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# STEPPING OUT TO STEP UP

*Every step in Eric Bowlen's career from first-year teacher to superintendent has been in Martinsville Schools.*

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# What Adams and Jefferson can teach us about friendship

July is here and I have friendship on the mind for reasons unrelated. One, we are just beyond a busy primary election season here locally, which tends to pit friends against friends in competition for a party nomination. Two, I am in a particularly busy season of life where time for friends has been noticeably limited. Three, I suppose somewhat related to reason two, I am hopeful the slower pace of the summer months allows us all to reconnect. Friendship matters so much in life and business, with countless studies showing the link between quality friendships and health and happiness.

Thinking of friendship directs my mind to one of history's greatest friendships – that of John Adams and Thomas Jefferson, our second and third presidents, respectively. While the two men were so different in almost every way, this was a friendship of deep mutual respect and affection, forged in the trenches of the country's founding. Then, the friendship was divided by a viscerally nasty presidential election, only to be eloquently revived by written correspondence that lasted to their death – within hours of each other – on July 4, 1826. It truly is a divine part of our history. And it has much to teach us about friendship.

## FRIENDSHIP MAKES YOU BETTER

Friends should make us better, not only by presence, but by complimenting or augmenting our strengths and weaknesses. Adams was fiercely vocal, sometimes described as obnoxiously so, while Jefferson was quiet and reserved. Adams could give a deeply moving speech, but Jefferson could deeply move one by written word. They were so different, yet they made each other better for it, and they consistently praised each other's strengths, privately and publicly.



**RYAN  
GOODWIN**

## FRIENDSHIP IS QUALITY ABOVE QUANTITY

Adams and Jefferson lived in an age well before friendship was measured in 'likes' or social media friend requests. There's an age that demanded quality over quantity – communication and transportation of the time posed obvious limitations on developing and cultivating friendships. We do not have these limitations – quite the contrary – we can carry on superficial "friendships" with almost anyone today. Yet, friendship is best in quality, not quantity.

## FRIENDSHIP HAS SEASONS

Just like the changing seasons of an Indiana year, the Adams and Jefferson friendship sure had seasons. Seasons of mutual hard work to a common cause, followed by seasons of deep family interactions, followed by a separation over the tumultuous

and vitriolic Adams v. Jefferson presidential election of 1800, only to be reunited later in life, picking up right where they left off. Friendship has seasons. Maybe a friendship is temporarily derailed by grief, a move, a disagreement. That is okay. But make it temporary.

## FRIENDSHIP MUST BE BASED ON RESPECT

The Adams and Jefferson friendship survived tough seasons and stood the test of time because it was based on mutual respect and admiration for each other. Adams and Jefferson were so different in style, personality, background. And though they worked towards the common cause of Independence, their views on the role of government were far apart, a difference that started small but culminated in the two running against each other for president. Yet, the two had such deep, mutual respect for each other, and that respect was the glue that reconciled them in the end. They may not have recognized the mutual respect and affection in the heat of the campaign, but in the end, there's was a friendship based on respect, so reconciliation was never a lost cause.

I hope this short article has piqued your interest in this fascinating piece of American history. If so, a read of Gordon Wood's *Friends Divided* would make a great addition to your summer reading list.

Ryan Goodwin is a former Morgan County Commissioner and current board member of the Indianapolis Airport Authority. He holds an MBA from Purdue University and writes on business and government.

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# Step out

***"It seems to be a law of nature, inflexible and inexorable, that those who will not risk cannot win."***

~ John Paul Jones

How do you differentiate risk that is a gamble and risk that is a challenge? Or is risk the same across the board for you?

In our cover story this month, newly installed superintendent of the Metropolitan School District of Martinsville, Eric Bowlen shares what became the major turning point in his life. In essence it boils down to Bob Knight's words overheard during a practice about how stepping out of your comfort zone is the path to becoming a champion.

For some, making the decision to step out and make the big changes he did in his life would have been unthinkable. It would have been a risk that is too great a gamble. After all, they say that a bird in hand is better than two in the bush, right?

But for the Bowlens it was a challenge. It was their path to something they wanted more than they wanted to maintain that comfortable feeling. Bowlen has kept Knight's words in his heart and mind ever since. And they have been the encouragement he needed to take on new challenges as he progressed in his civic life and professional career – all the way to becoming the superintendent of the Martinsville School District. He could not be prouder of his unwavering belief that he can, and should, step out to meet challenges, because he knows he and his community will be better because of it.



