Get the Ag Experience

Todd Deno teaches how agriculture encapsulates every aspect of life through a new Hendricks County 4-H Fair program

Pages 6 & 7

HRH and Anthem in disagreement over definition of ‘hospital’

Page 11

ICON of the MONTH
Rhonda Beck

Page 30

iuhealth.org/heartcard

$49 Heart Scan Gift Card
Senga of Avon has a fierce love for her husband, Billy, and their three children. When she discovered her family history increased her own risk of cancer, she wanted to do everything in her power to take care of herself and protect them. That’s why Senga’s team at Hendricks Regional Health created a proactive cancer screening plan to manage her health. By making prevention a priority, her breast cancer was caught at stage zero and now she’s cancer-free. Schedule your 3D mammogram at HENDRICKS.ORG/MAMMOGRAM.
“Freedom to me means life. Life is a gift not to be taken for granted. Every breath is a gift from God, literally. As a survivor battling and fighting for my life against late-stage advanced Lyme Disease for these past four years, I take nothing for granted and am grateful to be alive and able to passionately love and serve our community.”

Jimmelynn Rice, Avon

“Freedom is not free. It comes at a cost. The highest cost. The ultimate sacrifice. A servant giving the ultimate sacrifice so others can have life. I am enormously grateful to Officer Pickett and our LEOs and first responders who everyday give us as a community, life. From our hearts to yours...thank you.”

Jennifer Miller, Danville

“It makes me reflect on the brave men and women who put their lives on the line every day.”

Gwyn Green, Brownsburg

From left, Jacob Gwyer (behind microphone) and Isaac Woolley look on as Avon American Legion Commander Mike Welsh, an Army veteran, jokes with Kyle Dailey who is a Marine recruit. The boys were being acknowledged at Post #145 on June 14 as part of the Kiwanis Club of Avon’s first-ever “Salute the Recruits.” After Welsh introduced the three to members of the Legion, the packed crowd gave the boys a standing ovation. (Photo by Rick Myers)
HENDRICKS COUNTY

AVON
Town Council | July 12, 7-9 p.m.
Town Council meetings are held at Avon Town Hall, 820 N. Main St. For more information, call (317) 272-0948 or visit avongov.org.

GUILFORD TOWNSHIP
Board Meeting | July 11, 7 p.m.
All regular meetings are held at the Guilford Township Community Center, located at 1500 S. Center St., Plainfield. For more information, call (317) 838-0564.

PLAINFIELD
Redevelopment Commission | July 2, 5:30 p.m.
Plan Commission | July 2, 7 p.m.
All meetings are held at the Town of Plainfield Building, 206 W. Main Municipal Street. For more information, call (317) 839-2561 or visit townofplainfield.com.

HENDRICKS COUNTY
Commissioners’ Meeting | July 10, 9 a.m.
All meetings are held at the Hendricks County Government Center, 355 S Washington Street. For more information, visit: co.hendricks.in.us. To reach the Plan Commission or Board of Zoning Appeals, call (317) 745-9255; for County Council, call (317) 745-9221; and for the Board of Health, call (317) 745-9217.

RAY’S TRASH SERVICE
VISIT OUR WEBSITE TO FIND OUT MORE
RAYSTRASH.COM
317-539-2024

JULY 4 IN BROWNSBURG

BROWNSBURG LIONS CLUB 4TH OF JULY EXTRAVAGANZA
JULY 2-7 | 6 PM - CLOSE
Arbuckle Acres Park
$19 Wristband Nights
July 3, 5, 6 & 7

PARADE
10 AM
Parade Route: Begins at Williams Park. North on Locust Ln. to Tilden Dr, east on Tilden to Odell St, south on Odell St. to Sycamore St.

CONCERT
7:45 PM
Town Hall Green
Performance by: Indianapolis Jazz Orchestra

FIREWORKS
10 PM
Location: Field between White Lick and Eagle schools.
Seating: Available at southwest corner of Odell St. & Airport Rd.

BROWNSBURGPARKS.COM
@BROWNSBURGPARKS
Agriculture is a large part of Todd Deno’s life. Outside of his full-time job, he raises sheep on his Danville farm, owns a feed store, helps his children with their 4-H projects, volunteers with the Friends of Danville FFA, Hendricks County 4-H Sheep Club, the 4-H youth council and is on the Hendricks County Cattlemen’s board.

Now, he’s working to educate others about how agriculture actually impacts everyday life for everyone, not just those working in the industry.

The Hendricks County 4-H Fair, taking place July 15 - 21, will introduce the Hendricks County Ag Experience, taking place in the Cartlidge Barn. With interactive, hands-on activities for children, Todd said he hopes all visitors will take something away from this new program.

“We hope to capture people from 3 year olds to 73 year olds,” Todd said. “We’re really trying to pull out all of the stops and make this a huge success, not only for us but for the people who will visit. It’s important to get our wording right for people who read it to understand that they can live their lives a little bit fuller for what the people in the agricultural world do. Some people think agriculture is nothing but plows and cows. It’s truly amazing how many careers are involved with agriculture. That’s something we’re trying to portray.”

Todd grew up in Fowler, Ind., on a farm which had corn, soybeans, cattle and hogs. He went on to earn a degree in agronomy from Purdue University.

Having graduated in December, he had trouble finding a job in his specialty upon graduation so he went to work for Eaton Excavating in Danville. Todd and his wife, Jenny, have three children currently or previously involved in 4-H: Colin, Hannah and Hayden. Although he has a successful career and raises sheep and cattle at his Danville home, he desired to return to his agricultural roots.

He started his own feed store that he runs off his farm in the evening hours with a goal to give back to the youth in the community and help them succeed in their own agricultural endeavors.

“I feel working in the construction world, I’ve been very blessed,” he said. “Now it’s time to really help these kids.”

Alongside David and Rhenda Mood, he helped start the Hendricks County 4-H Sheep Club.

“We started that about eight years ago to help kids with that project,” Todd said. “We raise sheep on our farm. My oldest son’s first year showing sheep, that’s the first year I noticed the amount of kids that actually stayed at the barn and hung out with each other was really low. I’m not originally from this county. I showed sheep for 10 years. The county I came from, it seemed we were all friends. Since we started this club, we’ve noticed the kids interact with each other. We try to have pizza parties, ice cream parties and end of the year parties. I’ve been told by officials here in the county that a lot of the judges are really impressed by the level of knowledge, competitiveness and what the kids know about the sheep project.”

Todd also helped found Friends of the Danville FFA for anyone wishing to give back to the Danville FFA. Wanting to get that group in the public eye more, he began kicking around the idea of starting a petting zoo at the fair. The group brought the idea to the fair board and it evolved into something much greater - an Ag Experience.

“I feel like sometimes I come up with these ideas and forget about the ramifications of what will happen,” he said. “We re-
ally put a lot of time into this. Undoubtedly, I feel this will be a big success."

Inside of the Cartlidge Barn, visitors will experience educational displays and activities revolving around food, fuel, fiber, pharmacy and futures. Outside, there will be a ’petting zoo’ with baby animals on display including ducks, chicks, baby turkeys, bunny rabbits, lambs, dairy calf, beef calf, piglets and goats. There will be fun facts and interactive activities in that area.

There are currently more than 20 people who have worked to put together this program over the past nine months. At the group’s first meetings, Todd told everyone to brainstorm as though money was no object. While they had to dial those ideas down some, the project has still expanded to much greater than he envisioned.

“It’s not that I didn’t want it to be big, but I didn’t think we’d be to this level on year one,” Todd said. “This has taken the help of a lot of great people. I’m really blessed with the support that I have from fellow alumni, farm bureau people. What’s truly amazing is the number of people that feel the same way I do and the number of people that are passionate about agriculture. I didn’t realize that there was so much support out there. It’s almost mind blowing.”

The Ag Experience in a glance

Todd Deno sums up the Ag Experience stations that will be located in the Cartlidge Barn during the Hendricks County 4-H Fair from July 15-21:

**Food:** We want people to understand without agriculture, the grocery store will be pretty empty.

**Fiber:** We would like people to understand how much and what types of fiber there are (such as) wool fiber, cotton fiber. That’s where we’re even trying to encapsulate sports. Do people even know there’s wool in baseball, that there’s cow hide that makes the base-

**Fuel:** With soy bean fuel we have ethanol. Not only do they use corn and soybean but sugar cane and grasses are used to help make fuel.

**Pharmacy:** We will talk a lot about your everyday products. There are a lot of agricultural parts and pieces to make up toothpaste and things like that.

