

CENTER GROVE ICON

Volume 2 • Issue 04

Crowther's Conservation

*Indianapolis Zoo President Mike Crowther
shares his passion for his work and love for
the Center Grove-area community Page 7*

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*Center Grove's Jonee Sutton shows her
creative side through Rustic Wagon. Page 23*



*Center Grove's Carol Allen Naragon and her
Haven's Sanctuary for women bring love
and compassion to the community. Page 12*



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ICON
of the
Month...
Page 31*

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Yes, we want your letters

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Robinson family is diggin' it

Center Grove family gets to experience education and adventure through the Indianapolis Children's Museum

By Nicole Davis

Kim Harms-Robinson has gotten to travel to China to see terracotta warriors and learn new things about world history through her job every day – things she has read about, has seen on TV, but never thought she would be a part of herself until she became public relations director of the Indianapolis Children's Museum two years ago. When Kim got to take her husband Tim and 9-year-old son Cole along with her on a dinosaur adventure last year, she says her job became an educational experience that her whole family could share.

"Living and working in this environment is fascinating," Kim says. "For me to have the opportunity to take my family on an adventure and learn along with me about the place I work, those stories are interesting to tell. We can do something fun, educational and adventurous. We got our little Indiana Jones hats on and felt professional out there."

Kim and Tim have been married and living in Center Grove, where Tim is from, for 12 years. Cole is a 3rd grader and says he likes getting to tell his friends everything he has done at the museum. The Robinson family went on a dino dig to Faith, S.D. last year along with paleontologists from the museum.

"I was expecting a bigger town," Tim says. "But it's smaller – a third the size of Bargersville. We went out to a ranch. I was expecting to find little things. But we'd uncover a tibia, a leg bone that was several feet long. It was amazing."



(From left) Tim, Cole and Kim Robinson have spent a lot of time at the Indianapolis Children's Museum the last two years, learning together as a family through Kim's job.



Kim Harms-Robinson discusses the significance of Leonardo, a mummified dinosaur which will be revealed at the museum's 10th birthday party for the Dinosphere.

Kim says the museum and the things she and her family get to do have made for some interesting dinner conversations.

"I can see a lot more than a lot of people," Cole says. "It's fun. I like the exhibits and stuff. I can come here almost anytime."

Kim says she is excited for the spring break activities coming up, celebrating the 10th birthday of the Dinosphere at the museum. Kim says they are branding the event as, "Party like it's 70 million B.C." The celebration will unveil Leonardo, a mummified dinosaur. Leonardo is one of five mummified dinosaurs known about today. It is the best preserved one, with the scales and some muscle tissue are still visible. After taking samples, paleontologists were even able to tell what Leonardo was eating when it died. For more information, visit childrensmuseum.org/dinobirthday.

"When you think about your child, you think of all the career paths he could have," Kim says. "He's been exposed to paleontology, astronaut David Wolfe, science and so much more. It's just a plethora of things he could become."

Photos by
Nicole Davis

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Teacher of the Month

Mrs. Parsetich

By Kimmee McBay
2nd Grade
Sugar Grove Elementary



Mrs. Parsetich, Kimmee McBay and Misty Faulkner of Indiana Members Credit Union.

I would to nominate Mrs. Parsetich who teaches second grade at Sugar Grove Elementary. She helps us to practice reading so we will be good readers. We made a reading fair project about our favorite book. I chose the book *Pirates Past Noon* by Mary Pope Osborne. We were judged by our assistant principal Miss Dooms. Before Christmas break, we memorized plays based off of fairy tales. Our class shared our plays with other second classes. We used lots of props! Mrs. Parsetich worked very hard on helping us to learn our lines and be expressive. She is very kind, sweet, helpful, talented, smart, and intelligent. I love being in her class! She is the best teacher!

Kids send your name, address and telephone number along with a 100-word summary of why your teacher should be honored as the Indiana Members Credit Union/Center Grove Icon Teacher of the Month to teacher@myicon.info. The deadline for nominations for the March-April Indiana Members Credit Union/Center Grove Icon Teacher of the Month is February 21, 2014. Your teacher could win a \$100 gift card and your class will win a pizza party compliments of Chicago's Pizza. Please take time to nominate a deserving teacher from Center Grove.



Chicago's Pizza is the official Indiana Members Credit Union/Center Grove ICON Teacher of the Month Pizza Party Supplier

Pictured are 3rd grade students enjoying last month's pizza party at Greenwood Christian Academy celebrating Mrs. Murphy as the Jan-Feb Teacher of the Month.



OUR VIEW

Love: More than lip service

Ah, February, the month of love. Love, as a noun, is a feeling of affection; as a verb, love is the act of feeling that affection. We love all kinds of things: vacations, dinner out, DVR and technology. Occasionally, we can throw our family into that category, too. It's easy to say "I love you" or "I love this pizza." Words can (and most often do) just roll off the tongue.

But what about "love" as a verb? Love as a verb is an act. It is something you have to do; it's more than moving your mouth. Love is helping that wonderful (insert mild sarcasm) child who put off a huge project until the last minute. Love is calling "that" relative and checking in, knowing that you will get nothing but whines and complaints. Love is snuggling on the couch on a freezing February night watching a family movie when you have piles of work to do and bathrooms to clean.

What's easier? Saying or doing? That's easy for all of us: talking. It goes back to the old adage, "You can talk the talk, but can you walk the walk?"

Let your loved ones know this Valentine's season that you can offer more than words. Use your actions to show them the love you want them to feel. Stop telling them and show them. Words come easy, but they don't show much. Let your action of love speak louder than your words.

"Love, as a noun, is a feeling of affection; as a verb, love is the act of feeling that affection."

Want to write us a letter?

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In Toon with Center Grove

by Julie Bickel



Gala for the Grove: making it that much easier to reach for the stars.

HUMOR

Internet scammers close to home

I had a \$7.09 charge on my bank statement this week. Try as I might, I was unable to connect it to anything I had done over the past thirty days or so. It was a charge from a company I had never heard of. I asked the wife and she had no idea either. The bank was unable to tell me anything. I came near to dismissing it until the morning newspaper came out.

The article in question detailed the newest Internet scam. It seems some people get hold of what may or may not be an account number and try to make a small charge against it. If it works, they go after more the next time. Something like that.

Anyway, the trick is to take small amounts at a time on the assumption that most folks will not pick up on it.

The human imagination can do wonderful things. It can create lofty ideals to elevate the state of man and dream great dreams of scientific discovery. It can also take some weird turns.

I woke up at 3 a.m. the other day and the \$7.09 charge was on my mind. One's imagination is more than creative at 3 a.m. It asked me

where that charge came from and added a few suggestions of its own creation. First, it was a small-time hood who just happened to guess at my account number and hit pay dirt. The small-

time hood grew to an international crime syndicate and wound up being an arms smuggler and in pirate gangs. I slept not a wink whilst my imagination suggested every malevolent creature in the free world having a hand in this \$7.09 exchange.

It was with some trepidation that I went to my bank the next day to investigate this seedy transaction. Friendly as she was, my bank representative was unable to track down the source of this evil that would remove all of my hard earned savings in short order.

After a few hours of searching, my bank friend called. The terror that had robbed me of \$7.09 had been located. It was a coffee shop at the university where my bride frequents. At least we kept it on the Southside.

Scott Emmett
Columnist

Scott Emmett lives in Greenwood with his wife, Karen, and an ornery old cat named Toby. Write to Scott at scottemmett.com

QUOTE OF THE MONTH

"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit."

~ E.E. Cummings

BACK SHOP

Gala and Taste, two don't-miss events

For us, February has become "event month" – It seems that this short month is long on opportunities to socialize while helping raise money for worthy causes.

There are two great events we encourage you to attend this month, both of which we are proud to take part in; the Gala for the Grove and the Taste of the Southside.

On Saturday, Feb. 22, the Gala for the Grove: "REACH for the Stars" will bring people together for dinner, a VIP reception, as well as silent and live auctions supporting the Center Grove Community School Corporation's REACH Program. A big thank-you to the event's organizers: Janet Hubler, Darlene Ingalls, Kate Rhoten and to Center Grove Education Foundation Executive Director, Carla Johnson. The 2014 version of the Gala will be from 6 p.m. – midnight at the Indiana Roof Ballroom, 140 W. Washington St., Indianapolis. Cost is \$100 per person. For more information, visit centergrovefoundation.org.

Finally, the Greater Greenwood Chamber of Commerce's annual Taste of Southside will be Sunday, Feb. 23. You don't want to miss this event; some of the most talented chefs on the Southside will be present in the Chef Challenge Competition. Our group has been a part of this great tradition for years. Please make sure you stop by and visit us during the Mixology Competition. This event will be held at the Valle Vista Golf & Conference Center, 755, E. Main St., Greenwood, from 4:30 – 7 p.m. Advanced tickets (\$35 for one, \$55 for two) are available online until noon, Friday, Feb. 21, or in person until noon, Saturday, Feb. 22. Cost at the door is \$40 per person. For more information, visit greenwoodchamber.com.

We are very excited about these events that provide the community with an added flair; we hope to see you there!



Brian Kelly



Rick Myers

Brian Kelly and Rick Myers are co-owners of Times-Leader Publications, LLC (parent company of Center Grove ICON). Write them at news@myicon.info.

BELIEVE IT!

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

In Nevada, it's still "legal" to hang someone for shooting your dog on your property.

-dumbblaws.com

REACH FOR THE STARS SATURDAY, FEBRUARY 22

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Photo by Nicole Davis

Crowther's Conservation

Indianapolis Zoo President Mike Crowther shares his passion for his work and love for the Center Grove-area community

COVER STORY

By Nicole Davis

When Mike Crowther has a challenging day, he says it's nice to get to go outside and spend time with an elephant, a walrus or orangutan. In fact, he has a special relationship with one orangutan, Katy. Sometimes, he says he will just go out to where Katy is and sit down. She'll come over and sit next to him and they will relax and enjoy each other's company.

"I'm not a very interesting person, just a person with a very interesting job," Crowther says. "I'm very fortunate to be surrounded by an incredible team and supported by a phenomenal organization and having just a wonderful family. I'm very fortunate to be in a great circumstance. I can't take any credit for what is done here because I happen to ride on the shoulders of a bunch of great people."

Mike Crowther moved to the Center Grove area nearly 12 years ago after taking the position as president of the Indianapolis Zoo. He says he wanted to live in a place that offered the convenience of a suburban area combined with the aesthetics of the country.

"I'm a true believer in Hoosier values," Crowther says. "I found more of that in the Southside because it's a less transient community. On the Southside you tend to find more people who grew up here or who have a few generations of history here."

