

HENDRICKS COUNTY

ICON

Volume 9 • Issue 04, June 1-17, 2016
myICON.info



ACTING OUT



Brownsburg graduate
Tony Spitz pursues dream

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ICON of the Month P/26

IF YOUR KNEE OR HIP COULD TALK,
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West Hospital

June 2016

Mrs. Julie Laser
by Bethany Brown
Cedar Elementary, 3rd grade

Teacher of the Month



From left, Andrew Schwarz, Mrs. Laser, Bethany Brown, Chick-fil-A Cow, Heather Painter and Chris Tincher.

My teacher, Mrs. Laser, is a one of a kind teacher. She is really patient with us and every day we know that she expects our best. We also know how much she loves Dr. Pepper, helping us learn, having fun with us and we all know that we matter to her. We just finished doing a mystery project based on a mystery book each of us chose to read and I now have a favorite author, thanks to her. Our class has times when we don't make the best choices, but she's always there for us and we know when it's time to get down to business!

Kids, watch for opportunities when school resumes in August to honor our many Hendricks County Teachers.

Chick-fil-A (Avon/Plainfield) is the official ICON Teacher of the Month Lunch Party supplier

At right, photos of students in Mrs. Laser's 3rd grade class at Cedar Elementary enjoying a party provided by Chick-Fil-A!



HENDRICKS COUNTY
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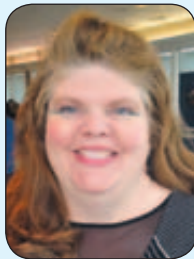
Stories/News?

Have any news tips? Want to submit a calendar event? Have a photograph to share? Call Katie Mosley at 451-4088 or email her at news@myICON.info. Remember, our news deadlines are several days prior to print.



Want to Advertise?

Hendricks County ICON reaches a vast segment of our community. For information about reaching our readers, call Sherry Moodie at 451-4088 or email her at sherry@icontimes.com.



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Brownsburg Town Hall meeting June 7

MEETING The Town of Brownsburg will hold its next Town Hall Meeting on Tuesday, June 7, from 7:30 a.m. to 9 a.m. This public meeting will be held at Eaton Hall, 61 N. Green St. The meeting is held every other month on the first Tuesday of the month. Residents and business community members are invited to bring topics of local interest or concern to discuss with Town of Brownsburg staff, Town Council members and other local officials.

Program offers help to Hendricks County families

PROGRAM Danville Friends Church is currently serving the community with the Samaritan's Closet outreach program. The program is designed to help families in need due to any sort of hardship as well as children in need of school clothing, coats shoes, school supplies, and hygiene products. Samaritan's Closet is open the first Monday of each month from 9 – 10 a.m. and the third Tuesday of the month from 6 – 8 p.m. It is located at 45 N. Co. Rd. 200 E. in Danville. For more information, contact Heather O'Neal at (317) 625-6746. You may also visit online at danvillefriendschurch.org.



STUDENT Photo by Rick Myers

Sailor Westcott talks with Lloyd Action after the 2016 Hendricks County Community Foundation Scholarship Reception May 11 at the Cartlidge Barn, Danville. Westcott, of Avon High School, was awarded the V. Lloyd Acton Leadership in Education Scholarship.

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Find details at: **avonchamber.org**

HC ARCHITECTURE & HISTORY



Duke Energy building in Plainfield.

Photo by Rick Myers

A history lesson on Duke Energy

By Ken Sebree

If you have a home or business in Hendricks County, there is a good chance you write a check each month to Duke Energy for the electricity you use. The predecessor of Duke, Public Service Indiana (PSI), had a humble beginning more than a century ago when brothers Samuel and Martin Insull joined several small gas and electric utilities into the Interstate Public Service Company. In those early days, the main demand for electricity was to power the emerging electric trains and trolley systems, as few homes had electric light.

The electricity was generated by coal-fired steam boilers which were strategically located throughout the service territory. By 1923, PSI operated 17 generating plants and 76 electrical substations and had revenues of over six million dollars each year. In 1931, the name was changed again to Public Service Company of Indiana. Even through the Great Depression, the company continued to grow, and in 1941, it provided electricity, gas, and water to 225,000 customers in 600 towns and cities that required a high voltage network more than 2800 miles in length.

In 1951, PSI moved headquarters to its new ultra-modern office complex located in the Town of Plainfield. This striking new facility constructed of Indiana limestone panels and glass presented an ultra-modern image for PSI and for the town of Plainfield. Now 65 years later, the facility still serves as the center of operations for the largest electric utility in Indiana.

In 1994, PSI Energy merged with the Cincinnati Gas and Electric Company and became Cinergy. In 2006, Cinergy merged with Duke Energy Corporation. In 2011, Duke Energy announced a merger with Progress Energy to create the nation's largest utility serving 7 million customers throughout the Midwest and the South.



Ken Sebree is a practicing architect and resident of Hendricks County for well over 40 years. Contact him at ken@sebreearchitects.com or (317) 272-7800.



Levi Marshall

Photo by Sherry Moodie

Just getting started

Levi Marshall ready to serve Danville community

BEHIND THE BADGE

Born and reared in Danville and a graduate of Bethesda Baptist School, Levi Marshall always knew he wanted to work in the county he was from. A neighbor who was a Danville firefighter invited Marshall to join him on a ride along while in high school.

"I guess this experience sparked an interest and after high school I became an EMT," explained Marshall.

After graduating with an associate's degree in public safety, Marshall worked as a volunteer for the fire department. In October, Marshall was offered a full-time position with the Danville Fire Department. When he is not on the job or in a classroom continuing his training, he enjoys playing a variety of rec sports in his down time. Marshall is married and lives in Danville.

What does a normal day consist of?

A normal day consists of starting shift at 7 a.m. and working 24 hours. First, we have roll call and find out what we have going on during our shift. We find out what apparatus we will be on and head to the bays to check out our trucks. This includes checking our equipment to make sure everything is working. After checking the trucks and equipment, we usually try and check that all of our house chores done. Each day is different based on trainings, events, or other functions that we attend. Every shift is different based on the when we get runs.

What was your inspiration to become a police officer/firefighter?

My inspiration to become a firefighter came from my desire and love for helping people. I love being able to serve my community. I always knew I wanted a career that challenged me every day. Each day is different and you never know what you will face throughout the shift.

What has been one of your most favorite moments on the job?

Being able to serve my community is a very rewarding and humbling experience. Also, being able to grow close with everyone on shift, becoming a brotherhood, has definitely been a great experience.

What aspect of the job do you find most challenging?

The most challenging part of the job is that you never know what you will face each day. However, that is also what makes the job so fun.

What are your future goals?

With just starting my career in the fire service, my goal is to learn something new each day to better myself for my community. Eventually down the road, I hope to rise up in rank, also.

Compiled by Sherry Moodie

My official title is breast care navigator.
I'm really your weathervane.



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ACTING OUT

COVER STORY

By Mark Ambroggi

Tony Spitz and then-girlfriend Roxanne Jones were teaching children how to speak English in

South Korea three years ago when he came to a realization. While that work was rewarding, he had to pursue his passion.

"I've tossed around the idea that I wanted to be an actor since I was a little kid," the 2005 Brownsburg High School graduate said. "Halfway through our time over there we decided we're going to do this for one year and not stay for a second year. If I don't do this now, I'm going to be too old to do it."

Spitz said his parents were supportive of him pursuing his dream.

"They're always excited about what I'm doing so that makes things a lot easier," Spitz said.

His father, Marty Spitz, said they wanted him to do what he loved.

"He didn't seem the type for an office job," Marty said.

Spitz recently completed his work on his first movie *My Soul to Keep*, which is in post-production.

Spitz said the horror film was shot at upstate New York in February and March.

"It's about these two twin brother and sister who inherited an old house from their grandfather, who passed away," Spitz said. "When they get there, they find something they didn't expect which sends them on a whirlwind of horror."

Spitz is hoping the movie exposure will lead to other

roles.

"This film is really good for me. I'm excited when it comes out," Spitz said. "This past year has been pretty good for me so if the trajectory continues I'm pretty positive of where I'm going at the moment."

