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Hendricks County Community
CONNECT
December 27, 2023 • vol. 5
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On The Net

Garrett Hayse Selected As Colts/IFCA Academic All-American

Danville high school senior, Garret Hayse, is being recognized for his dedication and hard work as a student-athlete. Each high school football season, the Indianapolis Colts, the Indiana High School Athletic Association, and the Indiana Football Coaches Association announce the Colts/IFCA Academic All-Star Team, which honors state high school football players who excel in the classroom as well as on the field.

Now in its 24th year, nominations for the award are collected from coaches across the state. The IFCA then selects the top student-athletes to receive the recognition. Hayse is in the top 5% of his class academically, which makes it unsurprising that he was selected for this honor. He holds a 4.2 grade point average and enjoys his A.P. Calculus class the most this year.

Garrett Hayse, Danville high school senior ***(submitted photo)***

"My parents always told me to do my best, and I've always been able to achieve high academically, so I've always wanted to. I didn't want to slack off," Hayse mentioned.

Hayse's work ethic will certainly lead him to succeed in the years to come. He plans to use his talents not just for himself, but to help others as well.

"I'm going to study chemical engineering because that will allow me to be mission-focused in my work. I'd like to work on something like water desalination in places that don't have clean water," Hayse shared.

Hayse noted how the coaches at Danville helped contribute to the academic success of the players by encouraging them to put the effort in the classroom and looking at students holistically, not just as athletes.

A publication of
CONNECT media

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Do you have an event, story, or photo to share? Call Todd Travis at (317) 520-1215 or email him at todd@connecthendricks.com. *Remember, our news deadlines are several days prior to print.*

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Cover photo: D'Mile with his mother, Tonya Geans, founder of The Miles We Walk, dad, and brother. ***(submitted photo)***

Yippee-Ki-Yay

An expression of great joy!

This expression first became known as the sign-off for the King of the Cowboys, Roy Rogers.

For our readers, we would like to see if you can spot **YIPPEE-KI-YAY** in the publication. Once found, text 317-520-1215 with a description of where this expression is located. This enters you to win!

One winner will be chosen to win a $25 gift card to Chicago Pizza.

(All entries will be cleared each week.)

Hendricks County Community
CONNECT

Cover Story

The Miles We Walk

Creating a path to overcome mental illness and substance abuse

By Todd Travis

A heart-dropping moment.

A phone call from Cincinnati preceded the moment that no parent should ever have to endure.

"I need you to come to Cincinnati." said D'Mile Evan-Klein Cunningham to his father before hanging up the phone.

Another phone call came an hour later from a hospital in Cincinnati.

"Come to see me." D'Mile said. "I am going to die."

There are no words to describe the emotions that Tonya Geans, D'Mile's mother, was feeling after hearing that statement.

Rewind a few years to when Geans described her son as a "sharp-dressed, clean cut individual who took care of his hygiene and appearance." D'Mile was looking forward to a successful future with the drive and charisma that stood out in a crowd. One year before going to college, D'Mile was involved in a car accident and suffered a serious head injury. After seeing doctors, he was released and Geans was told that he shouldn't see any long term effects because he was so young.

So D'Mile went off to school a year later, but when he returned, Geans noticed something wasn't quite the same with him.

"We noticed that there was something very different about him. We thought maybe it was the college environment, but as time went by, he began to drink heavier and display bizarre behaviors. These signs pointed us to the fact that he was struggling with mental illness." Geans shared.

"The first thing that stood out to me was actually his hygiene. It deteriorated in a way that was noticeable and that was just not like him."

A loss that inspired a legacy

Back to the hospital room in Cincinnati. Geans and her husband were able to get to Cincinnati and see D'Mile before he did actually transition into the next life. As difficult as this was, Geans describes this moment as a divine experience.

(Above) D'Mile graduation day; (Right) D'Mile running at Central State ***(submitted photo)***

"I had heard and seen so many things about people not being able to see their loved ones in their last transition hours. We were able to get to the hospital room, we had a very nice conversation with him, and he was so relieved that we had gotten there and he was able to say his final goodbyes." Geans mentioned.

On October 10, 2020 (10/10/2020), the family decided to take D'Mile off life support and Geans was able to hug her son as he made his transition. In that moment, she knew that she wanted for D'Mile's legacy to live on.

"He was a warrior, he was independent, he was strong, he was smart. He just did everything different. He really knew what he wanted and he didn't allow others to talk him into living a certain way. He was so brave and that's what I really remember about him." Geans recalled.

Soon after, The Miles We Walk was created in honor of D'Mile. A friend of Geans came to her with the idea of that name and shared that it came out of a divine place. The Miles we walk is all about empowerment, advocating, being who you are, helping individuals find their voice, loving the community and being service oriented.

Hendricks County Embraces this mission

As Geans began looking for support in starting this 501(c)(3), she made it a mission to see 100 people in 30 days. By the time she had gotten to 60 of those 100 people, she knew without a doubt that Hendricks County was the place she needed to be.

"The community has rallied around us and invited us into its inner circles. We are now in all of the high schools and middle schools, and we are starting to go into elementary schools with the Community Comfort Closet, which is based around the hygiene piece that was so connected to what affected D'Mile." said Geans.

With this resource, schools are able to privately provide children with a hygiene kit. Inside that kit is a QR code which directs parents to The Miles We Walk website and provides them with the ability to have hygiene items shipped directly to them in the privacy of their home. This is so valuable because it takes down the barrier of a family having to walk into a brick and mortar to ask for help.

Along with this resource are several programs that help children and parents find information and support around issues such as mental illness, substance abuse, and poverty. Ultimately, The Miles We Walk wants to spread this message: "When you find that you are facing a barrier, how do you navigate to get to the other side and to continue to be your best self? You may find that there is a piece of you that you are not tapping into. Don't allow your right now to be your forever."

How Can I help?

An incredibly easy way to help this organization is to simply link your Kroger card to The Miles We Walk and shop like normal! To do so visit themileswewalk.com/donate and scroll to the bottom to find "Kroger Community Rewards." Follow those instructions and make a difference today. Other donation options are also listed on this page.

CONNECTING with our Hendricks County ROOTS

Forest Lake – a War Hero's Retreat

By Shawn A. Burcham, MLIS

Tucked up in the northeast corner of Brown Township is a charming little neighborhood on Forest Lake. It's a quiet, self-contained neighborhood with lovely homes along the lake and among the trees. One might drive by the entrance to the neighborhood and not even know it's there. And it would not even be there if not for one man.

