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Hendricks County Community
CONNECT
January 24, 2024 • vol. 7 • connecthendricks.com

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On The Net

Dancing with the Hendricks County Stars '24 Kick-off

Avon's Arthur Murray Dance Center hosted the Kick-off for the dancers of "Dancing with the Hendricks County Stars 2024" on Thursday, January 11.

Ten participants from throughout the county met together to learn the basics of this event, the major fundraiser for the Hendricks Couty Museum.

After trying out a few dance moves led by Arthur Murray owner and instructor, Jack Bow, dancers met their dance instructors and learned the dance style they will perform with their instructor at the event scheduled for Saturday, May 4 at the Hendricks County Fairgrounds Expo Hall.

"Dancing with the Hendricks County Stars" began in 2015 and has become a much-anticipated annual spring event. Guests have dubbed it a "most fun" fundraiser.

The event will be held at the Hendricks County Fairgrounds Expo Hall and will include dinner catered by The Coachman of Plainfield, a silent auction with a variety of offerings, a wine pull and more!

Dancers vie for the position of Best Dancer, Audience Favorite, and Top Fund Raiser, and you can support your favorite dancer when you buy tickets.

As an official Hendricks County Bicentennial Event, this is especially important to the Hendricks County Museum, whose mission states is "... to collect, preserve, and interpret items relating to the people, places and events of Hendricks County...".

Tickets will be available for purchase February 1 at www.hendrickscountymuseum.org.

Top row: Jamis Wadsworth-Carr instructor; Alex Skudrovskis, instructor; Loren Delp, Hendricks County Prosecutor; Chad Waits, Hendricks Regional Health physician; Katie Toth, Instructor; Amanda Fulwider, North Salem State Bank; Kyle Shelley, Hendricks Power; Ali Orr, Bronzed by Ali.
Front Row: Nancy Dell, American Senior Communities; Deborah Baah, Cumberland Trace; Stephanie Singh, Town of Plainfield; Ana Fernandez, instructor.
Not pictured: Levi Riggs, Music Artist; Harish Nair, IU Health pharmacist. ***(submitted photo)***

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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: Fred Kurts doing some work with the heavy bag ***(photo by Todd Travis)***

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

Fight Back Fitness

Fighting Parkinson's with Boxing and Balance

By Peg McRoy

Parkinson's is a disease that is hard to diagnose because there just isn't a medical test that can positively identify it. Symptoms can vary from person to person making it an elusive diagnosis in its beginning stages.

The keen eye of a medical health care professional can come up with an informed diagnosis based on the combination of presenting symptoms, a physical examination, and a neurological assessment.

Of the many things that are not known about Parkinson's, there is one thing that patients, their family, physicians, and care providers all agree upon. Exercise is a primary treatment in dealing with the symptoms of Parkinson's and makes a world of difference in their quality of life.

Fight Back Fitness, previously known as Rock Steady Boxing, is an exercise facility in Brownsburg dedicated to helping people live with Parkinson's. The classes are designed to target and improve symptoms.

"These classes not only manage symptoms, but hopefully delay the progression of the disease," said Brian Fike, vice president the board of directors for Fight Back Fitness. "That is very encouraging and powerful. Another thing it does is give you an opportunity to be with people who are going through the same struggle with the disease. There is very much a support group aspect as well as the exercise component."

Fike was diagnosed with Parkinson's in 2016 and started boxing at the facility in 2017.

"When you are first given the news it is pretty depressing," said Fike. "I looked online and found that there was a program that had proven results. Rock Steady Boxing offers that program. I was excited to find it in Brownsburg."

Founded in 2014 by Mike and Angie Nelson, Fike says that the same dedication, heart, and soul that motivated the Nelsons to open the facility is very much still alive and well today within its staff.

"CoCo Ross is the head coach there and it is clear it is more than just a job for her. It is a calling," said Fike. "And the volunteers who come there give selflessly of their time to help those of us who are fighting the disease. It is a pretty special place."

Morning group session at Fight Back Fitness takes a break for a photo shoot. ***(photo by Todd Travis)***

Fred Kurts, diagnosed with Parkinson's in 2017, has been a regular at Fight Back Fitness since 2018. His symptoms began with finger and hand tremors and a bit of feet shuffling. He was a cyclist and walker when he was first diagnosed and continued with that regimen until walking became more difficult.

"My neurologist mentioned that Rock Steady Boxing would be very good for me," said Kurts. "When walking became too difficult, I knew it was time to go to Rock Steady in Brownsburg. The thing that got me was the number of people there with Parkinson's. It was overwhelming."

Kurtz found that the people in the gym would not only become his friends but his family. They help each other out with impromptu question and answer sessions. Through education and the sharing of information these people form an unbreakable bond that can change a person's life or at the very least a day.

"I have driven to class not in a good mood," said Kurtz. "I walk through the door and it all goes away. Getting there just puts a smile on my face. We welcome new people with open arms. Everybody has different symptoms and we all become quite close."

Fight Back Fitness offers several avenues of workouts that include Rock Steady Boxing, an indoor cycling class called Pedaling for Parkinsons, and volleyball played with a beach ball.

"We work on voice, balance, and stretching," said Head Coach Nicole 'CoCo' Ross. "It is nice for them to go into a gym where everybody, except for the coaches and volunteers, are dealing with Parkinson's. Recently I spoke with a sweetheart of a lady who had just been diagnosed. She just cried and cried because she was scared. I said let's just get you through the door. She hasn't been here a month and now she is doing three classes a week in the gym and joking with everybody. There are no more tears. It's incredible to watch."

The social network is active and strong too. They go out to eat together once a month and regularly have pitch-ins.

Ross said that most of the people who work there come to the facility through recommendations from their doctor. Although, anyone with Parkinson's can come to them and become part of their workout family. They prefer not to call them patients but clients, boxers, or fighters instead. Ross related that currently the facility has 75 "fighters."

Fight Back Fitness
1531 E. Northfield Dr.
Brownsburg, 46112
317-939-0166
www.fightbackfitness.org

Parkinson's Overview*

There isn't a test to diagnose Parkinson's. A doctor, usually a neurologist, can make the diagnosis based on a person's medical history, symptoms, and a neurological and physical exam. A consultation with a medical health care provider is the only way to get an informed diagnosis.

Parkinson's is a disease that can present symptoms that vary from person to person. Generally, symptoms begin on one side of the body but will eventually be present on both sides of the body.

Some of those symptoms may include:

- Tremors or rhythmic shaking usually in the hand and or fingers.
- Slowed movements, known as bradykinesia. Steps become shorter and feet may drag or shuffle.
- Rigid or stiff muscles.
- Impaired posture and balance
- Loss of automatic movements.
- Changes in speech.

Risk factors include:

- Age. Most people develop Parkinson's after the age of 60.
- Heredity. One may be more inclined to develop Parkinson's if a close family member has been diagnosed, although this risk factor is low.
- Men are more likely to develop Parkinson's than women.
- Exposure to toxins. Continuous exposure to herbicides and pesticides could slightly increase the risk of developing Parkinson's.

Treatment:

- Medication provided by a medical health care provider.
- Aerobic exercises.
- Exercises that focus on balance and stretching.
- Meeting with a speech-language pathologist could help improve speech.

**Information sourced from the Mayo Clinic Website*

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We have invited Representatives Becky Cash, Craig Haggard, Greg Steuerwald, and Jeff Thompson to join us, along with Senators Brian Buchanan, John Crane and Mike Young.

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COMMUNITY CONNECTIONS
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Homecoming for Hull

By Todd Travis

You are going to have a hard time finding someone more dedicated to Hendricks County than Cory Hull, Sales and Marketing Director at Harmony Senior Services in Avon, especially when it comes to the older Americans who live here. His role in Harmony at Avon allows him to weave himself into the very fabric of the organization. You can find him working on everything from Human Resources, Training, and Financial specialties, to serving the community members and their families, running orientations, and maintaining relationships with external business partners and stakeholders. It makes you wonder how he has the energy to do so much! The short answer is simply his passion for where he is and what he does.

"What I enjoy about being in Hendricks County is that I call it home. I feel like I'm helping provide that quality care and that service that is very much needed for the older Americans in this area. When I came home in 2003, we didn't have these communities, like Harmony at Avon that we have today. I never would have thought it would have developed the way it has," Hull shared.

