

The Southside Times



face to face

Southsiders answer the question,
How has the Southside changed
since you moved here?
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BEECH GROVE • CENTER GROVE • GARFIELD PARK & FOUNTAIN SQUARE • GREENWOOD • SOUTHPORT • FRANKLIN & PERRY TOWNSHIPS

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Randy Middleton opens
Beech Grove Our Place
as a community center to
bring back a small town,
neighborly atmosphere.

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Shall we gather at the center?

GOVERNMENT WATCHDOG



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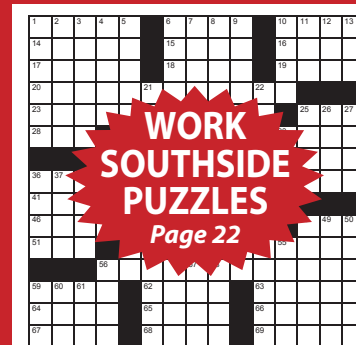
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IT'S GOLDEN Pages 14-19



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Roncalli Salutes Our Marion County Swimming Champions



Row 1: Nick Carpenter, Ryan Armstrong, Blake Ludge

Row 2: Manager Emily Hall, Jack Bauer, Adam Pongracz, Jason Croddy, Eddie Huck, Coach Kevin Halton

Row 3: Coach Sara McClain, Elliot Nail, Noah Buening, Gabe Buening, Coach Ed Merkling

Congratulations to Roncalli Swimming Coach, Ed Merkling, who was named the Marion County Swimming Coach of the Year by his peers. Congratulations also to Roncalli Swimming 2015 Marion County Champions: Eddie Huck, Jack Bauer, Adam Pongracz and Nick Carpenter who won the 200 Medley Relay. Adam Pongracz also won the 100 Yard Butterfly.

For the first time since Roncalli started competing in the county championships, swimmers Adam Pongracz and Eddie Huck finished first and second respectively in the 100 Yard Butterfly. We salute these student athletes and their coach!



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Investigating your own home

HAUNTS & JAUNTS

By Rick Hinton

The *Southside Times*'s article (Jan. 7-13) "My house is still haunted" has garnered reactions. I have received messages from those wanting to accompany me on an investigation of the southern Kentucky home. They are on board to decipher what is going on. I may, however, have to pass on the offer.

Does a paranormal investigator investigate their own home? Most likely not.

An association with a spiritual entity in your own residence becomes a personal matter, and like it or not, you either learn to co-exist or take measures to rid your home of them. They may be unwelcome guests, but at the end of the day they're still your guests. In a strange twist, over time they become members of the family—becoming familiar with our quirks and eccentricities. And sometimes they play upon these. It becomes a factor in day to day living. But, then suddenly you bring in a troop of unfamiliar faces with an arsenal of cameras, recorders, meters with colorful lights, and a barrage of questions. The game then changes....

It is felt that investigating your own personal abode is not a good thing. For the spirits involved, it's an intrusion; and for us, an intrusion also. Let's face it, you have to live there after the equipment is packed up and the investigation ends. The investigation

may either ramp up activity (spirits apparently can get highly pissed off over this invasion of their personal space) or quite the opposite—they retreat into the shadows during the investigation, but likely re-emerge after the investigation ends. And most likely not happy campers over it all!

The house my wife and I presently live in on Southport Road in Indianapolis has an additional resident (or two). It's nothing malevolent. We are co-existing. The house in Kentucky, however, I'm not sure what is going on there. And maybe I don't want to know. During the last few months of my mother's life I DID set up equipment on a couple of occasions, one time

aiming an infrared camera upon her as she slept. Audio recorders were placed throughout the house. To this day I have yet to review these recordings. Perhaps I never will. This may have been a mistake, and I only intensified the paranormal activity? Time will tell, yet there is something still there two years after her death. Is it something from the land itself, my mother (she was the only owner of the house) or something else?

Many questions, yet seldom any answers.



A serious decision has to be made when considering investigating your own home. Photo by Rick Hinton



Rick Hinton, a Southport resident, loves researching things that go bump in the night. His articles can be read on Facebook: Rick Hinton, Southport Paranormal Examiner. Hinton conducts paranormal investigations with his team, South Central Paranormal.

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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 ndavis@ss-times.com. Remember, our news deadlines are several days prior to print.



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The Southside Times reaches a vast segment of our community. For information about reaching our readers, call Brian Ruckle at 300-8782 or email him at bruckle@ss-times.com.



The Southside Times

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THIS WEEK on the **WEB**



Taste the Pazazz

Local apple lovers speak up now. Indianapolis has been selected this week as one of a limited number of cities across the country to sample Pazazz, the all new apple winter apple, that many retailers believe will become the next truly national variety following the best-selling success of Honeycrisp.

ss-times.com/taste-the-pazazz/



IMCU gives back for its 60th birthday

Indiana Members Credit Union (IMCU) announced, in celebration of its 60th birthday in 2016, that it will host the IMCU Gives Back Campaign awarding \$6,000 to not for profit organizations each quarter in 2016. The \$24,000 will go to organizations that serve Health, Education, Veterans, and Homeless/Basic Needs.

ss-times.com/imcu-gives-back-for-its-60th-birthday



IPL offers winter tips

Indianapolis Power & Light Company (IPL) customers can fight the winter chill with resources available to help bear the burden of cold days ahead. Read more about energy-efficiency and safety tips for the home:

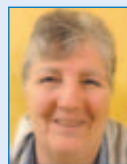
ss-times.com/ipl-energy-safety-tips/

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face to face

Q: How has the Southside changed since you moved here?

"The traffic is bad and the business is booming. We moved down here because there was nothing. I know Indianapolis has got to grow and change but the traffic has also gotten bad, especially at Emerson and County Line. It was wonderful. There was hardly any traffic or traffic jams but that has changed."



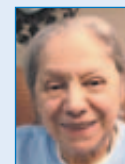
Shiela Bruhn of Perry Township

"I moved here in 2005 from Northern Indiana and the Southside has grown economically. I would like to see the city of Beech Grove grow with it. The area around St. Francis on Emerson is expanding and heading up toward Beech Grove. I would like to see the businesses coming up further north and connect with the Beech Grove area."



Diana Hendricks of Beech Grove

"I lived on Elm Street as a child and that is no more. A road has gone through there. They made a highway out of that. I can remember horses pulling carts and that is no more. There used to be railroad tracks for the trolley cars. We don't have that anymore. A lot has changed on the Southside. I lived close to Fountain Square and that has all changed. There used to be a lot of 5 and 10 cent stores and they are all gone."



Frances Wheatley of Perry Township

"It has exploded. It has grown up. It is much busier. I used to be able to ride my bike to Greenwood Park Mall, ride our bikes to Adrian's Orchard. You can't do that now. It is too busy. We used to ride our bikes to school. We went to St. Mark's."



Donna Coffey of Perry Township

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Jay Arnold: Greenwood Police sergeant catches 'the law enforcement bug' during his service in the Navy

BEHIND the BADGE

After spending eight years as a patrolman and four years as a detective for the Greenwood Police Department, Sgt. Jay Arnold is back on the road, this time as a supervisor. He says the change has allowed him to not only get back out into the community and interact more with citizens, but to teach the patrolmen things he learned as a detective that can help in solving each case.

"It's more challenging, but I like the challenge," he said. "It's nice to get back on the road and do something different."

Arnold grew up on the Eastside of Indianapolis, graduating from Warren Central High School. He joined the Navy as an aviation ordnanceman, spending three and a half years on the USS Theodore Roosevelt. When he returned home, he put in applications for jobs in law enforcement and enlisted in the Army National Guard, serving two and a half years. He was out for a year and in Oct. 1999 enlisted in the Air National Guard in Terre Haute as a security force. That same month he was hired to the Indiana State Capitol Police where he went through the police academy in October 2000. He was called to active duty after 9/11 and served three and a half months in Qatar. After being released from active duty in April 2003, he returned to the Capitol police. He was hired to the Greenwood Police Department in 2004.

"I love the community," Arnold said. "The people are great. It's small compared to Indianapolis. There's still a small town feel. There is not a place you can go without running into someone you know. The police department treats us great. I enjoy going into work. I have an excellent team."

Arnold was promoted to sergeant in October 2015 and serves as a night shift supervisor. He resides in Greenwood with his wife, Dawn, and their son, Gavin.

What was your inspiration to become a police officer?

When I was in the Navy, I was sent to temporary duty, called Master-at-arms, to become a ship's police officer on the carrier I

was on. I got the law enforcement bug and decided that was what I wanted to do when I got out of the military.

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

The last four years of my career when I was a detective. When I was on the road you take a call, go from call to call, and you never get to see some of the bigger cases through to the end. The detectives try to keep you involved, but it's not always possible. As a detective, it was nice to work cases sent up from the road and to see those to the end. It was nice to get some sort of gratification from the victim.

What aspect of the job do you find most challenging?

Right now the most challenging, from my perspective, is trying to get the people out here to stop looking at police officers in a negative light. The media portrays police officers as rule breakers, above the law. That's a minute percentage of the population that they focus on. They don't focus on the good things. Trying to make sure people see us in a positive light no matter what we're doing in our job is the biggest challenge.

What do you enjoy doing in your off-time?

I have a 7-year-old son who is a little mini-me. He's at my hip the whole time I'm at home. We play video games. I like to read. My wife and I golf together. I like tinkering around in the garage, woodworking. It's hard for me to sit still.

What are your future goals, professionally or personally?

Personally, my goal is to be the best husband and father I can be. I want to finish my career as a police officer, retire and do something else. I wouldn't mind after retirement, going into the police academy to teach.

What would you have done if you hadn't of become a police officer?

I probably would have stayed in the military. I never thought about doing anything other than being a police officer since I exited the military.

Compiled by Nicole Davis



Jay Arnold

Photo by Nicole Davis

VIEWS

READERS' WRITES

Good Beech Grove city services continue

I would like to give a big thank you to the employees of our Department of Public Works for their good work in cleaning our streets. Over the past three years, much has been done in replacing equipment and adding spreaders that will make snow removal easier to accomplish. I think most agree that they do a nice job of clearing streets under adverse conditions. In the spirit of making it better for our employees, it is our intent to replace front line service vehicles by this spring. By doing this, we will purchase new plowing equipment to further enhance our snow plowing capabilities.

I also would be remiss if I didn't thank this same group of employees for their continued trash pick up under cold conditions. Our friends to the north decided to suspend trash collection earlier in the week for one day as a result of the weather, but our dedicated employees continued on to serve you. We have simply the best trash pick up and city services around and I'm very grateful for that.

Dennis B. Buckley, Mayor
City of Beech Grove

The Southside Times welcomes letters to the editor in good taste.

All submissions are subject to editing. Please send to news@ss-times.com.

All letters must be signed. Please include a daytime phone number for verification purposes only.

GOVERNMENT WATCHDOG



SOUTHPORT CITY COUNCIL

Meeting, Jan. 18

■ **What happened?** Resolutions 2016-2 and 3 were passed.

■ **What it means:** These resolutions allowed for the encumbrance of funds 2015 funds that had not been spent to be used in 2016, and for clerk-treasurer Diana Bossingham to pay bills through the coming year.

■ **What's next:** The next council meeting is Feb. 15, 7 p.m.

Compiled by
Nicole Davis

In brief...



Pictured, Jim Cooney, Duane Langreck, Bill Leber, and Steve Beals are sworn into the Southport Redevelopment Commission by Mayor Russell McClure. Photo by Nicole Davis

• Appointments were made to the Redevelopment Commission for 2016, including the reappointment of Jim Cooney, Duane Langreck, Bill Leber and Steve Beals. Wendell Adams will also join the RDC.

• Jim Cooney was voted as city council president for 2016.

• Southport Police Chief Thomas Vaughn awarded Board of Public Works member Duane Langreck a Distinguished Citizen Award for his volunteering efforts with the city for the past 37 years.

• Chief Vaughn also announced that Community Hospital recently donated 19 Tasers and refills to the police department.

OUR VIEW

Solving problems one meeting at a time

Everyone from Garfield Park area residents to Indianapolis city councilors and law enforcement officials gathered at the Garfield Park Neighbors Association meeting on Tuesday night. The turnout for this regular meeting, the first of 2016, was impressive – but all the more inspiring is that this wasn't much larger than the usual attendance.

With more than 100 registered members in the association, the majority of its members attend each meeting. It's wonderful to see so many people gather together and discuss issues of importance to them, solving problems and getting questions answered in a productive manner.

At the Jan. 19 meeting, Indianapolis Metropolitan Police Department's Southeast District Commander John Mann discussed the amount of home break-ins and the suspects who have been apprehended. He warned that people who warm up their cars in the winter need to stay near their car and have a light shining on it to deter thieves. Past President of the association, Jim Simmons, introduced speakers to talk about the environmental impact of a leak at the BP gas station and what is being done to fix the problem. Citizens Energy Group gave a presentation on the Bean Creek Sewer Erosion Mitigation Project, with construction to begin in March.

These meetings are the perfect time to get to know your neighbors and learn about what's going on around you. We encourage you, no matter the area you reside, to find your nearest neighborhood association and get involved.

BELIEVE IT!

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

In Mississippi, if one is a parent to two illegitimate children, that person will go to jail for at least one month. **-dumblaws.com**



STARS & STRIKES ON THE SOUTHSIDE

The Southside Times is all about people and our community. What do you like in your neighborhood? What don't you like? Who has done something nice, no matter how small and should be recognized? Email your "Stars and Strikes" to news@ss-times.com. Jim Coffman, owner of Eckstein Shoes, contributed to this week's Stars and Strikes.

★ Star: To Chris White, 28 year old Beech Grove resident, who collected 150 cases of water and will be delivering them to the residents of Flint, Mich.

★ Star: To Wanamaker resident David Howe who was promoted to assistant chief of police on the Southport Police Department this week, and to the other officers whose promotions were announced during the department's recruit graduation ceremony on Jan. 18.



Star: To the Johnson County Community Foundation which will celebrate its 25th year in operation as a nonprofit this year.

The organization kicked off its celebrations on Jan. 20 at Ray Skillman's Collector Car Sales Showroom in Greenwood. We know some exciting things are coming this year, and are looking forward to seeing more good coming from the foundation.



Strike: To the people who have stolen cars from our Southside residents, taking advantage of them as they warm up their car during this cold, winter weather. IMPD announced that 35 cars have been stolen this past week in the Southeast district. Everyone, please stop leaving your cars unattended to as they are warming up.

HUMOR



Top ten random thoughts as I lay here moaning on the icy sidewalk

By Torry Stiles

10. I remember when I used to pop back up and laugh at this sort of thing. Now I just wish to lie here until spring.

9. Oooooo..... such purty clouds. They remind me of the cotton ball in the aspirin bottle.

8. Nailed the dismount, blew the landing.

7. Didja ever notice that those insurance commercials never talk about stuff like this? Car wrecks and dinosaurs, sure, but not this.

6. Great, here comes someone to help. How's my hair?

5. I hope these stupid dogs appreciate this. and that I didn't land on 'their spot.'

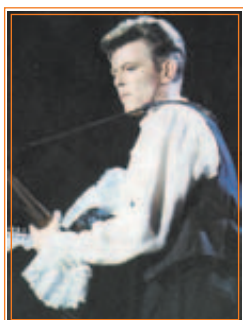
4. Why's my phone going off? Great. The neighbor kid just posted the video on Facebook.