Ralph F. Wilcox was born in Pennsylvania in 1896. He lived on a farm and his father owned a store where Ralph worked as a teen. He married Beatrice Strevy and shortly after, enlisted in the Signal Corps during World War I. He achieved the rank of Sergeant serving at the Raritan Arsenal at Metuchen, New Jersey. After the war, he returned to working at his father's store until he was selected to attend Forestry school where he earned a Bachelor of Science in Forestry. In 1926, Ralph and Beatrice moved to Indiana, where he worked as an Assistant State Forester. He had stints in Washington, D.C. and Milwaukee before being called to serve in World War II. He flew 52 bombing missions over Japan as a raconteur photographer, retiring as a Major. He was awarded the Distinguished Flying Cross and the Republic of China Medal.

After the war, Ralph and Beatrice moved back to Indiana where he continued work in forestry. They purchased 31 acres and built their "dream home." In January 1960, he started to build a lake on his property. Per his memoir, he wanted to name it "Eaglesmere" after a resort lake in Pennsylvania and because they were close to Eagle Creek. Beatrice didn't agree. When a neighbor suggested "Forest Lake," it stuck. Building the lake cost $22,500 and per Ralph "Forest Lake has wooded hillsides and is the most beautiful 8-acre lake now in the county."

Major Ralph Wilcox Ralph died in 1977 in Indiana. Though he was not a Hendricks County native, he left his mark here with Forest Lake and many of the trees planted in the area. He also lives on at the Brownsburg Public Library where several books have been donated in his memory, and at the Hendricks County Museum to whom he donated many of this military relics including his WWII bomber jacket, his Distinguished Flying Cross, photos, maps, and other items.

As a reminder, the Museum is closed for the winter, but you can see the Ralph Major Wilcox collection via the Museum's online collections (https://hendrickscountymuseum.pastperfectonline.com/.)

Hendricks County Historical Museum is at 170 S. Washington Street in Danville, one block south of the courthouse. The building was the sheriff and family's residence from 1866 to 1974, with the jail attached. It is furnished as it would have been in the late 1800s. It is open Fridays and Saturdays, 11:00 am to 3:00 pm, mid-March through mid-December and for groups by appointment. www.hendrickscountymuseum.org 317-745-6158

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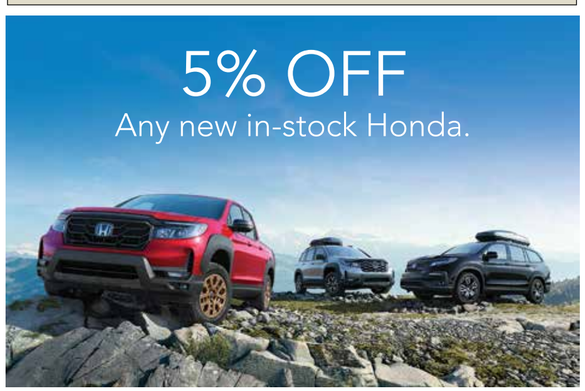

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Rob Kendall

The Art of Talk Radio

By Peg McRoy

Rob Kendall has mastered the art of talk radio. He leads his audience on a three-hour entertaining and informative listening trek weekday mornings from 9 a.m. to noon on his WIBC show, "Kendall and Casey," 93.1 FM.

The show, that covers anything involving politics, people, or pop culture, is co-hosted by Casey Daniels. Kendall is quick to provide many kudos to Daniels because of the balance she brings to the show through their synergy.

Talk radio is non-scripted so hosts need to be well informed on the topics covered and have an innate sense of timing. Kendall attributes the even flow of the show to Daniels.

"I am very passionate about politics and government, especially local government," said Kendall. "I am very high energy and enthusiastic. That is great but you need somebody to make sure the show stays on track, so we don't spend an hour on one topic. Casey does a tremendous job of making sure that once I have made my point that we move on to the next topic. This balance makes it a more enjoyable experience for listeners."

Prior to Daniels coming onboard, Kendall's co-host was Miriam "Mockarena" Weaver who is one of "the Chicks on the Right" (a show which is now a popular website, social media brand, and podcast.) His show was then titled "The Mock 'n Rob Show."

"One of the Chicks, Daisy, left their show in Oct. of 2020, so Mock and I did our show after Daisy's departure until Jan. 2022," said Kendall. "Then Mock got some great opportunities with her Chicks on the Right brand. It took four months to conduct a search for my next co-host and we ultimately found Casey and did our first show together in April of 2022."

Rob Kendall, cohost of the "Kendall and Casey" show on WIBC, landed a rare interview with then Presidential Candidate Donald Trump for his work at WYRZ in Brownsburg. ***(Photo provided by Rob Kendall)***

Kendall started in radio when he was 18 years old. He interned at WKLU, 101.9 FM, now known as K-LOVE, a Hendricks County and Brownsburg based radio station. He owned a radio station for a while based in Wilmington, North Carolina. Prior to his work at WIBC, he was an evening staple on Brownsburg's WYRZ radio station, 98.9 F.M. with his show "Central Indiana Today."

Prior to his days at WYRZ, he decided to step into the political arena. He attributes those experiences to his in-depth knowledge of the political world.

"I served on the Brownsburg Town Council from 2012 until 2015," said Kendall. "I worked for the State Auditors office for a year and the Indiana Board of Pharmacy under Mike Pence for a year. I walked the walk and talked the talk. I have to admit that talking about people is a lot more fun than being talked about."

In 2015 when Kendall was doing his "Central Indiana Today" in the evenings, his radio career got a fortunate tap on the shoulder that would lead to his work at WIBC.

"Donald Trump was campaigning in 2015," said Kendall. "Trump can't do grassroots campaigning like knocking on doors or going to local diners like his opponents can because it is a security nightmare. He can show up at a local diner at 2 a.m. and 10,000 people will show up. It was decided that Trump would interview with about five local media outlets."

Based on the popularity of his WYRZ radio show, "Central Indiana Today," he was offered an opportunity to interview Trump. He interviewed him the day before the primary elections at a hotel in downtown Indianapolis. He was the lone radio host amid four television media outlets.

Management at Emmis, owners of WIBC, took notice of Kendall's Trump interview, and made an offer for him to join the team at WIBC. He started out as a permanent co-host fill-in, but that eventually rolled into his own show.

Kendall is a life-long resident of Brownsburg graduating from Brownsburg High School in 2002. He and his wife, Gabrielle, call it home along with their six-month old daughter, Olivia Thatcher.

"Olivia is for the olive trees in the Garden of Gethsemane," said Kendall. "The middle name is after (Former Prime Minister of the United Kingdom) Margaret Thatcher. We want her to grow up and be a great leader of people like Margaret Thatcher. My wife and I say that God got the first name, and we got the second name."

YIPPEE-KI-YAY!

