

HENDRICKS COUNTY ICON

February 9, 2024 • myhcion.com

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ICON of the Week

Avon-Washington
Township Fire Chief
Danny Brock

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Hendricks County
ICONic Athlete
Regan Canada

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Plainfield Town
Controller Announced

Page 20

UNSTOPPABLE character.



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Have any news tips?

Want to submit a calendar event? Have a photograph to share? Call Kate Anderson at (317) 451-4088 or email her at kate@myiconmedia.com. Remember, our news deadlines are several days prior to print.



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HENDRICKS COUNTY
ICON on the **WEB**

North Salem State Bank Embodies Kindness in January with Successful Food Drive for Local Pantries



NSSB Food Drive. (submitted photo)

The North Salem State Bank (NSSB) successfully concluded its annual food drive, making several substantial donations to pantries in Hendricks, Putnam, and Boone Counties. Understanding the strain January can impose on families and individuals, the bank aimed to alleviate some of the burdens faced by local residents. NSSB not only collected more than 2,000 donations at our nine locations, but additionally contributed over \$8,500 worth of food and household items. By organizing activities like their annual food drive, NSSB sets an example that community banking is not only about financial transactions, but rather making a real difference by showcasing a genuine commitment to social responsibility and creating a positive ripple effect in our communities. "We know this time of year can be difficult financially for a lot of people, so we thought it was a good time to help support our community with more than \$8,500 in food pantry donations. The response has been amazing! We are fortunate to be able to give back to communities that have been so good to us for decades!" President and CEO Matt Howrey remarked. This initiative aligns with North Salem State Bank's commitment to the welfare of the communities they serve and reflects dedication to making a positive difference, by bringing their tagline, Where Caring Still Counts, to life.

ICONIC brief



Congratulations to the Avon High School Chamber Singers who placed as GRAND CHAMPIONS!
Also, a special congratulations to Avon High School's Attraction and Accents Groups for placing 1st Runner Up!

ICONIC brief

Hendricks Symphony Composer Shares Original Music with Community



The Hendricks Symphony, a community staple for arts and music education, offered their free chamber concert on Sunday, Feb. 4. Community members appreciated works by Mozart, Ravel, Rimsky-Korsakov, and many more. Christina Dininger, a cellist with the Hendricks Symphony, shared her original works titled "moments" and "Subterrane".

Indianapolis-based composer and cellist Christina Dininger earned her Bachelor of Music Composition from Wheaton College Conservatory of Music in 2022. Her love for writing music has been with her since childhood, but she began to take composition

seriously during high school, where she was a student in the Butler Youth Composition Program. Christina has studied composition under Shawn Okpebholo, Xavier Beteta, and Misook Kim. In 2021, she was awarded both the Schultheis Composition Competition Award and the Josephine Halvorsen Memorial Composition Prize from Wheaton College. She has composed in a variety of different genres, including incidental music for theater, as showcased in Wheaton College's 2021 production of "My Name is Asher Lev." Christina now plays with the Hendricks Symphony and enjoys finding new compositional opportunities wherever she can.

Dininger's first song performed at the chamber concert, "moments", was written for string orchestra and adapted for string quintet. Completed in 2016, "moments" represents the everyday moments that, when woven together, create the story of one's life. This piece is filled with driving rhythms that embody life's busyness. However, in the midst of this busyness, there are many delicate and beautiful moments. These can be found in subtle harmonies between the instruments. The middle section features a beautiful melodic line in the cello that is complemented by the first violin. This melody anticipates the climax of the piece, as each instrument strives to reach the end, trading off rhythmic figures along the way.

Dininger also performed "Subterrane". Subterrane is defined as being under the surface of the Earth, away from the known and comfortable world. The repeated descending motif that begins in the piano represents the subterranean descent into a cave. The same motif represents Dininger's interpretation of what it means to be subterranean, which is to enter into a place of unknown. The middle of this piece is written like a dance and represents finding a rhythm in the midst of so many new and unknown routines. Subterrane ends the same way it began to represent the fact that we are always moving beyond what is known and comfortable, and we must keep moving forward despite whatever challenges we may face.

The Hendricks Symphony was proud to feature works from their very own talented composer and look forward to hearing more pieces from Dininger in the future. Tickets for the upcoming concert, "Magic of Mozart", are now available. Visit the Hendricks Symphony website to learn more at www.hendrickssymphony.org.

About the Hendricks Symphony

Founded in 2007, the Hendricks Symphonic Society (HSS) has been a community staple for arts and music education. The HSS was founded as the result of a collaboration between a group of music lovers from Hendricks County with the shared vision of making quality music available in the area for a reasonable cost. Today, the HSS performs several concerts in a year, working year round to provide an enjoyable experience for all music lovers in the area.

ICONIC brief



Join the Great Backyard Bird Count in Brownsburg and Help Conserve Bird Populations

Join the Great Backyard Bird Count in Brownsburg and Help Conserve Bird Populations

The Town of Brownsburg is participating in the 27th annual Great Backyard Bird Count, an international effort to tally as many of the world's bird species as possible. The Brownsburg event, which will be Saturday, Feb. 17 from 9 - 11 a.m. at Williams Park, will help create a clearer picture of the bird population in Brownsburg - including individual species declines or increases.

"The Great Backyard Bird Count is an important step towards bird conservation," said Town Council President Travis Tschaenn. "Taking this step in February launches a journey of discovery whether you're just beginning to learn about the birds around you or an experienced birder."

Participants of the event will have an opportunity to broaden their knowledge about bird species, their behaviors, and their contribution to the ecosystem. They will walk through the Maple Ridge Trail and observe as many birds as possible. The recorded bird sightings will be reported to the Cornell Lab of Ornithology. People of all ages and skill levels are welcome to join in.

"Birdwatching can be a great way to connect with nature," said Recreation Coordinator Riley Kuhns. "It encourages mindfulness as you become fully present in the moment, observing and listening to the birds around you."

The event is free to attend, but registration is required. Visit brownsburgparks.com to register. Participants should dress for appropriate weather, bring binoculars, and be prepared for natural and gravel terrain with some slopes.

For more information, contact:

Shelby Abner
Town of Brownsburg
(317) 708-6119
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Letter from the Editor

"We're all a little weird. And life is a little weird. And when we find someone, whose weirdness is compatible with ours, we join up with them and fall into mutually satisfying weirdness - and call it love. TRUE LOVE!"

- Robert Fulghum

By Kate Anderson

I love weird people. They are my people. I used to be worried about my own personal weirdness. I used to think, "what if I never find anyone who loves me and my weird quirks and ways? What if I have to hide my weirdness forever?" When I was younger and out in the dating world, I saw this characteristic attribute as a major weak spot. I was self-conscious about being who I truly was, so I held my cards close to my chest. Heaven forbid, I let a potential partner know that I had, what I considered to be, a huge flaw. Dating is hard enough without the added pressure of having to be completely "normal". Talk about exhausting. I went through my early 20's in constant fear that my "secret self" would be found out. Then at 24, while moving in with some friends, I met a guy who just happened to be our next-door neighbor. He instantly caught my attention. Sure, he was very handsome with the greatest smile, but there was something else that drew me to him. We felt so comfortable with each other. He made me laugh. He made me smile. Most of all, he made me feel that I might, just might, be able to open up to him and finally be myself around someone. We took our time getting

to know one another, but something inside me told me that he was the one. Slowly, I started relaxing and acting more like what I considered to be my true self. Turns out, this wonderful man liked, nay, loved me more for being who I was. In turn, I really started to treasure his weirdness and started to realize that this could be the start of true acceptance and partnership. He became my person. Fast forward to the present, he has now been my person for over 20 years. There have been ups and downs mixed in there, but we can still make each other laugh, smile, and roll our eyes at each other's weirdness, which has seemed to amplify as we age. It is the thing that we most cherish about each other, and I wouldn't change that for anything. What about you? Do you embrace your weirdness and the weirdness of those around you? Do you celebrate who you are, or do you hide it under a bushel? To me, being able to be myself has been the biggest treasure of my relationship. Find that person that lets you be who you truly are inside. Find those friends who let you be you. Let your weirdness shine brightly. You never know who just might want to celebrate and love all that you have to offer this world.

ICONIC brief



On Tuesday, Jan. 16, at the Indiana Military & Veterans Legislative Day at the Statehouse, State Rep. Craig Haggard (R-Mooresville) presents House Concurrent Resolution 9, which he authored, asking for the support of every Hoosier to help reduce veteran suicide rates. Haggard's resolution seeks to raise awareness of the Veterans Crisis Line, which provides free, confidential support for veterans by dialing 988 and then pressing 1, or Hoosiers can send a text to 838255.

Find more information about House Concurrent Resolution 9 here: <https://iga.in.gov/legislative/2024/resolutions/house/concurrent/9/details>.

State Rep. Craig Haggard (R-Mooresville) represents House District 57, which includes portions of Hendricks, Johnson, and Morgan counties.



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Food Pantry Donations: How Can I Best Help?

By Kim Woodward

This time of year, many of us are looking for ways to support those in our community that are struggling. Food pantries fill a tremendous need for individuals or families that are food insecure. And while pantries accept nearly anything, they cannot use that can of water chestnuts that expired six months ago! We applaud your desire to help, but you can provide much more impact if you consider a few donation guidelines. Your local pantry will be so grateful, and your help will be so much more impactful by considering the following:

- If the pantry accepts perishable items, consider donating those instead of non-perishable items such as canned vegetables or fruit. MANY donors drop off canned goods, but if the pantry has refrigeration/freezer availability, donations of fresh eggs, milk, cheese, butter, or packaged meat are rarely donated, but so appreciated. Call/email the pantry first to see if they accept perishable items.
- Many households facing food insecurity are single-parents or parents who work multiple jobs to make ends meet. So, children (even young children) are left in charge of meals. Try to donate items that can quickly and safely be prepared by kids. Examples are peanut butter/jelly, individually packaged nutritious snacks, applesauce, toaster pastries, canned soup, canned pasta, or breakfast bars.
- Did you know that SNAP or TANF benefits (commonly known as food stamps or vouchers) cannot be used to purchase paper or hygiene items? Donations of shampoo, deodorant, feminine hygiene items, laundry detergent, or toilet paper are incredibly helpful to families and always highly sought after. Sometimes, by donating these items, you can help a household save their money for buying food instead of stretching to buy both household necessities AND food.
- Pantries cannot offer donated food that is expired. This can be a liability issue but, more importantly, it is a dignity issue. Food that is fresh and has a long remaining shelf life sends a message to patrons that they are worthy of the best food donations.
- Sometimes, those in need do not use faith-based pantries for fear that there will be strings attached. Consider looking for pantries that are sponsored by school corporations or community organizations.

Finally, if no one else tells you “thank you” for caring for your community...we do! Thanks for providing for others selflessly and trusting that your donations are helping others in a tremendously meaningful way!

**Interested in learning more about the ways you could help?
Contact us at mlmaierfoodpantry@gmail.com.**

Let's Do Lunch! First Watch

By Kate Anderson

In this edition, we take our taste buds to First Watch in Avon. With its comfortable booths, chairs, atmosphere, quiet music, and friendly service, it is a great place to sink into a great conversation with a client or coworker and take care of business. While their lunch menu is superb, whether for a delicious salad or sandwich and a specialty-crafted beverage from their famous juice bar, their omelets or eggs benedict with a mimosa is a great way to celebrate getting that big account or any other achievement. If you are dining solo, this is a great place to get some work done while enjoying your afternoon coffee. They offer free WIFI and though their service is fast, you are welcome to stay as long as you like. Who knows, you may see your coworker or neighbor at the next table! Go on, get the mimosa and celebrate every day! ***First Watch is open 7 a.m. - 2:30 p.m./7 days a week**



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ICONIC brief

The Melanie and Rosalie Albright Foundation Announces the 2023 Rosie Awards

The Melanie and Rosalie Albright Foundation proudly announces the 2023 Rosie Awards, an event dedicated to recognizing and celebrating outstanding individuals and community youth arts organizations. This prestigious award, inspired by the memory of Rosie, aims to highlight exceptional qualities in young performers and provide a platform for community youth theater leaders to commend their students. The Rosie Awards garnered overwhelming support with more than 350 attendees, nine local community theater organizations participating, and an impressive \$17,085 raised. In 2023, the MRA Foundation achieved a record-breaking year, awarding \$8,400 in scholarships to 29 individuals.

Rosie Award Recipients

The 2023 Rosie Awards added 18 outstanding recipients to the list:

- Mia Joelle Baillie and Hailey Ready from Agape Theater Company
- Aubrey Goodwin and Emma Copes from Creative Grounds Fine Arts Academy
- Isabelle Peters and Elliana Rowls from Epsilon Theatrical Company
- Noah Wilson and Noah Cash from Hendricks Civic Theatre
- Julia Jackson and Alan Kolterman from Indiana Drama Club
- Brynn Walroth and Go O'Meara from Theatre for Christ
- Ava Lee and Christian Perez from The Biz Academy of Musical Theatre
- Ashlyn Bray and Eli Neal from Wayne Township Community Theatre
- Abigail Mickelson and Max Geronimo from Youth Inspirations Theatre

The 2023 Rosie Awards took place Jan. 6 at the Embassy Suites Event Center in Plainfield.

History of The Rosie Award

The Rosie Award originated in 2016 and was conceived by Rosie's theater director and vocal instructor, who envisioned an accolade to honor Rosie's memory and commend her outstanding qualities. Since 2017, the MRA Foundation has presented The Rosie Award to two remarkable individuals annually. In 2022, the scope expanded to include any community youth arts organization wishing to recognize two standout students, resulting in 20 recipients.

Celebrating Community Youth Arts

The Rosie Awards is more than just a ceremony—it's an opportunity for community youth theater leaders in central Indiana to give a heartfelt acknowledgement to two outstanding students. The event also serves as a platform to celebrate the vibrant youth programs that contribute to the artistic fabric of our community.

The Melanie and Rosalie Albright Foundation

The MRA Foundation is dedicated to honoring the memories of Melanie and Rosalie, sisters who found joy in the arts while battling Cystic Fibrosis. Believing in the arts as a safe and welcoming space for youth, the foundation provides scholarships to individuals aged six to twenty-one, fostering acceptance and a sense of belonging.

Get Involved

For more information about The Rosie Awards, visit www.themrafoundation.org or follow us on Facebook and Instagram. To contribute to The MRA Scholarship Fund, visit the website and show your support for youth engagement in the arts. The Melanie and Rosalie Albright Foundation invites everyone to join in this celebration of youth excellence in the arts in 2025.

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Hendricks County ICON of the Week

Danny Brock

By Julie Brackemyre

Chief Danny F. Brock, Jr. began his fire service career in 2006 after multiple years in corporate management. In his late pursuit to become a Firefighter/EMT, Chief Brock finished as one of the top candidates in a hiring process at the age of 32. Aside from being selected by his peers as one of two group leaders for the class, he was nominated as co-spokesperson for the graduation ceremony. As the Fire Chief of Washington Township / Avon Fire Department (WTAFD), Chief Brock brings education (BA Business Administration), leadership, management, and Fire/EMS skills to the position. His career spans 17.5 years in the fire service, nearly 12 years of fire union leadership, and 13 years of formal leadership in corporate and fire department environments. In his own words, "It's not about me, it's about the team and we have great people serving the community at WTAFD."

1. What do you consider your greatest virtue?

Integrity. It's not important to be liked, but it is important to be believed.

2. What do you most deplore in others?

The unwavering belief that a person dislikes another person versus recognizing that most times they simply dislike something they said or did.

3. What do you like most about working in Hendricks County?

I like the growth and the constant evolution of the cultural landscape. Along with these changes comes the exciting challenge of figuring out how to navigate our obligation to the residents and those who pass through each day.

4. If you had to live anywhere else, where would it be?

Anywhere with a warm climate.

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

I would have been more decisive at an early age. Decisiveness nets action and action nets success.

6. If money weren't an issue, where would you spend it?

Money should not be the issue. I was chasing money when I came into the fire service. I left a management position with Allison Transmission in 2006 to become a firefighter. The money I gave up led to time with my younger family. At that time, money was not missing in our lives, time was missing, and money does not buy time.

7. What makes you happiest?

Aside from seeing my family enjoy one another, I enjoy the struggle of life.

8. What is your favorite vacation spot?

Our family has always ended up at the beach. Regardless of our plans or discussions of broadening our scope, we end up in Florida on a beach.

9. What do you do with your idle time?

In my idle time, I hang with my family. My youngest son and I enjoy lifting weights together, my daughter and I discuss life and her future plans as she begins

her career, my oldest has made my wife and I grandparents, so that's where many of our weekends are spent.

10. What is it that makes you angry?

Missing an opportunity or failing.



11. What do you do to escape from reality?

Lift weights or take my family for an evening trip to the city. My wife and I enjoy people watching and walking around the city streets.

12. What/who is the greatest love of your life?

Stephanie Marie Brock... Like any couple, there have been struggles because I'm a complicated person. However, she has been unwavering, and I am happy she is my someone.