Hull graduated from Avon High School before going to Indiana University in the school of environmental and public affairs. He had an internship with Dr. Woodrow Myers at the state board of health, followed by another internship with Bob and Sandra Borns, who were the original developers of Union Station. After he completed his masters degree, he moved to Florida, where he earned his Healthcare Administrators License. He quickly found that he had a passion for senior living,

Cory Hull, Sales and Marketing Director at Harmony Senior Services in Avon ***(Submitted photo)***

but it wasn't long before he felt the call to return home. Luckily, an opportunity opened up for Hull to work with the Roland family as they opened a third senior living community in Plainfield.

After moving back to Indiana, Hull saw the need to develop more resources in healthcare and helped put together a networking group called Partners in Healthcare. 20 years later, this group continues to help members network and build relationships as they work to provide quality health care and quality professional services.

"I've always tried to take that extra step for everyone I am involved with. It's not really about me, it's about the people we're providing care for. That's why I've been involved with CICOA, Brownsburg Older Alliance, Westside professionals Serving Seniors, and the Hendricks County Senior Center," Hull stated.

In addition to Hull's family, who live in Hendricks County, his relationships with Deanna Hindsley, Linda Jenks, Dennis Dawes, Tom Downward, the late Pastor Karen Devaisher, and the late Jack Roland gave Hull his desire to make the connection to be in Hendricks County, his hometown. Now, working with Harmony at Avon and living in Hendricks County, he is able to continue his passion for helping older Americans while working with a family run and family focused organization. He lives near his family, and proudly serves the families who reside in Hendricks County.

"The same beliefs this company has were foundational when I started my career: where family owned and operated means great results. That's what I've always wanted to be a part of. It started with my own family, and today those morals and values haven't changed. I'm always happy to help the next person, and to pay forward the benefits I've received by being a part of Hendricks County," Hull Concluded

Keep an eye out for more from Cory and Harmony at Avon in the community, as well as in our next issue of Hendricks County Community Connect!

You can reach Cory at 317-533-2349

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Community Update

From the BCSC Board of School Trustees

Dr. Jim Snapp, Superintendent of the Brownsburg Community School Corporation, announced his retirement, effective Monday, January 15, 2024.

For the past several months, the Board has been working to address issues relating to administrative concerns in his role as superintendent. The Board and Dr. Snapp met to discuss these concerns and Dr. Snapp made the decision to retire.

"The decision to retire at this time in my life has been an extremely difficult one – but I am confident this is the right time for me to step down," Snapp said. "I thank the Board of Trustees for their support over the last 14 years. It has been the joy of my professional life to lead the school corporation that did so much for me as a student many years ago. I have had the distinct privilege of serving alongside the most incredible, dedicated people I have known – doing remarkable things for our students – which is more than I ever could have imagined when I started in this profession nearly 40 years ago. While I will miss the daily interactions with our incredible students and staff, I wish them the utmost continued success."

Under the leadership of Dr. Snapp and the Brownsburg School Board, the district has seen unprecedented success, including:

- Brownsburg became the highest achieving school corporation in the State of Indiana based on state standardized assessment, a status the school corporation has held for seven consecutive years.
- Five Brownsburg schools have been named National Blue Ribbon Schools in the past eight years.
- The Brownsburg High School Class of 2023 had a graduation rate of 99 percent.
- Fine arts and athletic programs have been among the highest achieving in the state.
- In 2022, the BCSC was the fastest-growing school corporation in the state and has grown to more than 600 students in the past two years.
- Enrollment growth has been managed while decreasing the school tax rate for the last 12 years, an accomplishment no other school corporation in the state has accomplished.

Dr. Snapp's retirement compensation will be 185 sick days and 26 vacation days, as well as single-person health insurance through age 65.

Assistant Superintendent of Curriculum and Instruction Dr. Kat Jessup and Assistant Superintendent for Operations Shane Hacker have been named acting superintendents.

As a Board, we remain fully committed to putting our students at the center of all decision making and continue the academic excellence that is the hallmark of Brownsburg Schools.

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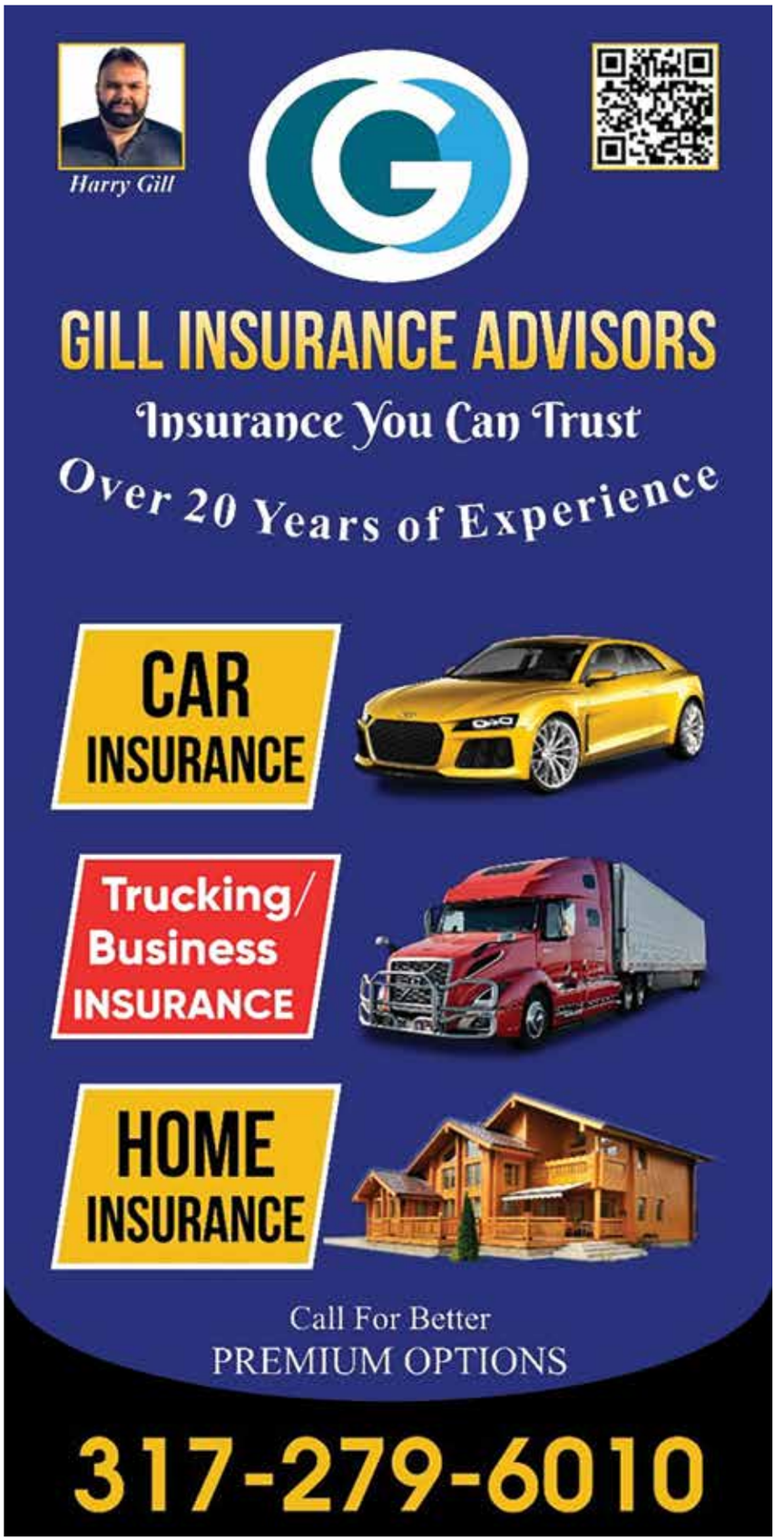

DO Hendricks

LumberjAXE

351 Marketplace Mile, Unit 140, Plainfield

A Bullseye for Indoor Entertainment

The first time I went to an axe-throwing venue, I was directed into a wobbly elevator, led through a sketchy looking hallway, and brought into a room with two cages where the target boards were set up. That was several years ago, and since then axe-throwing has continued to gain popularity and thankfully, become a bit more refined. LumberjAXE is a perfect example of the elevated axe-throwing experience. The venue is beautifully designed, with a safe, welcoming vibe and a pleasant wood fragrance to go along with it. In case you're wondering, that fragrance comes from the wood that is used for the targets along the walls.

