

HENDRICKS COUNTY Volume 8
Issue 06

ICON

Families in transition gain strength through the services of Family Promise of Hendricks County

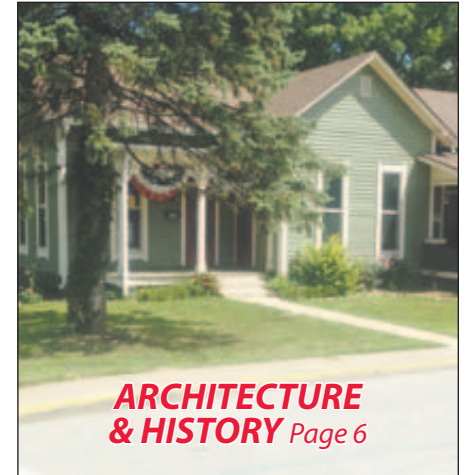
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September 2015
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Have any news tips? Want to submit a calendar event? Have a photograph to share? Call Katie Mosley at 451-4088 or email her at news@myICON.info. Remember, our news deadlines are several days prior to print.



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Ph: (317) 451-4088

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READER'S WRITES

Let it glow

While sitting on the back patio of the Town Hall Park discussing an upcoming event for Avon Parks, I found my mind wandering away from the assigned task as I enjoyed the beauty of the park. Watching a family fish in the lake and another walking the trail triggered a fun trip down memory lane of all the fun things I used to do when I was a kid.

Smiling, I remembered the feeling of anticipation for the annual 4th of July Parade or the Church Festival and even the disappointment when they were all over. As a kid, I didn't think how neat it was that these events brought so many people together. I just couldn't wait for the fun they would bring to my little world for a short amount of time. Now that I'm older and have my own family, I realize that these community events (no matter how big or small or who puts them on) are more than just for fun. They are a reunion, of sorts. A time for friends, neighbors and even strangers to come together, renew acquaintances or make new ones, put your busy schedule aside, relax and enjoy!

In the midst of this "philosophical" moment, another memory snuck into my head. While my counterparts were discussing boring stuff like logistics, I started thinking about ... hot air balloons!? Yep – big hot air B\balloons! When my kids were younger, we lived in St. Louis and attended The Great Forest Park Balloon Glow and Race. It was (and still is) a spectacular weekend event, but my favorite part of the weekend was the Balloon Glow. Imagine 50 plus hot air balloons tethered to the ground and lit up like giant colorful lightbulbs filling up the night! It's a really amazing sight to see and I began to wonder if we could pull off a Balloon Glow in Avon, Indiana!

To make a long memory short – let's just say, after sitting on the balloon glow idea for weeks, I finally mentioned it to a hand-

ful few people. Much to my surprise, everyone loved it and told me I should definitely pursue it! Thankfully, I have found lots of wonderful volunteers from Avon Parks, Hendricks Regional Health YMCA and Washington Township Parks, and we are in the midst of planning for the First Avon Balloon Glow. It's funny how it all started from a memory of another community's event.

Here are the details!

Avon Parks and Hendricks Regional Health YMCA are proud to present The Avon Balloon Glow on Sept. 12 at the Hendricks Regional Health YMCA. Pre-Glow Festivities begin at 6 p.m. with the Glow beginning at sunset (approximately 8 p.m.). Bring your chairs and blankets to get a good spot for the glow and enjoy the pre-glow festivities! Free parking, admission and activities (with the exception of tethered balloon rides and food). Tethered rides are \$10 per person with tickets purchased on site. For more details go to avongov.org or call (317) 272-0948.

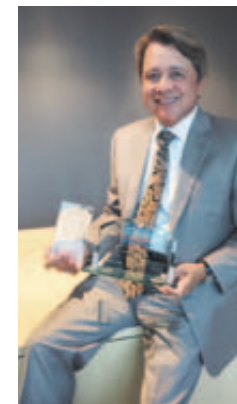
Terri Fisher 46123

COMMUNITY

AROUND TOWN

Terry Lee dealerships ranked highly by Automotive News

For the third year, Terry Lee Honda in Avon has ranked in the Top 100 car dealerships to work for out of 17,000 in the United States, according to Automotive News. Dealership owner Terry Lee attributed his Automotive News Awards to the family-like culture he strives to portray. Lee started off at Tom



Terry Lee

Photo by Anna Skinner

Wood before opening up a Chevrolet dealership in Cincinnati. In a market of 32 stores, Lee's store made it to number one before he sold it in 2008 and began work on Terry Lee Honda in Avon.

Turvey joins Central Indiana Dermatology

Diane N. Turvy, MD, has established a practice with Franciscan Physician Network Central Indiana Dermatology. She joins Barbara R. Sturm, MD, at their office located at 5255 E. Stop 11 Rd., Suite 310. Turvy completed her training in dermatology at the Indiana University School of Medicine. To make an appointment with Dr. Turvy, call (317) 528-7098.



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OUR VIEWS

A labor Day thank-you to our municipal workers

On Sept. 7 we will be celebrating Labor Day. Here in Hendricks County we have a very diversified and skilled labor force – a great work ethic. Let's also take this time to thank those men and women who serve the county's fine municipalities – in all different types of work. Be it a fireman, police officer, administrative assistant, sewer worker, planning department employee, you get the idea, right? They all do a fine job to make Hendricks County and its communities a top notch place to live and work and we thank them for their service.

MONTHLY QUOTE

"A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving."

~ Albert Einstein

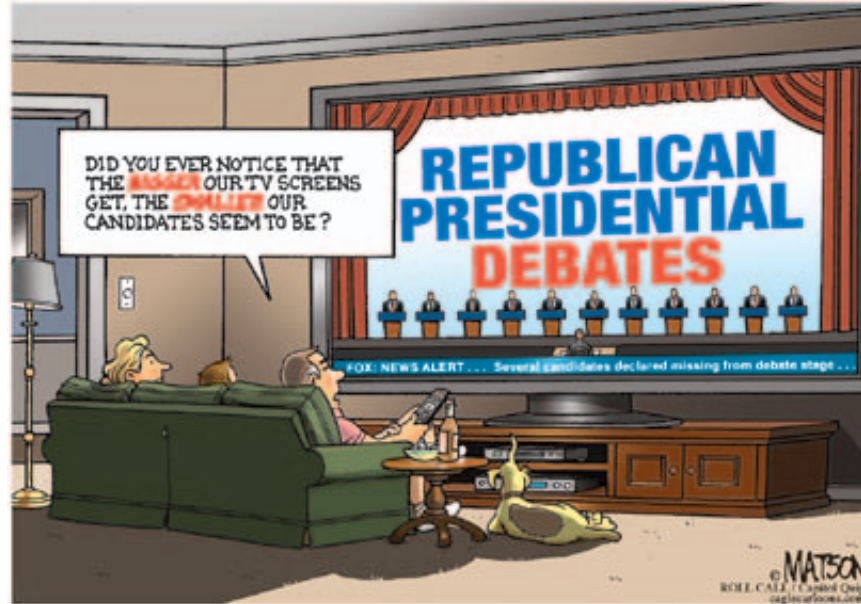
BELIEVE IT!

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

In Alaska, for all you would-be pranksters out there, it is illegal to string a wire across any road. -dumblaws.com

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.



Out with the old

Commentary by Dick Wolfsie

"Mary Ellen, where do we keep the soup spoons? Did you move the instant coffee? Where are the salad bowls?"

This is the kind of stuff I have been asking my wife for 25 years. We had the kitchen renovated this past month, so now I have additional questions, like:

"What's a convection oven?"

"Where did they hide the dishwasher?"

"Am I allowed to put New Yorker cartoons on the new fridge?"

Speaking of that fridge, Mary Ellen has taken great pains to ensure that our new stainless steel beauty retains its charm, so she began by explaining to me that there are only three food groups.

"Dick, there are items we both eat: milk, eggs, fruit and cheese, for example. There are the foods only I enjoy, such as brussels sprouts, sun-dried tomatoes and organic Greek yogurt. Then, there is the third group. That would be stuff only you like: salami, Bud Lite, hot salsa, leftover KFC, and the elephant ears from the State Fair last year that you insisted on freezing." Mary Ellen explained that the first two food groups would occupy special places in our new fridge, but all the number 3's had to go into our old unit, which has been banished to the basement.

When the six-week project was finally completed, I caught my wife gazing at our new room.

"What are you doing?" I asked.

"Admiring my new kitchen, of course," she said.

"Wait a second — you don't call it your house. Why is it your kitchen?"

"Well, in the first place, Dick, I had to convince you to agree to the renovation. Then

I worked with the designers all spring while you played golf, and this week, without your help, I put everything back in the new cabinets. Oh, and I'll be doing all the cooking for the rest of our lives while you are downstairs playing Words with Friends on the computer."

"Okay, so it's your kitchen. What can I do to help?"

"Please don't print off little labels that say 'Knives,' 'Cereal' or 'Can Opener,' and stick them on the new cabinet doors. And if a drawer seems stuck, do not try to pry it open with a hammer like you did when we first moved here. That's when you learned what a false door front is. And just for a change, I want you to read the directions for all the new appliances."

"I can figure it out by trial and error."

"Like when you cooked the frozen pizza last night and you hit the 30-second express button 16 times?"

Mary Ellen informed me that next month we are going to renovate my bathroom. I say "my bathroom" because Mary Ellen has never set foot in it. It's my cracked mirror; it's my stained bathtub and my disgusting shower curtain. I will miss them, but Mary Ellen said to cheer up, that they will look awesome in the basement storeroom next to the fridge.



