

CENTER GROVE ICON

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Pictured from left, Retired Major General Martin Umbarger, John Price, Steve Bechman, Jeff Goben, Jennifer Tennell and Tom Thompson.
Photo by Nicole Davis

Four Johnson County residents receive governor's Distinguished Hoosier Award

By Nicole Davis

When Jeff Goben, Steve Bechman, Tom Thompson and Jennifer Tennell entered Stone Creek Dining Company on Dec. 28, they thought they were there to watch someone else be honored. Instead, these four Johnson County residents learned they were being presented with the Distinguished Hoosier Award from Governor Mike Pence.

The Distinguished Hoosier Award is one of the highest honors given by the State of Indiana to its citizens. The award is granted at the discretion of the governor to outstanding residents for their accomplishments and contributions to their communities. Since now Vice President-elect Pence couldn't attend, former Johnson County Indiana State Representative, district 47, John Price presented Goben, Bechman, Thompson and Tennell with the award.

"I had been told this was an honor my former bank partner, Steve Bechman, was receiving and we were going as guests to honor him," Goben said. "He thought the evening was for me being recognized for something. They did a good job of fooling us. I was extremely honored and humbled. It's something I always enjoyed and love, giving back to the community, but to be recognized from the governor of the state of Indiana, and to be presented it by a long-time friend and customer John Price was a great honor."

Price was responsible for nominating these individuals.

"Our awardees are very deserving of this award for their work with economic development agencies, chambers of commerce, charities, churches, service clubs and other organizations," he said.

Tennell, Franklin resident, is executive director of the Johnson Memorial Hospital Foundation in Franklin and member of the Habitat for Humanity of Johnson County board of directors and of Rotary. The daughter of Price, she thought she was helping organize the event for him.

Goben, White River Township resident, is retired banker and co-founder of Heartland Community Bank which merged with Horizon. He is a member of the Sertoma Club of Greenwood, on the advisory board of Leadership Johnson County, involved with United Way of Johnson County and is a former chairman of the Greater Greenwood Chamber board of directors.

Bechman is market president of Horizon Bank in Franklin and also a co-founder of Heartland Community Bank which merged with Horizon. He is a former member of the Greater Greenwood Chamber board of directors, president of the Franklin Chamber Board, and had served on the board for the Baxter YMCA, Greenwood Senior Citizens and served with the Rotary Club of Greenwood. He is still involved with United Way, on the board of the Franklin United Methodist Community

and volunteers with Habitat for Humanity.

"It's a way to give back," said Bechman, who went to Center Grove schools until 8th grade, and has resided in Franklin since. "I lived here, grew up here, work here. I'm hoping to help make the community better for everybody to live and work in, to be some place they want to stay, especially young people to want to come back when they graduate from college and raise their families. It's really a great place, the whole county, and has a lot of good volunteers."

Bechman and Goben both are involved with the Johnson County Community Foundation where there is a scholarship in their name which is awarded to high school students who give back in their community.

Thompson, Center Grove area resident, is co-owner and General Manager of Fletcher Chrysler Dodge Jeep Ram in Franklin and currently serves on the Johnson Memorial Health board of directors.

"I was extremely humbled by (the award)," Thompson said. "I felt it was a very nice gesture to recognize some people that have spent most of their lives trying to make a difference. I'm not someone to talk about myself or what I do. I don't know that I've done any more than a lot of people, I've just been a part of it for a long time. A lot of it is who you surround yourself with. It's about time and finding the right people to do the right things."

Contact the Editor

Have any news tips? Want to submit a calendar event? Have a photograph to share? Call Nicole Davis at 300-8782 or email her at news@myICON.info. Remember, our news deadlines are several days prior to print.



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Duane Burgess

Johnson County Sheriff's Office's Major Burgess graduates from FBI National Academy

By Nicole Davis

BEHIND the BADGE

Johnson County Sheriff Office's Major Duane Burgess was one of 222 law enforcement officers to graduate from the 266th class of the FBI National Academy Program at Quantico, Va. in December. Having spent the past 11 weeks studying everything from counter-terrorism and at-risk employees to public speaking and employment law for executives, he said he feels honored to have had the opportunity to attend this prestigious training and plans to utilize it to better the department.

"I'm the fifth person to ever go from the Johnson County Sheriff's Office," Burgess said. "At first you're overwhelmed. It's like the first day of school; you go and you don't know anybody. The contacts that you obtain from that - 48 states and 20 countries - gives you so many people you can get a hold of. It's helping each other so we don't have to reinvent the wheel..."

It was kind of getting you to the grass roots of taking care of yourself but gave you executive classes you can take back to your job and be better in your job as an administrator."

A 1988 Center Grove High School graduate, Burgess also attended Central Nine vocational school. In his earlier years, he worked for the White River Township, Greenwood and Bargersville Fire Departments as a firefighter/EMT. He went on to be a dispatcher, which he says began to peak his interest in law enforcement. The Johnson County Sheriff's Office started a correctional officer position, hiring five officers. He applied and began his career in law enforcement there in 1992.

"I've been fortunate," he said. "I've worked the road. I've taught D.A.R.E. I've been an investigator working everything from a mailbox vandalism to a homicide or narcotics. From that point I went back out on the road to supervise. When Doug Cox became sheriff, he asked me to be a jail commander and that's where I've been ever since. I've worked every division at the sheriff's department. It's home to me."

Burgess is also in charge of the Explorers program, a Boy Scouts of America program which mentors youth in areas of law enforcement. He is on the dive team, and oversees the jail. Burgess resides in Greenwood with his wife, DeAnn, and two dogs.

What was your inspiration to go into law enforcement?

I was a cadet on the White River Township Fire Department. I was an Explorer with the sheriff's department. That was probably '85 or '86. I have had some type of public service ever since then. I was always curious about it and liked helping people. I had a lot of friends and family in law enforcement.

What has been one of your most gratifying moments on the job?

Helping people - not only the citizens but the people that are employed at the sheriff's department.

When you hire that new officer to work at the jail and you know that person is going to move on and do great things, it's awesome to follow and watch those people through the process of their career. The best time of my career was when I first started. You're learning. You're soaking in so much material. Just having the job has been a great fulfillment of my life.

What aspect of the job do you find most challenging?

Certain criminal cases, putting them together and trying to get all of the information you need. Sometimes you struggle this day and age to get the information to solve it because people don't want to be involved with law enforcement as much as they did in the past. That can be a struggle when you're trying to help somebody and keep coming up against roadblocks.

What do you enjoy doing in your off-time?

Spending time with my family. I like to ride my motorcycle, hunt, fish and auto racing of any type. I make it to as many races as I can. I like to get out on my motorcycle and enjoy nice weather.

What are your future goals, professionally or personally?

Working every division, I'd like to be the next sheriff of Johnson County. I've worked hard to get to that point. The sheriff saw fit for me to be the jail commander and that is probably one of the toughest division to maintain. We've got 55 corrections officers and 340 plus inmates.

What would you have done if you hadn't become a deputy?

The fire service. I miss it. I miss the people and the activities that you do. You help people in a little different way.

Retired Major General R. Martin Umbarger joins Bose Public Affairs Group

Advisor - Bose Public Affairs Group LLC announced that former Adjutant General of Indiana, Major General (Ret.) R. Martin Umbarger, of Bargersville, joins the firm as a senior policy advisor in the Indianapolis and Washington, D.C. offices.



General Umbarger will work with clients on a variety of public policy issues, which include contract procurement and strategic advisory and planning work in the agriculture, defense, aerospace, logistics and business services sectors.

General Umbarger served 46 years in the Indiana National Guard, retiring in May 2015 as Adjutant General of Indiana, a position to which former Governor Joe Kernan appointed him in early 2004. He was reappointed by Governor Mitch Daniels in December 2004 and by Vice President-elect, Governor Mike Pence, in December 2012.

As the Adjutant General of Indiana, General Umbarger's primary focus was to lead the more than 14,000 soldiers and airmen of the Indiana National Guard in their preparations for both state and federal missions. He also served as a member of the Secretary of the Army's Reserve Forces Policy Committee and the Secretary of Defense's Reserve Forces Policy Board. He is past chairman of both the Indiana Grain and Feed Association and the National Guard Association of the United States. He currently serves on the board of trustees of Franklin College and Johnson Memorial Hospital.



Horizon Bank awards donation to Johnson County Interchurch Food Pantry

Donation - Horizon Bank donated \$6,000 to the Johnson County Interchurch Food Pantry in Franklin. The donation was presented by Steve Bechman, Market President of Johnson County to the Director of the Interchurch Food Pantry, Carol Phipps on Dec. 13.



Left, Major Duane Burgess is pictured with James Comey, FBI Director, who spoke at the FBI National Academy graduation on Dec. 16. **Submitted Photos** Right, Major Duane Burgess. **Photo by Nicole Davis**

ON TO THE *Next* Chapter

Greenwood Public Library celebrates 100 years of reading, programming and service, made possible by community support



Greenwood Public Library, 1960/70s and now.
Submitted photos



Library staff and patrons celebrating reading.
Submitted photo

**Editor's Note: In recognition of this special anniversary for the Greenwood Public Library, look for more historical and celebratory information in the February-March issue of the Center Grove ICON.*

By Nicole Davis

The Greenwood Public Library was set to open in February 1917. It planned on having a traveling exhibit of 100 books, on loan from the state library. The day before, GPL staff learned that they weren't going to receive those materials. They put a call out to the community, which came through with a donation of 33 books in time for the grand opening.

Since its beginning, the community has stepped in to ensure that Greenwood has a central location to provide access to resources for everyone. Any resident of Johnson County can visit GPL. Through the changes of time, that community support remains steadfast.

"For us, becoming 100 was really a struggle," says Cheryl Dobbs, director. "It took this community fighting for this library to have it exist. It is a victory for the people of Greenwood to have maintained this library for over 100 years."

GPL, at 310 S. Meridian St., will celebrate its centennial with a community event on Feb. 6, 6:30 p.m. The 100-year anniversary is not just a milestone for GPL, but a turning point in which the community can reflect on all they've overcome in the past century and look to a bright future.

Jane Weisenbach, director of development, has worked at GPL for 17 years. She came in as the library was in the middle of its last large renovation project. The building was a mess for six months as construction took place.

Dobbs joined the library three years later in a part-time position.

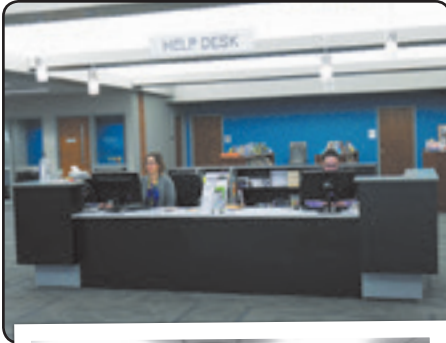
"As soon as I arrived as a part-time librarian they had budget cuts," she says. "They built back up. They had rolling cutbacks every couple of years until 2011 where they had major changes. My experience of this place was rolling problems. We had layoffs 2004, 2008, and 2011 and sometimes in between. We'd get to October and they couldn't buy books anymore, or even June."

The library almost shut down in 2012 and even had a closing date for that April. That's when the community stepped in, donating, helping fundraise and volunteer their time.