Spitz had the male lead role in an episode of "Scorned: Love Kills" on Investigative Discovery network that aired May 14.

Marty said he has it on his computer and DVR.

"We watched it more than once already," Marty said. "We had to steal ourselves because we weren't sure how risqué it was going to be. Some of them are pretty steamy, but his (episode) wasn't too bad."

Previously, Spitz had a role in an episode of the Investigative Discovery show "A Crime to Remember."

For the past two months, Spitz has been working as a "Don't Miss" host on the TV guide channel, used on same cable system.

Spitz and Roxanne were set to be married May 28 in New York. They met at Indiana University and have been dating seven years.

After leaving South Korea, Spitz started out in Los Angeles but moved to New York in April 2015.

"I didn't have time to pursue it like I do here because of my job there," he said. "It was difficult for me to get my feet on the ground. I was working at a restaurant/bar and it took so much of my time. I'd be there until 4 a.m. and that made it hard to go to morning auditions. I felt I didn't have too much time to put into my passion. I was trying to make money and survive."

Spitz is working as a bartender at a Brooklyn craft beer/restaurant called Habitat.

Another reason he moved to New York was Roxanne is a literary publicist and there was no work out there.

"There is no book industry out there," Spitz said.

Spitz participated in show choir, an improv troupe as well as the fall play and spring musicals at Brownsburg. Spitz played the lead character in "The Music Man" in the high school musical. While earning a degree in psychology at Indiana University, Spitz found time to take some theater classes. He also

acted in some student films.

"I think those I went to high school with would be surprised I didn't do it sooner," he said.

Brownsburg graduate Tony Spitz pursues dream

Submitted Photos



Spitz in a show choir performance, *Name in Lights*.



Newlyweds: Tony Spitz and wife Roxanne.

Getting to know Tony...

Age: Turned 29 on April 29.

Personal: Graduated from Brownsburg High School in 2005. Participated in show choir and played a band with friends while in high school. Graduated from Indiana University with a degree in psychology. Has two sisters Holly and Krista.

Best movie: "Ex Machina" is the best one I've seen lately."

Favorite TV show: " Fargo."

What's your favorite type of role: "I haven't done a lot of comedy in a long time. I used to do comedy when I was in high school. Right now, I've been focused on my dramatic. Right now, I wouldn't say I have a favorite. They're all fun to do."

Favorite thing to do in New York: "I have friends that live here who I've know for ages. We're scattered about. We meet in lower east side of Manhattan and bounce from place to place around there because it's a fun area."

Favorite restaurant: "There's so much good food. It's rare that I ever even go to the same place twice."

On the cover: Tony Spitz headshot and film stills from *'My Soul to Keep'* which is in post-production.

The tour of the torch

VISIT HC

By Josh Duke

I have some big news. We have a sponsor for the Hendricks County portion of the Torch Relay. Duke Energy has graciously stepped up to support this one-time event. So, we now will refer to this fall's event as the Hendricks County Torch Relay presented by Duke Energy. This historic event will begin at 9 a.m. and continue until 1 p.m., Friday, Sept. 23. So please mark your calendars.

24 local torchbearers will receive the honor of carrying the torch while it is in Hendricks County. Because we want the torch to pass through as many highly populated areas as possible in four short hours, the torch actually will be in a vehicle more than it will be on foot. Some of the vehicles we plan to use include a street-legal dragster, the Mayberry Cafe deputy car and a Duke Energy bucket truck.

If you were to look at the statewide route map for the torch relay, the torch appears to travel in one contiguous path during its five-week journey. But there does not have to be a ceremonial passing of the torch from county to county, and in our case there won't be when it enters Hendricks County from Putnam County.

The torch will leave Putnam County on Thursday night Sept. 22 and a state caravan with no pomp and circumstance or torchbearers will bring it into Hendricks County as they head up to spend the night in a Brownsburg hotel. The official Hendricks County Torch Relay presented by Duke Energy will begin the next morning with a 9 a.m. ceremony at Lucas Oil Raceway in Brownsburg.

While plans are still being finalized, the highlight at that iconic track will include the torch's fastest trip during its entire 92-county, five-week journey as it speeds 300 mph down the dragstrip aboard a Morgan Lucas Racing top fuel dragster.

Talk about history ... we will make it that day, and the entire ceremony will be free and open to the public. Next month, I plan to provide more details about the route and a few other surprises, so please stay tuned.



Josh Duke is the Communications Manager for Visit Hendricks County. Contact him at josh@visithendrickscounty.com or (317) 718-8750.

HC ICON News Quiz

How well do you know your Hendricks County community?
Test your current event knowledge with a little Q&A!

1 According to information from the Brownsburg Redevelopment Commission, how much money did Hendricks County lose to the Tax Cap Circuit Breaker this year?

- A. \$6.92 million
- B. \$75 million
- C. \$18.35 million
- D. A year's worth of lattes at Starbucks



2 The signature event of Amo is the annual fish fry. How many years has the Amo Volunteer Fire Department put on the fish fry?

- A. 53 years
- B. 37 years
- C. 39 years
- D. 66 years

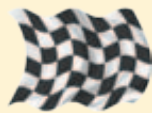


3 The State of Indiana recently launched a business web portal to help entrepreneurs. It's called what?

- A. INBiz
- B. HoosierBiz
- C. Biz in Indiana
- D. IN.bz

4 Speedway Indoor Karting recently opened on Main Street. It is co-owned by Andy O'Gara and what female former Indy car driver?

- A. Janet Guthrie
- B. Sarah Fisher
- C. Danica Patrick
- D. A.J. Foyt



5 Which County high school won the Hendricks County Track and Field competition for the fifth year in a row?

- A. Avon
- B. Brownsburg
- C. Cascade
- D. Danville



Answers on Page 17



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Top, left: Ernest T. Bass, played by Phil Cox tries to coax "Little Miss Mayberry" contestant Morgan Brelage, 6, Pitsboro, to dance. Morgan is the daughter of Craig and Kathy Brelage.

Top, right: Dylan Simmons, 9, Danville – an Opie Look-a-Like contestant – gets his photo taken with "The Mayberry Deputy" played by David Browning. Dylan is the son of Brandon and Missy Simmons.

Bottom, left: Former Hendricks County Sheriff Dave Galloway rides in the parade as "Sheriff Andy."

Bottom, center: Sunny skies helped to bring people to Mayberry Days.

Bottom, right: Scott Fifer, Brownsburg, is greeted by Goober Pyle, played by Tim Pettigrew.

Good attendance for 3rd annual Mayberry in the Midwest

ICONOGRAPHY

The 3rd annual Mayberry in the Midwest – May 20, 21 and 22 – is now in the books and by all accounts it was a success. Christa Slayer, Downtown Danville Partnership, said that added marketing helped boost attendance – and why she didn't have specific numbers she cited there were many from out of town. "It was fabulous," she said. "I heard nothing but good comments."

Photos by Rick Myers

Brownsburg group continues to advocate for taxpayers

GOVERNMENT

By Rob Kendall

During 2015's failed school referendum, a group emerged as watchdogs for the wallets of Brownsburg citizens. Brownsburg Residents for Fiscal Responsibility (BRFR) has become an advocate for taxpayers.

"We kept everybody underneath the tax caps. That was our main goal. The school corporation knew they could not come back with a referendum," said BRFR member Jenn Cox.

Since the referendum's defeat, BRFR has met regularly with Superintendent Dr. Jim Snapp. The goal was to have open communication. Meetings have attempted to find common ground on how to deal with growth, and have often been before public community events hosted by the school corporation.

"They (Brownsburg Schools) knew they needed to have community involvement," Cox stated. "I think we got more people into those meetings than prior."

BRFR has begun to branch out, addressing fiscal concerns related to the town. The group maintains a Facebook page, where the public is welcome to post about issues for all units of government. Recent topics have included water and sewer rates, downtown development, Tax Increment Finance, and use of public funds for a recreational

center.

"Anybody can come on the BRFR page and discuss topics or concerns, just as long as they do that in a respectful manner," said BRFR member Troy Austin. Austin also serves on the town's Re-development Commission.

BRFR was founded by former school bus driver Terry Laas. Laas put the organization together after the phrase "active shooter" was used several times by school administrators as a reason for the referendum. Laas believed the project should be decided on fiscal merits.