Publisher's Note

Not A Regular New Year

By Todd Travis

The countdown has begun. We are inching closer and closer to December 31, the cusp of a brand new year. When the clock strikes midnight, fireworks will go off, kisses will be exchanged, singing and dancing will begin, and champagne toasts will be lifted. All the hope and expectation of the new year will fill everyone's hearts as they look with anticipation toward their destinies. For many, this is a joyous time to let go of the past and to step into a better future. For others, not so much.

Whichever camp you might be sitting in, here's something for everyone to consider: This new year is a special year for Hendricks County. It is a milestone year, our bicentennial. That's 200 years folks. There is something special about reaching a milestone such as this. The grandness of the number 200 demands awe and respect from those who reflect on it.

As we proceed through this year, that is exactly what we ought to do. Take every opportunity (and there will be many) to understand the history of Hendricks County, and what has brought us to where we are today.

During this contemplation, we can grieve the misgivings that have occurred, and we can celebrate the progress that has provided us what we enjoy today. Most of all, we can set our spirits toward the betterment of this community going forward. Let's take this year and begin to set the standard for what we want our county to look like another century ahead. The small decisions we make today will determine the landscape of our community on a large scale in the future. Let's create a Hendricks County that the future generations will be proud of. So here's to 2024 and here's to 200 years. Happy New Year!

Congratulations to Cathy Myers on launching the Hendricks County Community CONNECT publication! Hendricks County is blessed to have such a dedicated person and publication to keep every HC resident connected!
Thank you!

Best wishes for a long and successful future!
Elaine and Rick Whitesides

Hendricks County Community
CONNECT
Pet Photo Contest

Send in photos of your furry friends
for a chance to win prizes
(Top 3 winners will receive a prize)

Submit photos no later than

Jan, 3 2024

Winners will be chosen by our
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Please email submissions to
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Submissions received after the deadline will not be eligible to win

We ❤ our pets!

DO Hendricks

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A Hidden Song in the Winter Woods

By Todd Travis

As we approach the end of the holiday season, we have a not-so-pleasant reality waiting for us on the other side of the new year– winter. Yes the cold, dark stretch of time where the idea of going outside sends a chill down our spines. The temptation is to stay inside and seclude ourselves as we sleep, drink, and eat ourselves into comfort. But we all know that this is not the ideal way to treat our bodies for several months of the year.

> "People tend to think that robins and bluebirds fly south for the winter, but a lot of them don't, they just go into wooded areas for cover."
>
> - Michelle, Wild Birds Unlimited

What we really need is a good dose of the outdoors! Thankfully, Hendricks County has a plethora of beautiful parks and walking paths to enjoy... even during winter. So this week, we're bundling up, grabbing our hand warmers, and taking a walk outside. It might take a little longer to get everyone ready to go out the door, especially if you're like me and you have small children, but adventure awaits us when we walk out of those doors.

There's also something else awaiting you as you get to one of our beautiful parks, and you can hear them before you see them... magnificent, singing birds! They love the wooded areas in parks and walking paths because of the food and shelter they provide. In fact, there is actually an advantage to going out this time of year because the naked trees allow us to spot birds more easily as they move from branch to branch.

As I walked out today with my family, I was greeted immediately by a pair of cardinals, with their famous, loud chirps. A minute later, in flew two different types of woodpeckers. Another small bird I couldn't identify was fluttering around just off the trail where we walked. It was magical!

Doug and Michelle, owners of Wild Birds Unlimited in Avon shared some insight about bird watching during this time of the year:

"People tend to think that robins and bluebirds fly south for the winter, but a lot of them don't, they just go into wooded areas for cover," Michelle mentioned.

"Some of the birds that come just in the winter time are purple finch, and the less common sparrows, like the white throated, white crown, and fox sparrows, so you have a chance to see birds that you don't get to see during the summer months," Doug added.

Michelle's favorite birds currently are the red headed woodpecker and the pileated woodpecker, and Doug enjoys seeing cardinals and bald eagles most. If you don't know much about birds, now would be a great time to visit the Wild Birds Unlimited store in Avon, as they have a wealth of information and resources to help you learn. They also have everything you need to attract beautiful birds right to your backyard for your enjoyment.

This locally-owned store should be your first stop when it comes to anything bird-related. So get out there, look, and listen for these amazing creatures while refreshing your body in nature!

Community Calendar

30 Last Saturday Live
7-10 p.m. FREE at The Prewitt Restaurant & Lounge, 121 W. Main St., Plainfield Recurring monthly on last Saturday 317-203-5240

31 Washington Township's Bicentennial Birthday Bash
5-7 p.m.$2 per person
Washington Township Park Pavilion, 435 Whipple Ln, Avon

31 Noon Year's Eve
10:30 a.m. – 12:30 p.m. at X-Golf, 313 Marketplace Mile, Plainfield DJ music, games, and prizes. Balloon drop at Noon after the countdown!

Jan. 1 Luminary First Day Hike
5:30 p.m. at Arbuckle Acres Park, 200 N. Green St., Brownsburg FREE family fun Join the park naturalist on a luminary stroll through Arbuckle Acres Park and discover some unique Brownsburg history along the way.

Have an event you'd like to list?
Please contact Catherine@CONNECThendricks.com or text 317-520-1215.
Listings are free for not-for-profits and only $25 for profit.
Space allotment is 150 characters.

Community Update

Christmas Magic Comes Alive at Hendricks Symphony Concert

The Hendricks Symphony performed their 17th annual holiday concert earlier this month, featuring works from the Nutcracker Suite, the Hallelujah Chorus from The Messiah, the Concert Suite from Polar Express, and other famous holiday pieces. Santa Claus made a special appearance to give Conductor Amy Eggleston a unique Christmas tree decoration. The concert sold out in record time for both Friday and Sunday.

An audience favorite was the piece Angels From the Realms of Glory, arranged and transcribed by Dr. Al Lilly. Soloist Sam Hinkle was joined by Ye Olde Handbell Quire and the Hendricks Symphony Chorus and Orchestra.

"The addition of so many talented soloists and groups made the experience truly magical and unforgettable" said one concert attendee, "My Christmas season isn't complete if I don't attend the holiday concert".

The Hendricks Symphony has two upcoming concerts in the month of February. The free Chamber Concert will take place on Sunday, February 4th at 3pm at Bartlett Chapel. The Magic of Mozart concert, featuring works Magic Flute and Requiem, will take place the weekend of February 16th. Tickets are on sale now. Visit the Hendricks Symphony website to learn more at www.hendrickssymphony.org.

