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MAGAZINE

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IN THIS ISSUE

JUNE 2026

6
PAWS ON TAP
Whitestown Taproom Brings Pints & Paws For Unique Experience

8
TOURISM SPOTLIGHT
Discover Boone County

9
ZIONSVILLE CELEBRATES 25 YEARS AS TREE CITY USA

10
GABLES BAGELS
Local Shop Brings Authentic New York Flavor To Zionsville

14
RIDING TOWARD HOPE
Horse Boy Method Training Brings Autism Support To Indiana

17
LASTING SMILES
Village Orthodontics Builds Confidence Through Personalized Orthodontic Care

20
BREATHE EASIER
Inspire Allergy And Asthma Brings Personalized Care To Central Indiana

22
YOGA REIMAGINED
Local Couple Expands Business With Authentic Heat And Community Focus

26
A LOOK BACK AT MAY IN ZCS
A Time Honoring the People, Moments, and Milestones That Defined the End of the School Year in ZCS

28
RAISING READERS
Hachette Book Group's Annual Sale Promotes Reading Across Central Indiana

31
BUSINESS DIRECTORY

ZIONSVILLEBOONECOUNTYMAGAZINE

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PAWS ON TAP

WHITESTOWN TAPROOM BRINGS PINTS & PAWS FOR UNIQUE EXPERIENCE

Writer / Ashley Dykton
Photographer / Robert Jones

Paws On Tap is now open and ready to create a unique experience in Whitestown for both adults and dogs.

Offering a dog-friendly taproom and beer garden, Paws On Tap is a welcoming place for dogs and humans to socialize and have fun.

"I noticed that one thing about Indiana is the lack of dog-friendly places. Two things that I enjoy are beer and dogs, and I found that there was really nothing around for people and their dogs," says Chad Johnson, founder of Paws On Tap.

Paws On Tap was established to be a place in the community that encourages guests to bring their dogs, where the focus is on creating a shared experience for people and their four-legged companions while also incorporating a unique drinking aspect through self-pour drafts that allow customers to sample and pour their own portions.

After 30 years in the software industry, where technology has always been an important aspect of his career, Johnson is now using innovative technology by offering self-pour stations to create a one-of-a-kind experience, allowing guests to enjoy high-quality drinks without the pressure of ordering full pints while spending time with their doggy best friend.

"The self-pour aspect was kind of a unique technology interest of mine. I like the aspect of being able to try different craft beers and beverages ounce by ounce and not have to buy an entire glass. That was intriguing," Johnson says.

Paws On Tap's 40 taps offer a variety of options, making sure there is something for everyone. Drafts include IPAs, American pale ales, Belgians, wheats, amber ales, lagers, stouts, porters, ciders, hard seltzers, wine and draft cocktails.

"We have a wide variety on tap. We'll have unique craft beers, we'll have Three Floyds, we have a rosé — it's a very wide variety of beverages, ciders and seltzers that will be on tap, and then we'll evolve the taps," Johnson says.

The food menu was designed by a former executive chef and features baked macaroni and cheese, stone-baked crispy flatbread pizzas, appetizers, gourmet Nathan's Famous all-beef hot dogs and more.

To get started at the self-pour taps, customers simply scan a QR code with their phone. There, they will also find information about each tap, including ABV, style and price per ounce, giving customers confidence in knowing more about what's on draft and allowing them to try as much or as little as they want without the commitment of a full-glass pour.

"We will have a QR code on the table linked to our point-of-sale system. Scan the QR code and you're able to order food since the entire menu is online," Johnson says. "You'll also be given a QR code that is read by the reader at each tap, and from there you're able to pour whatever you want, as little or as much all the way up to 24 ounces."

Paws On Tap takes the safety of adults and dogs very seriously and has implemented protocols to ensure a positive environment for everybody and every dog. This includes requiring dogs to be cleaned up after, supervised and leashed at all times, current on all vaccinations and for everyone to be respectful of personal space and boundaries. Dogs must be friendly and well-behaved and cannot bark excessively, beg or show aggression.

"Safety is the number one priority. That is why we're 21 and over. We want to minimize the risk, and we require all dogs to be on a leash. We want to ensure that you and your dog are safe and secure," Johnson says.

Animal comfort is also very important, and Paws On Tap offers dogs amenities like blankets that are washed and sanitized after every use, fresh water stations, indoor and outdoor dog-friendly seating with areas for dogs who need space and a special dog menu featuring freeze-dried chicken bites, beef liver morsels, salmon skin crisps, sweet potato chews, pup cups, mini cheese cubes and banana bites.