"I don't think parents need to have someone scare them by talking about an active shooter," Laas said. "It just infuriated me."

BRFR's mission going forward is to inform citizens about local government. "I feel that it is needed here in Brownsburg. Someone to keep the community involved in the conversation," observed Austin. "A lot of people just like to tell their story to their supporters. We like for everybody to know it."



Troy Austin



Jenn Cox



Terry Laas



AWARD RECOGNITION

Jim Yetter is the 2016 recipient of the Mark Kramer Award, given annually to someone who has volunteered their time to St. Malachy sports. Yetter has been the parish's football coordinator for 10 years. He accepted the award at the annual Green & White Dinner on May 17. A member of the Hendricks County Sheriff's Department, Yetter resides in Pittsboro with his wife, Melissa, and two sons, Zach and Ben.

Photo by Rick Myers



St. Susanna Parish
FESTIVAL
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June 10, 6pm-11pm
June 11, 4:30pm-Midnight



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Gambling on education

SOCIETY

The Avon Education Foundation held its Monte Carlo fundraiser May 21 at Serendipity at the Shops at Perry Crossing. The evening raised funds for the foundation's mission to facilitate programming to enhance education outside of the school budget. Here are photos from the evening.



Jason and Ada Stucky.



Bart York and Pam DeWeese.



From left, Seamus Boyce, John McDavid and Pam McDavid.

Photos by Gus Pearcy



Paige Thompson and Kevin Gray.



From left, Jada Sommers, John Sparzo and Shane Sommers.



From left, Sheryl and Phil Briggs, Dave Shelbourne and Pam McDavid.



From left, Kerry Tuttle, Bart Shambaugh, Jack King and Kim Shambaugh.



From left, John and Melissa Bonta, and Kendra and Josh Drake.



From left, Nikki Harrison, Amy Roberts, Peg Murphy and John Atha.

Father's Day 2016

“What advice or wisdom has your father shared with you that you believe will be most important to your future?”

Father's Day is just one day out of 365 to show our fathers appreciation for raising us and helping to shape us into who we are today! Though we try our best to appreciate Dad the whole year round, we sometimes lose track of all he's done for us. Take this Father's Day as an opportunity to show Dad how much you care with a genuine letter from you, personally!

Though we know it's difficult sharing all the wonderful things about your father in just one page, we ask that entries do not exceed one page or 300 words.

Please include your name and home address on the letter as well. The best entries will be selected and published in the June 18-30 issue of the *Hendricks County ICON*. The winning entry will receive a prize package.



Deadline for submissions is June 8th

Mail or drop off your entry to:

ATTN: Father's Day, HC ICON

6319 E. US Hwy. 36, Ste. 3C,

Mailbox #16, Avon, IN 46123

or email entries to:

rick@icontimes.com



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CLASSIFIEDS

EMPLOYMENT

CHILD CARE PROVIDER NEEDED!

Danville Friends Church seeking candidates to serve as a Child Care Provider who will provide nursery care on Sunday mornings. Candidates must possess a love for and commitment to protect and nurture children in a Christian environment as well as an ability to work with others. This is a year round employee position. Additionally, nursery care for special events to be determined on a case to case basis. Reports To: Nursery Supervisor; Hours: 9am – 12pm, Sunday mornings (3 hours per week); Salary: \$10 per hour. **For complete job description and to apply go on-line to: danvillefriendschurch.org.**



FROM THE PUBLISHER

Staggering numbers

The numbers are there – 111 drug-related deaths in the last three years. Young people in our community who have succumbed to drugs. Mainly heroin, which because of the way of the market has made resurgence.

Speaking to the Kiwanis Club of Avon a few weeks ago, the coordinator of the United Drug Task Force for Hendricks County, James Bryan, also a Chief Deputy Prosecutor, as well as folks who make up the task force, gave the Kiwanis the harsh realities of the issue.

Bryan told the Kiwanis that if there had been that many homicides in Hendricks County in that three-year period, well, we'd all come unglued. He's right, we'd be ready to have someone's head. But many believe that a drug-related death is only the family's problem, a misnomer for sure.

What we don't think about is the potential violence that may creep into our community or any of the many other factors. We have seen a rash of car break-ins here of late. Drug related? A good chance. I also learned that a kid will steal anything from anyone, including from people who care about them the most. Think about that.

The Drug Task Force unit receives no funding from the county, including state or federal grants. It needs \$75,000 annually to help cover overtime so these individuals can continue to do their jobs. The group is looking for grants, anything to help cover the cost.

My estimation is getting this funded is the worthiest of worthy causes and it sure seems like a small price to pay in order to have a safe Hendricks County.



Rick Myers is co-owner of Times-Leader Publications, LLC., publisher of Hendricks County ICON and Hendricks County Business Leader. Write him at rick@icontimes.com.

BELIEVE IT!

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

In South Carolina, performing a U-turn within 1,000 feet of an intersection is illegal.

SOURCE: dumblaws.com



Fishy story!

HUMOR

By Dick Wolfsie

This has been a bad week for people like me who get their medical news from "USA Today." A few days ago, I read about a scientist who claims pecans (my favorite) may not be as healthy to consume as previously believed.

It was plenty confusing when coffee was reported to be bad for us, then good for us. Researchers were sure it caused heart attacks, but it prevented strokes — except for decaf, which not only caused strokes, but was related to diabetes.

I was so baffled a few years ago about whether or not peanuts were good for me that it actually drove me to start drinking. That was a good thing because they said alcohol helped your heart, but it ended up as bad news because then they said it wasn't the alcohol that was beneficial, but the grapes. And I had been drinking beer.

It was this week I learned that some salmon contains way too much mercury. Ever since the first report several years ago that salmon had beneficial Omega fatty acids, I've been chowing down on anything that swims upstream.

Then I saw this headline last week: "Farmed Salmon More Dangerous to Eat than Wild Salmon."

Of course, statistics about what's dangerous can be misleading. Maybe some of those people fishing for wild salmon were eaten by bears. That's the kind of data that gets lost in those fancy university studies.

But no, farmed salmon is apparently worse for us. At least today. So I decided to adjust my diet accordingly.

My doctor said I could eliminate salmon from my diet altogether and opt instead for fish oil pills, which apparently aren't made from fish at all, but are made from Docosapentaenoic Acid. Let's see. Lox and bagels or Docosapentaenoic Acid and bagels? There are no easy choices in life.

I'm getting hungry writing about all this food. I think I'll have smoked salmon on a bagel and for dessert, a handful of chocolate-covered pecans. See you next week ... if I live that long.



Dick Wolfsie lives in Indianapolis with his wife of 33 years. Dick is usually in the basement trying to think up something funny to write. He can be reached at: wolfsie@aol.com.

Do you write, research or do photography?

We are looking for editorial correspondents. Please call (317) 451-4088 today or email rick@icontimes.com.

OUR VIEW

Unsung everyday heroes: teachers

SCHOOL DAYS

Think back to your school days. Which teachers

stood out, encouraged you, opened your naive eyes to the world? What concept or lesson blew your mind? What English reading assignment touched you deeply? What math or science concept helped you to make sense of the world around you, changed your worldview or was the most enjoyable?

More than likely, the person responsible for these revelations are teachers.

In any given school year, it is likely that your child will spend more time with a teacher than almost any other adult, except parents.

"This contact has enormous implications."

This contact has enormous implications. Teachers influence your children. Teachers encourage our children. They introduce your children to various skills critical for success in life. They are examples.

Good teachers are invaluable.

As we wrap up another school year, the ICON would like to thank all Hendricks County teachers for their dedication and compassion for our students. The extra hours, the changing expectations, the political wrangling make the job so undesirable. We understand. But we applaud your willingness to work past all of that to reach our children and make an immeasurable impact on their lives.

Thank you, teachers.

Yes, we want your letters:

Readers of the HC 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 your correspondence to: news@myICON.info.

READERS' WRITES

Buyer beware: 'locally grown'

In the past, when Hoosier farmers grew more than just corn and soybeans, farmers markets were common. Until recently, you could find signs saying "You have entered Hendricks County. The Garden Spot of the World. Let's keep it that way." But the signs seem like a bad joke today. Even Avon's Farm Fresh Market, which was still not a local grower, is now shuttered and the property is listed.

