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Local centenarian to celebrate 101st birthday

Brownsburg Meadows Assisted Living is celebrating a very special milestone with resident Mary Kernodle as she turns 101 years old.

Born and raised in Decatur Township on May 23, 1923, Mary became a resident of Brownsburg in 1998. Mary was married for 65 years, and together she and her husband raised two children: Dale and Chris. Mary has three grandchildren and nine great-

Mary, driven by her ambitions, embarked on a remarkable career journey that began with her education at a business college. After graduating, she spent several years honing her skills as a secretary at a local insurance agency. Leveraging her experience and passion for helping others, Mary transitioned into the real estate industry, where she built a successful career as a real estate agent and broker on the southside of Indianapolis.

Having a creative spirit, Mary has enjoyed oil painting over the years, and she has many of her paintings hanging in her apartment at Brownsburg Meadows Assisted Living. She also loved being an active part of a group of ladies who sewed lap quilts for children at Riley Hospital. Mary was also an avid gardener.

When asked the secret to a long life, Mary wisely said to "surround yourself with good people!"

As she celebrates this significant milestone, her resilience serves as a reminder of the power of the human spirit. Her story resonates as a testament to the beauty of a life welllived and the enduring impact of service, family, and community.



Plainfield Police Department honors fallen law enforcement

Source: Public News Outlet

On May 15, which is National Peace Officers Memorial Day, Plainfield Chief of Police Kyle Prewitt attended a ceremony at the Hendricks County Courthouse rotunda in Danville. This day specifically honors law enforcement officers killed in the line of duty. Also, earlier that week, Plainfield Town Council President Robin Brandgard presented a proclamation to Chief Prewitt in honor and observance of National Police Week. During the meeting, it was noted that the Town Council recognized and appreciated the history and dedicated service of the members of the Plainfield Police Department, and that it is deserving of appreciation and commendation as its members continue to work tirelessly to maintain peace and security in our community.

On this day and all others it is important to always remember those officers who have been killed in the line of duty.



Avon-Washington Township Fire Department Medical Director honored

Source: Public News Outlet

Congratulations are in order to the Avon-Washington Township Medical Director, Dr. James Nossett, on becoming 2024 Indiana EMS Association (IEMSA) Golden Siren Inductee.

At the IEMSA banquet, the award was presented to Dr. Nossett and to other individuals for their lifetime dedication to the EMS profession, its providers,

communities, and patients that are served by the inductees. This honor is bestowed to those within the **EMS** community who have at least 25 years of service in emergency medical services and have made a significant contribution to this profession.

Congratulations to Dr. Nossett on this well deserved honor!



Hendricks County Master Gardeners announces 2024 scholarship recipients

Submitted Press Release

Providing educational opportunities is at the very core of the Hendricks County Extension Master Gardeners mission statement. One of the ways they support this mission is the scholarship program. At the Hendricks County Master

Gardeners Plant Sale & Auction held on May 21, they recognized their two 2024 scholarship recipients. Each received a \$2,000 scholarship.

Alyson Owen, from Cascade and currently attending Purdue completing her sophomore year, majoring in Agricultural & Biological Engineering.

Nathan Milharcic, from Avon and graduated from home school and will be attending Purdue University; majoring in Turf Management & Science.

The Hendricks County Master Gardeners congratulate and wish both Alyson and Nathan much success.





New inspirational action-adventure film directed by and starring Brett Varvel arrives in more than 1,000 theaters this summer!

Submitted Press Release

Pinnacle Peak Pictures and Fathom present the new inspirational action-adventure film, DISCIPLES IN THE MOONLIGHT, opening in theaters for a minimum five-day run in more than 1,000 theaters beginning July 24.

Director and star Brett Varvel stated, "Ten years ago, Josh Strychalski shared a captivating story idea with me. That story became my heart and passion. DISCIPLES IN THE MOONLIGHT is my love letter to the church of Jesus Christ. I believe this movie could be the start of a movement in our culture—to awaken people to treasure the Word of God and boldly proclaim the name of Jesus no matter the cost. The time has now come to share this powerful story delivered by the most incredible cast and crew. DISCIPLES IN THE MOONLIGHT is sure to thrill, excite, challenge, and inspire for the Word of God and the testimony of Jesus Christ."

DISCIPLES IN THE MOONLIGHT takes place in the not-too-distant future after the government has banned the Bible for its "offensiveness" and replaced it with a government-approved version. A small group of Christians are recruited to smuggle God's Word to underground churches throughout the Midwest. With a ruthless federal agent in hot pursuit, the believers must choose between following the law or honoring and trusting God.

Dave Mechem, head of acquisitions for Pinnacle Peak Pictures, said, "I've watched Brett Varvel star in many inspirational films and now his team brings their own redemptive project to the big screen. DISCIPLES IN THE MOONLIGHT is an edge-of-your-seat thriller that asks the question, 'What would you give your life for?'"

"We're very excited to bring this film to theaters for an extended run," said Ray Nutt, CEO of Fathom. "It's the perfect blend of faith, suspense, and inspiration that will guarantee a great theater experience for a broad range of audiences."

Pre-release buzz on the film is building. In May, the film screened at the International Christian Film and Music Festival in Orlando, Florida. On May 9, Indianapolis—Varvel's hometown and where the film was shot—hosted the hometown red-carpet premiere of DISCIPLES IN THE MOONLIGHT where the 48th Vice President of the United States, Mike Pence was in attendance. Commenting on the film, Pence stated, "DISCIPLES IN THE MOONLIGHT is an action-packed thriller set in a future of Christian persecution in America. At a time of more and more assaults

on religious liberty, this compelling motion picture should serve as a cautionary tale and inspire people of faith to do even more to protect religious freedom in America."

In the week of May 12, international audiences got their first peak of the film when it screened at the Cannes International Film Festival.

Tickets for the DISCIPLES IN THE MOONLIGHT can be purchased at **fathomevents.com** or at participating theater box offices. For a complete list of theater locations, visit the Fathom website (theater locations are subject to change).

For more information on DISCIPLES IN THE MOONLIGHT and to view the trailer, please visit http://www.disciplesinthemoonlightmovie.com/.



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Brownsburg Police Department presents commendation to officer for going above and beyond

Source: Public News Outlet

The Brownsburg Police Department hired Officer Megan Clonce in 2023 as a part of a lateral hiring process, and she has brought exceptional skills to the Enforcement Division. In March 2024, Officer Clonce worked a Shots Fired case in Brownsburg that ended up leading to charges being filed in the incident that occurred in Brownsburg's jurisdiction and ultimately assisted IMPD in identifying

a suspect in a homicide case in Marion County. Officer Clonce demonstrated attention to detail and collected evidence that proved to be vital in the case resolution. At the May Police Commission Meeting, Chief Grimes presented Officer Clonce with a Commendation for her hard work in safeguarding the Brownsburg Community.

Thank you, Officer Clonce, for your hard work and dedication to the community!



Where Local Good Grows

Community Foundation

Hendricks County

Lincoln Bank Legacy Fund at the Hendricks County Community Foundation awards \$18,000 in grants

Submitted Press Release

The Lincoln Bank Legacy Fund, a donor advised fund at the Hendricks County Community Foundation (HCCF), awarded \$18,000 to 10 local nonprofits serving Hendricks County. The Lincoln Legacy Foundation started the Lincoln Bank Legacy Donor Advised Fund in 2023 at HCCF to benefit both Plainfield and Hendricks County as a whole. A private foundation transfer, this fund will continue the legacy of charitable grantmaking of the Lincoln Federal Charitable Foundation, Inc., which was founded in 1998 by Lincoln Federal Savings Bank.

The Lincoln Legacy Fund awarded **\$18,000** collectively to the following organizations:

- Family Promise of Hendricks County
- Friends of the Lab
- Hendricks College Network
- Hendricks County Food Pantry Coalition
- Hendricks County Senior Services
- Hope Health Care Services
- Leadership Hendricks County
- · Plainfield Youth Assistance Program
- · Sheltering Wings
- Susie's Place The Hendricks County Child Advocacy Center

"We are honored to partner with the Lincoln Legacy Foundation to continue its work in Hendricks County," said William Rhodehamel, President & CEO of HCCF. "They have steadfastly supported important projects and programs in our community that have made Hendricks County a better place. We are so pleased to work with the board of the Lincoln Legacy Foundation to ensure that the positive impact they've created not only continues to grow, but continues forever."



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Hendricks County ICON of the Week

Brian Nugent

By Julie Brackemyre

Deputy Chief Brian Nugent oversees the Investigations Division of the Avon, Indiana Police Department. Nugent has served the Town of Avon for over 20 years and is tasked with many responsibilities including overseeing major cases, community and public outreach, long range planning, policy development, and serving as the public information officer since 2008. Nugent graduated from the University of Evansville in 2002 and is also a graduate of the Indiana Law Enforcement Academy, Indianapolis Metropolitan Police Department, and many certifications over his tenure as an investigator and administrator. Nugent was appointed to the position of Deputy Chief in 2014 where he serves alongside Chief Stoops and Deputy Chief Dave Margason. Nugent is a 2002 graduate of the University of Evansville and currently resides in Avon with his wife and three children.

1. What do you consider your greatest virtue?

Being approachable. Approachability opens the door for dialogue and growth.

2. What do you most deplore in others?

Selfishness. The impact that selfishness has on friends, family, and community is toxic.

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

The sense of community and collaborative support of all law enforcement agencies. Together, we are better.

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

I would focus on being more patient.

5. What makes you happiest?

Time spent with my family and watching my kiddos do what they love.

6. What is your favorite vacation spot?

I do not spend a great deal of time taking vacations, but at the top of my list is our family trips to Disney World!

7. What do you do with your idle time?

I spend a great deal of time supporting the Avon Marching Band and World Drumline. This program has literally transformed the lives of children for decades and I have seen the positive impact it has had on my family.

8. What is it that makes you angry?

Selfishness and a lack of self-awareness. Our society continues to dissolve into a self-centered world.



9. What do you do to escape from reality?

I just enjoy spending time with my family and close friends. I do not have a drive or desire to have to be engaged in extravagant adventures as long as I am with those who matter the most.

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

My family is the greatest love of my life. I was raised by an incredible mother, a loving and hard-working father, and I've been blessed with the most patient and kind-hearted wife and three children.

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

Dependability

12. What is your greatest extravagance?

I am truly a boring person! I spend a great deal of my time catching up with friends and cohorts at lunch and dinner!

13. What is your favorite restaurant?

Fast food is definitely Chick-fil-A! As far as other restaurants, definitely Rick's Café Boatyard!

14. Who is the person most influential in vour life?

I have many people who have influenced me personally and professionally, but none are more influential than my mentor, Bill Westfall.

15. What are your fears/phobias?

My biggest fear is letting down my family, friends, and those who depend on me.

16. What do you most value in your friends? Dependability and dedication

17. What is your greatest regret?

I honestly have no regrets in my life. I have been blessed with great family, friends, and opportunities.

18. What tenet do you live by?

"If not me, then who? If not now, then when?"

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LETTER FROM THE EDITOR

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken." - James Dent

By Kate Anderson

Ahhhhh, summer..... What a lovely season. Some of my most favorite memories are made at this time of the year. What is it about summer that just makes me happy?? Is it the food? Delicious cocktails? No, it's so much more than that. It's the sunshine on my face, driving with the windows down, listening to the kids next door playing outside, the smell of cookouts being held around the neighborhood, and bonfires at night. When I was a kid, we were told to go outside first thing in the morning, play out there all day long, and come home when the streetlights came on. Riding our bikes, roller skating down the street, playing on the swing set, and playing games with our friends. It was a different world then and though some things stay the same, there is nothing like that memory you keep in your mind.

Ahhhhh, summer...... It is chock full of rituals, traditions, and celebrations. For some, it's that family vacation you wait all year to take, weekend trips with friends to the lake, sleeping in a hammock on the porch, pool parties, slip and slides, and running through

the sprinkler. The sounds of laughter, squeals, and music on the radio. Summer holds so many possibilities, so much promise, and whether we know it or not, most of us work overtime to make the most of our off-the-clock time. The trick is to find the time to slow down and soak up every second of our time in the sun.

Ahhhhh, summer...... It is time to sit with a tall, cold glass of iced tea and reminisce on those childhood and family memories. Time to remember what makes you smile. What is it that makes you happy during this sundrenched season? What makes you laugh and brings you joy? So today when you are out running errands or driving home from work, put those windows down and let the wind mess up your hair a little bit. We can all use that from time to time. Remember to make the time to walk barefoot in the grass or run through the sprinkler with your kids. It can be amazing how these simple acts can raise your spirits and make you feel like a kid again. After all, that is what the season is all about.

A ghostly beauty for the garden

GARDENING

By John Chapin

This most unusual ornamental vine has a most unusual backstory dating back almost 150 years. In 2001, while driving down a side street in old Fort Collins, Colo., Scott Skogerboe (Fort Collins Wholesale Nursery) noticed a vine he had never seen before. At first glance, it looked like a silver dollar eucalyptus as it was completely covered with silver-dollar sized whitish-colored disks.

He slammed on his brakes to get a closer look. Curious and excited, he knocked at the door of the home which was answered by an elderly gentleman who told him the tale of this unusual beauty. He said it was a family heirloom vine dating back to the 1880s. The man's grandfather, William "Ped" Kintzley, had worked in the greenhouses of Iowa State University (then college) and found this unusual form. He propagated it himself, and over the years gave plants as gifts to members of the Kintzley family throughout the area. Ped Kintzley even requested that his beloved vine be planted on his grave. It was never formally introduced into commerce and disappeared at one point until rediscovered by the sharp-eyed

Skogerboe.

The vine is a naturally occurring variant of the native non-invasive species. The small, clustered, mildly-fragrant flowers cover the vine in June. Each flower cluster is surrounded by a large perfectly circular bract which has a ghostly silver-blue color, creating a stunning display throughout the summer into fall. The very hardy vine typically climbs 8-12' tall and does best in full sun to partial shade. It supports pollinators, including hummingbirds and butterflies. Songbirds relish the red berries.

Other than to the Kintzleys, this plant is new to the world of horticulture. It was snapped up by Proven Winners in late 2023, and now sold under that brand as 'Kintzley's Ghost' honeysuckle. It's sure to add beauty and interest in the garden!

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

THE BROWNSBURG EDUCATION FOUNDATION SPOTLIGHTS OUR SUPPORTERS

The Baron Family

Michael and Kristina Baron have a family foundation which has given the

Brownsburg Education
Foundation its largest
gift to date to endow
a scholarship which
awards a 4-year
\$4,000 renewable
scholarship to a
graduating senior
annually. The scholarship

Michael is a teacher at Brownsburg

was first awarded in 2022.