3. If I had golf cleats this would've never happened.

2. My mom's birthday is coming soon and this mild concussion is a perfect excuse to forget to get her a card again.

1. Okay. So maybe \$3.99 wasn't such a ridiculous price for a little bag of sidewalk salt.

QUOTE OF THE WEEK - IN MEMORY OF...



"I suppose for me as an artist it wasn't always just about expressing my work; I really wanted, more than anything else, to contribute in some way to the culture that I was living in. It just seemed like a challenge to move it a little bit towards the way I thought it might be interesting to go."

~ David Robert Jones "David Bowie" (Aka. Ziggy Stardust) 1947-2016
English singer, songwriter, multi-instrumentalist, record producer, painter and actor

Pinning new policemen

Southport Police Academy celebrates its first graduation with 12 recruits, graduate recognitions and department promotions

By Nicole Davis

Twelve new police officers will soon take to the streets after graduating from the Southport Police Department's Law Enforcement Academy on Jan. 18. These men trained for the last six months, honing their skills in firearms, traffic stops, physical fitness and more.

The Southport Police Department's newest officers are: Christopher Antonio, Jeffrey Balph, Joshua Bustin, Cameron Ellis, Jose Mejia, Richard Parnell, Jordan Perryman, Ryan Rhoades, William Robertson, Sean White, Joshua Whitlow and Johnny Wilson.

"We're the tightest group of guys I think you'll ever see," said Ellis, Greenwood resident and Southport High School graduate. He gave a speech during the ceremony as the class captain. "The comradery in our recruit class is unlike anything that any department has. Since we're a reserve department, we don't get paid. We all have full-time jobs outside of the police department... I began with the Marion County Sheriff's Department. I was assigned to the jail division. I took it upon myself to get out of the jail atmosphere and move to a patrol division so I would have a bigger opportunity to make an impact on people's lives... At the end of the day we all come together because we all share that same interest."

Recruits who went above and beyond were also recognized at the graduation ceremony. Sean White was named Class Valedictorian. Southport resident and Board of Public Works member Duane Langreck was surprised with a leadership award given in his name, the Duane Langreck Leadership Award for Outstanding Performance and Dedication. This was presented to William Robertson for his team leadership throughout training.

The academy recently received a Tier II certification from the Indiana Law Enforcement Academy. They are currently taking applicants for the classes to begin April 2. Those interested should email recruitment.sopd@gmail.com.

Photos by Nicole Davis



Top, left: From left, Jordan Perryman, Richard Parnell and Ryan Rhoades take vows after receiving their badges. **Upper middle, left:** Boots sitting on an empty chair represented the officers who have given their lives while serving their communities. **Upper middle, right:** Class leader Cameron Ellis gets his badge pinned on his uniform. **Lower middle, left:** Richard Parnell poses for a photo with his nephew, Patrick. **Lower middle, right:** Christopher Antonio gets his badge pinned on his uniform. **Bottom, right:** Pictured Duane Langreck presents William Robertson with the Duane Langreck Leadership Award for Outstanding Performance and Dedication. Langreck was surprised with this leadership award being named in his honor during the police graduation ceremony.

Shall we gather at the center?

Randy Middleton opens Beech Grove Our Place as a community center to bring back a small town, neighborly atmosphere

By Nicole Davis

Reflect back on a time when everyone knew everyone in Beech Grove. They hung out after church or school events. They spent time socializing, face-to-face and not on Facebook. Randy Middleton hopes to bring some of that close-knit feeling back through Beech Grove Our Place Christian Community and Performing Arts Center which opened this month.

"We're all on Facebook, we're all talking digitally but we don't go out and meet anybody," he said. "(I want to) get back to the old community socialization that we used to have."

Middleton works full time in IT at Perry Township Schools. He approached the congregation at Beech Grove United Methodist Church, where he serves as a lay leader, and pitched the idea of opening a community center in the building that the church moved out of five years ago. The building has been closed through that time, with exception of the thrift shop that was being run out of the basement. He received underwriting support from the church.

"I said I wanted to make it a community center, separate from the church," Middleton said.

"For the last two years, I've been trying to do outreach programs. We ran an outdoor theatre for four or five years, but you're subject to the weather. Bringing it inside, it doesn't matter the weather. You can do the community events indoors."

The 10,000 square-foot, three-story building is a lot to maintain and needed a lot of work to clean up. He enlisted the help of fellow church members and family members such as his sister, Karla Richardson, to help get the community center opened. Middleton's first priority was to make the facility handicap accessible so everyone in the community can come. He installed a ramp into the lower floor of the building and an elevator from the basement to the second story. He began cleaning up the building, installing things such as projector screens where they could play movies and lighting. They opened Beech Grove Our Place for its first event, a Game and Movie night, on Jan. 8.

"We didn't want to open until it was finished, but we started talking about some of the events we could do without having it finished and decided to open for those events," he said. "We're excited that we're rolling, people are interested, and are saying nice things."

Middleton said they hoped for 20 to 25 people for the first game and movie night. There were 63. That event will take place every Friday night with games at 6 p.m. and a movie at 7 p.m. The event is free and a concession stand is available with snacks

for purchase.

"I was thrilled when I was working the concession stand and saw that every table was full with kids playing board games," Richardson. "They were really sitting there playing games and enjoying themselves. To me, to see that our vision and hopes came true, that was neat. They could sit at home and play a game but this is different. They were socializing, meeting people you might not meet somewhere else."

With ideas overflowing, Middleton said he's open to hearing opinions from community members on what they would like to see happen in the center. He said they would like to put in a computer lab for tutoring, after school homework, mentoring, job searches and more. He would like to install curtains and theater lighting on the stage for them to host plays and musicals with a true theater experience. He would also like to upgrade the kitchen, making it more efficient. To accomplish all of that, he and Richardson said they need more volunteers and donations. They are also applying for grants to fund the projects.

"There is so much more we think we can do for kids," he said. "There are so many activities we have in mind. There's only so much time, energy and money to go around."

Middleton said his initial idea for the building was to make it a wedding venue, perfect for the do-it-yourself type of people who may want a church setting but don't belong to a church. He said they will use money raised from events such as weddings and birthday parties to fund the other events and activities that will be open to the community. There is still work to do to have the building ready to use as a wedding venue, though they have booked their first wedding for July.

The last Saturday of each month will be a dinner and concert fundraiser, with dinner at 6 p.m. and a live band at 7 p.m. Middleton plays bass in the band Holy Aces which will perform on Jan. 30.

Jan. 30 will also be a craft fair with local vendors. Feb. 27 will host a bridal show, which Richardson received tremendous interest from wedding vendors. March 26 will be Spring Into Summer, with homemade craft and direct sale vendors and a fashion show on the second floor.

"Seeing it actually open after a year of working on it, I'm most excited for the future," Middleton said. "The response so far has been great."



On the cover and above: Randy Middleton opened the doors to Beech Grove Our Place on Jan. 8, hosting community events from the former church building. Photos by Nicole Davis.



Above: Our Place in Beech Grove. Submitted Photos

**Beech Grove Our Place
Christian Community and
performing Arts Center**

102 S. 9th Ave.
Beech Grove, IN 46107
Bgourplace.org

AROUND TOWN**Local business leader joins Sandlin for Senate**

George Stergiopoulos, owner of the Greek Islands restaurant and local community leader, has endorsed Jack Sandlin for State Senate District 36 and joined his campaign as Vice Chairman. "I've known Jack for over 30 years and he is the hardest working, most honest man I know. I trust him and am confident that he'll always do what he says," said Stergiopoulos. "As an experienced businessman, City-County Councillor and trusted community voice, Jack has always represented the best interests of our community. He's pro-business, pro-family, tough on crime and a long-time resident of this district. He's exactly what we need in the Indiana State Senate."

Sandlin is an Indianapolis City-County Councillor and owns Jack Sandlin & Associates, a firm that provides security consulting, fraud examination and private investigation services. His background includes more than 20 years with the Indianapolis Metropolitan Police Department and three years serving on the Federal Drug Task Force. Sandlin is a U.S. Army Veteran and lives on the south side of Indianapolis with his wife, Lydia. They have one daughter and three grandchildren.

Skillman to chair Franklin Township's Freeman's senate campaign

Indianapolis business leader Ray Skillman has announced that he will serve as Campaign Chairman for the State Senate Campaign of Aaron Freeman. Freeman, a current Indianapolis City-County Councillor, is running for the Republican nomination in Senate District 32.

"I've been inspired to serve as Aaron Freeman's Campaign Chairman because of the respect I have for him," says Skillman. "In all the years I've known him, he has proven himself to be an excellent public servant and a true and honest man who works hard for his constituents."

Skillman owns nine full-service automobile dealerships in Central Indiana. He is an active member of the community and has donated millions of dollars to charities, schools, youth athletics, parks, food banks and veteran groups.

Freeman joined the Indianapolis City-County Council in March 2010 and operates a private law practice, the Freeman Law Office, LLC, in downtown Wanamaker. He attended Bradley University and the University of Dayton School of Law. From 2010-2014, he served on the Board of Directors of the Indianapolis Bar Association. Freeman and his wife, Heather, live in Franklin Township with their two young sons.

Director of the Indiana State Board of Nursing. Gorman resides Old Southside neighborhood home along with his partner, four children, and a handful of cats and dogs. Indiana's primary election will be held Tuesday, May 3. The general election will be held on Nov. 8, 2016. Sean Gorman can be reached for comments at gorman.sean@gmail.com.

Sara Wiley announces candidacy for State Senate

Sara Wiley (D) announced that she is running for Indiana State Senate District 32. A teacher for 16 years at Beech Grove Middle School, Sara has dedicated her career to educating Hoosier children. She has witnessed firsthand the impact of debilitating budget cuts and increased standardized testing requirements imposed on public school districts as a result of Indiana's recent "education reform." Sara believes children deserve a quality education that emphasizes critical thinking skills rather than the mastery of standardized tests. Further, Sara said she considers it imperative to improve our state's crumbling infrastructure to foster a thriving business community and ensure the safety of all who travel Indiana roads and bridges. She also supports enacting tougher sentences on violent crimes and repeat offenders.



A resident of Franklin Township, Sara lives in Indianapolis with her husband and two children. She earned both undergraduate and master's degrees from Indiana University, and is a member of Holy Name Catholic Church. The campaign will be chaired by Indianapolis City County Councilor Frank Mascari (D). Current State Senator Pat Miller has announced her retirement after 34 years in the General Assembly. Indiana City County Councilor Aaron Freeman (R) and State Representative Cindy Kirchhofer (R) have announced their intention to run.

Southside residents make Indiana State Dean's list

Indiana State University has announced its dean's list for the fall semester of 2015. To be eligible for the dean's list, students must be enrolled full time and maintain a 3.5 grade point average or higher on a 4.0 scale. Area students making the dean's list are Morgan Burkman and William Slade of Beech Grove; Isaiah Bartlett, Shelby Beloat, Dustiny Budd, Austin Cook, Imani Crumble, Michaela DeGraff, Kyle Elefson, Peighton Emmert, Sasrah Fox, Brittany Fugate, Logan Gillespie, Eligah Gottlieb, Cheyenne Gunter, Andrew Hile, John Howard, Ciera Hutchings, Andrew Jewell, Christopher Klimaszewski, Cassandra Lee, Patricia Lovell, Jacob Mellinger, Monica Morris, Stefan Munsey, Elizabeth Oswalt, Abigail Piccione, Brittany Rausch, Yahzmine Ridguez, Abby Roth, David Schimmel, Christopher Stone, Taylor Sumner, Daniel Swem, DeRon Young and Logan Zielinski, all of Indianapolis; and Tyler Antal, Kyleigh Brown, Benjamin Churchill, Haley Gravely, Elliot Gray, Brakayla Hillis, Taylor Hudson, Rachel Johnson, Nathaniel Jones, Leah Kauffman, Collin Lamberth, Tonya Long, Adam Maples, Stephanie McFarland, Elise Middleton, Mitchell Monroe, Danielle Muse, Emilee Northern, Rachel Overton, Danielle Partain, Jessica Partain, Kade Patterson, Maxxwel Rance, Elizabeth Rogers, Jennah See, Erika Smith, Hannah Stuber, Julia Walker, Kalie Welling, Regan Wentland and Eric Wessel, all of Greenwood.

Southside's Kennedy Archer makes university Dean's List

Kennedy Archer, a Freshman majoring in Marketing, from the Southside of Indianapolis, was among approximately 2,248 students at Coastal Carolina University who made the Fall 2015 Dean's List. To qualify for the Dean's List, freshmen must earn a 3.25 grade point average, and upperclassmen must earn a 3.5 grade point average. To qualify for the President's List, students must earn a 4.0 grade point average. All students must be enrolled full time. Coastal Carolina University is a liberal arts institution located in Conway, S. C.

Greenwood's Schellin named to Ohio Christian Dean's List

Landon Schellin of Greenwood has been named to the Traditional Program Dean's List at Ohio Christian University for the Fall 2015 Semester. To be eligible for the Dean's List, a student must achieve a semester GPA of 3.5 or better and be enrolled in at least 12 semester hours.

Continued on page 13

Gorman announces Indiana State Senate district 36 candidacy

Sean Gorman of Indianapolis has announced that he is seeking the Democratic nomination for Indiana State Senate's District 36. Indiana Senate District 36 includes a portion of downtown Indianapolis including the IUPUI campus, neighborhoods south of the downtown such as Bates-Hendricks, Garfield Park, University Heights, Homecroft, and the City of Southport. Senate District 36 also represents a portion of Johnson County along State Road 135.



Gorman is an Indianapolis native and lifelong Hoosier. He is a licensed health and life insurance producer as well as a licensed attorney in the State of Indiana, having earned a B.S. in Public Affairs and J.D. from Indiana University in Bloomington. Gorman has approximately 10 years of public service experience in Indiana State Government with the Department of Natural Resources, the Department of Environmental Management, and the Professional Licensing Agency, where he managed Indiana water resources, wrote air quality regulations, and served as

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ON CAMPUS**Lewis Univ. honors Greenwood residents on Dean's List**

Hannah Cross and David Heckman of Greenwood were named to Lewis University's Dean's List for the 2015 Fall Semester. Cross is studying Flight Management and Heckman is studying accounting at Lewis University. More than 1,450 students were honored on the Lewis University Dean's List for the 2015 Fall Semester. To be eligible for this honor, students must have completed a minimum of 12 semester hours of credit with a grade point average of 3.5 out of a possible 4.0 and with no "D" or "F" grades. Visit www.lewisu.edu for more information.

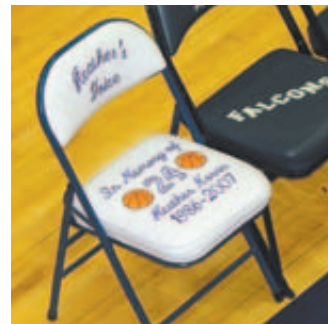
Heather's Voice night at PM High School

Perry Meridian girls' basketball team brings awareness to domestic violence

Heather's Voice night on Jan. 19 at Perry Meridian High School raised money for a scholarship in the name of former PMHS basketball player, Heather Norris, who played from 2001 to '05. Norris was killed in 2007, a victim of domestic violence.

