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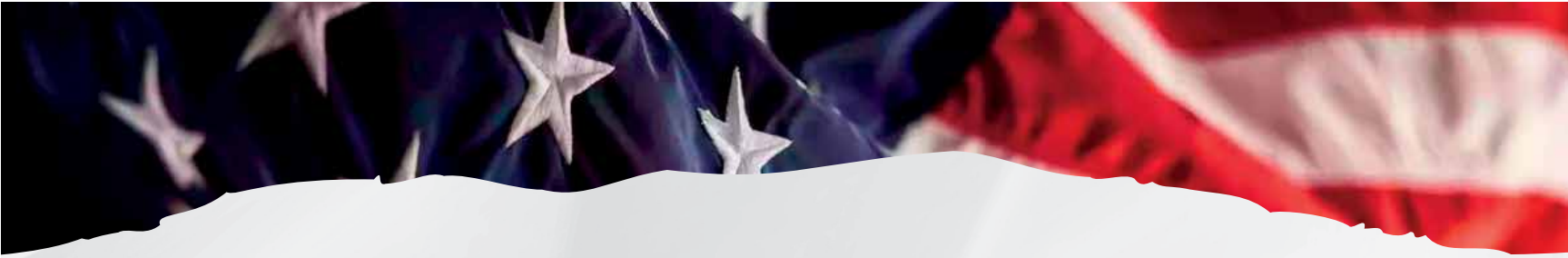
Judge Ryan
Tanselle ★ ★ ★ ★

Vote on May 7

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I was appointed in 2022 by Governor Holcomb with the support of the judge that retired and whose seat I assumed. My court is Hendricks Superior Court 3, the juvenile court in Hendricks County. This means I have juvenile delinquency cases, child in need of services cases, termination of parental rights cases, and also divorces (among others). I practiced in that court for almost 9 years (and other courts). My experience is unparalleled for my court. I work to make the lives of children and families better by looking for fair outcomes and for trying to keep state intervention at a minimum - but not at the sacrifice of the safety and well being of children. I have my court engaged in a pilot project to have attorneys appointed to represent older children at no cost to the county because evidence indicates that you get better and faster case outcomes when older children have a say. I have pushed my juvenile probation department to create individualized solutions for children that come into my court. I'm not afraid to detain a child either - I spent more than double in 2023 as compared to 2022 for the cost of secure detention. Finally, the Youth Assistance Program is a program that statutorily falls under my court and I am working with the towns, schools, and county to grow this early intervention program beyond Plainfield because the need is there and the goal is to prevent families from ever making it to court. I have made the tough decisions, like terminating parental rights and committing children to the Indiana Department of Correction. I have also made decisions to reunify families back together when state intervention is no longer necessary. I am moving my court forward, and the county needs this progress to continue.



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ICON of the Week

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Meet Your Neighbor

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Hendricks Regional Health's ICONic Athlete Nathan Howlowka

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Plainfield Police Department celebrates promotion of officer and exciting introduction of K-9 and his human partner SRO Jellison

Source: Public News Outlet

Earlier this month at the Plainfield Board of Police Commissioners Meeting, two officers and one of the four-legged variety took center stage. Deputy Chief Joe Smock presented Officer T.J. Faulconer to the Board of Commissioners, and he has now been promoted to the rank of Corporal. Corporal Faulconer has many specialties, as he is an Emergency Vehicle Operations Instructor and an Accident Reconstructionist, to name a few.

Also, Officer Prichard introduced SRO Jellison and his K-9 partner Newt, who is now certified as a therapy and gun detection dog. Newt took center stage as she repeatedly barked her affirmations to the following Oath of Office read by Officer Prichard and was

officially "Sworn-In" as a police K-9.

"Newt-Do you solemnly swear to uphold the constitution of the United States, against all enemies, foreign and domestic? Do you solemnly swear to bear truth, faith, and allegiance to the same? Do you promise to protect your students every day as well as bring smiles to their faces? Do you swear to be a best friend to your handler, to guide him and protect him every day? Do you promise to always be a good girl and help people during dark times by being an example that we can be victors instead of victims? Welcome to the Blue Line."

CONGRATULATIONS ARE IN ORDER FOR CORPORAL FAULCONER, SRO JELLISON, AND NEWT!



Indianapolis Children's Choir presents concert with over 400 singers to honor late philanthropist

(Submitted Press Release)

Singers from across central Indiana will come together to perform at the Christel DeHaan In Harmony: Rhythm of the Lands concert on Saturday, April 27 at 7 p.m. at the STAR Bank Performing Arts Center in Zionsville. This is the culminating concert for the children's choir division of the Indianapolis Children's Choir's (ICC) 2023-2024 season, as over 400 young singers will transport the audience to the faraway lands of Africa and the Middle East.

Singers as young as kindergarten through early high school will be singing in this particular performance, where songs like "Sih'r Khalaq" will explore Arabic rhythms and "Bantama Kra Kro" will share traditional folk sounds from Ghana.

This is one of the final stops on the ICC's A World Showcase concert season. So far singers presented concerts that celebrate sounds from regions like Europe, America, and Asia, and this concert explores rhythms and traditions from yet another area of the world.

"This has been a fantastic season for our singers to explore cultures from around the world and what each of them have contributed to songs we know and love today," explains Joshua Pedde, Artistic Director of the ICC. "What's even better is that all of this really brings home the idea that music is a universal language that connects us all. It's such an appropriate theme for this concert in particular that's named in honor of Christel DeHaan."

Last fall, the ICC was named a recipient of a Legacy Grant awarded by the Christel DeHaan Family Foundation, a foundation founded by late businesswoman, community leader, and philanthropist Christel DeHaan. The grant helps to fund the ICC's scholarship program and the choir's operational costs. To acknowledge these gifts in addition to naming the scholarship fund and the endowment fund, the ICC is recognizing the Christel DeHaan Family Foundation by permanently naming the annual In Harmony concert in her honor. The ICC will also prominently mention DeHaan in concert programs so that audience members will learn about her lasting impact for ICC singers and the community.

"Her legacy in the Indianapolis community, and especially within the arts community, will live on through her grant given to the ICC," shares Pedde. "We will also honor her with a video presentation prior to this concert that's been named for her."

Tickets are \$14 each and can be purchased online in advance at icchoir.org/tickets. Ages five and under can attend for free but require a ticket. If the concerts do not sell out in advance, additional tickets will be available for purchase at the door prior to the performance.

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Brownsburg Police Department receives donation from Central Indiana Police Foundation

Source: Social Media Outlet

Earlier this month, Brownsburg Police Chief Grimes met with Lisa Rollings and Kadi Crooke from the Central Indiana Police Foundation. They delivered chest seals for the officers' trauma kits. Chest seals are utilized to seal gunshot wounds and assist with medical treatment until EMT's arrive. Each of the officers were provided one for their trauma kits. Jon Nolan, owner of Nolan Security, sponsored the chest seals. The Brownsburg Police Department greatly appreciates this donation. The Central Indiana Police Foundation is a huge supporter of local law enforcement agencies, as they provide resources to keep police officers and their families safe, healthy, and effective. If you are interested in supporting this non-profit organization, visit www.cipf.foundation.



Brownsburg Police Department's Enforcement Division reports on March 2024 police activity

Source: Public News Outlet

Brownsburg Police Department Enforcement Division March 2024 Activity

Patrol Hours	4806.5
Calls for Service	2980
Traffic Stops	869
Patrol When Possible	863
Check Premises	305
Welfare Checks	30
Drug Cases	27
Domestic Runs	26
Accident Reports	60
Hit & Run Investigations	6
Arrests	95
OWI Arrests	14

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March police activity update from the Danville Police Department

Source: Public News Outlet

During the month of March, Danville Police Department responded to 576 calls for service and completed 69 case reports. Officers made 52 arrests, including 14 for DUI, and three for drug and narcotics violations. The department conducted 237 traffic stops, responded to 37 traffic accidents, served 12 warrants, checked on 19 "suspicious persons," responded to 10 thefts, three reported burglaries, six domestic disturbances, and 51 disputes between individuals, along with 178 additional calls for service.

Our Investigations Division took in eight new cases for follow-up, conducted four fraud investigations, four death investigations, and followed up with 11 new Department of Child Services Investigations.

The Danville Police Department Officers, Detectives, and Administration work hard every day to make sure the Town of Danville remains a safe place to call home.



HENDRICKS COUNTY SHERIFF'S OFFICE MARCH ACTIVITY

NEIGHBORHOOD PATROLS: 2,277

BUSINESS CHECKS: 1,798

CALLS FOR SERVICE: 1,052

JAIL BOOK-INS: 334

WARRANTS SERVED: 33

CRIMINAL ARRESTS: 101

OWI ARRESTS: 24

TRAFFIC STOPS: 922

EMERGENCY DETENTIONS: 12

CRASH INVESTIGATIONS: 81

Hendricks County ICON of the Week

Shelby Abner

By Julie Brackemyre

Shelby Abner is the Community Relations Senior Manager for the Town of Brownsburg. In her role, Shelby manages communications, media relations, and partnerships and works closely with the Greater Brownsburg Chamber of Commerce to help promote local businesses. Shelby holds a Master's in Public Relations from Ball State University and a Bachelor's in Journalism from IUPUI. She is a member of the American Marketing Association and the National Association of Government Communicators. Shelby and her husband, Morgan, reside in Brownsburg with their three-year-old daughter, Charlotte and two beagle rescues.

1. What do you consider your greatest virtue?

My greatest virtue is determination, which has been the driving force behind my ability to overcome obstacles and achieve my goals.

2. What do you most deplore in others?

People who refuse to see things from someone else's point of view.

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

My family is from North Salem, and I graduated from Avon. My husband graduated from Plainfield. Hendricks County is our home, and I love being a part of our community's story and shaping it for future generations.

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

Every winter, I ask myself why I live somewhere where the air hurts my face. But anywhere warm seems to mean bigger bugs, so I guess I'm fine here.

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

I strongly believe that everything happens for a reason and wouldn't change anything because it has led me to where I am today.

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

I would adopt every single dog and cat that needs a loving home.

7. What makes you happiest?

I love getting to be creative. I'm happiest taking photos or working on design projects.

8. What is your favorite vacation spot?

My husband and I love to travel and always look for new places for our vacations. We have never been to the same place twice. One of our favorite trips was to Lake Tahoe.

9. What do you do with your idle time?

I'm mom to a threenager. I don't have any free time.

10. What is it that makes you angry?

Lying for clout on social media

11. What do you do to escape from reality?

I love reading, and, like many PR professionals, I aspire to write a book someday. Music is also important to me; I could spend hours listening to it.



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

My husband, Morgan. Throughout my career, he has been a constant source of support, allowing me to pursue my passions.

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

Honesty

14. What is your greatest extravagance?

My daughter is growing up so quickly, so we get family pictures taken a couple of times a year. It can get expensive, but worth it when we see how much

she's changed in just a few months. Plus, it's an easy Christmas gift for all of the grandparents!

15. What is your favorite restaurant?

We have so many incredible, locally-owned restaurants in Hendricks County, but Brew Link Brewpub is my absolute favorite. After lunch/dinner, you can catch me getting a little snack from Sweet Minis or Mandy's Ice Cream!

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

I'm not trying to win brownie points, but I want to acknowledge the impact that my boss, Deb Cook, who is also the Town Manager of Brownsburg, has had on my professional life. She has been a great source of guidance and advice, and her leadership style has taught me a lot about the kind of leader I aspire to be.

17. What are your fears/phobias?

I'm not sure I would call it a fear, but I have a real problem with my food touching.

18. Which talent would you most like to possess?

I've wanted to be involved in the arts so badly, whether singing, dancing, or painting, but it's not going to happen for me.

19. What do you most value in your friends?

A sense of humor. I love to laugh!

20. Who is your favorite historical figure?

May Wright Sewall, who led campaigns for suffrage, women's rights, and world peace in Indianapolis during the late nineteenth and early twentieth centuries. She helped found and led the Art Association of Indianapolis (now Newfields), one of my favorite places, and the Indianapolis Propylaeum, my first internship.

21. What is your greatest regret?

When I was younger, I spent so much time on things I had to do that I rarely had time for things I wanted to do. Balancing my work and personal life is very important to me now.

22. What tenet do you live by?

You are what you love, not who loves you.

Hendricks County Sheriff's Office celebrates retirement

Source: Public News Outlet

The Hendricks County Sheriff's Office celebrated the retirement of CSI Lt. Larry Deckard. Deckard is retiring after 34 years of dedicated service to the county. He will be greatly missed. A retirement was held in the community training room at the Sheriff's Office and was attended by numerous friends, family, and co-workers who all wished him well.

Happy Retirement Larry!



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Meet YOUR NEIGHBOR



By Julie Brackemyre

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

We lived in Plainfield for the first 11 years, and for the last nine years, we have lived in Avon.

2. Describe your immediate family to us.

My wife, Julie and I have been married for 25 years. We have five children. Noel (20), Preston (17), Ezekiel (13), and twins Rachelle and Gabrielle (10).

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 a Christ following family. We are members of Plainfield Christian Church. We value our church family, our small group, and our Bible studies with other believers outside of our church. We study scripture as a family regularly, and we value attending and volunteering at camps, mission trips, conferences, and other opportunities to share Jesus.

4. Describe your perfect family outing.

Going to northern Michigan and spending time with cousins, aunts, and uncles. We have a good time riding

four wheelers, canoeing, fishing, and sitting around the campfire or on the porch telling old stories on each other and just catching up. The fresh air and family time are precious to us. My kids would say going to Holiday World and it not storming (always storms on us).

5. What is your favorite family tradition?

Have a few. One is going to Beef and Boards with my in-laws. Another is getting together with family for both Christmas and Thanksgiving. Another would be our family and business being in the Quaker Day Parade. The last would be the annual cookie cooking event at work with my oldest two kids. Most years we cook 2,000 cookies for catering customers for the day after Thanksgiving.

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

Parks (recreation), Community, Church

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

Hard-working, Strong, Loving, Good Provider, Funny, Worth living with (not sure how to take that) - Gabrielle

Chris Spires

Owner of
Plainfield Chick-fil-A



Plainfield police officers escort honor flight

(Submitted Press Release)

Several Plainfield police officers had the distinct honor to escort 86 Veterans to and from the Indianapolis International Airport on Saturday, April 13 for their Indy Honor Flight. This was the 40th honor flight taking Veterans to Washington D.C. and then back to Plainfield High School for a warm welcome back celebration. Some of those Veterans never received a welcome home when they returned from service for our country several decades ago. If you haven't been to an Honor Flight welcome home celebration, consider attending one in the future. They are very moving, and the very least that we can do to honor their sacrifices for our country.



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Breaking News from CEO: Visit Hendricks County launches survey, empowering residents to shape future amenities and community vision through open meetings

By Amanda Babinec

Visit Hendricks County (VHC), in partnership with The Indiana Communities Institute at Ball State University, has launched a new survey to better understand how residents of Hendricks County spend their free time and engage with local amenities. The study aims to identify residents' preferences for various activities and amenities, with a focus on arts and culture, outdoor experiences, events, festivals, and recreational facilities.

Amanda Babinec had a chance to speak with executive director/CEO of VHC, Jaime Bohler Smith. Back in 2018, VHC began having conversations about the lack of community branding in Hendricks County. In early 2020, in collaboration with the Hendricks County Community Foundation, the two entities received a grant to help begin to answer that question. The initiative came to a halt during the pandemic and through that time, VHC became an agency of good news. Fast forward to 2024, post-pandemic, and the agency is ready to ask the community, "What is it that YOU want to be and what is it that VHC will become?" Bohler Smith explained that this initiative will have three phases:

Phase 1: Resident Survey - What made residents choose to live in Hendricks County? What do they like...is it outdoor amenities, sports and recreation, downtown areas? What do we not have enough of and what do we need more of? VHC will also ask visitors similar questions, such as what is the maximum benefit that our county offers that drives visitors.

Phase 2: Stakeholder Study - This hasn't been done in approximately 20 years. This phase will gather information from community leaders, government, schools, businesses, and more. What can VHC do to help stakeholders collaborate?

Phase 3: Strategic Plan - Use the information from phases 1 and 2 to create a new strategic plan for VHC and create a new county pride initiative with the Hendricks County Community Foundation.