13. What is the quality you most like in a person?

Honesty! Say it, don't harbor it.

14. What is your greatest extravagance?

Photography equipment.

15. What is your favorite restaurant?

Pho36.

16. Who is the most influential person in your life?

There are many, not just one. My parents, Coach Dick Dullaghan, Coach C. Wayne Perry, and Chief Mike Rosemeyer. They are a few of the key people that I feel shaped my thoughts and actions the most.

17. What are your fears/phobias?

Not living long enough to see everything I was meant to see and experience.

18. Which talent would you most like to possess?

Musical ability.

19. What do you most value in your friends?

Honesty and loyalty at the forefront. Plus, the ability to pick up where we left off due to my long runs of absence while immersed in family activities or work.

20. Who is your favorite historical figure?

Jesus Christ. Life does not last long and faith is essential. I find a lot of joy in reading the stories within the bible and applying or comparing them to life today.

21. What is your greatest regret?

Not taking chances earlier in life.

22. What tenet do you live by?

Be Yourself. Embrace who you are in order to ensure you land where you are supposed to land. People and opportunities that you are meant to be associated with will present themselves to the real you.



We love our Hendricks County communities. If you have something you believe we should know about, please send to editorial@icontimes.com.

NOTICE

The Hendricks County Medical Reserve Corps (MRC) is Sponsoring Crisis Response Training

The Hendricks County Crisis Response Team (HCCRT) will conduct crisis response training on March 13, 14, and 15 at the County's Work Release Center located at 355 South Washington Street in Danville. The purpose of the HCCRT is to provide trauma mitigation and education in the aftermath of a critical traumatic event, such as a shooting, a life-threatening accident, or a drug overdose. This training, established by the National Organization of Victim Advocacy, will enable students to join the Hendricks County CRT and be part of the broader I-CART (Indiana-Crisis Assistance Response Team) call out process as well. The 24 hours of intensive training will be led by NOVA-Certified Crisis Response Trainers Bridgette Collins-George and Kim Walton, MSN, APRN. Educational material will be shared in lecture and group discussion formats. Seating is limited. For more information and a registration form, contact Tom Stempson at stempson@gmail.com.

February is CHD (Congenital Heart Awareness) Month

Meet the Zuver Family

Article submitted by Mary Frost



Did you know about your child's CHD before birth? When did you find out about the CHD?

Yes, we found out around 24 weeks about Ellie's heart defect.

Tell me a bit about how you found out about your child's CHD.

At our 19 week anatomy scan, the doctors could not see her whole heart so they requested we come back four weeks later. We went back around 23 weeks and found out that she did have a heart defect, but we needed to be sent to MFM in order to get an actual diagnosis. We went to the MFM a few days later, had a fetal echo, and learned that Ellie had HLHS.

Please tell me what you knew about CHD before you found out about your child's CHD.

We didn't know anything about CHD before Ellie's diagnosis.

What is your child's CHD? Are there additional defects or variants?

Ellie has hypoplastic left heart syndrome (HLHS) and she was born with an intact atrial septum.

Where was your child born and where were any procedures performed?

Ellie was born at St. Vincent's Women's Hospital and had all three of her surgeries at Peyton Manning Children's Hospital.

What procedures/surgeries have been performed, and at what ages?

Norwood procedure: 3 days old, Glenn procedure: 7.5 months old, Fontan procedure: 3 years old

How long was spent in the hospital after surgery or procedures?

Norwood procedure: 7 weeks, Glenn procedure: 8 days, Fontan procedure: 5 weeks

Are there any possibilities of future procedures/surgeries?

Not at this time. It is possible that she may need her aorta ballooned again due to narrowing (was previously ballooned during a cath) and she has a mildly leaking valve, but everything is working as expected right now.

Does your child have to take any medications?

Ellie takes three medications daily: Enalapril, Sildenafil, and Xarelto.

Do you or any family members deal with anxiety or stress due to the medical "stuff"?

Yes, I had to be put on medication shortly after Ellie's diagnosis. I was incredibly stressed and was very worried about the outcomes. I was diagnosed with preeclampsia within a week following Ellie's diagnosis, so my pregnancy became very high risk for both Ellie and me in a very short time span. I was very worried about keeping my blood pressure down so I could continue letting Ellie grow. I still have a lot of anxiety with anything medical related, and frequently go to "worst case scenario" if she is sick or anything may be wrong.

Do you or any family members have any history of heart problems or defects?

No.

About the author:

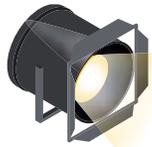
Mary Frost is a creative person who enjoys using her skills to provide services that exceed your creative ideas. She holds a Bachelors of Science in Interior Design from Bowling Green State University, with a minor in Art. She furthered her education at the masters level with classes in interior design focusing on design for aging in place at Eastern Michigan University, where she learned Photoshop and other computer graphics programs. Mary is the wife of Robert Frost (not the poet) and mother to 3 children, two boys and a girl. Her daughter Shelby, the middle child, whom got her started in photography, was born with a congenital heart defect (CHD). Documenting each and every moment of her daughter's life became more important and so learning about photography developed as her daughter grew. Mary enjoys being outside and in nature, her favorite season is the winter, as long as it snows, this is considering her last name is Frost!



Mary Frost (submitted photo)

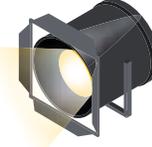


Shelby Frost (submitted photo)



Local Business Spotlight

Lauren Burt – Luxe Hair Salon



By Julie Brackemyre

CHECK OUT THE BUSINESS CHECK OUT THE OWNER



1. How many years has Luxe Hair Salon been in business, and what inspired you to start/purchase/work with this business?

Luxe Hair Salon has been in business since May of 2015. Working for myself has always appealed to me.

2. Are you the original owner?

I am! I had a business partner until 2020. When COVID hit, she bailed. I was more than happy to take over all by myself.

3. Describe your typical work day.

Take clients. I work behind the chair full time and also do all the administrative duties.

4. What inspires your work, and what sets you apart from everyone else?

I sincerely enjoy making clients feel better about themselves. I've always loved everything hair related. I like educating them on take home products as well.

5. If you could go back to the beginning knowing what you know now, what would you have done differently?

I probably would have focused more on having a work/life balance. I used to always put the business first, but you have to take care of yourself along the way. Work/life balance is huge.

6. What's your best advice for someone who wants to start their own business?

You have to give it 100 percent every single day. If you're up for a rewarding challenge, then it is totally worth it.

Name: Lauren Burt

Occupation: Cosmetology/Salon Owner

1. How long have you worked with Luxe Hair Salon? Tell me a little about your background and how you developed your skill set.

Almost nine years! In February of 2024 I will have been a licensed cosmetologist for 20 years. I went to Cosmetology School on the Southside of Indianapolis. Since then, I have done a plentiful amount of continuing education classes both in person and online. In this business, everything is a learning experience!

2. What has been your biggest success to date, and what has been your biggest challenge?

The relationships I've built with long-time clients. The biggest challenge is how much EVERYTHING has changed post-COVID. Raising prices of products and the overall cost of doing business. Our clients' needs, wants, and budgets have also changed. We have to navigate accordingly.

3. What inspires you to hit the ground running each morning?

I'm not just doing this for myself; my staff and clients depend on me also.

4. Tell me some of your hobbies, outside of working for Luxe Hair Salon.

Traveling and animals. I love traveling so much I take all of my employees on a team building trip to the Caribbean every year!

5. What's an interesting fact about your business that most people don't know?

We have four stylists with over 50 combined years of experience doing hair.



ICONIC brief

THE SHOPS AT

Perry Crossing

Enjoy Sweet Memories This Winter with a Self-Guided Cocoa Crawl at The Shops At Perry Crossing

The Shops at Perry Crossing is hosting a self-guided Cocoa Crawl event now through Thursday, Feb. 29. The pay-as-you-go tour allows guests to visit select stores to enjoy a unique sweet treat experience at each location. The Cocoa Crawl is sponsored by Encore 55+ Boutique Apartments. "Our Cocoa Crawl is a fun and interactive way for shopping center guests to indulge in a variety of themed treats with friends and family to kick off the New Year in style," said Mandy Bishop, marketing manager for The Shops at Perry Crossing. "Our tenants are committed to curating moments that will enhance the shopping experience for our local community in 2024, starting with a variety of unique offerings in the Cocoa Crawl." Guests can start at their favorite store to pick and choose their treats or enjoy all offerings in the Cocoa Crawl for the full experience at select locations. Those who participate are encouraged to tag @ShopPerryCrossing to show off their goodies as they peruse through the center.

ICONIC brief

B&O Trail Association to Hold Annual Meeting on Feb. 13

Meeting to provide updates on trail expansions in
Hendricks and Marion Counties



The B&O Trail Association will hold its annual meeting on Feb. 13 at 7 p.m. at the Washington Park Pavilion, located at 435 Whipple Lane in Avon. The public is invited to attend to learn more about recent and upcoming trail expansions in Hendricks and Marion Counties. The meeting's agenda includes:

- Special guest Gretchen Zortman from the City of Indianapolis will discuss the current and future state of the city's greenways, and will also discuss the Trails Master Plan that will provide new connections for users of the B&O Trail.
- Jeff Smallwood, BOTA President, will update attendees on BOTA activities during 2023 and plans for 2024.
- Steve Blacketer, BOTA Treasurer, will present the financial report.
- Election of board members.

The meeting will also be streamed on BOTA's Facebook page, which can be accessed at www.facebook.com/botrail.

About the B&O Trail Association: With a mission of Blazing Trails, Connecting Communities, the B&O Trail Association (BOTA) is building a recreational trail along the abandoned B&O Railroad corridor. The non-profit, all-volunteer organization was formed in 1993 and has already completed 8.25 miles of paved trail. BOTA partners with the Speedway Trails Association (STA), which is constructing along the B&O corridor in Marion County from Michigan Street to western Marion County, where the two groups will meet approximately halfway between I-465 and Girls School Road. STA has now completed three miles on the west side of Indianapolis, which runs from Michigan Street to High School Road. To learn more, visit botrail.org.

ICONIC brief

Men needed for local elementary school reading to prevent abuse

"MEN, you are needed. You have a unique role to play in the prevention of abuse. We are asking YOU to read a book to students at a local elementary school on Thursday, March 14, 2024. You can help the next generation establish itself upon a foundation of trust, honor, and mutual respect. Visit www.ShelteringWings.org/MenRead to register and learn more!"

SHELTERING WINGS



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ICONIC brief**United Way Looking for Projects, Volunteers for Annual Day of Community Service**

United Way of Central Indiana and the Indianapolis Colts are hosting Go All IN Day June 21

United Way is now recruiting volunteers and projects for its fourth annual Go All IN Day, an organized day of community service across the region presented by United Way of Central Indiana and the Indianapolis Colts. This year's event will be held June 21 across United Way's seven-county service area of Boone, Hamilton, Hancock, Hendricks, Marion, Morgan, and Putnam counties. A \$15,000 gift from the Colts will underwrite grants to local nonprofits hosting volunteer projects for Go All IN Day, which will fully cover the cost of materials for many participating organizations. Eligible nonprofits, grassroots organizations, and community groups will be able to apply before the event for grants to fund their projects. Organizations interested in hosting a project can sign up for more information at goallinday.com, and interested volunteers can learn more and sign up to reserve their spot at goallinday.com. A variety of indoor and outdoor projects – ranging in length from hour-long to all-day activities – will be available for individual volunteers, groups, and families. For a third year, Go All IN Day will be sponsored by media partner WRTV. This year, WRTV is teaming up with Fuller Farms and inviting volunteers to join anchor/reporter Rafael Sanchez and station staff at the location for a special service project. Sanchez and Fuller Farms founder, Travis Fuller, have recently created a community garden to benefit several local food pantries and social service groups on the southside of Indianapolis.

Last year, more than 1,400 volunteers participated in the event, helping more than 65 nonprofits and community organizations complete projects on their to-do lists.

MEET YOUR NEIGHBOR

By Julie Brackemyre

1. In what town do you live, and how long have you lived in Hendricks County?

I live in Danville. My family and I have lived here for 13 years.

2. Describe your immediate family to us.

I've been married to my college sweetheart, Sean, for 20 years this June. We have two daughters that we have the joy of raising - Gia (age 12) and Joanna (or Joey, age 10). We also have one daughter in Heaven, Whitney. Our family wouldn't be complete without our two Welsh Pembroke Corgi's, Scout and Rip.

3. Does your family identify with a certain faith, and if so, can you tell us more about the traditions in your faith?

My husband is the community pastor at Northview Christian Church in Danville and we love worshipping and serving together there. One of the biggest things we try to live out and instill in our girls is just to love people, no strings attached. With the opening of The Center at Northview (a free community center with indoor playscape, turf, and coffee shop), we have had a lot of opportunities to get to know people from all walks of life.

4. If you do not identify with a certain faith, what inspires you?

Peoples' stories inspire me. Though I am truly an introvert at

heart, I love getting to know people on a personal level--where have they been, what makes them tick, and what they are passionate about. The creativity and strength of others is so incredible!

5. Describe your perfect family outing.

Since the actual beach is too far for a day trip, we like to drive up to Michigan City, Indiana. We leave early in the morning, pack a lunch, and then spend the day at the beach. On the way home, we stop by Albanese Candy Factory and eat dinner out somewhere. It's a great quick trip in the summer.

6. What is your favorite family tradition?

Our whole family loves going to the Danville Christmas Tree Lighting event on the Square. We even schedule our Thanksgiving travel plans around being home for it. We spend the day baking cookies, watching Christmas movies, and hanging our lights up outside. Our extended family from Whitestown usually come and hang out with us, then we all walk to the Square before dark.

7. What are three words to describe the reasons you choose to live in Hendricks County?

Community, Stability, and Opportunity

8. Ask your youngest child (or spouse or sibling) to describe you.

Joey said I am creative, funny, helpful, and outgoing.

Sheyenne Wilson





Kids say the darndest things... about love on Valentine's Day



By Sherri Coner

It's nearly time for the gushy stuff of Valentine's Day, so be on the lookout for Cupid, the chubby little messenger for Venus, the goddess of love. By the way, Cupid has been around since Roman mythology. He matches lovers pretty well so don't duck if his arrow is aimed at your heart. Like Cupid, syrupy sweet Valentines have a rich history.

The first valentine was sent in the 15th century from the Tower of London, where a young French medieval duke named Charles was imprisoned. Missing his true love, the duke sent a lovey-dovey valentine to his wife.

According to Good Housekeeping, a fairly love-crazy woman named Esther A. Howland began to mass produce valentine cards in the 1840s. That sweet lady who loved pink ribbon, white lace, and heartfelt words in print will be forever known as the mother of the American valentine.

According to Hallmark, Americans not only shop for cards that say what they feel inside about their love muffins, they also want valentines for other people in their lives. In fact, every Feb. 14, Americans buy 145 million valentines.

Teachers receive the most cards, followed by children, mothers, and wives. In 1961, Richard Cadbury, the son of Cadbury founder John Cadbury, presented heart-shaped boxes of chocolate not only for the love-sick population but the happy lovers, too. Today more than 36 million heart-shaped boxes are sold along with 58 million pounds of chocolate.

For some, bouquets of flowers, especially red roses. That trend began in the late 17th century when King Charles II of Sweden learned that a red rose was a symbol of love. When the romantic king sent red roses to his beloved, of course he had no idea that he was igniting a huge February interest in red roses. Demand is so great that nearly 250 million roses are grown each year to accommodate American lovers on Valentine's Day.

After Christmas and New Year's Eve, Valentine's Day is rated the third most popular date for lovers to take a knee and propose. Even if engagement rings aren't purchased, 5.5 billion bucks are shelled out to purchase Valentine's Day bling. Special evening plans such as dinner and a movie, play or concert tickets, romantic weekends away, etc. add up to another 4.4 billion dollars. More than 751 million is also spent on furry valentines.

If you are so devoted to this February day that you want the word in your address, relocate to Arizona, Nebraska, Texas, or Virginia, where you can reside in towns named Valentine.

Sure, money is spent to show February love, but some of the most precious thoughts about love come from little people.