**JIM HESS**  
From the Publisher

Another scenario is the story of our second feature this month. Courtney Jones has been an entrepreneur for just over a year as the owner of Hometown Nutrition in downtown Martinsville.

Her previously chosen career as a medical assistant lost its gleam when she saw the long road and obstacles ahead to slow her advancement up the ladder, and then Covid arrived. "I always wanted to be a leader," she said, "and I didn't see that happening for a long time." Her disappointment and exhaustion soured her comfort zone. Something had to change.

It wasn't a gamble for her to quit. It wasn't even a challenge. She was shoved outside her comfort zone and was forced to find something new. When she found it, the decision to move forward wasn't a risk, either. It hasn't necessarily been easy, but she was compelled to do it. With the support and encouragement of her family, Hometown Nutrition opened and is growing. While being a new business owner is not usually described as a comfort zone you can just run on autopilot, she has rediscovered her joy and enthusiasm once more.

Each person has their own comfort zones. How could your life change if you took the risk to step outside yours?

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# Smooth out the day

## HOMETOWN NUTRITION

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## By Elaine Whitesides

Morgan County Business Leader

Opening a new business in Martinsville has brought joy back into Courtney Jones's life. Trained and working as a medical assistant for more than 10 years, she was one of the healthcare workers working nights and caught up in the craziness of Covid. In addition, she saw the long road ahead of moving up in the medical field. "I felt like we were dreaming dreams for our family," Jones said, "and the rug was pulled out from under us."

After the birth of her daughter, Lillian, Jones was struggling with her weight. She joined several others in a free workout class in the park and began using Herbalife products. "I lost 70 pounds, made new friends and felt healthy," Jones said. "It helped me feel better in my own skin and I had the energy I hadn't had before to keep up with the kids and do things I hadn't been able to do in the past."

She left healthcare and took a job working at a nutrition club in Franklin. She felt the same vibe there that she felt in the workouts in the park. After a month, she and Devin decided to start a business. Everything began falling into place. The nutrition club owner had a business model she could emulate and became her mentor. "It was life-changing because the unknown is always scary," Jones said, "and to see how she ran a business, have small children, and be present in her own life made the decision easy."

Hometown Nutrition offers healthy options with meal replacement smoothies, teas, and other retail products. All she had to do was find the perfect spot and the perfect community.

## SCOUTING FOR THE PERFECT PLACE TO BE

The Jones family including Landon and Lillian live out in the country just over the county line in Johnson County. When Devin began scouting for that perfect location, he looked in towns within proximity to their home. "Martinsville was a new



Courtney Jones

idea," Courtney said. "Devin walked around the square, sent pictures, and called me right away." He described the freshness of the reinvigorated downtown, the people walking around, and said this was it. "It had a feeling of being home."

The following Monday they met with the Artesian Group and signed a lease by Wednesday. They worked late into many nights removing wallpaper and layering on paint to convert bright neon walls into a fresh and airy space. Her father built the counter, and they opened on April 5 2021.

She says they inserted themselves into the community going door-to-door and meeting the downtown business owners. They passed out samples and coupons to businesses and teachers. The community's response surprised Jones. "We were only open four

hours and there were lines out the door," she said.

## FAMILY SUPPORT

Business is now steady throughout the day and Jones has five employees. She also has family supporting her. Devin keeps dinner on the table and does the back-office work while she runs store operations. Although her mother Theresa doesn't work in the store, she is present in everything Courtney Jones does as an entrepreneur. When Jones has questions like how to adjust scheduling for volume, she runs it by her mother. "I admire her. She is a strong woman and mentor to me."

"My mom was the manager of the Whiteland Dairy Queen for 30 years," Jones said. "Dairy Queen made her happy and she loved it." Watching her mother gave Jones insight into managing a business. Importantly, she learned the role relationships play in a business and with customers.

## GROWING INTO BUSINESS

"I've learned it is not easy being a business owner," Jones said. There is so much to do all the time. "I went from working 8 – 5 to working 24/7," she said, "but it fits into the grooves of your life. I've learned you can order product at the baseball field."