22nd Annual!
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Voice for the Animals
hendrickshumane.org
K-9 Café
For People
1-4 PM
Hendricks County Fairgrounds Power Expo Hall
dogtona@hendrickshumane.org

Thank you to our Hendricks County services clubs

(Top Left) Rotarian Service Chair & Sheltering Wings staff member Amy O'Hearn accepts toys for the children at SW.; (Top Right) Avon HS Interact Club Members, Back row behind check Sandi Hurst, Anne Englehardt and to far right Ryan Sinclair, Left of check Rotarian Pam Lyons, next to Pam Director of Project A.N.G.E.L. Chris Collier; (Bottom Left) AHS Interact Director of Rotary Partnership Maris Gerbers helps to sort food for Project A.N.G.E.L.; (Bottom Right) Rotarians Terece Williams & Suzanne Conger help Fletcher Place families "shop" for Christmas. ***(submitted photos)***

Bring in 2024 with service, kindness and community! Consider joining a service club in your area. It's a wonderful way to make friends and give back.

(Top Left) Plainfield Kiwanis Hometown Heroes Beth Bax, Lori Lee, and Harry Gill

(Middle Left) Plainfield Kiwanis Hometown Heroes Lori Lee, Dan Carmichael, and Harry Gill

(Bottom Left) Plainfield Kiwanis Hometown Heroes Lori Lee, Amber Sheffer, and Harry Gill

(Top Right) Heather Heikkila, Family Promise staff member

(Bottom Right) Tom Iles named Lion of the Year for 2022-2023

(submitted photos)

To get involved, see page 12 for service club meeting times and contacts!

Happy New Year
from
Hendricks County Community
CONNECT

To Advertise or share News in 2024, contact us!

(317) 520-1215
catherine@connecthendricks.com

Community Update

North Salem State Bank Donates $8,885.80 to the Town of North Salem to Outfit New Police SUV

The North Salem State Bank (NSSB) presented a $8,885.80 charitable contribution to the Town of North Salem on Wednesday, December 13th, 2023. The contribution was used to outfit the new North Salem Police Department SUV with the latest in emergency vehicle lighting and specialty equipment.

"The Town of North Salem has been a great partner of the North Salem State Bank for 100 years, and we are especially happy to be able to help the North Salem Police Department update their equipment to better serve and protect our community." President and CEO Matt Howrey stated.

This donation is one of several charitable contributions NSSB has committed to giving to the communities they serve and support, as one way to celebrate their centennial year.

(Top) Plainfield Kiwanis Hometown Heroes Lori Lee, Rhonda Zollner, and Harry Gill

Service Group Meetings

National Society of the Daughters of the American Revolution
6 p.m. third Monday each month at various locations around Hendricks County. Does not meet in January, May or December.
Contact wpkwrengent@yahoo.com

Kiwanis Club
- **12 p.m. first and third Thursdays**, Avon American Legion Post 145, 4812 E. Main St., **Avon**. Contact: avonkiwanis@gmail.com
- **7 a.m. first and third Wednesdays**, Bob Evans, 1076 N. Green St., **Brownsburg**. Contact: brownsburgkiwanis@gmail.com
- **12 p.m. first and third Tuesdays**, Mayberry Café, 78 W. Main St., **Danville**. Contact: kiwanisclubofdanville@gmail.com
- **12 p.m. second and fourth Tuesdays**, Bru Burger, 2499 Perry Crossing Way, #170, **Plainfield**. Contact: kiwanis@plainfieldkiwanis.org

Optimist International
- **6:30 p.m. second and fourth Tuesday,** Monical's Pizza, 9271 E. U.S. 36, **Avon**. Contact: Questions@avonoptimist.org
- **6:30 p.m. Mondays,** Hendricks Regional Health Hospital, cafeteria, 1000 E. Main St., **Danville**.
- **16:30 p.m. Thursdays,** Chicago's Pizza, 2230 Stafford Road, #10, **Plainfield**. Contact: plainfieldoptimistin@gmail.com

Lions Club
- **6:30 p.m. second Wednesday**, Bundy's Lodge, 7024 Lucas Drive, **Brownsburg**. Contact: info@brownsburglionsclub.org
- **7 p.m. second and fourth Mondays**, Lizton Lion's Building, S. Cherry St., **Lizton**. Contact: kafrederick319@gmail.com
- **7 p.m. first Monday**, Plainfield-Guilford Township Public Library, 1120 Stafford Road, **Plainfield**. Contact: t.iles@sbcglobal.net

Rotary International
- **7 a.m. Tuesdays**, Avon Town Hall, 6570 E.U.S. 36, **Avon**. Contact (317) 272-6937
- **12 p.m. Thursdays**, The Locale, 932. Main St., **Brownsburg**. Contact: (317) 852-8119
- **12 p.m. Thursdays**, North Salem State Bank, 704 W. Main St., **Danville**. Contact: danvilleinrotary@gmail.com
- **12 p.m. Wednesdays**, Chicago's Pizza, 2230 Stafford Road, #101, **Plainfield**. Contact: (317) 272-2605

Sertoma Club
- **6 p.m. Mondays,** West Chase Golf Club, 4 Hollaway Blvd. Contact: infosertoma@sertomahq.org

Tri Kappa
For meeting information contact the following:
- **Brownsburg**: EpsilonUpsilon@trikappa.org
- **Danville**: DanvilleDeltaKappa@trikappa

MOVE it LIVE it

Health Cover Story

Resolve to Get Walk*IN*'!

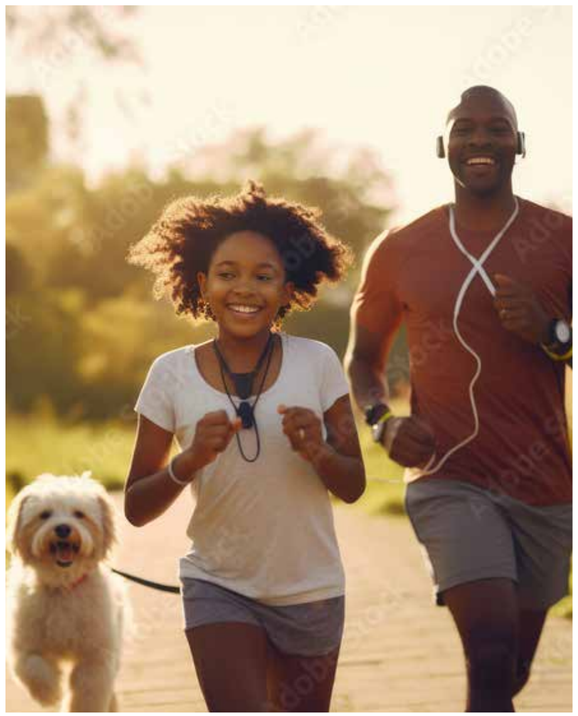
Find your footing with next year's goals

By Amie Scott

PURDUE EXTENSION
GET WALK*IN*'
PROGRAM

After the Christmas holiday, there is a tendency to reflect on days gone by and make plans for the year ahead. Resolutions, or the determination to do or not do something, have been around for over 4,000 years. Historians have traced the origins of resolutions back to the ancient Babylonians. They would pledge to pay off debts and return borrowed items in hopes of gaining favor from their gods. Without the threat of getting hit by a cosmic bolt of lightning or some other cataclysmic event for failing to complete our resolution, we've gotten a little soft over the past few centuries. Current estimates show that only about 9% of people complete their resolution with 43% quitting within the first week.