Kids tell us "What is Love" in their eyes:



"Love is caring for someone deeply."
- Kelsey, 8th Grade, Avon Middle School North



"Love is running. The good feeling."
- Madi, 6th Grade, Danville Middle School



"Love is when you're home."
- Aurora, 2nd Grade, Danville North Elementary



"Love is the way I feel about my aunt Yaya."
- Taylor, 3rd Grade, Birchwood Elementary Avon



"When I think of love I think of a heart, my family, girlfriend, and friends."
- DJ, 9, Van Buren Elementary School



"Love means family and girlfriend."
- Luke, 10, Van Buren Elementary School



"Love means to me that you're not afraid to be yourself around someone. Love also means that no matter what you do the other person will always love and support you. Love means that you would be willing to do anything for that person no matter how big or how small. Love is like a circle; it never goes away, and it never ends. That's what love means to me."
- Kenley, 10, 4th grade, Saint Malachy School



"Love means turning off all of the lights."
- Layla, Kindergarten



"Love means love and loving by your heart."
- Georgia Liggett, 10, Reagan Elementary Brownsburg



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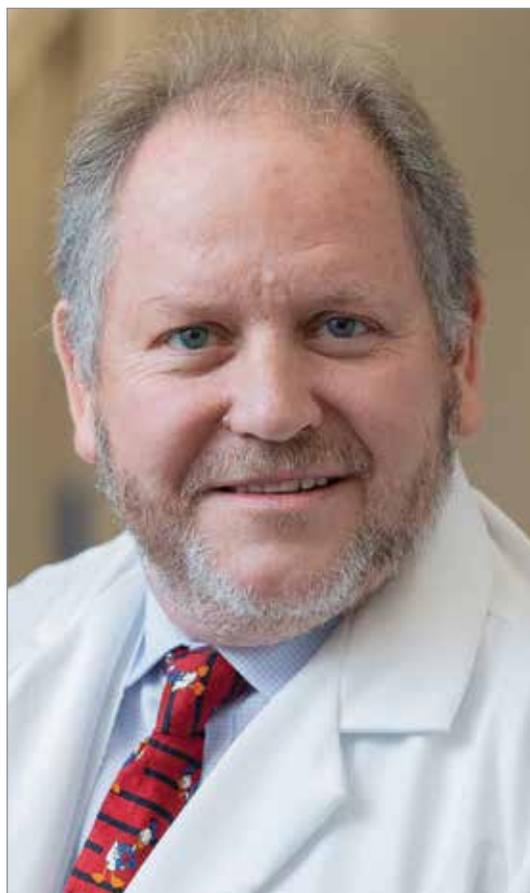
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Amy Comer Elliot Named 2023 Hendricks County Leader of the Year

Yvonne Culpepper and Colton McClure also recognized

Attorney Amy Comer Elliott has been a fixture in efforts to enhance the quality of life for children and adults in Hendricks County for decades. From her service on Danville's School Board, to key roles with the Hendricks County Community Foundation, the Hendricks Regional Health Foundation, Danville Rotary, Family Promise of Hendricks County, the Danville Backpack Food Program, and especially the non-profit she started 25 years ago, Sports for All Kids, Comer Elliott's quiet determination has made our county a stronger and more welcoming place.

Because of her dedicated efforts, she has been named the 2023 Hendricks County Leader of the Year. Comer Elliot's award was presented at Leadership Hendricks County's Annual Meeting by 2022 Leader of the Year Julie Randall, who described her as "a shining example of a leader whose consistent, profound, and positive impacts have significantly enhanced the quality of life for all in Hendricks County."

Yvonne Culpepper was also recognized at the Leadership Hendricks County's Annual Meeting as the recipient of the Suzanne Whicker Distinguished Service Award. Culpepper retired from Hendricks Regional Health after 30 plus years of leadership, which included professionalizing the hospital's nursing program and providing guidance to staff and the community as the county grappled with the Covid pandemic.

Colton McClure, a junior at Plainfield High School, was recognized at Leadership Hendricks County's Annual Meeting as the Youth Leader of the Year. In addition to his stellar classroom performance and leadership on the soccer pitch that earned him Academic All-State honors, Colton has been involved in a long list of activities in his school, church, and community, including participation in Youth Leadership Hendricks County.

Since 1993, Leadership Hendricks County has given citizens the background and inside information they need to take on effective leadership roles in the Hendricks County community. Each program participant has completed a Team Capstone project to address a current community need. Leadership Hendricks County, Inc. is a not-for-profit organization whose mission is to seek, prepare, involve and sustain leaders from diverse backgrounds to address community and countywide changes. For information, call 317-718-6075 or visit www.LeadershipHendricksCounty.org.



Amy Comer Elliott – Leader of the Year (submitted photo)



Yvonne Culpepper – Suzanne Whicker Distinguished Service Award (submitted photo)



Colton McClure – Youth Leader of the Year (submitted photo)



Solar Eclipse Path of Totality in Hendricks County

The next North American total solar eclipse takes place on Monday, April 8, and Hendricks County is directly in the path of totality. This is the first time in 819 years that a total solar eclipse has been visible in Indianapolis, and it will be another 129 years before it occurs again. You can learn more about the eclipse here: <https://www.visithendrickscounty.com/eclipse/>. We are celebrating this momentous astronomical occasion in style with special events happening throughout the county. Don't miss out on this once-in-a-lifetime experience!

Check out some of the special events below:

February 24

Eclipse Photography Class

2 p.m., McCloud Nature Park, 8518 Hughes Road, North Salem. Many people will be taking images of the solar eclipse, and since capturing these images is quite challenging, join Walt Kuhn, Director of Education from Roberts Camera, as he answers common questions. Recommended for ages six through adult. Cost is \$5 per person. Be sure to register by Feb. 16 here: <https://hcparks.recdesk.com/Community/Program>

March 27

Senior Center: In its Entirety, The Solar Eclipse

12:30 p.m., Hendricks County Senior Services, 1201 Sycamore Lane, Danville. Join our naturalists for a free nature-themed program. These programs take place during lunch, and donations are accepted. The Senior Center partners with the Central Indiana Council on Aging (CICOA) to provide the meals. CICOA's paperwork must be completed upon your first visit. Lunch is prepared by Hendricks Regional Health. To make a lunch reservation, please call 317-910-5356 by 11 a.m. on the day of the program. No cost to attend.

April 8

Eclipse Viewing Party at Murphy Aquatic Park

11 – 5 p.m., Murphy Aquatic Park, 753 South CR 625 East, Avon. Join us for a stylish viewing of the solar eclipse – your registration includes access to our diverse range of bounce houses and interactive activities, live music, food trucks, and eclipse glasses.

Everyone who plans to attend must register as parking and glasses are limited. Registration link: <https://washingtontwpparks.my.canva.site/eclipseviewingparty2024>.

April 8

Race to the Eclipse

1 – 5 p.m., Lucas Oil Indianapolis Raceway Park, 10267 U.S. Hwy. 136, Brownsburg. Don't miss this unforgettable celebration as excitement takes over the town of Brownsburg during the Race to the Eclipse event at Lucas Oil Indianapolis Raceway Park. This event is being done in partnership with the Town of Brownsburg and Visit Hendricks County. More information to come soon.

April 8

Solar Eclipse Viewing

2 – 4 p.m., Montrose Farms Alpaca Ranch, 3750 North County Road 950 East, Brownsburg. Join us in viewing the total solar eclipse, and meet the alpacas while you're here. \$5 to attend. Register here: <https://montrose-farms-brownsburg.ticketleap.com/solar-eclipse-viewing/>.

April 8

Total Solar Eclipse 2024 at W.S. Gibbs Memorial Park

2 – 4 p.m., W.S. Gibbs Memorial Park, 4521 Gibbs Road, Avon. There will be a special program at 2 p.m., so find your favorite spot in the park and enjoy the show. We will have free certified eye protection glasses for the first 750 park guests that day.

ICONIC brief

Hendricks Live! Announces Opening Night Celebration and Gala

Hendricks Live! is continuing to roll out plans, preview concerts, and community events for the brand-new performing arts center that is set to start hosting performances this March. Just this week, the venue announced plans for its grand opening gala on Thursday, May 2 that will feature a special guest appearance by the legendary Judy Collins, who won "Song of the Year" at the 1975 Grammy Awards. Collins has garnered several top-ten hits and gold- and platinum-selling albums.

The Hendricks Live! Opening Night Celebration marks the official "opening night" of Hendricks Live!, the newly constructed 600-seat theatre located at the Plainfield Civic Center. The gala fundraiser will showcase their local community arts partners, including the Hendricks Civic Theatre, the Hendricks Symphony, and The Children's Ballet, and additional acts will feature professional artists from the Indy Metro area, such as Dance Kaleidoscope, Tad Robinson Blues Band, and Comedian Dave Dugan. Finally, the evening will conclude with a special performance by legendary singer-songwriter, Judy Collins.

"We are moving closer and closer to the finish line each week, and this event celebrates the culmination of years of hard work, dedication, and commitment to bring the vision of Hendricks Live! To life," shared Chris Petrelli, Executive Director of Hendricks Live!. "The Opening Night Celebration is the perfect opportunity for the community to experience a sampling of the different types of shows and events we will host in the near future, and we are thrilled to welcome an artist of Judy Collins' stature to Hendricks County."

Judy Collins has inspired audiences with sublime vocals, boldly vulnerable songwriting, personal life triumphs, and a firm commitment to social activism. In the 1960s, she evoked both the idealism and steely determination of a generation united against social and environmental injustices. Five decades later, her luminescent presence shines brightly as new generations bask in the glow of her iconic 50-album body of work, and heed inspiration from her spiritual discipline to thrive in the music industry for half a century. The award-winning singer-songwriter is esteemed for her imaginative interpretations of traditional and contemporary folk standards and her own poetically poignant original compositions. Judy's dreamy and sweetly intimate version of "Send in the

Clowns," a ballad written by Stephen Sondheim for the Broadway musical A Little Night Music, won "Song of the Year" at the 1975 Grammy Awards. She's garnered several top-ten hits gold- and platinum-selling albums. Recently, contemporary and classic artists such as Rufus Wainwright, Shawn Colvin, Dolly Parton, Joan Baez, and Leonard Cohen honored her legacy with the album Born to the Breed: A Tribute to Judy Collins. Judy Collins, now 84, is as creatively vigorous as ever, writing, touring worldwide, and nurturing fresh talent. She is a modern-day Renaissance woman who is also an accomplished painter, filmmaker, record label head, musical mentor, and an in-demand keynote speaker for mental health and suicide prevention. She continues to create music of hope and healing that lights up the world and speaks to the heart.

"We are excited to celebrate the best of Hendricks County while bringing the best to Hendricks County, and we eagerly anticipate the opportunity to become the home for arts and entertainment in west central Indiana," shared EveMarie Bessenbach, Director of Development and Communications. "As a brand-new nonprofit organization, the support of our donors, patrons, and community is vital in ensuring that Hendricks Live! will be able to continue creating memorable experiences."

Located in the heart of one of the fastest growing communities in the region, Hendricks Live! features a world-class proscenium theatre, a multipurpose event space, and a visual art showcase. It will be the premier art and entertainment venue in west central Indiana with year-round exhibits and performances for all ages and interests. The 600-capacity seated venue is located at 200 W. Main Street in historic downtown Plainfield.

Hendricks Live! is grateful for the generous support of The Hagerman Group as the title sponsor for the Hendricks Live! Grand Opening, which includes upcoming open houses, preview concerts, and the Opening Night Celebration on May 2, 2024.

TICKETS: Tickets go on sale Friday, February 9 at 9 a.m., and they will be available at hendrickslive.org/events. For questions about purchasing tickets, please email info@hendrickslive.org.



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Across

- 1 Danville Farmers Market fruit
- 6 Well-worn pencil
- 10 PNC Bank machines
- 14 Kevin Gregory forecast word
- 15 Choice of two
- 16 Cheer for the Colts
- 17 Indiana US Vice President
- 19 Indiana US Vice President
- 21 Comfort
- 22 KFC piece
- 23 Word aptly hidden in "on-board"
- 24 Secret agents
- 26 Blue hue
- 28 Piercing tool
- 31 \$, for short
- 32 56-Down sounds
- 34 Do some fleecing
- 36 ___ Paulo, Brazil
- 37 It's retractable at Lucas Oil Stadium

- 41 Indiana US Senator
- 44 Indiana US Senator
- 46 "___, Brute?"
- 47 French king
- 48 Labors
- 49 Top-billed role at Drama in the Basement
- 51 Texter's "I think"
- 53 Usual day for an IU football game
- 54 "Delicious!"
- 57 Subject of finger-pointing
- 59 Palindromic girl's name
- 60 Internet messages
- 63 Computer programming command
- 67 Indiana governor
- 69 Indiana governor
- 71 Chooses
- 72 Run away
- 73 Artifact
- 74 Footnote abbr.
- 75 Firecracker cord
- 76 Fashion sense

Down

- 1 Pine or pain
- 2 Court declaration
- 3 Pigs' digs
- 4 Stows cargo
- 5 Mess up
- 6 Divine
- 7 Quick puffs
- 8 Celestial bear
- 9 Backyard cookouts, briefly
- 10 Palindromic boy's name
- 11 "Happy birthday ___!"
- 12 Tooth type
- 13 Cubic meter
- 18 Wading bird
- 20 The Beehive State



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6 Modes of Transportation

4 Hendricks County Towns

3 White River Parts

5 Geometric Shapes

2 ___ Valley

1 Indiana Pacers Owner

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- 25 Cat sound
- 27 Swashbuckler
- 28 Winner of Indy's
- 29 1976 pro tennis
- 30 It starts on Ash
- 31 Wednesday
- 32 Possesses
- 33 ___ and aah
- 35 Newfields ticket category
- 36 Skim the surface of Geist Reservoir, in a way
- 38 Redding of R&B
- 39 Tex. neighbor
- 40 End of Oktober?
- 42 401(k) kin
- 43 Cape ___, Mass.
- 45 Molecule part
- 50 Observer
- 51 "Let me check"
- 52 Halloween cover-up
- 54 Nevada lake
- 55 Skilled
- 56 Mr. Claus
- 57 Blue Heron Path transports
- 58 Wading bird
- 61 Tick off
- 62 Civil rights org.
- 64 "This is ___ a test"
- 65 Fish part
- 66 A single time
- 68 Broadband letters
- 70 EMT destinations

Answers on Page 37

Hendricks County ICONIC Athlete

HIGH IQ BASKETBALL PLAYER SHOWING GREAT LEADERSHIP ON THE COURT

Versatile Player Hoping to Lead the Bruins on Deep Tourney Run

By Josh George



Regan Canada has been playing the game of basketball since she was seven years old. However, it wasn't always her favorite sport. Something changed when she was in the sixth grade and that is when she started playing year-round. She then started playing basketball year-round between school ball and AAU with the Indiana Showcase. Her game really took off after her eighth grade season. She was unable to play AAU that off-season due to COVID, but that is when she really dug in on her game. She spent countless hours everyday in her barn working on her game, sometimes alone and sometimes with her trainer. The hours stacked up and helped her start to develop more of a guard skill set. She realized she could become a versatile player and a knock down shooter. She has put an abundance of time crafting her game and it has paid off on the court.

Regan, like any player, has had a great support system around her to help her succeed on the court. She

credits her dad as one of her most influential coaches as well as her trainer Joey Burton. Her dad has coached her teams ever since she started playing. He has helped her grow as a player and achieve goals that they set after each season. She credits Joey with helping teach her the majority of what she knows today. Her mom has always supported Regan by getting her to all her doctor's appointments, getting food before games, organizing team events, etc. Her step-dad has been able to watch her from the front row as he announces all her home games. She credits all the Tri-West high school coaches for always putting her and the team in the best situations to succeed. We asked her high school coach Justin Bennett some questions about Regan, and those questions and answers can be seen below:



1. How long have you known Regan, and tell us a little about her basketball journey?

I am in my first season as the coach at Tri-West, and I had the pleasure of

meeting Regan when I got hired at the team meeting. So, we have really gotten to know each other and have bonded from the offseason last May until now. However, I have seen her play previously and have watched film on her prior to getting to Tri-West. I was very impressed with how versatile she was, how good of a shooter she has shown to be, and her basketball IQ is amazing. Most of all, she is a wonderful person. She has played basketball pretty much all her life and was coached by her dad, who did a great job.

2. What makes Regan a special basketball player and person?

Regan is such a versatile basketball player. She can play multiple positions - she is a knock down shooter, she can play in the post, and she can also handle the basketball. More importantly, she is a great teammate and is ALWAYS willing to do what is best for the team. Those are traits that tie into her character as a person. She is so selfless, very inclusive, determined, and always looking to learn more. She is a young lady that exemplifies our core values of humility, respect, and responsibility.

3. What type of impact has Regan had on the Tri-West program?

She has been a very big part of this program, from being a part of previous sectional and regional championship teams, to being a leader on and off the floor. Regan has been a steady example in this program and none more than this year.



4. Describe Regan as a leader.

Regan provides leadership in a variety of ways. She is usually one that leads by example with her play, her hustle, and her actions. But also, she has always asked the right questions and given the right advice to her teammates at the right time. She has overcome some adversity this season while fighting through some injuries, but she has ALWAYS shown up for her team.