In the last year Hometown Nutrition has joined in on events and gotten to know her business neighbors. A free fitness workout program has started in Jimmy Nash Park twice a week; Tuesdays and Thursdays 5:30 – 6:15 PM.

The store offers more than 50 smoothie flavors. More than 100 tea options, hot or cold, and protein snacks are available, including occasional donuts. "We offer a healthy option and have something for everyone; men, pregnant women, athletes, kids, grandmas, and everyone else who needs more energy without the afternoon crash."

Service is mostly grab-and-go. Customers can order ahead for pick-up or curbside pick-up via their app. Delivery is available during store hours with a five-drink minimum.

Jones markets through social media. She and her employees all share on the platforms and she talks about and tags neighboring businesses because, she says, "We can all do this together."

## THE SOUL IN BUSINESS

Jones said, "I find a lot of joy here. I create my own little vibe in this space." She says welcoming customers and lifting their mood so they can take on the day a little better is her favorite part of the day.

As important as making customers happy and building the business are to Jones, equally as important, she says, is that she wants her children to see the hard work and effort you have to put into a business. She said, "Just like life never stops, the constancy of business doesn't either. It's not just about having a business," she said, "it's living a life that makes you happy."

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# A significant economic impact for the County

By Jeffrey A. Banning, P.E.  
President, Banning Engineering, Inc.

Morgan County is seeing significant activity in the Economic Development realm. Although much could be written for this article, I will be focusing on one particular location.

Westpoint Business Park is a large industrial park that straddles the Morgan/Hendricks County Line at SR39 and I-70. This 550-acre development is proposed to have approximately six and one-half million square feet of warehouse and logistics space with two and a half million square feet of this being constructed in the Morgan County. What a significant economic development impact for the County – higher assessed values, additional tax dollars, job creation, and the spin off effect of housing and retail.

What many don't remember is the history of the property. In 1996 a consortium of GRP Development and Entertainment broke ground on a project that was exciting to many but was to the disdain to many others because of the fear of potential growth, traffic, and crime. Aply named the Garfield Theme Park after Indiana born artist Jim Davis' Garfield the Cat, this park would have generated a different sort of economic development. For those that have traveled to other theme parks, you can see the positive aspects associated with these park's but there are those that look at things from the negative aspect. Many fought the project, as seems to be customary in the world of development, with the negative aspects being focused on and the "what ifs" and "unknowns" being the impetus for the remonstrations. The project was approved and started moving forward. To the chagrin of many and to the joy of others, financing was never totally secured for the project, and it died a slow, painful, and very costly death. A significant amount of construction was started prior to the demise of the project before it was abandoned.

Along comes a new plan for taking the property in a different direction with a different focus. The Lauth Property Group is a large development company with significant success in construction and development. The plan they presented was to develop an industrial and logistics park. This project received approval in the mid 2000's. Work commenced on the project with the most significant work being the completion of the first phase of Westpoint Boulevard and the start of old theme park clean up. Then a significant event occurred, the recession in the 2008-2010 time frame. That was not a great time to be a developer and therefore, another project failed.

This leads us to Westpoint Business Park, second time around. Raindrop, LLC purchased the property with hopes of resurrecting the business park. Challenge number one was to address the wetlands on the property. That was a huge challenge and a long-term undertaking. What most didn't realize, prior to Lauth's project and prior to Garfield, this property had been farmed. When Indiana was first settled, the countryside was typically either wooded or prairie. In either case, the original landscape was much different than what we see today. In that early settlement era, property was cleared of woodlands, tiled with subsurface drainage, and reconfigured from its previous conditions and farming became the norm. When Raindrop started their plan, farming had not occurred in quite some time. The property reverted to those woodlands, prairie, and wetlands. Field tile had been destroyed, the ground did not drain and that posed a significant redevelopment issue. Because of this situation, a long permitting process with IDEM and the Corps of Engineers was required before any further construction could occur. Have you ever worked with governmental agencies attempting to modify wetlands? Let's just say that it is not a process that happens quickly. By the time permits were secured, another several years had passed.