"This three phase initiative is a prioritization. Residents are truly the

customers because they choose to live here and use the amenities. You have to have that before visitors will come," said Bohler Smith.

Residents are encouraged to participate in the multi-pronged study, which includes both community meetings and online surveys. Community meetings will be held at various locations throughout the county, with open house style sessions to accommodate residents' schedules. Residents should allot 15-30 minutes to attend the community meetings. All community meetings will be held from 4:30 to 7 p.m. at these dates and locations:

- Monday, April 22: Tri-West High School Auditorium, 7883 Ind. 39, Lizton
- Tuesday, April 23: MADE@Plainfield, 1610 Reeves Road, Plainfield
- Wednesday, April 24: Eaton Hall at Brownsburg Town Hall, 61 N. Green St., Brownsburg
- Thursday, April 25: Hendricks County 4-H Fairgrounds & Conference Complex, 1900 E. Main St., Danville
- Monday, May 6: Avon Administration Office/Avon Academy, 7203 E. US Highway 36, Avon
- Tuesday, May 7: Cascade Middle School Cafeteria (park in the main lot and enter the school through Door 11), 6423 S. County Road 200 West, Clayton

Residents can participate in the survey online at [VisitHendricksCounty.com/Survey](https://www.visithendrickscounty.com/survey). Both the survey and community meetings are voluntary, but residents are strongly encouraged to do one or both.



LETTER FROM THE EDITOR

“And God said, “Love Your Enemy,” so I obeyed him and loved myself.”
- Khalil Gibran

By Kate Anderson

This is easier said than done sometimes. We are so hard on ourselves. Some are taught that self-love is a selfish, conceited notion. I was taught as a young person that self-love, much like self-care, was incredibly self-indulgent. As if I looked in the mirror and cared about what I saw and what I looked like was just the worst personality flaw I could ever have. In this fast-paced world, we don't take enough time to check-in with ourselves. To really make sure we are “ok”. Why does the idea of self-love and self-care have such a stigma behind it and why is guilt associated with it? Why can't we make time to really get to know ourselves? I sometimes find it hard to come to terms with my own quirks and flaws. So much so that I find myself feeling withdrawn and depleted of spirit and energy. I challenge you to find someone that has done something or even said something kind for and about themselves in the last week or two. Self-love and self-care aren't just for women, by the way. It is an equal-opportunity practice that should be embraced by both women and men, and it looks different for everyone. Some treat themselves by getting their nails done or doing a little shopping, and others take the day to go fishing or spend the day watching the baseball game on TV and relaxing in their favorite chair. It can be as simple as listening to a podcast on the way home or indulging yourself in a cup of tea and watching your favorite guilty-pleasure TV show

in the evening. Anything to take the load off a bit. I sometimes find myself getting to a meeting early and just take that time to just sit in my car in silence and gather my thoughts about work and life in general. I try to make the effort to center myself and therefore make my day just a little bit smoother. Most of us go through life caring for others and are so concerned about their needs that we forget our own. For years I spent so much time concentrating my energy and daily efforts on others that I didn't take care of myself and last year ended up being rushed to the doctor and emergently being treated for an illness that could have terminated my life. An illness that could have been prevented if I had taken the time to care for myself a little bit more. It is time for us to stop doing the bare minimum and realize that we are worthy of self-love and care. In its simplest form, we cannot take care of and love others if we don't care for and love ourselves. It just isn't possible to give from a well that is completely dry. I challenge you to take even five minutes of your day to do something for yourself. Make that cup of coffee, sit down for a minute, think a happy thought, and remember that as silly as it sounds, you are worthy of self-love and self-care. It can only stand to make us better parents, partners, spouses, co-workers, and humans. Remember you are awesome. Celebrate who you are every day.

DUMB LAW

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

In Nebraska it is illegal to sell donut holes.

Source: dumblaws.com

Edward Jones®

Slow and steady: A smart way to invest

You may have heard about investors who get in on the ground floor of a hot new company and quickly make a fortune — but that's rare and certainly not a viable plan for most people. Instead, try to follow a slow-and-steady strategy.

With this approach, you can start out small. If you're beginning your career and you can't afford to invest large amounts, put away what you can each month into stocks or mutual funds. When your salary goes up, you can increase your contributions.

And take advantage of your employer's 401(k) or similar retirement plan. At least try to put in enough to earn your employer's matching contribution, if one is offered.

Also, don't let the inevitable drops in the market throw you off from consistently investing — ups and downs are a normal feature of the investment landscape.

Finally, check your progress regularly by comparing where you are today versus where you were last year — and where you want to be in the future.

“Slow and steady” may not sound like an exciting approach to investing. But a little less excitement, and a lot more diligence, can prove to be quite effective.

Samuel Lowe

Financial Advisor

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Changes in medicine

I've had the same barber for 35 years. We've had the same housekeeper for almost 40 years and our CPA was with us for over three decades until she retired, probably because she was sick of looking at my shoe box every April filled with receipts. I had the same dentist for decades, although as I think back, I have had several different teeth. Oh, and I have had the same wife for 44 years. But she has not suggested retiring. Yet. All those still on the job would be tough to replace. And now, after about 25 years, my primary care physician is calling it quits. Many local doctors went to Dr. Kevin Coss for their personal health needs. Kevin was known as the doctor's doctor. You never hear that expression about other professions. I asked my plumber (who's been our plumber for 25 years) to tell me who in town is known as the "plumber's plumber." "Most plumbers fix their own plumbing," he told me. "Unless they have a reputation for not showing up on time. Then they call someone else." Don't worry, I don't know what that means either. When we first arrived in Indy my physician was Bob Palmer. He retired years ago and, sadly, has since passed away. Bob was a diminutive guy and when he wrote me an email, he signed it "Your dwarf internist." But don't sell him short, he was not only a superb practitioner but a WWII bomber pilot having flown over 70 missions. His office was decorated with photos of him in uniform standing by his plane. I preferred this décor to my urologist's office which is furnished with pictures of...well, let's just leave it at that.

Dr. Bob once examined me and the nurse came in with a worried look. "Dr Palmer needs to see you right away." Shaking, I went back to his office. "You have Wisenheimer's disease," he told me. Still trembling, I asked what that was.

"While examining you, I saw that you have on a black sock and blue sock, that's Wisenheimer's disease."

I told him I had another pair of socks just like it at home.

Bob was one of the few doctors who would come out to the waiting room and personally summon the next person into his office. A small commitment in his time, but a huge investment in the doctor/patient relationship. Once I noticed him watching a woman as she signed in for her appointment. He later told me that watching a person interact with another person was helpful for him in determining their social skills, which might assist him in his care for the patient.

At the Community Hospital Annual Physicians Dinner, Bob always gave an award to the intern with the best handwriting, meaning one day a nurse or pharmacist could decipher what was written on the prescription pad. But now back to Dr Coss. Like Dr. Palmer, he put me at ease and spent a solid hour with me at my annual checkup. He always sat down with me during our conversations. So, I never felt like he was rushing through the examination. Over the years, he diagnosed at least three potentially serious issues and successfully treated or referred me elsewhere. Even during what I will call the year-long hypochondriacal period of my life, he was patient and understanding. Thanks, Kevin Coss. I hope retirement treats you well. Just like you treated all your patients.



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

"Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again."

— Gustav Mahler

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Indiana University Health is investing more than \$28 million to complete an expansion of IU Health West Hospital in Avon.

The expansion will include renovations and finish updates to the maternity suite, a lab expansion, rework to the Imaging area to include an additional MRI, and surgery suite renovations adding another operating room and additional storage space.

Work is expected to begin mid-2024 and be complete by late 2025.

Feedback meetings open to the public will be held on

Thursday, May 9, 2024

3:30 – 4:30 pm

IU Health West Hospital

1111 N. Ronald Reagan Parkway

Marketplace Meetup

Thursday, May 9, 2024

4:30 – 5:30 pm

IU Health West Hospital

1111 N. Ronald Reagan Parkway

Marketplace Meetup

These meetings will provide an opportunity for the IU Health project team to share information about the project and for the public to ask questions.

iuhealth.org/west

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Order in the coffee shop

I love listening to other people's coffee shop orders. It seems there is no limit to human creativity when it comes to curating the best bespoke beverage. With so many milk choices, coffee combinations, and sweetener options, the possibilities are endless. And, as long as I get that caffeine in me, it's all good.

Have you noticed what people say before they list their litany of whipped whimsies? Increasingly, I hear these coffee connoisseurs begin with, "I'll do..."

No, I didn't say "I do." Although, if they love their six-dollar coffees so much, they might as well marry them, am I right? I wouldn't know — I'm more of a chai guy.

That's right — people start their orders with "I'll do." "I'll do a 16-ounce flat white with whip." "I'll do a medium lavender macchiato with oat milk." "I'll do a triple-shot mini espresso frappe sprinkled with non-dairy pumpkin unicorn dust — light foam."

What does "I'll do" mean? The baristas make the drinks. The customers pay for the drinks. They're not doing anything except swiping their cards and pretending to tip well on the second screen. You're not fooling anyone, by the way; rounding up 12 cents doesn't really count as a tip.

There are several ways to start an order that make more sense. "I'll have a," "I'd like a," "May I please have a" or "Whip me up a" are perfectly fine alternatives. "I'll do a" really grates my grounds.

If you pay attention, you'll notice people ordering at restaurants this way as well. I think it's obligatory for every, "I'll just do the chicken tenders with a side of ranch," the waiter will come by at some point in the meal to quip, "You still working on those?" Eating is not work, and you can not "do" a food. "Yes, waiter, I'd like to shove the entire basket of chicken tenders in my face" is a better way to order (in my opinion).

I'm afraid the "I'll do" train has already left the station; however, I think baristas should have an "I'll do" jar next to the register. Every time someone begins his order with "I'll do," they have to put a dollar in the jar. That would solve the non-tipping situation. Until then, I'll do another column on the unraveling downward spiral of American English. Wow, that got negative at the end ... my apologies, I haven't had my caffeine yet this morning.



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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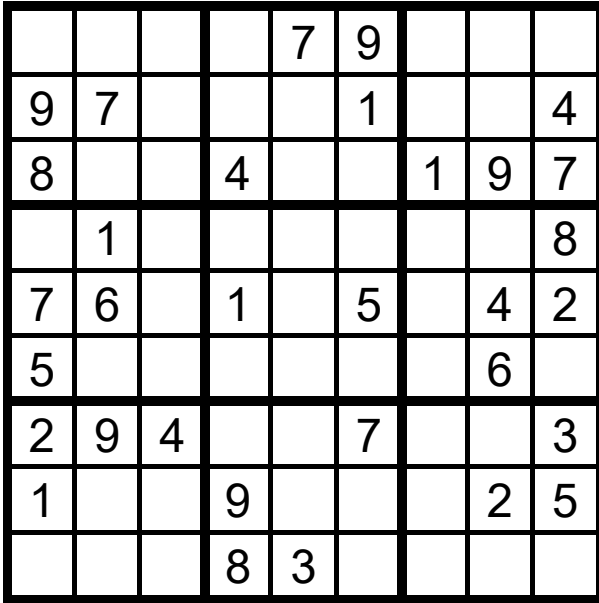
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E
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 D I L L G R J T T E L
 S F S M A L A S I E U A O
 J R R T I S I K L K S N N
 J C L E P N O S I E R I A
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 H

6 Herbs _____

4 Southern Indiana Cities _____

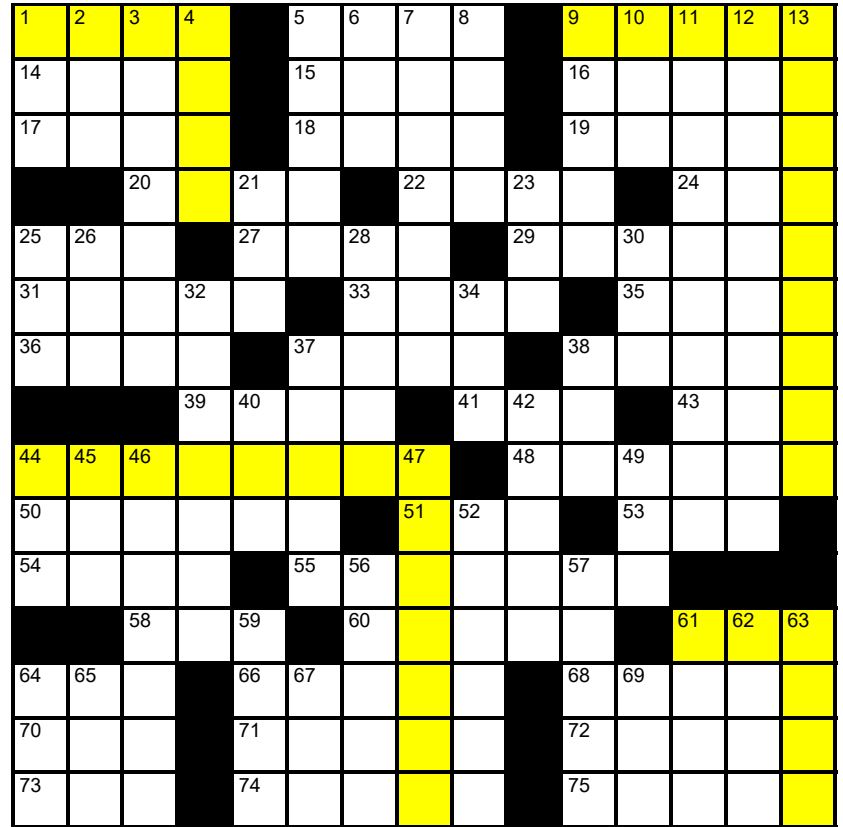
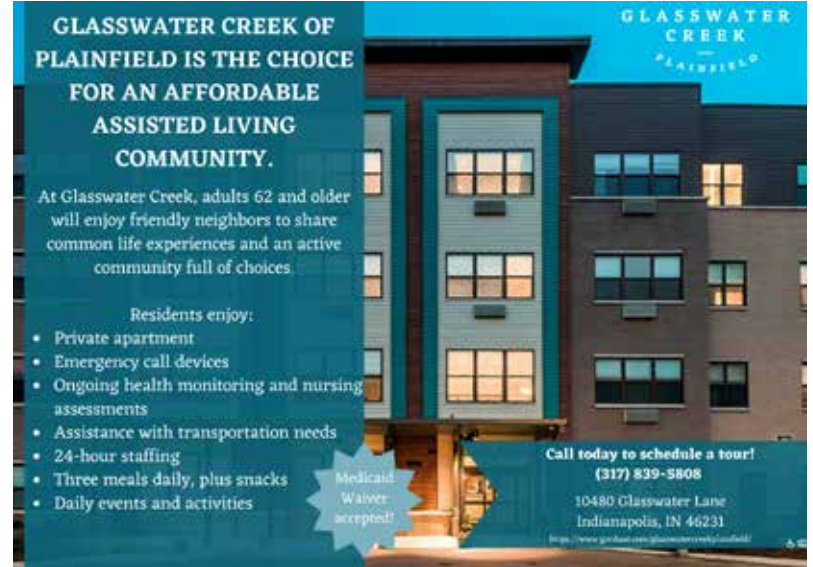
3 Forms of Poetry _____

5 Volleyball Terms _____

2 Ball State Colors _____

1 Indiana Attorney General _____

- Across**
- 1 North Central HS grad starring in the Netflix stand-up comedy special "Don't Take It Personal"
 - 5 Footnote abbr.
 - 9 Only "Indiana Mr. Basketball" who won the NBA MVP award
 - 14 Type of school, like Brebeuf, briefly
 - 15 Cape Canaveral org.
 - 16 Be of ___ (help)
 - 17 Fight for breath
 - 18 New Mexico art colony
 - 19 Pulsate
 - 20 Old Russian ruler
 - 22 Not this
 - 24 Avon-to-Cleveland dir.
 - 25 West Chase Golf Club standard
 - 27 Manhattan neighborhood
 - 29 Indianapolis Opera performance: "The ___ of Seville"
 - 31 First Hebrew letter
 - 33 IMPD alerts
 - 35 Prefix for "while"
 - 36 Bearish broker's advice
 - 37 "Desperate Housewives" role
 - 38 Gets nothing done
 - 39 "___ Lang Syne"
 - 41 Ger. neighbor
 - 43 Zodiac sign
 - 44 Indy native with 12 Grammy Awards
 - 48 Like some kisses, glances or bases
 - 50 Still hadn't fully settled, as a loan
 - 51 Patriotic women's org.
 - 53 WSJ rival
 - 54 None, nil, nada
 - 55 Had to be paid, say
 - 58 Appropriate rhyme for "spa"
 - 60 Congregation Beth-El Zedeck scroll
 - 61 Colts coach known for his "Playoffs?! PLAYOFFS?!" press conference rant
 - 64 Stick out
 - 66 Muscat native
 - 68 Speed skater Ohno
 - 70 GPS suggestion
 - 71 Oscar winner Swinton
 - 72 Murat Theatre seater
 - 73 Bethesda Christian HS color
 - 74 "The Sound of Music" girl
 - 75 Indiana State Sen. Rogers
- Down**
- 1 Gas stat
 - 2 401(k) kin
 - 3 Variety of falcon
 - 4 ---
 - 5 Preface, for short
 - 6 Cry from the Indiana State Fair sheep barn
 - 7 Chemist's study
 - 8 Morse code bit
 - 9 "I'm ___ here!"
 - 10 "Quiet!"
 - 11 In an intellectual manner
 - 12 In a person's immediate vicinity
 - 13 ---
 - 14 ___ Baltimore"
 - 15 Ex-Indiana Lieutenant Governor Mutz
 - 16 Cole Porter tune: "Where Is the Life That Late ___?"
 - 17 ---
 - 18 ___ Tolkien
 - 19 Western Indian
 - 20 Roman 1002
 - 21 "Deflategate" air pressure letters



- 21 Fireplace residue
- 23 "Six-pack" muscles
- 25 Mas' partners
- 26 Sun King brew
- 28 Sound heard at the beginning of "class"?
- 30 ___ Speedwagon
- 32 "Imagination Taking Shape" toy
- 34 "Maude" actress Arthur
- 37 Mont ___ (highest Alp)
- 38 WWII vessel
- 40 ET craft
- 42 Old nutritional fig.
- 44 Singer Scaggs
- 45 Wonder
- 46 Chewed out
- 47 ---
- 49 Washington's bill
- 52 TV attachment seen less often on roofs these days
- 56 "___ of Two Cities"
- 57 DIY mover's rental
- 59 Langford Wilson's "The

Answers on Page 35

Petunias that glow in the dark!