"The silver lining is that everyone realizes and thinks through, what would this community look like without a library?" Dobbs says, "That motivates us. The difference to us is remarkable. The budget in 2017 is still \$5,000 less than it was proposed to be in 2011. Considering that we have not gotten more money, we've been recovering for five years, to end up financially stable and not dependent on bond bank loans without an increase in income is astounding."

Not only is the library financially stable, but it can spend more on books and resources than they did before that financial crisis. This is due to the Friends of Greenwood Public Library, which has helped pay for the library's programming since 2009. It spends approximately \$20,000 on programs, such as summer reading, per year. The Friends gave nearly \$70,000 in 2016. They helped the library obtain a set of ukuleles for a children's program this past year.

"In a couple of months you'll see new



Past and present.

Submitted photos



Teen room now, a community room then.

Submitted photos

stair railing in the lobby," Dobbs says. "Ours is too short, dangerous, climbable, has big gaps where kids can stick their heads through and they do. They will give us the funds to make that possible. Lots of things they do for us help us leverage our tax dollars and have more excellence in everything we do. It's an amazing group."

Combining people who sponsor events, donate and volunteer, nearly 2,000 hours of volunteer time was spent at GPL in 2016.

"That is how the library started," Weisenbach says. "There was a group of committed people that said we want a library in Greenwood and we will make it happen whatever it takes. They started small and built up. It was a group of individuals that said we want this to be in our community and we are going to make it happen. For 100 years we have had people, individuals, step up and say literacy is important to our community and we are going to make it happen."

The last couple of years, GPL has spent time getting the building up to par. The building had a lot of deferred maintenance and expenses looming overhead. They have replaced the parking lot, sidewalks, heating and air, lighting, carpet, painted, reupholstered chairs and more. These improvements have saved the library \$5,500 per year in energy costs.

"We still have projects we want to do," Dobbs says. "But we're backing away from those big physical projects. We can focus more and more on our reading and getting people interested in reading."

The teen room is a newer addition to

the library, a space for teenagers to interact, learn and find entertainment. A grant from the Johnson County Community Foundation allowed GPL to obtain the interactive walls for youth to play and learn. Children can now conveniently check out STEAM kits, hands-on learning kits, thanks to a grant from Endress+Hauser and Duke Energy which allowed the library to display the kits and grow the collection. Dobbs says they're also doing well with ages 20-30, and will soon introduce a new book club aimed at that generation, to be held at Vino Villa.

"When you see the types of programs the library provides, the story times, teen programs, adults learning new computer skills, it's hard to walk by those rooms and have that feeling that this could end," Dobbs says. "It was a hard and stressful time for everyone that worked here. We could all be losing our jobs. It could be all over. To lose the library after 90-some years would be a tragedy. We were almost 100. We've been shooting at this goal for five years. To get here and be in better shape than we imagined was possible is astounding."

100 years later and GPL attendance is booming. On average, there are 75 people in the building every hour that its open. It's a busy place, with constant movement and change.

"People who say libraries are dead haven't walked in our building," Weisenbach says. "They haven't seen that we're packed. People love books. That's the bottom line."

Center Grove resident Ben Roberts serves on the board for Friends of Greenwood Public Library

From installing the interactive activity walls in the teen room to changing a lightbulb, Ben Roberts chooses to volunteer his time to help the Greenwood Public Library. A three-year board member for Friends of Greenwood Public Library, Roberts not only gives back but enjoys utilizing the resources the library provides for his family.

"It is really our one connection to civic life," Roberts says. "We don't go to board meetings or general assemblies, but we do go to the library and that is our connection to civic part of life. It's where we serve and connect to people in the community."

Roberts grew up in Indianapolis where he utilized the Southport Branch of the Indianapolis Public Library. Currently, he works at the Indianapolis Fire Department and has a small home repair business, Roberts Home Repair.

A resident of White River Township, Roberts has been actively involved with the Greenwood Public Library since approximately 2004, when his wife, Anna, got a job at the library. Before that, the family would participate in the children's programming.

"The children's area at GPL is second to none," he says. "The programming is fantastic. It's great for stay at home parents who need a break. It gives them a chance for their kids to read, play and learn. It's almost like a free preschool the parents go to. It's a safe environment. That's what brought us to GPL."

Roberts became involved at the library during a pivotal time, through financial cutbacks and near closure.

"I was an impartial observer," he says. "Because my wife worked there, I saw the library go through some extreme financial distresses. It was a transition that was very difficult. It was great to see the community rally together to keep the library alive and open. The staff was so committed to the library with such zeal that they formed together and directed the initial change of leadership. They were willing to give up the jobs they loved to make leadership change in the library. It's not just a job. The passion shows. The treasure of that library is the staff and the passion they have for the community."

Not only does the staff make the library special to Roberts, but the facility as well. He says GPL meets the



Ben Roberts installs the interactive wall in the teen room of the Greenwood Public Library.

Submitted photo

needs of all age groups. His daughter recently began spending time in the teen room, and is excited venture into the library.

"They have dedicated a large portion of their library just to teens," he says. "That is so different. Emily Ellis, the director now, she has done miraculous things. The teens there become not only involved in their schools, but in their community. They get to see the civic side of life. I can't talk highly enough about it."

If there is a need for manual labor work at GPL, Roberts will get involved. Through the Friends board, he says he looks forward to assisting with the financial side of the library, with fundraisers such as the Cow Drop or events such as Halloween night when the kids come trick-or-treating.

"I have gained a whole new appreciation of what libraries mean to the community," he says. "A library is so much more than books. It's about people finding the vessel they need, through books, computers and all of these sources. It's the best example of liberty in this country. no matter who you are, you are welcome there and given service. It's good for elderly, those in between jobs and are struggling. A lot of it is getting people acclimated to the modern world and internet."

HISTORY & ARCHITECTURE



Center Grove schools lead proudly since 1884

By Jeff Beck

Little record remain of early Johnson County schools. White River Township is blessed to have some of the documented schools. The first school was in the southern half of White River Township, a log school house/home. This school/home had a fire pit in middle of the structure with dirt floors. Mrs. Samuel Parks taught school in her home believed to be the first in the township, 1825.

One school located between the Bluffs (State Road 37/144) and Brownstown (Bluff Creek Church community) was operated in 1826 by John Collins. Mr. Collins held classes in one room and lived in the adjoining room. Tuition was paid by students working for Mr. Collins on his farm. Work also help pay for their books, *The Eclectic Reader*. Fridays, no school was held and learning did not commence until at least 9 a.m. weekdays.

White River Township schools continues to be pro-active in education. Early days of township schools used numbers to be identified. Schools that do remain in our community from early days are currently private residents. Illustrated History Atlas of Johnson County shows school location and their numbers.

Bargersville also enjoyed its own school for grades 1-8. A histori-

cal marker is placed at location of school on State Road 144 (Old Plank Road) 0.1 miles west of railroad tracks.

Looking to the future, the Class of 2017 will have nearly 600 seniors taking their next step in their educational life. Center Grove High School continues to build and provide needs to all students while reaching out to the community. It is worth the drive to see all the construction and progress being made. I salute Center Grove school board, all staff members and employees; thank you for your service and dedication to our school and community.

The large school seal placed at high school main entrance is a welcoming site entering building, a must see. Discussion regarding displaying collected CGS archive items near entrance highlight school history is ongoing. Alumni and Friends continues to encourage all graduates to share memories of their school experience and support their Alma Mater. Donations regarding school history are welcomed. Center Grove Education Foundation is a major benefit to school and community; check out their website and please consider helping financially or by your service. Thanks again to our educators and school staff - job well done. Started in 1884, Center Grove Schools continues to lead proudly.



Jeff Beck is a lifelong Bargersville resident who has a passion for the history of the Center Grove area. He has authored the books, *Bargersville* and *Center Grove: Unveiling the Past*.



Evolutions @ yoga, from left, front row, Ruth Soper, Jenni Keith, Tami Economov, and Ross Carson. Submitted photo

Sweaty in '17

Southside fitness experts share the benefits of exercise, what's trending this year and advice for beginners

By Nicole Davis

Get healthy.

Listed as the top New Year's resolution made in 2017 according to Google data, 62,776,640 people searched the phrase from January to October of last year. This is up 13.77 percent from the year prior, with a 315 percent increase in the searches for 'gym.'

Now let's make that resolution stick.

Also trending this year are workouts for the busy lifestyle. This could mean short workouts with high intensity to burn more calories in a short, 30 - 60 minute time frame. From group classes to more convenient class times, most gyms have seen the need to focus on quality of a workout and give their clients the maximum benefits in a fast exercise routine.

Southside residents have plenty of local resources to help them achieve their goal, be it to lose weight, get stronger, eat better or live a healthier lifestyle overall. With so many choices - personal trainers, CrossFit, cycling, yoga, pilates, martial arts, dance and so much more - the number of local gyms are too many to list. Get to know the benefits of each type can help make the choice a bit easier:

LOCALLY-OWNED GYMS

Have the option to workout on your own, learn from a personal trainer or participate in a group class. Joining a smaller gym where clients get to know one another can have its advantages, said Jon Martin, who owns Martin Nutrition & Fitness, 862 S. State Rd. 135, Greenwood, with his wife Stephanie.

"We don't want people to just come in and leave," Jon said. "We're trying to create a community. We're trying to create a fit family. We've noticed a lot of our clients come into our classes and they become friends. They're talking back and forth on social media. They'll have dinner after. It's bring-

ing clients together because the clients are encouraging each other, motivating each other, holding each other accountable."

Martin Nutrition & Fitness focuses on personal training and group classes from high intensity interval training (HIIT), high intensity resistance training (HIRT), Tabata, TRX workouts, bootcamps and even youth classes.

"We have different classes everyday," Jon said. "We have four trainers on staff. You won't have the same workout twice. We communicate with each other so we're not doing the same muscle groups two days in a row."

With nutrition listed before fitness in the business name, Jon said helping their clients understand their eating habits is a priority. Stephanie is a nutritionist and will work to educate clients, provide tips, recipes and grocery lists.

"You have to have a good grasp on what is good nutrition," Jon said. "Your body needs good fuel to be able to lose weight or gain muscle. People need to understand in order to lose weight and get stronger, that's what they need to focus on as well as the fitness aspect."

KICKBOXING

Get the strength, balance and coordination that comes with kickboxing.

Offering 30-minute kickboxing routines, 9Round Fitness has two locations on the Southside; 239 S. State Rd. 135, Greenwood and 7045 Emblem Dr. d, Indianapolis. With no class times, members and guests can join at any time during opening hours, with a personal trainer on hand at all times to give guidance and help motivate.

"First and foremost, it's a fun workout," said Craig Valier, local franchise owner. "You're going to sweat. It's 30 minutes long. It goes by quick but you'll get a full body workout from it."

The program is scalable to meet the needs of people in all fitness levels.

Valier said they're starting to focus more on heart training, monitoring heart rates to ensure those who are working out are getting the maximum benefits from that exercise.

Valier has owned the Greenwood location for three years. He said the biggest hurdle he's noticed is just getting people to feel comfortable walking in the door.