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

The success of this 10th anniversary

I am usually vehemently opposed to writing anything in this space that relates to my family.

This month, though, is an exception.

Many of you who routinely read the ICON may not be aware there is another publication that we produce monthly - direct mailed to close to 5,000 businesses in the county - that was really the forerunner to the ICON. It's the Hendricks County Business Leader. I'm very proud of this publications and the story behind its creation.

This month the Business Leader is celebrating its 10th anniversary – that means 121 editions. I can thank many people for its success over the years, but one person who deserves a great amount of credit is my beautiful, loving wife, Cathy.

When she is not helping me, she works part time for the Avon Washington Township Library; and her most important job, that of mother, well, she gets 5 stars. Seriously, she helps out tremendously with the HCBL and ICON and gives me sound advice. I simply couldn't do it without her support.

There's not enough space here for me to gloat about her. I think you get the idea. Have a wonderful September!



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.

OOPS!

In the ICON's August 2015 Cover Story "School's in Session" there needs to be more clarification with regard to the Brownsburg Community School Corporation's referendum questions, which were defeated in May.

There were two referendum questions, not one. The \$1M referendum was for the General Fund and would have been used to fund additional teachers. The decision to put that question on the ballot had to be made in January of 2015, five months before the State Legislature voted to increase Brownsburg's funding for teachers.

The second referendum question was for construction of an additional elementary school and renovations for the high school. This \$95M project is unaffected by any action by the State Legislature. The ICON regrets any confusion the story caused.



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HC ARCHITECTURE & HISTORY

Ora Adams House endures many changes over the years

By Ken Sebree

You may have driven past the modest Victorian cottage located at 301/303 East Main St. just east of the courthouse square in Danville and never noticed this historically significant structure. Built in 1883 by widow Ora Adams for herself and her small daughter, this home has had numerous remodels



Photo Katie Mosley

Ora Adams House

and changes through the past 130 years; however, it still has enough significance to occupy its place on the National Register of Historical places.

In 1878, Central Normal College was moved from Ladoga to Danville where there were facilities available once occupied by the Danville Academy, which had been closed for almost 10 years. The college was welcomed by the townspeople and leaders, and since there were no dormitories, most students would board in the homes of the townspeople at a cost of about \$2 per week.

Soon after the move to Danville, the principal, Mr. Harper, packed his bags and headed west for reasons never completely explained, and Franklin P. Adams, at the request of his fellow faculty members, became the president and sole proprietor of Central Normal College, a private institution.

Enrollment steadily increased, and by 1880, there were 400 full time students, and Adams continued to recruit new faculty members and to expand curriculums in each department.

It is reported that the hardworking Franklin Adams overtaxed his strength, and in November 1882, he died at the age of 30 leaving behind his widow Ora and small daughter Effie. Franklin's dying wish was that his wife Ora take over the leadership of Central Normal College, so in January 1883, Ora Adams became president and sole proprietor of the college, a position held by no other Hoosier woman of the period. This same year, Ora built a fine Victorian cottage for herself and her daughter just across the street from the college. After she moved into the new home, it became not only the home for mother and daughter but also the site of various social functions including weddings, student discussion groups, farewell receptions and faculty meetings.

Life changed again for Ora Adams in 1889 when she married James A. Joseph, a one time student and a graduate of Central Normal. The wedding was conducted in her home on East Main Street. Desiring to return to life as a homemaker and mother, Ora turned over the reins of the presidency to Professor Charles A. Hargrave. In 1890, her new husband James became president of Central Normal and remained in that position until 1900.

Ora Adams died in 1926 at the home on East Main Street that she shared for many years with her husband and daughter located just across the street from her beloved Central Normal College. This home is a memorial to a relatively ordinary woman who succeeded in extraordinary circumstances.

Central Normal College closed its doors in 1945 after 69 years of operating at this same Danville location and educating tens of thousands of young people who would go on to become teachers, political leaders, land surveyors, attorneys, judges, and governors. It is a legacy to be proud of.

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

Promises & Premises

Families in transition gain strength through the services of Family Promise of Hendricks County

By Gus Pearcy

Ever met anyone whose goal is to open an emergency shelter? Then meet Stacy Schilling of Family Promise of Hendricks County. At 27, she has met her goal and simultaneously helping the homeless families of Hendricks County.

Schilling, a native of the northside of Indianapolis and a graduate of Purdue and the University of Michigan is the director of the Hendricks County affiliate of a national organization that offers resources to homeless families with children, most notably emergency shelter. Families can stay overnight in one of 10 churches or even Hendricks Regional Health Danville campus. During the day parents get help overcoming barriers to securing a place to live while children are in school or at daycare.

Schilling says families are granted a 30-day stay with extensions. Nationally, the average stay for a family is 60-90 days, but Hendricks County has a few more barriers such as transportation and affordable housing options.

"A lot of the resources available in Downtown Indianapolis are all within reach of the bus system," Schilling said giving an example. "Out here, there are lots of great resources, they're just a little more spread out."

From her office at the Family Promise Resource Center (the former offices of Hendricks County Habitat for Humanity), Schilling talks about the intake process. A thorough questionnaire to expose needs. Some are medical, many are financial, almost all are transportation related.

From (the questionnaire) we can say, "Do you need to see a doctor?" Schilling explains. "Do we need to figure out a way you get you health insurance?" "Are there mental health needs?" "Do we need to get kiddos enrolled in school and/or child care?" or apply for different resources already set up by the government and the community."

The organization's end goal for all families is stable housing and the means to keep it.

Shockingly, Hendricks County has a significant homeless population. These aren't people living in the streets or in a parked car. Homeless is also defined as people making homes in inexpensive motels or staying on the couch at a friend or relatives.

As soon as the resource center opened, Family Promise had a waiting list of 15 families. The program can only accommodate 11 people at a time primarily due to the limitations of the van size that provides the transportation to and from the host sites and various employers around the county. Family promise is looking to hire a part-time van driver.

At most, the group can only handle four families at a time. There are enough families who qualify that Family Promise can be busy well into next year. Imagine being homeless with a spouse and children waiting for a year.

Beginnings...

What started as a coalition of Hendricks County citizens concerned about the homeless eventually adopted the Family Promise model and then became a full affiliate in 2013.

Family Promise of Hendricks County Board President Larry Champion, an attorney from Avon, had an inkling that there was a significant homeless population here because of the number of requests for assistance at his church, Avon Christian. There were other organizations that would help folks such as the Plainfield Federation of Churches and the Christian Coalition.

"The more we looked into it, the more we knew there was a sore need," Champion said. "Those services were not being provided in Hendricks County."

The Family Promise model provides resources only to families with children to help them stay together, Champion added.

"There are valuable services provided by other service networks, don't get me wrong," he said, "but to provide a place where people can have a safe night sleep and receive social services during the daytime just really didn't exist in the county and that's what makes Family Promise locally and nationally a unique organization."

Champion hopes to grow the organization, offer more services, enlist more churches in order to help more families.

Schilling was a unique candidate because of previous stints working for Family Promise chapters in Indianapolis and Ann Arbor, Mich. This and her passion to open an emergency shelter as a life goal greatly impressed Champion and the board.

Aside from the help these families need, Schilling says Family Promise offers a support system that many of these families have never had.

"If they have a job interview or they do something they are really proud of... it's like they gain hundreds of cheerleaders," Schilling said. "I think a lot of our families would say that they've felt connections with different volunteers and felt truly cared for and loved."



Stacy Schilling, Director of Family Promise of HC. Photo by Gus Pearcy

"Families can stay overnight in one of 10 churches or even Hendricks Regional Health Danville campus. During the day parents get help overcoming barriers to securing a place to live while children are in school or at daycare."

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

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Olen Miller

Miller is hooked on his job as Shift Captain B Shift with the Danville Fire Department

BEHIND THE BADGE

Olen Miller always wanted to be a Police Officer. Originally from Avon, he did not grow up thinking about fighting fires. While working at the Hendricks County Jail, Miller had the opportunity to volunteer for the fire department, "I was hooked!" explained Miller. In 2005, Miller made the switch and became a full time fireman. He serves as the officer on the truck, and he is the shift captain on B shift. Miller's main responsibilities include ensuring the safety of his crew, the safety of the person (or people) in need, and preserving of property.

When not on duty, Miller spends his time talking to lifeguards about water safety. He visits schools to talk about fire safety and is actively involved with Fire Prevention week in October. Miller is married and has two sons who are very active in school. He also owns his own realty business: Mill House Realty.

What was your inspiration to become a firefighter?

It was Danville Fire Chief Morgan. He was my firearms instructor at the sheriff's department. I never seriously considered being a fireman until he convinced me to try it out. I started part time and quickly realized it to be my passion.

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

I was voted among my peers to be "Fireman of the Year 2005" after only being in the profession for just over a year. It really moved me that my peers thought that much of me in such a short time.

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

Emergencies involving children is most stressful and challenging for first responders.

What do you enjoy doing in your off time?

Hiking is probably my favorite hobby out of many. I've spent time on the Appalachian Trail and many trail systems throughout the U.S.A, but I still enjoy just a quick afternoon hike right here in Danville.

What are your future goals, professionally or personally?

I enjoy being a captain at the firehouse. That's where

I'd like to stay long term. I'd also like to continue entrepreneurship off shift and growing that part of my life for my family.

What would you have done if you hadn't of become a Firefighter?

I really enjoy the challenges of owning a business. I'm pretty sure that's where I would have ended up if I hadn't entered public service.