**Congrats Regan
on being the
Hendricks County
ICONIC Athlete
of the Week!**

Notables

Compiled by Josh George

Girls Basketball

Cascade – 62 | Speedway – 10

Chloe Smith – 19 Points

Macey Pugh – 11 Points

Liviair Campbell – 10 Points

Plainfield – 71 | Decatur Central – 41

Berkeley Williams – 27 Points

Payton Benge – 14 Points

Morgan Barnes & Hannah Menser –
9 Points Each

Tri-West – 50 | University – 38

Lauren Bear – 15 Points

Atta Garnett – 13 Points

Boys Basketball

Brownsburg – 49 | Crispus Attucks – 44

Jordan Lomax – 19 Points

Grant & Spencer Porath – 9 Points Each

Drew Thompson – 4 Points

Avon – 62 | Decatur Central – 56

Rohan Pearson – 14 Points

Rashod Bethley – 12 Points

Jeddiiah Minnett – 11 Points

Danville – 60 | Tri-West – 48

Jace Scrafton – 21 Points

Owen Collier – 12 Points

Evan Lawrence – 12 Points

Brownsburg Girls Swimming and Diving wins Regionals

Brownsburg Wrestling wins Regionals

Girls Basketball Sectional 12

Avon

Round 1

Brownsburg – 74 | Avon – 42

Round 2 – Semi-Finals

Plainfield – 73 | Brownsburg – 62

Terre Haute North Vigo – 45 | Terre
Haute South Vigo – 38

Round 3 – Sectional Championship

Plainfield – 59 | Terre Haute
North Vigo – 12



Congrats to the Plainfield Quakers on
winning Sectional 12!

Girls Basketball Sectional 25

Cascade

Round 1

Cascade – 61 | Monrovia – 52
Lebanon – 46 | Western Boone – 31
Tri-West – 69 | Crawfordsville – 11

Round 2 – Semi-Finals

Danville – 55 | Cascade – 40
Lebanon – 51 | Tri-West – 47

Round 3 – Sectional Championship

Danville – 53 | Lebanon – 14



Congrats to the Danville Warriors on
winning Sectional 25!



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55
AND BETTER

**JEFF
LEWIS**

Rocking Out
and Living Life the Best
Way He Knows How

BBB Tip: How to spot and avoid identity theft

Scammers have all kinds of techniques to collect personally identifiable information.



Scams are designed to either steal your money, or steal your identity in order to steal your money later. Scammers have all kinds of techniques to collect personally identifiable information (PII). Once they have it, they can effectively become you, using your identity to open accounts, file taxes, or obtain medical coverage.

How identity theft scams work:

How do people steal your identity? With enough personal information, a scammer can pretend to be you and commit a wide range of crimes. They can make false applications for loans and credit cards, withdraw money from your bank account, or obtain services in your name. They can also sell your information to others on the internet.

Identity theft may take a long time to detect. Scammers typically ensure that bills and statements for new accounts are not sent to your address. You may not notice what is happening until the scammer has already inflicted substantial damage on your assets, credit, and reputation.

If you believe you are a victim of identity theft, it is essential to act quickly. Visit identitytheft.gov for information on how to stop and recover from identity theft.

Tips to spot this type of scam:

Look for unexplained withdrawals, charges, and accounts. Review your bank account and credit card statements regularly. Look for unfamiliar charges, accounts, or

withdrawals. Know when your bills are due; one tip-off for identity theft is when you stop receiving certain bills. This can happen because scammers have changed the address associated with your bank account or credit card. If bills don't arrive on time, follow up with your creditors. Debt collectors may call you about debts that aren't yours. You can also set up automatic alerts on your accounts, so you are notified every time a transaction is made.

Check your credit reports regularly for unauthorized inquiries and accounts. You have the right to check your credit report with each of the three major credit bureaus once per year at AnnualCreditReport.com. This is the only free crediting reporting service authorized by the Federal Trade Commission. Space these checks out across the year, and you will know fairly quickly if something is wrong.

Protect yourself against this scam:

Be careful with your personal information. Treat your personal information like the valuable commodity it is. Make sure you shred documents containing your bank account information, Social Security/Social Insurance number, or other personal information. These include credit card applications, insurance forms, financial statements, health forms, and billing statements from utilities and phone service. Cut up expired credit and debit cards, and cut through the numbers before you dispose of them.

Secure personal documents at home. If you have roommates, employ outside help, or have contractors in your home, make certain personal documents are in a safe place – preferably under lock and key – and not lying out in plain sight. Minimize personal information on checks. You don't need to include your Social Security number, driver's license, or phone number.

Be alert to phishing attempts. Scammers are sophisticated; their phishing attempts may come via email, text, social media messages, or even phone calls. Be suspicious of any unsolicited communication asking you for personal information. Whether it's a supposed tech support call, an offer for a free cruise, or a charity plea, they may really be after your personal information. Check out BBB's tips on Phishing and Tech Support Scams online at BBB.org.

Protect yourself against hackers:

- Use strong passwords or passphrases. Avoid using your birth date, child's name or birth date, mother's maiden name, the last four digits of your Social Security number, or really obvious ones like "123456" or "password."
- Change your passwords frequently
- Use different passwords for each online account or website
- Be careful about the types of information you share online, especially if it is information that could

be used to get past security questions on your accounts (things like your first car, first pet's name, city where you were born)

- Shred outdated documents with personal information. While you should keep your tax returns forever, you should shred supporting documents for your tax returns after seven years. After one year, shred bank statements, pay stubs, and medical bills (unless you have an unresolved insurance dispute). Shred utility bills a month after they have been paid.

If a company you do business with has experienced a data breach, BBB has information on what to do after a data breach and what to do if your credit or debit card is compromised. Also, see how to protect your identity from a data breach.

"The senior center becomes a front door to a whole range of support and programming. We use all of our services that way. Someone might call and say they need help getting their house cleaned. We ask why and find that they fell and are going to PT, and they lost their husband a year ago. So we really get the whole picture and we can encourage people to engage deeper if they want to. And for a lot of people they do. They just need the invitation," Keers explained.

JEFF LEWIS: ROCKING OUT AND LIVING LIFE THE BEST WAY HE KNOWS HOW

Live Life out Loud and Rock Out. That is what Jeff Lewis strives to achieve each day. In his active life thus far, he has worn many hats, and each one comes with a story. Jeff spent his youth in Franklin, Indiana, and after he graduated in 1980, he says he had two choices: play basketball in college or try the music business. He was so tired of school, so he thought about this long and hard, and decided he wanted to pursue a music career playing guitar. In the beginning, Jeff performed six nights a week, hustling to get his name out there. "I was full-time rock n roll and everything that comes with it," said Jeff. He traveled long distances, performing in venues anywhere from here in Indiana to Michigan to Florida and everywhere in between with the band Headline. "In the 80's, live music was THE thing, and you could find it everywhere," said Jeff. In time, he met his beautiful wife, Mary Ann. After they married, he continued to perform with the band, but when Mary Ann became pregnant, he decided it was time to halt his music career of 10 years and focus on being a husband and father. "Leaving the music business for my wife and child was a no-brainer. I wanted to focus on my growing family. I wanted to be a dad as much as I wanted to be a musician," said Jeff.

He quickly found a job at Allison Transmission as a draftsman. He loved his job, but the structure of Allison was changing, and his job was getting ready to be extinct. So, he hurriedly started looking for a new job and when he was told of a position at the Hendricks County jail, he went for it. Life went on and he continued to work hard for his community. One day, he was told that the county was starting to hire police officers. He had a growing family and all that it entailed, so with the idea of a pay increase and growth within the county, he went for it. "Being a cop wasn't even on my radar," said Jeff. This turned out to be the best career move he could have ever made. He found his true calling and served in law enforcement for a total of 25 years. He served seven years with the Hendricks County Sheriff's Department, where he primarily taught the D.A.R.E. program within the Hendricks County Schools. He took his job of teaching and inspiring kids very seriously, and this is one of the shining jewels in his law

enforcement career. "When I look back at my years with the D.A.R.E. program, I really appreciate what I was able to accomplish in the schools and with all of the students I taught," said Jeff.

In 2000, he made the move to Avon Police Department, with the intention of becoming an Avon Schools S.R.O., or School Resource Officer. He quickly realized that this was where he was meant to be. It became apparent to every adult and every child he interacted with that he loved his job. While walking the halls at the schools, he found that he had a smile on his face and joy in his heart. He was beloved by teachers, parents, and students. In full police gear, he would never miss an opportunity to stop what he was doing to play dodgeball or other games with the students. He had the special ability to make even the most timid students comfortable around him. Kids would light up when they saw him and there were always high-fives, hugs, and selfies being taken. Not only did they bring him joy, but he also brought them joy and smiles every single day. In 2019, although he loved his job and loved being with the kids more than anything, he made the tough decision to retire from law

enforcement. Though he worked for a time as dispatch manager for the county, he decided to step away after a time. He didn't stay idle very long though. He was very quickly hired by Banning Engineering. He dusted off his drafting experience and got to work. He felt at home with his position at Banning. "Banning Engineering has a great company culture. I really love my job, I love the challenge, and I love staying active," said Jeff.



In 2020, Jeff was diagnosed with throat cancer and spent more than eight months in treatment. Although he was assured his diagnosis was treatable, he was scheduled for a hurried surgery where a walnut-sized tumor was removed from the base of his tongue. Then two days later, he was rushed into emergency surgery after an artery in his neck burst, threatening his life and literally almost killed him. What followed was weeks of daily radiation and chemotherapy once a week to treat the cancer. The treatment ravaged his body and he battled with a lack of strength, motivation, energy, and the inability to swallow for more than 10 weeks, resulting in a stomach tube-feeding system during that

time. He was sicker than he'd ever been in his whole life, and he found daily life to be a complete struggle. He had lost his luster for life. "Cancer takes over and takes parts of you away. Recovery was without a doubt, the hardest thing I've ever been through. To this day, I still have no sense of taste and because of the radiation and chemo, I am moderately deaf in my left ear," said Jeff. Once energetic and full of life, Jeff started to struggle with depression and feelings of anger. The treatments and aftermath took the wind out of his sails, and he knew he needed to do his best to plot a new course. Now in 2024, it has taken him these past few years to get to a point of acceptance and really start getting his energy back. "I'm here. I'm still active. I'm starting to do the things that make me happy, but sometimes it takes more motivation than it used to," said Jeff. He is starting to find his joy and luster for life again and starting to get back to doing things in life that he loves.

Recently, he started playing guitar for two bands again. He was welcomed back into the fold of his old band, Headline, now called Deadline, as a tongue-in-cheek nod to their ages. He also plays guitar for the band The Toons. While he loves playing guitar, he could have never imagined that his health issues and subsequent weight loss would take such a toll on his guitar-playing skills. "It has been a challenge, but I have finally gotten back to playing guitar like I did before my cancer diagnosis," said Jeff. He is also getting back into other pursuits he enjoyed pre-cancer, such as hunting and fishing (sometimes with his beautiful wife of 35 years), and enjoying his kids, now fully-grown and numbering three. "I am finally feeling stronger. Finally feeling a sense of energy, purpose, and starting to feel happy again," said Jeff.

He is ready for whatever life brings his way, and he has a message for all those who are "55 & Better". "Keep going. Don't let adversity get the better of you. Don't let lack of motivation keep you from doing what you want to do. Don't focus on all the things you lost out on. Find a way to do it all for yourself. Find your joy and do what you love," said Jeff. He is still living life and rockin' out after all these years.



Nine Facts About Retirement



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For some, it will be a time to travel and spend time with family members. For others, it will be a time to start a new business or begin a charitable endeavor. Regardless of what approach you intend to take, here are nine things about retirement that might surprise you.

1. Many consider the standard retirement age to be 65. One of the key influencers in arriving at that age was Germany, which initially set its retirement age at 70 and then lowered it to age 65.¹

2. Every day between now and the end of the next decade, another 10,000 baby boomers are expected to turn 65. That's roughly one person every eight seconds.²

3. The 65-and-older population is one of the fastest-growing demographics in the U.S. In 2022, there were 58 million Americans aged 65 and older. That number is expected to increase to 82 million by 2050.³

4. Ernest Ackerman was the first person to receive a Social Security benefit. In March 1937, the Cleveland streetcar motorman received a one-time, lump-sum payment of 17¢. Ackerman worked one day under Social Security. He earned \$5 for the day and paid a nickel in payroll taxes.

His lump-sum payout was equal to 3.5% of his wages.

5. Seventy-three percent of retirees say they are confident about having enough money to live comfortably throughout their retirement years.⁵

6. The monthly median cost of an assisted living facility is nearly \$5,000, and seven out of 10 people will require extended care in their lifetime.²

7. Sixty-four percent of retirees depend on Social Security as a major source of their income. The average monthly Social Security retirement benefit as of January 2024 was \$1,907.5,⁶

8. Centenarians- there are 108,000 of them as of 2024. By 2053, this number is expected to increase to 513,000.⁷

9. Seniors aged 65 and overspend over four hours a day, on average, watching TV.⁸

Conclusion: These stats and trends point to one conclusion: The 65-and-older age group is expected to become larger and more influential in the future. Have you made arrangements for health care? Are you comfortable with your investment decisions? If you are unsure about your decisions, maybe it's time to develop a solid strategy for the future.



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WHAT WOMEN SHOULD KNOW ABOUT THEIR HEART HEALTH



Dr. Anna Ahmed, cardiologist at IU Health West

February is American Heart Month, an annual observance to encourage people across the country to pay attention to their heart health. For women, this is vital. According to the Centers for Disease Control and Prevention, over 60 million women in the U.S. are living with heart disease. In fact, it is the leading cause of death for American women. It is responsible for one in every five female deaths. That is more than breast cancer. Research has shown that only about half of U.S. women recognize heart disease is their number one killer. It is crucial to know the signs and symptoms of heart disease so you can lower your risk.



Know the symptoms.

For women 55 and older, heart disease shows up differently than in men. The symptoms can be subtle—like feeling tired, having trouble breathing, or experiencing discomfort in unexpected places like your back or jaw. These signs often don't scream "heart problem," which can delay getting the right diagnosis and treatment. It is very important to keep in mind that hormonal changes after menopause can raise the risk of heart disease, especially if you have risk factors like diabetes, high blood pressure,

obesity, or family history of heart disease. After menopause, women surpass their male counterparts in risk of heart disease.

Among the prevalent forms of heart disease in women, a few stand out. Coronary artery disease (CAD) remains the leading cause, characterized by plaque buildup in the arteries which restricts blood flow to the heart. Additionally, heart failure, where the heart cannot pump blood efficiently, affects women commonly post-menopause. Arrhythmias, irregular heart rhythms, can pose risks, often associated with palpitations or fainting spells. Understanding these common heart diseases empowers women to recognize symptoms early and seek timely medical care, enhancing their heart health journey.

Focus on prevention.

Taking care of your heart starts with the choices you make every day. Eating well is a big part of it—focus on lots of fruits, vegetables, whole grains, lean proteins, and healthy fats like the ones in fish and nuts. Being active regularly matters too. Try to aim for around 150 minutes each week doing things you enjoy, whether it's walking, swimming, dancing, or whatever gets your heart pumping. Managing your weight is very important in reducing your risk of developing heart issues. Finding ways to manage stress, like meditation, yoga, or hobbies you love, can also help your heart. If you smoke, quitting can also make a huge difference.

Check in with your doctor.

Regular check-ups to evaluate your risk factors are your best defense against heart disease. Keep an eye on your blood pressure, cholesterol levels, and watch out for signs of diabetes by getting checked regularly. Talking openly with your doctor about your heart health concerns and asking questions can be a game-changer in taking care of yourself.

Getting help early, understanding your medications, and any procedures recommended is crucial. Stick to the treatment plan your doctor suggests and don't hesitate to talk about any concerns or side effects.

Lean on others.

Having a support network is invaluable. Connecting with others in similar situations, whether through support groups, community events, or online forums, can offer guidance and encouragement.

Your heart is the engine of your vitality. Taking charge of its well-being means making smart choices, keeping up with check-ups, and embracing a supportive lifestyle. Prioritizing your heart health isn't just about looking after yourself; it's an investment into a long and healthy life.

To learn more about heart disease and treatment options, visit iuhealth.org/heart.



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MEDICARE — IT ISN'T OVER!

Just when you thought those phone calls and television commercials were ending... Here we go again.

Be extremely careful—if you receive a phone call telling you that you can get better benefits, it is totally illegal. Agents are not allowed to contact you without your WRITTEN PERMISSION. These calls often result in your Medicare plan being changed and you did not give permission. Get names and phone numbers (you can be sure that the caller will not give you this information).

So exactly what is the difference between AEP (Annual Election Period 10/15 through 12/07) and OEP (Open Enrollment Period 01/01/2024 through 03/31/2024)? AEP runs from 10/15 through 12/07. Anyone on Medicare can make any change they choose during AEP. Maybe change from one Medicare Advantage Plan to a different Medicare Advantage Plan. Or change to Original Medicare only (plus Part D for drug coverage). Or choose a Supplement. And then there is OEP—the Open Enrollment Period. ONLY Medicare Advantage clients may make ONE change during this three-month period. Some reasons for a change might be:

- a. *Some plans have better dental coverage—better than the one you are currently on.*
- b. *Some plans may not include your doctors (how did this happen???) or give you the best price for your medications.*

- c. *Some plans pay part of your Part B (currently at \$174.70 each month)*
- d. *Some plans give you better allowance on groceries (your friends told you about it).*

This is what I refer to as “after the fact.” You begin talking to your friends and learn that they have more benefits than you have!