"Often, they're too intimidated to come in here," he said. "I would stress there's nothing in here to be intimidated about. It's a lot of fun. We'll teach you. The first workout is always free. We'll encourage them to come in and try it and see what you think. Usually they're hooked when they try it."

YOGA/PILATES

Slow down and refocus. When life is all about bigger, faster, stronger, that gets carried into everything people do.

"With yoga practice, it helps us to slow down a little and refocus our efforts," said Jenni Keith, owner and director of education for Evolutions @ Yoga, 2801 Fairview Pl. #1, Greenwood. "We learn to breathe and when we learn to breathe, we learn to slow down the chatterbox part of the mind. We learn to focus and when we learn to focus we can harness that focus toward our daily activities and become more efficient."

Keith said Evolutions @ Yoga offers a variety of classes for those with different goals in mind - from a foundational approach (learning postures and entry-level practices) and meditation to ashtanga (a more physical yoga style).

"One of the top benefits I see after a 20-year personal practice and 10-year professional practice of teaching, is learning how to correct the movement patterns we have in our own body," Keith said. "So many of our daily activities we don't realize we're moving our joints in a way that is inefficient. We're making movements in the joints that are wearing down or deteriorating them. We see a lot of people come into a yoga practice for the first time because they have an injury from something else. They have knee pain, back pain. We teach them how to use their body efficiently, how to re-pattern their joints."

Additional benefits include the ability to focus better, gaining more balance and flexibility.

"I think that still, yoga is still a buzzword right now," Keith said. "There are so many people curious about trying it. There's been information in media, research in journals. The community knows the benefits on a logical level but need to find that willingness to step over into the classroom. ... A key is finding a good teacher. People don't realize that the quality of a good teacher can really help you excel. It can keep you safe. It can help you heal."

CYCLING

Cycling can offer the benefits of benefits of a HIIT workout, burning calories even after exercising, building strength and endurance.

"The benefits of cycling is its a cardiovascular workout with low impact," said Shannon Smith, co-owner of Studio 317 Fitness & Cycling, 500 Polk St., #24, Greenwood. "If you have hip, knee or ankle issues, you can still get a good cardiovascular workout through cycling."

Cycling classes typically last 45 minutes. Start small - 15 minutes - and build up.

"You don't ever want to start thinking you can go work for 60 minutes," Smith said. "Your body can't handle that physically or emotionally. All of our classes we offer options, whether its your first day working out or you've been working out your whole life. We are small and we therefore can individualize training even in a group setting."

Variety is key. Studio 317 offers alternatives to cycling, such as Body Pump classes.

"Variety is really important to keep you motivated," Smith said. "Don't be scared to come out of your comfort zone. We're definitely here to help you get past some of the struggles and fallbacks that do come with being fit and healthy."

A registered dietician, Smith said nutrition is also a big focus.

Want to give it a try? The first workout is always free, but Studio 317 is hosting a free Body Pump class in celebration of the workout's 25th anniversary on Jan. 14, 9 a.m and 10 a.m.

CROSSFIT

Crossfit is about strength and conditioning with constant variation and high intensity. Though you should see it to understand it, said Mundo Sanchez, owner of CrossFit Healthy Nut, 1480 Olive Branch Parke Lane, Greenwood.

"It's not as intimidating as people perceive it to be," Sanchez said. "It was like joining a family. People care. People hold you accountable. Everyone is cheering for you. There is something about that camaraderie and always pushing yourself to be better that really drew me in."

CrossFit Healthy Nut has been open 10 months. Sanchez said many of the people he's seeing come in the doors are beginners, who have maybe not exercised at all in the past few years, or ever.

"The other big misconception is that people think they have to be at a certain level of fitness to get started in CrossFit," he said. "CrossFit is a scalable program designed for everyone. We can have 10 people working out at the same time. All 10 may be doing the same workout but a variation of the workout fit to their fitness abilities."

In his CrossFit classes, Sanchez said participants will go through a stretching routine tailored toward the workout for the day, then do the Workout of the Day, which is always different.

"CrossFit is only an hour and in reality you're only working at high intensity for 10-20 minutes. We pack a high volume in those 10-20 minutes," he said. "You can see the results a lot quicker than you would running on the treadmill for an hour."

FROM THE EXPERT:

What advice would you give to someone new to exercising?

"Start with a goal. It's really important to know what you want out of your workouts, in fitness or just being healthy. If you don't have a purpose, you're likely to fail."

- Shannon Smith
Studio 317 Fitness & Cycling

"Find something that's fun that they're going to stick with. There are some regiments out there, "diets" that feel like work. If it feels like work you won't stick with it. It has to be fun and challenging and you see results. I feel that's what they get with our program. You can relieve some stress, hit some bags and have some fun."

- Craig Valier
9Round Fitness

"Come and have an open mind if it's the first time. Especially with a yoga discipline there is so much to

learn from posture names, breath, how we flow in and out of postures. Keep trying after that first entry point class and find classes that make sense for their daily schedule. If they have two to three classes they know they can come to through the week, they will have consistency. Especially with yoga, consistency is key over quantity of practice."

- Jenni Keith
Evolutions @ Yoga

"Start with personal training. We can focus one-on-one with a trainer and a client. You can focus on form. That way you can come in and have some confidence. You'll know how to do things and leave with the confidence that you had a good workout session."

- Jon Martin
Martin Nutrition & Fitness

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Van Til named president and CEO of Indiana Bankers Association

Promotion - Amber R. (Moore) Van Til, JD, of White River Township, was named president and chief executive officer of the Indiana Bankers Association (IBA), effective Jan 1. She previously had been serving as president since March 31, 2016, when she was named successor to S. Joe DeHaven, prior president and CEO; DeHaven retired from the Association on Dec. 31, 2016.



This leadership transition makes Van Til the first female president and chief executive officer of the IBA in the organization's 120-year history. Van Til joined the Association in 2002 as a lobbyist and has served as vice president-government relations, as senior vice president-government relations, as executive vice president and as president.

Jack Russell represents Center Grove as member of ISBA

Education - Center Grove Community School Corporation board member Jack Russell has been recently selected to serve as a member of the Indiana School Boards Association. Representing Region 8, Russell will join the organization which has a mission to assist local school boards in their respective governance roles through education, services, information, and legislative advocacy, ensuring the opportunity for the highest quality public education for all children. This is a four-year term.

"Here in Center Grove, I am the legislative liaison," Russell said. "I had already been working with the ISBA from that standpoint. I wanted to be more involved and that's how you go about it. I will hopefully be down at the legislator more frequently and will really learn how it is first hand."

Russell applied for the position in the fall after learning of the opening. He said his top priorities consist of funding, and teacher pay.

"We've only had one meeting so far," he said as of Jan. 3. "We were lucky enough to sit down with the new superintendent of the state board of schools. I'm very impressed with her and looking forward to good things getting done."



Cassidy Hardin.

Photo by Nicole Davis

ATHLETE OF THE MONTH STATS

NAME: Cassidy Hardin	FAVORITE ATHLETE: Steph Curry
SPORT: Basketball	FAVORITE MOVIE: "Christmas Vacation"
HIGH SCHOOL: Center Grove	FAVORITE TV SHOW: "Friends"
CLASS: Junior	PARENTS: Greg and Kelly Hardin
AGE: 16	
EXPERIENCE: Three-year starter	

Athlete of the Month Cassidy Hardin

By Rick Morwick

Cassidy Hardin is an ardent Purdue basketball fan. It's easy to understand why. Her allegiance dates back to eighth grade, when she was offered a scholarship to join the women's basketball team.

Yes, you read that correctly. Purdue offered her a full-ride, for basketball, while she was still in middle school.

"They were my first offer in eighth grade," said Hardin, a junior standout on the Center Grove High School girls basketball team. "I've really gotten to build a real strong relationship with them and gotten to know their coaching staff."

More on the Boilers in a moment.

One of the state's most highly recruited players, Hardin is a 5-foot-9 forward for Class 4A No. 9 Center Grove. She is the Trojans' top scorer and rebounder and provides pretty much whatever the Trojans need in a given moment.

Her specialty, however, is scoring points - both near and away from the basket.

At 5-9, Hardin is one of Center Grove's

tallest players, a distinction that has required learning a new position. A perimeter player by nature, she developed an inside game last season to help the Trojans compensate for their collective lack of height.

"I have to do a lot more than I'm used to because I'm one of the tallest players," Hardin said. "My role is to rebound and like a big presence without having the height to go with it. On offense, I'm looked to for scoring because that's definitely a big aspect of what we need to do. I would say that I'm the go-to person if we need points."

"Sometimes we struggle, and I try to give them a boost by either trying to create (shots) for someone else or creating for myself."

An Indiana All-Star candidate, Hardin is Center Grove's leading scorer at 14.2 points per game. She also has per game averages of 4.5 rebounds, 2.0 assists, 1.8 steals and 1.3 blocked shots.

Colleges, not surprisingly, have long noticed her versatility - dating back to

eighth grade, when Purdue offered a scholarship.

Heeding the advice of her parents, Hardin waited a few years before making a decision - not an easy one with multiple major NCAA Division I offers on the table, including from Indiana University, Michigan State, Wisconsin, Iowa, Northwestern and Vanderbilt, among others.

In November 2016, she verbally committed to the Boilermakers.

"It's the kind of atmosphere I want to be in when I'm in college, and I know they'll take care of me," Hardin said. "And obviously, it's a great education, so I'm looking forward to being there."

First, Hardin has unfinished business with the Trojans, who are bidding for a third straight sectional title and are confident of contending for the state championship.

"Obviously, our main goal is to win state this year," she said. "That's everyone's goal."

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'Work hard and good things will happen'

Center Grove alum Nikki Cerbone to be inducted into the Indiana Basketball Hall of Fame

WHERE ARE THEY NOW

By Cleveland Dietz III

At the beginning of November, former Center Grove High School coach Carol Tumey called Nikki Cerbone. She asked where she was and if she could sit down. Cerbone told her she was at home and she could. She wondered what terrible news was about to be delivered.

Then Tumey told her.

Cerbone was selected for induction into the Indiana Basketball Hall of Fame as part of its 2017 class this April.

"I was speechless," she said of the moment. "Pleasantly surprised and overwhelmed and honored — so many things."

Cerbone, whose maiden name is Anderson, was a standout player for the Center Grove Trojans from 1983 to 1987. She set the school record for points at 1,347 — a record that stands today. As a senior, she earned Indiana All-Stars recognition. Her free throw shooting remains among the best in Butler University history, she is among the all-time top single-game scorers and a leader in field goals made during a single game.

But before all that, Cerbone played games with her brother, Terry, and his friends as a child. The neighborhood was full of boys, so Cerbone was left with little choice — play with them or not at all.



"My brother was very, very gracious in allowing me to play with his friends," Cerbone said. "It wasn't long before they started treating me like one of the guys... They made me tougher, made me better than what I probably could've done on my own."

When she was old enough, Cerbone joined a recreational league for fourth through sixth graders. She continued playing basketball in middle school and started going to basketball camps over the summer.

Still, the game didn't get serious for her until her freshman year at Center Grove.

She played varsity volleyball and basketball that year, though it was only her second year playing volleyball. Initially, volleyball coach Shelly

Haley brought her onto the team as a floater. Then Cerbone started practicing with the varsity team more and more.