Then farmers markets became rare – a victim of less time available for shopping and an increase of variety and quality in supermarket produce racks.

With the recent spike in demand for local foods, stores jumped on the bandwagon. One supermarket hung banners reading "locally produced" followed by the names of towns such as Xenia, Ohio. A superstore, headquartered in Michigan, highlights some produce as "Grown in Michigan," a comment sure to warm the hearts of Indiana consumers.

There has been a recent surge in farmers markets, and with at least two running all year, more locally grown food is avail-

able. Producers have started growing salad greens under plastic hoops to meet customer demands of a longer season.

But like all things, it is buyer beware. Wagons and farm carts around town offering "farm-fresh" produce (often complete with a vendor dressed for the part in immaculate denim overalls) are not what they appear. The produce was earlier purchased at one of several auctions across the state, then held without refrigeration for up to a week, and then sold to an unsuspecting public. When confronted, one vendor said the produce was grown by "a friend" while another said it was "Amish grown." Either way, the produce at the wagon was not so fresh.

Get to know your farmers market vendor. Ask specific questions to confirm they grew the item and that they're not reselling. They'll be glad to share things they know so well. Perhaps for the first time, you'll know details about the quality and origin of your food.

Rob Green, 46167



Thank you for your support of United Way in our community

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Thank You

AVON HIGH SCHOOL

On behalf of the entire Hendricks Regional Health family, I want to express my sincere gratitude to the amazing Avon High School students who hosted the Avon Night Light Glow Run & Community Fair to benefit our Foundation. You raised \$15,000 in support of pediatric and prenatal health services, helping us create a healthier community. Last year alone, we cared for 1,018 hospitalized children, and through our Partners In Care clinic, provided 2,361 prenatal visits to expectant mothers who might otherwise have gone without care.

Over a half century ago, a group of Hendricks County residents came together to build a hospital, envisioning a place where everyone in the community could receive health care, regardless of their ability to pay.

We thank you for supporting this dream that started so many years ago. We thank you for creating a video that captured the attention of a nation. And we thank you for inspiring us to truly make a difference.

This is our fight song, too. #Orioles #AvonStrong

With deepest appreciation,



Kevin P. Speer

President & CEO

Hendricks Regional Health



NIGHT & DAY LOCAL ENTERTAINMENT ENTERTAINING

EVENTS

June 1 – 5 | National Road Yard Sale | Where: Various Locations along Historic

U.S. 40 | Contact: Patricia McDaniel (765) 478-4809

June 1, 8, 15, 22, 29 | Summer Fun Run | When: 6 p.m. | Where: Ellis Park and Gill Family Aquatic Center; 600 E. Main St., Danville | (317) 718-6188

June 3 | First Friday Cruise-In | When: 5 – 9 p.m. | Where: Danville Courthouse Square; 1 Courthouse Square, Danville | Contact: Laura Parker (317) 745-3007 or lparker@danvilleindiana.org | Website: visitdowntowndanville.com

June 3, 4, 5 and 10, 11, 12 | Inherit the Wind | When: Fridays and Saturdays 7:30 p.m.; Sundays 2:30 p.m. | Where: Longstreet Playhouse; 4998 N. CR 100 E., Danville | Cost: \$15 Adults, \$13 Youth and Seniors, Free Ages 3 and under | Contact: (317) 252-9626

June 4 | B & O Bicycle Tour | When: Registration at 7 a.m., Start at 8:30 | Where: Williams Park, 940 Locust Lane | Cost: Adults \$30 | Contact: jsmallwood@indy.rr.com | Website: BOtrail.org

June 4 | Kids Fishing Derby | Where: Sodalis Park; 7700 S. Co. Rd. 975 E., Plainfield | Contact: (317) 718-6188

June 9 – 11 | Amo Fish Fry Festival | When: Thursday and Friday 5:30 – 10 p.m.; Saturday noon – 10:30 p.m. | Where: Mill Creek West Elementary School; 4704 Pearl St., Amo | Contact: Dustin Strahl (317) 442-5357

June 11 | StoryWalk Read Along | When: 9 – 11 a.m. | Where: Avon Town Hall Park StoryWalk on walking path near Avon Library | Contact: (317) 272-4818 | Website: avonlibrary.net

June 11 | Hendricks County Relay for Life | When: noon to midnight | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | Contact: Peggy Davis (317) 344-7835

June 11 | Park 2 Park | When: 7 a.m. | Where: Plainfield Recreation and Aquatic Center; 651 Vestal Rd. Plainfield | Cost: 20 mile relay team \$35, Individual 5K \$35, Family 5K \$60 | Website: park2park.org

Amo Fish Fry coming up June 9, 10, 11

COMING SOON

By Gus Pearcy

Once upon a time, you could eat your way through Hendricks County, just by going to every fish fry. Now there are still a few, but not as many. One of the oldest is the Amo Fish Fry which is still a community event to raise money for the volunteer Amo Fire Department and the Cascade Youth League.

For 66 years, the Amo Fish Fry has brought out the fish and fireworks. This year is no different. June 9, 10 and 11 at the park next to the Clayton West Elementary the community will gather for fun, games, rides, Bingo, and lots of tasty food.

This year's menu includes the fish, fritters, hot dogs, onion rings, fries, salads, mushrooms, pies and beverages starting at 5:30 on Thursday and Friday and noon on Saturday.

Amo Volunteer Fire Department Chief Dustin Strahl says the food bill is always the largest investment with it running from \$8,000 to \$10,000 each year.

Bingo starts at 6 p.m. each evening and 4:30 p.m. on Saturday.

There's also a cruise-in on Friday night, a kiddie tractor pull 3 p.m. on Saturday, while the parade is at 2 p.m. Saturday and fireworks kick off at 10 p.m. Saturday.

Entertainment will be provided by the Southern Bridges band each night.

"We have a waterball tournament for all the departments in the county," Strahl said. "Plus we have a big payout bingo game each night."

For an old-fashioned community fish fry just like your town used to have, stop by and enjoy the sights of the Amo Fish Fry, June 9, 10 and 11 in Amo. Google will get you there.

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and sells out quickly, when that happens my go-to is the chicken salad croissant. For dessert, you can't go wrong with anything chocolate handmade by The Cake Show at Court House Grounds. The next Danville First Friday Cruise-In my plans are to have dinner at CHG After Hours. Bill and Tracy offer a select menu prime rib, baked cod, tapas with beer, wine, handcrafted

Court House Grounds opened in 1998 and is owned by Bill Franklin and Tracy Jones.

The scoop: Danville has several restaurants to choose from for lunch. One of my favorites is Court House Grounds for the fresh baked quiche with fresh fruit, side salad or a cup of Grandma Pete's homemade soup. The quiche is popular

Where I Dine

Denise Foster, Pittsboro

Where do you like to dine? The Mason Inn at least once a week since Ann and Gerrard Mason opened 14 years ago.



What do you like about this place? I love the Mason ... great owners and wait staff are friendly and knowledgeable. My favorite restaurant hands down!

*Mason Inn
1 West Main St.
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masoninnpittsboro.com
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What do you like there?

The pizza is fabulous. Steaks are tender and tasty. The grouper is my favorite, nice size filet blackened or grilled.

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11 a.m. – Midnight
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Friday-Saturday, 11 a.m. – 2 a.m.



Faith Toole is our Hendricks County Foodie. She can be reached at #HCICONFoodie faith703@live.com.

Hendricks County Farmers Markets

Avon • When: Every Tuesday 4 – 7 p.m. | Where: Avon Regional Health southernmost parking lot; 8244 E. US 36

Brownsburg • When: Every Thursday 4 – 7 p.m. | Where: Brownsburg Town Hall; 61 N. Green St., Brownsburg

Danville • When: Every Saturday 8 a.m. – 1 p.m. | Where: Danville Courthouse Square, 1 Courthouse Square, Danville

Pittsboro • When: Every Saturday 9 a.m. – noon | Where: Scamahorn Park; 52 State Road 136, Pittsboro

Plainfield • When: Every Wednesday 4 – 7 p.m. | Where: Lawn of Plainfield Friends Meeting; 105 S. East St., Plainfield



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HC ICON Quiz

Answers from page 7

1. C
2. D
3. A
4. B
5. A



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A most unusual self-care technique

MOM'S THE WORD

By Alyssa Johnson

Our spiritual life is often seen as a taboo subject in "polite company," but why? Our self-care routines must include taking care of that spiritual essence just as much as preserving our physical bodies.