Photo by Sherry Moodie

Olen Miller, Shift Captain B Shift
Danville Fire Department
and Owner/Broker Mill House Realty

Compiled by Sherry Moodie

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Crail wins merit awards at photography competition

On her way to becoming a Master Photographer, Sarah Crail earned two merit awards from the Professional Photographers of America at last month's Individual Print Competition in Atlanta, Ga. Photographers from throughout the world compete in the competition and the event is considered the "Super Bowl" of photography.

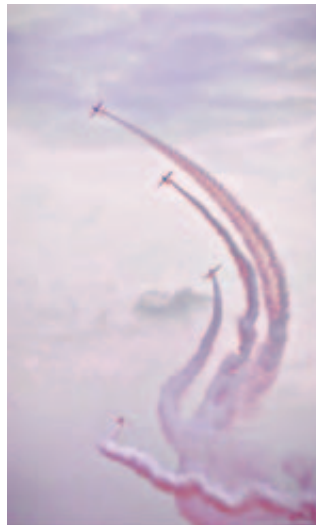
The Hendricks County photographer has earned half of the necessary merits in order to be recognized as a Master Photographer by the organization. Her winning entries this year are titled "Traveling First Class" and "Playing Catch Up." A photographer is allowed only four entries per year, and each entry is judged on technical excellence, story telling, impact, color harmony and eight other criteria.

"It's great to have a goal to work toward and a way to measure my growth as a photographer," Crail said. "It's important to never stop learning."

In addition to having to earn 13 merits in print competitions, a photographer must also earn 12 merits through service or attendance at PPA educational workshops in order to be designated a Master Photographer. A merit print is one which scores at least an 80 out of 100 and is judged by a panel of Master Photographers.

According to PPA, only about 30 Indiana photographers are listed as having earned the Master Photographer distinction and fewer than 10 are from the Indianapolis area. Crail is a member of the local PPA affiliate, Indianapolis Professional Photographers' Guild, whose members are supporting and advising her along the way.

For more about Crail, visit sarahcrail.zenfolio.com.



Above, "Playing Catch Up," and right, "First Class Flight," were the two entries which earned Hendricks County photographer Sarah Crail merit awards at this year's Individual Print Competition in Atlanta.



Mady Hayden of Hendricks County was crowned the 2015 Indiana State Fair Queen in January, marking the first time the pageant has not been held during the Indiana State Fair.

Queen reigns over State Fair

Madeline "Mady" Hayden of Hendricks County spent most of last month at the Indiana State Fair where she served as the 2015 Indiana State Fair Queen. Hayden was crowned in January as the 57th Miss Indiana State Fair.

Hayden was chosen from 85 contestants, each representing their home county. Each contestant participates in three preliminary judging categories, including interview, professional wear and formal wear. The three-minute interviews are private and not open to the public.

Hayden becomes the first young lady from Hendricks County to earn the title of Miss Indiana State Fair. Hayden said she had hoped to make the top ten, but when she won, it was "like a dream."

"I know what it's like to look up to a girl and be excited that she is the queen," Hayden said, "so I can't wait to interact with all the kids and fairgoers."

Hayden, 18, is a freshman at Purdue University studying speech language and hearing sciences.

Parade theme is Dare to Dream



The Quaker Day Craft and Community Festival will return to Plainfield Sept. 19 with a variety of activities, including craft and vendor booths, a parade and more. This year's theme is "Dare to Dream."

The annual event was first held in the 1970s at the Friends Church along U.S. 40. Over the years, the event has grown from a small craft sale to much more.

Co-hosting the event with the Plainfield Chamber of Commerce, the Friends Church still offers lunch during the event from 10:30 a.m. to 3 p.m. in the basement

of the church, located at 105 S. East St. Lunch features pork chops, pulled pork, hot dogs, sloppy joes and more.

The craft fair will be from 8 a.m. to 4 p.m. on the church lawn, and the Quaker Day parade will begin at 10 a.m.

A car show will also be held from 12-4 p.m. at the church.

Registration and application forms for vendors, parade entrants and the car show are available, along with more information, at www.plainfieldfriends.com.

Resource Officers boost school security

The Plainfield Community School Corporation and the Plainfield Police Department have expanded their collaboration this school year by adding School Resource Officer Josh Koch, below/left, to the staff.

PCSC Communications Director Sabrina Kapp said Koch's primary responsibilities are at the middle school, but he also has responsibilities with Central and Van Buren elementary schools. High school resource officer Bruce Felix, below/right, also has expanded his coverage to include Brentwood and Clark's Creek schools, Kapp said.

Officer Koch joined the PPD in 2011. He has many interests, including basketball, music, and working with children. He is the worship director at Second Chance Church in Indianapolis.

Officers Felix and Koch will spend most of their time at the secondary schools, but realize the significance of being present to the younger students.

"It's vitally important that we not only help ensure a safe environment for our students," explained Koch, "but we want them to understand that we can be their friends — that we can be trusted, and that they can rely on us."



Compiled by Derek Clay
Submitted Photos



WHY TERRY LEE

2015 ACCORD

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Above, Paul Kope, River Birch Elementary second grader, sits atop a 1947 Farmcrest 30 as Noel Brumm looks on.



Left, Bruce Williams was one of the founders of Farm Equipment Days.

Upper right/right, Andy Nicholson, a board member of the Hendricks County Soil and Water Conservation District, gives River Birch students a lesson in soil.

Upper right/left, Hannah Oppy, a fourth grader at Eagle Elementary School, checks out a bucket of corn.

Right/middle, River Birch students learn how a silo works.

Below, Eagle Elementary students look at miniature farm equipment.

Photos by Rick Myers





Local famers help students learn about agriculture

“That one is the best,” Tylor Marter, a first grader at River Birch Elementary School, Avon, said as he looked over at a huge piece of farm equipment. “I love that one.”

Tylor and about 2,300 students from his school, as well as White Lick Elementary School and Eagle Elementary School, Brownsburg, participated in Farm Equipment Days which was held on Aug. 24 and 25.

Farm Equipment Days began in 2009, according to Angie Williams of Angie’s Agri-Lessons, Avon. She was asked to bring a couple of pieces of farm equipment to a school and it grew from there after her father Bruce Williams and Bill Kappel got involved. Now local famers throughout the county showcase their tractors, combines, sprayers, spreaders, semi, and other farm equipment on the school parking lot as kids rotate through stations to learn about academic topics such as soil science, parts of a plant, agricultural products, and history. In six years, according to Angie Williams, Farm Equipment Days has reached over 7,000 students.

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

Gutters: An important part of your home

Fall will be here before we know it creating beautiful leaves and cooler temperatures. Cleaning the falling leaves from your gutters is an annual and very important maintenance activity.

This month, I have provided some general dialog regarding the proper maintenance and function for the gutters on your home.

Obviously, the most important gutter maintenance item is simply keeping leaves and general debris from building up inside the gutter itself. Always consider ladder safety when inspecting and cleaning gutters.

Downspouts and underground drains can also get clogged and must be kept clean and flowing properly. If downspouts are connected to underground plastic drainage tile, it is common for these tiles to become clogged with roots from landscape plants and debris. A good way to check is to simply use a hose, run water into the gutter/downspout and confirm that the water is flowing/exiting through the system properly. Some common problems caused by gutters functioning improperly:

- Water damage and rot at soffits, fascia board and exterior trim/siding.
- Ponding ground water from uncontrolled roof run-off can drain into basements and crawlspaces. Eventual damage to foundations can also occur.
- Damage to the gutter itself from ponding water and freezing conditions, gutter replacement may be required.

Gutter guards are not always the answer (there are Pros and Cons).



There are a large variety of gutter guards on the market today and just as large a range in pricing. The type of gutter guards should be carefully considered before installation.

Depending on the type of trees and leaf shed gutter guards can still become clogged creating the same problems mentioned above. If a gutter is extremely inaccessible, 2nd and 3rd story, a guard is a wise investment.

Generally periodic cleaning and inspection by an able bodied person is the best solution and as mentioned above, always use proper ladder safety.

If you have questions as to if your gutters are functioning properly or if gutter guards are needed to protect your system contact a qualified local contractor for a free inspection and recommendation. I hope this months tips were helpful and have a great fall season. *TsT*

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Aromatics abound in earthy wines

WINE & DINE

By Charles R. Thomas, M.D.

Earthy – A wine that smells like freshly-turned soil; an aroma that usually adds to the pleasant complexity of the wine.

A wine described as earthy is one that possesses subtle odors rather than the in-your-face aromas found in the "fruit bomb" wines we often encounter today. Even though I have characterized this odor as an aroma, implying that it is derived from the soil or the fruit of the grape, it often has secondary scents that are more bouquets, some derived from oak-aging. It is varietal (grape) dependent, since some wines in the same barrel do not necessarily convey the same earthy character. Nevertheless, The English dictionary defines earthy as robust, lusty, uninhibited, coarse, crude, or unrefined.

More to the point. When evaluating a wine, there is an olfactory sense that beside you is a patch of freshly-turned earth, either where something was freshly planted or open soil without covering or mushrooms or truffles. There is little specificity, as

anything in your own personal odor memory that triggers the impression of earth will suggest an earthy response. According to Robert Parker, earthy is more intense than woody or truffle.

