

➔ TODAY'S VERSE

Psalm 127:1 Except the LORD
build the house, they labour
in vain that build it: except the
LORD keep the city, the watch-
man waketh but in vain.



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

What makes Maggie Williams smile? "Honestly, the (Noblesville) Farmers Market. Just coming out here and interacting with all the vendors makes me excited," said this year's Farmers Market manager. "My favorite part is talking to the vendors." Williams is the onsite coordinator for this year's Noblesville Farmers Market, which is open 8 a.m. to noon Saturdays at Federal Hill Commons in downtown Noblesville. Market-goers and interested vendors are invited to seek out Williams to answer any questions during the market, where she'll be easy to spot in a brightly colored market T-shirt. The 44-year-old grew up in Goshen and graduated from NorthWood High School in Nappanee, where she played the trumpet and enjoyed an all-star band trip to Europe. She also plays piano. "I love music." She said, "I do sing, but I'm a horrible singer," comparing herself to the Elaine character on the "Seinfeld" television sitcom. She and her husband, Adam, a Mississippi native, have been married almost 27 years. They moved to Noblesville about six years ago and recently moved to rural property just outside of Hamilton County where they live in a barn house on acreage. They have four children, ages 19-27. She loves food and loves to cook as does her husband, Adam, a chef. They own and operate Jaws Food Truck and offer made-from-scratch jambalaya, seafood gumbo, pulled pork and butter beignets. She works part time at Lil' Bloomers on the Square and at NobleMade gift shop. She loves Noblesville. "Potter's Bridge is my favorite park. We just go out and about in the town. There is so much to do, something going on, so many activities, so many free activities." Williams, who was Farmers Market manager in 2019 and decided to return to the market after meeting with new Main Street executive director Kate Baker. Passions? "I love being outside and gardening." The weather forecast for this Saturday is sunny and in the 70s. Despite the Federal Hill Parking lot being closed and under construction for Noblesville's \$50 million Village at Federal Hill apartment/parking garage project, parking for the Farmers Market will still be plentiful, with a lined-off parking lot at the nearby Mexican restaurant that was torn down, at BlueSky Commerce, both just west of the park, and at the park's Green Room parking lot, which will be restricted to vendor spaces and handicapped parking only during the weekly market.

The construction keeps on coming! On Monday, July 5, 2022, Olivo Road between Geist Reservoir and Haven Cove Lane, the first road south of the Geist Reservoir Bridge, will have daily lane restrictions for northbound and southbound traffic for the reconfiguration and installation of access to Geist Park and the Marina. These lane restrictions will happen from 9 a.m. and 4 p.m., Monday through Friday. The closures are expected to end by Aug. 1.

The TIMES

Hamilton County's Own Daily Newspaper

NOBLESVILLE, INDIANA

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Shop Fishers: Summer Series Returns July 16



The City of Fishers will kick off its third-annual Shop Fishers: Summer Series on Saturday, July 16 with a weeklong celebration through Saturday, July 23.

The citywide event will feature special deals and promotions from over 50 homegrown restaurants and shops around Fishers, encouraging the community to shop and dine local throughout the week. With deals ranging from 20% off your purchase, to buy one get one free, to discounted gift cards, you can soak up the summer's best deals with back-to-school bargains and end-of-summer fun.

Businesses participating in the Shop Fishers: Summer Series include:

Food & Drink:

- 101 Beer Kitchen
- Bay Area Bistro (Fishers Farmers Market)
- Brighton Farms (Fishers Farmers Market)
- Fishers Test Kitchen
- Four Day Ray Brewing
- Greeks Pizzeria
- Handel's Homemade Ice Cream

- Jack's Donuts Fishers
- Kim's Key Lime Cookies, Inc. (Fishers Farmers Market)
- MashCraft Fishers
- MOTW Coffee & Pastries
- Ohana Donuts and Ice Cream

- Parks Place Pub
- Pearl Street Pizzeria & Pub
- Schoolhouse 7 Café
- Sun King Fishers Brewery
- Tasteful Times
- The Bubble Tea Lady (Fishers Farmers Market)

- Wesson's Canine Bakery (Fishers Farmers Market)

Boutiques:

- BluePeppermint
- Cynthia's Hallmark
- Fishers Apparel Store
- HopeAnchor & Crew
- Roman & Leo
- Shop Gina Celeste
- Twigs & Tea

Home & Garden:

- Allisonville Home & Garden by Sullivan
- Fishers Flower Farm
- Fishers Woodworking
- High Frequency Arts
- Unplug Soy Candles
- Wasson Nursery

Family Fun:

- Conner Prairie
- Fishers Maker Playground
- Mathnasium Fishers
- Nickel Plate District Amphitheater

➔ See SHOP FISHERS Page A6

Democratic, Libertarian Parties of Indiana to Host Town Hall Event in Fishers

Today in Fishers, Tom McDermott (Candidate for U.S. Senate), Destiny Wells (Candidate for Secretary of State), Jeannine Lee Lake (Candidate for Indiana's Fifth Congressional District), Jocelyn Vare (Candidate for Indiana Senate District 31), Victoria Wilburn (Candidate for Indiana House District 32), and the Libertarian Party of Indiana will continue the "2022 Town Hall Series", an effort by the Indiana Democratic Party to hear from all voters about the top issues facing Hoosier families ahead of the

2022 state and federal elections.

Democrats believe it is imperative for voters to hear from all major political parties, and this fact is why representatives of the Indiana Republican Party and the Indiana Libertarian Party were invited to participate in town hall events across the state. Indiana Republicans declined the opportunity.

There is no set theme for the town halls. Indiana Democrats have a plan to address the kitchen-table issues important to voters, and from issues like inflation and law enforcement funding to education and broadband, candidates and elected officials will answer as many questions as possible during a 90-minute conversation.

"In order to truly represent Hoosiers and restore balance to every level of government in Indiana, it's imperative for voters from all walks of life to hear from the leaders of our political parties about the important issues of the day – and also ask questions directly to the people who seek to serve us. It's my hope that through this town hall series, some decency and understanding can be restored

➔ See TOWN HALL Page A6

A Few 'Over Groan' Words



JOHN O. MARLOWE With The Grain

It happens about this time every year. Despite meaning well and good intentions, I've again become the neighborhood pariah.

Situated smack dab between the two-story modern with the terraced wall and the wrap-around deck to my west, and the venerable ranch on the east, with the two stately oaks in front and the neatly trimmed front lawn, lies my sprawling home -- Shambly Stadium.

I mow my one-acre yard -- front and back -- every week, rain or shine, and still somehow my property looks overgrown and shabby. It is lush with volunteer trees, brambles, and twining vines filling every scratch of sunlit soil or sod. I have accidentally accrued an entire registry of unwanted weed varieties and woody-stemmed plant species, enough to rival any botanical garden.

It is never my intention to let my landscape get away from me. It's not like I rush out each year to buy the first copy of Better Homes and Jungles. I care about my residence, even though you can't always see it from the street.

I could use the excuse that my home is more than 60 years old. However, there are older homes on my street that are kempt, if not immaculate. I could also use the fact that four of my five neighbors are now retired or approaching retirement, so they have lots of time on their hands for yard work. The fifth neighbor, however, works two jobs, is studying for his real estate license, and has two preschool age children. Explain to me why his yard looks gorgeous and mine doesn't, will you?

To be honest, I actually like having a wood lot in back. The extra revenue gleaned from harvesting the giant walnut trees -- the ones that the squirrels planted for me by burying the seeds -- could come in handy when it comes time to shuffle me off to the home.

I save money on curtains, too. Curtains are totally unnecessary when right outside your window is Tarzan's front yard.

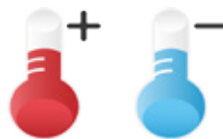
On the other hand, it bothers

➔ See MARLOWE Page A6

The Daily Almanac



Sunrise/Sunset
RISE: 6:17 a.m.
SET: 9:17 p.m.