I brought the family along for this adventure because I saw that they had plastic axes and targets available for aspiring axe-throwers (kids). The older of my two kids was actually able to throw the play axes and hit the target with some degree of accuracy. The younger one was just happy to be along for the ride. I was impressed with these targets because I was expecting a little velcro axe, but the way the work is actually a unique design where the plastic axe can actually lodge into the target, mimicking wood. The kids gave lumberjAXE two thumbs up.

For the adult targets, a range of options are available, which include games such as connect four and the more traditional bullseye target. All of this is projected onto the wood and can easily be controlled with a computer mouse so you can keep track of your score or change the playing options. Since it was my wife's first time axe-throwing, we went with the traditional target. While throwing, we enjoyed an order of their buffalo chicken rangoons and their funnel cake fries. They were both delicious and not something you will find very many other places.

Finally, I had a chance to go back and look at the VIP room, which just made me want to come back and throw a party. It's private, comfortable, and spacious, with room for 15 people to enjoy a fun VIP event. Check out their website to book for yourself, a small group, or even a large party! Visit **lumberjaxeindy.com**.

Community Calendar

January

27 Valentine's Craft Fair
9 a.m. – 3 p.m. Washington Township Pavilion Center, 435 Whipple Ln.

27 Hoosier State Instigators at Indiana Lyons
5-8 p.m. at Bosstick Gymnasium, 49 N. Wayne St. Danville. Tickets sold at the door. $10/person. $5 per child ages 6-17, seniors 55+, active military, military veterans, and first responders. Children ages 5 and under are FREE! 317-525-8380

28 Warrior Pro Wrestling
Bell at 3p.m. Door open at 2p.m. at Hendricks County Fairgrounds, 1900 E. Main St. Danville. Kids $12/ Adult $18/ Front Row $20

February

1 Call Out for Writers Group
6- 7 p.m. Calling all aspiring writers! Would you like to join writers like yourself in a group environment to share ideas and tips of the trade? At Avon-Washington Township Public Library, This program is for adults. Registration is required, sign up online at AvonLibrary.net or by calling A-WTPL at 317-272-4818.

2 Groundhog's Day Hike at Pock Woods
4:30-5:30 p.m. Pecar Nature Park, 5203 E. County Rd. 150 N. Avon $3

3 & 4 Indiana Fishing Expo
Sat 9 a.m.–6 p.m. Sun 9 a.m.–4 p.m. visitors will have the opportunity to explore the latest in fishing gear, techniques, and tips from experts in the field. Adults $6/ 12 and under free. Hendricks County Fairgrounds, 1900 E. Main St.

10 Trivia Night
5:30- 9 p.m. at Hendricks County Fairgrounds, 1900 E. Main St. Danville. Buffet catered by Jugs, snacks, desserts and trivia game play. Contact 317-839-3800 TABLES & TICKETS Teams of 8 - $375 /Single Tickets—$50*

13 Hendricks County Winter Farmers Market
4-7 p.m. HC 4-H Fairgrounds and Conference Complex Expo Hall, 1900 E. Main St. Danville (317) 603-0751 Price: FREE

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.

CONNECTING with our Hendricks County ROOTS

Settling On White Lick

By Martha Carter

Between1820 and 1823, the area that is Hendricks County had gained enough settlers to become a county. According to The History of Hendricks County, published in 1885 and written when our county was approximately sixty years old, the first settlers arrived in the spring of 1820. Their exact location is unknown, identified simply as "on White Lick".

When the Danville chapter of the Daughters of the American Revolution was organized in 1923, the members began to study the history of Hendricks County, beginning with the first settlers. They became interested in commemorating this first settlement, and a committee was appointed to learn more. An article written by Mrs. Edgar Blessing and published in the Indiana Magazine of History summarizes their findings. They confirmed the men's names and traced some descendants, but were unable to find the exact location. A spot was selected based on the best information they could find, south of Plainfield, three-tenths of a mile from the Morgan County line, near White Lick, on the east side of old State Road 267.

A stone was brought from Eel River Township and a commemorative plaque made, with a dedication ceremony held on June 9, 1929. In 1991 a rededication ceremony was held when the original

plaque was replaced by the one in the photograph. It reads:

"On White Lick Creek in this vicinity the first settlement in Hendricks County was made in 1920 by Bartholomew Ramsey, Samuel Harriman, Harris Bray, John W. Bryant, James Dunn, George Dunn, and Ezekiel Moore.
Placed by the Wa-Pe-Ke-Way Chapter, Daughters of the American Revolution.
1929
Rededicated 1991

According to Mrs. Blessing's article, the name for the Danville DAR Chapter, Wa-Pe-Ke-Way, was the Indian name for White Salt, or White Rock, which is now called White Lick.

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.
hendrickscountymuseum.org | 317-745-6158

Congratulations to these local Hendricks County Businesses hitting these milestones:

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- **Wild Birds Unlimited Avon** – *22 Years!*

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Publisher's Note

Be Authentic

By Todd Travis

If you want to make a meaningful connection, you have to be yourself. Yes, that means your bad hair day, sweatpants wearing, mistake-making self. You're not doing anyone any favors by pretending you have it all together, or by trying to please everyone. You don't and you can't. There, now that we have that established, you have the freedom to be you. Now lean into this freedom and really think about who you are and what you want. You're going to be in good company, and you'll open yourself to genuine relationships.

This is not a license to be a jerk. If you're hurting people's feelings and shrugging it off saying "That's just the way I am," then you're missing the point. Kindness comes before ego. You will not be everyone's cup of tea, and not everyone will be your cup of tea, but that doesn't give either party the right to mistreat the other. You don't have to conform to someone else's expectations, but they also don't have to conform to yours. It's a two-way street.

If you're reading this and thinking "I can't be myself, people won't like me," you are due for a powerful reminder: You Are Awesome! If you've been hiding yourself behind what you think people want you to be, it's time to drop the act. Be who you are and be happy with who you are. You're not perfect, none of us are. But you are valuable, and you're valuable just the way you are- hard stop!

This might be easy to summarize, but it's not easy to act out. We want people to like us and we want to avoid letting people down. That puts pressure on us to perform and live up to others expectations. It's a balance, but it's worth the work to maintain your own authenticity and to allow others to be authentic around you as well. As we strive to come together as a community in 2024, remember to be yourself...be authentic!

Community Update

Photo by Catherine Myers

Deputy Jill Lees sworn in by Sheriff

January 9 2024, Deputy Jill Lees, was sworn in by Sheriff Jack Sadler during a short ceremony at the Hendricks County Sheriff's Office. Deputy Lees is the first "lateral" hire for Sheriff Sadler, which allows additional salary benefits for deputies who are already certified sworn officers within the State of Indiana. Deputy Lees brings with her a wealth of law enforcement knowledge and experience.

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HENDRICKS COUNTY GAME CHANGERS

Payton's Place

Plainfield senior a main cog for girls basketball program

By Mike Beas

No one looks at Plainfield's girls basketball roster, the Quakers' accomplishments this season, and predicts anything less than the brightest of futures.

Thanks in large part to the program's lone senior, the present isn't too shabby, either.

Payton Benge, a 6-foot-1 center who possesses a quality mid-range game, has been a varsity mainstay for Plainfield, her knowledge of the system and statistical impact growing with each passing year.

"Payton is a late bloomer," said her father, 29th-year Quakers' coach Curt Benge. "She didn't start playing AAU ball until her eighth-grade year. Then she went from 3.5 points a game as a sophomore to 16 as a junior, so her story is her growth.

"It's a comfort level out on the floor. I think where she's made the most growth is her confidence level. It's a basketball awareness, knowing how to apply things out on the floor."

*Payton Benge (**submitted photo**)*

Through the team's first 20 games this season, Benge was Plainfield's leading rebounder (6.4 per game) and shot blocker (1.4), and third in scoring (13.1).

Benge has exceeded the 20-point plateau three times this season, topped by the 25 she poured in a 67-27 romp over Perry Meridian in November. She also netted 23 in the Quakers' four-point win against Brownsburg, and 21 in the 61-50 downing of Mid-State Conference foe Whiteland.

The senior corralled a season-high 17 rebounds in a 72-62 loss to Avon.

Benge did a Q & A with CONNECT:

Q: Some kids love to be coached by a parent. Others don't. How has your experience been having your father as your varsity basketball coach?

