

HENDRICKS COUNTY

# ICON

Volume 8  
Issue 08

## Westhead and WWII

OUR ANNUAL VETERANS DAY ISSUE

November 11 • Veterans Day 2015

Jack Westhead reflects upon his time of service aboard the U.S.S. Pennsylvania in the 1940s during World War II and his life following the war. *Page 7*



November 2015  
[myICON.info](http://myICON.info)

Nag them. Bug them. **Love them.**

If your loved one is a heavy smoker and over 55 years old, encourage them to find out their risk for cancer.

**\$49** LUNG SCANS  
[iuhealth.org/lungscans](http://iuhealth.org/lungscans)



Cancer Centers

# OLD BOB'S

...the mom-and-pop store that  
has a little bit of everything and more!



**NEW!**

Woods Edge Custom Lighting a locally owned and operated business owned by Rich Armstrong of Indianapolis. Woods Edge does more than lighting and specializes in custom projects, not limited to lighting.



Silouet Architectural Mailbox Posts  
Designs starting at \$210.00  
Installation for only \$75.00



**SHOP!**

Old Bobs has opened a  
**CONSIGNMENT SHOP!**

Stop in and see what we have or  
talk to us about consigning.



**\$2099**

Storage cottage built on your lot.  
10'x12' shown.



**\$1899**

10'x12'x11'tall built on your lot.

Visit [oldbobs.com](http://oldbobs.com) for full price list and options regarding storage buildings.



**NEW!**

New inventory of in-stock  
wallpaper and borders.



Our wild bird store has a huge  
selection of feeders, houses and  
accessories. Quality seed and mixes.  
50lb Oil Sunflower... **\$23.99**  
Nyjer Seed... **\$1.29 lb** Raw peanuts... **\$1.39 lb**  
Ear Corn 50lb box... **\$16.99**



**\$69<sup>99</sup>**

Custom picture framing from poster  
framing to conservation framing.  
We do not ship your work out to be  
framed. Poster special up to 24" x 36"  
includes frame, glass, dry mount.

10896 East US 36 • Avon, IN 46123 • (317) 271-2266

[www.oldbobs.com](http://www.oldbobs.com) • [www.facebook.com/oldbobs](http://www.facebook.com/oldbobs) @oldbobs



**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](mailto: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@myICON.info](mailto:sherry@myICON.info).



A product of

Established  
April 2008
**HENDRICKS COUNTY  
ICON**
Rick Myers  
PublisherKatie Mosley  
EditorBrian Kelly  
Chief Executive OfficerCarey Germana  
Production/Art Manager

6319 E US Hwy 36, Ste 3C, Mailbox #16  
Avon, IN 46123  
Ph: (317) 451-4088

Times-Leader Publications, LLC  
©2015. All Rights Reserved

The Hendricks County ICON is published by Times-Leader Publications, LLC. Content published alongside this icon is sponsored by one of our valued advertisers. Sponsored content is produced or commissioned by advertisers working in tandem with Times-Leader's sales representatives. Sponsored content may not reflect the views of The Hendricks County ICON publisher, editorial staff or graphic design team. The Hendricks County ICON is devoted to clearly differentiating between sponsored content and editorial content. Potential advertisers interested in sponsored contact should call (317) 300-8782 or email [sponsored@myicon.info](mailto:sponsored@myicon.info).

**READERS' WRITES****Rebuttal to Family Promise**

This letter is in rebuttal to Family Promise letters about it being a good neighbor. Of course unless you live next to the Family Promise property you wouldn't know the problems with the "neighbors." The problem is not with the Family Promise idea, it's with putting this type of venture in a private neighborhood. The very problems the neighbors mentioned at the zoning hearing are coming true. The rules or stipulations have already been broken or bypassed. It was presented at the zoning board hearing that this would be a non-smoking facility. The first thing they did was put out chairs and a smoking butt can. It was a quiet neighborhood after the previous renters moved out, then Family Promise and the loud argu-

ments with cuss words flying left and right moved in. When the grandkids come inside saying they are using the "F" word back there it's a bad thing and therefore bad neighbors. The other rule broken was everyone gone by 6 pm. I've seen numerous lights in the parking lot after 7- 7:30 pm. You see there are two sides to every story and unless you live next door, you don't know how good or bad the neighbors are. My neighbor to the south has had increased foot traffic cutting thru his yard en route to the Avon Town Hall Park. [A Family Promise property] is a good idea, just not in a [quiet] family neighborhood setting.

Terry Thorpe  
46123

**Things are looking up with the United Way of Central Indiana**

We know that education is the most effective way to break the cycle of poverty. United Way of Central Indiana is working with community partners, schools and agencies to ensure that Central Indiana children are given every opportunity to learn and succeed. We are very proud of our many agencies and programs that do great work in the area of education. In recent years, our focus on early childhood education has been at the forefront.

According to research, at-risk children who do not receive high-quality early education are 25 percent more likely to drop out of school, 40 percent more likely to become a teen parent, 60 percent more likely to never attend college, and 70 percent more likely to be arrested for a violent crime. All children deserve a great foundation of learning to help them succeed in life. Our future region of Central Indiana depends on us taking action.

Since 2008, UWCI and its partners have helped over 50 centers reach Level 1 or higher of Paths to Quality (Indiana's rating standard). We are working with these centers to make sure health and safety needs of the children are met, the environment supports learning, and teachers have access to the appropriate curriculum, books and supplies. In a few short years, we have been able to benefit more than 4,000 children with this work. The results are exciting and definitely making an impact!

Our public policy work in early childhood education is really the most exciting. We were able to harness advocates and legislators that supported our vision and make seri-

ous progress with House Enrolled Acts 1004 and 1036. This is so exciting because these policy changes will impact nearly 25,000 Hoosier children statewide. The bills include major changes with pilot programs and centers that receive CCDF vouchers. Those centers will be held to higher standards.

The support that came together through donations, volunteers and advocates to make all of these outcomes possible made me so proud of this organization. United Way of Central Indiana really is moving the needle on community impact. This is a perfect instance of a community rallying and coming together to make a change.

United Way of Central Indiana brings many resources and people together to make our community a better place to live. If you are interested in getting involved, please contact our office at (317) 745-0310. Thank you for all that you do and remember to live united!

Adriann Young,  
United Way Director  
46122

**Yes, we want your letters:**

Readers of the Hendricks County 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](mailto:news@myICON.info).

**AROUND TOWN****New dental option in Plainfield**

Dental Care at Plainfield Crossings will open its doors on Nov. 5. The office is led by Dr. Anna Jouravlev and her team. The office will perform routine cleanings and simple fillings to more restorative and cosmetic services. Dental Care at Plainfield Crossings is located at 2455 E Main St., Suite 104 in Plainfield.

**Warriors raise money for Sheltering Wings**

Students in Mr. Neilson's third period economics class at Danville High School have begun a student-led project creating Warrior Ladder Golf sets. Each set comes with two ladders, six bolos, and a carrying bag. Each ladder is made of PVC pipe to keep the ladders intact and to ensure quality. They will also be decorated in our school colors; crimson, black, and grey. The ladder golf games will be available for pre-order through Mr. Neilson. Contact him by his email at [mneilson@danville.k12.in.us](mailto:mneilson@danville.k12.in.us) or order online at [dchsladdergolf.weebly.com](http://dchsladdergolf.weebly.com). Follow the class on social media, Twitter: @DCHSLadderGolf, Instagram DCHSLadderGolf, and Facebook: Danville Warrior Ladder Golf. All profits will go to Sheltering Wings in Danville.

**Susie's Place benefits from matching HCCF grant**

Susie's Place Child Advocacy Center mission is to provide a neutral, child-friendly center for the investigation of allegations of child abuse and neglect, while maintaining the comfort and safety of the child as the first priority. Since its inception, Susie's Place has forensically interviewed over 4,000 alleged child victims of crime for more than 30 Indiana counties. The Hendricks County Community Foundation provided matching grant funds to support the Susie's Place Child & Family Advocate part-time position. Children and families in crisis need assistance in navigating the multiple systems involved in the child advocacy center response. This project provides support and advocacy services to alleged child victims and non-offending caregivers referred to Susie's Place during the investigation process to help reduce trauma and improve case outcomes.

## OUR VIEWS

## Thanksgiving is not just for one day

Like many holidays, we forget the original intent. We get caught up in a sporting event or family time or a large meal, while we turn our focus to Christmas. But we're missing an opportunity to remember how we got here.

It's been 400 years since the colonists landed. We all know the story and yet we are too far removed for it to have meaning. So we spend our time on Facebook posting our thanks for this or that, then we return to the hustle and bustle of our lives. But we have so much to be thankful for every day. Our lives could be richer for just stopping to remember what we have.

It's easy to get stressed about the orange barrels lining the highways and byways of our daily commutes, but without the proper care, the streets cannot get us to our destinations.

What about advances in healthcare? Sure it costs a pretty penny, but we're alive to complain.

Food is another thing we take for granted. We don't have to forage for a meal; spend the day preparing and the growing season toiling.

We are blessed. Carry that throughout your days and it will make a difference in your attitude.

## MONTHLY QUOTE

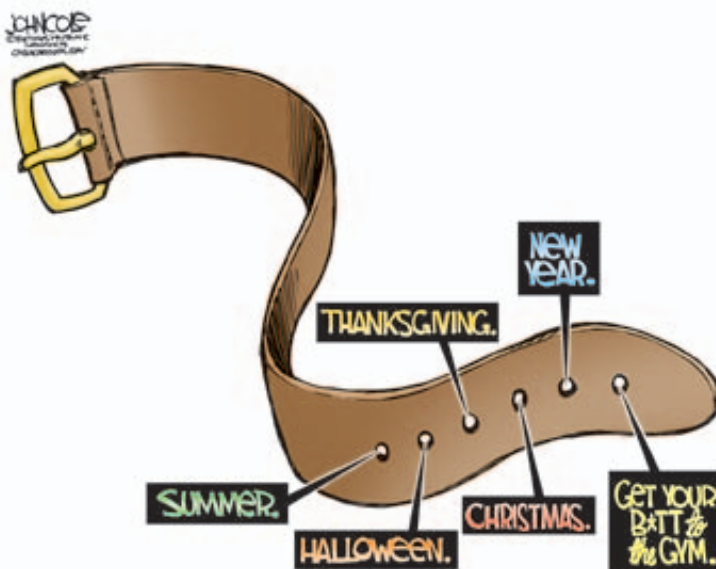
**"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."**

*~ Marcel Proust (1871-1922)  
French Novelist*

## BELIEVE IT!

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

In Hawaii, coins are not allowed to be placed in one's ears. **-dumblaws.com**



## Cable blues

Commentary by Dick Wolfsie

"There's someone at the door," said my wife, which is never a statement of fact, but rather a request for me to go see who it is. Generally, I'd prefer that Mary Ellen not answer the door. She's a softy and can't say "no" to solicitors, which is why we have 20 years' worth of garbage bags in the garage and every spring we donate 50 boxes of Thin Mint cookies to the local food bank.

The young man at the door was very polite and asked if we would consider changing our cable service. As a creature of habit, I am not inclined to change anything unless something much better comes along ... and I say that proudly after 35 years of marriage. I was in a generous mood, so I invited the gentleman in the house and asked him to give me his 60-second sales pitch. "I'm a bit nervous," he said.

"Why is that?"

"I've never gotten this far before."

The time was 7:03 p.m. Keegan began by trying to convince me of the benefits of a faster Internet connection, excited to boost me to 10 megabits per second from my present lowly 8. How long does it take you to get on the Internet now?" he asked.

"Well, I start upstairs with a beverage, then, with this pesky knee of mine, it takes me quite a while to get down the stairs to the computer. Then by the time I find my glasses, we're looking at eight to ten minutes."

Keegan then explained the cable advantages of this offer, which basically meant instead of 240 shows available every hour we could now get 270 — giving us an extra 30 we also had no time to watch. The deal-maker was that he was going to provide us with four DVRs, the devices that record TV programs

for future viewing. We only have three TVs, so we'd have to just stick one next to the toilet in the half bath. It won't be hooked up to anything, but I bet it will creep out our guests at our next dinner party.

When Keegan finally figured out our savings, he was required to call their resolution center somewhere in another country to confirm the price he had calculated. The agent put Keegan on hold for 40 minutes (although he said it would just be a moment), which made me feel better: every endless second we waited, I was more assured this was a real cable company. Finally, Keegan handed me his cell phone so I could establish some answers to security questions.

"What is your favorite fast food restaurant?" I was asked.

I was flustered, so the first thing that came out of my mouth was Arby's, which is really weird because that's the last thing I would put in my mouth. This guy in India said I couldn't use a name with an apostrophe since those characters were not permitted. This also eliminated my being able to use Hardees (Hardee's?), McDonalds (McDonald's?) and Wendys (Wendy's?). I ended up with Burger King whether I liked it or not (And I don't).

It was now 10:05 and I had finally signed up. The phone rang and when I answered it, it was yet another cable service wanting to talk about its new promotion, which sounded pretty good, too. "Let me think about that," I said. "Can I put you on hold for a moment?"



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.

## FROM THE PUBLISHER

## Do you know the 2015 ICON of the Year?

A few years ago we instituted an annual honor that I am very proud of: The ICON of the Year Award.

Past winners include, Rhonda Wiles, Suzanne Whicker, Susie Friend and most recently, Eric Ivie.

We are looking for the 2015 ICON of the Year. Do you know someone who is worthy? The winner will be on the cover of our December issue. In addition, the individual will be honored during Hendricks County Business Leader's February Cover Party, Thurs-

*"We are looking for the 2015 ICON of the Year. Do you know someone who is worthy? The winner will be on the cover of our December issue."*

day, Feb. 11 at a venue to be determined.

