

**➔ TODAY'S VERSE**

James 1:12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.



**➔ FACES OF HAMILTON COUNTY**

People who call our community their own.

What makes Danielle Stillson smile? My boys," said the 38-year-old Noblesville resident, who was found in May 2021 with her husband, Aaron, and their two sons, Calum, then 12, and Lewis, then 7, in the activated North Alley off of Logan Street on the Hamilton County Courthouse Square in downtown Noblesville. "I don't think I could love being a boy mom more, from their sweet smiles to their stinky farts," she said. They live within walking distance of the Square. Today's feature is a look back at one of The Times' previous Faces of Hamilton County. Calum (whose name is Scottish for "dove") was then a sixth-grader at Noblesville East Middle School, and Lewis a first-grader at North Elementary. Stillson is a hair stylist and works out of her house. "I've got a little salon right off the back. One chair," she said. Stillson was born in Warsaw, moved down here to Indy in 1989, graduated from Lawrence Central High School, and her husband graduated from Mount Vernon High School in 2003. They lived in Broad Ripple, then Fishers, now Noblesville. The family has three cats and two dogs. In 2021, when asked what she wanted for Mother's Day, she replied: "Peace and quiet, and no dogs, no more dogs."

**And Another Few Things...**

**1. Kids to Parks Day is Saturday, May 20**

Gov. Eric Holcomb declared May 20 as Kids to Parks Day in Indiana and signed an official proclamation that acknowledges the important initiative to "encourage kids and empower families to get outdoors and visit America's parks." The day is a chance for children to learn about park stewardship, outdoor recreation, and natural and cultural history. It also helps foster an appreciation for public lands in the next generation. Special events are taking place at state parks throughout Indiana.

**2. Commissioner Christine Altman Endorses Suzanne Crouch For Governor**

Hamilton County Commissioner Christine Altman has pledged her endorsement for Suzanne Crouch for Governor. "Lieutenant Governor Suzanne Crouch has a proven record of leadership and a unique understanding of local government and finance. Suzanne is responsive and has been instrumental in navigating state government to help move Hamilton County projects forward on a timely basis. But for her work, support and partnership, many Hamilton County projects just would not have become a reality. I look forward to Suzanne guiding the state as Governor!" Christine Altman was first elected to the Hamilton County Commissioners in 2003. District 1 represents the City of Carmel and Clay Township. To learn more about Suzanne Crouch: <https://www.crouchforindiana.com/>

# The TIMES

Hamilton County's Own Daily Newspaper

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Photo courtesy of City of Noblesville

## Noblesville Mayor's Youth Council Unveils Community Herb Garden

Members of the Noblesville Mayor's Youth Council have created an herb garden and art display in the South Alley of downtown Noblesville. The garden includes mint, basil and oregano, which are free for public use.

"I love spending time with our future leaders and the energy and love they have for Noblesville," said Mayor Chris Jensen. "I want to thank Tyler Ashby for his leadership on this project, and all of the youth council members who have worked to leave a lasting impact on our community."

The Noblesville Mayor's Youth Council partnered with the City of Noblesville, Keep Noblesville Beautiful, Nickel Plate Arts, Noblesville Schools, Indiana Peony Festival, and the Hamilton East Public Library to create this public herb garden and art display.

Ashby, a Noblesville High School senior, came up with the idea during a trip last summer to Glasgow, Scotland.

"There was an old library card catalog that was filled with

plants. I thought, 'this would be something nice to have in downtown Noblesville that would be manageable for the Mayor's Youth Council to do.' Something that will be here after I go to Bloomington for school in a couple months," Ashby said. "I brought it up, the council liked the idea, and I reached out the group in Glasgow to share how they inspired us."

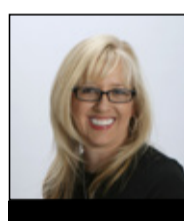
The old display case was donated by the Hamilton East Public Library and upcycled to promote sustainability.

The art portion was designed by NHS Art Club students and shows significant community symbols.

"I gave them the theme of the courthouse, peonies and for it to be uniquely Noblesville. That's the inspiration behind it and I think it looks great," Ashby said.

The herb garden is a Noblesville Mayor's Youth Council legacy project that will be passed down and maintained through the years by future youth council members.

## Mother's Day Always Special



**BETSY REASON**  
From The Editor's Desk...

I think about how special it is to be a mom every day of the year, I especially think about being a mother on Mother's Day.

I think about how wonderful it is to be a mom and to still have my own mom with us.

My daughter is 16, and my mom is 91. And I got to spend Mother's Day enjoying time with both of them.

Yes, Mother's Day every year makes me a little teary eyed.

One of the reasons is because my 16-year-old daughter always makes me feel loved. And another reason, because turning 17 in a week. (That might be

another column.) While store-bought cards are nice, my daughter's handmade cards are the best. She usually draws a pretty picture and writes her own creative message.

As my daughter gets older, I assume there may be fewer and fewer handmade cards. And also, the wearing of fewer and fewer dresses.

But not yet. She wore a dress on Mother's Day, and she has been wearing dresses this school year whenever she has the opportunity.

And she also gets to dress up for show choir performances. By the way, the choir department's final all-choir concert is tonight, and the show choirs' final performance of their competition sets is Friday night. Both are free and open to the community.

For Mother's Day, we always

➔ See BETSY Page A6

## Wrapping Up Reader's Choice



Readers' Choice is wrapped up for another year, and once again, The Times' annual promotion to recognize your favorites in a multitude of categories was a huge success.

Back when our company was founded, the staff at The Times brought Hamilton County this fun and good-natured promotion that features local businesses, people, products and more and gives you, our readers, the opportunity to vote for your favorites. We often joke that this is like Chicago politics and encourage you to vote early and vote often.

You see, this has never been about the rigidity of the process. Instead, it is designed to be an absolutely fun and very positive way for our readers to cast a good light on their favorites. And oh, how you have responded!

We annually see ballots that number in the hundreds of thousands – so many in fact that we had to find a way to automatic the counting process.

This year, rather than unveil all the winners at one time like we have in the past, we are revealing several categories a day.

Today's categories can be found inside and a quick list is also provided here.

When the final winners, runner-ups and honorable mentions are revealed, we will compile all of them into one keepsake edition that will stay posted on our website for the entire year.

Lastly, we encourage you to pay attention to the many businesses who are saying thank you with their ads. Without those supporters, local news and specifically your daily edition, wouldn't be here.

### Want MORE?

The results for winners, runner ups and honorable mentions of the following categories;

- Counseling Service**
  - Dance Studio**
  - Daycare Provider**
  - D.J.**
  - Dentist**
  - Dry Cleaner**
  - Electrical contractor**
  - Electrician**
  - Electronics Company**
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  - Excavating Service**
  - Farm Equipment Dealer**
  - Financial Planner/ Planning Company**
  - Fire Department**
  - Firearms**
  - Flower Shop**
  - Funeral Home**
  - Furniture Store**
  - Gas/propane Company**
  - And Gas Station**
- will be inside on A6!