High/Low Temperatures
High: 81 °F
Low: 57 °F



Today is....

- Insurance Awareness Day
- Paul Bunyan Day
- Tau Day



What Happened On This Day

- 1846 The saxophone is patented
- 1914 Austrian Archduke Franz Ferdinand and his wife Sophie are assassinated
- 1969 A police raid of a gay tavern sparks a series of violent clashes



Births On This Day

- 1491 Henry VIII of England
- 1926 Mel Brooks American actor, director, producer, writer

Deaths On This Day

- 1836 James Madison 4th President of the United States
- 1975 Rod Serling American screenwriter, producer, created The Twilight Zone

➔ INSIDE TODAY

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➔ OBITUARIES

Kevin Michael Cole
Rodney T. Hancock
Richard William Hoehnke
Benjamin (Ben) Allan Lowry
Kathleen Sandra Schwartz

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



➔ HONEST HOOSIER

As I get older, I've cut back on salt, red meat, alcohol, tobacco and almost everything else I enjoyed. Someone help me remember -- just what the hell am I trying to stay healthy for?



➔ TODAY'S HEALTH TIP

Children who regularly eat junk food during their first three years have been shown to have lower IQ scores at age 8.

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



➔ TODAY'S QUOTE

"You can waste your lives drawing lines. Or you can live your life crossing them."

- Shonda Rhimes

➔ TODAY'S JOKE

If you ever choke to death on gummy bears, leave instructions to put in your obituary that you were killed by bears, and leave it at that.



⇒ OBITUARIES

Kevin Michael Cole

August 9, 1968 - June 25, 2022

Kevin Michael Cole, 53 of Noblesville, passed away on Saturday, June 25, 2022 surrounded by those he loved the most.

He was born on August 9, 1968 to Phillip and Mary (Lesson) Cole in Richmond, Indiana.

Mr. Cole was a 1986 graduate of Carmel High School. He received a bachelor's degree from Indiana University in 1991, and a master's degree from Indiana Wesleyan in 1998. He was passionate about teaching Spanish, which he did for 29 years, 28 of those years at Noblesville High School. Mr. Cole was a huge fan of IU basketball and football, the Cincinnati Reds and the Indianapolis Colts. He also enjoyed being the voice of Noblesville basketball games. Above all, Mr. Cole enjoyed being the best girl dad and boy dad.

Survivors include his wife Alison Cole; mother Mary Cole; daughter Emily Cole; son Alex Cole; brother Scott (Kim) Cole; a niece; several nephews; one great nephew; and the family dog, Dexter. He will be missed by many more family, friends and the community.

He was preceded in death by his father Phillip Cole.

Visitation is scheduled to be held from 4 p.m. to 8 p.m. on Friday, July 1, 2022 at Noblesville First United Methodist Church, 2051 Monument Street, in Noblesville. Services are scheduled to be held at 11 a.m. on Saturday, July 2, 2022 at the church, with Pastor Jill Moffett officiating. Private family burial will be at Fairview Cemetery in Tipton.

Memorial contributions may be made to Dana-Farber Cancer Institute, 450 Brookline Ave, Boston, MA 02215 (www.dana-farber.org).

Online condolences may be made at www.randallroberts.com.

Rodney T. Hancock

February 9, 1938 - June 24, 2022

Rodney T. Hancock, 84, of Noblesville, passed away on Friday, June 24, 2022 at his home.

He was born on February 9, 1938 to Pinkney and Maudie (Parrish) Hancock in Harrisburg, Illinois.

Mr. Hancock was a cement mason for over 50 years and loved being with family.

Survivors include his children Patti Hancock (Joe) Dickman and David (Pamela) Hancock; sister Myrna Fink; five grandchildren Jeremy Dickman, Holli Hilt, Whitney Hancock, Kylee (Joey) Hartley and Abbie (Matt) Mitchell; and four great-grandchildren, Andrew, Hailee, Brik, Ellie and Mason.

In addition to his parents, he was preceded in death by his wife Olinda J. Hancock; seven brothers; and five sisters.

Visitation is scheduled to be held from 10 a.m. to 1 p.m., with services scheduled to begin at 1 p.m., on Wednesday, June 29, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. The Rev. Jess Stone will officiate. Burial will be at Crownland Cemetery in Noblesville.

Online condolences may be made at www.randallroberts.com.

Richard William Hoehnke

April 24, 1952 - June 18, 2022

Richard William Hoehnke, 70, of Noblesville, passed away on Saturday, June 18, 2022 at his home.

He was born on April 24, 1952 to the late William and Shirley (Seeley) Hoehnke in Indianapolis, Indiana.

Mr. Hoehnke worked part time as a warehouse laborer & deliveryman. He also worked for IndyCar as an observer and loved being at the Indianapolis Motor Speedway. He was a member of USAC and regularly attended short track races through the state. Mr. Hoehnke enjoyed spending time sitting outside and taking care of the birds in his yard.

Survivors include his wife Victoria Hoehnke; and stepson Michael (Chasity) Crays.

A celebration of life is scheduled to be held at a later date. Randall & Roberts Funeral Homes has been entrusted with Rick's care.

Memorial contributions may be made to: Lutheran Society, 1525 N. Ritter Avenue, Indianapolis, IN 46219 (www.lutheranfamily.org/how-to-help/lutheran-giving-society-club.html)

Online condolences may be made at www.randallroberts.com.

Benjamin (Ben) Allan Lowry

March 23, 1991 - June 6, 2022

Benjamin (Ben) Allan Lowry, 31, of Indianapolis, passed away unexpectedly on Monday, June 6, 2022 at his home.

He was born on March 23, 1991 in Minneapolis, Minnesota.

Mr. Lowry worked in the restoration industry for several years, where he developed many close friendships. He was a people person who loved life and never met a stranger. He was soft-spoken and very caring. Children always seemed to gravitate towards Mr. Lowry. He loved the water and his dogs. In fact, there wasn't a body of water where he wouldn't want to jump and swim in. He also loved to lift weights.

Survivors include his mother Susan (Chip) Mullen; two brothers Brandon Lowry (Rick) and Jordan (Marisa) Lowry; two nephews Garrett and Elias; grandmother Charlene Ohmann; several aunts & uncles; step-sister Mackenzie Mullen; and father Keith Lowry (Becky).

He was preceded in death by his grandfather Earl Ohmann.

A memorial service is scheduled to be held at NSPIRE Church, 18097 Sun Park Dr, Westfield, IN at 11 a.m. on July 9, 2022. Mr. Lowry's care has been entrusted to Randall & Roberts Funeral Home.

Memorial contributions may be made to the Minnesota State Fair Foundation, 1265 Snelling Avenue North, Saint Paul, MN 55108 (www.msffoundation.org). Mr. Lowry loved attending the Minnesota State Fair with his grandpa, mom and brothers.

Online condolences may be made at www.randallroberts.com.

Kathleen Sandra Schwartz

September 1, 1934 - June 24, 2022

Kathleen Sandra Schwartz, 87, went to be with our Lord on June 24, 2022, in Noblesville, Indiana.

She was born on September 1, 1934, in Indianapolis to Edward Morris and Beulah Myles.

Ms. Schwartz graduated from Lawrence Central High School in 1952.

She had six children: J. Edgar Schwartz (Tamy) of Salem; Dan Schwartz (Sandra) of Arlington; Wanda Schwartz (Alison) of Iowa City, Iowa; Bill Schwartz of Rocky Comfort, Missouri; Sally Thieme (Ron) of Noblesville; and C. Raleigh Schwartz of Davenport, Florida.

Ms. Schwartz was best known for being a loving sister, mother, grandmother, great-grandmother, and friend. She also loved to bowl and play cards and had a strong interest in genealogy.