**Future:** Will be to get people to understand how important 4-H and FFA are, not only as they’re a child, but to get them to go onto that path.
St Malachy Council #12540 presents The 19th Annual Knights of Columbus Golf Outing

“IT UP for Charity
The Charlie Testerman Memorial Golf Outing

SAVE THE DATE!

Sunday, August 12, 2018
West Chase Golf Club
Brownsburg, IN

The Knights of Columbus is a Catholic fraternal organization. All proceeds benefit various charitable organizations supported by the council. They include Gibault, Seminarians, Haiti Missions, Little Sisters of the Poor, SPRED program, Special Olympics, Right to Life of Indiana, Catholic Radio, RCIA, 8th Grade Class Trip (St. Malachi), Cardinal Ritter, Sheltering Wings Eagle Scout projects and many more.

Please come out and enjoy a day of fun, food, golf and fellowship and help us support these worthy causes.

SAVE THE DATE!

Habit of the Heart
Ladies Luncheon and Purse Auction

“Breakfast at Tiffany’s”
September 29, 2018
Country Club of Indianapolis
2801 Country Club Road
Indianapolis, IN 46234

IU Health West tests $80 million expansion with cardboard

By Adam Pannel

The IU Health West Hospital is testing its upcoming $80 million expansion with a cardboard look-alike at IU Health’s Integrated Service Center. Within the Service Center, a sprawling full-scale cardboard maze recreates just one floor of the proposed expansion to simulate actual conditions within the facility.

Staff are using the cardboard creation to make adjustments to the space before construction begins in October. The expansion will add 48 additional inpatient beds, a new operating room, increased catheterization lab capacity and more room to accommodate additional staff and patients.

Furthermore, an additional floor will be added onto the hospital’s “B” inpatient tower, and two floors will be constructed on the north side of the building to expand the operating room, catheterization lab, inpatient pharmacy, café and classroom areas.

“We’re serving a growing community,” IU Health West Hospital President Art Vasquez said. “Right now, we transfer about 1,700 of our patients outside our community to other hospitals, so IU Health is trying to serve our community better.”

Virtual reality was initially offered to test the space, but staff created the cardboard hospital instead to give nurses and physicians a tangible space to practice emergency scenarios and refine the expanded facility.

“Staff plaster sticky notes and posters on the cardboard, suggesting how to improve different rooms, so physicians can operate more efficiently within them.”

“We’re making sure we’re not building in what we consider waste, [such as] extra steps or extra space,” Deployment Leader Brad Angeles said.

The cardboard recreation was the second design event and the first in the ‘cardboard series’ at IU Health’s Integrated Service Center. The first event focused on conceptualizing room layouts on paper, while the cardboard series physically recreates those layouts for testing and modification. Construction of the expanded facility will take two years to complete, but it promises to allow IU Health West Hospital the chance to expand its existing services and serve more of the surrounding community.
How ‘4-H’ got its name

By Ken Sebree

In 1902, the forerunner of 4H clubs was started in Ohio as an afterschool program for farm children, and in 1912, the clover pin with an ‘H’ on each leaf was adopted and the club was called 4H. Federal legislation in 1914 created the Cooperative Extension System at the USDA which provided the vehicle to nationalize 4H. Today, 4H is delivered through America’s 109 land-grant universities and the Cooperative Extension System, reaching every corner of the nation. In Indiana, 4H can be found in all 92 counties as delivered through Purdue University extensions. Community clubs, afterschool programs, school enrichment, camps, workshops and special interest programs are all ways youth across Indiana can be involved with 4H programs.

The Hendricks County Agricultural Fair began in the early 1920s on the courthouse square in Danville, and in 1927, 4H exhibitions were added. This 3-day event was called the Town and Country Fall Festival. As the fair grew, the livestock exhibits were held in tents at the Danville School’s grounds while the carnival part remained at the courthouse square. In 1951, the fair was moved to the Hendricks County Highway Garage on East Main Street, and in 1956, the county commissioners signed a long-term lease with the Hendricks County Fair Board for 20 acres of land located just east of the County Home. This land was to become the permanent fairgrounds. The following year construction began on cattlebarns, exhibit halls and restrooms at the new 4H Fairgrounds.

As the Hendricks County Fair grew in popularity and scope, it became evident that more space was needed, so the fair board acquired a large parcel of land on the east side of Danville and began planning for the new fairgrounds/conference complex. After a total investment of $18 million, the new complex held its first county fair in 2006. With the expanded facilities, the fair features exhibits and activities for everyone to enjoy. Some of the more popular features are livestock exhibits, gardening and crop exhibits, amusement rides, concessions and a demolition derby. Also various activities are held at the conference complex throughout the year such as: Purdue Small Farms Conference, Lawn and Landscape Association, wool keepers, and gardening for all ages.

With its roots going back more than 100 years, 4H prepares young people to be leaders in their communities and around the world through hands-on experiences alongside their peers and caring adults. Backed by a network of more than 6 million youth, 540,000 adult volunteers, and 3,500 professional leaders, 4H delivers research-based programs for positive youth development.

Ken Sebree is a practicing architect and resident of Hendricks County for well over 40 years. Contact him at ken@sebreearchitects.com or (317) 272-7800.
All of these events are at the Fleece Performance Grandstand

For more information and a schedule of activities, visit

www.4hcomplex.org
HRH and Anthem in disagreement over definition of ‘hospital’

Editor’s note: The reporter is a customer of Anthem Inc., but he never has been a customer of Hendricks Regional Health.

By Cleveland Dietz

A contract dispute has left some Brownsburg residents with little choice but to look elsewhere for the healthcare services they need.

Rate negotiations between Hendricks Regional Health and Anthem Inc. stalled when the entities couldn’t come to an agreement about how much the insurer would pay for certain services at the county’s Brownsburg hospital.

Hendricks Regional Health is a county-owned network of hospitals and healthcare service providers. Its primary facilities are in Danville and Brownsburg, but smaller operations dot the county. All the entities within its system are in Anthem’s network, except for the Brownsburg hospital at Ronald Reagan Parkway and Interstate 74.

Hendricks Regional Health Chief Strategic Officer Gary Everling said the company began negotiating with insurers months before the $50 million, 100,000-square-foot hospital opened on Jan. 8. Contractually, they had to notify them that they were adding a new facility. Most, he said, kept the same terms they had with the system for its other locations without fuss, but Anthem didn’t. It returned with an “unsustainable” proposal, far less than the rates it paid for the same services at the Danville hospital, he said.

“Despite our efforts to negotiate in good faith with Anthem, they just haven’t,” said Everling. “We’re not asking for more than what we charge anywhere else.”

The staffing ratios at the Brownsburg facility are the same as they are in Danville, the same board-certified ER physician group covers the emergency department, it has the same adult inpatient physician group and the nursing staffing ratio is the same, he said.

But Anthem saw it differently.

“It has only six inpatient beds and no intensive care unit or surgical capabilities,” stated senior Anthem spokesperson Tony Felts.

“We have made fair contract offers that reflect the limited services available at this facility. It is not in the best interest of our consumers and the affordability of health care to compensate this facility at the same level as a full-service hospital.”

HRH’s Danville hospital is more than 600,000 square feet, has 127 inpatient beds and provides both surgical and intensive care, for comparison.

While the contrast is striking, University of North Carolina health care reimbursement professor and senior research fellow George H. Pink said he isn’t aware of any standard for what constitutes a full-service hospital.

“Despite our efforts to negotiate in good faith with Anthem, they just haven’t. We’re not asking for more than what we charge anywhere else”

— GARY EVERLING, HENDRICKS REGIONAL HEALTH CHIEF STRATEGIC OFFICER

**Table: Anthem insurance coverage at Hendricks Regional Health’s Brownsburg Hospital**

<table>
<thead>
<tr>
<th>Service</th>
<th>In-network</th>
<th>Out of network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician offices</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Immediate care</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Lab services (blood draws, etc.)</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Inpatient care</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Cardiac testing and radiology (includes mammography)</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Rehabilitation services (physical and occupational therapy)</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>

* Emergency rooms operate under different reimbursement rules, so Everling recommends visiting the nearest ER when necessary, no matter the coverage provider.

For now, they’re referring them to other providers under the HRH umbrella.

“There’s a lot of options we can send them to, and we do that just to make sure that they’re not out of network,” Everling said.

The hospital network is working to make sure patients that need to be referred to another provider can do so without having to wait for services, Carrie Meyer, HRH strategic communications director, said.

**How It Works**

When a hospital negotiates a rate with an insurer, it’s making an agreement for how much it’ll be paid for a procedure or service. These rates can vary from one insurance provider to another and sometimes rely on other factors, such as whether it is inpatient or outpatient care.