One of the most common resolutions for the new year is to start exercising more and Purdue Extension - Hendricks County has got just the plan in mind. Get WalkIN' is a free email-based and in-person walking program to help support goals aimed at moving more while offering accountability to those that need it. It's easy to write off exercise as "just one more thing" on an already long list. Busy schedules at home and work make it hard to incorporate another daily task. However, it's important to prioritize self-care.



"The beauty of walking is it can be done anywhere, anytime. Whether it's a solid chunk every day or broken into smaller bursts. With Get WalkIN', participants determine when and the where."

The average American walks 3,000 to 4,000 steps per day, but experts recommend 10,000. Sitting eight hours or more each day poses the same risks to health as those of obesity and smoking. However, with 60 to 75 minutes of moderate exercise thrown in, it can act to balance the negative impacts of sitting. And that's where Purdue Extension - Hendricks County comes in to help with first steps. The beauty of walking is it can be done anywhere, anytime. Whether it's a solid chunk every day or broken into smaller bursts. With Get WalkIN', participants determine the when and the where.

This free program will begin on January 8 and run through March 25. Participants can walk on their own or as part of a group. Regular emails will be sent that offer encouragement, motivation, and share great information about health and wellness.

Studies show that developing an exercise habit takes about six months, and Amanda and the educators at Purdue Extension - Hendricks County are getting participants halfway there with their three month warm-up. Set a goal, start small, accept help and accountability, and don't forget to celebrate the little wins along the way as promises to yourself are kept in the new year.

To sign up for Get WalkIN', call 317-745-9260 or visit https://www.signupgenius.com/go/20F0848AAA82DA2FD0-45787385-getwalkin#/ to register online.

(Cover) Kalob and Kirsten O'Riley from Brownsburg ***(photo by Todd Travis)***

What It Takes

By Christy Roberts, FNLP, FMCH,

What if I told you there is something that you can do at no cost or low cost and can do this just about anywhere at your own convenience? Something that has the power that no drug has to change your health by helping with weight control, diabetes prevention, mood stabilizer/up-lifter, balances hormones, boosts bone density, reduces stress, helps control blood pressure, reduces cancer risk, improves digestion, improves brain function, increases immunity health, increases energy levels, improves posture, balance, skin, and increases longevity...do I need to go on? I certainly could but let me tell you what it takes...exercise.

Exercise has all that power to improve so many facets of our health, yet many of us don't do it on a daily basis. The number one excuse is (drum roll) "I just don't have the time." I get it as a busy, working mom myself. But truth and this may hurt, is, we make time for the things that matter most to us.

So, what it takes is a shift in your mindset with the end goal in mind. If you want all the benefits you have to fit it in, make the time. The CDC recommends adults get 150 minutes a week of moderate intensity exercise and 2 days strength training. Breaking it down, that's about 20 minutes a day plus strength training.

The beauty is there are so many options today.

- Motivated with other people? There's lots of groups or gyms with various workouts
- More of a home-body (or for convenience) there's lots of apps and videos online that are free to access
- We can all walk, run just about anywhere

If you are not sure where to begin there are certified personal trainers, like me that can customize the right plan for your goals and lifestyle. I have been through different stages of life that have required me to adapt. Exercise is non-negotiable. I certainly want the benefits and I know what it takes.

"So, what it takes is a shift in your mindset with the end goal in mind. If you want all the benefits you have to fit it in, make the time."

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Let's Talk: Period.

By Dr. Jessica Healey, OB/GYN at IU Health West

Menstruation is a normal and healthy part of life for most women, but as common as it is, it can be difficult to talk about. Dr. Jessica Healey, OB/GYN at IU Health West and mom of two young daughters, knows it's important for young girls to be prepared and informed. She answered questions about the menstrual cycle, how to approach conversations surrounding the topic, and how an OB/GYN can help.

What is the menstrual cycle?

"When a girl reaches puberty, the brain will start to produce hormones that signal changes in the body, which are meant to prepare her body to be able to become pregnant. Those hormones will thicken an inner layer of tissue inside the uterus called the endometrium so that it can provide blood flow to a potential pregnancy. A menstrual period occurs when the body then recognizes that it's not pregnant and will shed this endometrial lining. Women will often experience cramping as the muscle of the uterus contracts to help push out this old blood and tissue. This is experienced by women as the blood and tissue leave the uterus through its opening called the cervix. It then comes out through the vagina and is seen as blood, or better known as a period."

> *"I think listening to the curiosity your child has and being willing and open to discuss those things when they come to you is important. Being able to just educate yourself on the menstrual cycle and what your child might experience is also key."*

When do girls typically get their first period?

"Average age of starting the first period is 12 or 13. Some girls can start as young as age eight and others may not start until as late as age 15. If they haven't started by about age 15, they probably should start having conversations with their doctor."

Do you have any tips on how to approach these conversations?

"I think listening to the curiosity your child has and being willing and open to discuss those things when they come to you is important. Being able to just educate yourself on the menstrual cycle and what your child might experience is also key. A lot of adults still don't really understand what it is or why it's happening or the timeline of how things happen. If that's the case, do your own research or, if you have an OB/GYN, you can ask them those questions. If you feel very uncomfortable, it's also very reasonable and appropriate to ask either your child's pediatrician or have your child see an OB/GYN to have these initial discussions."

For more information, visit iuhealth.org/womens-health or rileychildrens.org/avonpeds.

Social Connection is Essential for Good Health

By April Johnson, MD, DipACLM

Reading the inaugural issue of Hendricks County Community Connect led me to think about the vital role of social connections for health. As a physician, I take care of one patient at a time, often sitting alone in an exam room. Too often we think of health as an isolated issue. In fact, one of the most important factors in the length of your life and your happiness is not your blood pressure or your cholesterol – it's your level of social connection.

Social connection is more of a feeling than a friend count. You may have one sibling or one amazing friend who gives you all the support you need. Or, you may have 30 casual acquaintances and still feel like you don't have a deep connection. Consider who you would call for help if your car breaks down on a cold rainy day. These family members and/or friends are the important people in your life. Online relationships can be fulfilling for some. Others need to be in the same physical space to feel connected.