The “half-truths” and “deceptive advertising” that we are all experiencing also applies to Medicare. Find an agent that you trust. If possible, meet face-to-face. Those of you on Medicaid are probably receiving letters from Medicare or Social Security. My own clients are calling me with these letters; the majority of them are simply changes due to Medicaid changes; but it still means a plan change is required.

Other letters/advertisements are “fake” and work to convince us seniors (yes, I am 76 and a senior) that we are on the wrong plan. So many seniors are confused and do not know what to do or who to call. That is why it is extremely important to get information before making any changes. If you ask for the name and phone number of the person calling you, he/she will probably hang up!

It is sad to say that there are many people taking advantage of us seniors. Be smart.

I'm always available for questions.

Linda (Dwinell—from Plainfield) Begley
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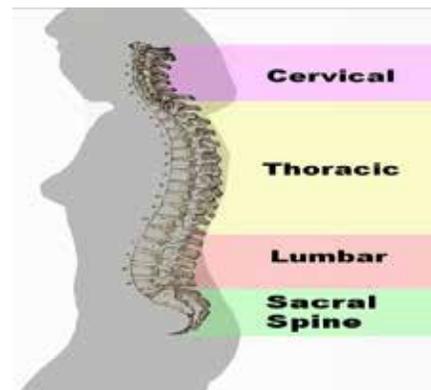


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Don't Live with Back Pain



By Linda Barnes, OTR
Owner/President, Therapy On Wheels, Inc.

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If you have back pain, physical therapy may be your ticket to relief. Physical therapy can relieve pain, promote healing, and restore function and movement.

If you get physical therapy when your back problems first begin, you may even be able to avoid surgery. And if you do need surgery, physical therapy can greatly help you recover. Getting Started

Some spine specialists recommend physical therapy sooner, particularly if the pain is severe. In general, the goals

of physical therapy are to decrease pain, increase function, and get the patient on a maintenance program to prevent further recurrences.

Depending upon your needs, your physical therapist will come up with a treatment plan to assist you. The first thing they will do is work on treatments to ease your back pain and improve your flexibility including:

Massage: helps relax your muscles, increases circulation, and eases pain in your soft tissues.

Mobilization: measured movements to move bones and joints into position helping with flexibility.

Manipulation: pressure on your body with the hands or a device ranging from gentle to strong, and slow to fast helping improve strength and endurance.

Therapy on Wheels is one of the few companies that has Physical Therapists who specialize in the treatment of back pain in the home. All one-on-one therapy is provided in the comfort of your own home with no homebound restrictions. Therapy On Wheels accepts most insurance plans, including Medicare.

Therapy On Wheels can help you manage your back pain. Contact our office to set up an appointment at 317-332-9861 or visit our website at therapyonwheelsinc.com.

Why would I need a licensed agent to assist me with my Medicare decisions?



Americans are becoming eligible for Medicare at the rate of roughly 11,000 per day and will have a long list of choices to make and some important deadlines to meet. Most people are familiar with Medicare Part B and the standard rate of \$174.70 per month in 2024, but some do not realize that Medicare Part B pays only 80 percent for most outpatient care services and the remaining 20 percent is their responsibility. This is where details matter and decisions begin. It is important that you know what Medicare Part A provides and to understand terms such as Advantage Plans, Part C, Medigap, Supplement Plans, and Part D. Too many people are making decisions based on commercials or well-intended friends and family members. There are numerous factors to consider when making this important and personal decision. Considerations such as medical conditions, disabilities, premiums, out-of-pocket costs, extra benefits, plans to travel, and network

size need to be addressed before an informed decision can be made. Plan availability can be specific to your county, so if the well-intended advice of Uncle Bob sounds great, you may be very surprised when your coverage turns out very different than what you expected. These factors should be carefully analyzed under the guiding hand of a licensed insurance agent who is familiar with the policy or policies so you can make a well informed decision to meet your needs.

I am an independent licensed insurance agent contracted with several Medicare carriers to give you the options you deserve, and my help comes at no cost to you. For more information, please visit <https://www.adkins-consulting.com/> or email me at helee@adkins-consulting.com



Social Isolation and Food Insecurity Within Seniors



A large population of seniors struggle with social isolation and food insecurity within our community. This topic is often not spoken about enough and often not given many solutions.

In an era of technology at our fingertips, it might feel as if nobody should feel excluded. Many of our seniors within our community would argue differently. At Meals on Wheels of Hendricks County – we have clients that their only conversation throughout the day is with our drivers. This can be a very lonely experience. Of our clientele – approximately 58 percent face the risk of social isolation. We find that our clients are living alone and are unable to leave their home due to transportation or mobility. We offer our clients connection calls, daily check-ins, wellness checks, and a sense of routine. On our clients' birthdays we provide them with birthday gifts that consist of a card, drawings from local schools, and items based on their interest. We want our clients to understand that they are not alone and their Meals on Wheels family cares about them.

Food insecurity is a hard concept to grasp, especially within the senior community. There are often not a lot of

resources provided on how they should be eating. Diet plans are provided but not enough tools for them to be able to follow it. Some seniors are not able to make meals on their own, as the process itself has become too difficult. Some find that it can be hard to ask for help. There should be no shame in asking for assistance – everyone needs help at some point. Here at Meals on Wheels of Hendricks County we strive to change this mindset of asking for help is a negative construct. Meal services, such as our own, provide nutritious meals to those that need it the most. Hendricks Regional Health in Danville creates meals for our clients that are low in sodium and heart healthy. If there are other special dietary restrictions, we try our hardest to adjust the meals accordingly.

There are many resources available to those that are feeling like they are facing social isolation or food insecurity. Please reach out if you or someone you know is at risk of falling into those categories. It's time to help those that spent their entire lives helping us.

If you would like to be a part of the solution by helping volunteer by driving, bag decorating, connection call, or donating to the cause - please reach out to Shelbie at Meals on Wheels of Hendricks County here: hhrmow@hendricks.org or call 317-745-3469.



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Hottest Market Ever?

By DJ Florence, Florence Wealth

At the end of my college days (late 90s), I began reading Money Magazine. It was always an easy read, colorful, and energetic. I still have a scanned copy



FLORENCE

somewhere in my house of the March 2000 edition - "How to Invest in the Hottest Market Ever." How exciting!

Then a few weeks later, the dotcom bubble burst and the stock market began its downward spiral through 2002. Many of you felt the portfolio pain of the early 2000s and then

again in 2008-2009. So where am I going with this? Well, as of this writing, all three major U.S. stock market indices (DJIA, S&P 500, and Nasdaq) are hovering around all-time highs. 2023 was the third year of the presidential election cycle and the year of the cycle in which the S&P 500 tends to outperform all other cycle years. Going back from 1945-2022, the third year of a presidential term yields an average gain on the S&P 500 of 15.9% versus 9.2% in all other years (Source: apnews.com 2/2/2023). In 2023, the S&P 500 returned 24%, so last year held true to the trend. Outside of continuing inflation and high interest

rates, the economy feels strong, and the all-time highs of today's market don't seem to have the hype that we saw in 1999 and 2000. Because of last year's market gains, rebalancing and diversifying your portfolio will be extremely important, especially for retirees and those nearing retirement. An active Federal Reserve and presidential election could stir up market volatility, which will most likely be more prevalent in the second half of the year. Address your risk tolerance, buy low, and sell high. I hope this year is your best year yet!

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Helping a senior in need

By McKenzie Wilson,
Glasswater Creek

Prior to moving into Glasswater Creek of Plainfield, Ron never believed he would ever have to consider the idea of an assisted living community. However, after the passing of his beloved wife, he felt hopeless. The year following his wife's death, Ron underwent radiation and chemotherapy to combat his oral cancer diagnosis, leaving him weak and bedridden. Ron's savings was depleted from the costly medical bills and was now facing eviction from the apartment he and his wife called home for 13 years. Having been a former computer programmer, and his wife, a retired medical researcher, Ron has always lived a comfortable life, and now was struggling to afford the bare minimum.

That is when, with the help of Family Promise of Hendricks County,

Ron found Glasswater Creek of Plainfield. "Three meals a day, a studio apartment, an ideal situation. My memory is starting to slip, but the staff at Glasswater Creek bring me my medications. There are activities - BINGO, cornhole tournaments, church services, shopping days. I get to socialize in the dining room each day during meals and mingle with everyone." Before moving into Glasswater Creek of Plainfield, Ron states, "I'd eat whatever was around, usually from tins. Tuna, sardines, whatever." By moving into a community-based setting, Ron was able to find hope again. Hope he thought he had lost. "I was amazed how everyone took me through all the steps to make the whole process so efficient. Everything came together," Ron states.

Three days before he was to be evicted from his home, Ron found a new home at Glasswater Creek of Plainfield.



Plainfield Town Council

Compiled by Ronald Hera

The Plainfield Town Council met on Jan. 22. The Town Council meets every second and fourth Monday of the month at the Plainfield Civic Building, 206 West Main Street at 7 p.m. The next scheduled meeting is on Feb. 12.

WHAT HAPPENED: Steve Dyson, the new Plainfield Town Controller, explained his plans for the town.

WHAT IT MEANS: Steve Dyson is the town's first Controller. He holds two master's degrees, an MBA in finance from Indiana University, Kelley School of Business, and an MPA in policy analysis, from Indiana University, O'Neill School of Public and Environmental Affairs. He officially assumed his duties on Jan. 1. Steve presented an HR process that will allow people to work as a team, be trained properly, and achieve continual improvements in communication and transparency. Some goals are to establish a Certified Finance Officer Program, an award for Distinguished Budget Work, and an award for Annual Financial Reporting. Another goal is to improve the culture of the town with more upstream thinking, working together as a village, and patiently focusing on processes to achieve their goals.

WHAT HAPPENED: Kent McPhail was awarded the first Hadley/Jessup Founders Award.

WHAT IT MEANS: Kent was awarded for his 25 years on the Town Council and for his unflinching dedication to improving the Town of Plainfield. He is the first and only recipient of this award given by the Town Council.

WHAT HAPPENED: Dave Lahey reported on the progress of various construction projects currently underway, focusing on Hendricks Live!.

WHAT IT MEANS: The Hendricks Live! grand opening is scheduled for May 2. The first two concerts, scheduled on April 5 and 6, sold out in 24 hours! These first concerts will test the acoustics and sound system. Currently, there is still some outside cement to be poured, and the floors are yet to be finished. From the town perspective, they are very excited about the town's investment in Hendricks Live! beginning to pay dividends back to the town. Not only does this facility and the associated programs enrich our community and the local culture, but they expect it will also help attract talented individuals to Plainfield. The visitors that this facility will draw into downtown Plainfield will help support local restaurants and shops and add to the vibrancy of the downtown area. The Arts Center project evolved out of the 2017 Downtown Conceptual Plan. The public feedback during that planning process called for more entertainment options within the downtown area, and this project was a response to that feedback. It is great to see it finally coming to fruition.

WHAT HAPPENED: The Council approved the Hendricks County Parks Foundation Summer Fun Run Series.

WHAT IT MEANS: The Summer Fun Run Series will utilize Sodalis Nature Park and Talon Stream Park for their events this summer. The council also approved a boardwalk for Sodalis Nature Park.

WHAT HAPPENED: The Council affirmed the action of the Town Council President engaging the Paganelli Law Group for legal representation.

WHAT IT MEANS: The Paganelli Law Group will represent the administrative proceedings for the Board of Police Commissioners.

WHAT HAPPENED: The Council approved the Community Crossings Matching Grant submission by Butler, Fairman and Seufert.

WHAT IT MEANS: The \$1M grant application is part of the Statewide Community Crossings Matching Grant program. These are state funds made available for road and street improvements. Communities across the state apply for these funds annually. The Town of Plainfield is eligible for up to \$1M of grant funding, which must be matched with local dollars. Plainfield generally applies for the maximum amount and uses it as part of their annual road maintenance program.

WHAT HAPPENED: The Council approved three ordinances annexing contiguous areas in Council District #1.

WHAT IT MEANS: In this case, the properties that were annexed were on the east end of town and surrounded by Town Council District 1. The owner of the properties petitioned the town to be annexed. The property is largely undeveloped and does not represent additional residents or voters for that district.

WHAT HAPPENED: The Council approved a Memorandum of Understanding with Diversified Logistics Training Solutions Inc.

WHAT IT MEANS: Diversified Logistics Training Solutions Inc. will conduct on-site CDL Certification training for town drivers who require a CDL license, at the rate of \$7,750 per trainee.

WHAT HAPPENED: The Council approved entering into six separate IN01 Lighting Service Agreements with Duke Energy.

WHAT IT MEANS: Duke Energy will facilitate the conversion of existing Duke-owned streetlights to LED fixtures within the corporate boundaries of the Town of Plainfield saving lighting costs.

WHAT HAPPENED: The Town Council approved quotes from Ray's Demolition for three residential properties.

WHAT IT MEANS: Ray's Demolition will agree to demolish three residential structures required for the construction of the Avon Ave. and CR 300 S roundabout project.

WHAT HAPPENED: The Town Council approved quotes from Ray's Demolition for three residential properties.

WHAT IT MEANS: Tree clearing and the necessary demolition of the bridge over White Lick Creek East Fork can begin for building a road connecting Orly Road with E. Camby Road sometime in the future.

Brownsburg Town Council

Compiled by Ronald Hera

The Brownsburg Town Council met Jan. 25. Meetings can be viewed at <https://www.brownsburg.org>. The council meets at 7 p.m. on the second and fourth Thursday of every month at Brownsburg Town Hall, 61 North Green Street. The next meeting is scheduled for Feb. 8.

WHAT HAPPENED: Police Chief, Joe Grimes, reported to the Town Council.

WHAT IT MEANS: The report can be reviewed at: www.brownsburg.org/AgendaCenter/ViewFile/Item/4108?fileID=10738. The report includes support activities and actual operations conducted in December of 2023. The Town Council approved the report.

WHAT HAPPENED: Fire Chief, Larry Alcorn, reported to the Town Council.

WHAT IT MEANS: The report can be reviewed at: <https://www.brownsburg.org/AgendaCenter/ViewFile/Item/4109?fileID=10739>. The report includes information about fire runs, training, maintenance, and expenditures for December 2023. The Town Council approved the report.

WHAT HAPPENED: Chris Keers, Fleet Maintenance Superintendent, gave the Fleet Maintenance Department's Quarterly Report.

WHAT IT MEANS: During the last quarter of 2023, the department finished two police trucks for the detectives. Currently, the department is installing equipment on a new police K9 vehicle and installing equipment on a new sewer service truck, along with maintaining all snow plow equipment. In the future, the department plans to order eight police cars and two police trucks. The Town Council approved the report.

WHAT HAPPENED: Amber Lane, Parks Director, gave a summary report to the Town Council.

WHAT IT MEANS: A draft of the 2024-2028 Parks Master Plan is expected to be ready for review in February.

Current planning efforts include:

- Race to the Eclipse – April 8
- Summer Soundtracks – May 31, August 17
- Adventure Camp – Starting June 3
- Farmers Market – Starting June 6
- Movies in the Park – Starting June 21
- Independence Day Concert and Fireworks – July 4
- Battle of Brownsburg – July 19
- Blues in the Burg – September 7

WHAT HAPPENED: The Town Council approved Resolution #2024-04.

WHAT IT MEANS: This resolution was necessary to secure performance bonds for \$4,713,465 so the town can obtain INDOT Right of Way permits necessary to complete replacing specific water mains and any pipes that contain lead.

WHAT HAPPENED: Kathy Dillon, Water Utility Director, Wessler and Arcadis, presented Resolutions 2024-05, 06, and 07.

WHAT IT MEANS: These three resolutions are Master Plans for sanitary sewers, stormwater runoff, and water lines. The town created these Master Plans to address the water flow needs of the town. The plans include lift stations, sewer pipes, stormwater pipes, water pipes, water treatment plants, and water towers over the next 20 years. The planners considered existing conditions, anticipated population growth, service area, future land use, and technology trends. The Town Council approved all three Master Plans.

Danville Town Council

Compiled by Ronald Hera

The Danville Town Council met on Jan. 24. These meetings can be viewed on the town's YouTube channel. The council meets at 7 p.m. on the first and third Wednesdays of each month at Danville Town Hall, 49 North Wayne Street. The next scheduled meeting is Feb. 7.

WHAT HAPPENED: Beth Ann Holmes, of the Downtown Danville Partnership, presented information for a matching grant involving the Indiana Placemaking Activation Grant.

