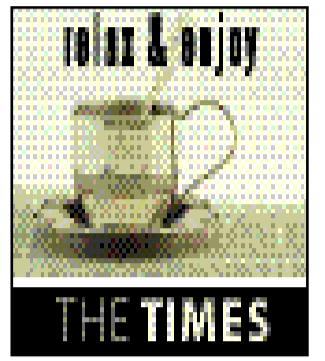
blesville has to offer," said Kate Baker, Executive Director of Noblesville Main Street. "We hope to see community members both near and far who want to experience this event in its second year and discover or rediscover the magic of our historic downtown."

As a 501(c)(3) not-for-profit organization, Noblesville Main Street is 100% funded through annual corporate and partner sponsorships. All proceeds from "Magic of the Square" will benefit the organization, which enriches the culture and community of the City's downtown historic district by creating partnerships and programs to connect people to unique places and experiences.

For more information on "Magic of the Square," please visit the Noblesville Main Street First Friday webpage at www.noblesvillemainstreet.org/first-friday

CCHA From Page A1

Board for the Boys & Girls Club of Noblesville. "Kelleigh had the foresight in her twenties to go about building the only exclusively female college sports law practice in the country. She still leads the practice and, in the nearly ten years that it's been around, has worked to build clients from coast to coast and to shape a practice group that continues to grow and meet client needs in the emerging trends of college sports" said Todd Shumaker, Partner at CCHA Law.



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TUESDAY

In The Kitchen

Tuesday, April 25, 2023

A7

Bring the Family Together with Breakfast for Dinner



Huevos Rancheros

FAMILY FEATURES

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

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

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

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

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

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

Huevos Rancheros

Servings: 4

Salsa:

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

Huevos Rancheros:

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

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

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

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

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

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



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

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

Cook quinoa according to package directions. Remove from heat.

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

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

Egg, Avocado and Black Bean Breakfast Burritos

Servings: 4

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

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

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

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

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

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



Egg, Avocado and Black Bean Breakfast Burritos

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TUESDAY Health and WELLNESS

Tuesday, April 25, 2023

A8

5 Healthy Habits to Help Reduce Stress

FAMILY FEATURES

Between work, family obligations and a constantly changing world, people in the United States are stressed. In fact, U.S. workers are among the most stressed in the world, according to a State of the Global Workplace study. While some stress is unavoidable and can be good for you, constant or chronic stress can have real consequences for your mental and physical health.

Chronic stress can increase your lifetime risk of heart disease and stroke. It can also lead to unhealthy habits like overeating, physical inactivity and smoking while also increasing risk factors, including high blood pressure, depression and anxiety. However, a scientific statement from the American Heart Association shows reducing stress and cultivating a positive mindset can improve health and well-being.

To help people understand the connection between stress and physical health, the American Heart Association offers these science-backed insights to help reduce chronic stress.

Stay Active

Exercise is one of the easiest ways to keep your body healthy and release stress. Physical activity is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression. It can also help increase energy and improve quality of sleep. The American Heart Association recommends adults get at least 150 minutes per week of moderate-intensity activity, 75 minutes of vigorous activity or a combination.

Meditate

Incorporate meditation and mindfulness practices into your day to give yourself a few minutes to create some distance from daily stress. Some studies show meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.



Stress 101

Understanding stress is an important step in managing and reducing it. Consider these things to know about stress and how it could affect your life:

- Today, 1 in 3 adults in the U.S. report being worried or depressed.
- Higher levels of the stress hormone cortisol are linked to increased risk of high blood pressure and cardiovascular events like heart disease and stroke.
- The top sources of stress are money, work, family responsibilities and health concerns.
- Work-related stress is associated with a 40% increased risk of cardiovascular disease like heart attack and stroke.

Photos courtesy of Getty Images



Practice Positivity

A positive mindset can improve overall health. Studies show a positive mindset can help you live longer, and happy individuals tend to sleep better, exercise more, eat better and not smoke. Practice positive self-talk to help you stay calm. Instead of saying, “everything is going wrong,” re-frame the situation and remind yourself “I can handle this if I take it one step at a time.”

