



*Ella's gets even sweeter ...*  
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**Center Grove ICON**  
*of the Month...Page 27*

November 15 – December 12, 2014

**myICON.info**

# CENTER GROVE

# ICON

*2nd Anniversary*

Volume 3  
Issue 01

# Fathers who 'get it'

*David Cook and other White River  
Township fathers share stories of losing  
children in the upcoming book created  
by Mornings with Dads, Inc. Pages 6-7*



*Photo by Nicole Davis*

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*A Song and a Dance ...Page 12*



*Trey of All Trades ...Page 9*

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### Contact the Editor

Have any news tips? Want to submit a calendar event? Have a photograph to share? Call Travis Campbell at 300-8782 or email him at [tcampbell@myicon.info](mailto:tcampbell@myicon.info). Remember, our news deadlines are several days prior to print.



### Want to Advertise?

Center Grove ICON reaches a vast segment of our community. For information about reaching our readers, call Katy Cavaleri at 300-8782 or email her at [kcavaleri@myicon.info](mailto:kcavaleri@myicon.info).



Photo Courtesy of the Center Grove Choir Program

The CG Choir performs at last years "A Country Christmas."

## December with the Center Grove Choir

The Center Grove High School Choral and Music Departments will host the 2014 Christmas Concert, "A Christmas to Remember" on Friday, Dec. 7 at 7 p.m. and Saturday, Dec. 8 at 2 p.m. at the Center Grove High School Performing Arts Center. All choirs including the award winning CG Singers, Sound System and the Debtone, will be singing and dancing to a wide variety of Christmas favorites. This year, students from Crabapple Creek will join the Center Grove High School choirs as elves on stage during the show. Parents of Crabapple Creek students whose children are interested may find information at [centergrovechoirs.org/crabapple](http://centergrovechoirs.org/crabapple). Registration ends Nov. 21. Ticket are available online at [centergrovechoirs.org/xmas-tickets](http://centergrovechoirs.org/xmas-tickets). \$8 for adults and \$5 for children/students/seniors. Online order tickets will be

mailed. Tickets may also be purchased in the main office at the high school from 7:30 a.m. – 3:30 p.m. from Nov. 25 through Dec. 4. Tickets will also be available at the door based on availability. In addition to the concert, the Center Grove Choir Program will hold the 13th annual Madrigal Dinner on Friday, Dec. 12 and Saturday, Dec. 13 from 7 p.m. to 9 p.m. in the Center Grove High School Hall of Excellence. This year's event will feature vocal and acting performances from the CG Singers and the Counterpoints. A meal will be served at the event courtesy of Grafton Peek Catering. Tickets are \$25 per person. To purchase tickets or to find more information on the Center Grove Choir Program, visit [centergrovechoirs.org](http://centergrovechoirs.org).



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### Yes, we want your letters

Readers of the Center Grove ICON are encouraged to send letters to the editor as often as they wish. The stipulations are that the letter is timely, focused (not more than 200 words) and verifiable. Please make sure to provide your complete name and daytime and evening telephone contact numbers. All letters are subject to editing for brevity, clarity and grammar. Please direct correspondence to: [news@myICON.info](mailto:news@myICON.info).

## Aspire Johnson County launches new website

Aspire Johnson County, a program of the Johnson County Development Corporation, has launched [AspireJohnsonCounty.org](http://AspireJohnsonCounty.org) to share information and answer questions about the organization. Aspire Johnson County is a county-wide community collaborative whose vision is to make Johnson County a destination to live, work and play.

The group is gaining recognition across the state and Midwest region, according to organizers. Members of Aspire Johnson County include business, education, government, and non-profit sector representatives and community volunteers. Members focus on infrastructure, quality of life assets, talent retention and attraction and branding. The new website provides updates on projects, helps recruit members, recognizes members and supporters, lists upcoming meetings and houses group research data. "This new website helps us tell our remarkable story," said Cheryl Morpew, President and CEO of the Johnson County Development Corporation and one of Aspire Johnson County's leaders. "We are asked often about Aspire Johnson County and how someone can become part of our effort. The website is a great resource for people who are looking to get involved. It is exciting to see what is going on with our initiative." Morpew said. For questions about the new site or Aspire Johnson County, contact Cheryl Morpew at [cmorpew@jcdc.org](mailto:cmorpew@jcdc.org) or Aspire Johnson County at (317) 736-4300.



## HEALTH DISPATCH

### TREATING THE FLU THIS SEASON

Despite concerns about the Ebola outbreak in western African countries and the three cases in the United States, doctors will be making similar basic recommendations for dealing with the flu season. As usual, getting a flu shot as a preventative measure is the best possible solution, but flu symptoms can be managed with over-the-counter pain relievers and fever reducers. Fevers above 102° F or if your fever doesn't break, it may need medical treatment. The flu can also lead to other illnesses like bronchitis,

ear infections or  
sinus infections.

– [msn.com](http://msn.com)

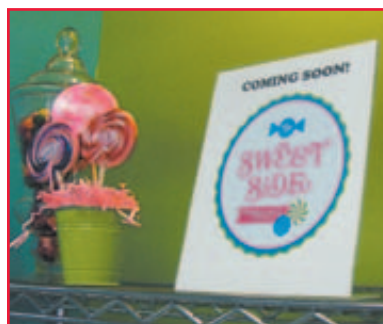






Top, left: Owner Lorrie Gray on the Sweet Side of Ella's; Top, right: Dispensers allow Ella's customers to get candy by the bag; Left: The Kids Corner at Ella's offers kid popular candies; Below, right: A sign for the upcoming Grand Opening of The Sweet Side of Ella's; Below: Two flavors of Ella's homemade fudge.

Photos by Travis Campbell



## Ella's gets even sweeter

### Center Grove business expands to include candy store

#### FOCUS

By Travis Campbell

Ella's Frozen Yogurt opened on State Road 135 and has been doing well since March of 2011, says owner Lorrie Gray.

"We may have slowed down a little bit, but we're in a league of our own when it comes to what we do. People keep coming back," says Gray, before acknowledging that numerous chain frozen yogurt restaurants have come into the area. A year after Ella's opened, Lorrie and her husband Greg were considering opening a second location when the embroidery shop next door closed down.

"Expanding next door gave us all this extra space," Gray says. The business now includes The Sweet Side of Ella's, which the Grays boast is "the Southside's only family-owned and operated candy store." The original plan for the new space was a double-sided topping bar, but the Grays eventually found a better system to deliver toppings to customers. Instead they began to fill the empty space with candy.

"We wanted to use the space efficiently, so we started brainstorming ways to make Ella's sweeter," Gray says. "A candy store seemed like the right direction to take it in. We want to give

our customers the same quality service for candy as we do for frozen yogurt, because we're not separating, just adding on."

The Sweet Side of Ella's offers candy made from around the state, like Albanese gummies from Merrillville, Ind. The Grays have also acquired special permission to carry Abbot's caramels, which have been made in Hagerstown, Ind., for more than a century. In addition to these selections, The Sweet Side of Ella's plans to offer Make-Your-Own goodie bags as part of the Ella's Place party room. Gray says there are also plans to offer special orders for sporting events, baby showers, weddings, and other special occasions.

While The Sweet Side of Ella's has been open and providing candy to Center Grove for a few weeks now, the official grand opening takes place on Saturday, Nov. 15 and Sunday, Nov. 16. Gray says that Ella's looks forward to continuing to serve the Center Grove community.

"It's a blessing to serve this community. We love that we can give the kids a place to come and enjoy themselves. We love to give back, and the more we get, the more we can give," she says.

For more information, visit online at [ellasfrozenyogurt.com](http://ellasfrozenyogurt.com)



## OUR VIEW

## Center Grove showing its stuff

Congratulations to the Center Grove School Corporation! All eight Center Grove Schools as well as the CGSC received "A" grades in the Indiana Department of Education's annual accountability test. The students and teachers in the Center Grove Community worked hard for their success in 2013 and 2014. With 2015 approaching, it's sure to be another strong year in the classroom for Center Grove.

Speaking of classrooms, Teacher of the Month is back. The Center Grove ICON has received letters from students throughout the community with stories about their terrific teachers. We can't wait to read more about this dedicated group of educators from the students that are learning so much from them.

The Center Grove High School Marching Band will be making their way to New York City soon. We're all looking forward to seeing the Trojans in Herald Square on Thanksgiving Day!

Do you have a favorite teacher? A holiday story or anything else you'd like to share with us? Email us at [info@myicon.info](mailto:info@myicon.info)!

## MONTHLY QUOTE

"Pointing to another world will never stop vice among us; shedding light over this world can alone help us."

~ Walt Whitman

## BELIEVE IT!

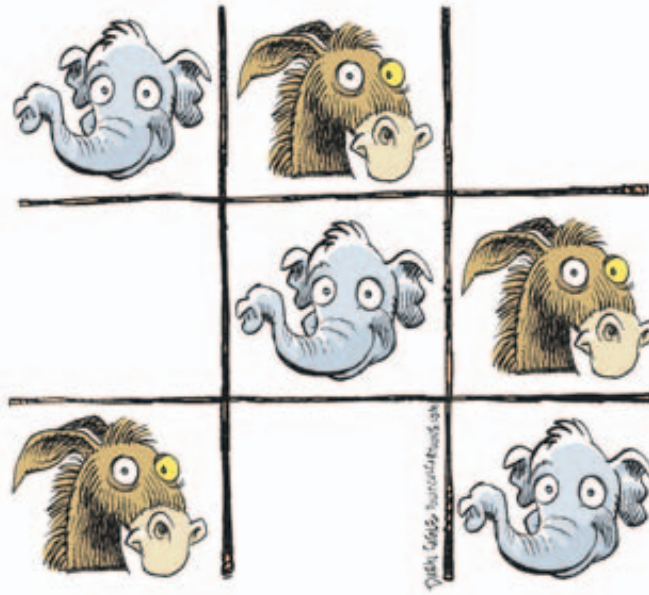
**Our nation has all sorts of arcane, nonsensical laws on the books. Each month, we'll share one with you....**

In Hawaii, you will be fined for riding in the back of a passenger car without a seatbelt, however you can ride in the bed of a pickup truck with no safety equipment.

-[dumblaws.com](http://dumblaws.com)

## Do you know an ICON of the year?

Center Grove ICON of the Year nominations are open to anyone who lives or works in Center Grove. Nominations should come with a 250 word explanation of why the nominee should be considered for the honor. Deadline for the nominations is Monday, Nov. 24. Last year's ICON of the Year was Jackie Ponder. Email nominations to info at [myicon.info](mailto:myicon.info). Any questions, please call (317) 300-8782.



## Change body language and change your attitude

In my parents' home hangs a photo collage of me through the years. It chronicles infancy to young adulthood with various friends and relatives. One photo stands out to me. It was on a vacation trip to southern California with another family with two boys a year on either side of my age. The three of us are standing on the Hollywood Walk of Fame and the photo captures us in a full-body pose wearing the coolest clothes from the mid-1970s. The other boys are standing firm and wide looking strong and manly. I, on the other hand, am hunched over with my arms behind my back too close to the younger boy. They are not smiling, but simmering. I have a goofy smile like I was anxious to make others like me in a desperate demeanor.

I remember that trip that took place around 13. Now, perhaps I thought the photo was actually happening closer and I was trying to squeeze in, but now I feel as though it accurately portrays where I was at the time. I had needs to be accepted and had feelings of inferiority. Nothing more dramatic than typical, just wanted to fit in. What strikes me now is how my body language telegraphed my internal feelings.

Recently, I came across one of the most popular TED Talks, a website of ideas as presented by passionate leaders in seminars around the world. Each of the talks is recorded for distribution on the TED.com website. Social psychologist Amy Cuddy studies the effect of body language or nonverbal communication and how others read it. My hunched-over, hands-behind-the-back pose indicates my feelings probably in relation to these two

good-looking boys who were athletic and fit in with anybody. Strangely enough, Cuddy says that my body language was probably affecting my own thoughts about myself. In addition to reflecting, my body language was speaking to me as well as the people who are lucky enough to see my photo collage.