Social connections and relationships affect our health beyond just having a friend to lean on. Frequent social interactions build strong immune systems, which allows faster recovery from illnesses. Socially connected people tend to drive each other towards healthier behaviors resulting in less alcohol consumption, better eating habits and more exercise. Studies show that socially connected people have a lower risk of anxiety, depression, dementia, heart disease, stroke and diabetes. There is no medication available that is this powerful!

If you feel like your social circle is incomplete, look for opportunities to meet others. Join an exercise class, attend a church service, or sign up to volunteer with an organization. It can be scary, but it could be your most important health decision this year.

If you are fortunate enough to have supportive social connections, your job isn't done. There are people in our community who need to be connected. Keep trying to grow your circle. Inviting a shy co-worker to your card game could change someone's life.

April Johnson, MD, DipACLM, has been a physician with Hendricks Regional Health for 17 years and currently serves as the Medical Director for Hendricks at Work employer clinics. She is passionate about educating and empowering patients to use lifestyle habits to reduce chronic disease and improve health.

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Quotations

"Every year you make a resolution to change yourself. This year, make a resolution to be yourself."

— Unknown

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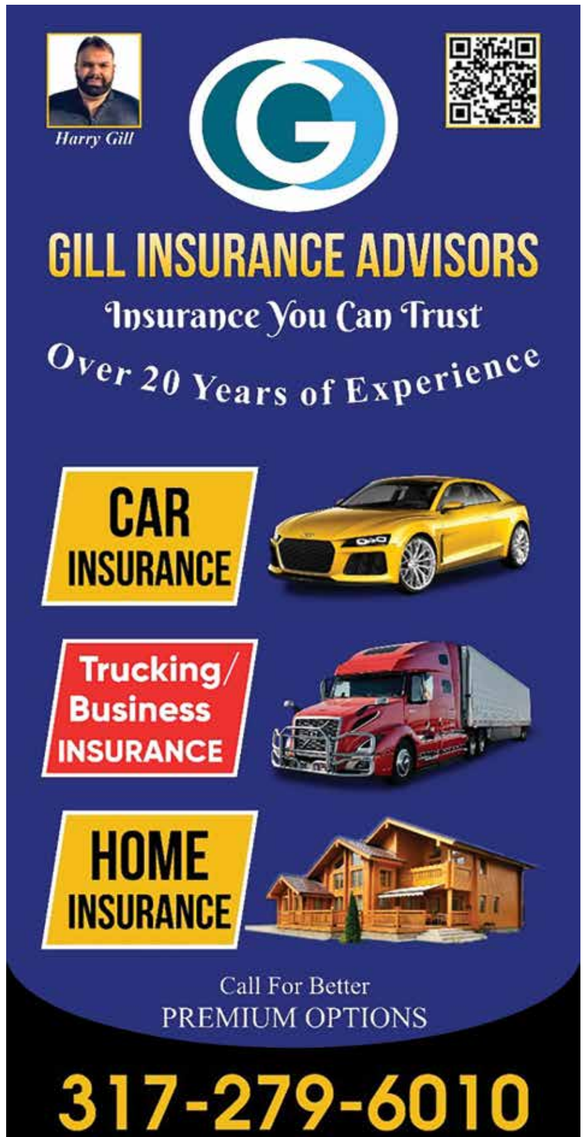


Sports Talk

By Mike Beas

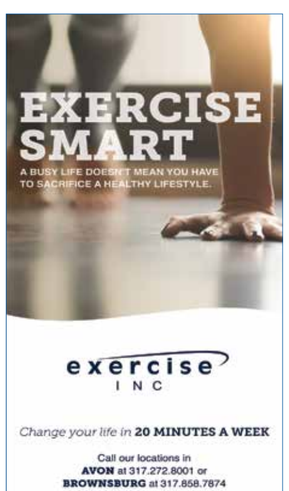
Top-ranked Brownsburg has three wrestlers sitting at No. 1 in the state in their weight class, those being **Revin Dickman** (113 pounds), junior Jake Hockaday (132) and another junior, Gunner Henry (190).

Avon sophomore **Makaylee Butts** finished with 22 points, five rebounds and two steals to lead the Orioles' girls basketball team to a 62-58 victory over county rival Brownsburg. Junior **Aniah Smith** chipped in 18 points, nine assists and four rebounds. Brownsburg's boys downed Avon, 59-42, led by senior **Jordan Lomax** with 22 points. Teammate **Grant Porath** led in rebounds with five and assists with six. Junior **Jesiah Sloss** blocked four shots to go along with his four rebounds.

The Cascade girls basketball team defeated Monrovia, 65-52, behind the 17 points and 13 rebounds of sophomore **Macey Pugh**. Senior **Creedance Chittenden** added 15 points, while **Liviair Campbell** had 12. **Claire Austinhad** eight rebounds and two assists for the Cadets with Campbell and junior **Lilly Hall** each collected seven.

Plainfield's boys squad has started its season with six wins in seven outings, the latest being the Quakers' 66-44 conquest of winless Perry Meridian in Mid-State Conference action. Seniors **Collin Schmidt** and **Eli Ellis** tallied 21 and 15 points, respectively, and sophomore **Noah Smith** added 12. Schmidt and junior **Colton East** crashed the boards for eight rebounds each; Schmidt passed out six assists to Ellis's five.

Brownsburg's boys and girls swimming and diving squads posted victories against North Putnam. Boys winners in the 122-46 triumph included **Derrek Bitner** and **Riley Blasius**. The BHS girls prevailed by a count of 125-41, an effort that included Addy Heyen, **Lexi Kelley** and **Renee Walmoth** notching wins.



TOWN COUNCIL Topics

Danville Town Council

Danville Votes to Join CIRDA

Compiled by Peg McRoy

The Danville Town Council met Dec. 20. These meetings can be viewed on the town's YouTube channel. The council meets at 7 p.m. the first and third Wednesdays of each month at Danville Town Hall, 49 N. Wayne St. An exception is this Jan. The council will meet Jan. 10th and 24th.

TOPIC: An ordinance was passed and a resolution adopted that authorizes the town to become a member of the Central Indiana Regional Development Authority (CIRDA). As a member of CIRDA Danville will be able to sit on a board and have a vote on projects that impact the region and town.

TRANSLATION: CIRDA is a consortium that includes Indianapolis, Carmel, Anderson and surrounding metropolitan areas. Members of CIRDA can collaborate on the funding and grant applications for economic, infrastructure, and transportation development projects. Such projects can include airport authority projects, commuter transportation and other rail projects, regional transportation projects and services, intermodal transportation projects, regional trail or greenway projects, regional transportation infrastructure projects, and any other capital infrastructure projects that enhance the region. Current participating members include Indianapolis, Anderson, Carmel, Fishers, McCordsville, Noblesville, Westfield, and Zionsville. It is anticipated that more municipalities will also join the consortium.

