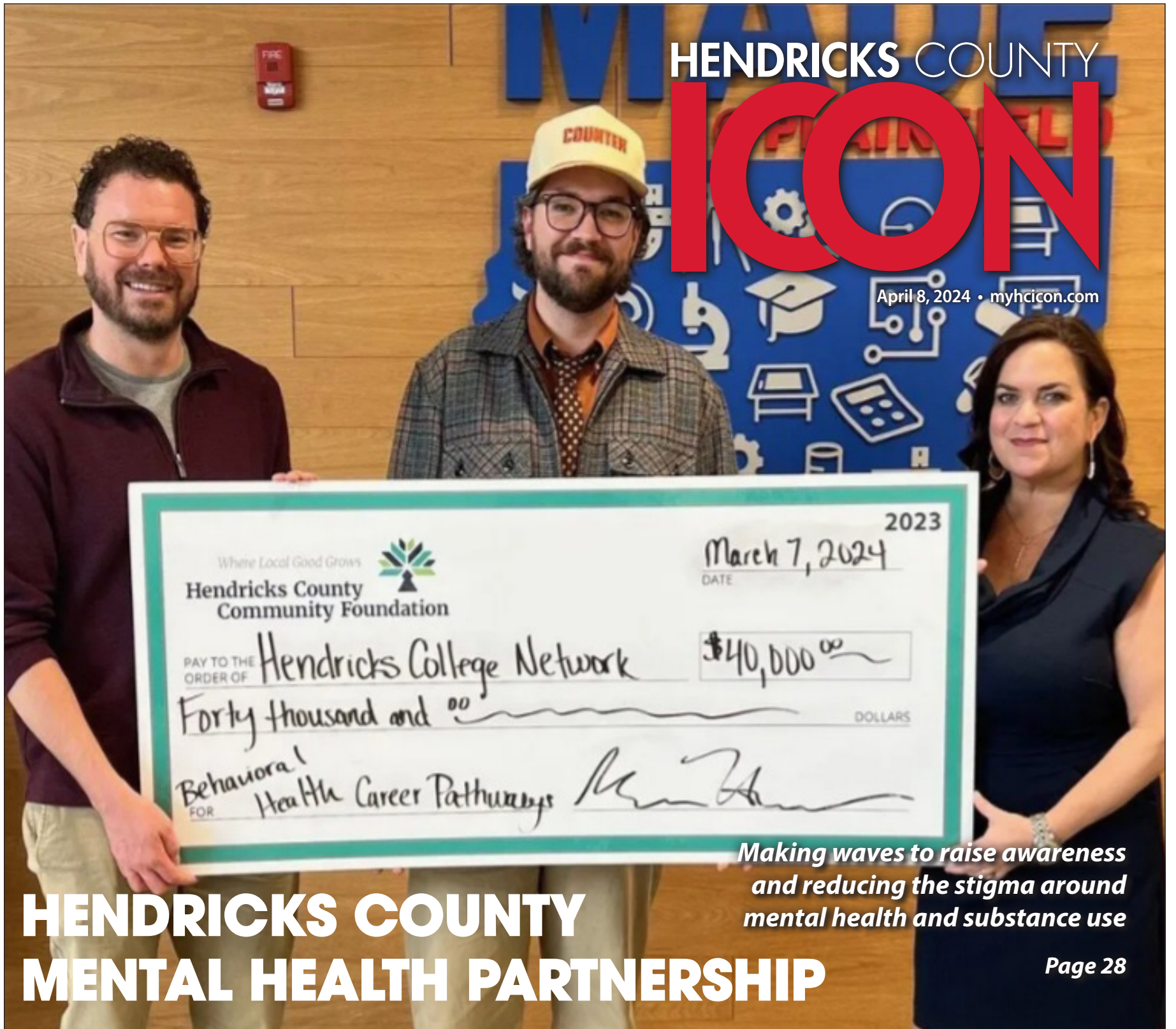


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HENDRICKS COUNTY MENTAL HEALTH PARTNERSHIP

Making waves to raise awareness and reducing the stigma around mental health and substance use

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HENDRICKS COUNTY ICON on the WEB

Hendricks County receives two statewide tourism honors

VISIT HENDRICKS COUNTY



The Indiana Tourism Association awarded Visit Hendricks County with two awards during the Indiana Tourism Conference in Evansville, marking the first time the organization won an award since 2018. Visit Hendricks County won in the Best Specialty Item category for a project in which they partnered with Timber City Coffee Company to honor long-time local leader and former Tourism Commission and HCCVB, Inc. Board member Kent McPhail, who retired at the end of 2023. The idea for creating the McPhail Blend came as Visit Hendricks County considered how to honor a man who meant so much to local tourism. Upon his retirement, McPhail was the longest tenured tourism board member ever, serving 23 years. The out-of-state judges loved the idea of finding a creative and meaningful way to celebrate a man who devoted so many years to the industry saying, "What a wonderful way to enhance the local experience while honoring a deserving

volunteer, and you helped a local business to boot. Winner all the way around." Visit Hendricks County also won for Best New Experience (among marketing budgets over \$300,000) after nominating The Prewitt Restaurant and Lounge for its renovation and reuse in turning a historic theater into a fine-dining destination. The Best New Experience award celebrates a new attraction, photo spot, or special exhibit. A group of local investors took on the daunting project to repurpose the shuttered Prewitt Theatre to help fulfill part of the town of Plainfield's overall vision for its downtown redevelopment. The judges were impressed with the commitment by everyone involved to turn an unused historic building into a downtown community focal point. One said, "Most impressed by its focus on retaining the unique use of the original space. This is a new experience that can attract residents and visitors throughout the year." The awards were two of 13 handed out at

the Indiana Tourism Conference. Visit Hendricks County beat numerous other nominees in each category. "It was such a joy to win these two awards," said Jaime Bohler Smith, executive director/CEO of Visit Hendricks County. "It celebrates the work our staff puts toward developing creative programs for Hendricks County businesses. We don't get recognized for the specifics we do because we promote the businesses that make up the destination Hendricks County, not our organization," she added. In addition to the two awards, Visit Hendricks County also celebrated two staff members' successes. Visit Hendricks County Sales Manager Stone Miller graduated from the 2024 Indiana Tourism Academy and received his Certified Indiana Tourism Professional (CITP) designation at the same ceremony. It was also announced that Tourism Marketing Manager Kim Fox was accepted into the 2025 Indiana Tourism Academy.

Meet YOUR NEIGHBOR



By Julie Brackemyre

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

We live in Coatesville and I work in North Salem. We have lived or worked in Hendricks County for most of my life, except for a few years at IU and the early days of my career. I'm a proud 1997 graduate of Plainfield High School.

2. Describe your immediate family to us.

I have two awesome teenagers: Trevor 14, and Delton 15, who keep every day interesting.

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

We are lucky to have found a church family who we dearly love at Soul Harvest Church in Cloverdale. We've been faithfully going there for the past seven years and as Pastor Matt always says, "Give us a year, and it will change your life." It certainly has changed my life and it makes the journey so much better to be surrounded by people and a community who support each other in both good and bad times.

4. Describe your perfect family outing.

Our perfect family outing (and what seems to be most of our outings) would be sitting in the bleachers on a beautiful sunny day watching the boys do what they love on the baseball field, and capping off the day with a pontoon boat ride around the lake catching a mess of crappie to cook over the fire.

5. What is your favorite family tradition?

Preparing for the opening day of deer season with family and friends: from planting and managing food plots, to checking our game cameras for the big buck. Everything leading up to opening day is as good as that day itself.

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

Family, Community, Location

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

Well, that was a trick question. Unfortunately, my youngest son has some of his father's orneriness and didn't come up with anything we could print other than some laughing emojis!

Matt Howrey

President & CEO of
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ArtScape at Avon-Washington Township Public Library

"The Stars Align"

(Submitted Press Release)

The Avon-Washington Township Public Library Guild presents their annual fundraising event, ArtScape @ Your Library, "The Stars Align" on April 20, 7-9 p.m. Enjoy music, hors d'oeuvres, and bid on items in our silent auction while supporting the library. Shop from professional Indiana artists as well as art students from Avon High School. ArtScape @ Your Library is a celebratory evening featuring exhibits of the artists' work and one-on-one conversations with all the featured artists. It is also the library's biggest fundraiser of the year. Monies raised help to fund programs, classes, and services for all ages at A-WTPL, including literacy and reading readiness programs. Thank you to our generous platinum sponsors 3D-Pro Contracting, Chick-fil-A, Kramer Companies, and the Friends of the Avon Library. Thank you to our media sponsor Hendricks County Community Connect. Thank you to our gold sponsors Bailey Family Dental, Hendricks County Bank and Trust Company, and Ray Skillman Hyundai. Thank you to our silver sponsors Hendricks Power Cooperative, Indy Beer Taps, Kappa Kappa Kappa Inc. Avon Chapter, The Rotary Club of Avon Indiana, and Vekstar, LLC. Advance tickets are \$30 each until April 13; \$35 each April 14-20 and at the door. Purchase tickets at the circulation desk or call the library to reserve your spot at 317-272-4818. For more information, please visit our website, www.AvonLibrary.net. If you would like to become an ArtScape sponsor or donate a basket or item to our silent auction, please email Susie at sardelean@avonlibrary.net.

Avon Police Department holds Merit Commission Meeting and awards officers and members for excellence in service

Source: Public News Outlet

At the Avon Police Department's 2024 Merit Commission Meeting, two new Merit Commissioners members were sworn in to serve our community. Commissioners Charles Record and Jonathan Swenson were elected to serve in their new positions. Thank you to both for their service to our community and to Avon Police Department officers.

Avon Police Department also took the time to thank so many officers for their dedication to training and who respond to critical incidents without hesitation. Lieutenant Owens, Officer Cheek, Officer Donovan, Officer Roark, and Officer Roach were recognized for their response to an active threat at a business in Avon in late 2023.





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Singing her way to health, happiness, healing, and faith

By Kate Anderson

For Deirdre Winston, singing is her passion, her first love, her happy place. It is the thing with which she most identifies and has made her feel complete in so many ways since she was a child. Imagine that happiness, that love, that gift, suddenly taken away from you. This is just what happened to Deirdre. As a child raised in the 1990's, playing outside in the summer from morning until sundown was a normal occurrence. Deirdre loved the nature of her Kentucky home and therefore singing, climbing trees, and playing in the woods were how she occupied her time. These were the times before the popularity of bug spray and the notion of wearing long sleeves when walking and playing in wooded areas for fear of bugs and especially ticks. Bugs never worried her, though; she just loved the sunshine on her face and the breeze in her hair and if she was bitten by a bug or two, no big deal. It was all part of being a kid.

Though she spent a great deal of time outdoors just being a kid, she started to become very sick. From an early age she became chronically ill and at the time and because her illness was not something that stood out to anyone, it became largely unchecked by those around her. Fast forward to her high school years in Louisiana where she lived with her birth father, Deirdre continued to have bouts of severe fatigue and a mysterious illness that no one could put their finger on. She was an active young person, though, and took interest in track and field, soccer, and hiking. "I was sick all the time. I think the gift of youth was the only thing that kept me in a place where I could deal with my illness. It kept me active despite what was going on inside me," said Deirdre. After graduation and into her 20's, her fatigue started to become something that she was not able to overcome. She pushed herself to continue with college and her studies as best as she could, but it was not to be. Though she ended up halting her college career because of other reasons, her health was starting to take a serious hit and hits just kept coming.

In her 20's she was met with many serious health concerns that, combined with her mysterious health issues from childhood, made it almost impossible for Deirdre to focus on anything but feeling

seriously under the weather. As a child, Deirdre was gaslighted by the people around her and was told she was "a liar, she was imagining things, was crazy, and begging for attention." As a result, she chose to bear the pain, exhaustion, and sickness that made her feel isolated and without support, quietly and alone. She had no one to turn to where she was, so she made the decision to move to Indiana to be with her mother and stepfather in Avon. Here she found the support of those who loved her and were committed to helping her find the answers to her profound illness that had kept her down for so long. The answers weren't found easily, though. It took a few years of going down many paths to find not only the right answers, but also the right doctors. As Deirdre learned, they are not all created equal.

In her first year here in Avon, she focused on cognitive therapy as a way to deal with the mental side of pain management and also helped her process her past traumas from her childhood. She also found an amazing physician with whom she trusted. She set about describing her symptoms of dizziness, nausea, and fatigue, to name a few. Then, during an examination, he found something that changed the course of her treatment. He discovered that she had a hole in each ear drum which he felt could be the cause of her undiagnosed health issues. At 33 years old and after lots of research, it was decided that she needed to undergo a very risky craniotomy to repair the ear drums and hopefully put her on the path to healing. Although the surgery was successful and her ear drums were on the mend, it did not make a dent into the symptoms she was having, and her stress was building.

A few weeks later, she woke up one morning to half of her face being paralyzed with Bell's Palsy and a rash covering her



whole body. This new occurrence progressed into severe tremors, vocal and whole-body spasms that took over and eventually her voice stopped working all

together. Her illness was getting worse by the hour, and she desperately needed answers. The doctors she saw were reticent to treat her, commenting to her that "it was all in her mind." Devastated and in disbelief, she quietly stepped away from those physicians and prayed for a miracle on so many levels. To her extreme sadness, she also painfully realized that she could no longer sing. The one thing that had been her salvation during all these years of illness had been taken away from her, possibly for good.

After nine months of pain, her mother suggested they take an alternative course of action. After doing some research and fully vetting the attending physician, Deirdre and her mother found the Center for Fully Functioning Health in Carmel. Upon hearing her symptoms and what she had been through, the doctor felt certain that he could help turn her health around and hopefully give her a better quality of life. Instead of being dismissed and gaslit, she finally felt encouraged, understood, and validated. The new doctor immediately ordered advanced bloodwork and testing, resulting in a confirmed diagnosis of a myriad of tick-borne viruses, but ultimately Lyme Disease as the short answer. These co-infections make up a group of bacteria that attack everything from brain function, joints, and the heart, to name a few. Finally, she had the answers she had been praying for. "I remember at one point googling my symptoms and it came up as Lyme Disease. I thought that was so ridiculous. It turns out, Google was right," joked Deirdre. Following her diagnosis, Deirdre followed the physician's strict orders and found that she was starting to feel a huge change in

her pain level and felt more functional. Due to the nature of her illness, she will have good days and bad days for a long time, but she has a better outlook on life. An answer to her illness was an answer to her prayers.

Two years ago, amidst the throws of her illness, her mother, knowing how much Deirdre missed singing, surprised her with singing lessons at Westside Music Academy here in Avon. "Singing is my heart and soul. It is everything to me and how I express myself. With all that I had going on, I was surprised that Cindy and Erica would take me on as a student," said Deirdre. She was nervous, but Cindy and Erica accepted and welcomed her with open arms. With Cindy's help and coaching she was encouraged to learn to love and embrace her "new voice and sound" and she found herself getting her confidence and happiness back. "I feel blessed to have Cindy and Erica on my side. They have helped me get back a part of my identity and for that I will be forever grateful," said Deirdre.

Her illness brought her closer to her faith as well. "One night I was laying in bed in the most pain I had ever been in, and I was praying to Jesus, begging him to heal me. In that moment, I realized that he didn't want me to be healed in the way I was praying for. I felt like he was asking me to let him walk alongside me on my journey," said Deirdre. It was at this moment she made the decision to get up out of bed and start being an example of faith and of what prayer can do in our lives. She found a reason to push forward and look to the future with hope. These days, her illness is still a day-to-day battle, and she never knows what the day will hold, but she gets up and holds herself to her promise to Jesus. She aims to continue to be an example to others and to bring joy to other's lives whenever she can. "I am lucky to have my mother, stepfather, and boyfriend to lean on during the hard times. I want to show others that if I can do it, you can too. Somehow, we have to give others grace, find our joy every day, and know the meaning of love for ourselves and those around us. If my illness inspires even one person, then I have done my job," said Deirdre.

Avon Police Department congratulates K9 Sely and Sergeant Kasprzyk

Source: Public News Outlet

Congratulations are in order for Sergeant Kasprzyk and his K9 partner Sely on recently completing their K9 training together. K9 Sely spent the past several weeks training with Sergeant Kasprzyk on narcotics detection training and will soon begin training on tracking for the purposes of finding missing or endangered people and fleeing suspects.

If you would like to meet Sely, mark your calendars for our 2024 Night Out Against Crime on July 25 from 5 - 9 p.m. at Avon High School.

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Hendricks County ICON of the Week

Eric Hessel

By Julie Brackemyre

Eric Hessel is the Vice President of Programs at the Hendricks County Community Foundation running their grants, scholarships, and community leadership work. He is a Tri-West High School graduate and got his B.S. in Politics at New York University. He started working with the Community Foundation in 2003 as a youth grantmaker and has since worked at Portraits of Hope, Easter Seals, and with the US Census Bureau. Eric grew up in Pittsboro and currently lives in Carmel with his partner and two dogs.

1. What do you consider your greatest virtue?

My ability to talk to anyone. I come from a family of storytellers and salespeople, so it's in my blood. My favorite place to meet people is the airport bar—you never know who you might start up a conversation with.

2. What do you most deplore in others?

I can't stand a bully. Period.

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

Hendricks County is home despite the fact that I live in Carmel. I grew up here, and my parents still live here. Service has always been part of my life, and it's exciting to give back to a place that gave me so much growing up.

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

It's a tough call between New York City and Palm Springs. I love NYC and the hustle and bustle and excitement. But the peace and calm of the desert has started calling my name.

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

I've seen too many time travel movies to know this is a bad idea. All the little decisions in life have led me to where I am today, and I have very few complaints.

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

Travel. Travel. Travel. Exploring new places, new food, and new people is my favorite thing to do!

7. What makes you happiest?

That perfect night with a group of friends. It could be out to dinner, game night, a movie, just those nights that really fill me up—good conversations with people that choose to be around you and vice versa.

8. What is your favorite vacation spot?

Currently, it's Palm Springs, California. I love the desert and the heat. I love a pool and the water in general. Plus, they have great restaurants!

9. What do you do with your idle time?

I don't give myself a lot of idle time, but when I do I watch a lot of reality television. I'm a big Bravo fan—right now I'm bingeing Summer House.

10. What is it that makes you angry?

Injustice. We live in a world where groups of people have been systemically held down in the past and still do today. We should work to constantly lift each other up and some folks need a bigger hand. When I see people

purposefully standing on the necks of their neighbors, that's when I get angry.

11. What do you do to escape from reality?

I love a good jog on a warm day around Carmel listening to music. Otherwise, my favorite escape is reality tv—watching rich women yell at each other is weirdly comforting!



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

My partner of 10 years, Russ, and our two dogs, Hank and Vivienne. A close, supportive family is so important—no matter how it looks.

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

Kindness. It comes in many different forms, but someone who is kind is so attractive. That warmth of care and friendliness makes a good person great.

14. What is your greatest extravagance?

It's got to be fine dining. I don't have to look at my bank account to know I always blow my budget there.

15. What is your favorite restaurant?

I love Monterey Coastal Cuisine in Carmel. I can walk there from my house. They have amazing seafood, sushi, and make a mean gin martini. They also have the best staff in town!

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

My dad. He's smart, kind, accepting, curious—all qualities I hope to emulate. I didn't always recognize it as I was growing up, but he worked so hard to keep our family afloat after my mom passed away. And the way he stepped up for my stepmom, my two stepbrothers, his siblings, and for me so many times since. He's an inspiration.

17. What are your fears/phobias?

It's funny I was just having this conversation. I'm afraid of bugs, especially spiders—honestly anything with more than four legs is bad news, underwater animals, and cotton balls.

18. Which talent would you most like to possess?

To sing or dance—whew am I bad at both. So, so bad. If I could sing, I would never shut up!

19. What do you most value in your friends?

I am grateful for a really large group of friends, and the thing I value most is their openness. Openness to new people and new ideas. I like that no matter who brings someone new into the group—immediately, they're one of us.

20. Who is your favorite historical figure?

James Baldwin, a Black, queer American author, and civil rights activist. He spoke truth to power. "Not everything that is faced can be changed, but nothing can be changed until it is faced."

21. What is your greatest regret?

I really try not to have regrets—it does you no good. But I regret not journaling from a young age and continuing through my life. So many little memories and stories are lost in the busyness of life.

22. What tenet do you live by?

I'm torn between the platinum rule, "Treat people the way THEY want to be treated," or "Trust people when they tell you their experience." We are at our best when we lead with empathy.

Unveiling of a memorial in Brownsburg honors late legend Dick Jordan

(Submitted Press Release)

Racing enthusiasts and fans of the late Dick Jordan had something to look forward to as the Town of Brownsburg and Indiana Racing Memorial Association (IRMA) joined forces to unveil the memorial in Brownsburg in honor of the legend. The memorial, donated by Tony Stewart, was unveiled at a ceremony that took place on March 19 at Arbuckle Commons. The memorial serves as a reminder of the significant contribution of Dick Jordan to the sport of racing over a six-decade career, working for the United States Auto Club and tirelessly promoting the sport of racing. It also highlights the importance of preserving the history and legacy of Indiana's rich racing heritage. "We are honored to be a part of this special occasion as we pay tribute to one of the greats in motorsports," said Brownsburg Town Council President Travis Tschaenn. "It is important that we remember the impact that Dick Jordan had on the sport, and this memorial is a fitting tribute to his legacy."