Crowther says the Indianapolis Zoo was nationally known as an innovative and important institution before he came here, but he wanted to help it take the next step. He told the search committee that he was interested in being a part of a new kind of conservation organization that was centered on its community. He says that he feels he's done a good job at advancing the zoo's mission, which states that the Indianapolis Zoo empowers people and com-

munities, both locally and globally, to advance animal conservation.

Although the cold and snow have reduced attendance so far this year, Crowther says it hasn't had a large-scale impact as the zoo plans for a slow-down in visitors. He says the animals have great climate-controlled housing and many are enjoying these freezing and snowy temperatures. Through this winter weather, a new, large orangutan exhibit is being built in the middle of the zoo's facility, to open on Memorial Day.

"It will be the most important zoo exhibit in the world," Crowther says. "The reason it's the most important is it will play a major role in saving orangutans from extinction. Orangutans are on track to be extinct in the next 50 years. We are not going to let that happen. We are going to do that by following our three step paradigm; first we engage people, then you can enlighten them and then you can empower them. You need to get them interested and get their attention. Once you engage and enlighten them, you have a chance to empower them. We will help people fall in love with orangutans when we open the facility here. It will just be the coolest thing in the world to see orangutans in the situation we are creating. We can show people why orangutans are in such a challenging set of circumstances today and then we will reveal solutions that people can be a part of. How cool is that to be a part of saving an entire species from extinction?"

Crowther says at the core of what he and everyone at the zoo is working toward, is to ensure that their children and grandchildren will inherit a world that they choose to live in. In order to do that, they need to work to save every part of the ecosystem. He says their job is not to just to the conservation work themselves, but empower people to work, too. Another reason Crowther says he enjoys being a part of the Hoosier state is the people's tendencies to act

reasonably in situations – to have a balance in everything they do. He says by helping provide information to the people, they can make better decisions and keep things in balance.

"I think that one of the biggest challenges we have as a species is our tendency to look three feet in front of our nose instead of three miles down the road," Crowther says. "When people make short-term decisions, they can have long-term consequences. We want to help the people have the information necessary to make decisions that will be good decisions 10 years out, 30 years out, 50 years out."

Crowther says to remain successful in his position, he needs to understand his purpose for being there – and that is to follow the mission statement. He says it is too easy to get off track. He says it's people in his own community, such as David Wolf of Indianapolis Family Dentistry, that have reminded him of the importance of serving others in his community and thinking about the bigger picture.

"I've learned that we have to be careful about following every opportunity that comes down the pike because you can out run your resources," Crowther says. "It is so exciting being here and there are so many things we can do but we have to make sure we slow down and plan properly, gather the resources and then proceed in an orderly manner. We've changed so much since I've been here on the terms of the number of people that visit and the annual budget. The annual operating budget of the zoo is almost four times more than when I first came here. It's complex getting all that right. So I guess the challenge is putting the brakes on and not going straight ahead."

Looking forward to a big year with the opening of the \$25 million orangutan center, Crowther says there will be more people coming to Central Indiana than ever before as a result of the zoo's work.

"It's working with the people here and in the

community," Crowther says. "I'm confident that we have the best board in my career and the best board in my community. We have an incredible group of staff and volunteers. There isn't a day go by that I don't learn something from a staff member of volunteer here which makes me a smarter person and a better person."

Getting to know Mike Crowther...

- I'm originally from England but I have spent more time in Africa than England in the last 40 years. I've been to 14 different African countries.
- I've probably eaten at every restaurant between County Line Road and Stones Crossing on 135.
- We plan on retiring in the area eventually as opposed to moving away because we really like it here.
- I have two daughters and both of them are going into fields that are in some way related to what I do here; one is going to be a veterinarian and the other is majoring in philanthropic studies.
- My wife is one of the smartest people that I know. She is a former helicopter chief flight nurse. She has brought that wisdom to guiding our family while I go off gallivanting around the world and doing things here at the zoo.
- It took me 48 years to become a Hoosier but I'm pretty sure I'm going to be one the rest of my life.

Strange name but widely popular

WINE & DINE

By Charles R. Thomas, M.D.

Have you ever seen that name before? Strange name that doesn't ring any bells, right? Well, hold onto your hat, because Carignan, although slipping in popularity to Merlot, is still the most widely-planted grape in the world! It is a dark-skinned, high-acid, high-tannin, grape that is useful mostly as a blender for other red wines to bolster their color and tannins. Carignan is not often produced as a single varietal, rather it is usually part of a complex blend, or under some proprietorial name. There are several other names Carignan is known as, including the most popular, Mazuelo, the name by which it is known in the Rioja region of Spain where it is an important blending grape for the popular Rioja wines. It is also known as Cariñena in Northern Spain, Carignano in Italy, Gragnano, and Pinot Evara. The town of Cariñena is thought to be the site of origin of the grape in the Aragon region. In France, Carignan was the most widely grown grape, mostly in the Southern region of Languedoc and Roussillon to make their popular, inexpensive table wines. In the United States, this grape is grown as Carignane and again, mostly as a blender.

Cariñena prefers warm/hot, dry climates, is usually grown as bush vines, (head-pruned) that are allowed to grow to old age like a bush and not attached to a trellis. It is a late-ripening grape that produces high yields of up to 12 or more tons/acre. The variety is very susceptible to rot, larval infestation, mold, powdery mildew, and downy mildew. This problem is due to the fact that Carignan's favorite weather is warm to hot. Unfortunately, much of it is moist that leads to fungal problems. The growers faces the same dilemma as in other grapes—that is; do you allow the vine to produce a large crop that usually lacks some flavor and character, or do you prune to reduce the crop load and get better flavor. Since that vines are bush grown, hand-harvesting is usually necessary, but more costly.

As a varietal wine, it is very dark, in fact inky, medium body, medium alcohol, scents of black fruit, berries, cherries, nutmeg, with spicy black pepper, dried figs, licorice, and plum with a prominent after-taste. This wine is best enjoyed as a dinner wine, especially



with grilled, roasted red meats, stews, hash, and other hearty creations. Some particular food matches are sausage pizza, pepper steak, Singaporean black pepper crab, New Orleans/Cajun dishes, and certain Thai dishes. This will never be your show-off wine to present to your wine geek friend who is looking for either a fruit bomb (ala Robert Parker) or a big tannic monster. This is more of an everyday, pleasant dinner wine.

There is also a white variety of Carignan

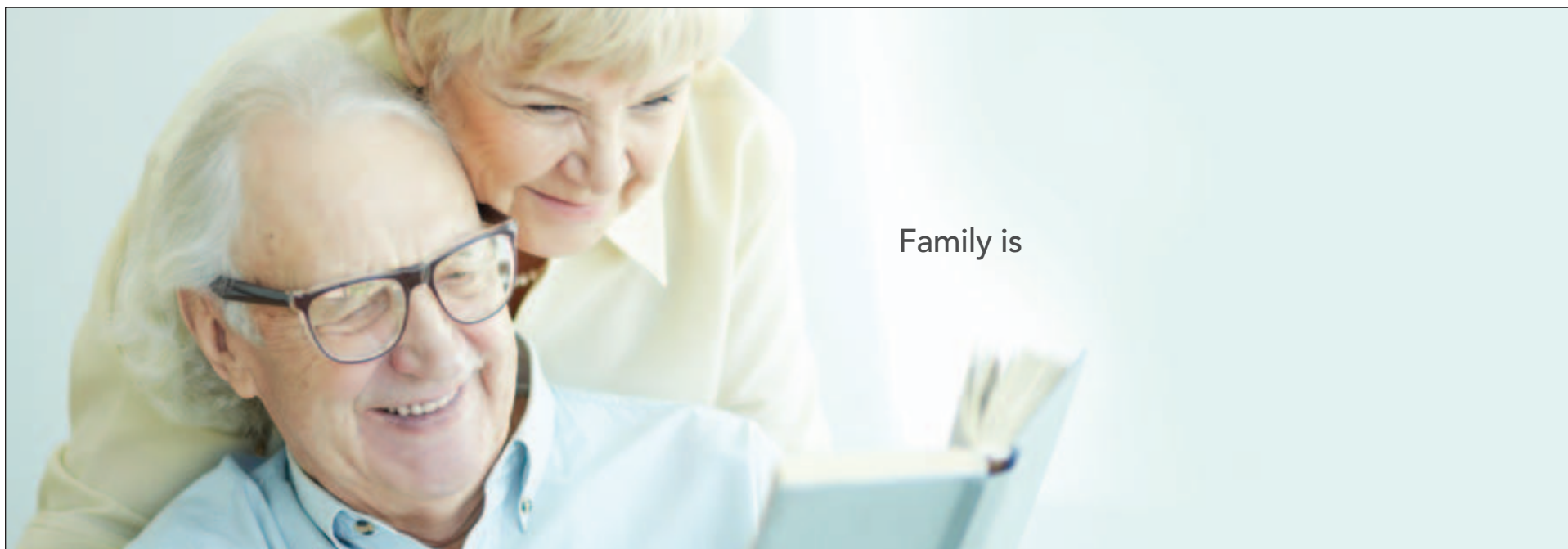
— grown mostly in Roussillon — that is a product of mutation. It is not grown in great quantities.

Around the turn of the century (2000), The European Union manifested its frustration and displeasure with Carignan and began to order pulling of vines to the extent that more than half of the production in France was eliminated by the year 2000. Growers were actually paid to pull up their vines. This stance has been reflected in other countries and it appears that Carignan could be headed for a global extinction.

Chateau Thomas Winery seems to be one of a couple of dozen wineries in the United

States that produces Carignane as a varietal wine. Most of the others are in California. The more recognizable ones are Bonny Doon, Ridge Vineyards, Cline Cellars, Porter Creek, and Arigolas. Try Carignane sometime and see if it is a wine you like.

Charles R. Thomas, M.D. owns Chateau Thomas Winery with locations in Plainfield, Fishers, Bloomington and Nashville. Contact him at charlest@chateauthomas.com.



Family is

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GOOD EATS

A healthy breakfast and a healthy weight

MyPlate recommends drinking milk for a healthier start to your day

RECIPE

For CG ICON by Family Features

If you think skipping breakfast will help you maintain a healthy weight, you might want to think again. In fact, MyPlate recommendations include starting the day with a good breakfast:

Start with breakfast

Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.

By choosing a balanced breakfast, you can get off to the right start, and fill in the gaps in food groups likely to be missing in your diet. Milk is a perfect breakfast complement, yet more than 8 out of 10 Americans still fall short of the recommended milk servings each day.¹

Milk is packed with nine essential nutrients, including eight grams of high-quality protein. Along with building muscle and keeping bones strong, protein at breakfast can help you feel full and satisfied so you won't feel hungry by mid-morning, which will help people stick to their weight management plan.