But how do we do that? Your best indicator for the state of your spiritual life is your level of peace. Now, I know some of you are thinking, "Well, what's that mean?" Let me paint a word picture for you: untroubled, content, calm, free from commotion, at rest.

Doesn't your heart rate slow down a notch just reading those words? That's what we all want isn't it? But how do you get it?

I've been on a quest for more peace for several years now and have found two spiritual energy strategies to be the most effective. So, here goes ...

Gratitude – This is a foundational piece of the Vibrantly Live System. I have almost all of my clients begin with a Gratitude Journal. This powerful exercise re-focuses our attention. By nature, we tend to look for what's wrong in order to improve it rather

than appreciating what's right. Shifting your perspective ever so slightly to focus on what's working adjusts your entire outlook on circumstances.

Attentiveness – Again, human nature is basically selfish. Look at an 18-month-old if you don't believe me. He wants what he wants and he wants it now. As adults, we're really not any different. We just put a more "adult" mask on it. Attentiveness requires us to be others focused – to break out of our selfish needs and desires to look upon another human being and see who they are and what they need.

Your Vibrantly Live Challenge: I want you to think of someone in your life who means a lot to you. How can you begin to step outside your experience and be more attentive to them?



Alyssa Johnson is a counselor and coach exclusively for women. Learn how she can help you live the life you were created for by visiting online at: VibrantlyLive.com or by calling (317) 520-1476.

More than a reflection

LIFE'S CHOICES

By Karl Zimmer

What do you see when you look in the mirror? What thoughts and feelings come

through when you look in the mirror? I know some people who don't like what they see when they look in the mirror. That is sad, and yet quite telling. It is also potentially useful, if they allow it to be.

Every day we have many opportunities to not only look in the mirror but also to be aware of what is reflected back to us in every encounter of the day. Do you realize that every person you meet, every person you see and have a thought or feeling about, no matter how casual and seemingly insignificant, is a reflection of yourself in some way? Think about the last encounter you had with someone, even the most casual. What did you think or feel? Do you remember what you thought about that person? Were you being judgmental, even?

Chances are, the people who come in to your sphere, no matter how casually they appear, are there because you have attracted them by your thoughts or actions. Have you ever heard the expression that when you point at someone, you have three

fingers pointing back at yourself? What we don't like in others, we actually have and don't like about ourselves. We may not even be aware of it, but the next time you notice making a comment about something you don't like in someone else, think about how it might relate to yourself.

When we look in the mirror or otherwise become more aware of what is reflected back to us, we have a precious opportunity to take seriously whatever that message is that we are meant to receive so we can make positive changes and reach our full potential, our destiny. Not every message is negative, by the way. Think about someone you admire and what it is that you admire about them. Yes, the opposite is true as well: What we admire in others, we possess as well. How cool is that?



Karl Zimmer III is a Board Certified Hypnotist. His practice, Zimmer Success Group (<http://Z-Success.com>), is in Plainfield. Information provided is for informational purposes only and is not intended to diagnose, treat, or cure any condition or illness.

Check your filter

RELATIONSHIPS

By Sherry Stafford Rediger, PhD

The families we grow up in create

a powerful filter through which we experience ourselves and others in our adult lives. From our original families, we learn what it means to be a man and a woman. We learn what to expect from relationships. Strengths as well as unhealthy characteristics and dynamics are learned in our childhood families.

Corrie and Dan came to my office because they have not been able to resolve a particularly painful pattern that recurs in their fourteen-year marriage. When Dan occasionally travels for work, it seems a crisis inevitably develops at home. Dan feels torn and angry to be called upon with intense emotional demands while he is working. Corrie feels hurt that Dan becomes angry and resentful when she needs him most. When he returns from his trip, Corrie is often inconsolable for several days.

Over the first few sessions, Corrie and Dan began to understand how their experience of each other is smudged by the filter of their original families. Corrie's father was an alcoholic and would abandon the family for days without warning. When he returned,

her mother would continue on as if her father had never disappeared. Dan recalled his mother's episodes of major depression and shared how she would guilt Dan into staying with her instead of going out with friends - and sometimes even instead of school.

With these original experiences identified, both Dan and Corrie were able to understand how their experience of each other was contaminated by painful emotions that were not caused by the other. They were experiencing each other through a filter distorted by the past.

This kind of insight is important, but not a full resolution. Through further sessions, Corrie and Dan found ways to self-soothe with truths about themselves that refuted the fear still present in the painful early experiences. The couple also learned to guard and protect each other in a way that created deeper intimacy and connection. Events and circumstances still triggered pain, but Corrie and Dan could now minimize the impact and remain connected.



Sherry Stafford Rediger, Ph.D. is the founder and director of Stafford Institute of Family Therapy & Training and can be reached at (317) 839-1333, at SherryRediger.com, SherryRediger@gmail.com.



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Assembling your birth team

WELLNESS

By Christina Summers

As she nears her expected due date, a pregnant woman imagines what it will be like as she welcomes her newborn into the world: How will the birth unfold? What will my baby look like? An important element of labor and delivery is a woman's birth team.

"The birth team includes anyone who will attend the delivery of a baby," explains Allison Pence, a registered nurse in labor and delivery at Indiana University Health West Hospital. "This consists of the obstetrician, the labor nurse, the baby's nurse, and any family supporting the mother during delivery."

The labor and delivery nurse is a central figure in a woman's delivery and should be someone with whom the mother feels comfortable communicating.

"The biggest advocate for a woman during her birth process is often her labor nurse," says Pence. "The nurse will communicate any of the mom's desires to other staff. However, it is very important for the mother to be vocal about her wishes."

A woman's wishes not only inform her nurse, but they also determine who else will be present at the birth and what support the woman wants. In order to determine those

choices, an expectant mother should educate herself on the available options.

"A woman should talk to her provider about her choices: when and if she wants the epidural, whether she wants to be up walking around or whether she wants to sip on clear liquids," explains Diana Garino, RN, Childbirth Education Coordinator with IU Health. "When a woman determines and shares those wishes with her physician, those orders are provided to the delivery unit during her third trimester."

While a medical team is an expected part of the birth team, the rest is up to the mother.

For helpful hints on preparing for your child's birth, visit iuhealth.org/west and click on Maternity.



Chris Summers is the Regional Public Relations & Digital Engagement Coordinator for the IU Health Suburban Indianapolis Region serving IU Health North, Saxony, Tipton & West hospitals. She can be reached by email at: csummers1@iuhealth.org.

The best medicine is free

By Martha Rardin

DIETARY

Hopefully the title of this column grabbed your attention. Most of us like FREE – especially FREE medicine. A recent study from the National Health and Nutrition Examination Survey showed that a combination of regular exercise, healthy diet, not smoking and maintaining a healthy weight led to an 81 percent reduction in the hazard ratio of all-cause mortality over 7.5 years*. Dr. David Katz, director of the Yale University Prevention Research Center and president of the American College of Lifestyle Medicine, recently noted, "A very short list of lifestyle practices has a more massive influence on our medical destinies than anything else in all of medicine." Dr. Katz further remarked that there is no pill, and there never will be any pill, that can reduce the burden of chronic disease in the way that healthy lifestyle factors can.

Perhaps by adopting a healthy lifestyle you could reduce your medications. Maintaining a healthy weight, eating a healthy diet, not smoking and exercising regularly is within the reach of most of us with dedication and effort devoted to our health.

Recently the Hendricks County Health Partnership published Health Scripts. Health

Scripts are sponsored by Hendricks Regional Health, Hendricks County Health Department and the Hendricks Regional Health YMCA. The script may be given by any health care practitioner to any client with a prescription to Increase Physical Activity and/or Eat More Fruits and Vegetables. The Health Scripts have been given to Hendricks Regional Health physician practices, wellness nurses, dietitians, physical therapists and HRH YMCA coaches.