Hospitals prefer that insurance companies pay a higher percentage of their fees, because that’s how they make money. Insurers prefer to pay less, because that lowers costs for their members. That’s why we shouldn’t think of health insurers as the enemy, said Mark Norrell, Indiana University health care management and policy professor, even if they can be frustrating at times.

“We want to think of Anthem as doing this in the best interest of the individuals that hold Anthem health insurance, because the lower they can negotiate payment rates, the less expensive my health care is when I go and see an in-network provider,” he said.

The problems are imbalances of power can lead to one-sided deals, and that can be catastrophic for small systems or nonprofits that often operate on 1- to 3-percent margins.

“Bottom line: It all depends on who needs the most,” he said.

**What It Means**

For now, HRH is referring patients with Anthem insurance who need a service that’s outside of their network at Brownsburg to other facilities in its system. It’s managing staffing levels to accommodate those referrals, Meyer said.

HRH is asking Brownsburg residents covered by Anthem to reach out to the insurer and ask it to reconsider, Everling said.

“We’re on their side, and we won’t give up until it’s done,” he said.
**Freedom fighters**

This month we observe the most American of holidays, Independence Day, and there will be no shortage of celebration in Hendricks County. Whether you enjoy the parade in Downtown Brownsburg, the fireworks at Danville Community High School, the symphony in Plainfield’s Hummel Park, or even a morning 4-mile run through Avon Town Hall Park, remember to think of the sacrifices made by our revolutionary heroes 242 years ago to free America from King George III.

But as basic as freedom may seem to our way of life, it’s always at risk and always at the heart of today’s most heated philosophical debates. The evidence can be found in business, government, education, parenting, religion, gender, guns and the list goes on.

Freedom comes in two forms: “freedom from” and “freedom to.” And we’d like to think we are free from persecution and free to take the initiative. But if American history has taught us anything, it’s that it takes a fight to preserve and/or gain freedom. So when it comes to these hot topics we read about in the news, respecting an individual’s right to fight for what they believe in is just as American as fighting yourself. But that doesn’t mean you shouldn’t stand your ground. Even King George knew that. Too bad for him American colonists didn’t stand for his tranny.

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**What eggsactly should I do?**

**By Dick Wolfsie**

The following is a true story. But I have written two alternative final paragraphs.

My ethical dilemma begins with an insensitive remark I made to a friend. As an apology, I invited him to breakfast at our favorite café, and I sent him a $30.00 gift card to cover our meal.

We met the next week. When the waiter returned with the card, he informed us there was some credit remaining. “You use it,” said Jim, “and thanks for breakfast.”

“How much credit is left?” I asked the waiter. “Let’s see,” said Jake, “the balance is $971.12. And I think that’s a record at this café.”

You could have scraped me off the floor with a spatula. “Wait,” I said, “this is a mistake. The card was only for $30.00.”

Jake talked to the manager who said their records showed I paid a thousand in cash two weeks earlier at 8:00 a.m.

“Listen, Jake,” I said, “I have to be really snookered at eight in the morning to spend a thousand bucks on a gift card at an omelet shop.”

The manager personally came over and confirmed I could use the card’s balance. “It’s our mistake,” he said, “and we will honor it.”

My wife forbade me to use the balance and demanded that I return the card or destroy it. I knew she was right, but I wanted other opinions. First, I emailed my brother, a New Yorker. I was curious what his perspective would be.

**DICK:** Peter, the other day I bought a $30.00 gift card but they gave me $1,000 in credit by mistake. What should I do?

**PETER:** About what?

Next I sent an email to my editor, Heidi.

**DICK:** Heidi, can you help with this situation. I have a thousand dollar gift card at a local breakfast joint because the cashier entered it into their system incorrectly. I only paid for a $30 card. Any suggestions.

**HEIDI:** First, you need question marks after the words “situation” and “suggestions.” And gift card is not hyphenated. Enjoy your free breakfasts.

My sister was next—a voice of reason.

**LINDA:** The choice is simple: 100 free omelets or no divorce.

Finally, I called my friend Bob. “Cathy,” I said, “I’m really not hurting anyone if I use the card, am I?”

“Bob,” she said, “you’d be killing chickens.”

“Listen, Jake,” I said, “I have to be really snookered at eight in the morning to spend a thousand in cash two weeks earlier at 8:00 a.m.”

“People, the sleep-deprived wish neighbors would limit the booms to the holiday weekend.

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**Right Side:**

Dick Wolfsie lives in Indianapolis with his wife of 33 years. Dick is usually in the basement trying to think up something funny to write. He can be reached at: wolfsie@aol.com.
Cruising across the fruited plain

By Kristin Ferklic

Road trip warriors of Hendricks County unite! Some call it wanderlust, some say it’s a penchant for adventure; personally, I think I’m just nosy. Nevertheless, I love a good road trip, no matter the style, or the destinations. I really want to know what is around the bend, and just what the heck went on there. You know, all the sordid details.

It’s no doubt that the road trip is a uniquely American tradition, and Hendricks County enjoys is to the fullest. Of, course, as Americans, it has become competitive sport. We stuff our minivans, RV’s, and SUV’s with kids and snacks, suitcases and sunscreen, iPads and hot spots.

Of course, we must document we were there. Facebook has lit up with the seasonal passive-aggressive competition of posting exceptionally awesome vacation photos. This round is the “Summer Road Trip” edition. Make sure to enter your version of “smiling family relaxing in beautiful landscape,” or “mouth-watering local cuisine,” or “envious bucket-list landmarks.” It’s an entertaining pastime, especially when you extrapolate the realities of the tantrums, sunburn, hailstorms, and food poisoning behind the photo.

My road trip reality? Rolling through the Big Horn National Forest, one of six passenger in our anonymous gray Odyssey. I’m wedged between my youngest child and our food stash. “Swank” isn’t exactly what I’m enjoying is to the fullest. Of, course, as American tradition, and Hendricks County the sordid details.

Everything was critical for both parental sanity and harmony. Yeah, I’m taking one for the team. Mostly, I feel like a middle aged pretzel, and look slightly homeless. But, lookout, I have some amazing photos to post.

I don’t know about you, but as matriarch of our regularly travelling unit, I’m expected to know where all objects are, at all times, the confirmation numbers of all destinations, travel routes with any construction anomalies, and the projected weather of each stop at the time of arrival. Not to mention, I should pack conservatively, but be prepared for any situation, up to and including Dengue Fever, loss of contact with civilization, blizzards, and grizzly bear attacks.

Sadly, the Hallmark Channel declined to do a miniseries on our road trips. It was a shock. I thought this could be an amazing story of family trials, tribulations, and perseverance. We were rejected. Something about “inappropriate.” Whatever. They have no appreciation for mad libs going south, or the fact that kids are allowed in casinos in South Dakota. Yeah, try to keep that train on the rails. They didn’t call it the Wild West for nothing!

Stay awesome Hendricks County!

Kristin Ferklic resides in Brownsburg, is happily married to a police officer and is the mother of three highly-spirited children. Email: offthechainicon@gmail.com

QUOTE

“America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves”

– Abraham Lincoln

BELIEVE IT!

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

In Virginia, no animal may be hunted for on Sunday with the exception of raccoons, which may be hunted until 2 a.m.

SOURCE: dumblaws.com
Roofing Replacement

The roof system is one of the most important parts of your home as well as one of the most expensive to repair or replace. The roof system takes a great deal of abuse from hail, heat, ice and snow. If you have a damaged roof or one that is simply due for replacement here are a few topics to consider before beginning a roofing project.

- As mentioned above your roof is one of the most important parts of your home.
- Selecting a trustworthy and qualified contractor is very important.
- Your contractor should be local to your area - watch out for “out of town companies - storm chasers”
- Remember - the lowest price is NOT always best - material and workmanship may be less than desired.
- Roofing materials:
  - Generally all asphalt shingle products now carry a “limited lifetime” manufacturer’s warranty.
  - The quality of materials included in a bid can greatly affect the cost.
- When evaluating bids ask your contractor to clearly specify the materials being used.
- It is generally not a good idea to cover up an existing roof, complete tear-off and replacement will provide for a better roof system long term.
- Decking repair - the condition of the roof decking generally cannot be determined until after the old roof has been removed.
- Require your contractor to provide a “Unit Price” for any decking replacement that is discovered to be necessary. Understand this potential cost prior to selecting a contractor. Also require your contractor to review this condition with you in person before proceeding with repairs.
- Roof Vents, Flashing and Gutters:
  - Gutter replacement is many times needed if a roof replacement is related to storm damage.
  - Gutters are also an important part of your roof system. Proper flow and installation is key to directing water run off from your roof.
  - If gutters are not being replaced as part of your project require your contractor to protect them during the roof replacement project.
  - Flashing around chimneys and pipes should always be updated when you are replacing a roof, make sure your contractor has included it in the scope of work.
  - Roof vents / ridge vents should also be updated when you are replacing a roof.
- Adding an attic fan is a good thing to consider as well, make this decision prior to replacing your roof.