So, what makes an ICON of the Year? Well, it's that person who goes above and beyond to help make your Hendricks County community the best it can be; or perhaps it is someone who works to make Hendricks County greater as whole.

Bottom line is it's someone who cares deeply about making a difference for Hendricks County and realizes that that extra effort can propel it to be that one-of-a-kind community we all desire to live in. The recipient could be a policeman, a teacher, a coach, a public servant, a Boy Scout leader, Sunday school teacher, hard worker for a service club. You get the idea.

Do you know an ICON of the Year? Send me his/her name and your contact info at rick@myicon.info. I can't wait to hear from you.



Rick Myers is co-owner of Times-Leader Publications, LLC., publisher of Hendricks County ICON and Hendricks County Business Leader. Write him at news@myicon.info.





*Ruth's new knee  
is taking her places*

Before Ruth had her right knee replaced at the Center for Hip & Knee Surgery, the pain was so bad that she relied on cruise control to drive her car anywhere. Now, she goes wherever she wants and gets there at her own speed – in her car or on her bike.

Get back to doing all the activities you love. Schedule an appointment and talk with the highly skilled surgeons at an America's 100 best hospital for total joint replacement as honored by Healthgrades. With 29 years of experience, research and exceptional patient care, we're one of the leading joint replacement centers in the nation and the world. The Center for Hip & Knee Surgery has made joint pain and mobility limitations a distant memory for hundreds of thousands of patients.

 **Franciscan** ST. FRANCIS HEALTH Mooresville

*Inspiring Health* Visit [CenterForHipAndKneeSurgery.org](http://CenterForHipAndKneeSurgery.org) for more information.







**TRANE**  
**Bassett**  
SERVICES, Inc.

**Customer Satisfaction with No Excuses**

**\* FREE SECOND OPINION on Repair or Replacement**

Let Bassett Services Keep Your Heating and Cooling System Running Smoothly All Year!

*\*Must have competitor's quote. Expires 12/31/15*

**800-318-5877**  
**or 839-5877**  
check out our website:  
**www.bassettservices.com**

**24 HOUR SERVICE**

COMFORT SPECIALIST

## Hendricks County ICON's Greatest Generation Pearl Donnelly, Age 95



- Served in the Army Air Core during WWII from 1942-1945. She was a Corporal in the WAAC (Women's army auxiliary core).
- Made \$50.00/month while serving.
- Widow to Carl Donnelly: 2 daughters, 4 granddaughters, 1 grandson and 3 great-grandsons.
- From Williamson, West Virginia.
- Moved to Indianapolis after her time in the service. She had a friend in the Army who convinced her to move to Indiana. While registering to vote at a local fire department in Indianapolis, she met her husband, Carl.
- Before her service time, she worked in clothing sales at Brown's Dress shop. After the service she worked for RCA, Electronic laboratories and for the American Legion Headquarters.
- Her favorite thing to do is ballroom dance.
- Happy with the progression of women's rights.
- Most vivid memory of generation she was raised in: It was a poor generation. She was a coal-miner's daughter, but she was happy with what she had and had a good childhood.
- Advise to the next generation: Stay clean (stay out of trouble) and work hard.
- Biggest lesson learned: Be kind and help people.
- Biggest change witnessed from today's youth vs. her youth: Kids don't respect their parents like they use to. Lifestyles have also changed- more liberal.
- Item you would put in a time capsule: Army uniform
- Letter you would put in a time capsule: Have a better life for yourself.

## PARK SQUARE MANOR

6990 East County Road, 100 North • Avon, IN 46123  
317-272-7300 • www.ParkSquareSeniorLiving.com

## HC ARCHITECTURE & HISTORY

# Schools soar to success in Hendricks County

By Ken Sebree

Education has been highly valued by the people of Hendricks County since the early settlers arrived 200 years ago. The first schoolhouses were built of logs with an open fire for heat and oiled paper over the window openings to let in a little daylight. The first public school building was a log cabin constructed along the creek bank just south of Cartersburg.



Schools have come a long way since the one-room school house in Pittsboro. **Photo by Rick Myers**

In 1852, the state passed legislation which required the township trustees to be in charge of providing free public education convenient to the population. Since transportation was difficult in those days, school buildings were built in the towns and every few miles along the county roads. By 1885, Hendricks County had 108 schoolhouses and 5800 students. There were so many schools that it became difficult to find enough teachers, giving rise to the popularity of Normal Colleges, which produced with 18 weeks of education, teachers ready to take on the teaching of all students in a one-room schoolhouse.

Mrs. May Loy a longtime resident of Avon, now deceased, began her studies at Central Normal College in Danville one week after graduation from high school in 1914. After her 18 weeks of college education, she was issued a teaching certificate and taught students at the Shiloh School in Washington Township. She continued her teaching career throughout her life, serving many schools in the county.

Much has changed in Hendricks County since these early days. We now have just six township school systems commonly known as Avon, Brownsburg, Plainfield, Danville, Tri-West, and Cascade. These school systems now serve about 25,000 students and most career teachers have six years or more of college education. The public schools throughout Hendricks County are known for their high academic achievements and excellence in sports and the arts. Each school system in the county has kept up with the latest trends in school facilities, constructing new buildings as the population grows, featuring the latest in classroom design and technology.

We need only to visit the historic one-room schoolhouse now located adjacent to the Pittsboro Elementary school for a glimpse of what education in the county was like in 1883 when it was first constructed. This restored facility is available for tours by appointment for both individual and student groups.

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



# Westhead and WWII

November 11 • Veterans Day 2015

## Jack Westhead reflects upon his time of service aboard the U.S.S. Pennsylvania in the 1940s during World War II and his life following the war

By Gus Pearcy

When Armistice Day was designated a federal holiday, no one saw the horrible future that lie ahead. After all, the Nov. 11 cessation of hostilities of The Great War as it was known in 1918 was cause for celebration. World War II was inconceivable following the ravages of the first world war.

But the worse was still to come.

In 1954, President Eisenhower signed an order turning Armistice Day into a memorial to all veterans of war.

Veterans of World War II, the conflict that motivated the change, came home and went back to establishing their lives. As did the veterans of every conflict since. Nov. 11 isn't much more than a day off to most, but it is a time to reflect on the sacrifices of our neighbors and relatives.

Every veteran has a story. Here is just one story of many.

Jack Westhead spent only three of his 90 years fighting in World War II. He signed up for the Navy the day before his 18th birthday in 1943. After school and training, Wes-

thead, who has lived the last 50 years in the same house in Plainfield, spent the rest of the war aboard the U.S.S. Pennsylvania in the Pacific Theatre.

The Pennsylvania was the lead ship in the super dreadnought battleship class. A sister ship to the U.S.S. Arizona (destroyed at Pearl Harbor), the Pennsylvania's mission was to clear the way for the troops landing on the Pacific islands near Japan. She and her battery of 14-inch guns were instrumental in the the Marianas Campaign setting up the eventual victories at Guam and the Philippines.

"The ship had the honor of having fired, at one time, more projectiles than any other ship in the Navy," Westhead said. "The biggest problem we had was within less than 48 hours before WWII ended, we were anchored in

bay at Okinawa, and then a torpedo plane came in and dropped two torpedoes and hit the stern of our ship. We nearly sank had it not been for the fact that we were anchored and available to another large ship that was

able to help pump water from our compartments."

In the summer of 1945, the U.S.S. Pennsylvania received orders to make its way to Japan to help with an invasion, when the U.S. dropped the atomic bomb.

"It saved a lot of American lives," Westhead said of the planned invasion of Japan. "It took some lives of the Japanese, but they should never had done the aggression to start with, so they had to pay for it."

He's nonchalant about his war experience. Perhaps because of his perspective. Like many WWII veterans, he focuses on his life after the war. He went to college and got a degree in biology ended up working for Lilly until he retired. His avocation was photography. He, and his wife Kehren of 62 years, photographed many area weddings. He even was published by a magazine publisher for his work on covered bridges.

He has no opinion on current day politics or military actions. But he is a patriot, showing his allegiance with a Stars and Stripes billowing over his mailbox. Just below the U.S. flag is a Navy flag, smaller in size but no less prominent. Westhead recently pulled over the manager of a local big box store to remind him to post a flag in front of the store.



**Above:** The U.S. Navy battleship USS Pennsylvania leading battleship "Colorado" and cruisers "Louisville", "Portland", and "Columbia" into "Lingayen Gulf", Philippines, January 1945 (Public Domain image). **On the Cover:** USS Pennsylvania during visit to Australia in 1925 (Public Domain image) and Jack Westhead today at age 90 (Photo by Gus Pearcy). **Below:** Jack Westhead was a member of the first Indy Honor Flight in 2012. He visited the World War II Memorial in Washington D.C. along with other veterans (Submitted Photo).



### Do You Know Jack?

Jack Westhead says his best day as a photographer was taking photos when President Ronald Reagan visited Danville in 1987. Jack was the only photographer allowed in the room with Reagan and Governor Robert D. Orr. After photographing so many weddings, Westhead turned to still life photos, and was published in many country life magazines. Reared in Hymera, Ind., Westhead's father was a coalminer from England who became a plumber. Westhead returned home in 1946 from Great Lakes Naval Station. He caught a train to Terre Haute. His parents were unaware he was coming back. He had to hitchhike from Terre Haute to Hymera. "Back then, people would give you a ride," Westhead said, "especially service people."



# Going about her business

## Captain Amanda Goings serves and protects Hendricks County

### BEHIND THE BADGE

For Captain Amanda Goings of the Hendricks County Sheriff's Department, her career in law enforcement makes sense. From an early age she recalls being raised in a home with a strong sense of doing what was right. "I am a first generation law enforcer, but my parents always instilled in me the sense of right and wrong," Goings explained.

After graduating from the University of Indianapolis's law enforcement program, she decided that the sheriff's department was for her. "I really like the sheriff's department. I feel like you can do more and see more by policing the unincorporated areas of the county," according to Goings.

In addition to her normal daily responsibilities, which include serving warrants and providing security for the courts, she is a firearms instructor for the department and she is a trained hostage negotiator. When needed, she and the sheriff's department can be called into action to help back up other local police departments, especially in the smaller towns. Captain Amanda Goings is

just a hometown girl serving her community. She is celebrating 19 years with the department.

#### What does a normal day consist of?

I work out of an office at the jail. I usually report there first thing in the morning, but my tasks and locations vary from day to day. I am not only the PIO, but also the Quartermaster, Training Coordinator and Support Services Commander. I may have meetings, data entry, public speaking engagements, uniform needs or communicating with members of the media and updating our social media sites.

#### What was your inspiration to become a police officer?

I feel like law enforcement is really a calling to serve. I was raised by my parents with a very strong sense of right and wrong and I am a protective person by nature. I feel like it was a calling for me to do everything I can to protect those who cannot protect themselves.



Captain Amanda Goings, Support Services/Commander, PIO. Photo by Sherry Moodie

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

I have had a couple of cases where I really feel like I was able to make a positive difference in the lives of Hendricks County residents. One was a case of two young children being severely battered by their mother and her boyfriend for eating peanut butter when they weren't allowed. They were being neglected and abused across the board. I was able to gather evidence and make a strong case which the prosecutor presented to the court. The children were removed from that environment permanently and were able to be placed with healthy adoptive families. The other case was where a serious violent felon came into the area and robbed and sexually assaulted a member of our community. With a cohesive team of detectives and crime scene investigators, we were able to identify the subject and take him into custody.

#### What aspect of the job do you find most challenging?

Probably the most frustrating part of the job is not being able to make things right for the victims of crimes. Sometimes, we are fortunate enough to locate someone's stolen property and return it to them. Sometimes we are fortunate enough to be able to build a case and have successful prosecution of the perpetrator. But the idea that someone in our community had to endure the experience of the crime and the follow-up process of the system itself is very frustrating to me.

#### What do you enjoy doing in your time off?

My favorite pastimes are swimming, cooking, and spending time with my family. We enjoy watching T.V., going to the park and

sitting outside by the pool. I love to cook out on the grill and listen to music. My children are involved in theater, music and basketball, so all of those things keep us busy. It's fun to watch them grow with those activities.

#### What are your future goals?

Professionally, I want to continue serving the citizens of Hendricks County. I want the community to know what a valuable resource they have here at the sheriff's department. The recent news surrounding the police is not always positive, but I want people to know that the incidents that tarnish the badge are truly the minority compared to the positive things that our officers do. Our officers are men and women, fathers and mothers, friends and family and colleagues. We simply choose to put others before ourselves and serve this community with integrity and humility. After the execution of Deputy Goforth in Texas, we have had several members of the community step up and show their appreciation for those in police service. I would like to thank them in return for their well wishes and kind gestures.

#### What would you have done if you hadn't become a police officer?

At a younger age, I used to tease my parents about wanting to be a "beach bum with a dental plan." I may look into that again when I retire from police service. In all seriousness, though, since I was a teenager I knew that I wanted a career in law enforcement, and I didn't explore a lot of other options. Through my years of criminal investigations, I have taken a bit of an interest in anatomy and physiology. So I might look at a second career in the medical field.

Compiled by Sherry Moodie

## WIN FIELD LEVEL COLTS TICKETS!

Register today at [www.raystrash.com](http://www.raystrash.com) for your chance to be a part of the Trash for Cash promotion at an Indianapolis Colts game in the new Lucas Oil Stadium. The lucky winner will receive four field level tickets, a Colts Jersey, and a chance to win \$1000 in cash!