WHAT IT MEANS: A grant application was submitted for the Town of Danville to paint a mural in the West Alley painted by artist Jon Stommel. The Town Council approved the application, and the project can proceed in the spring after finalizing some legal details. The Indiana Placemaking Activation Grant is a grant of up to \$25,000 to fund signage and placemaking efforts. Municipalities, counties, communities, destination marketing organizations, and Chambers of Commerce can apply.

WHAT HAPPENED: Ryan Lindley of Banning Engineering represented Hendricks County and asked the Town of Danville to waive \$1,140 in fees.

WHAT IT MEANS: The building in question is a storage building, requires no drain or electricity, and presents little ongoing cost to the town. The Council approved the waiver of the fees.

WHAT HAPPENED: Carrie Lofton, Danville Town Clerk/Treasurer, introduced Ordinance 3-2024 to amend the Cell Phone Stipend Ordinance.

WHAT IT MEANS: The stipend for those town employees who need a cell phone for their town work has remained the same since 2011. Carrie introduced the need to revisit this ordinance and make equitable changes for the town and the employees. The Town Council agreed that changes made sense. This item introduced the Town Council to the need, and the council was not required to vote on the ordinance at this meeting.

WHAT HAPPENED: The Town Public Works Superintendent presented a request for funds to purchase a planer for road work.

WHAT IT MEANS: This is a capital expense request for an asphalt planer machine for resurfacing asphalt roads. The new planer costs \$27,774 and replaces an old, obsolete planer that will be sold at auction.

WHAT HAPPENED: The Town Manager, Mark Morgan, requested funds to replace a lift station pump.

WHAT IT MEANS: The lift station pump at the county home failed and was replaced. The requested funds, once approved, will pay the invoice for the new pump. The Town Council approved the required \$10,764 needed for the pump.

WHAT HAPPENED: The Town Manager, Mark Morgan, reported that the Town of Danville applied for the Community Crossings Matching Grant.

WHAT IT MEANS: The approximate \$450,000 grant application is part of the Statewide Community Crossings Matching Grant program. This is a matching grant that requires Danville to match the funds awarded. These are state funds made available for road and street improvements. Communities across the state apply for these funds annually.

WHAT HAPPENED: President Chris Gerald called the Danville Chief of Police and the Danville Fire Chief forward.

WHAT IT MEANS: The Fire Department and the Police Department were honored by the Town Council for their exemplary actions in saving a person having a cardiac arrest on Main Street the previous week. Their fast and appropriate actions saved a life.

Avon Town Council

Compiled by Amanda Babinec

The Avon Town Council met Jan. 25. Meetings can be viewed at avonindiana.gov/livestream. The council will meet at 7 p.m. the second and fourth Thursdays of the month at Avon Town Hall, 6570 East US HWY 36. The next scheduled meeting is Feb. 8.

WHAT HAPPENED: Avon Town Council President, Greg Zusan, recognized Ryan Cannon for his 25 years of service to the Town of Avon.

WHAT IT MEANS: Ryan has been a valuable part of the town, serving as the Public Works Director, Assistant Town Manager, and now the Town Manager. Jared Wade, Communications Director, delivered a beautiful speech about Ryan's time with the Town of Avon as family, friends, and co-worker's joined to congratulate Ryan.

WHAT HAPPENED: Sean Stoops, Chief of Police, requested the approval of a contract for the police department testing services for the department's next hiring process.

WHAT IT MEANS: They are using the same company they have used for the last several years. The contract was given to Mr. Taylor who has approved it and recommended moving forward. The Town Council approved the request unanimously.

WHAT HAPPENED: Resolution 2024-03: Approve donation and right of way dedication.

WHAT IT MEANS: Four parcels of land were presented to the Town Council for approval. Two of these parcels were donated by land owners so the town could fix a drainage issue. On the other two parcels, the town has been working with INDOT to add a partial signal at the entrance to Costco and US 36. In order for INDOT to do that they needed a couple slivers of land for a right of way. The town was able to work with Costco and Harvest Landing to get the donation of land to get those improvements for the traffic signal. The town council approved the request and accepted these four parcels of land for a right of way.

WHAT HAPPENED: Ordinance 2024-01: Engineering fees for plan review and inspection.

WHAT IT MEANS: When a developing case goes through the planning commission, the town uses a third party engineering firm called Crossroads Engineers. The firm has not updated their fees in approximately five years and have asked for an amendment to their fees. These fees are passed onto the developers and are not incurred by the town. This went to the planning commission who recommended approval. The town council approved unanimously.

WHAT HAPPENED: Deputy Chief Margason presented a salary ordinance amendment to create Officer in Charge pay.

WHAT IT MEANS: Requested approval for duty pay to be given to four separate officers, one on each shift. They would be considered Officers in Charge. The Avon Police Department has a fairly young department and when the sergeant is on vacation these officers have difficulty with questions. The department wants to establish some of the more senior officers in a supervisory leadership role to assist when the sergeants are gone. They are requesting a \$2,500 duty pay for a total of \$10,000. The town council approved unanimously.

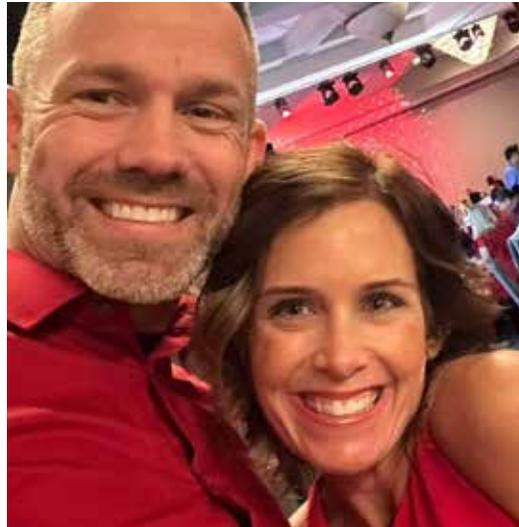
Becky Halon Proudly Wears Red and Serves Community Through CPR Education

Becky Halon

By Kate Anderson

It was just another day in July of 2010 for 24-year-old Becky Halon, ICU Nurse, wife, and mother of three children. She went about her day like she always did, but noticed that she was much more tired than normal. Fighting off fatigue all day long, she assumed it was just one of those days. Later, she and her husband Josh decided to go on a run as they usually did most evenings. The couple are both avid runners and this was not an out-of-ordinary activity for them. Continuing to fight back massive fatigue that did not go unnoticed by her husband, she powered through the run and made it home. That evening, while still trying to work through her fatigue, she walked into the bathroom and without warning, collapsed on the floor. Josh, who was the director of cardiac services and a cardiac nurse at IU Health West Hospital, called 911, assessed that she had no pulse, and then immediately began CPR and continued for 11 minutes until EMT's arrived. Still with no pulse, EMT's attempted to defibrillate her heart twice with no positive results. Treatment continued all the way to the hospital and after being in cardiac arrest for 72 minutes with no sign of life, the attending ER doctor told Josh that they needed to discontinue life saving efforts. Josh flat out refused, arguing that he would take on the responsibility himself. There was no way that he was going to let her go. As soon as he uttered these words, through a miracle she regained a pulse and stabilized. Doctors then quickly went to work to preserve her brain and heart functions. Because of the length of time she was without a pulse, she suffered a secondary brain injury. After 10 long days of uncertainty, Becky finally woke up. She spent the next month in ICU, her body trying to begin the long healing process and start on the road to regaining her life back.

In time, she was transferred to the Rehabilitation Hospital of Indianapolis (RHI), where, in time, she began a complete life reset. She had a long road ahead of her, but she was committed to relearning everything from walking, talking, and even tying her shoes. With all that was happening, her young family's life had been completely turned upside down. At the time of her cardiac arrest, she and Josh had only been married for four years. "This was not the plan we had set for our life. When this happened to me, it totally changed the trajectory of everything," said Becky. Through what Becky feels was the power of God, she continued to improve while at RHI and was eventually able to transition home and continue with outpatient rehabilitation.



Becky and her husband. (submitted photo)



Becky's kids supporting her cause. (submitted photo)



Becky working as a School Nurse. (submitted photo)

She continued to improve at a steady pace and in time, was able to entertain the idea that she could return to work in some capacity. Unfortunately, due to her brain injury, she was no longer able to return to her work at the hospital. Ironically, about a month before her cardiac incident, she received her certification for CPR training. Still healing herself, she felt a new purpose and plan for her life. She set down a determined path to educate others on the importance of CPR. "There is no reason why I am still here, but I am. I am here for a purpose and God had a plan for me. CPR can save lives. My passion is to teach CPR to anyone and everyone," says Becky. Working with the American Heart Association, she tirelessly volunteered at clinics for adults and at schools, teaching kids CPR and giving them the confidence to help save others. "Even a fourth grader can learn to do hands-only CPR. It's vital to teach them the skills that could help someone else," says Becky. February is "Women Wear Red Month" and her mission is to share her story with as many people as possible and to educate other women to listen to their bodies. "I am passionate about reminding other women to take care of themselves. Make that doctor's appointment. Take care of yourself. Listen to your body. Listen to the signs," said Becky.

Now 14 years later, she reflects on the past and her experiences. While it has been full of trials and uphill battles, she doesn't take anything for granted and lives life to the fullest. "God is so good, and I am so thankful. When I think about all the things I would have missed in these past years, I get pretty tearful," said Becky. Nowadays, Becky is still serving her community as a school nurse for Indianapolis Christian Schools, formerly Kingsway Christian School. She continues to be an inspiration and true testament of what hard work, perseverance, and fortitude can do for your life. She lives everyday to the fullest and loves watching her kids grow up and flourish. Her oldest is now an ER nurse at IU Health West and continues to be one of her mission's biggest supporters. Her two younger kids, ages 16 and 14, are thriving in high school. "My experience has really brought focus and perspective to my life. I don't sweat the small stuff anymore. God allowed this to happen so that I could be a message to others and an example of hope," said Becky. Her message is one of determination and strength. This month, let's all wear red in honor of Becky and the good work she does for our community. She is an inspiration and true reminder to never take one day for granted.



HENDRICKS REGIONAL HEALTH CELEBRATES THE UNSTOPPABLE SPIRIT OF TOMORROW'S LEADERS

A feature in the Hendricks County ICON highlighting leaders of tomorrow.

Serving his school and community with varied interests and talents

By Kate Anderson

There are some individuals that seem to have more hours in their days than others. The days and nights of Matthew Raubuck are chock full of not only school, but also a multitude of extracurricular activities and commitments. He never lets a moment slip past him. Matthew, a senior at Plainfield High School, has a love of learning and service to his fellow students and community. Originally from Long Beach, New York, Matthew moved here with his family when he was in sixth grade. He has always possessed natural musical talents, which his parents have fostered since he was a small child. In third grade, he took an interest in playing the guitar and started taking lessons in earnest. Fast forward to the present, Matthew is now proficient in playing 13 instruments, including the trumpet and French horn, but the guitar is one of his favorites. He has been in band since his freshman year and though he did give marching band a try, he really prefers the vibe of concert and jazz band the best. His musical skills extend in so many directions and touch so many parts of his life. He also has a passion for singing and has participated in show choir since his freshman year as well. This year he performs with the Varsity Mixed Show Choir, Belles et Beaux, and serves as its Student Director. His role is to warm up the choir, offering direction and notes to his fellow students, and this spring, he will also be conducting an arrangement for one of their concerts. He has a heart for leadership and collaboration with his fellow students and friends. His musical talent is not limited to the schools' campus. He and his girlfriend

make up the musical duo "Matty and The Key". They have primarily been performing at local farmers markets and open mic nights, but have also opened for other musical artists. His girlfriend is the primary vocalist, and Matthew backs her up on guitar. Their music has gathered quite a following and after many requests, they are getting ready to launch an album called "For Della" in honor of his girlfriend's grandma, on the 10th of February.

His talents and interests are not limited to music, though. He has a passion for academics and serving his community. During his upper-classman career, he has been involved in National Honor Society and this year, he was elected as the President. He loves finding and coordinating meaningful volunteer opportunities for himself and his fellow students, but one of his favorite responsibilities is inducting new members into the Society. Though his time is spread thin, he has discovered an interest in the Student Organization called "We the People". Much

like an academic super bowl, students gather to debate the issues, and learn about laws,



policies, government, the bill of rights, and the constitution. "I have always loved humanities. I have found a love for reading, researching, and debating the issues with my fellow students," said Matthew. Among other things, this club takes a deep dive into case law, learning how our laws can be interpreted and how they affect us as a nation. "I have found this club to be so beneficial and so interesting to see how we as individuals fit into America. I have developed a huge interest in government and governmental policy," said Matthew. Though they do compete locally, this spring the club has the opportunity to go to Nationals in Washington D.C. The club members are working very hard to prepare for this amazing opportunity to debate the issues with other like-minded students and pick the brains of some of the smartest minds in the country. "This is such an exciting opportunity and I really hope to



make the most of it. This club has made me think critically about so many things. I believe I will have an interest in our government in one way or another for the rest of my life," said Matthew.

When he isn't debating the issues and enjoying his school music career, he works part-time at CJ's Pizza in Plainfield and is saving his money for his future professional endeavors. Though music is his stress relief, he also makes a project of reading and arranging music as a hobby. "I feel like, as a student, I should use every hour I have. I want to take every moment I can to learn something new. I never want to stop learning," said Matthew. While his senior year is beginning to wind down, he looks forward to school. He has already committed to attending Ball State next fall and plans to major in music education. "I really want to be either an elementary or high school music teacher. Young kids have the most creative minds. I love to see them succeed," said Matthew. As a career, he not only wants to be a music educator, but have an all-encompassing music company as well. "My goal is to have a place where students come to take lessons, record their music, and get their instruments repaired, and an office where I could take my music arrangements to the next level. My ultimate goal is to help people. I love to teach. That is where I belong," said Matthew. He has a clear gift and passion for helping better others' lives. With this gift, he will go on to do his part in making this world a better place, one student and one music note at a time.

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LOCAL ENTERTAINMENT
ENTERTAINING

EVENTS calendar

FEBRUARY

10 Saturday – 11 Sunday

5th Annual Valenswine Party

11 a.m. – 3 p.m., Oinking Acres Farm Rescue & Sanctuary, 8420 North County Road 650 East, Brownsburg. Join us for our 5th annual Valenswine Party! Take a trip up into the loft at Oinking Acres and get your picture taken with one of our pigs! Feel free to bring snacks to feed the pigs while visiting – they love carrots, apples, and cucumbers. Find more information here: <https://en-gb.facebook.com/events/1195171301443577/>.

10 Saturday

I Have a Dream: Black History Month Event

11 a.m. – 5 p.m., Washington Township Park Pavilion Center, 435 Whipple Lane, Avon. Join us in celebrating Black History Month and showcasing African American culture and entrepreneurship. We will have vendors, performances, entertainment, and more. The whole family is invited. Free to attend.

10 Saturday

Friends of the Danville Library Annual Meeting

10 a.m., Danville Public Library, 101 South Indiana Street, Danville. The annual meeting of the Friends of the Danville Library will be held at 10 a.m. At this meeting, the Friends elect officers for the coming year, report on finances, and plan for future projects to benefit our Library. Members are invited, and the public is also welcome to attend.

11 Saturday

Illinois Conquerors at Indiana Lyons

4 – 7 p.m., Bosstick Gymnasium/Danville Town Hall, 49 North Wayne Street, Danville. Your 2022-23 ABA Champion Indiana Lyons host the Illinois Conquerors. Tipoff at 4 p.m., doors open at 3 p.m. Join us in the Lyons Den for inexpensive, family-friendly, high-scoring, fast-paced basketball action. Concessions and merchandise available for purchase. Tickets sold at the door, \$10/person. \$5 per child ages 6-17, seniors 55+, active military, military veterans, and first responders. Children ages 5 and under are free.

12 Monday

Galentine's Day 90's Trivia Night

6 – 8 p.m., X-Golf Plainfield, 313 Marketplace Mile, Suite 120, Plainfield. Grab some gal pals for an evening of trivia and fun at X-Golf in The Shops at Perry Crossing to re-live the 90's with MASH, heartthrob tournament brackets, and pop trivia questions. Enjoy some pizza, play MASH, and decide which heartthrob takes the cake before trivia begins at 6:30 p.m. Trivia winners will receive a prize package full of 90's goodies and donations from The Shops at Perry Crossing local businesses. Dress to impress in your favorite 90's attire! This program is done in partnership with Plainfield-Guildford Township Public Library. Register here: <https://plainfieldlibrary.libnet.info/event/9659969>.

12 & 26 Monday

Knit Night

6 – 7 p.m., Avon-Washington Township Public Library, 498 North Avon Avenue, Avon. Are you looking to knit with a group? Then come to the Avon Library's Knit Night! While knitting is the cornerstone, any fiber crafts are welcome. Registration is required: <https://avtp-cep.bc.sirsidyndynix.net/event/knit-night/>. This program is free and open to adults. Please bring your own supplies, however the library does have a limited amount of yarn and needles that you are welcome to use.