Please consider the dialog I have provided when planning a roof replacement project and always remember that a local contractor has a great deal more vested interest in delivering a successful project and standing behind the quality of work. If you have any concerns or questions don’t hesitate to contact TsT Construction for professional help and guidance. Hope this month’s tips are helpful, enjoy the spring weather! It will be here soon, I HOPE! TsT

TsT Construction
Helping people one job at a time...
317-550-8677

General Contracting
Brownsburg, IN • email: tom@tst-construction.com
website: tst-construction.com

ICONIC briefs

IU Health forms regional group
Indiana University Health has formed the Indianapolis Suburban Region to include IU West in Avon, IU Health North, Saxony, and Tipton hospitals. The group will help with long-term growth, including the hospital expansion in Avon. IU Health West President Doug Puckett will lead the team. Art Vasquez, chief financial and operating officer, IU West, has been named president of IU Health West Suburban Area, which includes responsibility for the hospital in Avon.

Plainfield Lions elect new officers
The Plainfield Lions Club installed its incoming officers on June 18. They include: Tom Iles, president; Worth Donaldson, 1st vice president; Dan Cavallini, 2nd vice president; Toni Tew, secretary; Gene Young, treasurer, Bob Condit, tail twister; Wayne Carter, board of directors. Young America Lions Club District Governor Elect Doug Eversole presided. The club does fundraising projects for the community and meets once a month. To get involved, contact Tom Iles at 317-600-5193 or at t.iles@sbcglobal.net.

Eli Welch Memorial Golf Outing
Eli Eddie Welch, Inc., a Plainfield-based not-for-profit organization, will host its 15th annual Eli Welch Golf Outing on Saturday, July 14, 1 p.m., Deer Creek Golf Club, 7143 SR 39, Clayton. All proceeds from the event will go to help local children in need. Golfers will have an opportunity to purchase raffle tickets. Registration is from 11:30 a.m. – 1:00 p.m. inside the clubhouse. After the outing, there will be a dinner at Outback Steakhouse with awards and door prizes. For sponsorship information, contact Matt Martin at (317) 902-6404 or EliWelchGolf@yahoo.com.

Sheltering Wings gets HCCF Grant
The Hendricks County Community Foundation awarded Sheltering Wings a $731 grant from The Deedee Daniel Opportunity Fund. It allowed a staff member to attend The Search Institute’s 40 Developmental Assets training in Minneapolis where she learned about abuse prevention in youth. Sheltering Wings in Danville opened its domestic violence shelter in 2002 to help women and children.

Avon Fish Fry
The annual Avon Optimist Club Fish Fry will be held July 12-14th in the southwest parking lot of Hendricks Regional Health (8244 E US 36, Avon) from 11 a.m. - 9 p.m. The menu includes fish, tenderloins, hot dogs, sides, and Elephant Ears. All proceeds benefit local youth projects and children. Two Starlighters will perform Thursday and Friday night. The Avon Jazz Band will play Saturday. For more information, call Paul Grant at 809-0633.
The Oaks at Hoosier Village has already taken root. We’re now accepting reservations for Phase Two.

The beautiful homes and attractive amenities at The Oaks at Hoosier Village have been so well received that we are now accepting reservations for duplexes in our newest Oaks neighborhood. Construction will begin this spring and should be completed by year’s end.

Enjoy maintenance–free living in one of the finest communities in town, while taking advantage of a wide variety of on-campus social engagements, organized activities, impromptu gatherings, and much more.

We invite you to see what all the excitement is about. Call 317.873.3349 or visit www.hoosiervillage.com/oaks for more information.
Independence Day celebrations

4th of July Fireworks at Danville High School
When: 6-10 p.m. Where: Danville Community High School, 100 Warrior Way | Admission is free for the whole family. Get there early to claim the best spot. Bring your own chairs and blankets. For more information, call (317) 745-0670.

4th of July Fireworks Extravaganza
When: 5:10-30 p.m. Where: Hummel Park, 1500 S. Center St., Plainfield | Carnival food vendors, bounce houses and games, face painting, airbrush tattoos, live music, fireworks and more. Fireworks will begin at 9:55 p.m. at Guiford Township Hummel Park. For more information, call (317) 839-9121.

Blue Saloon Band
When: 7-10:15 p.m. Where: Danville Music Palace, 1225 CR 100 S. | Music, fireworks, and fun with Joe Herr and the Blue Saloon Band at the Danville Music Palace. Bring your own refreshments and lawn chairs. A donation at the gate of $10 per person benefits Hendricks Regional Health Foundation. Kids 12 and under are free. Gate opens at 6:30 p.m. Music begins at 7:30 p.m. For more information, call (317) 745-7376.

Hendricks Symphony Presents Fest of the 4th
When: 7:30 p.m. Where: Hummel Park, 1500 S. Center Street, Plainfield | Concert by the Hendricks Symphony Orchestra and Chorus followed by fireworks. No cost. You’ll hear patriotic favorites including America the Beautiful, Battle Hymn of the Republic and Salute to the Armed Forces. The concert will conclude with the 1812 Overture, Star Wars, Pirates of the Caribbean and Stars and Stripes Forever with a fireworks display. For more information, call (317) 403-8379.

Run 4 Freedom
When: 8 a.m. Where: Avon Town Hall Park, 6570 E. U.S. Hwy 36, Avon | Four-mile run, 1-mile run and Virtual 5K. Cost: $25 for 4-mile and 1-mile runs, and $30 for Virtual 5K. This event will be chip-timed.

Brownsburg Lions Club 4th of July Extravaganza
Where: Arbuckle Acres Park, Brownsburg | Five-day event. July 4th Parade will start at 10 a.m. in downtown Brownsburg. Fireworks display will begin at approx. 9:30 p.m. Rides and games will be available from Poor Jacks Amusements from 6 – 11:00 p.m.

4th of July Fireworks at Danville High School
When: 6-10 p.m. Where: Danville Community High School, 100 Warrior Way | Admission is free for the whole family. Get there early to claim the best spot. Bring your own chairs and blankets. For more information, call (317) 745-0670.

11 Wednesdays
Summer Fun Run Series
When: 6-7 p.m. Where: Avon Town Hall Park, 6570 E. U.S. Hwy 36 | What better way to enjoy your summer than by exploring your parks?! The Summer Fun Run Series takes you to parks all over Hendricks County to run and/or walk with family and friends. Every Wednesday we will meet you at a different park with a course map for the 1-mile or 5K course, and ice cold water to keep you hydrated. Simply come to the designated park, sign-in, and proceed to the “start” to begin your run or walk. Park staff and volunteers will be present to assist and answer questions, and all host parks will be clearly marked with both a 5K and 1-mile course. For more information, call (317) 718-6188.

12, 13 & 14 Thurs., Fri., Sat.
Avon Optimist Fish and Tenderloin Fry
When: 11 a.m. – 9 p.m. Where: Hendricks Regional Health in Avon, 8244 East US Highway 38 | The menu will include fish, tenderloins, hotdogs, french fries, onion rings, cole slaw, baked beans, & other items. Elephant Ears will be available each evening. The Avon Aerial Orioles will be showing off their rope jumping skills on Friday evening, and the Avon Jazz Band will be performing on Saturday evening. For more information, call (317) 809-0633.

13 Fridays
Mr. Molecule’s Bing Bang Boom Science
When: 1-2 p.m. Where: Brownsburg Public Library, 450 S Jefferson St. | Fast-paced and filled with the kind of comic audience interaction kids love. He bounces from one experiment to the next, combining science and magic with a show that guarantees a universe of mind blowing fun. For all ages, but geared toward 6 and up. No registration required.