A: I think that it has its negatives, but the positives outweigh it. I could literally come into the gym anytime I want, so I get extra practice time in. It's been a great experience for me, honestly. If I ever have something I need help with, he's there to answer the question.

Q: Is there a basketball player you grew up idolizing?

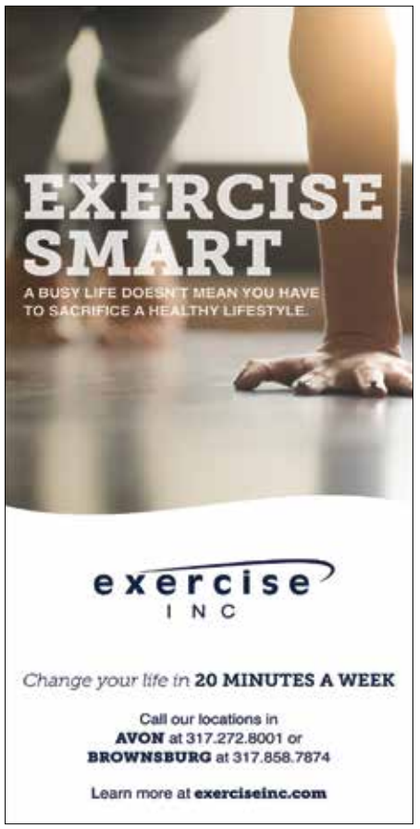
A: My dad has been coaching (at Plainfield) for almost 30 years. I was around his players all the time while growing up. I loved Kasey Johnson, who was an Indiana All-Star in 2012. I looked up to her. Her work ethic was really good.

Q: With this being your senior season, what is the best-case scenario for you and your team?

A: Honestly, I feel like our limit is, literally, to the ceiling. Every team wants to make it to state, but I actually think we can get there.

Q: What are your plans after graduating from Plainfield High School?

A: I'm going to play basketball at Spring Arbor (Michigan). They have a great program, and when I went there, all the girls were amazing to me. With a major, maybe education or sports management.



Sports Talk

By Mike Beas

The Tri-West boys basketball team improved to 3-0 in the Sagamore Athletic Conference standings and 10-3 overall with a 65-55 victory at Lebanon. Senior guard **Max Robertson** led the way for the Bruins with 19 points, seven rebounds and two assists, while **Drew Miller** added 15 points and nine assists. Also landing in double-figures was freshman guard **Ryan Miller**, who also pulled down three rebounds.

Brownsburg senior **Marie Kingery** won the 100 butterfly in the Bulldogs meet against Plainfield, which also included **Baylei Crawford** placing first in the 100 breaststroke. The boys team downed the Quakers with **Gavin Coggan** winning the 200 individual medley and 100 butterfly, **Owen Brown** taking the 100 breaststroke and wins by **Parker Huff** and **Ethan Crane** in the 100 backstroke and 100 freestyle, respectively.

Plainfield girls basketball lost at Franklin, 61-39, with the Quakers being led by freshman **Hannah Menser** scoring 11 points and senior **Payton Benge** 10. Menser finished with five rebounds, five assists, three steals and two blocked shots with Benge grabbing a team-high six boards. Sophomore **Berkeley Williams** added eight points, four rebounds and two steals.

Junior **Aniah Smith** scored 17 points, collected seven rebounds and made three steals for the Avon girls basketball squad in a 57-47 home loss to Franklin Central. Junior **Nevaeh Wren** and sophomore **Makaylee Butts** each scoring 10 points and finishing with five rebounds.

The Orioles' boys hoops squad lost at home to Mt. Vernon, 54-48, despite 19 points and seven rebounds from junior guard **Deandre Lott-Hancock**. Junior **Rashod Bethley** contributed 12 points, as did soph **Jedidiah Minnett**. Leading Avon in rebounds was junior **Kendrick Dunmore** with 10.

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Overdose Lifeline

This is Not About Drugs

Just Say No

"Just say no to drugs" is probably a phrase that most of us recognize and have been told at one time or another in our lives. Cue the images of a gang member drug dealer approaching someone and demanding them to try some drugs out of their trench coat. While that situation may happen, it is probably the exception, not the rule when it comes to drug use. The goal of Overdose Lifeline is to help educate people about drugs and give them resources to avoid becoming the next victim of addiction or overdose. The reality is, that drug abuse can happen to anyone, and often begins with prescription drugs that are advised by a medical professional.

Overdose Lifeline is Created

No one knows this better than Overdose Lifeline founder, Justin Phillips, who lost her youngest son to a heroin overdose in 2014.

"2013 was the beginning of the opioid epidemic. There was a lack of information about opioids and the only message that was being put out was that opioids are drugs, drugs are bad, don't do them. An opioid is a prescription pain medicine that many people will be prescribed legitimately. They come with a great risk of physical dependence, misuse and overdose. And now with the introduction of Fentanyl, we emphasize that even more because it can be found in practically every illicit drug on the street," Phillips explained.

After the death of her son, Phillips founded Overdose Lifeline, a non-profit based in Indianapolis. Seeing the lack of programming around opioid education, Phillips created a proprietary program called "This is not about drugs" which has already reached over 100,000 kids across the county, providing them with resources and education around the risks of opioids.

Staci Hovermale (Director of Hendricks County Youth Assistance) and Angela Pepper (Early Intervention Advocate for Plainfield Youth Assistance Program) looking through our This Is Not About Drugs manual. ***(submitted photo)***

Sheriff Sadler discovers Overdose Lifeline

Hendricks County Sheriff Jack Sadler found out about Overdose Lifeline while he was completing a capstone project in the Leadership Hendricks County program.

"After finding Overdose Lifeline, we really felt like it was something we needed here in Hendricks County. So we began to look for grant funding and trying to figure out how we would implement it and get it together. Unfortunately, Covid really took the wind out of our sails for this project. But I never forgot about that project, and since being elected as Sheriff, I've been working to re-invigorate this program, especially after having lost a couple of juveniles last year in Avon to Fentanyl overdose," Sheriff Sadler shared.

Getting others involved

When, Sheriff Sadler's path crossed with Staci Hovermale, the pieces quickly fell into place for her to become involved with this program. Hovermale is the Director of the Hendricks County Youth Assistance Program. Within this program, Hovermale had been specifically looking for resources for their Plainfield youth who were dealing with substance abuse, as the issue was growing and needing to be addressed.

"Through talking to numerous people, Sheriff Sadler indicated that he had some funds that could be used to give us training with the "This is not about drugs" program. This funding allowed myself and another staff member to be trained in the program, which we can now offer to middle school and high school students in the Youth Assistance Program," Hovermale explained.

This is Not About Drugs

"This is not about drugs" is a peer youth program which will be offered once a quarter to the Plainfield Youth Assistance Program participants. The group size is expected to be from 6-10 young people who are able to share their experiences with one another while receiving information and resources on substance abuse from the leaders who have been trained in the program. Eventually, Hovermale would like to offer this beyond the Plainfield Youth Assistance Program and into other avenues to help more young people.

"It's really peers talking with peers about their experiences. We want to give them the understanding of the risk of prescription pain drug misuse, how misuse can lead to addiction, Fentanyl heroin use overdose and death, recognizing symptoms of overdose, importance of 911 if they are ever in that situation- not to be so scared that they just leave someone in that situation. Also understanding the impact today and long-term, even if it's a one time use. Finally, helping them to feel comfortable asking for help and understanding other coping skills that can be used," Hovermale summarized.

Tonya Geans, founder of The Miles We Walk, has also completed this training and will be helping to implement this program through her organization.

"As we get it into the schools and in front of the kids, I see it growing , and that's been the hope since we started trying to make this happen. I can't think of better two people to start this program with than Staci and Tonya," Sheriff Sadler mentioned.

For more info, visit: overdoselifeline.org

Baby It's Cold Outside... Feeling Blue?

By Christy Roberts, FNLP, FMCH, FNC, CPT-NASM

It's that time of year again...winter. Are you one of the estimated 10 million Americans who suffer from SAD (seasonal affective disorder) or winter blues? Some common symptoms include a change in appetite (usually craving more carbs) weight gain, feeling lethargic, irritable, oversleeping, "heavy" feeling, withdrawn, lack of motivation to name a few.