## The Daily Almanac

**Sunrise/Sunset**  
RISE: 6:29 a.m.  
SET: 8:58 p.m.

**High/Low Temperatures**  
High: 69 °F  
Low: 55 °F

**Today is...**

- Dinosaur Day
- Love a Tree Day
- National Mimosa Day

**What Happened On This Day**

- 1975 Junko Tabei becomes the first woman to conquer Mount Everest.
- 1966 In China, the Cultural Revolution begins.
- 1960 Theodore Maiman fires the first functional laser.

**Births On This Day**

- 1966 Janet Jackson American singer-songwriter, producer, dancer, actress
- 1953 Pierce Brosnan Irish/American actor, singer, producer

**Deaths On This Day**

- 1990 Jim Henson American puppeteer, director, producer, founded The Company
- 1953 Django Reinhardt Belgian guitarist, composer

## Give Blood, Save A Life!



The Noblesville Chamber is co-hosting a blood drive at the Hamilton East Public Library to support our community. Giving blood can be giving life!

The Versiti bloodmobile will be in the library parking lot on Friday May 19 1:35PM to 4:15PM.

Appointments are highly recommended.

Walk-ins will be processed if time allows. Healthy donors are encouraged to participate.

Bring your photo ID and make sure to eat a healthy meal and drink plenty of water before donating. Donation or eligibility questions? Please email [mborgmann@versiti.org](mailto:mborgmann@versiti.org)

Accidents/trauma, premature babies, cancer patients, patients with blood disorders like Sickle Cell, and so many other Hoosier patients need you. Thank you for supporting the community!

**➔ INSIDE TODAY**

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

**➔ HONEST HOOSIER**

His honor the president wants the military to go all electric. Wonder if we can get our enemies to install charging stations on the battlefield?



**➔ TODAY'S QUOTE**

"You spend 90 percent of your adult life hoping for a long rest and the last 10 percent trying to convince the Lord that you're actually not that tired."  
-Robert Brault

**➔ TODAY'S HEALTH TIP**

Kindness is contagious – surround yourself with giving people. 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](http://www.thetimes24-7.com).



**➔ OBITUARIES**

None

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



**3 WTHR** **7 DAY FORECAST**

53/70 SUNNY MON	55/69 PARTLY CLOUDY TUE	52/70 SUNNY WED	44/75 SLY & PLEASANT THU	56/80 LATE RAIN FRI	49/72 PARTLY CLOUDY SAT	50/76 SUNNY SUN
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## The Westfield Mayor's Council On Disabilities Changes Leadership

Nicole Southerland succeeds Joanne Tedesco as family moves out-of-state.

The Westfield Mayor's Council on Disabilities (WMCD) announces that Nicole Southerland, a 30-year Westfield resident and Director at CICOA Aging and In-Home Solutions, will immediately assume the role of Chairperson.

"It has been an honor and privilege to lead the Westfield Mayor's Council on Disabilities for the past year," said Joanne Tedesco, WMCD founder. "During that time, we have formed valuable partnerships across Hamilton County. As we continue to provide our community with quality resources and valuable disability-related information, we must remember that positive change will come from systemic transformation at the state level."

WMCD events have included conversations about planning for the future, special needs estate planning, post-secondary education opportunities, disability employment, deaf and hard of hearing resources, and the importance of the Americans with Disabilities Act (ADA). This civil rights law prohibits discrimination based on disability. The WMCD will celebrate the 33rd anniversary of the ADA on July 26.

"I'm thrilled to take on the leadership role for the Westfield Mayor's Council on Disabilities and believe my skills and experiences will add great value," said



Joanne Tedesco and Nicole Sutherland

Nicole Southerland. "I've been working at CICOA for over 20 years and have a pulse on statewide programs, funding, and behind-the-scenes details that will benefit the disability community."

Along with Mayor Andy Cook, Westfield Council member and presumptive Mayor Scott Willis, was an early supporter of a disability council which Cook's administration subsequently adopted. "While I'm disappointed that we weren't successful in securing a disability ordinance in Westfield, we have made enormous gains," stated Willis. "This Council has uncovered issues and has started some critical conversations that will impact not only people with disabilities but

the city overall."

"The disability population is a passionate group that works tirelessly for inclusion, acceptance, and understanding," said Mayor Cook. "I'm thrilled that we have WMCD up and running and am confident it will be just as vibrant in the future."

The WMCD will continue to positively impact the lives of people with disabilities by addressing current challenges people with disabilities in Westfield face and uncovering quality solutions that break down barriers. For those interested in being part of the WMCD, please email your contact information to [info@westfieldmcd.com](mailto:info@westfieldmcd.com). For more details on the WMCD visit [westfieldmcd.com](http://westfieldmcd.com).

## HSHC Announces First Time Event Due To Capacity Crisis

Wednesday, May 17 -- 12PM to 7PM.

For the very first time, the Humane Society for Hamilton County (HSHC) will be open on a Wednesday with extended adoption hours. Normally, the shelter is closed to the public on Wednesdays for adoptions so the entire staff can focus on training and deep cleaning the facility. But on Wednesday, May 17, the shelter will be open for adoptions and foster placements from 12 p.m. to 7 p.m., with HSHC's entire staff of 58 employees on hand to facilitate as many dog adoptions and foster placements as possible.

"Dog adoptions have slowed tremendously pushing several of our deserving dogs to their emotional breaking points," said Rebecca Stevens, President and CEO. "Our team and volunteers do everything possible to keep them engaged through exercise and enrichment. But, just because we never give up on the animals in our care doesn't mean they don't give up. And there are dozens teetering on the edge right now."

Adoption fees for eligi-

ble dogs will be left up to the public to decide. Cat adoption fees will not be discounted for this event. The shelter is requesting a minimum donation of \$1.00 toward the adoption fee of eligible pets in hopes an adopter will give what they truly can. The shelter promotes this as "priceless adoptions" and has been pleased with the generosity that adopters have demonstrated during past special events.

For those interested in fostering a dog, the shelter is requesting a commitment of at least one week to provide dogs a much needed stress break, as well as open up space in the kennels. There is no cost to foster an animal, and HSHC will provide fosters with any supplies, food, etc., that is needed.

"The team counts kennels every morning and before we close, often shuffling dogs to visiting rooms and offices to make room for the next day's arrivals," added Stevens. "It's hard to articulate the gravity of the situation for many of these dogs, not to mention dogs in other shelters who are literally dying for a spot in this

facility." (Watch urgent video message from CEO at [hamiltonhumane.com/theyneedyou](http://hamiltonhumane.com/theyneedyou).)

Things to know about Wednesday's all hands on deck event:

1. HSHC asks that those interested in adopting or fostering a dog fill out an application in advance on their website to expedite the process, but walk-ins are welcome too.

2. If you have a dog(s), HSHC requires that they meet any dog you would like to adopt or foster. If travel time is a concern, feel free to bring your dog(s) with you and we will accommodate you.