Ray's

TRASH SERVICE

Commercial Waste and Recycling Hauling – Residential Waste and Recycling Hauling – Industrial Waste and Recycling Hauling – Construction – Roll-off Services – Demolition – Land Clearing – Document Destruction – Concrete Crushing – Mulch

Buyers of: Scrap Metal, Office Paper, Plastics, and Cardboard

Clayton, IN 46118 [www.raystrash.com](http://www.raystrash.com) Phone: 317.539.2024 | Fax: 317.539.7022



## AROUND TOWN

## New VP of ambulatory services for Franciscan Alliance

Christopher A. DiGiusto was recently appointed vice president of ambulatory services for Franciscan Alliance. Among his duties, DiGiusto will provide operational leadership and direction over Franciscan Alliance's retail sites and ambulatory services, urgent care and occupational health sites; assist with direct-to-consumer engagement; and development and oversight of all telehealth platforms and services. DiGiusto has held many positions with Franciscan St. Francis Health since joining the organization in 2003. He has served as director of product and business development and manager of business development. He also was a project team leader for information technology implementation.



Send your **Hendricks County** News and Events to: [news@myICON.info](mailto:news@myICON.info)

Call Today!  
(317) 496-7177

Visit online... [healingluv.com](http://healingluv.com)

Christian Life and Health Coaching, Inspirational Speaking, Workshops, and Personal Training.

Call for your complimentary session.

exercise  
INC

See What 20 Minutes A Week can do for You!

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

Call Today for A Free Consultation  
**317.272.8001**

## Proud Supporters of the HCICON Teacher of the Month Program

Dedicated to providing fresh food, good nutrition and an assortment of healthful menu options for children and adults.



10791 E. U.S. Hwy. 36 • Avon, IN  
(317) 271-7760  
[www.Cfarestaurant.com/Avon](http://www.Cfarestaurant.com/Avon)



2687 E. Main St. • Plainfield, IN  
(317) 839-4886  
[www.Cfarestaurant.com/Plainfield](http://www.Cfarestaurant.com/Plainfield)

Today I discovered I am a chef.

At Wellbrooke, quality of care goes beyond our fine accommodations. It means staying involved and engaged in the life you love and the things you enjoy. For this reason, we offer a variety of enriching activities, ranging from cooking classes to gardening competitions and more. Our residents' beautifully designed private apartments are only steps away from an array of five-star amenities which include an art studio, movie theater, salon and spa. And it's all designed with one thing in mind: exceeding the expectations of our guests and their families.

*For more information about our unique approach to senior living, call or stop by today.*

*Fall in love with our Assisted Living reduced rates! Call or stop by today for more information.*



Wellbrooke of Avon  
 @AvonWellbrooke

Wellbrooke  
of Avon  
THE CENTER FOR HEALTH & WELLNESS  
317-273-2144  
10307 E. County Road 100 N.  
Indianapolis, IN 46234  
[wellbrookeofavon.com](http://wellbrookeofavon.com)



When is *your* big day?

# Bridal Show

*You are invited...*

**5th Annual  
Hendricks County ICON  
Bridal Show**

January 31, 2016

1pm to 5pm

Held at the Prestwick Country Club

5197 Fairway Drive

Avon, Indiana 46123

HENDRICKS COUNTY  
**ICON**  
**FREE** *for*  
*all Brides!*

HOSTED BY

*Prestwick*  
COUNTRY CLUB

To register, please email: [brides@myicon.info](mailto:brides@myicon.info)

For questions or vendor space information, please contact  
Sherry Moodie at: [brides@myicon.info](mailto:brides@myicon.info) or call: (317) 525-1258





## Shaking with the Quakertown Shakers

By Gus Percy

It's good to have a pastime. For nearly 30 years, the Quakertown Shakers have been cutting a linoleum floor every week at St. Mark's Church in Plainfield for lessons and practice. Every month, the club holds dances for enthusiasts. This month, the club will honor veterans from 8-10 p.m. at Plainfield Middle School, 709 Stafford Rd., Plainfield.

Shaker President Bob Kluegg says the club has about 35 members.

Most surprisingly, the dancers don't just dance to country music but anything with a beat. Some of these photos were shot while the couples swirled around to Michael Jackson's "Billie Jean."

In square dancing, the moves are called out over the music by a caller. The caller calls the shots.

"When we first started learning square dancing, I was in a really high-stress job," Kluegg said. "Coming to square dance lessons relieved that stress because you had to put everything else out of your mind and pay attention to what the caller was telling you. If you didn't you were breaking down the square."

For more information, visit the club's website at [www.quakertownshakers.org](http://www.quakertownshakers.org).

*Photos by Gus Percy*

**Immediately above:** Dancers continually change formations in their "squares" which consists of four couples continually trading partners. There are other forms of square dancing called rounds where couples stay together throughout the dance.

**Right, top:** A typical square dance move where the female dancer trades partners.

**Left, top:** Tonight's caller for the lesson is Darrin Henry.

**Left, middle:** Feet are flying at the Quakertown Shakers weekly lessons.

**Left, bottom:** The sign points square dancers to the lessons in the basement of St. Mark's Church on Buchanan Street in Plainfield.





# SAVE UP TO \$7.50 NOW

(and 70% for the next 17 years)\*

Get cash back and save on energy for a long, long time when you switch traditional bulbs for ENERGY STAR® LED bulbs.

Go to [PowerMoves.com/LED](http://PowerMoves.com/LED) to start saving now.

\*Offer good for up to 25 LED bulbs per member, for a limited time only.

**HENDRICKS  
POWER**  
Cooperative

Your Touchstone Energy® Cooperative

## POWER MOVES®

Energy Efficiency Programs from Your Electric Cooperative

Join us for the 2015  
Hendricks County Business Leader's

## Women's Business Leader Luncheon

Presented by



MAXIMIZING  
YOUR NETWORK

Every organization has them and needs them: informal networks that buzz with knowledge sharing, communication, information flow and relationship building. In today's business, you want to have a strong personal brand which enables you to be found and to be remembered for your expertise. In this workshop, you will learn how to develop your personal brand, make it known in your area through Maximizing Your Networking. We will focus on awareness and development of your personal brand, your network and maximizing your efforts. We will discuss and share pitfalls and struggles of developing your personal brand to align with your organization; how to promote yourself through events and social media, such as LinkedIn, YouTube and in person opportunities.

Nancy brings a diverse business background with a combination of development, academics and networking. She is the Director of the Lou Holtz Master of Sciences in Leadership Program at Trine University. In addition to her career in academia including adjunct instruction at several universities, her past career was primarily in the Human Resource and vendor services fields, which also included sales and management. With 16 years in staffing, outsourcing human resource management, Nancy has managed regional offices for an employment/staffing firm, worked with hundreds of customer organizations to provide solutions to their HR needs, networked within the greater Fort Wayne community and Northeast Indiana and served on the boards of the Women's Bureau, Greater Fort Wayne Chamber of Commerce, American Heart Association, Northeast Indiana Human Resource Association and many more.

You're Invited  
to Join Us!

**DON'T MISS!**  
**December 8th**



"MAXIMIZING  
YOUR  
NETWORK"

Nancy Steigmeyer  
Guest Speaker

Luncheon time is  
11:30 am to 1pm  
at Wellbrooke of Avon  
Cost: \$15  
10307 E. County Road  
100 North  
Avon, In 46123

For additional information,  
contact Cathy Myers  
[info@businessleader.bz](mailto:info@businessleader.bz) or  
call/text (317) 918-0334.

A portion of the proceeds to benefit  
Leadership Hendricks County.

Wellbrooke  
of Avon  
The Center for Health & Wellness  
(317) 273-2144  
10307 E. County Road 100 North • Avon, IN 46123  
[www.WellbrookeOfAvon.com](http://www.WellbrookeOfAvon.com)

**BUSINESS  
LEADER**

**LEADERSHIP**

HENDRICKS COUNTY, INC.







**Above:** Painting Colleen Carter sold to the Indiana State Museum to be a part of their permanent collection. It's called "Reflections" (Submitted Photo). **Left:** Colleen Carter in her studio working on a still life of apples grown at Beasley's Orchard (Photo by Gus Pearcy).

## Artist reaches heights with 'reflective' work

**By Gus Pearcy**

Since 1925, the Hoosier Salon Patrons Association and Fine Arts Gallery has held an annual exhibition of works by Hoosier artists. It's juried exhibition meaning the work is chosen by a panel. This year, for the first time, Colleen Carter, owner and instructor of the Sketch Pad Art Studio in Avon, was accepted for her piece called "Reflections."

The still life shows a stainless steel creamer behind a few green and brown farm eggs. Of course, the eggs are reflected in the curved cream pitcher bathed in bright morning light.

As if that wasn't enough of an honor, Carter says the second honor came after the show ended in September.

"Several weeks later, I was speaking to the gallery manager at the Hoosier Salon Art Gallery in Carmel," Carter said. "He said, 'Your painting was purchased. Would you like to know who it was purchased by?' I said, 'Yeah.' And he said the Indiana State Museum purchased it for their permanent collection."

The painting started as a lesson for her students on values and reflections. Carter said she liked it so much that she finished it over a couple of weekends. The 9" by 12" oil

painting on a board sold for \$575. It will tour with other works from the Hoosier Salon show at four locations until the end of the year. Then it will go to the museum to be representative of Hoosier artists such as T.C. Steele and Robert Indiana.

Carter, who opened the Sketch Pad 15 years ago, teaches fine arts through the week to 60 students of all ages. On the weekends, the fun art begins with party painting classes. She has always enjoyed teaching, but she never expected the response she got when she told the teenagers in her oil painting class about the journey of "Reflections."

"They stood and clapped for me," Carter said. "It meant so much that I inspired that in them. They were proud of that and it meant the world to me and I just teared up."

On her wall in her studio are three words, "believe, inspire and grow," which have guided Carter throughout her career.

"I always believed I could be a working artist," she said. "That's been validated by being invited to show my work and the purchase by the museum, but more importantly, I'm glad I can be an inspiration for my students."

For more information about the Sketch Pad Art Studio, visit [www.sketchpadartstudio.com](http://www.sketchpadartstudio.com).

## Marsh receives 'Outstanding County Treasurer' award

Hendricks County Treasurer Nancy Marsh received the 2015 Outstanding County Treasurer Award, the Association of Indiana Counties (AIC) announced in late October.

The award recognized her contributions made to county government throughout her years of public service. This was her second time (2013) to be honored with the award.

"I was honored they chose me again," Marsh, of Danville, humbly told the ICON.

In 2012 Marsh also received the AIC's highest honor, the Arthur R. Himsel Award which was named after one of the AIC's founding members, a Hendricks County elected official. AIC presented the award during its Annual Conference in September in Michigan City.

Marsh has served as an elected Hendricks County official for nearly 15 years. She served seven years as the County Auditor, and has served as the county treasurer for the last seven years. She currently serves as president of the Indiana County Treasurers' Association.



From left, Nancy Marsh and AIC President Al Logsdon, (Spencer County Commissioner) presents award to Nancy Marsh.

## Slovenian National Home's Annual Grape Arbor Dance slated for Nov. 14

The Annual Grape Arbor Dance will take place on Saturday, Nov. 14 at the Slovenian National Home, 2717 W. 10th St., Indianapolis.

The Slovenian Grape Arbor Dance is reminiscent of the traditional celebration in Slovenia that revolves around the annual gathering and harvesting of grapes. Slovenia is known for its wine producing vineyards. A good grape harvest is marked by a celebration that includes accordion music, singing dancing, wining and dining. Attendees will try to steal the grapes hanging above from the arbor, if caught, those individuals will need to have a fine paid by a will-

ing dancer to get out of jail and rejoin the festivities. All money raised benefits the repairs/improvement of the Slovenian National Home.

Doors open at 5 p.m. and dinner (Slovenian Pork Loin, sauerkraut, re-fried potatoes, & apple strudel/hot dog with Mac & Cheese for kids) will be served at 6 p.m. The Polka Jammers will play from 7 p.m. – 11 p.m. Admission is \$7 and \$17 with a meal; children eat for \$3; Children 16 and under with an adult are free.

For more information, visit [www.slovenian-national-homeindy.org](http://www.slovenian-national-homeindy.org) or call (317) 632-0619.



## Musical Breakfast with Santa

**What:** The Brownsburg Band and Orchestra Parents Present the 19th Annual Musical Breakfast with Santa. **When:** Saturday, December 5, 2015. **Where:** Brownsburg West Middle School Dining Room, 7:00 - 11:00 AM. **Cost:** \$10.00 per adult or child – Includes 4 craft tickets per reservation. Additional craft tickets available at the door 4 for \$1. Pictures with Santa available for \$5.00 per picture. **Menu:** French Toast Sticks with Syrup • Scrambled Eggs • Orange Juice • Sausage Links or Bacon • Coffee or Milk. **Activities:** Instrument "Petting Zoo" • Cookie Decorating • Face Painting • Craft Stations • Santa Shoppe for children under 48" tall. **Musical Entertainment:** Brownsburg instrumental music students. **Make checks payable to:** Brownsburg Band & Orchestra Parents (BBOP). **Mail:** Send your name, e-mail (for confirmation), phone number, number of adults, number of children and check to: Peppy Parsey, 166 Mindy Lane, Brownsburg, IN 46112. All reservations should be received by Tuesday, December 1. Seating is limited. **Questions, contact:** Peppy Parsey [pjws4parsey@sbcglobal.net](mailto:pjws4parsey@sbcglobal.net) or 852-3032.

**NOW OPEN!**

**ACE**  
Hardware

**Shop Online!**

**BROWNSBURG  
ACE HARDWARE**

800 E. Main Street  
Brownsburg, IN 46112  
Phone: (317) 939-0026  
[acehardware.com](http://acehardware.com)



## Cassie's List

List either five books, or five movies, or five albums that have had an influence on your life: *Unbroken* by Laura Hillenbrand, *Redeeming Love* by Francine Rivers, *Harry Potter* series by JK Rowling, *My Sister's Keeper* by Jodi Picoult, and *The Me I Want to Be: Becoming God's Best Version of You* by John Ortberg.