TOPIC: Public Works Superintendent Andy Pitcher presented to the council a renegotiated contract with Waste Management of Indiana, LLC. The change in the contract allows for a street sweeping cost agreement on Shady Lane.

TRANSLATION: Waste Management, located to the east of Danville, provides waste removal, recycling, dumpster rental, and manages a landfill. Shady Lane runs south of U.S. Hwy. 36 on the east side of Danville and between Old Main St. and E. Twin Bridges Rd. Waste Management and Danville have had a long-time mutual working relationship.

TOPIC: The council voted to present Danville resident and businessman Jerry Vornholt as a candidate to serve on the county economic development board. The county will make that appointment based on the council's recommendation.

TRANSLATION: Vornholt has served on the economic development board for several years. Owner of Vornholt & Associates Property Solutions, he specializes in commercial and residential properties in Hendricks County and surrounding areas. This is a one-year county appointment.

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Avon Town Council

HWC Hired to Update Town's Comprehensive Plan

Compiled by Peg McRoy

The Avon Town Council met Dec. 21. Meetings can be viewed at avonindiana.gov/livestream. The council normally meets at 7 p.m. the second and fourth Thursday of the month at the Avon Town Hall, 6570 E. U.S. 36. The next scheduled meeting is Jan. 11.

TOPIC: HWC Engineering was selected as a consultant for the updating of the town's comprehensive plan. Houseal Lavigne Associates, with offices in Chicago, was the committee's strong second choice.

TRANSLATION: Four proposals were received from consultants in response to the town's request for proposals on revising the town's comprehensive plan. HWC's proposal came before the council upon the recommendation of a selection committee comprised of a member from the council and members of the town staff. HWC worked with Avon on their unified development ordinance (UDO). Council Member Dawn Lowden gave some push back on the committee's first choice of HWC. Lowden voiced some concern on how they managed the UDO process. Noting that HWC is a local company, as opposed to Houseal Lavign located in Chicago, and that HWC has strong leadership with Rachel Christenson as project manager and the main point of contact, the council voted unanimously to hire HWC. HWC has worked on the updating of the comprehensive plans for Danville, Franklin, Noblesville, and Greenwood.

TOPIC: The town's UDO was amended and updated.

TRANSLATION: This ordinance updates the town's provisions for gasoline service stations, off-premises advertising signs, certain accessory uses in residential zoning districts classifications, lot requirements for residential zoning districts, standards for front yard fences, as well as standard for mobile home parks and townhomes. It was amended with setback standards and fencing for privately maintained stormwater systems, standards for landscaping buffers for institutional use, and the addition of a new section to create standards for amenity centers.

TOPIC: The town's clerk-treasurer was given the authorization to transfer $150,000 from the general fund into the town's rainy-day fund prior to March 30, 2024

TRANSLATION: The town's rainy-day fund is currently at $1.13 million, and it is the town's goal to bring that fund up to $1.5 million in the next two years based on a recommendation stated within the town's comprehensive plan. The rainy-day fund helps the town maintain a healthy financial condition and ensures that the town has financial resources available in the event of an emergency.

Brownsburg Town Council

Brownsburg Town Council approves purchase of property connected to Lincolnwood Park

Compiled by Melissa Gibson

The Brownsburg Town Council met Dec. 21 for a regular meeting at the Brownsburg Town Hall. The next meeting is scheduled for 7 p.m. Jan. 11.

TOPIC: Council approved a bid award to DC Construction Services, Inc.

TRANSLATION: Six applicants bid for the 2023 Brownsburg Community Crossing Project for the milling and resurfacing of more than 20 roads. Shawn Pabst, Assistant Town Manager said DC Construction came in at the lowest bid for $1,535,159.12. Funds will be matched by the Community Crossing grant.

TOPIC: Kathy Dillion, Water Utilities Director recognized members of the Wastewater Challenge Team.

TRANSLATION: Four members of the Brownsburg Wastewater staff participated in a state competition in the spring of 2023 and was awarded first place. Most recently, the team competed in Chicago at the national competition. Dillion said not only is the event fun, it's a great opportunity to learn about latest trends, receive training and hands-on professional development.

TOPIC: Council approved the purchase of a 1.78-acre parcel connected to Lincolnwood Park.

TRANSLATION: Pabst requested approval for the purchase of property at 411 Johnson Lane to provide an additional entry and exit from Lincolnwood Park at the cost of $142,400. The same location is targeted for a potential aquatic center in the future, however, Pabst said there were several benefits to owning the parcel, whether the town chooses to keep the property, develop it or sell it in the future.

TOPIC: Council approves use of opioid litigation settlement funds expenditure.

TRANSLATION: Funds received through the opioid settlement must be used for a purpose related to substance abuse disorders. The Town has partnered with The Williow Center to create a program targeting youth, ages 13-18, in need of treatment but may struggle with the cost of treatment. Qualified participants will have a Brownsburg residential address and may have no insurance or be under-insured for specific treatment.

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Obituaries

Avon

Leon Brewer

Leon Brewer, 72, passed away Dec. 12, 2023. He was born Aug. 5, 1951. Services were held Dec. 18 at Conkle Funeral Home, Avon.

Mary E. Christie

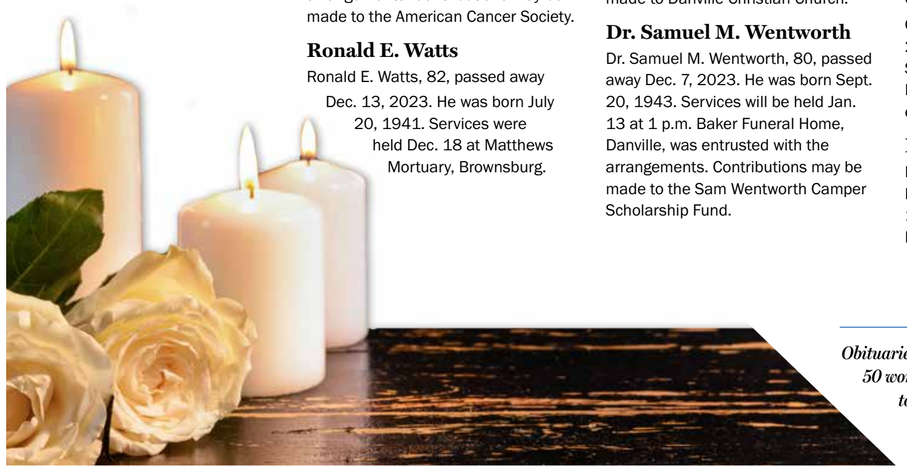
Mary E. Christie, 93, passed away Dec. 11, 2023. She was born July 11, 1930. Services will be held at a later date. Jones Family Mortuary, Mooresville, was entrusted with the arrangements.

