

# 19th Annual Hendricks County Rib-Fest 2024 Events Calendar

Get ready Hendricks County! Rib-Fest is almost here! What started out as an Avon Community event in 2005, has become one of the largest local traditions drawing Hendricks County residents and those from surrounding counties. This exciting event will feature live entertainment, games for kids, hot air balloons, fireworks, plus lots and lots of food! Many local restaurants will compete for the title of "Best Ribs" and "Best Sauce" title and the bragging rights that go along with them. Come down to the Hendricks County Fairgrounds and join in the fun!

# 10th Annual 5K "Rise and Swine" Rib Run/Walk & Kids Riblet Run

What an exciting way to start the day of Rib-Fest! Just so you know, the run/walk course is flat, so it is perfect for participants of all abilities. After you finish the race, the whole festival will be open and ready for fun! Enjoy delicious post-race treats, enjoy the inflatables, stick around to listen to live entertainment and more!

Location: Hendricks County 4-H Fairgrounds, 1900 E. Main St., Danville

Cost: varies on sign-up date. To sign up, visit: avonchamber.org or runsignup.com

### Times of Running Events:

- 7:15 a.m. 8:45 a.m.: Pick up 5K "Rise and Swine" Rib Run Race Packets
- 8:50 a.m.: Pre-Race Instructions/National Anthem
- 9 a.m: 5K "Rise and Swine" Rib Run begins
- 10 a.m.: Kids Riblet Run (children's quarter mile race) begins
- 10:15 a.m.: Awards presentation

# Plainfield Lions Club 3rd Annual Craft Fair

While you are at the fairgrounds sampling delicious ribs and BBQ, don't forget to take time to visit the Plainfield Lions Club 3rd Annual Craft Fair. Step inside, cool off, and do some shopping. There will be 101+ Vendor booths to visit and there is sure to be something for everyone!

Location: Hendricks County 4-H Fairgrounds Expo Hall, North & South Halls, 1900 E. Main St., Danville

Cost: No admission fee, but it is \$5 to park. Enter the parking area at Gate 5, off North County Rd. 200 E.

Time: 10 a.m. - 8 p.m.

### **Items of Note:**

• While there is no admission fee, there is a \$5 parking fee at the fairgrounds. Enter through Gate 5 off of North Country Road 200 East. Handicap parking is behind the GreenCycle McCarty Arena. You must enter through Gate 5 with a valid handicap sticker or plate. REMEMBER!! Parking fee must be paid in cash

## · How much are tickets for food?

- \$1 per ticket / 1 ticket = \$1. Sheet of 5 tickets = \$5. \$5 per ticket / 1 ticket = \$5. Sheet of 5 tickets = \$25.
- Tickets can be purchased in 2 different ways. Tickets will be sold at 2 ticket tents during Rib-Fest, plus you can pre-purchase food tickets at the Avon Chamber of Commerce office, 8244 E. US HWY 36, Ste. 140.. DON'T FORGET! All ticket sales are final regardless of purchase date.
- FOOD VENDORS, DRINKS AND ALCOHOL WILL BE ACCEPTING FOOD TICKETS AND CREDIT CARDS. THEY DO NOT ACCEPT CASH! Credit/Debit card convenience fee of 3% will be assessed at time of transaction. (Example \$20 food purchase will add a .60 cent fee to the transaction).
- \*\*\*Note: NO refunds will be given on ticket sales. All sales are final\*\*\*

### Will there be more than ribs to eat?

- The food vendors are varied and will have several menu options to fit all appetites. Food can be purchased until 9 p.m.

### Will there be alcohol at Rib-Fest?

Yes! You must be 21 or older and show a valid photo ID to purchase. Wristbands must be
worn at all times while drinking alcohol. Outside alcohol is prohibited. Tipping your vendors is encouraged by cash, food tickets, or
Venmo.

# Are there activities for kids?

- Yes! There will be inflatables, activities and a petting zoo for kids available at no cost.

### What time does the Hot-Air Balloon Glow start?

- The Hot-Air Balloon Glow starts around 8:45 p.m., although this time may vary. NOTE: There will be no tethered rides this year.

### · What time do the fireworks start?

- Fireworks begin after dusk
- Don't forget to bring lawn chairs and/or blankets so you can fully enjoy the fireworks!

# · Other items of note:

- Bringing Coolers into Rib-fest is prohibited
- Pets are prohibited
- No personal golf carts are allowed due to liability

Want to keep tabs on schedule changes? Check social media on Facebook or download the Rib-Fest mobile app. Search the "Hendricks County Rib-Fest" page for more information.



# Want to advertise?

### **Hendricks County ICON** reaches a vast segment of our community. For information about reaching our readers, call Annie Wolfinbarger at (317) 451-4088 or email her at



# Stories/News?

## Have any news tips? Want to submit a calendar event? Have a photograph to share? Call Kate Anderson at (317) 451-4088 or

email her at kate@mviconmedia.com. Remember, our news deadlines are several days prior to print.

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# **Local student wins title at National Gymnastics Championship**

Congratulations are in order for Avon local student Mikka Suyeyasu! Earlier this month, Mikka competed as the representative for Indiana at the National Gymnastics Championships in California and won the title of National Vault Champion and All-Around Runner Up. This national title follows her success as champion at the regional and state level as well. "We are really excited for Mikka and proud of how well she competed at Nationals. She was able to hit all four levels at the National Competition. She added a more difficult tumbling pass into her floor routine for the meet. She ended her competition on the balance beam, which is the toughest event, mentally. She was able to stay calm and not let the pressure affect her performance. That balance beam routine was a personal best for the season. She also set a personal best on vault and all-around. She peaked at the perfect time for Nationals. Mikka is so deserving of these achievements. She is a truly wonderful young lady. Along with doing private club gymnastics, she has been able to balance her academics, school sports, work, and a social life. She has been a great role model for her teammates, and with the younger girls she has been coaching at gymnastics. She really is a well-rounded individual. We have been lucky to be a part of her life for close to 15 years," said Victoria O'Brien, coach at Hoosier Gymnastics Training Center.

This season has been a successful and memorable one for Mikka." I am thankful for the opportunity to come out to California to represent the state of Indiana and Hoosier Gymnastics Training Center. It has been a fun and exciting season, but earning a national title was the cherry on top. I am looking forward to my senior season and cannot wait to see what next season has in store for me," said Mikka.

Congratulations, Mikka, on this tremendous accomplishment!



# Hendricks Live! in Plainfield announces two new shows coming this fall

### **Submitted Press Release**

Hendricks Live! is continuing to roll out plans, concerts, and community events for the brand-new performing arts center that has started hosting national touring acts this year.

This month, Hendricks Live! announced the following shows as part of the 2024 season presented by Hendricks County Bank and Trust and supported by Hendricks Regional Health:

Andy Grammer - Wednesday, Sept. 11\* John Hiatt (Solo Acoustic Tour) - Saturday, Oct. 12\* \*Part of the York Automotive Concert Series

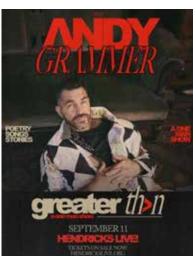
TICKETS: Tickets for John Hiatt and Andy Grammer are on sale now! Both can be found at hendrickslive.org/events. For questions about purchasing tickets, please email info@hendrickslive.org.

Multi-platinum performer Andy Grammer is a gifted artist and songwriter with a bent toward contemporary soul and pop. Building upon his early Adult Top 40 hits "Keep Your Head Up" and "Fine by Me," Grammer broke through with 2015's Magazines or Novels, which hit No. 19 on the Billboard 200 and paved the way for 2017's "The Good Parts." He has broadened his profile, competing on Dancing with the Stars and contributing to film soundtracks like 2019's "Five Feet Apart." In 2021, he hit the Top 30 of the Billboard 200 with "Naive" and followed it a year later with the "Art of Joy" EP. His latest single "Without You" is now available.

One of the best and most respected songwriters of his generation, Indianapolis

native John Hiatt was a hero among critics and his fellow musicians long before a larger audience discovered his work as a recording artist. Known for lyrics that can turn from acidic wit to bitter selfexamination at a moment's notice, Hiatt's work is also dominated by strong, engaging melodies that take rock and blues tropes and reshape them into fresh sounds and the sharp but thoughtful report of his voice. Hiatt's songs have been covered by everyone from Bonnie Raitt, Ronnie Milsap, and Dr. Feelgood to Iggy Pop, Three Dog Night, and the Neville Brothers, and the eclecticism of that list is reflected in Hiatt's own catalog of recordings, which find him exploring folk, rock, pop, R&B, country, and blues influences with equal vigor.





# **Brownsburg Fire Territory celebrates** retirement of dedicated firemen

**Source: Public News Outlet** 

Earlier this month, the Brownsburg Fire Territory celebrated the retirement of Tim Griffith. After 25 plus years of service to the Department he is officially "off duty" and ready to enjoy his retirement.

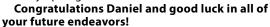
Thank you, Tim, for your years of service to the Brownsburg community!



# Sheriff's Department recognizes intern for hard work and dedication

**Source: Public News Outlet** 

Earlier this month, Sheriff Jack Sadler and Colonel Scott Larsen recognized intern Daniel Solares for successfully completing a 120-hour internship program with the Sheriff's Office. Daniel is currently a senior at the University of Indianapolis and hopes to either pursue a career in law enforcement or join the military upon graduation.





# Avon-Washington Township Fire Department visit Hoosier Burn Camp

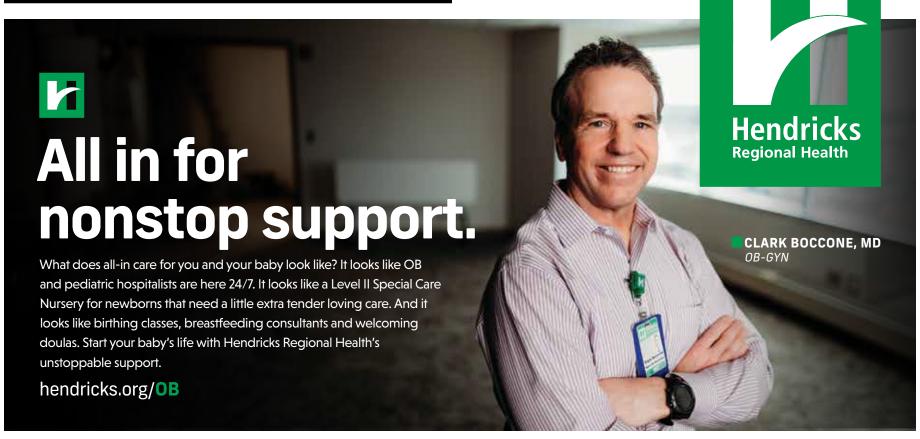
**Source: Public News Outlet** 

Earlier this month, the Avon-Washington Township Fire Department's Public Educator represented the fire department at Hoosier Burn Camp's visitors day. She, along with other departments from around the state, chauffeured burn survivors in a parade around the camp. These campers have endured much in their lives and this camp helps give them a week of just being a kid. Hoosier Burn Camp is a nonprofit organization committed to providing life-changing experiences for young people who have suffered the physical and emotional trauma associated with a severe burn injury. For more information, visit:

hoosierburncamp.org.









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# Danville Police Department May Police Activity Report

### **Source: Public News Outlet**

During the month of May, the Danville Police Department responded to:

- 695 calls for service
- Completed 109 case reports
- Made 35 arrests, including 10 DUIs
- Conducted 203 traffic stops
- Was involved in 1 vehicle pursuit
- Responded to 39 traffic accidents
- Served 10 warrants
- Checked on 10 'suspicious persons'
- Responded to 26 thefts
- Investigated 1 reported burglary
- Responded to 19 domestic disturbances
- Responded to 65 disputes between individuals
- Responded to 290 additional calls for service

Our Investigations Division took in 32 new cases for follow up, conducted

13 fraud investigations, 4 death investigations, and followed up with 23 new Department of Child Services Investigations.

Thank you, Danville Police Department, for your continued service to our community!





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# Hendricks County ICON of the Week

# **Anne Johansson**

### By Julie Brackemyre

Anne Johansson is the executive director of Main Street Plainfield, where she works with local government, business, and property owners to engage the community through events, historic preservation initiatives, and placemaking projects. Previously, she was executive director of The Children's Ballet.

Johansson volunteers with the Hendricks County Arts Council, serving as president of the organization, and also serves on the board of Hendricks Live!, Hendricks County's new home for arts and entertainment located in historic downtown Plainfield. Johansson holds a BA from Indiana University and a certificate in fund raising management from Indiana University's Lilly School of Philanthropy. She lives in Danville with her husband, John, and two daughters, Lily (15) and Cate (10).

# 1. What do you consider your greatest virtue? I am a problem-solver.

# **2. What do you most deplore in others?** Willful ignorance

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

I was born and raised here, so I might be biased, but there's a lot to love about Hendricks County. We have our own symphony, civic theatre, ballet, and a thriving visual arts scene. The most talented artists I know live and work right here. And now we have a home for all of those artists at Hendricks Live!

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

On the water somewhere.

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

I'd begin developing and maintaining healthy boundaries when I was younger.

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

There are so many local non-profits and ministries doing incredible work. I would support the missions of those organizations more, for sure. Non-profits will always have a special place in my heart.

# 7. What makes you happiest?

Lots of things make me happy, like planning parties, listening to music, and organizing messy closets. But watching my girls grow is the most incredible privilege of my life. They make me the happiest.

# **8. What is your favorite vacation spot?** San Diego

# **9. What do you do with your idle time?** Watch Netflix comedy specials

**10. What is it that makes you angry?** Inefficient systems and injustice



# 11. What do you do to escape from reality?

Travel. Periodically taking time off work and away from home is essential and helps me refocus.

# **12. What/who is the greatest love of your life?** My husband and my daughters.

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

# **14. What is your greatest extravagance?** Family vacations to Disney World.

# 15. What is your favorite restaurant?

It's a tie between two, both downtown Plainfield. Tlahcos (currently obsessed with the Flor de Pina), and The Prewitt (their cocktails! yum).

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

I don't know if I can pick just one person. Apart from my family, the people I work with are some of the most influential people in my life. They are creative, encouraging, and driven. It's inspiring and makes my work even more enjoyable.

# 17. What are your fears/phobias?

I have an irrational fear of walking on sidewalk grates and a reasonable fear of flying.