GARDENING

By John Chapin



The biology lab Light Bio has worked for decades to develop luminous plants that continuously glow in the dark. The first bioluminescent plants were demonstrated in labs more than 35 years ago, but a few kinks needed to be worked out. With advances in gene-editing, scientists have been able to splice genes from naturally bioluminescent mushrooms into petunias so that their leaves and flowers emit a soft, green glow in the dark. The effect is mesmerizingly impressive, accentuating the natural patterns in the plant.

The healthier the plant, the brighter the glow, which is somewhere around the level of moonlight. These petunias do not require any special food or treatment, but you can make them brighter by placing a ripe banana skin under the plants which emits an ethylene growth hormone to increase the plants' metabolism. Unlike fluorescence, a trait that has been bred into some tropical fish, and which requires special light bulbs to be seen,

bioluminescence is self-generated by the plant.

The USDA approved the sale of 'Firefly' petunias last September, and the company is now taking pre-orders at Light Bio for spring delivery. The company chose petunias because they're popular as ornamental plants, are annuals, and are not considered invasive species, so the chances of the modified genes spreading into native plants and disrupting ecosystems should be minimal. If you're a science nut, or just want to grow an unusual plant that will certainly be a conversation piece in your garden, you might want to check this out.

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 Islands of Hawaii

TRAVEL

By Amy Maharas

Have you always wanted to visit the Aloha State, but you're not sure where to start? Hawaii is one of my family's favorite vacation destinations, so we have visited five of the islands. Here is what we love about each:

Oahu: When you think of Hawaii, you likely picture surfers on Waikiki or the USS Arizona Memorial, both of which are located on the island of Oahu. Oahu is a great starting point for your first trip to the Islands. Visit the Polynesian Cultural Center, hike up Diamond Head, see turtles on the North Shore, and snorkel in Hanauma Bay. For a more relaxing stay, consider the lagoons on the west side of the island where Aulani-Disney Resort & Spa (my favorite resort anywhere) is located.

Hawaii, or the Big Island: If you want to visit coffee farms and see volcanoes, the Big Island is the island for you. Volcanoes National Park is worth a visit, and Kona coffee has a reputation for a reason! Be sure to visit the black sand and green sand beaches.

Maui: If a beautiful beach is your goal, the beaches of Ka'anapali on the north side of the island are pristine with a plethora of upscale hotels for lodging. Maui also offers amazing sunrise views at Haleakala National Park and great shopping.

Kauai: Probably my family's favorite, Kauai is quintessentially Hawaiian with lush green areas as well as gorgeous views from Waimea Canyon. Explore the Na Pali Coast by boat and enjoy the beaches of Poipu on the south shore or Hanalei Beach on the north shore.

Molokai: If you are a seasoned Hawaii visitor, it's time for a trip to Molokai. With only one hotel and a smattering of condos, this is not touristy Hawaii, but it will certainly open your eyes to life in Hawaii.



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



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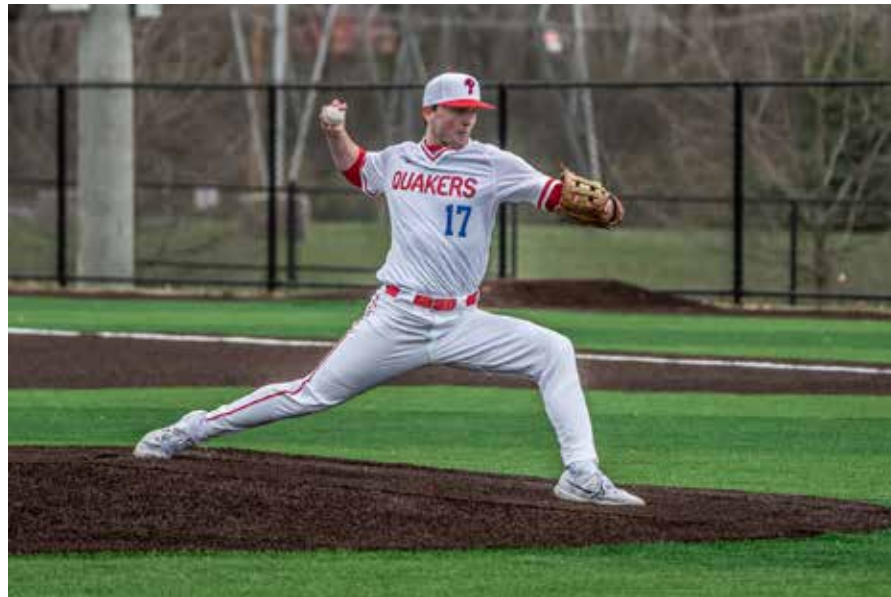

ICONic Athlete of Hendricks County

MULTI-DIMENSIONAL SENIOR LEADING PLAINFIELD TO A HOT SPRING 2024 START

Nathan Holowka - Plainfield Baseball

By Josh George

Plainfield senior and Marietta College commit, Nathan Holowka, has Plainfield baseball off to a great start this spring season! The Quakers are currently 4-0 (as of April 12) with wins over Highland, Tri-West, Danville, and Whiteland. Nathan is asked to play a variety of roles for the Quakers. He plays third base, first base, and pitches. He currently is batting .363 with 3 RBIs, an on-base percentage of .430, 0 errors, and has six innings pitched with eight strikeouts. Nathan is ready and willing to do whatever it takes for the Quakers to win a sectional title and make a state tournament run! The ICON recently interviewed Nathan to get some perspective on his playing career, as well as his head coach at Plainfield High School and his parents.



Q&A with Nathan Holowka:

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

Nathan: I started playing baseball at five years old and have loved it ever since. I don't play any other sports at school, but I enjoy playing basketball with my friends in my free time.

ICON: How do you prepare and train during the off-season to have the success you have had in baseball?

Nathan: Every day, I do something mentally and physically that will benefit me for the season. I work out and do pitching drills and exercises at PRP in Noblesville, and I hit inside and outside depending on the weather.

ICON: Who have been your most influential coaches and why?

Nathan: My most influential coaches have been the coaches at PRP. They are always looking out for me and tell me if they see something wrong with my mechanics. Nick Slone has been my pitching coach and mentor for several years, and much of my success on the mound is attributed to him.

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

Nathan: They always tell me that they will love and support me no matter what I do. They are present at all of my

games, and I can always count on them to get me anything I need for games and practice. They love watching me play, and I love the support I get from them. They are my #1 fans!

ICON: Describe your baseball journey through the years. Some highs and lows.

Nathan: My highs so far are committing to play baseball at Marietta College. They are a D3 school, ranked nationally and known for excelling in baseball. I am excited to play for them these next four years, and I can't wait to develop as a player and student. My lowest point would probably be when I strained my UCL. This is a common injury for baseball players, specifically pitchers. When it first happened, I thought it was a tear and I would need Tommy John surgery. However, my injury was not as severe, and I was excited to start my physical therapy and throwing program to get back to playing the game again.

ICON: What are some individual goals and team goals you have for this

upcoming season?

Nathan: Some individual goals I have are to hit for a high average and to cut down my strikeouts. When it comes to team goals, we want to win a sectional championship for Plainfield. The baseball team hasn't won a sectional title for some time, and I think this team is very capable of achieving this goal.

ICON: What makes playing baseball at Plainfield High School special?

Nathan: My teammates, friends, and the facilities. I have played with many of these guys since middle school, and the relationships we have built will always be remembered. We have a very nice turf field that supports the team's training, and I can go to the field knowing that the weather will have a minimal effect.

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

Nathan: There will always be areas of improvement. I think that's what contributes to my biggest strengths. I'm a hard worker dedicated to the game and being a better teammate. I believe the game of baseball also applies to life. Hard work and dedication will usually win out. If I struggle with something, I will take the extra time to work on it and improve.

ICON: How has Plainfield baseball and the coaches helped you as a student athlete and person?

Nathan: The coaches for Plainfield baseball have always had a positive influence on me. They have taught me things that are crucial for life on and off the field. These skills they teach me are more than just coaching; they are



showing me life skills that I will need to be a successful adult and baseball player.

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

Nathan: I have committed to Marietta College as a student athlete. After watching me play on my travel baseball team, they contacted me through email, and we set up a phone call. I went on a visit to meet the coaches and tour the campus, and I left very impressed. The facilities are nice, and the overall atmosphere is something I wanted to be a part of. That's when I knew that Marietta was the right school for me.

Q&A with Plainfield Quakers Head Coach, Steve Mirizzi:

ICON: How long have you known Nathan and tell us a little about his baseball journey.

Coach Mirizzi: This is my second year at Plainfield. Since I've been here, Nathan has been one of our hardest working

players in the program. He's continued to see the work payoff being one of our top go-to arms in the rotation and committed to play at Marietta College.

ICON: What makes Nathan a special baseball player?

Coach Mirizzi: Nathan is a conference starter on the mound, also able to play first or third in the field when not pitching.

ICON: Describe Nathan as a leader.

Coach Mirizzi: A lead by example type. First to show up, help with getting things setup, or putting in extra work on his own. When vocal he can grab a team's attention by pushing his teammates to be their best.

ICON: What are your expectations for Nathan and the team this season?

Coach Mirizzi: Expect Nathan to be our top arm and one of our bigger bats in the lineup. Our team expectations are to have a winning season, compete

for a mid-state championship, and a tournament run.

From Mom(Brandy) and Dad(Roman) on what makes Nathan such a special player and person:

I think one of the most special qualities about Nathan is the way he embraces all of his roles. Most people know Nathan as a baseball player. But of course, he's so much more than that. He's a wonderful son, a caring brother, a loving grandson, a loyal friend. He balances his time and attention in all of these roles with a maturity beyond his 18 years. It's important to Nathan that the people who are important to him know that he cares, that he's there to help. He has an endless supply of smiles and hugs and act of kindness. That's truly who Nathan is!

Good luck to Nathan and the Plainfield Quakers in their 2024 spring campaign, and congrats to Nathan on being chosen as Hendricks Regional Health's ICONIC Athlete of the Week!



Compiled by Josh George

Softball

Avon – 14 | Chesterton – 4

H. Sutton – 2 HR

J. Fansler – 1 HR

Bethesda Christian – 19 | Ritter – 9

L. Helm – 3 RBI

E. Gibbs, A. Crowder, G. Carr – 2 RBI

Brownsburg – 5 | Westfield – 4

A. Pogue – 3 Hits

L. Gordon – 2 RBI

Cascade – 3 | Franklin Central – 1

L. Godby – 2 Hits, 2 K

Danville – 13 | Crawfordsville – 2

M. Anderson, L. Sharrett – 3 Hits

T. Hillman, E. Cromer, L. Sharrett – 2 RBI

Plainfield – 3 | Whiteland – 1

Tri-West – 17 | Southmont – 0

Baseball

Avon – 5 | Henry County – 1

C. Vandever – 3 Hits

K. Tislow – 10 K

Bethesda – 26 | Crispus Attucks – 3

I. Giegerich – 8 K

B. Mackie – 3 Hits, 4 RBI

Cascade – 11 | ISMHS – 1

C. Bassett – 3 RBI

N. Dasgupta – 2 RBI, 3 K

Plainfield – 12 | Whiteland – 1

G. Broughton, A. Holsclaw – 3 RBI

Tri-West – 16 | Southmont – 0

K. Bear, C. Hardman – 3 RBI

C. Holland – 7 K

Brownsburg's SALT team building the leaders of today and tomorrow

Unique leadership program embraced by athletic directors, athletes, and coaches

By Josh George

Brownsburg High School athletics is in year three of a very unique and special leadership program they have implemented into their sports teams and athletic department. That program is called SALT, which stands for "Student Athlete Leadership Team". Each team has one SALT leader per seven student athletes in their sport. All of the SALT leaders, their head coaches, the athletic directors, principal, and superintendents meet every two weeks (Thursdays) during the school year at 7 a.m. for breakfast, fellowship, and leadership development. There is usually a guest speaker, either in person or on Zoom, that speaks to everyone. Those speakers share their experiences/perspectives on leadership that help build certain qualities such as being trustworthy, being trustwilling, humility, unselfishness, loyalty, consistency, resiliency, empathy, gratitude, and inclusiveness, just to name a few. The SALT leaders then go back to their teams and share what was learned. The mission of SALT is to provide leadership and character development for Brownsburg High School student athlete team leaders from all programs throughout the athletic department of athletics in order to develop the skills necessary to be effective leaders of character on their teams, in the school, and in the community. Brownsburg not only believes in developing championship teams, but championship people!

The ICON recently sat down with head athletic director Drew Tower, some coaches, and some athletes to discuss the impact that SALT has had on their programs.



Q&A with athletic director, Drew Tower:

ICON: How did the idea of SALT come about for the Brownsburg athletics department?

Drew Tower: Three years ago, at our annual head coaches retreat, I challenged our team with this question – "What is going to get in the way of your team maximizing their ability this season?" As we trended all the responses in the room,



we found the majority of the answers were human related issues, rather than sport related issues. This emphasized the importance to all of us that we needed to be more intentional with our time focusing on the development of leadership and character of our student athletes. This was the point at which we developed our SALT program and we have never looked back.

ICON: When did the SALT program begin and how has it grown in that time?

Drew Tower: For the last three years, SALT has continued to evolve in so many ways. As we started in year one, we really wanted to set the tone for what our message was, which is "Who you are becoming as a result of the chase is the most important thing." As we have evolved the last two years, our sessions have been impacted by tremendous leaders from all over the country and all different spaces who our head coaches and SALT leaders have been very fortunate to learn from.

ICON: Who are some of the guest speakers that have spoken to the Brownsburg student athlete SALT leaders, coaches, and administrators? Who have been a few of your favorites and why?