Studies show milk drinkers and breakfast eaters have more nutritious diets and tend to be leaner than non-milk drinkers and breakfast skippers.^{2,3,4} And to cut fat and calories, opt for fat free or low fat milk – they deliver the same nutrient-rich punch for fewer calories and less fat.

For more breakfast tips and recipes, visit thebreakfastproject.com/. Also, follow the Milk Mustache Campaign on Facebook at [facebook.com/MilkMustache](https://www.facebook.com/MilkMustache), and Twitter @MilkMustache.



Skillet Eggs and Polenta

Makes: 4 servings

Serve this morning meal with an 8-ounce glass of fat free milk and a slice of whole grain toast to start right with a serving of veggies, whole grain, protein and milk all before noon.

- 1 cup sliced mushrooms
- 1 cup red bell pepper, cut into strips
- 1 cup zucchini, halved lengthwise and sliced into half-moons
- 1 jar (32 ounces) marinara sauce
- 2 1/2 cups lowfat or fat free milk
- Salt
- 1/2 cup finely ground polenta or cornmeal
- 2 teaspoons olive oil, divided
- 4 eggs
- Chopped fresh basil (optional)

Spray large nonstick skillet over medium-high.

Add mushrooms, bell pepper, and zucchini, and sauté until vegetables soften slightly, about 3 minutes. Add marinara and simmer to heat through. Reduce heat to low and keep warm.

Bring milk and salt to a boil in medium saucepan over medium-high. Slowly whisk in polenta, stirring constantly to prevent lumps from forming. Cook until thickened, about 5 minutes. Remove from heat, cover, and keep warm.

Heat oil in large nonstick skillet over medium-high. Carefully crack eggs into pan and cook until whites are set and yolks are cooked to desired doneness, 4 to 6 minutes.

To serve, divide polenta among 4 shallow serving bowls; top with marinara and an egg. Sprinkle with chopped basil if desired.

familyfeatures.com

TsT Home Improvement Services LLC

Tip of the Month By Tom S. Truesdale

Protection Against the Extreme Cold

Old man winter has arrived and is definitely packing a punch this year. This month I am going to offer a few tips to help protect your home from the freezing temperatures that can cause damage to your home.

Winter storms can bring power outages:

- Be prepared with an emergency electrical back up generator.
- Generator systems come in all shapes and sizes, from full home back up systems to simple low cost gas powered generators.
- A licensed Electrician and Contractor should be involved when installing this type of system.

Furnace maintenance:

- Contact your local Heating and Air Conditioning company and schedule a maintenance inspection for your furnace, preferably before the winter season is in full swing.
- Preventative maintenance will help insure your furnace does not fail during extreme temperature situations.
- Change filters to insure your unit can run efficiently.

Natural Gas or Propane:

- A gas log fireplace is an excellent way to provide back up heat and supplemental heat to your home.

Common locations for freezing pipes:

- Exterior hose bibs
 - Disconnect and shut off all exterior water hoses
- Un-conditioned/Un-heated garages
 - Plumbing lines ran in ceilings of garages are in danger of freezing.
 - Well tanks and softeners systems in un-heated garages
 - Provide insulation, supplemental heat or heat tape to protect lines from freezing.
 - Plumbing lines under sinks that are located against exterior walls



- Open doors on sink cabinets and place space heaters in the room for added heat

Check for cold air entering around doors and windows:

- If you can feel cold air around a door or a window consider replacement and repairs in the spring.
- Temporary window treatments and weather seals can also be installed to get you thru the winter.

Being prepared and checking the items I have listed above is a proactive step towards protecting your home during extreme cold temperatures. Keeping plumbing fixtures from freezing will help minimize the need for costly repairs and potential damages to your home. If you have any concerns or questions don't hesitate to contact a local contractor and construction professional for help and guidance. Hope this month's tips are helpful, stay warm, spring will be here soon! I HOPE!

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Control the clutter with drop zones

SACRED SPACES

For CG ICON by Family Features

After returning home from a long day at work, a weekend soccer tournament or an all-day shopping excursion, it's natural to want to drop everything and relax. However, literally dropping everything can cause a tremendous amount of clutter in the home, leading to stress, misplaced items and wasted time. To eliminate the clutter that busy lifestyles create, try establishing designated drop zones throughout your house to regain a sense of order. Don't worry, you can still drop everything and relax when you come home – just drop everything in the right spot.

Entryway

As the first and last access point of your home, a lot of activity occurs here. Coats, scarves, hats and bags are dropped everywhere, while dirty shoes are kicked off and left behind. Basically, the entrance to your home can become a minefield. To control unruly entryway clutter, try creating a drop zone near the door. The addition of a coat rack or hooks make it easy to hang up outerwear, while a storage bench, like ClosetMaid's 3-Cube Bench, is a convenient place to take off shoes and neatly stow them away.

Kitchen

Since the kitchen is the heart of the home, many family members congregate here. Es-

tablish a corner of the kitchen counter to drop lunch boxes, bottles and coffee mugs used throughout the day. To prevent a pile-up of papers and misplaced items, set up a command center with enough space to file mail and bills and store your keys and other small essentials.

Living Room

Don't let relaxation be delayed because of disorganization. Depending on the size of your living room and how you use the space, you may need to establish several drop zones. For example, a coffee table tray or basket is ideal for storing remotes and chargers. Add storage cubes with bins as a convenient place to store and hide laptop cords, tablets, gaming equipment and children's toys. Consider labeling a bin for each family member to "drop" or stow their stuff.

Bedroom

To clear clothing clutter, use a valet rod to hang up tomorrow's outfit or clothes that need to be taken to the tailor or dry cleaner. Additionally, try designating a dresser drawer as a drop zone for jewelry, watches, your wallet or other valuables.

Make it a habit to use your strategically placed drop zones and your house will be organized and clutter free in no time. For further information on how to organize your home, visit www.ClosetMaid.com, www.StorageBlog.com or call 800-874-0008.

familyfeatures.com



Kids and Internet security

TECH SAVVY

By Regina Miller

Q: I am concerned about the safety of my children both online and on their phones. Do you have any tips to help?

A: This is a big topic to get into in a short amount of space, but being the mother of five daughters, I can give you one tip I highly recommend. Require your children to make you aware of any accounts they create and give you the passwords – and require the children to notify you whenever they change their password. Then comes the hard part: Actually audit the accounts and the passwords. They are minors and likely on your cell phone and Internet accounts; you not only have the right to this information, but you also have the responsibility to check the information. We are upfront with our children about what expectations are and we do commandeer their phones and review correspondence on occasion. In fact, one of our daughters just had her phone taken away and the number cancelled because she violated the rules of the house. It's not a popular position to take, but children don't have the emotional maturity to wield something with as much power as today's technology without supervision.



Regina Miller
Tech Savvy

"...children don't have the emotional maturity to wield something with as much power as today's technology without supervision."

Q: My computer was working fine and Internet Explorer updated. Now I cannot connect to my banking web sites or print. Is there anything I can do to stop Internet Explorer from updating to new versions automatically?

A: In previous versions of Internet Explorer, the user could simply skip and even hide the update to newer versions. Beginning with Internet Explorer 10, there is another place that is set by default to allow automatic updates to new versions automatically. To disable this feature, launch Internet Explorer and go to "Help" on the menu bar, then select about and uncheck the box that says "Install newer versions automatically" and click close. If your menu bar (the bar that shows up across the

left hand near the top of the browser that says File, Edit, View, Favorites, Tools, Help) is not there, you can right click on the blank margin of browser and select "Menu Bar" to make it visible. This should help you better control when your updates happens so you aren't as likely to find yourself at inopportune times.

Regina Miller owns Geek in Pink. Contact her with tech questions at regina@geekinpink.com or (317) 882-1606.

Throw your hat in the ring

GRAMMAR GUY

I allowed myself to stray briefly into a political discussion this week, and an expression came up that I've used frequently without ever wondering about its origin.

The idiom in question: to throw one's hat in the ring.

We know what it means, of course – to enter the race, to join a contest, etc. – but where does the expression come from? Boxing, it turns out.

In the early days of boxing, bare fist or otherwise, the rings were literal rings formed by spectators. To offer yourself up as a fighter, or to challenge another, you simply threw your hat in the ring.

The first recorded use of the term in a boxing context occurred in the early 1800s. But how did it evolve into a political saying? We have avid boxer, and 26th President of the United States, Theodore Roosevelt, Jr., to thank for that.

In 1912, a reporter asked Roosevelt about

his plans to challenge incumbent President Howard Taft, who had succeeded him. Old Teddy's response? "My hat is in the ring; the fight is on and I'm stripped to the buff."



Jordan Fischer
Grammar Guy

Roosevelt went on to split from the mainstream Republican Party of the era and formed the short-lived Progressive Party, otherwise known as the Bull Moose Party, of 1912. His political ambitions to reclaim the presidency for progressivism ultimately failed, but his bullish, boxer's response to politics took root, especially with his use of the idiom.

Today you'll hear politicians and pundits alike talk about who's throwing their hat into an upcoming political race. Fortunately, despite how divided the parties seem to be these days, politics rarely comes to fisticuffs.



Jordan Fischer is a contributing columnist for the Center Grove ICON. To ask Jordan a grammar question, write him at rjfische@gmail.com.

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From a broken home to a Sanctuary

Carol Allen Naragon of Greenwood creates a Haven for single mothers to transform their lives

FEATURE

By Eric Ellis

Carol Allen Naragon had been married for 35 years when she suffered a devastating divorce.

"I was a stay-at-home mom with four kids, no college degrees or education, and I hadn't worked outside of the home," Naragon said. "When my husband left, I was panic-stricken."

But during her marriage, Naragon had served on the board of an unwed mother's home in Greenwood—volunteering her spare time with girls who were facing difficult situations.

"After my divorce," Naragon said. "I got a call from one of those girls." The girl told Naragon how thankful she was to have received Naragon's support during a challenging part of her life. That phone call may have changed everything. "It was the Lord saying to me, 'I gave you this passion,'" Naragon said.

So Naragon spent a couple years after her divorce checking the local ministries and listings for a way to give back. "My original thought was to help out at an unwed mother's home as I had before," she said.

But she soon found out that those in the greatest need were not unwed mothers, but rather single mothers.

"And the largest age bracket in need were women from 19 – 24 years old," Naragon said. "There's a huge struggle going on for these moms who may be going through a divorce or are simply unable to make ends meet."

Ultimately, that's how Haven Sanctuary for Women in Greenwood started. Haven Sanctuary for Women is a transitional housing facility that hopes to provide a transformative process for struggling women that allows them to hold their own jobs, support their families, and be stronger citizens within our community.

Naragon said she started Haven because there are struggling women right here in her community—women Southsiders may interact with on a daily basis—without even realizing their plight.