High School, and the couple first contacted BEF because of their passion for education and their belief that others in the Brownsburg community have the capacity to generously join them in this type of support.

"My wife and myself are both products of scholarships. Scholarships allowed us to meet at a school hundreds of miles from our homes. We were able to build a beautiful life from that experience. Why wouldn't we give back to the system that created so much for us? We want to use our foundation and BEF to give students opportunities they might not have had otherwise!"

Visit our website at www.brownsburgeducationfoundation.org



By Julie Brackemyre

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

We have lived and worked in Hendricks County for 22 years. Our two daughters grew up here. One graduated from Avon High School and one from Covenant Christian High School.

2. Describe your immediate family to us.

My husband and I met in high school, and we'll be celebrating our 32nd wedding anniversary this year. Together we have owned our own Financial Planning & Wealth Management business, SunRift Capital Partners, in Hendricks County for 13 years. We have two beautiful daughters who are both married. We've been thrilled to gain two great sons-inlaw. We are proud grandparents to two amazing grandkids - with one more on the way! We also have two adorable, loving golden retrievers.

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

Faith is our top priority above all. We know our Lord and Savior is our one true king and all that we have is from him. A few of my favorite things we do as a family are:

- 1. My husband and I do devotions together each morning and then take turns praying out loud. Not only does this bring us closer to the Lord, but it also draws us closer and closer to each other.
- 2. My favorite Christmas tradition is getting together on Christmas Eve. My dad reads the Christmas story to the family. Then, we sing together praising and thanking our Lord and Savior for everything. I have always cherished this tradition.

4. Describe your perfect family outing.

My perfect family outing is when the entire family is together laughing, sharing stories, playing games (they can get competitive...), sunning on the boat, and hiking together. Time with our kids and grandkids is one of the greatest gifts ever. We thank the Lord every day for our family!

5. What is your favorite family tradition?

I think my favorite tradition is for each Christmas, my husband and I pick a new children's book for each of our kids/ grandkids that describes something unique about them. My girls have all

Iill Hunter

Chief Operating Officer, SunRift Capital Partners



those books and can read them to their kids. We now have the blessing of doing the same thing for our grandkids.

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

The reason we moved here 24 years ago was because of the parks, schools, and great location. Since then, I would say the biggest blessing of Hendricks County is the community. We cherish all our friends and neighbors. We have loved raising our kids here and especially love having our business here in Hendricks County. We are thankful for this community and the blessing it has been to our family and our business.

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

(From Madelynne Sliz, our youngest daughter) My parents, Dustin and Jill are the perfect examples of kindness, humility, unconditional love, perseverance, and hard work. They are the true definition of a power couple. They use each other's strengths to work together to help others, not only in their work, but in their community as well. They love their family beyond measure and serve those around them as well. My husband and I, along with many other people, look up to them as examples of how to lead a Christ-centered life and marriage.

Edward Jones

Financial freedom: A gift to your family

Here's a sobering statistic: 72% of retirees say one of their biggest fears is becoming a burden on their families, according to a study by Edward Jones and the consulting firm Age Wave. If you're nearing retirement, how can you boost your financial independence?

For starters, contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan. Since you may be in your peak earning years, you might be able to put in substantial sums.

And once you do retire, establish a reasonable withdrawal rate from your investments and budget for expenses carefully, so you don't risk outliving your money.

One more suggestion: Think about downsizing. If you are open to changing your living arrangements, you could save money and boost your liquidity.

Finally, think about the costs of long-term care, such as an extended nursing home stay. You might want to discuss strategies for meeting these costs with a financial professional.

These moves could help you maintain your financial freedom and reduce your potential dependence on your family. Give them some thought.

Samuel Lowe

Financial Advisor

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This content was provided by Edward Jones for use by your Edward Jones financial advisor

Member SIPC



Gentlemen and a tramp

I am obsessed with getting 15,000 steps a day for my fitness regimen. I am not a health freak by any stretch of the imagination, although that stretch is one of the few I can do without hurting myself.

If I haven't reached my goal by midnight, I often go down in our basement and trot around the rowing machine (which we never use) or dance around the recumbent bike which is our most versatile coat rack, or dash around the ping pong table, which has caused me real hip pain—not playing ping pong, but crashing into the table when I round the corners at 2 a.m.

To get those final steps each night, I occasionally even walk up and down the street for 10 minutes. Now, everyone in the neighborhood knows how obsessive I am. They also know the color of all my pajamas.

"You have to find a better way," I kept telling myself. That's also what several police officers told me after reports of streaking in the neighborhood. I don't wear the pink jammies anymore.

What I did do was buy a minitrampoline. I had heard that bringing out your inner kangaroo could have some health benefits. And so, I ordered one.

The first page of the assembly instructions said you need two people to complete the job. I enlisted my wife to assist and it's a good thing I did. For a while, I stared blankly at dozens of screws, springs, poles, shims, nuts, and bolts. I was confused by the directions. Thank goodness I had another person. Mary Ellen convinced me to call our handyman to put the contraption together.

Kevin didn't even need the directions. He grabbed his electric drill, popped on a few accessories, and in 20 minutes I was ready to bounce like no one was watching. Well. almost...

My wife was still concerned about my safety. Springing forward is something

I'm allowed to do only once a year...that would have been earlier this year during the first Sunday morning of Daylight Saving.

There were several safety warnings on the instructions. First, the manual says: "Don't install the trampoline while out in bad weather. The frame of the trampoline can conduct lightning." What a bummer! Now I don't have anything to do in my backyard during the next thunderstorm.

Also, I learned from the manual that nothing should be placed under the trampoline. But that's half the reason I buy exercise equipment: storage space. Now I have to find another place for that case of baked beans.

The directions also make clear that "some parts can loosen when using the trampoline." I knew that right away when my shoulder and knee slipped out of their sockets after 100 bounces.

The first night I used it, I decided to watch Stephen Colbert's late-night show on CBS while I did some in-place jogging. Trust me, laughing and bouncing at the same time is not a good combination.

Finally, it says that if you don't plan to use the machine for an extended period, store the device by "removing all the parts in reverse order." My handyman, Kevin, loved that part.

Now, he has steady employment for the rest of my life.



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.

DUMB LAW

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

In Kansas, it is illegal to put ice cream on cherry pie.

Source: dumblaws.com

ASK THE AUDIOLOGIST

Those that suffer with hearing loss WANT to communicate more effectively. Sometimes our habits make it more difficult. Here are a few tips the hard of hearing patient wishes we all knew:

- Get my attention or call my name before you start talking.
- Look at me when you're talking. Please don't try to talk from another room.
- Reduce excess background noise like radios and TVs that aren't necessary.
- Speak slightly slower and distinctly rather than resorting to raising your voice.
- If I don't understand, try to rephrase as well as repeat.
- Even my appropriately fit hearing aids don't cure difficult communication at a loud gathering. Consider stepping aside into a smaller room to have a more intimate conversation.
- Avoid talking over others in group settings. I'm unable to keep up with the conversation.
- Provide me with the topic of conversation or a key word, especially if there has been a topic change.
- Don't say "never mind". It is dismissive and excludes me from the conversation when I am just trying to understand.
- Most importantly....be understanding and patient. Going out of your way to make sure I am included in conversation is so appreciated!

Dr. Shannon L. Austin, Au.D.



Schedule an appointment by calling 317-932-0099 or online at SLAaudiology.com

SLA Audiology is an independently and locally owned private practice hearing healthcare clinic in Brownsburg. Extended and virtual office hours are available in our convenient location Monday thru Friday. We care for the whole patient with the highest standard of care.

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Serving up excellence and a superb dining experience for Hendricks County

By Kate Anderson



To some, excellence is just a word. For Joe Alexander, it is a state of mind. Joe, 38, a Hendricks County native who lives in Avon, lives his life by the credo that kindness can spread like wildflowers if you only give them the chance to bloom. Joe comes from a farming family who taught him the value of a hard day's work and dedication to his chosen profession. After high school, he attended IUPUI to further his studies, and in 2006 he got a part-time job as a server at the original location of Stone Creek Restaurant at Plainfield's Metropolis Mall, now called The Shoppes at Perry Crossing. "At first, I thought that serving was a joke. I didn't take it very seriously, but I knew I had to keep my job to help with school expenses," said Joe. What he thought would be a casual gig to pay the bills morphed into a real passion for serving others. It turned out to be his calling in life, and although it may seem to some that there are so many other ways to serve those around you, Joe finds that the table is the way to peoples' hearts. "I quickly realized that I wasn't just serving people a meal, I was giving them an amazing dining experience. For me, it is all about the guest," said Joe. From a very young age until he was nine years old, Joe was raised by his grandmother. He recalls her loving and nurturing nature and being greeted by her at the driveway every day after school with a cookie or snack. It was while sitting at her kitchen table that he learned about cooking and baking and the art of serving those around you. Joe took an interest in what she was preparing, so she willingly put her curious grandson to work. She poured her culinary knowledge out for him and like any good student, he took mental notes and continues to use many of her recipes to this day. "In my day-to-day life, I try to draw from how I was raised and where I come from. The easiest way for me to be authentic and be the best I can be is to dig

down deep and say to myself, 'Joe, what can you bring to the table?'There is a gift to that kind of introspection," said Joe.

From the start of his career, he was more than a go-getter. He was a star and by excelling in his skills as a server, he realized his own brand of hospitality. Joe is a born leader and "people person." "I was always the talker of the group. In school I was always sitting at the back of the classroom by myself because all I wanted to do was talk to my classmates. I love being with people. I love to bring people together for a meal," said Joe. It is because of this love of people that he has gained a certain popularity and notoriety in the Hendricks County community. In this line of work, it can be said that it is all about the connections, and all about building a clientele, and he has succeeded in this department. Throughout his years as a professional server and mixologist, he has gathered guite a following and many "regulars" that have sought after his unique brand of serving from one establishment to the next. Though he has worked in varied positions of culinary hospitality, he realized a few years ago while working for a chain restaurant that he needed a change. "I realized I didn't want to work for a corporation anymore. I wanted to serve the people of the community that I live in. I wanted to work for and support a local restaurant," said Joe. Regardless of his location, his reputation for flawless. professional, and knowledgeable service precedes him, and no matter what, he strives for excellence in all he does. "I know that it's all about knowledge, confidence, and experience in this line of work. The key is professionalism and thoughtfulness. If you pay attention to your guests, they will lead you to what experience they want," said Joe. Earlier this year, Joe was recognized for his commitment to his craft by the Society Insurance Staff Appreciation Award for the Devour Indy Winterfest 2024. This accolade is only given to those who have a true love for hospitality and dedication to treating every guest like the most important person in the room. He is a true professional in every sense of the word.

After he parted ways with his corporate restaurant position, he found his way to The Prewitt Restaurant in downtown Plainfield. The Prewitt Restaurant, which is a renovated 1920's movie theater, is locally owned and serves thoughtfully crafted dishes, cocktails, and mocktails and invites the guest to experience both casual and upscale dining. There is a place for everyone at the table here and this is in line with how Joe believes dining should be. This is the kind of establishment he himself loves and one that

he can really get behind. He wants everyone to feel comfortable, welcome, and taken care of. "I find that if we search down deep, we all just want to be treated with respect and kindness. A little bit of kindness can go a long way," said Joe.

Joe is unapologetically himself in every situation and is absolutely loved for it, but he is also kind-hearted and soulful. "I will always be humble, thankful, and grateful for the life I have been given and I treat every day like it is a gift," said Joe. In that latter part of 2023, Joe lost his father to cancer. During this unbelievably tough time, it was his job that really helped him get through on a dayto-day basis. Through serving he was able to "get out of himself" and focus on others for a bit. "I couldn't have gotten through it without my regulars, my work family, and my community. They really helped me "dial in" and gave me something to focus on. When I came to work, I got to just be "Joe." I got to reset my switch every day," said Joe. It was

through caring for his father in his last days that he had a realization that will resonate with him for the rest of his life. "Sitting at the hospital, watching the nurses and doctors as they worked with patients, I realized that my job as a server is just as important as other individuals in a service profession. As servers we are therapists and mood-lifters. We are the helping hand that someone may need. We are the people that can make or break someone's day," said Joe.

Though Joe feels he has found his calling in life, this is just the beginning of his story. "I have so much more to give. Serving my community will always be in my heart. I do what I do so that I can help others. It isn't about the money. I really think that if you love what you do, everything else will fall into place," said Joe. With a little bit of love, commitment, and compassion for the community he lives in and the people who are seated at his tables, the seeds of kindness will spread to all.









Join us for the Hendricks Power Member Appreciation and Annual Meeting Event at the Hendricks County 4-H Fair! Enjoy safety demonstrations, face painting, balloon animals, Silly Safaris animal shows, superheroes, and our Board of Directors election. Cast your vote for your Board of Directors online or at our annual meeting. Check your email for your invitation, tickets, and additional details!



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QUOTE OF THE WEEK

"I watched the Indy 500, and I was thinking that if they left earlier they wouldn't have to go so fast." — Steven Wright

One last word on words

Well, folks, this is it. Today marks my final Grammar Guy column. After seven years, I've decided to hang up the typewriter and retire from the lucrative freelance newspaper column side hustle. To leave you with one last "word nerd" lesson, I'd like to talk about the power of words (for better or for worse). In "Dead Poets Society," Robin Williams' character Mr. Keating tells his students, "No matter what anybody tells you, words and ideas can change the world." This quote causes me to "sound my barbaric yawp," as Walt Whitman writes. Words have the power of life or death. It seems as though — in the age of social media algorithms and alwayson partisan news — we only take in the words that reaffirm our already entrenched beliefs and opinions. This causes us to dig in our heels and move even further into the depths of partisanship. This is cultural poison, and we are getting more than a few daily doses of it. It's easy to tear someone apart in the comments section of a post or story in all caps. It doesn't take courage to sit at a keyboard and spew verbal bullets at each other. And, because our echo chambers have built thick, impenetrable walls, it doesn't even matter if what we are reading is true. We can be well-informed by a wealth of fake news (although this fine newspaper only prints the facts, of course).

Whoa, that's pretty heavy, Grammar Guy.