"I think she, of all my coaches, probably was the first coach that really recognized my potential as an athlete," Cerbone said.

She gained more confidence as her role expanded on the volleyball team and Haley's belief in her became clear. She took that confidence to coach Mike Swango's basketball team.

"I always wanted to be the best I could be," she said. "I think that's something I learned at a young age from my parents. Work hard and good things will happen."

She was inspired after going to a talk given by former Olympic and Indiana University basketball player

Steve Alford. He reinforced what her parents had said — hard work pays off — and helped her realize college basketball was a possibility for her.

After that, Cerbone said, she had a basketball in her hands every day. She did drills she learned from her coaches on her own at home. She set goals for them — hit 8 of 10 from the field or 7 of 10 from the line — and if she didn't achieve the goal, she did the drill again and again until she did.

She took that drive and intensity to Butler. She didn't miss a game in four years of play and graduated with a speech communications degree in 1991. She went back to school at Indiana University Purdue University - Indianapolis in 1992 to get a secondary education certificate.

Today, she teaches eighth grade English at Franklin Township Middle School West and serves as assistant coach for the girls basketball team at Franklin Central High School. She and her husband, Bob, have three sons.

What's some advice you wish someone had given you when you were younger?

Enjoy every opportunity you have to play, no matter what the score is, because it goes by really fast.

In your school-age years, is there a person who had a significant impact on you? Who and why?

More than anything, it would be my parents and my brother. They taught me discipline and accountability and the fruits of hard work at a young age that followed through that helped me be successful not only in sports but it helped me be successful in life. They always supported me. (There were) all the times he let me tag along and play even when he wasn't always real happy about it. He still let me do it. I'm sure sometimes that got old.

What do you do in your free time?

I enjoy spending time with my family and friends, being active, and sup-



porting my sons in whatever they're doing at the time.

What are some goals you'd like to accomplish in the coming years?

I want to, first and foremost, be the best wife and mom I can be. Those are definitely my priorities — my family. I think the most important thing I can do with the time I have here on earth is help people and, hopefully, affect people in a positive way as much as I possibly can.

Left, Nikki (Anderson) Cerbone is to be inducted in the Indiana Basketball Hall of Fame. Photo by Cleveland Dietz III Right, Nikki (Anderson) Cerbone was a standout basketball player for the Center Grove Trojans from 1983 - 87. Submitted Photos



National Catholic Schools Week

Jan. 29 - Feb. 4, 2017

Catholic Schools Week, Jan. 29 to Feb. 4, is the annual celebration of Catholic education in the United States. In observance of the week, Catholic schools across the nation will celebrate with fun, themed days highlighting aspects of Catholic education, Masses, open houses and service projects.

This year's theme is "Catholic Schools: Communities in Faith, Knowledge and Service."

To recognize the contributions that these schools bring to the community, this issue of Center Grove ICON highlights what is happening in schools that serve the area and how Catholic education is meaningful to its students.

Serving the Center Grove area is Saints Francis & Clare Catholic School and Our Lady of the Greenwood Catholic School, both serving through eighth grades. Roncalli High School in Indianapolis serves the South Deanery of Indianapolis Archdiocese,

which extends into Johnson County.

Roncalli High School celebrates Catholic Schools Week with annual dress-up days for its students. To end the week, the school has its annual students vs. faculty dodgeball tournament. It has an all-school liturgy on Jan. 27 leading up to this special week.

Saints Francis & Clare, the South Deanery's youngest catholic school at 10 years old, will host an open house for prospective families on Jan. 18, 5:30 - 7:30 p.m. and Jan. 19, 9 - 11 a.m.

"We serve children from infants through 8th grade," wrote Principal Betty Popp in a newsletter. "Our Catholic identity and academic excellence are the core of our 21st Century curriculum that prepares our students to be leaders and innovators in a global society. Our nurturing and safe environment enables children to share their gifts that fulfill our vision to know, love, and serve God."

Our Lady of the Greenwood celebrates each day of Catholic Schools Week with a service project and a school unity activity. The week is kicked off on Sunday with students participating as lectors, gift bearers, service and Eucharistic ministers at the Sunday Parish Mass, 10 a.m. Service projects include donating items to Gabriel Project, writing letters/prayer cards for residents in nursing homes, donation to Haitian brothers and sisters, bringing in a new or gently-used book to donate and writing letters in support of firefighters, police officers, military, priests and seminarians. School unity projects include Colts trainers coming to workout with students in upper grades, popcorn for a 50-minute reading time, faculty vs. 5th grade volleyball game and more.

To learn more about the week about Catholic Schools Week, visit ncea.org.

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**Catholic education has instilled
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I am a student from Our Lady of the Greenwood Catholic School. I have been in the Catholic education system for my whole nine years of school. My education has taught me more than math and science; it has taught me the importance of faith, love, and respect. Catholic education is important to me. It allows me to grow in my faith and to love others.

Going to a Catholic school has helped me grow in my faith in many ways. It allows me to go to Mass on a weekday when I am not obligated. By doing this I have learned that going to Mass isn't just another part of our day, but it is something we should look forward to

every week. Mass helps me to understand more about God and how to form a positive relationship with Him. Mass reminds me every week to put Jesus at the center of everything I do and to show kindness to others.

Another way that a Catholic education has helped me is it has given me the courage to bring my friends closer to God and enables me to talk to my friends about Him every day. I love that I get to pray everyday with my friends because it truly strengthens our friendship with not only God but with each other. God has definitely blessed me with my faith and taught me the importance of my Catholic education.

- Jessica Parrett
8TH GRADE



In Our Schools: Our Lady of Greenwood

Left, Our Lady of the Greenwood fifth grade celebrates its Veterans Day program. Top right, cross Grade Egypt Day with 1st grade and 7th grade. Bottom right, seventh and 8th grade takes a trip to Washington DC. **Submitted photos**



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- ◆ In the past 24 years, Roncalli students have collected more than 1.6 million canned food items for the poor.
- ◆ The Class of 2016 completed over 64,100 hours of community service during their four years at RHS, with every Roncalli student performing more than 150 hours of community service prior to graduation.



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Catholic education has challenged me to love, to serve and to grow



As I reflect on my prior years of education up until now, as a senior in high school, a major component in my academic and spiritual success is thanks to my Catholic education. Not only was I challenged to thrive in my studies, I was challenged to love, to serve, and to grow. The memories I gather from my time at St. Mark do not revolve around getting perfect grades or middle school squabbles. I remember going to soup kitchens, or being a sacristan. I can still remember washing the chalices after mass every Friday, and at the end of the job, the two other sacristans and I would slowly turn off the lights in the church and stand in awe of the beauty of our faith and the warm feeling of God's presence. Above everything else, I appreciate the love that was given to me

by my teachers. Religion reached farther than just learning the Commandments and reading scripture. From art class to social studies, the love my teachers had for their students was evident. Catholic school has exposed me to diversity. Surrounded by classmates from all walks of life, we differed financially, racially, and religiously. I will always be thankful for these differences and how they helped me shape the way I see the world. I look back at my catholic school education with fondness and appreciation, and am excited to pursue a degree at a catholic school as well. I never thought this would be happening, but God has been working during my life, and I am at peace knowing the brightness of my future that is attributed to my past.

- Grace Albertson
SENIOR

Roncalli has allowed for growth in faith and discovery



I have attended a Catholic school for the majority of my educational career, and I can positively say that it has impacted my life. By attending Roncalli for my High School years I have grown in more faith. Roncalli is a warm and welcoming place to everyone. There has not been a moment these past four years that I have said I do not like Roncalli. While, it may be required to attend religious classes all the information I have learned has been thoroughly explained. There are people who say they feel like their faith has been forced on them throughout their educational career, but for me Roncalli has allowed me to grow in my faith. It has made me discover myself and God.

- Elana Matlock
SENIOR



In Our Schools:
Roncalli High School



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Learning in an environment filled with open arms and God's love

My journey in Catholic education began 10 years ago when I was in pre-kindergarten at Saints Francis and Clare Catholic School. I have discerned that I am very privileged to be able to learn in an environment filled with open arms and God's love and guidance. As the years

have gone by, through teachers and fellow class mates, I have learned necessary values to carry with me through high school and the rest of my life.

First and foremost, I have learned to always respect others around me as well as myself. Second of all, I learned later in my school career, to make sure when I am given an assignment, to always make sure it is done in God's name. Compassion for others is another important value instilled in me, mostly because having pity on one that has lost sight of God and giving them guidance to seek him is a very serious matter that can change someone's view of life. Next, being charitable has been a key value encouraged by my teachers and staff. From our Faith in Action days to our Adopt a Family at Christmas, I have been given many opportunities to share my

time and talent with the those who need it. My Catholic school has exceptionally pushed me harder to no matter what, go the extra mile and go along with life having a positive mindset. Lastly, any school can teach the children to say "please" or "thank you," but my Catholic school has given me a sense of true appreciation. Being truly appreciative or grateful is knowing and definitely respecting the sacrifices that others make for me, which have sculpted me into the faith focused person I am today. I sincerely appreciate all of the trouble my parents go through to send me to my Catholic school.

If I had not gone to a Catholic school as positive and faith filled as mine, I do not believe I would be the same person I am today. I have always been taught, from day one, that making a mistake is not the end of the world because I will always have the support from teachers, parents, and God to learn from failures in order to make improved outcomes. Overall, my Catholic school has prepared me to keep God in my life through all the ups and downs and better myself to benefit the lives of others around me.

- Lauren Prather
8TH GRADE

Blessed to grow and mature in a safe and supportive environment

I have been attending Saints Francis and Clare for six years now, and have been blessed to be able to grow and mature in a safe and supportive environment. My friends that I have made at my time at Saints Francis and Clare have really helped me build my social skills, but the

people who most helped me grow as a person, were my teachers.

Being in a Catholic school gives me so many lucky opportunities that I thought I never would have had, but what has had the impact on my life is the teachers I have had. During my sixth grade year, I was not exactly perfect, or even good in school, and struggled severely on turning my work in on time. My teachers, however, have helped teach me to have a better work ethic, and up to this point in my eighth grade year, I have yet to turn in an assignment late. My teachers have shown and taught me great

patience that I firmly intend to show and teach others. Each and everyday, the teachers do their jobs of making sure that we understand and remember everything they teach us, but that's not all that we learn. Our teachers, during class, also teach us honesty, kindness, forgiveness, and, of course, common sense. We learn these from our teachers just by watching them interact with our classmates and their colleagues.

Everyone at SSFC, teachers and students, always have great positive energy and give off a supportive vibe. This vibe is everywhere in the school and really helps the students work more effectively and try harder. It's also very common to see a student to leave their own work to go help another student who's having trouble. I feel so lucky to learn from some amazing teachers who teach me important values and be the incredible people who I will always remember.

- Gabe Wells
8TH GRADE



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When Fun Fulfills a Purpose

Youth programs encourage leadership, future goals

FAMILY FEATURES - Parents know there is a small window of time to make a meaningful, positive impact on children and shape who they may become as adults. A large portion of that influence comes at home, but it often also involves school, friends and extracurricular activities, many of which can help families make the most out of childhood experiences.