IRMA has been instrumental in preserving the history of racing in Indiana. The organization has worked tirelessly to create memorials that honor the great drivers, mechanics, and contributors to the sport. "We are thrilled to partner with Tony Stewart and the Town of Brownsburg to honor the legacy of Dick Jordan," said IRMA President Mark L. Eutsler. "The memorial serves as a reminder of the great contribution of Dick Jordan to the sport of racing and stands as a testament to the importance of preserving Indiana's rich racing heritage." In 2023, the Town of Brownsburg and IRMA partnered to develop the Brownsburg Racing Memorial Trail, the first in Indiana, to celebrate motorsports history. The trail spans just over 2.1 miles, now featuring five iconic motorsports legends across Williams Park, Town Hall Green, Arbuckle Commons, and White Lick Creek Greenway.



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Hendricks County Sheriff's Department honors long-time commander for years of service

(Submitted Press Release)

It is with sincere appreciation that the Hendricks County Sheriff's Department recently congratulated Captain Jim Yetter as he recently stepped down from his position as Commander of the Emergency Response Team (ERT) after 24 years of distinguished service. Captain Yetter started with the team in 1999 and was appointed Commander in 2007. In his 16 years as Commander, he oversaw numerous high-risk responses that were brought to safe and successful resolutions. He has implemented new tactics, increased training, and updated equipment over the years to ensure the safety of his team members and the public they serve.

ERT members gathered and presented Captain Yetter with a shadow box and ERT patch-plaque to commemorate their admiration for his unmatched contributions to the team over the past 24 years. Captain Yetter will continue to serve at the Hendrick County Sheriff's Office as the Enforcement Division Commander, Lead Firearms Instructor, and Defensive Tactics Instructor.

Congratulations, Captain Yetter, for commanding your team with distinction and for developing the team professionally to ensure its success for many years to come.



Danville Metropolitan Police Department holds annual merit board meeting, officers awarded for exemplary service

Source: Public News Outlet

On March 27, the Danville Metropolitan Police Department held their annual Merit Board Meeting. During the meeting, several officers were awarded for their exemplary service throughout 2023. Police Chief Jim Hilton, along with other Merit Board Members Dennis Wynn, Jim Stephens, Pete Lynch, and Father Mike Fritsch, presented the awards.

Officer Kennedy Molina was awarded 2023 Officer of the Year. This is an annual award that goes to an officer that has been nominated by members of the department based on popular vote. Officer Molina led our agency in impaired driving arrests in 2023 and was extremely proactive. K9 Officer Quintin Oller and Officer James Colina were presented with awards for Outstanding Police Service in 2023. This award is given by the Chief of Police in appreciation and recognition for an officers' continued dedication and loyalty to the law enforcement profession. Officers who receive this award have demonstrated a consistent high quality of performance as a professional police officer. The award reflects a consistent, year-long, and above average effort. Officer Kennedy Molina was also awarded a Gold Star for her DUI enforcement efforts in

2023. This award was presented by the Chief of Police in appreciation and recognition for an officer's continued dedication and enforcement efforts to take impaired drivers off the roadways. The Gold Star Impaired Driving Enforcement Award is given to an officer who has at least 25 impaired driving arrests for the year. Officer Molina took 31 impaired drivers off our roadways in 2023.

Officer James Colina was awarded a Bronze Star for his DUI enforcement efforts in 2023. The Bronze Star Impaired Driving Enforcement Award is given to an officer who has at least 20 impaired driving arrests for the year. Officer Colina took 21 impaired drivers off of our roadways in 2023. Officers Jordan DeVaney, Dakota Meadlo, Travis Wilson, and K9 Officer Quintin Oller were awarded Bronze Stars for their DUI enforcement efforts for 2023. The Bronze Star Impaired Driving Enforcement Award is given to an officer who has at least 15 impaired driving arrests for the year. Collectively, these officers took 61 impaired drivers off of our roadways in 2023.

Sergeant Joshua Butler, K9 Officer Quintin Oller, Officer Dakota Meadlo, and Officer James Colina were all awarded life saving awards for their

heroic life-saving actions during an incident in 2023. This award is presented by the Chief of Police in recognition of an officer that performs an exceptional act under emergency conditions, wherein a service is rendered that directly results in sustaining a human life. These awards stem from an incident in 2023 when several inmates were found in medical distress at the Hendricks County Jail. Jail deputies, Danville officers, and jail medical staff responded immediately and worked together to provide life-saving measures until Danville Fire Personnel could arrive. The teamwork, professionalism, and care from everyone involved helped ensure a successful outcome. Additionally,



North Salem State Bank was awarded the 2023 Fletcher York Community Service Award. This award is presented to an individual citizen or company that displays outstanding service and assists law enforcement in accomplishing the Danville Police Department's mission and goals. North Salem State Bank has been a great community partner for the agency for many years.

Congratulations and great job to all of the officers awarded. We appreciate your hard work and dedication to the citizens of the Town of Danville.



Financial planning: different perspectives

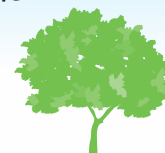
(Submitted Press Release)

How can you budget with an eye towards retirement and paying for college for kids? Is doing so as black and white as it might appear? Do you also find yourself having questions about estate planning, including wills, financial power of attorney, and more? Perhaps there is a gray area that can help. Learn more by attending this program where we will address budgeting, preparing for retirement, paying for college for kids, estate planning, and more. Join area Financial Planner Anka Simurina and area Attorney Valarie Brunning at the Avon-Washington Township Public Library on Thursday, April 18 from 6 p.m. - 7:30 p.m., in Meeting Room A. This is a free program for adults, and registration is required. You can register through the events calendar on the library website, www.avonlibrary.net, or by calling the library at 317-272-4818.



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IU Health achieves magnet recognition with distinction for third time

(Submitted Press Release)

Following a comprehensive review process that began more than three years ago, IU Health West Hospital has attained magnet recognition for the third time. Not only did the hospital attain magnet status, IU Health West Hospital was honored this year as magnet recognition with distinction. This is a new designation recognizing the highest performing magnet organizations around the world. This achievement from the American Nurses Credentialing Center (ANCC) is the highest national honor for professional nursing practice. Magnet recognition with distinction is based on validated empirical data, and only a select few hospitals have achieved this elite level of performance. This is the gold standard of nursing excellence and raises the bar for patient care and encourages all members of their team to reach for excellence every day. Less than 10 percent of hospitals across the U.S. have earned magnet status, and even fewer have earned magnet recognition with distinction.

Congratulations to the IU West Hospital and their Nursing Team on a job well done!



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Asset Protection Trust

Personal Rep & Trustee: Kenneth L. McMullen
Attorney: Dori Brauman Moore, Brownsburg, IN

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Brandon K. Lawson AU19300138
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When should you take Social Security?

One of your important sources of retirement income will likely be Social Security — but when should you start taking it?

You can collect Social Security benefits at 62, but your monthly checks may be up to 30% greater if you wait until your full retirement age, between 66 and 67.

Of course, if you need the money, you may not be able to wait. But if you have enough resources through earned income and your investments, you may have flexibility in deciding when to take Social Security. In this case, you'll need to look at these issues:

First, think about your life expectancy. If you're healthy and have a family history of longevity, you may conclude you can afford to wait.

Also, consider your employment. If you're still working and start taking Social Security before your full retirement age, your benefits may be reduced based on your earned income.

Finally, think about your spouse. Their survivor's benefits could be permanently reduced if you take your benefits early and accept lower payments.

When to take Social Security is an important — and irrevocable — decision. So, consider all the factors before making your choice.

Samuel Lowe
Financial Advisor

Samuel.Lowe@edwardjones.com
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Seth Cromer, Financial Advisor
scromer@hcwealthadvisors.com



Mental Health America of Hendricks County to hold 4th annual event in Avon

(Submitted Press Release)

Mental Health America of Hendricks County (MHAHC), a local affiliate chapter of Mental Health America, is working in our county to promote mental wellness and suicide prevention through information and referral services, education, individual advocacy, and peer support while linking those in need with appropriate services.

On May 11, MHAHC, will be hosting their fourth annual Walking for the Health of It, Wellness Fair and 5K Race, at Avon Town Hall Park to commemorate Mental Health Awareness Month. The event will kick off with a health and wellness fair full of vendor booths from agencies, hospitals, and businesses that will offer resources to the community which will promote mental wellness and market our community services.

MHAHC hopes you will join us to walk or run the 5K, sponsor the event, host a kid's activity, or have a vendor booth. We can prevent suicide and promote mental health in Hendricks County, but we need your help! Please join us to promote mental wellness on May 11.

For sponsorship information, visit:
<https://form.jotform.com/MHAHC/WFTHI-Sponsor>

For vendor information, visit:
<https://form.jotform.com/MHAHC/WFTHI-Vendor>

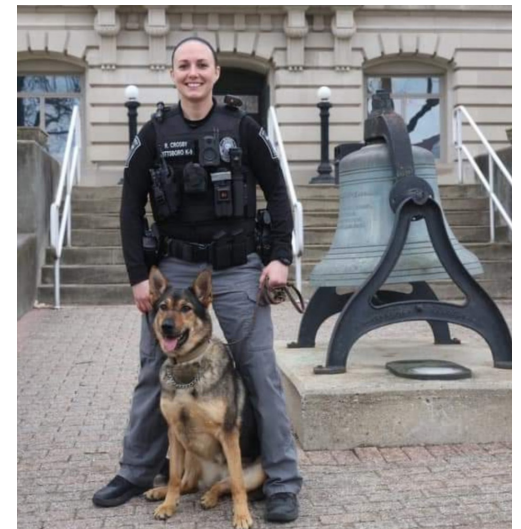
For event registration, visit:
<https://runsignup.com/Race/IN/Avon/WalkingfortheHealthofIt>

Pittsboro announces new K9 working for department

Source: Public News Outlet

Last month the Pittsboro Police Department announced that K9 Zara is now working with K9 Officer Rachel Crosby. As a team, they completed their Single Purpose Detection K-9 Course. Officer Crosby has loved working with Zara thus far and thrilled to see her "crushing it" during training. Finding drugs and keeping our streets safer has been a goal of hers for a long time, with longer range goals including working for a drug task force.

Congratulations to both on their achievements!



Lizton Recycling Center - making recycling easier for our community

(Submitted Press Release)

Since its opening late last April, the Hendricks County Recycling Center has drawn 20,901 patrons to its location just north of Lizton. Now averaging 500 visitors a week, the center's busiest week, 561, came late in December. Nearly 200 dropped off their recycling in a single day in October. Almost 296 tons of recycling have been accepted at the center as of the end of February, with more than 136 tons alone in plastic, paper, and steel and aluminum cans. Corrugated box collection has reached nearly 120 tons. Food and beverage glass jars and bottles account for nearly 41 tons. Operated by the Hendricks County Recycling District, the center expects even more patrons this year, as new ones visit nearly every day. Some items to keep in mind:

- The recycling service is free.
- The district urges patrons to separate corrugated cardboard, and glass, from other accepted recycling. If possible, they should sort their items before arriving in order to make their visit as efficient as possible.
- All materials should be clean, dry, and loose, and brought to the center in open bins, boxes, or bags.
- Scrap metal and electronics are not accepted.
- The center is open 9 a.m. - 6 p.m. Tuesday and Thursday; 1 - 7 p.m. Wednesday, and 9 a.m.- 3 p.m. Saturday.
- The district conducts five Tox-Away Days across the county each year. The next collection is April 20, 8 a.m. - 1 p.m., at Brownsburg East Middle School.

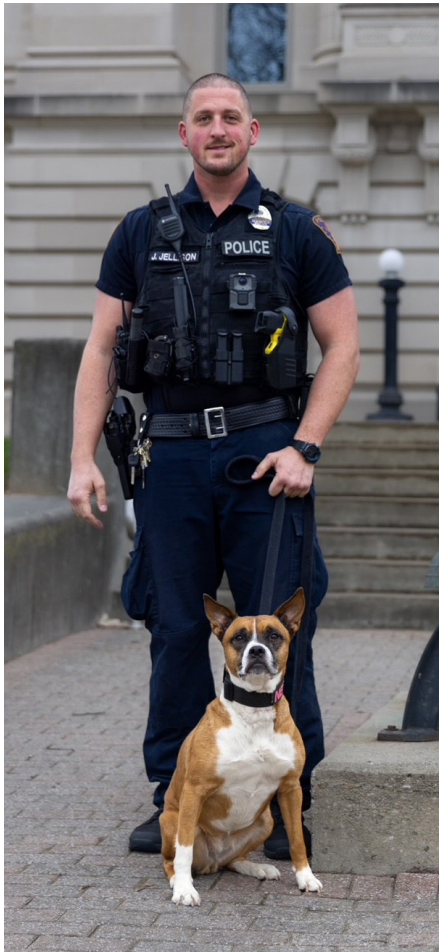
Full information on what is accepted for recycling and Tox-Away Days is available at www.RecycleHC.org or by calling 318-858-6070.

Tragedy to triumph, the story of Plainfield Police Department's newest K9

(Submitted Press Release)

The Plainfield Police Department's newest four-legged crime fighter does not look like your typical police dog. Newt, a boxer mix, was found to be a victim of animal cruelty whose owner was recently convicted of many criminal charges. It was later discovered that this boxer was a big hero in a small package. Newt may look familiar to you. In April of 2023, the Plainfield Police Department and Hendricks County Animal Shelter aided in rescuing her and another dog from the situation, where both dogs were rushed to the veterinary ICU. Thanks to the skill and dedication of the veterinary staff and the generous support of the community, their lives were saved. However, Newt's story did not end there. After becoming a resident of the Hendricks County Animal Shelter for some time while recovering, she was noticed by police K9 Handler Rob Prichard as having certain qualities making her a possible candidate for PPD's unique canine program. Newt showed tremendous potential to be both a gun detection and a therapy dog. This unique combination is perfect for a dog to work along-side a School Resource Officer (SRO). Plainfield police then took steps to adopt Newt to provide her a new home. The school resource officer program and partnership already established between the Plainfield Community School Corporation and the Town of Plainfield would take the next step with adding Newt to the public safety team. Plainfield Community School Corporation Middle School SRO, Josh Jellison, had been selected previously to be a canine handler and was a perfect match for Newt. After several weeks of training through Plainfield Police Department's K9 training program, Newt and Officer Jellison graduated March 22. Newt will now be certified as a therapy dog and as a gun detection dog. Newt will have the opportunity to reassure children who have been victimized - a living testament to the ability to overcome adversity. Who better to help the victims of crime than someone that has been one herself. Newt is a story of resiliency, triumph, and compassion. Her life will now be one of bringing smiles to faces at the school and the community, helping keep students safe. She has already been making a difference this week in the Plainfield Schools. On March 22, she and SRO Jellison completed a 120-hour course on gun detection and will also be a fully registered therapy dog. From being nearly starved to death to now being a full-fledged police K9, Newt is a hero in our eyes, and we hope in yours too. On Thursday April 4 at 6 p.m., Newt and her handler SRO Josh Jellison were formally recognized at the regular Plainfield Police Commissioner meeting.

Newt, we hope you love every minute of your new life and welcome to the Plainfield Police Department.



Plainfield unveils Community of Values Lantern Plaza in collaboration with Duke Energy

(Submitted Press Release)

On March 25, the Town of Plainfield, in collaboration with Duke Energy, proudly unveiled the Duke Energy Community of Values Plaza, featuring a landmark designed to celebrate the town's rich heritage and the shared community values. The unveiling ceremony, attended by community members, local officials, and representatives from Duke Energy, marked a significant milestone in Plainfield's ongoing downtown redevelopment efforts. This celebration comes just three weeks after the Town held the official ribbon cutting for their brand-new performing and fine arts center, Hendricks Live!. The Duke Energy Community of Values Plaza, located at the heart of Plainfield, features an internally illuminated lantern that symbolizes the town's dedication to its core values. The plaza also includes a variety of plantings and a patio area, creating a welcoming space for community gatherings, reflection, and celebration.

"The unveiling of the Community of Values Plaza marks a significant moment for our town. This space is not just a physical addition to our downtown area, but a manifestation of the values that we hold dear. It's a place where history meets the present, encouraging reflection and community engagement," said Robin Brandgard, Town of Plainfield Town Council President. "Duke Energy is honored to be a part of this significant project that not only beautifies the downtown area but also celebrates the rich history and values of Plainfield. We believe in supporting the communities we serve, and this plaza is a testament to what can be achieved when we come together to make a lasting impact. We look forward to seeing the Duke Energy Community of Values Plaza become a cherished space for residents and visitors alike," said Indiana State President of Duke Energy, Stan Pinegar.

The plaza also pays homage to Virginia Shooler Morrison, a local business owner and community advocate whose legacy continues to inspire beautification efforts in Plainfield. Through an endowment set up with the Hendricks County Community Foundation (HCCF), Morrison's vision for a beautiful downtown area lives on, enhancing public spaces like the Community of Values Plaza. The Town of Plainfield extends its heartfelt thanks to Charlie Thornburg of Yesterday's Tree for his artistic contributions to the plaza, Keith Hall for his technical expertise, Butler, Fairman & Seufert for their coordination efforts, and all who played a role in bringing this vision to life. The Duke Energy Community of Values Plaza stands as a beacon of community pride and a reminder of the shared values that unite us. To view the full list of values, visit: townofplainfield.com.



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9	3		1			2		5

Across

- 1 Jazz Kitchen improvised bit
- 5 Tibet's capital
- 10 Cruise stop
- 14 Indianapolis Motor Speedway track shape
- 15 Early caucus participant
- 16 The "Say Hey Kid"
- 17 Shiloh Crossing Shopping Center event
- 18 Scream at a Colts game
- 19 Kind of school, like Brebeuf, briefly
- 20 Suggestion to charge boat-ers to enter a Geist cove?
- 23 Scrape (by)
- 24 "Sorta" suffix
- 25 The "U" in UHF
- 28 Lilly lab dept.
- 30 "___ Billy Joe"
- 34 Hoosier Park feedbag morsel
- 35 Motor City labor org.
- 37 Doc bloc
- 38 End-of-workweek cry
- 39 Agree to voice Mufasa in a possible Disney prequel?
- 43 Lots
- 44 Put on WRTV
- 45 Observe
- 46 IMPD rap sheet letters, maybe
- 47 Pacers' three-point shots
- 49 Channel covering Rep. Jim Baird
- 53 Music category
- 55 KGB counterpart
- 57 "Evil Woman" band
- 58 Indiana State Treasurer... and an anagram of 20- and 39-Across
- 63 "Let's go!"
- 65 Liquid-Plumr rival
- 66 Shapiro's plate holder
- 67 Share a border, like Hendricks and Marion counties
- 68 "Days of Our ___"
- 69 Old Italian money
- 70 Defense acronym
- 71 Sun King brewer's need
- 72 Finishing eighth in the Hoosier Crossroads Conference

Down

- 1 More optimistic
- 2 Trump who appeared on the cover of "Bazaar" wearing a bathing suit at a construction site
- 3 Dropped
- 4 Skedaddle
- 5 Shopping aids
- 6 Santa's laugh
- 7 Truant GI
- 8 "Better Call ___"
- 9 Opposed
- 10 Push forward
- 11 War of Independence battle
- 12 Caustic solution
- 13 Sixth sense
- 21 ___ wave

Attention Readers!

We have some news!
The ICON is moving to a new delivery date!
Look for your latest edition to reach your mailboxes bi-weekly now on Tuesdays.
We love our Hendricks County community and look forward to bringing you amazing stories and content for years to come!

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- 22 Bob & Tom, e.g.
- 26 Train track
- 27 DOJ div.
- 29 Import tax
- 31 Supermarket section
- 32 Punk rock offshoot
- 33 Catches some rays
- 36 Have on
- 38 Twin Bridges Golf Club pegs
- 39 Give's partner

- 40 Stopping by just briefly
- 41 Falsehood
- 42 Windshield sticker
- 43 "Indianapolis Monthly," for short
- 47 Big ___ Conference
- 48 Hendricks Civic Theatre play parts
- 50 Illinois' eighth largest city (or Arizona's ninth largest)
- 51 Communion tables

- 52 "Maybe later"
- 54 Approached quickly
- 56 "You beat me!"
- 59 One way to stand by
- 60 A Great Lake
- 61 Volcano flow
- 62 "___ cost you!"
- 63 Part of a six-pack
- 64 Kelley School of Business deg.

Answers on Page 35

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6 Indiana "P" Counties

4 Door Parts

3 Cheese Shop Buys

5 Captains

2 Bear ___

1 City with the 46122 ZIP Code

NOTHING DOING

When I retired from television three years ago, I hoped to relax and have nothing to do.

But I did have stuff to do. Lots of stuff. I was busier than ever. So, I decided last week that I would set out a day where I had absolutely nothing to do. Zero. Nada. That was my goal.

Today looks good. I have nothing to do. Absolutely nothing. What a great feeling. I don't know where to put myself. But putting myself somewhere is doing something, so I better be careful.