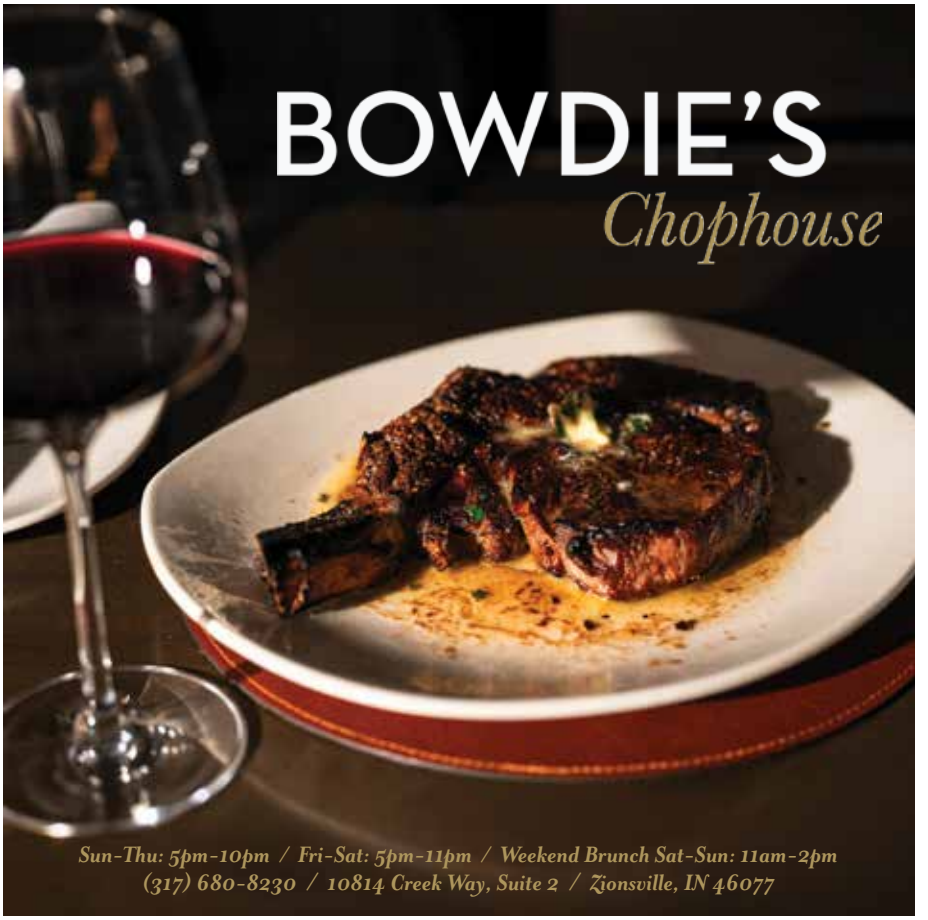
"We offer blankets because some dogs who are older may not want to lay on the nice cold concrete floor, so we've made sure they're comfortable," Johnson says. "We also have a menu for dogs that you order at the same time you would order from a kids menu. The dog menu will mostly feature single-ingredient and freeze-dried treats, and it will continually change as we add different treats and items as they become available. You can't treat yourself without treating your dog."

Paws On Tap is excited to bring the community together by offering entertainment like live acoustic music, trivia nights, different dog-themed events, singles and mingles events, local pet rescue adoption events, beer releases, holiday gatherings and more. The outdoor space features a lively beer garden with picnic tables, lounge chairs, shuffleboard and bocce ball for guests to enjoy.

Paws On Tap is located at 6827 Phipps Lane in Whitestown.

To learn more about Paws On Tap, including hours, what's currently on tap, the food and dog menu, events and more, visit pawsontap.com or follow Paws On Tap on social media for more information. Paws On Tap is also active on Untappd, the free mobile app that tells users about the beers on tap.

Don't miss out on the opportunity to have some dog-gone fun at Paws On Tap.



Celebrating America's 250th in Boone County

As communities across the country begin commemorating America's 250th anniversary, Boone County is embracing the occasion with opportunities to celebrate our nation's history and our local community. From fireworks and festivals to historical programming, there is truly something for everyone to enjoy throughout Boone County this summer.

One of the season's largest draws is the Boone County Fourth of July Celebration (June 22 to July 4) in Lebanon. Spanning several days of festivities, the celebration brings the community and visitors together with a carnival filled with rides and games, classic fair food, live entertainment, and family-friendly activities leading up to Independence Day.

On the Fourth of July, the festivities continue with a patriotic parade through downtown Lebanon featuring local organizations, community groups, and plenty of red, white, and blue spirit. The celebration concludes that evening with an incredible fireworks display, serving as the perfect finale to one of Boone County's most anticipated summer traditions.

Zionsville's 4th of July Celebration (July 4) also returns to Lions Park with an evening of patriotic celebration with bounce houses, food, live entertainment, and a fireworks display, with an extra dazzling finale to celebrate America's 250th. The Whitestown Independence Day Celebration (July 3) will feature live entertainment, food vendors, inflatables, and fireworks at Eagle Church, making for a perfect evening of family friendly fun.

The county's focus on heritage continues with Honoring Boone County, IN Revolutionary War Patriots (June 24). Discover Boone County, the Daughters of the Revolution James Hill Chapter, Boone County Extension Homemakers, and the Sugar Creek Historical Society are joining together to recognize Boone County's Revolutionary War patriots with this special wreath-laying ceremony that honors the individuals who helped shape our nation's early history.

The events starts by welcoming everyone to gather at the Discover Boone County building from 11 to 11:45 a.m. for light refreshments. The official wreath-laying ceremony begins at noon at the war memorial on the Boone County Courthouse lawn. Guests visiting the courthouse can also step inside to view the Boone County Bicentennial Quilt on display.

BITE INTO BOONE ALL SUMMER LONG

Boone County is continuing to celebrate its growing culinary scene through the Bite Into Boone campaign, which began in May and runs through August. Bite into Boone invites locals and visitors to experience some of the best food across Boone County and support local businesses. Find participating restaurants and more information at discoverboonecounty.com and follow along on social media for even more summer dining inspiration.

Plan your trip today at www.discoverboonecounty.com

ZIONSVILLE CELEBRATES 25 YEARS AS TREE CITY USA

For the 25th consecutive year, the Arbor Day Foundation has named Zionsville a Tree City USA, recognizing the town's ongoing commitment to preserving and enhancing its urban forest.

Trees play a critical role in managing stormwater, improving air quality and enhancing the character and livability of Zionsville's neighborhoods.