Her suggestion is that we change our body language, which in turn changes our mental attitude and makes people like us more and helps us get jobs and even better dates. Stand in an outstretched position for two minutes before some important meeting and you will feel and seem different. You'll look confident.

The most salient point of her talk is the example of sprinters. We've all watched a dash that ends up with the winner excitedly throwing his arms into the air in a "V" for victory pose and his chin up in the air pointing to the sky in elation. Cuddy says that sprinters blind since birth exhibit the same victory pose when they win. They copy the same body language without ever seeing it.

So next time you are getting ready for a big meeting, take two minutes to stand like Wonder Woman, feet wide, hands on hips, back straight (no golden lasso required) and see how your mood changes. Of course, you could argue that this is a result of the placebo effect and it works because your predisposed to thinking it will work, but the result is the same, so who cares?

Gus Pearcy is a contributing columnist to the Center Grove ICON. He may be reached at (317) 403-6485 or [pearcy.gus@sbcglobal.net](mailto:pearcy.gus@sbcglobal.net). Gus blogs frequently at [guspearcycommunications.wordpress.com](http://guspearcycommunications.wordpress.com).



Gus Pearcy  
COLUMNIST

## FROM the PUBLISHER

## Another milestone for CG ICON and many thanks

I don't like using clichés and my journalism 101 professor would certainly disapprove, but I will - My how time flies.

It's hard for me to believe it, but the Center Grove ICON is celebrating its second anniversary with this issue and I couldn't be more excited. We have had more fun than should

be permitted in producing it each month. The year 2014 has been a great one for us and I look ahead to 2015 with much optimism - I believe it will be the best yet.

I'd like to thank those individuals who work each and every month to help publish the ICON: Travis Campbell, Jo Carandang, Katy Cavaleri, Nicole Davis, Eric Ellis, Jeen Endress, Carey Germana, Steve Laughlin, Katie Mosley and Brian Ruckle, as well as all of our contributing columnists. You are all awesome to work with!

A big thank-you, too, to those folks that help us pay the bills: our advertisers - we are



Rick Myers  
PUBLISHER

*"It's hard for me to believe it, but the Center Grove ICON is celebrating its second anniversary with this issue and I couldn't be more excited."*

grateful of partnerships with each of you, and of course, our readers. I have heard from you throughout the year - and after that first issue - and I appreciate all of your comments. I have met, over the past several years, some of the kindest people I've ever met in my life. We are honored to serve the Center Grove community with the ICON. It is such a great community.

Finally, as I stated in the space before, please contact me if you have questions, comment or concerns. You may email me at [rick@myicon.info](mailto:rick@myicon.info) or call me at (317) 300-8782. I'm all ears - believe me, my Leadership Johnson County experience has helped me to become a better listener.

Here's to a happy Thanksgiving.

Rick Myers is co-owner of Times-Leader Publications, LLC., publisher of Center Grove ICON, Southside Business Leader and The Southside Times. Write him at [news@myicon.info](mailto:news@myicon.info).



# Fathers who 'get it'

Center Grove-area fathers share stories of losing their children in upcoming book created by Southside group, Mornings with the Dads, Inc.

## COVER STORY

By Nicole Davis

David Cook picked up a newspaper in 2009 and saw a long-time colleague's picture in an article about a group, Mornings with the Dads, Inc., which offers support for fathers who have lost their children. He could relate to the article all too well. He called up that friend, Jim Nathan, that night. He went to a meeting that next Thursday and hasn't missed many days in the last five years.

"At that time, our group was meeting at Bob Evans on Southport Road," Cook says. "I just sat in the parking lot, waiting on Jim to come because I was scared to death not knowing anyone. Since that time, a lot of people have come because they know me."

It's referred to as the group that no one should ever have to join. Mornings with the Dads, Inc. was formed on the Northside of Indianapolis as a resource for fathers who have lost their children. A Southside group spun off from there, meeting every Thursday morning at Denny's in Greenwood.

"It's just a great source of support for each other," Cook says. "Some days that we meet, we talk nothing about our kids at all; we talk about football, sports, politics, who should be in office and who shouldn't be. Then other



From left front, Jim Oxley, John Longworth, David Cook, Don Buxton and Steve Ellen.  
From left back, Henry Pawlik, Jim Nathan, Rick Rhoads, Marv Habicht, Zach Ortman, Mark Fritz.

times it's different."

The Northside group wrote a book, *Tuesday Mornings with the Dads*, sharing their experiences in coping with the grief of losing a child. Now, 10 years later, the Southside group is in the process of publishing a second book, projected for June 2015. The group is still looking for donations to proceed with the editing and publishing.

"There are 17 stories of individual fathers and four follow-ups of fathers that have written earlier," says Henry Pawlik, White River Township resident. "Basically, the stories are what happened and how we deal with it. All chapters were written by the fathers. To get the word out, there are a lot of fathers out there that don't know this exists. I'll tell you, the first time I came here after I lost my son, I could see I wasn't by myself."

Included in these stories are White River Township residents Cook, Pawlik, Don Buxton, Marv Habicht, Chuck Findley (former resident) and more.

Through the years, members of this group say the friendships they have formed with other fathers were an unexpected result of joining. They not only meet every Thursday, but also interact socially, going to dinner or watching ball games. Pawlik says they welcome newcomers to the group with open arms.

"We all go around and tell our story of the reason we are here, to make the person more comfortable with being here," Pawlik says. "Once you hear the story, you will see we all end up in the same place."

Going around the table, Cook will talk about his daughter, Leslie, who was murdered in April 2003 at the Boston Market restaurant on East Washington Street where she worked while she was pursuing a degree in dentistry at IUPUI. She was stabbed to death in April 2003 after rejecting advances from a dishwasher, who already had two outstanding warrants for his arrest. Her killer was sentenced to 75 years in prison. Pawlik has lost two children. Eight years ago he and his son were living in Las Vegas. His son's car broke down and he stepped out to fix it. He was struck by a car traveling at 75 mph. Six months ago, Pawlik's daughter passed away of septic pneumonia. Buxton talks about his daughter, Jennifer, who was killed along with her husband, Dion, on Nov. 10, 2012. Her neighbor in the Richmond Hills subdivision, Monserrate Shirley and two accomplices allegedly filled their house with gas, causing it to explode. They are still awaiting trial, scheduled for June 2015. No longer living in the area, Chuck Findley moved to Arizona but continues to stay active with the group. His sons, Jake and Travis Findley, were killed at the railroad crossing at Stones Crossing the night that the Colts won the Superbowl. There is a monument at the crossing in remembrance.

"Everybody is a little bit different but the basis is the same," Buxton says. "You lost a loved one and now you have to get through that. You talk about things like how they deal with birthdays, holidays."

Southsider Jim Nathan says nothing makes them feel better than to talk about their children, but society in general struggles in dealing with the topic of death. People want to

pretend it didn't happen, ignore the topic all together, along with the discussion of the person who has passed away. This is where the group helps. Members can openly talk about their children and difficult situations they are dealing with.

"Men are more likely to talk to men about this topic than they are to women," Pawlik says. "It's a strange thing too, that after you lose a child and people know it, they don't want to mention it. They don't want to bring it up: family, friends, nobody. I lost two children and now it's like I never had them. Let's talk about the one I have left, but no way will they mention the others to you. That's just human nature, not being rude, because nobody knows how to deal with that."

Pawlik said he remembers feeling as though he were on an island before he joined Mornings with the Dads: isolated.

He had been living in Las Vegas with his son, Steve. Steve had graduated with a degree in finance from the University of Miami. At one point, Pawlik's daughter, Katie, spent some time in Vegas living with them. When Steve died, Pawlik eventually moved in with his son, Michael and his family.

"Steve was an exceptionally bright child," Pawlik said. "He got a perfect score on the ACT and a full ride to Miami. He, his brother and I are avid sports fans. We used to go to every sporting event possible. As he got older, graduated from college, we always looked forward to going to Las Vegas so we moved there. He went to work for a brokerage firm there."

Pawlik said he still sports University of Miami gear as a way to remember Steve. He said when he came to live in the Center Grove



Photo by Nicole Davis

David Cook holds a photo of his daughter, Leslie.



*Fathers who 'get it' Continued from Page 6*

area, he was introduced to a bereavement group at Saints Francis and Clare. There were nine widows and two men. He said it was hard to relate to the widows, as their loss is, simply, different. The other man in the group took him to a Mornings with the Dads meeting. He hasn't missed many meetings since.

In February, Pawlik's daughter Katie passed away. She had a gastric bypass surgery in 2010. She started to get sick in 2013, but no one could figure out the cause. It was found to be a protein deficiency, which can be caused by the gastric bypass.

"Her and I were unbelievably close," Pawlik said. "When I came back from Vegas, she used to call me three or four times a day... If someone ever told me that would happen after Steve, I would never believe it. (The group) helped me through it. Our motto is, 'we get it.' How do you explain to someone what you're going through? You have a 34 year-old girl. You know she could get sick, but not that it could be fatal. The group, they knew what I

ple who understood that."

Mornings with the Dads meets every Thursday, faithfully. Holidays are no exception, especially since that's that time the dads may need support the most.

"For Thanksgiving, we bring something in about the child, maybe it's a picture or a book they did in elementary school, something that means something to us," Buxton says. "Here you have these big, over-grown men getting all feely. That's something people don't get. We're all (mostly) around Vietnam-era vets. We were all raised that real men don't cry. Well, real men do cry when you give them a reason to. Losing a child is as good of a

*"We were all raised that real men don't cry. Well, real men do cry when you give them a reason to. Losing a child is as good of a reason as it gets."*

*~ Don Buxton*

reason as it gets."

Cook says he and his family have created traditions to remember his daughter, Leslie, during the holidays. A stocking with her name on it will go up each year on the fireplace mantel. David will put a biblical verse or some sort of grief aid inside of it to read Christmas evening. David said Leslie graduated from Center Grove High School in 1996. She earned a degree in nutrition science from Indiana University-Bloomington and was going back to school at IUPUI for dentistry at the time of her death. At the end of each school year, David and his wife, Linda will award a scholarship to a Center Grove student who will pursue further education in a related field.

The book on the fathers' experiences is still in the editing stages. Each father submitted his story on his own, and other members have yet to see what the others wrote. As it nears closer to completion, members like Pawlik say they hope that it will help other fathers get through a similar situation.

"What it boils down to is you haven't lost a child, you don't understand it, including grief counselors," Pawlik says. "You have to have lost one to understand it... Economics has nothing to do with it. Tony Dungy wrote the forward to the book. This stuff doesn't only happen to us folks in Greenwood. It happens to everybody."

For more information or to donate, visit [tuesdayswiththedads.org](http://tuesdayswiththedads.org), [facebook.com/TuesdaysWithTheDads/](https://www.facebook.com/TuesdaysWithTheDads/) info, email [morningswithdads@gmail.com](mailto:morningswithdads@gmail.com)

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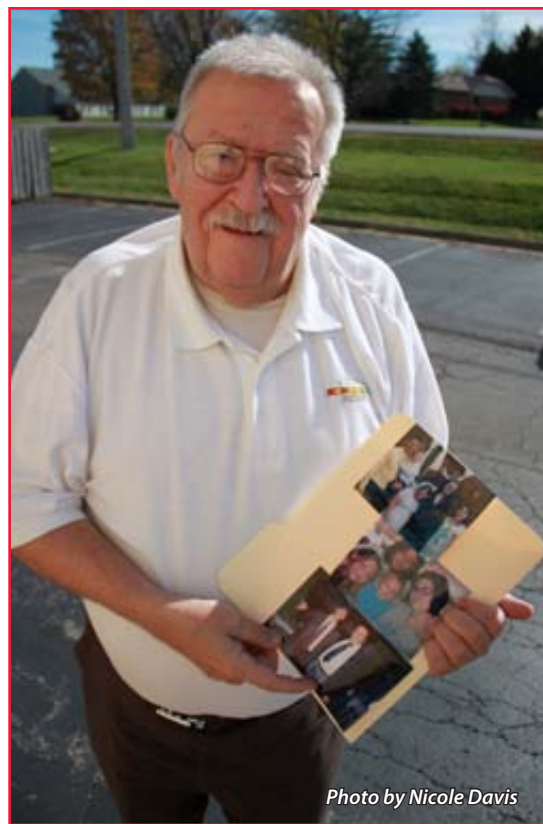


Photo by Nicole Davis

Henry Pawlik holds photos of his children.

was going through and they all understood the possibility of the end result. I don't need to hear it'll be alright. It was nice to talk to peo-

## Memories that carry on...

Don and Nancy Buxton have boxes full of cards from students at Greenwood's Southwest Elementary. While they said it was difficult to do, Don and Nancy read every note from the children. A few of the messages stick in their minds and offer some comfort during the most trying time of their lives. One boy wrote, "Mrs. Longworth, I know that you've been killed. Wherever you are at, I hope you are enjoying yourself."