14 Saturdays
“Home Run” Memorial Walk/Run and Community Day
When: 9 a.m. – 3 p.m. Where: 10740 E County Rd 700 S, Camby | First annual “Home Run” Memorial Walk/Run to raise funds for Active Grace’s programs helping individuals, veterans, and families in need. Active Grace residents receive transitional housing, spiritual development, food relief, education, and job skills training. The smoke free, drug free, and alcohol-free solace has impacted dozens of veterans and families as they transition from crisis. For more information, call (765) 404-9257.
AN OPTION

MOD Pizza
8505 Keystone Crossing, Indianapolis
I like white and my other half likes red. Our dilemma is not with wine but sauce on our pizza. To “top” it off he doesn't like pizza with the three “f’s;” fish, fowl or fruit. We found a solution in MOD Pizza across from the Fashion Mall. MOD Pizza offers individual artisan combinations or you own creation. Price is based on crust size, 11” or 6” not the number of toppings.
I ordered the 11” Sophie, Alfredo sauce, topped with arugula, mozzarella, bacon, artichokes, parmesan, and a swirl of sir-rancha. I added chicken and finished with a swirl of pesto. He ordered the Calexico with mozzarella, gorgonzola, chicken, jalapenos, hot buffalo sauce and red sauce. Our side was the spring salad with Romaine, mixed greens, roasted asparagus, grated carrots, croutons and Parmesan cheese. The Sophie had layers of flavors and the Calexico had a spicy kick. The spring salad taste was like its name, spring in a bowl.

WHERE I DINE

Bob Dickey,
Plainfield
Where do you like to dine?
Thai Orchard
2683 East Main St., Plainfield
What do you like there?
Always get the same thing...Thai Fried Rice with shrimp, a side of Rice Noodle soup, and hot tea. There are a hundred other things on the menu I want to try, and the daily specials are always so tempting.

What do you like about this place?
It is so real and the folks are kind and friendly. They explain any questions about menu items and it has always been a neat place to share a meal and visit with friends.

BEHIND BARS

Mind over Mash
496 Southpoint Circle, Brownsburg

Coffee Bobby's Brown
Bobby’s Brownsburg Ale
Arcane Coffee Company Cold Brew
- Guatemala Antigua
- Columbia Supremo

Faith Toole is our Hendricks County foodie. She can be reached at FAITHonFOOD@icontimes.com. Follow on Instagram and Twitter @ FAITHonFOOD #FAITHonFOOD.

Buy one dozen get 3 FREE Donuts
One coupon per customer. Coupon has no value. Expires 7/15/18.
It’s time to pump some iron!

By Martha Rardin, RD, CD

We all have heard that iron is an important part of a balanced diet, but many of us don’t know what this mystery mineral is or why we need it. To start, iron is a mineral that is found in our bodies, the food we eat and in the ground we walk on. In our bodies, iron is found in the hemoglobin of red blood cells. Almost two-thirds of our body’s iron is found in hemoglobin. This is where iron plays a major role by circulating and providing oxygen to the cells of our bodies. Without enough oxygen our cells would not be able to function properly and, in turn, we would feel sluggish, tired, sore, dizzy and irritable. If you’re anemic, which is a symptom of low red blood cells or hemoglobin usually due to low iron levels, you would experience some of these symptoms.

Since iron carries oxygen to every cell of your body via hemoglobin, this means it helps your body function normally. Your cells need oxygen to keep your heart beating, your lungs breathing and your muscles moving. It would be very hard to push yourself through a workout if you were deficient or had low iron in your body. In order to pump some iron, you need to eat some iron.

Your body obtains iron through the food you eat. There are two types of iron found in foods, heme-iron and non-heme iron. Heme-iron is the iron that is found in meats such as red meat like beef or pork and also in organ meats like liver. Non-heme iron is the iron that is found in leafy greens such as spinach and kale, beans and lentils, apricots and iron-fortified cereals or pastas. Heme-iron coming from meat is better absorbed by our bodies than the non-heme iron that comes from other sources. With that being said, if you are a vegetarian or a person who does not eat a lot of red meat, it is important to make sure to consume double the daily recommended amount of non-heme iron to reach your overall iron goal.

One way to help maximize our iron absorption is to pair an iron-rich food item with some vitamin C. An example of this would be pairing a spinach salad, which contains non-heme iron, with some orange juice or a citrus fruit which contains vitamin C, to get that added boost of absorption. The daily recommended intake of iron differs based on sex, age and activity level. Typically the average adult male needs 8 mg of iron per day. The average adult female needs 18 mg of iron per day.

As important as iron is, it is also important not to go overboard and have too much. It’s possible to consume excessive iron through supplementation. For those like vegetarians or people with typically low iron levels supplements may be the best option to ensure you’re meeting your daily iron needs. For others who regularly meet their iron needs daily through diet alone, iron supplementation is unnecessary and can potentially cause more harm than good. Excess iron in our bodies from supplements can often cause constipation, nausea, vomiting, faintness and other GI discomfort.

Iron is a crucial mineral in our bodies which makes it important for us to understand how it works. It is important to make sure we meet our daily recommended needs through all the heme and non-heme iron containing foods while keeping in mind the food pairings that can either increase overall iron absorption. Monitoring supplementation use is also important to ensure the appropriate needs are being met without going too overboard causing unpleasant side effects. It may seem like a lot to remember for just one mineral but your body will thank you for paying attention and fueling it correctly!
Overcoming a mean state of affairs

By Karl Zimmer

I don’t often make mistakes, but when I do, they can feel like doozies. Perhaps my sharing this experience can help some of you avoid what I encountered.

We all have opinions, and we learn as we grow older to be careful with whom we share ours. I made the mistake of commenting publicly on an Instagram post recently. My comment was measured, I admitted my naïveté on the subject matter, and I merely wanted to be supportive of the position taken by the poster, whom I thought was being courageous. What followed was just short of shocking. Some people replied to the post in the most meanspirited, hateful ways, and those who replied to my comment completely ignored the caveat I had included. Clearly, I had touched a nerve in those folks, and they were publicly demeaning toward me and others while hiding behind private accounts.

Since I endeavor to find the lesson and silver lining in any cloud, I began to look at what I had said that could have touched off such a litany of vile, and guess what? It wasn’t anything I said, specifically. What I said merely triggered something in those folks that caused them to spew their hate, because they saw themselves as victims. And that is a key to resolving much of the conflicts in society, be it in our back yard or across the oceans. When people feel and believe they are victims, everyone else is at fault, and no matter what anyone else does or says, it is wrong and never good enough. The core issue is that they feel they are not good enough, and they don’t even realize it.

Think of someone you know who is self-assured, confident without arrogance, and who takes full responsibility for his or her life. That person is likely kind to everyone, generous, and seems to be in good spirits most all the time. Contrast that with people who think they are victims of their circumstances. They tend to believe that everyone is out to get them and nothing ever goes their way. Though I have compassion for those people, I also know that nothing I do or say will make their lives better unless and until they take ownership of their lives and responsibility for making changes.

So how do we apply the lesson? Show compassion for those who are less fortunate. Be grateful for all the blessings in your life and be a shining example to others so they may learn from your light. You see, you have the power to change the world for the better. How cool is that?

Karl Zimmer is an author, speaker, and Board Certified Hypnotist. His company, Zimmer Success Group (Z-Success.com), Jim Plainfield. Information provided is for informational purposes only and is not intended to diagnose, treat, or cure any condition or illness.
Your Donations Making a Difference

Grant name:
Makerspace After School Club
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$874.00

What are Makerspaces? They are places where people come together to design and build things! These people are 2nd and 3rd grade students who receive a challenge each week and then use materials at a station to create something using their imaginations. Often, students collaborate while they are designing and making their project. Makerspaces provide hands-on, creative ways for students to design, experiment, build and invent as they engage in science, engineering and tinkering.

~Kim Ramsey

Just a part of the $100,000 in grants that BEF awarded for the 2017-2018 school year!

Visit our website at www.brownsburgeducationfoundation.org to learn more about the grant projects funded by BEF in the 2017-2018 school year.

Chris Cares

Chris Goins loved his community and volunteered for many years with food pantries, animal shelters, summer lunch programs and the Danville Police Department where he helped plow driveways for the squad cars. His tragic death last year while volunteering for a local church was a loss felt by the entire community. In his honor, his family established the “Chris Cares” fund at HCCF to support what Chris was most passionate about: his community.

You can make a difference where you live just like Chris and his family did. Contact HCCF today!

Difference between tension and migraine headaches and treatments

By Dr. David Stopperich

Q: What are frequent triggers and home remedies for headaches?
A: Headaches are one of the most common reasons people miss work and visit a doctor or emergency room. There are several different types of headaches, but the two most common are tension headaches and migraines.

Tension headaches are usually muscular in origin and often come on gradually throughout the day. They will include a tight feeling in the head and neck muscles. Stress is one of the most common triggers of tension headaches. For people susceptible to tension headaches, finding a way to deal with stress is important. This means taking a brief walk during a lunch break or planning a vacation. Getting a good night’s sleep is also important as poor sleep makes someone susceptible to tension headaches. Studies also show that exercising 30 to 60 minutes at least four or five times per week reduces the frequency of tension headaches.

When looking at home remedies, it’s important to remember that tension headaches are caused from tight muscles around the neck and head. Over-the-counter medicines containing ibuprofen or acetaminophen can help alleviate tension headache pain, and a hot shower, heat pack or neck stretches also help to relax the sore muscles.