To receive this designation, Zionsville met the program's four core standards: a functioning tree board (Zionsville Tree Board), a tree-care ordinance, an annual forestry budget of at least $2 per capita and an Arbor Day proclamation.

"I am proud that the Arbor Day Foundation has recognized our efforts around urban forestry for the 25th year in a row," says Mayor John Stehr. "There are a few municipalities in Indiana that have a longer streak, but not many. I hope that future generations continue to recognize the importance of our strong preservation roots and support our growing canopies."

The town's forestry efforts are supported by the Department of Public Works and Parks and Recreation Department, which collectively planted more than 52 new street trees and 134 additional trees along town properties and public rights-of-way in 2025.

Crews also pruned 36 trees for health and safety and removed 36 dead or failing trees from public rights-of-way, with an additional 10 removed within parks through routine maintenance.

The Zionsville Parks and Recreation Department also partnered with students, volunteers, contractors and the Zionsville Parks Foundation to plant 1,143 new trees throughout the park system.

With assistance from the Boone County Invasive Cooperative and other service groups, dozens of acres of invasive species were cleared, laying the groundwork for future restoration and reforestation efforts across parks and trails.

The Zionsville Tree Board continues to play a key role in these efforts, contributing more than 300 volunteer hours over the past year. Their work includes hosting a booth at Greenfest, distributing native tree saplings, leading community education initiatives and maintaining a recommended tree species list to guide residents.

"I'm proud to celebrate Zionsville's long-term commitment to preserving and growing our urban forest," says Zionsville Tree Board Chair Greta Sanderson. "Trees are more than just part of the landscape. They are essential to our health, our environment and our shared sense of community."

In total, it is estimated that community members contributed approximately 903 hours of volunteer service through various town-led environmental and forestry initiatives.

In celebration of Earth Day and Arbor Day, Zionsville hosted its annual Greenfest event in April at Heritage Trail Park, bringing together residents and local partners for a day focused on sustainability and conservation.

The Tree City USA program is administered by the Arbor Day Foundation in partnership with the U.S. Forest Service and the National Association of State Foresters. Learn more at arborday.org.

GABLES BAGELS

LOCAL SHOP BRINGS AUTHENTIC NEW YORK FLAVOR TO ZIONSVILLE

Writer / Ashley Dykton
Photographer / Amanda Wilson

After moving to the Zionsville area 4 years ago, Brad Teitelbaum realized Boone County was missing a great bagel place.

"An opportunity came up in downtown Zionsville, where we are located, and when I decided to proceed with opening up a bagel shop, it was suggested by a mutual friend that I connect with Ed Schwartzman," says Brad Teitelbaum, owner of Gables Bagels Zionsville.

When New York native Ed Schwartzman moved to central Indiana and couldn't find a good, authentic New York-style bagel like the ones he grew up with in Queens, he decided to open his own bagel shop, Gables Bagels, in Bloomington, where he now owns and operates 2 locations.

After meeting and traveling to Bloomington to visit Gables Bagels, and having Ed visit Zionsville, Brad and Ed knew they could grow and create something much bigger with a Gables Bagels location in Boone County.

"He came up to Zionsville, and I went down to his shop and realized our concepts and vision were very similar," Teitelbaum says. "It made a lot of sense to help grow the Gables Bagels brand by opening the Zionsville location. The important part is Gables Bagels is the same brand and concept."

There is no better place to have an authentic New York-style bagel or deli-inspired sandwich in Indiana than Gables Bagels.

"Our bagels come from the East Coast. We bake everything, and they're fresh and hot right out of the oven in our store. We don't toast them or steam them. The bagels are created on the East Coast and then finished fresh in our store and are hot and ready to eat," Teitelbaum says.

Gables Bagels is open daily starting at 7 a.m. and offers a variety of breakfast and lunch options. The menu features a variety of bagel flavors, including rainbow, blueberry, asiago, plain, jalapeño cheddar, salt, sesame, poppy, everything and cinnamon raisin, along with gluten-free options including plain, blueberry and everything.

The bagels can be paired with fresh whipped schmears and spreads made in-house, including chive, cinnamon raisin, hummus, jalapeño, jalapeño bacon cheddar, maple bacon habanero, plain, smoked salmon spread, strawberry, veggie, vegan plain cream cheese, vegan chive cream cheese and whitefish spread.

Gables Bagels also offers grab-and-go options like Amanda's chicken salad, egg salad, tuna salad, smoked whitefish spread, matzo ball soup by the quart, bagel chips, house chips, cookies, muffins, fruit cups, overnight oats and yogurt parfaits. The coffee served at Gables Bagels includes a house blend made by Brown County Coffee. They also offer take-and-bake frozen bagels that can be purchased and baked at home.

The Gables Bagels breakfast and lunch menu showcases a variety of signature sandwiches filled with innovative and authentic flavors. The sandwiches feature meats like salami, corned beef, brisket and pastrami.

Gables Bagels Zionsville offers signature sandwiches like the Veggie Miller, featuring chive schmear, tomato, cucumber, banana peppers, avocado, capers, onion and chipotle aioli on an everything bagel; the Reel Deal, a tuna salad sandwich with banana peppers, tomato and lettuce on an ancient grain bagel; and the Bagel Baum, featuring salami, chive schmear, pepper jack cheese, lettuce, tomato, giardiniera and truffle oil on a poppy seed bagel.

For added convenience, online ordering can be done directly through their website and through DoorDash and Uber Eats, with

carryout and delivery options available.