3. Please come with the entire family so everyone can meet. Exceptions, depending on the dog, would be adult children who are away at college or no longer live at home.

4. If you rent or lease, please bring your pet policy to expedite the process.

5. All adopted and foster eligible pets are spayed/neutered, microchipped, and have at least one round of age appropriate vaccines/deworming. Dogs are tested for heartworm disease, and cats are tested for FIV/Feline Leukemia.

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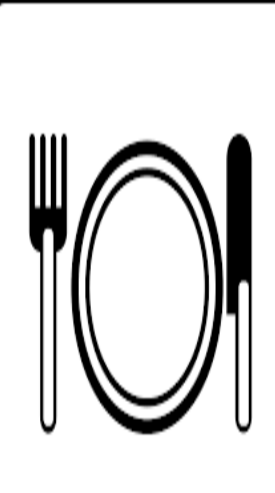
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Photo courtesy of Ford

## Chic, Affordable 2023 Ford Maverick Pickup Causes A Tremor

Ford's crossover-based Maverick pickup comes standard as an 42-MPG hybrid starting at \$22,595. It even looks great in its standard steelie wheels with a cloth interior. Good luck getting one, though, because the order books are closed for 2023. Still, some may want a bit more attitude and capability than base models provide. For them, let's take a spin in the uplifted and facelifted Maverick Tremor.

As with other Ford pickups, Tremor denotes models with enhanced off-road capability and flashier style. Base models are handsome with their melted blocky forms, but Tremor is enhanced with copper accents on the grille bars, 17" black wheels with copper kiss, and TREMOR logos on the bedsides. Look closer to notice black Ford ovals, grippier off-road tires, spray-in bedliner, and a 1" suspension lift for 9.4" of ground clearance. It's a more capable truck,

### 2023 Ford Maverick XLT Tremor

Five-passenger, AWD Pickup  
**Powertrain:** 2.0-liter T4, 8-spd trans  
**Output:** 250 hp/277 lb.-ft.  
**Suspension f/r:** Ind/Ind  
**Wheels f/r:** 17"/17" alloy  
**Brakes f/r:** disc/disc  
**Must-have features:** Style, Space  
**Towing:** 2,000 lbs.  
**Fuel economy:** 20/24 mpg city/hwy  
**Assembly:** Hermasillo, Mexico  
**Base/As-tested price:** \$22,595/\$32,990

but also one that embraces city living.

Its interior is a master stroke in using low-cost materials that never seem cheap. Most surfaces are hard plastic, but the dash and doors are sensually molded in textured bluish gray plastic, granite ridges appear in contrasting dash panels, and gray sweatshirt seats add copper stitching. Large door and console cubbies hold large water bottles and kid gear. Manual climate control, rubber steering wheel, and the rotary gear selector keep it

simple while infotainment is handled by a dash screen using simple icons. Add Apple CarPlay and Android Auto connectivity.

Simple doesn't relate to safety as our Maverick came with sophisticated automatic emergency braking, blind spot warning, lane keep assist, and rear cross traffic alert systems.

I'd want my Maverick with the hybrid powertrain, but few are likely to complain about our truck's 2.0-liter turbocharged four-cylinder engine that pumps a peppy 250 horse-

### LIKES

- Enhanced capability
- Useful size
- Affordable price

### DISLIKES

- Firm suspension
- Fuel economy
- Manual climate control

power and 277 lb.-ft. of torque to the four-wheel-drive system through an eight-speed automatic transmission. In fact, it scoots from 0-60 mph in a scant 6 seconds, which is plenty quick to zip onto freeways or get away from a stop-light. Load up to 1,200 lbs. of payload or 2,000 lbs. of trailer for light yardwork or to pull a small camper. Fuel economy is rated 20/24-MPG city/highway.

You may be thinking towing and fuel economy seem low. It's true the Tremor cannot tow the 4,000 lbs. delivered by other Mavericks, but that's because it lacks the tow package. This truck is more about off-roading, facilitating light yardwork, and looking cool than moving heavy loads. Fuel economy,

unfortunately, is the price paid for those big tires and enhanced ground clearance. It's all a matter of choices. Get another Maverick if this bothers you.

It doesn't bother me and I enjoy driving it – especially with the Tremor's softer tires and more compliant suspension. Its crossover architecture, shared with the Bronco Sport and Escape, provides a very solid ride that's uncommon in pickups with separate frames and beds. Even with the increased ride height, you can plant it into a corner like driving a smaller sedan. Potholes are better absorbed. And when I parallel parked at my favorite restaurant, its compact size delivered. If you live inside of suburbs, this is the reasonably capa-



**CASEY WILLIAMS**  
Auto Reviews

ble truck for you.

The most difficult part about the Maverick may be getting one since the order books are filled for 2023. When your number finally does come up, price will be a delight. Base Mavericks start at just \$22,595 while Tremors rise from \$31,665. Ours topped out at \$32,990. That's a lot of very cool truck for not a lot of money.

Storm Forward!

Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @AutoCasey.

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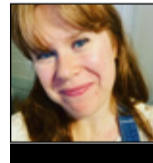
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## Curious Closet Makes Debut In Times



**LINDSAY ROSA**  
*Curios Closet*

Since this is the first entry into the Curious Closet, a weekly style and design column for the stylishly curious, I thought it best to start off with making your own closet a little more inspiring, functional, and yes, curious, for the best version of you this spring and summer season. Getting family members involved can be both fun and nostalgic as clothes can carry our memories of cozy movie nights, visits to our favorite coffee shops, and times spent together with loved ones. It's the end of sweater weather, so what better time to tidy and freshen up for the warmer months ahead?

If the thought of spring cleaning your closet overwhelms you, don't worry, it doesn't have to be. Breaking up organizing tasks into smaller ones can help you be as productive as possible with your valuable time. Turning on a favorite podcast or radio station can keep the experience fun and productive. You might first try editing your closet to remove all your unworn clothing from the last year or clothing that no longer sparks joy. Giving your clothing a second life through donation can help others succeed too.

Rearranging your clothing on hangers according to their garment color and type can make it easier to find your garments each day before you head out the door. The same organization style also pairs well with your shoes. By grouping your most worn shoes together by color and type on a lower shelf for easy access, you can preserve and protect your special occasion and



colder weather shoes for the seasons ahead on the shelves above. You will want to make your closet both functional and inspiring, so I advise adding a framed quote, favorite memento, mirror, and small rug to invite you into your dressing space. You'll be there each day, so why not put your best frock forward, so to say.

A few closet essentials include sturdy hangers for storing blazers and coats, moth balls for stacked sweaters and a final spritz of your favorite garment freshening spray—a simple spray bottle blend of your favorite essential oil drops mixed with a splash of vodka for heavier garments such as coats, blazers, jeans, and wool sweaters that do not require frequent laundering.