So why does this happen? Well, first we are exposed to less sunlight which throws off our circadian rhythm, our natural sleep cycle that has a plethora of biological responses but mainly one that may throw off our serotonin levels which is a mood stabilizer (helps us feel happy) and an appetite suppressor. Second, with lack of sunlight comes lack of vitamin D the body uses to make serotonin. Third, less sunlight usually means less time outdoors which means less time in nature and less movement overall. This contributes to the lack of motivation and lethargy just as Newton's Law of Motion states a body at rest wants to stay at rest, a body in motion wants to stay in motion.

It's important to note that of the 10 million people 4 out of 5 are women. Why? Most likely due to the fluctuating estrogen within the menstrual cycle. This is a whole other conversation too lengthy to get into here but important to mention nonetheless.

Okay so some tips:

- Try your best to get outdoors in the sunlight
- MOVE, even if you have to break it out or take it indoors when weather is too extreme
- Check your vitamin D levels with your medical provider, you may need supplementation
  - Food sources include sardines, fatty fish, cod liver oil, beef liver, egg yolk, fortified cereals
- Focus on gut health since 95% of serotonin is produced here
  - Eliminate Refined Sugar And Flour
  - Eat fermented foods (kefir, sauerkraut,Tempeh)
  - Focus on fiber
  - Eat Nature's Carbohydrates Like Fruits,vegetables(sweet potatoes, squashes)

For further ideas that are personalized to you and your lifestyle or questions feel free to reach out to me.
Instagram @coachchristy_emerging.health

Community Update

The Willow Center Launches Scholarship Program to Support Substance Use Prevention and Treatment for Youth

The Willow Center, a certified outpatient substance use treatment and mental health counseling center, has launched a scholarship program in partnership with the Town of Brownsburg to support prevention and treatment for substance use among Brownsburg youth.

The scholarship funds will be provided to The Willow Center from the Town of Brownsburg through state opioid settlement funds over the next 15 years.

Substance use is a growing problem in Hendricks County, claiming 46 lives in 2022. Substance use behaviors are also high among youth, with 221 Hendricks County students referred to probation in 2022 for substance use. According to the Indiana Youth Survey, 39.5 percent of Central Indiana high school students report monthly cannabis use, 53.5 percent alcohol use, and 5.5 percent prescription drug use. The impact of substance abuse also stretches into public safety, as the Hendricks County Prosecutor's Office reported over 800 drug-related offenses in 2022.

"Supporting youth addiction prevention and treatment is crucial to help young people overcome addiction and achieve their full potential," said Brownsburg Chief of Police Joe Grimes. "Early intervention is essential to prevent addiction from escalating and reduce the likelihood of future addiction and related issues. It also helps build healthier communities and a brighter future for society."

ASK THE AUDIOLOGIST

Was communication with a loved one difficult during the holidays? Those with hearing loss often become a spectator in group conversations and they don't always see the connection between their hearing difficulty and declining social life. How can you encourage a loved one to seek out guidance for their hearing loss?

1. Have an honest discussion about how you see their hearing difficulty affecting their ability to enjoy social situations. Give examples of when and how they are missing out. They are usually not aware of how much they are missing. They can also be incorrectly perceived as unhappy or rude when they aren't even aware someone is speaking to them.
2. Schedule appointments to have hearing evaluations together. Most adults have not had a hearing exam since they were in school, so a baseline evaluation is never a bad idea. It's also helpful to have another person hear what the audiologist has to say.
3. Explain that while they may have a concern about others noticing hearing aids, consistently missing conversations is not going unnoticed either.
4. Explain that outcomes are more successful the sooner a loss is treated because their brain has not had the opportunity to forget how to discriminate the different sounds of speech.
5. Let them know that you are willing to learn alongside them using communication strategies taught by your audiologist to make communication easier for both of you.

Dr. Shannon L. Austin, Au.D.

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

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

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How enjoyment boosts your mental health

By April Bordeau

You probably won't be surprised that counselors spend a lot of time talking about the negative things in people's lives. Yet one of the first thinks we look into when working with someone is the amount of enjoyment in their life.

Does that seem strange? If we're trying to fix what's broken in people's lives, why would we put so much emphasis on what makes them happy? Well, just as we learn a lot about people by examining how they feel about the challenges they're facing, what brings them joy is not only valuable insight into how their mind works. More important, enhancing enjoyment is a remarkably effective way to improve their mental health.

Why does enjoyment make us feel good? It's all about the chemicals our brain produces. These chemicals manage our moods and affect our behavior. One of the most important chemicals related to enjoyment is called dopamine. Associated with pleasure and reward, dopamine helps us manage our mood and motivation. When our brain generates dopamine, we feel happier, more content, and more willing to do things.

Things that bring us enjoyment also reduce the brain chemicals known as stress hormones. When our brain doesn't produce as many of those stress chemicals, we feel happier and more relaxed. Our heart beats at a more comfortable pace, and we take bigger and long breaths that bring more oxygen into our bloodstream.

What do we mean by things that bring us enjoyment? They're different for each of us. You may find the time you spend laughing with friends particularly enjoyable. Could be a walk in nature or your daily workout routine. Maybe it's a hobby or tuning out the world to listen to someone your favorite music.

No matter what brings us enjoyment, that sense of enjoyment responds with many important things for us. For starters, enjoyable activities have an immediate impact on our mood. We feel happier right away. When we regularly take part in activities we enjoy, we become more emotionally resilient and better able to handle the stresses that come our way. We're also more likely to strengthen our connections with the people around us, fostering a sense of belonging and reducing feelings of loneliness.

Know what else happens? Our brains start to work better. We feel smarter and more creative, so whether we're solving puzzles, fixing problems, or expressing ourselves artistically, we're more successful.

There are significant physical benefits, too. Finding joy in everyday activities supports both mental and physical well-being, reducing the physical stress that can increase blood pressure and the potential for developing serious health conditions. In other words, being happier makes us healthier! We sleep better and find it easier to be fully present when we're with other people.

Enjoyment also generates even more to enjoy, creating a positive cycle. The things we do make us feel better, so we naturally do more of them. We pay more attention to the things that make us happy, greet the day with optimism, and are ready to take on challenges. We also tend to become more protective of our time, so we can spend more of it doing what we like.

So yes, therapy isn't just about helping people work their way through the problems and negative feelings they're experiencing. It's also about helping them identify what truly brings enjoyment to their lives and showing them how they can experience even more joy. If you've been struggling to find time for the things you love, sitting down with one of Care to Change's professional counselors can help you shift and sharpen your focus. The sooner you take time to talk with us, the sooner you'll discover just how good enjoyment feels!

Pickleball Anyone? Or is that Everyone?

By Peg McRoy

It is certainly not a secret that pickleball has taken the nation by storm. Initially embraced by the retirement baby boom crowd, the image is that pickleball is for the retirement group who have plenty of spare time on their hands and are looking for a new way to exercise.

The word on the street has been that it is especially well suited for former tennis players who can no longer make quick long strides on a tennis court, since the pickleball court is smaller. In other words, it is a great place where older tennis players can go out to pasture.

Not the case!

The sport of pickleball has been picked up by people of all ages and athletic ability.

The Sports and Fitness Industry Association's single sports research report for 2022 reveals that of the five million pickleball players in the country 21.2% are ages six to 17, players under the age of 24 are the fastest growing age group of players, and that the average age of players in 2021 was 38 reflecting a downward trend from 41 years in 2020.

Caitlyn DuMontelle, age 23, started playing pickleball the summer after she graduated from college. She and a friend showed up at the pickleball courts in Danville's Ellis Park one night to see if they could pick up a game.

"We happened on a father and son who were playing singles and they offered to teach us how to play doubles," said DuMontelle. "Pickleball players are a very inviting and welcoming group."

She also plays regularly in Bosstick Gym where basketball courts are converted to accommodate the pickleball crowd. Parks departments have adjusted and repurposed spaces for pickleball.

"Pickleball has opened up our facilities in many ways," said Jimmy Ray, Danville parks recreation and aquatics manager. "It has further enhanced the multi-functional use of our indoor basketball courts, as we now have lines on our courts to have the ability to do three pickleball games at once. For our outdoor courts, the sport of pickleball has significantly increased the use of our courts. A couple of years ago, we had to expand from four to six courts due to the high volume, so that shows the popularity of the sport. Overall, pickleball has increased the activity on our courts, brought a multi-functional aspect to it, and is a sport that includes all ages."

At Bosstick Gym DuMontelle regularly plays with the retirement crowd and finds their level of play challenging.