In fact, an increasing number of families are introducing youth to enrichment programs before kids begin their formal education. A survey by Forrester found that millennial parents are more likely to engage their children in activities at a younger age. They want to introduce their children to a diverse set of experiences, allowing children to discover their talents and skills.

Balancing this heightened level of engagement with the demands of hectic family schedules means parents are increasingly challenged to select the most meaningful activities for their children.

While most extracurricular activities help children socialize and learn new skills, some go further in areas like character building, good citizenship and exploring future goals. Often, the most effective programs work to deliver those outcomes without focusing on them, subtly teaching skills through activities young people consider fun.

Consider Cub Scouts and Boy Scouts, which most associate with camping and outdoor adventures. While boys spend time transforming a block of wood into a race car and learning how to shoot an arrow, the underlying program helps create a strong foundation of leadership, service and community.

A study conducted by Tufts University of kids ages 6-12 found that youth who participate in scouting exhibit strong moral values and positive character attributes, allowing them to embrace new opportunities, overcome obstacles and become better prepared for future success.

CHARTING A PATH

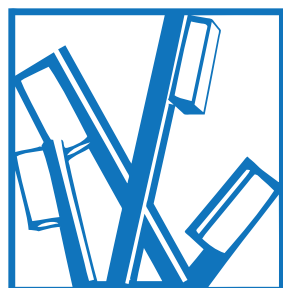
The decision to involve your family or child in an extracurricular activity requires several considerations. After all, these activities can help youth build a stable foundation of values and character that help them reach their full potential.

When choosing activities for your children to become involved with at an early age, consider the following:

1. Diverse experiences. Look for programs that offer a multitude of experiences to keep it fresh and interesting for your child.
2. Experienced mentors. Evaluate the training volunteers and staff members go through to ensure your child gets the best experience possible.
3. Build a solid foundation. Ask questions about how the organization teaches children about values and character.

4. Start early. Getting youth involved in extracurricular activities at a young age can help with their development.

5. Maximize your time. Extracurricular activities can be time consuming, but many organizations like Boy Scouts of America provide flexibility for families' busy schedules. Make sure to ask questions about required meetings or activities to ensure the program fits with your schedule.



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TWEET of the MONTH



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Mrs. McCoy | @MrsMcCoyCG
8th Grade Science Teacher at CGMSC
POSTED ON JAN. 4

Center Grove News Quiz

How well do you know your Center Grove community?
Test your current event knowledge each month with a little Q&A!

1 Johnson County Sheriff Office's Major Duane Burgess recently graduated from where?

- A. Indiana Law Enforcement Academy
- B. FBI National Academy
- C. Indiana State University
- D. Conservation Officer Academy

3 Catholic Schools Week is Jan. 29 to Feb. 4. In recognition, students have written essays to the ICON about what values they have learned from their school. What is one skill Saints Francis & Clare student Gave Wells did not mention?

- A. Social skills
- B. Work ethic
- C. Courage
- D. Forgiveness



2 What is the Center Grove Fine Arts Academy's next production, to be performed Jan. 27 to Jan. 29 at Center Grove Church?

- A. *Elf the Musical Jr.*
- B. *Beauty and the Beast*
- C. *The Phantom of the Opera*
- D. *The Lion King*

4 1987 Center Grove graduate Nikki Cerbone will be inducted into the Indiana _____ Hall of Fame this year.

- A. A. Basketball
- B. Tennis
- C. Football
- D. Scholar

5 The Greenwood Public Library is celebrating its _____ Birthday on Feb. 6.

- A. 25th
- B. 33rd
- C. 50th
- D. 100th



Answers on PAGE 27

FROM THE PUBLISHER

Think like Mayor Hudnut to be successful in 2017

I was about to pen my annual New Year's resolution piece to business people for the ICON's sister publications Hendricks County Business Leader. But then I learned of the death of former Indianapolis Mayor William H. "Bill" Hudnut.

I have more appreciation for Mayor Hudnut than maybe I did as a high schooler, when he first took office in 1976. I look at the city I grew up in and it has come so far – not only in development, but in national stature as well. I attribute all of this to Mayor Hudnut's vision.

Per a press release that Hudnut's former Press Secretary, Dave Arland, sent out - during his tenure as mayor, over \$4 billion was committed to downtown Indianapolis re-development; the Colts rode into town; the Hoosier Dome was built; and in 1987 Indy hosted the Pan Am games. If you would have asked anyone in Indianapolis 15 years prior if all that would happen, they would have laughed you off.

"The vision I have for Indianapolis is a city that is both economically competitive and compassionate toward urban and human problems," Hudnut said during his last term as Indianapolis Mayor, per Arland's press release. "To make the city more livable involves more than just creating beautiful spaces and buildings. It's more than a solid economic foundation, and more than good jobs. It's embracing future change. It's dealing with tough human issues that touch the compassionate side in all of us. It's a good future for our kids."

So, this is what I would advise business people, or anyone for that matter, about pursuing their goals for 2017: Think like Mayor Hudnut. It takes just as much energy to think small as it does to think big. He was the ultimate cheerleader. If you want to be successful in 2017 you need to be, if not already, your biggest cheerleader or the firm you work for.

Think big, work hard, garner support for your initiatives, and great things will happen.

Here's to prosperous New Year!



Rick Myers is co-owner of Times-Leader Publications, LLC., publisher of Center Grove ICON, Southside Business Leader and The Southside Times. Write him at rick@icontimes.com.

BELIEVE IT!

Our nation has all sorts of arcane, nonsensical laws on the books. Each issue, we'll share one with you ... In Mississippi, it is illegal to teach others what polygamy is.

SOURCE: dumblaws.com



Three dreams for 2017

HUMOR

By Gus Pearcy

Twenty-sixteen was a pretty crappy year, personally and professionally, for me. Of course, it was worse for many, but I'm too wrapped up in me to see the struggles of others. Here are five things I would like to see in 2017.

STOP SAYING TWO-THOUSAND AND SEVENTEEN

Wow. This one has hung on for almost two decades. The habit of calling it two-thousand and whatever is a pet peeve of mine. We all know that when we hit 2020, we will be saying twenty-twenty, why don't we beat the rush and start with twenty seventeen now. Nobody ever said one thousand nine hundred and ninety-nine for 1999. Prince (RIP) would not have been able to party if he had to say that.

Be a trendsetter, say Twenty-seventeen.

FLY THE FLAG, PROUDLY

Last year was a banner year in numbers of notable deaths. We lost so many voices from our culture. By default, 2017 (did you say it right?) will be a much better year. With that said, the days our flag flew at half staff rivaled full mast. Maybe it was because it was an election year, but we were dropping the flag for weeks

at a time for tragic losses, that did not deserve the half-mast treatment.

Tragedy aside, we should reserve that drastic, commemorative tribute for accomplishments in government or science. Lower the flag for John Glenn? Yes. Lower the flag for a mass shooting? I don't think so. This does not diminish the tragedy of losing anyone. It just reserves the right for individuals who contributed greatly the idea of being a citizen of the United States or of Indiana.

MORE PEACE

One of the crappiest aspects of 2016 was the discord over the presidential election. It's over. While it is totally unlikely that Trump-haters will keep their opinions to themselves, the effort to find common ground is necessary. I expect it will be a very interesting year. We will set many precedents. Let's tone down the rhetoric and stop acting like we are irreparably damaged. There are so many checks in place and we will get to see the inner-workings of democracy



Gus Pearcy is a contributing columnist to the Center Grove ICON. He may be reached at (317) 403-6485 or pearcy.gus@sbcglobal.net. Gus blogs frequently at guspearcycommunications.wordpress.com.

What to expect from ICON in 2017

OUR VIEW

The ball is dropped and we're two weeks into 2017. Our team at

Center Grove ICON has been making plans for the coming year, and are excited to continue to work hard to offer the best product possible to all of our readers.

In 2016, we conducted a reader survey, compiled by an outside company, to get honest opinions of what area residents actually want in their community news product. Number one topic of interest was entertainment, followed closely by government. We hope to continue utilizing this information to bring you news that is both valuable and entertaining.

The most popular feature to date, as shown by the tremendous web traffic it's brought, is our Behind the Badge piece. Each month for the last two years, we have highlighted a personality behind the law enforcement agencies and fire departments which serve the Center Grove area. The purpose was to show the human side to this job in a day and age where these public servants have been portrayed in such a negative light in the mainstream media. This feature will be continued for the foreseeable future.

One of our favorite things to do is pinpoint to historical milestones in our Center Grove area community - like the 190th anniversary of Mt. Auburn UMC in 2016. We are already planning around the anniversaries of other Southside organizations to celebrate alongside them. We're kicking that off right away with a two-part celebration of 100 years of the Greenwood Public Library. Though it's located outside of our coverage area, the Greenwood library serves all residents of Johnson County, and we've heard stories of those in White River Township choosing to visit both White River branch of the Johnson County Public Library System and GPL. Hey, the more (libraries) the merrier.

Most of all, we look forward to being out in the community, meeting new people and getting to know others better. Any ideas or suggestions can be sent to ndavis@icontimes.com.

Have a happy 2017!

QUOTE

"We see things not as they are, but as we are."

~ H.M. Tomlinson

Getting to know Sarah...

- I like to visit presidential museums and libraries.
- I love to read mysteries and historical fiction.
- I have lived on the Southside for over 25 years. My husband, David, is a Southport grad.
- One day I'd like to get back to playing golf once in awhile.

How did Sarah do it?

BEST ADVICE:

In my job, it's natural that occasionally a crisis occurs or something doesn't go quite right. A friend, a business coworker, said to be pragmatic, take it apart, diagnose it and put it back together again. In recent years, I've looked at things as people, process and technology - how they intersect, how they can build upon and work with each other. I thought that was helpful in difficult times.

BEST BUSINESS DECISION:

Knowing when it was time to make a change and making a change. That applies to me personally, professionally and to all of the different projects I've had. You have to take some risk.

SECRET TO SUCCESS:

Truly surrounding yourself and recognizing what wonderful team members you have. The culture and the people you work around is so important. I have been so fortunate, when I think about all of the public service people I've worked with. Public employees are just wonderful. They're the tops. They're tough jobs and not always rewarded highly financially, but people truly are committed.

IN 5 YEARS...

I'm excited for what the future holds for the lottery and the lottery industry. I'll have one kid in college by then and another soon on his way, so on a personal level I'll be entering some interesting years for my youngest two.

Hoosier Lottery Headquarters

1302 N. Meridian St., Suite 100
Indianapolis, IN 46202

(317) 264-4800
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BUSINESS
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LEADER

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The winning ticket

Perry Township's Sarah Taylor is appointed as executive director of the Hoosier Lottery

By Nicole Davis

Under the direction of Perry Township resident Sarah Taylor, the Hoosier Lottery celebrated its best fiscal year ever in 2016. Now that she's been reappointed by Governor-Elect Eric Holcomb to serve as executive director, beginning Jan. 9, Taylor said she's prepared to take things to the next level.

"Each and every day, I continue to learn so much more about the lottery," she said. "Like other industries, things change over time. You're trying to stay engaging to your players. You're trying to have products that they enjoy. The way they learn about your products changes over time. You can't keep everything the same."