### How Cassie did it?

#### What's the best advice you ever received?

Prepare to give your best. I learned this in my college speech class. I like to speak in front of people and have a tendency to want to wing it. While that may be ok when I do so, I'm not giving my best. Every task at hand deserves my best and that requires preparation.

#### Best business decision you ever made:

When Sheltering Wings board and staff determined to hold fast to our mission and only house women and children in our facility. We knew it wasn't in our client's best interests to house adult men and women together that are escaping domestic violence. The difficult decision resulted in further unifying the board and staff, building confidence in standing for what is right, even when it may not be popular, and expanding our services, ensuring men had additional resources.

#### Worst advice you ever received:

Don't do for one what you can't do for everyone. And, do for one what you wish you could do for all. There is a time and a place for each depending on the situation.

**In five years, I want...** to continue to be leading Sheltering Wings, hopefully in the midst of another campaign to finish the shell space of our expansion. The demand for emergency housing and support services continues to grow and we need to expand to accommodate the need.

**My secret to success...** I'd attribute my success to my thirst for continual learning. Every situation, good or bad, has something to glean from it. In fact, it's the most challenging situations that often produce the greatest opportunity for learning. I also like to surround myself with people that are smarter than I am so I can learn from them.

## Profile in Poise

By Gus Percy

Ask her what her favorite accomplishment on her wish list is and Cassie Martin will likely respond singing the National Anthem before an Indianapolis Indians baseball game. Or she might respond with her continuing goal of doing a mission trip on every continent. (She self-deleted Antarctica) Now, she's working on riding in a Blackhawk or Huey helicopter.

Oh, and she's also the executive director of Sheltering Wings Center for Women. It's been two years since she came on board and, according to her board president Dan Bond, she's living up to expectations with drive and compassion.

"A lot of people have compassion but maybe not the drive to make things happen and get things done, get things done and see the fruits of their compassion," Bond said. "Cassie's kind of a rare person in that she's been an effective fundraiser, but she's also a very effective administrator."

Bond adds that he's impressed by her poise at age 34.

"We couldn't be happier with her performance, so far," Bond said.

Her compassion could be traced back to her family. Martin moved around a lot as a child because of her father's work as a music minister with the Church of the Nazarene. She ended up in Avon for her last two years of high school.

She graduated from Olivet Nazarene University eventually landing a job at the Riley Children's Foundation. There she spent 10 years learning to raise funds, which has proven to be a much needed skill set in her job at the shelter.

Martin is sincerely thankful for the continued community support for the short-term domestic abuse shelter for women and their children. But despite a robust program to stem the tide of domestic abuse, Sheltering Wings is seeing a marked increase in the need for services. This is compounded by a threat of dwindling government funds.

"We are at this point that we have to grow our services and our capacity," Martin said. "We really need to focus on fundraising to meet this growing demand."

The shelter can handle 68 people and Martin says it is constantly at capacity. There is a second floor which remains unfinished. But there are also staffing needs.

"We are housing between 68 and 74 (women and children) over the course of the months," Martin said. "We are only staffed

## COVER STORY

### Sheltering Wings Executive Director Cassie Martin plans for future of helping women and children escape domestic violence



"We are at this point that we have to grow our services and our capacity. We really need to focus on fundraising to meet this growing demand."

~ Cassie Martin

Photo by Rick Myers

Cassie Martin

for 50 or 55. So when you have that many residents, it's really taxing on our staff and our infrastructure."

Sheltering Wings board of directors sought to hire an experienced fundraiser in the executive director position, which Martin's experience at the Riley Foundation fit well.

October is Domestic Violence Awareness month and Sheltering Wings will be participating with a number of activities including the annual vigil which celebrates the survivors and remembers the victims of domestic abuse.

It was on a mission trip to Cambodia where Martin felt a calling to help women and children. Martin was tired of the non-profit world and fundraising, but realized that God had other plans. While in Cambodia, Sheltering Wings posted the job. Martin felt compelled to apply.

"It was the only job I applied for," Martin said. "I went through a series of interviews for five months and all along the way, I just kept praying, 'Lord, is this what you want me

to do? Is this what's next for me?' Every question I had, the Lord answered in the affirmative."

Her prayers led to a vision to help and protect women and children and she says she is grateful.

#### Sheltering Wings Center for Women

24-hour hotline  
(317) 745-1496

**EXTRA**  
**BUSINESS LEADER**  
HENDRICKS COUNTY

As originally appeared in the October 2015 issue of Hendricks County Business Leader.



## MONEY MATTERS

## The Fed is finished

The Fed just admitted its job got a lot harder. They may not be up to the task of finding a way out of this economic morass. With Fed Chief Yellen's remarks on Sep. 17, it became ever clearer that the Fed's primary mission is shifting from fighting inflation to fighting systemic risks in the global economy. And the Fed may be out of ammunition and ideas.

Central banks historically have used a powerful primary tool to encourage or temper an economy. That is the capability to raise or lower a target interest rate. Back in 2008, the US Fed drove the target interest rate to near zero. With a recent announcement that the Fed decided to keep the target rate unchanged, it became clear that they, the Fed, the "smartest money people in the world" don't know what to do.

When a ripple in the Chinese market, albeit some would argue not a ripple but a precursor to tsunami, can alter the minds of US central bankers, change Fed policy and timing for a rate hike, the writing on the wall became clear. The Fed is admitting that the global economic situation has become more influential (invasive anyone?) to the setting of domestic financial policy.

Ms. Yellen, at her news conference, repeatedly mentioned global events that had affected our economy, our inflation, and our opportunities for domestic economic growth. Now, the latest economic projections from Fed policymakers see their desired target inflation rate of 2 percent not happening until 2018. This implies that they may keep interest rates very low for years to come. I woke to read headlines like "Are zero interest rates the new normal?"

The Fed is finished. Not in the sense that they can no longer set target rates that have consequence or create quantitative easing programs (i.e. creating cash) to spur the economy, but rather that those tools of economic policy have been so overused and abused that they have less and less ability to move the economy. Like an addict who must take higher and higher dosages to achieve the same high, zero interest rates and QE programs no longer have the efficacy they had when they were new and relatively untried.

So what can be done to get us out of these doldrums? It's time for new "medicine." Medicine like aggressive legislation de-regulating and creating much more economically friendly tax policy. A start would be to lower corporate tax rates, provide investment tax-credits to tried and true industries rather than special interest, pie in the sky "alternative energy" companies that take our hard-earned tax dollars then go bankrupt. We also need to find a way to get some of that overseas cash back inside our borders and filtering through our economy. Those trillions of dollars, earned overseas by US corporations and held overseas due to lower corporate taxes abroad could instead be brought back to the US, held in US banks and then lent out to US companies and entrepreneurs. Only with aggressive treatment can this patient recover. The doctors at the Fed are no longer up to the task. The cowboys in Congress need to saddle up.

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



**Jeff Binkley**  
COLUMNIST

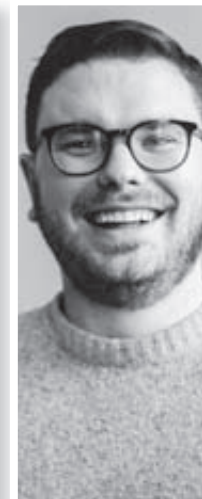
## BIZ BRIEF

## HCCF fund gives to local JDRF chapter

The Matthew Broderick Diabetes Awareness Fund, a fund of the Hendricks County Community Foundation granted \$7,500 in support of the Juvenile Diabetes Research Foundation (JDRF). The donation will support research to create a world without T1D. The Matthew Broderick Diabetes Awareness Fund was created in memory of Matthew Broderick who passed away due to T1D complications. JDRF works to ensure an ongoing stream of life-changing therapies that lessen the impact of T1D, keeping people healthy and safe today until a cure is found. For more information about T1D or how to donate to JDRF, visit [jdrf.org](http://jdrf.org).



# I am HCCF WON'T YOU JOIN US?



Pictured (l-r): William Rhodehamel, Executive Director; Eric Hessel, Program Officer; Ericka Bethel, Communications & Events Manager; and Frances Mock, Accountant.

To learn more, please call 317.268.6240 or visit [www.hendrickscountycf.org](http://www.hendrickscountycf.org).



## Business Leader Cover Party

## SAVE THE DATE!



SEE YOU  
THERE!

4:30-6:30 p.m.

TKO Graphix

2751 Stafford Rd., Plainfield, IN 46168

**2015 COVER PARTY • NOVEMBER 12<sup>th</sup>**

Food • Fun • Networking Presented by STATE BANK OF PLAZTON

For more information, contact us at: [coverparty@businessleader.bz](mailto:coverparty@businessleader.bz) or (317) 918-0334





*Rise & Shine*

**WITH PAIN-FREE  
KNEES**

Raising 18 head of horses often means rising before the sun does. Just one year after having hip replacement surgery at Hendricks Regional Health, John of Brownsburg needed to have both knees replaced. Thanks to the expert care he received from his sports medicine and orthopedic team, he's now able to rise and shine, pain free. Speak with an orthopedic surgeon at a free joint pain talk. Register at [HENDRICKS.ORG/JOINTS](https://www.hendricks.org/joints) or [\(317\) 718-4676](tel:3177184676).







## TsT Home Improvement Services Tip of the Month By Tom S. Truesdale

### Detached buildings add value and functionality

Detached Buildings may come in many shapes and sizes but when designed and built correctly, they add significant value and functionality to your home.



1. A new pole barn building or simple storage structure can be built economically to meet virtually any dimension large or small.

2. A detached building can provide many functions:

- As a vehicle garage.
- Recreational use: fitness facility, hobby area, wood working shop or winter-time activity area.
- Simple storage for bikes, cars, boats, tools and lawn equipment.

3. Detached buildings must be constructed to meet local building codes and property set back requirements. Zoning and Permitting are required.

4. A new building can be built in phases as funding is available...  
Shell/Structure - Concrete Floor  
- Interior Finish

5. The construction of a new Detached Building adds immediate value to your home and pays back at resale dollar for dollar.

## TsT Home Improvement Services

Helping people one job at a time...

# 317-550-8677

**1 FREE HOME IMPROVEMENT CONSULTING VISIT**

Plainfield, IN • email: [thomas\\_truesdale@yahoo.com](mailto:thomas_truesdale@yahoo.com)  
website: [tsthhomeimprovement.com](http://tsthhomeimprovement.com)



## Sweet taste of the raisin

### WINE & DINE

By Charles R. Thomas, M.D.

***Raisiny** - A sensory descriptor to describe a wine that smells like raisins; usually late harvest wines made from overripe or raisined grapes. A closely related descriptor is "jammy" that refers to a wine that has very concentrated, forward, fruit flavors that remind one of or suggest jam.*

I can, with great confidence, guess that most all of us have recollection of our mother giving us a small package of raisins to munch on after school. They are tasty, nutritious, digestible, and without any of the bad attributes the politically correct community tags on to most every other food. As dried versions of the grapes that we generally use to make wine, they retain the smorgasbord of flavors we see in wines. There are white and red and sometimes also pink. They offer fruit flavors of blackberries, raspberries, boysenberries, blueberries, cherries, and figs. There are citrus flavors of grapefruit, lemon, orange, mango, papaya, etc. But the common thread is the concentration of fruit flavors that seems to explode in the mouth. Raisiny wines are either made that way on purpose or just taste that way due to the nature of the grape combined with the taste characteristics of the end product.

So, to simplify the issue, there are wines that have a raisiny taste or character and they are wines that are purposely vinified to taste that way. Actually, one of the earliest recorded wines was described in 800 B.C. in ancient Greece, a wine that was produced from grapes that were allowed to remain on the vine long after they were mature and normally picked. They were left on the vine to desiccate and dry in the Mediterranean sun until they were raisins, then picked and placed in an envelope-type arrangement to ferment for a week, then pressed. The result

was a wine that was very sweet with concentrated fruit flavors. The Italians make such a wine from grapes dried on straw mats, Passito wine, or even grapes left to dry out on the roof of the winery or the house. They also make a dry wine called Amarone from partially dried grapes/raisins.

Other wines of the world can demonstrate the raisiny character, such as those of the late harvest variety or dessert style can possess varying degrees of raisiny style. Ruby and Vintage Ports have a distinct raisiny taste as do the sweet sherries of the world. One of the common characteristics is lower tannin level (that lessens the rough finish of the wine) and also the lower acidity (reducing the sharpness) to produce a smooth, agreeable finish. While many wine drinkers like this character in a wine, most experts think that the raisiny quality is a major flaw in table wines. Despite this, Zinfandels and Syrahs, both generally high alcohol products, are commonly seen or expected to possess that raisiny quality that they decry. They are both excellent table wines.

Wines that are concentrated in flavor combined with excellent ripeness of the source fruit are the hallmark of the label "jammy." The name suggests that the primary flavors are those of jam, such as blackberry or raspberry. Jammy is generally thought to be a complimentary adjective in wine-speak, although sometimes inappropriate. Jammy flavors are, once again, common in late harvest wines, Ports, Sherries, and other dessert wines, but also in some dry table varieties like Zins, Syrah, and even in Cabernets. Common sense would dictate that if there is sweetness accompanying the jamminess, then a sweet dish would be paired. Otherwise, make sure the pairing will stand up to the intensity of the fruit in a jammy wine.