Not unlike the rest of the Mornings with the Dads group members, the Buxtons have spent the past two years trying cope with the deaths of their daughter, Jennifer, and her husband, Dion, and remembering everything they loved about them both. As the second anniversary of their deaths passed on Nov. 10, there hasn't been a day that's gone by that those memories haven't crossed their minds.

Jennifer was a teacher at Southwest and Dion worked as director of product development and technology at Indy Audio Labs. Jennifer grew up in White River Township. She was in the Center Grove Band all four years in high school. She was part of a state championship team and went with the marching band to the Fiesta Bowl Parade when Center Grove represented its community in the early 90s.

"She loved that experience," Don said. "When we read about ongoing success of the Center Grove Band, it always makes us reflect on her time at Center Grove."

Through all of this, Don said they have had so many people come to express their condolences and offer assistance: from family, friends and church members at Saint Barnabas where they attend to complete strangers.

"You get support from places you don't expect it," Don said. "When this first happened, we were just dumbfounded. We look out one day and one neighbor is mowing the grass for us... They would make meals for our family. They are not asking; they are just doing. It's the little things that say hey, there's a group of people out there who care. (They may not) certainly identify with what you're going through but they care."

Southwest Elementary will dedicate its new media center in Jennifer's name later this year. The project is still in the planning stages. Principal Beth Guilfooy said the school recently held a t-shirt fundraiser to earn money for a \$1,000 scholarship in the couple's honor.



Photo by Nicole Davis

Don Buxton



Submitted Photo

Don Buxton's daughter, Jennifer, and her husband, Dion.

drive past Valle Vista without it bringing back memories."

"Jennifer was an advocate for education," Guilfooy said. "We're looking for a student who will continue to pursue their education. We hope to continue to fund that and continue to honor them. Privately during the week, we will do things here at Southwest to remember her and keep her in our thoughts."

Don said she enjoyed including holiday celebrations in her classroom lessons and loved the fall season because of its holidays. He said this makes holiday time especially difficult for the family. At Christmas time, she and Dion would spend an entire day walking around a local tree farm to get the perfect tree.

"All of these things, memories, come rushing back to you," Don said. "These are the things you think about when you are driving around. Their wedding reception was at Valle Vista. You can't



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FINANCE DISPATCHES



■ **CAN EDUCATION REALLY BOOST INCOME?** Dr. LaVaughn M. Henry of the Federal Reserve Bank of Cleveland says his upbringing in a strong household that emphasized education helped influence his perspective as an economist. According to Henry, "Consumers are on a more solid financial footing than before the financial crisis," but he also reminds, "We're talking about averages. And averages mask a lot of variations." Henry says that access to education will lead to access of opportunities.

- FOXBusiness.com

■ **TIPS FOR JOB HUNTING ON SOCIAL MEDIA** - New generations entering the job market are more likely to be users of social media, and many of them are using social media outlets for job hunting as well. Experts advise researching companies and their presences on social media in order to tailor your resume and cover letter to suit their parameters. Other ways to improve your own personal online presence are to start and maintain a professional blog, setting up a professional Twitter account, or pursuing other, more specialized social networking sites like Academics, Pinterest, or Instagram.

- FOXBusiness.com

■ **BACK-TO-SCHOOL SALES TELLING FOR HOLIDAYS?**

Generally speaking, back-to-school sales can help retailers figure out how consumers might spend during the holiday season, according to Kathy Grannis, senior director of media relations for the National Retail Foundation. "Having a clear sense of what consumers are looking for, whether it's more coupons, online shopping or promotions... retailers are going to adapt." Grannis also says there's been an increase in spending on tech, but that doesn't mean the spending is only discretionary.

- FOXBusiness.com



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Photo by Travis Campbell

Trey Smith, the Center Grove Handyman, in the trailer he calls his "mobile workshop."

## Trey of all trades

### Trey Smith puts his skills to good use as the Center Grove Handyman

#### FEATURE

By Travis Campbell

Trey Smith says he's always been handy, even before he officially became the Center Grove Handyman in April 2014. "I've been building things since I was old enough to hold a hammer. My dad did remodeling and built decks when I was a kid, so that's how I got my start, helping him." Smith says from his office, situated above the in-home workshop that he uses as the base of operations for his business.

After graduating from Middle Tennessee State University with a degree in biology, the Murfreesboro, Tenn., native spent 18 years in operations management. He, his wife Erin and sons Bailey and Ben relocated to Indiana in 2001 after Smith was transferred by Nielsen Media Relations. After being downsized twice during the 2008 recession and the years that followed, Smith says he had finally had enough.

"After being downsized a second time, I was done. I was ready to get out of corporate America." Smith says, "The first time I took a buyout, my wife tried to get me to start my own repair business, but it's a scary step to jump into business for yourself. I've always loved working with my hands and doing things that are carpentry related and mechanical. Pre-

paring for the business itself was just about taking the leap."

Since doing so, Smith says he has found no shortage of work. He has done commercial work for rental companies around the area, as well rigging work for Anytime Fitness in Greenwood. He is also resident handyman for wife Erin's business, Spotlight Strategies in Franklin. While Smith says he appreciates any business he can get, commercial or otherwise, it's the residential work that he enjoys most.

"My ideal customer is someone in the Center Grove area that doesn't have the time or maybe even the knowledge to get something done. I'm the guy I want people to call if they want something done right. If I'm not satisfied, they definitely won't be. If I make people happy, I get them telling others about what I do and it goes from there. The best compliment I could ever receive is a word of mouth referral." Smith says, noting that the Center Grove

Handyman has many repeat customers with jobs ranging from door installation to pool closures.

"Pressure washing, carpentry, ceiling fans, plumbing, anything mechanical. If someone needs it done, I

can do. Whether it's with a retired couple or a family in their first home, it's about fixing and maintaining their American dream."

#### Center Grove Handyman

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# Teacher of the Month

**Mrs. Nikou**  
By Kensley Walker, age 5  
Kindergarten  
Pleasant Grove Elementary



From left, Mrs. Katie Nikou, Kensley Walker and Carolynn J. Hobson, assistant vice president/banking center manager of HomeBank.

I want to nominate my kindergarten teacher at Pleasant Grove, Mrs. Nikou. She makes school really fun. If we listen and follow the rules, we get to have lunch with her or earn other rewards like bring a stuffed animal to school or wear our pajamas for a day. Mrs. Nikou lets us take Bella Bear home so we can have adventures together. She is helping me learn to read. I think she is the best teacher ever!

Kids send your name, address and telephone number along with a 100-word summary of why your teacher should be honored as the HomeBank/Center Grove Icon Teacher of the Month to [teacher@myicon.info](mailto:teacher@myicon.info). The deadline for nominations for the December 2014-January 2015 Teacher of the Month is Dec. 3. Your teacher will receive special recognition and something very cool from HomeBank, plus your class will win a pizza party compliments of Chicago's Pizza. Please take time to nominate a deserving teacher from Center Grove.



Chicago's Pizza is the official ICON Teacher of the Month Pizza Party supplier

*Pictured is Mrs. Nikou's Kindergarten class at Pleasant Grove Elementary enjoying their pizza party!*



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## EVENTS

November – December

### Craft Night

Come to the White River Branch library for ideas to decorate your home for the holidays. Turn repurposed old and worn out books into literary decorations. All materials provided. | When: Nov. 17, 6:30-8 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Lego Club

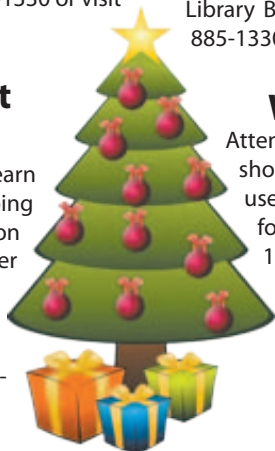
Children in kindergarten through fifth grades can use the library's huge bucket of Lego pieces to build anything that can be dreamt up. | When: Nov. 25, 4:30-5:20 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Make and Take Holiday Ornaments

Attendants in grades five through 12 can create their own holiday ornament and have a holiday treat. | When: Dec. 3, 4-5 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Homeschool Hot Chocolate Social

Homeschool families can learn about a new program while sipping on hot chocolate, working on crafts and socializing with other homeschoolers. | When: Dec. 5, 3-4:30 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).



### Christmas Concert

The Greater Greenwood Community Band will perform its Christmas Concert. | When: Dec. 6, TBA. | Where: Greenwood High School. | Info: Visit [greenwoodband.com](http://greenwoodband.com).

### Madrigal Performance

See this comedy, for all ages. In this comedy, the year is 1209 A.D. John I of England (played by Alex Roberts) is hanging on to his kingdom by a thread. Recent happenings in the kingdom have caused quite a stir in both England and France, so John has thrown a Christmas party in an effort to schmaltz with his English and French nobleman. | When: Dec. 7, 1:30-2:30 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Kids Cooking

Children in grades K through five can join for kid-friendly concoctions. | When: Dec. 9, 4:30-5:15 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Washer Necklaces

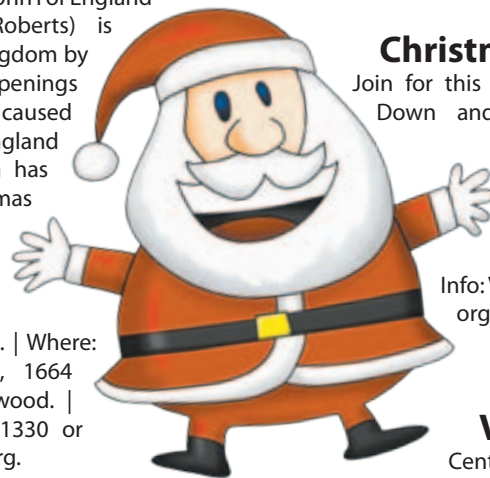
Attendees in grades four through six should bring their own nail polish or use the library's to color the washer for your necklace! | When: Dec. 10, 4:30-5:15 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Special Christmas Service

Christmas at Mount Pleasant Church will include special services with performances from the children's choir. | When: Dec. 12, 7 p.m.; Dec. 13, 3:45 and 6 p.m.; Dec. 14, 9 and 10:45 p.m. | Where: Mount Pleasant Christian Church, 381 N. Bluff Rd., Greenwood. | Info: Call (317) 881-6727 or email [inquiry@mpccministry.com](mailto:inquiry@mpccministry.com).

### Christmas Cantata

Join for this cantata, "Light Looked Down and the World Became Flesh." | When: Dec. 14, 8:30 and 11 a.m. | Where: Center Grove Church, 2340 S. State Rd. 135, Greenwood. | Info: Visit [centergrovechurch.org](http://centergrovechurch.org) or call (317) 535-9007.



### Christmas Variety Show

Center Grove Church offers a family-friendly evening of laughter and fun for all ages, followed by desserts in the Fellowship Hall. | When: Dec. 14, 6:30 p.m. | Where: Center Grove Church, 2340 S. State Rd. 135, Greenwood. | Info: Visit [centergrovechurch.org](http://centergrovechurch.org) or call (317) 535-9007.

### Coffee Chats

Center Grove Superintendent Arkanoff will host Coffee Chats at area businesses. Drop in and meet the superintendent, learn more about the corporation and ask questions. | When: Dec. 16, 7:30 a.m. | Where: McDonalds, 2556 State Rd. 135, Greenwood. | Info: Visit [centergrove.k12.in.us/coffeechat](http://centergrove.k12.in.us/coffeechat).