Gables Bagels also offers a catering menu featuring the full menu, along with breakfast boxes, lunch boxes and bagels by the dozen, perfect for corporate gatherings, baby and bridal showers, and other breakfast, brunch and luncheon events.

Gables Bagels offers special promotions, including discounts on Mondays for senior citizens, Tuesdays for first responders and Wednesdays for students.

"We're very fortunate to the community. They really welcomed us," Teitelbaum says. "It is what I had envisioned with opening Gables Bagels, that it was a major need in Zionsville, and the community's been very supportive of us. But also, vice versa, it's important that we support the community. We're trying to get very involved with the schools. For example, we have a Student of the Week promotion, and we like to give back to the students in the community. We also contribute to local organizations."

Gables Bagels is open 7 days a week at 270 S. Main St. in Zionsville. Their full menu and online ordering can be accessed at gablesbagels.com.

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Laila Rahmatian and her son Donatello connect with the horse he rod right after completing a Horse Boy Method session. The neuroscience-backed approach combines movement, rhythm, and equine interaction to support sensory regulation, communication, and emotional connection for neurodiverse individuals.

RIDING TOWARD HOPE

HORSE BOY METHOD TRAINING BRINGS AUTISM SUPPORT TO INDIANA

When her 2-year-old son, Donatello, was diagnosed with autism in October 2024, Laila found herself facing a challenge familiar to many families: finding meaningful, consistent support.

"In Indiana, it was incredibly difficult to access the kind of care my son truly needed," she said. "We were driving over an hour to only get 30 minutes max a week at therapeutic riding stables — and it just wasn't enough time to make a real impact."

Everything changed when her family relocated to Germany. There, she discovered the Horse Boy Method — a neuroscience-based approach that focuses on individualized, one-on-one engagement using movement, rhythm and connection to support children with autism.

Unlike traditional models with limited session times, the Horse Boy Method follows the child's needs, prioritizing regulation and relationship as the foundation for learning.

The difference was immediate and profound for Donatello compared to any other therapeutic riding they had done before.

"Going from 20 minutes a week to multiple one-hour sessions completely changed everything for my son," Laila said. "We saw significant improvements in his daily life — he became more regulated, started speaking, became potty trained and was able to communicate without having a tantrum."

Now, as her family prepares to return to Indiana, she is determined to ensure other families have access to the same life-changing support.

NEXT STOP — INDIANA

For the first time, the Horse Boy Method Level 1 Certification Training will take place in Zionsville June 25-26, bringing this transformative approach to educators, therapists and caregivers across the state.

Hands-on training will be provided by founder Rupert Isaacson, accompanied by his colleague, Leana Tank, and his autistic son, Rowan.

Hosted by Emma Meeks, stable owner and founder of Cornerstone Equestrian Services, the two-day training provides a hands-on, immersive experience designed to equip participants with practical tools they can immediately apply in schools, therapy settings and at home.

"This is about more than a training," Laila said. "It's about creating access. I don't want other families to struggle the way we did. This method changed my son's life — and I want to make it available to others who need it."

With autism rates rising and families searching for more effective, individualized approaches, this event positions Zionsville as a growing center for innovative, brain-based support.

EVENT DETAILS

What: Horse Boy Method Level 1 Certification Training
When: June 25-26
Where: Cornerstone Equestrian Services, Zionsville, Indiana
Registration: ntls.co/hbjune26
Spots are limited and expected to fill quickly.

ABOUT HORSE BOY

The Horse Boy Method is an internationally recognized, neuroscience-backed approach that uses movement, rhythm and relationship to support individuals with autism and other neurodiverse conditions. By focusing on nervous system regulation first, the method helps unlock communication, learning and emotional development.

The Horse Boy Method was founded after Isaacson discovered that his son began communicating and engaging more successfully while riding horses. This breakthrough led to the creation of a neuroscience-informed approach that supports autistic and neurodivergent individuals through rhythm, movement, sensory integration and relational connection.

Rupert Isaacson and Dr. Temple Grandin have collaborated extensively in developing autism support approaches centered on sensory regulation, equine-assisted therapy and movement-based learning.

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LASTING SMILES

VILLAGE ORTHODONTICS BUILDS CONFIDENCE THROUGH PERSONALIZED ORTHODONTIC CARE

Writer / Kelsey Musick
Photographer / Amanda Wilson

In the heart of Zionsville, where tree-lined streets and a strong sense of community define daily life, Village Orthodontics has become something more than a destination for braces and aligners. It's a family-driven practice built on lasting relationships, guided by shared values and grounded in a genuine commitment to serving others.

Formerly Nicholson Orthodontics — a highly regarded Zionsville landmark for orthodontic care — Village Orthodontics carries a legacy that spans generations.

"We are the third generation of orthodontists at this practice," says Sarah Brassard, practice manager. "My husband, Dr. Nick Brassard, and former owner Dr. James Nicholson worked together for about four years before Dr. Nicholson retired last year."

Sarah initially had no intention of joining her husband's practice, as she comes from a background in medicine as a critical care physician assistant. But when the need arose, she and Dr. Brassard determined it was what was best for the practice and their family.

"The transition to my becoming the practice manager had its challenges, but it has been an incredible opportunity for our family to really put down roots in Zionsville and for our business to thrive as part of this community," Sarah says.

According to Sarah, her and Dr. Brassard's personal investment in the community is one of the reasons their work feels so meaningful.

"Relationships are everything," Sarah says. "At Village Orthodontics, we strive for patient-centric care that involves treating the whole person rather than just their teeth and bite. We acknowledge their lifestyle,

needs and emotional journey during treatment, and we understand the incredible opportunity we have to serve others while creating a life-changing experience."