"They are very quick at the net," said DuMontelle. "They are very good at hitting over your head too. The only way that Sarah (Sarah Koch is her pickleball partner) and I can keep up with their skill level is because we can run around. It is such a good workout."

Pickleball courts around Hendricks County offer a variety of options.

Pickleheads, www.pickleheads.com, is a free search engine that can help one find information on pickleball opportunities by city, state, or facility. An app is also available.

Winter Pickleball

This is a brief listing of indoor pickleball facilities for winter play in Hendricks County. Please check online or call the facility for up-to-date information on times, availability, and cost. More pickleball courts will become available when outdoor play begins in the spring and summer.

Hendricks Regional Health YMCA
301 Satori Parkway
Avon, IN 46123
317-273-9622
www.indymca.org/hendricks-regional-health/

Connection Point Church Sports and Fitness
1800 N. Green St.
Brownsburg, IN 46112
317-858-6349
www.connectionpointe.org/sports-fitness/pickleball/

*Danny Lynch and Nancy McGovern (**photo by Peg McRoy**)*

Bosstick Gym Danville Athletic Club
49 N. Wayne St.
Danville, IN 46122
317-745-4180 ext. 5203
www.danvilleparks.recdesk.com

Plainfield Recreation and Aquatic Facility
651 Vestal Road
Plainfield, IN 46168
317-839-7665
www.townofplainfield.com/1824/Parks-Recreation

YIPPEE-KI-YAY!

CONNECT with a new column: *Ask Mrs. Cole*

Have a question you want to ask a good friend who's impartial, realistic, and no-nonsense? Maybe a question you don't want to ask an insider in your life because you need an unbiased opinion? You could be featured in the next issue! We're excited to announce the inclusion of a new entertainment column, Ask Mrs. Cole, where our readers can ask Mrs. Cole questions for advice about life concerns you can't stop thinking about that need an honest answer!

Mrs. Cole is known for her straightforward style of communication, one that contains sound, trusted advice in a logical, sometimes sassy, yet relatable way. She has a unique ability to see through the lines of the real issues at hand, and cares like a sister, friend, or mom.

Mrs. Cole is an Indiana wife, mom and stepmom who has had a successful professional life in a multitude of areas. She tackles a myriad of topics submitted by both men and women of all ages in areas of love, dating, relationships, raising children, blended families, professional difficulties, etiquette, practical "how-to's" and more. She is known as the friend with a listening ear who tells it like it is and she tries to find humor and/or positivity in the toughest times of this thing called life.

We invite our readers to interact with Mrs. Cole by submitting your questions to her via email at writetomrscole@gmail.com. She will choose a few questions, confidentially of course, for each issue to feature. Maybe it will be yours?

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TOWN COUNCIL Topics

Avon Town Council

Officers Elected and Appointments Made

Compiled by Peg McRoy

The Avon Town Council met Jan. 11. 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. 25.

TOPIC: The council elected their officers for 2024. The council is comprised of Dawn Lowden, Greg Zusan, Robert Pope, Tim Roberts, and Jayson Puckett. Appointments were also made to boards, commissions, committees, and liaisons were appointed.

TRANSLATION: Zusan will serve as the council's president and Lowden vice president. Lowden is liaison to the township board, continuous annexation board, security board, and continuity of operations. Pope is liaison to the recycling board, dispatch board, school board, West Central Conservancy District, and the economic development commission. Puckett is liaison to the police, parks, and library departments, and the economic development commission. Roberts is liaison to the plan commission, board of zoning appeals, redevelopment commission, and the redevelopment authority. Zusan is liaison to the collaboration board, CERTA, the county council, county commission, and the security board.

Appointments include:

Redevelopment Commission:
- Jason Tuttle
- Bob Culler
- Dave Kauffman
- Bill Reed
- Jason Wyen
- Back up: Jennifer Spencer

Plan Commission:
- Dave Kauffman
- Bill Reed
- Paul Guckenberger
- Kathryn Ransburg

Board of Zoning Appeals:
- Kathryn Ransburg
- Back up: Dave Kauffman

Stormwater Board of Directors:
- Jan Reder
- Back up: Drew Wilson

Economic Development:
- Matt Isbell

Parks Advisory Council:
- Nick Stephani
- Jonathon DeArmond
- Steve Schaecher

Parks Advisory Council cont.:
- Deena Albin
- Back up: Sarah Osmundsen
- Back up: Whit Richardson

Fire Appeals Board:
- John Lazaro

Other staff appointments:

Citizens Water Advisory Board:
- Ryan Cannon

Hendricks County Economic Development Partnership:
- John Taylor

Indianapolis Regional Transportation Policy Committee:
- Ryan Cannon

Indianapolis Regional Transportation Technical Committee:
- Steve Moore

Avon Chamber of Commerce:
- Ryan Cannon and John Taylor

Certa Community Leadership:
- Ryan Cannon

Danville Town Council

Appointments Made to Boards, Commissions, and Committees

Compiled by Peg McRoy

The Danville Town Council met Jan. 10. 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 next on Jan. 24th.

TOPIC: The town council elected their 2024 officers, appointed department liaisons, and council members to serve on boards and commission. The members of the 2024 council include David Potter, Bret Doub, Greg Irby, Michael Chatham, and Chris Gearld.

TRANSLATION: Gearld was elected president and Chatham vice president. Department liaisons are Irby the parks department, Gearld the fire department, Chatham the police department, Doub the utilities departments, and Potter will serve the public works departments. Potter and Chatham were appointed to the plan commission. Gearld and Chatham will serve on the EMS board, Irby the Hendricks County Economic Development Partnership, Doub the Hendricks County Recycling District, Irby the economic development, Chatham the communications board, and Potter to the citizens advisory board.

TOPIC: Citizen board and commissions appointments were also made by the council.

TRANSLATION: Those appointments include:

Redevelopment Commission:	Ben Comer David Glover Brad Legan Dr. Tracy Shafer Matt Steward David Winters
Park Board:	David Glover Tim McRoberts
Police Merit Board:	Father Michael Fritsch Jim Stephens
Economic Development:	Kelly DiBenedetto
Citizens Advisory Board:	Matt Ellison
Tree Advisory Committee:	Gary Hemmelgarn Steve Menchhofer Sarah Wolf
Citizens Advisory Board:	Kevin Hill

Town Manager Mark Morgan will continue to serve on the Greater Danville Chamber of Commerce board of directors. Community Engagement Coordinator Madison Henderson was appointed to the Downtown Danville Partnership.

Brownsburg Town Council

Brownsburg Town Council discusses BASE program changes

Compiled by Melissa Gibson

The Brownsburg Town Council met Jan. 11 for a regular meeting at the Brownsburg Town Hall. The next meeting is scheduled for 7 p.m. Jan. 25.

TOPIC: Prior to the first regularly scheduled meeting of the year, the newly elected council held a short meeting on Jan. 4 to appoint leadership roles for the council and various boards and commissions.

TRANSLATION: Travis Tschaenn was once again voted president of the council and Ben Lacey will serve as Vice President. The Council welcomed two new members: Cindy Homan and Glenn Adams. Councilman Matt Simpson also returns in 2024.

TOPIC: The council heard a Parks and Recreation update and discussed the changes made regarding the BASE program.

TRANSLATION: Parks Director Amber Lane shared plans to update Williams Park. This summer, residents can expect to see remodeled restrooms including new fixtures, lighting, flooring and more. New benches, trash receptacles and potential changes to the splash pad are all in the plan for 2024.

In addition, Council President Travis Tschaenn addressed the departure of the Town's leadership of the BASE program. As of July of 2024, the program will resume under Brownsburg Community School's leadership, under a new name, BOOST.

The before and after school enrichment program serves kindergarten through fifth graders and was previously led by the Parks Department. Tschaenn said the town was losing $250,000 to $500,000 from program operations. The Brownsburg Parks Department will continue to offer summer and school break camps.

TOPIC: An ordinance requesting a rezone from agricultural to commercial and multi-family residential for a 58-acre parcel at the southwest corner of County Road 300 and Ronald Reagan Parkway was tabled after detailed discussion.

TRANSLATION: Jenna Wertman, Development Services Director brought the plan before the council with favorable recommendation from the Advisory Plan Commission (APC), however, the council did not approve of the multiple-story apartments, single story attached rental homes and more, stating a far smaller number of residential options should be placed in this area.

Though the developer agreed to several conditions, including the height of buildings in the area and additional entry and exit points to the residential space, they still proposed 112 single family attached townhomes and 320 apartment units including one, two and three bedrooms.