### Holiday Crafternoon

Grades K through five can create a holiday craft or two to take home. | When: Dec. 16, 4:30-5:15 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).

### Silly Safari's Reindeer Reserve

Join Silly Safaris and the Reindeer Reserve to see a live reindeer and other animals from the North Pole. | When: Dec. 17, 6:30-7:30 p.m. | Where: White River Branch, 1664 Library Blvd., Greenwood. | Info: Call (317) 885-1330 or visit [pageafterpage.org](http://pageafterpage.org).



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**CG ARCHITECTURE & HISTORY**

Photo courtesy of the Johnson County Museum

1964 The Debtones

Front row from left: Rhonda Whitmore, Jane Engleman, Janice Gates, Mary Payne, Janice Jenkins, Eva Grose, and Brenda Basham; Back row from left: Peggy Reed, Sharon Dillow, Linda Briggs, Charmayne Gunnoe, Joyce McCarter, Susan Van Deventer, Christine Batts, and Brenda Williamson.

**A song and a dance**

The Center Grove Debtones formed in 1963 as a singing group at Center Grove High School. The group was ahead of its time due to the popular music it sang and small dance routines performed. The Debtones wore floor length white brocade dresses as their distinctive uniform. During the 1964-1965 school year, they performed at several concerts, the Johnson County

Talent Show, and on television on WTTV. Mrs. Judith Meeks directed the group.

The Debtones are just as popular now as when they first debuted. They routinely perform and compete in Indiana, as well as elsewhere throughout the U.S. The group has performed in Chicago, Florida and Branson. In March, they will perform in Nashville.

Compiled by David Pfeiffer and Katie Mosley

**AROUND TOWN****CG Performing Arts Academy presents Shrek: The Musical**

The Center Grove Performing Arts Academy returns to the stage at Center Grove Church with *Shrek: The Musical*. Performances will run from Friday Nov. 14 through Sunday Nov. 16. Artistic Director Mark Landis says: "Things are going great for the show. We have a very talented group of kids and the show is going to be fantastic. We've already sold over 100 tickets for Saturday and we're closing in on 100 for both Friday and Sunday's shows as of Nov. 4." Reserved tickets for all three performances are still on sale; \$5 for adults and \$3 for children. Tickets are also available at the door for a \$1 increase. For more information and to buy tickets go to [centergrovechurch.org/shrek](http://centergrovechurch.org/shrek).



Image Courtesy of The Center Grove Performing Arts Academy

**IN OUR SCHOOLS**

From left, top row: Terry Cazez and Christi Parsetich; From left, bottom row: Sara Weidman and Terri Gomez.

**Football helps get students back in the game after fall break**

Sugar Grove Elementary second-grade teachers conducted a Football Fluency Camp to get students refocused on school after the two-week fall break this year. Teacher Terri Gomez says she and the other second grade teachers noticed some of the students "fell a little behind" after Spring Break last year. "So, we decided to have a Baseball Fluency Camp," she said. "We took the first day back and used our four classrooms as four literacy stations. The kids traveled and did divergent activities in each classroom. It was intensive, yet fun!" Gomez says the camp helped the students get excited to be back at school and delve back into reading. This year, the teachers conducted a similar camp themed around football after fall break. "The Football Fluency Camp was a huge success," said Gomez. "All of the students improved their reading fluency and did not 'fall back'! I think they now look at all of the second grade teachers as their own teachers too!" The teachers plan a Basketball Fluency Camp after the winter break and the Baseball Fluency Camp after spring break.

**Calendar of District Events – November**

- 20** - 7 p.m. CGCSC Board of School Trustees Meeting, Education Service Center
- 21** - 7:30 p.m. CGHS Fall Musical: "The Unsinkable Molly Brown". CGHS Auditorium
- 22** - 7:30 p.m. CGHS Fall Musical: "The Unsinkable Molly Brown". CGHS Auditorium
- 23** - 2:30 p.m. CGHS Fall Musical: "The Unsinkable Molly Brown". CGHS Auditorium



## face to face



**Q:** What are some of your favorite quirky family Thanksgiving traditions?

"We always sit around and play a big game of triple Yahtzee. No calculators allowed. On the other side of the family we play Christmas bingo at the dinner table and the winner gets a Christmas decoration. We always decorate for Christmas the next day."



**Corbin Livingston,**  
CG Resident

"My family tradition is not having a specific tradition. Since all my relatives live in different states, we spend Thanksgiving with different people every year."



**Maddie Cole,**  
CGHS Alumni

"My family always decorates for Christmas right after Thanksgiving. Everything has to be done the same way every year while we eat chocolate and peanut M&M's and listen to Alan Jackson Christmas music."



**Kaytee Lorentzen,**  
CGHS Alumni



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## AROUND TOWN

### 2015 Gala for the Grove Announced

The 2015 Gala for the Grove: To the Future Together has been announced. The dinner, reception, and silent/live auctions will be hosted by the Center Grove Education Foundation on Saturday, February 28, 2015. The theme for the event is inspired by Marty McFly's trip to 2015 in "Back to the Future 2." This year's Gala will honor the Center Grove High School classes of 1965, 1990, and 2005 as they celebrate their 10, 25, and 50 year reunions in 2015. The classes will be honored with special tributes at the event. WTRV 6's Rafael Sanchez is serving as emcee and live music will be provided by Zanadoo. The 2015 Gala for the Grove will be held from 6pm-midnight on Saturday, February 28th, 2015 at the Indiana Roof Ballroom at 1140 West Washington Street, Indianapolis. Public registration is available now; \$100 per person or \$850 for a table for ten. Ticket prices will increase after Jan. 18. Discounts are being offered for all CGCSC staff members and guests of the classes of 1965, 1990, and 2005. For reservations and more information, visit [centergrovefoundation.org](http://centergrovefoundation.org).



## WHERE WE DINE

**Jim Girdley,** Center Grove resident and owner of Rescue Duct



**Where do you like to dine?** Taxman Brewing Company in downtown Bargersville.

**What do you like to eat there?** I like the Fromage Bleu Burger. It is very, very good.

**What do you like about this place?** It is a newer place. It is a good microbrewery. They have a lot of good things there. It is a very upbeat atmosphere and yet it isn't so loud that you can't talk.

*Taxman Brewing Company is located at 13 Baldwin St, Bargersville, IN. The phone number is (317) 458-0210.*

*Photos by Brian Ruckle*

## AN OPTION



*Chilean Sea Bass at Hal's Fabulous Vegas Bar & Grille*

### Hal's Fabulous Vegas Bar & Grille

**The scoop:** Las Vegas, Nevada is 1,800 miles away but if you seek a taste of the glamorous consider a getaway to Hal's Fabulous Vegas Bar & Grille. Hal's is known on The Southside for its steaks, martinis, and its extensive wine list. Hal's uses a lot of fresh ingredients and they have dinner specials every weekend, so there is always something different. Stop in and try some of the recently added items on the menu: Chilean Sea Bass, Citrus Salmon, Shrimp and Gritz, Grilled Portobella, Maple Bacon Bone-in Chop, Chicken and Dumplings, Spicy Lobster Pasta, Shrimp & Chorizo Cremini Fettuccine.

**Type of food:** Steaks, sandwiches, comfort food.

**Specialties:** Steaks, sandwiches.

**Recommendation:** The Blackjack Burger.

**Hours:** Mon. – Wed. 4 p.m. to 10 p.m.; Thurs-Sat. 4 p.m. to 11 p.m.; Sun. closed.

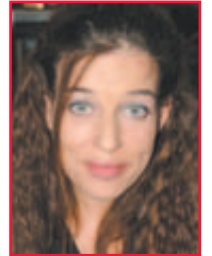
**Location:** 1133 State Road 135, in Greenwood.

**Phone:** (317) 888-3427

## BEHIND BARS

### Bomb Pop Shot

**Bartender:** Michelle Goen



**Location:** Ziggy's Bar & Grill (formerly Baileys at Bluff), 1350 W Southport Rd, Indianapolis, IN 46217

**Ingredients and directions:** In a shot glass, add 3/4th oz. of Blue Curaçao and 3/4 oz. Raspberry Vodka. In a tall glass fill 1/3 of the glass with Smirnoff Ice. Add a splash of grenadine syrup. Carefully drop the shot glass into large glass and serve.



Step 1

Step 2

## TWEET of the MONTH



"Paul George, George Hill, Damjan Rudez and Adonis Thomas at Cathedral-Center Grove football game! #TouchdownPacers"

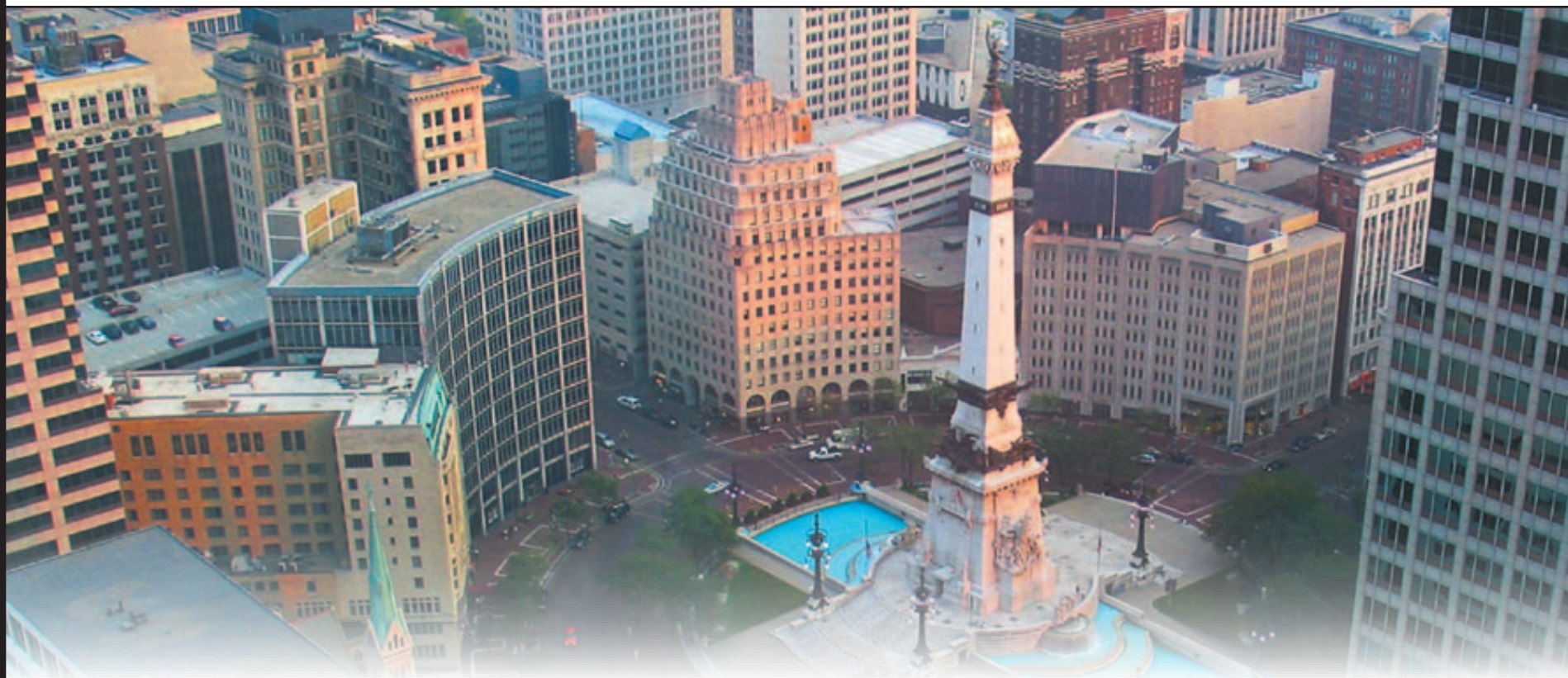


**ISHAA**  
@ISHAA1  
posted on Oct. 17





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## Diffuse disagreements with word choice

### MARRIAGE

By Lori D. Lowe

Which words do you use in communicating with your spouse that make the discussion worse, and which words cause you both to calm down? Researchers have the answers.