Sarah is originally from Greencastle, Ind. She attended Indiana University - Bloomington, graduating from the School of Public and Environmental Affairs. Right out of college, she interned at the Statehouse, where she met many legislators and government officials.

In 1994, Sarah ran for Marion County Clerk and was elected for two four-year terms. From there, she worked with a technology firm, then a consulting firm for local and state governments. When Mayor Greg Ballard came into office in 2008, Sarah was appointed as a cabinet member, director of constituent services. She served in that role for five and a half years.

"It was about citizen engagement, services citizens needed and the ease they can communicate with local government and in turn, us engage them," Sarah said. "That included the Mayor's Action Center, a contact center for citizens. I oversaw it. That became a very special project. We developed an online way to request those services, and in turn a mobile app which still exists."

Another part of her role with the city was to help analyze how the city handled requests. They did that by implementing Six Sigma, a set of techniques for process improvement, typically used in businesses, and Key Performance Indicators.

"Through that, the city's government culture changed to include process improvement," Sarah said. "We could measure how the

contact center was doing, measure how fast we fill a pot hold or how fast we pick the trash up. It involved technology, people, processes and that was one of the highlights I had with the city of Indianapolis. It was so nice to return to government, and use a little bit I learned from the corporate side of things."

Sarah later met Governor Mike Pence, which led to her appointment as executive director of the Hoosier Lottery in 2013.

"I still think the Hoosier Lottery was nowhere on my radar, and I'm glad to get this opportunity," she said. "Quite honestly, I didn't know a lot about lotteries and how they work. I do know about customer service and operations."

The Hoosier Lottery began in 1989. Sixty percent of revenue is paid to the lottery winners, with \$11.46 billion in prizes paid since 1989. Retailers receive a commission for selling the products. After paying operation costs, revenues generated from the lottery are divided into three funds: teacher retirement fund, local police and firefighter pensions and the Build Indiana Fund which goes toward the motor vehicle excise tax to offset the cost for taxpayers.

In its 2015-16 fiscal year, the Hoosier Lottery contributed \$5 billion to those three funds, it's largest contribution to date.

"Even if you don't play, we like to keep you informed about where those proceeds go," Sarah said. "If they do play, we want them to know what that means to the state of Indiana, the winners and the economy. I love anything that informs players and the citizens more about us so we're looking for those opportunities (such as) the way we engage with our players like the free mobile app."

As Sarah came in as executive director, the steps were being taken for the Hoosier Lottery to receive certification from the World Lottery Association. It received level 4 certification, the highest level possible, as only one in three

U.S. states to earn it, in December 2015. This certification shows that the organization is committed to responsible gaming.

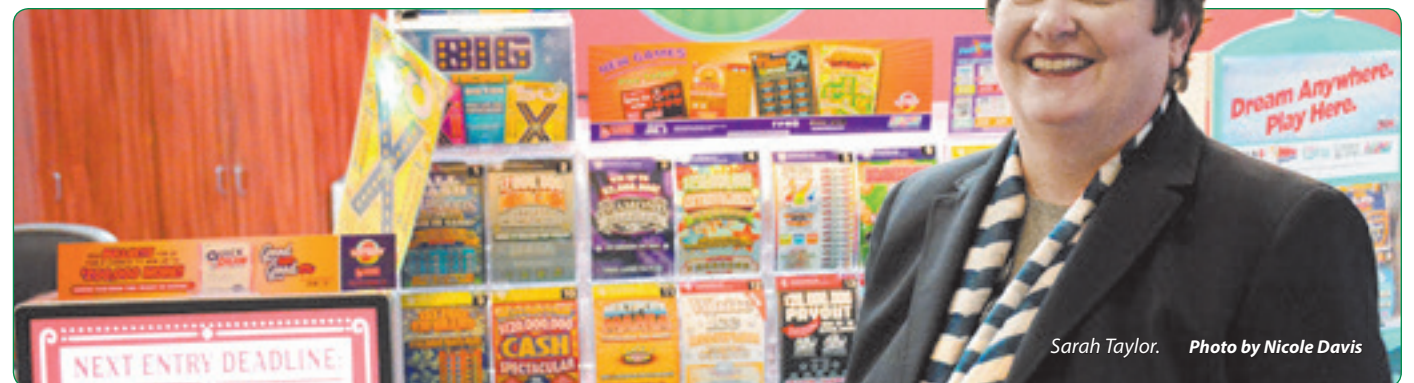
"We engage daily in thinking about responsible gaming, the products we offer, how we offer them, how we keep people informed," Sarah said. "We train employees and retailers. We have a phone number if maybe someone have a gambling concern. We offer a financial literacy course, developed through Ivy Tech. The way we advertise has a certain code of conduct... You want to make sure you offer tasteful products, that are fun and engaging, that are appropriate and help us maximize revenue to the state of Indiana."

Balancing business and citizen's desires is one of Sarah's strengths, said Dennis Rosebrough, director of public relations.

"Through Sarah's career as an elected official then constituent services, (she has) that eye for the citizen," he said. "Others of us might be looking at the bottom line, but the citizen perspective has been a valuable asset Sarah has brought to the lottery... No one else looks at it from the same insight that she does. It's really a keen eye that Sarah's developed, to be that watchdog, that final sign off to make sure we're doing it right."

Sarah was recently elected Chair of the Finance and Audit Committee for the Multi-State Lottery Association (MUSL) which is comprised of the 36 state lotteries who participate in Powerball. A year ago, Powerball, the largest jackpot game sold in 44 states had a \$1.6 million run, the largest in the United States.

With a year of record-breaking sales, Sarah doesn't plan on slowing down. By constantly looking at changes to games, studying how players and retailers feel about those changes, she said things continue to head in the right direction.



Sarah Taylor. Photo by Nicole Davis

OPEN 4 BIZ



Rachel Harrison opened the Greenwood-area store, The Branded Exchange LLC, on Nov. 5, 2016.

Photo by Nicole Davis

On consignment

Branded Exchange opens Greenwood-area store, offering name brand women, men and children's clothing

Compiled by Nicole Davis

Opening to the public on Nov. 5, Branded Exchange LLC sells name brand, quality clothing for men, women and children - the entire family - in what was designed to be a warm, welcoming environment.

"What a lot of people say they like about the store is it doesn't feel cluttered," said owner, Rachel Harrison. "It doesn't feel packed and hard to move around. We've gotten comments that our stuff is in great condition."

Rachel grew up in Superior, Wis. She has resided in Indianapolis, Franklin Township, for 16 years. She and her husband Ryan Harrison have five children. With a background in marketing, Rachel wanted to do something different for herself. Upon deciding on beginning a consignment shop, she worked to find the right location. She found it - right off County Line Road, across from Greenwood Park Mall.

The shop has a kid's corner, with a teepee and coloring table to entertain children while the adults shop. There is plus-sized clothing, as well as accessories. Items can be found for sale in the store and online at thebrandedexchange.com. Rachel said the goal is to have enough clients, that they can support hosting charity events and be active in the community.

"It's a great shop here," Rachel said. "It's fun to work with the girls we have here. People enjoy shopping in consignment shops, and it's fun to run one."

Why did you open this business?

We wanted to for awhile. About a year ago we started looking at doing a consignment shop. We looked at buying an existing one but that didn't work out. We started thinking about where we would

want to have it.

What did you do to prepare for opening your business?

We looked for about a year. We started online with an eBay shop. We built up our inventory with the idea to do a brick and mortar store. We did a lot of the work in here ourselves - the floors, the walls and all of the finishing. It was what they call "white box" and we finished it.

Who is your ideal customer/client?

We sell men's, women's and kid's clothes. The demographics coming in are older and younger. We are trying to hit all of those markets.

How do you plan to be successful?

Customer service is our priority. We're trying to just do name brand clothes, a little higher end. We're trying to hit that niche in the market. Right now, we're the only consignment shop around the mall, so the location helps.

What would we be surprised to learn about you or your company?

We've been trying to do this without borrowing money. We've saved money and whatever we make is put into the business. That's a unique approach.

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PEER TO PEER

CNN fake headlines

By Howard Hubler

What is the story about a fake headline? As I did research for this story, one of the places I was led was "CNN Online." In an article dated Nov. 23, the headline read: "Millions may now lose eligibility for overtime pay after ruling". You can

tell that CNN has been sleeping with the federal government. They now use government bureaucratic statistical logic. Recall then when we cut the budget, we never cut the budget, we just cut the growth of increase? Yes it was going to go at 3 percent next year, however

we cut it 2 percent, hence it's only going to go up 1 percent. In my management meetings we call that phony crap.

First of all, the millions that may lose overtime never had the eligibility in the first place. They never received a dime. To those who read the headline, you were led to believe that they have had an income stream for a period of time and that it was now lost. The millions that may lose eligibility for overtime never had the eligibility in the first place. Yes the President enacted it; due to the courts, it never became law!

A closing thought. This morning I was asked to rate the CNN app on my phone. When I went to rate it, I thought I was rating it mechanically for navigation. However everybody that came before me had their editorial comments listed as to the direction of CNN editorially. Comment after comment were from older loyal listeners absolutely blaspheming the station for all of this left anti-business politically-correct crap. No I have nothing against CNN; I have never written about them before. I will say this, the recent election wised up my media awareness.

When I saw this headline I

have to say, my antenna went up. How many other Americans that used to be lulled to sleep by this stuff are now wide-awake and "are mad as hell and I are going to take it anymore?"

"First of all, the millions that may lose overtime never had eligibility in the first place."



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



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(317) 530-2706

Verizon Wireless - Greenwood Park Mall

1251 U.S. 31 N.
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BIZ WEB

Digital trends for 2017

By Andrew Angle

Every year, as the time for pondering New Year's resolutions arrives, I search for other digital marketers' lists of predictions for the year ahead. Here's my own list.

1. "Big data" domination! Google might know you better than Santa Claus does. Their system tracks where your visitors have been, what they are looking for now and in the past, whether or not they found it on your site, and whether they end up finding it somewhere else.
2. Satisfying Google means satisfying users. Does your site do the best job of giving visitors exactly what they came for? Do that, and Google is more likely to reward you.
3. Mobile First! (Again) It used to be that you could make your site entirely for the desktop without messy mobile experiences affecting rankings. Now Google appears to be counting mobile performance as a high ranking factor for desktop search. That could be to help promote the new tech released by Google in 2016 known as "AMP" which stands for "Accelerated Mobile Pages". AMP pages load fast and

get first priority in mobile rankings.

4. Content is still king. Be organized in how you create it and promote it. Tip: If you use Wordpress, add the plugin called "Editorial Calendar". This tool will help you plan and write your content in advance and makes it super convenient to simply publish on a scheduled basis.
5. The cost of getting traffic will continue to rise. Google is not a charity; it's a profit machine. Their strategy of dropping the right sidebar in 2016 shocked advertisers into paying a premium for paid ads. Meanwhile, the added complexity of winning organic positions makes SEO efforts more costly, as well.

As always, don't set it and forget it. Know the numbers to make smarter decisions.



Andrew Angle, of Greenwood, is the owner of NetGain Associates, Inc. He can be reached at (317)534-2382.

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PERSONNEL MATTERS

What Do You Plan To Do Differently In 2017?