Now that your wardrobe is edited, organized and freshened, the fun part can begin. Try gathering garments for three outfits for your week. Planning ahead for a busy week can help you stay comfortable and be on time for your weekly events. For example, if you have to stop for gas on a windy spring day to your daughter's ballet recital, you'll be both polished and cozy in a jacket, jeans, sweater, and comfortable shoes you set aside from your closet on Sunday

evening.

If you're still curious and want a few additional tips for your closet this spring:

1. Dry clean your winter coats and blazers, so they're all ready for next season.
2. Set aside garments that need to be mended, altered, or dry cleaned.
3. Purchase an inexpensive garment rack for setting aside garments for weekly outfits and special events.
4. Clean and polish colder weather shoes for next fall and winter with a boot brush and eco-friendly leather conditioner.
5. Add a few lavender sachets each season to keep your closet smelling its best.
6. Store all your closet essentials including scissors, shoe polishing accessories, extra moth balls, tape measure, and garment freshening spray bottle in a small airtight container for easy access.

—Noblesville native and college writing instructor Lindsay Rosa is back writing for the Times on all things design and lifestyle. As your personal style guide, Lindsay will bring her fashion writing expertise to you each month. When she's not writing, you can find Lindsay on her bicycle, gardening, baking, volunteering with local museums, and writing her legal book series for children.

# Sun and Water Safety, Causes And Preventions



**JOHN R. ROBERTS, M.D.**  
*Hamilton Health*

We finally getting a taste of some warm weather which means it's time to starting thinking about summer activities.

Most people enjoy some time in the sun. Whether it's lounging by the water, participating in sports, or working outdoors, we all get our fair share of sun every summer. This week, I want to briefly review some sun and water safety tips.

Sun and water safety are key things to be aware of as you venture outdoors. Everyone knows you can get a burn if you're out in the sun too long. However, many people don't realize that you can still get a burn in the shade or on a cloudy day. Ultraviolet (UV) rays come in two forms: UVA and UVB. UVA accelerates aging of the skin, while both UVA and UVB can cause skin cancer.

Sunscreen lotions work by absorbing the UV rays before they penetrate your skin and cause damage. They can be effective, but only if used properly. Dermatologists will all tell you it's safer and more effective to use physical blocking agents like sun-protective clothing and wide-brimmed hats.

Sunscreens are rated using the "SPF" scale. Don't bother with lotions with an SPF below 15. An SPF of 15 hypothetically allows you to stay in the sun 15 times longer before you burn. However, the effectiveness does not last near that long since the lotion usually wears off from sweating, swimming, or friction. Sunscreens should be applied liberally before going out in the sun (at least 2-3 Tablespoons per application). They also need to be re-applied at least every two hours. It's important to get a broad-spectrum lotion that absorbs UVA and UVB. You should also use lip balm containing sunscreen.

There was a study in the 21 January 2020 Journal of the American Medical Association (JAMA) that raised concern about four chemicals found in sunscreens: avobenzene, oxybenzone, ecamsule, and octocrylene. The chemicals, particularly oxybenzone, were found in the blood of the 24 study participants after applying the agents to 75 percent of their bodies four times a day for 4 days. The amounts applied in the study were about twice what would be considered normal in the real world. The FDA is requiring safety testing to determine if the increased levels have any adverse health effects. Current thinking is that the risk of sun damage to the skin is much higher than adverse health effects from these chemicals in the bloodstream.

Try to stay out of the sun between the hours of

10 a.m. and 4 p.m. when the intensity of ultraviolet radiation is highest. Sunburns suffered in childhood are a major risk factor for skin cancer later in life, so model good behavior and teach your kids the importance of protecting themselves. Regular use of sunscreen in kids can lower their risk of skin cancer by up to 75 percent.

Don't forget your sunglasses! While most folks apply sunscreen to their skin, they forget to protect their eyes. Ultraviolet radiation can cause damage to the lenses in your eyes leading to clouded vision from cataracts. Be sure and read the tag on the glasses to make sure they're rated to block 99 to 100 percent of both UVA and UVB rays. Wraparound glasses are the most effective.

If you're in the sun, water often isn't too far away. An estimated 260 children under age five drown each year in residential swimming pools and spas. Another 3,000 are treated in emergency rooms for submersion accidents that often lead to permanent brain damage. Drowning is the number one cause of death in children under 5 in the United States.

If you have young children, you must NEVER leave them alone near a pool or in the care of an older child. It only takes a brief lapse in supervision to lead to tragedy. Although most communities require only an automatic pool cover for safety purposes, you should also include a fence around the pool that has self-closing gates that is at least four feet high. If your kids are visiting a friend's pool, make sure the adults understand your kids are not to be left alone near the water. While swim lessons are advisable, they do not decrease the risk of drowning in kids under four. Flotation devices and swim lessons are NOT a substitute for adult supervision.

You should keep rescue equipment near your pool including a life preserver and shepherd's hook. Have a cell phone or portable phone by the pool so you don't have to go inside and leave kids unattended. Know CPR and consider taking a lifesaving class if you own a pool.

When boating, skiing or tubing, always wear a personal flotation device (life jacket) approved by the U.S. Coast Guard. Alcohol and boating can be a lethal combination - half of all drownings are caused by boating accidents involving alcohol. If you must rescue someone in the water, don't become a victim yourself. Remember the saying, "reach, throw, row, go." Try to first reach the person with an object. If you can't, throw something to them or maneuver a boat to them. Finally, as an absolute last resort, enter the water to try and reach them.

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



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# "Happy Place"



**CARRIE GLASSON**  
*The Postscript*

I have a sticker that says "My Happy Place," and I kept it for a while, wondering where to put it. In the end, I

stuck it near my desk so I could see it while I write. I am usually happy when I'm writing.

On Monday, however, I was not happy. I had a major technology breakdown, and I had no idea what I had done wrong. As it turned out, I had done nothing wrong (which is rare, when it comes to technology). Microsoft had a failure that lasted for almost two hours. During the technology breakdown, I had an accompanying emotional breakdown. For two hours, I was not in my happy place.

Only after it was over did I look back on the experience and realize how easy all this annoying technology makes my life every day.

I've heard of writers who use old typewriters, or write entire novels by hand, and then type them up on their computers. They even have a device that only lets you see a couple of lines at a time and has no access to the internet. I guess this is because some writers consider the internet an obstacle to writing. This seems very silly to me. Without the internet, how would I know that avenues run perpendicular to streets and that lanes can run in either direction? How would I find funny cat videos?

I hear writers complain that they would get more done if they were in a cabin in the woods like Henry David Thoreau, but they forget Thoreau had somebody copying his manuscript for him and his sister bringing him lunch every day. All our imaginings of how the past might have been better for writing are romantic nonsense. Right now, at my little desk, I know I have it better than any previous

generation of writers ever has.

I had a chance once to see an original manuscript written by Charles Dickens. It was behind glass, and I no longer remember which novel it was. But it was thrilling to see, in his handwriting, how he had come up with his stories, just like anyone else.