I believe the scent earthy is both an aroma and a bouquet. One of the best examples is that of the fresh earthiness of a Loire Valley red wine (usually a Cabernet Franc) with spice and fresh herbaceous vegetables and herbs. At the opposite end of the scale one finds a mature well-aged Pinot Noir or Burgundy that displays the rich, haunting, complex earthiness of mushrooms and truffles. These bouquets evolve into what is termed the "tertiary aromas" of wine, the product of years of bottle aging. These are the aromatic elements of a wine that last the longest and are seen to persist in wines more than a century old.

Earthiness is one of those sensory elements of many wines that makes the simple gentle swirling and smelling of the wine in a large, thin-walled glass such a pleasure. It just suggests and connotes breed, character, finesse, and class. Although I don't believe that smoke from any source, whether it is cigarette, cigar, or whatever is conducive to the enjoyment of earthy wine, those who do indulge find them an enjoyable match. Wines displaying earthy character are often those grown in regions where the heat index is lower, such as the Loire Valley, the Rioja region of northern Spain, Bordeaux, Burgundy, and some areas in South America. What this fact suggests is that the opulent aromas of very ripe grape wines may obtund or cover up the earthiness of the wines we describe as "fruity."

A character that either augments earthiness or is perhaps part of it is the herbal class of wines that contribute herbal and vegetal aromas or bouquets to the wine. Herbal wines are the Cabernet or Bordeaux wines. Personally, when I consider earthiness, I think of red wine, and usually Pinot Noir.

Most sources recommend earthy ingredients to match an earthy wine, such a lentils, mushrooms, beans, miso, and other basic foods. As a rule, the food should be earthier than the wine. This makes the wine seem fruitier.

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



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I dreamt a dream

GRAMMAR GUY

By Jordan Fischer

My musical theatre-inclined readers will know Fantine actually sings "I dreamed a dream," not "I dreamt a dream." Phonetic preferences aside, it easily could have been "I dreamt a dream," though, since, though the original lyrics for the musical adaptation of Vigo Hugo's novel were written in French, the English translation was done by Herbert Kretzmer, who was born in South Africa while it was a British colony.

Now that you're all sufficiently bored, here's why all that matters: "Dreamed" and "dreamt" are both perfectly acceptable as the past tense of "dream," however "dreamt" is much more common among British speakers – particularly those taught Received Pronunciation.

There are a number of verbs with equally interchangeable past tense forms: "learn," "spoil," "burn," etc. "Dreamt" is a little more common than "spoilt," perhaps, but I wager to say you hear it less in American English than "burnt." At any rate, all of the "-t" forms tend to be used more frequently in British English.

I've written previously about "burned"

and "burnt," and situations where you might favor one over the other – but that's not really the case here. "Dreamed" and "dreamt" are equally acceptable in every situation I can think of. The best reason to favor "dreamed" is that it's going to sound more natural to the American ear. If you're writing for a British audience, the reception might be the same regardless of which word you pick.

So that's it: When it comes to "dreamt" and "dreamed," you can't go wrong. What a great world to live in, huh?



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

Send your Hendricks County news and events to: news@myICON.info

HENDRICKS COUNTY ICON'S
ADOPTABLE PET OF THE MONTH

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I would love a farm or large fenced yard where I can run and play all day! I was rescued from a hoarding situation in Hendricks County, along with 54 of my buddies. I was once terrified of humans, but the staff at the shelter has patiently taught me that humans are a-okay. I am very sweet and loving, and I love all dogs, too! It might take me awhile to trust you, but I promise it will be worth your while! If you know someone who owns a farm or who has a fenced property, who would love the company of a Border Collie mix (or two), I would love to meet you! I am a 2-year-old female, so we can have a long, happy life together!



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Our Mission: Since its inception in 1999, the HOTH Fund has granted over \$250,000 to provide eyeglasses, hearing aids, wheelchairs, dental work, clothing, transportation, medication, tutoring and other essential requests as approved by the Grant Committee. Guidance counselors and school nurses are seeing an increasing need for assistance with basic items that are critical to enabling students to succeed. The Grant Committee receives an average of five grant requests per week: most for the needs that "fall through the cracks," and are not covered by other assistance agencies.

Our Goal: Is to involve our community members in supporting our fundraising event through sponsorship, donations, to provide increased awareness of the emergent needs of children, women and families and the importance of continuing to assist the needs of those in our community. Your support will make a difference in the lives of Hendricks County women and children who need it most.



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Teacher of the Month

Kids, school has just started so we want to know who has the coolest teacher. Send your name, address and telephone number along with a 100-word summary of why your teacher should be honored as the Hendricks County Icon Teacher of the Month to teacher@myicon.info. The deadline for nominations for October Teacher of the Month are due September 18th. Your teacher will receive special recognition and something very cool from the ICON, plus your class will win a pizza party compliments of Chicago's Pizza, Plainfield. Please take time to nominate a deserving teacher from your school.

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

HENDRICKS COUNTY
ICON

CHICAGO'S
PIZZA

Rub a dub, dub: Time to spruce up the tub

INDOORS/OUT

By Pat Donovan

Are you looking at your bath and considering a total remodel? Check out the photos of a fairly small bath that is simply awesome. This project entailed a totally new bath with all the amenities of a large bath. Our client was open to some very creative ideas, which made the project amazing.

Note the decorative plate that was placed in the recessed wall. This small and often overlooked enhancement can generally be done in any space to add dimension and create a larger feeling to the room. The granite counter has the original jagged edge; perfect for this special bath and it works great with the glass bowl placed on top. The oversized mirror pro-

vides an additional illusion of space, which can sometimes be much needed in smaller spaces.



The shower is a show stopper and over-the-top beautiful! A built in bench was installed and all the bells and whistles installed for a great shower. The tile is a smaller version of the larger tile on the floor. The diagonal design adds dimension and makes the space appear larger.

Regardless of whether you are designing a bath or a special place in your home, be sure to make a plan. Consider all of your options and create a space that you will love forever. Set a budget and get started on a

space that you can enjoy!

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

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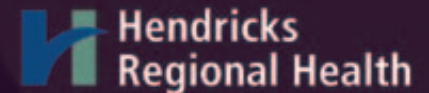
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IU Health West Hospital honors Falls Prevention Awareness Week

WELLNESS

For HC ICON by Christina Summers of IU Health West

Falls are not a normal part of aging. They can result in serious injury, robbing seniors and families of quality of life and independence. Indiana University Health West joins hospitals around the state of Indiana by declaring September 23, 2015, Falls Prevention Awareness Day.

Falls are Indiana's leading cause of emergency department visits and most common for adults over the age of 65. Every 14 seconds, an older adult is seen in an emergency department for a fall-related injury, such as hip fractures, head injury and in the most severe cases — death. The chances of falling and of being seriously injured in a fall increase with age.

"Falls can happen for a variety of reasons. It can stem from medical issues—even something as simple as low blood pressure or dehydration. The set-up of the home or the amount of help an individual has can also contribute," says Michael Pleska, physical therapist at IU Health West Hospital.

Falls can be costly. The total cost of fall-related injuries nationally for older adults is \$80.9 billion, including more than \$19 billion in direct medical costs. The Indiana Department of Health reports falls were the leading cause of injury hospitalization for all ages, totaling over 11,000 hospitalizations and more than 300 fall-related deaths locally.

Healthcare professionals, older adults, caregivers and family members all play an

important role in raising awareness and preventing falls in the older adult population. Studies show that a combination of interventions can significantly reduce falls among older adults. Experts, such as Pleska, recommend:

- Focusing on regular physical activity that includes balance, strength training and flexibility components
- Consulting with your primary care physician about getting a fall risk assessment
- Having medications reviewed regularly
- Getting eyes checked annually
- Making sure the home environment is safe and supportive
- Having an annual hearing assessment

"A big way to prevent falls at home is stairs. Try to limit the number of stairs a person has to travel throughout the day and install handrails—two is even better than one," says

Pleska. "Grab bars in showers and tubs are another easy addition to make the home safer; as is removing throw rugs and keeping pets from getting underfoot."

IU Health West Hospital will offer two opportunities for free balance screenings during Falls Prevention Awareness week. Join us in the Garden Café at IU Health West on Tuesday, Sept. 22, between 11 a.m. and 1 p.m. Or, attend the Prime Time Senior Health Expo at the Hendricks County Fairgrounds on Thursday, Sept. 24, between 9

a.m. and noon.

For more information, visit iuhealth.org/west and listen to our Healthy Living podcast on Falls Prevention.



The most powerful gifts we can give ourselves

LIFE CHOICES

By Karl Zimmer

Most of us don't think of giving ourselves gifts, but what if you could give yourself a gift that would cost you nothing and that could

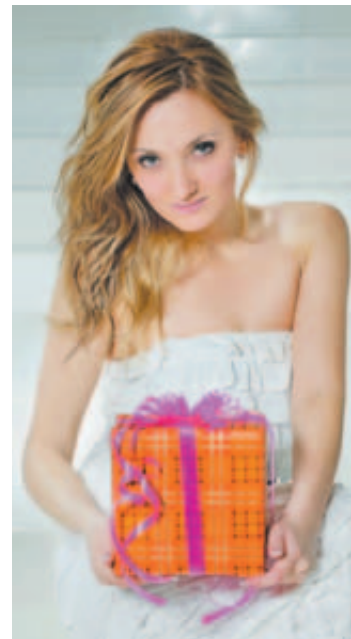
change your life in a profound, beneficial way? Would you be willing to treat yourself to such a gift? I am not talking about anything material. Most of us don't need more "stuff." I know I don't. No, the gifts I'm talking about are two things we can do that not only cost nothing, but also free us from certain burdens and help us improve our lives by attracting more of what make us happy and healthy.