Health Scripts don't cost you anything and encourage you to become healthier.

If you are interested in a Health Script, please drop me an email or give me a call at mjrdardi@hendricks.org or (317) 745-3768, or contact our Wellness Department at (317) 718-8160.

*Ahmed HM, Blaha MJ, Nasir K, et al. *Low-risk lifestyle, coronary calcium cardiovascular events, and mortality: results from MESA. Am J Epidemiol. 2013;178:12:21.*



Martha Rardin, MSM, RDN, CD, FAND, is Director of Nutrition and Dietetics for Hendricks Regional Health.



Long Term Care

Long Term Care is a great option for those who can no longer be cared for at home due to illness, injury, frailty, or other limitations. Under the guidance of an attending physician, long term senior care is provided at our long term care facilities by licensed nurses, specially trained health care aide and a full interdisciplinary care team. Physical, Occupational and Speech Therapies are also available to ensure our long term health care residents function at the highest level of independence as possible. The setting is home-like, cheerful, soothing and secure.



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Anglianico worth a try

WINE & DINE

By Charles R. Thomas, M.D.

A fantastic wine not often found in a typical grocery store is Anglianico, a premium red wine originally made in Southern Italy near Naples in Basilicata. It is believed that this grape was brought to Italy in the 6th century B.C. Anglianico received DOC status (Italy's best) in 1971 and is the only wine in Basilicata to have that rating. It has been said that this wine could have been one of Italy's greatest with the right production, advertisement, and luck. Most declare that Anglianico rivals both the great Sangioveses of Tuscany and the Nebbiolos of Piedmont Italy.

Anglianico is grown in the mountainous region of Mount Vulture and to areas south and west. The best grapes are grown at elevations of 600 meters or so. Clay is common. The grapevine typically has a late harvest maturation (late October to mid-November). While Italy is the primary area where this grape is grown, other areas such as California produce this a well. The vineyards where Chateau Thomas Winery sources its grapes, Herring Vineyards, grows Anglianico and also produces Anglianico wine.

A grape that matures late is a blessing for a

winemaker since the fermentation tanks may well be empty by the time this grape is ready for harvest. Anglianico is one of the few late harvest grapes that is not made into a dessert-style wine. After fermentation and pressing, the wine is barrel-aged. In earlier times in Italy, chestnut barrels were used, but oak is now the preferred wood. The resultant wine after one year of aging is an intensely dark ruby colored wine, heavy in body. The aromas and bouquets are primarily those of cherry and chocolate. They are often somewhat rustic and tannic, but with long finish. As they age, however, they soften as the tannins polymerize. These well-made wines can age 20 years or more.

Food pairings for these wines involves food that pairs with sturdy, complex wines such as grilled, roasted meats, classic sauces, Spiced foods such as barbeque, Cajun, and other spice-laden foods and sturdy yellow or pungent cheeses. Check with your local wine store to find some Anglianico!



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

GRAMMAR GUY

By Jordan Fischer
Question: "I was in a conference call the other day

when someone used the word 'emit' like this, 'We emitted to include data ... etc.' I'm pretty sure they should have used 'omitted' instead. Can you clarify?"

Answer: You know, I've never heard anyone make that mistake before ... but they do sound alike, so I suppose it isn't so unreasonable to confuse them.

To "emit" is to "produce or send out something from a source." The sun emits photons. Radio antennas emit radio waves. A car exhaust emits carbon monoxide, ozone, mono-nitrogen oxides and a bunch of other stuff you don't want to breathe. In the last example, the chemicals being emitted are the emissions.

[Grammar side note: Antennas or antennae? In the U.S., we use "antennae" for the plural of "antenna" when talking about insects or other animals, and "antennas" when

talking about the sort that picks up the "Bob & Tom Show." My understanding is that in Britain they just use "antennae" in all cases.]

Now, to "omit" is to neglect or not include something. You omit irrelevant information in a report. You might omit mentioning a cold to your parents so they don't worry. You could even omit income on your tax report (though I would highly advise against it). To "omit" is to leave something out, and the "omission" is what is left out.

The long and short of it is: While "emission" and "omission" sound similar, they have very different meanings, unlike some other near-homophones ("disburse" and "disperse" come to mind). To "emit" is to send out, to "omit" is to fail to mention, and never the twain shall meet.



Jordan Fischer is a contributing columnist for The Hendricks County ICON. To ask Jordan a grammar question, write him at rjfische@gmail.com.

Easy Grilled Salmon Dinner

RECIPE

By Jerry Rezny

This simple, yet delicious dinner can be prepared in 20 minutes (plus the time it takes to heat up the outdoor grill.) The most difficult part of a great grilled salmon dinner is picking the right fish! Wild salmon is considered best by health experts and environmentalists. Farmed salmon is easier to prepare because it is more forgiving if you accidentally overcook it. It has more fat but it's the good type: Omega 3's. The best of both worlds is Faroe island farmed salmon or Norwegian farmed salmon. It is raised cleanly and virtually antibiotic free.

- Salmon, 6 – 8 ounce portions
- Old Bay seasoning
- Fresh broccoli
- Yukon Gold potatoes
- Butter

When you get the fish home, it should have a slight aroma of the sea but not a "fishy" smell. Light the charcoal or turn on the gas grill. Cut the fish into 6 to 8 ounce portions. Season both sides with Old Bay seasoning. Oil grill with olive oil on paper towel. Grill until half cooked; about 4 minutes. Flip and cook 3 to 4 more minutes. (If you are using wild caught Salmon, cook it



to medium or it will be dry. Wash the potatoes and broccoli and cut the broccoli into florets. Pierce the potatoes with a fork numerous times and put them in the microwave for 4 to 7 minutes depending on the power of your oven.

Start heating a pot with a steamer basket and an inch of water on the stove. When it boils, put in the broccoli and cook until fork tender, about 5 minutes. Delicious!



Jerry Rezny lives in Avon and owns Handcrafted Beverages. He also teaches at the International Culinary School. Contact him at handcraftedbeverages@yahoo.com.

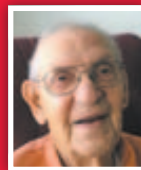
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Hendricks County ICON's Greatest Generation

Victor Baroni, 96



- Born in Pennsylvania 96 years ago, Victor Baroni was the son of Italian immigrants. When his father contracted cancer his wish was to go home to Italy. So Victor and the whole family moved to Italy. Victor was there until after his schooling. Then he got some advice from a family friend that urged Victor to go back to the United States because there was a war coming.
- Victor moved back right before World War II and enlisted. His assignment was the promotional U.S. Army band. Victor was taught to play the saxophone and the clarinet. The highlight of his military

career was not all the places he traveled but getting to play with Glenn Miller, the superstar of his day.

- After the war, Victor made his living through music, with some odd jobs. Eventually, he moved from Pittsburgh to Chicago where he played some more. He worked at a rubber factory and paint manufacturer before landing as a custodian at a school system in the suburbs of Chicago.
- He was married to his wife Dolly for 57 years before she passed.
- Lives in Avon

NOMINATE someone in Hendricks County that we should recognize as a "Greatest Generation ICON" • email: news@myICON.info

Hendricks County's ICONIC Homes by Cathy Sturm



RE/MAX Centerstone

Cathy Sturm
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June Featured Property: Custom Built Home with Character

For Sale... Cedar Bend's 2452 Scarlet Oak Dr. in Avon by White Custom Homes

If you are in the market for a custom home with character, charm and lots of space to raise a family, you don't want to miss this home. Trent White partnered with Carol Cooper in designing the home and it was built by White Custom Homes in 2005 of which Trent is the founder and owner.