Some words increase your stress level and can even heighten your risk of cardiovascular disease and other health problems. Other words and phrases can actually reduce your stress and calm your body down, allowing your brain to think more rationally instead of in anger.

One study revealed that couples who used the words “think,” “reason,” “because,” “understand,” “why” and other analytical words during an argument lowered the body’s stress. When using these words, they experienced lower levels of proteins that help aid the body’s immune system. Research led by Jennifer Graham, Ph.D., from Penn State University was published in *Health Psychology*.

Men experienced a greater benefit than women, but women tended to use more of these analytical words and phrases. (Isn’t that interesting, when women are thought to be the more emotive gender?)

These words can help reduce stress and diffuse anger because they cause us to think rather than relying on our first response, often the fight-or-flight response.

Experts suggest two other phrases to use during a discussion/argument. The first is “I wonder ...” which allows you both to consider the issue or problem rather than placing blame. The second is simply “Hmmm ...” which allows you to be uncritical in that moment. These phrases can often shift the energy to a more positive one, helping you to consider possibilities and solutions.

Trigger words to avoid include: “You always...” or “Your never...” and “There you go again.”

In addition to words, consider your nonverbal communication. Are your arms crossed, or are you glaring? Do you use sarcasm or express contempt or roll your eyes? Do you have aggressive gestures, such as arm waving or raised voice? Or are you calm, sitting next to your spouse, maybe touching gently?

When you feel the disagreement escalating, breathe deeply and slowly from your belly. Quicker breaths from the chest are more common when we are upset, and proper breathing helps calm you down. Also, practice better communication. These are skills that can be learned.

Each day, express gratitude, and try to avoid complaining. “Thanks” is always a welcome word to your spouse.

Are there words you have learned to avoid with your spouse? Or words that help keep you calm?

Lori D. Lowe is an author and a marriage blogger at [MarriageGems.com](http://MarriageGems.com). Lori and her husband of 18 years live in Indianapolis with their two children.



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## TECHNOLOGY DISPATCHES

■ **CYBORG COCKROACHES: RESCUING DISASTER VICTIMS**

A team of researchers from North Carolina State University have put together a solution for finding and aiding victims of natural disasters who have been trapped underneath rubble. The so-called "biobots" are equipped with high-resolution microphones that will be able to identify the difference of sounds between something like a leaking pipe or someone calling for help. Researchers also developed an "invisible fence" technology in order to keep the cyborg roaches within a specified radius in order to optimize efficiency when deployed in a disaster situation. – *Digital Trends*

■ **ELON MUSK CONSIDERS SMALLER, CHEAPER SATELLITES**

SpaceX CEO Elon Musk revealed a possible \$1 billion project that would launch approximately 700 satellites in order to provide Internet across the globe. Google and Facebook are working on separate initiatives to provide Internet via balloons and drones. Musk is reportedly working with WorldVu Satellites founder Greg Wyler on the 250-pound, \$1 million satellites. – *Digital Trends*

■ **SCIENTISTS SAY HIGGS BOSON MAY BE ANOTHER PARTICLE**

Last year, physicists at CERN were certain they had obtained data that proved the evidence of the long-sought Higgs boson particle. Dr. Mads Tordal Frandsen, associate professor at the University of Southern Denmark's Center for Cosmology and Particle Physics Phenomenology said in a statement: "The CERN data is generally taken as evidence that the particle is the Higgs particle... It is true that the Higgs particle can explain the data but there can also be other explanations." Frandsen said the particle observed may actually be a "so-called techni-higgs particle." More data and technological advancements will be able to obtain more precise data and solve the matter. – *Huffington Post*

## Need another password?

## TECH SAVVY

By Regina Miller

**Q: Why do I have to have a password on my WiFi?**

Regina Miller  
TECH SAVVY

A: Oh, so many reasons! Without a password being required to get onto your wireless network, anyone within physical range of your network can just help themselves to your internet signal. In fact, there is even a name for the act of driving around using a portable device to detect unsecured signals – it's called "wardriving." Think about it. If you were going to do something illicit or illegal, would you do it on your own network or someone else's? Physical range is typically approximately 50 – 175 feet. That's close enough to sit out on the street or nearby house or apartment and steal your signal. Of course, the more people who are using your signal, the less there is for you. Another caveat: if you didn't change your router's default password and someone got on your unsecured WiFi, he could then log into your router and lock you out. That being said, while you do need a password, it does not have to be a complicated one. Choose something that's hard to guess, but easy to remember

so you can share it with those you want to allow to access your network.

**Q: What is Java? Why does it want to update all the time, and is it safe to update it?**

A: Java is a programming language used to run some applications on computers and the package also includes the Java plug-in for browsers. This plug-in is one browsers use to display applets, or small programs, that are often used in websites to show moving content and other visually interesting interactions. The updates are not only an opportunity to increase functionality of the plug-in, but also an opportunity to address flaws that make Java susceptible to malicious attack. Some sites require the Java plug-in to display their content as it was intended. You are not required to have Java on your machine for it to run properly and it can be uninstalled or even disabled. If you do have Java it is worthwhile to update it taking care to deselect "extra" programs that might be included in the package so you don't wind up with unintended toolbars and search engine changes.

Regina Miller owns Geek in Pink. Contact her with tech questions at [regina@geekinpink.com](mailto:regina@geekinpink.com) or (317) 882-1606.

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# Sneaking into the language

## GRAMMAR GUY

**Question: "I was corrected the other day at the office when I used the word 'snuck.' My co-worker insists that the correct past tense of 'sneak' is 'sneaked' – but that sounds so weird to me. Would you really say, 'I sneaked out of the house to see a movie?' Can you settle this debate for us?"**



Jordan Fischer  
GRAMMAR GUY

Answer: I'm afraid you've stumbled into one of the great grammar debates of our time – one that pits us against our fine British friends across the pond.

Right out the gate, I will say this: "Sneaked" is the formal, standard and "most correct" past tense of "sneak." I don't have any Ian Fleming novels lying around, but if I did, I would bet the word "snuck" doesn't appear on a single page.

That is, unless Mr. Fleming's works go through an American copy editor these days.

The Oxford Dictionaries describe the origins of "snuck" as dialectal (U.S.) and non-

standard. Merriam-Webster – the American company, mind you – takes a much harsher tone, saying that "snuck" first appeared as a "dialectal and probably uneducated form."

Ouch.

Both Oxford and Merriam-Webster go on to recognize that, however inauspicious its beginnings, "snuck" has gone mainstream. "'Snuck' has risen to the status of standard and to approximate equality with 'sneaked,'" Merriam-Webster says. Oxford notes that there is now evidence of "snuck" being used by British speakers as well.

At the end of the day, I would probably lose my unofficial Grammar Guy badge if I did not reaffirm "sneaked" as the standard past tense of "sneak." That being said, don't be afraid to use "snuck" in less formal contexts and with our nation's trademark stubborn pride.

*"...I would probably lose my unofficial Grammar Guy badge if I did not reaffirm 'sneaked' as the standard past tense of 'sneak.'"*

Jordan Fischer is a contributing columnist for the Center Grove ICON. To ask Jordan a grammar question, write him at [rjfische@gmail.com](mailto:rjfische@gmail.com).

## LIFESTYLE DISPATCHES

### ■ Scrabble dictionary adds 5,000 words

According to the latest Official Scrabble Players Dictionary by Merriam-Webster, the fifth edition of the dictionary will contain 21st-century words with techie connotations. "Language is constantly evolving and new words are added to Merriam-Webster dictionaries on an ongoing basis," said Peter Sokolowski, Merriam-Webster editor at large in a statement. Some of the new words are: selfie, hashtag, vlog, geocache, texter, and webzine. – *PC Magazine*

### ■ Eating before a workout?

Is it best to have a meal before working out or after, and more importantly, what kind of food is best (whether it's a protein shake, an energy bar or something light like fruits or nuts)? Eating something that can be easily digested an hour or so before workout can help fuel the body with the energy it needs. It also matters how much you're working out; try to plan how many calories you consume accordingly. – *CNN Health*



### ■ Breastfeeding beneficial for mom, too

Breastfeeding may reduce the risk of heart disease, high cholesterol, high blood pressure and diabetes, according to Eleanor Bimla Schwarz, professor of medicine at the University of California at Davis. Though breastfeeding has long been recognized as beneficial for infants since it reduces the risks of allergies, respiratory illnesses and boosts their immune system, but it may also help combat the leading killer of women – heart disease. Despite the benefits, Schwarz says only 8 percent of hospitals sufficiently promote the practice. Together, the United Nations Children's Fund and the World Health Organization have outlined steps to promote breast-feeding via a "Baby-Friendly Hospital Initiative."



– *U.S. News & World Report*

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## TsT Home Improvement Services LLC

### Tip of the Month By Tom S. Truesdale

#### Rust Stains and Rusted Chimney Caps

Over time a galvanized metal chimney cap will rust. Eventually that rust can cause stains to the siding or brick exterior of your home as well as interior water damage. This month's tips describe what to look for when assessing if your chimney cap has started to rust and what can be done to repair this condition.

- From the ground inspect your chimney cap, siding or brick for any rust staining around the edges of the cap.

- If you identify rust staining most likely the top of your chimney cap looks similar to the *Picture "A"*.

- The solution for a rusted cap is generally simple, the old cap should be removed and a new stainless steel cap should be installed.

- In most cases the new stainless top will need to be custom fabricated to fit your chimney. *Picture "B"*.

- A qualified contractor should be hired to remove the old cap, fabricate and install the new stainless steel cap.

- If a rusted cap is not replaced brick and siding staining as well as water damage can occur.

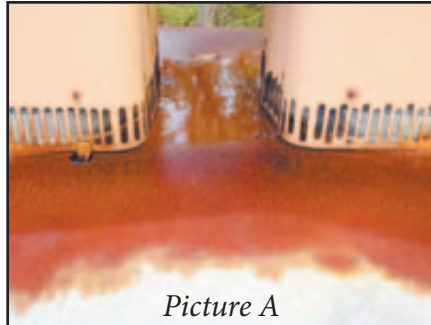
- Water infiltration will eventually cause damage to drywall, insulation and structural systems.

- Water infiltration can also cause hidden mold growth in areas in and around your home's chimney.

- Brick and siding staining can generally be cleaned but can be expensive depending on the material that is stained and the extent of the rust stains. *Picture "C"*.

- Remember to use extreme caution when accessing your chimney and protect against fall hazards. Use the proper types of ladders and scaffolding to access areas above 6 feet in height or simply contact a qualified local contractor to complete an inspection.

- If you can see obvious rust staining at the top or around your chimney it is a good idea to request and inspection before extensive damage



Picture A



Picture B



Picture C

takes place. If you have any concerns or questions don't hesitate to contact a local contractor and construction professional for help and guidance. Hope this month's tips are helpful, enjoy autumn weather! *TsT*

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## Dinner tips for picky eaters

*The picky eater patrol is here to help*

### RECIPE

#### For Center Grove ICON by Family Features

When it comes to promoting a healthy diet, it can be difficult to convince children to eat their fruits and vegetables. The last thing you want to do is take away from quality family time by persuading picky eaters to complete a nutritious meal, especially at the dinner table.

The experts at Birds Eye frozen vegetables offer these strategies to get kids excited about adding vegetables to their favorite dinner meals.

1. Spark interest by getting kids involved. It's easy to get kids more engaged in mealtime by including them while you're preparing and cooking family meals. Teach kids how to measure out herbs and spices, or have them pick out their favorite Birds Eye vegetable to serve with dinner.

2. Embrace variety to keep dinnertime boredom from creeping in. Just like adults, kids can become bored with the same old rotation of veggies every week. Branch out from the basics by tapping into the 40 different vegetable varieties Birds Eye offers year round in the freezer section.

3. Introduce new foods slowly, pairing them on the table with familiar foods. It can be difficult to get little ones to try new foods – especially fruits and veggies, so introduce foods slowly. Add in new flavors and tastes alongside their favorite dishes. Try serving your family's favorite dips, salsa or hummus with veggies to get them more willing to expand their taste preferences.