Over the years I've had the privilege to quip about the English language in around

400 words per clip. I'm thankful to my editors and publishers for the space to influence readers on how good grammar and a healthy grasp of language can improve our lives. That's precisely why today's final lesson is pertinent. In a major election year where it seems our candidates and electorate are as polarized as ever, we'll receive oversized postcards and hear stump speeches full of words. These messages contain promises, threats, half-truths, and carefully targeted buzzwords whose aims are to win your votes. It's your job to comb through these messages and consider what kind of future you want to see. Hold on a minute; I'm not going to let you off the hook quite yet. We can only hold others to a higher standard of worthy word usage if we embrace this priority for ourselves. In the words of Mr. Rogers, "Imagine what our neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person." Your words impact your family and affect your community. You can make the world around you better by communicating honest, lifegiving words.



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

Avon Softball Finds Regional Championship Redemption After Three Years

After 3 years of being defeated by Roncalli in the regional championship, Avon is victorious by a score of 10-2 to clinch the regional championship. "The Regional Championship win is a testament to our ladies love for and belief in

each other throughout the season. They have persisted through adversity. This team is peaking at the right time and I cannot be more happy for Coach Ferrell and our ladies, states Avon High School Principal Matt Shockley.



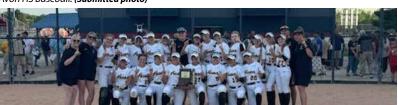
SUCCESS IN SECTIONALS!

By Josh George

Six Teams in Hendricks County won either the Softball or Baseball Sectionals! Congratulations to Avon, Bethesda, Cascade, and Tri-West softball teams as well as Avon and Bethesda Baseball teams on their Sectional Championships!



Avon HS Baseball. (Submitted photo)



Avon HS Softball. (Submitted photo)



Bethesda HS Baseball. (Submitted photo)



Bethesda HS Softball. (Submitted photo)



Cascade HS Softball. (Submitted photo)



Tri-West HS Softball. (Submitted photo)

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JUNE 10 - 11 @ 5:30 - 7:00 PM Birth Year 2011-2014 BOYS U11-U14

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ICONic Athlete of Hendricks County

SENIOR LEADS BETHESDA TO A 1A SECTIONAL CHAMPIONSHIP

Leah Heim – Bethesda Girls Softball

By Josh George



Four-sport athlete, Leah Heim, has had an incredible season for the Bethesda Patriots leading them to a 1A sectional championship. They play Clay City in the regional championship (May 28) where they hope to continue their great season. The ICON recently had a Q&A with Leah.

Q&A with Leah Heim:

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

Leah: I started playing softball at four years old. In high school, I also played volleyball, soccer, and basketball.

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

Leah: For the past 10 years, I have played travel softball year-round. This has allowed me to stay in shape and continue developing my skills.

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

Leah: My dad has coached many of my softball teams, and he has been my most influential coach. He's always been there for my games and to encourage me.

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

Leah: My parents have attended every softball game throughout the years. They have committed their time and resources to making sure I had every opportunity to develop as a player.

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

Leah: My softball journey has allowed me to meet some great friends. One highlight has been winning school sectionals for four straight years.

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

Leah: School softball allows me an opportunity to get to know other players outside of school. It has been great getting to know the underclassmen, who I might not have gotten to know otherwise.

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

Leah: Some of my strengths include my throwing speed and base running.

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

Leah: Bethesda softball has encouraged me to develop as a player and person. The coaches have always encouraged me to play for the glory of God.

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

Leah: I am not going to play softball in college. I want an opportunity to focus on other academic and career goals that I've set for myself.

Coach Jason Servizzi's comments on Leah and the Bethesda season:

I have known Leah for eight years. Leah has played softball to my knowledge since she was seven years old. I met Leah when I was the middle school coach at Bethesda Christian School and she was in fifth grade. Right away I knew Leah understood the

game of softball because of the skill level that I had already seen in her. As a fifth grader, Leah played in eight of the 10 games we played that season for a middle school team and batted a .407. Our team ended with a 5-5 record that year. Leah's sixth grade year we had a big upswing as a team and we won the middle school championship going 11 - 1. Leah played every game that season and batted a .417. In seventh grade she became the captain of our middle school team and we won the championship for the second straight year and her batting average was a .536. Leah's eighth-grade year was missed because of Covid. Leah's high school career started where her seventh-grade year ended with another championship; this time it was a sectional championship, the first one for Bethesda after several years. Leah led the team as a freshman with a batting average of .574. Leah's sophomore year she led the team again for the second straight year with a batting average of .629 and Bethesda won sectionals that year as well. Her junior year, her betting average went down, but she still led the team with a .500. There were several factors to why her batting average dropped a little, but the main being a little bit of a tougher schedule as they played 4 2A schools and 2 3A schools. She was still on a sectional winning team, making it the third in a row.



Leah's senior year is when I took over the varsity program and I wanted us to have an extremely tough schedule. We have gotten through sectionals relatively easily her first three years and we would

talented Clay City and it was tough for us to compete with them. So, this season we scheduled seven 2A, two 3A, and two 4A schools. I met with my captains for this season, one of them being Leah, and we decided together to change the way the team would go forward. The captains wanted us to be more aggressive, wanted us to teach the girls how to bunt, how to squeeze, hit and run, throw down when other teams got too big of a lead, and they wanted girls to be able to play multiple positions, so we went to work. This year we were able to develop the players. We have seven freshmen on this team and Leah, as one of the captains, took them under her wing. She showed them the correct way to backhand a ball, showed them the correct way to bunt a ball, and just brought out their competitive spirit. The whole month of April we were building a team and by the time May came around, we were finally on the right path. The three captains have graciously set out some of the games where the competition was not at its highest to allow some of the bench players to get an opportunity to play in the games. This has helped once again prepare these players for when the seniors graduate. Leah has been injured this whole season, but has not used that as an excuse. She comes to practice every day ready to go. This year, the IHSAA toughened up our sectional and our girls knew it was not going to be easy this time around! Our first game of sectionals was the Eminence Eels who beat us earlier this season 11-3. We kept telling our girls, "You just have to go play your game." We told them, "If you put everything that you have learned together, you will win." For the first time and four years, we went into a sectional as an underdog. The captains were not going to let that stop us! Leah rallied up the girls and we won our fourth consecutive sectional this weekend. Leah told me after the championship that we had to play a good team to win a championship. She was standing on third and I looked at her and she said "Coach we're going to win this!"

get to regionals and face an extremely



As far as the rest of the season, we just want to compete with the best teams in 1A and we get another opportunity to do that Tuesday, May 28! Clay City is ranked #1 in 1A and we get to play them! We are going in as underdogs, and that is not unusual for us this year, but we are well prepared. Let's go Patriots!

Mom and Dad's comments on Leah:

Leah is an incredibly driven person. She has excelled in each sport that she's played for Bethesda. During high school, she earned 12 varsity letters. This includes volleyball, soccer, basketball, and softball. Playing sports in each season of the year has helped to keep her in shape. In addition to sports, she is a very talented artist. She plans on using these art skills in her selected major of Digital Marketing.

Congratulations to Leah Heim on being the Hendricks County ICONIC Athlete of the Week and best of luck to her and Bethesda softball the rest of the season!



Notables

Compiled by Josh George

Softball

Avon – 10 | Terre Haute North Vigo – 1 H. Sutton, J. Fansler, L. DeArmond – 1 HR Each

Brownsburg – 16 | Decatur Central – 10 H. Thompson – 2 HR A. Pogue and A. Toole – 1 HR Each

Bethesda Christian – 13 | Indiana School for the Deaf

Cascade – 15 | Covenant Christian – 1 T. Gruca – 3 RBI A. Allen, A.Paschal, G.Parks, L.Godby – 2 RBI

> Danville – 10 | Frankfort – 1 Z. Twigg – 4 Hits

Plainfield – 6 | Terre Haute South Vigo – 2 K. Arnett – 1 HR, 7 K

Tri-West – 4 | Western Boone – 1 D. James – 1 HR, 2 RBI

Baseball

Avon – 7 | Terre Haute North Vigo – 1 W. Pennington, J. Bland – 2 RBI W Pennington – 11 RBI C. Beck – 5 RBI

Brownsburg – 3 | Bedford North Lawrence – 2 D. Bostic, R. Murphy, T. Jarvis – 1 RBI

> Cascade – 4 | Cardinal Ritter – 1 B. Lewis, J. Roshong – 2 Hits

Bethesda – 22 | Indiana School for the Deaf – 1 I. Blodgett, B. Mackie.

J. Blodgett, B. Mackie, E. Giegerich – 2 RBI

Danville – 17 | Monrovia – 5 C. Stafford, E. Wooten, R. Wenzel – 2 Hits

> Plainfield – 10 | Indian Creek – 1 G. Hansen – 1 HR

> Tri-West – 3 | Western Boone – 1 E. Frye – 2 Hits J.Sorgi – 2 RBI

UNSTOPPABLE partnership.

















STEPPING OUT OF THE CAR IMMEDIATELY AFTER STRIKING A UTILITY POLE MAY **KILL YOU**. HERE'S WHY:

Power lines can fall. When a pole is struck, power lines and hardware can break loose from their insulated perches atop the pole.

Fallen power lines can still be energized. Even touching the ground, power lines can still be carrying 7,200 volts or more. They may not spark or buzz.

Fallen power lines are hard to see. Silhouetted against the sky or glistening in sunlight atop poles, power lines may seem easy to see. But power lines are almost impossible to see when knocked down and twisted with tall grass or trees as a background, especially at night.

Electricity seeks all paths to the ground. You become that path if you get out of the car and touch a live power line and the ground. That amount of electricity passing through you can kill you instantly.

Call 911. After hitting a pole, call 9-1-1. Tell them you hit a pole and wait patiently. Tell passersby to stay back. Wait until first responders and/or utility workers arrive and tell you it's safe to exit.

The exception to this rule is if your car is on fire. In that case, jump clear of the vehicle without touching the vehicle and the ground at the same time. Then hop away with feet together. This way, there will not be a voltage difference between your two

feet, which would give electricity the chance to flow through your body.





MONEY MATTERS -

There's an old adage in my business: "Sell in May and go away."

By Jeff Binkley

Recently all three of the broadly followed market indices set new record highs. So does that mean it's time to start taking profits and moving some of your portfolio to cash?

I've been doing this for over 30 years now. "This" being educating and coaching investors on markets and stock picking and portfolio management. One thing I've learned in those 30 years is that with so much historical data available, you can find support for just about anything you want to believe. Kind of like what has happened since the invention of the internet and the vast amounts of data and information and diverse opinions now available to all via a touch of their fingertips. (Did you know that there remains a movement to convince us all that the world is flat? And they have plenty of information from the internet to prove it...)

You'll never convince me that having so much information and data available is a bad thing. But it must be used wisely. Ironically, having fingertip access to so much information means we have to be much more discriminating in how we consume and use it.

Yes, I said it. And I expect to shortly have a "Cancel Binkley Movement" show up in my email very soon. "Binkley promotes discrimination!"

I do. I promote and encourage the discrimination of the data and opinion we are bombarded with every day. Being discriminatory is imperative in our information society. Now hear me out before you rip out my column and use it to light the charcoal of your next barbecue.

One of the definitions for discrimination is: *The ability or power to see or make fine distinctions; discernment.* (The American Heritage® Dictionary of the English Language, 5th Edition)

Being discriminatory in our society is thought to be a mark of ignorance and prejudice...when used against a person or race or gender or lifestyle choice. And it absolutely is. We should never, ever discriminate on race or gender or lifestyle choice. We are the land of freedom. Let freedom reign.

But we MUST be discriminatory when it comes to accepting or rejecting the information we are bombarded with. We must retain, encourage, and strengthen our "ability and power to discern" what is factual from what is false, all while remaining open to consider opinions and data that differ from our understanding of the data or viewpoints different from ours.

This column is about financial matters. One of my purposes in writing it these past 14 years has been to educate and encourage you, dear reader, to continue to educate yourself on financial matters.

You must be discriminatory. For if you choose to only follow conventional wisdom, which so often turns out to be neither conventional nor wise, you, like so many others, may continue to fall into the trap that de Tocqueville warned America about almost 200 years ago:

"In the United States, the majority undertakes to supply a multitude of ready-made opinions for the use of individuals, who are thus relieved from the necessity of forming opinions of their own." – Alexis de Tocqueville Democracy in America, Volume II (1840)

Form your own opinions. Be informed by others and open to hearing their opinions....but form your own. Your portfolio will benefit from it.

As for selling in May and going away...

What do YOU think?



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.



CHAMBER MEETINGS

12 – Danville Chamber of Commerce: Wednesday, June 12, 11:30 a.m. - 1 p.m. at Hendricks County 4-H Fairgrounds, Danville. For more information, call 317-745-0670.

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

NO MEETING THIS MONTH — Brownsburg Chamber of Commerce

25 – Avon Chamber of Commerce: Tuesday, June 25, 11 a.m. - 1 p.m. at Avon American Legion, Avon. For more information, call 317-272-4333.

RESTAURANT HIGHLIGHT

Two Guys Pies

By Kate Anderson

Are you craving to have a place to go "where everyone knows your name?" A place where you can always find just what you didn't know you were craving? Well, Two Guys Pies is the place for you. Located in the heart of Danville, just off U.S. 36 and steps away from the historic Danville Courthouse Square, it is the perfect place to go before a movie at The Royal or for lunch after visiting the Farmers Market. From appetizers like pretzel sticks with beer cheese and fried pickles to entrees such as wings and pizza or baked spaghetti, there truly is something for everyone and every

appetite. In the mood for something lighter? Look no further than their salad bar. Full of chilled, fresh, and premium varieties of lettuce and vegetables, you can craft a meal that will suit your taste perfectly. You never know, you may even feel like treating yourself to an order of breadsticks to go with that salad! Can't decide what to get? The wonderful and welcoming servers will happily answer any questions you may have and steer you in the right direction. So, come on in. The choices are endless and delicious. You won't regret it!



BUSINESS LEADERS -

A new perspective

By Susan Rozzi

I am trying to make a decision. What should I do? I have a few options:

- 1. Remain stuck in my indecisiveness.
- 2. Keep working on the process of making the decision.
- Wait and see if someone else makes the decision for me.
- 4. Dream about possibilities and hope the decision meets all my expectations.
- 5. Analyze why I am at this decision point.

I still need to decide.

What should I do?

I give myself one week to broaden my perspective and then decide.

Perspective in leadership refers to the ability of a leader to consider multiple viewpoints and understand various factors influencing a situation or decision. It involves the capacity to see beyond one's own experiences, biases, and preferences, and to take into account the diverse perspectives of others.

