

▶ TODAY'S VERSE

Matthew 11:28 - 30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.



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

What makes Laylah Scheiter smile? "My family," said the 9-year-old Noblesville resident, who'll be a fourth-grader this fall at Hinkle Creek Elementary School. She is the daughter of Jamie and Josh Scheiter and is among eight siblings. She's a first-year Hamilton County 4-H'er and was found volunteering at her H&H 4-H Club's candy booth at the Hamilton County 4-H Fair, which culminates tonight with a livestock auction. Favorite projects? Photography and Cake Decorating, for which she earned blue ribbons. She made a heart cake using "huge hearts" and stars. What she learned from Cake Decorating? "How to use stuff when I'm decorating stuff." She volunteered at her club's Fair booth with her mom and siblings, Lucy, 9, and Brayden, 12. Being that the booth is in the heat of the day every day during the fair, they always have to choose candy that doesn't melt, like Sour Patch, Airheads, Push Pops, Pixie Sticks and more. Where does the money go? "It goes to the club, and some of it goes to what we sell." She said sometimes the Club does fun activities with the money raised at the fair, including visiting Urban Air Trampoline and Adventure Park in Noblesville. Favorite food at the 4-H Fair? "Grilled cheese." Why did she join 4-H? "I joined 4-H because it looks fun, and people are nice to you."

And Another Thing...

As a result of delays with utility relocation, the roundabout construction project at the intersection of 191st Street and Grassy Branch Road is now expected to be finished on October 8, 2022. The original estimated project completion date was Tuesday, August 30, 2022, after a 90-calendar day closure. Grassy Branch Road will remain closed between 186th Street and 196th Street, and 191st Street will remain closed between Flippins Road and Shady Nook Road. Local traffic will still have access to their homes, while thru traffic should continue to use the posted detour route of 186th Street, East Street, 196th Street and Moontown Road.

The TIMES

Hamilton County's Own Daily Newspaper



NOBLESVILLE, INDIANA

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The Times photo by Betsy Reason

Grady Piel's best advice to new 4-H'ers competing in the tractor-driving contest: "Don't overthink it." He said, "When I was younger, I always got nervous about it," but not anymore. He won the senior division of the Hamilton County 4-H Fair's 4-H Agriculture Tractor Driving Contest.

Tractor-Driving Champs



BETSY REASON
The Times Editor

What's it take to be the best tractor driver? Just ask 16-year-old Arcadia resident Grady Piel or 12-year-old Westfield resident Graham

Curtis. Piel won the Hamilton County 4-H Fair's senior division of the 4-H Agriculture Tractor Driving Contest. Curtis won the Fair's junior division.

Piel is going into his junior year at Hamilton Heights High School and is the son of Ryan and Missi Peil. Curtis is going into the sixth grade at Westfield Intermediate School and is the son of Ashley and David Estes.

So what makes these 4-H'ers good at tractor driving? "I've grown up around farms and tractors and all kinds of different equipment," Peil said. "It just kind of came natural."

His dad, a 4-H'er as a youth,

▶ See BETSY Page Ax

Save The Children!



JOHN O. MARLOWE
With The Grain

The child's frenzied shriek pierced the summer afternoon dullness. It supercharged the epinephrine in my bloodstream until my legs involuntarily sprang from the kneehole of my desk, and sent me hurtling toward the children's play area behind the house next door.

The incessant shrill, now coming from more than one child, brought me to despair. I looked for a weapon, any weapon — a garden hoe, perhaps — as I raced through my back porch. I anticipated a giant Baskervillian hound dragging children off to the deep woods, or that some scoundrel was parboiling neighborhood kids for an afternoon snack. Finger sandwiches.

▶ See MARLOWE Page Ax

The Daily Almanac

Sunrise/Sunset
RISE: 6:31 a.m.
SET: 9:09 p.m.

High/Low Temperatures
High: 95 °F
Low: 73 °F

Today is....

- National Daiquiri Day
- New Friends Day
- Stick Out Your Tongue Day

What Happened On This Day

- 1848 Seneca Falls Convention begins
- 1870 Franco-Prussian War starts
- 1903 The first Tour de France comes to an end

Births On This Day

- 1814 Samuel Colt American inventor, industrialist, founded Colt's Manufacturing Company
- 1922 George McGovern American politician, historian, author

Deaths On This Day

- 1543 Mary Boleyn English sister of Anne Boleyn
- 2002 Alan Lomax American historian, author, scholar

Stars of 4-H Audrey Konkle 10-Year Member

A ten year member of Fishers Showstoppers, Audrey Konkle is the daughter of Brad and Jennifer Konkle. She has completed projects in Arts & Crafts, Foods, and Photography, earning a Photography state fair entry in 2018. Audrey has earned her Bronze and Silver awards in Girl Scouts. She is a graduate of Fishers High School. She will study photography or graphic design at Ball State University.

Stars of 4-H Jake Jackson 10-Year Member

A ten year member of White River Blue Ribbon, Jake Jackson is the son of Matt and Roxanne Jackson and Bobbi Pope. Jake enjoyed earning champions and raising his own livestock. Tractor Maintenance was his best project. He played football and wrestled for Hamilton Heights High School. Jake attended John Hinds Career Center to study welding. He plans to make welding his career.

Stars of 4-H Kendra Newcom 10-Year Member

A ten year member of Harey Hoppers, Kendra Newcom is the daughter of Matt Newcom and Andrea Lacy. Kendra enjoyed exhibiting Crops and Rabbits. She won Grand Champion Corn, Best of Breed for Mini Satins, and many Reserve Grand Champions. Kendra is a graduate of Hamilton Southeastern High School. She plans to study sales management.

Stars of 4-H James Jones 10-Year Member

Son of Dewey and Pamela Jones, James Jones is a ten year member of Mudscakers. He enjoyed Construction Sets when he was a young 4-H'er, but ultimately found a passion for writing and art. Preparing exhibits for the 4-H Fair was fun and challenging. James held several different offices for his club, including president. James participated in BPA at Hamilton Heights High School, competing at the state level his junior year. He also competed in Cross Country, bringing home a personal best of 23:06. James also participated in the school play and plays guitar and piano. James plans to study environmental science at Ivy Tech and Purdue.

Stars of 4-H Mackenzie Matthews 10-Year Member

A ten year member of Llamo Trekkers, Mackenzie Matthews is the daughter of Rick and Stacy Matthews. Kenzie's favorite projects were Llamos and Junior Leaders. An awesome memory was winning the Best of Show Champion at NALLE and the All-American Youth Jamboree where she won a llama named Toasty. Kenzie earned Grand Champions at the county and state fairs and a versatility champion award for the A.S.A. Grand National Show in Illinois. She was the lacrosse team captain at Noblesville High School. Kenzie earned a Rising Star of Indiana award for her academics at Hamilton Heights High School. She wants to study math or engineering.

Stars of 4-H Landon Hurley 10-Year Member

Landon Hurley is the son of Craig and Nikki Hurley and a ten year member of Jackson Hot Shots. Landon has exhibited projects in Creative Writing, Electric, and Pygmy Goats. He excelled at Pygmy Goats, earning many Grand and Reserve Grand Champions for his animals and showmanship. Landon was a member of Hamilton Heights High School BPA, where he earned numerous awards at the regional, state, and national levels. He also enjoys playing sports. Landon will study agricultural economics at Purdue University.

Stars of 4-H Molly Newman 10-Year Member

Molly Newman is the daughter of Dustin and Elizabeth Newman and a ten year member of Harey Hoppers. She is serving her third term as club president, and teaching youth about rabbits has been a favorite 4-H experience. Molly enjoys mentoring local youth who want to learn more about owning, caring for, showing, and breeding rabbits. Molly has participated in the Rabbit Ambassador contest all ten years, competing at the state fair several times. She was a member of National Honor Society, a Purdue Extension ACTS graduate, and active in BPA, where she attended conferences and competitions at the regional and national level. Molly will study psychology at the University of Louisville.