I am home alone, right now. I am two weeks ahead on my weekly humor column. No bills to pay. We have no dog to walk. All my laundry has been folded and put away. I think I've done it. But I am a little bored.

"Dick, why don't you read a book or watch a movie on TV?" you might say. But you see, if I read or watch movies then I am doing something. That's been my way of avoiding what needs to get done. If I read a book when I have nothing to do, what will I do when I really have to do something and I don't want to? I'm losing you, aren't I? Don't stop reading now. Do you have anything better to do?

I am so excited about this that I am going to brag about my situation. I'll call one of my busiest friends. I know he'll be jealous.

"Bob, it's Dick. What are you doing?"

"Nothing, what about you?"

"Hey, that's exactly what I'm doing. And I thought I was the only one who was that lucky."

"Dick, when I say nothing, I don't really mean nothing. I'm paying some bills, shopping online, doing some laundry, cleaning out the car, and selling items on eBay so Cathy and I can donate more money to the homeless mission."

"You call that nothing? That's a lot of something. Don't you know anything

about nothing? I am really doing nothing. I mean absolutely nothing."

"Do you want to come over here and do something together?"

"No, Bob, that's the whole point. I don't want to have anything to do with you."

"Well, you don't have to get nasty about it."

I tried another friend...

"Mikki, it's Dick. Guess what? I have nothing to do."

"So, take a nap."

"A nap? You consider a nap nothing? A good nap is a commitment. An actual event. A nap is not nothing. Trust me. If I were sleepy right now, a nap would be something to do. Geez, can't I find one friend who knows something about nothing?"

I called my wife. She was out shopping. Doing something, of course. I decided to rub it in.

"Mary Ellen, it's me. I wanted you to know I am home right now and I have absolutely nothing to do."

"You're home in a house that has several burnt-out light bulbs, a broken smoke detector, a dishwasher to be unloaded, and a dirty litter box...and you say you have nothing to do? I'm glad you called. Get moving, time to get things done."

Boy, did that backfire. Now, all of a sudden I have like four things to do. I guess I better get started. After all, I have nothing else to do.



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

"Hello April. Please, be a month of rebirth, regrowth, and renewal."

— Unknown

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KAREN LEWIS
REALTY

LETTER FROM THE EDITOR

"Life is what happens to us while we are busy making other plans." - Allen Saunders

By Kate Anderson

Life happens. Work happens. Stuff happens, sometimes to our dismay. Who's busy? Are you busy? I feel like I am so busy all day long. So much so, that I feel like some days there isn't any room in my schedule to fit anything else in, let alone any joy, and that's a crying shame. That seems so negative, so bleh, but so honest. It comes down to both attitude and perspective. Why am I not finding joy in my day? Why am I taking life so seriously? As my mom used to tell me when I was a teenager, "You need an attitude adjustment," and she is so right. I need to start seeing life through rose-colored glasses. There are so many wonderful things in my life such as my friends, my little family consisting of my husband and my dogs, all of which fill me with so much love. It is almost as though I am not making enough time in my day to

remember and to appreciate the little joys and surprises that every day offers. The question I should ask myself is, "What do I want out of this life?" Do I want to identify as a work-a-holic or someone who takes the time to stop and smell the flowers? I think as a group, most of us strive to be the latter, and although this thing called life gets in the way, we should take time to walk the dog, hug our families, laugh a little, and lift our heads up to the sky to enjoy the sunshine once in a while. After all, we are only given one life, and time flies by so quickly that if we don't grab it by the handful, we will have missed so many opportunities that mean so much more in the end. It comes down to this. Let's make plans to let life and the little things happen, and if we keep our chins up, the good stuff in life will follow.

DUMB LAW

Our nation has all sorts of arcane, nonsensical laws on the books.

Each issue, we'll share one with you ...

In Nevada, it is illegal to pawn your dentures.

Source: dumblaws.com

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Lineworker Appreciation Day | April 18, 2024

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Lineworkers go above and beyond



Don't miss this prefix primer

I'm doing the best I can over here. I'm proud to say my wife and I have been married for 16 years, but I still have plenty to learn (understatement of the century).

When it comes to addressing a woman, we have several prefixes to choose from. I previously investigated "Mr." and "Master." Today, we'll tackle how to address women formally.

As a born and bred Okie, I still call an elderly female "ma'am." This polite way to address a woman comes from the Old French phrase "ma dame" (my lady). Ma dame became "madam," and then, as it often does, the word got shortened. Generally, madam (or ma'am) was used to address a married woman.

Let's talk about the term "mistress," and — no — I'm not talking about the type who receives hush money from crooked politicians. Mistress is the female equivalent of "Master." A mistress was traditionally the master's wife in a household that employed servants. Although "mistress" continued to reflect a woman of higher social standing, a second definition arose by the seventeenth century, denoting a woman who was engaged in a long-term extramarital affair.

We can't look at female prefixes without comparing them to their male ... counterpart. Men have one term at this point — "Mr.," while women still have three. "Miss" has historically denoted unmarried women and girls. The double standard here is that a "Mr." can be married or unmarried, while a "Miss" is an unmarried woman. Up until very recently, a woman's social status was tied to her marital status. Married? Good. Not married? Not so good.

The prefix "Mrs." indicates a married woman, usually one who uses her husband's last name. While "Miss" and "Mrs." both came out of the term "Mistress," by the eighteenth century, "Miss" emerged as a title for unmarried women, while "Mrs." began to be associated with married women.

Although the prefix "Ms." (now pronounced "mizz") began as an abbreviated version of "Mistress," its

modern iteration comes out of the 1950s feminist movement. The aim of "Ms." was to offer an alternative to "Miss" and "Mrs." that avoided tying a woman's marital status to her title. The argument was that a woman's worth isn't measured based on whether she was married or not.

While traditional folks didn't like the female-empowering "Ms.," the term has gained widespread acceptance and now serves as a de facto title for a woman. Some women still prefer to indicate "Mrs." or "Miss" when writing their full names, although "Miss" is less common.

How did I do, ladies? Was this a swing and a miss, or did I do a decent job here? Regardless, I'll always open the door for a woman, and I'll always say "yes, ma'am" to someone my mom's age or better.



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

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ICONic Athlete of Hendricks County

SENIOR POINT GUARD LEADS BETHESDA BASKETBALL ON HISTORIC STATE TITLE RUN

Luke Douglas - Bethesda Christian Basketball

By Josh George

Things didn't end the way Luke or his teammates were hoping for on Saturday, March 30. Bethesda Christian took on Fort Wayne Canterbury in the IHSAA 1A State Championship. The game was back and forth for much of the game until the fourth quarter. That is when Canterbury pulled away for a 48-41 win to claim the 1A State Title. Luke led the way with 13 points to lead Bethesda Christian. He was also named the Ray Craft Mental Attitude Award Winner for Class 1A.

Reflecting on the game, Luke and his team have a lot to be proud of. Things have not always been easy for Luke and he has had to work for everything he has accomplished. He has dealt with asthma most of his childhood and was cut from the school team his eighth and ninth grade year. He wanted to prove he could make the team so he worked even harder and made the JV team his tenth grade year. He decided to transfer to Bethesda before heading into this eleventh grade year. Luke said his decision was so "he could go somewhere to strengthen his relationship with the Lord and continue his basketball career." He seems to have done both and the ICON recently did a Q&A with Luke, his coach, and his parents:

ICON: When did you first start playing basketball? Do you play any other sports? If so, what sport and at what level?

Luke: I started playing basketball as soon as I could pick one up. I played football, soccer, and baseball during elementary and middle school, but I never enjoyed them as much as I have basketball.

ICON: Please provide some stats from your season to date.

Luke: 14.7 PPG, 2.5 APG, 3.1 RPG, 1.6 SPG

ICON: Who has been your most influential coach and why? Club and high school?

Luke: Coach Jamarr and Coach Kurt were my coaches from seventh grade all the way through last year playing AAU. Jamarr coached me when I didn't really want to play basketball, and I know that must've been hard for him but he always



believed in me and pushed me to follow something that I love. Coach Kurt has one of the smartest basketball minds I've ever been around. My coaches at Bethesda, Coach Grubaums, Smith, Mlagn, Brann, and Ray have pushed me to be myself on and off the court. They have always pushed our team to be true to our relationship with the Lord, something I cannot thank them for enough.

ICON: How have your parents supported you through the years with your goals in basketball?

Luke: My parents have always supported me. They have always instilled confidence in my game and have been there to lift me up when I was down. They have taught me how to win in anything I do, but more importantly, they have taught me how to lose. I always strive to demonstrate sportsmanship and respect on the court, and that is solely a credit to them. They have always pushed me to follow my love for the game and to pursue my goal of playing college basketball. Without them, I wouldn't be who I am today and would likely not be playing basketball at all.

ICON: What makes playing basketball at Bethesda High School special?

Luke: The community Bethesda has is like nothing I've ever seen. Bethesda is a K-12 school so we as players have a lot of people looking up to us every day and we all want to be a good example to them. The families who have supported us in this tournament run have been amazing, providing snacks, meals, and water. The school as a whole has been backing us every step of the way and that isn't something that most schools have.

ICON: What are some areas for you to improve on? What are your biggest strengths?

Luke: One area I really need to improve on is my strength. I've always had a hard time putting on weight but I feel like staying in the gym and eating enough to see results is more important now than ever as I hope to make the jump from high school to college ball. I feel like my biggest strength is my ball handling. I've worked very hard to be able to handle the ball with pressure and I've really seen results this year in taking the ball up.

ICON: How has Bethesda basketball and the coaches helped you as a student athlete and person?

Luke: The coaches and staff at Bethesda have always pushed me to be better on

and off the court. No matter how I've played they have always loved me and cared for me as a person first and player second. I can't thank them enough for the past two years.

ICON: Do you plan on playing basketball in college? If so, where and what made you feel like that school was the right choice?

Luke: Yes! I am currently committed to playing JV at Grace College, with my goal set to reach varsity ASAP. I feel like Grace is the right choice for me as it is a school I love where I can continue to learn and strengthen my relationship with the Lord.

Q&A with Coach Jonathan Grubaums:

ICON: How long have you known Luke and tell us a little about his basketball journey?

Coach Grubaums: I have known Luke for the past two years. Luke did not make the Brownsburg freshman team but trained tirelessly to make the JV team the year after. Luke ultimately decided to go to Bethesda for his junior year where he became a perfect fit into what had become a decent program, but Luke really was part of helping us excel and take us to the next level. He is a guy who instantly gelled with the rest of the team and became a captain in his first year at the school. He is relentless at putting pressure on the rim and is one of the hardest working kids I have ever had.

ICON: What makes Luke a special basketball player and person?

Coach Grubaums: More than anything it is how down-to-earth, kind, respectful, and humble he is. He is a kid who could give you 20-30 points on any given night but will also do whatever it takes to win and represent our school in the best way possible. Whether it is offering to help up opponents when they fall or just as simple as saying hello to staff members and volunteers when we enter a new facility on the road. As a Christian school we will do a prayer circle at the end of games with any of our opponents who would like to join us. He is almost always



the first one to offer to the other team to join us and cool down from the emotions of a win or loss.

ICON: What type of impact has Luke had on the Bethesda program?

Coach Grubaums: Luke has been a consistent scoring contributor for us averaging around 14-17 these past two years. He can score at three levels and knows our defensive rotations as well as anyone, leading us to really slow some teams down. He is a kid who is always in the gym getting extra shots and extra work, which trickles down to our younger guys. Also, all the K-8th graders at our school all really love him and look up to him as a great example of what a Bethesda athlete is.

ICON: Describe Luke as a leader.

Coach Grubaums: Luke values every one of his teammates and commands their respect. He is a vocal leader who also leads by example. He again, was voted captain in his first year and I believe that is very telling of how good of a leader he is. He is one of the most respectful young men we have and puts his teammates before himself.

ICON: This has been a special season for the Bethesda boys' basketball program. What has it meant to the players, the coaching staff, the school, and the community?

Coach Grubaums: It means everything to our community. These guys have all worked so hard for this. It is something

we have tried to put on their minds for a long time. It is incredible to be in this position now! Our fans are the best; we may be smaller in number than some of the 1a public schools who show up with 1000s, but all our fans are so dedicated to showing up wherever we go and supporting us. The support has been incredible. Our guys are so happy to show the school, the younger generations, and everyone else you can do anything with hard work and putting your mind to the task. These guys have been through adversity that most people don't even know about and have persevered through it all to become champions whether or not we win Saturday. These guys have won and have learned valuable life lessons along the way.

Mom and Dad has this to add about Luke:

Where should we begin? If time and space allowed, his mother and I could fill volumes with Luke's story. His journey was laden with challenges, emerging on the other side with humility, gratitude, and an inspiring presence that touches both of us deeply. Luke's mother and I have always sensed something extraordinary within him. It's a sentiment many parents may share, yet Luke's passion for sports, particularly basketball, blossomed at a remarkably young age. He didn't merely desire to participate; he aspired to greatness. His athletic prowess extended across various sports—he could have pursued football, effortlessly scoring with his first touches in the sport, or excelled

in soccer or baseball. But it was basketball that ignited a special spark within him, what his mother and I affectionately dubbed "The General." Luke devoted countless hours studying the game—analyzing plays and dissecting player movements on YouTube. He would practice diligently to recreate Durant, Curry, and the late Kobe Bryant shooting style. A close friend once remarked, "He's incredibly coachable and eager to learn!"

When Luke expressed his desire to transfer from Brownsburg to Bethesda, the journey wasn't without its challenges. However, he recognized the need for a change—a shift to a smaller school environment. While basketball played a significant role in this decision, it wasn't the primary catalyst. Luke sought fellowship, personal growth, and the opportunity to forge enduring friendships. We'd like to thank Brownsburg High School and specifically Coach Steve Lynch for his support of Luke and his well-being. In Luke, we witness not only an exceptional athlete but also a remarkable individual characterized by his selflessness and unwavering commitment to the team. Whether on the court or off, he embodies the essence of leadership as our General, and our hearts swell with pride at the mention of his name.

Congratulations to Luke and the Bethesda Basketball Team on a great year ending in a State Finalist. Congrats to Luke as well on his Mental Attitude Award and being the Hendricks County ICON's Athlete of the Week!



Notables

Compiled by Josh George

Softball

Brownsburg – 14 | Eastern Hancock – 7
A. Sylvia, K. Larkin, I. Neal – 3 Hits
H. Thompson with the win and
11 strikeouts

Plainfield – 10 | Carmel – 1

Fishers – 1 | Tri-West – 0
Lowry, Frye, James, Brower, Trivett,
Wilman all with 1 hit
Lowry with 13 strikeouts

Baseball

Avon – 16 | Perkins – 0
W. Pennington – 4 RBI
T. Thompson, A. Elmore, M.
Correa Jr. – 2 RBI
I. Kramer with the win and 4 strikeouts

Plainfield – 6 | Tri-West – 4
Plainfield – J. Jaisle and Z.
Rhoden – 2 RBI
N. Holowka with the win
and 7 strikeouts
Tri-West – J. Catt – 2 RBI

Bethesda Christian – 5 | Lebanon – 13



Congratulations to the Bethesda Boys Basketball team on being the 1A State Finalist!

Tucker Barnhart back in the Major Leagues!

Brownsburg graduate gets picked by Diamondbacks to add depth and leadership to the catcher spot

By Josh George

Brownsburg graduate and Zionsville resident, Tucker Barnhart, got good news last week when he was named to the opening day roster for the Arizona Diamondbacks. Barnhart, 33, entered the spring season on a minor league contract which was selected by the Diamondbacks to back up current rookie, Gabriel Moreno. Barnhart will provide not only depth but leadership to the Diamondbacks who have gotten off to a hot 3-1 start which is good enough for first place in the National League West (as of March 31, 2024).

Tucker Barnhart is an 11-year veteran in the majors. He attended and played baseball for Brownsburg High School where he was named Mr. Baseball for the state of Indiana in

2009. He committed to Georgia Tech to play baseball, but ended up getting selected by the Cincinnati Reds in the 2009 Major League Baseball Draft in the 10th round. He opted to sign with the Reds and spent 2009-2013 in the Minor leagues crafting his passion. He has been in the majors since 2014 where he has played for the Reds (2014-2021), Detroit Tigers (2022), and Chicago Cubs (2023). Barnhart is a two-time golden glove winner having won in 2017 and 2020. **Congrats to Tucker Barnhart and best of luck to him and the Arizona Diamondbacks on their 2024 season!**



Picture by Arizona Sports Photo/Alex Weiner. (Submitted photos)

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Investment/ cryptocurrency scams riskiest in 2023, according to new BBB report

The findings shed light on how scams are perpetrated, who is being targeted, which scams have the greatest impact, and which behaviors and factors may impact a person's susceptibility.



Investment scams, including those involving cryptocurrency, are now the riskiest scam type, according to a new report from the Better Business Bureau. More than 80 percent of people who were targeted by this scam type reported losing money to BBB Scam TrackerSM. It also had the second highest median dollar loss at \$3,800.

Investment scams take many forms, including pressure to purchase, trade, or store digital assets (cryptocurrency) with fraudulent exchanges.

While investment and cryptocurrency scams had a significant impact in 2023, particularly for people 45 and older, anyone can be targeted and therefore should always beware of opportunities that sound too good to be true. Remember, no investment opportunity will come with zero risk.

Employment scam reports remained the second riskiest scam type in 2023. Reports increased 54.2 percent from the year before. Employment scams had a median dollar loss of \$1,995, significantly higher than the overall median dollar loss of \$100 reported for all scam types.

Online purchase (shopping) scams dropped from the riskiest scam type for the first time since 2019, landing at number three on the list. This year, 41.9 percent of scams submitted to BBB Scam Tracker were online purchase scams, and 82.6 percent reported losing money.

Key findings of the report include:

- Scams perpetrated online continued to grow, making up 68.4 percent of all reports. More concerning, online scams were more likely to result in a reported monetary loss than scams perpetrated in person or via phone.
- Overall reported susceptibility (the percentage of reports with a monetary loss) rose 27.8 percent from 2022 to 2023. Overall reported median dollar loss fell 41.5 percent.
- For the second year in a row, people ages 18-24 reported the highest median dollar loss of all age groups (\$155).
- The percentage of people who reported engaging with a scammer via social media rose 63.8 percent from 2022 to 2023.
- Credit cards remained the most reported payment method with a monetary loss, followed by bank account debit and online payment systems. Reports of bank account debit with a monetary loss increased 66.4 percent.
- Employment scams were No. 1 riskiest for ages 18-44. Investment/cryptocurrency scams were No. 1 riskiest for ages 45+.
- According to our survey research, people between the ages of 18 and 44 named anxiety/stress as

the number one emotion they felt after being targeted by a scam, while people 45+ cited anger as the number one emotion.

The five most impersonated organizations reported to BBB Scam Tracker in 2023:

- U.S. Postal Service
- Amazon
- Publishers Clearing House
- Geek Squad
- Norton

A list of the top 20 is provided in the report.

RESOURCES

For more highlights from the 2023 BBB Scam Tracker Risk Report, visit BBBMarketplaceTrust.org/RiskReport.

Go to BBB.org/ScamTracker to report a scam, learn more about other risky scams on BBB.org/ScamTips, and visit our news feed.

ABOUT BBB RISK INDEX & BBB SCAM TRACKER RISK REPORT

To better understand which scam types pose the highest risk, BBB Institute assesses risk based on the BBB Risk Index: **Exposure x Susceptibility** (or likelihood of loss) x Monetary Loss. These three factors help us understand the impact of scams and who is most vulnerable. Each year, BBB Institute publishes its annual findings in the BBB Scam Tracker Risk Report. The report

also includes survey research conducted with those who reported scams to BBB Scam Tracker. BBB Scam Tracker was voted the Best Scam Fighting Tool by the Global Anti-Scam Alliance and ScamAdviser.com.

ABOUT BBB SCAM TRACKER

BBB Scam Tracker (BBB.org/ScamTracker) is an online platform that enables consumers and businesses to report attempted and successful acts of fraud. The platform also enables people to search the scam reports to help determine if they are being targeted by a scam. The platform was upgraded in 2022 with support from Amazon and Capital One.

ABOUT THE BBB INSTITUTE FOR MARKETPLACE TRUST

The BBB Institute for Marketplace Trust (BBB Institute) is the educational foundation of the International Association of Better Business Bureaus. Our mission is to educate and protect consumers, promote best practices for businesses, and solve complex marketplace problems. Our consumer educational programs, which include a wide array of resources on fraud prevention and education, are delivered digitally and in person by BBBs serving communities across the United States and Canada. You can find more information about BBB Institute and its programs at BBBMarketplaceTrust.org.