# **18. Which talent would you most like to possess?** I'd like to be better at playing the piano.

# 19. What do you most value in your friends?

My best friendships are built on sincerity and trust. A good sense of humor is important too.

# 20. Who is your favorite historical figure?

Hallie Flanagan was the director of the Federal Theatre Project in the mid-1930s as part of the WPA. The project created jobs for unemployed, struggling crafts workers and artists, and spread affordable programs and performances across the country. She was a remarkable woman who saw theatre as a medium that could unite people in a unique way.

# 21. What is your greatest regret?

I'm not sure I have one, but if I did it would probably be something I said yes to and shouldn't have.

# 22. What tenet do you live by?

"Act justly, love mercy, and walk humbly with your God." Micah 6:8

# **RESTAURANT HIGHLIGHT**

# **Rush Off Main**

# **By Kate Anderson**

Rush Off Main in Brownsburg is a great, family-friendly restaurant and bar that offers some of Chicagoland's favorite and most-famous eats. Located in the heart of downtown Brownsburg and just steps away from the Brownsburg Government Center on Green Street, this restaurant is a "must try" if you are craving all things Chicago. Miss going to the Cubs or White Sox game? Stop by and they will serve you a Chicago dog and a soda or beer. Close your eyes and it's almost like you are at the ballpark. Along with delicious hot dogs, they have "Da Beef" and "Da Sausage," along with a wide array of other choices for the whole family, and even the pickiest of eaters will love their burgers, hot dogs, and delicious tater tots. In the mood for a "pre-game" snack? Try their cheese curds and bavarian pretzel sticks. Not only is the food nostalgic, but the restaurant décor will spark lively conversation. Rush off Main does a great job of

making you feel like you are in The Windy City!





# HENDRICKS COUNTY SHERIFF'S OFFICE MAY ACTIVITY

**NEIGHBORHOOD PATROLS: 2,261** 

**BUSINESS CHECKS: 1,755** 

**CALLS FOR SERVICE: 1,156** 

**JAIL BOOK-INS: 328** 

**WARRANTS SERVED: 19** 

**CRIMINAL ARRESTS: 90** 

**OWI ARRESTS: 22** 

TRAFFIC STOPS: 817

**EMERGENCY DETENTIONS: 10** 

**CRASH INVESTIGATIONS: 82** 

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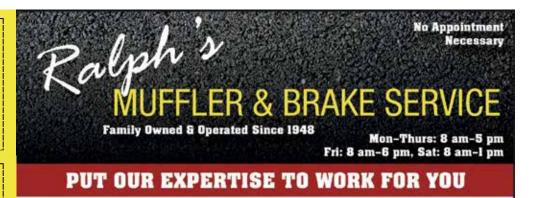
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### By Julie Brackemyre

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

We have lived in Plainfield since 2003, and I started my real estate career in Hendricks County in 2004. This year I'm celebrating 20 years in real estate, working in Hendricks County and the surrounding counties. I raised my son here and have thoroughly enjoyed this town!

# 2. Describe your immediate family to us.

My immediate family consists of my son Mitchell and his wife, Bryanna. They married in 2022 after they both graduated from college. They are living their best lives and enjoying their full-time positions in their field of study. I am very proud of them. They are wonderful adults that give back to their community every day. They are also the proud owners of a German Shepard/Great Pyrenees puppy. I am in love with that little guy!

### 3. Does your family identify with a certain faith, and if so, can you tell us more about the traditions in your faith? We are strong believers in Jesus Christ. We believe in the Gospel. There is only one true God and He sent His son, Jesus Christ, here to die for our sins. We strive every day to honor Him.

## 4. Describe your perfect family outing.

We love being together and in nature. We enjoy day hikes

to state and national parks. Riding bikes around the trails is also a favorite. We also enjoy hanging out at home playing games and telling stories about our younger years. "Movie Marathon" nights are also a big thing with us. Family time is super important to all of us.

## 5. What is your favorite family tradition?

We have several family traditions, but one that comes to mind is how we celebrate Christmas. We start the morning off by singing "Happy Birthday" to Jesus and eating cake!! Not losing sight of what the holidays are really about is important to us.

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

I love the small town feel of Plainfield. The trails and parks were a big plus when we decided to move here. And, of course the schools! We as a community have been blessed to have the teachers and staff that we do.

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

"My mom is very hardworking and family-oriented. She was always very supportive during my school years, whether it was with curriculum or extracurricular activities. She always pushed me to do my best. She always made it a priority to spend time with me despite her busy work life. She was and continues to be a great role model and a hardworking mother."

# Michelle Wildman

# Realtor® **Proudly Serving Indiana Since 2004 The Stewart Home Group**





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As I reflect on the past two decades, I am filled with immense gratitude for the trust and support you have shown me as your Realtor®. Your faith in my expertise has allowed me to thrive in a career that I love, helping you turn houses into homes and dreams into reality. Here's to the memories we've created, the challenges we've overcome, and the journey ahead. Thank you for being an integral part of my 20-year milestone. Together, we've built more than just structures; we've built a community.





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# Brownsburg Police Department Enforcement Division May 2024 Activity

Patrol Hours	4813
Calls for Service	2726
Traffic Stops	723
Patrol When Possible	677
Check Premises	251
Welfare Checks	50
Mental Health Reports	9
Case Reports	143
Drug Cases	17
Overdoses	4
Domestic Runs	22
Accident Reports	82
Hit & Run Investigations	3
Arrests	92
OWI Arrests	11

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# Should estate plans be equal ... or fair?

When you're creating your estate plan and thinking of where you want your assets to go, you also may be thinking about how to be fair to your loved ones — but is that the same as treating everyone equally?

In estate planning, "equal" doesn't always mean "fair." If you have grown children with different financial needs, you might think it's unfair to leave them the same amounts. Or if you have a family business, and one of your children is ready to assume control, you might want to leave the business to that child and compensate the other siblings in different ways.

Or, if you wanted to leave a cabin or vacation home jointly to two adult children, would this arrangement work out if one child was unwilling or unable to pay taxes and maintenance?

Communication is key to helping avoid these problems. Letting your family know your wishes for your estate plan can help avoid hard feelings and unpleasant surprises.

Also, you might benefit from objective help from your legal, tax and financial professionals.

It takes time to develop an estate plan that benefits your family as fairly as possible — but it can be worth the effort.

# Samuel Lowe

Financial Advisor

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# 4th of July Celebration

# Parade & Fireworks Schedule

# Avon Night at the Park - July 3

Activities, food trucks, live music on the Town Hall patio, face painting, pony rides, petting zoo, an evening concert, and an amazing firework display at dusk! Mark your calendar and plan to join us July 3 from 6-10 p.m. NOTE: This event is free to attend; the only costs are for food trucks and glow in the dark toys, if desired.

# Things to do in the park:

- Multiple food truck options (\$)
- Glow in the dark toys available (\$)
- Petting zoo
- Pony rides and carriage rides
- Concert in the Park
- Music on Town Hall Patio
- Lawn games and fun
- Of course...FIREWORKS!

### Parking:

No Parking at Avon Town Hall - Please park at these locations below:

- Avon United Methodist Church
- Avon Parkside Church of the Nazarene
- Avon Intermediate School East/West (bus transportation will be provided from Avon Intermediate School East to Avon United Methodist Church parking lot)
- Handicap parking will be available at the Avon United Methodist Church and Avon Parkside Church of the Nazarene.

# **Brownsburg 4th of July Extravaganza**

# **Poor Jack's Carnival at Arbuckle Acres Park**

June 29th - July 4th from 6 - 11 p.m. each night! Wristbands every night for \$25 - weather permitting. Thrilling rides, fun games, and delicious food, including the Brownsburg Lions Club Kitchen and Corn Tent. For more information, visit: **brownsburglionsclub.org.** 

### Parade:

10 a.m. – A town tradition! Come celebrate together along the parade route, complete with first responders, local businesses, school extracurricular clubs, hobby and service groups, and more! Parade route TBD. For more information, visit: **brownsburg.org** 

### Concert, Games and Food Trucks:

7 p.m. – Enjoy music from the Indianapolis Jazz Orchestra, yard games, and food trucks on Town Hall Green!

# **Fireworks:**

10 p.m. – Show starts at dusk – View the fireworks from downtown Brownsburg or Town Hall Green. Sensory-friendly viewing from inside Eaton Hall (61 N. Green St.), limited space available.

# **Danville Food Trucks & Fireworks**

Don't miss out on the 4th of July fun with the Danville community! Food Trucks and Fireworks is an event to be remembered. This year it will be held at the Hendricks County 4-H Fairgrounds and Conference Complex (1900 E. Main St., Danville).

### **Food Trucks:**

6 p.m. – Purchase some delicious dinner from food trucks, offering everything from lobster to pasta!

### **Fireworks**

The show starts at dark! Get there early to find a good spot!

# Plainfield/Hummel Park 4th of July Festival

Don't miss a salute to America as Guilford Township's Hummel Park (1500 S. Center St.) in Plainfield hosts its annual Fourth of July Fireworks Festival. Join in the fun!

# **Bounce Houses and Food Trucks:**

5 p.m. - Get to Hummel Park early and enjoy the food trucks, bounce houses, and more!

### **Live Concert:**

7:30 p.m. – Enjoy live music at the Hummel Park Performing Arts Center

### Fireworks:

9:55 p.m. – Fireworks Spectacular!

## **Pittsboro Freedom Celebration**

Don't miss the Pittsboro Freedom Celebration July 4! Join in the fun and soak up the sun!

### Parade:

2 p.m. – Main Street Parade. Get there early to find a good spot!

### **Post Parade:**

After the parade, head over to Scamahorn Park to continue the festivities:

- Food Vendors
- Live Music: 5-7 p.m. & 7-10 p.m.
- Kids Magic Show: 4 p.m.
- Foam Zone: 3-4 p.m. & 6-7:30 p.m.
- Fireworks begin at 10 p.m.
- Also: Little Mr. Firecracker and Miss Sparkler contest for kids five and under is back!
   Contact: littlemisterandmiss@gmail.com for more information.



Scan the QR Code or visit HendricksCountyTrailrides.com/Hoedown for tickets

# Hendricks County Professional Women announces 2024 educational grant recipients

The Hendricks County Professional Women proudly announce their 2024 educational grant recipients! Thanks to generous sponsors, members, and individual donors, the HCPW was able to award \$13,000 in educational grants. This includes mentorships and traditional and non-traditional programs.

### About this organization:

The Hendricks County Professional Women invite professional and business women from Hendricks, Boone, Marion, Morgan, and Putnam Counties to join them for networking and to support each other in their efforts to become women who can make a difference.

Last week, the ICON had the pleasure of speaking with a couple of the grant recipients. Here's what they had to say about this grant and their plans for the future of their education:

# **Maura Baver**

"I am very thankful for the scholarship from Hendricks County Professional Women. I think it is fantastic how many scholarships were awarded this year. I would like to also congratulate all of the other scholarship recipients. I look forward to studying brain and behavioral health at Purdue University while enrolled in John Martinson Honors College."

# **Ava Mayo**

"Being awarded this grant helps significantly in my ability to receive my education. Being a biology-chemistry undergrad, I need to pay for certification course and summer classes on top of normal semester tuition, so this grant means that I can receive my schooling with a little less cost; that way I can focus more on contributing to my community after I graduate and less about paying off loans in enough time. This grant will go towards a summer class I am completing, as well as help with my fall tuition fees. All of my schooling is to become a physician assistant in emergency medicine or surgery, so every scholarship, grant, and opportunity is going towards my ability to help and heal others."

Congratulations to all of this year's recipients and good luck in your future endeavors!

# Collaborate Connect Cultivate



# 2024 HCPW Grant Recipients









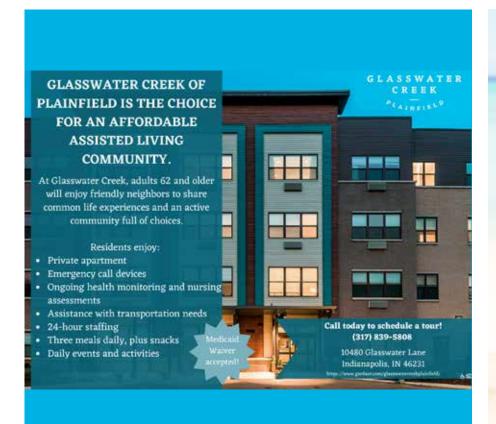














Here's how YOU can help: By July 31 - Give. Gather. Learn. Share.

Give: Make a gift! (A generous donor will match financial gifts up to \$15,000!)

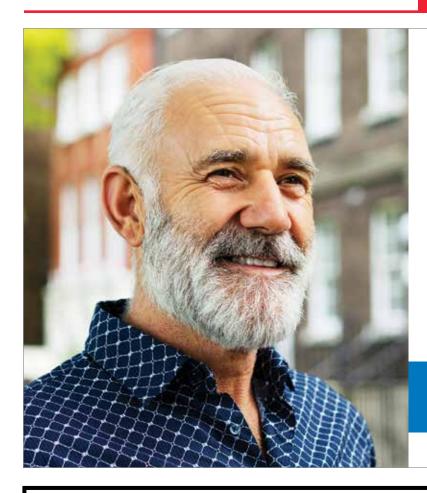
**Gather:** Hold an item drive with your church, business or group. Scan the QR code to see our wish list!

**Learn:** Invite us to speak at your event, or ask about training for your group.

Share: On social media and in other ways – spread the word to your network about how to help.

You can help people who need safety and a hand to start over.





# Dad, don't forget to take a timeout for yourself

# Talk about health screenings with a doctor or care team who listens

Health screenings are important for all of us. Taking care of yourself means being proactive about your health. Talk with your doctor or care team about the screenings that are right for you, based on your age and family history. They may help detect complex issues early, when they are most treatable.

If you need more care, including more advanced treatment options, you are connected to compassionate care teams that are right for you.



Start a conversation with a doctor or care team at ascension.org/StVincentScreenings or call 866-835-4252

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# New Fischer Homes community opening in Avon

Indianapolis builder Fischer Homes announced that it will be opening its newest community, Manors at Avon, comprising 43 single-family homes on 20.5 acres in Avon-Washington Township.

"This is a rare opportunity to build a brand new home with all of the options you want in this established part of Avon," stated Sean Sullivan, Fischer Homes Indianapolis Division Market President.

Manors at Avon is five miles west of downtown Indianapolis on North Avon Avenue and is in the Avon Community School Corporation, which includes Sycamore Elementary, Avon Intermediate School East, Avon Middle School North, and Avon High School.