Stars of 4-H Miaya Owen 10-Year Member

Miaya Owen is the daughter of Cassie Owen Mata and a ten year member of the Giddy Up Gang. She has completed ten years in Horse & Pony and Poultry. Miaya was Reserve Grand Champion in barrels in 2021. She represented the Poultry project in the 2021 Royal Showmanship Contest and at the state fair poultry showmanship contest. Miaya also exhibited Dairy Goats, Photography, Pocket Pets, and Rabbits. She loved being an Ag Day presenter. Miaya played varsity volleyball at Tri Central High School, where she was named All-Conference Honorable Mention and MVP. Miaya plans to work in the agricultural field by studying animal science and agribusiness at Purdue University.

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▶ OBITUARIES

Curtis Lee Bergman
Carol Ann 'Linka' Godsoe
Margaret A. Roberts
Pamela Elaine 'Pam' Peterson Jewell
Byron Robert Bullough

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

▶ HONEST HOOSIER

It's the 200th day of the year. Doesn't it feel like 2020 lasted forever and 2022 is flying past?



▶ TODAY'S QUOTE

"Talk is cheap, voting is free; take it to the polls!"
- Nanette L. Avery

▶ TODAY'S HEALTH TIP

Kids who get adequate sleep are the least likely to become obese. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



▶ TODAY'S JOKE

What do Canadians do in the summer?
Enjoy one nice afternoon on a picnic!

13 WTHR 7 DAY FORECAST

TUE	WED	THU	FRI	SAT	SUN	MON
69/90 HEAT INDEX NEAR 100	73/95 HEAT INDEX NEAR 100	71/88 SUNNY AND WARM	69/94 HEAT INDEX NEAR 100	71/97 HEAT INDEX NEAR 100	76/97 HEAT INDEX NEAR 100	71/94 HEAT INDEX NEAR 100



The Likely 'Model' for Looming The Perfect Pet Indiana Abortion Restrictions



BRIAN HOWEY
Howey Political Report

With the Indiana General Assembly and Gov. Eric Holcomb on the precipice of historic abortion restrictions in the wake of the U.S. Supreme Court rendering *Roe v. Wade* moot with its Dobbs ruling, the architect of what happens beyond July 25 will likely be Terre Haute attorney James Bopp Jr.

Asked if he is currently advising General Assembly Republicans and Gov. Holcomb, Bopp told Howey Politics Indiana that he "wasn't at liberty to say."

A week before the U.S. Supreme Court Dobbs ruling, the National Right to Life Committee released what is called "model" legislation that Bopp helped develop as special counsel. In early July, the Indiana Right to Life endorsed this model. Bopp said the model offers "the best opportunity to protect the unborn, adding, "It is important that such states not only prohibit illegal abortions, but also employ a robust enforcement regime, so that these laws are sure to be enforced. Our model law does just that."

Bopp described his call for the only abortion exception would be to save the life of the mother. "I think we are morally obligated to perform abortions to save the life

of the mother. So this isn't a reluctant thing in my mind, it's a necessary thing," he said. "All of this fanciful talk that you just described is obviously not true because we had 150 years of history in our country, before 1973, in which abortion was always allowed for the life of the mother."

He also described the "robust enforcement regime" that he said would be aimed at Democrat Marion County Prosecutor Ryan Mears in a city where most of Indiana's 7,000 to 8,000 annual abortions are surgically performed. "That is because of radical Democrat prosecutors like the Marion County prosecutor, who has already said he will not enforce any criminal abortion," Bopp said. "That is a radical seizure of power by a petty tyrant in Indianapolis where he thinks he's above the law. It's the legislature's job to adopt laws, not his."

Mears called the overturning of *Roe v. Wade* "profoundly disappointing," adding he would not "criminalize women and our medical professionals." He said his "limited resources" would be used to address violent crime." Monroe County Prosecutor Erika Oliphant, who described herself as "unequivocally pro-choice," said in a statement that she "cannot legally or ethically proclaim a blanket refusal to prosecute a particular crime because that is, in essence, passing legislation."

Asked to describe this "enforcement regime," Bopp explained, "That would involve civil remedies like damage actions by the woman or

relatives. It would involve licensing, termination of physician licenses for doing unlawful abortion. It would also involve an understanding that illegal abortion clinics prospering in Marion County are very much like organized crime being dealt with through RICO laws. That's another remedy that's available."

Bopp calls the current Texas law that incentivizes citizens with a cash "bounty" if they succeed in suing anyone who has helped a person get an illegal abortion "way too broad."

"Yes, damage actions or injunction actions may be broad, but they can only be brought by attorney general, local prosecutors, or people involved, not strangers," he said. "Like the father of the child, the grandparents of the child, and ultimately for damage actions, the woman herself who had the unlawful abortion," he said.

Who are these women seeking abortions? A study by researchers at Indiana University and Ibis Reproductive Health, the All-Options Pregnancy Resource Center, Chicago Abortion Fund and Kentucky Health Justice Network was created by surveying 428 "abortion-seeking Hoosiers." It found: 10% were teenagers; the average age was 26; some 65% were mothers and parents with 52% having one to three children; 53% said they were Christian or Catholic; 43% were White, 35% Black, 11% Latino (according to Census data Indiana is 84% White, 10% Black and 7% Latino); 19% failed to obtain an abortion; and 10% had attempted to end the pregnancy on their

own, without clinical supervision.

There is no current polling in Indiana, though a 2019 Ball State survey found Hoosiers evenly split on the issue. A Politico/Morning Consult poll revealed 70% of voters oppose laws that would stop people from crossing state lines to get an abortion; 68% oppose state laws that allow private citizens to sue anyone who provides or assists in the procedure; 63% oppose penalizing abortion providers with fines; 61% oppose measures that would make it illegal to get abortion pills through the mail; while 60% of Republicans oppose state laws that would ban all abortions (i.e. no exceptions for instances of rape, incest or health of the mother).

At this writing, we don't know where the 110 Republicans stand on the issue. We do know this: Out of 150 General Assembly members, only 39 are female.

As for Gov. Holcomb, he said in late June he had no "red lines" as to what he wouldn't sign. "I am comfortable saying I want to make progress to protect innocent life and I will continue to be," he said last Tuesday. Holcomb said his "red lines" did not mean that "anything goes."

"I would never approach any issue that way," he explained. "I have not laid out any ultimatums to say, 'This is what should be in or shouldn't be in, or can be in or couldn't be in' for me."

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



CARRIE CLASSON
The Postscript

My mother has found the perfect pet. She just doesn't realize it yet.

A clever little red squirrel has been trying to get my mother's attention for months. "He's such a pest!" my mother complains. But the squirrel does not give up.

He has become quite tame, hanging out below the bird feeder, waiting for seeds to drop. He would much prefer to get them from the feeder himself, but my father has inconsiderately installed a length of stovepipe on the pole that holds the feeder, and the squirrel cannot climb up the slippery metal. Instead, he waits impatiently for the birds to drop seeds—which they always do—eating them as fast as they drop. When he runs out of seeds, he finds other things to do, like dig up my mother's planters, leaving dirt all over her deck.

"Is he digging something up, or burying something?" I asked my mom. "I have no idea! He's a troublemaker!"

Last night, a bear finally finished off the birdfeeder my father made a few years back. The poor feeder had been knocked to the ground countless times by countless bears, and my dad always nailed it back together. This time, it was shattered beyond repair.

My dad went down to his workshop and started building a new feeder. I wonder how many times this feeder will be knocked to the ground and survive. It looks pretty stout—but so did the last one.

In the meantime, my mother didn't want the birds to suffer, so she put a meatloaf pan filled with seeds at the top of the pole. My dad removed the stovepipe while he was working on the feeder and, in no time flat, the red squirrel climbed to

the top of the pole and knocked the pan down, then sat at the foot of the bird feeder, gorging on the seeds piled below.

"This is more like it!" I could almost hear the squirrel say.

My father replaced the stovepipe, my mother refilled the meatloaf pan, and order was restored. The little red squirrel, however, was not happy. We were sitting outside on the deck and the squirrel positioned himself on a short branch directly over my mother's head.

"Chip, chip, chip!" he said loudly.