What to do with my "STUFF"

By Paul Ellsworth, Caring Transitions

For many, we spend lifetimes collecting treasures to fill our homes. Dolls, dishes, figurines, books, and so much more. There comes a point where we need to downsize and start to get rid of these sentimental items. What do we do with them? That can be an overwhelming process. Do my children/grandchildren want them? Probably not, because the younger generations are putting more value in experiences than items. Knick knacks have been replaced by trips. Can I donate them? For many items, yes. There are numerous organizations and nonprofits that work hard to provide items to members of the community that are in need. Do they need to be disposed of? Some yes. Many times the circumstances that force these decisions mean that we need help to get it done. Where does this help come from? Children, siblings, and relatives may be available. Friends or neighbors could help. However,

they are all busy and don't have unlimited availability. We can try to do it ourselves, but that may take months and that time is not an option. Another option is that there are companies that specialize in helping seniors with these services, including downsizing, decluttering, relocation, liquidation, donation, and disposal. Downsizing and decluttering can be done at a slower pace and over time. If you try to declutter your entire house in one weekend, you will get overwhelmed and frustrated. You want to start with smaller, more manageable projects. Kitchen junk drawer, tupperware cabinet, one closet, one dresser. After each successful step, you should take some time to celebrate. There are organizations that can help with relocation. As you downsize, space planning is important, so you only move what fits. Assistance with packing and resettling can be provided. Your new space is

set up before you arrive. Finally, all of the heavy lifting can be done by others. There are several options for liquidation. Again something that you can do yourself, but it is a great deal of work. Or, you can get help, sit back, and relax. Estate sites, online auctions, and posting on some social media sources are some options. If you want to sell, you must realize that your items may not have the value that you think. At a minimum, liquidation will help cover the cost of emptying your house. Donation is another way to repurpose items, save them from the dump, and help the community. There are solutions that are easier, and with some asking and research, there are solutions that can be very targeted for specific groups. An example would be Teachers Treasures, who provides support to local teachers. Some locations will pick up. If your goal is an empty house to sell, the final piece is a clean out. There are

probably chemicals that need proper disposal with a tox drop. You have found papers that need shredding. Many electronics will need recycling. There will be some larger furniture pieces, scrap lumber, rusted outdoor furniture, and other items that need to be disposed of. Again, this could be done by you, or with assistance.

In conclusion, although this process can be very overwhelming, it can be accomplished. I would be happy to answer questions, provide helpful information, or be of assistance.

Paul Ellsworth
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Spring Cleaning Your Finances

By DJ Florence, Florence Wealth

Spring can be an exciting time of year. The weather is warming up, yard work to do, outdoor sports have started, and you're rushing to your CPA to finish your tax return. It's time to "spring clean," and the perfect time to organize your financial documents. You've just finished up your tax return, so start there. You can most likely shred or destroy tax returns and supporting documents that are over seven years old. Keep the current years' return in a safe, dry place-ideally a waterproof/fireproof accessible file box that is easy to access. Also include your estate plan documents such as your trust, will, and advanced directives. Your attorney most likely provided you with a fancy binder. Next, organize your investment account statements in date order, in a sturdy three-ring binder with protective sleeves. You could use multiple binders for each account, or one binder per person if you don't have too many accounts. Make sure beneficiaries are up to date on your investments (IRAs, brokerage accounts, annuities, life insurance policies), and confirm paid on death (POD) designations for bank products. Include a one-page snapshot of your investments in the front of the binder, which includes the custodian company, the title/owner of account, the account number, approximate value, and the type of account (IRA, Roth, 401K, TOD). In the event of your passing,

it will help your heirs tremendously. Update this "snapshot" annually. You might also include property, income streams, health insurance, long term care policies, HSA accounts, and anything that might need to be canceled or distributed if you were to pass away. Destroy or shred any life insurance or annuity policies that are no longer in force. If you're unsure of what you should and should not throw out (preferably shred), contact your advisor.

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WILLIAM FURMAN: A STORIED LIFE INSPIRES A COLLECTION OF FAMILY AND BIBLICAL HISTORY



By Kate Anderson

Life is full of twists and turns, highs and lows, profound happiness, and unimaginable sadness. For 88-year-old Plainfield resident William Furman, or Bill, as his friends call him, his story is one of many life experiences and service to his community and devotion to his family. Born in Nebraska on July 15, 1935, and a child of the Great Depression, Furman remembers the effects it had on his family. As a child he remembers watching his mother dry used coffee grounds on pages of the Sears Catalog so that they could be used again and never knowing what mealtime would hold and how much food there would be to pass around the table, let alone what each day would hold. Like so many, this time in history molded a part of his upbringing and these sensibilities he would carry with him through his life. Later in his childhood, he relocated to Stilesville where he would go on to graduate high school and then enlist in the Air Force with a desire to serve in the Korean War. Before the war ended, he was afforded the opportunity to transfer to the Air Force Reserves and attend college. He then obtained a Bachelor of Science degree from Butler University and went on to work for Eli Lilly for 32 years.

During these years he and his first wife had a son who, for unforeseen reasons, he would go on to raise on his own. This was a trying time for Furman, and he felt like he had hit the bottom of the barrel. It turned his world upside down and he wasn't sure what steps to take next,

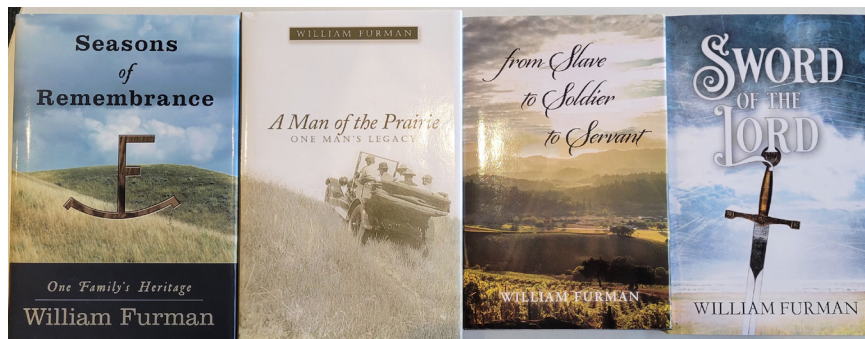
but he knew he had to make some important decisions. In an effort to give his young son a good foundation, he began taking him to Sunday School at Plainfield Christian Church. It was while he was attending church that he met the beautiful woman that he would go on to marry. She was a divorcee with five children and together they made a wonderful, blended family. "Meeting and marrying my wife Barbara is the best and smartest thing I have ever done in my life," said Furman. They were happily married for over 55 years until his beloved wife passed away in 2022 from Alzheimer's disease.

It was in the years that his wife was in the throes of her illness that he devoted himself to her comfort and care. As her illness progressed, he became determined to keep her at home, so he hired help when necessary to assist with her care. At night when she was asleep, he found himself thinking of his past and where he came from. He had begun to research his family geology and he got the notion of writing down his family history. He started with the story of his great-grandfather who traveled to Nebraska to put roots down for his family and his future. Thoughts, fragments, and short stories morphed into a book that he titled "A Season of Remembrance." It felt cathartic to journal his family's history, so he made the decision to dive back in, writing his grandfather's story and thus the story of his father and himself. This book was titled, "A Man of the Prairie." His writing, along with his various volunteer endeavors in the Plainfield community, temporarily took him away from his worries about his wife's advancing illness.

When Barbara passed away, he continued to volunteer whenever he

could and fervently worked on his writing projects. One day when he was reading his Bible, he came across a character that was mentioned in Acts Chapter 10. He was described as "a certain man in Caesarea called Cornelius, a centurion, a devout man and one that feared God with all." This man was a Roman soldier who was a Christian, which was not a popular belief at that time. It intrigued Furman that this man's history was not mentioned in any way. Who was he? What was his story? These questions perplexed him to no end and since he couldn't find any more information on him, he decided to give him a life and thus his next book was born. "From Slave to Soldier to Servant" is the historical fiction story of Cornelius' life from birth to death. He continued this historical fiction journey of Cornelius and brought to life the story of his family and his wife's journey of spreading the gospel with his book, "Sword of the Lord" that will be released this April.

In this current season of his life, Furman loves to spend his time with his children, who all live close by and keep an eye on him, and when he can, his 13 grandchildren and 17 great-grandchildren. His family is immensely proud of his writing endeavors. For the most part, he has discontinued his volunteer efforts and is enjoying the quiet life, reflecting on his life full of both trials and blessings. "I believe that the Lord has intervened in my life at many different times and for the betterment of my life. He has opened many doors and closed many windows," said Furman. Ultimately, he trusts the Lord and his timing. He is grateful for the gifts he has been given and has loved the journey his writing has taken him. Though very humble, he does take pride in his writing and hopes others will enjoy his efforts. "No matter how old you are you can still do great things," said Furman. This should be a lesson to all of us to get out there, work hard, and enjoy our lives to the fullest.



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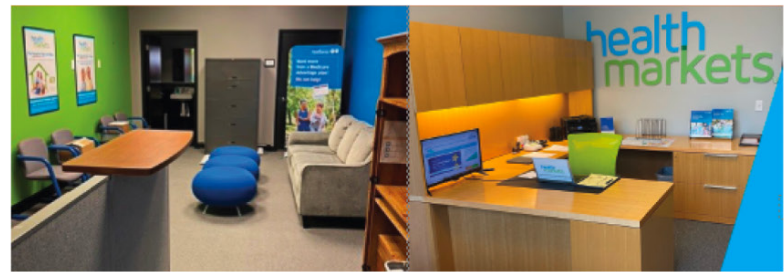
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Brownsburg Older Adult Alliance (BOAA)

Annual Comedy Show Fundraiser

April 27th, 7 - 10 p.m.

Brownsburg's American Legion Post 331



The Brownsburg Older Adult Alliance (BOAA), a nonprofit improving seniors' health through social activities, is thrilled to partner with Laughing Dad Entertainment for a hilarious PG-13 fundraising event! Join us on Saturday, April 27, at 7 p.m. (doors open at 6:30 p.m.) for an authentic comedy club experience featuring top-notch national comedians Shanda Sung from Bloomington, Sean Smith from Louisville, Ky., and Danny Browning from Floyds Knobs as we raise funds for BOAA's Senior Programming. Fundraiser to include silent auction, 50/50, pizza, popcorn, and desserts for purchase. There will also be a cash bar. You can purchase advance tickets at bburgoaa.org for \$25 or \$30 at the door.

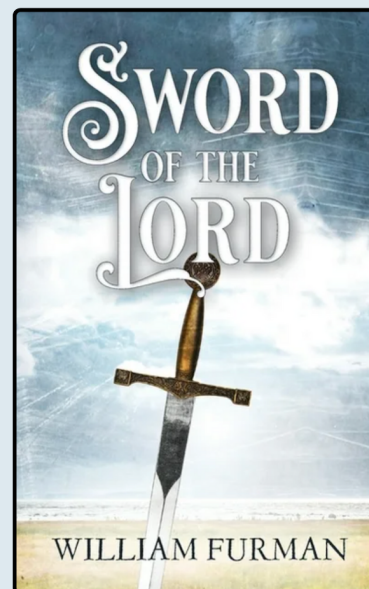
Our performers for the evening:

- Shanda Sung: A rising comedy star from Bloomington, Shanda juggles motherhood, a 'hot' husband, and taking the world by storm with her quick wit and relatable humor. Her debut

special, "Pickles," is a testament to her undeniable talent and comedic brilliance.

- Sean Smith: A top comedian from Louisville, Ky., Sean began his career in a hip-hop freestyle group before transitioning to stand-up in 2006. He now headlines corporate events and comedy clubs while maintaining his successful podcast, "Bout Time."
- Danny Browning: A seasoned veteran from Floyds Knobs, Danny brings a wealth of experience and comedic prowess to the stage. With over two decades of touring under his belt, Danny has captivated audiences at renowned clubs and theaters nationwide.

Come out and support BOAA Senior Programming. If you have any questions, please feel free to reach out to BOAA's voicemail and we will get back with you: 317-440-5110.



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Fight Back Fitness rallies community for annual "Month to Move" 5K for Parkinson's Awareness Month



FIGHT BACK FITNESS

EMPOWERING PEOPLE WITH PARKINSON'S

April is Parkinson's Awareness Month, and to celebrate, Fight Back Fitness (FBF), a local nonprofit, is encouraging their community both local and nationwide to join in their annual Month to Move Community 5K Walk/Run. The event takes place on April 27 at Williams Park in Brownsburg. In addition, there is a virtual 5K option that is open all month. All proceeds from the event support physical programming for those fighting Parkinson's, empowering them to fight back.

only helped improve the quality of life for over 125 members, but also provided them with a community of others dealing with the same struggles. Karen Allgood, celebrating her sixth year as a boxer and second year serving as Boxer Relations Chair on the FBF Board, is forever grateful for the program. "The boxers have become my family along with the coaches. We all support each other. Fight Back Fitness has been there for me since March 16, 2016; pushing me, guiding me, listening to what I might need - no matter what!" said Karen.

Parkinson's disease is a neurodegenerative disorder that can cause motor skills, balance, speech, and sensory functions to degenerate. The cause is largely unknown and while there is no cure, treatment options include medication and surgery. The Parkinson's Foundation estimates there are over one million people in the U.S. living with Parkinson's disease and over 60,000 people diagnosed each year.

Join FBF for the Community 5K on April 27 at Williams Park to celebrate Month to Move and Parkinson's Awareness month. Packet pick up begins at 8 a.m., and the run/walk begins at 9 a.m. For more information and to sign up for Month to Move, visit: <https://runsignup.com/Race/IN/Brownsburg/MonthtoMove>. Register for the Month to Move by April 8.

Recent studies, most notably at Cleveland Clinic, suggest that certain kinds of exercises may be neuro-protective and actually slow disease progression. Fight Back Fitness offers Rock Steady Boxing and Pedaling for Parkinson's programming. For Rock Steady Boxing, exercises are largely adapted from boxing drills, and Parkinson's disease is the opponent. Boxers condition to improve speed, agility, muscular endurance, accuracy, hand-eye coordination, footwork, and strength. Pedaling for Parkinson's centers on stationary cycling to improve muscular endurance and reduce symptoms.

To support Fight Back Fitness without participating in the 5K, donations may be made online at <https://runsignup.com/Race/Donate/IN/Brownsburg/MonthtoMove>. Local organizations can contact Rock Steady Boxing of Brownsburg at brownsburg@rsbaffiliate.com or 317-939-0166 for more information on sponsorship opportunities.



Over the past 10 years, Fight Back Fitness has not

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Physical therapy following total knee replacement surgery

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

More than 600,000 total knee replacement procedures are performed each year in the United States. As our population ages and obesity levels continue to increase, knee replacement surgeries are expected to increase.

One of the most important success factors following a total knee replacement is physical therapy and a lifelong exercise program.

Physical therapy typically begins during the hospital stay with the initial goal of getting the individual up and walking, decreasing swelling in the knee, and increasing range of motion. On the day of surgery, you likely will be using a walker and taking a few steps with the physical therapist.

In the next few weeks, you will be doing a variety of exercises with the therapist, including, but not limited to leg raises, ankle pumps, knee straightening, and supported

knee bends with a goal of reaching 90-degree flexion.

In three to six weeks, you can expect use of a cane or no device at all for walking. You will start doing normal daily tasks at home such as making your own coffee, showering, dressing, etc. You will also be working on scar mobilization and strengthening as you progress.

In seven to 12 weeks, you should have a wide range of motion and will continue with scar mobilization and strengthening as needed.

Therapy On Wheels (TOW) physical therapists can help you recover from your knee replacement in the comfort of your own home as an outpatient. We don't just have a good team at Therapy On Wheels Inc., we have a GREAT team!! Contact our office at 317-332-9861 for information or visit our website at www.therapyonwheelsinc.com.



DETECTION OF ORAL, HEAD, AND NECK CANCERS

By Dr. David Campbell, head and neck surgeon at IU Health West

As we age, prioritizing our health becomes increasingly vital. One aspect often overlooked is oral health, yet it plays a crucial role in our overall well-being, especially concerning the detection of oral, head, and neck cancers. This Oral, Head and Neck Cancer Awareness Month, let's delve into the significance of oral cavity screenings for individuals aged 55 and older, shedding light on the importance of seeking medical attention for persistent ulcers, masses, or neck lumps.

Understanding oral, head, and neck cancer

Oral, head, and neck cancers encompass a variety of malignancies that affect different parts of the mouth, throat, and neck. According to the American Cancer Society, about 54,000 Americans will be diagnosed with these cancers each year, with the majority occurring in individuals over 55. Tobacco and alcohol use are significant risk factors, but the human papillomavirus (HPV) is also a growing cause, particularly for throat cancers.

The role of oral cavity screenings

Routine oral cavity screenings are essential for early detection and intervention. During these screenings, healthcare professionals examine the

mouth, throat, and neck for any abnormalities such as ulcers, persistent sores, or lumps. Catching these signs early significantly improves treatment outcomes and survival rates.

Signs and symptoms to watch for

While oral cancers can manifest in various ways, there are common signs and symptoms to be aware of:

1. Persistent mouth ulcers or sores that do not heal within two weeks
2. Red or white patches in the mouth
3. Persistent sore throat or hoarseness
4. Difficulty swallowing or chewing
5. Lump or mass in the neck

When to seek medical attention

If you notice any of the aforementioned signs or symptoms, it is imperative to seek medical attention promptly. Do not dismiss these changes as mere irritations; early intervention can save lives. Your healthcare provider can conduct a thorough examination and recommend further diagnostic tests if necessary.



Navigating the diagnostic process

Upon detecting any abnormalities, your healthcare provider may recommend additional tests such as biopsies, imaging scans, or endoscopies to confirm or rule out cancer. These procedures are crucial for accurate diagnosis and determining the appropriate treatment plan.

The importance of timely treatment

If diagnosed with oral, head, or neck cancer, timely treatment is paramount. Treatment options may include surgery, radiation therapy, chemotherapy, or a combination thereof. The specific approach depends on factors such as the type and stage of cancer, as well as the individual's overall health and preferences.

In addition to medical interventions, embracing a holistic approach to wellness can significantly impact treatment outcomes and overall quality of life. This includes maintaining a balanced diet, staying physically active, managing stress, and avoiding tobacco and excessive alcohol consumption.

Support and resources

Facing a cancer diagnosis can be overwhelming, but you are not alone. There are numerous support groups, counseling services, and resources available to help navigate this journey. Reach out to your healthcare team for guidance and connect with fellow survivors for encouragement and shared experiences.

Prioritizing oral health and seeking timely medical attention for any abnormalities in the oral cavity or neck are critical steps in the early detection and management of oral, head, and neck cancers. As we observe Oral, Head and Neck Cancer Awareness Month, let us commit to proactive screening, empowering ourselves and our loved ones to prioritize health and well-being at every stage of life. Remember, early detection saves lives.

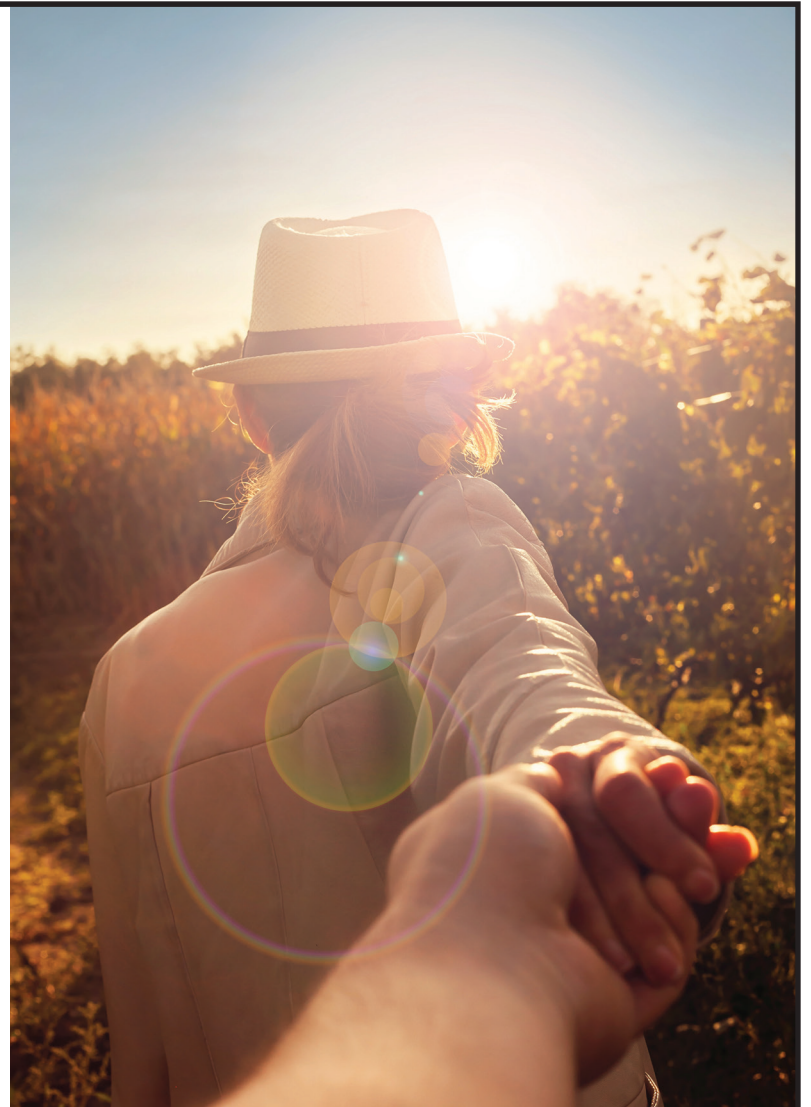
The IU Health West Cancer Center in Avon is a state-of-the-art facility designed for patients with input by patients. If you have persistent ulcers or masses in the oral cavity or neck lumps, call 1.888.IUHEALTH and schedule an appointment with an ear, nose, and throat specialist.