By Mike Heffner

Recently our office had an end of year goal-setting meeting. In this meeting, Matt Nettleton, our Sandler Sales Trainer, had us thinking about all of the changes that are coming and asked us, "What do you plan to do differently?" He shared with us the reasons why people typically don't reach their goals. In a nutshell, he said it's because most people are not willing to make a shift in their personal beliefs that the goal can be reached and they don't believe that they deserve the outcome of the goal they set. That had my wheels turning.

My team is in the midst of a big change. We are moving offices and we will have people in different roles this next year. Change is something I embrace. After Matt's training, I thought about the few basic fundamental things that I have done to shift my beliefs that have allowed me to make a change or reach a goal.

• **REFLECT** – You can't move forward unless you know where you have come from or what brought you to where you are. Look at the data and facts and ask for others' opinions. Look for clues that will help lead you forward.

• **WRITE OUT YOUR GOALS** – I can tell you when I don't do it, I rarely hit them. If a year from now is too

far out, then look at quarterly or bi-annual goals.

• **TALK TO OTHERS** – Meet with other business owners, team members, leaders, mentors and family members. These are people that often know you well and can help you make sure you have thought about things from different angles. This is a good place to look for the "how" if you are not sure what you need to do to reach your goal.

• **SEE YOURSELF IN THE OUTCOME** – If you can't see yourself actually doing what you said, how in the heck can you get there? You have to believe you can make the change or reach the goal.

These seem very basic but I have found that when I take the time to do these fundamental things, I reach most of my goals. What you spend your time planning and thinking about in most cases are what set the outcome. Here is to a great 2017- I hope you reach your goals.



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

PLANNER OF NOTE

Newly Incorporated Businesses

- **ADM Productions**
Aaron Milbourn
116 Galahad Circle
Franklin, IN 46131
- **Booe Aviation Services**
David Scott Booe
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Bargersville, IN 46106
- **Booe Farms**
David Scott Booe
7095 S. Road 400 W.
Bargersville, IN 46106
- **Bufkin & Sons, LLC**
Chris Bufkin
4499 Diamond Ridge
Greenwood, IN 46143

- **Cains Custom Construction**
Daniel Cain
796 Wheatgrass Dr.
Greenwood, IN 46145
- **Hogue & Sons Transport**
Johnathan Hogue
1229 Kenwood Dr.
Greenwood, IN 46143
- **J.A. Apman Construction**
David Freeman
2 Bentwood St.
Greenwood, IN 46143
- **Mary Kay Consultant**
Robin Greenwood
2721 Reflection Way
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1160 Northpointe Dr.
Franklin, IN 46131

- **Painter with an Accent**
3263 Eastpointe Dr.
Franklin, IN 46131
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Toni A. Powell
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Brandy Vanderveen
99 Virgil Dr.
Greenwood, IN 46142
- **Wild Child Tans**
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636 W. 550 S.
Trafalgar, IN 46181

Simple solutions to difficult issues

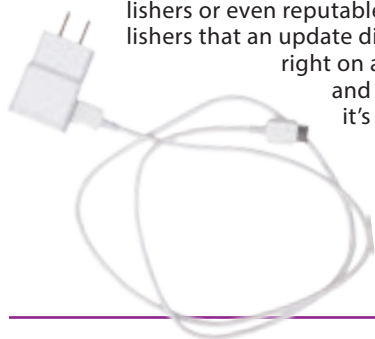
TECH SAVVY

By Regina Miller

My smart phone battery is not

lasting as long as it used to. I haven't changed any settings, but now I lose about a quarter of my charge before I leave the house in the morning after getting a full charge overnight. Do you have any suggestions?

You didn't mention what model your phone is, but there are some general tips that go for most smartphones. While the battery life does degrade over the lifetime of the phone, batteries are considered consumable even if they are not replaceable by the user, when it comes on suddenly as you have described there is often something else at play. Did you recently get an update on your phone's operating system? Sometimes this resets applications to their less battery friendly settings such as reverting mail to push notifications instead of manual and turning on location services for all apps. I recommend not getting updates to your phones operating system as soon as they come out unless you are specifically having an issue that you are hoping the update resolves. Even in that case, it's always recommended that you back up your phone to a computer prior to accepting a phone update in case you run in to a problem. Other battery draining culprits can be rogue applications from unreliable publishers or even reputable publishers that an update didn't sit right on an app and now it's now



letting go of resources like it should be. After you have confirmed that your email has been set to manual (if that's what you wish), all programs are closed, and you have verified apps you are not using have been closed properly, you have restarted the phone the next step would be to download a reputable battery monitor application that will tell you if you have a program that is causing the sudden drain.

My computer was stolen and I didn't have a password on it so I am sure someone will be able to get into all my information. My biggest concern is that I have my username and password saved in the browser to log in for shopping and banking. What can I do to protect myself?

The first step is to change the password on your email accounts. This is important because if the thief has access to your email they can trigger a password reset link to be sent to the email and reset the passwords of other accounts before you can get to them. Once you have secured your email accounts with new passwords, then go through all your accounts and reset those as well. If you have Dropbox installed or other syncing accounts that store data, be sure to visit its website and follow instructions for unlinking and removing data from the device. In the future, be sure to keep a password on any device that you keep your accounts automatically logged in. This will at least buy you some time while you get your account passwords changed.



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

Apply for Leadership Johnson County Class of 2018

Education - Applications to apply for the Leadership Johnson County (LJC) Class of 2018 are now available. LJC is an adult community leadership program composed of one-day leadership forums designed to train and strengthen 21st century leaders. With a focus on experiential learning, participants work together in a collaborative leader-

ship model to help address community issues while furthering their personal leadership skills. Applications received by March 1, 2017 will receive a \$50 discount on tuition. All applications are due electronically by March 15, 2017. For more information about the program, visit leadershipjohnsoncounty.org. Information sessions will be held to help potential applicants answer questions about the program on Jan. 19, 6 p.m. and Feb. 21, 8 a.m., both held in the Henderson Conference Room at Franklin College. RSVP to Kate Taylor at ktaylor@franklincollege.edu or (317) 738-8094.

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NIGHT & day LOCAL ENTERTAINMENT ENTERTAINING

EVENTS CALENDAR

Meet Elephant and Piggie • Celebrate Mo Williams' famous duo with stories, crafts and activities with a visit from Elephant and Piggie. | When: Jan. 21, 2 - 3 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Discovery Lab: Science of Sound! • Grades K - 5: Build Science, Technology, Engineering, Art and Math skills with engaging STEAM lessons. | When: Jan. 24, 4:30 - 5:15 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Greater Greenwood Lions Club Meeting • Visitors are welcome. | When: Jan. 24, 6:30 p.m. meet and eat, 7 p.m. meeting. | Where: Golden Coral, 160 S. Marlin Dr., Greenwood. | Info: (812) 603-4440.

Trivia Night: Game of Thrones • Who will take home the coveted Iron Throne trophy? Come in costume for extra points and feast on themed snacks. | When: Jan. 25, 6:30 - 8 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Elf the Musical Jr. • Center Grove Fine Arts Academy will present this musical production. Order tickets now. | When: Jan. 27, 7:30 p.m.; Jan. 28, 3 and 7:30 p.m.; and Jan. 29, 3 p.m. | Where: Center Grove Church, 2340 S. State Rd. 135, Greenwood. | Info: centergrovechurch.org.

Fred the Mastodon Puppet Show • Join Fred the Mastodon and learn about the ice age in Indiana as he tries to find his way home. The Indiana State Museum will bring artifacts from the museum's collection. | When: Jan. 28, 2 - 3 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Chili Cook-Off • Saints Francis & Clare Catholic Church will host its annual chili cook-off with 60 chefs cooking their best chili for guests to try. | When: Jan. 28, 6:30 - 9:30 p.m. | Where: 5901 Olive Branch Rd., Greenwood. | Info: Sign up to be a chef: SignUpGenius.com/go/10C044DA5AB2BA6F58-20161.

Messy Art Show: Straw Blown Paint Monsters • Ages 5 to 12: explore the world of art through new creations each month. Dress for a mess. | When: Jan. 30, 4:30 - 5:15 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Genetic Genealogy: Trace Your Roots Through Your DNA • Steven Frank, Genetic Genealogy Specialist, will explain the different kinds of DNA tests and their results, what different companies offer and privacy concerns. | When: Feb. 1, 6:30 - 8:30 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Atavism Displayed: Grandfather's Gift Persists • Join this exhibit by award-winning professional artist Patricia A. Good Payne. Sales will benefit Southside Art League, Our Lady of Grace Monastery and Indiana Conference of United Methodist Women. | When: Exhibit is Feb. 1 - Feb. 28, regular hours, Wednesday - Saturday, 11 a.m. - 3 p.m. Open house is Feb. 5, 2 - 5 p.m. | Where: Southside Art League, 299 E. Broadway, Greenwood. | Info: southsideartleague.org.

100th Celebration • Greenwood Public Library is turning 100! Join for guest speakers, snacks and surprises. | When: Feb. 6, 6:30 p.m. | Where: Greenwood Public Library, 310 S. Meridian St. | Info: (317) 881-1953, greenwoodlibrary.us.

Craft Night: Poppy Painting • Adults-Teens: Paint a poppy, step by step. Supplies are provided. | When: Feb. 6, 6:30-8 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Beach Day • Age 5 to 12 years: enjoy sandy stories, shell crafts and beach games. | When: Feb. 8, 4:30 - 5:15 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Kappas, Alphas, Sigmas and More • Adults-Teens: Join members from the National Pan-Hellenic Council at IUPUI to learn about how these historically African American and Multicultural Fraternities and Sororities have supported students in Indiana. | When: Feb. 8, 6:30 - 8 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Un-Valentine's Day Party • Grades 6 - 12: Make un-valentines to give friends, create black duct tape roses and eat some chocolate. | When: Feb. 9, 6:30 - 7:30 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Valentine's Day Meal & Entertainment • Greenwood VFW Post 5864 will host a dinner-dance with Prime Rib. It will include baked potato, green beans, salad, roll and butter. Entertainment is by the Luke Carol Project. There will also be door prizes, 50/50's, and a Bottle Toss. Valentine's Day photos will be taken for donations. | When: Feb. 10, 6 - 8 p.m. | Where: 333 S. Washington St., Greenwood. | Cost: \$20. | Info: (317) 888-2488.

Cookin' Couples and Sizzlin' Singles • Adults: Utilizing the Crock-Pot or slow cooker is an option for a busy lifestyle. Look at ways to trim grams of fat as well as calories, and still have great tasting and nutritious meals! Try out some recipes for 1-2 people. | When: Feb. 14, 6 - 7 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Culinaria

AN OPTION:

Vito Provolone

THE SCOOP:

Vito Provolone is a family owned and operated Italian restaurant that has served the Southside for nearly 25 years. Vito Provolone makes their sauces and serves up homemade Italian goodness. Pastas include lasagna, Vodka Sauce with pasta, tortellini, fettuccine alfredo, vegetable lasagna, baked mostaccioli, spaghetti and meatballs, or build your own pasta with your choice of pasta, sauce and meat or vegetables. The chicken menu includes Chicken Marsala, Chicken Giovanni, Chicken Diablo, Chicken Lamone, chicken fettuccine, and chicken pesto. Seafood options include Shrimp Diablo, Seafood Fettuccine, Linguine & Clam Sauce, Orange Roughy Florentine, Tilapia in Lemon-Caper Sauce, and Salmon Piccata. Also on the menu are salads, soup of the day, traditional and specialty pizzas.