"Be quiet!" my mother said. The squirrel shook his tail and got noisier.

"He has a serious beef with you, Mom," I told her. "He is trying to be your friend, and you are not very friendly."

"He is not my friend!" my mother said, almost as loudly as the red squirrel.

"He's a perfect pet," I continued. "I don't know why you pamper those birds and ignore this fellow who wants to be your friend." The squirrel continued. We could no longer carry on a conversation with him ranting away. He sounded like a late-night radio host on a tear.

My mom jumped up, stomped her feet and waved her fists at the squirrel. "You get out of here!" she hollered. The squirrel ran up the tree. A moment passed.

"Plunk! Plunk!" A handful of pinecone seeds dropped onto the deck. "Is it raining?" my dad asked.

More pinecones fell, directly on our heads. "It's that squirrel!" my mom said. "You stop that right now!" A shower of pinecones fell.

I think my mother should just give in and adopt the little red squirrel. Sure, he's a troublemaker and full of mischief, but he obviously wants to be part of the family. I suggested it.

"He's not my pet!" my mother said, indignantly.

But I'm not sure she gets to decide. Till next time, Carrie

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

Explaining the Complexity of Cold Sores



JOHN R. ROBERTS, M.D.
Hamilton Health

I saw a patient with a rather large "cold sore" on his upper lip just before I retired and he asked me to write a column on this unsightly condition.

People use the term "cold sore" to describe different types of lesions that occur on the lips or inside the mouth. I'm not sure of the origin of the term, but I presume that it came into being to describe sores that sometimes appear when a person has an illness like the common cold.

I want to focus on one particular type of infection, herpes simplex. If you think this condition is caused by a herpes virus, give yourself a gold star - this family of viruses has appeared in this column before. If you recall, a particular strain of herpes virus causes chicken pox and shingles.

There are two distinct types of herpes simplex viruses, HSV-1 and HSV-2. Lesions on the lips are

caused by HSV-1 about 80 percent of the time. The remaining 20 percent of infections are found in the genital area. HSV-2 on the other hand causes about 80% of genital infections and 20 percent of oral infections. In adolescents, about 30-40 percent of genital infections are caused by HSV-1, probably due to the rise of oral sex in this age group.

Most adults (about 80 percent) have antibodies to HSV-1 in their blood meaning they were infected by HSV-1 at some point in their lifetimes. Most initial infections occur in children aged six months to three years. Despite the high rate of infection, only about 30 percent of people show any outward signs of infection. Antibodies to HSV-2 are found in about 20 percent of adults.

HSV is spread through respiratory droplets, saliva or from skin-to-skin contact. The viruses can't invade intact skin, so there must be breach in the skin barrier for them to enter the body. The virus can also invade mucus membranes that are found inside the mouth and in the genital area and also enter through abraded skin which is why HSV infection is found frequently in wrestlers.

Most initial or "primary" HSV infections in people with good immune systems are

mild and often without symptoms. The incubation period from exposure to lesion appearance averages about four days.

HSV lesions start with some tingling, itching, or burning at the site of infection. This is usually followed by swelling a day or so later and the formation of small blisters or vesicles. The virus causes skin cell death so often the lesions become dark or even black. They eventually scab over and the cycle repeats itself at some point in the future.

Just as with other herpes infections, once the primary infection is over the virus enters a dormant phase inside nerve cells, waiting to re-emerge at some later date.

There are various stimuli or triggers that can cause reactivation of herpes simplex. These include fever, physical or emotional stress, ultraviolet light exposure, suppression of the immune system, and nerve injury. Recurrent infections tend to be less severe because the body can mount an immune response more rapidly.

For some people, particularly those with weakened immune systems, HSV infection can be very serious. It can lead to brain infections (encephalitis) and can also spread throughout the body infecting various organs. Herpes encephalitis kills 60

to 80 percent of its victims. Infections in newborns can be very serious.

HSV infections can be treated with oral antiviral medications like Zovirax® (acyclovir), Famvir® (famciclovir) and Valtrex® (valacyclovir). There is also a topical drug available called Abreva®. The drugs stop the reproduction cycle of the virus by inhibiting the replication of viral DNA. Despite treating the infection, there is no cure to rid the body of the virus.

Most physicians recommend starting an oral antiviral at the first sign of a recurrence. This often shortens the duration of the infection and may prevent it from progressing altogether. Some people who have frequent recurrences may need to take daily antiviral medication to prevent outbreaks.

Sufferers of recurrent herpes simplex should avoid triggers. Probably the most effective preventative measure is to stay out of the sun or at least use a lip balm containing a high SPF sunscreen. People with active infections should avoid kissing others and abstain from oral sex.

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

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Local Businesses Included in CEIOO Campaign to Highlight Underrepresented Businesses

Indiana's Office of the Chief Equity, Inclusion and Opportunity Officer (CEIOO) today launched a statewide campaign that will highlight 22 Hoosiers and their businesses to showcase the strength and range of the Hoosier economy. Led by Indiana's first-ever CEIOO Karrah Herring, the inaugural Hoosier Business in Action (HBiA) 2022 cohort represents businesses that are part of a historically underrepresented population of either minority, women, veteran or individual with disability ownership.

"The goal of Hoosier Business in Action is to deliver captivating stories that highlight our amazing fellow Hoosiers and the businesses they lead daily," said Herring. "This initiative is one of many steps being taken to bring economic empowerment to rural, urban and suburban communities alike in order to increase access to opportunity and upward mobility for all Hoosiers."

Throughout the remainder of the year, each business owner will be featured to share their story of inspiration, resiliency and innovation, and to introduce its services, expertise and products through increased exposure garnered by the Governor's Office and the Office of the CEIOO. It is also an opportunity for many Hoosiers and corporations to highlight, invest in and partner with the businesses to show their support and commitment to all Hoosiers.

"It's the entrepreneurs and innovators who drive our state's momentum and power Indiana's forward progress. Karrah and her dynamic team are working around the clock to ensure equity in our state government and to foster an environment that supports specific goals, like scaling up business, growing workforce and ensure everyone has access to seize upon this unprecedented opportunity that is available today," said Indiana Governor Eric Holcomb. "Congratulations to the 22 businesses across Indiana being selected, honored and highlighted during



the inaugural Hoosier Business in Action cohort. Thank you for leading by example to make Indiana the best place in the world to live, work, study and stay."

In November 2020, Gov. Holcomb appointed Herring to serve as Indiana's first-ever chief equity, inclusion and opportunity officer. During her time as a cabinet member, Herring and her team have worked alongside state government agencies to lead conversation about civility, respect, compassionate, listening, constructive disagreement and empathy with the goal to humanize one another and find shared common ground. Furthermore, in partnership with agencies across state government, her team launched Indiana's equity data portal, or public disparity data dashboard, which tracks the state's progress with closing equity gaps.

The HBiA campaign is one example of Herring's dedication to elevate the state's approach in equity in terms of workforce, economic and community development. Businesses were nominated by local and state economic development and agricultural departments, then selected by the Office of the CEIOO.

Members of the inaugural Hoosier Business in Action cohort will be recognized during a reception on July 19 at the Indiana State Museum. The 22 Indiana businesses include:

- AfterSchool HQ – Fishers
- Element Three – Carmel
- Blue Yonder Organic Farm – North Salem
- Connor Fine Painting – Indianapolis
- Engaging Solutions – Indianapolis
- Ryan Consulting Group – Indianapolis
- Tea's Me Café – Indianapolis
- Nash and Son's Trucking Company –

- Muncie
- Premier Auto Detailing – Lafayette
- Importin' Joes
- Ethiopian Coffee – South Bend
- Bridge of Grace – Fort Wayne
- Courageous Healing – Fort Wayne
- Mercado – Fort Wayne
- Out of a Jam – Fort Wayne
- J's Breakfast Club – Gary
- Tolbert and Tolbert Law Firm – Gary
- Four Flags Farm – Bloomfield
- Mark J Hublar Speaks – New Albany
- Scruggs Construction – Seymour
- Starlight Distillery – Starlight
- TRM Heating & Cooling – Evansville
- Dr. Gut Happiness – Terre Haute

Visit the Hoosier Business in Action campaign website at in.gov/equity/HBiA to follow along as each business owner is featured throughout 2022.