The first gift you can give yourself is gratitude. Be grateful for everything and everyone in your life. Remind yourself, every day, of what in your life you are grateful for. Think of and acknowledge at least one thing. It doesn't have to be something that is necessarily good. Even things that may not have been pleasant help us grow and become stronger and wiser, so be grateful for the good as well as the bad. Keeping a "Gratitude Journal" is one of the best ways to practice this gift we can give ourselves. Write down the names of people and a list of things and events that have brought you joy, helped you grow, or in some other way have improved your life. Reflect and allow yourself to glow in that gratitude.

Another powerful gift we can give our-

selves, one that is often misunderstood, is forgiveness. Most people have a difficult time with forgiveness because they think it means letting someone off the hook for his actions. Forgiveness is a gift you give yourself, not a gift for the person you are forgiving, unless you are forgiving yourself, which is certainly appropriate at times. Forgiveness is a gift to yourself because its purpose is to release you from the burden of carrying the pain from the event and perhaps, the grudge against the person who inflicted the pain onto you. When you carry the pain, you prevent yourself from moving forward and replacing that pain with newfound joy. When you forgive someone, you are giving away the event and leaving it in the past rather than allowing it to continue to hurt you in the future. You may carry the lesson of that event with you, but not the pain.

You are worthy of receiving many gifts, and though you may not always have been good at giving gifts to yourself, isn't it about time you treated yourself as well as you treat others? By giving yourself these two powerful gifts, you will release yourself from past hurts and bring into your life, more of what make you happy. How cool is that?



"...what if you could give yourself a gift that would cost you nothing and that could change your life in a profound, beneficial way?"

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.

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The problem with assumptions

MOM'S the WORD

By Alyssa Johnson

Ever assumed someone's mad or going to be mad at you? C'mon – we both know you have. I had this happen to me last week. I needed to set a boundary with a client.

She hadn't followed through on her agreements and a boundary needed to happen; otherwise, I wasn't serving her well. That's what she was paying me for! I was determined to have the conversation even though

I was worried it would be uncomfortable. I want to share what came up for me as I prepared.

Defensive Posturing: I immediately started running through scenarios of how she would react when I set the boundary, so I could adequately prepare. That sounds like a good idea, but what I found was that I was coming from a place of defensiveness. It's just the natural reaction to someone getting upset with us.

Fight or Flight Mode: Assuming this person was going to get mad made me want to avoid the conversation completely. But I was coming from a place of expertise and service. This was not something that could be shoved under the rug. It's my job to stand firm for my clients and see potential in them they don't see. The opposite extreme is also common. Rather than withdraw, some people will just pick a fight preferring to be on the offense rather than the defense.

As soon as I recognized these thoughts, I took a step back and really looked at the whole scenario. I reviewed our agreements and all the opportunities I'd offered her. I looked at my motives in having the conversation. This honest, inward appraisal allowed me to drop my defensiveness. The purpose of the conversation wasn't to pick on her,

but to genuinely help this client get where she wants to go. With that clarity, I was even more certain that ignoring the situation was not a possibility.

So, I had the conversation. Did she ask why I was setting the boundary? Yep. Did she get mad about it? Nope. I was able to clearly explain why it was necessary and in her best interest. She knew where my heart was coming from and that this boundary was important for her. It allowed our working relationship to be stronger and for her to move more quickly toward her goals. She knows I'm holding her accountable rather than letting her revert back to the old behaviors that have held her back in the past.

So, the lesson to be learned? I exerted a lot of time and energy worrying about her reactions; assuming she was going to be

mad. It wasn't a waste by any means. It allowed me to come to that conversation clear in my intention and motivation so I could serve her to the utmost.

Your Vibrantly Live Challenge

I'd like you to think of a scenario in which you assumed someone was going to be mad. How did it go? Evaluate the process you went through and how you can use what you learned today, moving forward.

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 or call her at (317) 520-1476.

Comfort kills and other reasons to stay awake

RELATIONSHIPS

By Sherry Stafford Rediger, PhD

It is said if you put a frog in a beaker with cold water and very gradually turn up the heat, the frog will adapt to the point it explodes rather than jump out. While factually controversial among scientists, it is an instructive cautionary tale. Some people are capable of adapting to a great deal of stress and, over time, fail to see the increasing destruction that comes with it. Suddenly – or so it would seem – there is a great deal of suffering: physical, emotional, spiritual, financial, and relational. The water in the beaker is boiling. The frog is exploding.

Cameron thought he was handling his full-time job and part-time college course load fairly well. Over Christmas, his parents divorced. That was a very stressful time for Cameron, but he thought he was ok. When he failed a class and his girlfriend broke up with him, he started having panic attacks and he decided it was time – past time – to ask for help. Ask yourself these questions:

What do I do to take care of myself?

Is my life in balance? What feels out of balance?

When is the last time I asked for or accepted help from someone?

It's also important to stay awake to inevitable creeping complacency. I recently saw a bumper sticker proclaiming, "Comfort Kills." Most of us desire to be comfortable, and we spend a lot of time and money trying to be comfortable. But comfort has a way of lulling us to sleep. With comfort, we often ignore the alarms and warnings that all is not well. We

become complacent.

Jack and Alice have been married 27 years, but Alice isn't sure she wants to stay married. "It's not that I want to be with anyone else," she said, "I just want to try living on my own. We've raised our kids and I think I want more adventure than Jack does. He seems content to come home from work and turn on the TV. I want more."

Having a healthy, intimate relationship doesn't necessarily always mean hard work, but it does mean being intentional. In other words, staying awake on purpose. Ask yourself these questions: Do I want the best for my partner? How can I be part of making that happen? Do I see my partner the way I have always seen my partner? What's new? In what ways have I expressed interest in my partner? What surprised me about my partner today? What am I grateful for about my partner today?

Continuing to develop as an individual is an important part of keeping a relationship vibrant. Challenge yourself to pursue an interest in a different way. If you are often discussing politics, attend a lecture, read a book, or get involved in an issue that is meaningful to you. If you like taking photos, sign up for a photography class or go to an art exhibit. Be intentional about creating opportunities to be inspired. You're awake when you're inspired!

Dr. Rediger has been helping individuals, couples and families for over 25 years and is in private practice in Plainfield. She can be reached at (317) 839-1333, through her website SherryRediger.com or by email at SherryRediger@gmail.com.



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COMMUNITY WESTVIEW

Sept. 1 (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.

Sept. 3 • Treating Autism | When: 6:30 – 8:30 p.m. | Location: Community Westview Health Pavilion, Community Room on second floor; 1101 Main St., Speedway | Cost: Free | Contact: (317) 957-9057.

Sept. 15 • 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

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

Sept. 11 • Fibromyalgia and Chronic Pain Support Group | When: 3 – 4:30 p.m. | Location: Hendricks Regional Health YMCA, 301 Satori Pkwy. | Contact: Brenda

Hernandez at (317)718-8160 or fibrogal59@gmail.com.

Sept. 21 (every Monday through Oct. 26) • POUND | When: 3:30 – 4:30 p.m. | Location: Hendricks Regional Health, Fitness Classroom, Medical Building 3; 100 Hospital Ln., Danville | Cost: \$30 | Contact: Jill Woodward (317) 718-8160.

INDIANA UNIVERSITY WEST HOSPITAL

Sept. 4 • 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.

Sept. 22 • Balance Screenings | When: 11 a.m. – 1 p.m. | Location: IU West Hospital Garden Classroom; 1111 North Ronald Reagan Pkwy, Avon | Cost: Free.

Sept. 24 • Prime Time Senior Health Expo | When: 9 a.m. – noon | Location: Hendricks County Fairgrounds & Conference Complex; 1900 E. Main St., Danville.

FRANCISCAN ST. FRANCIS

Sept. 1 (every Tuesday and Thursday) • Yoga | When: 4:30 – 5:30 p.m. | Location: Franciscan St. Francis Health Mooresville Swisher Conference Center; 1201 Hadley Rd., Mooresville | Contact: (317) 528-4514 | Cost: \$10 single session; \$80 10 season pass; \$50 monthly unlimited.

Sept. 16 • Change of Heart Class: Eating Healthy | When: 6:30 p.m. | Location: Franciscan St. Francis Health Mooresville; 1201 Hadley Rd., Mooresville | Contact: (317) 782-4422 | Cost: Free.

Sept. 22 • Change of Heart Class: Healthy Dining Out Tips | When: 6:30 p.m. | Location: Franciscan St. Francis Health Mooresville; 1201 Hadley Rd., Mooresville | Contact: (317) 782-4422 | Cost: Free.

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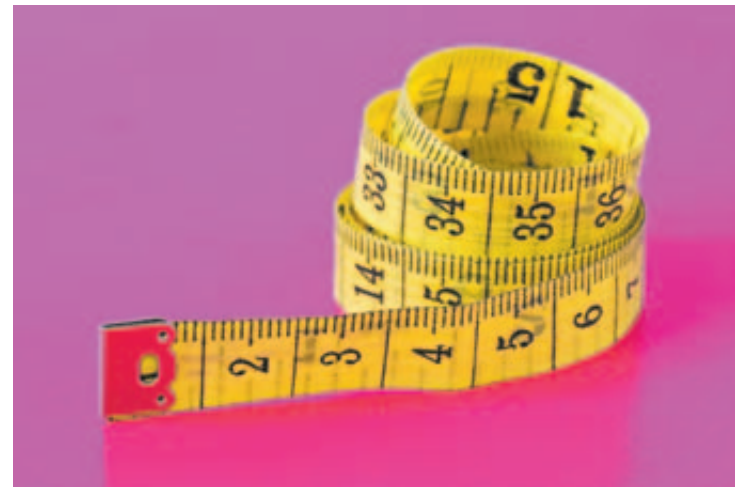


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Talking to kids about weight

DIETARY

By Martha Rardin

When your child is overweight, talking about healthy body weight and body image can be a difficult task. There could be several reasons why your child is overweight. In this situation, it's important to begin a discussion, in a positive way, reinforcing your love and respect for your child.