TYPE OF FOOD:

Italian

RECOMMENDATION:

(Black Angus) Filet in Red Wine Sauce

HOURS:

Opens at 4 p.m. every day. Closes at 10 p.m. Monday through Thursday; 11 p.m. Friday and Saturday; 9 p.m. Sunday.

LOCATION:

8031 S. Meridian St., Indianapolis.

PHONE:

(317) 888-1112

WHERE WE DINE:



Erin Pardue, marketing manager for Express Employment Professionals Indy South and Columbus

Where do you like to dine?

My husband and I love to go to Jockamo's in Greenwood.

I bet we go at least once a month.

What do you like to eat there?

The Cheese Louise is their best pizza! And

their beer selection is great because you always have new options of things to try.

What do you like about this place?

I love that it's local, everyone is friendly, and they have a nice lunch menu to get quickly during the workweek.

Jockamo Upper Crust Pizza is located at 401 Market Plaza, Greenwood, IN 46142. The phone number is (317) 883-8993.

BEHIND BARS:

Irish Apple Mule



Bartender:

Alyssa Russo

Location:

Bar Louie, Greenwood Park Mall, 1251 US 31 N., Greenwood, IN 46142

Ingredients and directions:

- Add into a copper mug 2 oz. Jameson Irish Whiskey, 1 oz. lime juice, 1 oz. simple syrup, 2 oz. apple juice. Fill with ice.
- Top with ginger beer. Stir with a bar spoon.
- Add a dash of cinnamon and a lime wedge.
- Add a dash of cinnamon and garnish with a lime wheel.



Will you soar or will you wallow?

DEVOTIONAL

By Pastor
Chris Philbeck

Carl Sandburg once said, "There is an eagle in me that wants to soar, and there is a hippopotamus in me that wants to wallow in the mud." As strange as they sound, I have to admit that I can relate to those words. My guess is, if you were open to a moment of vulnerability and transparency, you would say you can relate to them as well because this is the reality of most of our lives. But it's not just a part of our natural lives, it's a very real part of our spiritual lives as well. The apostle Paul described this same truth in Romans 7:22-23 when he wrote, *I love God's law with all my heart. But there is another law at work in me that is at war with my mind. This law wins the fight and makes me a slave to the sin that is still within me.* As Christians, we're faced, every day, with the choice of whether or not we're going to live by the spiritual nature inside of us that's the result of our salvation or the sinful nature inside of us that's the result of our natural lives. To use Sandburg's words, we have to choose whether we will soar or wallow. And the decision we make determines the quality and direction of our lives. It determines how we greet each day, what we choose to think

about and talk about, how we treat our family, our co-workers and how we spend our time. It also determines the kind of fruit (works) we produce. We have the power to choose the direction, the quality and the influence of our lives by determining whether we want to soar in the clear blue sky or sink in the mud. That's important to remember as we begin a New Year because each New Year brings a new opportunity. So here's my encouragement for you in the New Year. When you wake up each day, make this your first thought (your first prayer): "God, thank you for another day of life. Help me remember that Your call for me is an upward call." I may not know you or anything about you, but I can guarantee you that God's desire for you each and every day is that you soar, not wallow. Yes, life is difficult, unfair and sometimes cruel, but God's call is still an upward call. Make the choice to soar.



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

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TsT Home Improvement Services Tip of the Month

By Tom S. Truesdale

Window and door replacement

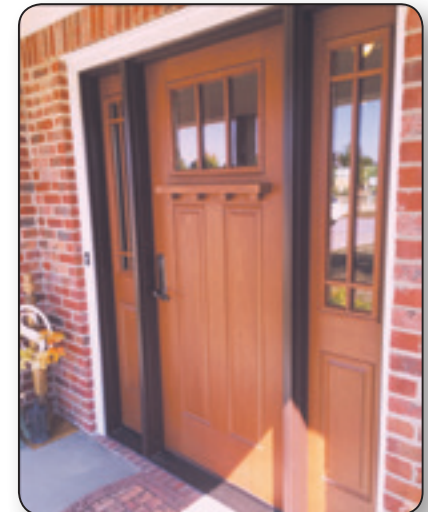
Happy New Year! The cold winter weather of January and February is right around the corner. This month I wanted to provide some thoughts and ideas regarding window and door replacement.

A significant amount of energy can be lost through old or leaking windows and doors.

Here are some examples to look for to determine if a window or door replacement is needed:

- Seals and swing function should be checked for proper operation.
- Does the door or window close and seal tightly?
- If window glass is fogged this generally means the seal between the glass has failed.
- Rotted wood around the frame and trim is a sign of failed weather protection.
- Condensation on the glass is a sign that the glass insulation value has failed.
- Drafty areas in a home can usually be traced to window or door failures.
- Light infiltration anywhere around the edge of a door or window, if light can get in so can air.

There are many options on the market when it comes to window and door replacement, many styles from simple to decorative, vinyl, wood, metal and composite, but as with most products



you get what you pay for. A lesser priced window or door generally will not have the insulation and performance characteristics as a higher quality product. Warranty and service are also important things to consider. I recommend choosing a product that has a product and installation warranty. Finally, make sure that the installers are certified and trained to install the brand of product you choose. Different products do have different installation requirements.

As always choosing a contractor that will stand behind his product and installation is critical. If you have any concerns or questions do not hesitate to contact a local Contractor and Construction Professional for help and guidance. Hope this month's tips are helpful, TsT.

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Barbara Dunn-Stear

Center Grove resident enhances arts in the greater Greenwood through volunteer work

Compiled by Nicole Davis

Barbara Dunn-Stear was once asked, when you reflect back on some of the places you've visited, what do you remember about them?

"Certainly I remember the food," she says. "But I also remember the art. I remember if that community had statues along its trailway. I remember if that community had free concerts people could attend. I remember if that community had that focus on making their community a vibrant place to live. I think Greenwood has developed that."

As president of the Greater Greenwood Arts Council and board member of the Southside Art League, Dunn-Stear is passionate about playing her part in advancing arts and culture in her community.

Born in Indiana but having grown up in Florida, Dunn-Stear returned to live in Bargersville at age 15. She attended Center Grove High School and hasn't left the area since.

She has worked in real estate for more than 25 years, and is currently a broker associate with Keller Williams, Metro Indy Pros, where she works with her daughter, Erin Dunn Vance. Dunn-Stear and her husband Gary combined have four adult children and 11 grandchildren.

Dunn-Stear's first philanthropic effort was serving on the board for the Humane Society of Johnson County. She did that for nearly 10 years, leaving after helping the nonprofit find and purchase the property in which it currently houses its operations.

She was a charter member of the Rotary Club of White River Township in 2003.

Dunn-Stear took her first class at Southside Art League (SALI) in 1999, initially in drawing and then several years of watercolor. She has a group which she paints with each Wednesday, sharing techniques and supporting one another. She has served on the board for SALI for five years.

"My concentration right now is the facility," she says. "It's a historic building that needs a lot of work, a lot of rehab. We're seeking ways to repair the brick and provide a drainage plan that will help us to keep the building in tact."

The Greater Greenwood Arts Council needed liaison from SALI, for which Dunn-Stear filled in, in 2010. She has been its president for two years.

"We have some projects that are pivotal and solely ours in the community," she says. "The very first project the council did together is the Art on the Trailway. This is the third installment of Art on the Trailway at Craig Park. We rotate them every two years. So we're always in some state of getting ready, choosing or installing the sculptures. ... Next, Mallow Run Winery owner Laura Richardson is on our board and she proposed we make a competition for artists to make something that would become an artist wine label. The theme this year is Hope. The artist creates 2D art focused around that theme and hope they will be featured on the 6th bottling of that wine. A dollar of each bottle sold goes back to us."

The council has also done concerts, educational programs for children at Center Grove and art shows. The next art show is in May, with artwork due by April 28. More information will be available at greenwoodarts.org. New sculptures will be installed in 2018. Along with that, the council is looking at the possibility of inviting local businesses in town to enjoy a day of art by hosting an artist/musician for a day.

Here, learn more about our February Center Grove Icon of the Month, Barbara Dunn-Stear.

What do you consider your greatest virtue?

Tenacity. It's rewarding to overcome obstacles and reach a goal.

What do you most deplore in others?

Besides dishonesty, the inability to follow through on promises.

What do you like most about living in Center Grove?

I like the mixture of suburban conveniences with the rural farms settings in view.

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

A small town center, like in Franklin or Greenwood.

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

Keep my teaching career.

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

I'd love to endow some non-profits whose work is less noticed.

What makes you happiest?

Sharing family times, especially being involved with 11 grandchildren.

What is your favorite vacation spot?

#1 is with daughter Whitney in Kailua, HI. After that, I'd go back to the South of France in a heartbeat!

What do you do with idle time?

Read novels, paint with acrylics and watercolors.

What is it that makes you angry?

Lying and especially lying repeatedly.

What do you do to escape from reality?

Read novels, paint with acrylics and watercolor.

What or who is the greatest love of your life?

My mother – and I could still learn a few lessons from her.

Which living person in Center Grove do you most admire?

I admire several and Carol Tumey comes to mind instantly as a role model for girls and women and someone who continues to contribute daily.

What is the quality you like most in a man?

The ability to show empathy and compassion.

What is the quality you like most in a woman?

Loyalty and support to other women.

What is your greatest extravagance?

Until downsizing, collecting fine china. Now, art supplies.

What are your fears/phobias?

No phobias, but fear of serious illness in my family.

What has been the happiest time of your life?

Virtually anytime next to an ocean.

Which talent would you most like to possess?

Playing piano or ukulele.

What do you most value in your friends?

Wit and wisdom.

Which historical figure do you most admire?

Eleanor Roosevelt.

What is your greatest regret?

That I didn't know and understand my grandparents better or record their stories.

What tenet do you live by?

Golden Rule.



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Quiz on Page 18

1. B
2. A
3. C
4. A
5. D



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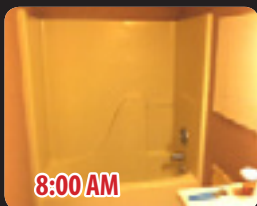


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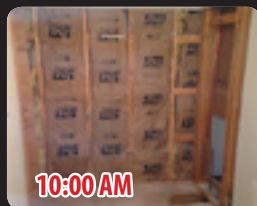
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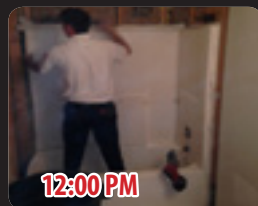
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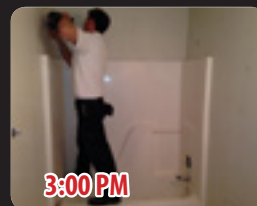
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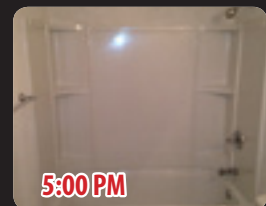
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