Starting at a young age will help kids establish healthy, well-rounded eating habits to last a lifetime. There's no better time than dinnertime to start modeling smart behaviors for them to follow.

For more recipes and ideas, visit [birdseye.com](http://birdseye.com).

#### Pan-Sautéed Orange Chicken with Broccoli

- 1 orange, juiced and zested (about 1/3 cup juice and 2 teaspoons zest)
- 1/4 cup soy sauce
- 1 teaspoon cornstarch
- 1 pound thin-sliced chicken breast
- Salt and ground black pepper
- All-purpose flour
- 2 tablespoons olive oil
- 1 bag Birds Eye Recipe Ready Broccoli Stir-Fry
- 3 cloves garlic, minced
- 2 teaspoons minced ginger
- 1 1/4 cups low sodium chicken stock or broth
- 2 tablespoons rice wine vinegar
- Cilantro for garnish

Blend orange juice, soy sauce and cornstarch in small bowl; set aside.

Season chicken with salt and pepper and dredge lightly in flour.



[familyfeatures.com](http://familyfeatures.com)

Heat oil over medium-high heat and cook chicken, turning once, 10 minutes or until chicken is cooked through. Remove from skillet and keep warm.

In same skillet add broccoli, mix and cook, stirring occasionally, 5 minutes or until vegetables are crisp-tender. Add garlic and ginger and

cook 1-2 minutes or until just fragrant. Stir in orange juice mixture, orange zest, chicken stock and rice wine vinegar. Cook, stirring occasionally, for 3 minutes or until sauce is bubbly and starts to thicken.

Add chicken back to pan and let flavors combine 1-2 minutes.

Sprinkle with cilantro before serving.

### Youth Philanthropy Initiative of Johnson County seeks nominations

In cooperation with the Johnson County Community Foundation the Youth Philanthropy Initiative of Johnson County will accept nominations for high school aged Johnson County youth. The program's goal is to equip young people with opportunities, resources, mentors and tools to solve serious community issues while developing a lifelong commitment to philanthropy. Nominations forms can be found at [jccf.org/youth-grants/](http://jccf.org/youth-grants/). Nominations forms may be submitted to the Foundation office, 398 S. Main St., Franklin, or by email to Kim Minton at [kimm@jccf.org](mailto:kimm@jccf.org).





## Selecting holiday wines

### WINE & DINE

By Charles R. Thomas, M.D.

November to me means several things: the onset of cold weather, the end of college football, the start of college basketball and the start of the holiday season and the wines we enjoy with it. While I would like to talk about college basketball, like The Hurrying Hoosiers, I will confine my comments to holiday wines. The wines we enjoy during the year-end holidays are those that reflect the joyous celebration of family, friends, and workplace. We should consider them separately as their types and uses are different in each situation.

The workplace celebration of the holidays generally consists of one of two or three different scenarios: an office party, an office celebration at an off-site venue, a casino party, or a workplace dinner. As always, the wine types follow the food but with a little more leeway for different choices.

For the office party, the most common wines would be sparkling wines, light white and red wines, and perhaps a sweet wine. Another inexpensive alternative is to serve a punch of white wine, ginger ale, club soda, fruit juice, and some cut-up fresh fruit with a large chunk of ice. The mood of the typical office party usually doesn't merit serious and expensive wines.

Off-site parties generally call for the same wine menu as above, although arranging for the punch bowl may sometimes be a little more cumbersome in foreign territory. Here, wine cocktails would also be more popular.

The office dinner would call for more serious wines reflecting the mood of the fare. Buffet dinners often allow the patrons to choose from several wine choices and serve themselves; but a served dinner, especially served in courses, would call for wines to be chosen by the host or caterer and served with the dinner.

Choices would include sparkling wines and dry white wines for the hors d'oeuvres course; dry white wines like Chardonnay or Pinot Grigio for the soup or salad course; red wine like Cabernet Sauvignon or Zinfandel for the main course, unless it is a white dish in which case Chardonnay or Sauvignon Blanc would be appropriate; sweet wines of all kinds would be apropos for the dessert.

Parties with friends during the holidays perhaps call for the best of the wines we are likely to serve during the season. Regardless of whether the party is a sit down, buffet, or just appetizers, the wines are bound to be better as the "pop" wines are less of a favorite. Often there is an element of showing off or one upmanship involved in these events. You might want to impress your friends, try to serve a better wine than he did to you last year, but it is a great excuse to haul out one of your best wines from your cellar (and perhaps even write it off?).

Dinners and gatherings with family are special and the ones that create the memories we all cherish. Holiday get-togethers are almost always accompanied by a dinner of some sort. Here, the wines tend to be good but often not great, partly because we aren't trying to prove anything and also because we generally know just what wines each of the family enjoys. In my family, I have about six who really want the best wines available, about three who prefer not to drink wine, three who want Slender for the no-sugar stance, and the rest of the family will drink whatever I put in front of them. Luckily, I have a large cellar, so I usually serve four or five different wines for the dinner.

The foregoing plan may not be your experience, but hopefully will give you food for thought.

Charles R. Thomas, M.D. owns Chateau Thomas Winery with locations in Plainfield, Fishers, Bloomington and Nashville. Contact him at charlest@chateauthomas.com.

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# Center Grove alumnus keeps history alive

## FEATURE

By Travis Campbell

If you want to learn a thing or two about the history of Center Grove, Jeff Beck is the man to speak to. The White River Township native wrote the book, literally. Beck is the son of John Earl Beck and Ruth Grose Beck. His family has been in White River Township for five generations, farming the land on Praise Acres Farm in Bargersville.

His mother was the first nurse ever hired by the Center Grove Schools. From 1963 to 1978, Ruth Beck would drive her personal vehicle to Center Grove elementary schools to perform state mandated medical checks like hearing and vision, as well as responding to any emergencies at school. His father left CGS after eighth grade to help his father grandfather Praise Acres, an action that Jeff Beck says “was a major mistake on my father’s part. He’d tell you so today.” Many of John Earl Beck’s farming tools can be found on the corner of Praise Acre Farms for the public to explore and learn from.

“Center Grove and White River Township has a lot of history. A lot of family history. I love the community for its diversity. You’ve got your housing additions and you’ve got your cornfields. It’s just a good place to grow up and a good place to raise a family,” Beck says

Beck himself graduated from Center Grove in 1967. After graduation, he attended Vincennes University for one year, before dropping out and having his number called to join the National Guard in the late ‘60s. Beck says he was honored to serve his country as a member of the National Guard during the Vietnam War. After his time in the guard ended in 1975, he began a 31-year career at Eli Lilly and Company and spent the last 10 years of his career as an engineering technician preparing products for production. He retired in 1999 at the age of 49.

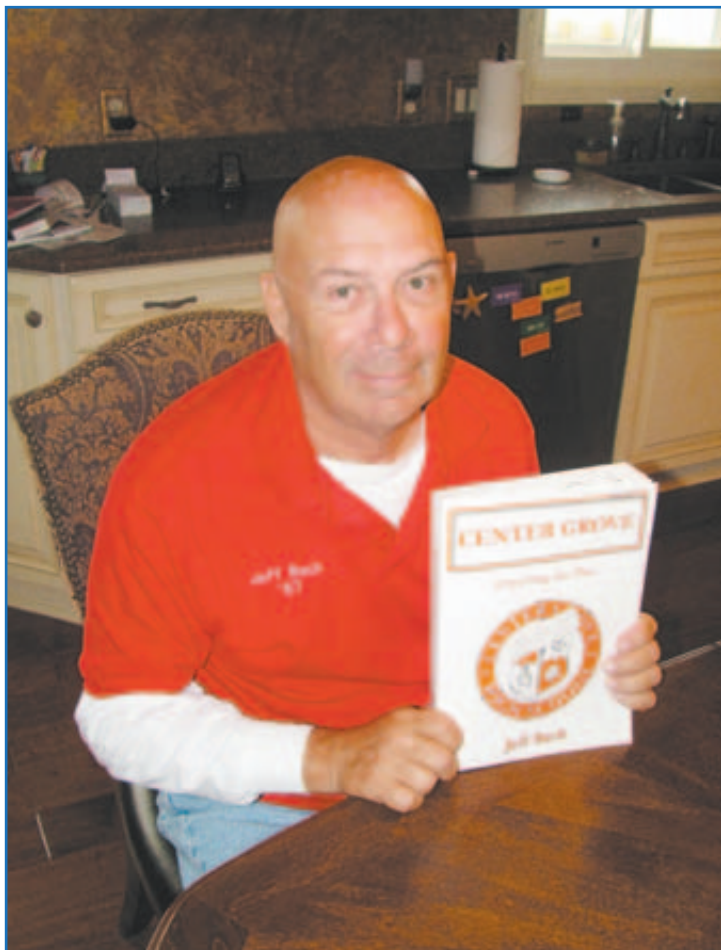
“I was eligible to retire on Feb. 28, 1999 and I walked out the door the next day. It was a blessing, thanks to my wife. She’s a registered nurse and wanted to keep working,” says Beck.

Although he retired from Eli Lilly and Company, Beck has yet to slow down. In 2003, Beck began work in conjugation with Center Grove High School students and history teacher John Frank to compile information for *Center Grove: Unveiling the Past*. The book was published in September of 2003. Beck’s previous book, *Bargersville: Unveiling the Past*, was published a few years prior.

His service to his community hasn’t stalled either. Beck is a former board member for the Center Grove Education Foundation and was a co-recipient of the organizations first ever Alumnus of the Year award. Beck worked with the CGEF to establish a memorial fund in honor of his parents. He also continues to work with CGHS teacher John Frank on the Center Grove Archives, a collection of artifacts, articles, and memorabilia from various eras of the school’s history. In addition to his work with the school, Beck also serves as vice president of Bargersville Main Street, a committee formed to revitalize downtown Bargersville. A grant is currently in the works to construct a walking trail throughout Bargersville, thanks in part to the efforts of Beck and Bargersville Main Street.

“Change is coming and it’s already happening. People have begun to realize that Center Grove isn’t divided by Stones Crossing Road. The annexation of Bargersville, which many people didn’t agree with at the time, is bringing the community closer together,” Beck says.

Beck and his wife Sharon have been married since 1973. They have two children, Brian and Erin, both graduates of Center Grove High School. Brian and his wife live in Gilbert, Arizona while Erin resides in Savannah, Georgia, where the Becks plan to spend their winter.



Center Grove Alumnus Jeff Beck with a copy of *Center Grove: Unveiling the Past*.



Wood carvings and antique farm equipment at Praise Acres Outdoor Educational Center.

**What’s some advice you wish someone had given you when you were younger?** Study. Form good study habits and get a routine. Create positive habits. Be yourself.

**What do you do in your free time?** I always think that God had other plans for me after I left Lilly, so I got hospice training. I regularly volunteer in hospice and nursing homes. We also started Praise Acres Outdoor Educational Center. I like to go down there and try to recreate a place for wildlife and get the ground back to its original state. The Boy Scouts have done projects out here and we like to bring people out for hayrides.

**Do you have a favorite book?** Nothing I can call a favorite, but I typically devour anything that has to do with history. Especially if it’s locally related.

**What are some goals you’d like to accomplish in the coming years?** I’d like to see downtown Bargersville revitalized and thriving. I’d like to see a trail from Bargersville to Whiteland Road, at the roundabout at 144 going west to our wood carving. I want it to be a place where people can stop, meditate, pray, and enjoy their community.