Try to determine why your child is eating more than necessary or choosing foods that have empty calories. Children gain weight before a growth spurt so they may be a little heavier and hungrier at this time. If their waistline, however, is growing faster than their height, and stays that way for a while, you should intervene.

Begin by looking at what you are providing your child for meals and snacks. Are you stocking the cabinets and refrigerator with junk foods or healthy choices? Do you have ready-to-eat healthy selections, such as a bowl of fruit on the kitchen table or vegetables cleaned and ready to eat in the fridge? Kids are all about convenience when it comes to grabbing a bite to eat so make sure healthy selections are readily available.

Monitoring how many empty calories your child eats and drinks is important. Liquid calories can't be ignored. If you keep soda in your house, you can assume your children will be drinking it regularly. But, soda isn't the only beverage that needs to be consumed with caution. Lemonade, sweet tea, fruit drinks, punches, fruit juices and energy drinks also contain sugar and empty calories. By not consuming these products as an adult, and not keeping them in your fridge, you set a healthier example for your child.

Children need snacks for their growing bodies, but sometimes children eat out of

boredom, frustration or anxiety. When your child asks for a snack, make sure you ask them if they are hungry. If you suspect your child is an emotional eater, it is important to occasionally ask "why" they want to snack. Instead of letting your child eat to ease stress or fill a void, try and help your child develop healthy coping strategies that can last a lifetime.

TV and computer time can also play a role in children's weight issues. As parents, it is our job to define limits and determine the rules for acceptable TV and computer time per day. By limiting everyone's screen time, the whole family will have more time for shared meals, bicycle rides and family games. As parents, we should also put more thought into the gifts we give children—a video game, for instance, will likely guarantee more screen time whereas a jump rope, bicycle, tennis racket or new ball will encourage physical activity.

Another way to encourage your child to exercise is to make it a family affair. Pediatricians and dietitians prefer that parents model healthy behaviors by eating healthy foods and being physically active. Children learn more by watching our actions than by listening to our parental words of wisdom; parental role modeling speaks more than a thousand lectures.

As you may have guessed, I believe children learn by watching their parents. Food choices and activity levels definitely run in the family. Whether or not parents set a healthy example can play a major role in determining the weight of their children.

If overcoming weight issues seems larger than you can manage alone, it is recommended you speak to your family doctor to help establish healthier habits.

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

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Extra skin getting in the way

BODY BEAUTY

By Dr. Barry Eppley

I am a 63-year-old female who just recently had a facelift. Because I am thin, I really had no fat, just loose skin in the neck and jowls. Now that I have gotten the skin tightened up, how can I keep the facelift in place? I have read about a lot of things such as Thermage, Ultherapy and others and, while they sound good in theory, I have read that they don't work for a lot of people. Some have said that the only really effective method of skin tightening is through collagen regeneration using a laser. What do you recommend?

The reality is that nothing can keep a facelift "in place" forever as surgery does not stop the effects of time and gravity. But there are certainly things to do to help slow down the process and make the results of a facelift last longer. Skin tightening and collagen rebuilding would be the correct approach after a facelift, and, for many, should be considered maintenance therapies. There are numerous energy-based devices for skin tightening and you have named a few of the most

well-known. I do think they have some benefit even if it is not the same for every patient. In my practice, I currently offer Exilis and BBL (Skin Tyte) as methods of skin tightening maintenance after a facelift in which a series of treatments (usually four) could be done once a year. Light laser resurfacing is also a good choice and can be done with the other skin tightening treatments. Just don't have any deep laser treatments but more regular lighter ones. And don't forget such basic preventative measures for skin aging which include avoidance of excessive sun exposure, no smoking, a stable weight and a good daily skin treatment regimen.

I am a 37-year-old male and have lost 90 pounds over the last two years. I have been body building during that time and cannot seem to get rid of my stubborn belly skin/fat. I have some abdominal definition but too much skin underneath my navel. I am almost to the conclusion that some form of a tummy tuck is the only way I can get rid of the extra skin.

You are to be congratulated on making such a body change. Not many people can lose nearly 100 pounds and end up with a fairly well sculpted body. But you are cor-

rect in that you have done all you can do and the lower abdominal skin will only respond to surgical removal. The good news is that it is tremendously successful and will put the final touches to your body transformation. Mini-tummy tucks are what most men need as their abdominal skin shrinks much better than women because of retained skin elasticity (never having gotten pregnant). Also, male tummy tucks do not require manipulation of the rectus muscles (muscle sewing) for the same reason. This makes everything about the male tummy tuck a little easier than that of many women. The biggest problem in men is to control their activity level afterwards for three weeks or more to avoid a fluid collection from developing.

Dr. Barry Eppley is a board-certified plastic surgeon in Indianapolis. Comments can be sent to info@eppleyplasticsurgery.com.

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'Kult'ivating a relationship with Christ

WHERE WE WORSHIP

The Kult family of Danville is no stranger to serving at Mary Queen of Peace. Andy and Kylie volunteer for many events held there, while Kylie is a member of the Mary Queen of Peace Parish Council. Toby, 13, and Lucy, 11, although young, serve Mass and volunteer their time at various events.

Outside of spending time at their church, the Kults love traveling, hiking and most importantly, laughing together as a family.

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

The Holy Eucharist. As Catholics, we believe that Christ is truly present in the Eucharist. The Eucharist is not simply a symbol or sign of Christ's presence, but rather we believe that Christ is really and wholly present therein. At the Last Supper, Jesus instituted the sacrament of Holy Communion as a means of fulfilling His promise to us that He would forever be truly present with us. MQP's Blessed Sacrament Chapel provides a wonderful opportunity to spend time in the real presence of Christ, in the form of the Blessed Sacrament, any time of day. It is amazing how much more easily one can prioritize life's concerns and worries after having spent quiet time in Christ's presence. Spiritual growth is unavoidable, and awesome.

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

Celebration of the Mass, including most importantly Holy Communion, not only connects our family members with one another, but it connects our family with every other family at MQP, with our extended families out of town, and with every Catholic individual and family around the world. There is great comfort and joy sitting at Mass and knowing that other Catholics the world over are celebrating Mass in



Kylie, Lucy, Toby, and Andy Kult. Submitted Photo

the same basic manner we are. Despite language differences, we are all praying the same prayers and experiencing Christ's presence through the Holy Eucharist. When our family travels, we locate Catholic churches wherever we might be, and we always feel welcome and comfortable in every church, because the Mass is always familiar and ready for us to join in. How terrific to be a part of such a large family!

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

In 2014, MQP celebrated 75 years as a parish community. Archbishop Joseph Tobin celebrated the Mass, and it was wonderful to see our very long-time parishioners intermingling with our newest parishioners. On a more regular basis, we hold an amazingly meaningful event every Easter, as we welcome our newest parishioners fully into our Church community at the Easter Vigil Mass. These members of the

RCIA (Right of Christian Initiation of Adults) program are brought into full communion with the Church following months of hard work, study and prayer, and the Easter Vigil Mass on Holy Saturday is a beautiful and meaningful event at which we congratulate and welcome them all.

Why would you recommend your place of worship to someone?

There is a lot of camaraderie amongst parishioners at MQP. Admittedly, from time to time Catholics are said to be less than warmly welcoming to visitors. That has never been our experience at MQP. The interaction among parishioners is abundant and wonderful. There are scores of opportunities for involvement with other parishioners, whether it be volunteering your time and talents

in service of the parish or the greater community, or simply having a great time and blowing off steam with friends on the softball diamond. For our family, there is truly a sense of belonging to and being a part of a larger family community. Most importantly, if you desire to further your relationship with Christ, to bring more balance to your life, and to know that you have a place where you can spend time quietly in Christ's true presence at any time, Mary Queen of Peace is worth checking out. Our doors are open!

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Compiled by Cathy Myers

The blessing and curse of labor

DEVOTION

By Michael LeFebvre

"A river flowed out of Eden to water the garden, and there it divided and became four rivers... where there is gold... bdellium and onyx stone... The LORD God took the man and put him in the garden of Eden to work it and keep it..."

~ Genesis 2:10-15

Happy Labor Day, this month!

Since 1887, Labor Day has honored the role of workers and organized labor movements for the social progress of the nation.

The Bible extols the value of human labor by locating its roots in the Garden of Eden. The Eden narrative in the Bible's first pages is a picture of human society in its primitive ideal—human society without sin or suffering or pain of any sort.

What surprises many is that, even in that Edenic vision of a world without sin or sorrow, there was work to be done.

The biblical vision of an earthly paradise is a lush home surrounded by unexplored regions rich with raw resources and agricultural potential. Set in the security of Eden's garden, humanity is given the exciting charge to study, explore, develop, care for, and discover the possibilities of the untapped beyond.

In other words, in God's good purposes, work is not supposed to be a curse rooted in need. Rather, under God's design, work is supposed to be a blessing borne out of potential. Sadly, sin has spoiled that ideal. Discontentment, greed, deception, bitterness, and other evils have brought pain and loss into the world. The Eden story ends with a curse upon human labor: "cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread ..." (Gen. 3:17-19).