Survivors include her six children; sister Mary Sharon Morris; nine grandchildren Nathan Schwartz, Dustin Schwartz, John Schwartz, Leif Galstad, Dentin Schwartz, Paul Thieme, Andrew Thieme, Catherine Thieme and Evelyn Galstad; and six great-grandchildren.

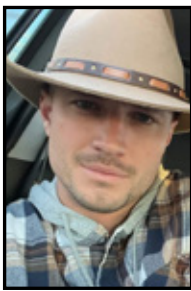
She was preceded in death by her father Edward Okeley Morris; mother Beulah Agnes (Myles) Morris; brother James Morris; and three sisters Theresa Palomino, Loretta Morris and Elizabeth Martin.

A funeral service is scheduled to be held on Wednesday, June 29, 2022, at 12 p.m. at Cornerstone Lutheran Church, 13450 East 116th Street, Fishers, Indiana, 46037. Pastor Kevin Thomson will officiate the service.

Visitation is scheduled to take place from 10 a.m. - 12 p.m. on Wednesday at the church.

Burial will follow in Oaklawn Memorial Gardens.

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



CARRIE CLASSON
The Postscript

My husband, Peter, and I went to our first concert in the park last night.

We brought our folding chairs and ate food from the food trucks. The weather was perfect, and the music was good. But upstaging the band were a pair of juvenile squirrels in the trees overhead, challenging one another to feats of greater and greater daring. I half expected to have an adolescent squirrel land in my lap.

It had been a long day.

We had just come from the funeral for one of Peter's cousins, who died of ALS. It was a somber occasion, as he was an otherwise healthy man who, until recently, ran marathons and taught classes and painted brilliant Western landscapes. Now the world—and his family in particular—was poorer for his loss, and I was feeling a little down.

Before going to the concert, I went on my usual walk and called my old friend, Andrew. He was in a bad mood also. Andrew has been working on a fantasy novel for years and just heard about someone who sold a similar novel for an astonishing sum. When he read the description of the book, he thought it sounded terrible.

"I wouldn't touch that book!" Andrew told me as I walked. "It sounds just awful!"

"Aren't you glad a fantasy author is doing so well?" I asked. He grumbled. I told him how I had attended two funerals in the space of a week, and it was wearing on me. This is what you do with old friends—he brings me around when I am grumpy, and I do the same for him.

Then Andrew told me about an interview he'd recently heard with the former bass player for

the Rolling Stones, Bill Wyman.

Wyman is now 85 years old and, when talking about his most cherished memories, he said, "These moments are there to be caught but you're bloody lucky to catch them." Andrew liked the quote so much he wrote it down, so I did the same.

"The moments are meant to be caught," Andrew said, "but we have to do the catching."

Just then, I noticed that some of the lilacs in the shade were still blooming, their unmistakable fragrance thick in the humid air. I admired the golden retriever passing on the other side of the street, his tail swishing cheerfully back and forth. I realized how something as simple as catching the scent of the last lilacs of the season or the sight of a happy golden retriever's tail took the act of noticing.

"We have to reach out and catch the moment," Andrew continued. I noticed that I was feeling less sad. I could tell Andrew was less grumpy.

Sitting under the trees at the concert, I thought again of how quickly the moments pass—how fast the spring has gone, how the summer will be over before I know it, and how the years fly by. Reaching into the stream of time and catching a moment is not easy. I am, indeed, "bloody lucky" to catch them.

At that moment, one of the daredevil squirrels overhead took an outrageous chance and leaped to a slim branch in a nearby tree—really no more than a twig—that was clearly dead and had broken off from the larger branch.

"He's going to fall for sure!" I said as the squirrel clung to the branch, which swung once like a pendulum before he leaped a second time to safety. And he was gone.

"Bloody lucky squirrel," I thought, filled with admiration.

Till next time,
Carrie

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

The Times

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2022 Fall Ball Season

When: August 13th/14th - October 1st/2nd, 2022...7 game season & single-elimination tournament to be played on Weekends.
• Weekday games may be scheduled based on interest or in the event of rainouts
• Single-elimination tournament played October 1st & 2nd

Where: Noblesville Babe Ruth Facility - Logan Field
Forest Park, Noblesville

Who: Everyone - 7th-8th Grade and 9th-12th Grade
• 7th - 8th Grade League
• 9th - 12th Grade League
• Due to construction scheduled on Emmerson Field, Fall Ball teams and player registrations will be limited.
** **Please Note:** There will NOT be a Travel division for the 2022 Fall Ball season.

Cost: \$80 per Individual registration - \$900 per full-roster team registration
** **Note:** Credit card and processing does apply and will be added at checkout

How Do I Register? www.noblesvillebaberuthbaseball.com

Questions? Please contact:

Mark Kelly
Director of Baseball Operations
Noblesville Babe Ruth Baseball
(317) 201-4751
nrbdirectorofops@gmail.com

Chris Thomas
League President
Noblesville Babe Ruth Baseball
(317) 538-6555
nrbpresident@gmail.com

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The Saga of Diego Morales, Destiny Wells and Judge J. Michael Luttig

Two days before the Indiana Republican Convention gathered, we heard conservative retired federal Judge J. Michael Luttig tell the U.S. House Jan. 6 Select Committee what would have happened if Vice President Mike Pence had done President Trump’s bidding in overturning the 2020 election. It would have been a “revolution within a constitutional crisis.”

Three days after Hoosier Republicans convened, we heard Republican Arizona House Speaker Rusty Bowers recall the pressure from Rudy Giuliani to throw out the people’s will and, instead, opt for illegal “contingent electors” to reinstall Trump despite losing the popular vote to Joe Biden by 7 million, as well as the Electoral College 306-232. Bowers said Giuliani told him, “We’ve got lots of theories; we just don’t have the evidence.”

And Republican Georgia Sec. of State Brad Raffensperger described the soundbite of the century from Trump (“I just want to find 11,780 votes” and “give me a break”) and Trump’s twisted description of non-existent fraud and 5,000 dead people voting. The actual number was four, Raffensperger said. “That’s one, two, three, four people – not 4,000. But just a total of four, not 10,000, not 5,000.”

Last Saturday, Hoosier Republicans voted on a second ballot to nominate Diego Morales over incumbent Sec. Holli Sullivan. There had been an Associated Press report in which he had referred to the 2020 presidential election as a “scam.” The Morales campaign texted this, “I



BRIAN HOWEY
Howey Political Report

proudly voted for Trump twice, but Joe Biden was elected president in 2020 and legitimately occupies that office today. There were a number of irregularities in that election. Those kinds of actions are unacceptable.”

But in a March 8 article appearing on the website “Hoosier State Today,” Morales describes “deep skepticism regarding the accuracy of the 2020 presidential election. Let me make my own position on 2020 crystal clear: The 2020 election was flawed and the outcome is questionable.”

Morales continues: “America First patriots remain committed, because it is the wound that will not heal until it is honestly addressed. Electing the right secretaries of state in every state of our union now represents a more important task than ever, as the stewards of our elections.”

Morales’ Democratic opponent, Destiny Wells, said on Tuesday, “He’s saying he was misquoted in calling it a scam. I have the article printed where it was written by him. Diego wrote it. How is it that Diego misquoted himself?”

Wells added, “He is a part of the America First coalition of secretaries of state who have other

agendas. That means he’s part of that pack, that he’s beholden to the notion that the election was stolen. I know he’s walking that back right now.”

Asked what his victory over Sullivan means, Morales answered, “I will say one word: Praise the Lord.” Morales, who accused Gov. Eric Holcomb of “abusing his power” during the COVID-19 pandemic, added, “The vision today is to keep that American dream alive. We must secure our elections ... so we can increase voter confidence.”