Further discussion included the potential for some residential in the area because it connects to the B&O Trail, a highly desired location for residents.

"There should be no three-bedroom units and limited two-bedroom units. It'll put undo strain on our school system. We need to par that number down and I'd really like to see the entire parcel commercial," said Tschaenn.

The council tabled the first reading of the ordinance, asking the petitioner to return with a drastically reduced residential plan.

Plainfield Town Council

Approval of appointments to Town Boards and Commissions

Summarized by the Town of Plainfield

The Plainfield Town Council met Jan. 8 for a regular council meeting. The meeting was live streamed for members of the public who could not attend. The council meets at 6 p.m. for a work session and 7 p.m. for a council meeting on the second and fourth Mondays each month, at 591 Moon Road. Agendas and meeting minutes can be found at townofplainfield.com. The next meeting is scheduled for Nov. 27.

TOPIC: Approval of appointments to Town Boards and Commissions, per the Town Manager's Report.

TRANSLATION: Recommended appointments to fill vacancies opened by Kent McPhail leaving the Council. Most of our appointments have already been completed for 2024, but Kent McPhail retiring from the Town Council leaves some openings that still need to be addressed. Kent has served on the Plan Commission, the Redevelopment Commission and the Convention and Visitors Bureau Board.

For the Plan Commission, a position swap is proposed. Gary Everling, as the incoming Council member and current member of the Plan Commission, is recommended to take the spot on the Plan Commission that has been filled by Kent McPhail, thus vacating Gary's current position on the Plan Commission. Kent McPhail is recommended to replace Gary Everling on the Plan Commission and finish out his current term, which goes to the end of 2025.

Kent is also stepping down from the Hendricks County Convention and Visitors Bureau Board and it is recommended that Gary Everling be appointed to fill that post for 2024.

Finally, Kent's term on the Redevelopment Commission has also ended and needs to be filled. Dan Bridget has expressed a willingness to fill this position and staff would recommend Dan be appointed to the Redevelopment Commission for 2024.

TOPIC: Approval to purchase a BearCat armored vehicle from Lenco, in the amount of $240,194, per the Public Safety Report. (Funded from CCI Fund)

TRANSLATION: In 2023, staff secured an Indiana Department of Homeland Security grant to purchase a BearCat armored vehicle. We now need to create at PO so that Lenco can begin the build process, which is expected to take at least 14 months. Once the vehicle is built and we take delivery and make payment, we will then receive the grant money in the amount of $150,000 lowering our total cost to $90K.

This vehicle will not only serve as an armored vehicle for police protection, but also for public protection in the case we have a mass critical incident.

TOPIC: Approval of a final contract amount of $3,152,193.54 with Calumet Civil Contractors for the construction of the Vandalia Trail Extension Project, per the Development Services Report.

TRANSLATION: Council consent is being requested to agree to a final contract amount with Calumet Civil Contractors for the Vandalia Trail Extension project. Note the original contract was for an amount of $3,267,000. Retainage will continue to be held, but agreeing to this final contract value should allow for the Town to take steps to finalize our grant agreement with IDNR for this project.

The Brownsburg Education Foundation
cordially invites you to the

The Top Eliminator Club at
Lucas Oil Indianapolis Raceway Park

The Brownsburg Education Foundation Rally for Our Kids Gala is a night of fun and celebration of the quality education in our community.Money raised during the evening is used to provide creative and innovative educational experiences for all Brownsburg Community School Corporation students.

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Individual reservations on sale through March 3rd - $100 each

Reservations can be made by calling the BEF Office at 317.852.1056 or online at www.brownsburgeducationfoundation.org

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Obituaries

Avon

Rick J. Arnett

Rick J. Arnett, 66, passed away Jan. 2, 2024. He was born July 11, 1957. Services were held Jan. 8. Conkle Funeral Home, Avon, was entrusted with the arrangements. Contributions may be made to the American Cancer Society or the Pancreatic Cancer Action Network.

Caron E. Blair

Caron E. Blair, 49, passed away Jan. 5, 2024. She was born Aug. 4, 1974. Services will be held at a later date. Conkle Funeral Home, Avon, has been entrusted with the arrangements.

David O. Carlisle

David O. Carlisle, 79, passed away Jan. 4, 2024. He was born Oct. 5, 1944. Services were held Jan. 9 at Conkle Funeral Home, Avon.

Charles D. Crowder

Charles D. Crowder, 90, passed away Jan. 11, 20234. He was born Jan. 2, 1934. Services were held Jan. 14 at Conkle Funeral Home, Avon.

Gloria J. Jacob

Gloria J. Jacob, 76, passed away Jan. 7, 2024. She was born Sept. 7, 1947. Services were held Jan. 12 at Hampton-Gentry Funeral Home, Plainfield.

Tiffany L. McMannis

Tiffany L. McMannis, 35, passed away Jan. 8, 2024. She was born Feb. 5, 1988. Services were held Jan. 12 at Conkle Funeral Home, Avon.

Leroy E. Phelps

Leroy E. Phelps, 89, passed away Jan. 2, 2024. He was born Aug. 28, 1934. Services were held Jan. 6 at Conkle Funeral Home, Avon. Contributions may be made to the Christamore House.

Brownsburg

Mark S. Chilewski

Mark S. Chilewski, 62, passed away Dec. 31, 2023. He was born April 22, 1961. Services were held Jan. 12 at Matthews Mortuary, Brownsburg.

Linda J. Clifton

Linda J. Clifton, 72, passed away Dec. 31, 2023. She was born Dec. 16, 1951. Services were held Jan. 5. Matthews Mortuary, Brownsburg, was entrusted with the arrangements. Contributions may be made to Faith Baptist Church Kids Reaching Kids Africa School Project.

Russell M. Deckard

Russell M. Deckard, 76, passed away Jan. 12, 2024. He was born Oct. 9, 1947. Services were held Jan. 18 at Matthews Mortuary, Brownsburg. Contributions may be made to the Veterans of Foreign Wars Post 98.

George Ann Fisher

George Ann Fisher, 72, passed away Jan. 4, 2024. She was born Nov. 9, 1951. Private services were held. Matthews Mortuary, Brownsburg, was entrusted with the arrangements. Contributions may be made to St. Malachy Catholic School.

John N. Garner

John N. Garner, 88, passed away Jan. 7, 2024. He was born Jan. 12, 1935. Services were held Jan. 16 at Matthews Mortuary, Brownsburg.

David R. Gerow

David R. Gerow, 76, passed away Jan. 5, 2024. He was born Feb. 15, 1947. Services were held Jan. 11 at Matthews Mortuary, Brownsburg. Contributions may be made to the Phillips Music Guild.

Wayne A. Jones

Wayne A. Jones, 88, passed away Jan. 13, 2024. He was born March 7, 1935. Services were held Jan. 18 at Eric M.D. Bell Funeral Home, Pittsboro.

Angela Nulty

Angela Nulty, 69, passed away Jan. 12, 2024. She was born Jan. 22, 1954. Services will be held at a later date. Matthews Mortuary, Brownsburg, has been entrusted with the arrangements.

Margaret E. Porter

Margaret E. Porter, 91, passed away Jan. 1, 2024. She was born Aug. 6, 1932. Services were held Jan. 4 at Matthews Mortuary, Brownsburg.

Tim B. Willoughby

Tim B. Willoughby, 81, passed away Jan. 2, 2024. He was born July 31, 1942. Services were held Jan. 10 at Matthews Mortuary, Brownsburg. Contributions may be made to Camp Allendale.

Clayton

Wayne Mayo

Wayne Mayo, 62, passed away Jan. 4, 2024. He was born June 2, 1961. Services were held Jan. 11 at Hampton-Gentry Funeral Home, Plainfield.

Coatesville

Diana Owens

Diana Owens, 73, passed away Jan. 10, 2024. She was born Sept. 23, 1950. Private services were held. Bousley Funeral Home, Coatesville, was entrusted with the arrangements.

Danville

Joanne L. Mitchell

Joanne L. Mitchell, 74, passed away Jan. 5, 2024. She was born Aug. 22, 1949. Services were held Jan. 10. Conkle Funeral Home, Avon, was entrusted with the arrangements.

Eugene H. Trapp

Eugene H. Trapp, 95, passed away Jan. 12, 2024. He was born Dec. 25, 1928. Services were held Jan. 17 at Baker Funeral Home, Danville. Contributions may be made to St. Mary's Catholic School.