Migraine headaches seem to be caused by sudden changes in chemicals and/or blood flow in the brain, and tend to progress quickly. Migraines are associated with a pounding or throbbing headache that often begins as a dull ache, developing into a throbbing pain that may shift from one side of the head to the other, the front of the head or the entire head. Nausea and vomiting can also accompany a migraine, as can light and sound sensitivity.

Migraine headaches, like tension headaches, have multiple triggers and home therapies. Triggers for migraines are often specific for each patient. Migraines sufferers should note the circumstances surrounding the time a migraine started to help prevent them in the future. Some triggers include changes in sleeping patterns, weather changes, stress, depression, missing meals, eating certain foods, menstrual periods, intense physical activity and smoking.

The same over-the-counter medicines for tension headaches may also work for migraines. Some medicines have migraine-specific preparations that combine caffeine with over-the-counter medicines to better control migraine pain. As for other treatments, lying in a dark, quiet room with a cool washcloth on the forehead can help. However, some migraines may become too severe, or accompanied by continuous vomiting, and may require a visit to a physician for prescription medications.
SAVE THE DATES
SEPTEMBER 14 & 15

St. Malachy Church
9833 E County Rd 750 N
Brownsburg
www.stmalachy.org
IN Gaming #145622

Entertainment

FRI
Brett Wiscons; Joe Hess and the Wandering Cowboys

SAT
Ennis Clare; Brendan Loughrey

Fireworks on Saturday
$20 All-you-can-ride wristbands on Saturday 3-5 p.m.
Of all the methods of harvesting animals, archery has to be my favorite. Why? Well, it has to do with the primal nature of it, the quiet of it and the fact that there are far fewer archery hunters when compared to firearm hunters. The reason for that is simple; archery requires more skill and practice.

I started hunting with a shotgun when I was 14 years old. My father taught me safe handling and operation and how to shoot. I took to it quickly and became a very good shot. But that’s not every firearm hunter’s story. Anyone can pick up a license, box of shells and a shotgun and “go hunt.” That puts a lot of people in the woods and no guarantee they have the slightest understanding of safety.

With archery, it is an entirely different process. I use a compound bow. When one goes to purchase a bow and some arrows, plan on being there a few hours. First, you select the bow you like. Next, you have to consider draw length. That means how far you draw the bowstring back. The next thing is how you hold it as that will inform the sight placement and other technical items. We’ll get into how to set up a bow another time. And we won’t have space here to talk about arrow selection. Suffice to say it is quite a process and, when that bow is set up for you, it is set up for you alone.

After a few hours in the bow shop are you ready to hunt?

Nope.

Now comes practice. If you live in a neighborhood or subdivision like I do, then you can’t really send a stick with a metal tip on it sailing through your yard at 300 feet per second. Not only is it incredibly dangerous, it is illegal in most places.

Luckily for us here in Hendricks County, we have one of the best archery clubs I’ve ever been to. Now, I haven’t traveled the country with a bow in hand like Ted Nugent, but I have been to several.

Pine Hill Archery is located just south of Danville on Cartersburg Road. It has been in that location since 1996 and has a field archery area, indoor range as well as a 3D course that runs through the woods on the property. Memberships start at $50/year for single, outdoor.

They also host several tournaments a year. The way I start folks new to the sport is on field targets. They are set up at various yardages so that one can dial in their sights. Once a level of proficiency is gained and the grouping (how close the arrows are together in the target) is tight, then we move on to 3D targets.

The way these targets are set up provides opportunities to not only estimate distance, but also elevation and visual obstructions. There is a lot of data to take in and process standing in the middle of the woods looking at a target some distance away. This, probably more than anything else, prepares the archer for hunting situations.

Worn out yet? What is written above is not an exhaustive explanation by any means and you can see becoming a skilled archer is not something you block off a Saturday morning for. It is a process and, in some cases, becomes a lifestyle.

I mostly hunt public land these days. Bow season brings out fewer hunters and the ones that are there are there because they have spent the time I have preparing. I know that when I see them. They know that when they see me. It becomes like a club. Not an exclusive club but one that requires effort to join. So if you’re willing to put the time in, I’d love to see you out there as well.
They’re back! How to control Japanese Beetles

By John Chapin

After quite a few years of negligible appearances, Japanese Beetles have returned with a vengeance. Arriving right on schedule in the middle of June, they will be wreaking havoc in our gardens and landscapes for about a month before disappearing for another year. So why were they so rarely seen for almost a decade? It’s all to do with the weather.

This is the first spring in many years that has been unusually dry, with below average precipitation. The unusually wet springs we’ve gotten used to be a natural form of Japanese beetle control. In late spring, the beetle grubs, which have been growing and overwintered underground, work their way to just under the soil surface where they pupate into the adult form. Above normal rainfall floods and saturates the ground, drowning the grubs before they can emerge as adults. We weren’t so fortunate this year. So, now we have swarms of hungry beetles dining on our flowers, vegetables, shrubs, and even trees.

Anyone who gardens knows that adult Japanese Beetles love to munch on many of our most popular flowers and other plants. They feed on over 300 different plants. Flowers include their all-time favorite, the rose (especially yellow and white ones), zinnias, daisies, dahlias, Rose of Sharons, Pussy Willows, and hollyhocks.

Favorite shade trees include lindens, birches, horse chestnuts, larches, Norway maples, willows, and pin oaks. Most fruit trees are targets, including apples, apricots, cherries, peaches, and plums. Grapes, raspberries, and blackberries can be seriously damaged, as the beetles eat both the leaves and fruit.

So, what can homeowners do to control, and better yet, prevent Japanese Beetles in their landscapes? A Google search will give many controls, both chemical and organic. Prevention can be the most effective way to control these pests. Getting to the grubs before they pupate into adults is a good way to prevent infestations. The following can be purchased at garden centers or online:

**Grub-eating Nematodes** (Heterorhabditis bacteriophora) find grubs in the soil and kill them.

**Bt** (Bacillus thuringiensis) is a naturally occurring soil bacteria that eats the grubs. A culture can be purchase in concentrated liquid form to be diluted and applied. It’s harmless to pets and people, as well as earthworms.

**Milky Spore** (Bacillus papillosus) takes a few years to become established in your landscape, but then offers continuous protection from Japanese Beetle grubs. This is a very effective, permanent control of Japanese Beetles.

To kill adult beetles, debate rages as to the effectiveness of readily-available traps. These lure adults with a floral fragrance (rose, of course), where they collide with a yellow plastic top, falling into a bag they can’t get out of. It’s true that these traps attract adults from all around, but if they are placed near the edge of your property, away from the most planted areas, the traps will draw the pests from your flowers.

The least toxic organic chemicals that are effective are the Pyrethrin class of insecticides (but are bad for fish). Another low toxicity control method is the use of Neem Oil as a spray as soon as they appear.

My recommendation is to establish the Milky Spore in your landscaping and use the traps. At any rate, all the Japanese Beetles will be gone after a few more weeks! And, let’s hope for an unusually wet spring next year!

---

John Chapin is a retired school teacher and sole proprietor of Chapin Landscaping in Danville. He has over 30 years’ experience in the landscaping business. Contact him at jchapinlandscaping@gmail.com
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GET IT FIXED NOW COUPON!

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$150 on Any Repair

With coupon only. Not valid with any other offer.
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How well do you know your Hendricks County community?
Test your memory of news featured in the current and previous issue of ICON

1. A new interactive program to be featured at this year’s county fair is aimed at teaching folks about the importance of agriculture. What’s the program called?
   - A. The Ag Experience
   - B. The 4-H Experience
   - C. From the Ground Up
   - D. Grains for Your Brain

2. Considered a predecessor to the Hendricks County 4-H Fair, what 3-day event started in the 1920s and took place annually on Danville’s Historic Square?
   - A. Hendricks County 3-H Fair
   - B. Hendricks County Farm Festival
   - C. Town and Country Fall Festival
   - D. I’m a Little Bit Country, I’m a Little Bit Rock n Roll

3. Fourth of July fireworks displays will be visible in all parts of Hendricks County this year, but lovers of endurance races can jog to Avon Town Hall Park for what holiday event?
   - A. Free 4 All
   - B. Run 4 Freedom
   - C. 4-Miles to Freedom
   - D. Metric System Resistance Run

4. Due to construction in Brownsburg, the Lions Club 4th of July Parade will start at which local park?
   - A. Arbuckle Acres
   - B. Williams
   - C. Stephens
   - D. Scamahorn