Cancer Survivorship Coaching Class

Return to Wellness After Cancer

Do you find yourself wondering “What’s next?” after completing cancer treatment? Do you want to make some healthy lifestyle adjustments but are not sure where to start? Are you interested in connecting with other survivors who are also motivated to return to wellness after cancer? This exciting new class may be for you.

- Reflect on the impact of your cancer diagnosis
- Connect with other cancer survivors
- Create a personal wellness vision
- Set achievable goals
- Support in achieving your goals
- Ongoing monthly virtual follow up meetings (optional)



5-WEEK CLASS

NEW

Wednesdays
April 17 – May 15

6 – 7:30 pm

IU Health West Hospital
Terrace Classroom

Class is open to anyone who has completed treatment for cancer and is ready to embrace wellness. Prior treatment at IU Health West is not required.

RSVP to: Michelle Hoy, LCSW, OSW-C

T 317.217.3391 | Email: mhoy@iuhealth.org



West Hospital

IU Health Cancer Centers | IU Health West Hospital
1111 Ronald Reagan Parkway | Avon, IN 46123

Beware the Mulch Volcanoes!

GARDENING

By Amy Maharas



One of the first activities of spring gardening is mulching. The benefits of mulching are many. The most important is moisture retention in the soil, reducing watering needs during hot, dry spells. This is especially important when planting new shrubs and trees, even perennials and annuals. Keeping the soil cooler and moist during hot weather reduces stress on both newly-planted and established plants. Organic mulch, made from natural materials, slowly breaks down to enrich the soil and feed the plants. There is a huge variety of mulching materials available on the market. Most any material can be used as mulch. Bark (a by-product of the timber industry), utility crew wood chips, clean wood pallets, leaves, compost, and even grass clippings (with no herbicides) can all be used. Exterminators always recommend that absolutely no organic mulch be used up against the house, which is needless overkill. I've used wood mulch around my home on wooded acreage for many decades, with absolutely never an insect problem. Once, I even found termites in an old, rotting pile of firewood literally just a few feet from the house, but not one termite living in the mulch. Ground up wood pallets and other (untreated) lumber make great mulch. Just be certain that it's made from "clean" pallets that have not been contaminated by chemicals or other toxic liquids. Note: Avoid rubber mulches made from ground up tires, found to contain toxins, heavy metals, and other undesirable components. Organic mulches should never be spread more

than 4" thick. It will settle somewhat, down to 3" or so, which should be good for at least a year. Any deeper will encourage anaerobic mold, which is quite nasty and potentially harmful to plants. Finally, some homeowners and poorly-trained landscaping crews are guilty of creating "mulch volcanoes" around trees and shrubs, in addition to spreading mulch way too deeply on landscape plantings. Mulch piled up around tree trunks causes bark rot, which leads to disease and insect problems which can actually kill shrubs and even good-sized trees. Correctly mulched, a 4" layer of mulch should be spread with the mulch pulled away a few inches from the trunk of the tree, forming a "doughnut" of mulch, not a volcano!



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

Visiting the Greek Isles

TRAVEL

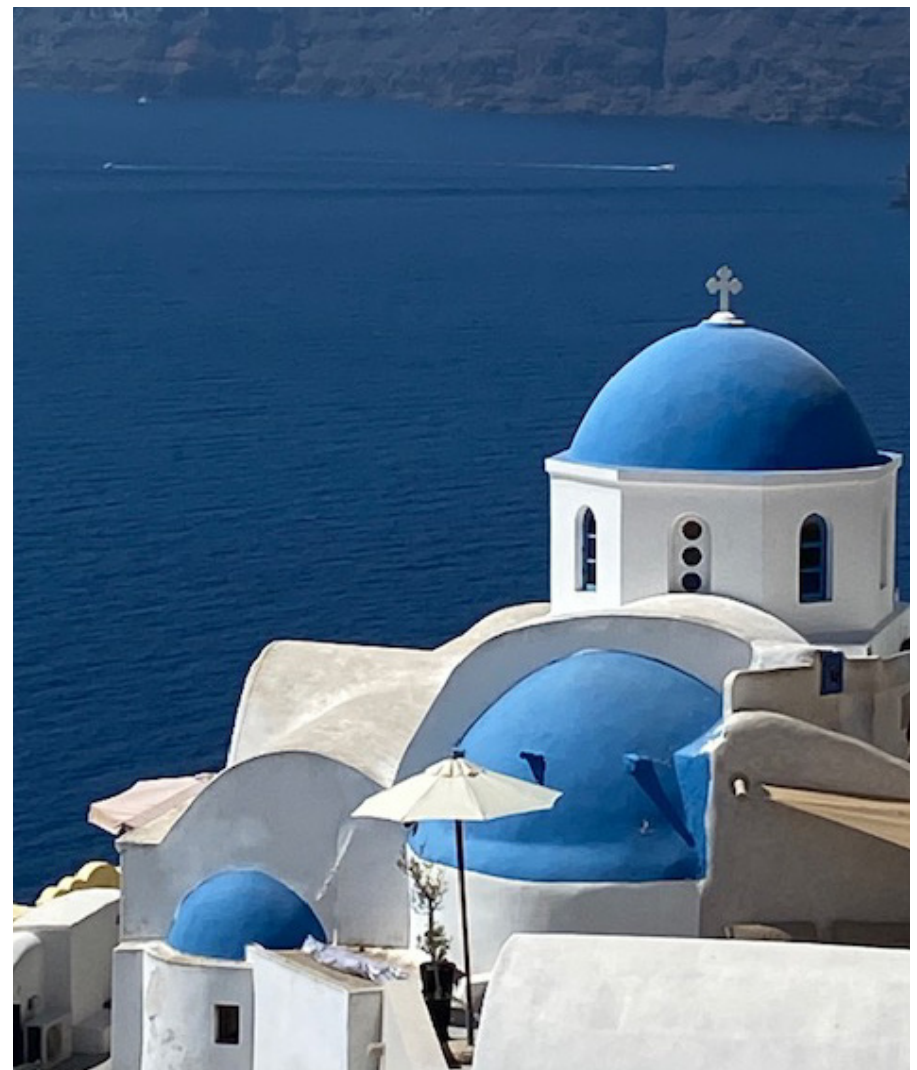
By Amy Maharas

As someone with over 30 percent Greek ethnicity, going to Greece was always on my travel to-do list. Last summer it became a reality! My husband and I traveled with good friends to Athens and enjoyed a seven-night Greek Isles cruise. To say it was amazing is an understatement! If Greece is on your bucket list, you have options. A cruise is a great way to see multiple locations in Greece without having to unpack and repack suitcases. Most Greek Isles cruises leave from Athens (other departure ports available) and hit well-known locations like Santorini, Mykonos, and Rhodes. You'll get a taste of Greek culture (both figuratively and literally), and some ships even stay overnight in a location so you can experience the nightlife (ours included an overnight in Mykonos). Not keen about being on a ship? Consider

a tour with a small group tour company. Lodging, transportation, and most meals are included, and you'll be able to enjoy multiple locations without having to do the planning yourself. Be sure to book with a company that offers local guides as well as company guides. Contact a local travel advisor for suggestions! Want to dig deeper into Greek culture? Choose an island or two (there are more than 200), rent a villa, hire a personal chef and driver, and live it up. No matter how you visit Greece, you won't regret it!



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



Hendricks County Mental Health Partnership:

Making waves to raise awareness and reducing the stigma around mental health and substance use

By Kate Anderson

There is a crisis looming over not only the country, but right here in Hendricks County. It is a crisis that is plain as day if you stop and take a minute to look around. Take a hard look at our hospitals, schools, and detention facilities, for example. There is a serious mental health and opioid crisis that few choose to acknowledge but it surrounds us every day, and the ones that do are fighting an uphill battle. In 2010, a county-wide initiative was developed and aptly named the Mental Health Partnership. In collaboration with the Hendricks County Health Department, a community health assessment was performed, and it was determined that mental health and substance abuse counseling was in the top five needs of Hendricks County residents. A coalition of various boards of volunteers consisting of community members, health professionals, business leaders in the county, The Hendricks County Drug Task Force, etc. were formed to realize the vision of the partnership. Though coalitions, boards, and members have waxed and waned over the years, their mission has remained clear.

Fast forwarding to January 2023, the partnership reached new strides in their mission to bring about change in our community. The Hendricks County Community Foundation announced that in partnership with the Hendricks County Mental Health Partnership and Community Solutions, the Foundation brought together community health leaders to develop a county-wide health plan. The goal is to help all Hendricks County Community members become free from addiction or continue a path of recovery and have increased mental health. The plan was funded through the American Rescue Plan Act (ARPA) grant that was approved by county commissioners, the Council, and the County earmarked \$300,000 to implement the plan. The goals of the Steering Committee, co-led by Chase Cotten with The Willow Center and Michael Aviah with the Hendricks County Health Department, are to focus on four priority areas: isolation and stigma, provider access, education and awareness, and social-emotional development. Within those priority areas, the following nine strategies were developed:

1. Increase the number of behavioral health workers in Hendricks County. To accomplish this the committee looked to their partners at the Hendricks College Network to help, promote, and add onto the College Network's website a pipeline that would inform students of ways that they could get into various mental health career pathways.

2. Create a system of Community Navigators to assist those in crisis and help them better maneuver through the mental health and substance abuse treatment options. A partnership with Family Promise is in the works for such a position. The goal is to have a help line of sorts, an actual person who can help them in their moment of need and lead them in the right direction to get assistance.

3. Inform the faith-based community about mental health and substance use disorders and involve them in referring people to the appropriate resources. The goal is to train pastors on the basic knowledge of mental health and signs of crisis and make resources available to ministry leaders to help with housing help and expenses.



Hendricks County Health Partnership



4. Treat direct service professionals such as first responders, healthcare workers, teachers, school staff, and any others who may be suffering from vicarious trauma by de-stigmatizing and creating access to mental health and substance use disorder providers that specialize in treatment for those above professions who may serve victims of trauma and those experiencing mental health and substance abuse disorders directly or indirectly. To achieve this, they are partnering with Mental Health America of Hendricks County to increase awareness of the Employee Assistance Programs (EAP) and ensure that such programs are available to all in need.

5. Maintain and promote the Hendricks County Community Online Resource Guide. For this, they are partnering with the Hendricks County Health Partnership to keep the Community Resource Guide updated, maintained, and expanded. This includes marketing this Resource Guide to ensure that behavioral and substance use services are normalized and without stigma.

6. Engage and involve business leaders in the Hendricks County Health Partnership. The goal of this is to develop a team to train and engage employers and human resource leaders with roundtable discussions facilitated by the Hendricks College Network. This plan is also to engage economic development, Chamber leaders, and businesses by offering awareness training during Mental Health Awareness Month and/or Recovery and Suicide Awareness Month and be a resource for Chamber members when needed.

7. Make trauma informed care (TIC) and Adverse Childhood Experiences (ACES) awareness a culture throughout the county. This partnership with the Hendricks County Phoenix Collaborative will create educational opportunities and training on how to be trauma-informed and looks to engage all public health and public corrections personnel in ACES training and screening.

8. Use the arts organizations to start mental health and drug addiction conversations. In partnership with the Hendricks County Arts Council, they have plans to utilize artists to put together a gallery where the artwork displayed deals with these issues and give free art and music classes to those in drug addiction and mental health therapy.

9. Provide support for people raising children in Hendricks County. In partnership with Hendricks County Phoenix Collaborative, the goal is to develop and execute accessible caregiver classes for new and experienced parents to support child development, special needs children, and children of other minority identities.

"I am so proud to play a role on behalf of The Willow Center in co-leading the Hendricks County Health Partnership as we implement this community action plan. The partnership is stronger and more engaged than it has ever been before, recently combining the forces of multiple local collaboratives including the Substance Abuse Task Force, the Mental Health and Wellness Coalition, the System of Care, and the Client Consultation

Board of Prevention. With the financial support of the Community Foundation and the Hendricks County Government, we are eager to accomplish these goals for the betterment of all people who live, work, and play in Hendricks County," said Cotton, Community Director of The Willow Center.

Since the pandemic, the need for mental and behavioral health services and substance disorder treatment has grown exponentially, and the needs of our community are increasing every day. These goals set forth by the Mental Health Partnership will serve to better the lives of the Hendricks County community and have the hope to lead the community to many meaningful changes and outcomes. Now in 2024, the goals of the Mental Health Partnership are being executed and starting to gain even more traction. The Willow Center, located in Brownsburg, continues to work diligently to realize those goals and better its citizens. The Willow Center, a small business with a not-for-profit heart, opened its doors in 2012, with CEO and Founder Ashley English and one administrative assistant. In a small one-room suite, Ashley set out with the vision to provide positive outpatient services for Behavioral Therapy, Mental Health Counseling, and Substance Use Counseling for all in need regardless of their background in a non-judgmental and supportive environment. Now in the current time, they have not only expanded their footprint to multiple suites but added staff members to a total of 20. As their staff has increased so has their ability to serve the needs of Hendricks County residents. On average, they see a census average of 265 clients a month, most being clients that they have been seeing for six months or longer. The counselors at The Willow Center strive to work with clients and meet them where they are in their journey to healing and personalize their treatment. The counselors strive to let clients know that whatever they are facing, it doesn't define them, and they are worthy of something better. The environment that The Willow center has created serves both adolescent clients over 13 and adults. One-on-one mental health counseling is available, as well as Intensive Outpatient Treatment (IOT) Group Sessions and Step-Down Treatment Options for substance use treatment. All of this to be said that there is a way for everyone in need to get the help they require. Both English and Cotten have a dedication, heart, and mission to better others and better our community. Chase comes from a public health background, has a heart of gold, and has a passion for speaking to others whenever he gets the opportunity about the value in the mission of both the Willow Center and the Hendricks County Mental Health Partnership.

This past March, The Willow Center, in partnership with The Town of Brownsburg,

launched a scholarship program to support prevention and treatment for substance use among Brownsburg youth. The scholarship funds will be provided to The Willow Center from the Town of Brownsburg through state of Indiana opioid settlement funds over the next 15 years. Substance use is a growing concern in Hendricks County and in 2022, claimed 46 lives. Substance use behaviors are also high among young people as well. In 2022, 221 Hendricks County youths were referred to probation for substance use. According to the Indiana Youth Survey, 39.5 percent of central Indiana high school students report monthly cannabis use, 53.5 percent alcohol use, and 5.5 percent prescription drug use. This impact stretches into public safety and the Hendricks County Prosecutor's Office reported over 800 drug-related offenses in 2022. "Supporting youth addiction prevention and treatment is crucial to help young people overcome addiction and achieve their full potential. Early intervention is essential to prevent addiction from escalating and reduce the likelihood of future addiction and related issues. It also helps build healthier communities and a brighter future for society," said Brownsburg Chief of Police Joe Grimes.

Through this beneficial partnership, The Willow Center will provide scholarships to qualified Brownsburg residents ages 13-17 who need substance abuse treatment. Approximately 7 percent, or 12,000 Hendricks County residents, do not have health insurance. The scholarships will cover all or part of the expenses related to substance use treatment. The program also supports the families of these individuals during the treatment process. The Willow Center has been serving the Brownsburg and Hendricks County Community for over 11 years and is a leading provider of evidence-based treatment programs. "Every person's journey towards recovery is unique, and we believe in providing personalized support tailored to their needs. We aim to create a safe and nurturing environment where our clients can heal, grow, and rediscover their true potential," said English, CEO of The Willow Center. This scholarship program, as well as the amazing work of the Hendricks County Mental Health Partnership, are making huge strides in changing our perception about the stigma of mental health and treatment and well-being of all Hendricks County community members.

For more information about The Willow Center or about the Adolescent Treatment Scholarship, eligibility requirements, and the application process, visit thewillowcenter.com or call 317-852-3690.



Substance Use Treatment & Mental Health Counseling





The Willow Center is a DMHA-certified and CARF-accredited outpatient substance use treatment and mental health counseling center. It is our privilege to offer our clients a uniquely better experience, individually designed to ensure a future of good health, happiness, and positive life-change that brings pride and joy to them and to their families. We are honored to stand with our clients as they restore lost hope, dreams, and relationships throughout their journeys of wellness and recovery.

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BUSINESS LEADERS

Emotional decisions can be good

Here's where my head is today ... I am tired of hearing that emotions have no place in the workforce. Emotions impact us ALL the time. We don't just leave them at the door when we clock in. I'd love it if we could reframe how we use emotional awareness to maximize our choices and improve our decision making.

Here's a few examples of how emotions have impacted my clients just this week:

- A coworker was trying to get another coworker to meet a deadline, and the coworker got so frustrated by the pressure, they yelled, "get off my back, I'll get it done." [Emotions present: Anger / Concern]
- Just before I was training a group of leaders, one of the leaders shared with me that they got a new job. YET, when I asked the class what they were celebrating, this leader did not share because they didn't think it was worth mentioning. [Emotions present: Excitement / Hesitance]
- A young worker continues to get negative feedback from their manager, and it's constant dwelling on the 10 percent they aren't doing perfect. The young worker is beginning to believe there is no hope that they will succeed and is wondering if they need to look for a new job. [Emotions present: Judgement / Depression]
- A leader has an opportunity to present a new idea before their executive team. [Emotions present: Determination / Hope]
- A leader admitted their optimism about a situation that caused them to not account for the pressure a decision would have on the team. As a result, they've accepted two resignations in the last few weeks. [Emotions present: Optimism / Sadness]
- A leader made a decision without consulting their team because they were tired of their team dragging their feet. [Emotions present: Frustration / Avoidance]

In these situations, there were both positive and negative emotions present. They may or may not have been what was needed in the moment or produced the

best outcome. Yet, they still existed.

Emotional intelligence reminds us that:

You can't choose your first thought,
You can choose your second thought, and
You can choose your first action.

The space between your first and second thought is where the emotional intelligence skills of impulse control and reality testing are used.

You can't choose your first thought – this is the thought or feeling that comes so naturally and quickly.

With practice, you can press your internal pause button after the first thought. This allows a moment to gain perspective and assess the situation. **Here are a few powerful questions you can quickly ask yourself:**

- What is really happening here? Not in the past. Not in the future. Right now, in this situation.
- What do I want to accomplish through this situation?
- How can I see the 10 percent that is good in this situation and not dwell on what is not right?
- Have I accounted for all the factors, not just the ones important to me?
- How can I turn this into an insight, a gift, or an opportunity to move in the direction I really want?

By answering these questions, you are more equipped to choose your first action, which can improve decision making by focusing on producing a positive response and maximizing the potential of the situation.

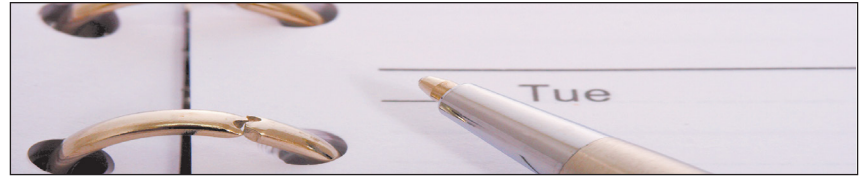
Truth be told, sometimes, you don't have time to do the analysis in the moment. That's okay. Just take time later.

Emotions impact us ALL the time. Are you acknowledging and using them to make the BEST choices?



Susan Rozzi is the president of Rozzi and Associates, a leadership and organizational development company helping good leaders become great! Our programs start with the premise that great leadership skills are a product of time, practice and focused development. Our leadership development, emotional intelligence insight and career management programs can be customized to meet your desired outcomes and needs. Contact Susan at susan@rozziandassociates.com.

PLANNER OF NOTE



10 – Danville Chamber of Commerce: Wednesday, April 10, 11:30 a.m. - 1 p.m. at Hendricks County 4-H Fairgrounds, Danville. For more information, call 317-745-0670.

16 – Plainfield Chamber of Commerce: Tuesday, April 16, 11:30 a.m. - 1 p.m. at Richard A. Carlucci Recreation and Aquatic Center, Plainfield. For more information, call 317-839-3800.

17 – Brownsburg Chamber of Commerce: Wednesday, April 17, 11 a.m. - 1 p.m. at West Chase Golf Course Pavilion, Brownsburg. For more information, call 317-852-7885.

23 – Avon Chamber of Commerce: Tuesday, April 23, 11 a.m. - 1 p.m. at Avon American Legion, Avon. For more information, call 317-272-4333.

Bill Boyd Joins Hendricks County Bank and Trust Company

(Submitted Press Release)

Hendricks County Bank and Trust Company President, Jerry P. Orem, along with Directors and Officers of Hendricks County Bank and Trust Company, announce that Bill Boyd has joined as a Vice President.