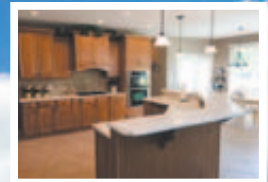
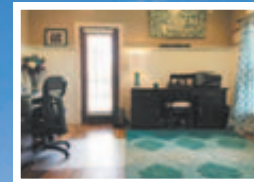
Trent and Angie have many memories here raising their two boys in this home. Hosting the holidays is just one of their family traditions. The butlers pantry is the perfect station for the dessert bar. There is plenty of space for guests in this 6486 square foot home with 4 bedrooms, 4.5 baths, 3 car garage, full basement with a 5th bedroom/office, work out room, theater, and wet bar with granite counter tops. One of their favorite memories is watching the boys sled in the backyard while Trent and Angie remain warm and cozy inside by the fire. The double oven in the

kitchen has served as a measuring tool for the boys as they've grown over the years.

Other favorite features of the home are the wrap around porch, brick exterior, sun light, two story ceiling in the great room, and wonderful neighbors. "The loft is a quiet space to get away and read. You can see the fireworks in Avon from here," said Angie. The attention to detail continues through out the home with moldings, wainscoting, built in bookshelves, tray ceilings, walk out shower and more.

To me what is unique about this home is that the owner designed and built it for his family. As White Custom Homes grows, the time has come to build another home for the White family. Putting the house on the market is bitter sweet. For the lucky family that buys the home it will just be... sweet.

For more information on this home contact Cathy Sturm (317) 402-7177.



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Washington Township Market Analysis for 2/20/16 – 5/20/16 – Price Bands

Starting/Ending Price	\$0-\$100,000	\$100k-200k	\$201k-300k	\$301k-400k	\$401k-500k	\$501k-600k	\$601k-700k	\$701k-800k
Number of Active Listings	3	73	52	29	17	19	3	3
Number Closed	40	253	106	30	9	4	0	0
Number Pending	10	112	57	17	3	1	1	0
Number Expired	5	37	19	22	7	0	0	4
Average Days on the Market	126	66	82	86	128	162	0	0
Average List Price	85,414	155,022	244,289	342,409	441,391	546,140	0	0
Average Sale Price	81,760	149,109	239,345	336,253	432,480	523,980	0	0

Community of Caring

WHERE WE WORSHIP

The Murray family has lived in Brownsburg since 2002. Brad and Jen are the parents of five boys, including a set of quadruplets. In 2002, right before their wedding, the Murrays helped plant The Bible Church of Brownsburg. The Murrays are actively involved in BCB, as well as many activities with their children.

Brad added, "The Bible Church of Brownsburg is our extended family, our community, and the people we do life with here on earth. We truly love them, and are committed to this family."

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

Faithful teachings of God's Word and fellowship with people who love him are the foundations of our spiritual growth at BCB. We exposit scripture verse-by-verse each week, starting at the beginning of a book and going through the end of that book over months or years' time. We are in a study of Luke right now that will continue for a couple years. The amazing thing about scripture is that it's all connected.

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

BCB is a place that utilizes God's Word to show us how those relationships work best. There is no one else who can better show us how to best love our spouse, family, friends, and parents than the God who created us. Spending our lives helping, encouraging, and even correcting one another as a congregation causes those relationships to grow. I feel safe at BCB because I have brothers and sisters in Christ who love me enough to correct me lovingly with a heart to help our family.

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

BCB is home to one of the most diverse events of any church in Brownsburg each year, sometimes several times per year. We regularly have people from other churches attend this event as well as people from other faiths, and cultures. God himself decides when this event takes place. Since our building sits on one of the only hills in Brownsburg, each time it snows we welcome the entire community to our property to enjoy the sledding hill! Our parking lot is always overflowing, and the hills covered in sleds!

Why would you recommend your place of worship to someone?

I'd recommend BCB to any family who wants to find a place among a church family who genuinely cares for one another. It's a place where we value the authority of scripture, and tend to focus our teaching more on God and his glory than man and his needs. Our church seeks to be all about the Lord Jesus Christ as we encourage one another to live in a way that glorifies Christ. I would also recommend BCB to anyone who is spiritually needy and knows they don't live up to God's standard. That is one of the reasons we meet each week, we know we are sinful and in need of Jesus as Savior.

The Murrays have second family with The Bible Church of Brownsburg



Brad, Jen, Clark, Henry, Brooks, and Isaac Murray.
Submitted Photo

The Bible Church of Brownsburg
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Compiled by Cathy Myers



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Naomi's bitterness

DEVOTIONAL

By Michael LeFebvre

*"She said to them,
'Do not call me Naomi;
call me Mara, for the Al-
mighty has dealt bitterly with me...' So Naomi
returned ... to Bethlehem..."*
(Ruth 1:20-22, ESV)

There are many reports of changed names in the Bible. Abram's name was changed to Abraham to mark God's promise to him (Abraham means "father of a multitude;" Genesis 17:5). Jacob's name was changed to Israel to represent his transformation from a schemer (Jacob means "grasper") into a man who wrestled with God (Israel means "prince with God;" Genesis 32:28). Jesus gave Simon the name Peter, calling him to be a "rock" of faith (Peter means "rock"; John 1:42).

In the Bible, name changes mark life transformations. But there is one account in the Bible where we encounter a name change that did not stick.

A woman called Naomi suffered a series of great sorrows. Due to famine, her family fled as refugees to a strange land. There, her husband died. Her two sons also eventually died there. Naomi finally returned home a heartbroken woman. On her return, she told

her neighbors no longer to call her Naomi (which means "pleasant"). Instead, she wanted to be called Mara (which means "bitter"). Life had dealt bitterly with her.

What is remarkable in the story is that the narrator reports Naomi's name change with great tenderness toward her sorrow, yet the narrator never accepts her name change. In the book — even in the very next sentence after reporting Naomi's request — the narrator continues to call her "Pleasant" (Naomi). The narrator knows—even though Naomi did not know it at the time—that God had not abandoned her as she supposed. God was working in great mercy toward this one in whom he would yet grant joy, despite the bitterness of her past.

If you are not familiar with the story of Naomi as recorded in the book of Ruth, take some time to read it. It is a short story filled with tenderness for Naomi's sufferings, and her discovery of joy in God's goodness.



Michael LeFebvre is the pastor of Christ Church Reformed Presbyterian (online: ccrp.church), holds a Ph.D. in biblical studies, and has authored several books.

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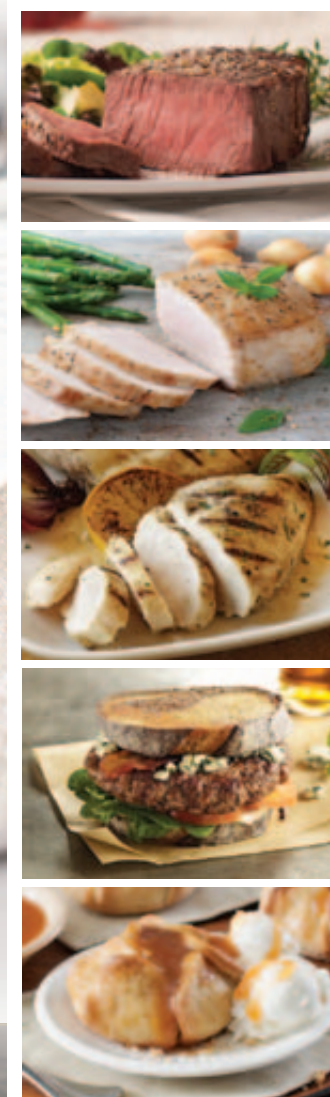
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Good day for investors

MONEY MATTERS

By Jeff Binkley

On April 6, the Department of Labor issued new regulations establishing a "fiduciary rule" legally requiring financial advisers and brokers handling individual retirement and 401(k) accounts to act in the best interests of their clients. This new fiduciary rule only applies to retirement accounts. If you have just a regular old brokerage account, your advisor still isn't legally required to put your interests ahead of theirs or their firms. Previously, brokers and advisors could sell you anything that they determined was "suitable." Now, they have to act in a fiduciary capacity, placing your interests ahead of all others.

This new DOL rule has been a long time coming. Unfortunately, even before the ink had a chance to dry, powerful forces fearing the potential impact to their bottom lines had already lobbied and won "carve outs" to the rule, i.e. the best interest contract exemption (BICE) and prohibited transaction exemption (PTE). These "carve outs" still allow brokers to sell whatever they can convince their clients to buy. They just require that a higher level of disclosure and transparency be provided to clients by that broker showing them more clearly the high cost of these types of invest-

ments.