The adventure of labor is still there! God still grants humankind the privilege of exploring and developing the world's resources (ethically). But now, on account of the sins

and greed of human society, that labor is confronted with obstacles, weeds, and failures.

The opening pages of Scripture give an origin story about human labor (and also about human relationships). The wisdom of the vision found there is its diagnosis of the root problem behind this world's brokenness and suffering—including painful or unfruitful labor. The root problem is not merely economic, educational, or political. The root problem is moral: sin.

That is why the focus of Scripture is on the grace of God to grant forgiveness with moral renewal. It is through the redemption and renewal found in Jesus Christ that victory over sin is possible today, and the hope of eternal life in a perfect world order to come.

This Labor Day, let us praise God for the good gift of labor. And let us pray for his mercy on our sins as a society.

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



Why I'm giving up Starbucks

RELIGIOUS LIBERTY

By John Crane

I have loved Starbucks for a long time. Or, more specifically, I have developed an addiction to its venti white chocolate mistos.

I shudder to think how much money I've spent on my love affair with that drink. (Probably enough to put CEO Howard Schultz's three kids through college.) So, over the years, I've simply chosen not to think about it. Or where the money goes.

And yet, my conscience has increasingly tried to grab my attention. To no avail until now.

It's not about the high price of the coffee (though that alone is a crime to which I've willfully subjected myself for far too long). It's where the money is ultimately going that matters.

Imagine if the local Starbucks coffee shop prominently posted a sign in the window which read, "We at Starbucks proudly support Planned Parenthood." How would that affect customers who understand who Planned Parenthood is and what they're doing?

The fact is that Starbucks does support Planned Parenthood with corporate contributions every year. They are one of at least 38 major corporations and organizations that help make up 25 percent of Planned Parenthood's \$1.3 billion annual budget.

And my money has been a part of that support.

No more. Though my own decision about Starbucks should have come sooner, the revelations over these previous months that Planned Parenthood has been selling the body parts of aborted babies has finally brought me to the point of saying, "Enough!"

I say all this certainly not to disparage anyone else the choices they make. But simply to challenge all of us to consider the implications of our choices and purchasing power.

In a complicated world like ours, it's difficult to live as consistently as possible where competing values are concerned. The truth is, I cannot know exactly where every dollar

I spend goes. But when I do find out, I have a choice to make. With knowledge comes the responsibility to act.

How often do the economic choices we make result in the undermining of values we believe in? And, once realized, what do we do about it?

There has been an epidemic sweeping our culture, what William Bennett called, "the death of outrage." Have we lost our sense of outrage?

Too often, if I am going to be honest, my desire for convenience has usurped my conscience. And that gradual accommodation — if left unattended — can cause one's conscience to atrophy, until we find ourselves numbed to the atrocities in our world.

In my sober moments reading the newspaper at the breakfast table or engaging a friend in a debatable discussion, my outrage manifests itself. But I can easily dismiss that outrage when I smell the coffee beans.

There is hope. As the Daily Signal reported last month, the list of corporate sponsors (which Planned Parenthood quickly pulled from their website after the backlash intensified) was at 41 companies and organizations. But the Coke, Ford, and Xerox corporations have withdrawn their support of Planned Parenthood in light of these recent revelations.

As more undercover videos are forthcoming, I imagine that other companies will likely follow suit. After all, the practices at Planned Parenthood are not a winning business strategy with which to be associated.

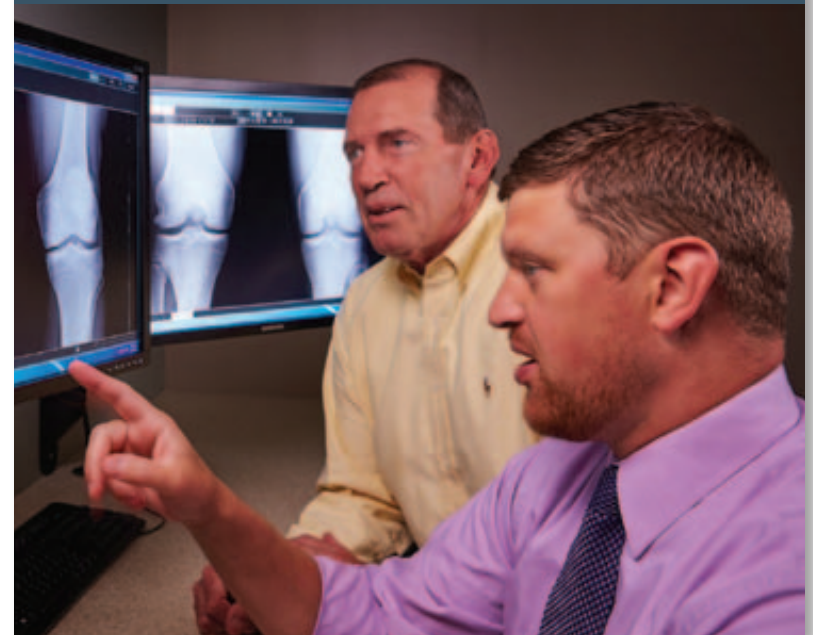
I'd love to go back to Starbucks again. But until things change, my conscience won't allow it. The price of saving the unborn far outweighs even the price of a Starbucks drink.



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

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The business of youth sports

Amanda Babinec runs toward growth of Avon Junior Athletic Association

By Gus Pearcy

As a 5-year-old, Amanda Lewis, now Babinec, chattered at the softball batter from the outfield never realizing that one day she'd be running the show. Twenty-five years later, Babinec is encouraging Avon area children to do the same as executive director of the Avon Junior Athletic Association, aka AJAA.

An Avon native, Babinec, 34, runs the nonprofit as a business. It's a big business, too. AJAA offers programming in seven sports operating year round.

"People don't realize how big we are," Babinec said. "Across the board, we cover 4-year-olds to seniors in high school."

AJAA has a long history dating back to 1963. Most are familiar with the baseball complex at County Road 625 East and 100 South, but the organization operates throughout the community and partners with primarily Avon Community Schools for football, cheerleading, and basketball.

While other communities have different organizations for each sport, Babinec says AJAA keeps it all under one roof with one all-volunteer board and commissioners for each sport.

"If you package everything up, then you can offer a more robust package for the kids you serve," she said. "So we have economy of scale and efficiencies where we can use our bulk buying power to bring down the costs."

Participants, on average, pay around \$100 to play. The rest of the revenue comes from sponsorships and fundraisers, like the popular yellow trash bag sale.

For her part, Babinec has more experience in events and marketing than she does in football. A nine-year veteran of the Simon Mall Group, Babinec played many roles in her position as director of kids' events for 103 malls across America.

Sponsorships provide a significant portion of the overall budget. So Babinec is trying to use her experience to provide better sponsorship packages. Recently, the AJAA named

a new diamond after Champion Chevrolet, one of the organizations major sponsors.

Bryan Bell, the volunteer president of AJAA says this was a huge coup for Babinec and the organization.

"Bringing in a sponsor like Champion Chevrolet is really a first for our organization," Bell said. "The amount of dollars committed over the next three years is unprecedented. She does a phenomenal job of reaching out to businesses. And she's integrating herself in the community."

Bell added that Babinec's background in business development, local roots, and the board's vision for a professional executive director that stayed long after volunteer leadership left the organization are proving to work very well.

"We knew that we wanted to be less driv-

en by volunteers in the area of leadership," Bell said. "We wanted to ensure that we had strong, stable leadership in place."

AJAA serves about 3,200 kids including the Babinec brood. In the future, Babinec says she hopes to reveal the vastness of AJAA to the community.

"We really want to start getting transparent with our numbers," Babinec said. "To let (parents) know all the decisions that go into how we set sports fees and how we go about choosing what vendor to use, and here are the changes we are looking at to try and lower your fees."

Babinec hopes to also beef up the scholarship program helping reduce costs for families unable to afford the fees.

"Our tag line is 'Something for Everyone,'" Babinec added.



Photo by Rick Myers
Amanda Babinec

**EXTR
A** BUSINESS LEADER
HENDRICKS COUNTY

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

BIZ BRIEF

Operation Round-Up benefitting Hendricks County

Operation Round-Up is a voluntary fundraising program that lets members round-up their energy bill to the next whole dollar. The difference is then deposited into funds held at the Hendricks County Community Foundation. Together, the co-op and the community foundations determine the most appropriate uses to benefit the community. On behalf of Hendricks Power Cooperative and its members, Dana Cochran presented Jeff Smallwood, president of the Hendricks County Trail Development Association (HCTDA), a \$5,000 check to assist with a project intended to enhance the B&O Trail. This project will begin late summer of 2015 and will add a trail head on the east side of Green Street in Brownsburg. This will include a parking area for vehicles and sidewalks connecting the parking area and existing shelter house to the actual B&O Trail.



From left: Dana Cochran, Hendricks Power; William Rhodehamel, Hendricks County Community Foundation; and Jeff Smallwood, HCTDA.

PEER TO PEER Not so fine dining

From time to time I write of my dining escapades. When I eat, I generally sample non-franchise eateries if any are available.