"It's not been an easy road, though," Naragon said. "When I was married, I had never worked outside of managing our financing and book-keeping at home, so it's been a big learning process for me."

Simultaneously, Naragon says she has an ad-



Carol Allen Naragon (top, left) with volunteers (right, above and below) during the Pack the Pantry event on Feb. 8 (food items donated on bottom left).



Photos by Rick Myers

vantage because she's been in these women's shoes.

"I know those feelings—I've been there. My heart was broken and my family was broken and I needed that emotional aid, that community. That's exactly why I love what I do. My heart is in it one thousand percent. I feel like every day I grow and learn something new—something I can help these girls with. And because I've been there, I feel like they're more apt to accept the kind of aid we provide."

While Haven Sanctuary for Women is not technically an emergency facility, it is a transitional housing facility that provides some unique aid; Naragon says her goal is to give [these women] a "hand up, not a handout."

Albeit time consuming, the intake process

utilities bill. "It gives them a sense of accomplishment and teaches budgeting skills," Naragon said. "I want to encourage independency rather than dependency."

Naragon says the biggest challenge she's faced has been putting together a board that has the passion for this kind of work and runs with it. "For a long time," Naragon said, "it was just my new husband and my kids running everything. Finally getting the right team together will be a big weight off my shoulders."

"At length," Naragon said, "My goal is to build a facility where we can house 12 to 15 women and families and have an office as well. When people can see walls put up and see the lives being changed, I think they're more apt to give."

On Feb. 8, Haven hosted its "packed pantry" grand opening and ribbon cutting ceremony hosted by Leadership Johnson County.

"It was a great success," Naragon said. "We had over 100 people (attend) to bring donations. People brought enough to fill an 8' x 11' banquet table and we had to start piling food underneath, too. Since then I've gotten dozens of calls from people interested in volunteering as well as girls looking for housing—so it's been really great."

July 25, Haven Sanctuary will host its golf outing at The Legends Golf Club, 2555 Hurricane Rd., Franklin, with pro, amateur and women's divisions. Naragon says it's a really fun day with lots of prizes to hand out. In October, Haven Sanctuary will host a family fair in lieu of their normal Valentine's Day gala which would have occurred this month.

Naragon says she hopes events like these continue to raise awareness and funds for those who are in need. "I'm all about giving back," she said. "We want to contribute to the community—and we do that by transforming these women into members of our community who are hard workers, decision makers and even business owners. And it's not just the women who benefit; their kids and families do as well."

"My heart is in it one thousand percent. I feel like every day I grow and learn something new—something I can help these girls with."

~ Carol Allen Naragon

is fairly simple: a social worker sits down with the women and goes through the basics—their budget, financing, education, children, medical history, past experiences, church affiliations, etc. This way, Haven can achieve its goal of providing spiritual, physical, mental, financial and educational assistance.

"We're helping to create stronger, better, healthier women," Naragon said.

However, the women housed at Haven are charged a minimal rent and pay for part of the

CG ARCHITECTURE & HISTORY



Submitted Photo

First Christian Church in Bargersville in 1961.

Faith and foremost

Faith is and always has been a large part of the history of White River Township, and across this nation. Throughout the area's history, places of worship have continued to grow in attendance as new buildings continue to open for those of faith to come learn, believe and worship. Even in this Center Grove Icon publication, many people, whether on the faith page in the Where We Worship feature or not, say that their achievements have come to them because of their hard work and faith. It's a common theme, one which brings the community together to form an even tighter

bond. Here is an image of the First Christian Church in Bargersville in 1961. That structure was built in 1916 and is located at 101 East St. in Bargersville. The image represents that commonality that many in the community have. Not everyone believes in the same Christian denomination or even the same religion, but that faith-base has certainly been the structure that White River Township was built around. First Christian Church still stands to this day, and their current activities can be found at facebook.com/pages/First-Christian-Church-of-Bargersville/186894864676887.

Compiled by Nicole Davis

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CALENDAR

Tips for a Healthy Year • Get started on your journey to a healthier you by listening to Joann Peavler, the Wellness Program Coordinator at St. Francis, present information on making healthy choices in this adult program. | When: Feb. 20, 7-8 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit jcplin.org.



Reverse Raffle • The Gamma Pi Chapter of Epsilon Sigma Alpha Intl. will host its 30th Reverse Raffle/Spaghetti Dinner. You must be over 21 to attend. Proceeds will benefit Camp Riley for Physically Disabled Children located at Bradford Woods, Martinsville. Grand prize is \$1,000. | When: Feb. 22, 7 p.m. | Where: Our Lady of Greenwood Catholic School, 399 S. Meridian St., Greenwood. | Cost: \$20 per person, includes all-you-can-eat spaghetti, salad, garlic bread and homemade desserts, soft drinks and snack. | Info: Contact Jan Rahn, jstrattan@hotmail.com or (317) 850-0114.

Taste of the Southside • Epicurean lovers will soon be able to experience 100 food and beverage samples from 40 different restaurants,

caterers, bakeries, breweries and wine distributors during the Taste of the Southside. The event will again feature the Chef Challenge Competition. Defending champion Chef Greg Schiesser, from Indiana Downs, will showcase his culinary talents against three competitors using a bag of mystery ingredients. A panel of judges will name a winner. | When: Feb. 23, 4:30-7 p.m. | Where: Valle Vista Golf Club and Conference Center. | Cost: \$40 at the door. | Info: Visit GreenwoodChamber.com or call (317) 888-4856.



Winter Reading Finisher's Party: Balloongenuity • Come celebrate the end of Winter Reading with Balloongenuity's amazing Balloon Show with balloon creations, music and tons of fun. | When: March 3, 6:30-7:45 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit jcplin.org.

TOT Art Program – Rainbow Paint • Join for an art program just for toddlers and tykes ages one to three. Stick around after the craft for socialization and a short playtime. Please dress for a mess! Parents and/or guardians must attend along with their children. Register now, space is limited! | When: March 7, 10:30-11:30 a.m. | Where: White River Branch

library, 1664 Library Blvd., Greenwood. | Info: Visit jcplin.org.

Backyard Composting • Are you getting ready for gardening season? Put your leaves, grass, and food scraps to good use by making your own fertilizer! Join us as Kim Schafstall of Recycle Johnson County presents an informative class on composting. | When: March 11, 7-8 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit jcplin.org.

Grand Opening Birthday Celebrations • Ella's Frozen Yogurt & More announced a celebration of opening a new location in Indianapolis. The original Ella's Greenwood location is also celebrating its Third Birthday that day. Both locations will celebrate all weekend with prizes, specials and give-aways. | When: March 14, 4 p.m. for the Indianapolis Grand Opening. | Where: Indianapolis at Emerson and Stop 11. Greenwood at the corner of Fairview Road and State Road 135. | Info: Visit ellasfrozenyogurt.com.



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BEHIND BARS

Mai Tai

Bartender: Jimmie Jong, of the Lotus Garden of Greenwood, 49 Mercator Dr., of Greenwood

Ingredients and directions: Combine one ounce of light rum, one ounce of dark rum, three ounces of Hawaiian Punch, and two ounces sweet and sour mix. Add a pinch of lime juice and top with club soda. Shake and serve over ice.



Photos by
Brian Ruckle

TWEET of the MONTH



"We had our own Winter Olympics in Mrs. Yates' PE classes. I enjoyed some time 'skiing' and 'skating' with them."



Submitted Photo



Davin Harpe
@DavinHarpe
posted on Feb 8

WHERE WE DINE

Name: Reva Lauth

Where do you like to dine? Bistro 226 (formerly The Harvest)

What do you like to eat there? They have really good scallops—they're delicious!

What do you like about this place? It kind of has a rustic feel in the back, at the bar area. They have very fine dining in the front, so you can go there for different kinds of experiences. People are really nice there—especially the owner.

Location and contact: 226 S. State Rd. 135, Bargersville. (317) 422-4226



Photo by Julie Bickel

AN OPTION



Photo by Julie Bickel

Paul Zoellner

Zoey's Pizzeria

The scoop: Family owned and operated, Zoey's owners Paul and Jyll Zoellner make and serve all-natural foods wherever possible. They make their dough and sauces from scratch, mix their own herbs and spices, and use specialty meats: hand-cut pepperoni from New Orleans and sausage from Chicago. Their quest to offer delicious, heart-healthy foods has resulted in sauces made from chemical-free tomatoes, gluten-free pizza options, and baked wings with a crispiness factor that rivals fried—but without the grease.

Unique aspects: A delicious, all-natural lunch you can order and eat in less than half an hour.

Type of food: specialty pizzas, breadsticks (stuffed and regular), salad bar, pasta

Price of food: \$5 for lunch, \$10-12 for dinner

Specialties: pizza, calzones, wings

Recommendation: twisters—twisted breadsticks with garlic and herbs, parmesan, and butter

Hours: 11 a.m. – 9 p.m. Sunday through Thursday, 11 a.m. – 10 p.m. Friday and Saturday. Pizza by the slice from 11-4, full service dinner from 4 until close.

Location: 3115 Meridian Park Lane, Suite A, Greenwood

Phone: (317) 893-3663

face to face



Q: How has Center Grove changed since you have lived here?

"My husband and I were just talking about how we've lived in Calvin Farms for five years. It's amazing the number of changes we've seen in just those five years. (Saints Francis & Clare Catholic School Ministry), our grandson was part of the original class. There were 35 of them. Now there are 500. That's how much it's changed in 7 years. Center Grove is a great area."



~ Helen Volk,
Center Grove resident since 1990

"I come here sporadically, mostly to spend time with my grandmother who lives on a farm in Franklin. I haven't really seen much change. It's more my habits than anything else. I only spend on average seven to eight months at most here. The rest I am traveling, doing other things. So I haven't seen a lot of change, but that's more me, not the area."



~ Zephyr Zehr-Mills

"When I first came here 12 years ago, there were a lot of farm fields. There has been a tremendous amount of development of new businesses and subdivisions. Another thing is there is a greater diversity in the population. There are a lot more ethnic groups moving in, which is good. We are much more ethnically diverse."



~ Lisa Rawlings, Center Grove



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What are
Your
Thoughts?

AROUND TOWN

Pilsung ATA joins Martial Artists nationwide to say "Thanks"

When martial arts teachers Rose and Brian Myers, residents of White River Township, heard the news that CVS Caremark's 7600 stores would soon stop selling tobacco products, they immediately joined the martial arts community, nationwide, to send a special thanks to the employees of every store in their area. Master Teacher Tom Callos of Sacramento California, a 6th degree black belt and veteran advisor to the martial art world, heard about the CVS Tobacco Sales Ban and called on the martial arts community to rally a special "thank you" to the CVS Caremark Group. Callos has asked school owners with a CVS Pharmacy in their town to give the manage-

ment, employees, and all their family members three months of "thank you" martial arts and self-defense lessons. He stipulated a minimum donation of \$1500 worth of lessons per school. Rose and Brian, of Pilsung ATA Martial Arts, felt it was important that they show their support for the effort to make the Greater Greenwood Area a healthier community. Mr. Myers hand delivered their gift of \$19,000 in free lessons to 8 local CVS Stores recently. "We wanted to make sure the folks working in our local CVS Stores felt the support of their local community as they help us make Greenwood a stronger, healthier community."