Photos by  
Travis Campbell



Center Grove and White River Township has a lot of history. A lot of family history. I love the community for its diversity. You’ve got your housing additions and you’ve got your cornfields. It’s just a good place to grow up and a good place to raise a family. ~ Jeff Beck





## ➤ Finance Dispatches

### ■ RISK ASSESSMENT: GAMBLING VS. INVESTING

Market investors may have more in common with sports gamblers than they think; both parties believe (to some extent) that they have the ability of foresight. However, gamblers are still taking the bigger risk. Nearly \$380 billion American dollars are bet annually on all kinds of sports. But stocks are around for much longer than hours-long sporting spectacles. Even those who initially lose money in stocks can make their money back in a steadily-improving economy; sports betting, however, is gone with the flick of a switch. – *CNN Money*

### ■ DON'T UPGRADE YOUR PHONE

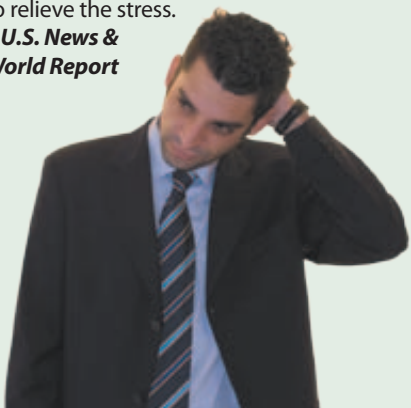
With the recent announcement of Apple's iPhone 6 and iPhone 6 Plus, countless consumers are already preordering and many more will "upgrade" through their provider's plan when the phones are on the market. Those on a budget though, might want to hold off on an upgrade, though. Upgrades can cost from \$99 to \$399, depending on the model, or as much as \$650 for an unsubsidized phone. Or, if you're looking to buy a phone for the first time, consider the total costs after the sizeable discount on the actual phone – paying only \$199 may seem like a good deal before you consider the hefty monthly payments and fees that may soon follow. – *Bankrate.com*



### ■ LIVING WITH DEBT STRESS

A recent Gallup poll reported people with larger amounts of student and other debt were in poorer health than those without it. Nadja Reilly, a psychologist and associate director of the Freedman Center for Child and Family Development at the Massachusetts School of Professional Psychology says, "When we're talking about stress that is prolonged, it can be toxic. It's constant physical and emotional wear and tear." Being well-educated and keeping positive framing in mind can help keep spirits up when paying it off – which is the best way to relieve the stress.

– *U.S. News & World Report*



## BIZ BRIEFS



Photo by Brian Ruckle

The Greater Greenwood Chamber of Commerce celebrated the opening of Vista Cleaners in Center Grove located in the Sugar Grove Shoppes center at 4800 W. Smith Valley Road. Owner James E Dortch cut the ribbon during the Oct. 1 event. In addition to the Center Grove location, Vista Cleaners is also located at 916 E. Main Street Suite 112 in Greenwood, in Martinsville and Mooresville.



Mayor Mark Myers (center) joined by INDOT officials and contractor representatives from Gradex Inc. and E & B Paving Inc. Photo by Eric Ellis

### Greenwood breaks ground for I-65 interchange at Worthsville Road

The City of Greenwood, in conjunction with the Indiana Department of Transportation, Gradex Inc. and E & B Paving Inc., broke ground Oct. 15 at the I-65 interchange at Worthsville Road. Mayor Mark Myers said the City annexed approximately 1,800 acres of the surrounding area to bring economic growth to Greenwood and complete an open east-west corridor the City's been working on for over 30 years. "We're excited to see it started," Myers said. "We're going to hit the ground running," said Harry Maginity, media relations director of INDOT. "We hope to have the whole project knocked out by Thanksgiving, 2015." Maginity said construction will begin immediately and the current Worthsville Road bridge could be down as early December.

## EXTRA BUSINESS LEADER SOUTHSIDE

### Club has new ownership

Jeff and Holli Fishburn, along with Melanie Otto Lawson and Greg Lawson have purchased the South Indy Volleyball Club for an undisclosed amount. The new owners say they are excited about the opportunities to provide young women ages 18 and under a place to play travel volleyball. One of the new principal owners, Greg Lawson, summarized South Indy's new vision: "Jeff, Holli, Melanie, and myself are ecstatic and eager to begin the process of not only building outstanding volleyball teams but of motivating, enhancing, and helping young women achieve success in all other areas of their lives. This is what it really all about. South Indy will not only focus on winning but on fundamentally challenging and motivating young women to be the best that they can be. We will be that club." Tryouts begin Oct. 26 for ages 12-14 and begin Nov. 9 for ages 15-18. Call (317) 884-9428, email [Info@southindyclub.com](mailto:Info@southindyclub.com) or visit [southindyclub.com](http://southindyclub.com) for details.

### Aspire Johnson County selected for program

Aspire Johnson County has been selected for Indiana's Community Conversation series, a program that evaluates a region's assets and determines its current and future needs. The Community Conversation helps selected regions understand their past and prepare them for the future. Aspire Johnson County, a community betterment initiative, applied for the program as part of its ongoing research and planning efforts.

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## PERSONNEL MATTERS

## So you think you're too small to attract talent?

Yeah, it's hard finding good people these days. How quickly things change. On almost every building of every company there is a "Now Hiring" sign. Four years ago, the conversation was about layoffs and unemployment. In this area, unemployment is around 4 percent. To make matters worse, the skills gap that exists today makes it even harder to find workers. The Washington Post reports that "60 percent of small business owners and managers say finding skilled workers is their company's greatest challenge when it comes to hiring and managing staff." The skills gap is the current phenomenon of a country-wide mismatch between employers' needs and job candidates' abilities. So the question remains: How do I, as a small business owner, compete for and attract the quality worker?



**Mike Heffner**  
COLUMNIST

the most to them. Maybe it's flexible hours or vacation time. It could be your on-line learning tools or a fun Christmas party. You can gather this info through surveys, one-on-one meetings and group sessions. I will be honest though, it's not often easy to get this info, especially if trust has not yet been built within your culture. However, this can also be one of your selling points as a small business. You can offer an employee more opportunities to develop as a professional where he can be heard, have direct access to you and trust can be built.

### What are your hiring requirements?

What makes a good employee for your business? Are you open minded to various backgrounds? I see many employers, large and small, who have too many strict requirements on what they want when looking for potential employees. They have a long list of "must haves" that often times are really not even skills or traits needed to do a good job. They require specific experience using a certain tool or product or require a minimum background from a certain industry. In this skills-shortage market, I recommend now, more than ever, to focus on personality, culture fit and transferable skills versus experience, education and specific skill.

As a small business, you have the ability to change and adapt quickly. I see companies of all sizes every day that are struggling to find the talent they need and that are frustrated and discouraged with the workforce today. They are struggling to grow and often times have the orders and capacity but can't seem to find the talent or workforce to make it happen. The way we recruit, hire and retain our workforce today has changed. I would encourage you to take a moment as a small business and evaluate the quickly changing landscape of the workplace today.

### It's not all about the pay.

The first thing small businesses have to realize is that money will probably not be what attracts quality employees to their doors. Now, I am not saying you can be cheap. You will have to be competitive with the marketplace. What I am saying is that it's not the main thing. It's about the culture. People need to like coming to work. They want to utilize their strengths and enjoy what they are doing. They need to be engaged and feel like they are making a difference, as well as feel connected to the organization. The younger generation, more than ever, is looking for a place they can enjoy the work, the people and the work-life balance.



### You have more to offer than you think.

Have you ever sat down and really thought about what you have to offer? What do your employees want? Many companies offer lots of benefits that don't match up with the desires of their people. Take a close look at what your team is truly passionate about inside and outside of work. Benefits are not always about the dental plan or 401K program. Get feedback from them on what they feel means

Mike Heffner is the owner of the Greenwood Express Employment Professionals franchise. Contact Mike at [mike.heffner@expresspros.com](mailto:mike.heffner@expresspros.com) or visit [www.expressindysouth.com](http://www.expressindysouth.com).

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# Get your motor runnin'

A few weeks back, my son and daughter-in-law Greg and Heidi Hubler held the grand opening of Greg Hubler Chevrolet in Mooresville/Camby. True to family fashion it was combined with a fundraiser. Greg's and Heidi's DNA goes to fundraising, it is inbred with both families. In our community, both families have been fortunate to have raised millions of dollars over the years for needy causes. The event was sponsored by one of Heidi's father's businesses, Fuzzy Zoeller Vodka. The silent auction featured a lot of memorabilia signed by Fuzzy and the proceeds went to a battered woman's counseling center.



**Howard Hubler**  
COLUMNIST

I last talked about my son and daughter in-laws' new venture at the first of the year, when they initially opened. So, how has the year been for this new business? As many of the businessmen and women who read this col-

umn know, the number of people who start a new business and lose money in the first year is unfortunately in the majority. Greg has been very blessed, and he has made a generous profit every month. He is starting to develop a small but growing and loyal customer base. He has gotten involved with the local high school and service clubs. He will do more this as the future unfolds.

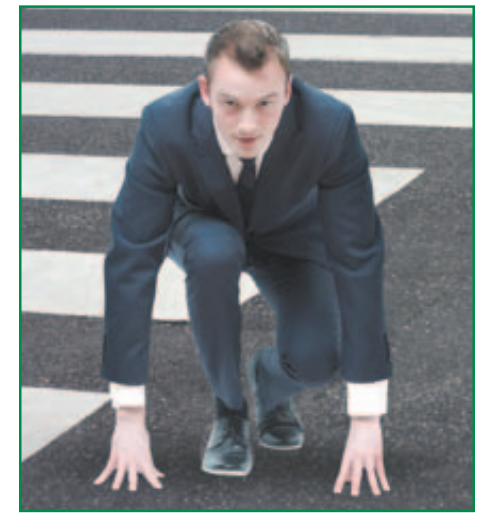
It is a full-time job being a small businessman today, and you have to love it. It's got to be inbred. I have met many of his customers in the service lounge and they are very flattering; they have taken notice of the stores higher profile. He provides hot coffee and popcorn and snacks for those who wait for their car in service. He takes people home who live in the nearby community. A lot of people do this today; it is ticket of admis-

sion in today's transportation industry. Yes, a lot of the old guards resent this total immersion in small business. If you are amongst those naysayers, it is probably time to retire.

At the end of the grand opening, two or three hundred people will have gotten in their cars and gone home. Much money was raised. My wife and Heidi were exhausted from organizing and wrapping baskets for the auction for last two days. We all will entertained community members, the press, local celebrities and manufacturer representatives. For weeks prior, Greg was walking around in a daze getting ready for the grand opening: painting, fixing, and repairing. Greg and Heidi drove home, both too exhausted to talk. As the garage door went down and Greg got out of the car, what were his thoughts? "I can hardly wait for tomorrow to do it all again."

What drives people like this? I don't know, but these are the people who drive our nation's gross domestic product, raise our stan-

dard of living, and ensure our liberty. Just be glad they're out there!



Howard Hubler can be reached at [howard@hubler.com](mailto:howard@hubler.com).

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## Customer Satisfaction with No Excuses

Stan Bassett started Bassett Heating and Cooling in Clayton in 1978. He had one used truck and worked on oil furnaces. Once he saw the future in heating and cooling, he went to school for his HVAC degree. By 1982, he had moved his business to Plainfield and began building his business. By 1996, Bassett Services primarily worked in new construction for many builders in the area. But Stan saw his future in servicing residents. This was the last and most successful transition for the company.

### Family owned and operated

Today, Bassett Services, Inc. has 35 employees including Stan's sons Jeff and Greg who grew up in the business, literally.

"They started in the crawlspace," Stan said of his two sons.

In 2003, Jeff and Greg purchased the company that bears the family name. Since then, the boys have doubled the business and completed two acquisitions: Hession Heating and Cooling in Mooresville and Smith and Sons in Indianapolis.

### Customer Satisfaction

The secret to the success of Bassett Services is simple: Customer satisfaction with no excuses. This slogan is the bedrock of the company's culture. It's plastered all over the walls in at least five locations within company headquarters on the west side of Plainfield.

"We were trying to come up with a phrase to empower our employees," Greg said. "We will do whatever it takes to make sure our customers are satisfied. And we give that power to our employees dealing with the customers. No excuses."

To ensure the satisfaction, Bassett customer service representatives follow up with a survey of customers a few days after service or installation is completed. These "Happy Calls" ask customers if they valued their transaction and if there are any questions or concerns. It's also a great way to say thank you.

This philosophy has helped build Bassett Services into a leading company, not only in Indiana, but across the United States. Jeff proudly points to the statistic of repeat customers, which is almost double the average of HVAC companies in the U.S.

"Our goal is to get to the customers quickly, give them choices of solutions, and then carry out their wishes as soon as we can," Jeff said. "This year, we expanded our office hours from 8 a.m. to 8 p.m., Monday through Friday, and 8 a.m. to noon on Saturday. It's been a tremendous boost to our customers who can now call us and get service after their work day."