Lizton

Richard E. Hathaway

Richard E. Hathaway, 82, passed away Jan. 14, 2024. Services were held Jan. 18 at Helton and Harris Funeral Home, Danville. Contributions may be made to the American Cancer Society.

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

North Salem

Tyler A. Traut

Tyler A. Traut, 25, of North Salem, passed away unexpectedly on Jan. 5, 2024.

Tyler was born on Dec. 2, 1998 to Amanda Jo Traut in Danville, IN.

Tyler graduated from Tri-West High School in 2017. After high school Tyler explored different career options until he landed his dream job running the family business, Smitty's Hardware & More in North Salem where he touched many lives.

Tyler enjoyed football (especially his Seatle Seahawks) and gaming, but most of all Tyler loved spending time with his family and friends spreading his love, bear hugs and infectious smile that could light up any room.

Tyler is survived by his loving mother and father, Amanda Traut and Leroy Smith II; adoring sister Taylor Jo Traut; loving brother, Bryan Devon Traut; aunts and uncles, Nicki Laycoax, Bobby and Cristina Stinson; grandparents, Charles McCarns, Mike and Lonnie Stinson; cousins, Brooke and Garrett Sweeney, Brayden Laycoax, Ashlynn Ratts, Brody and Boston Stinson and hundreds of extended cousins; fiancé, Summer Trotter and boys, Jackson and Bentley.

Tyler is preceded in death by his grandmother, Paula McCarns.

Services were held Jan. 13 at Eric M.D. Bell Funeral Home, Pittsboro. Tyler was laid to rest in North Salem at Fairview.

All are encouraged to keep Tyler's family in your thoughts and prayers during this difficult time.

Plainfield

Charles L. Acton

Charles L. Acton, 88, passed away Jan. 1, 2024. He was born Dec. 25, 1935. Services were held Jan. 4 at Hampton-Gentry Funeral Home, Plainfield.

Tina R. Brannon

Tina R. Brannon, 62, passed away Jan. 5, 2024. She was born Oct 16, 1961. Services were held Jan. 9. Bousley Funeral Home, Coatesville, was entrusted with the arrangements. Contributions may be made to Fight Back Fitness.

Obituaries

Plainfield

Betty J. Cooper

Betty J. Cooper, 88, passed away Jan. 1, 2024. She was born March 16, 1935. Services were held Jan. 6. Hampton-Gentry Funeral Home, Plainfield, was entrusted with the arrangements. Contributions may be made to the Stilesville Cemetery Perpetual Care Fund.

Robert E. Hartung

Robert E. Hartung, 87, passed away Jan. 12, 2024. He was born Aug. 3, 1936. Services were held Jan. 19 at Hampton-Gentry Funeral Home, Plainfield.

Walter R. Jarman

Walter R. Jarman, 89, passed away Jan. 3, 2024. He was born Jan. 19, 1934. Services were held Jan. 9 at Hall-Baker Funeral Home, Plainfield. Contributions may be made to St. Jude Children's Research Hospital.

Debra A. Millet

Debra A. Millet, 64, passed away Jan. 2, 2024. She was born May 4, 1959. Services will be held at a later date. Hampton-Gentry Funeral Home, Plainfield, has been entrusted with the arrangements.

Carol Romer

Carol Romer, 78, passed away Jan. 9, 2024. She was born Oct. 28, 1945. Private services were held. Helton and Harris Funeral Home, Danville, was entrusted with the arrangements.

Ted A. Underwood

Ted A. Underwood, 75, passed away Dec. 26, 2023. He was born Aug, 27, 1948. Services were held Jan. 13. Hampton-Gentry Funeral Home, Plainfield, was entrusted with the arrangements. Contributions may be made to Family Promise of Hendricks County or the Hendricks County Humane Society.

Susan F. Walker

Susan F. Walker, 65, passed away Jan. 5, 2024. She was born Aug. 22, 1958. Services were held Jan. 10 at Hampton-Gentry Funeral Home, Plainfield. Contributions may be made to the Lung Cancer Research Foundation.

Devotional

Do You Understand What I'm Saying, Doc?

By Pastor Rashad Cunningham

A few weeks ago God blessed me with the opportunity to sit down with Pastor Henry McMullen (who lives in Avon) of New Birth Fellowship Church located in Indianapolis. We knew from the moment our conversation started that God was up to something special. Throughout our conversation of laughter, testimony, and mutual edification Henry repeated a phrase/question that quickly made me stop and think deeper on our conversation. After explaining something that he wanted to ensure I understood he would ask "Do you understand what I'm saying doc?" with a specific tone to ensure he meant no condescension, but genuinely didn't want me to miss the idea or thought we were processing together.

In the Bible, Jesus had a similar question/phrase that He often asked after a difficult saying or a parable as seen in Matthew 11:15, Mark 4:9, and Mark 4:23. That saying was "he who has ears to hear, let him hear." In a way, this was similar to saying "Listen closely! Pay attention!" or as Pastor Henry rightfully asked "Do you understand what I'm saying doc!"

In our American church culture, everyone in attendance on any given Sunday morning service, or Wednesday evening Bible study, or even a random weekday afternoon at a local restaurant has EARS. However, not many have EARS TO HEAR! We are such an INFORMATION driven society that we lack TRANSFORMATION because we only seek to "know", but not to "know, understand and obey".

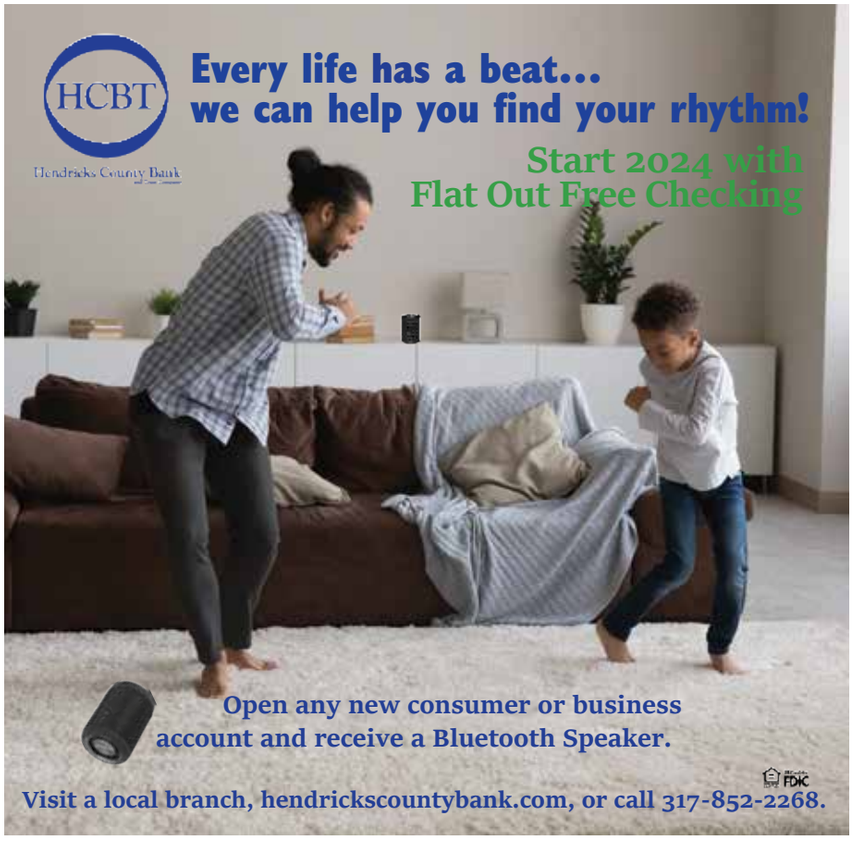
In case you were wondering what Pastor Henry and myself were speaking about that led to this week's devotional... Commitment over Contentment. Henry was explaining how to persevere with joy through the valleys of discontentment and lack of fulfillment with our calling/purpose. I remember shouting "Amen" when he said "It takes commitment over contentment", but I remember even more importantly him immediately asking "Do you understand what I'm saying doc?" Henry didn't simply want to hear me say "AMEN", he wanted to see me take ACTION in response to his words.

Jesus is saying the same thing to ALL of us today! Every time we open His Word, hear a sermon, or gather together to study, let's ensure we have "ears to hear"....

Do you understand what I'm saying doc?

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



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