13 Tuesday

Galentine's Day Event – Ladies Celebrating Ladies

5 – 8 p.m., Blanton House Retreat & Conference Center, 625 North Washington Street, Danville. Gather your girlfriends and family as we host a day that includes charcuterie box, acrylic painting, cookie decorating, and a selfie station. Alcohol will be available for purchase. \$65 per person.

13 Tuesday

Hendricks County Winter Farmers Market

4 – 7 p.m., Hendricks County Fairgrounds, 1900 East Main Street, Danville. The Hendricks County Winters Farmers Market continues, with 20 plus local vendors including produce, honey, farm raised meats, baked goods, soap, crafts, and more. The next date is March 26.

13 Tuesday

Shrove Tuesday Pancake Cook-Off

5:30 – 7 p.m., Messiah Lutheran Church, 801 South Green Street, Brownsburg. Free pancake dinner - all are welcome. More info can be found on www.messiahelca.com.

13 Tuesday

Pasta & Jazz

5:30 – 7:30 p.m., Avon Christian Church, 7326 East CR 100 South, Avon. Come join us! Free will offering benefitting Family Promise of Hendricks County.

14 Wednesday

Valentine's Day at Pecar Nature Center

4 – 6 p.m., Pecar Park, 5203 East County Road 150 North, Avon. Join our naturalist at the Pecar Nature Center in a fun-filled session of activities that will bring you and the animals closer. Come help us create treats for our furry friends and stop by our card-making station to make a special card for your most beloved animal and person. Program fee of \$5 per person will help fund the cost of animal food and veterinary care, so your participation will be making a difference. Register here: <https://wtp.recdesk.com/Community/Program/Detail?programId=2298>.

16 Friday

Tales with Tails

2 p.m., Avon-Washington Township Public Library, 498 North Avon, Avenue, Avon. Join Mr. Blake for stories, fun facts, and activities about ancient dinosaurs and their mythological counterparts. For ages 2-10.

16 Friday

All-Star Weekend with Glenn Jones

8 – 11:30 p.m., Press Play Gaming Lounge, 1004 East Main Street, Brownsburg. Glenn Jones, known for his smooth vocals and timeless hits, will take the stage and serenade you with his soulful tunes. This is a must-attend event for all music lovers and fans of R&B. Cost is \$50-\$100 per person, and you can get tickets here: <https://www.eventbrite.com/e/all-star-weekend-concert-w-glenn-jones-goldie-early-bird-tickets-open-tickets-782215005137?aff=ebdssbcitybrowse>.

16 Friday & 18 Sunday

Hendricks Symphony Orchestra and Chorus, Magic of Mozart Concert featuring the works "Magic Flute" and "Requiem"

7:30 p.m., Calvary United Methodist Church, 575 West Northfield Drive, Brownsburg. Hendricks Symphony is dedicated to providing quality music experiences for the community that inspire, challenge, and educate the audience, musicians, and students. Buy tickets here: <https://www.hendrickssymphony.org/event-details/magic-of-mozart>.

16 Friday – 17 Saturday

Father-Daughter Dance

7 – 9 p.m., Brownsburg East Middle School, 1250 Airport Road, Brownsburg. Get ready to dance the night away at the Father-Daughter Dance! With great music, refreshments, and fun activities, this event promises joy and laughter. \$35/person. Find more information here: <https://en-gb.facebook.com/events/177420565446485/1774205754464>

17 Saturday

Vandalia Trail Brisk Bike Rides

9 a.m. – 12 p.m., Vandalia Trail, Southeast corner of Meijer parking lot, behind 302 Dan Jones Road, Plainfield. In its sixth winter, this monthly bike ride series in Plainfield by the Friends of the Vandalia Trail (www.nrht.org/vandalia) is held on one Saturday morning each month, November-March. Whether you're a regular cold weather rider or would like to try it for the first time, come on out and enjoy a relaxed opportunity to embrace winter, try out your cold weather gear, and exchange strategies on staying warm on the bike. The meeting point is behind Bigby's Coffee and the Metro Diner and in front of Meijer.

18 Sunday

Hendricks Symphony Orchestra and Chorus, Magic of Mozart Concert featuring the works "Magic Flute" and "Requiem"

3 p.m., Calvary United Methodist Church, 575 West Northfield Drive, Brownsburg. Hendricks Symphony is dedicated to providing quality music experiences for the community that inspire, challenge, and educate the audience, musicians, and students. Buy tickets here: <https://www.hendrickssymphony.org/event-details/magic-of-mozart-1>

18 Sunday**Pokémon League**

6 – 8 p.m., Books & Brews, 1551 North Green Street, Brownsburg. Join us for Pokémon fun on the first and third Sunday of every month! Whether you're a seasoned trainer or just starting your journey, all ages and experience levels are welcome. Get ready for epic battles and a great time!

19 Monday**Eastern Bluebird Basics**

6:45 p.m., Hendricks County Fairgrounds, 1900 East Main Street, Danville. Learn about our North American native bird that eats lots of bugs and is beautiful to see, and also how to provide nesting boxes for them.

19 Monday**Lenten Lunches, Soup Bar**

11:30 a.m. – 1:30 p.m., Danville Christian Church (Disciples of Christ), 180 West Main Street, Danville. Each Monday during Lent, the Danville Christian Church (Disciples of Christ) will be serving free Lenten Lunches. Everyone is welcome, and free will donations will be used to help Danville area residents. Diners can get meals to go or eat in the dining room.

21 Wednesday**Medicare 101**

6:30 – 7:30 p.m., Avon-Washington Township Public Library, 498 North Avon Avenue, Avon. Medicare 101 offers easy to understand, comprehensive, informational tools to help seniors turning 65 through the seemingly complex world of Medicare planning. Our workshops cover topics like how each part of Medicare A through D works and information you need to make personalized decisions. Registration is open here: <https://avtp-cep.bc.sirsidydux.net/event/medicare-101/>, though walk-ins are welcome.

23 Friday – 24 Saturday**Plainfield Parks Daddy-Daughter Dance**

Various Times (See below). Registration is now open! Richard A. Carlucci Recreation & Aquatic Center, 651 Vestal Road, Plainfield. Dance the night away with your little princess! Enjoy engaging activities and games. Light and delectable refreshments will be served. This dance is not limited to fathers; other male role-models (grandfathers, uncles, etc.) are welcome to join in the fun! \$30 per participant. Dates and time slots available are:

- Friday, Feb 23: 6 - 8 p.m. (Activity Code: 10004-01)
- Saturday, Feb. 24: 2 - 4 p.m. (Activity Code: 10004-02)

- Saturday, Feb. 24: 6 - 8 p.m. (Activity Code: 10004-03)

Secure your spot by pre-registering. Visit: <https://register1.vermontsystems.com/wbwsc/inplainfield.wsc/splash.html>.

23 Friday – 24 Saturday**Indianapolis Rubber Stamp & Scrapbook Convention**

10 a.m. – 4:30 p.m. Friday, 10 a.m. – 4 p.m. Saturday, Hendricks County 4-H Fairgrounds, 1900 East Main Street, Danville. The Indianapolis Rubber Stamp & Scrapbook Convention is an annual event. Open to the general public, the event provides an opportunity to explore the world of arts, crafts, and gifts. The convention is a two-day regional consumer show featuring a wide range of exhibitors. Attendees can expect to find a variety of rubber stamps, scrapbooking supplies, and other craft-related items from local and international vendors. Exhibitors will have the opportunity to showcase their products to a large audience and gain valuable insights into the latest trends in the industry. Price is \$30-\$80.

24 Saturday**A Night in the Stacks**

7 - 10 p.m., Brownsburg Public Library, 450 South Jefferson Street, Brownsburg. Join us as we transform our building into one giant ball of fun activities including bounce house, board games, movie in a dome, cornhole, life-sized games, cash bar, trivia, and more. A Night in the Stacks is \$15 per person and is a 21 and older event. All proceeds benefit the Friends of the Library. This is a 21 and older event. Special thanks to our friends at Books & Brew and Valkyrie's Vault for their assistance with the event. Register here: <https://bpljobs.wufoo.com/forms/zkxsrrx0ezcc2q/>.

24 Saturday**Finding Nemo, Jr.**

7:30 p.m., Avon Middle School North Auditorium, 1251 North Dan Jones Road, Avon. Adults are \$15, Seniors 63 and older \$12, Youth \$10. Purchase tickets at Thebiz-theatrics.org.

24 Saturday**Indiana Legends at Indiana Lyons**

5 - 8 p.m., Bosstick Gymnasium/Danville Town Hall, 49 North Wayne Street, Danville. Your 2022-23 ABA Champion Indiana Lyons host the Indiana Legends. Tipoff at 5 p.m., doors open at 4 p.m. Join us in the Lyons Den for inexpensive, family-friendly, high-scoring, fast-paced basketball action. Concessions and merchandise available for purchase. Tickets sold at the door, \$10/person. \$5 per child ages 6-17, seniors 55+, active military, military veterans, and first responders. Children ages 5 and under are free.

25 Sunday**Finding Nemo, Jr.**

2:30 p.m., Avon Middle School North Auditorium, 1251 North Dan Jones Road, Avon. Adults are \$15, Seniors 63 and older \$12, Youth \$10. Purchase tickets at Thebiz-theatrics.org.

26 Monday**Lenten Lunches, Taco Bar**

11:30 a.m. – 1:30 p.m., Danville Christian Church (Disciples of Christ), 180 West Main Street, Danville. Each Monday during Lent, the Danville Christian Church (Disciples of Christ) will be serving free Lenten Lunches. Everyone is welcome, and free will donations will be used to help Danville area residents. Diners can get meals to go or eat in the dining room.

27 Tuesday**Pottery Classes at Pecar Nature Center**

Various times, Pecar Nature Park, 5203 East County Road 150 North, Avon. Unleash your creativity and join us for an exciting Animal Kingdom series of pottery classes.

28 Wednesday**Cosmos Cadets**

5 p.m., Avon-Washington Township Public Library, 498 North Avon, Avenue, Avon. Cosmos Cadets is a new STEM program with a focus on astronomy, the solar system, and space exploration history for kids. Attendance earns a pair of solar eclipse glasses for an attending child. For grades 1-4.

28 Wednesday**Movie Matinee**

1:30 – 3:30 p.m., Brownsburg Public Library, 450 South Jefferson Street, Brownsburg. Join BPL and BOAA every fourth Wednesday of the month for a movie in the afternoon. This month we'll be showing The Notebook (2004). Age 18 and over, welcome to bring your own snacks and drinks.

MARCH**1 Friday – 2 Saturday****Finding Nemo, Jr.**

7:30 p.m., Avon Middle School North Auditorium, 1251 North Dan Jones Road, Avon. Adults are \$15, Seniors 63 and older \$12, Youth \$10. Purchase tickets at Thebiz-theatrics.org.

2 Saturday**Model Train Show**

9:30 a.m. – 3 p.m., Avon-Washington Township Public Library, 498 North Avon Avenue, Avon. Are you looking for something fun to do? Then join us for the Model Train Show! Come and see an O-Gauge train and its impressive layout.

4 Monday**Lenten Lunches, Potato Bar**

11:30 a.m. – 1:30 p.m., Danville Christian Church (Disciples of Christ), 180 West Main Street, Danville. Each Monday during Lent, the Danville Christian Church (Disciples of Christ) will be serving free Lenten Lunches. Everyone is welcome, and free will donations will be used to help Danville area residents. Diners can get meals to go or eat in the dining room.

9 Saturday**Father Daughter Dance**

5 - 9 p.m., Washington Township Park Pavilion, 115 South Road 575 East, Avon. Rock the Red Carpet for Project A.N.G.E.L. Music, dinner, dessert, dancing, and fun. Proceeds will help fund the 2024 Christmas Assistance Program. To purchase tickets or for more information, visit projectangelofhendrickscounty.com.

EVERY Tuesday**Tuesday Trivia**

6:30 – 8:30 p.m., The Prewitt Restaurant, 121 West Main Street, Plainfield. Bring your friends, enjoy \$4 draft beers, and put your knowledge to the test. The game will begin at 7 p.m. and the winning team will receive a \$50 gift card.

Trivia Night

7 p.m., Nigh Brewing, 2067 Hadley Road, Plainfield. Nigh Brewing hosts trivia night every Monday at 7 p.m. Free to attend.

EVERY Thursday**Gentle Slow-Flow Yoga**

9:15 – 10:15 a.m., Brownsburg Public Library, 450 South Jefferson Street, Brownsburg. A 60-minute class that incorporates conscious breathwork along with a sequence of dynamic and energetic poses designed to increase strength, flexibility, and balance in the body, mind, and spirit. The teacher will provide modifications of the different poses to meet the varying skills among the students in the class. Props will be provided but please bring your own mat. Cost per class is \$10 and paid at the door. Scholarships available, if needed.

Chair Yoga

10:30 – 11:30 a.m., Brownsburg Public Library, 450 South Jefferson Street, Brownsburg. Find your center and get grounded in body, mind and spirit in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting students where they are. We will work on stretching, range of motion, balance, breathing, and overall a sense of wellbeing. This class is ideal for students with limited mobility or healing from injury. Appropriate for students of all levels. Cost is \$10 per class and paid at the door. Scholarships available, if needed.

Bromeliads

GARDENING By John Chapin

Anyone who has vacationed in Florida, Hawaii, or other subtropical or tropical areas will have noticed the many varieties of colorful bromeliads that are used extensively in both residential and commercial landscaping. In colder areas, they make great houseplants and are becoming increasingly available at plant shops, big box stores, and even groceries. Favorites are those that have colorful leaves growing tightly together to form what is called a tank. The cup-shaped tank holds water, so caring for these epiphytes basically consists of keeping water in the tank. (Epiphytes are not parasitic, but rather get all the nutrients they need from dust, leaves, and debris that they collect; natural compost, if you will.) These plants are sold potted, but remember that the roots do not feed on nutrients in the soil and will rot in soil that stays too wet, so keep barely moist. They can even be mounted on a branch or piece of cork for an attractive display, with sphagnum moss around the roots to keep them moist.

These varieties of bromeliads have tough, very colorful leaves that can be solid, speckled, or with stripes of red, pink, yellow, purple, cream, and/or green. Brightly colored bracts, some leaf-like and others with exotic, even bizarre forms from which the smaller “true” flowers emerge, last for many weeks. After flowering, the mother plant will die, but fortunately, it will have “pupped” and you’ll end up with new plants.

Bromeliad care is easy. Place where they will get at least a few hours of bright light, avoiding midday sunlight. The more colorful the leaves, the more light they like. It’s important that they are watered



with rain water or filtered water, never tap water. For feeding, use quarter-strength African Violet fertilizer, sprayed on the leaves once a month, year-round. Note: The only terrestrial bromeliad gardeners are likely to come across for sale is the primitive-looking “Earth Star” of the *Cryptanthus* genus, which do need to be potted and watered like other houseplants.

For interesting, beautiful, easy care houseplants, add some bromeliads to your collection.

Happy Gardening!



John Chapin is a retired school teacher and sole proprietor of Chapin Landscaping in Danville. He has over 30 years’ experience in the landscaping business. Contact him at jchapinlandscaping@gmail.com

Oh No, It’s Almost Spring Break and I Haven’t Planned Anything!

TRAVEL By Amy Maharas

Have you experienced that moment of panic when you suddenly realize it’s February and you haven’t booked anything for Spring Break? Don’t fret, I have some ideas for you!

First of all, consider whether you want to fly or drive to your destination. If you want to fly, then airline prices to various locations will help you narrow down options. I like to use Travelocity.com to check flight prices from Indy, then book directly with the airlines. Just keep in mind that Southwest Airlines is not on Travelocity, so you’ll need to check their website separately.

Once you’ve determined your destination, consider whether you prefer a hotel or vacation rental. Do you just need the basics or do you want luxury? Sites like Booking.com and TripAdvisor.com can be helpful for reading reviews, but you can often get an even better price booking directly with the hotel. My family has stayed in lots of VRBO and AirBnB rentals

and never had issues, but be sure the rental has plenty of recent reviews.

Looking for a last minute deal? These are hard to come by with everyone itching to travel, but they do exist. Be cautious of booking what appears to be a “deal” on sites like Expedia. Reach out to a local travel planner to see what they can offer. We often have access to last minute rates on cruises and all-inclusive resorts, and we can help guide you through discounts on places like Disney and Universal parks.

If your budget won’t allow much travel right now, plan ahead for a summer or fall vacation to help you get through the dreary winter!



Amy Maharas is an Avon resident and travel planner with Hi Ho Vacations. Contact her at Amy@HiHoVacations.com

Don’t Anger the Underground Supervolcano

GRAMMAR GUY

By Curtis Honeycutt

There’s a supervolcano under Yellowstone National Park called the Yellowstone Caldera that last erupted in a big way approximately 640,000 years ago. The next time it erupts, it could potentially result in a large swath of North America getting covered in ash, creating a sustained volcanic winter that kills roughly half the world’s population. Before we get ahead of ourselves, scientists at the Yellowstone Volcano Observatory warn against overreacting to reports that this supervolcano is overdue for another full-scale eruption. In fact, they reassure us that “recurrence intervals of these events are neither regular nor predictable.”