Another challenge was getting the property in a better financial position. With two failed projects and significant debt to be paid for previous construction, clearing up that issue was quite an undertaking. Challenge number two was taken care of. Now it was time to present a new plan for the development. This required new planning and zoning approvals in the two county jurisdictions and determining the "new" market with regards to warehouses and logistics. Challenge number three was addressed. Today you will see two completed buildings, two under construction and one soon to begin. The one soon to begin starts the era of more significant industrial development in Morgan County. The future million square foot building will usher in the start of Morgan County's industrial growth at the SR39/I-70 interchange. The hope is to see much more development and growth in the area with an eye on tax base, job creation and more quality-of-life improvements. The business park could have around 50 acres of preserved woods and wetlands to be enjoyed by the community when completed.

This has been an awesome project to be involved with. A project that has included many challenges with the satisfaction of what has been accomplished.



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# STEPPING OU

*Every step in Eric Bowlen's career from first-year teacher to superintendent has been in Martinsville Schools.*

**By Elaine Whitesides**  
*Morgan County Business Leader*

In 1989 Eric Bowlen was comfortable. He was married to Lori, had a good job in sales, a condo in Indianapolis, and was also working with a new initiative, the Governor's Commission for a Drug-Free Indiana.

Working with the Commission for a Drug-Free Indiana, Bowlen was coordinating Coach Knight's commercials through his son, Tim. Bowlen had known Tim when they were kids playing baseball. They got reacquainted and became good friends.

One of his assignments for the Commission was to get Bob Knight's autograph on a marketing poster so he happened to be at a practice that was always closed to the public. "Coach Knight had pulled the team together at center court and asked a rhetorical question," Bowlen said. "He asked them 'Why is it that you are going to compete for conference and national championships when there are other players on other teams with more talent?'" He was not expecting an answer, just that the juices begin flowing in the players' heads.

"Then," Bowlen said, "Coach Knight said, 'Champions push themselves out of their comfort zones more than anyone else. My job is not to be your friend. My job is to push you out of your comfort zone. To push you to be a champion...'"

## A CHANGE IN DIRECTION

Those words weighed on Bowlen's shoulders for days. He went home to Lori for a serious discussion. "I had always wanted to teach and be a coach," he said. "No one in my family had gone to college and here I was 26 years old, married, and with a pretty good job." He shared Knight's words that were taunting him. He also shared that although he was comfortable, he was not doing what he wanted to be doing. He took Coach Knight's words as a sign that he should push out of his comfort zone and go back to school so he could teach and coach. Lori said why don't you do that?

They sold the condo, moved into a 10x50 construction trailer, resigned his job, and enrolled in Indiana University in Bloomington. Shortly, Lori joined him as a student in the interior design program. Times were lean but they were both focused on personally fulfilling goals.

## METROPOLITAN SCHOOL DISTRICT OF MARTINSVILLE

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## MAKING THE MOVE

Through the years, Bowlen admired Coach Knight and being in proximity occasionally at IU fueled Bowlen's dream. He built up his courage to have the nerve to go to talk with the Coach. He sat down across the desk from his idol. Knight looked up and asked, "What can I do for you?"

Bowlen told him that he wanted to be a coach and a teacher, and he would like to learn everything he could from him. Knowing he was not qualified to be an assistant on the coaching staff, he said, "I want to be a manager for you."

Knight laughed and told him that no, he did not really want to do that. "He asked me why I would want to wash jocks and dirty uniforms." Then he said words Bowlen could only dream of hearing. "He told me if I wanted to be a coach, I could come to practices if I came with a notebook, pen, and kept notes then I could ask any of the staff questions. Doing that, he would make it possible."

Bowlen said, "It was a gift. He could have shot me down pretty quickly, instead I had a front row seat and was able to learn at the foot of a master." He unfailingly showed up to practices and took notes every day over the next four years. His relationship with Tim and Coach Knight grew from there and he went to work for Coach personally as a coordinator for Bob Knight Basketball camps and clinics. The work not only powered his dreams it paid for school, too.

According to Bowlen, that one meeting was the opportunity and that, along with the support of his family lead him to being able to step into the superintendent's role in the Metropolitan School District of Martinsville in 2022. It was not just that he learned coaching skills from Coach Knight, he learned life skills as well.

"One thing that Coach Knight taught that was unmistakable," Bowlen said, "was to always do your best, be prepared, and overprepare so you are ready for anything." Coach John



Eric Bowlen

Wooden told Bowlen that Coach Knight was one of the two best coaches at preparing his kids to play the game. There is no coaching during games because the players were ready to meet any challenge.