Drew Tower: We have been fortunate to learn from some of the best leaders in the country. Multiple national championship coaches, administrators, professional athletes, Hall of Famers, but just overall Hall of Fame people. I don't think I can pick a favorite, but I know I have learned as much from these individuals as our SALT leaders have. If you ask our students, Shep led a very memorable session that will be remembered for a very long time. Here is a list of some of the speakers:

Tom Ryan – Ohio State University Wrestling
Ryan Hawk – Author, Speaker, host of the Learning Leader Show
Tamika Catchings – Basketball HOF, Indiana Fever

Becky Burleigh- University of Florida Women's Soccer

Brian Townsend –University of Michigan Athletics Leadership Development

Josh Whitman – University of Illinois Athletic Director

Sherri Coale – Basketball HOF, University of Oklahoma Women's Basketball

Mouse Holloway – University of Florida Track & Field

Julie Roe Lach – Horizon League Commissioner

CL Shepherd – NFL / D1 Football Speaker / Consultant

Cuonzo Martin – NCAA Basketball Head Coach / Purdue Basketball Legend

Ray Gaddis – MLS Soccer Athlete

Patric Young – Florida Men's Basketball / NBA / SEC Network

Zack Sheets – Baylor Football Team Development

Travis Daugherty - Champions 101

ICON: What benefits and changes have you seen in the Brownsburg athletes, coaches, and programs as a result of SALT?

Drew Tower: Two consistent areas of growth – perspective and performance. We say this a lot and we mean it, "the student athlete resides inside the person, so if I develop you as a person, I'll develop you as a student athlete." Better people make better Bulldogs, better teams, better students, better college graduates, better doctors, lawyers, spouses, and parents. Our society always divides everything into two camps. We believe you can be/have both a championship team and championship people. Our athletes and coaches both have had a shift in their perspective on their athletic experience and life, as well as the connectedness on their teams. It has brought all of us closer together across all 22 sports and all of those things greatly impact performance. We are very purposeful about the messaging and the content so that we have high level sessions that are impactful and keep us humble and hungry. Some unintended

consequences of this program have been the HCC sportsmanship award, IHSAA sportsmanship award, and Indiana Officials Association Award – all of which have been awarded since the inception of SALT. These are just a few byproducts of the SALT leaders and coaches committing to the process.

ICON: How do you see SALT continuing to develop over the next few years to continue to better Brownsburg athletics, their players, their coaches, and their teams?

Drew Tower: Each year we ask for feedback from the athletes and coaches, and that feedback really helps to drive the speakers and content as we plan the curriculum each year. Our goal is to continue to make it relevant for the people in the room and for all of us to grow together as people. Their feedback helps drive the process and that will continue to evolve with a student-centered approach and casting a large net when booking SALT speakers.

Q&A with head coaches John Hart (football), Cherise Hiss (softball), and Darrick Snyder (wrestling):

ICON: How has the SALT program impacted your leaders, your athletes, and your program as a whole?

Coach Hart: SALT has been a great resource for our leaders and our team. Our SALT team has the opportunity to be mentored by some of the best leaders that athletics has to offer. Twice a month our kids are taught, then actively participate in all aspects of character from compassion to GRIT.

Coach Hiss: The SALT program has had a positive impact on not just our SALT leaders, but our program as a whole. It has given our leaders the tools to be able to lead group conversations with their peers on topics such as gratitude, values, influence, connection, etc. It has helped





our players grow as individuals and as teammates. Overall, SALT has given us the opportunity to become closer as a team and program and be better leaders and athletes.

Coach Snyder: SALT keeps sportsmanship and character in the forefront of our minds. Yes, we want to win. We want to do it the right way though.

Q&A with student athletes Sophia Dawson (girls soccer), Hailey Thompson (softball), Will Orlando (football and boys soccer), Dylan Sessoms (boys soccer):

Sophia Dawson: The SALT program has helped me personally as a leader on my team because it, first off, allows me to hear many people's perspectives and ideas of what being a leader is. Each of these can

be added to my toolbox to make me the best leader I can be. I also feel it helps me on the field to help my team, pushing everyone to be the best they can be and playing for each other. This then leads me to my next point of how SALT has improved the TEAM. I feel the team has a much stronger connection and more relationships are formed due to SALT. We are able to be vulnerable at points when talking to the team and bond over how to be leaders, which translates out to the field where the team chemistry is shown as we play together very well together and for each other. The breakfasts are a nice bonus!

Hailey Thompson: The SALT program has given me the opportunity to discover the different types of leadership found within our softball team, and how to work with each person's strengths. It also allows me to reflect upon myself and identify areas

where I can improve and leave a stronger impression on my teammates and the future of our program.

Will Orlando: The SALT program has helped me become a better leader because I get to see successful leaders and learn about how they lead their teams so that I can better lead mine. The SALT program has improved my team because the SALT leaders share with the rest of the team the different leadership strategies we learn.

Dylan Sessoms: SALT has given me an outlet to discuss leadership with my coach and teammates, allowing us to discuss our expectations and reflect on our mistakes. I have also learned what good leadership is from former professional players. They know what leadership looks like at the highest level in sports and set the standard we try to reach. My team has been positively impacted by the SALT because

of the lessons we take from our meetings and apply to our interactions with our teammates.

As you can see, the impact the SALT program has had at Brownsburg on their athletics department has been tremendous. Congrats to the Brownsburg athletics department and the success they have had with their SALT program! They are building better people, which leads to better Bulldogs!

For more information and perspective on SALT, go to this website and watch this video: <https://coachesinsider.com/athletic-director/t30-ep-131-develop-students-coaches-feeder-schools-drew-tower-brownsburg-hs-in/>

Follow Brownsburg athletics on Twitter @bhsdogs and Instagram @brownsburgathletics

UNSTOPPABLE partnership.



Mental Health America of Hendricks County: tirelessly working towards a healthier community through awareness and education

“It’s not weak to speak about your mental health. It takes courage to be honest.” – Lady Gaga

By Kate Anderson



It takes courage to be vulnerable. It takes strength to ask for help. In the times we live in, you would

think that the conversation of mental health would be an easy one to have. The truth is, in this ever-changing and complicated world, it is one of the most difficult subjects to discuss. There is a stigma surrounding mental health that still evades conversation and makes those affected by it uncomfortable and even scared to reach out for help. The fear of being labeled “crazy” or called “unstable” turns into the reason to avoid seeking guidance from a health care professional. The reality is that one in five Americans will experience a mental health illness in their lives and most don’t want to admit that they are suffering in silence. Mental Health America of Hendricks County (MHAHC) is fighting to change this outlook. Founded in 1953, Mental Health America of Hendricks County’s mission extends beyond eradicating the stigma of mental illness; it is about giving a voice to those silenced by their struggles and advocating for their rights. The organization strives to promote mental wellness and prevent the tragic loss of suicide across our Hendricks County communities, offering a lifeline through education, referral services, peer support, and advocacy. They strive to have an open line of dialogue and educate community members about the difference between mental health and mental wellbeing. Just as you go to the gym to get physically fit, MHAHC encourages others to take care of their mental health through self-care. How this goal is achieved looks different for everyone. For some it is exercise, hiking, or walking in one of our beautiful parks. For others, it is getting their nails done or having coffee with friends. Whatever it may be, it is this practice that can be an outlet to let go of stress, sadness, anxiety, burnout, and depression.

As a culture, Americans are some of the hardest working individuals in the world and though we go along every day without fail, there are many societal and environmental factors that we are not able to elude. Current events, social media, stress, economic status, education, crime, social inclusiveness, and loneliness, to name a few. In a local polling, 70 percent of Hendricks County community members cited loneliness as the contributing factor of mental illness. Nationally, 58 percent of Americans cited loneliness as a key contributing factor. As Robin Williams was once quoted as saying, “Everyone you meet is fighting a battle you know nothing about. Be kind. Always.” The reality is that nearly everyone around you is struggling with an internal battle and is trying every day to make it into work, socialize, and put a smile on their faces. They are teachers, lawyers, public figures, friends, moms, and dads. So how do we as a community help ourselves and those around us? MHAHC’s goal and mission is to raise awareness about the fact that mental health is an ongoing issue, and an everyday struggle for those affected, no matter how hard it is for some to acknowledge. Some



worry that it will bring shame to their families or shame to themselves, and nothing could be further from the truth.

Though they do not treat illnesses, MHAHC is a referral agency, working with other health and human services individuals and agencies such as The Willow Center, among others in Hendricks County. “Our objective is the same and we work well with each other to help people get connected with the right services to help the individual,” said Lael Hill, Executive Director of MHAHC. As an organization they encourage individuals to set boundaries when it comes to social media and find a support system. Like with any other illness, people with mental health struggles “walk the walk” every single day and have to make the conscious decision to keep going and keep fighting. They believe in this fighting spirit no matter what your circumstances are. If you have been mandated by a court order to participate in classes, MHAHC welcomes you. Their organization provides a range of educational programs to support individuals in meeting their court-ordered requirements, including divorce seminars, and impaired driving classes. The classes are designed to give you the tools needed to help you navigate challenges and make positive changes in your life in a positive and supportive environment.

Peer support is also extremely vital for positive mental health. Once a week on Wednesdays, MHAHC holds an “Open Doors Social Club” for its clients or “members” as they prefer to call them and offers social, recreational, and educational opportunities for adults living with a mental illness. This is a safe place for all to support one another, combat loneliness, and offer peer support in an inclusive environment through art, cooking, music, games, life skills building, and wellness workshops. Also, on Fridays, they hold a “Veterans Social Club” which is a safe and encouraging environment for veterans and military members to engage, interact, and grow their social and support networks. The goal is to have a safe space where veterans of all ages, races, military branches, and genders can look beyond their military service and be in a space where they can have a few laughs and share stories with each other. There truly is something for everyone and you will always find the support you need at MHAHC.

On Saturday, May 11 at 10 a.m., MHAHC will be holding their fourth annual “Walking For The Health Of It In-Color 5k Run/Walk,” held at Avon Town Hall Park. Join the fun for the most vibrant event of the season. It is a celebration of mental wellness and community support. For more information on this event or to register, visit <https://runsignup.com/Race/IN/Brownsburg/WalkingfortheHealthofit>.

Prevention and education are KEY. Check in with friends, family, neighbors, and the elderly. Stay connected and do what you can to practice self-care. MHAHC is here to help. If you would like more information about MHAHC’s services or to take their online self-assessment, visit www.mhahc.org or call 317-272-0027.

MONEY MATTERS

The inevitable backswing of the pendulum... AI and EV

By Jeff Binkley

“Darling, I don’t know why I go to extremes.” William Martin Joel

You can’t read a business newspaper nor watch a stock market program anymore without hearing about how artificial intelligence, or AI, is about to change the world. Not gonna lie, I think so too. The promise of AI and how it will change our daily lives cannot be understated. I can remember a world before the internet and how it changed our lives in then unthinkable and unknowable ways. AI has the potential to bring about the same tectonic shift that the internet brought.

But.

Markets have a tendency to, like Mr. Joel’s lyric, “go to extremes.” Especially early on when a new, unproven, and unknowable technology is in its emerging stages. Yes, I think AI will change our world again, but I’m cautioning my clients to temper their enthusiasm and not jump wholeheartedly on this fast moving train just yet. Why? Let me share a recent historical example to illustrate my point.

Electric vehicles (EV’s) have been around for decades now, but it’s only been in the last few years that they’ve really come into acceptance as a viable alternative to internally combusted vehicles. EV’s have had limited range and a minimal network of charging stations. Owners of EV’s willingly made those sacrifices in order to... well, I actually don’t know why they were willing to make those sacrifices. And in order to not offend you EV owners, I want to make a disclosure that I drive an EV. But it’s a hybrid. I like the knowledge that I carry my generator with me wherever I go, and I don’t need to plan my long distance trips or even my daily drives by checking my current charge or picking a destination where I can (or must) plug in when I get there. Alas, I’m still a dirty fossil fuel burner and have been looking into atonement via buying carbon offsets, but I digress.

The point I’m trying to make is that when the EV pendulum started its swing forward it had a whole bunch

of momentum behind it; high gas prices, full government support, including heavy government grants for manufacturers, and significant subsidies via tax credits for consumer EV buyers. But, as in so many technologically leading innovations, EV and many of its followers (investors) got out in front of their skis. We’ve now seen the EV pendulum swing back with manufacturers reporting dramatically slowing sales, 400+ day inventories of unsold vehicles, and astonishing losses from EV vehicle investment amidst those less than expected sales. (In 2023, Ford reported a \$4.5 billion dollar loss from its EV push, losing \$36,000.00 on each EV it sold.)

Now with the AI pendulum in full swing forward, I would caution would-be prudent investors not to go to extremes. Yes, AI will change the world in dramatic and unknowable ways. And I would agree with some prognosticators that AI will be more impactful than even the full embrace of the internet was.

But give it time before you as a prudent investor jump on that train. If you must, buy an ETF with an AI focus and diversified holdings. Or better yet, do some research and buy a few of the established tech companies that are investing some of their monies in the AI world. That way you not only benefit from the research and due diligence they have done on their AI investments, you also benefit from investing in an already known company with a good track record.

The AI pendulum will swing back. Don’t get knocked over by standing in front of it when it does.



Jeff Binkley is the Founder and Managing Director of Binkley Wealth Management Group, an Independent Fee-Only Registered Investment Advisory Firm. Mr. Binkley is adding a few new select clients from those who qualify. For further information or an appointment contact him at Jeff@thebinkleygroup.com or 317-697-1618.

North Salem State Bank named a five star member of the IBA



The North Salem State Bank has been honored as a Five Star Member of the Indiana Bankers Association. The award was presented on April 10 by Amber Van Til, IBA President, in recognition of North Salem State Bank’s Association involvement throughout 2023.

The Five Star Member designation recognizes those IBA-member banks which demonstrate outstanding commitment to the Association in five areas: political awareness, issues advocacy, life-long learning, IBA volunteerism, and Preferred Service Provider utilization.

“We very much appreciate the dedication of North Salem State Bank and as a Five Star Member bank,” said Amber Van Til, IBA President and CEO. “Our Association is strong, thanks to our supportive members.” The Indiana Bankers Association supports Indiana banking through issues analysis, professional education, and products and services that enhance member banks’ ability to serve their communities.

ABOUT NORTH SALEM STATE BANK

North Salem State Bank (NSSB) is a locally owned community bank located in North Salem, Indiana. NSSB was founded in 1923 and is committed to providing its customers and its communities quality products and quality service through a dedicated and professional staff, while enhancing shareholder value. Learn more at www.nssb.bank.



From left to right: Kevin Miller, NSSB Chief Lending Officer, Matt Howrey, NSSB President and CEO, Amber Van Til, IBA President and CEO, Ashley Ahrens, NSSB Retail Operations Manager, Heath Allen, NSSB Chief Credit Officer, Michael Clampitt, NSSB Sr. VP of Commercial Lending and Jeff Joyce, NSSB Chief Financial Officer. (Submitted photos)

RESTAURANT HIGHLIGHT

Boulder Creek Dining Company

By Julie Brackemyre

Are you looking for a great place to eat homemade barbecue ribs and mouth watering steaks, and relax in the ambiance of a rustic mountain lodge? Look no further than Boulder Creek, located in Brownsburg. Part of the Cunningham Restaurant Group family, Boulder Creek Dining Company opened in 1977 and has made quite the name for themselves. With a vast array of lunch items, such as the choose two combo, including soup, salad, or sandwich, and the flavorful salads, it's a great place for a yummy lunch with a friend, or bring a co-worker and make it a longer, working lunch with their free Wi-Fi. Don't forget to make a reservation and come back for dinner to try their delicious appetizers and tasty pastas. It's almost time for patio season, and you'll find a welcoming outdoor setting to kick back with a glass of wine, brownie sundae dessert, and nice conversation. Come check out what Boulder Creek has to offer. Open for lunch and dinner, every day of the week.



HEALTH MATTERS

Avoiding tobacco use in the workplace

By Nicholas Galley, MPH, TTS, CHWC

As a Certified Tobacco Treatment Specialist with Hendricks Regional Health, I often meet with clients who have a goal to quit the habit of tobacco use or vaping. Part of this journey is uncovering what leads them to use tobacco and brainstorming practical solutions for optimal success. One of the biggest challenges for any healthy behavior is one's environment, and a big part of someone's environment is their professional work setting. Workplace stress is one of the most common forms of stress an individual deals with, often lending itself to increased tobacco use.

According to a study published in the Health Economics Review, there is a positive correlation between workplace stress and the use of tobacco and alcohol. Both risky substances further impact employer productivity and health plan costs, and have a detrimental influence on one's health outcomes. So, what can an employer implement in their routines to reduce this influence?