"Everyone who was on the team at that time loved Heather and know that this didn't have to happen," said Head Coach Mike Armstrong. "We want to do our small part in hopes it never happens again." Coach Armstrong said that's why the team and school continue their efforts to fight domestic violence.

Her former team leaves an empty chair for Heather at the end of their bench during home games. Both the Perry Meridian and Center Grove basketball teams wore Heather's Voice shirts during warm up. Several items were part of a silent auction fundraiser throughout the girls' basketball games. That auction continued through Wednesday's boys basketball game.



Visions of '16

Southside Pastor Jenkins publishes The New Prophetic Almanac for 2016

FEATURE

Each year Pastor Bill Jenkins of the Church of ACTS writes a book revolving around the prophetic vision for the new year. His recent book for 2016 is The New Prophetic Almanac.

"Every number, color, word, name, place or reference to time in the Bible has significance," he writes. "It is put there for a reason. When we study to find the deeper meaning to these specific things it will help us to understand the true intent of God for a particular passage of scripture or story in the Word."

He continues, "I want to focus in on the number sixteen and how I believe its references in the Bible lead us in revealing God's perfect will for our lives in 2016. With 2016 being a leap year, it's going to be unusual in many ways. It's extremely important for us to walk in wisdom throughout this year to ensure the full blessing of God in our lives. The Lord spoke to me that understanding the importance of the number sixteen in scripture

would connect us to knowing His expectations for us this year. There are 26 references to the number sixteen in the Bible with a majority of them being in the Old Testament."

Jenkins writes, based on bible references of the number 16, the year 2016 will bring the building of stronger families, dominion (self-improvements), coming of age (maturity), and love.

"Allow God to develop in you the ability to walk in love towards even the unlovable," he writes. "Rule yourself and gain dominion over the hurts, habits, and hang-ups that have kept you from experiencing the fullness of God. Come of age and mature by realizing everything is not about what you can get but what you can do for others. Focus in on your marriage and family because whatever you feed will grow and whatever you starve will die. Leap into 2016, focus on the vision of God and success will be yours!"

For more information, visit churchofacts.org.

Compiled by Nicole Davis



Pastor Bill Jenkins

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Keeping your pets safe and warm during the cold winter months

PAWS for THOUGHT

By Dr. Jeff Ambrous

Winter has finally arrived here in central Indiana. And the snow has made its appearance. Here are a few tips for you and your pets when it is cold out. A dog's coat is designed for protection from the elements. It is best not to clip the hair too closely this time of year unless your dog does not go outside. Short coat dogs may require a jacket or sweater to go out.

Be sure not to let your dog walk in the salt from the sidewalk. This can irritate the pads of the feet. If there is exposure, wash off the salt as soon as you can. Some dogs will wear booties when going outside. Even though it is fun to play outside in the snow, dogs can only tolerate cold temperatures for so long. Do not leave them out for extended periods of time when the mercury drops.

Finally make sure that your pet has a warm spot to rest and sleep. Have an enjoyable winter.



Dr. Jeff Ambrous practices at South 31 Veterinary Clinic and can be reached at (317) 788-0893.

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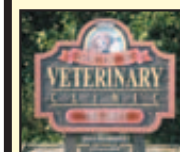
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OBITUARIES

Chester E. Beikman

Chester E. Beikman, 73, of Indianapolis, died on Jan. 9, 2016. Chester was born Dec. 20, 1942 to Albert Beikman and Mary "Holton" Beikman. Chester was in the Carpenter's Union 301 and belonged to the Masonary with his brother, Dale Beikman. After retirement he owned Chester Beikman's Tree Service for three to five years. Chester is survived by his daughters, Valerie (Steve) Spaulding and Mary (Robert) Mancini; grandchildren, Timothy E. Beikman, Jeremy W. Beikman, James C. Shaw and Steven T. Spaulding; 10 great-grandchildren; and brother, Paul (Ruth) Beikman. Chester is preceded in death by his wife, Violet May "Benton" Beikman. A memorial gathering will be Jan. 23, 2 - 5 p.m. at Dale's Restaurant on Thompson road in Indianapolis. Arrangements are under the direction of Little & Sons Funeral Home, Beech Grove.

Vada M. Berting

Vada M. Berting, 106, died on Jan. 17, 2016. Vada was born on Feb. 20, 1909 to the late Frank and Hazel Coleman, in Alexandria, Ind. She had four sisters who preceded her in death. She graduated from Shortridge High School in 1929. Vada married the love of her life, Herman (Bus) Berting in 1930. They lived in Indianapolis until 1955 when Herman's job took them to McComb, Miss. After the death of her husband of 43 years in 1973 Vada remained in McComb until 2002 when she returned to Indianapolis to be close to family. In 2011, she moved to Swansboro, N.C. to reside with her son, Tom and wife Evon. In her later years Vada received several local honors that were very special to her and appreciated including Grand Marshall of Mullet Festival Parade, Key to the Town of Swansboro and Certificate of Recognition for being a rare and cultural treasure to Onslow County. She was preceded in death by her Husband, Herman (1973); daughters, Joann Cress (2002) and Barbara Sandall (2000); son-in-law, Phil Cress (2015); grandsons, Kyle Klotz and Kevin Klotz. Vada is survived by her two sons, Robert and wife Barbara; and Tom and wife Evon; and a son-in-law, Bill Sandall. She has 17 other grandchildren, David Reid; Debra Campbell, Donna McInerney (Jeff); Don Reid; Joe Reid (Ruth); Joyce Wagner (Dan); Ken Klotz (Diane); Keith Klotz; Tony Carver (Anita); Terry Cress (Becky); Tina Cress (Ann); Don Cress (Karina); Larry Cress (Gayle); Shannon Sandall Langmaid (John); Laura Berting; Lisa Berting Carwile (Eric); and Ashley Berting. Vada has 21 great-grandchildren and one great-great-grandchild. Visitation was Jan. 19 at the Jones Funeral Home, Swansboro, N.C., prior to her returning home to Indianapolis. A visitation will be at Singleton Community Mortuary and Memorial Center on Jan. 22, 5 until 8 p.m. The funeral will be at the University Heights United Methodist Church on Jan. 23, 11 a.m., with calling from 10 a.m. until the service. Committal service will follow at Washington Park Cemetery. Memorial donations may be made to University Heights United Methodist Church Trustee Fund, 4002 Otterbein Ave., Indianapolis, IN 46227-3698.

**David Michael Blackwell**

David Michael Blackwell, 86, of Indianapolis, died on Monday, Jan. 11, 2016. He was born Nov. 9, 1929 to the late Francis and Marguerite (Maloney) Blackwell in Indianapolis. David was baptized and attended grade school at St. Joan of Arc and was a graduate of Cathedral High School, class of 1947. He was in insurance sales with Metropolitan Life (Met Life) for over 30 years. David was a member of the St. Pius X Council 3433, Knights of Columbus and a member of Christ the King Catholic Church where he served as an usher. He is survived by his children, Julia Anne Gugliuzza (Anthony), David Brian Blackwell, Dr. David Michael Blackwell, II (Dr. Doug Ramsey) and Elizabeth Ann Blackwell; sisters, Patty Lawless (Don) and Margo Kirby; and grandchildren, Patrick Jones and Erin Jones. He was preceded in death by his first wife, Reatha Anne (Bledsoe) Blackwell, in 1962 and his second wife, Mary Helen (Bradley) Blackwell, in 2000. A Mass of Christian Burial was Jan. 14 in Christ the King Catholic Church. Burial will take place in the spring in Calvary Cemetery. Memorial contributions have been suggested to the Alzheimer's Association. Arrangements and care are entrusted to Lauck & Veldhof Funeral & Cremation Services.

**Patsy Kay Casteel**

Patsy Kay Casteel, 74, of Indianapolis, died on Jan. 11, 2016. She was born on Jan. 30, 1941 in Hatfield, Ind. to Roy and Quannah (Dooley) Thompson. She was a homemaker. Survivors include her daughter, Beth Casteel; grandchildren, Charles Weigel, Morgan Casteel, Jesah Collier, Michael Fowler, Jr; two brothers, Larry and Terry Thompson; sister, Diane Futrell. Preceded in death by her husband, Tilman Casteel. Visitation was Jan. 20 at G.H. Herrmann East Street Funeral Home, 1505 S. East St., Indianapolis. Graveside Service followed in New Crown Cemetery.

Eva E. Doty Chenault

Eva E. Doty Chenault, 73, of Indianapolis, died Jan. 11, 2016. Survivors include two sons, Eric and Tony; sister, Diane Doty and four grandchildren, Randall, Dylan, Mackenzie, Curtiss and Jessica. She was preceded in death by her husband, Phil and parents, Leon & Martha Doty. Memorial Visitation was Jan. 15 at G. H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch, 1605 S. State Rd. 135. Memorial contributions may be made to Johnson County Humane Society.

Viola Christine "Chris" Coffman

Viola Christine "Chris" Coffman, 93, of Greenwood, died Jan. 12, 2016. The daughter of Jason Eugene and Mamie Della Lynn Statom, Viola was born May 13, 1922 in Casey County, Ky. A homemaker, she enjoyed quilting, wood crafting and bird watching. Viola is survived by her daughter, Cyndi M. (Vince) Sabotin; brother, Eugene Statom; sisters, Juanita Murphy, Carolyn Pruitt, Lucille Reed, Peggy Reed and Jewell Whitis; grandchildren, Christina (Lawrance) Crone and Cory Sabotin; and great-grandson, Jacoby Crone. In addition to her parents, she was preceded in death by her husband, Ernest T. Coffman. Funeral services were Jan. 15 at Forest Lawn Funeral Home, 1977 S. State Rd. 135, Greenwood. Burial followed



at Forest Lawn Memory Gardens, Greenwood.

William Clyde Collins

William Clyde Collins, 90, of Greenwood died on Jan. 15, 2016. William was born on May 15, 1925 to the late Mel and Nettie Mae (Carlan) Collins in Commerce, Ga. He graduated from High School in Bogart, Ga. before continuing his education at the University of Georgia; graduating in 1953 with a Bachelors in Business Administration. He went on to becoming the Regional Merchandising Manager of parts and services for Ford before retiring in 1989 after working for them for 29 years. He married Rita Overmyer on Oct. 30, 2004 in Indianapolis. William was a member of Mt. Auburn United Methodist Church. William is survived by his wife, Rita A. Deal Collins; his sons, Douglas Collins, Stephen Collins, and Robert (Martha) Collins; his brother Jack (Melba) Collins; his sisters Edna Dill and Ruth McChrystal; nine grandchildren and several great-grandchildren. William is preceded in death by his sister Elizabeth Inverness. Service was Jan. 19 at Singleton Community Mortuary and Memorial Center. Visitation was Jan. 18 at the mortuary. Interment will be at Forest Lawn Memory Gardens. Memorial gifts may be made to the Mt. Auburn Church Building Fund.

Samantha Cooper

Samantha Cooper, age 51, of Indianapolis, died on Sunday, Jan. 10, 2016. She was born on Jan. 1, 1965 to the late Fred and Nina (Miller) Cooper in Evansville, Ind. Samantha loved being at home and enjoyed listening to music. She belonged to Speedway Baptist Church. She is survived by her brother and sister-in-law, Robert and Regina Cooper; long-time companion, Steve "Hollywood" John; and many nieces, nephews, great-nieces and great-nephews. Samantha was preceded in death by her parents; and siblings, Lisa and Jimmy Cooper. A brief service was held at Jan. 15 in Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St., Indianapolis. Burial is in New Crown Cemetery.

Linda Lou (McCalip) Craig

Linda Lou (McCalip) Craig, 71, of Indianapolis, died on Jan. 11, 2016. She was born on April 27, 1944 to the late Paul and Rhoda McCalip. Linda led a private life but was surrounded by loved ones, especially at the end of her life. She filled her days with hobbies such as knitting and completing puzzles. Linda is survived by her daughters, Teresa A McCoy (John W) and Tonya S. Pierce (Steven J.); grandchildren, Ashley J. Craig, Steven C Craig, Brandy Wine Craig, Crystal D. McCoy, and Kortney C. Pierce; and four great grandchildren. Family and friends will gather for a private service at a later date. Arrangements and care were entrusted to Lauck & Veldhof Funeral & Cremation Services.

Eric Barton Denney

Eric Barton Denney, 56, died on Jan. 9, 2016. Eric is survived by his parents, Larry & Peggy Denney and Sarah Fallis; wife, Lee; children, Justyn, Galen, Grace & Ruth; grandchildren Isabella, Ava, Basil, Clementine & Luella; and companion, Lucy. Eric is also survived by his seven brothers and sisters, as well as the countless people touched by his generous and caring spirit. Per Eric's wishes, a Celebration of Life will be planned later this spring. In honor of Eric's good friend and doctor, Rafat Abonour, direct any memorial contributions



to Miles for Myeloma at cancer.iu.edu/m4m/. Arrangements and care are by Lauck & Veldhof Funeral & Cremation Services.

Linda E. "Betty" Jenkins

Linda E. "Betty" Jenkins, 73, of Indianapolis, died on Wednesday, Jan. 13, 2016. Survivors include her husband, Bud Jenkins; stepchildren, Ricky Jenkins, Ronnie Jenkins, Steven Jenkins, and Donna Harnish; grandchildren; great-grandchildren and four siblings. A funeral service was Jan. 18 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. Calling was Jan. 17 at the funeral home. Burial will be at Forest Lawn Memory Gardens. Memorial contributions may be made to the American Cancer Society.

William George Johnson Jr.

William George Johnson Jr., 85, of Greenwood, died on Jan. 9, 2016. He was born on April 2, 1930 to the late William G. Johnson Sr. and Maude E. Grosjean Johnson. Bill co-owned B.J. Concessions for 40 years with his wife, Imogene. They operated at Butler University for 22 years and also the Marion County Fairgrounds and Long Ace Pool. He was an active member of Greenwood Christian Church. Bill was a Navy Veteran of the Korean War. He was an avid Butler, Pacers, Colts and Reds fan. Survivors include four children, Linda G. Johnson, Jeffrey L. Johnson (Shelly), Lori A. Whyde (Tom), Scott W. Johnson; seven grandchildren; two great grandchildren; three brother-in-laws, Charles Burgess, David Clarke and Don Stonehouse; sister-in-law, Gayle Hardt; family friend, Joyce Lewallen. He is preceded in death by his wife of 62 years, Imogene Johnson. Visitation was Jan. 14 at G.H. Herrmann Greenwood Funeral Home

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at The Gardens at Olive Branch, 1605 S. State Rd. 135. The Revs. Shan Rutherford and Perry Anderson conducted the service on Jan. 15 at the funeral home. He will be laid to rest at Forest Lawn Memory Gardens. Memorial contributions may be made to Keenagers at Greenwood Christian Church.