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



## Spicing up the kitchen

### INDOORS/OUT

By Pat Donovan

Who wouldn't love working in a spacious kitchen like this one? A large window to look out of, high ceilings, an island and so much more! I especially loved the window cornice (an ornamental molding around the wall of a room just below the ceiling) with the sheer curtains and matching border. This space is a Decorator Show House that Donovan's Interiors revamped and is one of my favorites.

The cabinets used in the space were fairly new so we added legs to give them a new look. This photo does not show the entire kitchen, but it was quite large. At the other end of the kitchen, there was a built in cabinet with glass upper doors and a built-in desk.

If you are considering updating to a newer kitchen, be sure to space everything out so there is adequate room to move around. The kitchen is the place to "hang" out in most homes and an island is a great place to put out snacks and or meals.

Don't forget, a kitchen always looks and feels wonderful with fresh flowers.



Submitted Photo

Pat Donovan, ASID owns Pat Donovan Interiors, Inc. Contact her at (317) 272-6134 or generalinfo@donovansinteriors.com.

HENDRICKS COUNTY ICON'S  
ADOPTABLE PET OF THE MONTH

**HI! I'M ROXY!**  
I was found as a stray when I was hungry and trying to get into a restaurant. I would love to find my forever family! I am only 1 1/2 years old so I have a lot of energy. I love to run and play, but I also love lots of attention and belly rubs, too! I love other dogs and kids, too (preferably older kids because of my energy level). If you would like visit with me, please contact **HELPING PAWZ ANIMAL RESCUE** by calling 765.719.3546 or log onto [helpingpawzrescue.org](http://helpingpawzrescue.org).

Ad sponsored by  
**Indianapolis Pet Food Delivery Service**  
(317) 670-0847  
[www.gratefulpetindy.com](http://www.gratefulpetindy.com)

Ad sponsored by  
**Pounce 'n Play PET SITTING**  
(317) 529-4395  
[pouncenplayindy.com](http://pouncenplayindy.com)

### HOUSEHOLD HAZARDOUS WASTE IS ACCEPTED FOR FREE

- OIL-BASED PAINTS/STAINS (LATEX PAINT SHOULD BE DRIED OUT AND THROWN AWAY)
- PESTICIDES/HERBICIDES
- FLUORESCENT LIGHT BULBS
- MERCURY-CONTAINING ITEMS
- UNWANTED MEDICINES
- AUTOMOTIVE FLUIDS/FUELS
- SHARPS (LANCETS, SYRINGES)
- ADHESIVES
- DRAIN OPENERS
- BATTERIES (ALL KINDS)
- CLEANERS/SOLVENTS
- POOL/SPA CHEMICALS
- FIRE EXTINGUISHERS
- PROPANE TANKS

EACH EVENT IS OPEN FROM 8AM TO 1PM.  
HENDRICKS COUNTY RESIDENTS ONLY.  
REGULATIONS PROHIBIT BUSINESS WASTES FROM BEING ACCEPTED.

## 2016 TOX-AWAY DAYS

### APRIL 9<sup>TH</sup>

BROWNSBURG HIGH SCHOOL  
1000 SOUTH ODELL STREET

### JULY 16<sup>TH</sup>

HICKORY ELEMENTARY SCHOOL  
907 S. ST. ROAD 267, AVON

### OCTOBER 22<sup>ND</sup>

PLAINFIELD MIDDLE SCHOOL  
985 S. LONGFELLOW DRIVE

### MAY 21<sup>ST</sup>

HENDRICKS CO. FAIRGROUNDS  
1900 E. MAIN ST., DANVILLE

### SEPTEMBER 17<sup>TH</sup>

HENDRICKS CO. FAIRGROUNDS  
1900 E. MAIN ST., DANVILLE

### PROBLEM WASTES ACCEPTED SOME FEES MAY APPLY

- **ELECTRONICS**
  - COMPUTERS: FREE
  - MONITORS: FREE
  - PRINTERS/SCANNERS: FREE
  - DVD/CD PLAYERS: FREE
  - TVS: SMALL: \$20  
LARGE: \$25
- **APPLIANCES**
  - WITH REFRIGERANT: \$10
  - WITHOUT REFRIGERANT: \$5
- **TIRES**
  - PASSENGER CAR/TRUCK:
    - FIRST 6: FREE
    - NEXT 6: \$2 EACH
  - TRUCK/SEMI-TRACTOR:
    - FIRST 2: FREE
    - NEXT 4: \$6 EACH
  - FARM/TRACTOR:
    - FIRST 2: FREE
    - NEXT 4: \$15 EACH



**Hendricks County**  
Solid Waste Management District

VISIT [HENDRICKSSOLIDWASTE.COM](http://HENDRICKSSOLIDWASTE.COM) OR CALL  
317-858-6070 FOR MORE INFORMATION.



## Naturally finding peace of mind

### MOM'S the WORD

By Alyssa Johnson

Peace of mind often feels like a pipe dream other people get to experience. But that doesn't have to be your reality! It is possible to experience it on a regular basis. You're probably asking, "How?" about this time, aren't you?

Peace of mind will never be a reality if you don't seriously commit to a regular practice of self-care. I know, I know; who has time for that? But hold on there – I want to challenge that thinking just a little. Who doesn't have time for that!

How much time do you waste worrying about the same things day in and day out? How much time do you waste fretting about making everything perfect? How much time do you waste on things you don't want to do while your kids are sitting waiting for some quality time with you?

C'mon, we both know those things happen.

If you want to experience a true peace of mind – the kind where you're able to be fully present in the moment, enjoy what's going on around, not feel revved up all day long, and able to really pay attention to the important "little things" – then self-care needs to become your friend, not your enemy.

We're all busy, right? Time is one of the biggest obstacles my clients struggle with. So let's make this simple, shall we? I want you to close your eyes in just a few minutes. Once you close your eyes I want you to imagine the most beautiful or relaxing place you've ever been to. See it clearly in your mind's eye.

Now start incorporating your other senses.

What do you feel? Is there warmth, cold, a breeze, sand under your feet?

What do you hear? People talking, laughing, animals, waves, water running?

What do you smell? Yummy food, a bonfire, sea salt, flowers?

You decide how long to do it for. The key is to immerse yourself in that place, if only for a little while. It's a little, natural escape. There's no right or wrong length of time. Once you open your eyes, pay close attention to how your body feels.

Are you more relaxed? Is your heart beating a little slower? Is your breathing a little steadier?

### Your Vibrantly Live Challenge

Our thoughts are powerful! We can use them to add a greater sense of peace and build ourselves up. Or we can use them to make ourselves miserable by constantly berating what we "should" or "shouldn't" do. It's your choice. But make no mistake ... it is a choice.

You've got an important one to make right now. Are you going to just move on in a rush, or are you actually going to do this little exercise? My hope is that you'll go on and close those eyes for just a few and enjoy your little trip into nature.

*Alyssa Johnson, LCSW is a Counselor & Life Coach for Moms. She's been a resident of Brownsburg for over 15 years. To learn more about how she helps moms live the life they were created for, visit [www.VibrantlyLive.com](http://www.VibrantlyLive.com) or call her at (317) 520-1476.*

## Sex and the gender divide

### RELATIONSHIPS

By Sherry Stafford Rediger, PhD

Sabrina and Tony have been married three years and are concerned their relationship is beginning to derail over sex. As they sit together in my office, the tension between the couple sharpens their words and body language.

"I don't understand how we can be arguing intensely one minute and suddenly he wants to have sex," said Sabrina. "It's like Tony is a machine. He can have sex at any time."

Tony glances at Sabrina, "It seems like she doesn't ever want to have sex unless her day has been near perfect. I can't always make that happen," he said. "When she pushes me away I feel rejected and angry. I don't know what she wants from me."

Tony and Sabrina are caught in a common misunderstanding of how emotional connection and intimacy are often experienced differently by men and women in relationships.

While no generalization about gender differences applies to every man or woman, some gender experiences are quite prevalent. Understanding a basic difference in how men and women tend to experience sex is an important step toward creating a more intimate relationship and a more stable emotional connection.

Men often desire sex as a way to feel connected emotionally with their partner. When Tony feels distant from his wife, he wants sex to reestablish their emotional bond.

Women tend to want to feel a secure emotional connection with their partner before they desire sex. Sabrina felt put off by Tony's

sexual advances while they were arguing. Sabrina needed a secure emotional connection before she felt able to be with Tony sexually.

Without this basic understanding of the different experience of sex men and women often have, misunderstandings and destructive patterns begin to erode the relationship. Because women often need to feel emotionally connected before sex is appealing, men can end up feeling manipulated. Tony was frustrated that Sabrina seemed to need to have everything perfect before she was interested in sex. He felt manipulated, but that was not Sabrina's intention.

Because men often desire sex to create emotional connection, women can feel they are being used. Sabrina often complained that Tony was too focused on sex and neglected other ways of connecting with her. Tony was baffled by Sabrina's rejection of his desire for her.

Understanding how this dynamic works in a relationship won't suddenly create a trouble-free sexual relationship. The understanding can, however, decrease destructive assumptions about how a partner experiences sex. Good conversations and new possibilities for experiencing a partner – and sex – differently will go a long way toward creating a more intimate relationship.

*Sherry Stafford Rediger, PhD is the founder and director of Stafford Institute of Family Therapy & Training. She has been helping individuals, couples and families for over 25 years and is in private practice in Plainfield. Dr. Rediger can be reached at (317) 839-1333, through her website [SherryRediger.com](http://SherryRediger.com) or by email at [SherryRediger@gmail.com](mailto:SherryRediger@gmail.com).*

### HEALTHY EVENTS

#### COMMUNITY WESTVIEW

**Oct. 5 •** Bariatric/Surgical Weight Loss Informational Meeting | When: 9 – 10 a.m. | Location: Community Hospital South; 1402 E. County Line Road South, Indianapolis | Cost: Free.

**Oct. 6 (every Tuesday) •** Student Athlete Echo Screenings | When: 8 a.m. – 3 p.m.; by appointment | Location: Community Westview Hospital, Imaging Department; 3630 Guion Rd., Indianapolis | Cost: \$25 | Contact: (317) 920-4400.

**Oct. 13 •** Living with Diabetes | When: 1:30 – 4 p.m. | Location: Community Westview Hospital, Conference Room B; 3630 Guion Rd., Indianapolis | Contact: (317) 920-7271.

#### HENDRICKS REGIONAL HEALTH

**Oct. 1 •** Parkinson's Support Group | When: 2 – 3:30 p.m. | Location: Hendricks County Senior Center; 1201 Sycamore Ln., Danville | Contact (317) 745-4303.

**Oct. 10 •** Safe Sitter | When: 8 a.m. – 2:30 p.m. | Location: Hendricks Regional Health, Conference Rooms 4 and 5; 1000 E. Main St., Danville | Cost: \$35 | Contact: Jill Woodward at (317) 718-8160 or [jawoodw@hendricks.org](mailto:jawoodw@hendricks.org).

**Oct. 14 •** Stress Management: Sleep | When: 5 – 6 p.m. | Location: Hendricks Regional Health, Conference Room 5; 1000 E. Main St., Danville | Contact: Amy Chamberlin at (317) 718-8162 or [amchamb@hendricks.org](mailto:amchamb@hendricks.org).

#### INDIANA UNIVERSITY WEST HOSPITAL

**Oct. 2 •** Week One at West | When: 10 – 11 a.m. | Location: IU West Hospital Garden Classroom; 1111 North Ronald Reagan Pkwy, Avon | Cost: Free | Contact: (317) 217-3627 | Reservations required.

**Oct. 9 •** Women's Cancer Survivors Coffee Club | When: 9:30 – 11 a.m. | Location: IU West Hospital Physician's Dining Room; 1111 North Ronald Reagan Pkwy, Avon | Advance registration required (317) 217-3810.

**Oct. 14 •** Smoking Cessation | When: 8 a.m., 9:30 a.m., 10:45 a.m., 2 p.m., and 3:30 p.m. | Location: IU West Hospital Room MG 114; 1111 North Ronald Reagan Pkwy, Avon | Call (317) 217-3477 or email [westquitnow@iuhealth.org](mailto:westquitnow@iuhealth.org).

#### FRANCISCAN ST. FRANCIS

**Oct. 2 •** Senior Promise Journey Through Wellness | When: 8 a.m. – noon | Location: The Atrium; 3143 E. Thompson Rd., Indianapolis | Contact: (317) 528-6660 | Cost: Event and screenings free; flu shot \$37.

**Oct. 9 •** Mammoth: Mammogram Screenings | When: 6 a.m. – 7 p.m. | Location: Franciscan St. Francis Health Mooresville, Women's Center; 1201 Hadley Rd., Mooresville | Contact: (855) 837-8830.

**Oct. 27 •** Flu Clinic | When: 12:30 – 1:30 p.m. | Location: Plainfield-Guilford Township Public Library; 1120 Stafford Rd., Plainfield | Contact: (317) 722-8299 ext. 1120 | Cost: Flu Shot \$37.50, Flu Mist \$37.50, High Dose Flu Shot \$55, Pneumonia Shot \$88.





## Avon Antiques



192 North Avon Ave.,  
Suite #330, Avon  
(317) 272-4842  
gailmedcalf@  
yahoo.com

You're invited to our  
**24<sup>th</sup> Annual  
Christmas Open House**  
Saturday, November 21st  
10am to 7pm

Bring in this ad or printed ad  
from our web site to receive

# 25% off

any single item on open house day.

We will be giving away door prizes! 

Like us on Facebook at Avon Antiques  
[www.avonantiques.info](http://www.avonantiques.info)



NOVEMBER  
SPECIAL  
**\$2.00 OFF**  
Large Bag of  
Popcorn

Expires November 30, 2015  
with this coupon at  
the Brownsburg location



CLOSED THANKSGIVING DAY!