Morales vowed to purge voter rolls, limit absentee ballots, and allow voting only on election day. “No one in Indiana cemeteries will be allowed to vote,” Morales told GOP delegates. The problem with that is, there is no evidence of dead Hoosiers voting.

“On Sunday I was getting calls from Republicans,” Wells said on Tuesday. “I mean, I’m from Martinsville. I am the black sheep of the family. I do not like it when people vilify Republicans. That’s my family, that’s my hometown, that’s my best friend, who is treasurer on my campaign and is a Republican. I told her, ‘If you don’t have a party, come and hang out with us for the year’ and she obliged. I know I’m going to have Republicans voting for me.”

While Indiana isn’t a swing state and will almost certainly vote for a Republican presidential nominee in 2024, the notion of installing an election denier as the state’s top elections official is a dicey proposition.

Now, if you’re a Hoosier

Republican, this is probably the biggest takeaway from Tuesday’s Jan. 6 hearing: Raffensperger was asked why Donald Trump lost Georgia. “I’ve been traveling through the state of Georgia for a year now, and simply put, in a nutshell, what happened in fall of 2020 is that 28,000 Georgians skipped the presidential race, and yet they voted down-ballot in other races,” Raffensperger said. “And the Republican congressman ended up getting 33,000 more votes than President Trump, and that’s why President Trump came up short.”

Judge Luttig parted last Tuesday with this chilling warning: “Donald Trump and his allies and supporters are a clear and present danger to American democracy. They would attempt to overturn that 2024 election in the same way that they attempted to overturn the 2020 election, but succeed in 2024 where they failed in 2020. I don’t speak those words lightly. I would have never spoken those words ever in my life, except that that’s what the former president and his allies are telling us.”

This is not a conspiracy cloaked in secret meetings in shadowy Washington alcoves. It was brazenly performed in plain sight, and it continues to this very day ... even here in Indiana.

The opinion piece from Diego Morales can be found at <https://hoosierstatetoday.com/stories/621591355-opinion-holli-sullivan-dodges-on-election-sanctity-i-will-lead>

- The columnist is publisher of Howey Politics Indiana at www.howeypolitics.com

Indiana Represented in Economic Summit

Indiana Gov. Eric Holcomb represented Indiana in the 2022 SelectUSA Investment Summit in National Harbor, Md. that wraps up today. Led by the U.S. Department of Commerce, SelectUSA is the premier event connecting global companies with economic development organizations on significant foreign direct investment (FDI) opportunities.

The Investment Summit gathered global executives and business leaders to discuss opportunities in innovation and entrepreneurship, as well as key topics including research



Governor Eric Holcomb

and development, startups, global market dynamics, supply chain, infrastructure and renewable energy.

Holcomb has been meeting with business

executives and government leaders. Today, he is scheduled to participate in a panel highlighting Indiana’s investments in infrastructure, energy ecosystem and strength in public private partnerships. Indiana Secretary of Commerce Brad Chambers will also attend SelectUSA.

Since the first Investment Summit in 2013, the event has facilitated \$59 billion in new FDI into the United States, supporting nearly 49,000 American jobs. This year’s Investment Summit is set to be the largest to date with more than 3,300 participants reg-

istered to attend the event, including 1,400 international companies from more than 70 individual markets and representatives from 51 U.S. states and territories.

Indiana is home to more than 1,090 foreign-owned business establishments, representing more than 40 countries. In 2021, 47 foreign-owned businesses committed to locating or growing in Indiana. Together, these firms plan to invest \$3.55 billion in Indiana, creating jobs with an average wage of \$29.57 per hour and accounting for 14% of the total new jobs committed in 2021.

PUBLIC NOTICES

NOTICE TO CONTRACTORS
INDIANAPOLIS EXECUTIVE AIRPORT CONSTRUCTION PROJECT – 2022
EXTEND RUNWAY 18-36

The Hamilton County Airport Authority, Noblesville, Indiana will be receiving sealed bids for the following project until **11:00 AM EST on Monday, July 11, 2022.**

Bids shall be addressed to Cindy Duncan at the Hamilton County Auditor’s Office and shall be to the attention of **Hamilton County Airport Authority; 33 North 9th Street, Suite L21, Noblesville, Indiana 46060, and will be clearly marked “Sealed Bids: DO NOT OPEN”.**

Bids will be publicly opened and read aloud at 11:15 AM EST on Monday, July 11, 2022, at the Hamilton County Government & Judicial Center, Conference Room 1A, 1 Hamilton County Square, Noblesville, IN 46060

A voluntary Pre-Bid Conference will be held at the Indianapolis Executive Airport, 11329 E. State Road 32, Zionsville, Indiana 46077, at **1:00 PM EST, on Tuesday, June 28, 2022.**

Work for this project is packaged into: **ONE (1) CONSTRUCTION DOCUMENT PACKAGE (PLANS AND SPECIFICATIONS).** This includes two plan sets (Extend Runway 18-36 and Repair Taxiway A) and two specification volumes (Specifications and Bid Proposal Packet).

The scope of work of the Base Bid and Alternate Bid includes all work required to extend Runway 18-36 and Taxiway A. This includes but is not limited to asphalt and concrete paving with subbase and subgrade work, underdrain installation, marking (temporary and permanent), electrical work (e.g., airfield edge lighting, airfield signage, new PAPI and wind cone, and glideslope relocation with partial replacement), and miscellaneous items such as maintenance of traffic, seeding, erosion control, etc.). The Base Bid pricing is based on all construction being completed in 2022. The Alternate Bid pricing is based on all construction starting in 2023.

Additionally, there are two Additive Bid items that include the electrical vault relocation and Taxiway A-1 repair. The electrical vault relocation includes the construction of a new electrical vault with foundations, relocation of the existing regulators, existing vault modifications, installation of new electrical power and distribution, and removal of existing airfield cables. The Taxiway A-1 repair includes asphalt, subbase, subgrade removal and replacement. The Additive Bid work may occur in 2022 or 2023 with or without the other projects.

Contractors may bid the Base and/or Alternate Paving, Marking, and Electrical work. Contractors bidding on the Base or Alternate work are NOT required to bid the Additive work. However, Contractors not bidding all of these components may be considered non-responsive and excluded from award. Only one Contractor will be awarded the work based on the lowest, responsive and responsible bid received that aligns with available funding. The Owner reserves the right to select the base or alternate and combinations of the additive bids based on cost and available funding.

Details associated with the aforementioned project are more specifically set out in the plans and specifications.

Federal laws and regulations require that the successful bidder be contractually subject to applicable federal contract provisions and that the bidder incorporate such provisions in each subcontractor, material supplier, or service provider contract or agreement used for the proposed project. The full text of each contract provision, its source law or regulation, and its applicability to the proposed construction contract are contained in the Contract Documents. Certain contract provisions are included in this Notice to Bidders by reference while the full text is included in the proposed construction contract:

(1) Buy American Preference requires all steel and manufactured goods be produced in the United States;

(2) Foreign Trade Restriction prohibits the use of product or services from a foreign country that discriminates against the United States as published by the Office of the United States Trade Representative;

(3) Davis-Bacon Act ensures that laborers and mechanics employed receive pay no less than the prevailing wages and fringe benefits determined by the Department of Labor;

(4) Affirmative Action Requirement sets goals for minority participation in federally funded projects;

(5) Government-wide Debarment and Suspension requires that bidders must certify that they are not suspended, debarred, or excluded by any Federal department or agency;

(6) Government-wide Requirements for a Drug-free Workplace prohibits the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance in the Owner’s workplace.