Harry L. Kidwell

Harry L. Kidwell, 85, of Crossville, Tenn., formerly of Greenwood, died Jan. 15, 2016. He was born Dec. 25, 1930 to Arthur and Goldie Kidwell in Indianapolis. Harry was preceded in death by his parents and daughter, Constance E. Nitsch. He is survived by his wife of 64 years, Lillian Eileen Kidwell and children, Sherry Hensley (Tom), Linda Daffin (Mike), Harry Kidwell II and Ryan Kidwell (Carey) along with 13 grandchildren and 13 great-grandchildren. He is also survived by siblings, June Snyder, Robert Kidwell, Vivian Peters and Patricia Walls as well as many nieces and nephews. Harry graduated from Center Grove High School in 1949 and served in the United States Air Force obtaining a rank of Staff Sergeant. He spent most of his career as a building materials salesman in the Indianapolis area. Friends and family may call at the G.H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch, 1605 S. State Rd. 135, Greenwood, on Jan. 21, 4-8 p.m. with funeral services held there on Jan. 22, 11:30 a.m. Burial will follow at Forest Lawn Memorial Gardens, Greenwood. Contributions may be made to the Wounded Warrior Project or the American Cancer Society in Harry's name.

Dr. Sarah Lantz

Dr. Sarah Lantz, 34, of Indianapolis, died on Wednesday, Jan. 13, 2016. Sarah was born on May 7, 1981 in Bloomington, Ind. to David and Sally (Farmer) Lantz. She started her post high school education at Anderson University, graduating magna cum laude. She would continue her studies by attending the IU School of Medicine and concluding with a surgical residency at Carolina Medical Center in Charlotte, N.C. After a few months break, to visit family, Sarah became a missionary surgeon with Samaritan's Purse and served in Mukinge, Zambia for the next 19 months. Her professional memberships included the American Medical Association and the American College of Surgeons. Sarah was also a member of St. Giles Evangelical Presbyterian Church in Charlotte, N.C. and Southport Presbyterian Church in Indianapolis. In her free time Sarah enjoyed Ultimate Frisbee, watching the NFL (especially the Colts), and was a musician, playing both the piano and guitar. Sarah is survived by her parents David and Sally (Farmer) Lantz; brothers Jason (Gail) Lantz and Josh Lantz; nephews Isaac and Ethan Lantz; grandmother Nancy Stump; and uncles Eric (Christine) Lantz and Chuck (Mary) Wu. Service was Jan. 20 at Southport Presbyterian Church. Visitation was Jan. 19 and 20 at the church. Memorial gifts may be made to World Medical Mission, PO Box 3000, Boone, NC 28607, Project Account #004. Singleton Community Mortuary and Memorial Center is handling the arrangements.

Archie Filmore Leach

Archie Filmore Leach, 79, of Indianapolis, died on Friday, Jan. 15, 2015. He was born on Feb. 23, 1936 in Russell Springs, Ky. to the late Jonah and Gertrude (Shepherd) Leach. Archie was married to the late Donna Leach. He was a fork truck driver for many years for first Standard Grocery and then Arvin's Automotive. Archie was a member of Waverly Baptist Church. He is survived by his daughter Judy (Steve) Brothers; and grandchildren Erin Brothers and Matthew (Kelly) Brothers. He is preceded in death by wife Donna Leach and his sister Arlene Foley. Service for Archie was Jan. 19 at Waverly Baptist Church, 7225 Old State Rd. 37, Martinsville. Visitation was Jan. 18 at Singleton Community Mortuary and Memorial Center. Interment is at Forest Lawn Memory Gardens. Memorial gifts have been suggested to a local humane society or the American Kidney Fund.

James N. Miller

James N. Miller, 86, of Greenwood, died on Thursday, Jan. 14, 2016. Jim was born on Feb. 11, 1929 in Indianapolis, to the late Howard and Mattie (Terry) Miller. He married Betty (Baker) Miller on May 29, 1954. Prior to living in the Greenwood area for the past 30 years, they resided in Indianapolis. Jim was employed as an engineer at Allison Gas Turbine (Rolls Royce) for more than 50 years. He was an Army veteran of the Korean War and a member of Speedway Masonic Lodge #729. Jim is survived by his wife Betty B. Miller; daughter Jenni L. Miller; and grandchildren Daniel Miller, Kaeli Bryant, Sarah Miller and Grant Bryant. He is preceded in passing by his son James H. Miller, daughter-in-law Anne Miller survives. Service is Jan. 23, 3 p.m. at Singleton Community Mortuary and Memorial Center. Visitation is Jan. 23, from noon until the hour of service at the mortuary. The family has suggested memorial gifts be made to the American Diabetes Association.



Dietmar "Chris" Christopher Mutschler

Dietmar "Chris" Christopher Mutschler, 74, Indianapolis, died on Friday, Jan. 15, 2016. He was born on June 12, 1941 to the late Walter and Lorriane (Fleztter) Mutschler in Bartelstein, Germany. Chris married the love of his life, Christine (Wills) Mutschler, on Dec., 23, 1983. He is survived by his wife, Christine Mutschler; children, Greg Mutschler, Kevin Mutschler, Jennipher Hicks, Mark Jeffries, Tamra Goode, and Matthew Miller; sister, Renata Schmidt; and several grandchildren and great-grandchildren. He was preceded in death by his parents and his brother, Norbert Mutschler. Family and friends will gather for a private service at a later date. Arrangements and care were entrusted to Lauck & Veldhof Funeral & Cremation Services

Mark Ogden

Mark Ogden, 59, of Indianapolis, died on Jan. 13, 2016. He was born on July 8, 1956 in Indianapolis. He was a member of St. John Evangelist Catholic Church. Survivors include his mother, Sarah Beth Ogden; daughter, Sheryllyn; son, Ryan (Krystal) Ogden and Chad Ogden; brothers, Jeff, Bob, and Tom; sister, Tammy; nephew, Luke. He was preceded in death by his father, Robert Henry Ogden. Visitation is Jan. 21, 9:30 - 10 a.m. at St. John Evangelist Catholic Church, 126 W. Georgia

St., Indianapolis, with Mass of Christian Burial following at 10 a.m. in the church. Arrangements entrusted to G.H. Herrmann East Street Funeral Home, 1505 S. East St., Indianapolis.

Roy Dwight Poer

Roy Dwight Poer, 99, of Indianapolis, died on Thursday, Jan. 14, 2016, six days prior to his 100th birthday. Roy was born Jan. 20, 1916 near Morristown, Ind. to Claude and Marzella Poer. He was married for 73 years to Florence (Nelson) Poer, who preceded him in death. He was a World War II U.S. Army veteran and a retiree from Eli Lilly. Roy was a longtime member of the First Christian Church of Beech Grove and a Christian influence to many throughout his life. He was a member of Greenfield Masonic Lodge #101 for more than 50 years and a member of the Scottish Rite. Roy is survived by his sons Jerry L. Poer and James D. Poer (Debbie); his niece, Lisa (Jack) Lawrence with whom he was very close, and several additional nieces and nephews. He was also preceded in death by his granddaughter Krista D. Poer. A life celebration was Jan. 20 at Little & Sons Beech Grove Chapel. Memorial donations may be made to the Indiana Masonic Home, 690 State St., Franklin, IN 46131.

Joanne Marie Scifres

Joanne Marie Scifres, 46, of Indianapolis, died on Jan. 17, 2016. She was born on Aug. 8, 1969 in Charleston, S.C. to Bennie and Jean (Shutt) Arney. Joanne was a member of St. Mark Catholic Church and CRHP sister at the parish. Joanne is survived by her son, Michael Andrew Scifres; mother, Jean Hafley (Jerry) sister, Julie Arney; brother, Bennie Arney, Jr.; former husband: Mike Scifres; several aunts, uncles, cousins, friends and godchildren. She was preceded in death by her father, Bennie L. Arney, Sr. A Mass of Christian Burial will be Jan. 22, 11 a.m. at St. Mark Catholic Church, 535 E. Edgewood Ave., Indianapolis, IN 46227 with visitation from 10 a.m. until Mass. Interment will follow at Mt. Pleasant Cemetery. Visitation is Jan. 21, 3 p.m. until a Remembrance Ceremony starting at 7 p.m. with the Rosary following at Newcomer Funeral Home, 925 Hanna Ave., Indianapolis, IN 46227. Make memorial contribution to the Michael Scifres College Fund at the funeral home.

Doris Rovene Seiler

Doris Rovene Seiler, 99, died Jan. 10, 2016. She was born in Advance, Ind. to the late Charles and Lula Mae Grizzle. A longtime Beech Grove resident, she was very active in the Moose and American Legion in Beech Grove. Doris is survived by her nieces Wanda Murray, Rea Foster, De Handlon, and K Bain; and many great-nieces and nephews. She was preceded in death by her husband Albert Seiler and sister Frances Handlon. Visitation and service was Jan. 18 at Little & Sons Funeral Home Beech Grove Chapel. Burial followed at Lincoln Memory Gardens Whitestown, Ind.

Rita Faye Shaffner

Rita Faye Shaffner, 61, Greenfield, died Jan. 16, 2016. Survivors include sons, Zackery "Scott" Haddix and Rodney Eugene Haddix; seven grandchildren, one great-granddaughter; brother, Ken Collyear. She was preceded in death by brother Lawrence Collyear. Visitation is Jan. 21, 5 - 8 p.m. at G. H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch, 1605 S. State Rd. 135, with the funeral service at 1 p.m. Burial will be at Forest Lawn Memory Gardens.

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Emma Louise Shaughnessy

Emma Louise Shaughnessy, 93, Greenwood, died on Sunday, Jan. 17, 2016. She was born April 17, 1922 in Laurel, Ind. to the late Dennis and Naomi Kelly. She was a homemaker, caregiver, wife and mother. Survivors include children, Jane Whisner, Anita (Phil) Carney and Robert J. Powers; five grandchildren; nine great-grandchildren. She was preceded in death by her second husband, Donald Shaughnessy and first husband Robert Powers. Visitation was Jan. 20 at G.H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch, followed by Mass of Christian Burial at Saints Francis and Clare Catholic Church. Entombment is at Washington Park East Cemetery. Memorial contributions may be made to Catholic Relief Fund.

Sheree Everhart Shipp

Sheree Everhart Shipp, 60, of Indianapolis, died on Jan. 13, 2016. She was born on Nov. 1, 1955 in Indianapolis to Ronald and Shirley (Clark) Everhart. Sheree worked as a Life Insurance Underwriter for many years in Indianapolis, Detroit and Cleveland. Sheree has been attending Liberty Baptist Church since her move to Liberty, Ind. Sheree is survived by her sons, Christopher Miles, Joshua Shipp; sisters, Rhonda (William) English and Sonya "Cathy" Everhart; three grandchildren, Jesse James Shipp, Marissa Mishelle Shipp, Lydia Eline Crowell; nieces, Jamee Everhart, Carley Bills; nephew, Guy Carman; longtime friends, Philip Miles and Jimmy Harrah. She was preceded in death by her parents, Ronald and Shirley Everhart; nephew, Robbie Everhart. Funeral services were Jan. 18 at Newcomer Funeral Home, 925 Hanna Ave., Indianapolis. Sheree will be laid to rest at Crown Hill Cemetery.

James "Jim" Richard Shoemaker

James "Jim" Richard Shoemaker, 54, of Greenwood, died on Jan. 15, 2016. He was born on June 7, 1961 in Indianapolis, to Raymond Shoemaker, Sr and Helen (Ludwig) Shoemaker. Jim enjoyed fishing, sports, and spending time with family and friends at the lake. He was a St. Louis Cardinal Baseball fan. Jim was a 1980 Perry Meridian graduate and he was a Xerox Employee for 25 years. Survivors include his mother, Helen (Ludwig) Shoemaker; father, Raymond Shoemaker, Sr; brother, Ray (Jenny) Shoemaker, Jr; sister, Andrea (Frank) Bianchi; nieces and nephews; Brittany Shoemaker (fiance, Garrett Brink), Morgan (Collin) Rush, Grace and Dominic Bianchi. He was preceded in death by his grandparents, aunt, and an uncle. Visitation will be Jan. 22, 4 to 8 p.m. at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135 and Olive Branch Road, Greenwood. Funeral service will be conducted on Jan. 23, 11:30 a.m. in the funeral home. Memorial contributions may be made to St. Francis Hospice, 8414 Franciscan Lane, Indianapolis, IN 46237.

Charles K. Smith, Sr.

Charles K. Smith, Sr., 92, of Indianapolis, died on Jan. 15, 2016. He was born May 11, 1923 in Rose Hill, Va. Charles retired as a foreman from Ertales Manufacturing. He is survived by his children, Charles K. (Raeann) Smith, Jr., Curtis (Elizabeth) Smith, Ronnie (Pam) Smith, Garry (Sandy) Wright, Billy (Tina) Wright, Donna (Wayne) Hicks, Alice Norman, and Sue Gemmill; several grandchildren, great-grandchildren, and great-

great-grandchildren. He was preceded in death by his mother, Laura Smith; wife, Martha Smith; and son, Travis Howel. A service will be Jan. 21, 1 p.m. at Wilson St. Pierre Funeral Service & Crematory, Chapel of the Chimes, 1234 Prospect St., Indianapolis. Visitation was Jan. 20. Charles will be laid to rest in New Crown Cemetery. Memorial contributions are suggested to Wheeler Mission.

Arthur "Art" William Spooner

Arthur "Art" William Spooner, 61, died on Jan. 6, 2016 in Breckenridge, Colo. while skiing with his children. He was born on March 26, 1954 to the late Albert Murray and Frances (Wills) Spooner in Chicago, Ill. Art worked for Raytheon Corporation all around the world in international business development for over 30 years. He was an avid golfer and skier who enjoyed life to the fullest. Survivors include his children, Kristen Sanniec (husband, Kyle), Amelia Spooner, Natalie Spooner and Benjamin Spooner; long-time companion, Deb Walton; and bonus grandbabies, Marley and Lila. Visitation was Jan. 14 in Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St., Indianapolis. A Mass of Christian Burial was Jan. 15 in St. Roch Catholic Church, 3600 S. Pennsylvania St. Inurnment followed the mass in Concordia Cemetery.



Charles "Wayne" Tippin

Charles "Wayne" Tippin, 86, died Jan. 13, 2016. He was born in Greensburg, Ind. to the late Oliver and Eunice Tippin. Wayne was a school teacher and administrator, mostly in the Warren Twp. School system. He is survived by his wife of 61 years Helen Tippin; daughter Lynn (Bart) Braden and grandson Blake Braden. Funeral services were Jan 19 at Little & Sons Funeral Home Beech Grove Chapel. Burial followed at Forest Lawn Cemetery, Greenwood.