And like anyone who writes, he had circled sentences and entire paragraphs and drawn an arrow to where he wanted them moved. Of course, this was all done with a goose-quill pen. It must have taken Dickens a long time to finish anything, even if he got some help. I wondered if he would have written more if he'd had a computer. My hunch is that we would have at least one more novel by Dickens if he'd had word processing.

Now, a lot of people are concerned about how artificial intelligence might replace writers. I am not terribly worried. I suspect AI will be another tool—like word processing. It's unimaginable to us now, but we'll learn it and then wonder how we ever got along without it.

I don't think we'll give computers the job of telling stories because we like telling stories too much. Telling stories to one another is about the most human thing there is. A story comes from one person and is told to another person. We've been figuring out ways to do this since we were gathered around a fire. I don't think anything will stop us—no matter how much that storytelling changes.

In the meantime, I'll keep writing. Microsoft sent me a nice note explaining that what happened on Monday was their fault. I'm thinking of having it framed—and hanging it in my happy place.

Till next time,  
Carrie

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

# Commissioner Spartz Travels With Bipartisan Delegation To Europe



**Rep. Victoria Spartz**  
*Guest Columnist*

From May 1st to May 7th, the Helsinki Commission visited Germany, Poland, and Ukraine to assess the current situation

in Europe. The delegation met with high-ranking government officials and civil society actors regarding the ongoing military and humanitarian responses to the Russian invasion. Commissioner Victoria Spartz (IN-05) joined Chairman Joe Wilson (R-SC) and Ranking Member Steve Cohen (D-TN) as well as Ambassador Michael Carpenter.

"The Helsinki Commission played an important role as an oversight body of the Organization for Security and Co-operation in Europe (OSCE), which hosted the signing of the Budapest memorandum of 1994 compelling Ukraine to relinquish its nuclear arsenal in exchange for security assurances from the U.S., U.K. and Russia," Spartz said. "As we can see now, the international organizations and security framework established after WWII have failed. We have to have a serious conversation on how to reform the global security framework and bring peace back to the European continent once again."

"Friends of democracy

are inspired by courageous Ukrainians capably supported by our appreciated allies of Germany and Poland in the global competition between democracies with rule of law opposing authoritarians with rule of gun.

"Ukraine must win this war against Russia's brutal aggression — there is no alternative. Ukraine must be restored to its internationally recognized 1991 borders and integrated into NATO and other Euro-Atlantic institutions. The United States must work with its allies and partners to ensure that the leaders of the Russian Federation are held accountable.

"Despite promises after World War II of 'never again,' today, in 2023, Russia is committing the very crimes that the International Military Tribunal in Nuremberg was created to address: the crime of aggression, war crimes, and crimes against humanity. As in Nuremberg, we must bring to justice the perpetrators of the genocide being carried out in Ukraine — including war criminal Putin himself," said Chairman Wilson and Ranking Member Cohen.

Rep. Victoria Spartz represents the Indiana 5th District, comprised of the north side of Indianapolis, Marion, Carmel, Anderson, Noblesville, Fishers and parts of Kokomo. She is the first Ukrainian-born person ever elected to Congress

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# Readers' Choice 2023 Results

**Counseling Service**  
**Winner:** Pathways to Healing/Kristen Boice  
**Runner Up:** Prevail  
**Honorable Mentions:** •Aspire  
**Dance Studio**  
**Winner:** The Dancin' Place  
**Runner Up:** Laura Hayden  
**Honorable Mentions:** •The Pink Slipper  
**Performers Edge**  
**Central Indiana Academy of Dance**  
**Enpointe Dance**  
**Five Star Dance**  
**Ballerinas Academy**  
**Ballerinas Dance Studio**  
**Wishes**  
**Daycare Provider**  
**Winner:** Pebble Brook  
**Runner Up:** Noblesville First UMC Preschool  
**Honorable Mentions:** •Cross Light Christian  
**Primrose**  
**Goddard School of Noblesville**  
**Kids on the Rock**  
**New Hope**  
**Creative Campus**  
**D.J.**  
**Winner Tie:** •Sunny Moon & Assoc.  
**Gene Ott**  
**Honorable Mentions:** •Dr. Dance  
**Jason Fritz**  
**Michelle Jenkins**  
**Dentist**  
**Winner:** Pediatric Dentistry of Noblesville  
**Runner Up:** Chad Bailey  
**Honorable Mention:** •Family Dental  
**Robert Holloway**  
**Burns Family**  
**Joe Forgy**  
**David Mosset**  
**Chris Potee**  
**Kara Friedman**  
**Kluth Family & Cosmetic Dentistry**  
**Today's Dentistry**  
**Fishers Peds**  
**Dry Cleaner**  
**Winner:** Bolden's  
**Runner Up:** Classic Cleaners  
**Honorable Mentions:** Deering  
**Electrical contractor**  
**Winner:** Gaylor Electric  
**Runner Up:** Burtner Electric

**Honorable Mentions:** Williams Electric  
**Electrician**  
**Winner:** Burtner Electric  
**Runner Up:** Gaylor Electric  
**Honorable Mentions:** •Tony Herron  
**Ashpal**  
**Staley Electric**  
**Technology Electric**  
**Electronics Company**  
**Winner:** Best Buy  
**Runner Up:** Fries  
**Entertainment**  
**Winner:** Ruoff Home Mortgage Music Center  
**Runner Up:** Conner Prairie  
**Honorable Mentions:** •Koteewi Range Sport & Target Archery Center  
**Koteewi Run Seasonal Slopes Snow Tubing Adventures**  
**Pinheads**  
**K1 Speed**  
**Goodrich Hamilton 16 IMAX**  
**K-Trails Equestrian Adventures**  
**Lazer Flash**  
**Monon Center**  
**Carmel Ice Skadium**  
**Beef & Boards Dinner Theatre**  
**Skyzone**  
**Wafford Theater**  
**Wolfie's Grill**  
**Excavating Service**  
**Winner:** Field Rubber Products  
**Runner Up:** SMC Corp.  
**Honorable Mentions:** •INDEX Corp.  
**Dorsey's**  
**Biddles**  
**IDI Composites**  
**Indiana Mills & Mfg**  
**King Systems**  
**Noble Industries**  
**Field Rubber Products**  
**Farm Equipment Dealer**  
**Winner:** Reynolds' Farm Equipment  
**Runner Up:** McGavic Outdoor Power Equipment  
**Honorable Mentions:** •Roudebush Equipment  
**Financial Planner/Planning Company**  
**Winner:** David McGill  
**Runner Up Tie:** •Chris Baker  
**Daryl Petrie**  
**Honorable Mentions:** •Fidelity  
**Corey Sylvester/Edward**