As a federally funded project over \$250,000, the project is subject to the DBE requirements set forth in 49 CFR Part 26, Disadvantaged Business Enterprise Program. This federal requirement states that either as a part of the bid, or prior to execution of the contract, the apparent low bidder must provide documentation that the DBE Plan goal for the Sponsor will be met or that adequate good faith efforts were made in the event the goal is not attainable. Prior to execution of the contract, the attached DBE Goal Achievement Letter of Intent shall be completed and submitted to the Sponsor or a DBE Achievement Waiver needs to be submitted to the Sponsor for approval. If the apparent low bidder fails to provide the appropriate DBE Goal Achievement documentation, the bid will be considered non-responsive and the next lowest bidder will be afforded the chance to obtain the contract. The DBE Plan goal for work on the project is 18.5%.

The Contract Documents including the Construction Plans, Specifications and Bid Proposal are to be on file at the **Indianapolis Executive Airport, 11329 E. State Road 32, Zionsville, IN 46077**, and at the office of Woolpert, Inc., 333 North Alabama Street, Suite 200; Indianapolis, Indiana, 46204 **beginning Monday, June 20, 2022. Copies of the Contract Documents may be obtained for the non-refundable cost of document reproduction and shipping, from Reprographix Inc., 437 N. Illinois St., Indianapolis, Indiana 46204, between 8:00 AM and 5:00 PM by telephone at 317-637-3377 or online at <http://www.reprographix.com>.**

A certified check or bank draft payable to the Hamilton County Airport Authority, Noblesville, Indiana, or a satisfactory bid bond, executed by the Bidder and an approved surety company in an amount not less than five (5) percent of the bid, shall be submitted with each bid.

(1) The Bidder (Proposer) must supply all the information required by the bid on proposal forms.

(2) The bids shall be based upon rates of wages at least as high as the minimum rates established by the wage rate determination and included in these contract documents.

The **Hamilton County Airport Authority**, in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 USC 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally-assisted programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin or sex and consideration for an award. MBE’s interested in participating in the construction program and bidding upon the project, upon request, will be supplied with information and plans and specifications desired.

The Owner is cognizant of the time limitation for awarding contracts and giving Notice to Proceed pursuant to IC 36-1-12-6. However, due to the time requirements anticipated for obtaining approval of appropriate public agencies, and other required procedures, it is anticipated that the contract cannot be finally executed and Notice to Proceed be given until 90 days following the opening of the bids. Accordingly, bidders should be prepared to grant an appropriate extension of time pursuant to IC 36-1-12-6 at the time of making the tentative award to the lowest responsible bidder as determined by the Owner.

No Bidder may withdraw its bid after the bid has been opened. The Hamilton County Airport Authority, Noblesville, Indiana, reserves the right to waive any informality in bidding and to reject any and all bids.

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Indiana Chamber of Commerce Gives Indiana Talent Network New Home

The Indiana Chamber of Commerce is taking another step in reinforcing its commitment to lifting up the educational attainment and workforce skills of Hoosiers. The organization announced yesterday that through its Institute for Workforce Excellence it will be the new home for the Indiana Talent Network, which connects statewide stakeholders and regional collaborations in support of equitable talent policies and strategies.

The Indiana Talent Network has been coordinated by the Community Education Coalition, in partnership with its CivicLab, since its inception in 2017. With the Institute for Workforce Excellence's talent-centric mission, it's a natural resource to promote the Indiana Talent Network and have it reach more Hoosiers, says Todd Hurst, executive director of the Institute.

"In the coming months, we will take full responsibility for coordinating and convening the Indiana Talent Network and look forward to partnering with its team to continue to identify priorities and establish goals around talent attraction, connection and development that will most aid the workforce and employers," he explains. "We also ac-



knowledge the great work that has been done with the Network to date and especially applaud (CEO) John Burnett, (network strategist) Jeanna Berdel and (CivicLab executive director) Jack Hess for their efforts and dedication."

Adds Burnett, CEO of the Community Education Coalition and CivicLab co-founder, "We thank Jeanna Berdel for her amazing service to Indiana Talent Network. We have been searching for the

right state-level partner to carry the program forward. The Institute for Workforce Excellence is a perfect fit. We are grateful for the arrangement."

Historically, the Indiana Talent Network's mission has centered on enhancing best practices, providing interactive opportunities, fostering learning and creating a shared understanding of Indiana's workforce development systems. Hurst shares, "We intend to build on that foundation even more in order to prepare individuals and businesses to compete in today's talent-driven economy."

The Indiana Talent Network currently consists

of representatives from nearly every region of the state and includes ongoing professional development and awareness experiences, as well as quarterly meetings that bring together regional education/workforce leaders to discuss and share information.

Offers Hurst, "We know that having regional intermediaries is critical to effectively addressing systems-level workforce challenges so they can learn from one another. Perhaps more importantly, the Indiana Talent Network creates an avenue of communication to and from the state from regional partners who are

doing the work on a daily basis within our communities across the state."

The Indiana Talent Network is part of a growing umbrella of workforce services offered by the Indiana Chamber via the Institute for Workforce Excellence. Work and Learn Indiana is the group's free work-based learning marketplace that matches employers with those looking to gain experience in that field. Also this summer, the Talent Resource Navigator tool will launch to serve employers, individuals and providers with the convenience of one-stop shopping for workforce-related needs.

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Rokita Asks Courts to Lift Injunctions Against Several Indiana Abortion Laws

Attorney General Todd Rokita and the office of the Attorney General took new actions this week to protect women and unborn children following the U.S. Supreme Court’s historic decision in *Dobbs v. Jackson Women’s Health Organization*.

“Like most Hoosiers, I believe in building a culture of life in Indiana,” Rokita said. “That means protecting the lives of unborn babies and safeguarding the physical, mental and emotional well-being of their mothers. I’ll do everything in my power to advance this mission.”

This week, Attorney General Rokita asked courts to lift injunctions against several Indiana abortion laws following the Supreme Court’s overturning of the *Roe v. Wade* and *Planned Parenthood v. Casey* rulings. The rejection of those cases means states now have greater authority to enact and enforce individual laws regarding abortion.

The Indiana laws for



Attorney General Todd Rokita

which Attorney General Rokita is asking courts to lift injunctions include:

- A ban on discriminatory abortions sought specifically because of the unborn child’s race, sex, or disability
- A ban on dismemberment abortions, in which living unborn children are dismembered piece by piece
- A requirement that parents be notified when a court approves an abortion for a minor child without parental consent

(barring extenuating circumstances such as reason to believe such notification could endanger the child)

In addition, Rokita already has obtained a court-filed stipulation that halts expansion plans by abortion providers Whole Woman’s Health Alliance and Planned Parenthood in the cities of South Bend and Evansville, respectively.

“Indiana has a long history of defending life,” Rokita said, “and the Supreme Court has recognized these contributions. Indeed, the *Dobbs* decision expressly cited multiple Indiana cases — such as our battles to outlaw discriminatory abortion and require respectful disposition of the bodies of aborted babies.”

The *Dobbs* decision also cited Indiana’s work to defend parental notice and sustain an informed-consent waiting period, among other issues.

Crowdfunding Campaign Launched by State to Preserve Historic Estate

Lt. Gov. Suzanne Crouch and the Indiana Housing and Community Development Authority launched a crowdfunding campaign this week to expand and preserve George Ade’s historic estate into a community gathering space. If this crowdfunding campaign reaches its goal of raising \$50,000 by Aug. 25, the project led by George Ade Historic Preservation Commission will receive a matching grant as part of IHCD’s CreatIng Places program.

“So many influential writers and artists have called the Hoosier state their home,” Crouch said. “We’re thrilled for this opportunity to revitalize George Ade’s estate while creating opportunities for community engagement for years to come.”

Funds from this campaign will be used to create a one-of-a-kind community gathering place and garden to continue the legacy of George Ade, world-renowned author and playwright. The goal is to create a distinctive and inviting destination for the future while honoring the past.

“We see this project as a celebration of the history of Newton County,” said Mike Davis, a member of the George Ade Historic Preservation Commission. “It’s a renewed vision for Hazelden Estate that will not only recreate George Ade’s historic gardens, but also bring families and communities together through its distinct museum, visitors center, and event space.”