The Brassards have worked diligently to ensure their practice has a family atmosphere that extends beyond its staff.

"We maintain many patient relationships that extend well past treatment, many of which began before our time at this practice," Sarah says. "We have treated up to four generations in some families, and we look forward to treating many more. It takes a village."

The phrase "it takes a village" isn't just a clever play on the practice's name — it's a guiding principle at Village Orthodontics, a practice firmly embedded in the Zionsville community, supporting local events, extracurricular activities and families in meaningful ways.

Dr. Brassard says he is deeply invested in serving others and improving lives through beautiful smiles and functional, stable bites.

That commitment to high-level care, service and community has not gone unnoticed. Village Orthodontics has been voted "Best Orthodontist" across all North Indianapolis suburbs for two consecutive years.

"For a family-owned practice like ours, it's a meaningful seal of approval, which we take a lot of pride in," Dr. Brassard says. "Residents vote on the award, so it feels validating that our personal approach and attention to detail clearly resonate. We are incredibly humbled and honored by the recognition."

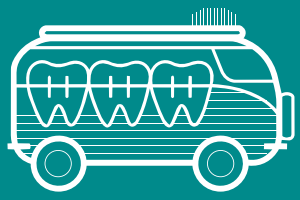
Village Orthodontics offers a full range of treatment options, including traditional metal braces, ceramic braces and clear aligners, ensuring patients of all ages and preferences can find a solution that fits their lifestyle. In fact, the practice treats patients as young as 7, the age recommended by the American Association of Orthodontists for a first evaluation.

"We go above and beyond to treat patients as individuals rather than just numbers," Dr. Brassard says. "Our mission is to transform smiles and positively impact lives through innovative orthodontic care, personalized treatment and compassionate service."

The practice also distinguishes itself by embracing leading-edge, evidence-based methods and technology. Gone are the days of uncomfortable impressions, bulky appliances and few practical options. Instead, patients benefit from digital scanning, AI-driven treatment simulations and custom 3D-printed appliances, all designed to create a more precise and personalized experience.

"Modern orthodontics has evolved from a one-size-fits-all approach to a highly tailored experience," Dr. Brassard says. "We use advanced technology and improved techniques to better align that experience with each patient's unique dental anatomy, lifestyle and goals. It goes beyond just straightening teeth to address an individual's

> "WE HAVE TREATED UP TO FOUR GENERATIONS IN SOME FAMILIES, AND WE LOOK FORWARD TO TREATING MANY MORE. IT TAKES A VILLAGE."
>
> —SARAH BRASSARD



needs, focusing on comfort, efficiency and long-term health."

While advanced technology plays a key role, Village Orthodontics is ultimately centered on the people it serves. From the moment a patient enters the door, the team strives to create an environment that feels welcoming, supportive and caring.
"It's important that we provide a comfortable atmosphere where people feel genuinely cared for like family," Dr. Brassard says. "We serve our patients with empathy and encourage open communication throughout the process to ensure the best result possible. Their time is also valuable to us, so we prioritize efficient, on-time appointments and flexible scheduling to accommodate."

That sense of care extends beyond the office in creative and practical ways. One standout example is the Brace Bus — a complimentary transportation service that helps bridge the gap between school and orthodontic appointments. This concierge-style service reflects a deep commitment to the community by prioritizing the convenience of working or busy parents and school attendance.

Coordinating orthodontic appointments around school schedules, work commitments and extracurricular activities can be difficult, often requiring parents to miss work or students to leave class early. By offering transportation to and from appointments, the practice removes a significant barrier to care, helping ensure treatment stays on track without disrupting daily routines.

Village Orthodontics also recognizes the importance of giving back to those who serve others. The practice offers discounts for hometown heroes and their families, including EMTs, firefighters, teachers and members of the military — a small but meaningful way to show appreciation for their contributions.

At its core, Village Orthodontics is about more than straight teeth. It's about building trust, fostering relationships and creating positive, lasting impacts — one smile at a time. In a town known for its warmth and connection, the practice is a reflection of the community it serves.

"We love Zionsville and the people who make it so special," Dr. Brassard says. "The most fulfilling part of living where we practice is regularly running into our patients outside of the office and seeing the confidence in their smiles firsthand. It is the ultimate affirmation of our work and a reminder of why we feel so fortunate to be part of this community."

To learn more about Village Orthodontics or schedule a complimentary consultation, call 317-873-6927 or email info@vosmiles.com.

BREATHE EASIER

INSPIRE ALLERGY AND ASTHMA BRINGS PERSONALIZED CARE TO CENTRAL INDIANA

Writer / Renée Larr
Photographer / Robert Jones

In a landscape often marked by lengthy waits and hurried consultations, Inspire Allergy and Asthma champions a more attentive, patient-centered standard. Founded by board-certified allergist Dr. Anita Sivam, the practice is built on a straightforward principle: Patients merit time, access and clarity in managing their health.

After 6 years in a large group practice, Dr. Sivam observed a widening gap in conventional allergy care.

"I didn't feel I had enough time to earnestly connect with patients or deliver personalized care," she says.

This insight inspired her to launch Inspire Allergy and Asthma in March, creating a place where relationships, not hurried visits, shape treatment.

The practice addresses a spectrum of conditions, including seasonal and environmental allergies, asthma, eczema, food allergies, drug allergies and chronic hives. As spring emerges in central Indiana, Dr. Sivam says she sees a predictable surge in symptoms.

"We're in peak pollen season right now, and summer grass pollens are appearing," she says. "This mix prompts a notable increase in allergy flare-ups."