First, it is important to raise mental health awareness. Simply understanding that each person has a unique set of demands and stressors is a start. Secondly, as a leader, identify the factors impeding individual and team success within the workplace. Take

an honest look at each role and have open conversations about how and if changes can be made. Third, show empathy. Often, individual contributors feel that it is them versus leadership. Ensuring workers that they are not alone, their stressors are understood, there is no shame in feeling stressed, and a willingness to ask for help is important for the humanization of the situation. Finally, provide and communicate mental health resources. So many employees are unaware of their Employee Assistance Program or what coverage their insurance has for additional therapy. This information is best advocated through a top-down advocacy strategy. The COVID pandemic allowed for a heightened response to the transparent mental health crisis in the USA. While resources nationwide are facing a shortage, there are steps employers can take to improve their backyards. Take these tips, implement them, and assist in the support of your staff.



Nicholas Galley, MPH, TTS, CHWC, is a Certified Wellness Coach at Hendricks Regional Health. He is a Certified Health and Wellness Coach by Wellcoaches Corporation and earned a certification in Public Health through the National Board of Public Health Examiners.



Hendricks County Bank and Trust Company Named a Five Star Member of IBA

(Submitted Press Release)

Hendricks County Bank and Trust Company, Inc. has been honored as a Five Star Member of the Indiana Bankers Association. The award was presented on April 11 by Amber Van Til, president and CEO of the Indiana Bankers Association, in recognition of Hendricks County Bank and Trust involvement throughout 2023.

The Five Star Member designation recognizes those IBA-member banks that demonstrate outstanding commitment to the Association in five areas: political awareness, issues advocacy, life-long learning, IBA volunteerism and Preferred Service Provider utilization. "We very much appreciate the dedication of Hendricks County Bank and Trust and as a Five Star Member bank," said Amber Van Til, IBA president and CEO. "Our Association is strong, thanks to our supportive members who strive to grow stronger communities."

The Indiana Bankers Association supports Indiana banking through issues analysis, professional education, and products and services that enhance member banks' ability to serve their communities.

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.



Displaying Hendricks County Bank and Trust's Five Star Member award from the Indiana Bankers Association are (from left): Amber Van Til, IBA president and CEO; Jerry Orem, HCBT president; and Melissa Yetter, HCBT Vice-President. (Submitted photos)

HENDRICKS COUNTY BUSINESS LEADERS

C-ing 2IT that small businesses succeed

By Kate Anderson

Chet Cromer is all about business. The business of helping small businesses succeed. From a young age he had an interest in technology. As a teen, he wrote his very first piece of software for his dad's lawn care business and it cemented his passion for technology. While in high school, he worked as a summer intern for National Car Sales on the west side of Indianapolis. His job consisted of building computers and replacing damaged equipment and turned into writing software for National Car Sales franchises across the country. C2IT Consulting started from humble beginnings when his boss at the IT company he was working for at the time announced that he had plans on retiring. He, along with his solo coworker Joe Newlin, decided it was their "make or break" moment. In 2004, Chet decided to take the plunge and start his own business. He purchased part of the business from his former employer and asked Joe to come along with him for the ride. In the beginning, their first (and only) client was the car dealership and they worked out of its back office for the first 10 years of its existence.

Then in 2013, when the car dealership (still their sole client) was being sold to its parent company, he found himself in a position where he had another "make or break" moment. Instead of shutting down the business, he sought new clients and a business coach to give him some pointers about marketing, among other things. This transition took him from "owning a job" to being a true business owner. Though he was from Hendricks County, he and his wife and co-owner Erin live in Morgan County, and he was able to acquire clients in both, which helped the business along and kept it afloat for a while. He was



blessed with many clients turned mentors in those early years and with a little help, guidance, and a few connections they found their way through the tough season of their business. The growing pains turned into gaining larger relationships and referrals, and the company was able to hire a summer intern to help with a few projects and then their first full-time employee. This was both a fear-filled and exciting time for C2IT. So much so, that they prudently saved up his first year's salary "just in case" things didn't work out for some reason. Regardless, the business made it through the tough season and the business continued to grow, along with their client base, so much so that the

business started to grow out of its current home. So, onward and upward and to the next phase.

"Write things down, dream big, and take small steps towards your goals. They are always more achievable."

— Chet Cromer

also built richer relationships with many of them. More and more technical staff were brought on, C2IT outgrew their small

space and made the decision to relocate yet again, but this time to even larger quarters to set themselves up for the future.

In 2018, C2IT made the move to their current home and while still in Plainfield, it is set up for growth. At present, C2IT offers technological services in three areas: taking care of small business' general technological needs, web design, online presence, how to maintain it and custom software development, and mobile apps. Now in their 20th year in business, Chet and his wife are looking towards the future with excitement and possibilities. Their staff continues to grow as the needs of their clients grow as well. They are throwing out their old five-year plan and writing a new one as their dreams become reality. As Chet says "write things down, dream big, and take small steps towards your goals. They are almost always achievable."



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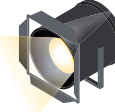


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Local Business Spotlight Cruise Planners



By Julie Brackemyre

CHECK OUT THE BUSINESS

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

Cruise Planners as a company has been in business for 30 years. We were inspired to join the Cruise Planners team because of the Franchise Awards Cruise Planners has received, the technology that is provided to us, and the partnerships that Cruise Planners has with industry vendors.

2. Are you the original owner?

We have been the original owners of our franchise since 2012.

3. Describe your typical work day.

Our work days vary from day to day. We are always researching and quoting travel for clients, meeting with clients in our home office, doing continuing education, or going to networking meetings. We are both very involved in our community, and we can be seen at meetings for Kiwanis Club of Plainfield, Hendricks County International Festival, Plainfield Chamber of Commerce member and committee meetings, Plainfield Youth Assistance Program and more!

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

We are inspired by making travel dreams come true. We have clients that come to us with a travel idea, not knowing how to proceed, and we put all of the parts together to make their vacation dream a reality. We have sent people to all seven continents!

One thing that sets us apart is our technology! We have a very interactive website where visitors can look up cruise and land vacation ideas as well as excursions. We have our phone app "MY TRIPS" where clients can see all of the components of their trip right at their fingertips. We also offer "LIVE PLANNER" virtual meetings where we can meet to discuss travel ideas. This is our newest feature that allows us to meet via video and walk our clients through various vacation opportunities.

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

Originally Mike was going to work the Cruise Planners business while Jenifer continued to work a regular job. After three years of that, our business grew so much that Jenifer joined Mike in the travel business. Looking back, we should have made that transition sooner as we didn't realize what a huge demand there would be!

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

Be prepared for growth!!! Always have a plan in place for when your business gets bigger than you can handle by yourself.

Name: Mike and Jenifer Laver

Occupation: Owner, Cruise Planners

CHECK OUT THE OWNER

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

We have been franchise owners with Cruise Planners since 2012. Prior to this, we worked in retail sales and as a kindergarten assistant. We make a great team – Jenifer does the marketing and networking to find clients, and Mike matches them to their perfect trip. Mike is really good at researching the best deals with our preferred vendors and searching out added perks to make their vacation even better than expected!

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

The fact that we get to work together full-time is a huge success!! Also, last year we developed a "TRAVEL WITH US" segment. In 2023 we took a group of travelers to Alaska for 15 days and then we took another group on a Caribbean Cruise. This year in August we are taking a group to Europe to see Switzerland, France,

Germany, and Czech Republic on a river cruise (we still have space for more to join us!).

Our biggest challenge is competing with the internet. Many people think it is easier to do the work themselves and not rely on an expert. Not only can we save our clients time, but we bring a level of expertise that cannot be found on the internet. With the help of our preferred travel vendors, we often have access to offers that the average person doesn't, such as package pricing, private transfers, On-Board Credits, group cruise pricing, and more! Also, if a situation were to arise while traveling, we are there to help!

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

We have been business owners for over 22 years. It gives us great satisfaction to have control of our days and to be responsible for our own success. It is also fun to be in it together!

4. Tell me some of your hobbies, outside of working for Cruise Planners.

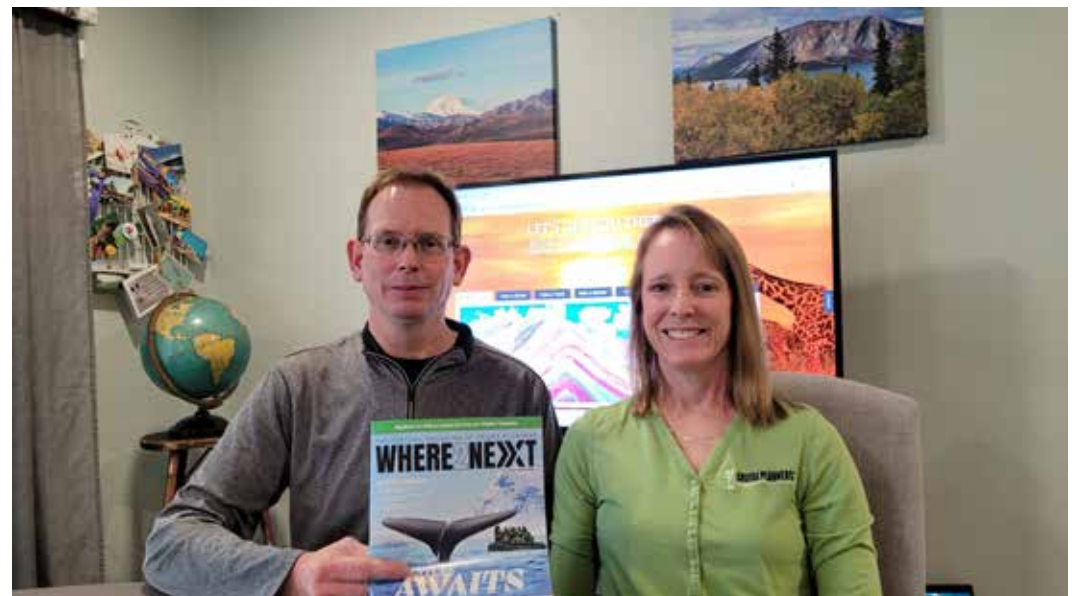
Of course we love traveling!!! We also love boating, spending time around the backyard fire with family and friends. We enjoy home improvement projects, growing our own food, and taking walks with our dog.

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

Many people don't know that we don't charge a service fee! Cruise Planners has negotiated commission with every vendor and it's already built into the pricing. If you use us (a small local business), then you are keeping some of your travel dollars local. If you choose to book direct or online yourself, then those travel dollars are kept with those big companies.

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

We are both very handy! We prefer to repair things rather than replace them, or build something rather than buy it!



PEER TO PEER

\$20 bucks an hour; now what?

By Howard Hubler

Several years ago, I walked into a McDonald's and noticed new kiosks. A cashier asked if she could help us learn to use them to order our meals. At that time if you used the kiosk, you would get your meal before those that used the cash register because the kiosk order was faster at going to the kitchen and placing the order, while those going to the cashier had to lose maybe two or three minutes.

As we were enjoying our lunch, our cashier/teacher walked around the dining room, merrily asking how everyone was doing. Once she reached us, my buddy looked at her and said, "You seem awfully happy and excited today!" She said, "I've never done PR work like this, and it's really enjoyable." She added that since using both the kiosk and the cash register, orders were going so quickly, the free cashiers were assisting customers at their seats. My friend looked somewhat puzzled, frowned at her, and suggested if he were the cashier, he would not be so happy. To that she mused, "And why shouldn't I be happy? I enjoy this job."

"I have a clue that you will not be working here," he said. As the cashier frowned, she asked, "Why? I am a great employee." My buddy responded that there would be a new cashier taking her place – him. "You just taught me how to use the kiosk," he said.

California is leading the nation in a \$20 an hour mandatory minimum wage. The intended consequence is that plenty of people will be able to sustain a modest lifestyle. In California, no one sustains a modest lifestyle with \$30 an hour, much less \$20. People performing entry-level jobs for \$20 an hour are being laid off by automation by tens of thousands. The "employees" were denied entry-paying jobs when they were in a place in life to need what these jobs offered. The "employers" were denied a stream of people, many of whom would show leadership that could've been hired to perform higher levels of activity and take over many entry management positions. For those that just got laid off from their \$20 an hour job, now what?



The National Work Zone Awareness Week is April 15-19. Electric cooperative line crews work along the roadsides to build, repair and maintain electric power lines. Remember to slow down and stay focused when approaching roadside work zones.

6 Tips for driving safely in work zones

- Don't text or talk on the phone.
- Avoid taking your hands off the wheel.
- Keep a safe distance on all sides of your vehicle.
- Watch the flaggers and obey their guidance.
- Watch for speed limit reductions, narrowing lanes, changing traffic patterns and highway workers.
- Respect the posted speed limits and safely merge as soon and as possible.



Let's all do our part to keep roadside crews, drivers and passengers safe.

I am Kate Kuehn and I am on the ballot for Judge in Superior Court 1. I am a 1985 graduate of Plainfield High School. Prior to graduating from law school, I worked as a Paralegal and Litigation Manager. I have been practicing law for twenty-five (25) years this year. My law office is located in Danville, and I help my clients with Wills, Trusts, Estates, Guardianships and Adoptions. I also work as a Guardian Ad Litem for persons who are unable to advocate or speak for themselves due to young age or poor health. I serve as President of the Hendricks County Pro Bono Program, Inc. and am also a member of the Character and Fitness Committee for the Indiana Board of Law Examiners. I have also volunteered and served our community on various levels for Plainfield schools, First Baptist Church, Plainfield Christian Church, The Flip Zone, Optimist Soccer and more.

I think my background, experience and character make me an excellent candidate for Judge in Superior Court One. If I am elected as the next Judge in Superior Court One, I intend to:

1. Respect and follow the law and rules by making impartial and independent decisions.
2. Uphold the integrity and ethics of Superior Court One and require the same from counsel and parties appearing before me.
3. Maintain a professional and positive atmosphere within the court office, communicate and listen to the staff and acknowledge they are working hard to make the court run smoothly and efficiently.

More specific details about my professional and personal background can be found at www.kuehnforjudge.com or on Facebook at www.facebook.com/kuehnforjudge. My contact information can be found on these pages as well for anyone with questions or wanting more information. All judicial candidates are Republican. The May primary will determine who will become the next Judge in Superior Court 1. Thank you for considering me!



VOTE MAY 7!



Navigating alcohol abuse: How to support a loved one

By Trisha Palencer, director of chronic pain and chemical dependency at the IU Health West Addiction Treatment and Recovery Center

April is Alcohol Awareness Month, a time to raise awareness for alcohol abuse. Many families face difficulties when a loved one struggles with alcohol abuse. Supporting someone through this journey requires empathy, patience, and a multifaceted approach aimed at both the individual and their support system.

Understanding alcohol abuse

Alcohol abuse is a complex issue with multifaceted roots. It impacts not only the individual but also their relationships, work, and overall well-being. Recognizing the signs, which may include increased tolerance, mood swings, and neglect of responsibilities, is the first step in addressing the problem.

Open communication

Initiating open, non-judgmental conversations can pave the way for support. Express your concerns calmly, emphasizing care and understanding. Listening actively and without interruption fosters trust and encourages your loved one to share their struggles.

Educate yourself

Learning about alcohol abuse, its effects, and available treatments equips you to offer informed support. Understand that addiction is a complex disease, often requiring professional intervention.

Encourage treatment

Gently encourage your loved one to seek professional help. Offer to assist in finding resources, whether it's counseling, therapy, support groups, or an addiction treatment program. Highlighting the benefits of seeking help can alleviate the fear and stigma often associated with treatment.

Establish boundaries

Setting clear boundaries is crucial for both your well-being and that of your loved one. Enabling behaviors, such as covering up their actions or making excuses for them, can perpetuate the cycle of abuse. Express your support while maintaining boundaries that

safeguard your own mental and emotional health.

Practice self-care

Supporting someone with alcohol abuse can be emotionally taxing. Engage in self-care activities to recharge and maintain your own well-being. Seek support from friends, family, or professional counselors to navigate your own emotions and challenges.

Stay committed

Recovery from alcohol abuse is a journey with ups and downs. Stay committed to supporting your loved one through this process. Celebrate their milestones and remain a pillar of encouragement during setbacks.