Above, contestants ready their chili for tasting and judging in the Saints Francis and Clare Catholic School gym.
Below, Alex Nettles, 12, serves his chili to Denise Peyton at the Chili Cook-Off.



Awards line a table for the winners of the cook-off including the first three places (far right) as well as awards like the Hottest Chili award (center) and Best Specialty Chili award (far left).



Cook-off!

Guests pack into Saints Francis and Clare Catholic School for chili annual fundraiser

FOCUS

Fifty chefs competed for a chili award with an estimated more than 700 guests at the Saints Francis & Clare Catholic School Ministry Chili Cook-Off, in Greenwood, on Jan. 25.

"It seems to be on par with previous years, with a little more people," says Suzi Spayd, organizer. "The fellowship and being around friends and family is the best part and that our tuition goes to our tuition assistance fund."

Attendees voted on their favorite chili. The People's Choice winner was Jeff & Kaitlyn Ready. This was the first year the cook-off has offered electronic bidding on the silent auction items. The event brought in \$46,954 for the school ministry's Godparents fund, which provides financial assistance to students. The fund will support 75 families this year.

"It's a good fundraiser," says Denise Peyton, a member of Saints Francis and Clare Catholic Church and patron of the cook-off. "You get to see a lot of people you don't usually get to see if you only go to one mass. It's a lot of fun. It seems to get bigger and bigger every year."

Peyton says she made sure to vote for her favorite chili, made by 12 year-old Alex Nettles, a student at the school.

"It's something I like going to every year for our school," Nettles says. "I figured I could do something to help my school raise money."

Photos by Nicole Davis

Celebrating 60



Eight past Board Chairs join president & CEO Christian Maslowski (top right) for a photo at the 2011 Annual Chamber Celebration. Front row left to right: Nancy Lewark, Susie Bixler, Joyce Nies, Jeff Goben, and Garnet Vaughan. Back row left to right: Jeff Tillman, Brandyn Ferguson, and Paul St. Pierre.

The year was 1954 and the community was growing. Greenwood's economic engine, long-associated with the city's initial founding and increasing prosperity, was gaining power. This growth brought about a greater sense of local pride and progress. It also revealed the need for an entity to help guide and develop it. That fall, a group of local business leaders came together with the vision of "advancing the commercial, industrial, and civic interests of Greenwood and its trade area." The Greenwood Chamber of Commerce was born.

The Chamber and community have evolved along the way. The Chamber hired its first full-time executive director, Ginger Van Valer, in 1976. And in 1985, the Chamber reorganized as the Greater Greenwood Chamber of Commerce to better reflect the expanding geography and interconnectedness of the "Greenwood" business community.

Today, new leaders have emerged to carefully steward the Chamber and perpetuate the vision set forth sixty years ago. Their commitment connects us with our past and gives us confidence in our future. Membership now stands as one of the largest in Central Indiana. The staff has grown to four dedicated fulltime professionals and the Greater Greenwood Chamber's portfolio of services encompasses much more than monthly luncheons.

Save the date!

Join us April 17

for our Diamond Anniversary Celebration. Details soon.



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Wedding Planner 2014



Photo Courtesy of Jessica Limeberry

[Click] with your photographer

By Nicole Davis

Wedding photography is an investment – something that will continue to make memories last forever. Over the years, photography has changed to include not just posed photographs, but natural moments as well.

“The biggest thing I could recommend for brides and grooms about photography is just to relax, be happy, be in love and not worry about things that may not always go as planned,” said Jessica Limeberry, of Lemongrass Photography. “They are going to get married, and at the end of the day that is what is most important. The pictures always reflect that, when they are being happy and in love.”

Limeberry says in general, photography has changed to something more fun and enjoyable. She said many times the weddings are at unique locations, which really dictate what the images look like. Brides and grooms are looking for more creative photographs, and are willing to do things more “out-of-the-

box.” Just being comfortable with each other and being themselves, she said is the main key to great pictures.

“My style is a lot more of an organic, natural feel where the couples are being themselves, smiling, laughing and enjoying each other,” Limeberry said. “My goal is to make them look back and say oh that’s so us.”

With so many local photographers to choose from, the choices can get overwhelming. Limeberry said to ask to see photos of an entire wedding, not just the ones displayed on a Web site or blog. This shows if they will take great pictures the entire day.

“Go meet with the person beforehand,” Limeberry said. “Make sure your personality clicks because you are going to spend your whole day with that person. You want to be comfortable with them and be sure they will be an enjoyable part of your day.”

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Dreaming of the Dress

By Nicole Davis

Weddings have grown more about the couple – their personality, their likes, their traditions. When it comes to wedding dresses, nothing is off limits. A bride can express their own personal style in many ways, with different colors, sizes, lace, buttons and so much more.

“A lot of people come in with a specific idea of what they like but that usually isn’t what they walk out with, because the dress they had in mind doesn’t fit with their body type,” said Jessica Limeberry, owner of Sophia’s Bridal & Tux, 7015 U.S. Hwy. 31, Indianapolis. “We spend a lot of time getting to know the bride, getting to know what they like and we try to pull all of that together. We try on a lot of dresses and see which piece of each dress they like and we try to find a dress that incorporates all of those things.”

Limeberry said it’s important to remain open-minded when choosing a wedding dress, be willing to try on a lot of dresses and don’t be afraid to say you don’t like it.

“It definitely helps to look at pictures, but a lot of it is just being willing to go with what you love versus the picture in your mind,” Limeberry said. “Our consultants work with our bride one-on-one. Most appointments last an hour and a half, so it’s very hands-on one-on-one attention. We are dedicated to customer service and helping the brides find what they want.”



Worry-free wedding plans



Marriage advice for healthy partnering

MARRIAGE

By Lori D. Lowe

I took up tennis a few years ago. I'm a slow learner, but it's a great hobby for exercise and stress relief, not to mention relationship tips. Recently, our instructor taught us how to be the perfect doubles partner. Many of the same attributes on the court are critical in marriage.

So, here's how to be a better tennis or marriage partner:

1. Communicate more

On the court, it's easy to let a ball whiz between you while wondering which of you is going to get it. Any hesitation or confusion, and you've lost the point. In marriage, we often assume we know who should do what and when. We assume we know how our partner feels or what their preferences are. We are probably wrong far more often than we realize.

2. Back each other up

Sometimes I think I can get to a high ball, but when my partner backs me up, there's reassurance that if I can't reach it, my partner will save us. In marriage, we often have to cover for one

another, to be supportive and to catch the things that get dropped.

3. Help clean up the other's messes

When I hit a ball to the volley player instead of deep and cross court to my opponent at the baseline, I put my partner at risk on the court. But if she moves to a defensive position when she sees my mistake, she may be able to clean up the mess and get us on track. If I apologize, she acts as if it's no big deal. A partner who constantly gripes about how I put her in a bad position and made things hard for her wouldn't be fun to play with. In marriage, let's face it, we often have to clean up each other's messes, both literally and figuratively. We should do so without resentment and griping, because, hey, we're a team.

4. Move together

When I run to the edge of the court to reach a ball, my partner moves with me to cover the middle of the court, and I do the same for her. We are instructed to move together "like we are on a string." In marriage, we also need to move together, grow together, stick together. When we get too far apart, each going on separate tan-



gents and not inviting the other along, the marriage gets distant. Intimacy is lost. It's more fun to share the journey, and it protects the relationship when we are connected.

5. Build one another up

When we're losing a match, it's easy to get down on ourselves. Negative self-talk occurs audibly on the court. But a good partner helps you shake it off, gets you refocused, helps you take a deep breath and start again. Same goes for marriage. There are really, really bad days we have to get through. And sometimes we screw up or feel as if we failed. We need that personal cheerlead-

er who comes to our side, even if just to share in our sadness if things don't go as we had hoped.

6. Love-Love

Remember each game starts this way, with a score of zero (love) to zero (love). Let each day start and end with love-love from each of you.

Now, if anyone could help improve my serve, I would be most obliged.

Lori D. Lowe is a marriage blogger at MarriageGems.com. Her book *First Kiss to Lasting Bliss: Hope & Inspiration for Your Marriage* is available on Amazon.com and in all e-book formats. Lori and her husband of 18 years live in Indianapolis with their two children.

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Collage-full creativity

Anyone in their own sense can be an artist if they just let go of the fear, says Jonee Sutton, a Center Grove resident who sells her artwork as Rustic Wagon.

"It's something I have to let go of every day, that fear," Sutton says. "I think if people have something they want to share, they should do that. It's a big world ... and I think art helps bring us together."

Sutton is an art teacher for grades K-3 for Beech Grove City Schools. She says the great thing about kids that age is they don't care if they are coloring in the lines or using a certain color; a car doesn't have to have black wheels or a hat doesn't have to go on someone's head. She says seeing the students' artwork in-



Jonee Sutton
(pictured with her
husband Mike)

spires her to take herself a little less seriously in her own work.

"If anyone knows me, they see my passion to keep the arts alive," Sutton says. "There is art in everything we do."

Sutton's art is a mixed medium, of paint and collage. She says she is constantly learning and growing in her own work, and has begun focusing on selling the pieces, which can be seen at [facebook.com/rusticwagon?fref=ts](https://www.facebook.com/rusticwagon?fref=ts).

"As much as I love teaching, I get so much joy working with customers and creating artwork that means so much to them," Sutton says. "I would love to have my own studio and have the freedom to do this full-time."



Collages
by Jonee Sutton

ARTIST PROFILE

Name: Jonee Sutton

Art medium: Mixed medium – I do a variation of paint and collage.

Art education: I graduated at Indiana Wesleyan University with a visual arts degree.

When did you begin creating art? I've always done it for school and things. My father was really good in the arts, so I was always drawing things. As far as professionally, I've been doing this since college, 2004. It's just always been engrained growing up.

Is your art your primary means of living? If not, tell us what you do professionally? I wish, but right now no. I am a teacher by trade. I teach K-3 so I create art as a form of release. It's more recently become a selling thing and it has been more successful than I ever dreamed.

What does your art represent to you? It's a place for me to share my faith, because a lot of my paintings are faith-based. Art represents a place for me to voice and encouragement for others and connect with other people that are like-minded.

What inspires you to create your artwork?