The Office of the Chief Equity, Inclusion and Opportunity Officer (CEIOO) was established in August 2020 by Governor Eric J. Holcomb, who committed the state of Indiana would lead by example and take concrete steps to shape the change necessary to remove barriers to access and opportunity for all Hoosiers. The mission is to provide guidance and support to State of Indiana Agencies in order to normalize and operationalize equity, inclusion, and opportunity across all aspects of state workforce engagement and state services. For more information visit: <https://www.in.gov/equity/>

The Office of the CEIOO is working with WOCstar, founded and led by Gayle Jennings O'Byrne, to create the business profiles by utilizing diverse Indiana videography and photography companies. WOCstar is an early stage investment fund that invests in the future of consumption and innovation using a female arbitrage strategy -- women of color tech entrepreneur and diverse/inclusive competitive advantages.

Three Dog Bakery to Host Ice Cream Social on July 17



In celebration of National Ice Cream Day, July 17, Three Dog Bakery at Hamilton Town Center in Noblesville, Indiana, invites canines and their human companions to cool off at an Ice Cream Social, Sunday, July 17, from noon to 5 p.m.

Pup pals in Noblesville will be licking their lips as they sample their favorite Three Dog Bakery's Lickety Split ice cream. Flavors include

Puppy Tracks, Chubby Monkey, Maple Bacon Pancake, Wagamelon, Strawberry Pawfait, Peanut Butter, Cookies & Cream and more (flavors vary by bakery location). This dairy-free version of ice cream for dogs has a grain-free, whey-protein base with a consistency like cake frosting. Dogs can enjoy two scoops of Three Dog Bakery's All-Natural Lickety Split flavors with a choice of toppings from the pawsome topping bar for \$5.50 per cup.

Founded in 1989, Three Dog Bakery is America's original bakery for dogs.

Headquartered in Kansas City, the company offers oven-baked treats and pastries for dogs in more than 50 retail bakeries nationwide, plus independent national pet and mass retailers. Crafted from scratch in small batches, the treats baked by Three Dog Bakery's pastry chefs use only simple, real ingredients to lock in the luscious flavors and nutrients dogs love. Since its founding, Three Dog Bakery has dedicated itself to feeding the souls of dogs and the people who love them. Visit threedog.com for more information.

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2022 Flix and Float Schedule

 June 18th Moana G	 June 24th Finding Nemo G	 July 1st Jumanji PG-13
 July 16th Waterhorse G	 July 22nd Encanto G	 July 30th The Shallows PG-13
 August 13th The Goonies PG	 August 20th Dog PG-13	 September 3rd Top Gun PG

Cost: \$5 per person / Members get in free

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THE TIMES

New Fundraiser Spotlighting Art to Focus on Benefiting Hamilton County Children



Esther Lakes

Esther Lakes, Chairwoman and Founder of Spotlight on Art, has a long history of supporting children and families of Hamilton County. Lakes and her husband, O'Dell, were the long-time owners of Smith's Jewelers, well-known for their generous support of many community organizations and charities. Esther serves on several Boards, all of which focus on supporting children; whether they suffer from sexual and domestic violence, struggle with a disability, or simply need homework help and a hot meal. She sees the importance of helping children face life's challenges. Esther has dreamed of creating an evening of art that



raises funds for improving the lives of children.

On Thursday, November 10, 2022, at the Hotel Carmichael in Carmel; Spotlight on Art – benefiting children from the Boys & Girls Club of Noblesville, Children's Ther-Aplay, and Prevail; will host a premier evening of art and philanthropy. Award-winning artists will be commissioning their work at the event with shopping, cocktails and hors d'oeuvres included in the \$50 ticket price.

With a bit of support from many, it's possible to make so many dreams come true by enriching the lives of these diverse groups of kids. To learn more about Spotlight on Art, please contact Esther Lakes at evangaarden@msn.com or visit the event webpage at <https://wedonauctions.com/bidapp/>.

Indiana Commerce Secretary Brad Chambers Names IEDC's New EVP of External Engagement

Indiana Secretary of Commerce Brad Chambers yesterday announced

Salena Scardina has been named executive vice president of external engagement for the Indiana Economic Development Corporation (IEDC). Scardina most recently served as chief customer success officer for Herff Jones, the achievement division of Varsity Brands and a provider of graduation and educational products and services.

"Salena has built her career around improving the customer experience and will bring a fresh approach to the IEDC," said Sec. Chambers. "A critical part of our continuing economic development success is elevating Indiana's compelling story in a way that helps attract and retain more business and talent to the state, and I'm confident Salena's skillset will ensure our success with these efforts."

In her role, Scardina will oversee the marketing, brand and communications divisions.

Scardina brings to the IEDC more than 20 years' worth of corporate expertise in elevating the customer experience. Most recently, she led a team to evolve the Herff Jones brand experience throughout the customer journey. In 2018, she founded HeroCX, a management consultancy firm, and helped transform the customer service function for leading organizations such as HanesBrands and Crate & Barrel, where she also helped launch the company's work-at-home program.

Scardina has also held senior leadership roles at Fort Wayne-based Sweetwater Sound, a national music technology and instrument retailer,



Salena Scardina

and international handbag and accessories company Vera Bradley, in addition to multiple customer engagement and experience positions during her 15-year tenure at McDonald's Corporation.

Scardina currently chairs the board of directors for the Greater Fort Wayne YMCA where she leads the executive committee. She previously served on the boards of the International Society of Consumer Affairs Professionals and Northeast Indiana Public Radio.

Scardina is a graduate of Monmouth College and Benedictine University. She resides in Fort Wayne with her husband and two children after moving to Indiana from Illinois 10 years ago.

The Indiana Economic Development Corporation (IEDC) is charged with growing the State economy, driving economic development, helping businesses launch, grow and locate in the state. Led by Secretary of Commerce Brad Chambers @SecChambersIN and governed by a 15-member board chaired by Governor Eric J. Holcomb, @GovHolcomb, the IEDC manages many initiatives, including performance-based tax credits, workforce training grants, innovation and entrepreneurship resources, public infrastructure assistance, and talent attraction and retention efforts. For more information about the IEDC, visit iedc.in.gov.

Attorney General Todd Rokita Wins Legal Victory in Battle Against Biden's Transgender Extremism

Indiana Attorney General Todd Rokita notched a victory for common sense and the rule of law on Friday when a U.S. district court barred the Biden administration from enforcing federal "guidance" to coerce schools and employers to kowtow to transgender extremism.

"These bullying tactics by the Biden administration are aimed at circumventing the law," Rokita said. "He is trying to use federal agencies and their armies of bureaucrats to impose a radical leftist ideology on American families nationwide. We won't let that happen."

In June of 2021, the Biden administration issued directives through the U.S. Department of Education and the Equal Employment Opportunity Commission that purported to resolve highly controversial issues such as whether schools and employers must allow individuals to use public bathrooms and showers of their choice — regardless of biological sex — and require use of people's preferred pronouns.

The guidance also pressed schools to allow biological males identifying as female to compete on girls' sports teams.

As part of a 20-state coalition, Indiana sued the Biden administration last August. Rokita expressed gratitude to his colleague Tennessee Attorney General Herbert H. Slatery III



Attorney General Todd Rokita

for helping organize the coalition.

On Friday, a U.S. district court issued a preliminary injunction against the federal guidance and stated the lawsuit against the Biden administration's actions demonstrates "a substantial likelihood of success on the merits."

"Federal agencies don't make laws," Rokita said. "That authority belongs to Congress at the federal level and to state legislatures such as the Indiana General Assembly."

Rokita is currently defending an Indiana law requiring participants on girls' sports teams to be biological girls.

"Forcing girls to compete against biological males for spots on women's sports teams robs them of opportunities to participate in athletics," he said. "Not only that, but forcing girls to play against biological males endangers their very health and safety. We must follow the science and Hoosier common sense."