"Manors at Avon offers convenience and easy access to downtown while maintaining a small-town feel," Sullivan stated. "We look forward to continuing to expand our footprint across west Indianapolis, given the economic

expansion coming to the area."

The new development is close to two other Fischer Homes communities, The Settlement and Heathermore. Floor plans at Manors at Avon range from 1,800 to 4,300 square feet. The community is expected to open for sale this summer in partnership with developer Grand Communities, LLC.

Interested buyers can call or text 317-348-4135.

news@youarecurrent.com



Fischer Homes is opening a new community in Avon, offering 43 new homes for sale this summer. (Photo courtesy of Fischer Homes)



# Tapping into a love of cocktails, community, and local charm

**Bv Kate Anderson** 



Fun, energetic, welcoming, and a place that you can feel like you belong. If you are looking for this vibe, then you are in the right place. Located on the Courthouse Square in Danville, Central Normal Tap is the sort of establishment that just keeps you coming back for more, and from the outset of its inception, this is the vision its owners kept in their minds. Central Normal Tap officially opened its doors for business Jan. 1, 2023, after a very quick sale in October of 2022 from its original owner. The previous owner, who also owned Pizza Paradise in Danville, had created more of a sports bar environment and although popular, it featured limited options for food, cocktails, and beers, both on tap and otherwise. This is where Gavin and Amanda met and when the bar came up for sale, the stars aligned, and it was decided by the family to take the plunge and see what happened. "We always knew that we wanted to have a business together. Always," said Lindsay. Stepping into the roles of business owners, the family team of Steve and Lyndsay Menchhofer and Gavin and Amanda Pearson got to work immediately, and though the sale was quick, they knew that it was going to be a process to realize their dream and vision. By knowing and leaning on their individual strengths, they embraced the saying, "teamwork makes the dream work." Steve was "the worker," helping with whatever



and wherever he could, Lindsay had the "aesthetic vision," Gavin was the "money guy," and Amanda was the "brains," working on all things accounting. Immediately after taking ownership, the team added not only an expanded food menu, but a more sophisticated drink menu with more

to create a pub or "tap house" feel and an elevated experience for their patrons. This, along with Pull Tabs and Golden Tee, offered varied experiences and an inviting feeling for the Danville community. This elevated experience also included new furnishings, wall art, which was painted by a local tattoo artist, and other features that gives the space

even more character and charm. "We wanted something unique, the whole experience to be totally unique from other businesses like ours in the community," said Lindsay.

Though the team was hustling there for a time to make their new venture the best it could be, this is only their side gig. Each member of the family balances their part at Central Normal Tap with their full-time jobs elsewhere.



Still, there is a good amount of "work from home" tasks for the Tap, such as ordering supplies and food, payroll, scheduling, etc. In 2023, both Gavin and Amanda were commuting to and from South Bend to work at the Tap and Amanda furthered her drive as she went from Danville to Cincinnati for her

> schooling to become an occupational therapist. Luckily, in January of this year they were able to move back to Hendricks County and life could calm down for them a little bit. It can be said that the first year of business was a whirlwind of travel, emotions, and change for both Central Normal Tap and for the whole family. Any free moment they had was spent at Central

Normal Tap. "We came in all the time. In the beginning, there was always something that needed to be done, but as a team we made it happen," said Lindsay.

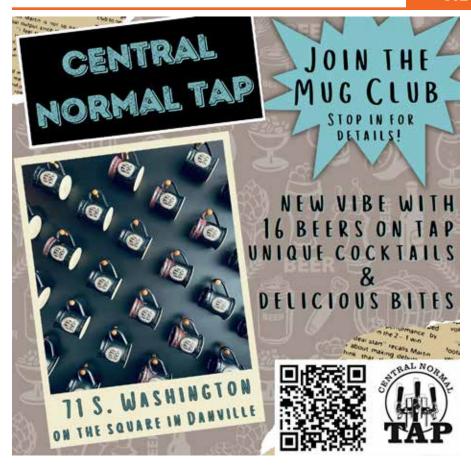
Presently, Central Normal Tap is thriving, and their leap of faith has paid off. The family continues to look for ways to improve and evolve, such as changing the food and cocktail menu from time to time, thus



elevating Central Normal Tap to new levels, plus adding a new outdoor patio outside at the south end of the building, sponsored by D.R. Horton, for continued seasonal weather enjoyment. Central Normal Tap has a commitment to support local and small breweries and does its best to have 16 craft beers on tap at any given time. Along with their bottled beverages, they also feature a full bar and craft cocktails that are sure to delight the senses, which is in keeping with their mission to create that experience for their customers. Whether you are sitting at the bar having a beer, sitting at a table in a lush armchair, or sitting in the sunshine on their front patio, you will enjoy the excellent service that the family team prides itself on. Another way that they set themselves apart from other establishments is their nowfamous "Central Normal Tap Mug Club" which for an annual fee, affords you not only notoriety amongst Central Normal Tap regulars, but also many perks, including a handmade individual mug for your personal use every time you come in and other membersonly exclusives. You can almost hear someone saying, "Come on. All the cool kids are doing it." This is yet one more way for the team at Central Normal Tap to make you feel like you are valued, and you belong. For this family team, this is not only a labor of love, but also a love letter to the town of Danville and the Hendricks County community.

options. The idea was

"We wanted something unique. We wanted the whole experience to be totally unique." — Lyndsay Menchhofer



# **LETTER FROM THE EDITOR**

"Happiness is making the most of what you have, and riches is making the most of what you've got." - Rosamunde Pilcher

## **By Kate Anderson**

In life we all have our ups and downs, and it can be hard to see the positive. Who among us can say that we haven't had our fair share of woes because we wanted something that was out of our reach? In this oh so materialistic society, even the most disciplined person can be tempted by the Amazons of the world. We have everything we can ever imagine at our fingertips. The trick is to be happy with what is right in front of you. The simple joys, the little things that really make the difference and make us smile. As I sit here writing this, I can scan my office and see at least three things that I am thankful for and that make me smile. My sweet dogs, my wonderful husband, and my photos of my beloved extended family and friends with sweet memories that I have experienced with them. If I dig a little deeper, I can say that I am truly blessed to have a roof over my head, food in my refrigerator, shoes on my feet, and clothing on my back. When I think of my happiness in these ways, I feel truly rich. Don't get me wrong. I have an Amazon cart full of things that I want and feel like would make my life easier and happier, but the truth is that happiness is a mindset. It is an effort to remind ourselves every single day of the blessings that we have in our lives

and what God has given us. That being said, sometimes this effort is an uphill battle and even with all of the blessings I have been afforded in my life thus far, it can be hard to see the glass half full. The temptation to "keep up with the Joneses" is a real thing and in some way or another, we are all guilty of wanting something we just cannot have for various reasons. Not everything in life is always "sunshine, lollipops, and rainbows" and the trick is to make lemonade out of lemons when you are tempted to see the negative stuff in life. Today, take a minute out of your day to cherish the small things that make you smile and that make you grateful to be alive. Look around your house and cherish those family photos, the people around you that you love and those creature comforts you are blessed with having. After all, love and happiness are the things in life that make us truly rich. What makes you happy in the here and now? What are the blessings in your life? Take a moment today to take stock of the little joys you have been afforded and it will make your day much brighter and even a little easier. Who knows, you may even inspire someone else to do the same. Happiness and positivity can be contagious. Go out there and inspire someone to see the blessings in life!

# **Cat naps**

"Dick, I know that the snoring is not intentional. But it has some devastating effects on our health and well-being. What are we going to do about it?"

"I've tried everything. It must have to do with the sleeping position."

"Well, that's tough to control. But we have to do something."

"I'll call the vet first thing in the morning."

Yes, we have a pet that snores. But it's not a dog. Believe it or not, we have a cat that snores.

Yes, seriously, a cat! Her name is Angel.

We have had two dogs over the years that snored. Both Barney and my second beagle, Toby, were snorers. It wasn't the occasional snort that kept us awake; it was a full-blown, get out of my way foghorn. Both dogs woke themselves up every night, which made them cranky the next day. Dogs need their 18 hours.

I specifically remember the first onset of Toby's snoring. Knee surgery had slowed him down a bit, resulting in a modest weight gain, a factor in snoring. I had observed no increase in smoking or alcohol consumption in the hound, another common cause. I googled pets and snoring. Apparently, there's a real epidemic of sleep disorders in the canine world: narcolepsy, jet lag, insomnia, night terrors, and restless paw syndrome.

But cats?

The first thing I learned was that animals with short, flat faces—like bulldogs, pugs, Pekingese—are more apt to snore. If your human partner has a short, flat face you just better accept it. Or trade your significant other for a horse.

The site also noted that when pets sleep

on their backs, snoring is more apt to occur. The best solution is to roust them out of a deep sleep, then abruptly flip them over on their stomachs. Mary Ellen thought this sounded like a good idea because that method worked temporarily on me several years ago.

But I still snore. Just like the cat.

One pet owner suggested gluing a tennis ball on a leather belt and wrapping it around the cat's torso, so the bulge on his back would prevent him from rolling over. I tried this with Toby and Barney years ago. Both were pretty adept at twisting themselves into a knot, snatching the ball from the strap, and then dropping it on my head at two in the morning so we could play fetch.

I got back on Google. I saw that one woman recommended nasal strips for a pet that snores, but sticking one of those on a beagle's nose is like trying to keep a bandage on a peeled banana. Another idea was giving your pet a nice foam cushioning to prop his head up at night, thus opening the nasal airway. Angel had no interest in this. But both beagles loved the pillows. Every bite of them.

Mary Ellen finally googled the cat snoring issue. It said there wasn't much you could do to stop a cat from snoring. A vet on the site suggested having the cat sleep in the basement, but my wife quickly rejected that solution. But that did give her another thought. Now she's calling my doctor to see if he would advise her to do the same thing with me.



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 Indiana you either have to pick kissing or having a mustache - it is illegal to choose both.

Source: dumblaws.com

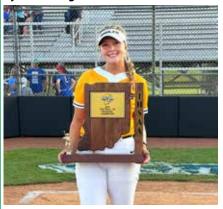


# **ICONic Athlete of Hendricks County**

# SENIOR HELPED LEAD AVON SOFTBALL ON A HISTORIC SEMI-STATE RUN

# Madeline Herman – Avon Softball

### By Josh George



Avon softball had a fantastic season, posting a 19-10 record and a run to the semi-state. Madeline Herman was one of many reasons that led to Avon's success this season. The ICON recently spoke with Madeline, her parents, and Coach Ferrell about Avon's softballs historic season.

# **Q&A with Madeline Herman:**

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

Madeline: I started playing rec league softball when I was eight years old, at Brownsburg Girls Softball League. I then joined my first travel team at age 10. I do not play any other sports competitively.

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

Madeline: There is no "off season" for softball. I play travel in the summer and fall, and high school ball in the spring. All the while, I take hitting lessons, pitching lessons, as well as weights, open fields for high school, and travel practice. I go to my local D-bat and throw bullpens and hit off the machines and do defensive work. Softball is a commitment. You have to be all in.

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

Madeline: Every coach I've had has influenced me in some way. Some more than others. Coach Joe May started coaching me when I was little. He got me as a wildcard in rec ball. He was kind and patient. He wanted us to have fun and wanted us to love the game. That made all of us do everything we could to make him proud. Once things got more competitive, Coach Cara Johnson-Hirsch & Coach Laview Wen helped me experience different levels of competition and even international competition. It was so cool to see how softball was played around the world. That made me want to play at the next level. Then my current coach, Matt Kiemeyer, on the Lady Dukes, showed me what it was like to have a coach that cared about us mentally and about our physical well being. He worked hard for us. He advocated for us and taught us how to write emails to coaches and gave us the skills on how to showcase ourselves. He is someone you can count on and who will go to battle for his

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

Madeline: My parent's support has never wavered. My mom never missed a lesson, game, or practice. She traveled all over the United States and internationally with me. As long as I was having fun, she was all in. She has always been real with me and allowed me to fail without criticism, which allowed me to get right back up and make adjustments. My dad would build me anything I needed to succeed. Pitching boxes, back stops, and even turned our field into a softball diamond so that we would have a place to practice. My parents are amazing.

**ICON**: Describe your softball journey through he years.

**Madeline**: Playing softball for the last 10 years has taught me so many things. I have learned how to be a good winner and a good loser. Taking the adversity from the losses to make me stronger and succeed in my next appearance. These skills translate into so many bigger aspects of life that I hope will help me get through rigorous classes going through nursing school.

**ICON**: What makes playing softball at Avon High School special?

Madeline: The ability to set everything aside and come together for the greater good and play softball. Our senior class has always been really close and we love to see each other succeed. I think the genuine happiness on our team really sets us apart.

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

Madeline: This season our new coaches Kiah Ferrell and Brittney Fisher preached mental game to us. We read the book, "The Mental Game of Baseball," and had mental game talks before big games. The ability to take a deep breath and recenter myself has made a huge difference this season. Another thing we do as a team is goal setting. We write both team and individual goals. We went over and then rewrote our goals halfway through the season. This kept our eyes on the prize and really set us up for success in the long run.

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

Madeline: Initially, yes. I committed at the end of my junior year. However, I have recently decided to de-commit and am going to finish out this season with my travel team and focus on my education only.

### Mom and Dad comments on Madeline:

Madeline has always shown a level of maturity beyond her years. We have always been in awe of her ability to go to school and maintain above a 4.0 for her four years of high school, hold a job, be a student athlete, volunteer, play travel ball, and travel all over the U.S. every weekend, as well as pitching and hitting lessons and maintaining her relationship with her boyfriend of over four and a half years. We know, without a doubt, that she is going to be successful and reach all her goals. We

are extremely proud of her and are so grateful to be her parents.

# Q&A with Coach Ferrell:

**ICON**: How long have you known Madeline and tell us a little about her softball journey?

Coach Ferrell: I have not known Madeline for very long but our short time together has been great. This is my first year coaching her here at Avon. We met for the first time after I got the job in August 2023. But I have coached against Madeline the past two years when I was at Plainfield. I was able to go to a couple of her travel ball games in the fall after getting the Avon job. This is where I got to meet her mom and learn more about Mads and her family. Madeline has been playing softball since she was little. She grew early interest to pitching and would spend numerous hours working on her craft. During high school Mads saw time in the circle as a sophomore and then earned a starting role as a junior. She currently plays travel ball for the Lady Dukes which has several Hendricks County players on their roster from Avon and Brownsburg as well as other successful central Indiana high school teams.