D. Jones  
**Mark Maloof**  
**Shawn Taylor**  
**Bob Piley**  
**Fire Department**  
**Winner:** Noblesville  
**Runner Up:** Fishers  
**Honorable Mentions:** •Sheridan  
**Carmel**  
**White River Township**  
**Wayne Township**  
**Firearms**  
**Winner:** Bare Arms  
**Runner Up:** His & Her Target Sports  
**Honorable Mentions:** •Cabela's  
**Hoosier Armory**  
**Flower Shop**  
**Winner:** Adriene's Flowers  
**Runner Up:** McNamara  
**Honorable Mentions:** •Seven sisters  
**Add Love Flowers**  
**Funeral Home**  
**Winner:** Randall & Roberts  
**Runner Up:** Flanner and Buchanan  
**Honorable Mentions:** •Fisher Family Funerals  
**Hartley**  
**Kercheval**  
**Scott E. Hersberger**  
**Hamilton Memorial Park**  
**Furniture Store**  
**Winner:** Godby Home Furnishings  
**Runner Up:** Cost Plus World Market  
**Honorable Mentions:** •Décor 4 Kids  
**Long's Mattress**  
**Elwood Furniture**  
**Kittle's Express**  
**Gas/propane Company**  
**Winner:** Schwart'z Bait & Tackle  
**Runner Up:** Ace Hardware  
**Honorable Mentions:** •Co-Op  
**Vectren**  
**Donahue's**  
**Gas Station**  
**Winner:** Get Go  
**Runner Up:** Kroger Fuel Center  
**Honorable Mentions:** •Speedway  
**Go Lo**  
**BJ's**  
**Leos**  
**BP**  
**Exxon on Maple**  
**Casey's**  
**Village Pantry**  
**Meijer's**  
**Farm Bureau**

## NAME From Page X

dress up and go out to breakfast. Tradition has been to visit the Noblesville Jim Dandy for the all-you-can-eat breakfast buffet. The staff is always friendly, and we always see a lot of folks we know there, as we did on Sunday. I especially enjoyed visiting with Benita Watkins, who was celebrating Mother's Day with her family and whose late husband, Keith Watkins, I had worked with at The Noblesville Ledger.

Some Mothers Days have been spent driving through the countryside, or visiting Conner Prairie or just doing something fun to spend time together. We also like to visit the grandmas and my daughter likes to sing to them

on the phone, a "Happy Mother's Day." We did that again this year. Then we had a late dinner with family at Grindstone Public House in downtown Noblesville.

One of our traditions is to stop at Gatewood's Vegetable Farm and Greenhouses in Noblesville, to pick out a large hanging basket of geraniums for our front porch. I used to get pink geraniums, but the last few years I've chosen a beautiful red basket of geraniums. And I took my mom a hanging basket of red begonias.

Other moms were there with their families picking out flowers. I like Gatewood's because it's local, and the friendly Gatewood family, including Bruce

and Chelse Gatewood, and Bruce's mom, Nancy Gatewood, are always there greeting customers with a smile on their faces. Sometimes, we also stop in at the locally owned L&M Gardens to see their hanging flower baskets, too.

If you weren't able to visit your mom or call her over the weekend, today's a good day. Actually, any day is a good day to talk to Mom.

And tell her how special she is - every day of the year.

*-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times Editor Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).*

## Drivers Reminded To Buckle Up During Click It Or Ticket Campaign

High-visibility enforcement taking place May 22 - June 4.

The Indiana Criminal Justice Institute (ICJI) is urging people to buckle up ahead of the summer holidays.

Starting May 22, state and local law enforcement agencies are teaming together to increase patrols as part of the national "Click it or Ticket" high-visibility enforcement event. The overtime patrols are funded by the National Highway Traffic Safety Administration (NHTSA) with grants administered by ICJI.

Officers will be out in full force leading up to the Memorial Day holiday to make sure drivers and passengers are buckled up and children are properly secure. Their goal is to reduce the number of traffic injuries and fatalities from lack of seat belt use.

Data from the Indiana Criminal Justice Institute (ICJI) shows that unbuckled motorists make up almost 40% of all passenger vehicle deaths in the state. Since the "Click It or Ticket" initiative began more than 20 years ago, seat belt use has gone up over 30% in Indiana to 93%, which remains higher than the national average of 91.6%.

Despite making progress and advances in vehicle safety, in 2022, 236 unbuckled vehicle occupants lost their lives on Indiana roads - the third highest in the past decade. Young drivers, especially males, were the most likely to

speed and the least likely to be buckled during a crash.

Nationally, there were 11,813 unbuckled vehicle occupants killed in crashes.

"These numbers are not just statistics, they represent real people and families that have been forever changed by the tragedy of a traffic crash," said Devon McDonald, ICJI Executive Director.

"Many of the people we lost would still be alive today had they made the decision to buckle up. Seat belts make a difference. They save lives."

Research has repeatedly demonstrated the safety benefits of seat belts and the dangerous consequences when people choose not to use them. Buckling up can reduce the risk of injury or death in a crash by up to 65%. Without a seat belt fastened, people can be ejected from a vehicle and killed, and that risk increases if the driver is speeding or impaired.

Tragically, vehicle collisions continue to be a leading cause of death for children ages 1 to 13, and NHTSA data shows that approximately 46% of all car seats are being used incorrectly. Parents and caregivers who do not buckle up are more likely to have kids who are improperly restrained.

"The loss of a child due to inadequate vehicle safety measures is a tragedy. However, it is also preventable," said Jim Bryan, ICJI Traffic Safety Director. "We owe it to

our children to prioritize their safety and take every necessary precaution when it comes to their well-being."

Indiana law requires the driver and all passengers to buckle up. Children under age eight must be properly restrained in a child car seat or booster seat according to the child restraint system manufacturer's instructions.

During the campaign, participating law enforcement agencies will be taking a no-excuses approach to seat belt law enforcement, writing citations day and night. Drivers can be cited for lack of seat belt use, as well as for each unbuckled passenger under the age of 16.

The NHTSA reports that in 2021, 57% of passenger vehicle occupants killed at night (6 p.m. - 5:59 a.m.) were not wearing a seatbelt. That's why one focus of the campaign is nighttime enforcement.

"It doesn't matter what time of day it is, what type of vehicle you're driving or the type of road you're driving on, the best way to stay safe in case of a vehicle crash is to wear your seat belt," said McDonald.

Parents and caregivers are encouraged to make sure children are in the right car seat and that it's used correctly and properly installed. Resources can be found at [www.nhtsa.gov/TheRightSeat](http://www.nhtsa.gov/TheRightSeat). To schedule an appointment with a certified car seat safety technician at one of Indiana's 100 fitting stations, visit [on.in.gov/SafeKids](http://on.in.gov/SafeKids).

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# TUESDAY

## Health and WELLNESS

Tuesday, May 16, 2023

A7

### What Older Adults Should Know After A Doctor's Visit

(StatePoint) You know how important regular check-ups are and that consulting your healthcare provider when you have a concern is smart. But what happens after the visit is just as essential to maintaining good health.