Meeting Notice

Hamilton County Non-Profit Grant Review Committee

Pursuant to IC 5-14-1.5-5 (a) the Hamilton County Non-Profit Grant Review Committee will meet on Wednesday,

July 20, 2022 at 1 p.m. in Conference Room 1A in the Hamilton County Government and Judicial Center, One Hamilton County Square, Noblesville Indiana. The purpose of this meeting is to review the Non-Profit Grant Applications for 2023 funding.

Meeting Notice

Hamilton County Board of Commissioners

Pursuant to IC 5-14-1.5-5 (a) the Hamilton County Board of Commissioners will meet on Thursday, July 21, 2022 at 2 p.m.

with the Hamilton County Insurance Committee to receive information regarding the county health insurance program. This meeting will be held in Conference Room 1A, One Hamilton County Square, Noblesville, Indiana.

Patoka Lake to Celebrate Smokey Bear's Birthday Saturday, Aug. 6

Patoka Lake will host a celebration for Smokey Bear's birthday on Saturday, Aug. 6 from 10 a.m. to noon at the Patoka Lake Nature Center.

The Orange County Southeast Township Volunteer Fire Department will give a presentation on fire safety, including a demonstration of the Jaws of Life, at 11 a.m. There will also be opportunities to take pictures with Smokey, play games, and make a special craft to take home.

The entrance fee of



\$7 per vehicle for Indiana residents and \$9 for out-of-state vehicles is required for the Newton Stewart State Recreation Area, located north of Wickliffe on State Road 164.

Patoka Lake (on IN.gov/patokalake) is at 3084 N. Dillard Road, Birdseye, IN 47513.

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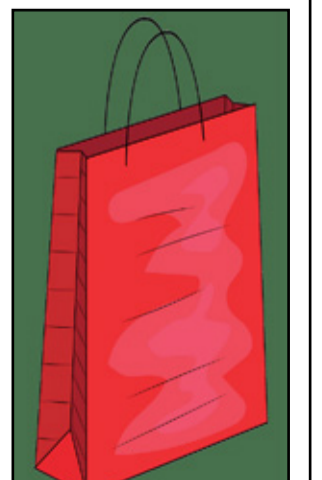
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Photos courtesy of Nissan

2023 Nissan Z Drives Greg Brady and George Jetson Together

Too many automakers have tried to update classic designs with a retro flair to put an amber light on their boring product line. That's not the case with the 2023 Nissan Z. While design references the original 1970 Z, and the chassis dates to the last Z, absolutely nothing about the driving experience or technology within seems outdated. It's as if a little bit of Greg Brady blended with George Jetson and this is what we got.

Nissan's designers had an epic challenge in updating such an icon car, but were clearly up to the challenge. The design clearly reflects current style, but hearkens back with a wide grille, ovoid headlamps, long power bulge hood, and fastback roofline. Wide taillamps echo the '90s. Under the exotic wide fenders are

19" alloys. Identifying with today are chin and deck spoilers, impossibly sculpted bodywork, lower sill extensions, and dual exhausts. The aluminum doors, hood, and hatch look best painted Passion Red Tri-coat.

Greg would recognize the Z's triple gauges in the center dash, three-spoke steering wheel, high console, and bucket seats. He'd also put his sports gear beneath the hatch. But, George would prefer the flatscreen gauges with G-meter, 9" infotainment screen with navigation, Bluetooth, and wireless Apple CarPlay. Bose audio, ice cold automatic climate control, and heated seats would comfort both travelers. Bright red dash, door, and seat trim add excitement. Leather seats with sueded inserts echo grip bodies in corners and provide plenty of cushion

for long days behind the thick leather-wrapped wheel. Safety is new school with standard automatic emergency braking, blind spot detection, lane departure warning, and adaptive cruise.

The powertrain takes us back to the 1990s with a turbocharged V6, but the 3.0-liter unit in the Z sports twin turbos to generate a turbine-smooth 400 horsepower and 350 lb.-ft. of torque. You can get a nine-speed automatic, but that's just silly when the six-speed manual transmission is such a joy to shift. Click-click and be gone! Employ launch control and a limited slip differential to zap 0-60 mph in just 4.5 seconds. Stay off the throttle for 19/28-MPG city/highway.

Put all of this in perspective. The Z, with a V6, delivers horsepower and performance on-par

2023 Nissan Z Two-passenger, RWD Coupe

Powertrain: 3.0-liter TTV6, 6-spd man
Output: 400hp/350 lb.-ft. torque
Suspension f/r: Ind/Ind
Wheels f/r: 19"/19" alloy
Brakes f/r: disc/disc
Must-have features: Style, Pace
0-60 mph: 4.5s
Fuel economy: 19/28 mpg city/hwy
Assembly: Tochigi, Japan
Base/As-tested price: \$39,990/\$53,610

with the vaunted Corvette ZR-1 from the '90s. And, it can achieve 28-MPG when cruising comfortably on the highway. Impressive, but the retuned chassis with mono tube shocks, re-engineered suspension geometry, and precisely tuned electric power steering feels like it was engineered tomorrow with a compliant firmness that makes it both a joy to romp through the corners and soak up long stretches

of highway. Some may find the suspension a bit too soft, but I did not. Not everybody needs to shake out their fillings enroute to work.

There's the naïve youthfulness of Greg Brady and the evolved maturity of George Jetson - both bringing the best of their respective eras to the 2023 Z's persona. It's a wholly modern car that just happens to have some affection for its predeces-



CASEY WILLIAMS
Columnist

sors. All that, and prices of just \$39,990 - rising to \$53,610 as-tested. If you think that's more Jetson's than Brady, consider the 1990 Corvette ZR-1 cost an inflation-adjusted \$129,432! Competitors include the also impressive Toyota Supra, Subaru BR-Z, Mazda MX-5 Miata RT, Ford Mustang, and Chevrolet Camaro. Storm Forward!

Send comments to Casey at AutoCasey@aol.com.

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BETSY From Page A1



The Times photo by Betsy Reason

Westfield Intermediate School sixth-grader Graham Curtis proudly holds up his champion plaque after winning the Hamilton County 4-H Fair's Agriculture Tractor Driving Contest.



Photo courtesy of Grady Piel

Hamilton Heights High School junior Grady Piel competes Thursday in the Hamilton County 4-H Fair's 4-H Agriculture Tractor Driving Contest, which he won Grand Champion of the senior division.

also excelled in tractor-driving contests at the Tipton County 4-H Fair.

Piel's best advice to new 4-H'ers in the tractor-driving contest? "Don't overthink it."

He said, "That's what I did. When I was younger, I always got nervous about it."

Piel said, "The most important thing with the contest is safety. They're very particular about how you get on and off the tractors. You have to have three points of contact when getting on the tractor: each hand on something and a foot, obviously. And you have to make sure the power takeoff is off, the parking brake is set, and that it's in neutral." As for the actual course, contestants start off in a rectangular space made out of stakes that's called "the barn."

It's his eighth year in 4-H, and he has competed in the tractor-driving contest all eight years.

He also shows cattle, two beef steers, at the 4-H Fair, and he has a brother, Brody, 19, a sophomore at Purdue University. He used to show Sheep and Swine.

It's Piel's fifth time to win the county Fair competition. During the three years that he didn't win, he was in the Top 3. In 2021, he won the area competition, which includes surrounding counties, and earned 11th place in Indiana.

Before the competition, he was "pretty confident." He said, "None of us are super competitive; we're all friends." Competi-

tors were from Hamilton Heights, Sheridan and Fishers. Plans after high school? "I plan on eventually owning my own farm," Piel said. He hopes to go to Wyoming Tech for the diesel program.

Besides driving a tractor, 4-H'ers in the project take two other tests that include a written test and a photo parts ID test.

Piel said he usually prepares for the Fair by practicing driving a tractor in his pasture.

Curtis has been interested in farming since he was a little kid and joined the tractor club when he was old enough.

It's Curtis' third year in 4-H and third year competing in the tractor-driving contest. He gained practice driving the tractor at his grandparents' house, where he would set up a course and "run it five, six times a day" and sometimes many more times a day, his mom said.