James "Jim" Steven Underwood

James "Jim" Steven Underwood, age 68, of Indianapolis, died on Friday, Jan. 15, 2016. He was born on June 8, 1947 to the late Henry and Marylou (Mutschler) Underwood Sr. in Camby, Ind. Jim loved hunting, fishing on Lake Michigan with his family, and bowling at Western Bowl with the Tuesday Industrial League. Western Bowl is also where he met the love of his life, Sandra "Sandy" K. (Pasch) Underwood, who he married on Aug. 24, 1986. Jim served his country honorably in the U.S. Navy on four tours in Vietnam as a mechanic on an aircraft carrier. He later worked as a dock loader at Yellow Freight Systems. After retiring from Yellow Freight, he worked as a carpenter for Wentworth Associates. He is survived by his wife, Sandy Underwood; step-daughters, Susan Wethington and Dana Hornaday; brother, Dennis Underwood (Sherril); half-brother, Henry Underwood Jr.; sisters, Janice Turk (John) and Karen Moore (Jerry); grandchildren, Brent, Zachary, Tiffany, Destiny, and Drew; and great-grandchildren, Davin, Nyleigh, Ileigha, and Jayce. Jim was preceded in death by his granddaughter, Danielle Mack. A celebration of life will be held at a future date. Arrangements and care were entrusted to Lauck & Veldhof Funeral & Cremation Services.



Southside News Quiz

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

1. Indianapolis Public Library CEO Jackie Nytes will begin the _____ tour on Jan. 29, 3 p.m. on the Southside at the Southport Branch, with other Southside branch meetings to take place through March.

- A. Books and Branches
- B. Nights with Nytes
- C. Digital Days Ahead
- D. Love Your Library

2. Perry Meridian High School girls' basketball team held a silent auction and miracle minute during its game on Jan. 19 in honor of former player Heather Norris who was killed at the age of 20. The event was to raise awareness of what issue?

- A. Gun violence
- B. Domestic violence
- C. Drunk driving
- D. Texting and driving

3. How many graduates did the Southport Police Department have for its first academy graduation on Jan. 18?

- A. Three
- B. Ten
- C. Twelve
- D. Twenty-one

4. Pastor Bill Jenkins of which Southside church recently published a book with a prophetic vision, titled *The New Prophetic Almanac of 2016*?

- A. Church of A.C.T.S
- B. St. John's United Methodist
- C. First Christian Church of Greenwood
- D. Southport United Methodist



5. The Beech Grove High School boys' varsity basketball team lost, 43-59, to which Southside school on Jan. 8?

- A. Greenwood
- B. Southport
- C. Roncalli
- D. Center Grove



Answers on
Page 23

Edward "Big Ed" Devone Wetzel

Edward "Big Ed" Devone Wetzel, 82, of Greenwood, died on Jan. 17, 2016. He was born Feb. 14, 1933 in Indianapolis to the late Charles and Mildred (Henry) Wetzel. He is survived by his best friend, Linda Curren Wetzel; children, Edward M. (Jane) Wetzel, Cathy (Dave) Richardson, Julie (Carl) Freund, and Cindy (Brian) Cooley; eight grandchildren; five great-grandchildren; three brothers, Charlie (Pat) Wetzel, Georgie (Diane) Wetzel, and Russell Wetzel; and two sisters, Treva Wetzel and Joann (Odie) Isom. He was preceded in death by a brother, Bob Wetzel. Big Ed was a graduate of Southport High School and a veteran of the U.S. Army. Big Ed was the owner of Southside Sand and Gravel for 40 years before retiring. A funeral mass will be Jan. 22, 11 a.m. at Our Lady of the Greenwood Catholic Church, 335 S. Meridian St., Greenwood. Friends may visit from 10 a.m. until the service time Friday at the church. Memorial contributions are suggested in Edward's memory to the American Cancer Society, 5635 96th St. #100, Indianapolis, IN 46278. Arrangements were entrusted to Simplicity Funeral & Cremation Care, Indianapolis.

Obituaries are printed free of charge. Funeral directors are encouraged to send obituaries and photos to news@ss-times.com. Information received by noon Tuesday will be published Thursday, space permitting.

Continued from page 8

ON CAMPUS

Greenwood's Drake named to Capital Univ. Provost's List

Capital University announced that Rachel Drake, of Greenwood, was named to the Provost's List for the fall 2015 semester. To be named to the Provost's List, full-time, degree-seeking students must have achieved a grade point average of at least 3.70. Capital University is located in Columbus, Ohio and is a private, four-year undergraduate institution.

Greenwood's Cox named to Baylor Univ. Dean's List

More than 3, 500 Baylor University students were named to the Dean's Academic Honor Roll for the 2015 fall semester, including Rachel Marie Cox of Greenwood, who is attending Hankamer School of Business. To be named to the Dean's List, a student must be an undergraduate with a minimum grade-point average of 3.7, while enrolled in a minimum of 12 semester hours.

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IT'S Golden

Pages 14-19



The Southside Times

SPECIAL SECTION
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Neighborhood living at CarDon

SENIOR LIVING

By CarDon & Associates

CarDon & Associates senior living communities aren't just a place where residents live – they're part of the neighborhood! The people who live and work at each place create the unique sense of compassion and togetherness that is a hallmark of CarDon communities.

CarDon President David C. Moore, whose parents founded the company, and Chief Development Officer Scott Rigney explored a variety of different designs and floorplans focused on creating a better living environment for seniors and those needing short-term rehabilitation.

The result is a smaller, more intimate feel while providing amenities such as dining rooms, a fully-equipped therapy gym, fitness area and theater in centralized locations to maximize a sense of shared community. CarDon's communities, such as Aspen Trace in Greenwood and Cumberland Trace in Plainfield, boast facilities and teams organized around the purpose of providing seniors and rehabilitation residents with the maximum level of independence possible.

"We wanted to create various neighborhoods within each CarDon community to help establish a deeper relationship between the staff and residents, between families of residents and between the residents themselves," Rigney said.

CarDon communities are divided into neighborhoods built around the level of care needed, such as long-term nursing care, assisted living, memory care or rehabilitation. Though the environment and support may vary between them, what is consistent across

all of the neighborhoods is the home-like feeling of freedom and interconnectedness.

"Each of the neighborhoods also has a separate entrance," said Kellie White, one of the local community marketing directors. "This makes it easier and more convenient for the residents and their families to get to their rooms. Each neighborhood has its own dining area, social center and lounge. This adds to the comfort and home-like atmosphere."

Jack H. Craig, whose wife, Sue, was diagnosed with Alzheimer's disease 13 years ago, said moving her to Cumberland Trace was one of the best decisions he's ever made.

He was impressed with the community – not only the high quality, but that it was designed to encourage people to gather together and interact. Meals are served in a restaurant-style dining room, not a drab cafeteria. There is entertainment, clubs, movies and other programs available every day. Sue Craig lives in the Ambassador neighborhood, and enjoys getting her hair done in the salon and attending church services every Sunday.

Jack spends most afternoons there himself, and he and Sue feel like any other senior couple, passing the time talking to neighbors and partaking in social activities.

"It's a better experience for the whole family," Rigney said. "Although the building itself is quite large, having this design eliminates the institutional feel and makes it more residential. Residents are in a much more personal environment, which leads to more social interaction and more familiarity with the staff and each other. I'm really proud of the product we have put out there, and it's changing the image of our company and of senior living in general for the better."



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Kenny Winslow said he's excited to begin playing euchre again through Perry Senior Services. **Photo by Nicole Davis**

Beginning with a boomer

Perry Senior Services and Southport Parks Department to offer Euchre every third Thursday

OUT & ABOUT

By Nicole Davis

As the Southport Parks Department and Perry Senior Services prepare to offer euchre every third Thursday, the first event on Jan. 21 will kick off with a party. Before the card game, Boomer from the Pacers, a Pacemate and some Pacers staff will join for a celebration.

The Pacers representatives will join Perry Seniors to promote a healthy, active life for seniors with music, dancing and giveaways. They will be at the Southport Community Center, 6901 Derbyshire Rd., after Perry Seniors' community lunch at noon.

The first euchre game day will take place from 1 – 3 p.m., after the party. Perry Senior Services used to host the euchre event which concluded a year ago. Southport City Councilor Kenny Winslow said he received requests from community members to get

it started back up, and the partnership between the park department and Perry Seniors was the perfect way to do that.

"It should be exciting," Winslow said. "(There is) a good comradery. We have a good time playing. I want to keep that going."

The cost of \$2 per person to play will cover the cost of prizes and a donation to Perry Seniors which provides medical transportation and meals to seniors in Perry Township. Guests are invited to bring a snack to share and drinks.

Perry Senior Services will also partner with The Social of Greenwood to offer BINGO on the first and third Tuesday of each month 1 p.m. at Perry Senior Services. Participants will play 10 games. Prizes and snacks will be provided at this free event.

For more information, visit perryseniors.org.

Socially speaking

Get to know the newest administration The Social of Greenwood as they look forward to events planned in 2016

SOCIAL SENIORS

By Nicole Davis

The Social of Greenwood projects that it will reach 1,000 members in 2016. Executive Director Sarah Rogers said there are some exciting events planned for the year and the new administration is excited to get to work on making this year as successful, or more, than years past.

"Our membership is huge," Rogers says. "We're over 800 now. We're working on some new ideas, developing some new fundraisers and activities."

Rogers was hired as The Social's executive director in August. She has a Master's degree

in museum studies. She worked six years at the Indianapolis Children's Museum and then spent six years at the Johnson County Museum of History where she got into non-profit management. She left the museum for the birth of her second child who started kindergarten this past school year.

"I was really lucky to get this position and glad to be back at work," Rogers said. "In a lot of ways it's very similar to my work at the museum. You're dealing with staff, fundraising and taking care of your members, making sure their needs are met. The thing that's different here is the focus on senior services, health care. I had a little bit of a learning curve with the senior services side of it. I'm picking up on it and have good people to teach me all I need to know."

Six months into her new role, Rogers said her goal is to ensure that whatever needs The Social may have down the road are met by making good, long term decisions that will sustain the organization and help it grow. She said they are always open to suggestions and have tried to create an open-door policy so members and volunteers feel free to share their opinions and ideas.

Rogers said she has enjoyed working with the board and community partners to learn more about The Social and how it works behind the scenes. She said she's also enjoyed working with a new staff, bringing on An-

drea Sutherland as director of operations and fund development and Justin Riege as program coordinator.

"We work well together as a team," Rogers said. "I think a light-hearted, collaborative atmosphere makes work more fun and you get better results. The more you laugh, the better your day is."

Sutherland began volunteering with The Social three

years ago. When the organization received a \$25,000 grant for an operations outreach program, she was brought in to manage that. Now as director of operations and fund development, she works to sustain sponsorships for The Social and plan fundraising events such as the Purse Bingo

that will take place in March and the 18th Annual Senior Expo that will take place in May.

"I love getting out, talking to the sponsors in the community and getting to know them," Sutherland said. "Being able to meet everyone has been my best moments here. It's exciting when you have a new group. We're a very strong team. We mesh very well and all have different strengths and weaknesses. It's exciting to work with Sarah and Justin and see where we will go next. We're taking it to the next level and trying to get out in the community more about what The Social is."

Riege, Greenwood resident, is a junior at IUPUI, majoring in finance and business administration. He chose to volunteer at The Social as part of a service learning class and continued to volunteer after that requirement was completed. He was hired in November.

"It's been great to meet a lot of different people who have such different backgrounds and interact day to day with so many different members," he said. "I have the opportunity to grow in to my position. I'm really excited about the future and what I can do to help things move forward."

To learn more about The Social and its events, visit thesocialofgreenwood.org.



From left, Justin Riege, Sarah Rogers and Andrea Sutherland at The Social of Greenwood. **Photo by Nicole Davis**






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Licensed Assisted Living vs. Unlicensed Assisted Living

SENIOR LIVING

By Forest Creek Commons

One of the most often asked questions in Indiana senior living services is the difference between a non-licensed assisted living community and a licensed assisted living community. To be accurate the State of Indiana classifies licensed communities as Residential Care Facilities and they must have a certified Health Care Administrator on staff that's responsible for complying with all state regulations. Unlicensed communities often have this same requirement as matter of corporate policy, but it is not required by the state. Both types of buildings must follow state mandated regulations guiding care and operations and both are reviewed for compliance yearly.

While it may seem that the differences in care available between these buildings

would be significant they do, in fact, provide very similar levels of care with some subtle differences. Both building types help seniors with ADL's which stands for activities of daily living. A licensed community can manage and administer medications and bathe residents whereas a non-licensed community offers medication reminders and stand by assistance for bathing. Neither community type can provide "skilled care" such as intravenous treatments or care for wounds as an example. In both settings communities often utilize outside providers to ensure that residents receive the highest quality of care possible.

Insurance providers for long term care may require a licensed community and the VA benefit for qualified American Veterans of War may also require a community to be licensed before approving payments.

The remaining differences are more operational. Licensed communities must provide

three meals and typically do not have apartment kitchens or allow residents to cook for themselves. Staffing levels can be higher in licensed communities due to them providing care services primarily themselves. Both types of communities will provide care assessments and offer levels of care based on resident needs. Licensed communities will usually require care be taken from them while unlicensed communities can offer some flexibility to families on how care is provided. Licensed communities may also provide memory care units and accept Medicaid while unlicensed communities do not.

As you can tell there is much that is the same about both community types and families or prospective residents should tour several communities to find the right social, geographical and care fit for their individual situation. Either community type will endeavor to provide the best in care and lifestyle

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Accessibility icons: wheelchair, hearing aid, and house with wheelchair.

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SCHMATIC ELEVATION



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www.MyFavoriteApartment.com

Brookhaven at County Line
940 Wild Indigo Lane, Indianapolis, IN 46227



Brookhaven provides welcoming amenities for seniors

SENIOR LIVING

By Brookhaven at County Line

A great deal of effort goes into identifying the needs and desires of senior citizens – especially in regards to senior living. Herman &

Kittle Properties conducted ample research on the matter and Brookhaven at County Line Road has put that research into action. Brookhaven offers two types of programs: Section 42 Affordable Housing Program and Market Rate for those who do not qualify under Section 42 tax credit guidelines. Their facilities provide one- and two-bedroom apartments equipped with refrigerator, stove, dishwasher, garbage disposal, washer/dryer connections, ceiling fans and spacious closets – with laundry amenities available on site.

A major concern of many people looking for senior housing opportunities is what kind of activities are available. Brookhaven's Resident Activities Director regularly schedules events and outings that includes weekly bus transportation to the grocery store. They also have a variety of specialty rooms on site catering to various individual tastes – community and media rooms, a library with

computers, a non-denominational chapel, exercise and billiard rooms and even a beauty salon. Activities include pitch-in dinners, game nights, coffee and donuts, casino trips and more!

Another important aspect of senior living is maintenance. Brookhaven's staff is responsible for repairs and servicing and also ensures that sidewalks and driveways are cleared in the winter months. In the spring, summer and fall, staff members maintain the lawn and flowers. A walking trail surrounding a pond on the premises offers residents exercise or a chance to walk the dog – since



Brookhaven is pet friendly.

Additionally, Brookhaven works to keep seniors healthy and savvy by offering various seminars such as tax preparation, investments, insurance in-home health care, health and wellness, blood pressure checks and Walgreens delivers prescriptions to eliminate the hassle.

For more information, visit the office or call (317) 887-2822. At the time of application, a \$35 fee and a \$100 hold fee will secure your apartment home. The hold fee is applied to the first month's rent and there are various options for Security Deposits based on credit scores.