Richard E. Lange

Richard E. Lange, 81, passed away Dec. 11, 2023. He was born Nov. 23, 1942. Services will be held at a later date. Conkle Funeral Home, Avon, will be entrusted with the arrangements.

Thomas C. Shillington

Thomas C. Shillington, 83, passed away Dec. 7, 2023. He was born Feb. 9, 1940. Private services were held. Matthews Mortuary, Brownsburg, was entrusted with the arrangements.



Brownsburg

Anthony P. Besso

Anthony P. Besso, 50, passed away Dec. 14, 2023. He was born May 1, 1973. Services were held Dec. 21 at Matthews Mortuary, Brownsburg.

Howard A. Haight

Howard A. Haight, 71, passed away Dec. 13, 2023. He was born April 20, 1952. Private services were held. Eric M.D. Bell Funeral Home and Cremation Services, Pittsboro, was entrusted with the arrangements.

Helen A. Hubbell

Helen A. Hubbell, 101, passed away Dec. 10, 2023. She was born May 26, 1922. Services were held Dec. 13 at Matthews Mortuary, Brownsburg.

Timothy R. Mitchell

Timothy R. Mitchell, 58, passed away Dec. 7, 2023. He was born April 6, 1965. Services will be held at a later date. Matthews Mortuary, Brownsburg, will be entrusted with the arrangements. Contributions may be made to the American Cancer Society.

Ronald E. Watts

Ronald E. Watts, 82, passed away Dec. 13, 2023. He was born July 20, 1941. Services were held Dec. 18 at Matthews Mortuary, Brownsburg.

Clayton

Raymond L. Dillon

Raymond L. Dillon, 68, passed away Dec. 12, 2023. He was born Aug. 3, 1955. Services were held Dec. 15. Baker Funeral Home, Danville, was entrusted with the arrangements. Contributions may be made to Disabled American Veterans.

Coatesville

Steven E. Trump

Steven E. Trump, 77, passed away Dec. 8, 2023. He was born Sept. 15, 1946. Services were held Dec. 12 at Bousley Funeral Home, Coatesville.

Danville

Sue Summers

Sue Summers, 88, passed away Dec. 5, 2023. She was born Oct. 15, 1935. Services will be held Jan. 13 at 11 a.m. Helton and Harris Funeral Home, Danville, is entrusted with the arrangements. Contributions may be made to Danville Christian Church.

Dr. Samuel M. Wentworth

Dr. Samuel M. Wentworth, 80, passed away Dec. 7, 2023. He was born Sept. 20, 1943. Services will be held Jan. 13 at 1 p.m. Baker Funeral Home, Danville, was entrusted with the arrangements. Contributions may be made to the Sam Wentworth Camper Scholarship Fund.

Lizton

Anita Baumunk

Anita Baumunk, 83, passed away Dec. 8, 2023. She was born May 26, 1940. Services were held Dec. 14 at Eric M.D. Bell Funeral Home and Cremation Services, Pittsboro.

Plainfield

Nancy L. Anderson

Nancy L. Anderson, 71, passed away Dec. 13, 2023. She was born March 17, 1952. Services will be held at a later date. Eric M.D. Bell Funeral Home and Cremation Services, Pittsboro, will be entrusted with the arrangements.

Nina S. Clark

Nina S. Clark, 71, passed away Dec. 7, 2023. She was born Oct. 14, 1952. Services were held Dec. 13 at Hall-Baker Funeral Home, Plainfield. Contributions may be made to the Mooresville First United Methodist Church.

Gordon Peel

Gordon Peel, 88, passed away Dec. 6, 2023. He was born Sept. 19, 1935. Services were held Dec. 9. Hall-Baker Funeral Home, Plainfield, was entrusted with the arrangements.

Douglas M. Stinnett

Douglas M. Stinnett, 81, passed away Dec. 8, 2023. He was born Dec. 3, 1942. Services were held Dec. 15 at Hall-Baker Funeral Home, Plainfield.

Obituaries are printed free of charge up to 50 words. Funeral directors are encouraged to send obituaries and photos to catherine@connecthendricks.com

Devotional

Broken Hallelujahs

By Pastor Rashad Cunningham

Normally, this time of year is when the "Mary Did You Know?" song gets played on repeat on every Spotify playlist that I create for the holidays. It's my favorite "Christian" holiday song and "This Christmas" (the Donnie Hathaway version) is my favorite holiday song of all time. But this year, something has changed. I have many of my pastoral meetings at The Breakfast Company in Brownsburg or Cabin Coffee in Avon and lately, while meeting with different people for different reasons, I have heard the song "Hallelujah" playing in the background in abundance.

This caused me to pause and go look up the lyrics and meaning of the original version by Leonard Cohen. I saw the mentions of the biblical stories of David and Bathsheba as well as the mentions of Samson and Delilah, but then I started reading lyrics that spoke of the stories of people I was meeting with from day to day over the past months. In fact, some of the words exposed the stories of even my own thoughts from time to time throughout my Christian walk.

One biblical story that I did not see directly mentioned in the song, that I happened to be studying with my wife recently, was the story of Hannah from 1 Samuel 1-2. For a quick context, Hannah is a woman who has had her womb closed by the Lord. Though her husband loves her, he took on another wife who was able to have children (and although this is not what God would have, this fit the cultural context) and she became a bitter rival of Hannah. Day after day, month after month and specifically in the biblical story year after year Hannah would be provoked by the other wife in regards to her inability to have a child. The Bible describes Hannah as a woman who wept and would not eat, deeply distressed, troubled in the spirit, with great anxiety and grief.

Yet, Hannah took all of this to the Lord. In 1 Samuel 1 verses 10 and 15, we see Hannah, in spite of all she is experiencing, pray and pour her heart out to the Lord.

Can you see her? On her knees, tears that can't be comforted, still finding a way to pray and praise God in spite of her circumstances.

When I hear the lyrics of the song say love is a "cold and broken Hallelujah", I see Hannah. When I hear the words "And even though it all went wrong, I'll stand right here before the Lord of song, with nothing, nothing on my tongue but Hallelujah", I think of Hannah, I think of me, I think of you. Whatever sorrows this world may bring to "break your Hallelujah", imitate Hannah, and in the midst of the brokenness, take your broken Hallelujah and give it to Him!

Happy Holidays!

LOVING YOU and FULLY DEPENDENT on HIM,

Pastor Rashad Cunningham

Want to link up? Connect with me by scheduling at https://calendly.com pastorrashad/meetingwithrashad

Have ideas or questions? We want hear from you.
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