**ICON**: What makes Madeline a special softball player?

**Coach Ferrell**: I think the biggest thing that made Madeline special this year was her buying into the process and learning to trust herself. I specifically remember our game against BNL early in the season where Mads threw a two hit shutout. You could just see a flip switch mentally that allowed her to free herself up in the circle. Her ability to make that change mentally had a lot to do with her success this year especially late into the season. She really poured herself in the mental game book we read and you could see and hear the change based on how she carried and talked about herself. As a senior and a pitcher you could tell there were times when Mads felt that weight on her shoulders but when she learned to control the controllables and just enjoy her last year, she was a force to be reckoned with. Softball is such a mentally driven sport and a lot of people don't really spend time working on that side of the game and I believe that gave her and us an advantage

**ICON**: Describe Madeline as a leader.

Coach Ferrell: Madeline was one of my eight seniors this past year. Having eight seniors is a blessing but also a challenge at the same time. Luckily this group was good together and knew what each one brought to the table softball and leadership wise. Mads isn't the most vocal leader on the team but she definitely owned her role of leading by example this year. As a pitcher there are a lot of eyes on you. As a former pitcher myself I know what that feels like. Madeline took that in stride this year. She learned to become more confident in herself and that showed in her play. She learned a lot about mentality this year and I think that only enhanced her leadership skills. Whether she realized it or not the younger girls looked up to her, they followed her lead and played the best when she was confident in herself and her teammates. Madeline also is a very good student earning academic all-state honors this past month.

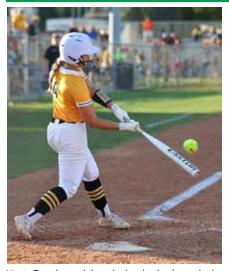
For someone in a leadership role on the athletic field being able to balance and be successful in the classroom really sends a message to our team that academics are an important part of our standard here at Avon. I am so grateful for Madeline as a leader in our program and she will definitely be missed.

### Madeline's comments on Avon's semistate run:

Being able to go to the semi-state game was so special. Being in a position that we had been grasping at for the three years of my career prior was so big. While semi-state didn't go the way our team wanted, I think the successes we had during the season that got us to that point should also be celebrated. Beating Roncalli in the regional game was our number one goal on our goal card. I had the honor of being the winning pitcher that game. Our team worked so hard and didnt let the adversity of our previous Roncalli games get to us.

### Coach Ferrell's comments on Avon's semistate run:

If you told me as a first year head coach we would make it to semi-state and be one of the final eight teams left in a loaded 4A tournament I would be ecstatic. But knowing the program I walked into and the staff I put together I knew big things would be in store for the 2024 Lady Orioles. This group of eight seniors had won the sectional three times in a row and won conference twice. Success was the expectation. Our first game of the season was pretty rough, not going to lie. We got run by a powerful Noblesville team and that was when I realized that the HCC was a different beast. I had a moment where I had to remind myself to listen to my own message. I preached to the girls, "No matter our record this year, we will be battle tested with one of the hardest schedules in the state and that is what we want in order to best prepare us for the postseason." Luckily in high school softball, there isn't much time to dwell on the past because your next game is usually only 24 hrs away. The next night I was able to get my first head coaching win against my Alma mater and former team I coached (Plainfield). There were of course times where I was still trying to figure out the girls and the girls were trying to figure out me. That is something you have to deal with as a new staff and I commend our girls for buying in and trying new things. They have been through a lot of changes and adjusting to a completely new staff isn't easy but I am so grateful for them giving me a chance and welcoming me into the program. You could tell about halfway through the season everyone became more comfortable with each other and things were starting to click. There were of course bumps in the road but we started to play our best ball at the right time. We spend a lot of time in the last two weeks of the season talking about mental stuff like concentration and dealing with expectations. We knew it wouldn't be an easy road with Brownsburg and Plainfield in our sectional. But the focus was to stay present in the moment and play one pitch at a time like it is your last. Everything was going smoothly and the mindset was good on the drive over to Terre



Haute Tuesday and then the bus broke down. And honestly the only person it probably affected was me. The girls were having a great time on the side of 40 while I was pacing back and forth trying to find a ride to the field which was still 30 min away. Luckily I was able to get a hold of South Putnam who was able to get us a bus in 20 min and take us to Terre Haute. Looking back on it, it was probably what we needed. It took our girls minds off of everything for a little and was a freeing experience. Almost like a distraction for all the pressure of the moment. Once we finally got to the field the girls were relaxed but locked in and ready to go. It took a couple innings to get the bats going but we opened it up in the bottom of the fourth and never looked back, tallying a total of seven runs on seven hits. Madeline threw a fantastic game that night, silencing a strong Plainfield lineup to only two hits, both credit to Kylie Fish. We avoided the crash course of playing Brownsburg in the championship as they lost to Terre Haute North the game before. Night two we still had business to take care of. Our girls were pretty confident but the message was still the same, to take it one pitch at a time. The bats stayed hot and we scored 10 runs on nine hits. We were able to pull off the sectional four-peat that night. It was pretty special and we let the girls enjoy it for 24 hours but then it was back to work with our eyes set on the regional. Something that we had been talking about and put on our goal cards. Our focus was on Roncalli, someone who had our number for the past three years much thanks to Keegan Rothrock who is now pitching at Florida. We knew it was going to be a good game but we preached to the girls that times were different now and we had the talent to beat things. I think just instilling that confidence into our squad was everything. This is where I really believe that our schedule helped us. We had seen numerous great lineups and pitchers and we knew if we trusted the process, stayed within ourselves, and passed the bat we would be hard to beat. It was a dominant performance and the bats just came alive again. Fifteen hits in one game is hard to beat no matter the opponent. And Roncalli is a solid team. The stands were packed full of Avon fans who we are still so thankful for. Our seniors stepped up big. Those eight weren't going to be denied a regional four years in a row, especially on their home field. It was their time and the message was clear that we were prepared and deserved it. The smiles on their faces after the game meant everything to me and to Avon. This is something our group had been talking about and working for since day one in the fall. They finished the goal but there was more softball to still be played. Semi-state was uncharted territory for this group. But the message stayed the same. We deserve to be here, we are prepared, and we just have to trust the process. We were facing the tall task of New Pal. A loaded lineup with seven seniors and at least six big time college commits

who we had just walked it off against two weeks earlier. It wasn't going to be easy but we liked adversity. Unfortunately, the bats were stifled by a senior New Pal pitcher and our road to state ended earlier than we had hoped.

I couldn't have asked for much more: a semistate run in my first year as a head coach...the bar was set high. It wasn't always sunshine and rainbows but that's what makes the good times more enjoyable. I wouldn't trade this year for anything. I learned so much and grew as a person and coach and I have all the girls and the people at Avon to thank for that. And for the seniors I know they wanted to end their high school career at Purdue but they should hold their head high. They accomplished so much in their four years at Avon, ilncluding many things outside the foul lines. We are all so grateful for the foundation they set for Avon softball. All eight of them will be greatly missed. Next year will definitely look different but our goals and process will not change. Getting as far as we did and remembering what that feels like will be a big motivator in the coming years for this program. We lost some big bats and some pitching this year, so we have to play some more smart ball and rely on our younger girls to step up, but I have all the confidence in the world that we can accomplish our goals for the future.



# **Notables**

Compiled by Josh George

Avon Girls Baseball - Semi-State

Avon Girls Soffball - Semi-State
Cascade Girls Soffball State Champions
Tri-West Girls Soffball State Finalist
Plainfield Boys Golf 6th in the Regional
Brownsburg Boys Golf 7th in the Regional
Tri-West Boys Golf 7th in the Regional

Final Boys Track and Field State Rankings: Avon - 11 Brownsburg - 17

Final Girls Track and Field State Rankings: Brownsburg - 5 Avon - 18

Brownsburg Girls Tennis - **Regional Finalist** 

# UNSTOPPABLE partnership.















# **Summer garden tours**

# **GARDENING**

By John Chapin

Garden tours are excellent opportunities for both experienced and novice gardeners to not just enjoy a variety of beautiful private gardens, but to get ideas and advice, learn about new plants, and be inspired as they develop or renovate their own landscaping and gardens. Metro Indianapolis has many summer tours in June, sponsored by garden clubs and plant societies.

One of the best is right here in Hendricks County. "Gardens in Bloom," now in its 13th year, is organized by the Plainfield-Guilford Township Friends of the Library, a support group for children's and adult library programming. This year, there are six wonderful gardens featured on the tour on the weekend of June 29-30. Visitors will see not only beautiful flowers, including many natives and medicinal plants, but also water features, garden art, garden sheds,

fire pits, outdoor living rooms, and other structures such as gazebos and pergolas. Garden tour tickets are available at the Plainfield library and "Do It Best" Hardware in Plainfield.

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



# **Suitcase 101**

# TRAVEL

By Amy Maharas

I travel quite a bit for work and leisure and recently found myself in need of a new suitcase. If you find yourself in this predicament, here are some factors to consider:

# What type of suitcase to purchase?

There's always the debate between hard-sided and soft-sided. Personally, I prefer soft-sided because I feel like I can cram more into them, but for long-term use, hard-sized are generally considered more durable. I love my hybrid Mother Lode Carry-On by eBags that is hard on one side and soft on the other, but it doesn't have spinner wheels, and I've been dealing with shoulder issues and need something easier to haul through airports.

What brand to buy? Some people are willing to spend more for a brand like Away or Tumi while others prefer to spend less and replace their suitcases more often. I tend to buy more middle

of the road Samsonite or TravelPro knowing that they are not going to fall apart after a few uses. Websites or Facebook pages like Consumer Reports and Travel Fashion Girl are great resources for reviews.

Where to purchase? I ended up purchasing a TravelPro carry-on at TJ Maxx which sells a number of name brands for decent prices. I also purchased a Samsonite rolling duffel at the Samsonite outlet in Edinburgh. Macy's and Kohls always carry a number of name brands, and of course Amazon carries just about everything.

Good luck in your suitcase search!



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





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# TECH TALK -

# Why all the subscriptions in tech?

# **By Chet Cromer**

Amazon Prime. Netflix. QuickBooks Online. Subscriptions, subscriptions, subscriptions, subscriptions. It seems like almost every software package out there now has a subscription plan associated with it. Some of them make perfect sense - they provide us fresh new content or service every time we use them, and the month-by-month fees make that economical. Others seemingly don't... Why do I need a subscription for my budgeting software? My Microsoft Office product? Or, as I read in an article this week, my John Deere tractor's computer!?

As much as subscriptions services may seem like a trend we'd like to see disappear, they aren't going anywhere. As technology continues to move to the cloud, the software and tools we use on our computers are becoming increasingly decentralized. That Office product you use every day? It has features that allow you to edit your files from anywhere and collaborate with your colleagues in real time, and that's all in the cloud. That budgeting software that's so conveniently available on your computer AND your mobile devices? You guessed it... cloud. And that John Deere tractor computer... well, I'm not sure about that one, and it looks like farmers and lawyers aren't either.

The subscription business model has been a big win for software companies. Once you have a customer hooked on a small fee, they're less likely to drop it down the road. It's easier to get them to upgrade since you're not asking them for a large expense every few years. And all those servers and

staff that make cloud operations possible? They're no longer a capital expense that you have to figure out how to overhaul every few years - your budget for improvements is built right into your scalable monthly service fees.

Subscriptions are not going away. While we'd all like to buy a copy of Microsoft Office off the shelf and not have to pay for it again for five years, we'd be missing out on many of the features and conveniences that we've come to appreciate and count on, even if we don't realize it. Many subscription models do offer business plans that allow you to mix and match levels of service with a fluctuating team as well, so it's a good idea to think ahead as you engage with these new types of service fees.

Our advice? Look at your business, your team, and your environment. Find the packages that suit you well and that will propel you forward effectively. If it costs an extra 10-15% to move to a subscription model that allows you to use software on all your devices and on the road it may be worth it. Don't try to cheat the system, but don't let it abuse you, either. Take advantage of features to simplify and take your data with you wherever you want to go with it.





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

# Greater Brownsburg Chamber of Commerce hires new executive director

### **Submitted Press Release**

After three months of thorough searching and interviewing, the board of directors of the Greater Brownsburg Chamber of Commerce is proud to announce the hiring of our new executive director, Emily Mecija!

A proud native of Danville, Indiana, Emily's journey has taken her from the bustling streets of Chicago back to her Hoosier roots here in Brownsburg, where she and her family have recently established their home. Emily brings a wealth of professional experience to the table, blending her time in undergraduate admissions at Indiana University Bloomington with her corporate recruiting background at Radancy. Equipped with a bachelor's degree in history from IU Bloomington and a master's in student affairs and administration in higher education from Ball State University, Emily's academic achievements complement her innate talent for forging meaningful connections among people. At the heart of Emily's career is a steadfast commitment to fostering meaningful

relationships and supporting success. Her arrival marks an exciting new chapter in the history of our Chamber of Commerce. As we forge ahead, our mission remains steadfast: to engage, educate, and empower our Chamber and community members! With Emily at the helm, we're poised to expand our membership, enhance resources, and cultivate even stronger networking opportunities for all. The future is bright, and we invite you to join us in welcoming Emily to this position and to the greater Brownsburg business community.



**REAL ESTATE** 

# Single women own more homes than single men

### By Dawn Whalen, Whalen Realty Group at F.C. Tucker Company

According to a study by Lending Tree, single women in Indiana own over 12 percent of homes, while single men own more than 10 percent. This aligns with the national trend, where single women own 10.95 million homes (12.93 percent) and single men own 8.24 million homes (10.22 percent). Some of the factors leading to this trend include, but are not limited to:

- Willingness to sacrifice: Evidence suggests that single women are more willing than men to sacrifice to become homeowners. This determination often translates into diligent saving and prioritizing homeownership over other expenses.
- Research from the Pew Research Center indicates that although women still earn less than men in some regions and industries, this trend is shifting among younger generations. In some cases, younger women earn similar or even higher wages than men. This financial trend, coupled with a stronger inclination toward homeownership, significantly contributes to the rising rate of single women purchasing homes.
- Longevity and widowhood:
  Homeownership isn't just for the young.
  Women typically live longer and are more likely to report being widowed than men.
  As a result, some women who are now single homeowners may have initially purchased the home with a spouse they have since outlived. This helps explain why single-women homeowners may be older than their single-men counterparts.