Medical benefits of adjustable beds

MOBILITY

By Access Mobility

There's a reason adjustable beds are associated with hospitals. Simple changes to the way you sleep can have a profound effect on your health. Adjustable beds allow you to get a more restful sleep and, when properly positioned, can alleviate many aches and pains and medical issues, including:

- Lower back pain: Adjusting the bed up or down redistributes the pressure across your body, which can help alleviate lower back pain. Additionally, you can actually stretch your back from bed, by positioning it upright and slowly lowering it down.
- Heartburn & Acid Reflux: Elevating the head while sleeping helps the stomach re-

tain acids that might otherwise travel up the esophagus and cause heartburn.

- Diabetes: While an adjustable bed cannot cure diabetes, it can provide relief from some of the side effects of this disease. For example, diabetes can cause poor circulation, particularly in the legs. Elevating the legs during sleep can alleviate this condition.
- Asthma: Sleeping in a slightly upright position takes stress off of the lungs, which can help those who suffer from asthma or sleep apnea.
- Arthritis: Painful rheumatoid arthritis can be comforted by regular therapeutic massage. Many adjustable beds are equipped with massage functions that provide relief when you need it.

Access Mobility carries Leggett & Platt adjustable beds on display in their showroom.

Access
MOBILITY

4855 S. Emerson Ave. #101
Indianapolis, IN 46203
(317) 784-2255
www.accesstoday.com

A mobility scooter is a great choice for getting around in your home as well as outdoors. Access Mobility has several to choose from on our showroom floor ready to take home. Come in for a one on one consultation and take one for a test drive today!



You may also want to consider a power chair. Power chairs or power wheelchairs are controlled with a joystick. They can turn in a tight circle which makes them better indoors.

We also carry Rollators, walkers, canes seat cushions and many other mobility accessibly items!

GOLDEN

Access Your Life!

Serving the Southside Since 1971



Stay stronger, longer with Golden Living

SENIOR HEALTH

By Golden Living Centers



Working with your physician, our entire staff- including medical specialists, nurses, nutritionists, restore you or your loved one to the fullest practicable potential. Our rehabilitation therapists are committed to helping each patient and resident reach his or her highest level of functionality, whether they need short-term or long-term rehabilitation therapy.

After illness or surgery, rehabilitation is an essential component for a successful recovery. Golden LivingCenter has partnered with our sister company, Aegis Therapies, to provide physical, occupational, speech, joint replacement and outpatient therapy. Each therapist has had professional training to assist you with balance issues, fall prevention, cognitive (awareness) skills, complex medical conditions and incontinence. Our Golden Rehab Outcomes offers tangible proof of patient progress and helps our therapists adjust treatment as needed.

"Our goal at Golden Living, backed by the Golden Difference, is to help our patients enjoy their best level of physical health possible 'we want you to get better, faster and stay stronger, longer,'" states Sai Prakash, Rehab Program Coordinator. "Our wide array of services enables our patients and residents to receive the medical care they need, the restorative therapy they require, and the

support they and their families deserve. We serve many types of patient and resident needs- from short-term rehabilitation to traditional long-term care. Our family and resident councils meet regularly to ensure that our residents' needs are being met to their satisfaction."

Types of Rehabilitation Therapy

Physical Therapy: Probably the most commonly known form of rehabilitation therapy, physical therapy is the treatment of disease or disability through therapy and exercise. Our programs include assistance with gait training, bed mobility, wound care, restraint reduction and wheelchair positioning.

Occupational Therapy: Occupational therapy is designed to help patients regain skills related to activities of daily living. Individuals may require this therapy if, as the result of an illness or injury, they have difficulty completing tasks such as eating, dressing, housekeeping or grooming.

Speech-Language Pathology: Speech-language therapists work with patients help them regain or strengthen their ability to speak with ease and clarity. Our speech therapists utilize the latest technology and clinical processes to help patients regain the ability to communicate and improve swallowing.

Embrace senior living the Magnolia Springs way

SENIOR LIVING

By Magnolia Springs



Who says moving to a senior living community means giving up your sense of independence? Magnolia Springs embraces the fact you are your own person, different, unique, one-of-a-kind-with your own lifestyle, pursuits and hopes for the future. Even better, we celebrate it each and every day. That's just our way, the Magnolia Springs way.

As a not-for-profit community, our focus is on residents rather than investors-on the heart, not the pocketbook at Magnolia Springs. So you can feel confident your happiness, safety, and security are our top priorities-all within the context of a financially

secure community

Magnolia Springs Mission is "to enrich our residents' lives by fostering a culture and creating a community where everyone we serve is celebrated." Magnolia Springs Core Values are: serve others with heart, passion and respect; place our residents' needs above all else; provide outstanding customer service and hospitality; act with integrity; provide a positive atmosphere for all; provide our residents with a lifestyle that promotes independence and choice; provide a culture to enrich faith and strengthen connections to family and friends; create multi-generational engagement; provide a safe and secure home.

golden living centers®

At Golden Living Centers, we believe that helping people recover or maintain health is not just a science—it's an art. Your needs are unique, and your healthcare should be, too. We design our care plans from the ground up for each individual patient.



Personalized services include:

- Long term care
- Short-term rehabilitation
- Stroke rehabilitation
- Cardiac care
- Pulmonary rehabilitation
- Wound care
- Traumatic brain injury care
- Consultant pharmacists
- Respite care
- Hospice in collaboration with community providers
- Mental health services
- Orthopedic care

Visit our LivingCenter in Beech Grove to take a tour and experience the Golden Difference.

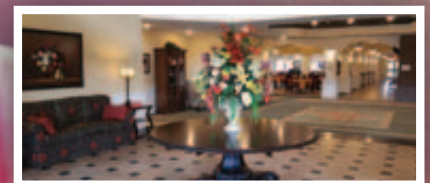
Golden LivingCenter | 2860 Churchman Ave. | Indianapolis, IN 46203
Phone: 317-787-3451 GoldenLivingCenters.com

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(317) 886-2731

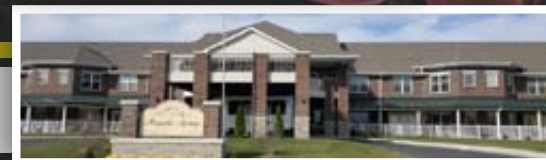
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Assisted Living & Memory Care

Private, Noise Reducing Apartments
Transportation 7 days per week
Social Programs/Activities
Fine Dining • Garages



At Magnolia Springs, we put our residents first, providing independence, dignity, respect and superior service - all at one affordable price. We are a privately held, not-for-profit senior living community.



Celebrate Life

4926 Sir Barton Way, Indianapolis, IN 46237 • www.mag-springs.com

CALENDAR

BEECH GROVE

Free Food Giveaway • Faith Assembly of God church will give away bread, milk and potatoes. | When: Jan. 23, 11 a.m. | Where: 186 Royal Rd., Beech Grove. | Info: Call Pastor Cook, (317) 784-8566.

Snowed In Workshop • Program sponsored by Teen Advisory Board. | When: Jan. 26, 4 p.m. | Where: Beech Grove Public Library, 1102 Main St. | Info: Visit bgpl.lib.in.gov.

Bouncing Babies • This is a program for children from birth to 24 months and their caregivers. | When: Jan. 27, 11 a.m. | Where: Beech Grove Public Library, 1102 Main St. | Info: Visit bgpl.lib.in.gov.

All Ages/Family Story Time • The month's topic is 'Brr! Winter!' | When: Jan. 27, 4 - 4:30 p.m. | Where: Beech Grove Public Library, 1102 Main St. | Info: Visit bgpl.lib.in.gov.

Adult Coloring hour • Open to anyone 16 or older. The library will provide coloring pages, crayons, markers and other supplies. | When: Jan. 27, 2 p.m. | Where: Beech Grove Public Library, 1102 Main St. | Info: Visit bgpl.lib.in.gov.

Bingo for Seniors • Join for Bingo the last Thursday of each month. | When: Jan. 28, 6 p.m. | Where: Beech Grove Meadows, 2002 Albany St., Beech Grove. | Info: Call Shawnte Fonville, (317) 783-2911.



PLEASE JOIN US FOR AN EDUCATIONAL EVENT!

Hear from an MS expert and learn about an oral treatment option for relapsing MS.

Date and Time: **Feb. 4, 6pm**
Location: **Buca di Beppo**
659 U.S. 31 North
Greenwood, IN 46142
Speaker: **Mark Janicki, MD**
Indianapolis, IN
Event Code: TR3340868 (1290557)

PLEASE RSVP*:

RelapsingMultipleSclerosisEvents.com
1-866-703-6293
MSRSVP@ahmdirect.com

*Registration is limited to two people per RSVP.
Photo ID may be requested at event entrance.
Complimentary parking or valet available.

Craft Fair: Pick Me Up Market • Join this vendor craft fair hosted by Beech Grove "Our Place." | When: Jan. 30, 9 a.m. - 2 p.m. | Where: Beech Grove Our Place, 102 S. 9th Ave., Beech Grove. | Info: Email bgourplace@gmail.com or call (317) 222-4158.

CENTER GROVE

Puppet Palooza • Children in grades K through five can make a puppet, have a snack, write a short script and put on a show. | When: Jan. 25, 4:30 - 5:15 p.m. | Where: White River branch library, 1664 Library Blvd. Greenwood. | Info: Visit pageafterpage.org.

Craft Night: Flower Pot Candy Dish • Adults and teens can paint a flower pot and turn it into a candy dish. | When: Jan. 25, 6:30 - 8 p.m. | Where: White River branch library, 1664 Library Blvd. Greenwood. | Info: Visit pageafterpage.org.

Dreaming of Summer • Children grades K through five can dream up a hot, sunny, summer day and play, craft and create in shorts and flip flops. | When: Jan. 26, 4:30 - 5:30 p.m. | Where: White River branch library, 1664 Library Blvd. Greenwood. | Info: Visit pageafterpage.org.

Chili Cook Off • Saints Francis & Clare will host its annual Chili Cook Off, a fundraising event. | When: Jan. 30, 6:30 p.m. | Where: 5901 Olive Branch Rd., Greenwood. | Info: Visit ss-fc.org.

FRANKLIN TOWNSHIP

Baby Lapsit at Franklin Road • Babies up to 18 months and an adult are invited for stories, songs, rhymes and flannel board activities. | When: Jan. 21 and 28, 10:15 a.m. | Where: Franklin Road branch library, 5550 S. Franklin Rd., Indianapolis. | Info: Call (317) 275-4380.

Preschool Storytime at Franklin Road • When: Jan. 26, 1:15 p.m. and Jan. 27, 10:15 a.m. and 11:15 a.m. | Where: Franklin Road Branch library, 5550 S. Franklin Rd., Indianapolis. | Info: Call (317) 275-4380.

GARFIELD PARK

Round Robin Euchre • Every fourth Friday Bethany Village Health Care and Bethany Village Assisted Living will host euchre with prizes. | When: Jan. 22, 1 p.m. | Where: Bruello Family Center, 2345 Pagoda Drive, Indianapolis. | Cost: \$2. | Info: Call (317) 783-4042.

FREE FOOD GIVEAWAY
Bread - milk - potatoes
Saturday, Jan. 23
Starting at 11 a.m.

Faith Assembly of God Church
186 Royal Road in Beech Grove
Pastor Cook • 317-784-8566

GREENWOOD

Chili Cook-Off • The Kiwanis Club of Greenwood and Greenwood United Methodist Church will host a chili cook-off for Riley Hospital Kids. Each team of Kiwanis clubs offers a sample in a cup bearing a number that diners can use to vote for their favorite chili. | When: Jan. 22, 4:30-7:30 p.m. | Where: 525 N. Madison Ave., Greenwood. | Cost: \$7 meal, \$3 for children under 8. | Info: Call (317) 881-1653 or visit kiwanisgreenwoodin.com/.

Greater Greenwood Lions Club • Visitors are welcome during this meeting. | When: Jan. 26, 7 p.m. | Where: Golden Coral on State Road 135. | Info: Call Vickie Gilmore, (812) 603-4440.

JOHNSON COUNTY

Winter Warm-Ups at Mallow Run • Join for live music from 2 - 5 p.m. and a different soup each week. | When: Jan. 23 and 24, 30 and 31. | Where: 6964 W. Whiteland Rd., Bargersville. | Info: Call (317) 422-1556.

PERRY TOWNSHIP

Public Art in Indy: Roland Hobart and a New Era in the City • Multimedia historical exhibition traces history of public art projects in Indianapolis. | When: Now through Feb. 5, 9 a.m. to 9 p.m. weekdays. | Where: UIndy's Christel DeHaan Fine Arts Center Gallery, 1400 E. Hanna Ave., Indianapolis. | Info: Call (317) 788-2196 or visit uindyfairbanksymposium2016.eventbrite.com.

Public Art in Indy • In conjunction with the Richard M. Fairbanks Symposium on Civic Leadership, this exhibition of selected works will trace the role of public art in the city from the late 1960s to the early 2000s. | When: Now - Feb. 12, 9 a.m. - 9 p.m. weekdays. Reception Jan. 25, 4 - 6 p.m. | Where: UIndy's Christel DeHaan Fine Arts Center Gallery, 1400 E. Hanna Ave., Indianapolis. | Info: Visit uindy.edu/arts/art or call (317) 788-3253.

You Can **Tweet Us** or **Like Us**
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The Southside Times
Advertise (317) 300-8782

Heather's Voice • Help raise awareness about domestic violence and scholarship money in the name of Heather Norris, a former Perry Meridian basketball player who was killed by her boyfriend at age 20. There will be a silent auction and a Miracle Minute by Perry Meridian Girls Basketball team. | When: Jan. 19, 6 p.m. | Where: Perry Meridian High School. | Info: Visit msdpt.k12.in.us.

Bingo for Seniors • Join for free Bingo and a piece of pie, sponsored by Beech Grove Meadows. | When: Third Thursday of each month. Jan. 21, 11 a.m. - 1 p.m. | Where: MCL Cafeteria, 3630 S. East St., Indianapolis. | Info: Call Shawnte Fonville, (317) 783-2911.

Edgewood: Perry Township Historical Society • The topic this month is Edgewood, not the school or the street, but Edgewood--the community located between Epler and Edgewood Avenues. Bring pictures and personal stories. Everyone is welcome. | When: Jan. 26, 7 p.m. | Where: Perry Township Education Center, 6548 Orinoco Ave.

Lunch and Learn • In recognition of Depression Awareness Month, the topic for Community Hospital South's free Fall Lunch and Learn will be the Signs and Symptoms of Depression. | When: Jan. 27, noon - 1 p.m. | Where: Conference Rooms 5 and 6, 1402 E. County Line Rd., Indianapolis. | Info: RSVP to (317) 887-7434.

SOUTHPORT

Euchre Party • Perry Senior Services and the Southport Parks Department will host a monthly Euchre Party every third Thursday of the month. This month, Indiana Pacer mascot, Boomer, and NBA Fit will host a party from 12 - 1 p.m. prior to the beginning of the card party. | When: Jan. 21, 1 - 4 p.m. | Where: Southport Community Room, 6901 Derbyshire Rd. | Info: Visit perryseniors.org.