Here are a few questions I asked myself to broaden my perspective:

Am I understanding and empathic to everyone involved? Effective leaders with perspective strive to understand and empathize with the viewpoints, needs, and concerns of their team members, the organization, stakeholders, and the broader community. They recognize that everyone brings unique experiences and insights to the table.

Am I being open-minded? Leaders with perspective value diverse opinions and are open to new ideas. They encourage different perspectives and foster an inclusive and collaborative environment where individuals feel safe to express their thoughts and challenge existing norms.

Am I thinking holistically? Leaders with perspective adopt a holistic approach to problem-solving and decision-making. They consider the long-term consequences and broader implications of their actions, taking into account the interests of various stakeholders and the impact on different aspects of the organization or community. They can express how a decision will impact each person on their team and those they work closely with.

Am I willing to learn and grow? Leaders with perspective continuously seek knowledge and learning opportunities. They remain curious, seek feedback, and are open to personal and professional growth. They push beyond their role, their community, and their industry for ideas. This mindset allows them to broaden their perspectives and adapt to evolving challenges.

Am I aligning to a strategic vision? Perspective in leadership involves the ability to see the bigger picture and envision a desirable future. Leaders with perspective align their actions and decisions with the organization's mission, values, and long-term goals while adapting to changing circumstances and emerging trends.

Here's what I discovered:

- I have put too much weight into understanding and being empathic to everyone involved. My default is to sacrifice my needs for the good of the team or the organization. That's not best for this particular decision.
- I have been open-minded to the point of being overwhelmed with ideas. No more ideas.
- I was thinking too much about the short-term impact on myself, my team, and the organization. I need to be focused on the long-term goals of the organization, my team, and me. [Note: the order is important.]
- I received some of the best feedback of my life from a very wise friend who has known me for 25 plus years. It was brutally honest and stung a bit. Yet, it shifted everything about the focus of the decision.
- The decision is stuck because I am looking for an IDEAL. Nothing in life is ideal.

So, what do I do?

I picked the good enough solution and am trusting I can handle the unintended consequences.

What decision are you facing which could use a broader perspective?



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

GRAND OPENINGS

HMD Motorsports celebrates grand opening of new headquarters

Source: Public News Outlet

On Thursday, May 23, HMD Motorsports celebrated the grand opening of their new corporate headquarters. In attendance were the Town of Brownsburg, various members of the community, and racing enthusiasts. The town manager of Brownsburg, Deb Cook, and owner Henry Malukas said their remarks and the event was celebrated with a live DJ and food trucks. The newly renovated facility boasts 65,000 square feet of space dedicated to advancing HMD Motorsports operations Congratulations to HMD Motorsports on your new location!



Ladybug Liquidators celebrates grand opening

On Thursday, May 23, Ladybug Liquidators celebrated the grand opening of their new business in Avon. In attendance were the Avon Chamber of Commerce and other community and chamber members. Ladybug Liquidators sells overstock/surplus items at huge discounts. They offer a large array of items, including furniture, which includes baby nursery items, rugs, exercise equipment, flooring, bathroom essentials, and outdoor supplies. Their inventory is constantly changing. Located at 8399 E. U.S. Hwy 36 in Avon. Stop by to see what they have to offer! Congratulations Ladybug Liquidators on your new venture!



Plainfield celebrates ribbon cutting for Splash Island expansion

Source: Public News Outlet

On Wednesday, May 22, the Town of Plainfield proudly hosted a ribbon cutting ceremony to celebrate the grand opening of the newly expanded Splash Island Outdoor Waterpark. The event marked a significant milestone as the community gathered to witness the unveiling of the park's exciting new features and enhancements. "As we prepare to celebrate the 20-year anniversary of Splash Island and The Richard A. Carlucci Recreation and Aquatic Center, we are excited to unveil these new amenities. Plainfield has always been committed to creating a high quality of life for our residents and visitors, and we believe these enhancements will further enrich everyone's



experience," said Robin Brandgard, President of the Plainfield Town Council. The expansion includes three new waterslides, bringing the total to six, a new splash pad, tiki hut cabana rentals, and updated pool maintenance building. These new features not only celebrate the park's rich history, but also ensure its continued legacy as a place of joy and recreation for the community.

Following the ribbon cutting ceremony, a special Member's Only Preview Night allowed members to enjoy the new amenities before the park opens to the general public. The summer season at Splash Island Outdoor Waterpark officially kicked off Friday, May 24 at 11 a.m., inviting guests to explore the new attractions and enjoy the upgraded facilities. Members will have the opportunity to swim at 10 a.m. each weekday before the park opens to the public at 11 a.m.

The Town of Plainfield extends its heartfelt gratitude to everyone who participated in the ceremony and looks forward to an incredible summer season at the newly expanded and enhanced Splash Island. For more information about Splash Island, visit: splashislandplainfield.com.

Bob's Discount Furniture Grand Opening

By Amanda Babinec

The ICON recently chatted with Cody Blakemore, Regional Sales Director for Bob's Discount Furniture about the grand opening of their newest store in Avon. Bob's Discount Furniture, started by Robert Kaufman, has been in business for over 30 years. Avon will

be store number 176 and their 5th in the state of Indiana. They pride themselves on providing the best value in the market, no matter what and will be providing a surprise donation to two local nonprofits. Bob's Discount Furniture prides itself on being family-friendly which can be seen at their cafe that always provides free ice cream, cookies, and candy! Located at 10695 US-36, they hope you'll stop by to check it out.



LAWSON & CO. joins Weichert® National Franchise Network

Submitted Press Release

LAWSON & CO. is pleased to announce we have joined the Weichert Real Estate Affiliates, Inc. national franchise system. LAWSON & CO. becomes the 15th Weichert® affiliated office in the state of Indiana. Weichert, Realtors® - Lawson & Co. is owned and operated by Jack and Brandon Lawson, a father-son duo whose company has been serving the greater Indianapolis community since 1973. LAWSON & CO. has two sides to their business: LAWSON & CO., Auctioneers & Real Estate Professionals, specializing in personal property auctions, real estate auctions, appraisals, and farm management; and Weichert, Realtors® - Lawson & Co. that specializes in helping clients sell and buy real estate. You can expect the same excellent service we have provided our clients over the years, but with the added bonus of the Weichert tools and technology.

"We are very excited to be part of the Weichert family," said Brandon Lawson. "When looking at franchising opportunities, the industry-leading technology, tools, and systems offered by Weichert were a big reason we made the decision to join their system. These resources will help our team better serve our clients and provide exceptional customer service"

As part of the Weichert franchise network, the team at Weichert, Realtors® - Lawson & Co. has access to in-depth training programs, the latest technology, and the most powerful sales and marketing tools in the industry to help provide their clients with superior real estate service.

A life-long resident of Danville, Jack Lawson graduated from Purdue University in 1970. He opened his own brokerage three years later, which began as Jack Lawson Realtors, Inc. and was later renamed LAWSON & CO. Jack has also been a licensed auctioneer since 1964 and a real estate appraiser since 1973. He currently serves on the board of the Indiana Auctioneer Commission and is a past president of the Hendricks County Board of REALTORS®. Jack's son, Brandon, was born and raised in Danville. A licensed REALTOR® and auctioneer since 1993, Brandon has learned the real estate business and developed his prowess over the past three decades by working alongside his father. Together, Jack and Brandon have grown their business into a highly successful brokerage built around exceptional customer service. They provide residential, agricultural, and commercial real estate services, as well as auction marketing of real estate and personal property, real estate and personal property appraisals, and farm management services.

Weichert Real Estate Affiliates, Inc. President Bill Scavone was pleased to welcome the newest affiliate. "I am thrilled to welcome our new friends at Weichert, Realtors® - Lawson & Co. and their clients to the Weichert family. Their office has a reputation for great customer service, and they are very highly regarded in Indiana. They also share our client-first philosophy and are rooted in the region they serve."

Weichert, Realtors® - Lawson & Co. is an independently owned and operated Weichert affiliate. The office serves Hendricks County and surrounding areas. LAWSON & CO., Auctioneers & Real Estate Professionals and

Weichert, Realtors® - Lawson & Co. are located at 1280 E. Main St. in Danville. You can get more information by calling 317-745-6404 or visit www.lawsonandco.com & www. wrlawsonandco.com.



1260 East Man Street | Danville IN | 40122 Tel 387.746.6404 | www.lawnonandoc.com | www.wrlawnonandoc.com

BELA PILATES

LOCAL BUSINESS SPOTLIGHT

By Julie Brackemyre

CHECK OUT THE BUSINESS

1. How many years has Bela Pilates been in business, and what inspired you to start/purchase/work with this business? Bela Pilates is coming up on its two-year anniversary. We are the first, fully equipped Pilates Studio in Plainfield. I have taught Pilates for about 22 years. My family moved to Plainfield in the spring of 2022. I knew my family was moving to a tight-knit community and wanted to establish a Pilates studio in my home.

2. Are you the original owner?

I am the original owner. Bela Pilates is named after my daughter, Bela. In July, after I am licensed in massage therapy, Bela Pilates will become Bela Pilates and Massage.

3. Describe your typical work day.

I usually begin teaching at 9 a.m. after I take my kids to school. I teach privately and semi privately. Sessions are 55 minutes long to allow time to clean the equipment between sessions. Most of my clients come into Bela Pilates with some sort of pain that they cannot get rid of. I do an overview of their movement patterns and posture as I begin teaching them. I am able to use the Pilates method to realign postural imbalances. There is always a neurological component to how our bodies move. When we get locked into sensing our bodies in specific patterns, our brain wants to turn on certain muscles and movements more than others. I usually teach straight through 2:30 p.m. when I have to pick up my kids and then pick up with a few evening clients.

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

Every person who walks through my door inspires me. He or she has often tried many modalities and practitioners before coming to my studio, embodying the essence of perseverance. Education on how to realign your body and postural patterns has been the way I have set myself apart from other studios. Form and intention of movement matters when we are trying to help you get your life back. If I can help you have less pain and know what to do to

get yourself out of pain if it comes back, I have done my job. I often make my clients personal videos of specific exercises they can perform at home. They are more likely to do my homework if they have a guide to follow along with.

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

I would have started my own business sooner and pursued my dream of being a massage therapist sooner. Pilates and massage therapy are a magnificent pairing

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

for strength training and relaxation.

I would say to begin with something that you are passionate about and believe in. This will keep you going when things are hard. You have to understand your why in order to be successful.

Name: Rebecca Cook

Occupation: Master Pilates Teacher and soonto-be Licensed Massage Therapist (I graduate July 13, 2024 from Indiana Wellness College with a Sports and Medical Massage degree)

CHECK OUT THE OWNER

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

I have owned and operated Bela Pilates for almost two years. In my early twenties, I became a personal trainer through NASM and worked at the busiest Bally Total Fitness in Cleveland, Ohio. I was surrounded by an inspiring team of trainers and had the opportunity to train athletes like Tim Quinn, 1991 Olympic Speed Skater, and further my training with certifications in PNF Stretching, Trigger Point Therapy, Self-Myofascial Release, and Pilates Mat and Reformer. I gravitated towards Pilates, but felt like I was missing out on the full essence of the method. I decided to travel to Boulder, Colorado to go through intensive training with the Taylor sisters at The Pilates Center. They are second generation teachers, having been taught by Romana Krysanowska, a favorite

student of Joseph Pilates. I learned a more traditional approach to the Pilates work on all apparatus. Later, I went through a more contemporary comprehensive Pilates certification through Balanced Body University. I have furthered my education over the years with continuing education. I am an Integrated Movement Specialist and a Pilates for Neurological Conditions Practitioner. I am currently a student at Indiana Wellness College. I graduate July 13 with a Sports and Medical Massage Degree.

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

My biggest success is the many students I have helped to get out of their chronic pain. They have the knowledge and skills to continue to do all the things they love doing in life.

My biggest challenge is educating the public as to what Pilates is. There are many studios and classes that pop up with teachers that do not understand the fundamentals of the Pilates Method. My hope in the coming years is to establish a Pilates School that teaches the Pilates Method with a clear understanding of its history, evidence-based changes to the exercises, and foundations in anatomy and biomechanics.

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

God has given me gifts I wish to use for His glory. My family inspires me to give them the best of me.

4. Tell me some of your hobbies, outside of working for Bela Pilates. I love dancing, singing, and reading.

5. What's an interesting fact about your business that most people don't know? I offer stretch and release sessions. These are based on stretching techniques you would find at places like Stretch Lab, plus other techniques I am certified to teach.

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

I have a Bachelor of Music in Musical Theatre from Baldwin-Wallace University. I worked as a professional actress in Cleveland, Ohio for a number of years, performing at The Cleveland Playhouse, Great Lakes Theatre Festival, in movies, commercials, and other productions.







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i Indiana Colleges	4 Time Durations
	3 Indy Grocers
5 Red Shades	
	2 Dog Walker Needs

1 Indiana State Flower

Across

1 Like some WRTV newscast banter

6 Eli Lilly and Company inventory

11"__ _ voyage!"

14 Deliberately mislead

15 Gold bar

16 Big name in ice cream 17 Send to the Indiana Sen-

18 SUV at Champion Chevrolet

19 Ages and ages

20 Michiana city that could be in the state's menagerie

22 Poor imitation

24 Nary a soul

27 So-so

28 Seasonal Golden Arches

sandwich 31 Rock genre

33 Lecherous look

36 FOX59 reporter Graves

37 Workshop items

39 Expunge

40 Peculiarity

42 Futuristic animated TV family

44 U-turn from NNE 45 Mario's brother in video

games

47 Wander

48 ___ Christian Anderson 50 Wildebeest

51 Grill brand

52 Chum

54 Chews like a beaver

56 John Roberts' judicial grp.

59 Hamilton County city that could be in the state's

menagerie

64 Tuna type

65 Halley's_

68 Baby-to-be 69 KT's Pub spirit

70 Public persona

71 Amherst school, famil-

iarly

72 Picnic pest

73 Interior design 74 Most of Santa's mail

Down

1 Sheltered, at sea

2 Shapiro's pickle flavoring

3 Onion's kin

4 Nagging desire

5 Garfield Park Conservatory

garden type

6 "Same here"

7 Genetic letters

8 "Gross!"

9 Blunder

10 Power source 11 Marion County city that could be in the state's menagerie 12 Fragrance

Brownsburg Police Department swears in newest officer

Source: Public News Outlet

Last month, the Brownsburg Police Department swore in their newest officer, Jalen Christian-Moss. Officer Christian-Moss was sworn in by Brownsburg Clerk Treasurer Ann Hathaway and is part of their lateral hiring process.