Knight's players learned this lesson on the court. Bowlen and his fellow staff learned the lesson in other venues. One particular coaches' event when Bowlen showed he had thought of everything and was ready for anything, he got the approval Knight meted out: a quick wink as he was walking out the door.

*Economy*

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# T TO STEP UP



Martinsville High School, he continued to work camps with Coach Knight's organization until 2001.

Getting out of his comfort zone became a way of life for Bowlen. He says he taught history because he was a history buff and enjoyed government. When one of his former students challenged him with his own words, it was time to step out again. The student said he remembered in class being told that in order to improve a community, you need to get involved. "Then he told me that our community needed help and he didn't see me involved." His student became his campaign manager and Bowlen was elected to the City Council. He was on the council for eight years and he also served as president. He has had the opportunity to be part of city decisions and build community programs during his tenure and has an inside perspective as he watches them flourish now.

## OUT OF THE CLASSROOM AND UP THE LADDER

In 2001 he made the decision to pursue an administrative position after his principal brought the future into focus for him. By this time, Bowlen and Lori had a three-year-old son, Timothy, and wanted more children. He was reminded of the extensive time commitment with coaching, and as an assistant coach, he would be at the whim of the head coach.

He was encouraged to pursue new credentials. Over 13 months, Bowlen went to Oakland City University where he graduated with a Masters in the Art of Teaching and a building level administrator's license.

At the same time, he was offered a principalship in Fort Myers Florida. But before he agreed, he was offered an assistant principal's position in Martinsville. By this time, daughter Anna had joined the family and both kids were active in the community. Bowlen says their children knew the police chief and business leaders and they knew the children. "I don't think we could replicate that anywhere else," Bowlen said. "We were able to see we had it good where we were." Discussing their options, Bowlen and Lori decided to stay in Martinsville.

Leaving the familiarity and comfort of the classroom and gym, he moved to East Middle School as the principal. Then he took the same position at John R. Wooden Middle School. In July of 2021 Bowlen stepped out again, becoming the principal at the Martinsville High School. Then, in June 2022, he accepted the position of superintendent of the district. "The positions I have held have been very fulfilling from being a first-year teacher to being principal of Martinsville High School and then interviewing to be superintendent.

During these years Lori obtained her teaching certificate and has been teaching sixth grade language arts. Along with her husband, she is transitioning into a new program this year, too. She will be teaching the STEM program called Project Lead the Way at Bell Intermediate Academy.

"I believe that things happen for a reason and are not always in our control. God puts us in places at certain times of life that are right. Martinsville has always treated me well and it is a good place for me to be. It has been a blessing."

## THE ALLURE AND DRAW OF MARTINSVILLE

Originally, Bowlen said, he came to Martinsville believing it would be a short stop in his career. "I grew up in Bloomington," he said. "Martinsville was a rival, and my shallow perception of the town was colored by the biases I learned in Bloomington."

However, he said, the students in Martinsville taught him more in his first year than he taught them. "I got to know the people, families, and citizens. They embraced me and my family. I had chances to leave, but there were always opportunities to draw me to stay in Martinsville."

He believes there is a reason he has been here so long – more than 25 years. "When you have been around this long, you know what has worked and what hasn't worked." Bowlen said. "I am not coming in with new programs. I know what our needs are, and what our weaknesses are. There are so many things we already do well." In line with his growth mindset and from a leadership perspective, he wants to limit mistakes, maximize, and build on strengths, and improve weaknesses to get better every day.

He says that part of his path to superintendent was also progressed outside school walls. He was exposed to the politics in the community and played a part in developing different community programs. "I have met citizens and businesspeople who have been unbelievable community partners. I see this as my opportunity to build on that and cultivate that. Now I can contribute all I have experienced and learned living in Martinsville to the role of superintendent."

Thinking back to those words from Bob Knight years and years ago, Bowlen says he still makes it a point to purposefully step out of his comfort zone, like taking on the superintendent's role. Any fear or trepidations he has is offset by the knowledge that he will learn something, grow from the experience, and have the potential to do things that will fill his heart and make the community a better place.

Bowlen calls learning at the foot of Coach Knight a great experience. "I got to travel, see him work, and see basketball played at a high level," Bowlen said.

## TO THE CLASSROOM, COURTS, AND FIELDS

Although Bowlen graduated and went on to teach U.S. history, world geography, government and also coach at

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Please let me know if there are any topics that you would enjoy being discussed. I can be reached at 317-831-5279 or JodWoods@EconomyHVAC.com.