Show Gratitude

Gratitude – or thankfulness – is a powerful tool that can reduce levels of depression and anxiety and improve sleep. Start by simply writing down three things you’re grateful for each day.

Find a Furry Friend

Having a pet may help you get more fit; lower stress, blood pressure, cholesterol and blood

sugar; and boost overall happiness and well-being. When you see, touch, hear or talk to companion animals, you may feel a sense of goodwill, joy, nurturing and happiness. At the same time, stress hormones are suppressed. Dog ownership is also associated with a lower risk of depression, according to research published by the American Heart Association.

Find more stress-management tips at heart.org/stress.

What You Need to Know About Cholesterol

Stay in control to help prevent heart disease, heart attack and stroke

FAMILY FEATURES

Understanding and improving cholesterol is important for people of all ages, including children and teens. Maintaining healthy cholesterol levels can help keep your heart healthy and lower your chances of getting heart disease or having a stroke.

High cholesterol usually has no symptoms. In fact, about 38% of adults in the United States are diagnosed with high cholesterol, according to the American Heart Association. Understanding what cholesterol is, the role it plays, when to get screened and how to manage it are important aspects of protecting your overall health and prevent a heart attack or stroke.

Understanding Cholesterol

A waxy, fat-like substance created by the liver and consumed from meat, poultry and dairy products, cholesterol isn’t inherently bad for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much cholesterol circulating in the blood can pose a problem.

The two types of cholesterol are low-density lipoprotein (LDL), which is considered “bad,” and high-density lipoprotein (HDL), which can be thought of as “good” cholesterol. Too much of the “bad” kind, or not enough of the “good,” increases the risk of cholesterol slowly building up in the inner walls of the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries called plaque. This can narrow the arteries and make them less flexible – a condition known as atherosclerosis. If a blood clot forms, it may be more likely to get stuck in one of these narrowed arteries, resulting in a heart attack or stroke.

Understanding Risk

Your body naturally produces all the LDL it needs. An unhealthy lifestyle can make your body produce more LDL than required. Behaviors that may negatively affect your cholesterol levels include lack of physical activity, obesity, eating an unhealthy diet and smoking or exposure to tobacco smoke.

In addition to unhealthy habits, which are the cause of high LDL cholesterol for most people, some people inherit genes from their parents or grandparents – called familial hypercholesterolemia (FH) – that cause them to have too much cholesterol and can lead to premature atherosclerotic heart disease. If you have a family history of FH or problems related to high cholesterol, it’s important to get your levels checked.

Getting Cholesterol Checked

Adults age 20 and older should have their cholesterol and other traditional risk factors checked every 4-6 years as long as their risk remains low. After age 40, your health care professional will use an equation to calculate your 10-year risk of heart attack or stroke. People with cardiovascular disease, and those at elevated risk, may need their cholesterol and other risk factors assessed more often.



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Managing Cholesterol

If you have high cholesterol, understanding your risk for heart disease and stroke is one of the most important things you can do, along with taking steps to lower your cholesterol.

Often, simply changing certain behaviors can help bring your numbers into line. Eating a heart-healthy diet that emphasizes fruits, vegetables, whole grains, lean or plant-based protein, fish and nuts while limiting red and processed meats, sodium and sugar-sweetened foods and beverages is one of the best ways to lower your cholesterol. While grocery shopping, look for the American Heart Association’s Heart-Check mark to help identify foods that can be part of an overall healthy eating pattern.

Other lifestyle changes include losing weight, quitting smoking and becoming more physically active, as a sedentary lifestyle can lower HDL. To help lower both cholesterol and high blood pressure, experts recommend at least 150 minutes of moderate-intensity aerobic exercise a week, such as walking, biking or swimming.

For some people, lifestyle changes may prevent or manage unhealthy cholesterol levels. For others, medication may also be needed. Work with your doctor to develop a treatment plan that’s right for you. If medication is required, be sure to take it as prescribed.

Controlling your cholesterol may be easier than you think. Learn more about managing your cholesterol at heart.org/cholesterol.