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13 Big Apple inits. 21 Indy Zoo CEO Shumaker 23 ____ Speedwagon 25 "The Matrix" hero 26 Texting icon 28 What you'd be smart to join? 29 Northwest Indiana city that could be in the state's menagerie

30 Hinkle Field-

house backboard

attachment 32 Bullring cheer 34 Ocean vessel 35 ICON big shots,

briefly

37 Getting even with 38 Full of tension

40 Campfire residue 41 Carry with effort

43 Weep

46 Paintball shooter

49 Had a seat 51 Conflict that ended on Nov. 11, 1918

53 Clearheaded

55 Subsequent

56 Heroic tale 57 Goatee site

58 A few

60 Prefix meaning "half"

61 IND postings

62 Corrosion

63 Leaky tire sound

66 ___ and cheese

67 Self-conceit

Answers on Page 25

FORthe**RECORD** - HC OBITUARIES

AVON

Shawna M. Leigh

Shawna M. Leigh, 37, Avon, passed away May 14, 2024. She was born March 28, 1987. Funeral services were held May 20, 2024 in Baker Funeral Home, Danville.

Margaret J. "Maggie" Marshall

Margaret J. "Maggie" Marshall, 73, Avon, passed away May 21, 2024. She was born Dec. 5, 1950. Memorial visitation was held June 1, 2024 in Hall-Baker Funeral Home, Plainfield.

BROWNSBURG

Ruth Burroughs

Ruth Burroughs, 77, Brownsburg, passed away May 11, 2024. She was born July 1, 1946. Services were held May 24, 2024 at Matthews Mortuary, Brownsburg.

Ruby Lucile Cecil (Fogt)

Ruby Lucile Cecil (Fogt), 98, Brownsburg, passed away May 20, 2024. She was born June 15, 1925. Visitation was held May 30, 2024 at Matthews Mortuary, Brownsburg. Memorial contributions may be made to Christ Lutheran Church, 701 E. Tilden Dr., Brownsburg.

Violet Roberta Floyd

Violet Roberta Floyd, 93, Brownsburg, passed away, May 19, 2024. She was born Dec. 28, 1930. Services were held June 1, 2024 in Brockwell, Ark. Memorials may be made to the Brockwell Gospel Music School, PO Box 28, Brockwell, AR 72577 or to David's Trail, 1216 Highway 62 East, Mountain Home, AR 72653.

Marcella "Marcy" Jane Garrard

Marcella "Marcy" Jane Garrard, 65, Brownsburg, passed away May 23, 2024. She was born Dec. 18, 1958. Visitation was held May 30, 2024 at Matthews Mortuary, Brownsburg. In lieu of flowers and meals for the family, donations can be made in Marcy's name to the Blessing Box Ministry. Non-perishable donation items may be dropped off and placed in the large brown container at the entrance of door one to the Church@Main building (1500 E. Main St. in Brownsburg), or monetary donations can be made to Church@Main and mailed to PO Box 1279, Brownsburg.

Phyllis Ann Leisher (nee Niswonger)

Phyllis Ann Leisher (nee Niswonger), 77, Brownsburg, passed away May 10, 2024. She was born April 05, 1947. A private interment will be held in the Danville South Cemetery. Baker Funeral Home is handling the arrangements.

Elizabeth Anne Mendenhall

Elizabeth Anne Mendenhall, 94, Brownsburg, passed away May 19, 2024. She was born Oct. 6, 1929. Funeral services were held May 22, 2024 at Eric MD Bell Funeral Home, Pittsboro. In lieu of flowers, memorial contributions may be made to the Alzheimer's Association. Arrangements are entrusted to Eric M.D. Bell Funeral Home.

Michael C. Wituszynski

Michael C. Wituszynski, 85, Brownsburg, passed away May 17, 2024. He was born Feb. 24, 1939. He was a veteran of the United States Marines. Funeral services were held May 23, 2024 at St. Malachy Catholic Church.

CLAYTON

Daniel Wheeler Boles

Daniel Wheeler Boles, 76, Clayton, passed away May 12, 2024. He was born July 21, 1947. Funeral services were held Friday, May 17, 2024 in Baker Funeral Home, Danville.

Billy Gerald Powell

Billy Gerald Powell, age 64, Clayton, passed away May 9, 2024. He was born June 12, 1959. A celebration of life was held May 17, 2024 at Light Memorial Funeral Home.

Wanda Sue "Grammy" Putman

Wanda Sue "Grammy" Putman, 79, Clayton, passed away May 17, 2024. She was born on Feb. 25, 1945. Funeral services were held May 24, 2024 at the Clayton Christian Church.

DANVILLE

Glenda "Jeanne" Brickler

Glenda "Jeanne" Brickler, 80, Danville, passed away May 15, 2024. She was born March 20, 1944. Funeral services were held May 20, 2024 at Danville Christian Church. In lieu of flowers, donations may be made in Jeanne's name to the Alzheimer's Organization of Indiana at alz.org/Indiana.

Jack B. Parks

Jack B. Parks, 81, Danville, passed away May 18, 2024. He was born Jan. 24, 1943. He was a veteran of the United States Marines. Visitation was held May 24, 2024 in the Hampton-Gentry Funeral Home, Plainfield. Funeral services were held May 25, 2024 in the funeral home. Burial, with military honors, was at Clayton Cemetery.

Marcum "Mark" Spurlock

Marcum "Mark" Spurlock, 73, Danville, passed away May 23, 2024. He was born Nov. 23, 1950. Funeral services were held May 28, 2024. In lieu of flowers, contributions may be made to the Hendricks County Humane Society @ 3033 E. Main St., Danville, IN 46122 or the Hendricks Regional Health Foundation @ 1000 E. Main St., Danville, IN 46122 to fund care of cancer patients in need.

PLAINFIELD

Mary L. Anderson

Mary L. Anderson, 86, Plainfield, passed away May 20, 2024. She was born March 18,1938. Funeral services were held May 27, 2024 in the Hampton-Gentry Funeral Home, Plainfield.

Pamela Rose Baker

Pamela Rose Baker, 74, Plainfield, passed away May 14, 2024. She was born Aug. 20, 1949. Funeral services were held May 23, 2024 at Hampton-Gentry Funeral Home, Plainfield.

Mary Louise Carpenter

Mary Louise Carpenter, 67, Plainfield, passed away May 15, 2024. She was born Feb. 4, 1957. Services were held May 20, 2024 at Matthews Mortuary, Brownsburg.

Gary Michael Fricke

Gary Michael Fricke, 69, Plainfield passed away May 20, 2024. He was born Jan. 19, 1955. A memorial visitation was held May 28, 2024 at the Conkle Funeral Home, Speedway Chapel. Memorial contributions may be made to ASPCA. This can be done online at https://secure.aspca.org

Lynn June "Sylvia"

Lynn June "Sylvia", 68, Plainfield passed away May 21, 2024. She was born Sept. 1, 1955. Funeral services were held May 29, 2024 at Hall-Baker Funeral Home, Plainfield.

Emeteria Leticia Pacheco Magnaye

Emeteria Leticia Pacheco Magnaye, 84, Plainfield, passed away May 17, 2024. She was born March 3, 1940. Visitation was held June 1, 2024 in Hall-Baker Funeral Home, Plainfield. The funeral mass was held June 1, 2024 in St. Thomas More Catholic Church, Mooresville. In lieu of flowers, contributions may be made to Franciscan Hospice House 8414 Franciscan Lane Indianapolis, IN 46237.

Bettie Jo (George) Martin

Bettie Jo (George) Martin, 93, Plainfield, passed away May 18, 2024. She was born Jan. 21, 1931. Funeral services were held May 24, 2024 at Jones Family Mortuary, Mooresville. Memorial contributions may be made in Bettie's memory to the Alzheimer's Association, 50 91st St #100, Indianapolis, IN 46240 or the American Cancer Association, 5635 W. 96th Street, Suite 100, Indianapolis, IN 46278.

Jeffery Brian Smith

Jeffery Brian Smith, 64, Plainfield passed away May 13, 2024. He was born Nov. 20, 1959. Visitation was held at Bousley Funeral Home on May 17, 2024.

Avon Town Council

AVON TOWN COUNCIL APPROVES TAX ABATEMENTS

Compiled by Amanda Babinec

The Avon Town Council met May 23, 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 June 13.

WHAT HAPPENED: The Youth Civic Engagement Council presented to the Avon Town Council.

WHAT IT MEANS: This young group let the town council know about several committees that they have such as a Mental Health Committee to help normalize mental health. They worked with Anne Englehardt to create a curriculum to teach mental health at a younger age. They also have an Outreach Committee that worked with Eric Hessel to create a Fun Run with a date TBD to raise money for a local charity. The Environment Committee worked with Pecar Park to start a community garden with the help of some Eagle Scouts.

WHAT HAPPENED: John Taylor, Economic Development Director, presented an <u>Economic Development Agreement for a training reimbursement grant.</u>

WHAT IT MEANS: The Town of Avon, Indiana, as part of its incentive package for Sephora, agrees to a grant of up to \$50,000 for training of its 425 employees at the facility located in Avon Landing on Ronald Reagan Blvd. This grant is reimbursable. In exchange, Sephora agrees to \$149,000,000 in capital improvements and personal property purchases, the creation of 425 jobs that will be made available to residents in the Town of Avon with an annual wage exceeding \$45,000 by December 31, 2031, and Sephora agrees to make real estate improvements as described in the Tax Abatement application furnished to the Town of Avon. The town council approved the agreement unanimously.

WHAT HAPPENED: Ryan Cannon, Town Manager, presented a Taxpayer Agreement to Riverwalk Partners, LLC.

WHAT IT MEANS: The company is pledging to generate \$317,000 in tax revenue per year from the Easton Grey development and if not, they will owe the difference to the town to ensure the town can pay the bond payment. The town council approved unanimously.

WHAT HAPPENED: 2024 CCMG Project for paving that will be matched by an INDOT grant was sent out for bid and approval of the lowest bid was being sought.

WHAT IT MEANS: DC Construction Service was the lowest bid. The town council approved unanimously.

WHAT HAPPENED: John Taylor, Economic Development Director, is seeking approval for several tax abatements.

WHAT IT MEANS: The following tax abatements were up for approval:

- Avon Logistics (8598 E. C.R. 100 S. and 8838 E. C.R. 100 S.) Year 1
- Avon Landing Commerce Park (2516 Logistics Way) Year 2
- Personal property at Harlan Bakeries Year 10
 - o Abatement was for equipment that they believed would be \$10 million, but the cost only ended up being \$8.7 million. However, Taylor reminded the town council that, while Harlan Bakeries is 239 employees short of what they said on their real property tax abatement, they were \$14 million higher on their wages.
- Rise Development Year 1
 - Had originally planned to invest \$17.6 million and invested \$22.2 million. They also said there would be 667 employees on the property. They believe they will be fully leased by the end of the year.

The town council approved all tax abatements unanimously.

WHAT HAPPENED: Revisions to several town code revisions.

WHAT IT MEANS: The following changes in bold are revisions that were approved unanimously by the town council:

- Any person, firm or corporation who violates any provision of this code for which another
 penalty is not specifically provided shall, upon conviction, be subject to a fine not exceeding
 \$2,500, or, if the violation is a second or subsequent violation (other than a traffic or parking
 violation), then a fine not exceeding \$7,500.
- Changes to substantially update what happens if the Clerk-Treasurer is unable to perform their duties.

- Statutory changes to the Town Manager position:
 - o The Town Council may not employ a member of the Council as the Town Manager.
 - o Changes to the duties of the Town Manager.
 - o The Town Council will fix the compensation of the Town Manager and the terms of employment. The Town Manager serves at the pleasure of the Town Council unless the Council establishes by agreement a tenure not to exceed the longest remaining term of the Council, in which case the Town Manager may be dismissed only for cause.
- A person charged with an ordinance or code violation is entitled to a trial before a court
 provided by law, unless the person waives the right to trial and enters into an admission of the
 violation with the Clerk-Treasurer.
- A member of the Board of Zoning Appeals is disqualified and may not participate in a hearing or decision of the Board concerning a zoning matter if the member has a direct or indirect financial interest in the outcome of the hearing or the decision, or if the member is biased or prejudiced or otherwise unable to be impartial.

Brownsburg Town Council

TOWN COUNCIL APPROVES RESOLUTION AUTHORIZING BROWNSBURG PARKS REFUND POLICY

Compiled by Ronald Hera

The Brownsburg Town Council met on Thursday, May 23. The Council meets every second and fourth Thursday of the month at 7:00 p.m. in the Town Hall Council Room, 61 N. Green St. The next meeting will be on Thursday, June 13.

WHAT HAPPENED: The Town Council approved Resolution #2024-21 - A resolution of the Town of Brownsburg authorizing a Brownsburg Parks Refund Policy.

WHAT IT MEANS: The Parks Department has completed a comprehensive update of its policies to streamline and enhance clarity for staff and customers. The update to the refund policy aims to simplify the policy, eliminating outdated regulations related to services no longer offered, and establishing a broader, more user-friendly framework. By implementing these changes, The Parks Department anticipates improved efficiency in handling refunds and increased customer satisfaction due to the policy's ease of comprehension and application.

WHAT HAPPENED: The Town Council approved a motion to accept notice of a surplus item of the Brownsburg Police Department and removal of the item as arsenal inventory to be transferred for private ownership effective August 20, 2024.

WHAT IT MEANS: The Brownsburg Board of Police Commissioners has declared a Glock G17 as surplus. The pistol will be removed from the Brownsburg Police Department arsenal. Then It will be transferred to a retiring police officer for private ownership effective August 20, 2024, under Indiana Code (IC) 7.1-2-2-11.5 Retired Officer Retention of Service Weapon, Badge, and Identification Card and IC 21-17-5-6 Retirement of Police Officers Benefits.

WHAT HAPPENED: The Town Council approved Resolution #2024-22 - A resolution of the Town Council of the Town of Brownsburg expressing an interest regarding the purchase of certain real property at 6519 E US Hwy 136.

WHAT IT MEANS: The Town Council authorizes and directs the Town Manager to proceed with the appraisal process and plan to purchase the property. This acquisition will provide a multifunction property for the relocations of the Police Training Facility and the Street Department. This property will meet the immediate needs of both departments and will also provide space for future planning and expansion as the town grows. Presently, much of the town's equipment sits outside. These planned facilities will provide housing for much of that equipment allowing the town to preserve and protect the town's property.