Bill Boyd will serve as a Loan Officer, originating and managing commercial loans, and has completed the American Bankers Association Financial Services Counselor certification. Bill will operate out of the Plainfield location. With over 34 years being a trusted advisor in the financial arena, Bill has experience in commercial lending, investment advising, mortgage lending and in insurance underwriting.

Bill is a 1986 graduate of Ball State University, with a bachelor's degree in finance from the Miller College of Business. Bill grew up in Muncie having attended Delta High School. Bill currently lives in Mooresville with his wife and they have 1 son. Bill is involved with the Kiwanis Club of Mooresville.

"It is my absolute pleasure and privilege to join the team at Hendricks County Bank and Trust. I endeavor to utilize my past experiences and the tools provided to me to bring value to our customers in the communities we serve," responded Boyd when asked about joining the loan team.

When asked about the thoughts behind this new hire, Jerry Orem stated, "As we watch the growth of Plainfield, especially with the expansion of the business community, it was decided that the addition of another commercial lender was a tactical move for our future progression. Bill comes with an established knowledge of the industry and customer-centric focus that enticed us to add him to our team."

Founded in 1908, Hendricks County Bank and Trust Company has been locally owned and operated for 113 years. With five locations in the county, Hendricks County Bank provides outstanding customer service along with the latest technology and innovative products. The bank's employees from the President and Board Members to the customer service representatives are engaged in Hendricks County so they understand the local economy and the areas that are served. Visit the bank's website at HendricksCountyBank.com for more details.



HENDRICKS COUNTY BUSINESS LEADERS

Unbreakable Athletics and Undeniable Spirit

By Kate Anderson

Hold the vision. Trust the process. Be relentless. Never give up. This is one of the tenets that Jim Beebe holds true, and he lives his life by it every day. Unbreakable Athletics Academy was born out of a need and vision to help not only others succeed in their fitness goals, but also for himself. This journey to health, wellness, and discipline was the path he felt he needed to follow, but it was a very rocky one. Jim, although an athlete now, was not raised with a priority for fitness but it was always something he longed for. In middle school and high school, he was determined to find his way to athletics in some shape or form and found himself playing racquetball. He was so talented in the sport that he ended up taking those competitive skills with him to Purdue University. Unfortunately, he suffered several back injuries and was no longer able to play racquetball, nor any other competitive activities and this led to his taking on an unhealthy lifestyle. He placed all his focus on his studies, went on to graduate and then pursue his MBA. Ultimately, Jim became an investment broker for JP Morgan and after years of entertaining clients with many lunch and dinner meetings he realized that his health was further diminished, and his weight was at a very unhealthy and dangerous level. It was at this point that he decided he had to make a change and make it a lasting one, for his own health and to provide a good example for his children. "I wanted to stop making people wealthier and help others get healthier," said Jim.

In 2010, he started his health journey in earnest, working out to the P90X program which helped him lose weight, get stronger, but gain a ton of motivation. He progressed to working with a program called CrossFit and experienced even more success. He wanted to learn more about this path to health. He educated himself on healthy eating and best practices for

nutrition. He wanted more for himself and for others and he knew he could help so in 2012, he made the decision to start his own gym. He began training and coaching a small group of athletes in his garage, all the while developing a plan and learning as much as he could about starting his own training facility. In 2013, he opened the Brick-and-Mortar location of Unbreakable Athletics Academy in Plainfield, but it wasn't without some serious growing pains and major sacrifice along the way. "I quickly learned the hard way of how to get over the hard times and pivot to make it work financially. It was difficult, painful, and stressful, but worth it," said Jim.

Fast forward to the current time, Unbreakable Athletics just celebrated its 11th anniversary and continues to grow and thrive. With a current staff of 10-12



"I wanted to stop making people wealthier and help others get healthier,"

— Jim Beebe

but also work out in a group setting. He wants students to work towards their goals together. "Many students, especially many women, are starting from zero and are uncomfortable with a gym setting. We encourage them to work towards getting past themselves, work hard, give your all, and NO LAZINESS ALLOWED," said Jim. He emphasizes the connection between the physical and mental aspects of not only fitness, but of life. "As a team, our goal is to show you how to handle not only conflict

and difficult situations, but with the hard physical challenges which in turn can help you emotionally, professionally, and overall make your life better," said Jim. A large part of what sets his gym apart from others is his work with kids. In his years as a trainer, he and his staff have worked to train many students and young people who are on the path of military service, college sports, or even professional sports. If you take a tour of his facility, you will see the flags that hang on the walls representing those students who have gone on to do great things. He also has a passion for working with disadvantaged and at-risk youth. He accepts referrals from churches and the Plainfield Youth Assistance Program and does his best to help them find the right or the better path for themselves. "Some kids come to me and express their desire to work with our gym, others just need some directions and a kick in the pants. I want to see kids turn their lives around," said Jim.

In the years since Jim started his Unbreakable Athletics Academy, he has not only grown his gym, but has also as a person. His experiences have afforded him the opportunity to help others through physical exercise, but also helped with their mental well-being and inspired others to excel in whatever they choose to do in life. Though he is very busy, he is occasionally asked to attend speaking engagements for groups like Kiwanis, Rotary Club, and Chamber Meetings. His focus on total body, mind, and health wellness not only gives his listeners something to think about but serves as an inspiration to others. He has great plans for the future of Unbreakable Athletics. He has discipline, drive, vision, and keeps at his goals with veracity. As it is said, success is never owned; it is rented, and the rent is due every day. How you do anything is how you do everything. Never give up.

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TECH TALK

Tech's Place in a Strategic Plan

By Chet Cromer

Does your business have a strategic plan? I don't mean those concise vision and mission statements that we come up with after a few days of brainstorming. Nor do I mean a set of core values that guide your business and help you dial in ideal opportunities. When I ask this, I mean that next step... the step where we take those nice, concise statements and turn them into a real plan – one with specific, measurable goals, and one that we can hold our stakeholders accountable to. Do you have one of those?

At my business, we drafted our first strategic plan back in 2018. I use the word "drafted" because it was always viewed as a living document. It wasn't set in stone, but it was made up of specifics that we thought long and hard about and didn't plan to change for several years. This plan took us through 2022, and while we did a good job "coasting" through 2023, it's time for a refresh. We are revamping it this year as we continue to evaluate our success, find areas to improve, and chart the course for what's next.

Our plan includes a key section we call "Critical Goal Categories" where we came up with five key areas that our goals would live within, and then came up with specific goals within each of these that we sought to achieve over the course of three-four years. Categories like Team Autonomy, Growth Facilitation, and Long Term Planning were among the areas we knew we needed to invest in.

This plan will be our guiding light for

several years. It points us to the people we needed to hire next, the types of partnerships we needed to put in place, and the financial environment we need to maintain to see those goals come to life. One thing I've noticed: the C2IT strategic plan has little to say about technology. It doesn't say we'll focus on the C# language or set our sights on a specific Cybersecurity tool. It doesn't even dive into the areas of technology services we'll focus on, like mobile app development or content curation and delivery.

I imagine if we looked at your plan, we'd find a similar thread... The tools we use to achieve our goals pale in comparison to the goals themselves. Yes, it's important to have the right set of tools to achieve high customer satisfaction or increase profitability... but how we get there is not as important as knowing where we want to get to in the first place. In my world, these tools are the technology tools of hardware and software. In yours, they might be the "tech" of a new fleet of vehicles or the mobile app your team uses to do their job. But in the end... technology's place in our strategic plan is to SUPPORT the plan, not BE the plan.

As we begin to execute our new plan, I expect to see some recurring themes from the past, but I'm also excited about some of the new vision-based goals. I'd love to hear what your own plan looks like, talk about the bumps you've experienced, and learn from the successes you've seen as you take the time to plan what's important to you and your team.

Chet Cromer is the president of C2IT Consulting, Inc., a Plainfield-based technology business that provides IT support, websites, mobile apps, and technology consulting to businesses across central Indiana. He can be reached at chetcromer@c2itconsulting.net or 317-721-2248.

Final Three Contestants Announced for United Way of Central Indiana Pitch Contest

Seven human services nonprofits will compete
April 25 at Propel

(Submitted Press Release)

United Way of Central Indiana recently announced the remaining three finalists who will participate later this month in Propel, a live pitch contest. **Family Promise of Hendricks County**, Grace Care Center, and HATCH, Inc. will join four other human services nonprofits on stage at 6 p.m. April 25 at High Alpha in Indianapolis. The three organizations had been competing online since March 18 for the remaining slots in the live competition. More than \$100,000 in grants will be given out at Propel, when seven finalists will pitch their ideas on how to reduce barriers for those from under-resourced communities and asset-limited backgrounds. For a third year, the event is presented by media company audiochuck. The full lineup of finalists participating in the live pitch contest:

- Eclectic Soul VOICES Corporation
- **Family Promise of Hendricks County**
- Flanner House of Indianapolis, Inc.
- Grace Care Center
- Grassroot Projects
- HATCH, Inc.
- Trinity Free Clinic

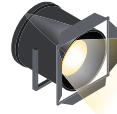
Free tickets to the event will be available later this month at uwci.org/propel. This will be United Way's third Propel. In the event's inaugural year in 2022, five organizations pitched their ideas, winning \$45,000. At last year's Propel, seven organizations participated, and more than \$100,000 was awarded. Propel is also made possible thanks to generous sponsorship from Black Onyx Management, The Heritage Group, J.C. Hart Company, and The National Bank of Indianapolis.



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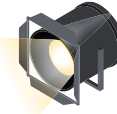
Wysonglawncare.in@gmail.com

317-679-0121



Local Business Spotlight

Danville Family Eye Care



By Julie Brackemyre

CHECK OUT THE BUSINESS

1. How many years has Danville Family Eye Care been in business, and what inspired you to start/purchase/work with this business?

I graduated from IU School of Optometry in 2006. We opened the practice in 2015. I had a vision for Danville Family Eye Care to be THE hometown destination for eye care needs for the whole family by offering full-service optometry (medical, vision, glasses, contact lenses, and more). To me, this mission also provides us the privilege to give back to the community in a number of ways like supporting students, performing vision screenings, being a part of the Low Vision Support Group at the Senior Center and collecting donations for Sheltering Wings, the Backpack Club, and the Humane Society. We chose the name as we want every person that calls or enters our practice to feel like family.

2. Are you the original owner?

Yes, I am the original owner.

3. Describe your typical work day.

We currently have two full time doctors (Dr. Brittney Blazek and myself) and 11 employees. We see 33-35 patients a day. The doctors are trained to treat and manage most medical conditions like glaucoma, macular degeneration, diabetic exams, foreign body removals and injuries, and infections, to name a few. We also make recommendations to customize glasses and specialty contact lenses (including scleral lenses) in order to give our patients the best possible visual experience. We enjoy seeing patients of all ages and backgrounds.

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

Our patients and their needs are what inspire us every day. They are our WHY. We want our patients to leave knowing we care and have their best interests in mind with every encounter and recommendation we provide. We make deliberate decisions to invest in state-of-the-art equipment to diagnose and manage a number of ocular conditions. In addition, we take great pride in offering ALL glasses and contact lens products available on the market. We consider ourselves to be a business that is fiercely independent. The reason that is important to us is that it allows us to offer these vision

enhancing products while not restricting patients based on what their vision plan dictates. It's also important to remember that most online and retail locations do not offer the range of products that we do.

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

While I am certain I would have done some things differently when starting Danville Family Eye Care, I have used all of these experiences as learning opportunities to improve the services we offer, build an all-star team, and to enhance our facility.

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

My best advice is to find a community of like-minded individuals in your area of interest and ask questions nonstop. I am fortunate to have colleagues and business professionals that I rely on for advice and direction and they have been more than willing to help.

and gain significant control over both lens manufacturing and eyewear retail (along with owning vision plans and payment portals...hello, conflict of interest) they are allowed to put into place restrictions on both consumers and optometrists. These restrictions are designed to only be beneficial to the large corporation's bottom line. Keep in mind, these same companies have not increased what they reimburse doctors for 20 years. In vertically integrated systems, big companies have more control over pricing throughout the supply chain. This leads to higher prices for consumers, as well as pricing strategies that favor certain products over others. We wholeheartedly believe our patients should have choices.

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

When I walk into our office every day, I feel the privilege to inspire my team to give our family of patients the best experience in eye care.

4. Tell me some of your hobbies, outside of working for Danville Family Eye Care.

We have three spoiled pups that bring us laughter and joy. I love pickleball, Pilates, and bike-riding. We love spending time with our family and our growing niece and nephews. My husband and I enjoy concerts and jeep riding. We also attend Trader's Point Christian Church.

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

We offer an inhouse vision discount plan called Healthy Optometry Promise for Everyone. We abbreviate it to H.O.P.E. Due to the issues with vertical integration that was mentioned before, we wanted a way to make eyecare more affordable for patients without a vision care plan.

6. What's an interesting fact about you that most people don't know?

I played basketball in college and had ACL repair on both knees.

Name: Dr. Keely Allen
Occupation: Owner, Danville Family Eye Care

CHECK OUT THE OWNER

1. How long have you worked with Danville Family Eye Care? Tell me a little about your background and how you developed your skill set.

I have been practicing optometry for 18 years and have owned Danville Family Eye Care for the last eight. I developed an interest in healthcare and biology in high school. As a former athlete, I have always been interested in how the body functions as well as the coaching and leadership aspects of sports. Being a leader is a privilege and an opportunity to build others up and to empower them to be the best version of themselves.

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

I believe our biggest success to date is the efforts and deliberate decisions we have made in order to keep our practice independent, which is becoming rarer in our industry. This allows our patients to have CHOICES.

Our biggest challenge is surviving the vertical integration within our industry. When large corporate companies merge



GRAND OPENINGS

Hendricks Live! celebrates grand opening

A new era of arts and entertainment begins with Plainfield's new performing and fine arts center



On March 7, the Town of Plainfield proudly celebrated the official opening of Hendricks Live!. This landmark event marked the official unveiling of the Performing and Fine Arts Center, signifying a pivotal development in the town's dedication to enhancing community life and bringing vibrancy to downtown Plainfield. Community members, project collaborators, and town officials convened at the state-of-the-art facility, nestled in the downtown area, for the ribbon cutting ceremony. This marks a significant milestone in the town's history.

"The successful inauguration of Hendricks Live! underscores the strength of collaborative effort and community backing. This achievement is the culmination of years of deliberate planning, driven by public input. This venue stands as a pillar of economic growth, cultural enrichment, and community bonding. We eagerly anticipate the array of programs and their beneficial impact on our community," said Andrew Klinger, Town Manager of Plainfield.

Home2 Suites by Hilton in Brownsburg celebrates grand opening

On March 14, Home2 Suites in Brownsburg celebrated its long-awaited grand opening. It offers extended-stay accommodations, comfortable rooms, and even more comfortable beds, with excellent amenities such as fully equipped in-suite kitchen, indoor pool, fitness center, free WiFi, and daily breakfast that is always complimentary, to name just a few. It's located at 520 W. Northfield Drive and right off of I-74, 20 miles from the Indianapolis Airport, and 12 miles from attractions such as Lucas Oil Raceway and the Hendricks County Fairgrounds. While most stays are necessitated by travel or extended business in the area, the hotel also accommodates extended local stays, including those in need of stays due to emergent situations such as fire or storm damage. Whether booking a room for yourself, your family and friends, or booking accommodations for a business event, you will find the staff extremely helpful and welcoming. For more information, visit www.home2suites.com/brownsburg or call 317-900-1575.



RESTAURANT HIGHLIGHT

Tlahcos Mexican Cuisine

By Kate Anderson

Are you ready to experience the BEST Mojito you've ever had? This week in our Restaurant Highlight we are taking a trip "south of the border" to Tlahcos Mexican Cuisine in Plainfield. New to Plainfield's downtown area, Tlahcos, with its lively music and impeccably decorated environment, offers an upscale dining experience that is second to none. Their interesting and well-thought-out lunch, dinner, and cocktail/wine menus offer amazing choices and interesting options. From their appetizers to their entrees, there is an offering to satisfy every individual appetite and if you aren't sure what to get, the knowledgeable and attentive servers are happy to help you choose. Open seven days a week for lunch and dinner, Tlahcos is an excellent spot for conversation, and whether you are there for a business lunch, out with family or friends, or trying to impress that first date, you are sure to have a great experience. Eat, drink, be merry, and don't forget to try the Mojito Traditional!



Plainfield Community Schools Robotics Teams Compete at Indiana Robotics State Championships

Source: Public News Outlet

Congratulations to the Plainfield Schools Students who participated in last month's Indiana Robotics State Championships!

Some notable names/finishes include:

Brentwood:

Team A: Placed 5th in finals
Team B: Placed 11th in finals

Central:

Team 11999B: Placed 75th in division
Team 11999D: Placed 59th in division
Team 11999C: Placed 11th in finals
Team 11999F: Placed 16th in finals & placed 24th out of 151 in skills

Isaiah Gray (PHS, 10th grade) and Andrew Gray (PCMS, 7th grade) won the Excellence Award, which is the highest overall judged and performance award, earning themselves an automatic qualification for the World Championships in Dallas, Texas. Doria Baker and JJ McDonald (PCMS, 6th graders) also competed at the state robotics championships and finished 7th in the finals.

CONGRATULATIONS ON YOUR ACHIEVEMENTS!

Congratulations to Plainfield High School's Belles et Beaux Show Choir

2024 ISSMA State Show Choir Champions!



PUZZLES ANSWERS FROM PAGE 13

1	5	4	7	9	6	3	8	2
2	8	6	3	4	1	7	5	9
3	9	7	8	5	2	4	1	6
8	6	1	2	7	9	5	3	4
5	2	3	4	1	8	6	9	7
7	4	9	6	3	5	1	2	8
4	7	5	9	2	3	8	6	1
6	1	2	5	8	4	9	7	3
9	3	8	1	6	7	2	4	5

R	I	F	F	L	H	A	S	A	I	S	L	E				
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				N	A	T	O	Y	E	A	S	T	L	A	S	T

Answers to HOOSIER HODGEPODGE:

- Counties: PARKE, PERRY, PIKE, PORTER, PULASKI, PUTNAM;
- Captains: AMERICA, HOOK, KANGAROO, MORGAN, NEMO;
- Parts: FRAME, HANDLE, HINGE, LOCK;
- Cheeses: BRIE, CHEDDAR, EDAM;
- Bear: HUG, WITNESS;
- City: DANVILLE

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NIGHT & day LOCAL ENTERTAINMENT ENTERTAINING

EVENTS calendar

APRIL

11 Thursday

Hendricks County Spring Music Spotlight

10 a.m., The Historic Royal Theatre, 59 S. Washington St., Danville. Tickets for \$10 available at the Hendricks County Senior Center, and doors open at 9:30 a.m.

12 Friday - 14 Sunday &

19 Friday - 21 Sunday

Hendricks Live! Community Arts:

Hendricks Civic Theatre Presents - Harvey

Times vary, 200 W. Main St., Plainfield. Produced in conjunction with Dramatist Play Service, Mary Chase's Pulitzer Prize-winning play is the story of Elwood P. Dowd, a polite and friendly man with a very strange best friend—a six-foot, three-and-one-half-inch invisible rabbit named Harvey. \$21.50 per ticket. Find more information here: www.hendrickslive.org/hct-harvey.

13 Saturday

Wildflower Hike

11 a.m., Williams Park, 940 S. Locust Lane, Brownsburg. Step into a world of colors during our Wildflower Hike. Our naturalist will take you on an easy and fun adventure, pointing out different flowers and sharing cool facts. It's not just a walk - it's a chance to explore, enjoy fresh air, and see how many flowers you can find. Meet at Maple Ridge Trail, and program is free to attend.

13 Saturday - 14 Sunday

Indiana Guitar Show

11 a.m. - 5 p.m. Saturday, 11 a.m. - 3 p.m. Sunday, 1900 E. Main St., Danville. Musicians from all over central Indiana come together to buy, sell, and trade with national dealers once a year. The show has been moved to the fairgrounds based on the size of the room, easy entrance for vendors, and lots of parking. Find more information here: www.theindianaguitarshow.com.

15 & 29 Monday

Knit Night

6 - 7 p.m., Avon-Washington Township Public Library, 498 Avon Ave., Avon. Are you looking to knit with a group? Then

come to the Avon Library's Knit Night. Registration is encouraged, but not required. 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.

17 Wednesday

Medicare 101

5:30 - 7:30 p.m., Avon-Washington Township Public Library, 498 Avon Ave., Avon. Medicare 101 offers easy to understand, comprehensive, informational tools to help guide 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 required, and is available by logging on to Indiana Medicare 101 - Medicare 101 (usamedi.care) or by calling 407-576-1763 or 463-238-2222.

17 Wednesday

Money Smarts - Financial Planning

6 - 7:30 p.m., Brownsburg Public Library, 450 S. Jefferson St., Brownsburg. Attend this important workshop on budgeting, saving, estate planning, and more. In her presentation, Valerie Brunning, attorney at law, will discuss the critical aspects of estate planning, including wills, financial power of attorney, healthcare directives, and trusts. She will delve into the process of funding your trust and how each asset must be handled. Valerie will also cover the importance of a guardianship plan for your minor children. Many decisions must be made, but Valerie will guide you through each step with her simplistic process designed for the busy mom. In her presentation, Anka Simurina, certified financial planner, will continue her previous discussion on how to increase financial confidence and literacy by building sustainable money habits. She'll show you new ways of seeing and thinking about your money by establishing a vision for your money in the future.