Unfortunately, some people don't follow their provider's advice. Maybe they don't take their prescriptions as written or forego recommended preventive screenings and immunizations. This can be costly, both for individuals and the health care system. Case in point: More than 125,000 people die each year because of prescription medication non-adherence, according to the National Council for Patient Information and Education.

Following a doctor's recommended care plan can be challenging, according to Dr. J.B. Sobel, chief medical officer with Cigna Healthcare's Medicare business. There are multiple reasons why older patients can have difficulty following their provider's instructions - including managing multiple medications at different times of day - or trouble accessing or affording care.

Thankfully, there are some processes and re-

sources that can help you faithfully follow your healthcare provider's advice.

Get organized. More than half of adults 65 and older take four or more prescription drugs, according to the Kaiser Family Foundation. With more medications, it can be difficult to know what to take, when to take it, and in what dosage. A low-cost pill organizer, available at drug stores and retail outlets, can help you stay organized. You may also want to automate your medication by taking it at the same time every day if directions allow that. The key is to find a system that works for you and stick with it.

Communicate with your provider or pharmacist. If your medication doesn't seem to be working or is causing undesirable side effects, talk to your doctor or pharmacist about adjusting your dosage or switching to an alternative. Likewise, discuss any concerns about screenings or tests with your provider.

Having a good rapport with your doctor helps. Take notes at your appointment or bring a loved one with you to help with questions. And don't be afraid to ask if there's anything you

don't understand.

Connect your providers. Make sure your various doctors share information. For example, if you have an unexpected hospital visit, notify your primary care provider so they can review any new medications or diagnoses from the hospital and help you fit them into your current care plan. This can also help protect you from unnecessary or duplicate procedures.

Find alternative access to care. If you have difficulty getting around or live far from where care is rendered, there are programs to help. Your provider may offer virtual visits. You may be able to have prescriptions safely delivered to your home in a 90-day supply, perhaps at a lower cost, and with reminders for refills. If you have a Medicare Advantage plan, you may be eligible for rides to your provider or pharmacy at no extra cost. Learn more about Cigna Healthcare's Medicare Advantage plans at [www.cigna.com/medicare](http://www.cigna.com/medicare).

Seek help with costs. "Extra Help" is a federal program providing prescription drug cost support to those who qualify. Many pharmaceutical manufacturers

help customers afford medications. You could also ask your healthcare provider about generic medications, which typically cost less but are equally effective.

Medicare and Medicare Advantage plans pay for many preventive procedures with no extra cost to you.

"If keeping up with your health care feels overwhelming, please don't get discouraged," said Dr. Sobel, who oversees a team of clinicians that contact Cigna Healthcare's Medicare Advantage customers whose prescriptions have lapsed or not been refilled. "Seek help from a doctor, a pharmacy or a loved one. They want to help you. Keep in mind that it's easier to maintain good health than it is to recapture your health following a preventable crisis."

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

### Advocating For Mental Health As A Universal Child Right

(Family Features) Mental health and psychological well-being are essential for children, adolescents and communities to thrive.

With crises in locations such as Ukraine, Syria, Turkey and Afghanistan, the mental health and well-being of children and young people around the world are causes for concern.

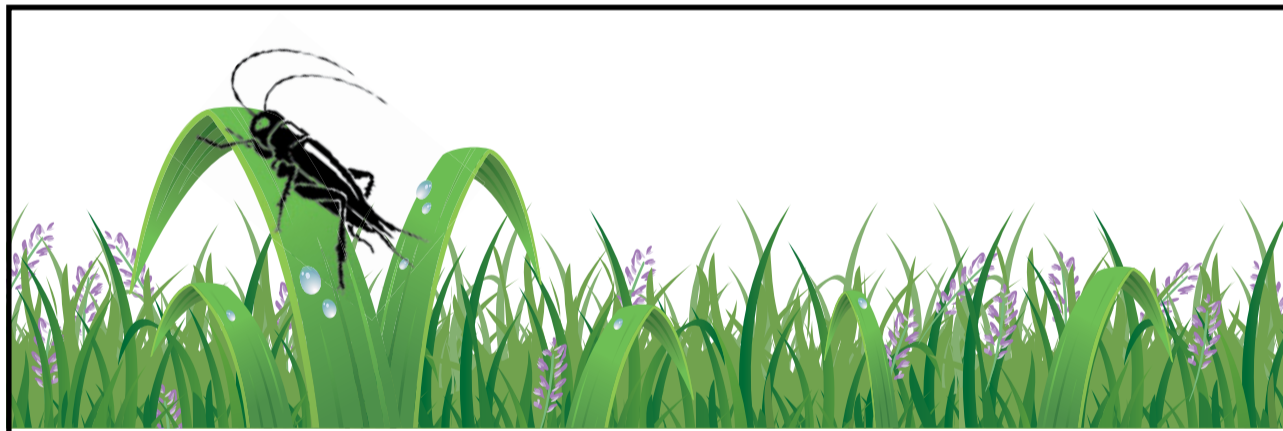
Globally, more than 1 in 7 adolescents ages 10-19 live with mental health conditions, according to UNICEF. Children and youth globally, including those in the United States, face challenges bridging the gap in terms of mental health needs and proper access to quality services.

The COVID-19 pandemic coupled with school closures and disruptions in learning impacted nearly 1.6 billion children globally. Anxiety, depression and other mental health conditions actively threaten children's ability to be healthy and happy. Addressing key mental health and psychosocial issues to support their development can allow them to meaningfully participate in society. Together, UNICEF

and UNICEF USA are advocating on a local, national and global scale to provide children with the tools they need to support mental health.

On a global level, the organizations are calling on Congress to pass the Mental Health in International Development and Humanitarian Settings (MINDS) Act, the first federal legislation that addresses mental health and psychosocial support through U.S. foreign assistance. It focuses primarily on populations with increased risk factors for developing mental health disorders including children and caretakers in crisis-affected communities, gender-based violence survivors, displaced populations and more.

Raising awareness, engaging youth and sharing resources to support parents, adolescents and children are core ways to address the current state of global mental health. To learn more about how you can support these efforts and call on elected officials to prioritize mental health services for children and caregivers in U.S. foreign assistance, visit [act.unicefusa.org/MINDSAct](http://act.unicefusa.org/MINDSAct) or text "MINDS" to 52886.



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### What To Know About The Future Of Cancer Treatment

(StatePoint) For many patients, initial cancer treatments are not enough, and residual cancer cells that survive these treatments can cause relapse. But new research is seeking to harness the immune system to target residual disease, thereby helping patients avoid relapses and live longer.

"Using a novel mechanism of action that directly targets the cancerous cells, we are hoping to enhance the ability of NK cells - that is natural killer cells - to eliminate residual disease," says RJ Tesi, MD, CEO of INmune Bio Inc., (NASDAQ: INMB), a clinical stage immuno-oncology company. "NK cells are part of our innate immune system and are essential for survival. In addition to directly killing infected cells and cancer cells, NK cells facilitate crosstalk between the innate and adaptive immune system."