NOTE: Scouts Grant Butts and Everett Zimmerman from Boy Scout Troop 303 attended the Council Meeting to earn their Citizen in the Community, and their Communication Merit Badges.

Danville Town Council

TOWN COUNCIL APPROVES REQUEST FOR A TRAIL STUDY

Compiled by Ronald Hera

The Danville Town Council met on May 15, 2024. These meetings can be viewed on the Town's YouTube channel. The council meets at 7 p.m. on the first and third Wednesdays of each month at Danville Town Hall, 49 N. Wayne St. The next scheduled meeting was May 29 and will be reported on in the next issue of the ICON.

WHAT HAPPENED: Bids were opened for resurfacing streets in Danville.

WHAT IT MEANS: Six companies responded to a request for bids to resurface or surface treat roads in Danville. Baumgardner and Associates Asphalt Services won with a bid of \$572,767.10 for the resurfacing and Pavement Solutions, Inc. won with a bid of \$159,019.60 for surface treatments. An example of some of the roads to be either resurfaced or treated are Mackey Rd., West Mill St., Paddlebrook Dr. and Barry Knoll St.

WHAT HAPPENED: Wishes to be Heard - Street Closure

WHAT IT MEANS: The Town Council approved a request by Representatives of the Danville Downtown Partnership for street closures celebrating various events in 2024.

- 1. Evenings in Danville-Concert on the Square on 5/31 and 7/6 closing Marion St. on the Square from approximately 1:00 p.m. to 11:00 p.m.
- Scare on the Square on 10/26 closing Marion St. from Cross St. to Tennessee St., Jefferson from US 36 to Marion St., and Washington St. from US 36 to Broadway St. from 4:00 p.m. to 10:00 p.m.
- 3. Christmas on the Square on 11/29 closing Jefferson St. from Broadway to US 36, Washington St. from Broadway to US 36, and Marion St. from Cross St. to Indiana Street from 4:00 pm. to 8:00 p.m.

WHAT HAPPENED: The Town Council approved Resolution 6-2024: A Fiscal Policy Resolution for Annexing Contiguous Territory to the Town of Danville, IN - Bryndal Super-Voluntary Annexation.

WHAT IT MEANS: This resolution includes the fiscal effects of the annexation of the approximate 3.12 acres of land. In regards to Danville Taxpayers, the town does not anticipate the incurrence of additional costs to provide both capital and non-capital services to the proposed annexation area. The town does not anticipate the annexation will affect the tax rates of other political subdivisions and it is not expected that the annexation will affect the taxpayers of those subdivisions; other than those taxpayers in the proposed annexation area to which the municipal rate will apply.

WHAT HAPPENED: The Town Council approved Ordinance 10-2024 - An Ordinance of the Town Council of the Town of Danville Annexing Territory to the Town of Danville Placing the Same within the Corporate Boundaries of Danville and Making it a Part of the Town of Danville.

WHAT IT MEANS: The Super-Voluntary Annexation of the Bryndal property is complete after the Clerk-Treasurer submits public notice of annexation to the paper, public notice is printed in the paper (followed by a 30-day waiting period), and the Clerk-Treasurer records the annexation.

WHAT HAPPENED: The Town Council approved Resolution 8-2024 - A Fiscal Policy Resolution for Annexing Contiguous Territory to the Town of Danville, IN - Needham Super-Voluntary Annexation

WHAT IT MEANS: This resolution includes the fiscal effects of the annexation of the approximate 0.92 acres of land. In regards to Danville Taxpayers: The Town does not anticipate the incurrence of additional costs to provide both capital and non-capital services to the proposed annexation area. The Town does not anticipate the annexation will affect the tax rates of other political subdivisions and it is not expected that the annexation will affect the taxpayers of those subdivisions; other than those taxpayers in the proposed annexation area to which the municipal rate will apply.

WHAT HAPPENED: The Town Council approved Ordinance 11-2024 - An Ordinance of the Town Council of the Town of Danville Annexing Territory to the Town of Danville Placing the Same within the Corporate Boundaries of Danville and Making it a Part of the Town of Danville. Needham Super-Voluntary Annexation.

WHAT IT MEANS: The Super-Voluntary Annexation of the Needham Super-Voluntary Annexation property is complete after the Clerk-Treasurer submits public notice of annexation to the paper, public notice is printed in the paper (followed by a 30-day waiting period), and the Clerk-Treasurer records the annexation.

WHAT HAPPENED: The Town Council approved Resolution 9-2024 - Town of Danville, Indiana Town Council Procedures.

WHAT IT MEANS: The Town Council desired to improve the efficiency, uniformity, and transparency of the procedures of the Town Council meetings. This resolution establishes the following:

- Regular meetings of the Town Council shall be held at 7:00 p.m. on the first and third Wednesday of each month at the Danville Town Hall. In the event that a first or third Wednesday falls on a holiday, the regular meeting shall be held on the Tuesday before the holiday or the Thursday after the holiday. Work study sessions and executive sessions will be called as needed
- 2. Notice of the time and place of regular meetings will be sent once a year to all news media that have filed a written request for such notice. Notice of special meetings must be given at least 48 hours in advance in the manner established by Indiana Code.
- 3. A special meeting may be called by a majority of elected members of the Town Council when requested in writing that states the purpose of the meeting.
- 4. To be considered by the Town Council, an ordinance, resolution, contract, proposal or other writings requiring legislative action shall be filed in the office of the Town Manager no later than the close of business on the Wednesday before the Town Council meeting at which it is to be considered unless the Council President or Town Council suspends the rules.

Further procedures were established regarding department head attendance, expenditure requests, approvals of emergency spending, council meeting agendas, committees, duties of presiding officers, organization of the Town Council, lack of quorum, voting procedures, indemnification and signing of documents, discussion rules, and other protocol.

WHAT HAPPENED: The Town Council approved Ordinance 12-2024 - Additional Appropriation.

WHAT IT MEANS: An additional \$67,500 was added to the EDIT-Economic Development Income Tax Credit fund for other services and charges.

WHAT HAPPENED: The Town Council approved Ordinance 13-2024 - An Ordinance to Amend Ordinance 2-2024 Salaries and Other Compensation for Officials, Employees, and Appointees of the Town of Danville.

WHAT IT MEANS: These funds provide a \$3.00 per hour stipend for officers when conducting training. This ordinance goes into effect immediately upon approval.

WHAT HAPPENED: The Town Council approved an agreement for a trail study.

WHAT IT MEANS: Funds are set aside from the Food & Beverage tax for a possible trail from the Town Square to the Hendricks County Fairgrounds. This study is to design the trail plan for the Town of Danville. The study agreement is with VS Engineering and not to exceed \$250,000.

WHAT HAPPENED: The Town Council approved a capital expenditure request for a controller for the wastewater plant.

WHAT IT MEANS: The controller for the wastewater plant needs replacement. These funds will allow the Wastewater Superintendent to purchase a new controller. No outage is anticipated when the new controller is installed.

WHAT HAPPENED: The Town Council passed the agreement for the East Interceptor BOT (Build/Operate/Transfer) agreement.

WHAT IT MEANS: The contract with Bowen Engineering to build the East Interceptor Hwy is not to \$2.8 million dollars.

WHAT HAPPENED: The Town Council approved the request to opt-in to the BPM Opioid Settlement.

WHAT IT MEANS: The Town of Danville has opted-in to an Opiod legal settlement with Pharmacy Managers (drug stores, etc.). If successful, this would benefit the town.

Plainfield Town Council

The next scheduled Plainfield Town Council meeting was on Thursday, May 30 because of the Memorial Day holiday. This was after this issue of the ICON went to press. It will be reported on in the next issue. The Town Council normally meets every second and fourth Monday of the month but the next scheduled meeting is on Monday, June 10. Meetings are held at the Plainfield Civic Building, 206 W. Main St. at 7:00 p.m.



EVENTScalendar

JUNE

5 Wednesday

Versiti Blood Drive

1:30 – 6 p.m., Brownsburg Library, 450 South Jefferson Street, Brownsburg. Selfless individuals answer the call to donate lifesaving blood and you as one person can save up to three individuals by donating. Indiana needs your help and love for its communities. Please register online to reserve your spot to donate. Registration is required: https://donate. indiana.versiti.org/donor/schedules/drive_schedule/165923. Donations will take place in the Blood Mobile located in the library parking lot by the gazebo.

5 Wednesday

Summer Fun Run/Walk

4:30 – 6:30 p.m., Williams Park, 940 Locust Lane, Brownsburg. Participants can go throughout the week when it's convenient for them or join us each Wednesday evening and run or walk with other park lovers: https://runsignup.com/Race/IN/ Danville/

5 Wednesday

Tote Bag Painting

5 – 6 p.m., Pecar Nature Park, 5203 E. County Road 150 N., Avon. Add a spark of personal flair to your grocery run or trip to the library. Join us to design or paint your own tote bag using provided bags and supplies. \$10/person. Register here: https://wtp.recdesk.com/Community/Program.

7 Friday

First Friday Cruise-In

5 – 9 p.m., Danville Town Square. Over 200 new and vintage cars on the square. Fun for the whole family!

7 Friday - 9 Sunday

Hendricks Live! Community Arts: Hendricks Civic Theatre Presents A Few Good Men

7:30 p.m. Friday/Saturday, 2:30 p.m. Sunday, Hendricks Live!, 200 W. Main St., Plainfield. This Broadway hit about the trial of two Marines for complicity in the death of a fellow Marine at Guantanamo Bay sizzles on stage. The Navy lawyer, a callow young man more interested in

softball games than the case, expects a plea bargain and a cover-up of what really happened. Prodded by a female member of his defense team, the lawyer eventually makes a valiant effort to defend his clients and, in so doing, puts the military mentality and the Marine code of honor on trial. A Few Good Men premiered on Broadway at the Music Box Theatre on Nov. 15, 1989. Directed by Don Scardino, the production featured Tom Hulce, Megan Gallagher, Clark Gregg, Stephen Lang and Mark Nelson. A 1992 film adaptation, directed by Rob Reiner, starred Tom Cruise, Jack Nicholson, Demi Moore, Kevin Bacon, and Kiefer Sutherland. https://www. hendrickslive.org/hct-a-few-good-men.

7 Friday

Summer Concerts at Murphy Aquatic Park: Jimmy Buffet Tribute Band

7 – 9 p.m., Murphy Aquatic Park, 788 S. County Road 625 E., Avon. You can enjoy the concert and swim in the pool! Pool chairs will be available, but bringing your own is suggested. FYI: no coolers will be allowed inside, food and drinks will be available for purchase throughout the event. Free admission for all.

8 Saturday - 9 Sunday

Slamology

9 a.m. – 5 p.m.,Lucas Oil Indianapolis Raceway Park, 10267 E. US Hwy 136, Brownsburg. The World's Largest Car Stereo Event returns to Lucas Oil Indianapolis Raceway Park for its 21st annual show! This gigantic two-day automotive festival will showcase the best sport trucks, hot rods, imports, lowriders, mini trucks, custom semis, street customs, 4X4s, and motorcycles from across the nation. The event will also have a kids play zone, live music festival, bikini contest, lowest limbo contest, tattoo contest, and so much more. Find out more: https://slamology.com/.

9 Sunday

Glow Unicorn Ceramics

12 – 3 p.m., Pecar Nature Park, 5203 E. County Road 150 N., Avon. Join us for an enchanting afternoon of ceramic unicorn painting. Let your child's imagination run wild as they transform a plain ceramic unicorn into a glowing masterpiece. All supplies provided. \$10/person. Register here: https://wtp.recdesk.com/Community/Program.

9 Sunday

Glow Owl & Bowl Painting

6 – 9 p.m., Pecar Nature Park, 5203 E. County Road 150 N., Avon. This event is perfect for anyone 13 and over who wants to create a unique, glow-in-the-dark masterpiece. \$20/person. Register here: https://wtp.recdesk.com/Community/ Program.

11 Tuesday

Nerf Battle

6 – 7 p.m., Pecar Nature Park, 5203 E. County Road 150 N., Avon. Join us for a thrilling nerf event. Have your own supplies? Bring them. Need to rent? We'll provide darts and nerf blasters for a fee of \$2. Open to 5 and up. Register here: https://wtp.recdesk.com/Community/Program?category=32

14 Friday

Hot Rod Power Tour

12 p.m., Lucas Oil Raceway at Indianapolis, 10267 E. U.S. Hwy 136, Avon. As America's largest traveling car show, more than 6,000 cars and trucks of all years, makes and models will be on display for tens of thousands of automotive enthusiasts. The five-city, five-day tour will feature over 1,000 miles of driving, with high-octane events such as drag racing, autocross, and live entertainment. Find tour stops and learn more on our website: https://raceirp.com/schedule/.

14 Friday - 16 Sunday

Indy Tattoo Expo

Various times, Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville. Chris Taylor is not only a tattoo artist, but an enthusiast and avid collector of tattoo history. Throughout his 27 years in the industry, he has been led by his vision of taking tattooing to the next level. Chris is bringing elite artists in from around the world for an epic weekend of live tattoo action! Find out more information: https://www.indytattooexpo.com/.

14 Friday - 16 Sunday

Stars and Stripes Challenge

Various times, Lucas Oil Indianapolis Raceway Park, 10267 E. U.S. Hwy 136, Brownsburg. Lucas Oil Indianapolis Raceway Park is excited to hold the Stars and Stripes Challenge as a summer celebration of junior drag racing! The holiday weekend event will be held across three days. More details on event schedule and payouts will be available closer to the event: https://raceirp.com/schedule/.

14 Friday

Dino Egg Hunt

12 – 3 p.m., Washington Township Park, 435 Whipple Lane, Avon. Embark on a mini dino-dig adventure. Every registered child will receive their own egg to take home, plus a chance to snap photos with their prehistoric pals. Perfect for explorers of all ages. \$8/person. Register here: https://wtp.recdesk.com/Community/Program.

14 Friday - 16 Sunday

Hendricks Live! Community Arts: Hendricks Civic Theatre Presents A Few Good Men

7:30 p.m. Friday/Saturday, 2:30 p.m. Sunday, Hendricks Live!, 200 W. Main St., Plainfield. This Broadway hit about the trial of two Marines for complicity in the death of a fellow Marine at Guantanamo Bay sizzles on stage. The Navy lawyer, a callow young man more interested in softball games than the case, expects a plea bargain and a cover-up of what really happened. Prodded by a female member of his defense team, the lawyer eventually makes a valiant effort to defend his clients and, in so doing, puts the military mentality and the Marine code of honor on trial. A Few Good Men premiered on Broadway at the Music Box Theatre on Nov. 15, 1989. Directed by Don Scardino, the production featured Tom Hulce, Megan Gallagher, Clark Gregg, Stephen Lang and Mark Nelson. A 1992 film adaptation, directed by Rob Reiner, starred Tom Cruise, Jack Nicholson, Demi Moore, Kevin Bacon, and Kiefer Sutherland. https://www. hendrickslive.org/hct-a-few-good-men.