While many practices focus on controlling symptoms, Inspire Allergy and Asthma pursues enduring solutions tailored to each patient. Care begins with an exhaustive initial visit, lasting 1 to 2 hours, where Dr. Sivam compiles a thorough medical history, reviews prior treatments and conducts allergy testing.

Using small plastic applicators to introduce common allergens to the skin, triggers are identified in about 20 minutes.

Patients then follow a personalized care plan that may include home modifications, optimized medication use or immunotherapy.

"It's all about meeting patients where they are," Dr. Sivam says. "Some aim to minimize medications, while others embrace advanced therapies. We shape everything to their goals."

One of the practice's defining offerings is oral immunotherapy for food allergies, a treatment that steadily desensitizes the immune system to select allergens. Access to this option has often been scarce in the area, requiring long waits or travel to major cities. By introducing it locally to Boone and Hamilton counties, Dr. Sivam helps address a crucial gap for families seeking proactive care.

She also offers sublingual immunotherapy for environmental allergies, an alternative to traditional allergy shots that allows patients to administer treatment at home.

"For many people, frequent office visits just aren't realistic," Dr. Sivam says. "This gives them a flexible, effective option that fits into their daily lives."

Another distinct feature is the practice's hybrid model, combining traditional visit-based care with a membership option. Membership especially serves patients with chronic or complex conditions, such as asthma or severe eczema, who need regular monitoring and communication. It upholds one of Dr. Sivam's main priorities: accessibility.

Patients at Inspire Allergy and Asthma can reach the office quickly via phone, text or email, often receiving responses within 1 business day or sooner.

"Allergy and asthma symptoms don't always wait for a scheduled appointment," Dr. Sivam says. "Being able to connect with patients in real time helps us address issues before they escalate."

Transparency is a foundation of the practice. With clear pricing, patients understand financial expectations, a model welcomed by the community.

"There are no surprises," Dr. Sivam says. "That assurance means a lot."

Beyond her clinical expertise, Dr. Sivam brings a deeply personal perspective to her work. She has severe asthma herself, and one of her children also struggles with the condition. That firsthand experience shapes her empathetic approach to care.

"Even as a specialist, I know how challenging it can be to recognize symptoms and manage them effectively," she says. "I want families to know they're not alone in that."

At its core, Inspire Allergy and Asthma redefines specialty care: more time, deeper connections and greater support for patients of every age.

"I want people to understand that managing allergies and asthma doesn't need to be a continuing struggle," Dr. Sivam says. "With the right care, it genuinely improves."

For more information, visit Inspire Allergy and Asthma.

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YOGA REIMAGINED

LOCAL COUPLE EXPANDS BUSINESS WITH AUTHENTIC HEAT AND COMMUNITY FOCUS

Writer / Abbie Willans
Photographer / Heather Palmer (brandandportrait.com)

After the success of their first studio in Carmel, Sol Hot Yoga Studio has recently opened a new location in Zionsville. Hot yoga is a form of exercise that is performed in a humid environment, often in rooms heated to at least 80 degrees Fahrenheit.

Co-owner Matt Andrews started practicing hot yoga after his wife Sky introduced him to it. While he was deployed in Iraq, she found solace in hot yoga and began teaching it a few years later.

They spent many years traveling the world because of his career, but in 2018, they moved to Indiana and opened the doors to Sol Hot Yoga in Carmel. They found it to be a rapidly growing community, while also being near Andrews' family. For the first year, classes were always full and the business was doing well, but they struggled after the pandemic hit.

"We got decimated by it. It slowed us down from where we wanted to be. We wanted to have a second studio three years ago," Andrews recalls.

Despite the setbacks, the couple persevered with online courses and other strategies to stay afloat, and managed to not only keep their studio in Carmel, but open a new one in Zionsville.

"It's not about a pose that looks good in the mirror or on Instagram, it's building up to a place where you feel good inside. Our goal is that people feel better inside. When we do things to undo bad habits, poor posture, or injuries, you just feel better," Andrews says.

"The heat is part of that. It opens the body; dilates the vessels so you get more blood flow, and it flushes out the toxins. If you're not active, the blood vessels tend to constrict. The heat encourages that circulation."

For the team at Sol Hot Yoga, their customers' health is their first priority. Unlike other chain studios, they don't use infrared heat sources, which can be damaging to the body.

"They may have some of the superficial benefits, but long-term exposure to infrared

is potentially harmful to your skin and internal organs," says Andrews. "Those infrared panels act like a microwave, and we're not frozen burritos."

They had to get creative in finding and building a space to accommodate the necessary temperatures for hot yoga, as well as fresh air flow, rather than recirculated air.

"We've been through dozens of HVAC contractors. For the first one, they're like, 'the walls will melt and the building will burn down.' But we found someone who knew it would be okay if you have the right equipment. For most residential and commercial properties, there's a high temperature limit that is imposed for safety reasons. But we worked directly with the manufacturers to get it figured out," he explains.

The Andrews have learned a lot over the years, from the financial aspects of running the studio to their own philosophies on practicing and teaching hot yoga. One of their inspirations is Jimmy Barkan, a hot yoga teacher who got his certification in Kolkata, India, in 1981 and helped to popularize it in the United States. They preferred his style of teaching compared to the approach of another well-known yoga instructor, Bikram Choudhury. Ultimately, Sol Hot Yoga has its own way of doing things.

"The best part is teaching and seeing the transformation happen. From the beginning to the end of the class, you can already see it. The biggest thing is the change in attitude from when they first come in, compared to after they've practiced with us for a couple weeks. There's a visible shift in their whole demeanor," says Andrews.