Of course, Bassett Services are available 24 hours, seven days a week.



From left, Jeff, Stan and Greg Bassett.

Maintenance Club members get maintenance every six months and a discount. In addition, the members are never charged for overtime, and receive priority service on any repairs.

### Quality work guaranteed

Bassett Services installs Trane and services all other brands. They also have become experts in geothermal units and carry the Water Furnace brand.

All Bassett technicians train at least 100 hours every year. It's mandatory and a huge investment for the Bassetts, but with their name on the door, they don't take chances.

"We want to be the experts advising our customers," Jeff said. "Anybody can install a furnace or air conditioner the same way. We make sure we focus on customer service. That's what separates us."

Learn more about the Bassett Services Inc. motto: Customer satisfaction with no excuses, by calling Bassett. Whether you need maintenance or service, we are there for you. Please also ask us about the benefits of the Maintenance Club.

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# Familiar faith in a new place *Pietruk family finds the perfect fit at CGC*

## WHERE WE WORSHIP

Mike and Charlene Pietruk moved to Center Grove from central Illinois just last May. The couple have been married for 29 years. At 61, Mike is a retired Savings and Loan officer, as well as a former print and web writer for CompuServe Information Services. His wife Charlene, 60, is also retired after working for many years as a registered nurse in hospitals and home health service companies in the Chicago area. Their son John, 26, still resides in Galesburg Illinois. While they may be new to the Center Grove area, the Pietruks say they were very happy to find something familiar at Center Grove Church.

“When we moved to Greenwood from Galesburg (Ill.), we used Google to search for a church to attend. Much to our delight, we picked up a few articles about Center Grove Church which had recently joined the Christian Reformed Church (CRC) denomination.” Mike says, “Char and I were very familiar with the CRC as we had attended a west suburban Chicago CRC church in the mid and late 1990s when we lived in that area.”

In November of 2013, The Center Grove Church chose to part ways with the Presbyterian Church (PCUSA) and instead affiliate itself with the Christian Reform Church. A move Mike says better reflected the Churches approach to the gospel anyway.

“The CRC is known for its evangelical zeal

focused on the never-changing word of God as written in the Bible with sermons and music integrally tied to the theme of a given Sunday’s Scriptures,” The Pietruks say as to why they prefer Center Grove Church’s CRC style services.



Photo by Travis Campbell

Mike and Charlene Pietruk

### What is it about your place of worship that helps you grow spiritually?

We found a congregation that, though new to the CRC, seemed to have lived that same spirit for years. This approach to God, where God is adored and worshipped first and foremost rather than being “me” centered, rang

true for us and has revitalized our strong faith in Jesus Christ having died for our sins and offering us eternal life by our acknowledging him as our source of salvation and submitting our lives to him. The services help us remember why we worship God because of His free gift of salvation.

### What is it about your place of worship that helps you feel connected to your spouse, children, parents, or family?

The services and Bible studies, which are offered throughout the week using respected Christian writers such as Beth Moore and Kay Arthur, reminds that God, rather than us, ought to be the central focus of our lives. Our lives ought to be “other” rather than “self-centered.”

Center Grove said “yes” to God. In an environment such as this, I can feel comfortable that what is preached and taught will reflect the intent of the Bible.

### What is one meaningful event that has taken place at your place of worship?

The church’s decision to leave the Presbyterian PCUSA denomination and join the Christian Reformed Church (CRC) says myriads about where the heart and mind of its leaders and members are. Not only did this move take great courage, it was a costly choice. But what was important is the church wished to stay true to what the Bible teaches rather than conform to the ever-changing social mores and values of the popular culture and society around us.

What attending CGC has reinforced in our lives, bolstered by others adhering to the same.

The word of God is unchanging and is the

same yesterday, today, and tomorrow and cannot be molded, twisted and changed to meet the social whims of a given time.

### Why would you recommend your place of worship to someone?

Center Grove combines the two elements I value in a Church – trusted expository preached focusing on God’s word as contained in the 66 books of the Bible and a church demonstrating its beliefs and faith by heavily supporting community service and mission projects. Center Grove CRC members highly value missions giving approximately 25 cents out of every dollar contributed to support community service and mission efforts locally, nationally, as well as around the world. This is belief supported by action with many church members volunteering their time and knowledge throughout the Southside of Indy and the Johnson County area. And the word of God reaches around the world by the stipends missionaries receive from CGC as they tell others of God’s saving love and grace including today’s troubled Middle East where being a Christ follower could be a ticket to death at the hands of Islamic extremists groups such as Isis. CGC members believe that being a Christian is more than an hour of church on a Sunday morning; it is a way of life.

### Center Grove Church

2340 S. State Road 135  
Greenwood, IN 46143  
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Compiled by Travis Campbell

## Thankfulness is a choice

## DEVOTIONAL

By Pastor Chris Philbeck

I read a story the other day about a grandmother who was watching her grandson play on the beach when a huge wave came along and took him out to sea. In utter fear and desperation, she cried out, “Please God, save my only grandson. I beg of you to bring him back to me.” Just then, another big wave came up and washed the boy back onto the beach, good as new. When the grandmother realizes what’s happened, she looked up to heaven and said, “He had a hat.”

That’s gratitude for you. The truth is some people are never satisfied. And by some people, I’m pretty much talking about you and me. We laugh at the grandmother, but if we’re honest, that story hits close to home. It’s hard

to be genuinely thankful for the blessings that come into our lives because we either take them for granted or we just want more. No matter how much we receive – we just want more.

In 2001, a man named Stephen Post created a research group called The Institute for Research on Unlimited Love. This group was all about measuring the effects of love, gratitude and other positive caring emotions in human life. Among the many things Dr. Post’s research discovered was that spending 15 minutes a day focused on things you’re thankful for can have the following effects on your physical health:

1. It increases your body’s natural antibodies.
2. It increases mental capacity and reduces vulnerability to depression.
3. It creates a physiological state of “resonance” that improves your blood pressure and heart rate.

But physical health isn’t the only benefit of being thankful.

Thankfulness impacts your mental health, your emotional health and most importantly, your spiritual health. Being thankful has the power to align you with God and with others in a positive way. No wonder the Bible has so much to say about being thankful. Consider these words from the Apostle Paul in Colossians 3:15-17. “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, humns and

spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God through him.” (New International Version)

Did you notice how many references there were to being thankful in those verses? The truth is few things have the ability to impact our lives in a positive way more than the simple choice to be thankful. So here’s my encouragement in this holiday time of the year: make that choice. There are always lots of things that get in the way of being thankful but don’t let that happen. Make the choice to live a healthy life. You won’t have to buy a diet book, hire a personal trainer or do a single sit-up. You just have to choose to be thankful.

Chris Philbeck is senior pastor of Mount Pleasant Christian Church. You may email him at [inquiry@mpccministry.com](mailto:inquiry@mpccministry.com) or call (317) 881-6727.



## ICON of the MONTH **Jeremy Pell**

Jeremy Pell was born to John and Julia Pell in Martinsville, Ind. In high school, Pell's family moved to the Southside. He graduated from Southport High School in 1988. After finishing high school, Pell began working at a Southside bicycle shop when a friend approached him about becoming a volunteer firefighter.

"My friend thought that I would make a good firefighter. He thought I would enjoy it. He was right. I've loved it from my first day," Pell says. He became a volunteer firefighter for the White River Township Fire Department in 1989.

His first full time firefighting job came a few years later as part of the Noblesville Fire Department. Pell served the city of Noblesville for three years before moving again, this time to the Warren Township Fire Department, which Pell says was "bigger and busier" than other firehouses in the area. During his time at the Warren Township Fire Department, Pell obtained an associates degree in fire science from Ivy Tech, as well as a Bachelor of Science from Indiana Wesleyan University in business administration. By the time the Warren Township Fire Department merged with the Indianapolis Fire Department in the summer of 2007, Pell had become the departments Chief of Administration.

In September 2007, Pell returned to the White River Township Fire Department, this time as chief. "I've had kind of a fairy tale career as a fire fighter. I started as a volunteer who loved what he was doing and I worked through three of the biggest and best firehouses before I coming home to be Chief. I get to serve my home community, my friends and coworkers and the people our kids go to school with."

Since Pell became Fire Chief, the White River Township Fire Department has consistently been recognized by the Insurance Services Office for their excellence in fire protection. Most recently, the department has been ranked in the top 3 percent of the state and in the top 7 percent in the country. It's a feat that Chief Pell says he is proud of.

"It's humbling. I look at myself as an average person that's trying to make this community a little bit nicer. It's also an incredible responsibility. My job is to serve every single person in this community, that's 28,000 people that rely on me to keep them safe and be there to help on their worst day. To do that job, I make sure that the people who are going out there to save lives are prepared and equipped to do it."

Chief Pell lives in White River Township with his wife Lori. They have three sons; Jacob, 25, Carter, 14, and Hayden, 9.

Here we learn more about our Icon of the Month, Fire Chief Jeremy Pell:

**What do you consider your greatest virtue?** I have a very deep care and concern for other people.

**What do you most deplore in others?** Selfishness.

**What do you like most about living in Center Grove?**

What I like most is the people. Center Grove still has the feel and friendliness of a small community, but the amenities of a larger community. It truly seems to consist of a group of people that want to live as a community. They want to support and take excellent of each other.

**If you had to live anywhere else in the Metro Indianapolis area, where would it be?** That's a really hard question because I don't want to live anywhere else. This is home.

**If you could begin life over, what would you change?** If I was to do it over again, I'd follow the same path. I'm blessed to be where I am and serve the way that I serve, but I would have prepared myself earlier. I'd have started in high school and gotten more education. Like the Central Nine program that exists now. I would have been ready earlier.

**If money were no issue, how would you spend it?** There's two things I would do. One is that I would help people around me. There are still people in need in White River Township. There are practical needs for food and housing and education and our churches. My family would also do more camping. It's good family time, it's great to spend time with my boys.

**What makes you happiest?** Spending time with my sons, my family.

**What is your favorite vacation spot?** The beach and the Caribbean. Grand Caymen was probably my favorite.

**What do you do with idle time?** We play football, we hike. We play with our dogs. I also reading like reading a good book.

**What do you do to escape from reality?** Camping is the getaway. In the woods, I'm able to disconnect from electronics and emails and phone calls and everything associated with being fire chief.

**What or who is the greatest love of your life?** My wife. Wouldn't change a minute. She's the best friend a person could ask for.

**Which living person in Center Grove do you admire the most?** Pastor Scott Luck. He's a good dude. He's the real deal.

**What quality do you like most in a person?** It's a tie between being down to earth and friendly.

**What is your greatest extravagance?** We like to take cruises. You get pampered for a week and it's a getaway for a little bit before you get back to being an average person.

**What are your fears/phobias?** It's a little ironic for firemen but I'm not a very big fan of heights. That's why I was usually at the end of the hose and not at the top of a 100 foot ladder.

**What has been the happiest time of your life?** I'd say right now isn't far off. Right now the ages of my two younger boys makes it this great time to really connect with them and maybe I'm looking at the individual day and not the season in life, but I can honestly say this is one of my best seasons my in life. Career and family both.

**Which talent would you most like to possess?** I'd like to be able to fly an airplane. I think it would be a thrill to be at the controls of a device that allows us to be that high up in the air. I have a tremendous amount of respects for pilots in general. They have to possess education knowledge, common sense, and hand eye coordination. It's a lot like firefighting. They have to be perfect, every single time.

**What do you most value in your friends?** What I value most in my friends is loving guidance. I want them to help me be a better person by holding me accountable, but to do it in a compassionate way.

**Which historical figure do you most identify with?**

Abraham Lincoln. He was faced with one of the most challenging times in the history of our nation and he was able to stand up and do what he felt was right despite all the external pressures.

**What is your greatest regret?** I don't have any great regrets, yet. My book is still being written. I hope to not have any. I hope to stay focused on what is important; the people that I am tasked to serve.

**What tenet do you live by?** I know that one day I'll meet God face to face. I want him to say "Well done, my good and faithful servant."





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