17 Wednesday

SAT & ACT Success

6:30 - 7:30 p.m., Brownsburg Public Library, 450 S. Jefferson St., Brownsburg. This comprehensive workshop will answer all of your questions about college entrance exams. Families will learn key differences between the SAT and ACT, the best time to start studying, keys to achieving one's highest score, and how the SAT/ACT can

impact merit aid and scholarships. Highly recommended for parents of middle school and/or high school students. Workshop speakers include high school counselors, financial aid experts, and certified financial planners. Some workshops may have more than one speaker. Registration is required (one per family only please). You will be emailed a Zoom link once we receive your registration. <https://bburglibrary.librarymarket.com/event/sat-act-success-33707>.

18 Thursday

Ladies Night Out

5 - 8 p.m., Danville Square. Grab your friends and come shop your favorite local businesses around the square after hours, with sales and specials during the event.

18 Thursday

Budgeting, Eyeing Retirement, Paying for College for Kids, and More

6 - 7:30 p.m., Avon-Washington Township Public Library, 498 Avon Ave., Avon. How can you budget with an eye toward retirement and paying for college for kids? Is doing so as black and white as it might appear? Do you also find yourself having questions about estate planning, including wills, financial power of attorney, and more? Registration is preferred, though walk-ins are welcome. Registration will be available at www.avonlibrary.net.

18 Thursday

Medicare 101 - (SHIP)

6 - 7:45 p.m., Brownsburg Public Library, 450 S. Jefferson St., Brownsburg. If you currently have Medicare, are turning 65 soon, have a loved one in either of these groups, or just want easy and reliable information about Medicare, then this program is for you. SHIP (State Health Insurance Program) has trained, qualified, and unbiased counselors available at no cost to you. These counselors can help with understanding your choices and explain enrollment deadlines. They can also assist with other Medicare issues such as financial aid, transitioning from Social Security Disability or HIP to Medicare, and Fall Open Enrollment. Seats are limited, so please register. Register here: <https://bburglibrary.librarymarket.com/event/medicare-101-ship-32513>.

19 Friday - 21 Sunday

Indianapolis Spring Gem Mineral and

Jewelry Show

10 a.m. - 6 p.m. Friday/Saturday, 11 a.m. - 4 p.m. Sunday, Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville. Join us at our annual show bring the finest gems, miners, jewelry, beads, fossil, and meteorites from around the world. Price: Ages 18+: \$8, Age 11-17: \$2, Age 10 and under: Free. Find out more here: <https://americangemshow.com/>.

19 Friday - 20 Saturday

Vandalia by Del Webb's Annual Spring Craft Fair

3 p.m. - 7 p.m. Friday, 9 a.m. - 12 p.m. Saturday, Vandalia by Del Webb Clubhouse, 4949 Silverbell Drive, Plainfield. Come and see beautiful, unique creations for gifts for Mother's Day, graduations, and to add to your spring decorating. There will also be a bake sale in conjunction with the Craft Show to support Neighbors Helping Neighbors. There will be amazing homemade baked goods that you don't want to miss and that will contribute to a very special cause. If you have any questions, email patty@cuzzos.com.

20 Saturday

Indianapolis Cars and Coffee

8 a.m. - 2 p.m., Lucas Oil Indianapolis Raceway Park, 10267 E. U.S. Hwy 136, Brownsburg. Indianapolis Cars and Coffee is excited to kick off their 2024 season by inviting Cars and Coffee organizations across the Midwest. Find all the details on our event website: <https://raceirp.com/schedule/>.

21 Sunday

Earth Day at Pecar Nature Center

1 - 2 p.m., Pecar Nature Center, 5203 E. County Road 150 N., Avon. Join the park naturalist to learn about the importance of Earth Day. We'll be doing a fun Earth Day craft and an optional hike at Pock Woods, depending on the weather. \$4/person. Register here: <https://wtp.recdesk.com/Community/Program>.

23 Tuesday

Pottery Classes at Pecar Nature Center

Various times, Pecar Nature Center, 5203 E. County Rd. 150 N., Avon. Unleash your creativity and join a pottery class. These classes cater to various age groups. Find more information here: www.washingtontwpparks.org/programs.html.

26 Friday

Walk to Cure Arthritis

6 p.m., Conner Prairie, 13400 Allisonville Road, Fishers. Walk to Cure Arthritis, the Arthritis Foundation's annual flagship fundraising event, celebrates arthritis warriors, their caregivers, and everyone else who's part of the movement to conquer arthritis. The Foundation is dedicated to supporting research for better treatments and a cure, as well as offering tools and resources to help reduce chronic pain and improve people's lives. For more information, visit walktocurearthritis.org/indy.

26 Friday

Arbor Day Hike at Pock Woods

6 – 7 p.m., Pecar Park, 5203 E. County Road 150 N., Avon. Join the park naturalist and learn about Arbor Day and trees while we hike Pock Woods. Meet at the nature center first. Price is \$2/person.

26 Friday & 28 Sunday

Hendricks Live! Community Arts: Hendricks Symphony Presents – Magic of Youth

FRIDAY – 7:30 p.m., SUNDAY – 3 p.m., Hendricks Live!, 200 W. Main St., Plainfield. The “Magic of Youth” concert celebrates the extraordinarily mature creations of young composers. The concert will begin with Felix Mendelssohn’s Overture to a Midsummer Night’s Dream, one of his most famous pieces, written in 1826, when he was just 17 years old. Then, the concert will follow with a selection of Franz Schubert pieces, including his famous Ave Maria. Schubert was wildly prolific, composing some 1,500 pieces, including over 600 songs. Since he died at 31 years of age, every piece he wrote was a youthful work! Finally, the program will close with Dmitri Shostakovich’s Symphony No 1, the piece which launched his career, written when he was only 19 years old! Tickets are \$20. Find more information here: <https://www.hendrickslive.org/hss-magic-of-youth>.

27 Saturday

Gardening for all Ages

9 a.m. – 3:30 p.m., Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville. The annual garden show is back! Admission is free, and there will be gardening speakers, our master gardeners help desk, and free trees and seeds. All vendors will be gardening-related, and there will be garden tools, treasures, and decor in addition to lots of plants. For more information or to participate as a vendor, visit <https://hendricksgardeners.com/>.

28 Sunday

Morel Mushroom Hike

1 – 3 p.m., Pecar Park, 5203 E. County Road 150 N., Avon. Spring is here and it is time to look for spring mushrooms, including the delicious morels. Join us at the nature center as we learn some mushroom hunting basics, ethical harvesting, how to ID morel mushrooms, and hopefully find delicious morels. There is NO guarantee on finding morel mushrooms. \$5/person. Register here: <https://wtp.recdesk.com/Community/Program/Detail?programId=2400>.

MAY

1 Wednesday

Virgil Park Grand Opening

10 a.m. – 12 p.m., 9145 E. County Road 300 N., Brownsburg. You’re invited to the grand opening of Virgil Park, Brownsburg’s stunning new community park, complete with new amenities including a playground with natural elements, fitness equipment, walking trails, a boardwalk, and a trailhead to the popular B&O Trail. The ribbon-cutting ceremony will be at 10 a.m., followed by fun activities with our park naturalist, water utilities, the B&O Trail Association, the Hendricks County Partnership for Water Quality, and V3 Companies, until noon.

1 Wednesday

Virgil Park Grand Opening

10 a.m. – 12 p.m., 9145 E. County Road 300 N., Brownsburg. You’re invited to the grand opening of Virgil Park, Brownsburg’s stunning new community park, complete with new amenities including a playground with natural elements, fitness equipment, walking trails, a boardwalk, and a trailhead to the popular B&O Trail. The ribbon-cutting ceremony will be at 10 a.m., followed by fun activities with our park naturalist, water utilities, the B&O Trail Association, the Hendricks County Partnership for Water Quality, and V3 Companies, until noon.

3 Friday - 4 Saturday

The Indy 800 Presented by Heat Wave Visual and Cleetus & Cars Burnout

Various times, Lucas Oil Indianapolis Raceway Park, 10267 E. U.S. Hwy. 136, Brownsburg. We are excited to welcome Cleetus McFarland and his friends back to Lucas Oil Indianapolis Raceway Park for a two-day event this May. This fan-favorite event combines drag racing with oval action for a weekend full of fun! More information is listed here: <https://raceipr.com/cleetus/>.

4 Saturday

Alpaca Yoga

9 – 10 a.m., Montrose Farms Alpaca Ranch, 3750 N. County Road 950 E., Brownsburg. Montrose Farms and Indiana Yoga Studio offer yoga classes the first and third Saturday of every month, beginning in May, weather permitting. \$30/person.

4 Saturday

Dancing with the Hendricks County Stars

5:45 – 10 p.m., Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville. Enjoy the 9th annual Dancing with the Hendricks County Stars, showcasing 10 dancers representing all corners of the county. This extremely popular event is a fundraiser for the Hendricks County Museum and will sell out very quickly. Tickets are \$80 each. The meal is provided by The Coachman Restaurant of Plainfield. Visit www.hendrickscountymuseum.org for more information. If you cannot attend, support the dancers by donating a silent auction item, giving a cash amount in their name, or becoming a sponsor for the event: <https://hendrickscountymuseum.org/>.

4 Saturday

Hendricks Live! Presents: The Breakers, A Tribute to Tom Petty

8 p.m., Hendricks Live!, 200 W. Main St., Plainfield. The country’s premier Tom Petty & the Heartbreakers tribute band - established to let the fans of the late great Tom Petty continue to enjoy the live experience of TP & the HB’s. No other Tom Petty tribute band comes close to capturing the sound and emotions of Tom’s songs quite like the Breakers. Unlike the vast amount of Tom Petty tributes who substitute visual mimicry for sound, the Breakers encompass the true unmistakable sound and execution of Tom Petty & the Heartbreakers. Something Tom Petty and the Heartbreakers fans need now more than ever. Buy tickets here: <https://www.hendrickslive.org/the-breakers>.

EVERY Monday

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 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.

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.

GriefShare Series (until 5/30)

6 – 7:30 p.m., The Church by the Side of the Road, 10323 East County Road 100 South, Avon. GriefShare is a non-denominational, biblical support group, that focuses on helping people who are dealing with a loved one’s death. Whether your loss is recent, or years in the past, this is a place of healing here for you! We will meet March 21 – May 30. The \$20 registration fee includes materials, and scholarships are available if needed. Find more information at www.griefshare.org.

Ladies Clinics & Cocktails (until 5/23)

6 – 7 p.m., X-Golf Plainfield, 313 Marketplace Mile Ste. 120, Plainfield. Ladies Clinics & Cocktails is a great way to start your golf season. This is designed for ladies of all experience levels with a very flexible and broad range of topics. We will work on golf basics, short game, iron play, tee shots, course etiquette, and almost anything else if requested. Each week we will start with a drink and end with a drink. Between those we will laugh and learn together. If there are open simulators available after the sessions, the ladies will be invited to stick around and play for a discounted rate if they would like. There will also be a discounted rate for private lessons for anyone participating in the clinics. The clinics will be five weeks, \$185/session. Register here: <https://www.pga.com/things-to-do/events/ladies-clinics-and-cocktails-187267>.

Tips from Bax Wellness

Tips to improve our emotional wellbeing, Part 1

By Beth Bax, Certified Health Coach



Did you know that one of the keys to living a longer, healthier life is emotional wellness? This article is the first in a three-part series on the topic of emotional wellness.

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. The National Institutes of Health provides six tips for improving our emotional health. The first tip is to develop a more positive mindset.

Emotionally well people have fewer negative emotions and are able to bounce back from difficulties faster. They're also able to hold onto positive emotions longer and appreciate the good times in their lives.

Here are six ways to develop this mindset:

1. Remember your good deeds, and be proud of them.
2. Forgive yourself. We all make mistakes.
3. Practice gratitude. Create positive emotions by being thankful every day.
4. Spend more time with your friends. Good friends lift us up!
5. Explore your beliefs about the meaning and purpose of life. We all have a purpose.
6. Develop healthy physical habits such as exercising and eating nutritious food.

The second tip for improving our emotional health is to reduce stress. Everyone feels stressed from time to time. Stress can give us a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those changes become harmful rather than helpful. So, it's important to learn healthy ways to cope with stress.

Here are seven ways to do just that:

1. Get enough sleep. Lack of it can cause many serious health issues.
2. Exercise regularly. Strength, stability, and stretching exercises are your friend.
3. Build a social support network. We all need friends we can talk to when we're feeling stressed.
4. Set priorities. As my children's grandfather always said, "Tackle your most challenging task of the day first, then the rest of the day should be a breeze."
5. Show compassion for yourself. The popular phrase "Be Kind" refers to how we treat ourselves as well.
6. Try relaxation methods. Some that I often recommend to my clients are meditation, breathing exercises, and journaling.
7. Seek help from a professional such as a life coach, health coach, or therapist.

Both chronic stress and negative thinking take a toll on our overall health. I hope these tips help you in your journey to be your healthiest and happiest.

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Dietitian vs. Nutritionist – what is the difference?

Kara Hodel, Dietetic Intern at Hendricks Regional Health, attends Illinois State University.

In today's world, there is no shortage of information available about what foods to eat, how much to eat, and other nutritional advice. A dietitian or nutritionist can help separate fact from fiction. Before you seek their assistance, it's important to know that these two roles, while similar, are very different. The distinction between a dietitian and a nutritionist is a matter of education and training.

Dietitians

Dietitians are recognized medical professionals. You can be sure you're talking with a dietitian if there's an "RD" or "RDN" following their name, which stands for "registered dietitian" or "registered dietitian nutritionist." Those credentials mean they've fulfilled the hefty educational requirements set by the Academy of Nutrition and Dietetics to provide nutrition counseling and medical nutrition therapy.

Nutritionists

The term "nutritionist" encompasses a

broad range of credentials and expertise because it is regulated by certain states but not others. In many states, anyone can call themselves a nutritionist even though they may or may not have formal training. They typically aren't covered by insurance because they are not recognized as health professionals.

Should You See a Dietitian or a Nutritionist?

This is not to say that people who haven't completed the specialized training required to be a dietitian don't have anything to offer. Nutritionists are great for questions about creating a balanced diet and lifestyle. Someone with a serious medical concern should seek out a dietitian to ensure they are getting evidence-based treatment from a professional. In addition, insurance may cover visits to a dietitian.

The bottom line, your health is important and the person caring for you should treat you that way.

Welcome to the Danville Town Council

Source: Public News Outlet

The Danville Town Council, comprising five members, is democratically elected by residents residing with the Town of Danville. Tasked with legislative and executive responsibilities, the Council serves as the governing body for the town.

Consisting of three members elected from wards and two elected at large, the Council invites public engagement in its regular meetings. These meetings occur on the first and third Wednesdays of each month at 7 p.m. in the Danville Town Hall.

In addition to its core duties, the Town Council appoints a Town Manager to oversee day-to-day operations and ensure the execution of Council policy.

Meet the Council Members:

- Dave Potter, Council Member (At-Large, term through 2027)
 - ◆ Phone: 317-745-4180 ext. 1206
 - ◆ Email: dpotter@danvillein.gov
- Grey Irby, Council Member (Ward I, term through 2026)
 - ◆ Phone: 317-745-4180 ext. 1202
 - ◆ Email: girby@danvillein.gov
- Chris Gearld, President (Ward III, term through 2026)
 - ◆ Phone: 317-745-4180 ext. 1201
 - ◆ Email: cgearld@danvillein.gov
- Bret W. Doub, Council Member (At-Large, term through 2027)
 - ◆ Phone: 317-745-4180 ext. 1207
 - ◆ Email: bdoub@danvillein.gov
- Michael Chatham, Vice President (Ward II, term through 2027)
 - ◆ Phone: 317-745-4180 ext. 1208
 - ◆ Email: mchatham@danvillein.gov



RETRACTION:

In the March 22 issue of the ICON, an error was printed within the Avon Town Council report. It was reported that Shelby Abner received the Tree City Award at the last town council meeting and it was actually Shelby Pride who received it. We apologize for this error.

Hendricks County Jail inmate Kenneth Lee Crooke pleads guilty to two counts of child molestation

Source: Public News Outlet

On March 18, Kenneth Lee Crooke pleaded guilty to two counts of child molestation. He was sentenced to 40 years in the Indiana Department of Corrections with 10 years suspended to probation.

On Jan. 30, 2023, Detective Sam Chandler, of the Hendricks County Sheriff's Office, was contacted by a DCS Family Case Manager regarding a child that had disclosed that she was abused by an uncle. Forensic interviews were conducted at Susie's Place with both the originally reporting child and her sister, which resulted in disclosures of ongoing sexual abuse by Crooke. Crooke was subsequently arrested on Feb. 9, 2023 and has been in custody at the Hendricks County Jail during the entire pendency of the case. Crooke's conduct was part of an ongoing scheme of abuse and neglect perpetrated along with one of the girl's father, Jerald Crooke, and mother Suzanne Cavanaugh, both of whom were also prosecuted and convicted by the Hendricks County Prosecutor's Office. Kenneth Crooke was the last of the defendant's convicted relating to the abuse of these children.

"We are grateful for the opportunity to get justice for these two little girls. The abuse and neglect suffered by these children is beyond anything any human should endure. Our office appreciates the unrelenting investigative efforts of Detective Samuel Chandler with the Hendricks County Sheriff's Department, whose work ensured successful prosecution of all three perpetrators in this case. It is our hope that both girls can begin to find peace and healing away from these three adults with whom these children should have been able to trust," states Christine Archer, Deputy Prosecuting Attorney.

Crooke is now a credit restricted felon and a lifetime registered sex offender.



Tri-West students escape building collapse in North Salem

By Kate Anderson

Officials are investigating after a building collapsed in downtown North Salem at the corner of Pearl and Main Streets on March 21. According to North Salem Fire Department Chief Kevin Basham, those inside the building were able to escape without injury. Among them were two Tri-West students, Kameryn Collier and Kennedy Hayes, who were at the store on the main level and one other female in the upstairs apartment when, out of nowhere, the walls began to cave in and luckily they were able to run to safety. Once all occupants were out of the building, it continued to further collapse. It is said that the building will have to be torn down. Demolition work will begin on the building once the damage has been assessed. The building has been cordoned off and officials are asking that the public stay out of the area for the time being and for their own safety.



Plainfield Town Council

TOWN COUNCIL AWARDS NORTHWEST PERIMETER PARKWAY TO MORPHEY CONSTRUCTION

Compiled by Ronald Hera

The Plainfield Town Council met on March 25, 2024. The council meets at 7 p.m. on the second and fourth Monday of every month (except Monday, April 8) at the Plainfield Civic Center (206 W. Main St.) in the Council Chambers. The next scheduled meeting is on April 11.

PROCLAMATION: National Vietnam Veterans Day encourages all Americans to recognize, honor, and thank our Vietnam Veterans and their families for their service and sacrifices during the Vietnam War from November 1, 1955 – May 15, 1975. In response, The Town Council proclaimed March 29 as Welcome Home Vietnam Veterans Day for The Town of Plainfield and presented a plaque commemorating the event to a representative of the Daughters of the American Revolution.

WHAT HAPPENED: BID OPENING • Sodalis Lake Loop Boardwalk Trail

WHAT IT MEANS: Bids for building a boardwalk trail around Sodalis Lake in Sodalis Park, 7700 S. CR 975 E., Plainfield, were opened. The work includes 602 linear ft. of a 10 ft. wide boardwalk through a wetland area and approximately 209 linear ft. of a 10 ft. wide pedestrian trail inside the park. Two bids were submitted; one for \$1,557,640.07 and another for \$1,328,000. Recommendations will be made to the Town Council after the bids are reviewed.

WHAT HAPPENED: BID AWARD • Northwest Perimeter Parkway – Stage 2

WHAT IT MEANS: The Northwest Perimeter Pkwy is a part of the road network encircling Plainfield and includes a two lane roadway from the existing intersection of Saratoga Pkwy and Gibbs Rd. to the existing intersection with CR 300 S. and Vestal Rd. Morphey Construction is awarded the contract at a cost to Plainfield of \$3,267,000. The State of Indiana will pay the remaining costs.

WHAT HAPPENED: The Town Council approved Resolution No. 2024-11 - A resolution approving the infrastructure maintenance agreement as ancillary to the Hobbs Station Project Agreement.

WHAT IT MEANS: The Town of Plainfield entered into an agreement with Hobbs Station Multi Family QOZB, LLC, the Developer. The developer and the town have collaborated to defer operations and maintenance expenses of certain public infrastructure and the developer has proposed an Infrastructure Maintenance Agreement. With the advice of counsel, the town authorized the Maintenance Agreement.

WHAT HAPPENED: The Town Council approved the second reading of Ordinance No. 05-2024 – An ordinance annexing and making a part of the Town of Plainfield, Indiana, certain described territory contiguous to the corporate limits to the Town of Plainfield and adding said territory to council district number 2 (Anderson - 5080 E CR).