### **Tips for homebuyers**

Although single women are slightly more likely to own a home than single men, the process of buying a house can still be challenging, especially if it's a first home. The following tips can help any potential homebuyer navigate the process journey smoothly.

 Compare mortgage lenders: Before purchasing a home, shop around for

- a mortgage lender. Different lenders may offer varying rates to the same borrower. Since a lower interest rate can reduce the monthly payment and make homeownership more affordable, it's crucial to compare options. This step can be particularly beneficial for budgetconscious and first-time buyers.
- Understand finances: Sit down and calculate monthly finances and how much can be budgeted toward a monthly mortgage, plus taxes and insurance. If calculations show that managing the bills may be a struggle it may be a good idea to look for a home within a different price range or hold off a little longer until the finances are more stable.
- Buyers' rights: It's illegal for lenders or sellers to discriminate against any buyer based on gender. Anyone who feels they've faced discrimination can file a complaint with the U.S. Department of Housing and Urban Development (HUD) or contact the local housing and human rights commissions for assistance.
- Use an expert: Using an experienced and knowledgeable Realtor can make a big difference in the homebuying process. These professionals can find properties that fit the budget, offer advice on increasing credit ratings, explain the impact a down payment has on monthly mortgage payments, and much more.

The trend of single women owning more homes than single men is a significant shift in the real estate landscape driven by several economic and societal factors. While this trend highlights women's strides in financial independence and homeownership, it also underscores the importance of understanding real estate trends and the market.

Dawn Whalen is the owner of Whalen Realty Group, at the F.C. Tucker Company, and has worked in residential real estate for more than 17 years. She's a licensed realtor, broker, is a member of MIBOR, and is the founder of Whalen's Heroes, which provides funding to purchase service animals for veterans. She can be reached at Dawn@whalenrealtygroup.com.

# **GRAND OPENINGS** —

# Hummus Republic and Nautical Bowls in Avon celebrates grand opening

On Saturday, June 1, Hummus Republic and Nautical Bowls in Avon celebrated their official grand opening. In attendance were the Avon and Danville Chambers of Commerce, the Town of Avon-Washington Township representatives, along with many members of the community in support of this new business. Conveniently located in the shopping center next to the Avon Kroger, they offer a variety of fresh and delicious Mediterranean flavors that will make you want to come back for more! Stop by and experience their pita bar, where you can craft your own pita, wrap, or bowl to your personal tastes. You won't be disappointed. **Congratulations, Hummus Republic and Nautical Bowls on your grand opening!** 



# Sugar Grove Senior Living celebrates ribbon cutting

### **Source: Public News Outlet**

Earlier this month, Sugar Grove Senior Living celebrated their ribbon cutting and grand opening. In attendance was the Plainfield Chamber of Commerce, many residents and staff and various members of the community. Sugar Grove Senior Living is a retirement, assisted living, and memory care facility, and is located in a beautiful rural area in Plainfield. Residents enjoy a beautiful and warm community with many amenities, including a clubhouse and independent living homes. For more information, visit: sugargroveseniorliving.com.



# SunRift Capital Partners celebrates grand opening

On Monday, June 10, SunRift Capital Partners celebrated the grand ppening of their new office, located at 1916 Crown Plaza Blvd, Suite 139, in Plainfield. In attendance were many local Chambers of Commerce and members of the community. SunRift Capital Partners,

LLC is a registered investment advisor and is dedicated to helping their clients get the most out of life and purpose out of their wealth. Let them help you take the guesswork out of retirement!

Congratulations SunRift on your new location!



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# **PURE BARRE**

# LOCAL BUSINESS SPOTLIGHT

By Julie Brackemyre

# **CHECK OUT THE BUSINESS**

## 1. How many years has Pure Barre Avon been in business, and what inspired you to start/purchase/work with this business?

Pure Barre Avon became official in December 2022, with construction completed and official grand opening in September 2023. While attending another local Pure Barre studio, I was amazed by how much of a workout it offered, especially on smaller, less used muscles without causing impact or injury to the joints. Working in the medical field, I see daily how unhealthy choices are causing a major impact on individuals' lives. Many individuals want to have a supportive and non-judgmental community to join where they can be gently encouraged to work through tough situations and become stronger in the end both physically and emotionally. I wanted to provide that community to Avon.

# 2. Are you the original owner?

# 3. Describe your typical work day. (My work day is less at Pure Barre and more at primary job)

I work full time at Hendricks Regional Health as a physician assistant. I head in to see patients daily, working through lunch to get out on time. While at work, I have an amazing team that runs the studio, teaching our members and calling our prospects to get them into a free class to see if Pure Barre is something that works for them. While they are working the studio, I do more business aspects like messages, emails, and meetings with corporate between patients and over lunch in order to help Pure Barre continue to function at full capacity. I head to the studio after work to enjoy working out myself with other members and socializing with both them and my team. Afterwards, I head home to spend a couple hours with my family before I am back on the computer completing tasks that were not able to get done from the day and to prepare for any upcoming events of that week that we may be hosting.

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

I am inspired by my faith in God and my belief that it is my responsibility to help all people in this community the best way I can. I have a long background in the medical field which allows me to understand the human body and why someone may be feeling ill and how our diet and activity can affect an individual not only from a disease state, but also how this plays on their mental status and feeling of acceptance. I want everyone I meet to know that they all have a place in this community, and I hope that I am able to help them realize that by providing them the confidence in themselves knowing that they can do hard things. Pure Barre is more than just an exercise program; it is a community of encouragement to be just a little bit better every day.

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

Getting started in your own business is terrifying. There are so many things to not go right from planning, to building, to supporting an open business. While it has not been easy to get to this spot, I wouldn't change anything that I have been through because it has served as a stepping stone to the next challenge. I would say, looking into SBA loans in advance and using local banks would have definitely helped ease some of my anxiety through this process.

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

Make sure that you are doing something you are extremely passionate about and know the why behind it. There are so many challenges that cannot be prepared for and make you want to give up on your dream. You have to know that your reason for opening a business has to continue to be your focus so that you can stay strong during the hard times.

Talk with others who own businesses in your desired field as well as everyone who has owned a business in general to find out who they would recommend to use. This would be for everything from

banks, contractors, merchandising, to team members. The more you know, the more you can be prepared to handle the challenges that come your way.

Name: Marlo Miller
Occupation: Physician Assistant and small business owner

# **CHECK OUT THE OWNER**

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

I reached out to find out more about owning a Pure Barre

in September 2022. After four months of discussion with corporate as well as creating my own local business in Indiana, I became a franchise owner. I have a doctorate that has a focus in administration. While this is more associated with the medical field, the leadership qualities that I learned have all been applied to owning and operating Pure Barre.

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

My biggest success has been the amazing people I have around me. My staff at Pure Barre Avon is the absolute best! They are the people running the show every day and making this an environment that people want to come to. In addition to my team, my family is my backbone. The support that I have from my family is worth everything to me. My biggest challenge is to know that I cannot control what happens in life. I struggle with anxiety and ease this by staying busy. Trying to take time to relax and know that things will be okay has always been my struggle.

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

My husband and my daughters. I have always been a strong-minded woman with something to prove. I want to make sure that I am someone they can look up to and be proud to know that I have always worked as hard as I can in every area of my life. If there is anything I can learn to do better, I want to be able to accomplish that. 4. Tell me some of your hobbies, outside of working for Pure Barre Avon.

# I love to hike, especially in Tenn. and Colo. Traveling in general and seeing new places is something I cherish. I love to golf, paint, garden, and play video games with

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

my kids.

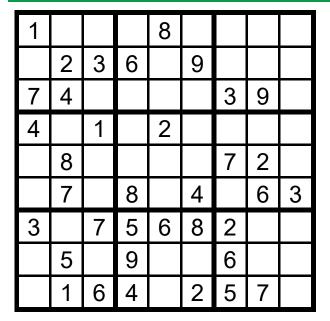
We are starting a "Fill Your Cup" series where once a month, we provide education on different topics of staff and members' choices. This is open to all our members as a way to continue to grow our sense of community and come together to support one another in ways other than fitness.

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

I have completed murals on my daughters' walls around their rooms. Well, I completed one and attempted to finish another. My painting is one of my great joys that only those close to me have seen.







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### Across

1 Footwear

5 Victory Field souvenir buys

9 Bashful

14 Clinton's birthplace or Obama's campaign slogan

15 Cain's brother

16 Unaccompanied

17 "Of \_\_\_\_ I Sing"

18 Nary a soul

19 \*Poker ploy

20 Charged particle 21 What's-his-name

23 Forget-me-

24 \*US President Arthur 26 Harrison or Dickerson,

28 Seoul setting

29 Martial arts school

32 Pet store brand

35 Evansville's winter hrs. 37 One of 33 in the Indy

500

38 Utah national park

39 Elderly 42 \*Searching

45 "The Matrix" hero

46 Count calories 48 Shapiro's bread choice

49 "Quiet!"

51 Actress Moore

52 Sounds of disapproval

54 Navel type

58 October birthstone

60 \*Laundering

62 Avon's summer hrs.

64 Eden tempter

67 Cleaning cloth

68 \*Indy City-County Coun-

cilor Mascari

70 Deserve

71 Weight allowance

72 Eiteljorg Museum dwelling

73 Prima donna

74 Scent 75 Cuss

76 Till bills

77 Defunct Indy evening

# paper Down

1 Comic theme

2 Santa's laugh

3 Kitchen gadget

4 Big foot letters

5 White River craft

6 On the train

7 lvy League school, briefly

8 Winter glider

9 No-no

10 Ind. neighbor

11 Everest, e.g.

12 Facts, familiarly

13 Skilled

21 Stockpile

22 Shows disdain

25 "Hold on a \_\_\_\_!"

27 \*Designer Claiborne

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30 Group of eight 31 \_\_\_\_ alai

33 One of the Three Stooges

34 \_\_\_\_-cone

36 Reptile in the Desert Dome at the Indy Zoo

39 Strange

40 Commit perjury in Hendricks County

Court 41 Wannabe rock star's creation

43 Spike Lee's alma mater

44 Haunted house spirit 47 \*Dawson's on Main

server's reward 50 "Say what?"

53 Veer suddenly on

I-70

55 Rant

56 Lined up 57 Some Halloween

vandals 59 Inquisitive one 61 Paguin and Pavlova 62 Newts

63 Sketched

65 Make over

66 Discomfort

69 PBS benefactor

71 Heavy weight...or

what can be added to the end of the answers to the starred clues to

form Indiana towns

**Answers on Page 29** 

# **Notice of Assessment**

The Hendricks County Assessor's Office has been receiving a significant amount of returned mail, since the mailing of the Notice of Assessments on April 26, 2024. This Notice shows what the 2024 assessment will be for taxes payable in 2025. It also serves as the notice to file an appeal if you do not believe that the new assessment is market value, or what you could or would be willing to sell your home for.

With the amount of returned mail that we are still receiving daily, I am concerned that many property owners may not receive their Notice in time for the June 17 appeal deadline. Therefore, I have decided to extend the appeal deadline to Monday July 8, giving an additional three weeks to file an appeal.

These Notice of Assessments or Form-11s are available on our website, along with the most recent copy of the Property Record Card (PRC). I would encourage everyone to review both the F-11 and the PRC for accuracy. These can be found by going to the Hendricks County website at www.co.hendricks.in.us. Once on the home page, click GIS Services and agree to the terms. Use Property Search and then enter the Name, Address, or State ID (parcel number that begins with a 32). This will then bring up the parcel information along with the Form 11 and the PRC. Also from this spot, you may use the File an Appeal tab to search for comparables of your property within your neighborhood and submit an appeal online if desired.

Please review your PRC for any discrepancies regarding structures on the parcel, bathroom counts, etc., and especially the mailing address. Feel free to send updated mailing addresses or additional questions via email to assessordept@co.hendricks.in.us.

We truly appreciate your assistance in making sure your property information is as accurate as possible.

Happy to Serve You, Nicki Lawson Assessor of Hendricks County



# Convicted child molester sentenced to 50 years

Source: Public News Outlet and quote with permission from Prosecutor Loren Delp

On June 5, Paul Michael Soots was sentenced to 50 years in the Indiana Department of Corrections after pleading guilty to two counts of child molestation, both as a Level 1 felony. The maximum for a child molestation as a Level 1 felony is 50 years in Indiana.

On March 22, 2023, the Hendricks County Sheriff's Department was dispatched to Camby in regards to a child molest. The now ex-wife of Soots stated that earlier in the night she had taken Soots' phone due to suspicions of his cheating on her. Unfortunately, she discovered images of their child that were sexual in nature on the phone. She immediately called 911. When deputies arrived, they took possession of the phone and were able to confirm with the mother that the images on the phone were taken in their home a few weeks prior and they included the defendant. Officers then woke Soots, who was sleeping on the couch, asked Soots if the phone was his and he replied that it was. It was at this point that he was immediately placed in handcuffs, taken to the Hendricks County Jail where he remained pending sentencing.

Prosecutor Loren Delp commented on the sentence stating, "Soots perpetrated evil on two innocent children. As a father, his obligation was

to protect them, not to violate them. Today Soots accepted the state's plea offer of 50 years at the Indiana Department of Corrections which, given his age, is effectively a life sentence. In 2008, the United States Supreme Court held the death penalty to be "cruel and unusual punishment" for child rapists. While this may be the law of the land and as prosecutors we are duty bound to follow it, we may also respectfully disagree."





# Convicted felon sentenced to 15 years on drug possession charges

**Source: Public News Outlet** 

On May 21, 2024, Danny Lee Shane was sentenced to 15 years in the Indiana Department of Corrections as a result of a plea agreement for possession of methamphetamine, a Level 3 Felony. On Aug. 9, 2023, the Plainfield Police Department assisted Johnson County Corrections Deputies with an arrest warrant at a Plainfield address. Shane was in the residence and detained while the warrant was being served. Deputies

observed the area where Shane was located and found a bag of a crystallike substance that was field tested positive for methamphetamine and weighed 34 grams. Officers also found fentanyl pills and marijuana. Another person on the scene advised officers that Shane had thrown the drugs under the bed.



# **Avon Town Council**

### **Compiled by Amanda Babinec**

The next scheduled Avon Town Council meeting was on Thursday, June 13. This was after this issue of the ICON went to press. It will be reported on in the next issue. 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 meeting after the June 13 meeting will be on Thursday, June 27.