About winning the competition, "It was pretty crazy, I didn't expect to get it," Curtis said. "It's just an awesome experience. Everyone is super nice."

On competition day, everyone gets to do one practice run, he said. "I did pretty well. It wasn't my best run but it helped before the actual final run."

So how did this junior division champ do the last two years in the project?

"The first time, it wasn't my best time," Curtis said. "But I just really enjoyed it."

The second year was "probably" his best time;

and he made it to the Indiana State Fair, but he said, he "didn't place well."

The winners move on to the district tractor-driving contest in Hendricks County. He has one brother and four sisters in his blended family.

So what did Curtis do differently this year in his tractor-driving contest? "I really just practiced even harder, and I tried to learn all of the tips and tricks."

Ever since he started showing animals at the 4-H Fair, he said he always wears a green and white checkered shirt, for good luck.

He said he learned from watching the senior-division competitors. He was to compete in the lawn and garden tractor-driving contest on a course at the 4-H Fair on Sunday.

How will tractor driving help him in the future? "I really want to become a farmer, and these are really good skills to know if I decide to make my own farm."

In 4-H, he takes 4-H Food Preservation (he froze a mini pizza with bacon, olives and cheese), Arts and Crafts, Gardening, Tractor Maintenance and Sheep.

Favorite fair food? "The milkshakes," Curtis said.

Piel's favorite fair food? "Funnel cakes."

What does Piel enjoy most about 4-H? "The fellowship. Most people are friends. Nothing's overly competitive. Everybody likes to come to the fair and have a good time."

Contact Betsy Reason at betsy@thetimes24-7.com.

MARLOWE From Page A1

"I love children," I heard my mind's villain say, "with hollandaise sauce."

Much to my relief, and utter astonishment, I was greeted instead by a seven-foot tall green plastic monster. It had a garden hose attached somewhere near the beast's nether regions, and a stream of cool water gushed from the replica reptile's nostrils.

An entire whoop of neighbor children was assembled on the grassy lawn, playing in the water on the near ninety degree day. Although I didn't appreciate their bloodcurdling cries of glee, it was glee nonetheless, and in my relief, I was tempted to join them in the cool mist. I would have, too, had not my pounding heart still lagged seconds behind my legs as I raced to the fence.

Four year old Sebby — short for Sebastian — was running back and forth through the monster's post nasal drip, demonstrating to the other children just how it is done. I could see now that it was Sebby's voice that had sent me on the false run. I never realized until now that the normally quiet child had an "outside" voice that was the equivalent in tone and pitch to that of a semi truck's airhorn, attached to a set of bagpipes.

"Nice monster," I breathlessly said to Stevie, Sebby's older brother. For those of you who don't remember, Stevie will turn nine later this summer, and he is not the least bit intimidated by talking to an adult seven times his senior. On the Know-It-All spectrum, Stevie lies somewhere between Erasmus and Dick Cheney.

"That's not a monster, Mr. Marlowe," ebullient Stevie began. "That's a mosasaur. Mosasaurs aren't dinosaurs. They are

from the reptile class. That makes them closely related to snakes and monitor lizards."

"Relax, Stevie," I wheezed, "that dinosaur isn't real. It has a garden hose stuck in his ..."

"We got it at Costco," hollered Stevie and Sebby's mother. In the blur of my adrenaline rush, I had failed to see the young mother lounging on the other side of the lawn. She wore a flowered one-piece bathing suit, while holding a mimosa in her left hand, and balancing a copy of Raising Good Humans between her knees. With her right hand, she involuntarily flicked through the dog-eared pages, as if muscle memory had taken over long ago.

She wore dark green sunglasses, which shielded her eyes from the redness of the alcohol and the shattered dreams of young mothers.

"It was on sale," she said. "We only paid \$69.95 for it! Can you believe it?"

I yelled back "no," simultaneously answering both questions: could I believe that Costco stocked the gushing green gargantuan, and could I believe anybody actually paid money for it.

"Mosasaurs lived 82 to 66 million years ago," continued Stevie. "They lived in the deep water, more than likely what we call the Atlantic Ocean, today. The largest mosasaur fossil is over 56 feet long ..."

As Stevie droned off into my stupefaction, saying something about being at the top of the food chain, and while the other kids continued their loud romp through the steady spray, I remember.

I remember my own neighborhood so many years ago.

I remember my Dad

setting up sheets of clear plastic that we called Visqueen in those days — giant sheets of polyethylene he anchored on the gentle hill, smothering his precious grass. Plastic that we would slide on once the water was added from the spigot nearby. I remember the younger children, toddling though the garden sprinkler attached to the long hose coiled around the house from the front.

I remember every child who assembled at our house to escape the sweltering heat.

I remember Jackie, the fearless one, counting fifty-one, fifty-two, directing the end of the hose and the chilled fifty degree well-water down his pants, testing his manhood and his resolve. I remember Debbie, the singer. I remember how her long black hair clung to her bathing suit, close to where budding bumps rose from her chest, and having the sense that I shouldn't have noticed — not yet, anyway.

I remember the pattern pressed into the back of my Mother's legs, acquired from sitting on plastic webbing laced across aluminum frames. She too had drink and magazine in hand.

She, too, wore dark green sunglasses.

I remember screaming as we splashed until dusk, or until the old well-pump overheated. I remember Dad pushing the little red reset button on its housing when it came time for bedtime showers.

And I remember old Mr. Adams watching us all by our fence, out of breath — with garden hoe in hand.

Time can be such a monster.

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

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In The Kitchen

Tuesday, July 19, 2022

A8



Royal Salmon with Romesco Sauce and Aioli

FAMILY FEATURES

Whether you're celebrating a weekend meal with loved ones or simply looking for a way to bring your family to the table at the same time, seafood night can make dinnertime a special treat. Next time you plan to make fish the focus of your menu, it's possible you'll be enjoying the benefits of aquaculture, also known as seafood farming.

Fast becoming a leading source of seafood worldwide, aquaculture is similar to typical agriculture but with fish, shellfish and seaweeds. Farmed seafood can be raised and harvested in either fresh or seawater, where natural conditions are recreated.

Today, half of all seafood Americans eat annually is farm raised and the appetite is only growing. There are many reasons for this, but one is due to overfishing and destructive practices. About 33% of wild fish stocks have reached their biological limit and aquaculture helps meet the increasing demand for seafood.

However, not all seafood you find in the grocery aisles is the same. Despite industry advances, aquaculture still faces challenges with fraud, mislabeling and questionable conditions. That's why it's important to look for responsible seafood products that are labeled by a trusted certification process.

For example, the Aquaculture Stewardship Council is a non-profit certification program that has created and enforced the world's strictest and highest standards for seafood farming since 2010. Today, it is transforming the seafood industry with a new level of certification for farmed seafood. This "new way to seafood" includes:

- Seafood that can be traced all the way from the farm to the store, ensuring the seafood you buy is what it claims to be
- The strictest combination of requirements to protect the environment, workers and communities on the farms where seafood is raised
- Improving farmed seafood quality and safety, so you can enjoy the flavor of recipes like One-Pan Japanese Salmon with Sweet Potato, Salmon and Shrimp Coconut Curry and Royal Salmon with Romesco Sauce and Aioli

To find more information about the certification process, visit NewWaytoSeafood.com.

Salmon and Shrimp Coconut Curry

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced
- 1/4 cup red onion, diced
- 1 cup pumpkin or butternut squash, diced
- 1 tablespoon lemongrass, finely chopped
- 1 1/2 tablespoons red curry paste
- 1/2 cup coconut milk
- 1 tablespoon fish sauce

- 1/4 cup tomatoes
- 4 shrimp
- 1 lime, quartered
- 2-3 cilantro leaves, for garnish

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.