After spending many years in special ops and doing high-intensity workouts, Andrews found his joints suffering and his metabolism slowing once he passed the age of 40, and he transitioned to yoga for exercise. He emphasizes that anyone can benefit from hot yoga, whether they're a seasoned athlete or have no prior experience with physical exercise.

"We get lots of high school kids in Zionsville; it's a much younger crowd. They like the peace that comes from it, and the mental health benefits," he says.

However, they have participants of all ages, from teenagers to those in their 70s or older. One member started attending classes after she fell and broke her hip.

"We get a lot of husbands and wives, or mothers and daughters. A thing that's really special beyond the mat is that communal approach. If you come with somebody, it's not just accountability, but a shared experience. It's something that's accessible for all age ranges and skill levels."

Sol Hot Yoga is located at 3299 S. U.S. 421, Zionsville, Indiana, 46077. For more information or to find a class, visit solhotyogastudio.com or follow them on Facebook and Instagram.

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A LOOK BACK AT MAY IN ZCS

A TIME HONORING THE PEOPLE, MOMENTS, AND MILESTONES THAT DEFINED THE END OF THE SCHOOL YEAR IN ZCS

As the school year winds down, May serves as a vivid reminder of what makes the Zionsville Community Schools (ZCS) community special.

The pace has shifted into high gear as hallways fill with celebration and reflection. Spring concerts provide a melodic backdrop while seniors count down their final moments as Eagles. Across every building, there is an undeniable sense that the school year has reached one of its most significant chapters.

A SEASON OF MILESTONES

Throughout ZCS, May is about more than just the end of a calendar; it is about celebrating the people who make the community feel connected. This spirit was on full display during the May Board of School Trustees meeting, one of the most inspiring evenings of the year.

The board honored Teachers of the Year from every school, celebrated milestone years of service and recognized retirees whose impact will be felt for years to come. Among those recognized was Zionsville Community High School (ZCHS) teacher Dawn Makley, who was named the ZCS District Teacher of the Year. She will represent the district in the upcoming state competition.

BEYOND THE AWARDS, THE EVENING REFLECTED THE CORE VALUES OF ZCS:

- A community built on relationships.
- A culture that celebrates one another.
- A fundamental belief that people matter.

DIVERSE PATHS AND NEW BEGINNINGS

These moments of connection extend far beyond a single meeting. At a recent lunch event at ZCHS, students gathered to celebrate the diverse paths represented within the Class of 2026.

Some students proudly wore college apparel, while others shared plans for military service, trade programs, gap years and immediate career entries. The event served as a reminder that success does not follow a single path; every student carries a unique story.

For many families, these final weeks are an emotional crossroads. Parents who once volunteered in elementary classrooms now watch their children step into adulthood. For the students, May is a collection of "lasts"—the last performance, the last lunch with classmates and the final walk through familiar hallways.

On May 31, the Class of 2026 will officially cross the commencement stage. The ceremony serves as both a conclusion and a beginning for students reflecting on years of growth and friendship.

THE POWER OF BELONGING

That same spirit of belonging was visible during Unified Champions events, where students came together through shared experiences. These events reflect the district's commitment to creating spaces where every student feels seen and valued. Most importantly, they demonstrate the power of inclusion at an early age, encouraging students to support one another and experience the importance of being part of something together.

May also brought opportunities to celebrate the arts, academics and athletics:

Academic Excellence: Students were recognized at the Boone County Top 20 luncheon and the Rotary "Strong in Every Way" Recognition Breakfast.

Career Pathways: Signing celebrations highlighted students pursuing education tracks.

Creative Arts: Theater productions and spring concerts filled auditoriums with creativity and months of hard work.

A TIME FOR REFLECTION

As the year closes, teachers who invest in young lives watch another group of students prepare to leave. Retirees close chapters on careers devoted to helping children grow, and staff members are celebrated not just for their years of service, but for the lives they impacted.

The most powerful stories are often found in the small details: a student looking up to a teacher, a family taking photos after an award or seniors laughing together over lunch. These moments are reminders that schools are ultimately about people.

As the celebrations across ZCS offer a snapshot of a joyful community, they remind us that education is about far more than schedules and assignments. It is about relationships, belonging and helping students discover what is possible. In May, those stories come to life in the most memorable ways.

RAISING READERS

HACHETTE BOOK GROUP'S ANNUAL SALE PROMOTES READING ACROSS CENTRAL INDIANA

Writer / Ashley Dykton

"Hachette's $1 book sale is one of the most exciting events that we host annually for our communities to make reading for pleasure accessible to everyone," says Mike Shoults, CEO of Hachette Book Group U.S. Distribution.

On Saturday, June 13, central Indiana is invited to experience Hachette Book Group's annual $1 Book Sale from 9 a.m. to 2 p.m., along with its Raising Readers free children's book giveaway from 8 to 9 a.m. at the Hachette Book Group U.S. Distribution Center in the Lebanon Business Park.

"This year's sale is especially unique as we mark Hachette's 200th anniversary, and we're working hard to feature our Raising Readers campaign," says Shoults. "Raising Readers is a global social impact campaign addressing the decline in children's reading for fun and calls on parents and caregivers to read to children for just 10 minutes a day to make them smarter and happier. On June 13, we plan to give away more than 1,000 free children's books in addition to the massive, discounted $1 book sale, furthering our mission to make it easy for everyone to discover new worlds of ideas, entertainment and opportunity."