# **Brownsburg Town Council**

### **Compiled by Ronald Hera**

The next scheduled Brownsburg Town Council meeting was on Thursday, June 13. This was after this issue of the ICON went to press. It will be reported on in the next issue. 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 after the June 13 meeting will be on Thursday, June 27.

# **Danville Town Council**

FIRE CHIEF PRESENTS PLANS FOR NEW FIRE STATION

## **Compiled by Ronald Hera**

The Danville Town Council met on June 5, 2024. These meetings can be viewed on the Town's YouTube channel. The council meets at 7 p.m. on the first and third Wednesdays of each month at Danville Town Hall, 49 N. Wayne St. The next scheduled meeting is on June 19.

WHAT HAPPENED: The town council approved a time off policy amendment regarding time increments.

**WHAT IT MEANS:** To provide increased flexibility and accommodate the diverse scheduling needs of employees, The Town Council amended the Time-Off Policy to allow employees to use their accrued time-off in increments as small as fifteen minutes with their supervisor's approval.

WHAT HAPPENED: The Assistant Town Manager notified the Town Council of work being done to update the Employee Manual.

**WHAT IT MEANS:** This presentation was to make the Town Council aware that future resolution(s) will follow. No action was required of the Town Council at this meeting.

WHAT HAPPENED: The Human Resource Coordinator, Abigail Mallory, notified the Town Council that work is underway to revise the Policy Manual.

**WHAT IT MEANS:** Work is underway to revise the Policy Manual to make it easier to reference, better organized, and properly worded.

WHAT HAPPENED: The Town Council approved Resolution 11-2024 - A resolution declaring certain public property of the Town of Danville as surplus property.

WHAT IT MEANS: The town has equipment that has no value and is useless to the town. This equipment will be surplused. The equipment includes three inoperable V Plows, a 1955 Ford 350 truck, office furniture from the Clerk/Treasurer's office, old street sweeper parts, and planter pots formerly used on the Town Square. The Town Manager is directed to dispose of the surplus items per Indiana Code (IC) 5-22-22 et.al. The Town Council authorizes the Town Clerk/Treasurer to execute any documentation necessary to transfer the surplus items to a new owner.

WHAT HAPPENED: Fire Chief Duncan presented plans for a new Fire Station.

WHAT IT MEANS: The Town Council approved a motion stating that it is interested in purchasing the properties at 302 W. Main St. and 353 W. Clinton St. for a new fire station.

WHAT HAPPENED: The Town Council approved a request by the Public Works Department for a 2024 bucket truck.

**WHAT IT MEANS:** The Department of Public Works will purchase a 2024 bucket truck to place signs and banners from ALTEC Equipment for \$154,013.

# **Plainfield Town Council**

PLAINFIELD TOWN COUNCIL SEEKS TO CREATE A UTILITY BOARD

The Plainfield Town Council met on Thursday, May 30 and Monday, June 10. The Town Council normally meets every second and fourth Monday of the month but the first of these meetings were held on Thursday, May 30 because Memorial Day fell on the fourth Monday in May. The next Town Council Meeting will be on June 24 at the Plainfield Civic Building, 206 W. Main St. at 7:00 p.m.

WHAT HAPPENED: Three bids were opened for the Northwest Pedestrian Improvements:

WHAT IT MEANS: The Town Council will evaluate the bids and take appropriate action.

- Calumet Civil: Base-\$1,543,500 | Alternate One-\$290,000 | Alternate Two-\$198,000 |
   Alternate Three-\$83,000 | Alternate Four-\$63,000
- Morphey Construction: Base-\$3,836,000 | Alternate One-\$670,000 | Alternate Two-\$450,000 | Alternate Three-\$175,000 | Alternate Four-\$145,000
- Rieth-Riley: Base-\$3,190,963.43 | Alternate One-\$611,948.07 | Alternate Two-\$397,880.68 | Alternate Three-\$164,153.58 | Alternate Four-\$144,607.71.

WHAT HAPPENED: A single bid from Sullivan & Poors was opened for the Richard A. Callucci Recreational and Aquatic Center Boiler Replacements.

**WHAT IT MEANS:** Sullivan & Poors bid \$147,500 for the Richard A. Carlucci Recreational and Aquatic Center Boiler Replacements. The Town Council will consider this bid and take appropriate action.

WHAT HAPPENED: The Town Council approved Resolution No. 2024-21 – A Resolution approving the disposal of surplus property of the Public Works Department and Plainfield Police Department.

**WHAT IT MEANS:** The Town of Plainfield declared seventeen items from the Public Works Department and the Police Department as surplus. Specific procedures for disposal were outlined in the Resolution and The Municipal Facilities and Projects Manager is authorized to dispose of the property per those procedures.

WHAT HAPPENED: The Town Council approved the first of three readings of Ordinance No. 16-2024 – An Ordinance Annexing and Making a Part of the Town of Plainfield, Indiana, Certain Described Territory Contiguous to the Corporate Limits to the Town of Plainfield and Adding Said Territory to Council District Number 4 (8494 E. SR 267).

**WHAT IT MEANS:** The Town plans to annex approximately 0.894 acres of land and access to 8494 E. SR 267. The Town Council approved a fiscal plan for that annexation in the May 13 Town Council Meeting.

WHAT HAPPENED: The Town Council approved the first of three readings of Ordinance No. 16-2024 – An Ordinance Annexing and Making a Part of the Town of Plainfield, Indiana, Certain Described Territory Contiguous to the Corporate Limits to the Town of Plainfield and Adding Said Territory to Council District Number 4 (8494 E. SR 267).

**WHAT IT MEANS:** The Town plans to annex approximately 0.894 acres of land and access to 8494 E. SR 267. The Town Council approved a fiscal plan for that annexation in the May 13 Town Council Meeting.

WHAT HAPPENED: The Town Council approved the second of two readings and adoption of Ordinance No. 12-2024 – An Ordinance to Approve Additional Appropriations to the Fire Territory Fund and Nature Preserve Fund.

**WHAT IT MEANS:** The Fire Territory is granted an additional \$200,000 for the Fire Territory General Fund, and the Parks Department is granted an additional \$10,000 for the Parks' Nature Preserve Fund.

WHAT HAPPENED: The Town Council approved the second of three readings of Ordinance No. 15-2024 – An Ordinance to Amend Sections 50.04, 51.002, 51.004, 56.34, and 56.35 of the PLAINFIELD TOWN CODE Concerning Public Works and the Creation of the Utility Board and Storm Water Board.

WHAT IT MEANS: The Town Council seeks to establish a Utility Board to control the municipally owned waterworks and sanitary sewer utilities. The Utility Board shall consist of the members of the Town Council and has all the powers and duties assigned by Indiana Code 8-1.5-3-4 et seq. The Utility Board will have general supervisory powers over the utilities under its control. The Utility Board will be responsible for the detailed supervision of each utility via a superintendent appointed by the Utility Board.

WHAT HAPPENED: The Town Council approved the third of three readings and adoption of Ordinance No. 10-2024 – An Ordinance Annexing and Making a Part of the Town of Plainfield, Indiana, Certain Described Territory Contiguous to the Corporate Limits to the Town of Plainfield and Adding Said Territory to Council District Number 3 (Guilford Elementary).

**WHAT IT MEANS:** The Town of Plainfield has added the Guilford Elementary School property to the Town of Plainfield.

Note: Graduation Certificates were awarded to persons who completed the Town of Plainfield Citizens Academy.

## Monday, June 10 Meeting:

WHAT HAPPENED: Bids were opened for the Indoor Splash Island Pool Shell Project.

**WHAT IT MEANS:** The Splash Island pool shell needs to be replaced. Natare Corporation submitted a bid of \$239,140. This was the only bid.

WHAT HAPPENED: Bids were opened for the Department of Public Works 2024 Road Resurfacing.

**WHAT IT MEANS:** Six bids were submitted. Bids will be evaluated and a recommendation will be made to the Town Council.

Company Bidder	Bid	Alternate #1
Reith-Riley Construction Co. Inc	\$1,025,000	\$9,000
Milestone Contractors	\$1,658,000	\$11,460.30
Calumet Civil Contractors, Inc	\$1,636,000	\$11,500
Midwest Paving	\$1,729,350.56	\$13,318.92
E&B Paving, Inc	\$1,806,265.65	\$14,288.40
Baumgarter & Company	\$1,583,366.45	\$11,113.20

WHAT HAPPENED: A bid was awarded to Calumet Civil Contractors for the Northwest Pedestrian Improvement.

WHAT IT MEANS: The Town will soon begin improvements in sidewalks in the Northwest section of the Town of Plainfield. Council accepted Calumet Civil Contractor's bid and awarded a construction contract for \$2,031,500.00. Note that this contract will be funded primarily through a special allocation made through EDIT (Economic Development Income Tax) and supplemented by the town's annual allocation for sidewalk improvements.

WHAT HAPPENED: The Town Council awarded a contract to replace the boiler at Indoor Splash Island.

**WHAT IT MEANS:** Sullivan & Poors, Inc. was awarded a contract to replace the boiler at Splash Island for \$147,500.

WHAT HAPPENED: The Town Council approved Resolution No. 2024-22 appointing the president of the Town Council as the authorized agent to execute closing documents for real estate purchases by the town.

**WHAT IT MEANS:** Robin Brangard, Town Council President, will be the person to sign closing documents when the Town of Plainfield purchases real estate for the town.

WHAT HAPPENED: The Town Council approved the second of three readings of Ordinance No. 16-2024 - An ordinance annexing and making a part of the Town of Plainfield Indiana, certain described territory contiguous to the corporate limits to the Town of Plainfield and adding said territory to council district number 4 (8494 E SR 267).

WHAT IT MEANS: This is approval of the second of three readings of this ordinance. The town council intends to make 8494 E. SR 267 a part of the Town of Plainfield including all of the rights-of-way adjacent to the property. The property shall become a part of Council District Number 4 of the town and the ordinance defining the council districts of the town shall be amended accordingly. Before the final adoption, the Clerk of the Town shall publish notice of the adoption of this annexation ordinance in the Indianapolis Star no sooner than June 25, 2024, and continuing for the period for filing an appeal, under Indiana Code, I.C. 36-4-3-22.

WHAT HAPPENED: The Town Council approved the third of three readings of Ordinance No. 15-2024 - An ordinance to amend section 50.04, 51.02 51.04, 56.34, and 56.35 of the Plainfield Town Code for Public Works.

WHAT IT MEANS: The Town Council establishes a Utility Board to control the municipally owned waterworks and sanitary sewer utilities. The Utility Board shall consist of the members of the Town Council and has all the powers and duties assigned by Indiana Code 8-1.5-3-4 et seq. The Utility Board has general supervisory powers over the utilities under its control. It is responsible for the detailed supervision of each utility via a superintendent appointed by the Utility Board.

# **Washington Township Town Council**

WASHINGTON TOWNSHIP PARK RECEIVES GRANT FOR GLOW LAB PROJECT

The Washington Township board met on May 29, 2024. The township board meets at 3 p.m. monthly at the Washington Township Government Center, 311 Production Dr., Avon. The next scheduled meeting is Wednesday, July 10.

WHAT HAPPENED: Ashley Black, Deputy Trustee, provided the Township Assistance department report.

**WHAT IT MEANS:** The Township Assistance department had 22 interviews during the month of April, approved 9 applications, and denied 13 applications for reasons such as sufficient income, non-cooperative applicants, or a type of assistance the township does not cover. \$4,547 was provided in assistance to Washington Township citizens during the month of April.

WHAT HAPPENED: Ashley Black, Deputy Trustee, provided the Human Resources department report.

**WHAT IT MEANS:** During the month of April, the township had one paramedic resign. They hired the following positions...a Park Naturalist, a Front Office Assistant, two paramedics, four firefighters, and one extended care employee.

WHAT HAPPENED: Lora Helmick, Parks Director, provided the Parks & Recreation department report.

WHAT IT MEANS: The department is finally at full staff as they are heading into their busy season. The department was excited to report that they received the Gary Emsweller Grant in the amount of \$4,500 for their Glow Lab project that will be constructed in June and unveiled in the fall. The department also reported that the heaters were installed at Murphy Aquatic Park. The parks department completed a successful year of Extended Explorer Camp at Avon Community Schools. They worked with school personnel to go over the previous school year and see what changes need to be made for the '24-'25 school year. Registration for next school year began in May. The maintenance department has become extremely busy since spring. They have 1,960 acres to mow weekly!

## WHAT HAPPENED: Danny Brock, Fire Chief, provided the Fire Department report.

WHAT IT MEANS: In the month of April, the fire department had four lateral hires. Two of those hires are from Terre Haute Fire, one is from Brownsburg Fire Territory, and one is from the Martinsville Fire Department. The department also hosted a new hire written test to kick-off the hiring process for the anticipated delivery of Ladder 144 and the build of Station 145. The addition of the new hires puts the department at full operational staffing for the first time since February of 2023. The chief announced that renovations to Station 143 will be happening soon and during those renovations the staff will be removed from the house. To help with coverage, the Danville Fire Chief visited the meeting to let the township citizens know that it would be picking up the slack and would provide mutual aid as needed to ensure the safety of all. The department responded to 635 incidents during the month of April.

# Entertainment ENTERTAINING

# **EVENTS**calendar

# **JUNE**

# 20 Thursday

# **CP Cruise-in**

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

# 21 Friday

### Movies in the Park

6 p.m., Williams Park, 940 S. Locust Lane, Brownsburg. Join us for a brilliant space themed night featuring Space Jam: A New Legacy. Activities begin at 6 p.m., Movie begins at 7 p.m. https://brownsburgparks. com/561/Movies-in-the-Park

# 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

# **Athlete Builder Summit**

8 .m. – 5 p.m., Unbreakable Athletics Academy, 2198 Reeves Rd., Building 2A, Plainfield. Come and hear from a variety of speakers on topics such as knee injuries, strength training, eating to perform, and building power and speed. Register here: athlete-builder.com/summit.

# **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 & 26 Wednesday

# AMC Kids Summer Movie Series: Minions: The Rise of Gru

11 a.m. and 2 p.m., AMC Perry Crossing 18,

380 Cinema Boulevard, The Shops at Perry Crossing, Plainfield. Families can visit AMC Perry Crossing 18 to watch their favorite Illumination films on the big screen this summer. The cost for movies is \$3 (plus tax).