The CreatIng Places program began in 2016, projects have raised more than \$6.2 million in public funds and an additional \$5.2 million in matching IHCD funds. The program is available to projects located in Indiana communities. Non-profit entities (with 501c3 or 501c4 status) and Local Units of Government are eligible to apply.

Eligible projects must have a minimum total development cost of \$10,000, where the recipient will receive \$5,000 in IHCD matching funds should it successfully raise \$5,000 through Patronicity. IHCD will provide matching grant funds up to \$10,000 per project.



Lt. Gov. Suzanne Crouch

MARLOWE From Page A1

me that the neighbors talk about me. I hear them use words that I know are directed at me. Words like:

Hedge Fund
noun
Money needed for the law suit. You know, the one when I can’t see around the untrimmed bushes by the driveway, and back into the mailman?

Triskaidekaphobia
noun
The extreme fear that my rickety deck will collapse under the weight of one more

Trisket-euonymus
verb
Suggesting that I don’t know who planted the clinging vine now engulfing my neighbor’s fence.

Sarcasm
noun
The giant hole in my vegetable garden that I fill with sardine heads, like the pilgrims did.

Zero-Turning Radius
adjective
Failing to correctly install the steering shaft into the steering gear on my mower, and running through my neighbor’s privet hedge.

Porch Swing
verb
Action taken to ward off carpenter bees while sitting on my porch.

Deadheading
verb
Trimming tree branches with a pole saw.

Meadow
noun
Medical bills from the above.

When I hear these words coming from my friends, it upsets me. I’m half tempted to stop pulling out my poison ivy, and let it roam across the street. But then, I like my neighbors. I wouldn’t want to do something rash.

- John O. Marlowe is an award-winning columnist for Sagamore News Media

TOWN HALL From Page A1

in our political conversations – even when we disagree,” said Mike Schmuhl, Chairman of the Indiana Democratic Party. “This is the seventh time the Indiana Democratic Party has embarked on a statewide tour, and with leaders like Tom McDermott and Destiny Wells headlining this effort, Democrats are eager to share our plans on how we will create a better future for Hoosier families in all 92 counties.”

This is the seventh statewide tour of the Indiana Democratic Party since Mike Schmuhl began his tenure as Chairman. Future and past leaders in the State Party have held about 100 events in more than 60 counties to share how President Joe Biden and leaders like Secretary Pete Buttigieg have delivered for the Hoosier State. From creating jobs, expanding broadband, funding Indiana’s public schools, and revitalizing the state’s many infrastructure systems, Democrats are working to try and solve problems important to voters.

SHOP FISHERS From Page A1

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The City of Fishers is a suburb of Indianapolis, Indiana, located in Hamilton County and was named #1 Place to Live in the US by Money Magazine in 2017. Under the leadership of Mayor Scott Fadness, Fishers is known as a smart, vibrant, and entrepreneurial city through its neighborhood development, dedication to supporting high-growth companies, and innovative city processes. With a population of 91,832 (2017), Fishers is one of the fastest growing communities in Indiana and has received national accolades for entrepreneurship, livability, and safety.

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Family Meals that Make Busy Weeknights a Breeze

FAMILY FEATURES

After a long day in the classroom or at the office, it's tough to top bringing the family together with a home-cooked meal. When evenings are busy with homework and activities, however, there might be little time left for complicated dishes.

Take those schedules on with a menu of delicious recipes that require 30 minutes or less so you can focus on celebrating the day's accomplishments with loved ones. These simple yet flavorful ideas from Milk Means More call for limited instructions, less equipment and shorter ingredients lists fueled by dairy favorites that provide much-needed nutrients to recharge the entire family.

Pork Chops in Creamy Mustard-Peppercorn Sauce feature the sharp yet balanced taste of mustard and cracked black peppercorns as an easy way to dress up pork chops. When pasta night comes around, Pasta with Yogurt Sauce provides a quick, creamy Middle Eastern solution.

This Chicken with Creamy Sun-Dried Tomato Sauce recipe gets its robust flavor from sauce made with sun-dried tomatoes and enhanced with luscious half-and-half. For a tasty twist on Taco Tuesday, you can play "beat the clock" with Roasted Chicken and Zucchini Tostadas by crisping corn tortillas under the broiler then topping them with a tangy yogurt spread, cumin-seasoned chicken, veggies and shredded cheese.

Turn your hectic weeknights into cause for celebration with more quick and easy recipe ideas at MilkMeansMore.org.



Pork Chops in Creamy Mustard-Peppercorn Sauce

Pasta with Yogurt Sauce

Recipe courtesy of Enas Malik, RDN, on behalf of Milk Means More
Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

Salted water
8 ounces angel hair pasta
1 tablespoon vegetable oil, divided
1 small white onion, minced
8 ounces ground beef or lamb
1 teaspoon salt
1/2 teaspoon ground black pepper
1 cup plain yogurt
1/4 teaspoon ground white pepper
1/4 teaspoon cumin
1/4 teaspoon garlic powder
3 cloves garlic, minced
1 tablespoon fresh mint or 1 teaspoon dried mint

In medium pan, bring salted water to boil. Add pasta and cook according to package directions. Strain pasta and reserve about 1/2 cup water.

In medium saute pan over medium heat, heat 1/2 tablespoon vegetable oil. Add minced onions. Cook until translucent and aromatic, 2-3 minutes. Add ground meat and season with salt and black pepper. Cook until meat is browned through, 8-10 minutes. Drain fat. Transfer cooked meat to bowl and set aside.

In small pan over medium heat, cook yogurt, white pepper, cumin and garlic powder until mixture comes to soft boil and thickens. Remove pan from heat. Add pasta water to reach desired consistency.

In same saute pan used to cook meat over medium heat, add remaining vegetable oil and saute garlic until golden in color. Add mint. Remove from heat and pour over yogurt mixture.

Mix pasta, meat and yogurt sauce; serve.



Pasta with Yogurt Sauce

Photo courtesy of Jenny Struik of "Jenny with the Good Eats"

Roasted Chicken and Zucchini Tostadas

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Total time: 25 minutes
Servings: 4

12 street taco-size corn tortillas
nonstick cooking spray
1/2 cup plain Greek yogurt (2% or 5%)
3 teaspoons lime juice, divided
1/4 teaspoon garlic powder
1 1/2 cups shredded or chopped rotisserie-roasted chicken breast
1/2 cup seeded and chopped tomato
1/2 cup chopped zucchini
2 teaspoons olive oil
1/2 teaspoon ground cumin
1/8 teaspoon ground cayenne pepper

1 cup (4 ounces) shredded Monterey Jack cheese

Heat oven to broil.

Line large baking sheet or 18-by-13-by-1-inch baking pan with foil. Arrange tortillas in single layer on pan. Lightly spray tortillas with nonstick cooking spray. Broil about 5 inches from heat 4-6 minutes, or until beginning to brown on one side. Remove from broiler. Carefully turn tortillas over.

In medium bowl, stir yogurt, 1 teaspoon lime juice and garlic powder. Set aside. In another bowl, toss chicken, tomato, zucchini, remaining lime juice, olive oil, cumin and cayenne pepper.

Spread yogurt mixture on unbrowned sides of tortillas. Top with chicken mixture. Sprinkle with cheese. Broil about 5 inches from heat 2-3 minutes, or until hot and cheese melts. Serve immediately.



Roasted Chicken and Zucchini Tostadas

Pork Chops in Creamy Mustard-Peppercorn Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Total time: 20 minutes
Servings: 4

3/4 cup evaporated 2% milk
3 tablespoons spicy brown mustard or Dijon mustard
3/4 teaspoon coarsely cracked black peppercorns
1/2 teaspoon all-purpose flour
4 boneless pork loin chops (1 1/4 pounds), cut 3/4-inch thick
1/4 teaspoon salt
1 tablespoon vegetable oil
1 teaspoon minced garlic
1/4 cup reduced-sodium chicken broth
cooked noodles or rice (optional)
chopped fresh parsley (optional)

In bowl, whisk milk, mustard, peppercorns and flour. Set aside.