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## Tech's place in strategic plan

Does your business have a strategic plan? I don't mean those concise vision and mission statements that we come up with after a few days of brainstorming. Nor do I mean a set of core values that guide your business and help you dial in ideal opportunities. When I ask this, I mean that next step... the step where we take those nice, concise statements and turn them into a real plan – one with specific, measurable goals, and one that we can hold our stakeholders accountable to. Do you have one of those?

At my business, we drafted our first strategic plan back in 2018. I use the word "drafted" because it was always viewed as a living document. It wasn't set in stone, but it was made up of specifics that we thought long and hard about and didn't plan to change for several years. This plan took us through 2021, and we're revisiting it this year as we continue to evaluate our success, find areas to improve, and chart the course for what's next. Note to self: don't wait until one plan is over to make time to intentionally start the next plan... make some overlap!

Our plan includes a key section we call "Critical Goal Categories" where we came up with six key areas that our goals would live within, and then came up with specific goals within each of these that we sought to achieve over the course of 3-4 years. Categories like Process Improvement, Capacity Building, and Employee Development were among the areas we knew we needed to invest in.

This plan was our guiding light for several years. It pointed us to the people we needed to hire next, the types of partnerships we needed to put in place, and the financial environment we'd need to maintain to see those goals come to life. As we reflected on our plan each year, we'd check off a few things, track progress on others, and say "we should really get started on that" to a couple of them.

One thing I've noticed – our strategic plan has little to say about technology. It doesn't say



**CHET CROMER**  
Technology

we'll focus on the C# language or set our sights on a new PSA (Professional Services Automation) tool. It doesn't even dive into the areas of technology services we'll focus on, like mobile app development or managed technology services.

I imagine if we looked at your plan, we'd find a similar thread... The tools we use to achieve our goals pale in comparison to the goals themselves. Yes, it's important to have the right set of tools to achieve high customer satisfaction or increase productivity... but how we get there is not as important as knowing where we want to get to in the first place. In my world, these tools are the technology tools of hardware and software. In yours, they might be the "tech" of a new fleet of vehicles or the mobile app your team uses to do their job. But in the end... tech's place in our strategic plan is to SUPPORT the plan, not BE the plan.

As we work through our updated plan, I expect to see some recurring themes from the past, but I'm also excited about some of the new-comer goals. I'd love to hear what your own plan looks like, the bumps you've experienced, and the successes you've seen as you take the time to plan what's important to you and your team.

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

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# Why scholarships matter and how to establish your own

Every year, thanks to The Community Foundation of Morgan County's (CFMC's) generous fundholders and donors, we award close to 60 scholarships to Morgan County's high school seniors. This year alone, CFMC is awarding over \$150,000. If you are wondering why scholarships matter or how to establish your own scholarship fund, this article is for you.

We interviewed Jeff Hunsucker, husband to Dr. Julia Foster, to tell the history of this generous scholarship. "The Julia Memorial Scholarship Endowment purpose was to help memorialize Dr. Julia Foster. She took care of thousands of children in her career. Julia was diagnosed with glioblastoma in September of 2014. She battled the aggressive brain tumor for 5 months before it took her short life. During her fifty years, she pursued a career in helping children and loved her family, always putting them first.

The endowment helps students that are pursuing a medical field degree. We started the process for the endowment during Julia's memorial service in 2015. The success from just that day ended up with an endowment. The goal is to keep the fund going even when we are all gone to continue financing students pursuing a medical degree.

I would recommend anyone who would like to memorialize their loved one by helping the community to start a scholarship fund in their memory. I post the link on my Facebook during the holidays and Julia's birthday and people who loved her donated to the fund. It is amazing to see that happen. Your loved one has touched many people we do not even know, so this is a way to keep them in our thoughts! With that we are doing something good with the loss we have, it is a special thing."

Taylor Ellis, 2022 class PA graduate from Indiana University tells her story. "I had struggled for a while to figure out how I was going to fund my college education knowing the significant financial burden of a higher education. When I got the notification that I received the Julia Foster Memorial scholarship I was absolutely elated. Through CFMC, I had applied to scholarships, specifically those that support students wishing to pursue a career in the medical field. I read about Dr. Foster and the lasting impact she made through her clinical practice and knew that this scholarship was not only a gift, but motivation to move forward and become a healthcare provider who makes a difference. So, this scholarship meant a lot to me.