15 Saturday

Alpaca Yoga

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

21 Friday

Evenings in Danville: Ellis Park: Petty Kings – Tom Petty Tribute

7- 10 p.m., Ellis Park, 450 Leedy St., Danville. New in 2024, Danville Chamber of Commerce, Danville Parks & Recreation, and the Downtown Danville Partnership have partnered to offer five concerts.

22 Saturday

Water Pistol Painting

12 – 1 p.m., Pecar Nature Park, 5203 E. County Road 150 N., Avon. Join us for a unique painting experience and create a masterpiece with a water gun. Water guns and canvas are provided. Minimum age is six years old. Register here: https://wtp.recdesk.com/Community/Program.

24 Monday

Medicare 101

5:30 – 7:30 p.m., Avon Library, 498 Avon Ave., Avon. Medicare 101 offers easy to understand, comprehensive, informational tools to help guide seniors turning 65 through the seemingly complex world of Medicare planning. Our workshops cover topics like how each part of Medicare A through D work and information you need to make personal decisions.

24 Monday

Knit Night

6 – 7 p.m., Avon Library, 498 Avon Ave., Avon. Are you looking to knit with a group? Registration is encouraged, but not required. This program is free and open to adults. Please bring your own project and supplies. The library does have some yarn and needles that were generously donated towards this program, but those supplies are limited. Questions? Email jlauck@ avonlibrary.net for assistance.

26 Wednesday

Christopher Cross

7:30 p.m., Hendricks Live!, 200 W. Main St., Plainfield. From "Ride Like the Wind" to "Sailing" and more, Christopher Cross has made a name for himself as one of the legendary songwriters of the '80s and '90s. The five-time GRAMMY-Award winner takes the Hendricks Live! stage for an evening of his timeless hits for a one-night-only event you won't want to miss! Find more information here: https://www.hendrickslive.org/event-christopher-cross.

27 Thursday

National Pavement Midget

4 p.m., Lucas Oil Indianapolis Raceway Park, 10267 E. U.S. Hwy 136, Brownsburg. Featuring a pair of 25-lap, high-intensity feature races, the Twin 25's will pit drivers in the National Pavement Midget Championship against one another for a shot at a BIG pay day! For the driver who wins the first feature, he or she will start the next race from the tail of the field. If that driver can race through the field and win the second feature, they will take home a \$50,000 BONUS on top of the race

payout purse. More information will be found here: https://raceirp.com/schedule/.

29 Saturday

Hendricks County Rib-Fest & BBQ

10 a.m. – 10 p.m., Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville. Hendricks County Rib-Fest & BBQ features entertainment, games for kids, lots of food, and fireworks! Local restaurants compete for "best ribs" & "best sauce" bragging rights as judged by the local tasters. There will also be a Rib-Run and Balloon Glow. Bring your chairs, blankets, and come on out to enjoy a fun time. More information here: https://www.avonchamber.org/hendricks-country-rib-fest/.

29 Saturday

Drop Spindle Class for Beginners

1 – 3:30 p.m., Montrose Farms Alpaca Ranch, 3750 N. County Road 950 E., Brownsburg. Drop spindles, or hand spindles, have been around for 12,000 years since the Neolithic era of the Stone Age, when the first farming developments appeared. Drop spindles consist of a shaft with a hook on the end and a whorl, or cylinder, to help it spin while being suspended from the spinner's hands. Drop spindles and 4 oz. of carded alpaca fiber are included in the cost of the class and are yours to keep! Time will be allotted to meet the alpacas whose fleece you'll be spinning. Class size is limited. \$30/person. hendricks-country-rib-fest/.

29 Saturday

Performances for a Purpose

7 p.m., Hendricks Live!, 200 W. Main St., Plainfield. Plainfield Youth Assistance Program (PYAP) is excited to announce their first fundraising event, Performances For a Purpose. This family friendly event will feature local artists and diverse acts and entertainment, including Jimmy Ryser (a local artist who has worked with John Mellancamp). The event will also include appetizers, spirits, and a silent auction. The goal is to raise funds to continue developing youth program opportunities, raise awareness of PYAP, and recruit volunteers. Learn more on our event website: https://hendrickslive.vbotickets. com/event/Plainfield_Youth_Assistance_ Program_Performance_for_a_Purpose_ Show/120362.

EVERY Monday

Kings and Queens – Open Play Chess Club (6/10-7/15)

5-7:30 p.m., Plainfield-Guilford Township Public Library, 1120 Stafford Road, Plainfield. Join our open chess club for USCF members and amateur chess players alike. All rating levels welcome! Chess boards, clocks, and refreshments provided. Meet in the West Meeting Room.

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.

Vinvasa Yoaa

7 – 7:45 p.m., Washington-Township Pavilion Center, 115 S. C.R. 575, Avon. This class is open to all fitness levels. Just bring your mat and get ready for some positive energy in your life. \$5/person.

EVERY Tuesday

Avon Farmers Market

4 – 7 p.m., Avon Hendricks Regional Health Building, South Parking Lot, 8244 E. US Highway 3, Avon. The Avon Farmers Market is hosted by the Town of Avon at the Avon Hendricks Regional Health parking lot. The Farmers Market brings fresh produce, baked goods, and handcrafted items to Avon residents.

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 Wednesday

Senior Sweat Class

9 – 9:30 a.m., Washington-Township Pavilion Center, 115 S. C.R. 575, Avon. This class provides low impact exercises to guarantee you a full body stretch and strength training regimen. \$5/person.

Indiana Insect of the Week

1-2 p.m., Pecar Nature Park. Come and join us to during this five-week program to explore the amazing insects Indiana has to offer. Children ages 5-13 will enjoy creating their own insect journal along with crafts and a mini hike to observe the natural habitat.

Plainfield Farmers Market

4 – 7 p.m., Lawn on Plainfield Friends Church at US 40 and SR 267N, 206 W. Main St., Plainfield. The market will run every Wednesday through Sept. 11 rain or shine.

Summer Fun Run/Walk

4:30 – 6:30 p.m., Various parks. Join us for the 2024 Summer Fun Run & Walk Series. Each week we will visit a different park or trail. Participants can go throughout the week when it's convenient for them or join us each Wednesdays evening from 4:30 -6:30 and run or walk with other park lovers. This event is a fundraiser to support the Parks Foundation of Hendricks County.

Pittsboro Farmers Market

5:30 – 7:30 p.m., Pittsboro Methodist Church, 277 E. Main St., Pittsboro. The market is every Wednesday from June 5 through Aug. 28.

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.

Brownsburg Farmers Market

4 – 7 p.m., Brownsburg Town Hall Green, 61 N. Green St., Brownsburg. June 6 is Artisan Night.

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.

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.

Here comes the sun!

By Rachel Scott, MD



May brought beautiful days and plentiful sunny hours to help us shake off the last of winter. It also brought National Skin Cancer Awareness Month – a topic near and dear to this pale-skinned plastic surgeon! As we head outside to work and play, I want to answer some "burning" questions and bust a few skin cancer safety myths:

MYTH: Skin cancer isn't something I have to worry about.

BUSTED: Skin cancers are the most common cancer in the United States – more skin cancers are diagnosed every year than all other cancers combined. By age 70, one of every five Americans will have had skin cancer.

MYTH: I tan easily and don't burn, so I can't get skin cancer.

BUSTED: Anyone with any skin type can get skin cancer. Most are basal or squamous cell cancers, but the rates of melanoma and other serious skin cancers are increasing. In our central Indiana area, recent melanoma trends have been towards later (more advanced and serious) diagnosis vs earlier.

MYTH: I'm wearing clothes, so I'm protected from the sun.

BUSTED: Standard fabrics block some sun/UV, but how much depends on many things:

color, material, weave, and even clothing fit. Your favorite white cotton T-shirt only blocks about 20% of the UV you're getting! Take the guesswork out when shopping: look for UPF (Ultraviolet Protection Factor) clothing items and wear them loose. UPF fabrics are especially great if you don't like the "goop" factor of sunblock or miss a reapplication round.

Get outside to enjoy all that spring and summer offer! Most importantly, do it safely by avoiding the highest sun intensity times, using minimum SPF 30 sunblock and reapplying often, stock up on UPF clothes, and wear your hats and sunnies.

Don't forget to check your skin for changes and schedule regular visits with your skin care team – this can include your primary care physician, dermatologist, OB-GYN, oncologist, and plastic surgeon. When they are caught early, most skin cancers are readily treatable and we're here to help.

Dr. Rachel Scott is a double board-certified plastic surgeon in the Hendricks Regional Health Medical Group. Experienced in the most current and effective surgical techniques, she performs both aesthetic and reconstructive procedures, with a focus on breast reconstruction, hands and complex wound care. Dr. Scott and her team at Hendricks Regional Health Plastic & Reconstructive Surgery can be reached by phone at 317-718-7980 and email plasticsurgery@hendricks.org.

Tips from Bax Wellness

What to do when diagnosed with celiac

By Beth Bax, Certified Health Coach

Recently I had a client come to me because she had just been diagnosed with celiac disease. Her doctor explained to her what it was, but she didn't tell her how to change her diet to battle this disease. So if you are ever diagnosed with celiac or glutensensitivity, this is what you need to know.



My sources are the Institute of Integrative Nutrition, the Mayo Clinic, and Dr. William Davis, author of Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health.

Celiac disease is an autoimmune disorder of the small intestine that is triggered by a person's intolerance or hypersensitivity to gluten. Gluten is a protein found in wheat, rye, barley, and derivatives of these grains. A gluten-free diet is traditionally used to treat individuals with celiac. It's important to note that one does not have to suffer from full-blown celiac to experience these symptoms. Most people experience a great improvement in health by eliminating gluten from their diet.

Those following a gluten-free diet are encouraged to eat lots of fresh fruit and vegetables, high-quality meat and fish, healthy fats, and gluten-free grains. My clients are always amazed by the number of grains that are gluten-free. Does it require that you cleanse your pantry? Yes. But most of these grains are readily available in your local grocery store. They include the following: amaranth, arrowroot, buckwheat, corn, flax, gluten-free flours: rice, soy, corn, potato and bean flours, millet, quinoa, sorghum, tapioca, and teff.

In addition to fruits and veggies, many naturally gluten-free foods can be a part of a healthy diet. These include beans, seeds, legumes, and nuts in their natural, unprocessed forms; eggs; lean, non processed meats, fish, and poultry; and most low-fat dairy products. (Please note that I usually recommend full-fat dairy products to my clients as a healthy fat, but this does not apply to those with celiac or glutensensitivity.)

Those with celiac or gluten-sensitivity should avoid all foods and drinks containing the following: wheat, barley, rye, triticale, and oats. (Note: While oats are naturally gluten-free, they may be contaminated during production with wheat, barley, or rye. Oats and oat products labeled gluten-free have not been cross-contaminated. Some people with celiac, however, cannot tolerate the gluten-free-labeled oats.)

If this article resonates with you, the most important thing to remember is to focus on fresh fruit, veggies, high-quality meat and fish, healthy fats, and gluten-free grains. To be honest, we all could benefit from this eating lifestyle. How great would we all feel if we ate this way!

Man up and shake it off: the case for men's mental health

By Chase Cotten, Community Director at The Willow Center

"C'mon dude, just man up."

"Don't be such a baby. Act like a man!"

"Rub some dirt on it and you'll feel better soon enough."

"Quit crying – real men don't cry. Put your game face on."

"Shake it off and focus! You've got to be the leader of your household now."

These are just a sample handful of some of the absolutely archaic, sexist, harmful, cultural tropes I heard growing up through adolescence and young adulthood as a man. Some were delivered by so-called mentors, some by so-called friends. Many were simply soaked in through societal interaction and media.

To be transparent, it led me to sincerely struggle with identifying and feeling my own emotions fully as an adult. The only emotions I could confidently identify and relate to were anger, sadness, and occasionally happiness – everything else was murky. After a couple decades of that kind of suppression, I experienced my first bout of depression in my late 20s, which I coped with by drinking beer and whisky every night for several weeks to "take the edge off" – it wasn't fun.

Statistically, I know I am not alone.

- "Nearly 1 in 10 men experience depression or anxiety but less than half will receive treatment" (ADAA, 2024).
- "Men die by suicide at a rate four times higher than women" (Mental Health America [MHA], 2020).
- "Men are two to three times more likely to misuse drugs than women" (Center for Behavioral Health Statistics and Quality, 2017).

Thankfully, my partner had already had positive experiences working with a therapist and encouraged me to try it out. My closest friends were also supportive, and did not further stigmatize my feelings. Therapy helped me tremendously, and has continued to help me for the past seven years to work through a variety of thought processes and behavior changes to support my mental, physical, and social well-being.

However, most men are not as lucky as I am. A lot of men have friends that will shame them for not being "okay." A lot of men have workplaces with stigmatic policies and toxic cultures that create fear and pressure, especially if they're not "okay." A lot of men are trapped by the gigantic weight of faux-masculinity that the global West has force-fed them since taking their first steps.

If you are or if someone you know is struggling today, please know that you are not alone. There is hope. You can actually feel better, and you're allowed to feel all of your feelings fully. Reaching out for help may feel vulnerable, but it is the strongest thing you can do for yourself and for the people who love you. The Willow Center is here to help, no matter what symptoms or feelings you're experiencing. Give us a call at 317-852-3690.

Unbreakable Athletics Academy to present 2024 Athlete Builder Summit

By Kate Anderson

When: Saturday, June 22, 2024

Time: 8 a.m. – 5 p.m.

Where: Unbreakable Athletics, 2198 Reeves Rd., Ste. 2A,

Jim Beebe, the founder of Unbreakable Athletics in

Plainfield



Plainfield, will host the 2024 Athlete Builders Summit.

At this summit experts in various areas of fitness, athletic performance.

At this summit, experts in various areas of fitness, athletic performance, sports medicine, and nutrition will speak on their areas of concentration.