The love of art. Inspiration comes from everywhere. My dad was my biggest inspiration. I saw the love that he had for it. Things around me from nature to my kids or the kids in my classroom, it inspires me to be more free with my art.

What do you hope to have art appreciators take with them from your artwork?

Joy. I can't express how it feels when I look at artwork and it just changes you. I hope that people can look and see me – whether I'm trying to share a specific story through my art or trying to share something that I need to hear. I hope they take away a sense of joy or a voice that I am trying to send out there.

What art inspires you? The whimsical side of art, when I can tell that somebody has fun. Our world is so impacted by billboards, media, ads. When I can see that someone had fun with it, that inspires me.

Awards and honors: No. I haven't put myself out there.

Organizations you are associated with:

I attend local craft fairs. I have permanent work at the Imagination Station and at Benjamin's Coffee House in Franklin once a month they feature a local artist's work for free.

Center Grove's Jonee Sutton shows her creative side through Rustic Wagon



Compiled by Nicole Davis

*The List***Reasons someone would want to do business with you...**

- We're family-owned, local.
- We're unique in what we offer.
We specialize with parties, special events or for one or two people. We try to emphasize that it's like going somewhere special. We try to bring family values back, make everyone feel special, refreshed and rejuvenated.
- It's a different menu. We offer specialty teas. The food is fresh, most of it is healthy and all of it is made here.

How did Cheryl do it?

Best advice: To take time and treat people special. We care about our customers. They want that special touch.

Worst advice: You hear silly (suggestions) all the time, but you forget about them.

Best business decision: The staff and having quality products and atmosphere.

In 5 years... I'm hoping we can grow and do more events. We just want to grow and do more. We just picked up weddings last year and I would like to do more of that.

Secret to success: I think for here, it's having the compassion, atmosphere and that's why I'm here. That's why we are different. It's about the people that come in here. They make me want to come back. We become friends.

"Domi says she is proud of the fact that they opened at a tough time in the economy and dug-in to their Greenwood location."

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Tea with a little Zing

COVER STORY

By Nicole Davis

The world is so fast-paced. Cheryl Domi aims to slow it down a little for her customers at Sassafras Tea Room by creating an atmosphere where people can come in, the world is shut-out, and they can relax, have fun and make new memories.

"The goals were to grow, to create a unique environment, a special place for them to come to feel like they've been somewhere without going out of town," Domi says.

While Domi says she never planned on opening a restaurant, it is a "godsend." With a background in interior design, and after 12 years of running a window draping business from her home, Domi decided to help a friend open some restaurants. She ended up purchasing the location at 299 N. Madison Ave., Greenwood, from her friend. Her family stepped in to help, including her daughter Rachel, son Alex, step-son, parents and boyfriend. She currently has six employees in the family-run business. Sassafras Tea room is entering its fifth year in operation.

"Personally, I feel like this has made me a better person – with the people contact," Domi says. "We have the regulars coming back and that's what makes it worthwhile; the friends that I've made along the road."

Sassafras Tea Room serves specialty teas and home-style southern cooking during lunch hour and for special events in the evenings. Still utilizing her interior design skills, Domi decorated the entire home-like restaurant herself, including the upstairs.

"I'm always picking up different dishes and teacups," Domi says. "We have great customers that just show up at my doorstep with stuff, so I have dishes that belong to my customers and their relatives. I don't like everything matchy-matchy. We do have fancy china we use on special events. I like it all to be different."

Domi says everyone is welcome, and everyone seems to enjoy themselves, from young to old. She says the children have been a growing focus, as she's seen little girls and boys coming in wearing their finest clothing to enjoy some tea out of the china cups. She says one little girl, age 5, has had three birthday parties at Sassafras Tea Room, even though her parents have given her other options. To offer a different experience, Domi says she can teach the children how to properly behave while eating. She says they are thinking about beginning craft parties for them.

"We are reaching a younger audience," Domi says. "They're enjoying it and coming, asking mom and grandma to bring them. Especially when you get the kids, they get to come in and learn proper place settings. They

Cheryl Domi makes every customer feel special and comfortable at Greenwood's Sassafras Tea Room



Photo by Nicole Davis

Cheryl Domi stands in the dining area of the Sassafras Tea Room.

come in their little dress-up clothes. They feel special. They want to come back. I think everyone in life wants to feel special."

Last year, Sassafras Tea Room began catering weddings. Domi says they have done a lot of baby and bridal showers, and says she hopes to do more of those types of special events as the business continues to grow, largely through word of mouth. She also offers special events of her own, through the holidays, including a Mother's Day tea or tea with Mrs. Claus for Christmas.

"It's neat because each day is different," Domi says. "You can't predict it. You have to be very flexible. I like that challenge. I couldn't do a job where I sit still and everything is the same all the time. I'm a creative person. That's why paperwork is challenging for me."

Domi says she is proud of the fact that they opened at a tough time in the economy and

dug-in to their Greenwood location. Business has grown more and more each year, and she says she hopes to see that continue. With plans to consistently make the business better, by expanding the kitchen or catering more events, Domi says it's still all about creating a nice atmosphere where every person feels special when they leave.

"We're just going to keep doing what we're doing; make the customer happy and wanting to come back," Domi says.

BUSINESS LEADER *EXTRA*
SOUTHSIDE

BUSINESS EMPLOYEES

Lost that loving feeling with your job?

PERSONNEL MATTERS

Have you fallen out of love with your job? It can be easy to do. You are not unlike most of us who are overworked and under-vacationed. It's easy to get burnt out. But, that doesn't mean it's over. Here are five things you can do to help rekindle the passion and fall in love with your job all over again.

1.) Reignite the Passion – Remember the excitement you felt when you first started your job? There was probably something specific you were passionate about that motivated you to give your best at work and kept you going. But, if you've lost that drive, it's time to re-focus and think back to the time you were eager to get up and go to work each day. Were you inspired by a new challenge, the type of work you did, your flexible work schedule, great co-workers, or a steady income? Figuring out what excites you will help you become enthusiastic about your job again. Focus on finding something within your job to be thankful for. When you rediscover what drives you, you'll find the passion again.

2.) Get On With It – Everyone faces a few hardships in their jobs, but you don't have to relive them over and over again. Instead, focus on the positive aspects of your position. Refuse to get bogged down by negativity. If you're having trouble juggling your workload or working with members of your team, talk to your manager and ask for help. You can't always change everything about your job, but take control of what you can. If it's out of your hands, change the way you view the problem and start concentrating on the positive.

3.) Second Chance to Make a First Impression – It's hard to be in love with your job if you're not praised for your work or feel underutilized. If this is how you're feeling, take

this chance to impress your manager and co-workers all over again. Start by showing your enthusiasm and eagerness for the job and giving every project or task your all. Others will take notice when you put forth your best effort again and will appreciate your work. When you show them you really want the job you already have, it can possibly open the door to a promotion or new responsibilities.



Mike Heffner
Columnist

4.) Let Go of the Heartbreak – Whether you're upset for being passed over for a promotion or frustrated that your company was unable to provide you with a raise, it's important to let go of job heartbreak. You won't benefit from sulking around the office, so forget about the past – after all, you can't change it. Instead, ask

to take on a new project or choose to look at things with a new mindset. Harness the power of inspiring yourself to work for what you want, and don't waste time nursing a broken heart.



5.) Re-write the Story – You have the power to write your own job love story, so take the opportunity to start chapter 1 today. If you're not in your dream job, use your free time to learn new skills, increase your knowledge, and better prepare yourself for the job you really want. Make sure you make the most out of your current opportunity because it can be the key to opening doors. Empower yourself to change the destiny of your career

(no matter your job situation) and take responsibility for your career love story today.

As life and circumstances change, how you feel about your job may change, too. Just because you've lost that loving feeling, doesn't have to mean it's time to move on. You have control over your own emotions. You can recreate the love you once found for your job. If you loved it once, you can love it again – if you choose to put your heart back into it.

Mike Heffner is the owner of the Greenwood Express Employment Professionals franchise. Contact Mike at mike.heffner@expresspros.com or visit www.expressindysouth.com.

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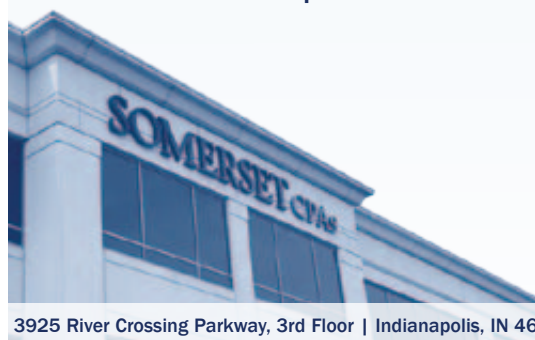
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Obamacare web sign-ups: Do you have heartburn?

PEER TO PEER

Many of the articles that you read today in the world of business pertain to Obamacare as this is the major issue with many small businesses this year. Interestingly enough, a lot has been said about the poor web sign up attempts; however, this is just a distraction from the real issue: the price and quality of the product.

A couple of years ago, I signed up with a web dinner reservations product called Open Table (you may also have it on your phone.) Though it ended up being a great app on my cell phone, using Open Table in the beginning was a problem for me and my phone.

Let's play a kid game for a moment and "Pretend." Let's pretend that it took me over an hour to sign up for dinner reservations for the weekend; normally, a phone call or an E-mail can accomplish the same feat in a minute or two. I would have been highly annoyed at the process. However, once I was at the fabulous restaurant dining with my wife and friends, all reservation making

frustrations would have been forgotten.

Now, let's run the tape back a week. Let's pretend that I made the reservation but Open Table had only one restaurant, their own. Let's say that I felt like taking a dare and trying it. Once there, for some reason, they were under staffed and it took forever to get my food. The individual touch that you would have expected in a nicer restaurant was completely absent.

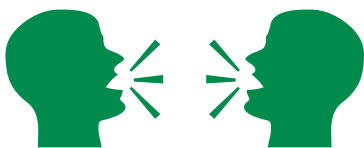


Howard Hubler
Columnist

The waiter later apologized; he said that he only had six minutes to dedicate to each table! Well, our small dinner party would be underwhelmed indeed. The waiter indicated that the bus boy would be taking over and telling us about the specials, wine and the like. He said the bus boy could answer simple questions, but please, "Don't make them too difficult, he has not been trained in the art of finer dining."

Now, we can pretend that the dinner came out and the food and the service were just lousy.

Well, we could at least say that we savored the fellowship of the evening. As we were making the best of a bad situation, the waiter gave us the last one minute of his allotted six minutes and presented us with the bill. It wasn't just higher



than we had expected, it was three times the normal bill! All the pleasantries of the evening were over and all of us were left in a huff vowing never to return. The next morning, my neighbor (with whom I had dinner the night before) called me and was spastic. I thought that he was still angry from the previous night and needing to vent, but he exclaimed (almost in shock) that I had to read the morning paper.