I got a wonderful education at Hanover. I



**BRITTANI BENTLEY**

majored in Kinesiology and Integrative Physiology and graduated magna cum laude in 2020. I applied to IU's physician assistant program the summer leading to my senior year of college and was offered a seat in the Class of 2022.

I am most interested in community medicine which serves to provide access to quality healthcare in underserved communities. I hope to become employed in an area in Indiana that has a community health center or somewhere that qualifies as a healthcare shortage area.

Overall, Dr. Julia Foster's Memorial scholarship not only helped me financially, but it was also a statement that someone really did believe in me and my abilities to become a Physician Assistant and here I am now! I'd like to thank all the amazing work Dr. Foster did and how her journey is still unfinished. Her legacy continues through this scholarship and through every patient's life that I (and other students) will influence. I hope to continue to be a compassionate, competent, and understanding Physician Assistant throughout my career just as Dr. Foster served in her career as a physician."

Incoming Morgan County high school seniors and parents can find CFMC's annual scholarships on our website at <https://cfmconline.org/donors/scholarships/#cfmc>.

Families who wish to inquire more about establishing a scholarship fund can visit our website at <https://cfmconline.org/how-to-create-a-fund/> and call our office to meet with CFMC President, Brittani Bentley at 765-813-0003.

Brittani Bentley, with more than a decade of corporate accounting experience, is the President of Community Foundation of Morgan County and has spent the last 7 years dedicated to serving the community of Morgan County in the non-profit space. She is passionate about philanthropy and community building.

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# Get off the couch

With all the news, almost all of which is negative or purposefully designed to get you upset, keep you distracted and make you feel anxious, it's no wonder so many people are hitting the couch to escape. My advice, get off the couch!

If you're dealing with anxiety or uneasy feelings here are some ideas and concepts to help you move forward.

Create a positive social circle. The more people you have in your life to support you, the better off you'll be when you are feeling down. In addition, having people who expect you to do things with them prevents you from staying home, laying on the couch and wallowing.

Surround yourself with positive people and work hard to avoid those who frustrate you. We cannot control every interaction we have, but we can control who we willingly spend our time with. Remember the Earl Nightingale quote: "You become



**JACK KLEMEYER**  
Business Coach

the average of the five people you hang around with." Avoid people who drain your energy and your mood, and stick to true-blue friends who are satisfying to be around.

When suffering from being down and anxious, many times it pays to forgive people who have done you wrong. Holding on to grudges and feeling hatred toward people can make you feel worse. Letting go of these negative feelings can help you learn how to feel more positive both toward yourself and toward others.

Treat yourself with compassion. Give yourself grace. Have you ever seen someone yell at themselves when they make a mistake? Have you ever thrown a golf club after a bad swing? Being so hard on yourself can push you deeper down the anxiety spiral. Treat yourself with love and compassion, like you would treat a friend or a small child. Remind yourself that everyone makes mistakes, and remember, that we all learn more from our failures than we do from our successes.

In view of the increasing negative events happening around the world here are five things you can do to help you stay positive.

Take a news sabbatical. Listening to the news can be downright depressing. All bad news all of the time can drag you down and keep you there. Give yourself permission to stop listening to the news, especially before bed time.

Use your influence to do good where you live. Shift your focus from what is happening in other parts of the world to your community. Get involved in making a positive change or contribution.

Focus on what is working in your life. Choose one thing that you are grateful for and focus on it for the rest of the day.

Express your appreciation to others. You can create a positive world one person at a time by saying thank you every chance you get to everyone you interact with – from the person who holds open a door for you to your child who does a chore to a cherished friend or loved one.

Focus on what you can change, let go of what you can't change. When faced with a distressing situation ask yourself if you can control over the events. If you do, change what you can. If you don't, learn to let it go and move on.

You have much more control over how you feel than you might realize. Get off the couch and connect with other positive people in your community and make the commitment to be the kind of person that brightens the room when you walk in versus the person who makes the room brighter by leaving.

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## Franciscan Health Mooresville completes medical office building project

Franciscan Health Mooresville - Morgan County's only full-service hospital - has broadened its reach to serve patients with the completion of a new \$17 million Medical Office Building.