As Dr. Tesi goes on to explain, NK cells play a critical role in killing cancer cells that remain after such treatments as surgery, radiation, and chemotherapy. While modern cancer therapies

can effectively eliminate most cancer in a patient, to eliminate all cancer cells, the patient's immune system needs to do its part and kill the residual disease. When cancer cells evade NK cells by making themselves effectively invisible, the immune system can't identify them and therefore can't kill them. This failure of the immune system to eliminate residual disease is the cause of cancer relapse.

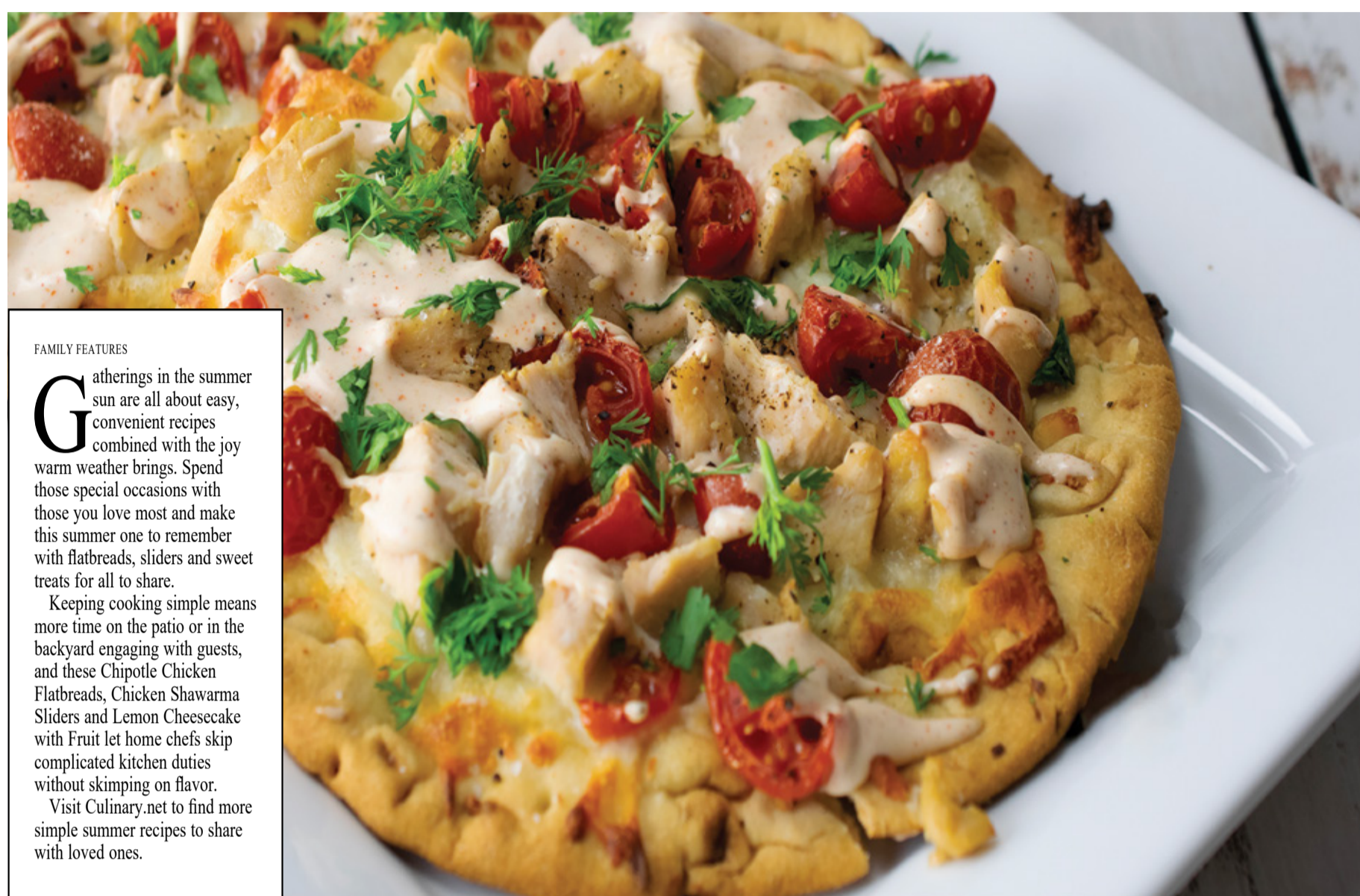
INmune, INmune Bio Inc.'s lead product, activates resting NK cells into a primed state to kill cancer. Currently in clinical trials, this therapy is already showing promising results. INmune-primed NK cells have demonstrated an ability to kill several types of cancer cells. To learn more, visit [inmunebio.com](http://inmunebio.com).

"Chemotherapy and radiotherapy reduce the tumor burden, but are not always curative alone," says Dr. Tesi. "To eradicate the disease and turn cancer relapsers into survivors, we also need an effective immune response to control residual cancer cells left behind after primary treatment."

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# Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

#### FAMILY FEATURES

**G**atherings in the summer sun are all about easy, convenient recipes combined with the joy warm weather brings. Spend those special occasions with those you love most and make this summer one to remember with flatbreads, sliders and sweet treats for all to share.

Keeping cooking simple means more time on the patio or in the backyard engaging with guests, and these Chipotle Chicken Flatbreads, Chicken Shawarma Sliders and Lemon Cheesecake with Fruit let home chefs skip complicated kitchen duties without skimping on flavor.

Visit [Culinary.net](http://Culinary.net) to find more simple summer recipes to share with loved ones.

### Summery Flatbreads for Family and Friends

When dining outdoors with family, friends and neighbors, there are few things better than a tasty dish the whole family can enjoy like these Chipotle Chicken Flatbreads.

Perfect for al fresco entertaining when served alongside a fresh salad, they're simple to make and allow guests to personalize with preferred toppings before popping in the oven. As a colorful and fresh dish, it's an ideal meal for get-togethers on the patio.

For more summer recipe ideas, visit [Culinary.net](http://Culinary.net).

#### Chipotle Chicken Flatbreads

Recipe adapted from [butteryourbiscuit.com](http://butteryourbiscuit.com)

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- 2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Chicken Shawarma Sliders

#### Shareable Sliders for a Nutritious Summer Meal

Fresh, mouthwatering foods hot off the grill are a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic – and healthy – option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting [emeals.com/campaign/Fresh-Cravings-Healthy-Eats](http://emeals.com/campaign/Fresh-Cravings-Healthy-Eats).

#### Chicken Shawarma Sliders

Recipe courtesy of eMeals Registered Dietitian Rachel West

Prep time: 25 minutes

Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeño Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days. Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.



Lemon Cheesecake with Fruit

#### Unforgettable Fruity Flavor

Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones.

Find more sweet summer desserts at [Culinary.net](http://Culinary.net).

#### Lemon Cheesecake with Fruit

Servings: 6-8

- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted

- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled and separated
- 8 raspberries
- 3 mint leaves, for garnish

Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.