1016 East Main St.  
Brownsburg, IN 46112  
(317) 832-3285  
Hours: Tuesday -Thursday, 11-7  
Friday and Saturday, 11-8  
facebook.com/  
poppopolicious

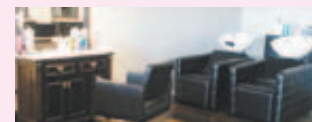
## NOW OPEN in AVON

### Luxe Hair Salon

8100 E. US Hwy 36 Suite H  
Avon, In 46123

Specializing in Hair Design, Color,  
Highlights, Body Waxing and Lash  
Extensions. Call for our holiday  
hours and for an appointment!

**(317) 707-7561**



### \$10 OFF HAIR CUT

with purchase of a  
chemical service  
With this coupon.

Expires January 31st, 2016

### SAVE ON BODY WAXING

1st area get 10% off  
2nd area get 20% off  
3rd area get 30% off  
With this coupon.  
Expires January  
31st, 2016




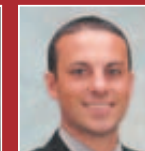
2230 Stafford  
Rd, #101  
Plainfield, IN  
317.837.1717

Large 1 topping traditional  
crust pizza and an order of  
breadsticks

# \$14<sup>99</sup>

Order online at  
[www.chicagospizzaindiana.com](http://www.chicagospizzaindiana.com)

 Like us on Facebook! Exp: 11/30/2015



Dr. JC Anderson Dr. Justin Mohr

Be free of pain, headaches &  
other health related issues.

# \$40 Exam

Offer Expires November 30, 2015

For \$40 you will receive an  
initial exam and X-ray (if deemed  
necessary) and \$25 will be  
donated to Susie's Place, a  
Children's Advocacy Center.  
Call now to schedule  
an appointment.

**ANDERSON  
CHIROPRACTIC**

7390 Business Center Drive  
Avon, IN 46123  
Ph: (317) 272-7000  
[avonspinedocs.com](http://avonspinedocs.com)

We Will Be **OPEN THANKSGIVING**  
**EVENING 6pm to 11pm**

**ACE**  
Hardware  
BROWNSBURG  
ACE HARDWARE

# 25% OFF

Any regularly priced item \$50.00 or more  
With this coupon. In store only purchase good thru 11/30/15.  
Brownsburg Ace Hardware Only

800 E. Main Street • Brownsburg, IN 46112  
Phone: (317) 939-0026 • [acehardware.com](http://acehardware.com)

Let us help you with:

- ◆ Filing a Claim
- ◆ Rental Arrangements
- ◆ Free Estimates

Located behind Lowe's at  
Dan Jones Rd. & Rockville Rd.  
Hours: Mon-Fri, 7:30am - 5:30pm



292 S. County Rd. 800 E. - Avon, IN 46123  
Call Today! (317) 272-6820



UH OH!



# Is your workplace or office healthy?

## DIETARY

By Martha Rardin

Many of us go to work every day and share space with our co-workers. We also share refrigerator shelves, break room areas and even spend time together at social gatherings during or after work. Because we spend so much of our lives with co-workers, it might be wise to look at the office or workplace and evaluate the health of that environment.

The first consideration when assessing the health of your workplace is to be kind to others and remember that even if you are ready for a healthy workplace, others may not be ready for that commitment. Your words and actions can encourage co-workers to follow your lead, but it's important not to get "preachy" as that may turn some people off that might be on the verge of adopting healthy habits.

Here are a few ideas about how you can make help your office or workplace healthier.

- Encourage your co-workers to eat breakfast and a snack. Research shows us that people who eat breakfast and small snacks eat fewer calories throughout the day than those who skip breakfast and/or lunch.
- Encourage everyone around you to eat

five to eight fruits and vegetables every day. Fruits and vegetables provide important nutrients and fiber that you need each day.

- Encourage your co-workers to seek out experts when they have nutrition questions. Hendricks Regional Health's dietitians are happy to help decipher nutrition information and misinformation. Everyone has nutrition questions at some point and experts are available here in our county. Fad diets will come and go but can be problematic if followed for a long time.

- Be positive when a co-worker starts engaging in healthy habits. Take an interest and stay optimistic. Sometimes changing habits requires a long-haul mentality and having a positive person in your life is important to success.

- Ask your fellow associates to help set boundaries for the break room – what is allowed and what is not allowed. Maybe the boss likes to bring in donuts on Fridays or birthdays turn into weeklong celebrations. Discuss boundaries that everyone can honor with enough flexibility that allows for occasional treats while encouraging healthy offerings.

- Support water bottles at workstations, if possible. Encouraging co-workers to stay

hydrated means they are more alert and can better focus on the work at hand.

- Eliminate vending machines that offer sugared soft drinks or teas, cookies and candies. This one may need to be tackled in small increments.

- Take the lead and start a walking group that gathers before work, during lunch or after work. By taking the lead, you are more likely to stay engaged and your example helps other people see that moving more is possible during the workday. Encourage others to coordinate the walk, on occasion, so it is not always one person's responsibility and others have more accountability.

- Encourage your coworkers to get enough sleep. Gently encourage everyone to take time for themselves to be active, turn off electronics, schedule time at the end of their day to wind down and relax. Sleep deprived people make more errors and are less productive than those that are well rested. Hendricks Regional Health offers sleep studies for those chronically exhausted people. The connection between obesity and lack of sleep has

also been well studied and, often, once sleep issues are resolved, weight loss can be tackled.

- Encourage interested parties to take advantage of educational opportunities in our county. Hendricks Regional Health offers Lifesteps (adult weight management program), diabetes education, group coaching classes, and self-referrals to our physical therapy department.

- Lastly, consider the meetings you attend and the offerings that are present. Do you really need refreshments at meeting, or are they offered because "that is the way we have always done it?"

A kind, compassionate, supportive approach will often be just the right encouragement for someone trying to watch their calories or stick to their plan. Taking steps toward a healthier workplace takes initiative, and even guts, but can be a great opportunity to improve your health and the health of all your work friends.

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



## DIETARY

### HRH to offer mobile health screenings

Hendricks Regional Health recently announced dates for mobile, preventive screenings. The screenings can help patients better understand their risk for a number of health issues and be able to take action that may prevent devastating health events. Hendricks Regional Health will begin partnering with HealthFair to offer mobile screening opportunities in Hendricks County. Mobile health centers will travel to various locations to offer multiple health screening packages for cardiovascular, gastric and colorec-

tal screenings. Patients can select a screening package and make an appointment by visiting [hendricks.org/healthfair](http://hendricks.org/healthfair), or by calling (855)682-8378. Costs of the screenings vary, based on the package a patient selects; all screening costs are out-of-pocket for the patient. Dates and location for November include Nov. 11 at the Avon Kroger, located at 108 N. Avon Ave., and Nov. 12 at the Brownsburg Marsh Supermarket, located at 843 E. Main St.



## Moving Forward

### Experts in Rehabilitation

Injury, stroker or surgery doesn't have to be debilitating. At American Senior Communities, we offer hope in the form of Moving Forward Rehabilitation. With a full range of physical, occupational and speech therapy programs, the goal of Moving Forward is to help people return home safely with the skills they need to live life on their own terms. Our therapists are trained and committed to your success; caring people who really make the difference.

Medicare, Managed Care  
and most supplemental  
insurances accepted!

Our specialists will assist you in  
understanding benefits!



**Brownsburg  
MEADOWS**

2 E. Tilden Dr.  
Brownsburg, IN 46112  
317-852-8585

**Countryside  
MEADOWS**

762 N. Dan Jones Rd.  
Avon, IN 46123  
317-495-7200

**Danville  
REGIONAL  
REHABILITATION**

255 Meadow Drive  
Danville, IN 46122  
317-745-5451

ASCSeniorCare.com







## Keeping your eye on the prize

### LIFE CHOICES

“The future belongs to those who believe in the beauty of their dreams.” Eleanor Roosevelt said that, and she was right. That quote is often cited to inspire us to stay focused, to strive to be successful, and to never give up. Another one I like is by Henry Ford who said, “Whether you believe you can or you believe you can’t, you’re right.”

The only sure way of failing to be successful is giving up on your dreams. Thomas Edison said, “Many of life’s failures are people who did not realize how close they were to success when they gave up.” What do these quotes have in common, and what can we learn from them? That may seem obvious, perhaps too simple, but then maybe it is. Have you ever discarded something because it seemed too simple, or something lost perceived value because you thought it wasn’t hard enough to obtain or expensive enough?

I was doing some research about my blog and the search terms that people entered to find it (not including my name), and I was interested to find a recurring theme. It had to do with the notion of staying positive no matter what. Faced with adversity at any turn, what is the key to maintaining your perspective on what is important and on staying positive? How do we keep plugging away and reaching for our dreams when we are knocked down?

The key lies in what we in the NLP field might call a, “... compelling future.” Eleanor Roosevelt knew that a compelling future was one that you believed to be beautiful. If you believe your dreams are beautiful, aren’t you more likely to stay focused and to never give up on them?

I remember someone asking me once, “How long do I keep believing, keep working toward my goals?” I answered simply with, “Until.” You keep working toward and focusing on your dreams, and if necessary, adjusting them to keep them beautiful, until you have realized them. You keep your eye on the prize until the prize is yours, because as soon as you give up, the only certainty will be failure. When you keep your eye on the prize, when you stay focused on that beautiful, compelling future, and when you continue to focus your energy on reaching that goal with no other acceptable option, then and only then will you guarantee your success. What would it feel like if that had already happened, if you were, right now, living your dream? Would that not feel amazing? You bet! How cool is that?

.....  
Karl R. Zimmer III is a clinical hypnotist, having been licensed and certified by the State of Indiana. 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.

Recognized as an  
*Indianapolis Monthly* Top Doc  
more times than any other  
sports medicine physician.



**K. Donald Shelbourne, MD**

*Creator of the Accelerated ACL Reconstruction Rehabilitation Protocol*

 **Community**  
Westview Hospital

*A Facility of Community Hospital East*

 **SHELBOURNE**  
KNEE CENTER

3630 Guion Road  
Indianapolis, IN 46222  
317.924.8636

*Exceptional care. Simply delivered. The pursuit is on.*

[eCommunity.com/FixKnee](http://eCommunity.com/FixKnee)



## Embrace the Future

**Family  
Preview Night!**  
11/13/15  
7-9pm

Come join us!

## ENROLL YOUR STUDENTS TODAY!

- Christian Worldview
- Preschool through 8th Grade
- Certified degreed Staff
- Performance and Fine Arts
- Competitive Athletics
- New Academic Programs
- Classroom Integrative Technology
- An "Exemplary School" receiving a grade of "A" from the IDOE

**7979 E. C.R. 100 N.  
Avon, IN 46123  
kingswayschool.org  
317.272.2227**



## Creative ways to quit smoking

### WELLNESS

**By Christina Summers**

Trying to ditch the smoking habit? If going cold turkey just isn't cutting it, it's time to get creative.

#### Exercise:

In a study reported in Psychopharmacology, a single session of exercise reduces the smoker's desire to light up. Walking, cycling or another regular physical activity can also help prevent weight gain and reduce the stress associated with quitting.

#### Get a new hobby:

They physical addiction to nicotine is a big hurdle to overcome, but the mental part of the addiction may be more difficult. Changing your routine and developing new interests can help you stop smoking for the long term. Whether you take up crossword puzzles, learn a new craft or start taking walks after dinner, new activities and routines can take your focus off the urge to smoke.

#### Guard against rationalizations:

Thoughts like, "I'm having a rough day, so I'll just smoke one cigarette," can temp you

to give in to cravings. Watch out for these thoughts and write them down. When one of these thoughts appears, recognize it and let it go. It also helps to have a plan ready to distract yourself. For instance, plan to have a healthy snack, take a walk or do housework until the craving subsides.

#### Phone it in:

Telephone counseling doubles the success rate of quitting. It can be more convenient than attending a support program in person. You can talk with a trained smoking-cessation counselor through the government's Quitline (800.QUIT.NOW), and the American Lung Association's Lung Helpline (800.LUNGUSA).

#### Go online:

Get help in the privacy of your home with Web-based smoking cessation resources. The American Lung Association (flonline.org), Smokefree.gov and The American Cancer Society (cancer.org) all have good options.

IU Health West offers free smoking cessation classes for people ready to kick the habit. Call (317) 217-3477 for the latest class schedule.

COME IN YOUR FAVORITE PARTY ATTIRE FROM THE 50'S, 60'S, 70'S OR TODAY!

## ROCK & ROLL RAISE THE WOOF!

TO BENEFIT MISTY EYES ANIMAL CENTER

TICKETS ON SALE  
MISTYEYES.ORG

NOV. 13TH • DOORS OPEN AT 6PM

DANCING  
CASH BAR  
ACTIVITIES  
PLATED MEAL  
SILENT AUCTION  
BEST DRESSED CONTEST

THE PALMS BANQUET HALL  
2353 PERRY ROAD  
PLAINFIELD, IN 46168

SPONSORED BY: BROWNSBURG ANIMAL CLINIC, AUDIO INFERNO,  
THE PALMS BANQUET HALL & THE HENDRICKS COUNTY ICON

**Counseling &  
Psychiatric Associates**

**Specializing in:**

- Individual
- Family
- Children

**OFFERING A  
WHOLISTIC  
APPROACH TO  
TREATMENT**

Ph: (317) 852-2300 • Fax: (317) 852-2416  
515 N. Green Street, Suite 301  
Brownsburg, IN 46112

**ccscounseling.net**



### Plainfield Friends Meeting

105 S. East Street  
Plainfield, IN 46168  
(317) 839-6490  
email: pmminwym@yahoo.com

**Pastor Bill Clendineng**  
Sunday Worship 10:30 a.m.

*Everyone Welcome!*

**plainfieldfriends.org**



# Augmentation and liposuction

## BODY BEAUTY

By Dr. Barry Eppley

**I just want breast augmentation with implants and don't want a lift. But based on my pictures, do you think I need an up-lift. My sternal notch to nipple distance measures 24 centimeters on each side. I had one plastic surgery consultation and was told I need a lift with breast implant. I would prefer them filled out and was hoping the use of an implant would lift them up. I have lost weight and breastfed so I have lost the fullness they once had.**

Your pictures show an undeniable need for a combined breast lift and augmentation surgery. Implants only provide some degree of a lift if the nipples are initially at or above the lower breast crease (inframammary fold). If not, the nipples will only be driven lower as the breast volume get big-

ger. Having a breast lift is really about accepting the scars as a trade-off for the improvement in breast shape. This is easier for some than others but is the defining decision about whether to do anything at all. There is another option, often called the 'minimal' or crescent breast lift. It is not really a breast lift at all but does lift the nipple a bit by removing a small crescent of skin at the upper nipple skin edge. For those women who have a minor amount of sagging, nipple lifts with implant placement must just be enough to get them an acceptable result.