With nearly 100 Franciscan leaders and staff in attendance, the facility was officially blessed and dedicated on June 6. The overall project entailed the construction of a new 50,000 square-foot building, which, in part, houses the Women's Center and other specialty care.

"This represents another large step in our Franciscan Health Mooresville physicians' and staffs' ability to meet the healthcare needs for people throughout Morgan County and nearby communities," said James Callaghan, MD, president and CEO for Franciscan Health Central Indiana.

The first floor houses a central registration area, Franciscan Physician Network Kendrick Family Medicine offices and Axia Women's Health (formerly Southside OBGYN), and a nurse navigator lab. The second level is home to Franciscan Physician Network Mooresville Family Care offices, and various clinical services.

The Medical Office Building officially opens to the public June 13.

"Today, the vision of many becomes a reality," said Trish Weber, RN, MBA, MHA, vice president and chief operating officer for Franciscan Health Mooresville and Carmel. "This is more than just a bricks-and-mortar. More important, we have again expanded our healthcare ministry to Mooresville and Morgan County residents."

In advance of the Medical Office Building project, work was completed to modernize heating, cooling,

plumbing and electrical systems, the installation of a new nurse call system, and upgrade roofs, siding and sidewalks. That phase of work was campus wide.

Tonn & Blank Construction managed the overall project. Engineering firm IMEG and arcDESIGN Architects also were involved in the work.

Construction of the building and infrastructure work mark the latest development at Franciscan Health Mooresville. In spring 2008, Franciscan Health Mooresville completed its \$42 million expansion, adding a 34-bed orthopedic inpatient unit, a 26-bed adult medical-surgical inpatient unit, an eight-bed intensive care unit, added operating rooms, a new laboratory and established the facility's first-ever emergency department. In total, the hospital grew from 258,000-square-feet to nearly 400,000-square-feet.

For many years, Franciscan Health Mooresville has been home to the internationally acclaimed Center for Hip & Knee Surgery and its Franciscan Physician Network Joint Replacement Surgeons. The Center has been recognized as No. 1 in Indiana for joint replacement each year since 2018.

The hospital also offers state-of-the-art services by highly regarded Franciscan Physician Network Indiana Heart Physicians, Franciscan Physician Network Indiana Colon & Rectal Specialists and Franciscan Health Cancer Center.

Currently, the hospital has a 118 licensed beds, a full range of outpatient care, employs more than 350 full-time physical and support staff, and has 400 active/affiliated physicians.

# When bad is historically good



**JEFF  
BINKLEY**  
Finance

Just when you think it cannot get any worse, it does. I'm staring at a sea of red on my screens right now. A sea of red. And yet one bit of red recently released causes me to start thinking that it may just be time to suck it up and start buying into this market.

The June, 2022 University of Michigan Index of Consumer Sentiment fell 14% from the May reading and over 41% from the June, 2021 reading. According to the University of Michigan, there are a lot of unhappy, dissatisfied, pessimistic people out there. And for the market, that is a very good thing.

I'm not a big Warren Buffet fan. (I remain a big fan of the late John Bogle who founded Vanguard on the simple idea of making investing cost less for everyone.) But one statement The Oracle of Omaha (Buffet) is known for is, [be] "fearful when others are greedy, and greedy when others are fearful." The June consumer sentiment reading indicates a great deal of "fearful" out there and history tells us that is a great time to buy into the S&P 500. Data provided by the University of Michigan and [www.Hurlbertratings.com](http://www.Hurlbertratings.com) from 1978 to 2021 shows that when sentiment falls 10% or more month over month, the S&P 500 rises 3-4% over the next quarter and 7-8% over the next 6 months.

Is it difficult to think about buying into this market? Heck yes! Is it the right thing to do? Historical data says yes. Is this time different? That's what many, many people say to justify succumbing to their fear and sell...., "This time it's different." A year from now, those people may be sorry.

Will you?

Maybe. However, before you do anything based on current market movements, having a broader conversation with your own advisor in turbulent times could reap rewards, or at the very least bring you some peace of mind.

Jeff Binkley is the Founder and Managing Director of Binkley Wealth Management Group LLC located in Avon. His firm is an Independent Fee-Only Indiana Registered Investment Adviser that has adhered to the fiduciary rule since its founding in 2010.

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