Pat pork chops dry with paper towels. Sprinkle both sides of chops with salt.

In large nonstick skillet, heat oil over medium-high heat. Cook pork chops 3-4 minutes, or until browned. Turn and cook 3-4 minutes, or until thermometer inserted in thickest part of chops reads 145 F. Transfer chops to serving platter. Loosely cover with foil to keep warm.

Add garlic to drippings in skillet. Cook 15 seconds. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in milk mixture and any accumulated juices from cooked pork. Cook and stir until just boiling. Immediately remove from heat and spoon sauce over chops.

Serve with noodles or rice, if desired. Garnish with parsley, if desired.



Chicken with Creamy Sun-Dried Tomato Sauce

Chicken with Creamy Sun-Dried Tomato Sauce

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Total time: 20 minutes
Servings: 4

3/4 cup half-and-half
1/2 teaspoon all-purpose flour
1 1/4 pounds boneless, skinless chicken breast cutlets (about 3/4 inch thick)
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon oil from sun-dried tomato jar
1/2 cup oil-packed, slivered sun-dried tomatoes, drained
1/3 cup finely chopped onion
1/3 cup reduced-sodium chicken broth
1 tablespoon grated Parmesan-Reggiano cheese

In bowl, whisk half-and-half and flour. Set aside.

Pat chicken pieces dry with paper towels. If necessary, cut into four serving-size pieces. Sprinkle both sides of chicken with salt and pepper.

In large nonstick skillet over medium heat, heat sun-dried tomato oil. Cook chicken pieces 3-4 minutes, or until browned. Turn chicken. Cook 3-4 minutes, or until thermometer inserted in thickest portion of chicken reads 165 F. Transfer to serving platter. Loosely cover with foil to keep warm.

Add sun-dried tomatoes and onions to drippings in skillet. Cook 1-2 minutes, or until onion is tender. Stir in broth. Cook, stirring constantly, until most liquid evaporates. Stir in cream mixture and any accumulated juices from cooked chicken. Cook and stir until simmering and slightly thickened. Remove from heat. Stir in Parmesan-Reggiano cheese.

To serve, spoon sauce over chicken.

TUESDAY

In The Kitchen

Tuesday, June 28, 2022

A8

4 Tips to Master *the Grill*

FAMILY FEATURES

The end result of perfectly cooked chicken is a mouthwatering meal that smells just as good as it tastes and beckons loved ones to the patio. To achieve that juicy, tender flavor that brings family and friends together, it's important to keep a few safety and grilling tips in mind.

Fire up your grill, season poultry to perfection and serve a safely cooked meal at your next backyard barbecue with this advice from the experts at Perdue Farms.

Maximize Your Budget

For a flavorful meal without breaking the bank, consider less-expensive cuts of meat like bone-in thighs or drumsticks, or cook a whole chicken that can last for several meals. In addition to the savings at the grocery store, these cuts can also withstand hotter temperatures on the grill for juicy and tender results.

Save a Little Time

One easy way to maximize your time around the grill while cutting down on prep and mess is using a pre-cut option like Perdue Fresh Cuts Diced Chicken Breast, a perfect solution for kebabs. Recipe ready in an easy-peel package, the chickens are hatched and harvested in the United States with an all-vegetarian diet and no antibiotics, hormones or steroids.

Add Favorite Seasonings

Because seasonings can sometimes come off on the grill, try seasoning both before and after grilling for a better-tasting final result. If you're planning to marinate, be careful to avoid over-marinating as acid-based marinades can start breaking down meat fibers. Remember before and while seasoning raw meat to keep proper safety practices in mind. Wash your hands, cutting boards, knives, scissors, the sink and all work surfaces for 20 seconds with hot, soapy water, and don't allow raw meat or its juices to touch other foods.

Trust the Thermometer

Once your grill reaches the desired heat, put chicken on the grates with confidence by trusting a meat thermometer to measure doneness. This Easy Kona Pineapple Chicken Kebabs recipe, for example, calls for 10-12 minutes on the grill, but it's important to check for an internal temperature of 165 F rather than simply relying on recommended cook times. Be sure to serve using a clean platter and utensils, never ones touched by raw meat. Refrigerate any leftover chicken immediately and use within 3-5 days.

For more grilling tips, visit perdue.com/how-to/grilling.



Easy Kona Pineapple Chicken Kebabs

Prep time: 45 minutes
Cook time: 15 minutes
Servings: 4

- 1 can (6 ounces) pineapple juice
- 2 tablespoons vegetable oil
- 1 lime, zest and juice only
- 1 tablespoon sugar
- 1 piece (1 inch) fresh ginger, grated
- 1/2 teaspoon red pepper flakes
- 1 package Perdue Fresh Cuts Diced Chicken Breast
- 1/2 fresh pineapple, cut into 16 chunks
- 1 large red bell pepper, seeded and cut into 16 (1-inch) chunks
- 4 metal skewers or 8 wooden skewers (12 inches) soaked in water 30 minutes

In bowl, whisk pineapple juice, vegetable oil, lime juice and zest, sugar, ginger and red pepper flakes until sugar dissolves. Add diced chicken breast, cover and marinate in refrigerator 30 minutes.

Thread alternating pieces of chicken, pineapple and red bell pepper onto skewers. Discard remaining marinade.

Heat lightly greased grill or grill pan to medium-high heat. Grill kebabs 10-12 minutes, turning every 3-4 minutes until chicken feels firm to touch and a meat thermometer inserted in the center reaches 165 F.

Remove kebabs from grill, rest 2-3 minutes and serve.

Tip: If using wooden skewers, soak in water 30 minutes to keep skewers from burning on grill. If using metal skewers, remember chicken will cook faster because metal will conduct heat and cook chicken cubes from inside along with grill heat cooking chicken from outside.

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TUESDAY

Health and WELLNESS

Tuesday, June 28, 2022

A9

Blood Donors Needed Around The Fourth Of July

As summer officially begins and people gather for holiday celebrations, the American Red Cross reminds communities that patients are counting now on the generosity of blood donors, especially around the Fourth of July.

The Red Cross sees about a 21% decline in blood donations during holiday weeks, including Independence Day. When blood donations drop, so does the blood supply, making it extremely challenging to ensure blood is available when hospitals need it.

By scheduling and keeping appointments in July, donors can help provide for those in immediate need of lifesaving care. To schedule an appointment to donate, download the Red Cross Blood Donor App, visit RedCrossBlood.org or

call 1-800-RED CROSS (1-800-733-2767).

As a thank-you for helping, all those who come to give June 30-July 10 will receive an exclusive Red Cross recycled cotton tote bag, while supplies last.

Health insights for donors:

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease. Blood transfusion is an essential treatment for those with sickle cell disease, and



American Red Cross

blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

Blood drive safety:

The Red Cross follows a high standard of safety and infection control. The Red Cross will continue to socially distance wherever possible at blood drives,

donation centers and facilities. While donors are no longer required to wear a face mask, individuals may choose to continue to wear a mask for any reason. The Red Cross will also adhere to more stringent face mask requirements per state and/or local guidance, or at the request of blood drive sponsors. Donors are asked to schedule an appointment prior to arriving at a drive.

How to donate blood:

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable

the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history

questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or Cruz-RojaAmericana.org, or visit us on Twitter at @RedCross.

Don't Get Burned; Enjoy The Summer Sun Worry-Free

By **Matt Lepper**

As summer officially begins and the weather heats up, people are sure to enjoy the outdoors. But there is a hidden danger that comes with the season: the risk of excessive sun exposure. In order to help Crawfordsville residents stay safe and enjoy their summer, the City of Crawfordsville has compiled information and safety tips.