GREENWOOD

Greenwood Christian Academy hosts Jan. 21 open house

Greenwood Christian Academy will host its annual Campus Day & Open House on Jan. 21, 9 - 2 p.m. and again at 7 p.m. for all families interested in learning more about the school. Visitors will be given tours and have the opportunity to talk with teachers and administrators. Open enrollment for the 2016-17 school year begins Feb. 1. Contact the school at (317) 215-5300 for more information.

ST. JUDE CATHOLIC SCHOOL KINDERGARTEN REGISTRATION

ATTENTION INCOMING KINDERGARTEN PARENTS:

A meeting will be held on **Wednesday, Jan. 27, 2016 at 6:30 p.m.** in the cafeteria for parents interested in enrolling their child in Kindergarten for the 2016-2017 school year. We will discuss the registration and enrollment process and answer any questions you may have. This is a parent only meeting. There will also be a kindergarten open house on February 12 from 9 to 10:30 a.m. for children and parents. Please keep in mind that your child must be 5 years old by August 1, 2016 in order to be eligible for Kindergarten. Thank you and we look forward to seeing you!

Ride Along 2... Hart overacts

MOVIE REVIEW

By Adam Staten

As Hollywood recently rolled out its star-studded list of Oscar nominations, the usual suspects of celebrated actors and actresses once again made the cut. People like Matt Damon, Jennifer Lawrence, and in what has become almost an annual tradition, Leonardo DiCaprio all were recognized for their past year's efforts in film with an Oscar nomination. Unfortunately, those are names rarely attached to anything that hits theaters in the frigid months of January and February, but how could one truly appreciate the good without the bad, right? In a proverbial never ending lineup of Kevin Hart films, *Ride Along 2* hit theaters.

Ride Along 2 is the long-awaited and hotly anticipated (not really) sequel of 2014's *Ride Along*. Once again, Kevin Hart and Ice Cube star alongside one another as a pair of mismatched cops. But as is the norm for sequels, the setting has changed, new characters are introduced, and the stakes have been raised, minimally.

After the murder of a high-level government official, the dynamic duo jets off to Miami to crack the case. As one would expect, they encounter a series of bumps in the road highlighted by the comedic exploits and interactions of Kevin Hart and Ice Cube. These extremely forced attempts at humor continue for 90 or so minutes until the predictable

and foreseen conclusion inevitably setting up the forthcoming *Ride Along 3*.

While there are several many obvious problems with this completely unnecessary sequel, the script and direction stand out among the rest. There is absolutely nothing original in the entire story. Instead, it's a gigantic hodgepodge of every buddy cop comedy. This story has been seen over and over. *Ride Along 2* also comes without any kind of direction. It's almost as if the filmmakers just turned on the camera and just let Kevin Hart say or whatever he wanted.

Kevin Hart is arguably the biggest name in stand-up comedy today and his routine is quite funny. Unfortunately for audiences, Hart isn't funny here, but instead extremely, extremely annoying. He continuously overacts, going over the top each and every time, never exercising an ounce of subtlety.

Ride Along 2 is not a good film by any stretch of the imagination. The directing, script, and forced attempts at comedy make for what will quite possibly be the worst film of 2016. While it's too early to crown the worst film of 2016, what is abundantly clear is that forking over 10 bucks for *Ride Along 2* is a bad decision. 1.5 out of 5.



Adam Staten lives in Perry Township and is a movie buff. Staten graduated from University of Southern Indiana with a degree in Communication Studies.

BEHIND BARS

Hai Five-O

Bartender: Allison Harris

Location: House of Tokyo, 172 Melody Ave., A1, Greenwood, IN 46142

Ingredients and directions: Add ice to a tall glass and mix 2 oz. rum, 2 oz. Blue Curaçao liqueur, 3 oz. pineapple juice, and 1 oz. sweet and sour mix.

Garnish with a pineapple or orange slice.



WHERE I DINE

Joe Wildridge of Wild Ridge Lawn & Landscaping

Where do you like to dine? New Bethel Ordinary Restaurant and Lounge in Wanamaker

What do you like to eat there? The Supreme Hand Tossed Pizza.

What do you like about this place? Once slice of pizza will fill you up. It is very filling. It has a hometown atmosphere. You look at the walls and they have state championships from the 1980s football teams hanging up there. It is a Franklin Township small business that keeps you at home.

New Bethel Ordinary Restaurant and Lounge is located at 8838 Southeastern Ave. in Wanamaker. The phone number is (317) 862-5020.

Compiled by Brian Ruckle



AN OPTION

Tokyo Buffet

The scoop: If you want to grab a quick buffet and also want sushi, Tokyo Buffet at Emerson Avenue and County Line Road can serve you both your favorite Chinese dishes and sushi at a great price. Tokyo Buffet serves more than 20 different kinds of sushi and a huge full menu of your favorite Chinese dishes in addition to their convenient buffet. Ask about their sushi special for take out with an option for both cold and warm rolls. Lunch buffet is \$6.99 and their dinner buffet is \$9.99. Special rates are available for children age three to ten.

Type of food: Japanese and Chinese

Specialties: The sushi including both cold rolls and warm rolls.

Recommendation: American Dream Roll with tuna, salmon, avocado inside and tuna, salmon, and tilapia on top with a special sauce.

Hours: 10:30 a.m. – 10 p.m. seven days a week.

Location: 8810 S. Emerson Ave. Suite 150, Indianapolis

Phone: (317) 889-5888.



Tokyo Buffet sushi.

Compiled by Brian Ruckle

INDIANAPOLIS
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Find the items in the puzzle going up, down, sideways or diagonally and list them. Each letter is used no more than once.

E
 T R O
 W A U M H
 G O H T Y B W
 S B H W C Y H W J
 N Y E H B I N A B U C
 U O R S C T P E O R N O M
 R T A T R X T M L E B Q W
 L R M D I R S Q I B H C H
 K E T I B W E Y F O B G E
 A D N R D I B S X V V A N
 O A I E R O T C A T S E B
 S M A C W G N O M I S M T
 E S T H A Y W M A A T
 F O E T A E Y P E
 R R E S N L F
 E S R E F
 A I U
 B

6 Reporter's Questions

4 Hoosier National Forest Trees

5 Billionaires

3 Academy Awards Categories

1 Bloomington County

2 South Bend Colleges

- Across**
1. Word with pigeon or open
 5. "Eureka!"
 8. Lucas Oil Stadium luxury seating areas
 14. Sweep under the rug
 15. Tiki Bob's garland
 16. Turmoil
 17. July 4th (2 wds.)
 20. Web phone service
 21. Fizzy drink at Marsh
 22. Take to Marion County Court
 23. Indianapolis Bridge Club seat
 26. Indiana auto parts giant
 28. Tehran's land
 31. Better's opposite
 33. Wood file
 37. Holiday quaff
 38. WFMS singer Evans
 39. Mediterranean country estate
 40. Navigational instrument at Indy Jet (2 wds.)
 44. Southport HS track event
 45. Socially inept sort
 46. Fitting
 47. Fires
 48. Romantic rendezvous
 50. Hoosier hunter's quarry
 51. Indiana town where Cole Porter was born
 53. Lighten up
 55. BPOE member
 58. Comic Carvey
 60. Indy 500 champ Castroneves
 64. Film classic of 1939 (4 wds.)
 68. St. Theodore ___ Catholic HS
 69. Be in debt to Chase Bank
 70. Gaelic tongue
 71. Backs of boats on the White River
 72. ___ Kippur
 73. Chows down at O'Charley's

- Down**
1. Mellencamp song: "No Better Than ___"
 2. Indiana State Fair barn sound
 3. Whirling water
 4. Dig further
 5. Murphy's Pubhouse draft choice
 6. Johnson County Fair fowl
 7. Helps
 8. Mrs Curl Ice Cream Shop order
 9. Open, as a bottle
 10. Fury
 11. ___ Montana Grill
 12. Biblical twin

1	2	3	4		5	6	7		8	9	10	11	12	13
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64			65					66	67			○	○	○
68								69				70		
71								72				73		

13. Ossip Optometry concern
18. Farmers Market veggie
19. Ages and ages at the Indiana Geological Survey
24. IMPD team
25. Spelling of WXIN's "Beverly Hills 90210"
27. Indianapolis Opera solo
28. Prefix with red or structure
29. Fancy watch at Reis-Nichols
30. Like a Beech Grove HS cheerleader
32. Jogged past (2 wds.)
34. St. Barnabas Catholic Church table
35. Paoli Peaks incline
36. Indiana Roof Ballroom shindig
38. Resembling a wallflower
39. Passe TV hookup
41. Struggle for air
42. St. Vincent Hospital medicine amount
43. Butler fraternity letter
48. Former Monon transports
49. Litter's littlest at PetSmart
50. Herman of kids' television
52. Newsman Newman
54. Hoosier sow or cow
55. Denny's omelet ingredients
56. No-goodnik
57. Patella's place at IU Health
59. Sailor's haul
61. Old Italian bread?
62. Rose-Hulman, e.g. (Abbr.)
63. Praiseful poems from the Indiana Poet Laureate
65. "To ___ is human..."
66. Start of Hammond's area code
67. Bottom line at Main Street Alterations

Answers See Page 23

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8			6		3	2	4	
6				2				
	3	2	8		7		6	



Lunching like a prince: lose weight, sleep better

NUTRITION

By Chef Wendell Fowler

Traditionally, evening dinner is the main meal of the day. Many people who grew up on farms traditionally ate larger meals at noontime which provided them strength to keep working through the afternoon.

Yes, eating a healthy breakfast is essential. But, did you know making lunch your main daily meal of the day is healthy? Lunching like a prince and dining like a pauper on real foods from God's Apothecary, not junk food, can increase your energy, encourage weight loss, a higher metabolism and set you up for a better night's sleep.

To thwart weight gain and sleep soundly, experts say don't eat 3-5 hours before bed. Hitting the sack right after eating isn't recommended. The evening meal should be lite and easy to digest. If your stomach is too full of processed food when you're trying to sleep, it'll be difficult to rest as your gurgling digestive system chugs along. Since your stomach needs an occasional break, it's not a great idea to eat that much food and then go to bed a couple of hours later. Your digestive system is supposed to rest at night.

Avoiding eating and drink only warm lemon water or tea 4 hours before bedtime. Eating greasy, sugary, high carb, red meat, spicy, hard to digest foods might disrupt

your sleep while adding superfluous, empty calories to your daily intake. You may sleep more soundly. Eating late at night will initially raise your blood sugar. While sleeping, your temple goes into a light fast: the genesis of, "Break-fast". If you eat before sleeping, you're more likely to experience a crash in blood sugar while asleep. If you eat a meal or too many snacks too close to bed time, you'll be less likely to wake up with an appetite for breakfast, the meal that revs up your metabolism for the day.

"I'm very firmly in the 'go to bed hungry' camp," nutritionist Dr. Joanna McMillan. "People are scared of being hungry. It's not like you're going to die overnight if you're hungry. It's really good for your body to empty out the tank and then refuel. If you fast overnight then your body is using up its carb sources and emptying them out so when we have our toast or cereal or muesli in the morning it replenishes those stores."

A little change in tradition will do you good.



Chef Wendell is a lecturer and food journalist. Contact him at chefwendellfowler@gmail.com.

Puzzles & Answers – See Page 22

T	O	E	D	A	H	A	S	U	I	T	E	S		
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Answers to HOOSIER HODGEPODGE: Questions: HOW, WHAT, WHEN, WHERE, WHO, WHY; Billionaires: BUFFETT, CUBAN, GATES, IRSAY, SIMON; Trees: BIRCH, ELM, MAPLE, OAK; Categories: BEST ACTOR, BEST DIRECTOR, BEST PICTURE; Colleges: NOTRE DAME, SAINT MARY'S; County: MONROE

See Page 13

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

AROUND TOWN

Take a 'Love Your Library' tour

Southside Indianapolis citizens are invited to share their thoughts with Indianapolis Public Library CEO Jackie Nytes as she discusses the Library's plans to better serve the city's changing population during her "Love Your Library" visits to all Indy Library locations through mid-March. The theme of Nytes' visits is "Global City, Global Library," reflecting how the Library will adapt its services in welcoming new residents from all over the world who now call Indianapolis home. "Love Your Library" visits are scheduled for the following dates and Southside locations: Jan. 29, 3 p.m. at Southport Branch, 2630 E. Stop 11 Rd.; Feb. 21, 2:30 p.m. at Franklin Road Branch, 5550 S. Franklin Rd.; Feb. 23, 5:30 p.m. at Garfield Park Branch, 2502 Shelby St.; and March 7, 6 p.m. at Fountain Square Branch, 1066 Virginia Ave. For more information, call (317) 275-4022 or visit indypl.org. Pictured is CEO Jackie Nytes.



Jim Simmons recognized as Southside Person of the Year

The Southside Times presented a framed copy of the Dec. 30 article on Garfield Park Neighbors Association Past President Jim Simmons at its Jan. 19's meeting. Simmons was nominated as Southside Person of the Year by Indianapolis City County Councilor Frank Mascari for Simmons' work improving the Garfield Park neighborhoods. Pictured, Simmons and Publisher Rick Myers spoke about the work Jim has done for the community.

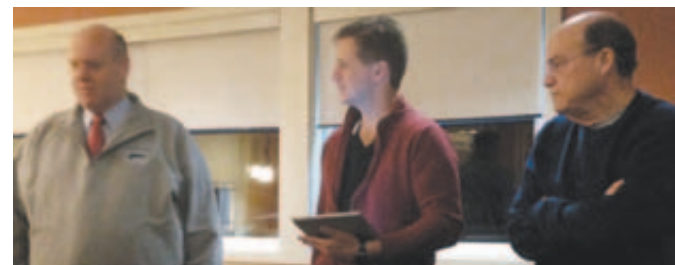


Perry Township Kiwanis inducts Rollan Abraham

The Kiwanis Club of Perry Township has inducted Rollan Abraham into its membership. Abraham is principal of Perry Meridian High School, a position he has held for nearly four years.

A native of Kirklin north of Indianapolis, Rollan graduated from North Central High School. He received his B.A. degree in science education from Anderson University, M.A. degree in curriculum and instruction from the University of Indianapolis and Ed.S. degree in educational leadership from Purdue University. He has two children, a daughter and a son.

The Kiwanis Club of Perry Township meets at the IHOP restaurant, 7521 U.S. 31 South, Thursdays at 7 a.m. Contact Dr. Jeff Udrasols, president, at (317) 888-4405 for more information.



From left, Rollan Abraham, principal of Perry Meridian High School, was recently inducted into the club by President Jeff Udrasols and President-elect Les Branham, his sponsor.

✠ ASSEMBLY OF GOD

Faith Assembly of God • 186 Royal Rd., Beech Grove | Ph: (317) 784-8566 | Pastor: Lawrence Cook | Sunday: 10:30 a.m. & 6 p.m. | Wednesday: 7 p.m.