**I want to know if I am a good candidate for liposuction. I have a stomach bulge, but as I have been**

**searching various internet sites, I have seen bigger women than me who have only had the liposuction and show good results. I don't want a tummy tuck because of the scar. I have never been pregnant and have no stretch marks just a big bulge. Will liposuction be the best option for me? Is losing a little bit of belly weight before a good idea for me?**

The ideal candidates for abdominal liposuction are primarily defined by the quality of the overlying skin. Nice taut skin that has

good elasticity without excess will always produce the best liposuction result, regardless of the liposuction technique used. Skin that has the natural ability to tighten will do better than any method of skin tightening that various liposuction devices tout. Being a female and never having been pregnant, by definition, makes you a good liposuction candidate in most cases. It is always good to begin any weight loss efforts before liposuction so you will already be in the lifestyle change that will help ensure you enjoy the long-term benefits of the liposuction procedure.

*Dr. Barry Eppley is a board-certified plastic surgeon in Indianapolis. Comments can be sent to [info@eppleyplasticsurgery.com](mailto:info@eppleyplasticsurgery.com).*



## SUCCESS STORIES { MEET CHERYL MOLES }

### BEFORE SURGERY

With a busy schedule of things to do (including babysitting the grandkids), Cheryl Moles didn't have time for the pain she was experiencing; she knew surgery was the next step.



**CUMBERLAND**  
Family-first Senior Living  
from CarDon **Trace**

Call Admissions at  
**(317) 838-7070**

and find out how we can help  
your recovery be a success story.

[www.cumberlandtrace.us](http://www.cumberlandtrace.us)



### AFTER SURGERY

She needed a rehabilitation community that could handle her therapy needs for BOTH surgeries and get her back on her feet.

**She found what she was looking for at Cumberland Trace.**

When asked to describe her care at Cumberland Trace, Cheryl stated, "I was treated like a queen! The care was wonderful, everyone was so kind to my family and I'm back on my feet!"

How would you rate  
your experience? a **"10"**

**(317) 838-7070**  
1925 Reeves Rd., Plainfield, IN 46168



## Shining lights in the community

### WHERE WE WORSHIP

Rev. Kevin and Jill Shonkwiler have lived in Brownsburg since January of this year. Their children attend Brownsburg East Middle School. The family loves to give back to the community with outreach. According to the Shonkwiler's they have fed over 5,000 people partnering with Gleaners Food Banks of Indiana and had mobile pantries in Centerville, Ind. "We are now setting up a teen center in our fellowship building to offer teens a safe place to hang out and with a Godly atmosphere," says Rev. Shonkwiler.

Rev. Shonkwiler currently meets once a quarter with other pastors with the school superintendent in Brownsburg sharing concerns and updating each other on our church involvements in the community.

The family says they also take time to share in devotions and prayer and spending time with their church family.

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

We are a family of believers that pray for each other and help each other through the good and bad times. We help support one another and we have small groups that disciples each other in the Word of God. We have men's and women's groups, youth group, children's church, bible study on Friday night, and starting in November we will have a group on Tuesday night as well for newcomers to the church. We have recently designed a church app for android and Apple smartphones that disciples us in the Word as well. This app starts out by asking you to fill out a self-assessment and then it will send you messages and scriptures on a daily ba-

sis that is tailored specifically for you because of the assessment. You can also subscribe to many different tracks that will send devotions first thing in the morning for your study time.

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

We are just one big family and we love one another. We see the need to accept others just as they are and we do just that. We want everyone to feel comfortable and like family even the first time that they come through the doors. We are a team, and we all work together as a team as we have some wonderful church members that go above and beyond to get things done. We are about family, and we do things that are family oriented that includes every one of all ages.

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

We had an outreach event that was in Williams Park here in Brownsburg. The event was called, "Lunch in the Park" and we had sack lunches available for those in the park



From left: Preston, Jill, Rev. Kevin Shonkwiler, and Lydia. Submitted Photo

that wanted one. We had PB&J, chips, cookies, and a drink, with a card attached with info about our church. We reached several people with this act of random kindness and it was a joy to be the hands and feet of Jesus to our community.

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

I would recommend this church because we are a growing church, and we have many opportunities to serve and outreach to the community. We are a church that is in the heart of the community on the corner of Williams and Locust streets in Brownsburg with many families around that are just waiting to be ministered. We want everyone to feel like family when they come to our church and we are confident that you will feel this way when you come and will see the love that we have for each other.

### Brownsburg Church of the Nazarene

P.O. Box 1  
Brownsburg, IN 46112  
(317) 852-8013  
Brownsburgnazarene.com

Compiled by Cathy Myers



### DEVOTION

By Michael LeFebvre

"I thank my God in all my remembrance of you." ~ Philippians 1:3, ESV

As we prepare for Thanksgiving at the end of this month, I'd like to highlight two words from the Apostle Paul's expression of thanks in the verse above. First, the word remembrance. Our use of the word in modern English lacks the active element present in Paul's example. Most of the time, we use the term as a passive word — we remember things as they pop into our minds, or as we glance at a to-do list. But the biblical use of the term is active. To remember is to stop, to consider, and to stir up ones heart in active contem-

plation. Such active remembrance is important for the experience of gratitude.

We do not feel grateful for things that we take for granted. It is when we reflect on the things we initially take for granted and stir our hearts in contemplation that we remind ourselves how blessed we are by them. Thankfulness does not usually just happen. It is the fruit of active remembrance.

The second word in Paul's statement that I want to highlight is the word you. Paul expressed his deep gratitude for people. And he told those for whom he was grateful about his thanks for them. There are other blessings for which we ought to be thankful too. Health, for example, is a wonderful gift. Material provisions are a cause for thanks-

giving, as well. But the greatest gifts we receive in life are typically the people we love and who (patiently) love us. God is, himself, the greatest Friend a person could gain. And the others he brings into our lives, whether few or many, help to shape who we are. Stuff can be useful to us, but people shape us.

The power of relationships is often most keenly recognized when they go sour. The potential of relationships to cause pain is the other side of the coin that demonstrates how impactful they are. When the heart is stretched by the strain of hurts, the heart has an even greater capacity to be thankful for good friends when they are found. Thanksgiving is a time to remember, not just the good things that have happened to us or the

good things we have received, but the people who have shaped us.

Thanksgiving occurs at the end of the year because it is a time for remembering. It is a time to reflect on another year coming to a close and its additions to a lifetime of blessings — and to give thanks. Especially when a year is filled with challenges, gratefulness for those who were there for us is important.

As you make preparations for Thanksgiving this month, let me encourage you to make preparations for thanks-giving too. Remember, and in particular, remember the people who have been a blessing to you.

.....  
Michael LeFebvre is pastor of Christ Church Reformed Presbyterian, Brownsburg. Contact him at (317) 456-2551.





## At the heart of the Oregon campus shooting

### RELIGIOUS LIBERTY

By John Crane

Our country was reeling last month from the news of the mass shooting on the campus of Umpqua Community College in Roseburg, Oregon. That attack claimed nine innocent lives, while several others were wounded including Army veteran Chris Mintz, 30, who intentionally blocked the path of the shooter in order to save his classmates and was shot seven times.

It became apparent in the aftermath that the killer also specifically asked those in the classroom who were Christians to identify themselves before he systematically murdered each of them. As someone commented on Twitter, the bravest people in America that day were those Christians who watched that first Christian classmate get killed and still chose to unflinchingly die for their faith as well.

Tragically, it seems that news of the next public shooting is becoming almost commonplace. And with each one, we are left searching for often-elusive answers. Where was God in that tragedy? And what can be done to prevent similar attacks in the future?

There are typically the usual voices calling for stricter gun laws, increased safety at schools, more "gun free" zones, better medicines and methods for addressing mental illness, and so forth. And those are conversations that need to be had.

In the midst of all of the proposed solutions and counter-solutions, however, I don't hear enough people speaking to the heart of the issue—namely, the issue of the heart.

Aleksandr Solzhenitsyn, the late Nobel Peace Prize winner and famous Russian dissident, witnessed first-hand the atrocities of the communist regime. His writings often exposed the depth of human depravity, when left unchecked. In one of his most famous passages from his book, *The Gulag*

Archipelago, he captured an essential truth about the human condition:

"If only it were all so simple! If only there were evil people somewhere insidiously committing evil deeds, and it were necessary only to separate them from the rest of us and destroy them. But the line dividing good and evil cuts through the heart of every human being."

Ironically, in a culture like ours that has abandoned Truth in favor of tolerance, we have unknowingly undermined our ability to condemn evil for what it is, for to do so would suggest that there are indeed some things which are right and some which are wrong.

And yet, we should condemn the violence visited on those innocent souls in Roseburg. And Christians do so with the knowledge that until the sinful human heart is acknowledged as such—and until our hearts are washed anew in the healing balm that only comes through Jesus Christ—there are no laws to be made in this country that will ultimately prevent the next heinous crime from taking place. Because those who would commit such crimes do not adhere to such laws.

As King Solomon reminds us, "There is a time for everything, and a season for every activity under the sun" (Ecclesiastes 3:1). Indeed, we are in a time of grief, and there are many families who need comfort and care during this most difficult time.

This is also a time for self-reflection, both personally and as a country. Are we willing to humble ourselves and pray and seek God's face? Because ultimately, only He is the One who can heal our land (2 Chronicles 7:14).



John Crane is the executive director of Sagamore Leadership Initiative, Inc. He can be reached at john.crane@sagamore-leadership.org.

## SALES • SERVICE HEATING • AIR CONDITIONING

WHATEVER  
IT TAKES™

*"Your comfort is our business!"*

72 W. Main St., Danville, In 46122

Call: (317) 745-5635, Fax: (317) 745-1340

Don't get left in the cold this Winter. Now is the time to make sure your heater is ready for the winter workout. Schedule a clean and check inspection with heat & cool.

### MVP SERVICE AGREEMENT

**\$144**

\$154 REG. PRICE INCLUDES  
1 YEAR SERVICE ON  
PRIMARY A/C & HEATING  
(2 PROCEDURES)

MVP BENEFITS: 24-HOUR SERVICE, NO OT CHARGE,  
10% DISCOUNT ON REPAIR SERVICE (PARTS &  
LABOR) EXCLUDE DIAGNOSTIC FEE, IMPROVED  
EFFICIENCY/SAFETY & CAPACITY, EXTENDED  
EQUIPMENT LIFE, INFLATION PROTECTION, PROOF  
OF MAINTENANCE, AGREEMENT IS TRANSFERABLE  
New Customers only.  
Expires 11/30/15

**\$69.00**

CLEAN & CHECK  
FURNACE TUNE-UP  
New Customers only.  
Expires 11/30/15



Satisfaction Guaranteed!

**HEAT  
& COOL** LLC.

SINCE 1970

[www.heatandcool.net](http://www.heatandcool.net)

Wed-Thu 10am-8pm  
Fri-Sat 10am-9pm  
Sun 10am-5pm

# Christmas Gift & Hobby Show

**Nov 11-15** Indiana State Fairgrounds, West Pavilion

**\$3 off** one general admission!

Shop with a smile!  
Santa, Reindeer, Princesses, Holiday Songs & Dance!

\$1000s of savings and giveaways!

## ChristmasGiftAndHobbyShow.com

Valid Nov 11-15. Not valid with any other discount. Discount based on general admission base price of \$12. Coupon valid only at box office.

(ICON)

**Nov. 1 • Tri Kappa BINGO** | When: 3p.m.; Doors open at 2 p.m. | Where: Brownsburg American Legion; 136 E. Main St., Brownsburg | Cost: \$15 in advance or \$20 at the door | Contact: Kim (317) 698-9927 or brownsburgtrikappa@gmail.com.

**Nov. 6 and 8 • Hendricks Symphony Orchestra and Choir** presents "Music of Old Vienna" | When: Friday at 7:30 p.m. and Sunday at 3 p.m. | Where: Calvary United Methodist Church; 575 W. Northfield Dr., Brownsburg | Cost: \$15 at the door for adults, \$12 for seniors, and \$7 for students with I.D. Advance tickets are \$12 for adults, \$10 for seniors, and \$5 for students, plus a 50-cent service fee if purchased online at [www.hendrickssymphonic.org](http://www.hendrickssymphonic.org).

**Nov. 6 • Annual Wine Tasting and Silent Auction** benefiting the Hendricks County Humane Society | When: VIP tickets 6:30 p.m., general tickets 7:30 p.m. | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | Contact: (317) 745-3338 [hendrickscountyhumanesociety.org](http://hendrickscountyhumanesociety.org).