What are the harmful effects of prolonged sun exposure?

When humans are

exposed to excessive amounts of ultraviolet (UV) rays from the sun, those UV rays can reach into the inner layers of the skin. When UV rays reach these layers, they can cause skin cells to either die, become damaged or develop cancer.

Furthermore, excess UV rays hitting your skin over time can result in:

- Wrinkles
- Yellowing of the skin
- Dark spots
- Destruction of elastic and collagen fibers

- Precancerous and cancerous skin lesions.

What can you do to prevent these outcomes?

1. Apply sunscreen at least 15 minutes before going outside, whether sunny or not. It is a common misconception that you cannot get a sunburn when it is overcast, however the exact opposite is the truth. While not as intense, UV rays can still penetrate through clouds and damage your skin in overcast conditions.

2. Choose a sunscreen that has both UVA and UVB protections with a

SPF of at least 30. UVA and UVB are two basic types of ultraviolet rays, named Ultraviolet A (UVA) and Ultraviolet B (UVB). UVB rays are responsible for producing sunburns and can also promote malignant melanoma. UVA rays, on the other hand, penetrate more deeply into the skin and play a major role in premature skin changes such as wrinkle formation. That being said, it is important that your sunscreen protects against both UVA and UVB. The American

Academy of Dermatology Association deems SPF 30 as the "sweet spot", as it outperforms SPF 15 in UV ray protection.

3. Remember to reapply. While different sunscreens have different reapplication instructions, the general rule is to reapply sunscreen every two hours.

4. Know the right and wrong times to be exposed. Sunlight exposure is the most intense between the hours of 10 a.m. and 2 p.m. Therefore, if you have the

choice, avoid prolonged sun exposure during these hours.

5. Wear protective clothing. While this is the obvious solution, it is important to know that not all articles of clothing protect against the sun in the same way. For example, very thin fabrics that you can see through in direct light will not protect your skin against the sun. Be on the lookout for clothes with tighter weaving of fabrics or even find SPF-specific clothes to wear in the sun.

What Women Need To Know About Stroke Risks

(Family Features) It may not be widely known that women face unique risk factors for stroke throughout their lifetime. Things like pregnancy, preeclampsia and chronic stress can increase the risk for high blood pressure, a leading cause of stroke.

Cardiovascular disease, including stroke, is the leading cause of death among women, according to the Centers for Disease Control and Prevention (CDC), and 1 in 5 women will have a stroke. However, a large majority of strokes can be prevented.

Caring for yourself by understanding your risk factors can help reduce your risk for stroke and provide a better quality of life. Start managing your stroke risk with these tips from the American Stroke

Association, a division of the American Heart Association:

Monitor Your Blood Pressure

The first step you can take in reducing your risk for stroke is knowing your blood pressure and keeping it in a healthy range. High blood pressure is the No. 1 preventable cause of stroke, according to the American Heart Association.

The best way to know your blood pressure is to have it measured at least once per year by a health care professional and regularly monitor it at home then discuss the numbers with a doctor. For most people, a normal blood pressure should be 120/80 mm HG or less.

In addition to properly monitoring blood

pressure, maintaining a healthy weight, being physically active, eating healthfully and reducing or eliminating alcohol and tobacco usage can help control blood pressure. If you do develop high blood pressure, work with a health care professional on a plan to help manage it.

Plan for Pregnancy
In the United States, high blood pressure during pregnancy is becoming more common, according to the CDC, and medical conditions including preeclampsia, gestational diabetes and blood clots during pregnancy all increase stroke risk during and immediately following a pregnancy.

Managing conditions like high blood pressure before getting pregnant helps keep you and your

baby healthy during pregnancy and beyond. In addition, your health during and immediately after a pregnancy can shape the lifelong health of you and your child. If you're planning to become pregnant or are currently pregnant, it's important to regularly monitor your blood pressure.

Take Care of Your Mental Health

Some stress is unavoidable but constant stress is not healthy. Chronic or constant stress may lead to high blood pressure and other unhealthy behavior choices, which can increase risk for stroke.

Based on findings in a Stress in America 2020 survey conducted by the American Psychological Association, the top sources of stress are

money, work, family responsibilities and health concerns. Managing your stress and blood pressure can improve your overall health and well-being.

Reclaim control of your schedule and build in time to invest in your health. Find 10 minutes every day to do something for you, like listening to music, meditating or going for a walk.

Learn the Warning Signs

A stroke can happen to anyone at any point in life. Immediate treatment may help minimize the long-term effects of a stroke and even prevent death. Learn how to spot a stroke F.A.S.T:

* Face drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the

person's smile uneven?

* Arm weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

* Speech difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."

* Time to call 911 - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Talk to your doctor about ways to improve your well-being and help prevent stroke. Find more wellness tips at stroke.org.

Expert Advice For Families Exploring Plant-Based Options

(Family Features) A growing number of families are interested in plant-based choices for themselves and their children. For parents, that means introducing foods thoughtfully to ensure kids are getting maximum nutrition, including plant-based protein.

Today's plant-based eaters span a wide spectrum, from flexitarians, who only occasionally eat meat or fish, to vegans, who avoid consuming animal-based products at all. According to a Food Industry Association report, 81% of households with children include plant-based protein in meals and 40% of parents with children under 18 are incorpo-

rating more plant-based foods into their families' diets.

"With a new generation of parents, we see changing food values and an increased interest to incorporate more plant-based meals into diets," said Dr. Whitney Casares, Gerber's pediatric medical consultant and a fellow of the American Academy of Pediatrics. "It can be challenging to find plant-based protein options that are appropriate for young eaters, and it can definitely be more work for families. Parents are becoming increasingly knowledgeable about how food choices influence overall health - not just for themselves, but their kids, too."

If you're looking for ideas to help you feed your child in line with your own plant-based food values, consider these tips from the experts at Gerber:

Incorporate plenty of color. Be sure you're feeding your little one a rainbow of color representing a variety of foods, including whole grains, legumes, fruits, veggies, meats and fish. Offering your toddler lots of colorful foods makes it appealing to the eyes, but all those colors also represent diverse nutrients for healthy growth and development.

Layer legumes with other ingredients. Give meals an added protein punch by incorporating

mild-flavored beans with other, stronger flavors like berries. For example, Gerber Plant-tastic Organic Pouch Banana Berry & Veggie Smash with Oats is made with banana, berries, spinach, purple carrots, chickpeas and oats with 2 grams of plant protein and a full serving of fruits and vegetables.

Keep serving favorites. Offering new foods along with familiar favorites can help young children accept the new foods. It can take up to 10 times for baby to accept a new food, according to Casares, so don't give up. Eating a variety of familiar foods and new additions throughout the week can also help

little ones accept diverse options more readily.

Plan nutritious snacks. Meals aren't the only time to focus on good nutrition. Smart snacks that are developmentally and nutritionally appropriate play an important role in your toddler's overall diet. Options like Gerber Organic Plant-tastic Lil' Crunchies White Bean Hummus Baked Snacks have a mild flavor that appeal to little taste buds while providing 2 grams of protein in each serving.

Remember dessert counts, too. You may not think desserts and nutrition fit together, but you can actually pour some good-for-you goodness into special

occasions. Think berries, bananas and other naturally sweet ingredients for sorbets and smoothies, and keep in mind there are plenty of dessert-friendly ways to incorporate extra protein, such as nut butters or Greek yogurt.

Prep for easy access. Just like adults, kids are likely to nibble on what's easy. Keep plant-based options readily available and prepared so they're the first options little ones reach for when they're hungry. Choosing healthy, plant-based options is easy if that's what's available.

Find more kid-friendly ideas and advice for plant-based eating at Gerber.com.