Today's digital world has made technology more accessible, where children are more likely to reach for a video game, tablet, computer, cellphone or other digital devices instead of a book as a source of entertainment. In response, Hachette Book Group created Raising Readers as an initiative to create opportunities for children to have access to books and grow a passion for reading. Central Indiana's own Indy Book Project and United Way of Central Indiana are organizational partners in the Raising Readers campaign.

The numbers do not lie, and the proof of the importance of children reading is in the data.

"Reading and reading alone is the biggest factor in a child's success, more than socioeconomic background," says Gabrielle Gambrell, chief communications officer of Hachette Book Group. "If a child is an avid reader, they are studious, adventurous, they think outside the box, they're innovative, they're strategic, and there's data that shows that children who read for fun and pleasure positively impact their emotional health, mental health, well-being and their ability to be successful."

Hachette Book Group is a renowned general-interest book publisher whose titles have received acclaimed achievements, including the National Book Award, Newbery and Caldecott medals, and Pulitzer and Nobel prizes. With various imprints within their publishing group, including Basic Books Group, Grand Central Publishing Group, Hachette Audio, Little, Brown and Company, Little, Brown Books for Young Readers, Orbit, The Workman Publishing Group and the Running Press Group, Hachette Book Group's 200 years of literacy excellence showcases a culture of inclusion and diversity.

Hachette Book Group is also a division of its parent company, Hachette Livre.

Hachette Livre is the third-largest trade and educational publisher in the world, headquartered in Paris, France, and in recognition of its 200th year in existence, the company is investing $200,000 toward the Raising Readers campaign. This investment will help fund and bring books to 200 underserved and underfunded schools and educational programs, provide 200 author visits, virtually or in person, to classrooms, and create 200 free little libraries with committed replenishment in book deserts across the country.

Every year at its distribution center in Lebanon, the Hachette Book Group $1 Book Sale brings out thousands of people from the community for the purpose of giving central Indiana affordable access to books. This year's event will feature the Raising Readers campaign, which will give away 1,000 books prior to the start of the sale, and a portion of the Hachette Book Group $1 Book Sale proceeds will benefit the Indy Book Project.

"We want to make sure that we are giving free books into the hands of children and parents and caregivers, so we will be giving away more than 1,000 free books on a first-come, first-served basis completely separate from the sale," says Gambrell.

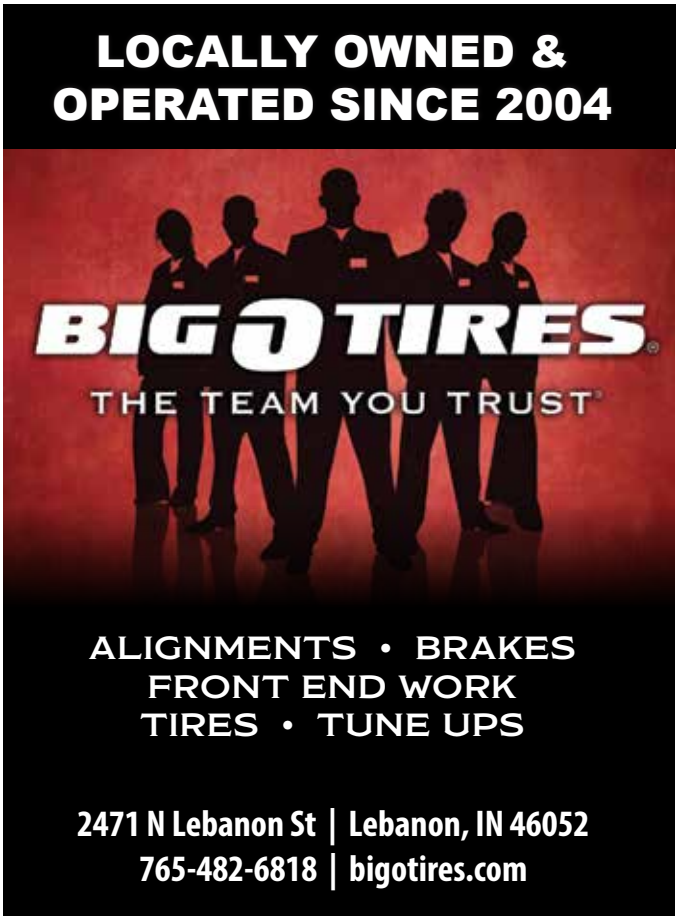
To serve as many families as possible, it is recommended that families reserve a family ticket for all the children in the household so each child will receive a free book. To reserve a family ticket online, visit Eventbrite Family Ticket Reservation.

Also unique to this year's event, the pigeon from the popular children's book series by Mo Willems will be present during the book distribution to honor the New York Times bestselling book, It's My Bird-Day!

The Raising Readers book giveaway is a separate event happening prior to the start of the sale, and because of safety reasons, children younger than 12 will not be permitted at the $1 Book Sale.

The Hachette Book Group $1 Book Sale will take place Saturday, June 13, from 9 a.m. to 2 p.m. at the Hachette Book Group Distribution Center, 121 N. Enterprise Blvd. in Lebanon. Items available for purchase are marked as overstock and should not be resold as new. Carts and wagons are not allowed inside the sale, but handled cartons will be provided, along with small and large holding areas and carryout assistance for shopping convenience. The event will also feature the food trucks Scott Diggity Dogs and Travelin' Tom's and will have bottled water for sale provided by Lebanon Youth Engagement Services.

To learn more about the Raising Readers initiative and how to get involved, visit joinraisingreaders.com and sign the pledge dedicating 10 minutes a day to reading to a child.



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