**Nov. 7 • Christmas Bazaar and Craft Show** | When: 9 a.m. – 3 p.m. | Where: St. Malachy School; 7410 N. 1000 E., Brownsburg | Free admission | Contact: [altarsociety@stmalachy.org](mailto:altarsociety@stmalachy.org).

**Nov. 7 • Hops & Vines: A Brownsburg Rotary Tasting Event** | When: 6 – 9 p.m. | Where: West Chase Golf Club; 4 Hollaway Blvd., Brownsburg | Admission: \$40 per person in advance, \$50 per person at the door | Contact: (317)748-3125.

**Nov. 8 • Art created by Veterans of all branches of service** in a variety of media in honor of Veteran's Day | When: 2 – 4 p.m. Exhibit runs through Nov. 30 | Where: Plainfield-Guilford Public Library, 1120 Stafford Rd., Plainfield | (317) 839-6602.

**Nov. 8 • 4th Annual Everyday Souper Heroes Cook-Off** | When: 1 – 3 p.m. | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | Contact: Christie Patterson at (317) 892-3326.

**Nov. 13 • Raise the Woof!** | When: 6 p.m. | Where: The Palms Banquet & Conference Center; 2353 E. Perry Rd., Plainfield | Admission: \$50 | Contact: Renee Harlor at (317) 408-9202.

**Nov. 20 and 21 • Christmas in Coatesville** | When: 9 a.m. – 6 p.m. | Where: Downtown shops in Coatesville | Contact: Linda Stoddard (317) 710-5226.

**Nov. 21 • Danville Indiana Train Show Train** | When: 10 a.m. – 3 p.m. | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | \$3 per person or \$5 per family | Contact: Keith Clark at (812) 876-6799 or [gtwfan@bluemarble.net](mailto:gtwfan@bluemarble.net) | Website: [cid.railfan.net](http://cid.railfan.net).

**Nov. 26 • Gobble Gallop 5K Walk/Run** | When: 8 a.m. | Where: Hendricks Regional Health YMCA, 301 Satori Parkway, Avon | Contact: Lisa Hunt at (317) 204-1911 | Website: [indymca.org](http://indymca.org).

**Nov. 27 • Christmas on the Square** | When: 4 – 6 p.m. | Where: Danville Courthouse Square; One Courthouse Square, Danville | Contact: Laura Parker at (317) 745-3007.

**Nov. 27 – Dec. 24 • Winterland Light Show** | When: Sundays thru Thursdays 6 – 9 p.m.; Fridays and Saturdays 6 – 10 p.m. | Where: Ellis Park and Gill Family Aquatic Center; 600 E. Main St., Danville | Contact: Jana Gilbert at (317) 745-0670.



## CLASSIFIEDS & SERVICE GUIDE

### ELECTRICAL

**SMART**  
Electric, LLC

Systems Maintenance and Repair Technicians

**Home or Office Electrical**

Repair and installation is our number one job! No job is too small or too big for us! **FREE ESTIMATES!**



**Michael Scott**

(317) 203-5424

(317) 517-0947

[smartelectric.org](http://smartelectric.org)

[mscott@smartelectric.org](mailto:mscott@smartelectric.org)

### MOVING SERVICES

**ALLIED**  
Morse Moving & Storage

(317) 856-1700



**Morse Moving & Storage**

Specializing in Residential Moves  
Any size home or apartment. In state,  
out of state or out of the country.

4219 S. High School Rd.  
Indianapolis, IN 46241  
[www.morsemoving.com](http://www.morsemoving.com)

### EMPLOYMENT

**ATTENTION: YOUR PRODUCT,  
POSITION OR SERVICE RELATED  
AD COULD BE HERE!**  
To Advertise, call Sherry Moodie  
at (317) 451-4088

The  
**Southside Times**

CENTER GROVE HENDRICKS COUNTY  
**ICON ICON**

**BUSINESS LEADER** **BUSINESS LEADER** **BUSINESS LEADER**



Products of Times-  
Leader Publications

**BUSINESS LEADER**  
CARMEL | HENDRICKS COUNTY | SOUTHSIDE  
**ICON**

CENTER GROVE | HENDRICKS COUNTY  
**THE SOUTHSIDE TIMES**  
BEECH GROVE, CENTER GROVE, FOUNTAIN SQUARE  
& GARFIELD PARK, GREENWOOD,  
SOUTHPORT & FRANKLIN/PERRY TOWNSHIPS

**Build your  
own success  
story!**



**Reach the best markets in metro Indianapolis.**  
To advertise, call 451-4088



# A Salute to Our Veterans

We salute our residents and appreciate all of our veterans.  
Thank you for your service from the staff at Park Square Manor.



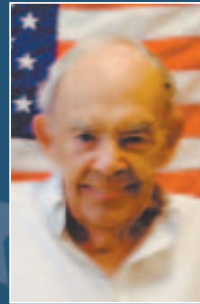
**Royce Armstrong**  
US Army Private  
1st Class



**Victor Baroni**  
USAF Sargeant



**Don Beuke**  
US Army Corporal



**Floyd Burton**  
US Marines Staff  
Sargeant



**Robert Cochran**  
US Navy Seaman  
1st Class



**J Gregory Cord**  
US Navy Parachute



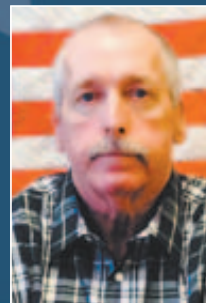
**Pearl Donnelly**  
USAF Corporal



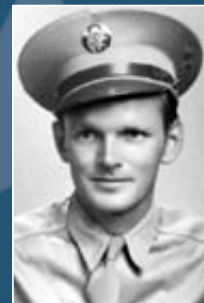
**Max Harrah**  
US Navy  
Quarter Master



**Melvin Hoffeditz**  
USAF Private  
1st Class



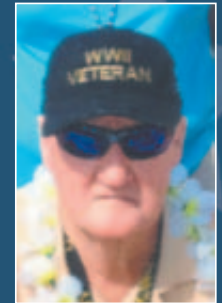
**William Jackson**  
US Army  
Radio Carrier



**Jack Knapp**  
US Army Private



**Floyd Laverty**  
US Merchant  
Marine Sargeant



**Arthur Teckenbrock**  
WWII Army Veteran  
7th Cavalry Regiment



**Maury Unversaw**  
US Army Staff  
Sargeant



**Ruby Watkins**  
US Navy Mate  
2nd Class



**Dale Webster**  
US Army Private  
1st Class



**Don Woodard**  
US Navy Seaman  
General



**Clyde Wright**  
US Army Brigadier  
General



**Ben Voliva**  
US Army Reserve  
Colonel

**PARK SQUARE MANOR**

6990 East County Road, 100 North • Avon, IN 46123  
317-272-7300 • [www.ParkSquareSeniorLiving.com](http://www.ParkSquareSeniorLiving.com)



November 2015

# Teacher of the Month

Mr. Brady Edwards  
by Cooper Martin  
Van Buren Elementary  
Plainfield, 5th Grade



*Mr. Brady Edwards and Cooper Martin*

Mr. Edwards is the best teacher ever, let me tell you why. Yes, Mr. Edwards has lesson plans but doesn't all ways stick to them. Sometimes not sticking to lesson plans can be bad but not the way he does it. If people don't understand he will stop and go out of his way to help them. I just experienced this last week. No one was getting the math topic so he stopped and broke it down and now everyone understands. He is always more concerned about us understanding even if it means more work for him.

Mr. Edwards is a fifth grade teacher at Van Buren Elementary in Plainfield, Indiana.

Thank you for your time!

Kids send your name, address and telephone number, along with a 100-word summary of why your teacher should be honored as the Chick-Fil-A/Heat & Cool LLC/Hendricks County Icon Teacher of the Month, to [teacher@myicon.info](mailto:teacher@myicon.info). The deadline for nominations for the December 2015 Teacher of the Month is Nov. 13. Your teacher will receive special recognition plus your class will win a lunch party compliments of Chick-fil-A (Avon/Plainfield). Please take time to nominate a deserving teacher from Hendricks County.



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

*At right, photos of students in Mr. Edwards' 5th grade class at Van Buren Elementary (Plainfield) enjoying a pizza party provided by Chicago's Pizza!*



HENDRICKS COUNTY  
**ICON**

**HEAT**  
& **COOL** LLC.  SINCE 1970





# Treating people better

Dedicated. Tireless. Champion. Loyal. Caring. These are just a few words used to describe 2015 Treat People Better Award winner Jo Ann Morton, RN. Jo celebrates 40 years at Hendricks Regional Health this year, and Hendricks Regional Health Foundation is honored her service and commitment to her patients and colleagues with this award.

Outside of her service and commitment to Hendricks Regional Health, Morton is an active supporter of the American Heart Association and American Cancer Society, passions she shares because of her vocation and as a cancer survivor herself. She also is a member of Mary Queen of Peace Catholic Church and past president of the parish council. Here, we learn more about our November ICON of the Month, Jo Ann Morton:

**What do you consider your greatest virtue?** I am responsible and persevering. The road may not always be easy, challenges can be an incentive to push forward, but the task is completed. When I went back to school for my bachelors, I had just gone back to work full time with four small children and there were times my degree seemed unreachable, but Marian University was accommodating to my life outside of school, which was a blessing.

**What do you most deplore in others?** Jumping to a conclusion or being judgmental before all facts are known can lead one down the wrong path. So often others can be wrongfully hurt by making assumptions and it is easy to get pulled into this direction.

**What do you like most about living in Hendricks County?** I enjoy the small town environment and the closeness to Indianapolis. Rockville Road can be a challenge to navigate between Danville and Indy but there are other routes. I remember when there were less than a handful of stop lights between here and 465.

**If you had to live elsewhere than in Hendricks County, where would it be?** I grew up in Illinois on a farm and would live there, I do not foresee that changing as many of my children and grandchildren live close.

**If you could begin life over, what would you change?** I would probably not change anything. Life happens as it does for a reason and life is to enjoy.

**If money were no issue, how would you spend it?** I would have college funds set up for all of my 19 grandchildren and take the entire family on a two-week vacation. When the girls were little we did not have an opportunity to travel and or vacation much, since then we have taken a few family vacations that were the best.

**What makes you happiest?** My grandchildren, watching them grow and experience life. Seeing life through their eyes is precious.

**What is your favorite vacation spot?** I really do not have one particular destination. These past two years I have been blessed to be able to travel to Europe. My oldest daughter is currently living in Spain, and I have enjoyed traveling there to see them and to witness another part of our world.

**What do you do with idle time?** I love to be busy. I sew and would like to learn more about stained glass and pottery. We live on 7 acres so the property and the flower gardens keep me busy.

## 2015 Treat People Better winner Jo Ann Morton, RN serves HRH for 40 years

**What is it that makes you angry?** When all people are not treated as equals. Each of us comes into this world with what God gave us, ours is to do the best we can with what we have.

**What do you do to escape from reality?** Within the last year I have taken a few stress management classes that have helped me learn mindfulness and the importance of gratitude. Escaping into a place where your mind is at rest is challenging but so incredibly peaceful and relaxing. I just have to keep working at using these techniques.

**What or who is the greatest love of your life?** Greatest love of life is life itself and all of the blessings that I have received.

**Which living person in Hendricks County do you most admire?** Jeff Boles. For many years I was a neighbor of Mr. Boles and have tremendous respect for a man of his integrity. During his times of adversity he displayed and maintained his values, he often displayed much courage.

**What is the quality you most like in a man?** Being a listener.

**What is the quality you most like in a woman?** Compassionate caring demeanor

**What is your greatest extravagance?** Shoes have become very enjoyable, which is silly as you can only wear one pair at a time.

**What are your fears, phobias?** I hate snakes. Even when going to the museums and seeing a snake in an enclosed pen frightens me.

**What has been the happiest time of your life?** With four children and 19 grandchildren there have been so many happy times I do not know where to begin. I wish I could attend all of their events and watch them participate and grow in learning life's lessons.

**Which talent would you most like to possess?** I am not very athletic and envy those with these talents. I play at golf, played at basketball for a while but definitely not a strong suit.

**What do you most value in your friends?** Their willingness to be with you during the good and bad times.

**Which historical figure do you most identify with?** Mother Teresa. Her legacy has much to offer all of us. I wish I could have met her.

**What is your greatest regret?** Growing up I wanted to be a physician. Since that was not in future, I wish I would have finished my nurse practitioner degree.

**What tenet do you live by?** Keep trying, never give up. Always working to see the glass as half full instead of half empty.



Compiled by Cathy Myers



**FOR REHABILITATION CHOOSE CUMBERLAND TRACE.** Friendly faces, inviting spaces, and a full spectrum of professional care help people get back to living the life they love as quickly as possible – that's what our STARS program is all about.

(317) 838-7070 - [www.cumberlandtrace.us](http://www.cumberlandtrace.us) - 1925 Reeves Road



Nag them. Bug them.  
Love them.

If your loved one is a heavy smoker and over 55 years old, encourage them to find out their risk for cancer. A simple lung scan is only \$49, and could save their life. Early detection is key. And if they are diagnosed, our highly skilled physicians offer the most innovative treatment options and support.

**\$49** LUNG  
SCANS

To schedule a scan visit [iuhealth.org/lungscans](http://iuhealth.org/lungscans)  
or call your local team at the number below.



Cancer Centers

AVON - 317.217.3272 (select option 1) | CARMEL and INDIANAPOLIS - 317.274.LUNG (5864) or toll-free 855.293.LUNG (5864)  
LAFAYETTE - 800.542.7818 | MARTINSVILLE - 765.349.6440 | MONTICELLO - 574.583.1714 | MUNCIE - 765.751.2727