Encouraging hope

Remind your loved one that recovery is possible. Share stories of individuals who have successfully overcome similar challenges. Instill hope and emphasize that seeking help is a courageous step towards a healthier, fulfilling life.

Remember, while you can offer support, the decision to seek help ultimately rests with your loved one. Encouragement and support are vital, but respecting their autonomy and readiness to change is equally important. If you or someone you love is struggling with alcohol abuse, you can call the IU Health West Addiction Treatment and Recovery Center at 317-217-2711.



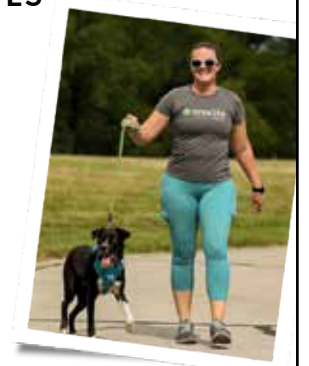
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Tips from Bax Wellness

Tips to improve our emotional well-being, part 2

By Beth Bax, Certified Health Coach



In my last article I discussed two tips from the National Institutes of Health for improving our emotional wellness: developing a positive mindset and reducing stress. Today's tips are getting quality sleep and being mindful.

Sleep affects us both mentally and physically. When we're tired, we can't function at our best. Sleep helps us think more clearly, have quicker reflexes, and focus better. To get better quality sleep, try some of the following:

1. Go to bed and get up each day at the same time.
2. Avoid alcohol before bedtime and stimulants such as caffeine or nicotine.
3. Relax before bedtime. For example, doing some light reading often helps settle our mind.
4. Limit the use of electronics.
5. Exercise daily. This makes our body more fatigued and ready for renewal.
6. Sleep in a dark, quiet place.

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present. This includes what's happening inside our body and what's going on around us. In other words, we should break the habit of living our lives on "autopilot." Becoming a more mindful person requires commitment and practice. Here are some suggestions:

1. Do a breathing exercise. I like Dr. Weil's 4-7-8 breathing. Breathe in through the nose for a count of 4, hold for a count of 7, exhale powerfully for a count of 8. Repeat this two more times.
2. Enjoy a stroll. Notice the sights and sounds around you.
3. Practice mindful eating. Be aware of each bite and when you're full.
4. Be aware of your body. Do a mental scan. Bring your attention to how each part feels.

Be sure to contact a healthcare professional if you experience ongoing sleep problems. Also, look for mindfulness resources online or from a health or life coach.

I hope these tips help you sleep tight and appreciate your body as well as your environment and each moment of your life.

The three components to improve mental wellbeing for better health and wellness

By Jim Beebe, Founder and Head Coach for Unbreakable Athletics Academy

Greetings. I'm Jim Beebe, owner of Unbreakable Athletics Academy in Plainfield and host of the Athlete Builder podcast. I am humbled and excited to share here our "tips and tricks" for building healthier and more resilient people. Our mantra is Forging Unbreakable Athletes, and it's my calling. We are imperfect people striving for daily improvements and building the best version of ourselves. The articles I share here will provide the framework for how we do that.

When I work with people, I look at the head and the body. There are three components for improving the person's/athlete's head: First, there is their mindset. That's their identity, core values, resilience, fears, etc. Then there is the knowledge (of either their sport or simply how to improve). Finally, there is their ability to work with people. I call them teammates, and that includes those on the field, their leadership team, and support team (family and friends).

The body starts with what goes into it, their nutrition. Then there is what you do with it; that's your training. And ultimately your ability to heal quickly is your recovery. I systematically help you improve in each of the six areas, and presto...you're healthier.

Today, take 15 minutes to do some self-examination. Imagine who you must become in the next 12 months. Not the person you'd like to become, or want to become, or even love to become. Whom **MUST** you become? Then ask why. Then ask why that is important. Then ask why it is important to others, like your family or loved ones. Then ask why you would never become this person. Write it all down in a journal. If you can crystallize why you must become this next iteration of yourself, then we can find ways to improve your mindset, knowledge (in that area), ability to work with teammates, nutrition, training, and recovery. Working on each thing daily is how you and I will **WIN THE DAY**.

Jim Beebe is the founder and head coach for Unbreakable Athletics Academy in Plainfield, Indiana since 2013. Unbreakable Athletics is a local strength and conditioning gym. He has coached over 400 student athletes in college, high school, and middle school. More than 10 percent of his athletes advanced to play in college, with more than half of those playing at the Division I level. He has competed personally in Strongman, Powerlifting, CrossFit, Olympic Lifting, and obstacle course races. He played racquetball for Purdue University's travel team where he earned a Bachelor of Science and Master of Science in finance. He has certification in powerlifting, CrossFit, and strongman. Jim is also the founder and head coach of Athlete Builder, which is an online coaching service for student athletes. He works with teams and individuals, has a podcast, Athlete Builder, is publishing his own book in 2024, and travels for public speaking and clinics. He works with high school athletes to maximize their skills in order to play at the highest level and eventually into college, then he continues to help athletes evolve in order to earn a shot at the pros. Jim's systematic process advances the athletes in their sports by improving their minds and bodies. He coaches the athletes' minds in three areas: their mindset, their knowledge of their sport, and how they communicate with all teammates. He also coaches their bodies in training, nutrition, and recovery. For more information, visit: unbreakableathleticsacademy.com and athlete-builder.com and follow both on all social media outlets.



NIGHT & day LOCAL ENTERTAINMENT ENTERTAINING

EVENTS calendar

APRIL

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.

24 Wednesday

Matthew Sweet at Hendricks Live! with Special Guest Abe Partridge
7:30 p.m., Hendricks Live!, 200 W. Main St., Plainfield. Matthew Sweet moved to Athens, Ga. at the urging of his pen pal, R.E.M.'s Michael Stipe in the early 1980s. Sweet honed his craft in the flourishing alternative rock scene playing with Oh-OK, Lloyd Cole, the Golden Palominos, Buzz of Delight, and recording two critically-acclaimed solo records before emerging in 1991 as the leading figure of the American power pop revival with the release of his watershed album, *Girlfriend*. Like his British counterparts Teenage Fanclub, Sweet adhered to traditional songcraft, yet subverted the form by adding noisy post-punk guitar and flourishes of country-rock, resulting in an amalgam of the Beatles, Big Star, R.E.M., and Neil Young. Recorded with guitarists Richard Lloyd and Robert Quine, *Girlfriend* became a word-of-mouth critical and commercial hit over the course of 1992, with its title track reaching the Top Five on the Modern Rock charts. For the next five years, as alternative rock was the dominant commercial force in rock & roll, Sweet became a very popular concert attraction and solidified his reputation as the premiere alternative pop singer/songwriter. His next two records, *Altered Beast* (1993) and *100% Fun* (1995) were both critically acclaimed and successful albums, with the latter reaching platinum status and making many year-end best-of lists. Learn more and purchase tickets here: <https://www.hendrickslive.org/event-matthew-sweet-1>.

25 Thursday

Sensory Groove: A Dance for All
5:30 – 7 p.m., 435 Whipple Lane, Avon. Sensory Groove welcomes individuals of all ages and abilities to join the exclusive dance experience. This event celebrates the joy of movement while accommodating diverse sensory needs. \$5/person. Register here: <https://wtp.recdesk.com/Community/Program>.

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.

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.

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

7:30 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/>.

Block Party at The Shops at Perry Crossing

4 – 8 p.m., The Shops at Perry Crossing, 340 Marketplace Mile, Plainfield. Our Block Party events are focused on bringing together the car, truck, and motorcycle enthusiast community for a great and safe time. This is a laid-back event with no set itinerary. We will have a VIP Package available that includes a swag and VIP parking. These are limited in amount. Learn more on our event website: <https://en-gb.facebook.com/events/336959525949584/>.

28 Sunday

More! 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>.

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

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>.

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.

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.

3 Friday

Critter Feeding Time
12 – 1 p.m., Pecar Park, 5203 E. 150 N., Avon. Join the Pecar Park naturalist and learn about the animals that lives at the nature center and help feed the critters. Program fees helps supports the costs of food and medical care for the animals. \$5/per child. <https://wtp.recdesk.com/Community/Program/Detail?programId=2388>.

3 Friday – 4 Saturday

The Indy 800 Presented by Heat Wave Visual and Cleetus & Cars Burnout
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://raceirp.com/cleetus/>.

4 Saturday

Coffee and Canvas: May the Fourth Be with You

9 – 11 a.m., Pecar Nature Park, 5203 E. County Road 150 N., Avon. Enjoy your morning coffee with us at Pecar Nature Center while you work to create a Star Wars-inspired acrylic painting. This is a guided session, no experience needed. Coffee and art materials provided. \$10/person. Register here: <https://wtp.recdesk.com/Community/Program>.

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.

Fungi Foray

11 a.m., Arbuckle Acres Park Shelter #6, 200 N. Green St., Brownsburg. Embark on a fascinating journey into the enchanting world of mushrooms during our Fungi Foray. Join our naturalist as she leads you through the forest, unveiling the hidden treasures beneath the canopy. Learn about the diverse shapes, colors, and roles these mysterious mushrooms play in our ecosystem. Discover the magic beneath your feet and cultivate a newfound appreciation for the incredible diversity of nature on our Fungi Foray.

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/>.

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>.

8 Wednesday

Fiber Arts Friends

5 – 6 p.m., 435 Whipple Lane, Avon. Whether you are a knitter, crocheter, or connoisseur of another fiber art, you are invited to bring along your current project and spend the evening crafting - limited craft supplies will be available. Register here: <https://wtp.recdesk.com/Community/Program>.

12 Sunday

Pokémon League

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

16 Thursday

CP Cruise-IN

5 – 8 p.m., Connection Pointe Christian Church, 1800 N. Green St., Brownsburg. Cruise on over on the third Thursday for Car Nights at Connection Pointe. If you have a cool car you want to show off or just want to peruse all the cars with your family, you won't want to miss it!

18 Saturday

Hendricks Live! Community Arts: The Children's Ballet Presents -

The Golden Cuckoo

2:30 p.m., Hendricks Live!, 200 W. Main St., Plainfield. An evil spell has been cast upon a princess, turning her into a cold-hearted Queen Bird. She considers herself to be the most beautiful bird in the land. One day, however, while admiring herself in the royal mirror, she is shown a new, more beautiful bird: a Golden Cuckoo. The Queen sends her cat burglars to steal this new threat for her collection. Find out more of the story here, and buy tickets

today: <https://www.hendrickslive.org/tcb-the-golden-cuckoo>.

18 Saturday - 19 Sunday

Indiana High School Rodeo

Various times, Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville. Indiana High School Rodeo was established in 1973. Its purposes and aims are to promote high school rodeo on a statewide scale and work toward this by bringing statewide recognition to this activity for high school and junior high students, as well as promoting the highest type of conduct and sportsmanship among its members. Vendors and food trucks will be on site during the 6:45 p.m. rodeo performance on May 18 and at 10 a.m. on May 19.

19 Sunday

Spring-Palooza Peony Festival

11 a.m. – 5 p.m., Avon Gardens, 6259 E. C.R. 91 N., Avon. Join us to celebrate one of our favorite May blooms, the peony! The perfect opportunity to enjoy our vast collection throughout the gardens. We will also have tours, an art fair, food/drinks, music, plant sales, and more. <https://www.avongardens.net/>.

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.

North Salem Farmer's Market (5/9-8/29)

5 – 7:30 p.m., Downtown North Salem. Come join us at the North Salem Farmer's Market! Food trucks, local vendors, monthly themes, cornhole, chalk drawing, and more every Thursday May through August.

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>.

EVERY Saturday

Danville Chamber of Commerce Farmer's Market (5/11-8/31)

8 a.m. – 12 p.m., 49 N. Wayne St., Danville. Located on the Hendricks County Courthouse Square, discover local treasures like fruits, vegetables, meat, and eggs, local honey, handmade soaps, and much more! This market is a producer only market. All goods sold are to be grown, made, or baked by the vendor.

Join Us,
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Neighbors,
Legends!**

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LIVE!**

Thursday, May 2 – 5:30pm

*You're in good company at our **OPENING NIGHT CELEBRATION!***

*Performances by local and regional artists,
featuring a special guest performance by
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Dream Scenario

Raucous laughs and face-curling cringe

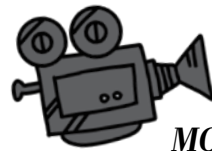
Nic Cage has developed a personal brand so strong and so idiosyncratic that character work is nearly impossible for him. Make no mistake, Cage is a supremely serious and talented actor, but his most extreme moments of performance have been clipped out of context and ruthlessly mocked and memed until they no longer bear any semblance of their original emotions. It leaves Cage in a bit of an awkward place, wanting to be seen as a serious artist, but having to play along with the joke (see 2022's *The Unbearable Weight of Massive Talent* for how soulless and sad that looks). However, together with writer-director Kristoffer Borgli, Cage is able to more fully express how frustrating it is to lose control of a public image.

Following a cycle of viral fame we've seen time and time again Cage's character Paul Matthews finds himself in the limelight for reasons far beyond his understanding. In real life this usually involves funny viral videos, weird tweets, or random news appearances; in Paul's case, he begins showing up in people's dreams. This newfound fame initially beguiles Paul, but soon, just like in real life, for reasons beyond his control the attention begins to sour and complicate each and every one of his relationships.

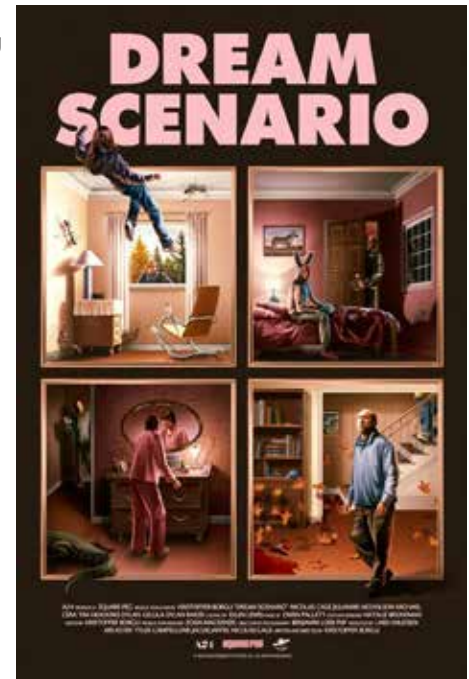
Part of what makes *Dream Scenario* work as well as it does as a comedy is Nic Cage's public persona. Many times, the joke of a scene is just Cage's nonchalant saunter through the subconscious of unwitting dreamers. He has a persona that lends itself well to absurdity and his physicality as a performer and attention to detail lead to moments of both laugh-out-loud hilarity and sober sadness. Without Cage the film simply doesn't work.

Despite the film working on that level, however, its critique of what it is depicting falls a lot shorter of what it seemingly set out to achieve. I might be more online than the typical audience member but the cycle of fame, ruin, and inevitable prolonged absorption into capitalism is so obvious to me that I was waiting for the film to subvert that idea in some way, but it plays that idea pretty straight all the way to the very end. It doesn't hurt the film except for some pacing issues, but it also keeps it from reaching its full potential.

Despite not living up to its incredible premise, *Dream Scenario* is a great time. It made me laugh like a maniac and is another in a streak of great performances by a once-in-a-lifetime talent. *Dream Scenario* is exclusively available to stream on Max. - 3.5/5 stars



MOVIE REVIEW



Swing into Action for Health & Wellness!

Elevate your community impact as a sponsor by joining us for the Hendricks Regional Health Foundation Golf Outing. Your support directly impacts grants that fund vital health and wellness programs, making a real difference in people's lives.

Spend a day out on the links with us and don't miss out on this opportunity to drive positive change. Visit SupportHendricks.org/golf2024 to learn more and sign up as a sponsor today! Deadline to register is April 26.

Together, let's tee up for a healthier tomorrow.

 **Foundation**
HENDRICKS REGIONAL HEALTH

Hendricks County legislators: local communities receive state funding to roll ahead on road projects

(Submitted Press Release)

Hendricks County and local communities can roll forward with road and bridge projects, thanks to a recent boost in state funding supported by local legislators. A total of 252 communities across the state will receive over \$207 million through Indiana's Community Crossings Matching Grant Program. Funds can be used for road and bridge preservation, road reconstruction, intersection improvements, and other items. "This state and local partnership continues to pay dividends for Hoosiers and businesses alike," said State Rep. Jeff Thompson (R-Lizton). "Whether it's road repairs or bridge maintenance, communities can tackle much-needed projects more quickly utilizing these state dollars. I'm excited to see so many local communities benefit from this grant, especially because of the incredible growth we continue to experience."