Answers on page 29
Compiled by Chris Cornwall
Puzzle Time

ACROSS
1. Hot temper
4. Whacks flies
9. Chap
14. Pacer foe, briefly
15. Easy two points at Hinkle Fieldhouse
16. Danville Middle School math term
17. Green prefix
18. Old Olds
19. June 16th performer at Ruoff Home Mortgage Music Center
20. Passe Blockbuster request
23. Make changes to the Constitution of Indiana
24. UIndy physics class unit
25. QVC rival
28. Nazi police
31. Northern Indiana interstate
33. Eagle Creek Reservoir crew member
36. Huron neighbor
37. Chris Wright’s weather instrument
42. Longish skirt
43. Impassive
44. Spotted wildcat
47. Diplomatic
52. Approves
53. Hoosier Park fence
56. Muscat native
57. Alternatives to drapes
60. Task
63. Miss Hendricks County crown
64. "___ milk?"
65. Africa’s largest country
66. Rainbowlike
67. Greencastle-to-Avon dir.
68. All thumbs
69. Glittery stone
70. Family room

DOWN
1. Colts trainer’s application
2. "To the end of the block! C’mon!"
3. Brings to mind
4. Norm
5. Like most Indianapolis Zoo animals
6. Copycat
7. Ready for bed
8. Tintin’s (white) dog
9. Borneo sultanate
10. Pork fat
12. Andy Mohr car
13. A billion years
21. Bad result for a Bulldogs QB
22. Marmalade Sky B&B, e.g.
25. Noblesville teacher Jason Seaman, notably
26. Use a swizzle stick at KT’s Pub
27. WTHR sports guy: Rich ___
29. Luau dish
30. Has
32. Plainfield HS tennis court divider
34. Brownsburg summer hrs.
35. Violent unrest
37. Candle cord
38. Bad day for Caesar
39. Indy Eleven goose egg
40. Spy org.
41. High praise
42. Fair Oaks Farm greeting
45. Murder on the ___ Express
46. Catch rays at Splash Island
48. “Spare me the details”
49. Like Dracula
50. Not yet finished
51. Enjoy a CD
54. Security badge
55. France’s longest river
57. The Coachman menu item
58. Texas town
59. Sired
60. WTTV forensic drama
61. Attila, e.g.
62. James Whitcomb Riley work

PUZZLE SPONSORED BY:

Answers See Page 29

ASC Referral Line: 888-996-8272
Available 24 Hours/Day • 365 Days/Year
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ASC Senior Care.com

Danville Regional Rehabilitation
255 Meadow Dr., Danville
Countryside Meadows
762 N. Dan Jones Rd., Avon

Eagle Valley Meadows
3017 Valley Farms Rd., Indianapolis

Brownburg Meadows Healthcare
2 E. Tilden, Brownsburg

Washington Healthcare Center
8201 W. Washington St., Indianapolis
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Go to: Join.WeEndeavor.com
Serving on two fronts

Complied by Cathy Myers

Chad Parks is Lead Pastor of Second Chance Church, located at 149 Vestal Rd, Plainfield. He is considered a bi-vocational pastor because he also works as a sergeant with the Plainfield Police Department.

“Being a police officer and a pastor is a great and unique opportunity for me to serve the community, but also serve people when they desire to know Jesus Christ,” Parks said.

Although he holds the titles of Pastor and Police officer, Parks said his greatest title is “husband and dad.” He married his high school sweetheart, Heather, and they have three children together: Jordan, Nevaeh and Mate’a.

What was it that made you want to become a pastor?

This is my calling. God called me to be a pastor and He called me to serve Him with my entire life. This was never a goal of mine, or something I even considered until God laid it on my heart to answer the call two years ago. I absolutely love leading a congregation that just wants to serve, love, and be there for people who are hurting.

How do you personally grow spiritually?

I enjoy getting up early and making a fresh cup of coffee to begin my day to study the Bible and have alone prayer time! I also have a couple mentors that walk along side of me as well.

What's the greatest challenge facing your church today?

I think the greatest challenge in our church has been to build a culture where we truly live out our individual God callings. If you study the life of Jesus, He constantly moved, taught, healed, loved and served. He did not have a building and an expectation for people to come to Him. He went to the people! Now please hear me out, there is tremendous value in worshipping and fellowshipping as a church family, but we are called to “go and make disciples.” At SCC, we have been intentional about challenging and encouraging our members to “Take Jesus to the People!”

The church should be serving the community, getting involved where it can, and sharing the Gospel of Jesus Christ! This should be done outside of the church walls, not just inside.

Why would you recommend your place of worship to someone?

I would say that we live out our mission statement of, “Engaging Others with the Love of Jesus Christ.” This means our church goes and serves. We do mission projects in Plainfield to just serve the people, with no strings attached and no expectation of anyone joining our church. Our people love to serve and they genuinely love spreading and living out the love of Jesus Christ.

Our church is a come as you are church. We love people as they are when they come through our doors, and we offer a very contemporary service that is 100% focused on worshipping and celebrating Jesus Christ!

Traveling through life is not God’s plan

By Pastor Alex Hershey

One of my favorite things is being a tourist. When I get to put on the dorky shirts and ask the dumb questions to the high school kids working their summer job, I am so happy!

Being a tourist is great because for a week or so of vacation you get to disappear from your everyday life. You are just traveling through. You get to escape work pressures or the daily family grind of getting kids from point A to point B. Don’t get me wrong; vacations are good! And it is great to find a place to relax. God commands us to take a regular time of rest.

But, it’s easy to wish that being a tourist could be your everyday life. It’s easy to sit back, make yourself comfortable, and watch things happen in this world. I believe God wants more from your life than to just travel through it.

One of the most famous Bible characters, Moses, had a moment where he thought the best life would be one where he could just disappear. He floated (literally) into a life of privilege and royalty until he ran away from his sins and into the wilderness. There he began a life away from everything he knew before. But then, his life was interrupted by a burning bush through which God gave him a mission of great purpose.

God encountered Moses to tell him to take the Israelites out of oppression and captivity of the Egyptians and to help them reach the promise land.

We have times when we just want to disappear like Moses did, but it is never part of God’s plan for us just disappear. God designed you for a great purpose. You might think you know God’s plan for your life already. But Moses was 80 when he heard form God through the burning bush! God will give you purpose at any stage of life—you just have to be willing to listen.

In a world that is more and more selfish, it is essential to share the light and love of Jesus with those around us. Can you imagine what would happen if each and every person responded to God’s plan today?

Don’t simply be a tourist in your life. Let God reveal His great purpose for you, and get ready to take action!

Danville Friends welcome new pastor

Danville Friends Church, 45 N. CR 200 E, will welcome new pastor Gregory Albert on July 1 when he leads his first worship service at the church. Albert served at St. Mark’s Free Lutheran Church in Whitestown, Indiana from 2008-2017 and has coached cross-country at Westfield High School in Westfield for the past 15 years. He holds a B.A. from Butler University in sociology and religious studies, and a M.Div from Duke Divinity School in Durham, North Carolina.

He and wife, Sarah, have three children; Lily, 9; Finn, 3; and Maggie, 11 months.

“Danville Friends Church is excited to have Greg join the congregation as its new pastor and looks forward to Greg sharing his knowledge and experiences with them and also with the surrounding community,” Danville Friends Church said in a statement.

In addition to leading church services, Albert will teach a class on The Apostle Paul on Thursday evenings beginning July 5, 6:30 p.m.
FOR the RECORD - HC OBITUARIES

BROWNSBURG

Imelda A. Bishop
Imelda A. Bishop, 78, passed away June 18, 2018. She was born Oct. 29, 1939. Services were held June 25 at St. Malachy Catholic Church, Brownsburg.

Ruthanna Burdsall
Ruthanna Burdsall, 85, passed away June 19, 2018. She was born Dec. 7, 1932. She was a US Army veteran. Services were held June 22 at Conkle Funeral Home, Avon Chapel.

Marilyn Truitt
Marilyn Truitt, 74, passed away June 19, 2018. She was born Sept. 6, 1943. Services were held June 23 in the David A. Hall Mortuary, Pittsboro.

Tinsel (Ed) Eddleman
Tinsel (Ed) Eddleman, 94, passed away June 15, 2018. He was born May 16, 1924. He was a US veteran. Services were held June 20 at Plainfield Christian Church.

James A. Sheeler
James A. Sheeler, 74, passed away June 15, 2018. He was born Oct. 2, 1943. He was a US Army veteran. Services were held June 23 at Mathews Mortuary, Brownsburg.

DANVILLE

Richard G. Jensen
Richard G. Jensen, 64, passed away June 13, 2018. He was born July 10, 1953. Services were held June 15 at Baker Funeral Home, Danville.