✠ BAPTIST

Crossroads Baptist Church • 1120 S Arlington Ave., Indpls, 46203 | Ph: (317) 357-2971 | Pr. Guy Solarek | Sunday: 10 a.m., 11 a.m. & 6 p.m. | Wednesday: 7 p.m. | cbcindy.com

Faith Baptist Church • 1640 Fry Rd., Greenwood | Ph: (317) 859-7964 | Pr. Steve Maxie | Sunday: 10:30 a.m. & 6 p.m. | Sunday School: 9:45 a.m. | Wednesday: 7 p.m. | KJV

First Baptist Church of BG • 5521 Churchman Ave., Indpls | Ph: (317) 784-1478 | office@fbcbeechgrove.com | Sunday: 9:30 a.m. | Sunday School: 10:50 a.m. | Wednesday: 7-8 p.m. | Childcare & programs, all ages, all services. Join Us! | fbcbeechgrove.com

Historic Grace Baptist Church "Since 1927" • 1907 E. Woodlawn Ave., Indpls | Ph: (317) 638-3143 or 536-8655 | Pr. Rick J. Stone | Sunday: 10:30 a.m. & 6 p.m. | Sunday School: 9:30 a.m.

Lighthouse Baptist Church • 6950 E. Raymond St., Indpls | Ph: (317) 359-4275 | Pr. Dan Tidd | Sunday: 11 a.m. & 6 p.m. | Wednesday: 7 p.m. | Thursdays Youth Meeting: 6:30 p.m. | Ladies' & Men's meetings (call for times) | "Independent Baptist Church"

The Rock Baptist Church • 4855 S. Emerson Ave. | Ph: (317) 222-1958 | Pstr: Steve Lawson | Sunday: 10:30 a.m. | Interactive children's & youth ministry, uplifting worship, and simple messages relevant to everyday life | therock-indy.org

✠ CATHOLIC

Good Shepherd Catholic Church • 2905 S. Carson Ave., Indpls | Ph: (317) 783-3158 | Rev. Todd Riebe, Administrator | Rev. John Beitans, Sacramental Minister | Saturday Mass: 4:30 p.m. | Sunday Mass: 10 a.m. | Completely Handicapped Accessible | All Welcome!

Holy Name of Jesus • 89 N. 17th Ave., Beech Grove | Ph: (317) 784-5454 | Fr. William M. Williams | Worship Times & Anticipation Sunday: 7:30, 9:30 & 11:30 a.m.; Saturday Mass: 5 p.m.

Saints Francis & Clare Catholic Church • 5901 Olive Branch Rd., Greenwood | Ph: (317) 859-4673 | Fr. Steve Giannini | Assc. Pastor Fr. Tim Wyciskalla | Saturday Anticipation Mass: 5:30 p.m. | Sunday: 7, 8:45 & 11:30 a.m.

St. Jude • 5353 McFarland Rd., Indpls, | Ph: (317) 786-4371 | Fr. Stephen Banet | Sunday: 7, 8:30, 10:30 & Noon | Saturday Anticipation Mass: 5 p.m.

St. Mark Catholic Church • 535 East Edgewood Ave., Indpls, | Ph: (317) 787-8246 | Fr. Todd Riebe | Deacon Tom Horn | Sunday: 7:30, 9:30, 11:45 a.m. | Saturday Anticipation Mass: 5:30 p.m.

✠ CHRISTIAN CHURCH

Greenwood Christian Church • 2045 Averitt Rd., Greenwood | Ph: (317) 881-9336 | Pr. Matt Giebler | Saturday: 6 p.m. | Sunday: 9:30 & 11 a.m. | Sunday School: 8, 9:30 & 11 a.m.

Mount Pleasant Christian Church • 381 N. Bluff Rd., Greenwood | Senior Pr. Chris Philbeck | mccc.info | Saturday: 6 p.m. (ASL Available) | Sunday: 9 & 10:45 a.m. | Video Venue at Student Ministries: 10:45 a.m.

Southport Heights Christian Church • 7154 S. McFarland Rd., Indpls | Pr. Steve Ferguson | Sunday: 9:00 & 10:30 a.m. | Sunday School: 9:00 a.m. | Deaf Ministry: James Wines (317) 493-0414 VP or jewshdccc@yahoo.com

✠ CHURCH OF CHRIST

Madison Avenue Church of Christ • 8224 Madison Ave. | Sunday Bible Study: 10 a.m. | Sunday Worship: 11 a.m. & 6 p.m. | Wednesday Bible Study: 7 p.m.

✠ CHURCH OF CHRIST, SCIENTIST

Sixth Church of Christ, Scientist • 7625 McFarland Rd. | Ph: (317) 888-3204 | Sunday: 10 a.m. | Sunday School: 10 a.m. | Wednesday: 4 p.m. | Reading Room Hours Tues: 11 a.m.-2 p.m. & Wednesday: 2:30-3:30 p.m.

✠ CUMBERLAND PRESBYTERIAN

Christ Cumberland Presbyterian Church • 6140 South Meridian St., Indpls | Ph: (317) 787-9585 | Pr. Elmer Price | Sunday: 10 a.m. | Sunday School: 9 a.m. | "Come Grow With Us!"

✠ DISCIPLES OF CHRIST

First Christian Church of Beech Grove • 75 N. 10th Ave., Beech Grove | Ph: (317) 786-8522 | Pr. Paul Hartig | Sunday: 10:30 a.m. | Sunday Christian Education: 9:30 a.m.

✠ EPISCOPAL CHURCH

St. Thomas Episcopal Church • 600 Paul Hand Blvd. (South of Whiteland), Franklin | Ph: (317) 535-8985 | Rev. Whitney Rice | Sunday: 10:15 a.m. | Adult Forum Sunday School (During Worship): 11 a.m. | stthomasfranklin.org

St. Timothy's Episcopal Church • 2601 E. Thompson Rd., Indpls | Ph: (317) 784-6925 | Rector: Rev. Rebecca Nickel | Sunday: 9 a.m. | Godly Play: 9 a.m. (Sept-May) | Food Pantry: 3rd Tues each month | sttimothy.indydia.org

✠ EVANGELICAL LUTHERAN CHURCH OF AMERICA

Bethany Evangelical Lutheran Church • 4702 S. East St., Indpls | Ph: (317) 786-7854, Rev. Michelle Elfers | Sunday: 9:30 a.m. | Sunday School: 8:15 a.m. (all ages) | "We Welcome You"

✠ INDEPENDENT CHRISTIAN CHURCH

Bethany Christian Church • 4727 S. Sherman Dr., Indpls | Ph: (317) 787-5103 | Min. Jim Clark | Sunday: 10:15 a.m. | Sunday School: 9:15 a.m. | Bible Study Mon.: 6:30 p.m. and Weds. 7 p.m.

✠ INDEPENDENT NON DENOMINATIONAL

Community Church at Murphy's Landing • 7401 South Harding St., Indpls | Ph: (317) 807-0222 | Pr. Paul Ery | Sunday: 9:30 a.m. | Sunday School: 11 a.m. | yourccml.org

✠ NAZARENE

Cross-Way Community Church of the Nazarene • 1248 Buffalo St., Beech Grove | Pr. Mark Ramsey | Sunday: 11 a.m. | facebook.com/CrosswayCCN

✠ NON-DENOMINATIONAL

Church of Acts • 3740 S. Dearborn, Indpls | Ph: (317) 783-ACTS (2287) | Pr. Bill Jenkins | Sunday: 10 a.m. | Wednesday: 7 p.m. | Club Acts Friday: 7-11 p.m. | Latin Acts Saturday: 7 p.m. | churchofacts.org

Community Church of Greenwood • 1477 West Main St., Greenwood | Ph: (317) 888-6024 | Sunday: 9 & 11 a.m. | Real Church. Real People. | ccgonline.org

✠ PRESBYTERIAN

Greenwood Presbyterian Church • 102 West Main St., Greenwood | Ph: (317) 881-1259 | Pr. Cheryl Montgomery | Sunday: 10:30 a.m. | Sunday School: 9:30 a.m. | Free Community Meal - 3rd Monday: 6:30-8 p.m.

✠ SEVENTH DAY ADVENTIST

Southside Seventh-Day Adventist • 801 Shelbyville Rd., Indpls | Ph: (317) 786-7002 | Pr. Brian Yensho | Services Saturday: 11 a.m. | Sabbath School: 9:30 a.m. | southsideadventist.org | Health Ministries, CHIP+: chiphealth.com

✠ SOUTHERN BAPTIST

Calvary Baptist Church • 200 Sunset Blvd., Greenwood | Ph: (317) 881-5743 | Ernest E. James, D. Min. | Sunday: 10:30 a.m. | Sunday School: 9 a.m. | Something for All Ages

Southwood Baptist Church • 501 S. 4th Ave., Beech Grove | Ph: (317) 786-2719 | Adult Sunday School: 9:30 a.m. | Youth & All Age Children Worship: 10:45 a.m. | Sunday Evening Worship: 6:30 p.m.

✠ UNITED CHURCH OF CHRIST

Faith United Church of Christ • NW Corner Thompson Rd., Gray Rd. & Shelbyville Rd. | Ph: (317) 784-4856 | Pr. Kurt Walker | Adult & Jr. Church Service: 10:30 a.m. | God loves you! You are invited to worship with us. We have a pew for you. | Nursery Care

St. John's United Church of Christ • 7031 S. East St., Indpls (U.S. 31, Southport Rd.) | Ph: (317) 881-2353 | Rev. Ross Tyler | Sunday Contemporary Worship: 9 a.m. & Traditional Worship: 10:30 a.m. | Sunday School: 10:30 a.m.

Zion United Church of Christ • 8916 E. Troy Ave., Indpls | Ph: (317) 862-4136 | Sunday: 8:15 a.m. & 10:30 a.m. | Sunday School: 9:30-10:15 a.m. | ZionIndy.net

✠ UNITED METHODIST

Center United Methodist Church • 5445 Bluff Road, Indpls | Ph: (317) 784-1101 or email: info@center-umc.org | Sunday Traditional Worship: 9 a.m. & Contemporary Worship: 11:15 a.m.

Edgewood United Methodist • 1820 East Epler Ave. | Ph: (317) 784-6086 | Pr. Jim Allen | We are on Facebook | Sunday: 9 a.m. | Sunday School: 10:15 a.m. | edgewoodumc.com | "The Church for The Next 100 Years"

Greenwood United Methodist • 525 N. Madison Ave., Greenwood | Ph: (317) 881-1653 | Rev. In Suk Peebles | Sunday: 10:15 a.m. | Sunday School: 9 a.m.

Rosedale Hills United Methodist • 4450 South Keystone Ave., Indpls | Ph: (317) 786-6474 or email: officerhumc@att.net | Rev. Doug Wallace | Sunday: 9:30 a.m. | Sunday School: 10:45 a.m. | rosedalehillsumc.org

✠ UNITY

Unity of Indianapolis Church of the Daily Word • 907 N. Delaware St., Indpls | Ph: (317) 635-4066 | Rev. Bob Uhlar, Senior Minister & Rev. Carla Golden, Director Lay Ministries | Celebration: 10 a.m. | unityofindy.com

✠ WESLEYAN

Southview Wesleyan Church • 4700 Shelbyville Rd., Indpls | Ph: (317) 783-0404 | Pr. Rick Matthews | Sunday: 10:30 a.m. & 6 p.m. | Sunday School: 9:30 a.m.

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Weekly Devotion

"I will extol Thee, O Lord; for Thou hast lifted me up, and hast not made my foes to rejoice over me. O Lord my God, I cried unto Thee, and Thou hast healed me. O Lord, Thou hast brought up my soul from the grave: Thou hast kept me alive, that I should not go down to the pit. Sing unto the Lord, O ye saints of His, and give thanks at the remembrance of His holiness. For His anger endureth but a moment; in His favour is life: weeping may endure for a night, but joy cometh in the morning."
~ Psalm 30:1-5

Yesterday is history and tomorrow is future and all I have is the moment I exist in now. That is it. Every breath I take in and heartbeat that pushes life through and into my body is history once it occurs. All I have in my life that is permanent and timeless is God the Father and God the Son and God the Holy Spirit. He has lifted me up, He does lift me up, He is lifting me up, and, He will lift me up.

So many people live as though they achieve life on their own. They live as though life is owed to them and that life is not a debt to God that must be paid.

Every breath we breathe is a gift from God. Every drop of blood that courses through our veins brings life from that breath. These moments are precious and not just the days and the weeks and the months and the years. For them, we owe God a deep debt of gratitude.

God bless and go and have a great day.

.....
Paul A. Kirby is the pastor at the Church of God at 3939 S. Emerson Ave.

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Daycare Center Director

Welcome Place childcare, a ministry of Southport Presbyterian church has an opening for the director of the center.

Visit southportpc.org
Click on "about SPC"
"Employment" for details and qualification requirements

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Public

Public Announcement

Public Auction 4507 N Ralston Ave 2/4/2016 @10am 02 Ford 1FAFP34P22W116434 starting at \$2155.85

Public Auction 6035 E 34th St 2/4/2016 @10am 08 Chrysler 1A8HX58N38F143778 starting at \$9450.00

Public Auction 1617 H Ave 2/4/2016 @10am 81 Pontiac 2G2AK37NXXB2552659 starting at \$1950.00

Notice of Sale. The following car will be sold at 12:00 noon on February 15, 2016. 2003 Mercury Grand Marquis GS VIN#2MEFM74W03X697339 for unpaid charges of 3500.00 to be sold at 1126 Cherryfield, Greenwood, Indiana 46142.

Public Auction 5269 E Washington St 2/4/2016 @10am 04 Chrysler 1C3EL46X64N373579 Starting at \$2400.00

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Garage Sale

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Airbourne
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 Tree/Stump/Limb Removal – Trimming – Shaping – Lot Clearing – Landscaping – Mulching – Shrub Work Firewood – Bucket Service – Insurance Claims
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- Landscaping
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 \$300 or more
 1 coupon per customer

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When is *your* big day?

Bridal Show

Vendors as of January 2016

- Aadvance Limousine
- A Fitting Creation
- Active Family Chiropractic of Brownsburg
- Avon Wedding Barn
- Blanton House
- BMO Harris Bank
- Carole's Boutique
- Cruise Planners
- CCS Counseling
- Donnas Dress Designs
- Doterra Essential Oils
- Elegance Boutique of Pittsboro
- Elmwood by Redwood
- Glory Nails of Avon
- Its All About Thyme
- JJ's Catering
- Louies Tux Shop (Avon Location)
- Mary Kay (Lauren Gentry)
- Melissa Cain Art Studio of Danville
- Mindy Tasich-Koyani, Carpenter Realtor
- My House Fitness of Avon
- North Salem Garden Gate Gifts and Flower Shop (Designs By Terri Solomon)
- Photography by Fast
- Photography by Sarah Crail
- Pop O Licious of Brownsburg
- Special Occasion Design
- Visit Hendricks County
- White Lick Creek by Redwood

FREE
for all
Brides!

HENDRICKS COUNTY
ICON

HOSTED BY

Prestwick
COUNTRY CLUB

You are invited...

**5th Annual
Hendricks County ICON
Bridal Show**

January 31, 2016

1pm to 5pm

Held at the Prestwick Country Club

5197 Fairway Drive

Avon, Indiana 46123

To register, please email: brides@myicon.info.

Register NOW to be entered to win a wide variety of Door Prizes!

For questions or vendor space information, please contact
Sherry Moodie at: brides@myicon.info or call: (317) 525-1258