Area grant recipients include:

- Avon, \$1.1 million
- Brownsburg, \$621,154
- Danville, \$441,319
- Hendricks County, \$1.5 million
- Pittsboro, \$519,416
- Plainfield, \$1 million

"The economic and population growth in Hendricks County continues to outpace expectations and it's critical that our infrastructure grows with us," said State Rep. Greg Steuerwald (R-Avon). "Through this grant, locals partner with the state to stretch their dollars farther and give the green light on projects that they might not otherwise be able to complete."

"It's so important for our communities to maintain their roadways to keep Hoosiers and others safe," said State Rep. Craig Haggard (R-Mooresville). "Residents, businesses, and those passing through need to know they can rely on our infrastructure to get to their destinations."

To qualify for the competitive grant, smaller municipalities provide a 25 percent match in local funds, while larger communities provide a 50 percent match. State law requires 50 percent of the available matching funds be awarded annually to communities within counties with a population of 50,000 or fewer. Since 2016, Community Crossings has awarded more than \$1.6 billion to improve local roads and bridges.

"Hoosiers and businesses consistently rely on local roads and bridges to be functional and safe," said State Rep. Becky Cash (R-Zionsville). "Investing in regular maintenance and upgrades for our local infrastructure will have long-term benefits for everyone in our area and throughout the state."

Visit [in.gov/indot/communitycrossings](https://www.in.gov/indot/communitycrossings) and click on "Community Crossings Matching Grant" to learn more about the program.

Plainfield Town Council celebrates National Public Safety Telecommunicators Week

Source: Public News Outlet

During the week of April 8, the Plainfield Town Council recognized National Public Safety Telecommunicators Week. They honored the invaluable role of our telecommunicators at the Hendricks County Communications Center. The Town Council marked this significant occasion on Thursday, April 11 by presenting a special proclamation, recognizing the crucial contributions of these professionals.

Public safety telecommunicators are the first point of contact in emergencies, providing a lifeline to citizens and visitors needing immediate assistance. Their work is vital not only in directing law enforcement, firefighters, and medical personnel swiftly and accurately, but also in ensuring the safety of all involved. This week serves as a reminder to take a moment to appreciate the dedication and commitment of these unsung heroes who ensure our safety day and night.

Thank you for your service to our community!



Heads up Hendricks County!

Source: Public News Outlet

The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is launching a national high-visibility enforcement effort in May to deter distracted driving. Officers across Hendricks County and Nationwide will work together to enforce texting and distracted driving laws and remind motorists to put away distractions while on the road. This effort comes during National Distracted Driving Awareness Month. Drivers will see increased law enforcement efforts, as officers will be stopping and ticketing anyone who is caught texting and driving. "Distractions behind the wheel can have devastating consequences. We urge all motorists to focus on the road and avoid any activity that takes their attention away from driving safely,"

said Devon McDonald, Indiana Criminal Justice Institute Executive Director. Violating Indiana's distracted driving laws can be costly. Violators of Indiana's hands-free law could face a Class C infraction with fines up to \$500 and have points added to their license. Cell phone use while driving is dangerous and illegal. Break the cycle!

For more information, visit www.nhtsa.gov.

Markee Deloney found guilty in animal cruelty case

Source: Public News Outlet

On March 6, 2024, Markee Deloney was found guilty of two counts of Cruelty to an Animal after a one-day jury trial. Markee Deloney was sentenced to 730 days suspended to probation and he is to serve four weekends in Hendricks County Jail. Markee Deloney was sentenced to 40 hours of community service, to be served at a humane society, if agreed.



On March 30, 2023, Hendricks County Animal Control received an anonymous call concerning the welfare of a dog in Plainfield. While attempting to check the welfare of the dog, Markee Deloney told Animal Control and Plainfield officers that they were not allowed into his house without a warrant, but he could bring the dog outside for them to see. Officers then observed a severely emaciated dog that collapsed by the Animal Control van. Deloney picked the dog up and took her back inside. A warrant was applied for, and offices found two dogs in poor condition, and they rushed them to a veterinary ICU.

Today, Ripley and Newt are happy and healthy and Newt is now a certified gun detection and therapy K-9 for Plainfield Community School Corporation Middle School. Thank you to K-9 Handler Rob Prichard with Plainfield Police Department for noticing the qualities in Newt while she was in recovery.



More women accuse 'Christian Chiropractor' of sexually assaulting them during appointments

Source: Public News Outlet

More criminal charges have been filed against Avon chiropractor, Anthony Byrd. Byrd, a chiropractor for Cornerstone Chiropractic, reportedly presented himself as a "Christian chiropractor" in order to make his female victims feel more comfortable and at ease before sexually assaulting them. Roc Anthony Byrd, 61, of Danville, was charged on Tuesday, April 9 with four new counts of sexual battery, a Level 6 felony, along with a misdemeanor count of battery. These are the latest charges filed against Byrd as more of the chiropractor's victims continue to come forward. In total, Byrd now faces one count of rape, a Level 3 Felony, five counts of sexual battery, a Level 6 felony, four counts of battery, and a misdemeanor.

In September 2023, Byrd was arrested and charged with rape. The alleged crime occurred in November 2022 with Byrd being accused of inappropriate acts of a sexual nature without her consent. "I thought that was what you wanted," he reportedly told the shocked victim.

After his arrest, more former patients came forward and accused Byrd of touching them inappropriately during appointments. Victims said that Byrd would pull their pants down without permission and touch them inappropriately. He also reportedly would press his genitals up against them. "It was so gradual.... I feel so stupid now," said one victim. Byrd was charged in October 2023 for those crimes, but that was not the end of his victims bringing his predatory actions to light. Police said even more women came forward after seeing media reports about the allegations made against Byrd. In total, eight former patients have accused Byrd of sexually assaulting them. Court documents reveal that several of these victims told investigators that they grappled for long periods of time over Byrd's violation of their bodies, unable to fully comprehend what he'd done to them. Some of the women said they'd trusted Byrd due to him presenting himself as a "Christian chiropractor" who even prayed with patients before sessions. This belief in being treated by a fellow Christian made some of the women feel that they were in safe, moral hands, only to later find themselves frozen in shock when his hands began to stray to their nether regions. "He was a Christian, or so he said, we talked about it. Doesn't compute, right?," said one victim. According to court documents, Byrd assaulted some of his victims after learning that police were looking into him. An investigator noted that Byrd was first contacted by police in November 2022 after the first allegations came to light. Some of the victims who recently came forward said Byrd assaulted them in early 2023, months after Byrd was made aware of the police investigation. "Roc Byrd did not fear these allegations enough to stop assaulting his patients," an investigator concluded when filing for the new charges. In addition to his criminal charges, Byrd and Cornerstone Chiropractic are being sued by one of his victims. Byrd has been out on bond since posting bail in October 2023. He has a pretrial conference set for April 25. A jury trial was originally scheduled for April 2, but has since been canceled. A new court date has not yet been scheduled.



Plainfield Town Council

TOWN COUNCIL APPROVES 2023 TOWN OF PLAINFIELD ANNUAL REPORT

Compiled by Amanda Babinec

The Plainfield Town Council met on April 11, 2024. The council meets at 7 p.m. on the second and fourth Monday of every month at the Plainfield Civic Center, 206 W. Main St., in the Council Chambers. The next scheduled meeting is on April 22.

WHAT HAPPENED: The town council approved the consent agenda.

WHAT IT MEANS:

1. Approval to increase 2025 Employer Health Savings Account (HSA) contributions by \$250 for single coverage and \$500 for family coverage, and to add a dependent care flexible savings account (FSA) option, per the Support Services Report. (Funded by Department Budgets)
2. Approval to add a part-time Government Facility Maintenance Operator position, per the Support Services Report. (Funded by the General Fund)
3. Approval of the 2023 Town of Plainfield Annual Report, per the Support Services Report.
4. Approval of a contract with Silver Concrete & Paving, in the amount not to exceed \$34,280, for sidewalk and curb replacement in the White Lick Community, per the Community Services Report. (Funded from EDIT).
5. Approval of quote with John Hall Construction, in the amount of \$58,105, for the 2024 Parks Sports Fields Turf Maintenance Program, per the Community Services Report. (Funded from the Parks & Recreation Fund)
6. Approval of contract with National Water Services, in the amount of \$64,460, to clean wells 1 & 2 at the Department of Correction (DOC) property, per the Community Services Report. (Funded from Water Source Fund)
7. Approval to release retainage, in the amount of \$163,350 plus accrued interest, to Calumet Civil Contractors for the Vandalia Trail Extension project, per the Development Services Report.
8. Approval of Work Order #24-02 with Whitaker Engineering, increasing the scope and fee by \$66,500, to provide soil borings, alternative sewer alignment analysis, and final design services for the East Fork 3 West Sanitary Sewer Project, per the Development Services Report. (Funded from Six Points TIF)
9. Approval of a letter of intent with the Fairfield Friends Meeting, Inc., to enter into a purchase agreement to support future improvements expected at the intersection of CR 1050 E. and CR 700 S., per the Development Services Report.
10. Approval of a contract for professional services with Etica Group, Inc., in an amount not to exceed \$688,500, for full design and bidding services for the Quaker Boulevard – Elm Street Connection project, per the Development Services Report. (Funded from US 40 TIF)
11. Approval to Release Performance Bonds for Bo-Mar Infrastructure, subject to submission of Maintenance Bonds, per the Development Services Report.

Danville Town Council

TOWN COUNCIL APPROVES \$20,000 FOR POLICE CONTINUING EDUCATION FUND

Compiled by Ronald Hera

The Danville Town Council met on April 3, 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 is April 17.

WHAT HAPPENED: The Town Council proclaimed the second Saturday of May as Letter Carriers Stamp Out Hunger Food Drive Day.

WHAT IT MEANS: As a result of this proclamation, Danville citizens are encouraged to place non-perishable food items near their mailbox on May 11. Your letter carrier will pick them up while delivering the mail. All the food collected stays in the community. Since the pilot drive in 1991, more than 1.9 billion pounds of food have been collected nationally. Together we can help feed the hungry in our community!

WHAT HAPPENED: Heidi Amspaugh of Baker Tilly Municipal Advisors, reviewed the TIF report for 2023.

WHAT IT MEANS: This report is required by The Tax Increment Financing (TIF) Division of the Office of the State Auditor (OSA). It summarizes development programs that use this type of financing and the associated costs and benefits to Danville. TIFs encourage commercial investment in the town and help finance redevelopment. No action is required by the Town Council.

WHAT HAPPENED: The Town Council considered Ordinance 06-2024: Request for Super-Voluntary Annexation (Public Hearing).

WHAT IT MEANS: This annexation was introduced for the land at 186 S. County Road 400 E., approximately 4.1 acres, on March 20. The Town Council entertained public comments. There were no public comments. The council will consider final adoption at the April 17 meeting.

WHAT HAPPENED: The Town Council approved Ordinance 7-2024: Additional Appropriations.

WHAT IT MEANS: Clerk/Treasurer, Carrie Lofton, introduced additional appropriations for The Police Continuing Education Fund. Public Comments were entertained. No public comments were made and an additional \$20,000 was approved.

ANNOUNCEMENT: DANVILLE SPRING CLEANUP is scheduled for 9 a.m.- 1 p.m. on April 20. Meet in the Town Hall (gym) for specific location assignments. Sign up online at Danvillein.gov/stormwater. Questions: mhenderson@danvillein.gov.

Brownsburg Town Council

FIRE CHIEF GIVEN APPROVAL TO PURCHASE LAND FOR FIRE DEPARTMENT

Compiled by Ronald Hera

The Brownsburg Town Council met on April 11, 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 25.

Amber Lane, Parks Director, reported that the solar eclipse celebration was a major success in Brownsburg. All parks were filled and approximately 2,000 people, many from out of town, were present to view the eclipse at Raceway Park.

WHAT HAPPENED: Jenna Wertman, Director of Development Services, presented the 3rd reading and proposed the final adoption of Ordinance #2024-03: An ordinance annexing real estate into the Town of Brownsburg, Hendricks County, Indiana according to a petition for voluntary annexation for certain property (Hession Enterprises, LLC). The Town Council approved the ordinance.

WHAT IT MEANS: The property at the northwest corner of CR 700 and the Ronald Reagan Parkway extension right-of-way is now a part of Brownsburg. At the March 14 meeting, the first reading was approved as well as the consideration of the zoning. The Town Council approved the second reading, public hearing, and fiscal plan at the March 28 meeting. Per state code, contiguous rights-of-way must be included in the annexation which is the Ronald Reagan Parkway extension right-of-way in this case.

WHAT HAPPENED: Kathy Dillon, Water Utilities Director, presented the first reading of Ordinance #2024-04 - An Ordinance to amend Title XV: Land Usage Chapter 151: Stormwater Management to include language and definitions as required by the Indiana Department of Environmental Management (IDEM). The Town Council approved the first reading.

WHAT IT MEANS: Municipal Separate Storm Sewer System entities must review their Stormwater Management Ordinance with the recent regulation changes and permit renewals. Town staff, Wessler Engineering, and legal counsel reviewed the existing language and found some amendments needed to be clarified, and some language required modification or added information to reflect the current state and federal regulations. This is the first reading of that documentation.

WHAT HAPPENED: Kathy Dillon, Water Utilities Director, presented the first reading of Ordinance #2024-05 - An Ordinance to amend Chapter 57 Illicit Discharges and Connections to include language and definitions as required by IDEM (Indiana Department of Environmental Management). The Town Council approved the first reading of the ordinance.

WHAT IT MEANS: Municipal Separate Storm Sewer System entities must review their Stormwater Management Ordinance with the recent regulation changes and permit

renewals. Town staff, Wessler Engineering, and legal counsel reviewed the existing language and found some amendments needed to be clarified, and some language required modification or added information to reflect the current state and federal regulations. Chapter 57 covers Illicit Discharges and Connections. This change includes language and definitions as required by IDEM (Indiana Department of Environmental Management)

WHAT HAPPENED: The Town Council approved Resolution #2024-17. A resolution of the Town Council of the Town of Brownsburg authorizing certain actions relating to the purchase of certain property as presented by Fire Chief Larry Alcorn.

WHAT IT MEANS: Fire Chief Larry Alcorn is given authority to complete the purchase of approximately 4.87 acres for The Town of Brownsburg for \$497,150. The land is for fire department use and is located on the NW corner of Ronald Reagan Pkwy and Raceway Rd.

Avon Town Council

TOWN OF AVON RECEIVES \$1.115 MILLION COMMUNITY CROSSINGS GRANT

Compiled by Amanda Babinec

The Avon Town Council met April 11, 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 25.

WHAT HAPPENED: Public Works Director, Steve Moore, gave his department report.

WHAT IT MEANS: Moore was pleased to announce that the town has been awarded a Community Crossing grant from INDOT in the amount of \$1.115 million that the town will have to match. However, this will allow the town to do \$2.3 million worth of paving. Other project updates include:

- Raceway Rd. Roundabout - Still working on right of way and final plans
- Roundabout at 900 E. & Angelina Way - Stalled working on right of way acquisitions
- Dan Jones Rd. Widening Phase I - Waiting for surface and final pavement markings (was delayed by rain). Should be done by the first week of May.
- Dan Jones Rd. Widening Phase II - Started work on this early. Have already installed piping.
- Dan Jones Rd. Widening Phase III - Final check plans are under revision. This phase is from US 36 N. to 100 N.

Dan Jones Rd. Widening Phase IV - Waiting for final recommendation for funding.

NOTE: Dan Jones Rd. will be closed completely starting May 28, 2024

Stormwater project for Avon Heights

NOTE: DAN JONES RD. WILL BE CLOSED COMPLETELY STARTING MAY 28, 2024

WHAT HAPPENED: Linda Ahlbrand, Planning Director, presented her department report.

WHAT IT MEANS: Ahlbrand expressed her thanks to all town employees and to the Avon Town Council for making her feel welcome in her first three weeks. She has been diving into cases and has begun the process of looking for steering committee members as well as interviewing for the Senior Planner position.