The spin from players in the industry began almost immediately after the announcement. The players spinning hardest were the commission-dependent traditional firms that fear profit losses due to this additional transparency requirement. They spun the rule as being "bad for investors" and would limit choices or availability of brokers to work with small investors.

Respectfully, my education, training and 23 years of experience as an investment advisor representative cause me to vehemently disagree with the "bad for investors" spin. I can't understand how finally making it a legal requirement to put client interests first or making it a requirement to disclose to clients when they are taking a backseat to the firm is a bad thing.



Jeff Binkley is the Founder and Managing Director of Binkley Wealth Management Group. He can be reached at Jeff@thebinkleygroup.com or (317) 697-1618.

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Our June Speaker: **Patty Prosser**

**Managing Partner – Center for
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Patty Prosser

**Topic: “Your Personal
Board of Directors”**

Where Women Leaders today may still think it somewhat “unfashionable” to ask for help - they are deceiving themselves! The key is knowing who and when to ask for help!

Many successful women leaders fully admit to having what is sometimes referred to as “A Personal Board of Directors” that they can go to for honest and confidential advice when they need it - and report this resource as invaluable.

Patty will share some wisdom on the ins and outs and recommendations for cultivating the right “board” for you.

Patty has over 30 years of experience in partnering with organizations in the delivery of effective and measurable solutions to a variety of leadership development issues. She has assisted a broad base of client companies, both locally and nationally in both the profit and not-for-profit sectors, in growing, developing, and retaining their high potential leadership talent.

As a corporate executive with a multibillion dollar global organization for 12 years, followed by 20+ years as the head of a highly regarded career and leadership development firm, Patty has both experienced and understands many of the challenges and opportunities facing organizations and their key leaders today.

Her expertise lies in an ability to assist leaders and teams in understanding themselves, the impact they have within their organizations and on others, opportunities for growth and enhanced leadership effectiveness, and action planning to meet both professional and personal goals. Her approach is collaborative and focuses on helping individuals build upon the strengths, skills and experiences that have contributed to their current success, while identifying opportunities and tools to help them significantly raise their leadership capital within the organizations they serve.

Patty is a recognized and active leader in the Indianapolis business community, sitting on a variety of for-profit and not-for-profit boards and is the immediate Past Chair of the Indiana Chamber of Commerce and the Central Indiana Women's Business Council of the Indianapolis Chamber of Commerce. She is a long-time advocate for advancing the career of women and believes strongly in the concept of “paying it forward” and that leaders have a responsibility to be role models and strong stewards in their communities.

Patty has a B.S. in Education from the University of Kentucky, as well as numerous post-graduate hours in career management and professional and leadership development. She is a Certified Integrity Coach and a graduate of the Marshall Goldsmith Leadership Development and Executive Coaching Academy. She is certified in numerous leadership assessment and developmental tools that she uses to both diagnose situations and create effective and measurable action plans.

**DON'T MISS! To register, contact Cathy Myers
info@businessleader.bz or call/text (317) 918-0334.**

Justine Thompson

A professional life dedicated to helping youth

Justine Thompson has been the Plainfield High School Student Assistance Counselor (social worker) for 27 years where she has taught teens coping skills for life as well as having served on the Hendricks County Substance Abuse Task Force since its inception 26 years ago. This year, she was the recipient of the Optimist's "Partner in Education" award for having reflected the Optimist Club core values of making a difference in the lives of children at Plainfield Schools and optimism in the community. Here, we learn more about our June ICON of the Month Justine Thompson:

What do you consider your greatest virtue? Listening.

What do you most deplore in others? Ego driven actions...especially when those actions hurt others.

What do you like most about living in Hendricks County? I associate it with the privilege of working with youth and families for 27 years.

If you had to live elsewhere than in Hendricks County, where would it be? It would have to be the beach.

If you could begin life over, what would you change? I would make an effort to get in touch with my paternal grandfather who left my father when he was five years old..I would make an effort to get to know my great uncle, Dean Jagger, who was a movie star. I wouldn't allow fear to drive some of the decisions that has impacted in my life.

If money were no issue, how would you spend it? Help others and more beach time.

What makes you happiest? Having a healthy spiritual life, spending time with my husband and my family, having a positive impact on others, art, and dancing.

What is your favorite vacation spot? Siesta Key beach...so far.

What do you do with idle time? Couch time with a cat on my lap, mosaic art, quiet time on my screened-in porch and hang-out time with Jay.

What is it that makes you angry? Sometimes having to learn the same lesson in life again and again.

What do you do to escape from reality? Spend time with people I love, mosaic art and dancing.

What or who is the greatest love of your life? My husband Jay is the "who" and art is the "what."

Which living person in Hendricks County do you most admire? I think of my husband who has an incredible talent for helping people know their value and helping them strive for the best in life. If I can mention a second... Ray Saxman and his generosity.

What is the quality you most like in a man? Humility.

What is the quality you most like in a woman? Self-worth.

What is your greatest extravagance? Vacations and I pay to have my house cleaned... both are worth every penny.

What are your fears, phobias? Violence and feeling trapped.

What has been the happiest time of your life? Knowing that I have truly been there for another person. Connecting with others that are on a similar journey in life, supporting each other to be the best we can be. Having others love my art.

Which talent would you most like to possess? I'm grateful to say I have the talent I would most like to possess.. art... although continued improvement would be good.

What do you most value in your friends? Unconditional acceptance, honesty, and a sense of humor because I can be too serious.

Which historical figure do you most identify with? It is just not coming to me.

What is your greatest regret? Trying to change what I cannot change. I hope she forgives me.

What tenet do you live by? Together we can do what we could never do alone.



Compiled by Cathy Myers

Create a dramatic space

SACRED SPACES

By Pat
Donovan

Depending on your home and the style you have selected, always be sure to properly accessorize the space. Sometimes, it is best to over dramatize an area to make a statement. Often when I designed Decorator Show Houses, it was essential to the space.

The dining room in the photograph was designed to highlight the antique china cabinet. The walls were painted a rich blue to compliment the darker wood tone of the cabinet and table. I placed a large bouquet of flowers on a marble stand to solidify the space. Upholstered chairs were placed at each end of the table with the antique chairs across from each other.

This particular room was designed with an open concept. A round antique pillar was installed at the open corner. Heavy moldings were placed in the ceiling to complete this stately room.

Please give a great deal of thought into a space and you will always love it!



Submitted Photo



Pat Donovan is an ASID designer and is registered with the state of Indiana. She is the owner of Pat Donovan Interiors and can be reached at pat@donovansinteriors.com.

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TsT Home Improvement Services Tip of the Month

By Tom S. Truesdale



Summer Projects

Summer is finally here! The summer season is always a busy time for contractors as the summer weather is ideal for completing exterior projects. If you have been planning to complete a project at your home do not delay in calling a local contractor as the summer schedule is busy and unfortunately fall will be here before we know it. This month I have listed a few projects that are ideal during the summer season.

- Gutters replacement - check gutters that may have been damaged by winter ice accumulation.
- Siding repair and replacement; check for detached siding and rotted areas. Before painting existing siding, determine if it needs to be replaced.
- Painting - exterior painting is a seasonal activity, if your home is in need of painting, do not wait till the end of the summer to begin getting bids.
- Window replacement - if during the winter

season you noticed icing, condensation or cold drafts around any windows, repair or replacement is most likely necessary.

- Deck repairs, staining and sealing
- Deck / patio / paver construction
- Roofing replacement
- Side walk and driveway repairs and replacement
- Attached or detached building additions

The projects I have listed can range from simple to complex, therefore it is to the homeowners advantage to start the planning process as early as possible. Selecting products and a contractor can take time. My advice this month is to begin planning that summer project before it is too late. As always consult with a local qualified Construction Professional before starting your project. Have a great summer season and I hope this month's tips are helpful. Please do not hesitate to call if you have any questions. *TsT*

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Affiliate Professor of Clinical Orthopedic Surgery,
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To register, call **317.217.DOCS (3627)**

IU HEALTH WEST HOSPITAL
1111 North Ronald Reagan Pkwy
Avon, IN 46123, Terrace Classroom

A free light meal will be served.