The interesting thing about this is that a person has an hour or so to test out the "bill of faire," the service, and the overall ambience of a restaurant all while eating a meal. Today, with all of the TV shows and the like featuring eating establishments that we watch for recreation, most all Americans have become amateur foodies. Eating in a small family owned place is like sipping a new bottle of wine. We come to relax with friends, but we are now smelling, whiffing, and savoring everything from the wait staff to the restrooms and everything in between. This much I can say with amateur authority, these diners and dives are divided into two classes; "these guys get it," and, "these guys don't get it." Wonder why?

I have often prescribed to the theory that we must all be students of our vocational craft. The interesting thing about "rehabbing" houses or running a diner is that you just have to turn on the TV and there, in an enjoyable format, is your continuing educa-

tion. Do you ever wonder, should you visit these local eateries as I do, does the staff and ownership of this joint ever watch those shows?

How about the food prep? I will pay a couple of bucks more for breakfast items stacked on top of one another served in a skillet. Why? Presentation. Crinkly cut fries light blond in color on a light green melamine plate served with a dirty squirt bottle of Heinz finest has a value of 75-cents to me. Put thin dark fries with the skin still on them in a paper cup with pictures of whole potatoes on it, or in silver basket with a paper liner, and the price goes to \$1.99!

Extra time in presentation and food prep may drive food cost up, but I suggest it would only be marginally. As a business owner, though, consider this: the repeat business will more than offset the cost. We don't want one-time visitors. We want repeat business! Take the extra time consider what it might take to have that return customer versus the one-and-done customer. A little extra can go a long way.



Howard Hubler
COLUMNIST

Howard Hubler can be reached at howard@hubler.com.

Making a habit out of having a heart

Julia Mulholland heaps on love for Hendricks County

Julia Mulholland, a mother of four and grandmother of two, is 20 year Hendricks County resident. Transplanted from Texas, she has worked as a clinical pharmacist and director of pharmacy in Indianapolis, but her true calling and passion is her work she does for Hendricks County. Mulholland is one of the original founders of Habit of the Heart nearly 11 years ago. Here, we learn more about our September ICON of the Month, Julia Mulholland:

What do you consider your greatest virtue? Organizational skills. My family loves to poke fun at my multi-colored lists and calendars.

What do you most deplore in others? Those who seem to lack follow-through, whether in parenting or in volunteerism or in life. It seems to make the load that others have a bear much heavier.

What do you like most about living in Hendricks County?

What I like most is the countless number of people willing to help others within the community. We are truly a family. Whether someone helps to change another person's life or simply holds a door open, the members of our community give time and treasure by their own volition, to perform acts of charity.

If you had to live elsewhere than in Hendricks County, where would it be?

I would live somewhere in the south. I was born and raised in Texas, so I would be close to my family. In addition, I don't do winter and the pools here are too cold. That being said, my children are here so I would probably never make a permanent move.

If you could begin life over, what would you change?

Certainly my knee-jerk reaction has a list of what I would change, but upon further reflection I would not be the person that I am today if those things actually changed.

If money were no issue, how would you spend it? I would like to spend some of the money on travel opportunities for my family and myself so that we can further expand our knowledge of others. Additionally, I would use the money to further expand my ability to help those in need in Hendricks County.

What makes you happiest?

The time that I spend with family and friends.

What is your favorite vacation spot? I can't really pick a favorite spot in particular because I enjoy seeing new places. It would be difficult to experience any new cultures if I visited the same spot over and over. I guess Italy would be my favorite, if for no other reason than happy memories of my last vacation with my entire family.

What do you do with idle time? I really don't have any.

What is it that makes you angry? Seeing children who are in need or homelessness.

What do you do to escape from reality? I enjoy reading, working on crossword puzzles, photography and scrapbooking.

What or who is the greatest love of your life? The most important people in my life are my family: my husband, my children, and my grandchildren.

Which living person in Hendricks County do you most admire? I admire the women who unceasingly serve Hendricks County. Andrea Flood is an excellent example of such a woman, as she tirelessly gifts the community with her benevolence. She provides aid to the needy families within the county without rest. I also want to recognize the amazing women who founded Habit of the Heart, which continues to aid the women and children in the county to this day. Thank you Barb, Rita, June, Deedee, Jerry, and Suzanne.

What is the quality you most like in a man? I love that my husband cares for the population of Hendricks County. He is a caring father and most of all, his boyish sense of humor.

What is your greatest extravagance? This would most definitely be our travel experiences. It is so wonderful to be able to experience the lives and cultures of others.

What are your fears, phobias? My greatest fear is long bridges, especially the ones with the grating that you can see through. I hate driving over them, and I wish they could all just disappear. I can walk over bridges without a problem, even rope bridges. It's the inclusion of driving over a bridge that unnerves me.

What has been the happiest time of your life? Every time I feel that it can't get any better than this moment, another one comes around. Currently, it is being able to experience my two grandchildren.

Which talent would you most like to possess? I would love to be able to dance. My sister was a dancer for years and I have always admired that ability in her.

What do you most value in your friends? I would definitely have to say that loyalty is particularly important to me in a friendship.

What is your greatest regret? I guess my greatest regret would be not realizing how quickly time passes; therefore, not making the most of every moment that you have with friends and family.

What tenet do you live by? I try to live my life in accordance with the tenet my grandmother fashioned her life around, "Live your life as a voice, not an echo." Hopefully, I've followed that saying faithfully.

Compiled by Cathy Myers



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Sept. 5-7 | 40th Annual North Salem Old Fashion Days | Where: Pearl Street and State Road 75 in North Salem | Live music, vendors, food, tractor pulls and horse pulls, parade, pet parade, bed race, outhouse race, and zip-line | Contact: Diane Green at (317) 224-8374.

Sept. 12 • Avon Balloon Glow | Where: Hendricks Regional Health YMCA; 301 Satori Pkwy., Avon | (317) 272-0948 | avongov.org

Sept. 12 • Habit of the Heart Gala | Where: The Palms Banquet & Conference Center; 2353 E. Perry Rd., Plainfield | Cost: \$50 per person or \$400 for reserved table | (317) 835-1245.

Sept. 12 • Hendricks County Half Marathon | When: 7:30 a.m. | Where: 1 East Main St., Danville | Cost: \$40 | Contact: Nate Phipps at nphipp@danvilleindiana.org or (317) 745-3015 ext. 4506 | danvilleindiana.org/department/division.asp?fDD=4-91.

Sept. 12 • 9-11 Memorial at Williams Park Car Show and 5K Festival | When: 10 a.m. | Where: Williams Park; 940 S. Locust Lane, Brownsburg | Contact: Stephanie Winegar at (317) 852-1190 ext. 107.

Sept. 12 & 13 • Fair on the Square | Where: Danville Courthouse Square; One Courthouse Square, Danville | Contact: Robin Wambach at (317) 432-1175.

Sept. 12 – Nov. 1 • Prairie Maze at McCloud Nature Park | When: dawn to dusk | Where: McCloud Nature Park; 8518 N. Hughes Rd., North Salem | Contact: Linda Brunner at (317) 718-6188.

Sept. 18 • Gala for the Arts | When: 6 – 11 p.m. | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | Contact: Sloan Shockley at (317) 979-4468.

Sept. 18-19 • St. Malachy Country Fair | Where: St. Malachy Parish; 9833 E. Co. Rd. 750 N., Brownsburg | When: September 18, 4 - 11 p.m. and September 19, 3 - 11 p.m. | stmalachy.org/church/serving-sharing/country-fair/.

Sept. 19 • Celebrating Avon | When: 11 a.m. – 4 p.m. | Where: Avon-Washington Township Public Library; 198 Avon Ave., Avon | (317) 272-4818.

Sept. 19 • Quaker Day Parade | When: 10 a.m. – noon | Where: Plainfield Community Middle School; 709 Stafford Rd., Plainfield .

Sept. 19 • Summer Sounds on the Square: Cook & Belle | When: Gates open at 6:30 p.m. and show at 7:30 | Cost: \$5 | Where: Danville Courthouse Square | Contact: Laura Parker at lparker@danville.org or (317) 745-3007.

Sept. 24 • Avon Tri Kappa Fall Purse Bingo | When: 7 p.m. Doors open at 6 p.m. | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | Cost: \$15 for advanced ticket or \$20 at the door | Contact: Nancy at bingoavontrikappa@gmail.com or (317) 679-7151.

Sept. 26 • Laughing for the Health of It | When: 6 – 9:30 p.m. | Where: Hendricks County 4-H Fairgrounds & Conference Complex; 1900 E. Main St., Danville | Cost: \$60/person, \$100/pair, \$275/table of 6 | Contact: Mental Health America of Hendricks County at (317) 272-0027.

Sept. 26 • Daddy Daughter Fall Ball | When: 6 – 8 p.m. | Where: Danville Athletic Club; 49 N. Wayne St., Danville | Contact: Stan Wilson at (317) 745-3015.

Sept. 26 • Avon Community Heritage Festival | When: 11 a.m. – 9 p.m. | Where: Washington Township Park; 115 McClain Place, Avon | Contact: info@avoncommunityheritagefestival.org or (317) 272-2155 | avoncommunityheritagefestival.org.

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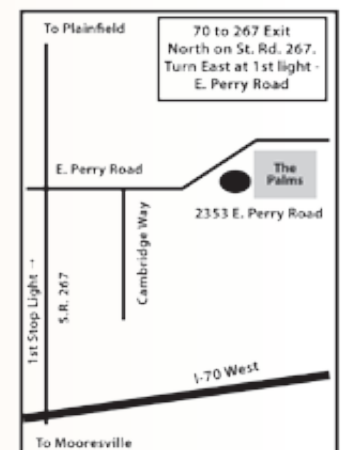
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