WHAT IT MEANS: This was the second of three readings for this ordinance and is the next step in making the Anderson property at 5080 E. CR 530 S. a part of Plainfield Council District Number 2. The final step is scheduled for the April 11 Town Council meeting.

WHAT HAPPENED: The Town Council approved the reconstruction of Stafford Rd.

WHAT IT MEANS: The pavement on Stafford Rd. will be stripped and the road will be repaved.

Following the Town Council Meeting, the Council members unveiled the Civic Values Lantern, created by Charlie Thornburg, on the Duke Energy Community of Values Plaza north of the new Plainfield Arts Center. The lantern projects the twelve town values onto the ground during night hours.

ANNOUNCEMENT: You are invited to the Community Choices Workshop on April 10 at MADE@Plainfield, 1610 Reeves Rd. from 6 p.m. until 7:30 p.m. The workshop will build on the first Community Choices Workshop held last fall. The workshop will include the opportunity to review and comment on display boards with key plan content and chat informally with the planning team. If you cannot attend the event, you can provide feedback online at ThrivePlainfield.com starting April 8. There will be one more round of

engagement after this round. All input gathered will be databased, analyzed, and documented by the planning team to serve as a foundation for the plan's vision, goals, and specific actions. For more information contact Kevin Whaley, Director of Planning and Zoning, kwhaley@townofplainfield.com or call 317-754-5198.

Danville Town Council

DANVILLE TOWN MANAGER INTRODUCES RESOLUTION TO ESTABLISH PROPERTY TAX LEVY

Compiled by Ronald Hera

The Danville Town Council met on March 20, 2024. 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 N. Wayne St. The next scheduled meeting was April 3.

WHAT HAPPENED: The Town Council passed Ordinance 5-2024 Amendment to Salary Ordinance introduced by the Police Chief and Town Clerk-Treasurer

WHAT IT MEANS: This ordinance was introduced in the March 6 meeting and is now adopted with its passing. The Clerk-Treasurer, Carrie Lofton, introduced this ordinance to amend the Salary Ordinance to include funds for the Host Future Fund Investment Committee members. This part of the Ordinance will not impact the General Fund. The monies will come from the Host Fund. Also, in this ordinance, the Police Chief, Jim Hilton, requests that the Salary Ordinance list one patrolman (Travis Wilson) as a "Patrol Investigator" due to his additional training. Neither the Clerk-Treasurer nor the Police Chief are asking for additional funds.

WHAT HAPPENED: The Town Council passed Resolution 3-2024 to re-establish the Community Capital Development Fund Rate

WHAT IT MEANS: This is an annual occurrence. The Town Manager, Mark Morgan, introduced this resolution, the Council President opened the floor for public comments, and there were none. Passage of the resolution begins the process of levying the property tax to be the same as it has been for years. The maximum levy shall not exceed \$0.05 per \$100 assessed property value. The tax rate will be levied for 2024, payable in 2025. The Community Capital Development Fund may be used for all purposes outlined in Indiana Code 36-9-15.5-2. The Resolution shall be submitted for approval to the Department of Local Finance of the State of Indiana.

WHAT HAPPENED: The Town Planner introduced Resolution 6-2024 requesting a Super Voluntary Annexation (introduction only)

WHAT IT MEANS: This introduction allowed the Town Council to publicly discuss the annexation of 4.1 acres on the property at 168 S. CR 400 E. into the Town of Danville. This property is across CR 400 E. from the Village of Avon Living Center. The petitioners are Louis Jones, Sheila Jones, and Clyde Orr. The Town Council will hold a public hearing on the annexation at the Town Council meeting on April 3.

Brownsburg Town Council

BROWNSBURG TOWN COUNCIL DECLARES MARCH 29 AS WELCOME HOME VIETNAM VETERANS DAY

Compiled by Ronald Hera

The Brownsburg Town Council met on March 28, 2024. Meetings can be viewed at <https://www.brownsburg.org>. The Council meets every second and fourth Thursday of the month at 7 p.m. in the Town Hall Council Room, 61 N. Green St. The next meeting will be April 11.

PROCLAMATION: National Vietnam Veterans Day encourages all Americans to recognize, honor, and thank our Vietnam Veterans and their families for their service and sacrifices during the Vietnam War from November 1, 1955 – May 15, 1975. In response, The Town Council proclaimed March 29 as Welcome Home Vietnam Veterans Day for The Town of Brownsburg.

WHAT HAPPENED: The Town Council approved Ordinance #2024-03- An ordinance annexing real estate into the Town of Brownsburg, Hendricks County, Indiana pursuant to a petition for voluntary annexation for certain property (Hession Enterprises, LLC) - Proposed 2nd reading and public hearing - presented by Jenna Wertman, Director of Development Services.

WHAT IT MEANS: This is a request to annex three parcels, known as Hession Annexation, voluntarily. The property is located at the northwest corner of CR 700 and the Ronald Reagan Pkwy extension right-of-way. The request is for a mix of I1 and I2 Industrial zoning. At the March 14 meeting the first reading was approved as well as the consideration of the zoning. The second reading and public hearing as well as the fiscal plan are included in this request. The third reading and final adoption will be considered at the April 11 meeting.

WHAT HAPPENED: The Town Council approved Resolution #2024-15 - A resolution of the Town Council of the Town of Brownsburg, Hendricks County, Indiana approving additional appropriations - presented by Ann Hathaway, Clerk-Treasurer.

WHAT IT MEANS: The Town Council heard public comments on appropriating additional funds for the town above the budget. They are:

New Pumper Truck for the Fire Department	\$850,000.00
Riverboat Vehicles and Equipment	\$37,000.00
Additional Town Vehicle	\$27,000.00
Police Vehicles for Vehicle Shortfalls in the 2024 budget	\$80,000.00
Overall Total Amount:	\$994,000.00

WHAT HAPPENED: The Town Council approved Resolution #2024-16 adopting a fiscal plan for Annexation Ordinance #2024-03 - presented by Jenna Wertman, Director of Development Services.

WHAT IT MEANS: This is a request to adopt the fiscal plan for the Hession Annexation (related to Ordinance #2024-03) and it shall be incorporated by reference into Ordinance #2024-03, town expenses include mostly capital improvements (water, sewer, etc.) and park expenses.

Avon Town Council

TRAFFIC SIGNAL IMPROVEMENTS TO BE ADDED

Compiled by Amanda Babinec

The Avon Town Council met March 28, 2024. 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 E. U.S. HWY 36. The next scheduled meeting is April 11.

WHAT HAPPENED: Town Council President Greg Zusan gave an update from the last Plan Commission meeting.

WHAT IT MEANS: Mr. Zusan updated the Town Council on the following decision from the Plan Commission:

- Mission Foods expansion was continued for the second time
- Pulte rezone was approved with a favorable recommendation to Town Council
- Brewster's Ice Cream was approved with a favorable recommendation to Town Council
- Easton Grey PUD Amendment (adding the Carter property) was approved
- Family Promise on Avon Avenue was approved with a favorable recommendation to Town Council
- 8447 E. US HWY 36 (3 parcels for rezoning) was continued
- Wawa at Dan Jones Rd. and 100 N. was continued

WHAT HAPPENED: Approval of quote for Township Line and Avon Ave. signal improvement was presented by Steve Moore, Public Works Director.

WHAT IT MEANS: Moore asked the council for \$45,598 to install equipment for traffic signal improvement. There will be a project beginning soon at Dan Jones Rd. and 150 S. that will require traffic to be detoured to Avon Ave. The intersection of 300 N. and Avon Ave. will be adversely affected, which is Plainfield's intersection. Moore worked with Scott Singleton from the Town of Plainfield and offered to do some detection to the signal to make it operate as efficiently as possible. To do that requires equipment called Mile Vision, but the equipment will be able to be reused at 200 N. and Ronald Reagan Pkwy. where they have problems with detection that have begun to fail. In addition, this same equipment will be monitored by INDOT as a possibility for video detection. The Town Council approved unanimously.

WHAT HAPPENED: Steve Moore, Public Works Director, asked the Town Council to approve a quote from Taylor's Lawn Maintenance in the amount of \$103,985.

WHAT IT MEANS: The original lawn maintenance vendor had concerns over capacity and asked to be released from their contract. Moore received good recommendations for Taylor's Lawn Maintenance. The Town Council approved unanimously.

WHAT HAPPENED: Final reading of Ordinance 2024-06: Annexation Pasare was presented by Dan Taylor, Legal Counsel.

WHAT IT MEANS: The annexation, which is part of Easton Grey, was approved by the Town Council unanimously.

WHAT HAPPENED: Steve Moore, Public Works Director, presented the introduction of Ordinance 2024-07: Adoption of Stormwater Management Ordinance.

WHAT IT MEANS: Charlie Maddox, with Crossroad Engineers, presented. They were contracted by the Town of Avon with three main objectives in mind:

- Remove ties with the county's drainage ordinance
- Major update to the ways IDEM reviews and approves the stormwater pollution prevention plans
- Attempt to help alleviate back and forth between developers and engineers

WHAT HAPPENED: Introduction of Ordinance 2024-07: Amending the 2024 Salary Ordinance

WHAT IT MEANS: The Public Works department hired a Public Works Technician who has been doing a wonderful job. Moore is asking for an amendment to the salary ordinance to promote him to a Senior Technician.

Plainfield Town Council honors local heroes with proclamation

By Kate Anderson

Last month, the Plainfield Town Council had the honor of presenting a proclamation to Rhonda Beck, who represented the Daughters of the American Revolution, in recognition of **Welcome Home Vietnam Veterans Day**. This special day will allow us as a nation and community to pay tribute to the service, bravery, and sacrifices of our Vietnam Veterans and their families. From November 1, 1955 to May 15, 1975, over nine million Americans served our country, with more than 304,000 wounded, 75,000 left with disabilities, and 58,000 that made the ultimate sacrifice to their country. Thousands of our servicemen endured imprisonment and 1,548 heroes remain missing in action.

March 29 is National Vietnam Veterans Day, and this serves as a day to welcome our heroes home and pledge that we will always remember their selfless service to our country. To all Vietnam Veterans and their families: know that your courage is an inspiration to all, your sacrifices forever be in our hearts, and your service to our nation will always be remembered.



Hendricks County Sheriff's Department responds to social media threats to Tri-West High School

Source: Public News Outlet

In the evening of March 26, Hendricks County authorities were notified that a former student of Tri-West High School had been posting disturbing messages and videos on his social media account, which led many members of the community to be in fear that the man would come to Tri-West High School and carry out a violent and deadly attack. As detectives continued their investigation, additional facts came to light that rose to the level of criminal activity and a violation of Indiana law. Investigators immediately followed up on the new information and filed an affidavit with a Hendricks County court requesting an arrest warrant for the suspect, who has been identified as Carson Cole, 20, of Brownsburg. At approximately 10:30 p.m. on March 27, Carson Cole was taken into custody without incident and transported to the Hendricks County Jail where he is currently being held without bond for the criminal offense of Intimidation, a Level 5 felony. This incident was resolved peacefully and without injury. "In Hendricks County, school safety is of the utmost importance. I am proud of the cooperation between our community members, schools and our investigators. This is how we keep our community safe," added Sheriff Jack Sadler. All suspects are presumed innocent until proven guilty in a court of law.



Montana parents of son who donated organs to young girl fly to Indianapolis to meet her

(Submitted Article)

Four-year-old Maddy Guzman Maya's body was failing. Diagnosed at birth with a rare defect that affected the functionality of her intestines, she was hospitalized in 2016 waiting for a miracle. She needed a rare, multi-organ transplant to survive. Some 1,600 miles away, three-year-old Landon Haight was playing on a Montana beach near a boat launch while his father was fishing nearby. The launch collapsed and Landon was severely injured. Airlifted to a hospital in Washington state, doctors told Landon's parents he wouldn't survive. Christian and Brooks Haight made the decision to save lives through organ donation. Landon's liver, stomach, intestines, and pancreas were recovered at a transplant hospital in Washington state and transported across the country to Indianapolis, where they were successfully transplanted at Riley Children's Health to save Maddy's life. On Wednesday, March 27, the Haight family traveled from Butte, Montana to meet Maddy and her family for the first time. The families gathered on the fifth-floor rooftop patio of Indiana Donor Network to honor Landon's lifesaving legacy by releasing green and blue balloons. Also attending was the surgeon who performed Maddy's lifesaving transplant surgery, Dr. Richard Mangus of IU Health, and members of her transplant team.

April is National Donate Life Month. Hoosiers are encouraged to learn more about organ donation and transplantation and consider signing up to become a donor.



Landon Haight (left) and Maddy Guzman Maya (Submitted photos)

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Hendricks County Master Gardener Scholarship opportunity

(Submitted Press Release)

The Hendricks County Master Gardeners (HCMG) offer two scholarships to Hendricks County residents pursuing an education at an Indiana technical school or university. Preference will be given to students pursuing a Horticulture or related Agriculture field. **The deadline to apply is April 15, 2024.** Further details and the application are available at: <https://extension.purdue.edu/news/county/hendricks/2024-mg-scholarship-application.docx>.

FORtheRECORD - HC OBITUARIES

AVON

Bill Gould

Bill Gould, 83, Plainfield, passed away March 26, 2024. Bill was born Oct. 26, 1940. Funeral services were held April 5, 2024, at Faith Baptist Church, Danville. In lieu of flowers, donations may be made to The Gathering Together, 147 Center St., Plainfield, and/or Faith Baptist Church of Danville, 3860 East Main St., Danville.

James R. Graves

James R. Graves, 84, Avon, passed away March 24, 2024. He was born July 22, 1939. Funeral services were March 29, 2024 at Hampton-Gentry Funeral Home.

Patricia M. Logue

Patricia M. Logue, 85, passed away March 21, 2024. Funeral services were March 25, 2024, at Conkle Funeral Home.

Michael K. Merrill

Michael K. Merrill, 84, Avon, passed away March 18, 2024. Memorial contributions may be made to the Parkinson's Foundation. A visitation was held April 5 at Conkle Funeral Home, Avon. A funeral mass was held at St. Malachy Church on April 6, 2024.

Alice Virginia Meyer

Alice Virginia Meyer, 94, Avon, passed away March 22, 2024. She was born Jan. 30, 1930. Funeral services were held March 28, 2024 at the Chapel Rock Christian Church. Baker Funeral Home, Danville, is handling the arrangements.

BROWNSBURG

Nerome Buchman Jr.

Nerome Buchman Jr., 72, Brownsburg, passed away March 21, 2024. He was born Sept. 22, 1951. Funeral services were held April 6, 2024 at Messiah Lutheran Church, Brownsburg.

Pamela Ann "Pam" Dashnell (Gray)

Pamela Ann "Pam" Dashiell (Gray), 76, passed away March 20, 2024. Pamela was born Feb. 4, 1948. Funeral services were held at Matthews Mortuary on March 26, 2024.

Carol (Kissel) Davis

Carol (Kissel) Davis, 79, Brownsburg, passed away March 23, 2024. Carol was born Sept. 8, 1944. Funeral services were March 28, 2024 at Matthews Mortuary, Brownsburg.

Bernard James Goodnight

Bernard James Goodnight, 56, Brownsburg, passed away March 28, 2024. James was born Oct. 7, 1937. A Celebration of Life will be held at a later date.

Rita Mae McFerron

Rita Mae McFerron, 86, Brownsburg, passed away March 26, 2024. Rita was born April 30, 1937. In lieu of flowers, memorial donations may be made to Wounded Warrior Project at www.woundedwarriorproject.org.

Anne C. (Noecker) Sering

Anne C. (Noecker) Sering, 83, Brownsburg, passed away March 21, 2024. Anne was born May 31, 1940. Funeral services were held March 29, 2024 at Matthews Mortuary, Brownsburg.

CLAYTON

Janice W. Fisher Kennedy

Janice W. Fisher Kennedy, 83, Clayton, passed away March 29, 2024. Janice was born July 24, 1940. Funeral services were held April 4, 2024 in the Hampton-Gentry Funeral Home, Plainfield. In lieu of flowers, please donate to your favorite charity in Janice Fisher's name.

DANVILLE

Robert R. Barnitt

Robert R. Barnitt, "Skip", 72, Danville, passed away March 18, 2024. Memorial service will be held April 13, 2024 from 2 to 8 p.m. at the residence. Friends may visit with the family on April 13, 2024 from 2 to 8 p.m.; message for address. In lieu of flowers, preferred memorials to Riley's Children Hospital.

Brandon J. Breedlove

Brandon J. Breedlove, 27, of Danville, passed away on March 10, 2024. He was born April 11, 1996, and was the only son of Catherine Hester. Brandon was a 2015 graduate of Danville High School. After high school, he served his country in the U.S. Air Force where he worked as a logistics specialist. He joined the Air Force basketball team, playing until a knee injury ended his tenure with them. He was honorably discharged in 2020, transitioning to logistics in the civilian realm. He last worked for Knight Transportation. Brandon never knew a stranger; he was outgoing and loved having his picture taken. If you were Brandon's friend, you had most likely taken your turn as his personal photographer for a day. The Indianapolis skyline or a peaceful spot in nature were some of his favorite backdrops. He loved to play basketball, video games, and be with his dog, Pacer, or go on vacation with friends. Brandon is survived by his mother, Catherine Hester, his uncle Dave and aunt Amber, and his cousins, Christopher Hester and Dakota Haynes. He also leaves behind a bond of brotherhood and friendship with Levi Lewis, Daniel Goodin, Cameron Pittman, and Austin Rexroth. Brandon is predeceased by his grandmother, Ora Mae Hester. A memorial service was held at Connection Pointe Christian Church in Brownsburg on March 24, 2024. In lieu of flowers, please consider making a donation to one of the charities Brandon was passionate about, either the Wounded Warrior Project or helping Fur The Brand.

Norma (Whitaker) Carlton

Norma (Whitaker) Carlton, 96, Danville/Pittsboro, passed away March 18, 2024. Norma was born Nov. 11, 1927. Funeral services were held March 21, 2024 at Matthews Mortuary, Brownsburg.

Janet Limp

Janet Verhonik Limp, 63 of Danville, passed away peacefully, March 26, 2024, in Indianapolis, Indiana. Her loving family was by her side. The following is an obituary from her family. Janet Verhonik Limp was born in Indianapolis, Indiana to Carol Ann and Bill Verhonik. She was a graduate of Ben Davis High School in 1978. She had many jobs but her favorite thing to do was to be a grandmother, mother, and wife. She was an animal lover and enjoyed spending time on the water, barefoot, and

boating. Janet was selfless and always there for others despite the way she may have felt. She is survived by her husband of 34 years, Joe Limp; her sons, Tyler (Kristina) Moore and Joey (Kayla) Limp; her grandchildren, Cooper, Reece, Emerson, Casey, and soon to be new granddaughter, Charlotte; her siblings, Jenny (Rob), Julie, Nikki, and Keith as well as Bill's wife, Peggy Verhonik; and a host of other family members, nieces, nephews, and close friends. She was preceded in death by her mother, Carol Ann Verhonik, and her father, Bill Verhonik. A celebration of life was held on Sunday, April 7 at 3 p.m. at The Avon American Legion Post #145. In lieu of flowers, donations can be made to Indiana Donor Network/Donate Life Indiana. Arrangements are entrusted to Eric M.D. Bell Funeral Home and Cremation Services. All are encouraged to keep the family in your thoughts during this difficult time of loss.



PLAINFIELD

Jack R. Burlison

Jack R. Burlison, 95, Plainfield, passed away March 21, 2024. He was born in Evansville on Aug. 14, 1928. Funeral services were at Plainfield Christian Church on March 27, 2024.

Gwendolene Shoulders Clearwater

Gwendolene Shoulders Clearwater, 90, Spring Hill Florida, formerly Plainfield, passed away on March 20, 2024. She was born on April 26, 1933. Funeral services were held March 29, 2024 at Hall-Baker Funeral Home in Plainfield. In lieu of flowers, the family requested donations be made in Gwen's name to the Alzheimer's Association.

Steven J. Henshilwood

Steven J. Henshilwood, 70, Plainfield, passed away on March 23, 2024. He was born on Oct. 17, 1953. Funeral services were held April 6, 2024 at Hazelwood Christian Church. In lieu of flowers, contributions may be made to the American Diabetes Association P. O. Box 7023 Merrifield, VA 22116-7023. Hall-Baker Funeral Home, Plainfield, is handling the arrangements.

Dr. Herbert L. Ross

Dr. Herbert L. Ross, 94, Plainfield, passed away peacefully on March 18, 2024. He was born on Oct. 16, 1929. Visitation was held March 20, 2024 from 10 a.m. to 11 a.m. in Hall-Baker Funeral Home, Plainfield. Funeral services were held on March 20, 2024 at Hall-Baker Funeral Home. Please make memorial contributions to The Herbert L. Ross Scholarship at Indiana State University. Contributions by check: Indiana State University Foundation Note: Herbert L. Ross Scholarship Fund# 21282 30 North 5th Street Terre, Haute, Indiana 47809 Online contributions: www.givetoindianastate.org Designation: The Herbert L. Ross Scholarship Tribute Gift: Memory/ Honor of Herbert L Ross



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