Oh, good. The dormant supervolcano is unpredictable. Let’s not anger it.

Okay, let’s set aside the looming volcano apocalypse to discuss the words “sit” and “set.” These two are easily confused and often get mistakenly interchanged.

Set means to “put something in a specific place.” Set is (almost always) a transitive verb. Transitive verbs are always action verbs and they always require direct objects. Direct objects act on another noun. Take the following sentence:

We should set aside our differences; the big volcano could erupt at any time.

“We” is the subject. “Set” is the transitive verb. “Differences” is the direct object.

Sit means “to be seated.” Sit is an

intransitive verb. Intransitive verbs are always action verbs, and they do not require direct objects. Consider this example:

You shouldn’t sit there; the supervolcano is directly beneath your feet!

In the first complete thought before the semicolon, “you” is the subject, and “sit” is the intransitive verb. The sentence has no direct object.

Set requires another thing—you can set secret Oreos on top of the cabinet so your kids don’t know about them. You can set your keys on the table. When you sit, you sit yourself and nothing else. I sit. She sits. Banjo, the trained sloth, sits on the top of the giant cheese sculpture. The supervolcano sits and waits to wreak havoc on planet Earth. You get the idea.

Whether or not the Yellowstone Caldera decides to usher in the end of humanity, it’s a good idea to understand the difference between “sit” and “set.” Although I doubt the world depends on it, our future lava overlords may give us a pop quiz on the difference between the two. Depending on which version of the multiverse we currently inhabit, having a solid handle on “sit” and “set” could save us from total destruction.



Curtis Honeycutt is a wildly popular syndicated humor columnist. He is the author of *Good Grammar is the Life of the Party: Tips for a Wildly Successful Life*. Find more at curtishoneycutt.com

DUMB LAW

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

In Florida, it is illegal to eat cottage cheese after 6 p.m.

Source: dumblaws.com



Nutrition and Cancer Prevention

Camille Gillespie, RD, LD, CPT

Did you know that almost half of men and over a third of women will develop cancer in their lives? Research also indicates that 25-33 percent of all cancers that occur in high-income countries (i.e., the United States) are due to lifestyle factors such as poor nutrition and physical inactivity. **This means the food we eat matters in cancer prevention.**

While we can never eliminate our risk of getting cancer, as we eat more nutrients considered cancer “inhibitors” and decrease our intake of others considered cancer “enhancers,” the risk certainly goes down.

Cancer “inhibitors” include Vitamin C, Vitamin A, Vitamin E, selenium, zinc and phytochemicals (chemical components of plant foods). Now, the question is, which foods contain these cancer-inhibiting nutrients? Let’s break them down.

- Excellent sources of Vitamin C include raw red pepper, orange juice, oranges, grapefruit juice, kiwi, raw green pepper, broccoli, and strawberries.
- Great sources of Vitamin A include beef liver, chicken liver, carrot juice, carrots, cooked spinach, cooked kale, and cantaloupe.
- Vitamin E can be found in wheat germ oil, sunflower seeds, almonds, and sunflower oil.
- Selenium is found mostly in Brazil nuts, yellowfin tuna (cooked), turkey (light meat), enriched noodles/macaroni, and chicken breast.

- Zinc can be found in oysters, zinc-fortified cereal, and the lean parts of beef shank, beef chuck, and pork shoulder.

On the other hand, cancer “enhancer” foods include processed meats, the fat in red meat, and aromatic hydrocarbons that form on the surface of meat when grilled at high temperatures. You may have heard that artificial sweeteners are carcinogens. Rest assured—more than 20 years of research shows that, when consumed in reasonable amounts, they are safe.

Two final tidbits on the relationship between what we eat and cancer prevention:

- Cancer risk is lower in people who consume less protein, and higher in people who consume two to three times the recommended amount.
- Alcohol intake is associated with increased risk of mouth, pharynx, larynx, esophagus, lung, colon, rectum, liver, and breast cancers.

To wrap this all up, fruits, vegetables, lean meats, and whole grains contain phytochemicals, vitamins, and minerals that may help prevent cancer. If you’re at all concerned, you may want to consider adding more of these foods to your diet this year!



Camille Gillespie is a clinical dietitian for Hendricks Regional Health.

Tips from Bax Wellness

Why You Need a Health Coach



By Beth Bax, Certified Health Coach

Think about your last doctor’s visit. How much time did the physician spend with you? Did you discuss healthy eating or your activity level? How about emotional, mental, or spiritual health? I’m guessing the answer is “no”. Most doctors only have a few minutes to spend with each patient, and using that time to teach patients about healthy lifestyle habits does not pay the bills. And most conventional physicians are not trained in those areas anyway. They are trained to focus on and treat illnesses. This is why some healthcare practices have begun to add health coaches to their offices.

Health coaches focus on holistic care: physical, mental, emotional, and spiritual. They form a personal connection with the client and help them create SMART goals. These are goals that are specific, measurable, achievable, relevant, and time-bound. They give the client the tools necessary to create a healthy change in their lives, and they work on building the client’s self-confidence to accomplish this transformation.

So what does a typical health coaching session consist of? At Bax Wellness, my sessions begin by discussing the progress the client has made in achieving their goals since our previous session. I then look at and discuss the client’s completed homework. Next comes the topic of the day which is based upon my notes from the previous session concerning what I feel the client needs at this point. Examples would be information about gut health, brain health, inflammation, food to add to, reduce, or eliminate from their diet, intuitive eating, exercise tips, and so much more. Then I give clients their next homework assignment. All of this takes 50 to 60 minutes.

We all can benefit from working with a health coach. I encourage you to check out this extremely beneficial service to help you in your wellness journey.

PUZZLES ANSWERS FROM PAGE 17

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Answers to HOOSIER HODGEPODGE:

Modes: BICYCLE, BOAT, BUS, CAR, PLANE, TRAIN;
Shapes: CIRCLE, CONE, SPHERE, SQUARE, TRIANGLE;
Towns: AVON, BROWNSBURG, DANVILLE, PLAINFIELD;
Parts: BANK, BED, LEVEE;
Valleys: DEATH, SILICON;
Owner: HERB SIMON

MEET THE NAPSTERS!

By Dick Wolfsie

Last Saturday, something happened that made me very proud of my family and I want to share it with you.

It was about three in the afternoon and my adult son had just stopped by after a boxing workout. My wife had returned from a long morning of shopping and running errands. I had just played two hours of pickleball.

What was I proud of? Everyone took a nap. Right smack in the middle of the day. People in the neighborhood were not only taking down their holiday lights but tossing around a football with the kids, gassing up the snow blowers, or taking a brisk walk in the nearby woods. But the Wolfsies were all asleep, Brett sacked out on the couch, Mary Ellen in our king-sized bed, and I was tucked into my La-Z-Boy chair. Do I know how to pick a family, or what?

I just wish I could have been awake to fully enjoy it. If I had not been napping myself, I would have run around the neighborhood bragging, "My whole family is taking a nap! My whole family is taking a nap!" But bellowing "Two out of three people in my family are taking a nap!" would have taken a bit of the shine off my bravado.

Of course, my son and wife are not experienced nappers. They have not spent the years I have perfecting the art of the timely snooze. Unlike me, my wife has never slept through Paris on a bus or dozed through an entire baseball game. Unlike me, my son has never fallen asleep at his own surprise birthday party or while tutoring a student after class. They are novice nappers. But I was thrilled that there was hope. Here it was Saturday afternoon, a gorgeous, crisp winter afternoon, enticing every family in the neighborhood to go outside and enjoy the weather. But all the Wolfsies were napping.

Of course, there are some drawbacks to amateur napping. When my wife awakens, she apologizes for her lapse and then spends the next three hours worrying she is coming down with something. I'm no medical expert, but I don't think you need to give yourself a Covid test if you doze off for 20 minutes in the middle of the afternoon. When I doze off for an hour or so, I awaken with a renewed sense of purpose. Men and women place different values on a good daytime snooze. Women don't like naps because they are afraid they will miss something, like a sale or a sunset or the plot of a movie. But that's exactly the reason I do nap. To miss things.

I do worry about my son, though. As a toddler he showed great potential, often rivaling me. He'd fall asleep after a good meal and often snuck in a nap before going to bed. I had great expectations for him, but my hopes dimmed as he grew up. He once sat through an entire Harry Potter movie without snoring. And more recently, he watched three and a half hours of Oppenheimer without digging his nails into his thigh.

You may think we wasted the afternoon. That we squandered valuable time — and frittered it away by dozing off at three in the afternoon. You are entitled to your opinion. But I'm not going to lose any sleep over it.



Dick Wolfsie's weekly humor column is published in more than 30 newspapers. Dick has written 14 books, including *Mornings with Barney* and *Indiana Curiosities*. His newest book, *The Right Fluff*, is a compilation of his most popular humor columns. He lives in Fishers with his wife Mary Ellen and a cat who doesn't like him.

QUOTE OF THE WEEK

"There is only one happiness in this life, to love and be loved."

— George Sand

Edward Jones®

What should you do with your tax refund?

It's almost that time of year when many people start receiving their tax refunds. If you get one, **what will you do with it?**

Here are a few suggestions:

First, you could contribute to your traditional or Roth IRA. You've got until April 15 to fully fund your IRA for the 2023 tax year, but if you've already done that, you can use the refund for 2024.

Another possibility is to use the refund to start or build an emergency fund. It's a good idea to keep up to six months' worth of living expenses in this fund, with the money placed in a liquid, low-risk account.

You might also consider investing in a 529 education savings plan for a child or grandchild. A 529 plan offers tax benefits and can be used for college, qualified trade school expenses and some K-12 costs.

Finally, you could use your refund to pay down some debts. You might want to eliminate the smallest ones first or try to whittle down those with the highest interest rates.

Your tax refund can be a valuable asset — so use it wisely.

Samuel Lowe
Financial Advisor

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edwardjones.com



Member SIPC

FORtheRECORD - HC OBITUARIES**AVON****Beverly Groves**

Beverly Groves, 73, Avon, passed away on Jan. 22, 2024. She was born on Nov. 13, 1950. Funeral services were held on Feb. 1 at Hampton-Gentry Funeral Home.

Marianne Margaret Mathieu

Marianne Margaret Mathieu, 79, Avon, passed away on Jan. 24, 2024. She was born on June 15, 1944. Services were held on Jan. 28 at Conkle Funeral Home in Avon. Contributions may be made to the Parkinson's Foundation.

BROWNSBURG**Ava Dean Garrett Bowman**

Ava Dean Garrett Bowman, 87, Brownsburg, passed away on Jan. 22, 2024. She was born on June 22, 1936. Services will be private.

Janet Kay Giles

Janet Kay Giles, 79, Brownsburg, passed away on Jan. 27, 2024. She was born on May 1, 1944. A celebration of life will be held at a future date.

Timothy Scott Hacker

U.S. Army veteran Timothy Scott Hacker, 61, Brownsburg, passed away on Jan. 25, 2024. He was born on Aug. 1, 1962. Services were held on Feb. 1 at St. Gabriel the Archangel Catholic Church in Indianapolis.

Betty Mischler

Betty Mischler, 95, Brownsburg, passed away on Jan. 28, 2024. She was born on May 7, 1928. Arrangements are currently pending in the care of Eric MD Bell Funeral Home and Cremation Services in Pittsboro.

Freeman W. Smith

Freeman W. Smith, 95, Brownsburg, passed away on Jan. 29, 2024. He was born on July 1, 1928. A graveside memorial service will be held Sept. 7, 2024 for family and friends at K of P Case Cemetery in Hymera, Indiana. In lieu of flowers, donations may be made to Orange Community Church of the Cross, Box 73, Glenwood, IN.

Sharolyn Webster

Sharolyn Webster, 85, Brownsburg, passed away on Jan. 20, 2024. She was born on Dec. 3, 1938. A celebration of life will be held on Feb. 17 from 11 a.m. - 1 p.m. at the American Legion Post 311-636 East Main Street, Brownsburg IN 46112. In lieu of flowers, memorial donations may be made to the Alzheimer's Association at www.alz.org.

CLAYTON**Karen Goodman Griffin**

Karen Goodman Griffin, 59, Clayton, passed away on Jan. 24, 2024. She was born on Jan. 16, 1965. Funeral services were held on Feb. 3 at Hall-Baker Funeral Home in Plainfield.

DANVILLE**Sierra Sue Bengé**

Serria Sue Bengé, 79, Danville, passed away on Jan. 23, 2024. She was born on June 25, 1944. Hall-Baker Funeral Home in Plainfield is handling the arrangements. There will be no public service. In lieu of flowers, contributions may be made to the American Cancer Society, 5635 West 96th Street, Suite 100, Indianapolis, IN 46278, or

the American Lung Association, 12800 North Meridian Street #125, Carmel, IN 46032.

David Michael Lee

David Michael Lee, 60, Danville, passed away on Jan. 21, 2024. He was born on Aug. 27, 1963. Services were held on Jan. 26 at Hall-Baker Funeral Home in Plainfield.

Leo R. Tarplee

U.S. Army veteran Leo R. Tarplee, 97, Danville, passed away on Jan. 24, 2024. He was born on April 1, 1926. Services were held on Jan. 30 at Baker Funeral Home in Danville. A private burial will be held. In lieu of flowers, contributions may be made to the Hendricks County Senior Center, 1201 Sycamore Lane, Danville, IN 46122.

JAMESTOWN**William Jeffrey Hopper**

William Jeffrey Hopper, 68, Jamestown, passed away on Jan. 26, 2024. He was born on Feb. 9, 1955. Services were held on Jan. 31 at Advance Community Christian Church in Advance. Porter and Hunt Funeral Home in Jamestown has been entrusted with his arrangements. In memory of Jeff, please send any donations to Advance Community Christian Church, 305 IN-75, P.O. Box 6, Advance, IN 46102, or to Boone County Cancer Society, 117 West Elm Street, Lebanon, IN 46052.

PLAINFIELD**George Anderson**

U.S. Air Force veteran George Anderson, 91, Plainfield, passed away on Jan. 28, 2024. He was born on Aug. 28, 1932. Funeral services were held on Feb. 3 at Hall-Baker Funeral Home in Plainfield. In lieu of flowers, please contribute to a charity of your choice.

Geraldine "Gerry" Carpenter

Geraldine "Gerry" Carpenter, 91, Plainfield, passed away on Jan. 20, 2024. She was born on Aug. 6, 1932. Funeral services were held on Jan. 23 at Hampton-Gentry Funeral Home.

Mary G. Dodson

Mary G. Dodson, 88, Plainfield, passed away on Jan. 26, 2024. She was born on July 25, 1935. Services were held on Jan. 31 at Hall-Baker Funeral Home in Plainfield. In lieu of flowers, contributions may be made to Faith Baptist Church, 3860 East Main Street, Danville, IN 46122.

Julia Kimberly Durell

Julia Kimberly Durell, 24, Plainfield, passed away on Jan. 25, 2024. She was born on Dec. 31, 1999. Services were held on Feb. 2 at Hampton-Gentry Funeral Home.

Lynn Renee Garland

Lynn Renee Garland, 58, Plainfield, passed away on Jan. 22, 2024. She was born on Dec. 8, 1965. Services were held on Feb. 2 at Westside Apostolic Pentecostal Church in Indianapolis.

Joan Gregory

Joan Gregory, 93, Plainfield, passed away on Jan. 27, 2024. She was born on Oct. 8, 1930. Funeral services were held on Feb. 5 at Hampton-Gentry Funeral Home in Plainfield.

Keith Dean Kessler

Keith Dean Kessler, 81, Plainfield, passed away on Jan. 28, 2024. He was born on June 15, 1942. Services were held on Jan. 31 at Eric M.D. Bell Funeral Home.

*Mary Patricia Renihan*

Mary Patricia Renihan, 78 of Plainfield, passed away on Jan. 25, 2024. She was born on June 13, 1945, in New York, New York, to the late Irma Rae (Wood) and Eugene Brown Seitz. She married Michael Stevens Renihan on July 3, 1969, and he preceded her in death on Sept. 7, 2017. Mary was a District Administrator for Walmart for several years before retirement. She loved spending time with her family and friends at the Plainfield Eagles Lodge. Survivors include her sons, Gene Renihan, Steve Renihan and wife, Erica; four grandchildren, Kylie, Sophie, Maddie, and Thad. A celebration of life will be held on Feb. 17 at Plainfield Eagles' Lodge #3207 from 12 - 4 p.m. Hall-Baker Funeral Home, Plainfield, is handling the arrangements.

HENDRICKS COUNTY
BUSINESS LEADER

Women's Luncheon

MARCH 6

Luncheon Times: 11:30AM – 1:00PM

The Pavilion Center

Washington Township Park

435 Whipple Lane, Avon, IN



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