Salmon and Shrimp Coconut Curry

Royal Salmon with Romesco Sauce and Aioli

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2

- 2 tablespoons olive oil, divided
- 2 Atlantic Salmon MOWI Royal portions
- salt, to taste
- pepper, to taste
- 1 red pepper, cut into long strips
- 2 cups small potatoes, cooked and cut in half
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 cup garden peas
- 1 tablespoon chopped tarragon

Romesco Sauce:

- 1/2 cup extra-virgin olive oil
- 2 cloves garlic, smashed
- 1/4 cup slivered almonds, toasted
- 1/4 cup hazelnuts
- 1 slice white bread, crust removed
- 1 large roasted red pepper
- 1/4 cup tomato puree
- 1 teaspoon sherry vinegar
- salt
- black pepper

Aioli Sauce:

- 1 cup mayonnaise
- 1-2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1 lemon, zest and juice
- salt
- white pepper
- lemon wedges, for garnish

Preheat oven to 400 F.

Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.



One-Pan Japanese Salmon with Sweet Potato

One-Pan Japanese Salmon with Sweet Potato

Servings: 2

Marinade:

- 1 tablespoon sesame oil
- 1/4 cup tamarind sauce
- 1/2 tablespoon Dijon mustard
- 2 tablespoons sesame seeds
- 1 tablespoon honey

- 1 sweet potato, cut into rounds
- 2 tablespoons coconut oil, divided
- 1 tablespoon sesame seeds
- sea salt
- 8 spears broccolini

- 2 salmon fillets (4 ounces each)
- brown rice, for serving

Preheat oven to 400 F. Line tray with baking paper.

To make marinade: In bowl, whisk sesame oil, tamarind sauce, Dijon mustard, sesame seeds and honey until combined.

Place sweet potato on baking tray and drizzle with 1 tablespoon coconut oil. Toss to coat. Sprinkle with sesame seeds and sea salt. Roast 25 minutes.

Remove tray from oven and add broccolini. Drizzle with remaining coconut oil and sea salt. Place salmon fillets in middle of tray and drizzle with marinade. Bake 12-15 minutes, or until cooked to desired doneness. Serve with brown rice.

TUESDAY

In The Kitchen

DAY

Tuesday, July 19, 2022

A9

Add Mediterranean Flair to Your Dinner Table

FAMILY FEATURES

During the past year, many people have missed the opportunity to travel and experience the sights, sounds and tastes of the world, but it's easy to explore other cultures and cuisines by experimenting in the kitchen.

If you're looking to transport your taste buds to the shores of Spain or the beaches of Greece, one of the best places to start is with the Mediterranean Diet. Renowned chef Geoffrey Zakarian recommends these tips to help home cooks elevate their dishes and easily incorporate the popular diet into everyday cooking.

Reach for Pantry Staples. There's no single definition of the Mediterranean Diet, but it's high in vegetables, fruits, whole grains, nuts, seeds, olive oil and seafood. By keeping your pantry stocked with

canned versions of ingredients like beans and fish you can easily add them to your favorite dishes. Yellowfin Tuna Pasta Salad with Arugula Pesto and Dates, and Tuna Aioli Dip with Balsamic Drizzle are flavorful ways to bring Mediterranean flair to your dinner table.

Add Seafood. Eating more seafood is one of the leading principles of the Mediterranean Diet. Tuna salad is one tried-and-true dish that can help incorporate fish into your menu. To make it more nutritious, opt for tuna that's packed in extra-virgin olive oil, so you don't have to add much mayo to the base. For example, Genova Premium Tuna provides a tasteful addition to recipes and is high in protein, a great source of omega-3s and has a uniquely rich and savory flavor that offers a taste of the Mediterranean in every bite.

Visit GenovaSeafood.com for more recipe inspiration.

Yellowfin Tuna Pasta Salad with Arugula Pesto and Dates

Prep time: 20-30 minutes
Cook time: 20-25 minutes
Servings: 4

- 2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil, drained
- 1/2 cup pine nuts
- 4 cups arugula
- 1 garlic clove
- 2 tablespoons butter (optional)
- 1 cup grated Parmigiano-Reggiano, plus additional for garnish (optional)
- 2 lemons, zest only (optional)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup extra-virgin olive oil
- 8 ounces whole-wheat orrechiette
- 1/2 cup jarred sun-dried tomatoes in oil, chopped
- 1/2 cup dates, pitted and quartered
- 1/4 cup kalamata olives, pitted and chopped
- 1/4 cup dill, chopped (optional)
- 1/4 cup parsley, chopped (optional)

Preheat oven to 325 F.

On a sheet tray, toast pine nuts 8-12 minutes, or until golden. Set aside to cool.

Bring large pot of salted water to boil. Prepare ice water bath by filling large bowl with cold water and ice. Stir arugula into boiling water and cook until bright green and tender, about 30 seconds. Drain arugula, immediately shock in ice water and set aside to fully drain; cover with towel.

In blender or food processor, add arugula; garlic; pine nuts; butter, if desired; Parmigiano-Reggiano; lemon zest, if desired; salt; and pepper. Puree on high, incorporating olive oil to desired thickness.

Place pesto in bowl and cover tightly to avoid discoloring.

Bring large pot of salted water to boil.



Add pasta and return to boil, stirring occasionally. Taste pasta for doneness 2 minutes earlier than package instructions. Once cooked, drain and transfer to large bowl. Do not rinse.

Add pesto gently until evenly distributed. Fold in tuna, sun-dried tomatoes, dates and olives.

Divide between shallow bowls and finish with additional Parmigiano-Reggiano, dill and parsley, if desired.



Tuna Aioli Dip with Balsamic Drizzle

Prep time: 15-20 minutes
Cook time: 10-15 minutes
Servings: 4

- 6 ounces Genova Albacore Tuna in Olive Oil
- 1/4 cup balsamic vinegar
- 1 dried bay leaf
- 1 sprig fresh rosemary
- 1/3 cup mayonnaise
- 2 tablespoons capers, drained
- 2 anchovies
- 1/2 lemon, juice only (about 1 1/2 tablespoons)

raw vegetables, such as carrots, celery, cucumber spears, endive leaves, sliced fennel and bell pepper strips, for dipping

Drain tuna, reserving 2 tablespoons oil.

In small saucepan, combine balsamic vinegar, bay leaf and rosemary sprig. Bring to boil and reduce until syrupy, about 1 tablespoon. Let cool slightly; discard bay leaf and rosemary sprig.

In blender or food processor, process tuna and reserved oil, mayonnaise, capers, anchovies and lemon juice to make smooth dip. Transfer to flat serving bowl. Drizzle with balsamic syrup. Serve with raw vegetables.



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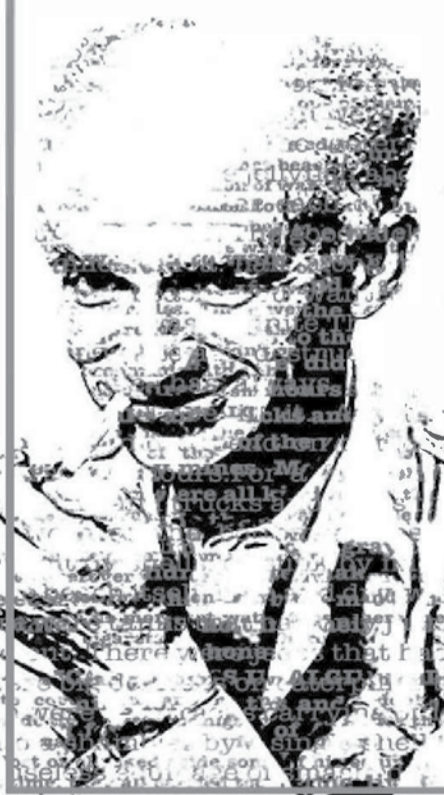
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TUESDAY

Health and WELLNESS

Tuesday, July 19, 2022

A10

Urinary Tract Infections And How To Treat Them

Urinary tract infections (UTIs) account for about eight million doctor visits each year in the United States. These infections are much more common in adults, particularly in women. Children account for one to two percent of all UTIs, but their infections are often more serious. About 40 percent of women and 12 percent of men have a UTI at some time in their lives.