# 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 onenight-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.

# 30 Sunday

# Summer Concerts at Murphy Aquatic Park: Justin & Co Band

8 – 10 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. Fireworks show at 10 p.m.

# **JULY**

# 1 Monday & 3 Wednesday

**AMC Kids Summer Movie Series: Dr.** 

### Seuss' The Lorax

11 a.m. and 2 p.m., AMC Perry Crossing 18, 380 Cinema Boulevard, The Shops at Perry Crossing, Plainfield. Families can visit AMC Perry Crossing 18 to watch their favorite Illumination films on the big screen this summer. The cost for movies is \$3 (plus tax).

# **5** Friday

### First Friday Cruise-in

5 – 9 p.m., Downtown Danville. Check out over 200 new and vintage cars on the square. Fun for the whole family.

# **6** 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.

# **6** Saturday

# Evenings in Danville: Ellis Park: The Pretender – Foo Fighters 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.

# **6** Saturday

# Indiana's own Tom Petty Tribute Band, Indiana Petty & The Wildflowers

9 p.m. – 12 a.m., Side Door Pub, 115 N. Center St., Plainfield.

# 8 Monday & 10 Wednesday

### **AMC Kids Summer Movie Series: Sing**

11 a.m. and 2 p.m., AMC Perry Crossing 18, 380 Cinema Boulevard, The Shops at Perry Crossing, Plainfield. Families can visit AMC Perry Crossing 18 to watch their favorite Illumination films on the big screen this summer. The cost for movies is \$3 (plus tax).

# 8 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.

# 12 Friday

# **Pints & Paddles**

5 – 8 p.m., Stephens Park, 605 Stephens Dr., Brownsburg. New and experienced pickleball players, do not forget to mark your calendars for this free event at Stephens Park. Enjoy an evening filled with friendly competition and others interested in pickleball during Pints & Paddles. Beer and wine will also be available from Let's Wine Down, a mobile bar.

# 15 Monday

# **AMC Kids Summer Movie Series: Sing 2**

11 a.m. and 2 p.m., AMC Perry Crossing 18, 380 Cinema Boulevard, The Shops at Perry Crossing, Plainfield. Families can visit AMC Perry Crossing 18 to watch their favorite Illumination films on the big screen this summer. The cost for movies is \$3 (plus tax).

# **RECURRING EVENTS:**

# **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. *Vinyasa Yoga* 

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.

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.

## Turbokick

6 – 6:45 p.m., Washington-Township Pavilion Center, 115 S. C.R. 575, Avon. Get ready to ramp up the energy with our new cardio kickboxing class. This high-energy fusion mixes aerobics with martial arts in easy-to-follow combinations. This class is perfect for everyone, from beginners to seasoned pros. Low-impact options are available for those who prefer a gentler workout. So lace up those sneakers, get ready to move, and let's kick it! \$5/person.

# **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.

### **Restorative Yoga**

7 – 7:45 p.m., Washington-Township Pavilion Center, 115 S. C.R. 575, Avon. Give yourself the mental boost you need to power through the rest of the week. This soothing practice is designed to help clear your mind, rejuvenate your body, and infuse you with positive energy. Suitable for all fitness levels, just bring your own mat and get ready to unwind and recharge. \$5/person.

# **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.



# Have the Summer of a Lifetime Close to Home!

WinShape Camps for Communities brings the ultimate day camp right to your neighborhood, combining fun, faith, and friendship into an action-packed week! Campers cultivate their God-given skills and talents in a mix of indoor and outdoor moments, physical activity and creative play, with epic adventures at camp all day and sleeping soundly back at home at night.



When: July 22-26, 2024

Where: Kingsway Christian Church, 7981 E County Road 100 N, Avon, IN 46123



# Men's Health Month: Understanding Prostate Cancer

By Dr. Arpan Prabhu, Medical Director of Radiation Oncology at IU Health West

June is National Men's Health Month, a time to encourage men to be proactive when it comes to their health. Prostate cancer is a significant health concern for men that affects the prostate gland, a part of the male reproductive system. Being educated about this condition is vital for early detection and effective management.

### What is prostate cancer?

Prostate cancer develops when cells in the prostate gland mutate and grow uncontrollably. It is one of the most common cancers in men but often progresses slowly, with many cases remaining asymptomatic for years.

### What are the risk factors?

Several factors contribute to the risk of developing prostate cancer. Risk increases with age, particularly after 50. Most cases are diagnosed in men over 65. A family history of prostate cancer or certain genetic mutations can elevate the risk. Poor diet, lack of exercise, obesity, and smoking may contribute to an increased risk.

### What are the signs and symptoms?

In its early stages, prostate cancer often presents with no symptoms. However, as the cancer progresses, men might experience:

- Urinary changes: this includes difficulty starting or stopping urination, weak or interrupted flow, frequent urination, or blood in the urine.
- Erectile dysfunction: prostate cancer can cause difficulty achieving or maintaining an erection.
- Discomfort or pain: pain in the back, hips, or pelvis can indicate advanced stages.

# How is prostate cancer diagnosed and treated?

Early detection significantly improves outcomes. Screening for prostate cancer usually includes a prostate-specific antigen (PSA) test, a blood test that measures a marker specific to the prostate. An elevated PSA can be caused by cancer or non-cancerous changes, and further testing is needed for a

conclusive diagnosis. It is important to talk with your primary care doctor about the pros and cons of screening for prostate cancer with a PSA test.

Treatment for prostate cancer depends on the stage, aggressiveness, and individual health factors. Options include:

- Active surveillance: for earlystage disease, this includes closely monitoring for changes in the cancer without immediate treatment.
- Radiation therapy: this is a noninvasive, painless treatment that uses pinpointed high-energy X-rays to kill cancer cells.
- Surgery: removal of the prostate gland may be recommended for localized cancer.
- Hormone therapy: injections or pills can be used to lower testosterone levels and slow cancer growth.

## Can you reduce your risk?

Maintaining a healthy lifestyle, including a balanced diet, regular exercise, and avoiding smoking- may reduce the risk. Discussing screening options with your physician, especially for those at higher risk, is essential.

Regular check-ups and discussions with physicians play a pivotal role in managing and detecting prostate cancer. Early intervention significantly improves outcomes and quality of life. To learn more, visit iuhealth.org and search "prostate cancer."



# Tips from Bax Wellness

The Mediterranean Diet: Is it right for you?

By Beth Bax, Certified Health Coach

Everyone is different. There is not one way of eating that works for everyone. The important thing is to choose a healthy eating style that you can stick to for life. The Mediterranean Diet could very well be what you have been searching for. Below are seven important tips to eating like a Mediterranean:



- **1. Cook with olive oil.** It is rich in monounsaturated fatty acids, which may improve the good type of cholesterol in our bodies (HDL). It also weeds out the bad cholesterol (LDL). Use extra virgin olive oil in homemade salad dressings and vinaigrettes. Drizzle it on dishes like fish and chicken to boost flavor.
- **2. Eat more fish.** Fatty fish such as salmon, sardines, and mackerel are very good for the heart and brain since they are rich in omega-3 fatty acids. Even fish that are leaner and have less fat (such as cod and tilapia) are still worth it, since they provide a good source of protein. Try adding fish to some of your favorite foods such as tacos, stir-fries, and soups.
- **3. Help yourself to REAL whole grains.** Barley is full of fiber, and it's filling. Try it with mushrooms for a steamy, satisfying soup. Overnight oats or a hot bowl of oatmeal are perfect for breakfast or even for a snack.
- **4. Eat veggies all day long!!** It's never too late to add more vegetables to your diet. Start with one serving at snack time. Try crunching on bell pepper strips or throwing a handful of spinach into a smoothie. Then add one serving at dinner, such as steamed squash or honey-glazed brussels sprouts. Aim for at least two servings per day...but three servings would be awesome!
- **5. Snack on nuts.** Grabbing a handful, whether they're almonds, cashews, or pistachios, can make a satisfying quick snack. Plus, nuts contain more fiber and minerals, such as potassium, than processed snack foods.
- **6. Enjoy fruit for dessert.** Fresh fruit is a healthy way to indulge your sweet tooth. It's also a good source of fiber, vitamin C, and antioxidants. Keep fresh fruit visible at home, and keep a piece or two at work so you have a healthful snack when your stomach starts growling.
- **7. Savor every bite.** Instead of gobbling your meal in front of the TV, slow down and sit at the table. Savor what you're eating. Eating slowly allows you to tune into your body's hunger and fullness signals, so you are more likely to eat just until you're satisfied.

Remember, eating like a Mediterranean is more of a lifestyle than it is a diet. Try incorporating one of these tips at a time until it becomes a habit, then move on to the next tip. Once you see how much better you feel, you'll never want to return to the Standard American Diet...also known as the SAD diet. For a reason.



# **PUZZLES ANSWERS FROM PAGE 22**

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

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# **Answers to HOOSIER HODGEPODGE:**

Things: CODE, EGG, JOKE, KNUCKLES, SMILE, WINDOW;
Cuts: BRISKET, CHUCK, FLANK, LOIN, ROUND;
Equipment: BALL, CHALK, CUE, RACK;
Wear: CAPE, MASK, TIGHTS;
Legislation: BILL, RESOLUTION;
County Seat: CRAWFORDSVILLE

# My favorite PR's

By Jim Beebe, Unbreakable Athletics

Mental PR's are my favorite to experience, coach, and witness. I love them. Each mental PR invariably involves overcoming adversity and fear. Consequently, each PR is life-altering. The main byproducts are improved confidence and self-belief. Think about one you've experienced. You wondered if you could do something daunting. You were nervous and apprehensive. You went through with it anyway. And you were better for it in the end. That's what we want in our training.

Let's look at an example that occurred on May 13, 2023. Five women from our gym (Sarah, Haleigh, Andrea, Ellen, and Keisha) completed an open-water triathlon. Sarah was the only one with prior experience. The others had never completed one. And no one had done it in as cold of water. It was truly amazing on so many levels.

If you follow what we put out, then you know there are six blocks that are essential for progressing an athlete. Three deal with your "head": Mindset, Knowledge, and Teammates. Three deal with your body: Training, Nutrition, and Recovery. Let's briefly look at the six blocks and how each pertained to the triathletes.

### Mindset

- Each had to believe they could accomplish the feat.
- Each had some issue that would cause them to pause and decide they must complete it.

### Knowledge

- Each had to learn how to manage cold water.
- Each had to learn how to use new, different gear (wet suits).

# **Teammates**

- The team decided to complete it together.
- A leader was selected to help guide and coach the others.

### Training

- · Each had to learn new training and skills.
- Each had to learn how their bodies would respond to the elements.

### Nutrition

- Fueling for a longer cardio-intensive event requires different approaches than are typical.
- Fueling for increased amounts of training (triathlon + CrossFit) would require different nutrition approaches as well.

### Recovery

- There is a process to recover optimally from being in cold water.
- There is a process to recover from longer intensive competition.

There are too many valuable lessons to count from being in new, uncomfortable situations. You simply learn so much about yourself. And that's why mental PR's are my favorite. Go get your next one now.



# LEADERS OF Jomorrow

### By Kate Anderson



Nate and Sam with Academic Excellence Awards. (Submitted photos)



Nate Wigger and Sam Clore. (Submitted photos)

Balloon Toss for fun? Why not? Balloon Toss for a World Record? Game on! What started out as a casual notion and a joke between these two great friends and former Avon High School students, Sam Clore and Nate Wigger, turned into a mission to take the title for the Guinness Book of World Records. Little did they know that the application process would turn out to be harder than the actual challenge. "When you apply to attempt a challenge, there are so many requirements from the Guinness Committee. The process is a long one and took a bit of coordination between our friends and schedules," said Nate. Among the most important requirements was to have two witnesses and two timers, all over 18, to be present for the attempt. So, on July 22, 2023, they set out to break the World Record. The challenge took place in a reserved Meeting Room at the Avon-Washington Township Library. "I know it sounds crazy, but tossing a balloon for that length of time is harder than you would think it would be. You need lots of control and patience," said Sam, laughingly. They passed the time by talking and joking with each other and by having a snack. "We got hungry, so Sam's parents brought us Jimmy John's and we ate as we tossed," said Nate. The challenge was completed in 3 hours 58 minutes 44 seconds, and although they succeeded in their attempt, it would take another eight months to find out if they succeeded in breaking the record. After the long-anticipated wait, Sam and Nate got word that they indeed broke the Guinness World Records for the "Longest Time Controlling a Balloon-Team of 2". Not only did each of them receive a plaque to commemorate the momentous event, but they also earned serious bragging rights amongst their friends, peers and families. These two cool guys not only have the spirit of ingenuity, but a "go get 'em" attitude that will take them far in life. Luckily, now Sam and Nate have one of the greatest answers to the question, "tell me something interesting about yourself and one of your greatest accomplishments." This is the epitome of a great icebreaker and is sure to spark great conversation. Well done, guys!

The ICON had the chance to sit down with Sam and Nate to get to know them a little bit better:

## **Sam Clore**

# Q: Tell me about your accolades in high school.

A: I was in the National Honor Society. I received the Scholar Athlete Award



Sam Clore - Cross Country. (Submitted photos)
for Track and Cross Country. I was
Academic All State for both Cross
Country and Track for my Junior and
Senior years. Also, Nate and I tied for
25th in our class of 818 students based
on our GPA of 4.857.

# Q: What extracurricular activities did you participate in?

A: I was in cross country and the track team. I love to run/train on Saturday mornings. In fact, Nate and I ran 10 miles the morning that we attempted the Guinness World Record Balloon Toss.

# Q: What college will you be attending this coming fall?

A: I am going to Purdue University, West Lafayette.

# Q: Major in college?

A: I plan to study engineering. I don't have a chosen concentration just yet.

# Q: Favorite inspirational quote.

A: It's not really a quote, but I always try to remember that everything is simpler than you make it out to be.

# Q: Best advice you would give an incoming freshman in high school?

A: Get involved in activities at school. There is always something for everyone to take part in.

# **Nate Wigger**



Sam Clore – Graduation. (Submitted photos)

# Q: Tell me about your accolades in high school.

A: I was in the National Honor Society and served as an officer as well. I received the Scholar Athlete Award for Track and Cross Country. I was Academic All State for both Cross Country and Track for my Junior and Senior years. Also, Sam and I tied for 25th in our class of 818 students based on our GPA of 4.857.

# Q: What extracurricular activities did you participate in?

A: I was also in cross country and the track team. Running is where it's at for me. I really enjoy it.