The events speakers include:

- Dr. Thomas Klootwyk and Sara Myers, MS, ATC, OTC, CSCS, CPT: Knee Injuries and Return to Play
- Tiffany Patterson, MS, CSCS: Lessons Learned as a Strength Coach
- esse Dale, Nutrition, and fitness professional: Eating to Perform
- Jim Beebe, Founder and Head Coach for Unbreakable Athletics Academy: Devising the Athlete's Playbook for Performance
- Kyle Moran, Owner and Head Coach, Moran Academy for Strength and Speed: Building Power and Speed
- Nick Urankar, founder of Zeus Method: Simplifying Training Without the Bells and Whistles

The lectures conclude at 4 p.m. with "Beers and Barbells" social hour to round out the day. For more information and to purchase your VIP or general admission tickets, visit: www.athlete-builder.com/summit or call 317-224-6960.

PUZZLES ANSWERS FROM PAGE 18

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Answers to HOOSIER HODGEPODGE:

Colleges: BALL STATE, BUTLER, DEPAUW, NOTRE DAME, PURDUE, WABASH;
Reds: CHERRY, CRIMSON, ROSE, RUBY, SCARLET;

Times: DAY, HOUR, MINUTE, SECOND; Grocers: KROGER, MEIJER, TRADER JOE'S; Needs: COLLAR, LEASH; Flower: PEONY

LEADERS OF Jomorrow

Achieving the gold standard of girl scouting and service to community

"The work of today is the history of tomorrow, and we are its makers" – excerpt from the Girl Scouts Handbook, 1913

By Kate Anderson

The Girl Scouts motto is "to build girls of courage, confidence, and character who make the world a better place." In 1912, Juliette Gordon Low-also known by her nickname "Daisy"- started Girl Scouts in her hometown of Savannah, Ga. The very first troop was made up of 18 girls who all shared a sense of curiosity and a belief that they could do anything. At a time when women in the U.S. couldn't even vote yet and were expected to adhere to strict societal norms, encouraging young girls to embrace their unique strengths and create their own opportunities was game-changing. That small group of girls who came together over 100 years ago ignited a movement across America where every girl could unlock her full potential, find lifelong friends, make a difference in their communities, and make the world a better place. These girls are the Leaders of Tomorrow.

Jennifer Richman, Senior at Avon **High School**



(L to R): Katie Richman (Mom), Jane Pfaffenberger (Grandma), Jennifer and Becky Pfaffenberger (Aunt). (Submitted photos)

Q: How long have you been a Girl Scout, including Daisies and Brownies?

A: Since I was in kindergarten, so 13

Q: What are your favorite memories of Girl Scouts?

A: I actually started Girl Scouts because all of the women in my family were part of it. My grandmother was my mom and aunt's troop leader, and my mom was my troop leader. I love being part of passing down the traditions for each generation.

Q: What has been your favorite part of Girl Scouts?

A: Honestly, earning my Gold Award. I really enjoy serving my community and displaying the values that I stand for.

Q: Explain what the Gold Award is.

A: It is the highest award that you can achieve in Girl Scouts. It is a huge accomplishment, and most girls don't get

Q: What steps do you have to take to achieve this award?

A: It is a culmination of over 80 service hours to my community and each project is personal to everyone. For my project, I used my musical talents to start a music club for our special education classes. It was a program that the school didn't already have. The club met during our SRT (Student Resource Time), and it introduced instruments and let students try them out. I would bring in friends who have musical abilities and help educate the students. The project also has to be able to be handed down to a successor. I had to find an individual to carry on my project. At this point I believe that one of the special education teachers is going to take over.

Q: Now that you are graduating, do you have plans to continue with Girl Scouts in college?

A: At this point, no, but if I ever have a little girl, I will put her in Girl Scouts. It has been such a valuable part of my life.

Q: Do you participate in any other extracurricular activities at school?

A: I was in the Avon Marching Black & Gold, Avon World Drum Line, and National Honor Society.

Q: Where are you going to college? A: Purdue, West Lafayette

Q: What will be your major? Plans for vour future career?

A: Speech/language. I would like to take that and work with special education students.

Q: Any planned extracurricular activities in college?

A: Well, I played soccer up until high school, so I think I would like to take that up again.

Q: Favorite memory from high school?

A: Spending every moment possible with my friends and enjoying our senior year together. Most of us are going to Purdue, so it's been a fun year preparing and anticipating that.

Q: Favorite inspirational quote?

A: "Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness of people." Rov T. Bennett

Jade Maxwell, Senior at Avon High School



Jade Maxwell. (Submitted photos)

Q: How long have you been in Girl Scouts, including Daisies and **Brownies?**

A: Since kindergarten, so 13 years.

Q: What are your favorite memories of Girl Scouts?

A: My mom was my troop leader for nine years. I loved getting to spend so much time with my mom and making those memories. My top memory though, was "Slumber at the Speedway." It poured in the middle of the night and our tent flooded and was literally floating.

Q: What has been your favorite part of Girl Scouts?

A: I have always really loved earning my badges and working on the projects to achieve them. I was never really interested in selling cookies, but the badges were always my favorite.

Q: Explain what the Gold Award is.

A: I can only explain it as the highest

level a Girl Scout can achieve. It is a huge accomplishment and very rare to reach this goal.

Q: What steps do you have to take to achieve this award?

A: Well, it's a huge undertaking. You have to put in over 80 hours of service to the project and your community. For my project, I held a week-long sports camp at Washington Township Park for girls in fourth to seventh grade. I wanted to help teach them the value of sportsmanship and the value of teamwork. I wanted to teach them that winning is important, but it isn't everything. I am so happy and so proud that I completed the project.

Q: Now that you are graduating, do you have plans to continue with Girl Scouts in college?

A: I am not sure. I know that there are troops for college age students. I may try it out, I may not.

Q: Do you participate in any other extracurricular activities at school?

A: I have played tennis since I was in seventh grade. I was also in the National Honor Society and ASCAP, which is a community service organization. We volunteer at school events, animal shelters, etc.

Q: Where are you going to college?

A: Indiana University, Bloomington

Q: What will be your major? Plans for your future career?

A: I am going to major in nursing with a concentration on labor and delivery.

Q: Any planned extracurricular activities in college?

A: I plan on focusing on academics. I am thinking about rushing a sorority, but I am not sure.

Q: Favorite memory from high school?

A: Honestly, my tennis season. I have made some of my best friends playing

Q: Favorite inspirational quote?

A: "No rain, no flowers"

Avon High School valedictorian

Liam Hoffman

Q: G.P.A.:

A: 5.8

Q: Accolades & Accomplishments:

A: I am a two-time International Extemporaneous Speaking State Champion, National Runner-Up World School Debate, and Indiana Rising Star

Q: Extracurricular Activities:

A: Speech and Debate, Model UN, Varsity Soccer and Volleyball, and played in the school Orchestra

Q: College you will be attending in the Fall:

A: Princeton University

Q: Major & career Goals:

A: Public and International Affairs, with a career in

Q: Favorite memory or memories from High School:

A: Winning State with the Avon Speech and Debate

Q: Favorite inspirational quote:

A: "Fortune favors the bold"

Q: Best advice you've ever been given:

A: "Pursue what you enjoy and what you want to spend your time doing, not what you think others want you to do."



Plainfield High School valedictorian Isra Badar

Q: G.P.A:

A: 5.1103

Q: Accolades & Accomplishments:

A: Indiana Academic All-Star, National Merit Scholarship Recipient, AP Scholar with Distinction, 2022 & 2023 Academic All-State for Cross Country, 2023 Mid-State Scholar Athlete for Cross Country, Graduated with Academic Honors and Summa Cum Laude, President's Award for Academic Excellence, Wells Scholar Finalist, Rising Stars of Indiana Class of 2024, Outstanding Math Senior, Outstanding Economics Senior, Placed Top 10 in the State at HOSA in Eight Categories over the Past Three Years

Q: Extracurricular Activities:

A: Cross Country, Key Club, Muslim Students Association, HOSA (Health Occupations Students of America), Ambassadors, National Honor Society, Cultural Awareness Club, Environmental Club, Riley Dance Marathon, Al-Ilm Weekend School Assistant Teacher

Q: College you will be attending in the Fall:

A: Indiana University Bloomington

Q: Major & Career Goals:

A: Major: Biology; Career Goals: Physician or Dentist

Q: Favorite Memory or Memories from High School:

A: My favorite memory from high school is the Nike Valley Twilight cross country meet from my sophomore year. It's our only meet of the season that takes place at night, so that's fun in and of itself. There's also always an amazing soft pretzel stand, which is something to look forward to every year. What's special about sophomore year in particular is that it was absolutely pouring. We were all soaking wet and just trying to protect our pretzels while having fun.

Q: Favorite Inspirational Quote:

A: "With great power comes great responsibility." It reminds me that everything I'm working towards is meant to help other people.

Q: Best advice you've ever been given:

A: The best advice I've ever been given is probably to live in the moment. We often get so caught up in our futures that we forget to take in the present. As I look back on my high school years, there are definitely times where I wish I would have been more present.

graduates with honors Summa Cum Laude (with Honors) (Cumulative GPA 4.20 or Higher)

Aahan Bajpai Emma Covne Marie Kingery

Evelyn Baugh Samuel Dietz Cohen Matheney

Griffin Campbell Aaron Eberly Colin Mendenhall Lucas Steffey

Addison Charles Shalaka Gaitonde Evan Nitka Lauren Turne

Brownsburg High School

Kaitlyn Chavarria Joshua Handy Keshay Patel

Owen Coffey Maxwell Helmerick Evan Peck

Magna Cum Laude (with Honors)

(Cumulative GPA 4.00 to 4.1999)

Adjo Akakpo Brook Anderson Taylor Anthony Weston Bradley Tristan Bronkella Brynn Burton Isabella DeCesare Hannah Eads Dylan Earl Mia Garcia Kate Gerardot Hanhah Gaby Daphne Garner Baylor Hamilton Lillian Harlett Addelyn Hayes Tyson Jones Nathaniel Kendrick Anna Keys Juliet Jones Sawyer Leming Janivah Lewis Eucki Li Katelynn Long Taylor Maupin Mary McCluskey Cameron McCulloch Ethan McGinnis Samuel Nelson Elizabeth Nugent Owen Ortoleva Grant Porath Spencer Porath Albany Prado Mora Isabel Raider Hannah Schwab Jayla Smith Abbigail Sollenberger Kaden Steckel Andrew Thompson Hailey Thompson Jacob Volk Mykaella Webb Sean Wiggins Audrey Wilke Carsen Wright

Tyler Becki Emmaline Clayton Cameron Edwards Athena Overmars

Gionvanna Biagion Joseph Copeland Joshua Cuevas Evan Firestine Sydney Foy Utsavi Gilder Cloie Gummer Ruth Jegede Ryan Hobbins Karls Krampen Katelyn Lane Emma Lopez Savanna Marusich Landon McKinney Katherine Moss Maia Owens Levi Pietz Mary Rogers Ximena Sanchez Villareal Cooper Tedford Hailey Stewart Lincoln Whitehead Nolan Wickett Ava Yochum

Cum Laude (with Honors)

(Cumulative GPA 3.80 to 3.999)

Kadence Abbott Adam Abdallah Faris Baig Benjamin Barnett Madelyn Brawley Brayden Corbolotti Brianna Davis Cory Enders Georgia Gordon Caleb Heidenreich Kendal Johnson Caroline Kingery Carter Leininger Noah Meiners Patrick Olimpic Daniel Parra Thomas Rosent Alice Smoot Ruhani Takkar

Ryan Trippeer

Renee Walmoth

Emily Breedlove Paul Cormany Elhadj Thiemo Diallo Morgan Estes Bridget Gose Benjamin Hernandez Noah Hostetler William Koons John Lynch Braddock Merrill Favour Oluwajobi August Peters ger Ryder Ross Sarah Somerville Jordan Tate Savannah Tryan Madison Webb

Benedict Ajewoe Brynn Barnett Phoebe Brothers Isabella Crawford Skyler Dickenson Sulwan Fadul Maddox Grant Peyton Kagillery Adedamola Kuyoro Katherine Maners Samuel Mittman Grant O'Meara Mason Pierle Pete Rothenberger Riley Spidell Elizabeth Teany Macy Twomey Alexander Weldy

Adrianna Anderson Ava Angeles Madelynn Blackmer Noah Bomman Mariah Broyles Theodore Carden Fiona Curtis Rose Cruzan Jacob Dunn Alandria Echavarria Joselia Gadea Meza Matthew Gatton Preet Grewal Seth Hake Ethan Janeksela Allyson Lott Keegan Katz Muneeb Khan Aiden Lamey Brendan Lattimer Sofia Martinez Mayerick Masterson William Moser Mckinley Newman Olamide Oniyide Alliyah Orr Jon Rademacher Cali Reffeitt Brady Sabelhaus Brennan Salzman Jordan Spiller Logan Stuckey Layla Thompson Alex Veal Joshua Waggoner

Sydney Williams

Eleanor Angelly Veda Bragg Ella Chambers Grace Dalton Meia Edwards Hank Giles Natalie Hay Ayomide Jeje Austin Kijovsky Sophia Laycock Evan Maxwell Olivia Ogle Rebecca Otto Nadiah Rittenhouse Anna Sinclair Isabella Swander Kiersten Touloukian Aubrey Wagner

Avon Academy celebrates spring 2024 graduates

Luke Wickline

Paige Zickefoose

Source: Public News Outlet

On May 22, 46 students walked across the stage and received their diplomas from Kellie Rodkey, Simon Youth Academy at Avon Coordinator. They joined the 12 students who graduated in December as the first class of Avon Academy graduates. The crowded commencement marked the end of an incredible first school year for the Academy, which opened its doors in July 2023. The Commencement ceremony was memorable for many reasons. Students celebrated achievements and scholarships were awarded. Simon Youth Foundation COO Le-Angela Thompson-Burgess and Avon Schools Superintendent Dr. Scott Wyndham encouraged the graduates, friends and family cheered, but Mrs. Rodkey's words to the graduates were the highlight. "In my 30 years as an educator, I have not been prouder of a group of kids.... [They are] some of the most persistent, resilient, empathetic, and loving young students in our district. They inspire me each day to be a better person. Students, I am positive that armed with your diploma and a path for your future, you will not let anyone or anything get in the way of your dreams. And if they try to, come find me. You know I will always have your back. It is my pleasure to have been a part of your journey. Each of you will forever hold a place in my heart. I wish you continued success."

CONGRATULATIONS GRADUATES! YOU ARE AN INSPIRATION TO YOUR COMMUNITY!



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staff are ready to make
your wedding event
memorable & worry-free!

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- # Epoxy covered flooring
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317.718.6153 4HComplex.org