Apparently, a new law was enacted in our community according to the newspaper. The city had bought up all of the restaurants. They had divided the neighborhoods into districts and we were all assigned to eat at designated restaurants. Well, you guessed it; our area was assigned to El Crummy Casa, the restaurant that we had eaten at last night. Yes, I was discouraged to hear this but I told my neighbor we would no longer eat out, problem solved.

Here is the rub; he told me we were all to be assessed the amount of one nice ridiculously overpriced dinner per weekend per household member. We would pay the dinner assessment whether we ate there or not. This was designed in order to streamline the process of restaurant efficiency.

I thought that they were reasonably efficient the way they were before! Yep, the town council disagreed with me; they were going to "infect" me with their better idea.

What if I don't want to eat out? My wife doesn't like high-end dining anyway as it takes too much "getting ready time" according to her. What if we just went to the bar side of El Crummy Casa and just ate bar food? Well, we would have to pay for a six course meal!

"This is crazy!" I shouted to anyone who would listen to me in my kitchen at 8 a.m. in the morning. "If I wanted to join a high-end, downtown dining club, I would have joined one!"

Now, I am forced to join one. No one even asked me if I wanted to join. Also, my neighbor gets in for free, and I have to pay for part of his share!

To take this "pretend" story to the logical ending, let's pretend that all of the neighbors took this new assessment and protested it to the state Supreme Court. The Court sided for the town council as this assessment was something that the court said the council was legally allowed to do. Let's say that my friend's debit card bounced the original dinner bill before the assessment kicked in as the bill was over his card limit. The amount could not be satisfied so the restaurant took the past due bill to the IRS, the new "police" for the assessment. The IRS then put a lien on my neighbor's home when could not pay. This damaged his credit and now he is on unemployment because he lost his business; his small business needed his credit to survive. He is now just coming up on 99 weeks of unemployment. His benefits are probably not going to be renewed. The good news is that he now qualifies for a government "hand out" for the restaurant assessment as he has no income. Now he can eat at the restaurant for free. Now, I have to

pay more because as a tax payer, I have to cover his amount and the amount of others who cannot pay. This time, two years from now, we are going to find out if this is just a stupid game of "Pretend", or the reality of the land. Stay tuned ... This could be real "heart burn."

Howard Hubler can be reached at howard@hubler.com.

BUSINESS BRIEFS

Mike Cagle leads south office of F.C. Tucker Company

The F.C. Tucker Company announced that for 2013, Mike Cagle, a First Vice President with the company, received the Marketing Excellence Award for leading the company in listings sold for individual agents for the third consecutive



year and finished in the company's Top Ten for closed production for individual agents for the fourth consecutive year. In addition, Mike led the south office in production for the eighth time and earned the Realty Alliance Award for the 21st consecutive year.

Physician establishes new practice with Rehabilitation Specialists

Sachin A. Mehta, MD, has joined Franciscan Physician Network Rehabilitation Specialists. Board-certified in physical medicine and rehabilitation, he most recently served as medical director of the brain injury, post-concussive



syndrome and rehabilitation programs at Marianjoy Medical Group, Wheaton, Ill. At Rehabilitation Specialists, Dr. Mehta specializes in providing nonsurgical treatments for disorders associated with disability with a focus on improving function and quality of life and decreasing pain. The practice is located at 8051 S. Emerson Ave., Suite 250, on the Franciscan St. Francis Health Indianapolis campus. For more information, call Dr. Mehta at (317) 528-8494 or visit FranciscanDocs.org.

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Michael Hilton stands in the arcade area of That Fun Place.

That Fun Place

Michael Hilton offers family entertainment with a fun-filled atmosphere in new Greenwood business

BUSINESS FOCUS

By Nicole Davis

Michael Hilton has sold fun for the last eight years, and in November he brought it to Greenwood. Opening the second location of That Fun Place, Hilton decorated the family entertainment center with colorful themes, including pirates and treasure, a black light miniature golf, zombie pirate laser tag and an arcade with a variety of games.

"It gives a sense of satisfaction when you see a kid smile," Hilton says. "Customer service is a big thing. We're not selling a product; we're selling an experience. We're selling fun."

That Fun Place originated in Greenfield eight years ago. Hilton says he wanted to start his own business, and ran numerous ideas by his family. Miniature golf was the one they agreed on. Hilton says he wanted to try his luck in a larger market and debated between Greenwood, Fishers or Noblesville and began searching for a property two years ago. He saved up decorations and supplies for four years in preparation for another facility. The location at 707 S. Madison Ave., Greenwood, opened Nov. 20. It previously housed another entertainment business and Hilton says he was able to speak with the former owners and see the success that they had.

"It's clean – that's the main thing," Hilton says. "We keep it safe and as family-oriented as possible. It's big enough you can have a good time, but small enough you can sit and see where your kid is going. We also have events the whole family can be involved – laser tag, golf and parents can go into the play area with their kids."

That Fun Place offers birthday party packages and private rooms – and not just for children. Hilton says business have even hosted team-building parties, doing team-building activities with things such as laser tag competitions. The dining area sells pizza that is made fresh, in-house.

"I know people aren't coming here just to eat, but while they are here, we want them to order a pizza and be surprised at the taste," Hilton says.

Trying to create an atmosphere, as opposed to a simple building with games, Hilton says has been one key to his success in Greenfield, and he hopes will be the key in Greenwood.

"I'd like to see this location grow to where we can expand it," Hilton says. "I'm always wanting more and more. That's the nature of this business. You have to continuously change it so people don't get bored with it. I use my kids as a reference point and ask questions of the kids that come in... The kids, they come up with the funniest things. They're totally honest – they like it or don't."

**Photos
by Nicole Davis**

That Fun Place

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Ri Pugh and Jo Pugh spend time with their grandfather, Tom Brogan of Center Grove.

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Lose, learn and maintain

Diana and Adam Kjerstad help their clients lose weight and keep it off in Ideal Health Weight Loss Center

NOW THAT WE'VE BEEN OPEN

Diana and Adam Kjerstad went through the Ideal Protein program three years ago. Diana lost 40 lbs.; Adam lost 80 lbs. Afterwards, Diana went to work for the clinic. Seeing the success the program had in so many people's lives, she decided to change career paths and open Ideal Health Weight Loss Center in Greenwood. The two were both senior pastors as an Assembly of God church.

"In the clinic we lost weight in, we really saw people changing their lives," Diana says. "We thought we could do this in a sort of health ministry, seeing people get healthy. We wanted to make sure people knew this was obtainable."

The company, Ideal Protein, has been around more than 30 years. It was only offered based on a doctor recommendation until approximately 10 years ago, when it opened to the public. Every clinic is still medically supervised because the clients lose weight so quickly. Adam says part of their challenge at Ideal Health is just

letting people know what exactly they do and how the program works. The program consists of four steps: phase one is the most restrict eating only foods listed in the program, phases two and three wean the clients off the Ideal Protein foods and phase four is about maintenance.

"What sets us apart from other programs is our maintenance program," Diana says. "I tell them, I will teach them how to eat your potatoes and pizza without gaining weight. We focus on mindset, mind changing and lifestyle change. You see the yo-yo diet all the time of people losing 30-40 pounds and gaining it back. I help them understand habits, are you an emotional eater, stress eater?"

As the business grows, Diana says she hopes to obtain enough clients they can add more coaches. She is currently the only one.

"We're not there yet, but we're hoping we'll be there soon," Diana says.

Ideal Health Weight Loss Center

1690 Stonegate Dr.
Greenwood, IN 46142
4youridealhealth@gmail.com

Compiled by Nicole Davis

What is the most valuable piece of advice you've been given?

Keep it client-centered instead of money-centered. Our business isn't about money;



Photo by Nicole Davis

Diana and Adam Kjerstad

it's about helping people.

How have things changed since you started your business?

We started with one client and we're closing in on 30. The clinic has lost 700 pounds, about 350 inches. If there are any changes, they were expected changes in that word of mouth has

kicked in. When you have a happy customer, that word of mouth advertising is so key for a business like ours.

Tell us about your biggest challenge and how you overcame it.

The biggest challenge is people have never heard of ideal protein. A lot of people want to compare us to Atkins, which we are nothing like. It's the unknown still of what ideal protein is – we are the only clinic on the Southside. The more clients that spread the word, the more we get results.

What do you wish someone had told you before you started your business?

We knew what we were walking into. There hasn't been any surprise here.

What is the hottest new trend in your industry?

I think the trend in the industry is we are getting more and more people that are health conscious. With healthcare changing, people are turning more health conscious and people are looking for programs that will help them be successful.

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Four decades of service

Heartland Bank founder Jeff Goben retires after 41 years of in the industry

FEATURE

By Eric Ellis

After 41 years of banking, Heartland Community Bank founder, Jeff Goben, celebrates his retirement and service to the community. Goben enjoyed his final day on Friday, Feb. 7 saying goodbyes to many of his loyal clients and friends he's made over the years.

Goben began his venture into banking in 1972 at the National Bank of Greenwood. Since then, he's moved on through various banks in the Greenwood and Center Grove areas until founding Heartland in 1997.

"Early on I realized that banking gave me a lot of satisfaction in regards to giving me the ability to help others," Goben says, recalling what got him started in the industry. "As a young teller, I enjoyed learning and helping people with their accounts and eventually transitioning to lending—helping people buy cars and start small businesses. Knowing you've had a part in making peoples' dreams come true has meant a lot to me—and it's been wonderful helping the people of this community."

Since 1997, Heartland has grown to five locations in Johnson County and in 2012 joined the Horizon Bank Family.

"The community we live in is important to all of us—whether it's education or business or our own giving hand. One of the things I've

always been involved in is giving back to our community and encouraging my staff to do so as well," Goben says. Goben believes it's not about what you take out; it's about what you give back to your community.

"That's how you build relationships and gain trust," Goben says. "Johnson County is home, so if you're proud of your home, you give back and give your time to make the community better."

As for the future of banking, Goben thinks the landscape is changing.

"Banking is moving very quickly and becoming more regulated. As a community banker for 41 years, I find that the regulations are taking community banking away from their communities," Goben says. "I don't like to see that, and there's nothing wrong with big banks because those are needed, but as a community banker, I just hate to see the little guys disappear."

Goben's future, on the other hand, seems much brighter.

"I hope my future will include good health and happiness. I plan on staying active in the community, as well as spending more time with my wife and our sons

and grandson," Goben says. "I'd also like to improve my golf game a bit. I'm still looking for my first hole-in-one!"