# Q: What college will you be attending this coming fall?

A: I will be going to Purdue University, West Lafayette.



Nate Wigger – Cross Country. (Submitted photos)

# Q: Major in college?

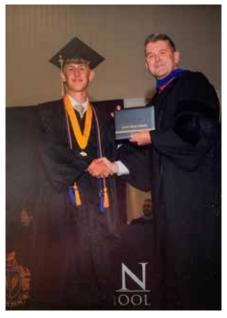
A: I plan to study engineering. Right now, I am thinking about mechanical engineering, but it might change as I continue my studies.

# Q: Favorite inspirational quote.

A: It's not really a quote, but I think no matter what you do, it's important to give 100%.

# Q: Best advice you would give an incoming freshman in high school?

A: You only have four years in high school, and it goes by so quick.
Don't pass up an opportunity to get involved or be part of something.



Nate Wigger – Graduation. (Submitted photos)

# Meet Avon's newest principals

### **Source: Public News Outlet**

At a special meeting on May 13, the Avon Board of Trustees approved the hiring of three principals and one assistant principal. Each of these individuals will fill positions vacated by principals who have taken on new challenges.

# Adam Allen-Principal, Cedar Elementary

Allen has been the principal at Blue Academy Elementary School in Decatur Township since 2020. Prior to that he served as assistant principal at Decatur Middle School and Mooresville High School. He has children who currently attend Avon Schools and is excited to be a part of the great work happening at Cedar Elementary. He will replace Kevin Gray when he retires this summer.



# Stephanie Bordelon-Principal, Avon Intermediate East/Evergreen Elementary

Stephanie Bordelon was named the next principal of Avon Intermediate East/
Evergreen Elementary. Bordelon has been a principal for 12 years in Indiana and Louisiana. She has also served as an English/ Language Arts specialist at the district level, an assistant principal, an assistant director of special education, and a general education



and special education teacher. She is excited to lead Avon East next school year and help transition it to Evergreen Elementary.

# Laura Lee-Principal, Avon Intermediate West/Willow Elementary

We didn't have to look very far for the next principal of Avon Intermediate West/Willow Elementary. Laura Lee was promoted from assistant principal to principal at West. Prior to coming to Avon in January 2020, Lee was a district instructional coach in the MSD of Wayne Township. She has both elementary and middle school teaching experience and is excited to continue positively impacting



West. The board of trustees will be posting her assistant principal position in the coming days.

# Jim Graham-Assistant Principal, Avon High School

With Dr. Dan Peo's transition to Avon Middle School South, the board of trustees began the process of finding his replacement as an assistant principal at Avon High School. Jim Graham will be transitioning into that role. Graham has served as an assistant principal at East Noble High School for seven years. Prior to that, Graham was a high school band director in Ohio, Pennsylvania, and Indiana.



It is with much excitement that the board of trustees welcomes these principals to Avon Schools this summer.

# Hendricks County Retired Teachers held their final meeting

The Hendricks County Retired Teachers held their final meeting of the 23-24 school year on Monday, May 13. Thirty-nine teachers were in attendance.

Following a delicious chicken lunch served by Brad Born and Mayberry Café, two scholarship recipients were introduced. These are high school seniors planning to major in education. Matthew Raubuck from Plainfield High School plans to attend Ball State and major in music education. Danica James from Tri-West will be attending Indiana University in the fall and plans to major in elementary education. Congratulations to our two worthy scholarship awardees.

Kiyanna Anderson from the Veterans Volunteer Services accepted the Retired Teachers' gift of 37 fleece blankets, 14 hats, and a couple pairs of knitted socks for the veterans at the VA hospital. She explained how very grateful they are for these gifts and how the blankets are treasured by the veterans that receive them. The blankets are made by members of the group from patriotic fleece fabric, as well as a few that were knit or crocheted by other members.

Cathy Feldhake, an assistant professor in STEM Education at the University of Indianapolis, presented, "What is STEM?" STEM stands for Science, Technology, Engineering, and Math. Design is also a major component in every area of STEM. As an introduction, Cathy provided



materials for sample STEM challenges. Those in attendance worked in small groups to build a catapult from minimal supplies and/or a tower made only from index cards. The purpose of STEM is to develop problem solving skills that students will be able to use no matter what occupation they choose. STEM Education is applicable in every grade level and ranges from simple to very complex activities. Cathy is very passionate about teaching STEM at all levels of education.

Charolette Martin gave a legislative update. Teachers will be receiving a 13th check this fall.

A group of teachers traveled together on Monday, May 20 to tour the Candles Holocaust Museum and Education Center in Terre Haute, Ind. The Center is a 'memorial' to Eva Kor's twin Sister, Miriam Mozes, and to all the six million murdered Jews of the Holocaust.

The next meeting will be Sept. 9, 2024.

# Fellowship of Christian Athletes announces Plainfield High School grad, Hannah Arkins, as a 2024 Student Leader of the Year

The Fellowship of Christian Athletes (FCA) is proud to announce the recipients of this year's prestigious Student Leader of the Year Award. This esteemed recognition honors exceptional high school seniors who exemplify the four core values of FCA: integrity, teamwork, serving, and excellence.

Congratulations to Hannah Arkins of Plainfield High School, who not only excels in the classroom but also demonstrates outstanding leadership qualities in various clubs and activities on and off campus. Hannah is recognized for her remarkable commitment, dedication, and positive influence exhibited within her school, community, and FCA Huddle.

"We are thrilled to recognize the outstanding accomplishments and contributions

of Hannah as an FCA Student Leader of the Year," said Willis Overton, Westside Director for the Fellowship of Christian Athletes in Central Indiana. "Her embodiment of our core values of integrity, excellence, teamwork, and serving not only inspires us but also demonstrates the transformative power of faith and sports. We congratulate her on this well-deserved honor."

The recipients of the FCA Student Leader of the Year Award were officially recognized during a special ceremony held at the Country Clubs of Indianapolis on May 20, 2024. This prestigious accolade serves as a testament to their exceptional character, unwavering commitment, and dedication to positively impacting others.



# Franklin College recognizes students for high academic achievement

Franklin College honored students for their exceptional scholarly efforts during the 2023-24 academic year with merit awards and scholarships at the annual Spring Honors Convocation, held on April 25 in the Napolitan Student Center. The following students from **Hendricks County** were honored:

### **Biology Awards**

**Jamison M. Chapman**, of **Avon**, received the Biology Outstanding Performance – Freshman Award

**Abigail M. Thornburg**, of **Clayton**, received the Biology Outstanding Performance – Freshman Award

**Maggie A. McGuire**, of **Plainfield**, received the Biology Outstanding Performance – Upperclassman with Potential to Pursue Graduate Work Award

## **Chemistry & Physics Awards**

**Kamryn R. Elder**, of **Avon**, received the Dr. Jerry L. Curnutt Endowed Scholarship

**McKenzie N. Musser**, of **Avon**, received the Freshman Excellence in Chemistry Award and the Dr. Barbara Hummel Weil Endowed Scholarship **Abigail M. Thornburg**, of **Clayton**, received the Dr. Barbara Hummel Weil

# **Economics, Business & Accounting Awards**

Mitchell L. O'Mara, of Avon, received the Edna Lacy Endowed Scholarship

## **Education Awards**

**Endowed Scholarship** 

**Emma N. Moore**, of **Camby**, received the E.B. Bryan Award and the Indiana's Outstanding Future Educator Award

### **History Awards**

**Josie L. Lyons**, of **Coatesville**, received the William Wayland Kenower '81 Award **Hannah P. Phegley**, of **Brownsburg** received the Thomas R. Killey History Scholarship

# **Master of Science in Athletic Training Award**

**Madelynne Runyon**, of **Brownsburg**, received the Graduate Award for Outstanding Service

### **Modern Languages Awards**

**Delaney B. McCafferty**, of **Brownsburg**, received the DREPS Trophy **Alix Thornsbury**, of **Clayton**, received the French Service Award **Lauryn E. Risinger**, of **Shelbyville**, received the Tracey French Award **Josie L. Lyons**, of **Coatesville**, received the Spanish Advanced Level Award

# **Pre-Medical Awards**

**Jamison M. Chapman**, of **Avon**, received the William and Ruth Kerlin Hibbs Pre-Med Scholarship

**McKenzie N. Musser**, of **Avon**, received the William and Ruth Kerlin Hibbs Pre-Med Scholarship

**Kiara R. McGuyre**, of **Clayton**, received the William D. Province Endowed Scholarship

### **Psychology Awards**

**Kiara R. McGuyre**, of **Clayton**, received the Psychology Department Junior Academic Excellence Award

**Delaney B. McCafferty**, of **Brownsburg**, received the Psychology Department Senior Academic Excellence Award

# **Theatre Award**

Josie L. Lyons, of Coatesville, received the Blue Key Dramatic Trophy

### College Awards

Maggie A. McGuire, of Plainfield, received the Pulliam Fellowship Award

# Brownsburg Community School Corporation announces administration changes at Brownsburg High School for the 2024-2025 school year

### **Source: Public News Outlet**

As Brownsburg High School assistant principal (AP) Corey Ebert steps into his new role as director of finance for the Brownsburg Community School Corporation this summer, current Team 2024 assistant principal Stacey Lingelbaugh (left) has been named associate principal at BHS after approval by the BCSC School Board on April 15. Lingelbaugh first joined BCSC in 1999 at Brownsburg West Middle School where she taught math for six years. When Brownsburg East Middle School opened, she moved over to teach math there. In 2011, she transitioned to BHS where she served as secondary department head for math and then assistant principal. At BHS she oversaw the Team 2016, 2020, and 2024 cohorts and will now work alongside the principal and administrators to continue to maintain the excellent learning environment at BHS.

On May 13, the Board approved the next assistant principals for BHS. Eric Mattingly (right) will join BHS Team 2028 this summer as assistant principal. Mattingly spent over a decade at BHS as English teacher and coach at BHS from 2011-2022. He has been the assistant principal at Avon Middle School South for the last two years. He looks forward to meeting Team 2028 students as they start their freshman year. Will Mahan (center) will take over for Ebert as assistant principal for BHS Team 2025. He is no stranger to Brownsburg as he was previously a BHS coach and an elementary PE teacher at BCSC from 2017-2022. He spent the last two school years as dean of students/ athletic director at Avon Middle School South. The Brownsburg Community School Corporation excitedly welcomes Mahan and Mattingly back to BHS.



# **FOR**the**RECORD** - HC OBITUARIES

# AVON

# **Bonnie Joan Kilgore**

Bonnie Joan Kilgore, 69, Avon, passed away June 1, 2024. Funeral Services were held June 7, 2024 at the Conkle Funeral Home-Avon Chapel.

# **Lawrence Allen Rickey**

Lawrence Allen Rickey, 79, Avon passed away June 5, 2024. He was born Sept. 2, 1944. He was a veteran of the United States Army. A memorial service will be scheduled at a later date.

# Thelma L. Shanklin

Thelma L. Shanklin, 89, Avon, passed away June 3, 2024. She was born Sept. 20, 1934. Funeral services were held Friday, June 7, 2024 at Hampton-Gentry Funeral Home.

# **COATESVILLE**

# **Marta Louise McFarling**

Marta Louise McFarling, 73, Coatesville (Heritage Lake), passed away June 4, 2024. She was born on March 17, 1951. Funeral services were held Wednesday, June 12, 2024 at the Bousley Funeral Home, Coatesville.

# **DANVILLE**

# **Gladys Benge**

Gladys Benge, 95, Danville, passed away June 5, 2024. She was born on July 1, 1928. Services were held June 9, 2024 in Baker Funeral Home, Danville. In lieu of flowers, contributions may be made to the Hendricks County Senior Center, 1201 Sycamore Lane, Danville, IN 46122, or Cypress Manor, 865 E. Main St., Danville, IN 46122.

# **Sherry Lynn Hanebutt**

Sherry Lynn Hanebutt, 66, Danville, passed away Tuesday, May 28, 2024. She was born Dec. 11, 1957. Funeral services were held June 8, 2024 at Northview Christian Church, 623 State Road 39, Danville, IN 46122. In lieu of flowers, contributions may be made in Sherry's name to Sheltering Wings (www.shelteringwings.org) or Northview Christian Church's Missions Fund (www.northviewchristian.org).

# **Janice Marie Leonard**

Janice Marie Leonard, 83, Danville, passed away June 7, 2024. She was born July 23, 1940. A celebration of life will be held Saturday, July 13, 2024 at New Winchester Christian Church. Arrangements are entrusted to Eric M.D. Bell Funeral Home and Cremation Services.

# Lynda G. Morgan

Lynda G. Morgan, 52, Danville, passed away June 2, 2024. She was born on June 14, 1971. Funeral services were held June 11, 2024 at West Bridge Church 1521 S. CR 75 Danville, IN 46122. In lieu of flowers, contributions may be made to the American Legion Post #118 Ladies Auxiliary 846 IN-39 Danville, IN 46122.

# **Alvin L. Smith**

Alvin L. Smith, 90, Plainfield, passed away May 28, 2024. He was born April 4, 1934. He was a veteran of the United States Army. Funeral services were Monday June 3, 2024, at 2 p.m. in Hall-Baker Funeral Home, Plainfield. In lieu of flowers, memorial gifts may be made to the IU Simon Comprehensive Cancer Center for glioblastoma research. Make checks payable to IUF/Joanne I. Carey Glioblastoma Research Fund; mail to IU Simon Comprehensive Cancer Center, Attn: Meghan Forestal, 1110 Michigan St., LO 506,

Indianapolis, IN 46202. Please note "In memory of Alvin Smith" on memo line. Or donate online: https://give.myiu.org/centers-institutes/I380015111.html

# **PITTSBORO**

# **Travis Dale Stonebraker**

Travis Dale Stonebraker, 50, Pittsboro, passed away May 31, 2024. He was born Sept. 14, 1973. Funeral services were held June 8, 2024 in the Eric MD Bell Funeral Home. Travis's family requests that in lieu of flowers, donations be made to Youth Missions at Connection Pointe Christian Church of Brownsburg.

# **PLAINFIELD**

### **Kelli Diane Snider**

Kelli Diane Snider, 54, Plainfield, passed away June 2, 2024. She was born Aug. 1, 1969. Funeral services were held June 10, 2024 at the Plainfield Christian Church (800 Dan Jones Road, Plainfield, IN 46168). In lieu of flowers, contributions can be made to the Plainfield Christian Church.





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