JOHN R. ROBERTS, M.D.
Montgomery Medicine

The urinary system or “tract” is composed of the kidneys, ureters, bladder and urethra. The kidneys filter waste products from the blood and produce urine that passes down the ureters to the bladder, where it is stored, before passing out the urethra. An infection can involve one or more parts of the urinary tract.

Bacteria that normally inhabit the bowel and live around the anus are the cause of most UTIs. The gut bacterium *Escherichia coli* (E. coli) is far and

away the most common offender. Bacteria cause UTIs by making their way to the opening of the urethra where they can enter, start to multiply, and move upward in the urinary tract.

The two most common ways bacteria enter the urinary tract in women is through improper hygiene (reaching between the legs and wiping from back to front after a bowel movement), and sexual intercourse. Older men are more prone to UTIs

because their bladders may not empty completely due to obstruction from enlargement of the prostate gland.

If the urethra is the only part of the urinary tract involved, the infection is called urethritis. This can be caused by colon bacteria but may also be caused by sexually transmitted organisms. The infection can progress up the urinary tract causing infection of the bladder (cystitis) or one or both kidneys (pyelonephritis).

UTI symptoms vary based on the location of the infection. Urethritis usually results in burning with urination (dysuria). This is typically described as external burning (i.e. not deep in the pelvis). Cystitis irritates the wall of the bladder and results in frequent urination, urgency and sometimes pelvic pain and cramping. It may also cause blood in the urine (hematuria). Children may present with frequent urination, fever, abdominal pain, vomiting, foul-smelling urine or loss of bladder control. Infants can be difficult to diagnose and may present with non-specific symptoms such as irritability, decreased feeding or fever.

If the infection progresses up the ureters to the kidneys (pyelonephritis), the resulting inflammation can cause back or flank pain. Pyelonephritis usually presents with high

fever, as well as nausea and vomiting. Pyelonephritis, particularly in children, can lead to scarring of the kidneys and put the children at increased risk of developing high blood pressure later in life.

Most UTIs can be treated effectively with oral antibiotics. Simple UTIs usually respond to a three to five-day course of antibiotics. Many bacteria are becoming resistant to antibiotics like sulfa and ciprofloxacin (often due to inappropriate overprescribing), so a different antibiotic may be required. For women who develop UTIs following sexual intercourse it can be helpful to urinate immediately after sex. Treatment with a single dose of a “post-coital” antibiotic is also a common way to combat this problem.

People who have UTIs that are either recurrent or unresponsive to treatment should have their urine sent to a microbiology lab

to identify the causative organism and have an antibiotic sensitivity panel performed to determine which antibiotics will kill the bacteria. Since UTIs are relatively uncommon in non-elderly men, it is usually recommended that they have cultures done routinely.

Children under age five who develop UTIs should be evaluated carefully with possible imaging of their urinary systems to look for anatomic abnormalities. If they have had pyelonephritis, they should also have their blood pressure checked on a regular basis.

And here’s the answer to the burning question: is cranberry juice helpful in prevention and treatment of UTIs? Unfortunately, most of the evidence says no.

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

Looking Beyond Devices To Address Human Longevity Through Biomedical Engineering

Artificial intelligence, synthetic biology and collaboration are the building blocks that could help biomedical engineers crack the next big discovery in addressing complex health issues.

David Umulis, professor and the Dane A. Miller Head of Purdue University’s Weldon School of Biomedical Engineering, says those three areas are key in the rapidly changing biomedical engineering environment.

“Artificial intelligence is a game changer when it comes to biology, biomedical engineering and other related research areas,” Umulis said. “If we can develop the best way to use AI and other technologies, we will find ways to address hu-

man health and longevity that we could never imagine earlier.”

Umulis also serves as a senior research fellow for the Krach Institute for Tech Diplomacy at Purdue and as project director for the Emergent Mechanisms in Biology of Robustness Integration and Organization (EMBRIO) Institute.

A key example of those three areas working together can be found in his work leading the EMBRIO Institute. EMBRIO received \$12.5 million in funding from the National Science Foundation and is a partnership across six higher education institutions that uses artificial intelligence in biology to see how cells defend themselves and how to repair cellular

damage.

“A lot of things I’ve done in biology are now happening at a massive scale as data sciences and simulation sciences are starting to have a much larger impact in medicine, physiology, drug design and sensing,” he said. “As medicine and biomedical engineering become more integrated and data-centric, there’s an exploding need for expertise in those domains. People are much more conscious of wellness throughout development and aging, so there are more opportunities in all aspects of biomedical engineering.”

While leading the Weldon School of Biomedical Engineering’s 27-member and growing faculty, Umulis is

expanding partnerships between the school and health care providers, medical researchers and medical device companies to take discoveries from the research labs to clinical settings. Umulis is expanding the school’s expertise by hiring three new faculty members, with specialties in biomaterials, cardiology, and digital health including data, AI and cybersecurity. Watch a video of him and his philosophy at Purdue.

Umulis says Purdue biomedical engineers are always in high demand, especially in the fields of vaccine and medication development and mobile tech.

More about David Umulis:
• Specializes in use of

high-performance computing and AI to support biological discovery, including cross-species predictions that could help pharmaceutical companies develop drugs, medications and vaccines quicker to address new diseases.

• Laying the groundwork to expand Purdue’s biomedical engineering capabilities and expertise in fields such as pediatric health care, biomedical device security, digital health and emerging new disciplines in the field. He is also expanding partnerships between manufacturers, physicians and health care providers and academia.

About Purdue University
Purdue University is a top public research

institution developing practical solutions to today’s toughest challenges. Ranked in each of the last four years as one of the 10 Most Innovative universities in the United States by U.S. News & World Report, Purdue delivers world-changing research and out-of-this-world discovery. Committed to hands-on and online, real-world learning, Purdue offers a transformative education to all. Committed to affordability and accessibility, Purdue has frozen tuition and most fees at 2012-13 levels, enabling more students than ever to graduate debt-free. See how Purdue never stops in the persistent pursuit of the next giant leap at <https://stories.purdue.edu>

CareSource Increases Access To Adaptive Equipment For People With Disabilities

CareSource, a nationally recognized nonprofit health plan, has named Turnstone a 2022 Heart of Community award recipient and presented a gift of \$22,000 in support of their Equipment Loan Program. Turnstone lends gently-used adaptive equipment and other items at no charge to individuals with disabilities.

“CareSource knows how critical medical equipment is to keeping individuals independent and active,” said Steve Smitherman, president of CareSource Indiana. “We are grateful for organizations like Turnstone and their efforts to improve



the lives of Hoosiers.” In 2021, Turnstone loaned more than 450 pieces of equipment at no charge to 260 people with disabilities. Equipment included wheelchairs, toilets, bath benches, crutches, canes, walkers and grab bars.

“Accessing necessary medical and adaptive equipment is critical for the quality of life for

people with disabilities, but the expense is often an obstacle,” said Michael Mushett, CEO of Turnstone. “More than 64% of the people we serve live below 200% of the federal poverty level. CareSource’s financial support ensures we can continue offering the Equipment Loan Program for those who need it most.”

According to the An-

nual Disability Statistics Compendium, people with disabilities in Allen County are 2.7 times more likely to be living in poverty as people without disabilities.

Additional information on the Equipment Rental Program can be found at turnstone.org.

About CareSource
CareSource is a nonprofit, nationally rec-

ognized managed care organization with over 2 million members. Headquartered in Dayton, Ohio since its founding in 1989, CareSource administers one of the largest Medicaid managed care plans in the U.S. The organization offers health insurance, including Medicaid, Health Insurance Marketplace, Medicare Advantage and dual-eligible programs. Through its network of health plans, CareSource serves members in Arkansas, Georgia, Indiana, Kentucky, Ohio and West Virginia. The company is leading the way in serving populations with complex

needs and extended its presence into 12 additional states with the acquisition of The Columbus Organization, a trusted partner to health care agencies and provider organizations in improving coordination and support for individuals with intellectual/developmental disabilities and behavioral health challenges through its staffing, quality improvement and care coordination services. As a mission-driven organization, CareSource is transforming health care with innovative programs that address the social determinants of health, health equity, prevention and access to care.



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