Dorothy Mae Turner
Dorothy Mae Turner, 85, passed away June 13, 2018. She was born July 27, 1932. Services were held June 16 at the New Winchester Cemetery, Danville.

LIZTON

Linda A. (Bettag) Berg
Linda A. (Bettag) Berg, 69, passed away June 10, 2018. She was born Aug. 17, 1948. Services were held June 17 in the David A. Hall Mortuary, Pittsboro.

Lowell W. Bailey
Lowell W. Bailey, 75, passed away June 12, 2018. He was born March 29, 1943. Services were held June 19 in the David A. Hall Mortuary, Pittsboro.

Katherine I. Truax
Katherine I. Truax, 92, passed away June 16, 2018. She was born Sept. 19, 1925. Services were held June 21 at Brownsburg Cemetery.

Earnest H. Coffman Sr.
Earnest H. Coffman Sr., 84, passed away June 17, 2018. He was born June 19, 1933. He served in the Air Force. Services were held June 19 at Bousley Funeral Home, Coatesville.

Linda Lou O’Hair Elkins
Linda Lou O’Hair Elkins, 79, passed away June 18, 2018. She was born Aug. 27, 1938. Services were held June 21 at Carlisle-Branson Funeral Service, Mooresville.

Richard L. Kirk
Richard L. Kirk, 88, passed away June 10, 2018. He was born July 24, 1929. Services were held June 13 in the Hampton-Gentry Funeral Home, Plainfield.

Jeffrey B. Mace
Jeffrey B. Mace, 64, passed away June 10, 2018. He was born Dec. 3, 1953. Services were held June 14 in Hampton-Gentry Funeral Home, Plainfield.

PITTSBORO

Eleanore Cooper
Eleanore Cooper, 86, passed away June 14, 2018. She was born Sept. 1, 1931. Services were held June 20 at Kraft Funeral Home, Avon.

Katharine I. Truax
Katherine I. Truax, 92, passed away June 16, 2018. She was born Sept. 19, 1925. Services were held June 21 at Brownsburg Cemetery.

PLAINFIELD

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Puzzles & Answers
SEE PAGE 26

Answers to HOOSIER HODGEPÖDGE:
Things: BARNEY, EGGPLANT, GRAPE, IRIS, LILAC, PLUM
Planets: EARTH, MARS, MERCURY, SATURN, VENUS
Words: BONJOUR, MERCI, MONSIEUR, OUI
Cities: HAMMOND, TERRE HAUTE, VINCENNES
Parks: EAGLE CREEK, MILITARY
Coach: FRANK REICH

Iconic IQ
ON PAGE 25

1. A
2. B
3. B
4. A
Compiled by Cathy Myers

Since Rhonda Beck took over as regent of the Wa-Pe-Ke-Way chapter of the Daughters of the American Revolution (DAR) in Hendricks County four years ago, its membership has doubled. DAR has also received many state and national awards under Beck’s leadership.

“She is very devoted to education, historical preservation, and patriotism which are the goals of the Daughters of the American Revolution. Her projects and ideas are endless,” said Linda Teany, local DAR member.

In May, Beck was installed as DAR State Organizing Secretary. In honor of Independence Day, we name Rhonda Beck from Daughters of the American Revolution as our July ICON of the Month.

What do you consider your greatest virtue?
Organized. I had to take Personality Tests recently as part of a Leadership Course in Daughters of the American Revolution. One said I was a leader who lives in a world of possibilities seeing challenges and obstacles as a way to push myself. Which is definitely true. One said I was an extravert which is no surprise to anyone who knows me. Both said I was a planner, focused, detailed, organized, logical and fair. My husband calls me “The Spreadsheet Queen.” Everything I do is detailed and organized on spreadsheets!

What do you most deplore in others?
Laziness and people not following through with commitments and responsibilities; relying on other people to take care of it.

What do you like most about living in Hendricks County?
The close proximity to the airport, being in the middle of the state where you can be anywhere in Indiana within a few hours and the unlimited choices of restaurants and shopping. Hendricks County also has a great park system.

If you had to live elsewhere than in Hendricks County, where would it be?
Key West, Florida. My husband and I love to vacation there. I love the laid-back no hustle no bustle style of the island, the endless choices of water activities and the night life. You don’t even really need a car; you can walk to most places.

If you could begin life over, what would you change?
Probably nothing. Everything in life is a learning experience. My experiences and choices, good or bad, define who I am.

If money were no issue, how would you spend it?
No issue? Lots of ways. Travel. Go see my son and daughter-in-law in Seattle any time I wanted and be able to have them come home more frequently. Make sure my family’s needs were provided for to live comfortably (not extravagantly but comfortable) well into their golden years.

What makes you happiest?
Spending time with my husband, son and daughter-in-law. Even though I recently retired, I think I’m busier now than before. I don’t have a lot of free time; so being able to relax and enjoy time with them makes me happy.

What is your favorite vacation spot?
Anywhere warm, with lots of sun, water, and sand.

What do you do with idle time?
What’s that?
What is it that makes you angry?
I don’t get mad very often. When my husband and I married, he said I didn’t know how to get mad or yell. Imagine a husband saying that (laugh). I guess it would be dishonesty and people that take advantage of the system taking away from the elderly, the sick and veterans.

What do you do to escape from reality?
Kayak.

What or who is the greatest love of your life?
My husband, Rick. We went together all four years of high school and planned to marry. Things changed, life happened, both married other people and I moved to northern Illinois, both divorced. We reconnected when my mother passed away 10 years ago. Five months later we married; 34 years after we planned to. I am very happy and life is good! We married and lived apart for 8 months until my son graduated and went off to college. I moved to Avon when my son left for Purdue. My other greatest love is my son. He is everything a parent could ask for.

Which living person in Hendricks County do you most admire?
While there are a great number of wonderful people in Hendricks County, I think the ones closest to my heart are my fellow members in the Wa-Pe-Ke-Way Chapter Daughters of the American Revolution. I have had the pleasure of serving as their Regent (President) for the past 4 years. These women give so much of their time and effort in giving back to Hendricks County whether it be in honoring veterans, volunteering in classrooms, donating for senior citizens, collecting for active military or those less fortunate or working toward preserving our heritage and the list goes on and on. They are all volunteers and no matter what I ask of them or challenge them, they are ready, eager and willing. They give selflessly of their time; brainstorming creative ways toward a common goal; to live up to the missions of our Society—Education, Patriotism and Historic Preservation.

What is the quality you most like in a man?
Other than the normal honesty, stability, etc. I would definitely have to say a good sense of humor. Life is to short to not have some fun and laugh. My husband has by far the best sense of humor. He is so quick witted and funny. He always makes me laugh. My son says our house is like being in a comedy show.

What is the quality you most like in a woman?
Being independent. Not having to depend on someone. Maybe it’s from being divorced for 13 years and being so independent myself.

What is your greatest extravagance?
Shoes! I love shoes. I have dozens upon dozens of pairs of shoes. Heels, pumps, every shade of every color, lots with cute little designs or decorative; a different pair for every outfit with a purse to match. Purses are another vice.

What are your greatest phobias?
My husband says that it’s someone will take my shoes! I would say sharks. We love to go to the ocean. My husband likes to snorkel. I don’t go too far out in the water and when he snorkels if we take a snorkeling boat trip, I stay on the boat and talk to other people afraid of sharks.

What has been the happiest time of your life?
Without a doubt the birth of my son, Quintin, and being a mom. I went through several years of infertility and was 35 before I had him. He was well worth the wait. Quintin was a good kid; a funny kid active in sports and always busy. He never gave his Dad or I any trouble except for a few near heart attacks with his “Evil Knievel” bike tricks. I don’t think there is any greater joy than being a parent.

Which talent would you most like to possess?
I would like to be able to snorkel. I love the water and the beauty of the coral and colorful fish and it’s something I could enjoy with my husband. But……see phobias above…..it goes back to the shark fear.

What do you value in your friends?
Loyalty.

Which historical figure do you most identify with?
Wow, that’s a tough one. Maybe Barbara Bush. When she died, the letter from her granddaughter, Jenna, really touched me. Jenna called Mrs. Bush “The Enforcer” and said she made the rules. I laughed because my Dad called me “The Hammer” saying if you wanted anything done, I was the one that would get it taken care of. I did note the similarities to Mrs. Bush. Strong and confident; one who spoke her mind with candor and humor while trying to avoid controversy, sense of fun but respecting and recognizing authority and the times one needs to be proper. Like her, I have a strong devotion to my country and family.

What is your greatest regret?
Not being able to have more children.

What tenet do you live by?
Let your actions speak louder than your words.
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