WHAT HAPPENED: Shelby Pride, Parks & Rec Director, presented her department report.

WHAT IT MEANS: AOn the events side, Arbor Day is on Apr. 26 and the parks dept. will be doing their annual education program with the Parkside Church of the Nazarene. This is part of the compliance for Tree City, USA. The spring tree sale is active now through Apr. 30. The community garden opens May 11. The farmers market begins June 4. The spring sports season has begun and Pride thanked the town for the capital improvements such as re-graveling the parking lot, netting, scoreboards, and upgraded concessions. The parks dept. is hiring for a full-time groundskeeper.

WHAT HAPPENED: John Taylor, Economic Development Director, presented his department report.

WHAT IT MEANS: The town was notified that we received \$45 million for our region for the REDI grant which is the most that any region was given. Now it's up to CERTA and IEDC to get direction on what projects that money will be used for. Taylor was recently in

Nashville, TN for the Site Selectors Guild annual conference.

WHAT HAPPENED: Sean Stoops, Chief of Police, presented his department report.

WHAT IT MEANS: Officer Monica Childers will be completing her final week of ILEA (Indiana Law Enforcement Academy) training and graduating on April 19. Once she returns, she will enter into the final phase of the field training program. The Avon Police Department Merit Board convened on April 9. The commission certified the department's most recent hiring and tendered two conditional offers of employment with plans to start by mid-May. K9 Officer Sam Sims and his partner Risci helped other officers with an individual with mental and emotional issues as well as some impairment. Risci was able to come in and neutralize the situation and get the individual detained and the help they needed. Officer Kevin Roach assisted Morgan County with a pursuit through three counties using the Pursuit Intervention Technique (PIT) maneuver. The dept. received a generous donation from the Central Indiana Police Foundation of trauma kits. To date, the dept. has not had to pay for any trauma kits because of their generosity. Congratulations to Officer Tyler Elsbury for celebrating 5 years of service.

WHAT HAPPENED: Ryan Cannon, Town Manager, presented MPO (Indianapolis Metropolitan Planning Organization) agreements. The town is doing the same agreement that they would do with INDOT, but doing it with MPO instead at a 90/10 split. This saves time, allows more flexibility to bid their own projects and manage the project themselves.

WHAT IT MEANS: Two agreements are being presented under this agreement. The first is Raceway Rd. & CR 100 N. for \$3,173,130 and the second is Dan Jones Widening Phase III for \$7,515,970. Both of these projects are for fiscal year 2025. Town Council President Greg Zusan wanted to let constituents know that MPO will be funding approximately 70% of these projects. Both projects were approved unanimously.

WHAT HAPPENED: Ryan Cannon, Town Manager, presented a commercial real estate purchase agreement for a civic center at Easton Grey.

WHAT IT MEANS: The town has been working with Republic Development on Easton Grey. The town is proposing to build a civic center at the development. The commercial real estate purchase agreement will allow the town to go on the property and do any due diligence that they need to do. The agreement was approved unanimously with the caveat of legal approval.

WHAT HAPPENED: Public Works Director, Steve Moore, recommended the awarding of crack seal bids.

WHAT IT MEANS: The Howard Company was awarded the bid in an amount not to exceed \$79,803.38.

WHAT HAPPENED: Public Works Director, Steve Moore, recommended the awarding of preservative seal bids.

WHAT IT MEANS: Rejuv Tech was awarded the bid in an amount not to exceed \$157,544.70.

WHAT HAPPENED: Public hearing and resolution 2024:08 Winston Confirmatory Resolution and Tax Abatement.

WHAT IT MEANS: The town council approved unanimously.

WHAT HAPPENED: Final reading for Ordinance 2024-09: ZA 2024-01 Pulte Group. The proposal is for 40 lots (3 units per acre).

WHAT IT MEANS: The ordinance was approved with a vote of 4-1 with Robert Pope opposing.

WHAT HAPPENED: Final reading Ordinance 2024-10: ZA 2024-03 - Request to rezone at 72 Avon Ave. & 100 S. This is a .72 acre lot for purposes of Family Promise to develop an eight unit townhome.

WHAT IT MEANS: Town Council president Greg Zusan recused himself because he is on the Family Promise board. The remaining board members approved unanimously.

Brownsburg Woman Faces Battery Charge For Child Abuse

Source: Public News Outlet

On Sunday April 14, Brownsburg resident Dana Rae Snyder, 67, was arrested in relation to a child abuse case. Snyder faces a battery charge of beating her special needs daughter inside a Wendy's, pulling her hair, dragging her out across a cement sidewalk, and stomping on her face and chest. Wendy's employees called 911. Police arrived and said that Snyder's daughter had a shoe print on her shirt and that she was so afraid and hysterical that she vomited. The victim was screaming and crying for help while her mother beat her. Part of the attack was caught on the restaurant's surveillance system, which helped in the arrest.



Hendricks County Sheriff's Department deputy electrocuted while responding to accident

Source: Public News Outlet

In the early hours of April 15, a Hendricks County Sheriff's deputy died after being electrocuted while investigating a crash. According to Hendricks County Sheriff Jack Sadler, Deputy Fred Fislar was responding to a single-car accident around 11:50 p.m., north of County Road 300 North and State Road 267, just north of Plainfield. The passenger car hit a utility pole, leaving low-hanging electrical wires near the crash site. Just minutes after Fislar arrived at the location, a passerby saw that the deputy was on the ground and used Fislar's radio to notify dispatchers. Sheriff Sadler said Fislar came into contact with the power lines after arriving on the scene. "Deputy Fislar was transported to Eskenazi Hospital in critical condition after he sustained injuries from coming into contact with power lines," said Sadler. Despite life-saving measures, Fislar was pronounced dead before 1 a.m. on April 16. "Our hearts are broken for the Fislar family, for our department family, and for the community family. I hope that everyone will come together and show honor to a true hero of our community," said Sadler.



A police escort accompanied Fislar to the Marion County Coroner's Office. Officers kept watch over him until he was escorted to the Hendricks County Coroner's Office later in the morning. Once he arrived home in Hendricks County, he was draped in an American flag, and an IMPD officer stood watch by his side until a Hendricks County Sheriff's deputy took over. This deputy stayed with Deputy Fislar until he was laid to rest. The flag will eventually be given to the family.

Fislar was hired by the Sheriff's Office in December 2021 and served in the Enforcement Division for two and a half years. He also served in the U.S. Marine Corps. Fislar leaves behind a wife and two children, ages 6 and 6 months. The Sheriff's office said that the driver injured in the initial accident was taken to a hospital in serious, but stable condition.

Thank you Deputy Fislar, for your dedicated service to, not only our community, but to our Country. May you rest in peace.



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Avon High School world guard, drumline and indoor winds sweep state

Source: Public News Outlet

Avon High School bands are at it again. World Guard, drumline and indoor winds have each earned the title of 2024 State Champions!

World Guard

The Avon World Guard has been crowned the Indiana High School State Color Guard Association State Champions for their performance entitled "Voila." This is the World Guard's 11th IHSCGA State Championship.

Drumline

The Avon Drumline brought home the Indiana Percussion Association Scholastic World Class State Championship. This is the Drumline's 20th State Championship and their 11th consecutive title.

Indoor Winds

Avon Indoor Winds won the IPA Scholastic World Class Champions for the 2024 season. This is Avon Indoor's 7th State Championship and their 4th consecutive title.

Congratulations to all on your championship performances! Well Done!



Avon Community School Corporation's classroom without walls sells native Indiana plants to fund innovative, interactive learning opportunities for students

(Submitted Press Release)

The Avon Outdoor Learning Center (OLC) is hosting its 20th annual Native Plant Sale from 4 to 7 p.m. on Friday, May 3, and from 8 a.m. to 1 p.m. on Saturday, May 4. The sale will be held in and around the historic log cabin, which sits on the north side of the seven-acre outdoor learning area. All proceeds from the sale will help the OLC continue providing engaging, impactful outdoor learning opportunities for Avon Community School Corporation (ACSC) students. The event is open to the community. Shoppers will get to choose from a large selection of native Indiana plants — from grasses and ferns to flowers and trees. The sale will also feature the Indiana Native Plant Society's 2024 Plant of the Year, the Rattlesnake Master. "The mission of the OLC is to encourage ACSC's students to learn and explore in an outdoor setting," says Coordinator Jeremy Maxwell. "Experiences at the OLC enrich the classroom learning of the nearly 10,000 students that take part in our programs each school year. The native plant sale is our largest fundraising event of the year." The OLC is located on the south side of Maple Elementary at 7237 East US Highway 36 in Avon. From US 36 or Avon Avenue, follow the directional signs to the OLC and park in the lot behind Maple. Learn more about the OLC and this 20th annual Native Plant Sale by visiting avon-schools.org/olc.

PUZZLES ANSWERS FROM PAGE 12

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Answers to HOOSIER HODGEPODGE:

Herbs: BASIL, DILL, MINT, OREGANO, PARSLEY, SAGE;

Terms: DIG, NET, SERVE, SET, SPIKE;

Cities: BEDFORD, COLUMBUS, JASPER, SEYMOUR;

Poetry: FREE VERSE, HAIKU, ODE;

Colors: CARDINAL, WHITE;

Attorney General: TODD ROKITA

FORtheRECORD - HC OBITUARIES

AVON

Susanna B. Bereman

Susanna B. Bereman, 85, Avon, passed away April 2, 2024. She was born July 27, 1938. Private services will be held.

Thomas Melvin Burks

Thomas Melvin Burks, 90, Avon, passed away, March 29, 2024. He was born Aug. 26, 1933. Funeral services were held Saturday, April 6, 2024 at Plainfield Christian Church. Memorial contributions may be made to Sheltering Wings or Sycamore Services. Hall-Baker Funeral Home, Plainfield, is handling the arrangements.

Angelica Cano Garcia

Angelica Cano Garcia, 51, passed away April 3, 2024. She was born Aug. 4, 1972. Final arrangements and cremation are entrusted to Carlisle Branson Funeral Service & Crematory.

Glenda Joyce Parker

Glenda Joyce Parker, 78, Avon passed away April 4, 2024. She was born Sept. 19, 1945. Funeral services were held on Wednesday April 10, 2024 at Conkle Funeral Home, Avon Chapel.

Charlotte K. Pierce

Charlotte K. Pierce, 71, passed away March 31, 2024. A Celebration of Life was held Friday April 5, 2024 at Conkle Funeral Home Avon.

Nancy J. Sutton

Nancy J. Sutton, 87, Avon, passed away April 9, 2024. She was born July 31, 1936. Visitation was April 18, 2024 at Matthews Mortuary, Brownsburg. Funeral Mass was April 19, 2024 at St. Susanna Catholic Church in Plainfield. In lieu of flowers, memorial contributions may be made to St. Jude's Children's Hospital www.stjude.org or the American Heart Association at www.heart.org. Funeral Home Avon.

Helen L. Willson

Helen L. Willson, 99, Avon, passed away April 5, 2024. She was born Dec. 17, 1924. Funeral services were held Saturday April 13, 2024 at the Danville Friends Church, 45 N. CR 200E, Danville. In lieu of flowers, contributions may be made to the Danville Friends Church.

BROWNSBURG

James K. "Dusty" Arnett

James K. "Dusty" Arnett, 80, Brownsburg, passed away March 29, 2024. He was born Sept. 22, 1943. Private services will be held at a later date.

Ralph L. Colley

Ralph L. Colley, 94, Brownsburg, passed away April 8, 2024. He was born Dec. 14, 1929. Memorial was held Friday, April 19, 2024 at Cornerstone Christian Church, 8930 N. SR 267, Brownsburg.

John William Egbert Jr.

John William Egbert, Jr., Brownsburg, Indiana, passed away, March 31, 2024. John was born March 15, 1959.

Barbara Ewing "Stormy" Frost

Barbara Ewing "Stormy" Frost, 82, Brownsburg, Indiana, passed away April 10, 2024. She was born April 26, 1941. A Celebration of Life will be held this summer in Michigan. Memorials in lieu of flowers may be made to the Alzheimer's Association of Michigan, the Humane Society of West Michigan, or to a charity of donor's choice.

Leah R. Godbey

Leah R. Godbey, 85, Brownsburg, passed away April 7, 2024. She was born March 31, 1939. Funeral services were held April 12, 2024 at Matthews Mortuary, Brownsburg.

Marjorie Elizabeth (Smith) Heinekamp

Marjorie Elizabeth (Smith) Heinekamp, 88, Brownsburg, passed away April 1, 2024. She was born June 16, 1935. Funeral services were held Friday April 12, 2024 at Conkle Funeral Home, Speedway Chapel.

Leonard Paul Osborn

Leonard Paul Osborn, 91, Brownsburg, passed away March 29, 2024. He was born March 26, 1933. Private services were held.

Tracy Jean Patrick

Tracy Jean Patrick, 63, passed away, Monday, April 8, 2024. She was born April 11, 1960. Final arrangements and cremation are entrusted to Carlisle Branson Funeral Service & Crematory

Brian L. Prophit

Brian L. Prophit, 82, Brownsburg, passed away April 6, 2024. He was born Feb. 10, 1942. Private services will be held.

Ronald E. Wagner

Ronald E. Wagner, 88, passed away Friday, March 29, 2024. He was born Feb. 6, 1936. A Celebration of Life Service will be held 11 a.m. on Friday, April 26, 2024 in the Eric M.D. Bell Funeral Home. Military honors will be rendered at the funeral home following the Celebration of Life.

CLAYTON

Ricky Keith Daugherty

Ricky Keith Daugherty of Clayton, Indiana, passed away March 31, 2024. He was born Aug. 2, 1961. Funeral services were held April 6, 2024 at Faith Baptist Church, Danville.

DANVILLE

Alonzo E. "Lonnie" Lagle

Alonzo E. "Lonnie" Lagle, 73, Indianapolis, passed away April 9, 2024. He was born July 10, 1950. A Celebration of Life was held on Thursday, April 18, 2024 at Baker Funeral Home, Danville.

J.A. Brewster Mcallen

J.A. Brewster Mcallen, Texas, passed away Feb. 4, 2024. J.A. was born June 24, 1938 to Albert and Ennis Brewster of Glasgow, Ky. J.A. worked for Allison Transmission in Indianapolis until he took early retirement in 1993.

Memorial service will be held Saturday April 27, 12 p.m. at The PLACE Worship Center, 9325 Happy Valley Rd., Cave City, Ky. Eulogy will be given by nephew and Pastor Johnny Houchens and nephew Chris Trulock. In lieu of flowers, donations can be made in honor of J.A. to The PLACE Worship Center, P.O. Box 557 Cave City, KY 42127.

Linda Ellen (Smith) McGhee

Linda Ellen (Smith) McGhee, 82, Danville, passed away April 11, 2024. She was born July 7, 1941. Funeral services were held April 19, 2024 at Helton and Harris Funeral Home, Danville.

Diana Louise (Decker) Miller

Diana Louise (Decker) Miller, 82, Danville, passed away April 5, 2024. She was born April 3, 1942. Funeral services were held Saturday, April 13, 2024 at Helton & Harris Funeral Home, Danville.

PLAINFIELD

Larry Dixon

Larry Dixon, 84, Plainfield, passed away April 6, 2024.

Rose Mae King

Rose Mae King, 98, passed away April 2, 2024. She was born July 2, 1925. Funeral services were held April 11, 2024 at Conkle Funeral Home, Avon.

Shirley Ann Murphy

Shirley Ann Murphy, 90, Plainfield, Indiana, passed away April 6, 2024. She was born Sept. 19, 1933. Funeral services were held Friday, April 12, 2024 at St. Stephen's Lutheran Church, 1001 Concord Road, Plainfield.



Campaign Platform



- *Current Judge of the Hendricks County Superior Court 3: Juvenile Court in Hendricks County*
- *Appointed in 2022 by Governor Holcomb*
- *Working to make the lives of children and families better by looking for fair outcomes and for trying to keep state intervention at a minimum*
- *Pushed to create individualized solutions for children that come into court*
- *Working together with the Youth Assistance Program*

“I am moving my court forward, and the county needs this progress to continue”

Elect
Judge Ryan
Tanselle



Elect
 Judge Ryan
Tanselle