Jeff Goben

"Knowing you've had a part in making peoples' dreams come true has meant a lot to me—and it's been wonderful helping the people of this community." – Jeff Goben






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Living the faith

Summitt family grows spiritually stronger at Greenwood's Mount Pleasant Christian Church

WHERE WE WORSHIP

Beth and Joe Summitt have attended Mount Pleasant Christian Church since they married in July of 1998. The two are both registered respiratory therapists working at Riley Hospital for Children. After building a home on the Southside of Indianapolis, Beth said there are other churches in closer proximity to their residence. After visiting several other churches, she said it was clear MPCC, a nondenominational Christian church, was the one for them.

"Worshippers of all different faith backgrounds attend our church," Beth said. "Joe and I have different religious backgrounds. I was raised Catholic, then started attending a non-denominational Christian church in high school. Joe was raised in a Seventh-Day Adventist Church. MPCC was able to bring us together in our beliefs and find common ground on a solid biblical faith."

Beth said their main attraction to the church was the strong, bible-based atmosphere that was and is still preached every week.

"Unapologetically preaching God's word really stands out in our culture today, even in the church," Beth said. "That was what drew us here over 15 years ago and that is what keeps us here now. It is not just a feel good, soft message. I come prepared to be challenged, instructed, and convicted in regard the truth from the scripture, knowing it has the potential to make an immediate impact in my life."

What is it about your place of worship that helps you grow spiritually?

MPCC is committed to making disciplines and also seeing them grow spiritually. We have bible studies, small groups and programs for believers of all ages and various groups. Our children's ministry is phenomenal. I volunteered to teach on Sunday mornings for 8 years in the children's classrooms when my kids were small. The children get a fantastic curriculum and it is amazing to see how much they learn at such young ages. I learned so much and grew in my faith during that time as well. I participated in the mom to mom program for 3 years. I led in the mom to mom ministry for one year, which led me

to discovering my passion, mentoring and encouraging women, particularly through the study of God's word. I have now led women's bible studies for the past 5 years. Doing in depth bible studies through our church has had the single greatest impact on my spiritual



The Summitt family – (Left, back) Joe, Nate and Beth; (Left, front) Jillian and Josh.

growth. I just love digging into God's word, learning more about my heavenly Father, while also learning about and from the amazing women in study with me. The group of women each semester is such a tremendous blessing to me and to one another. One of the things I love so much about our church is that we are made up of real people, with real lives, who live out our faith in a tangible way.

What is it about your place of worship that helps you feel connected to your spouse, children, parents or family?

I love worshiping with my family. We have 3 children: 11, 9, and 7. They love their worship services. Each age has a service tailored to their age group. The youth pastors keep us parents informed through regular emails about what our kids are learning and discussing so we can keep the conversation going at home. I just love talking to my kids on the way home in the car and throughout the week about what they have learned and what God is doing in their life. We pray together as a family and individually with the kids daily, creating a close connection with our children. My husband and I continue to meet regularly with a couple's home group. We are always studying God's word to improve and strengthen our marriage, parenting skills, and personal relationships with the Lord. Praying together and studying God's word together over the years has built an irreplaceable intimacy in our marriage.

What is one meaningful event that has taken place at your place of worship?

Wow, it is hard to pick one event. Both of my older children have been baptized here, so that was extremely significant to us. Just this past year we have had several significant events at church. Two that impacted my family greatly were the Secret Keeper Girls tour for pre-teen girls. My daughter and I attended and volunteered to serve during the conference. That was such a great time of bonding with my daughter and such a great biblical

education on God's truth about her young life and her value to her King. There were also many decisions for Christ made by young girls after that program. It was such a moving experience. Also we hosted a women's conference this past year, with speaker Lisa Harper. We had great attendance and many decisions for Christ as a result. I was able to bring my mom to that event. We don't have that many opportunities to do things just the two of us, as my parents live out of town, so that was a blessing to me.

Why would you recommend your place of worship to someone?

I would recommend our church to anyone (and do!) without hesitation because we are a church that doesn't just talk about our faith, we live it. At MPCC you can expect to be taught biblical truth each week, with an opportunity to participate in the highest quality of praise and worship for the Lord. You can also expect to have every opportunity to take the next step of faith in your walk with the Lord whether that is an in-depth bible study or entry level small group. Also we have an amazing outreach and service aspect of our church. Community service is seen through every ministry in our church. We just built a Community Outreach Center to house the In His Name clothing ministry and Living Bread food pantry that we offer to the community. We have hundreds of members vol-

unteering regularly in those ministries. We have an amazing preschool program that is also an outreach to the community. We have the Community Life Center where individuals and families can exercise and participate in recreational sporting leagues. Additionally we are affiliated with the Central India Christian Mission which provides us the opportunity to sponsor children in the poverty-stricken regions of India. We are very outwardly focused and service-minded at our church. Personally, I have been served and touched countless times by members of our church. I have received cards of encouragement, meals when our children were born, prayers through our small group and bible studies, flowers and cards with the losses of my grandparents and my husband's mom, and in general just love and support in the good times and bad. We were not meant to do life alone. We were meant to do life in community. MPCC has provided my family that community. We are so thankful!

Mount Pleasant Christian Church

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Greenwood, IN 46142
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mpcc.info/

Compiled by Nicole Davis

Choose optimism

DEVOTIONAL

By Pastor Chris Philbeck

One of the things that never ceases to amaze me is how many genuinely pessimistic people there are in the world (and in the church). But when it comes to pessimism verses optimism, the Bible is pretty clear. If we believe in God, and if we believe the Bible, we have to be optimistic about the future because, regardless of what might happen today or tomorrow, ultimately, we have the promise that everything will eventually work out for our good and for God's glory. Isn't that exactly what Paul is telling us in Romans 8:28? And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (NIV) And this isn't the only time Paul revealed the heart of an optimist. When Paul wrote the New Testament book of Philippians from a Roman jail, he chose to focus on the positive things that were happening even though he himself was a prisoner. In other words, he chose to be an optimist. Just consider the following: Philippians 1:12, Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. (NIV) Philippians 1:14, Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously

and fearlessly. (NIV) Philippians 1:19, For I know that through your prayers and the help given by the Spirit of Jesus Christ, what has happened to me will turn out for my deliverance. (NIV) Philippians 1:21, For to me, to live is Christ and to die is gain. (NIV) Paul could have spent his time in jail feeling sorry for himself...who could blame him? He could have embraced a negative "woe is me...there's no hope for tomorrow" attitude. But that's not what he did. Instead, he focused on the good things that were happening in spite of his circumstance because he was convinced that God is good. Sadly, pessimism comes naturally to most people. Because of that, we need to make the decision each and every day to choose optimism. If Paul could be an optimist in a Roman jail, then why can't you and I choose optimism in our daily lives? Don't let the negative things that are happening today, no matter how big or how small, keep you from believing the best about tomorrow. Larry Elder once wrote, "Optimism, it's not just a mind-set, it's a behavior." Let's all decide that we will behave, each and every day...regardless of our immediate circumstance like we serve a God who works all things for our good and His glory.

Chris Philbeck is senior pastor of Mount Pleasant Christian Church. You may email him at inquiry@mpccministry.com or call (317) 881-6727.

ICON of the MONTH

Cathy Shiley

Cathy Shiley began hosting a bible study out of her home six years ago when a mom called and asked her to take over as a mentor for a group of Center Grove girls. Being a “yes person,” Cathy says that she hesitated to take on another responsibility in her already busy schedule. She said her husband, Ralph, didn’t hesitate to say the bible study sounded like a perfect fit for her – and she says it has been. Every Wednesday, approximately 20 to 25 girls meet in Cathy basement for a bible study session, taking their time to review the bible book-by-book to clearly understand its messages. There are approximately 60 girls throughout the year that come to the bible study, rotating in and out due to their busy schedules with extracurricular school activities.

“My main goal for these girls is that they’re in their busiest period of time,” Cathy says. “They are in school, figuring out where to go to college, figuring out who they are going to marry. I want them to be comfortable going to the bible for clear guidance... We laugh when we can’t understand the words. I teach them that that’s alright. I teach them why they need to know this. My hope is that when they go to college, and when they are feeling lost, they will have that resource and have that path for them and let them know that God knows what he’s doing for them. These kids are on warped speeds way different than when I was younger.”

Eighteen seniors just graduated high school and Cathy says she thought she would be done hosting the bible study sessions. Then a new group of freshmen showed up for a meeting.

“That’s when I knew it’s God’s work, not mine,” Cathy says. “He brings them here. For sure, God has me doing this for another four years.”

Cathy and Ralph have two children in Center Grove schools, Troy and Jacob. The family attends Mount Pleasant Christian Church. Cathy is a stay-at-home mother who works part-time at Merrill Lynch, downtown Indianapolis.

“I love my community,” Cathy says. “I just want it to be a great place to live and I would like it to be secret so no one knows how great it is – for it to stay small. It needs to grow and change, too. Life is too short. You have to be out in it and helping it grow and change.”

Here, we learn more about our Icon of the Month, Cathy Shiley.

What do you consider your greatest virtue?

Encouragement.

What do you most deplore in others?

I don’t like when people tear each other down to make them feel better about themselves.

What do you like most about living in Center Grove?

Small town feel with strong family values.

If you had to live anywhere else in the Metro Indianapolis area, where would it be?

Downtown on the canal.

If you could begin life over, what would you change?

Nothing, but I wouldn’t worry so much when my path was changed.

If money were no issue, how would you spend it?

I would give more money to the girls mission trips, for all the kids. I would love to give more money to the Center Grove school district.

What makes you happiest?

When my family is all together around the dinner table.

What is your favorite vacation spot?

Anywhere there is a beach.

What do you do with idle time?

There is not much of that, but I prepare for the next bible study and reading.

What is it that makes you angry?

When there is no sunshine for days in a row.

What do you do to escape from reality?

I love to play Sudoku.

What or who is the greatest love of your life?

My husband is my hero.

Which living person in Center Grove do you most admire?

There are too many to list.

What is the quality you like most in a man?

Unselfish with a sense of humor – that is my husband.

What is the quality you like most in a woman?

Women who are real. I don’t like people that put on a face.

What is your greatest extravagance?

I love anything with bling.

What are your fears/phobias?

Getting in trouble.

What has been the happiest time of your life?

Family vacations.

Which talent would you most like to possess?

I wish I were quicker witted. I always think of something to say afterwards.

What do you most value in your friends?

They love me for who I am.

Which historical figure do you most identify with?

Martha in the bible. She was caught up in the doing and didn’t savor the quiet moments. Sometimes I am caught up in the doing and I need to savor those quiet moments.

What is your greatest regret?

I learn from all my mistakes but I love that now I can use them to minister to the girls.

What tenet do you live by?

Being in God’s word is better than any beauty product you can buy.



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