Southside Times

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Southsiders answer the question, "Did you ever get in trouble in school? What did you do and what was your punishment? " Page 3

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Beech Grove Middle School students begin charity, Jewelful Dolls for Girls, crafting jewelry to raise funds for American Girl dolls for orphans Page 10

GOVERNMENT WATCHDOG



Southport City Council approves execution of a lease to construct a new police station.



"Traveling
with yourPET PAGESPet" Page 11Pages 12-13

"Bingo!" Page 22 IT'S GOLDEN Pages 18-23, 32



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Skin cancer screenings

HEALTH – Franciscan St. Francis Health Cancer Center is offering free screenings July 25, 5 p.m. to 7 p.m. at Central Indiana Dermatology, 5255 E. Stop 11 Rd, Suite 310. Appointments are limited and registration is required. To make an appointment, call (317) 782-4422. One or more of the following risk factors could increase your risk for developing skin cancer, such as: sun sensitivity (skin that burns easily, natural blonde/blond or red hair color); spending a great deal of time in the sun, especially during childhood; a family history of certain types of skin cancer; a weak immune system for any reason; and the appearance of moles.

Lewis Univ. Dean's List

ON CAMPUS – Hannah R. Cross and David Heckman of Greenwood were named to Lewis University's Dean's List for the 2016 Spring Semester. Cross is studying aviation flight management. Heckman is studying accounting. More than 1,400 students were honored on the Lewis University Dean's List for the 2016 Spring Semester. To be eligible, 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 lewisu.edu for more information.

Woodman Athletic Boosters host inaugural golf outing

FUNDRAISER - The Woodman Athletic Booster Club holds its inaugural golf outing July 22 at Valle Vista Country Club to raise funds for Greenwood High School Athletic programs. The Florida Scramble golf format has a shotgun start and features golf favors, prizes, beverages and a catered dinner. Golfers tee off at 12 noon at the 18-hole golf course on West Main Street near Emerson Avenue in Greenwood. Cost is \$80 per team or \$300 for a four-member team; non-members may participate. Hole sponsorships are available for \$100 per hole. The newly formed all-sports booster club includes parents, staff and interested supporters who seek to provide financial support for all Greenwood High School athletic programs. The organization's efforts include uniforms, awards, coach training, camps, travel needs and other items for Woodman teams. The new organization is headed by president Shawn Bauer and was formed in cooperation with Greenwood High School athletic director Rob Irwin. Individual and/ or four-member teams may register by sending payment (checks) to: Woodman Athletic Booster Club, Casey Lucas, 3037 Santiago Drive, Greenwood, IN 46143.

Southside News Quiz

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

Answers on Page 27

1 Southside residents Dale Zapp and Tom Scanlon were presented with a Quilt of Valor award for their military service in which war?

A. WWII
B. Korea
C. Vietnam
D. Iraq



2 A group of Beech Grove Intermediate and Middle School students began a charity making and selling jewelry to purchase and donate American Girl dolls to what type of organization?

A. Preschools
 B. Orphanages
 C. Boys and Girls Club
 D. Daycares

3 Which monthly activity has become popular at Perry Senior Services?

- A. Arts and Crafts Club B. Walking Club
- C. Bingo
- D. Free Haircuts

4 Which high school began an Athletic Booster Club this year, to host its inaugural golf outing on July 22?

- A. Greenwood Woodmen
- B. Perry Meridian Falcons
- C. Beech Grove Hornets
- D. Franklin Central Flashes

5 Who ya gonna call? Adam Staten reviews the new *Ghostbusters* release in this week's movie review. What is the biggest change in this remake?

A. The ghosts are aliens this time
 B. It's a horror movie, not a comedy
 C. Casper the Friendly Ghost guest stars
 D. The four lead-cast members are female

Dave Stalcup

Director of Security for Perry Township School Police keeps students in school and safe

BEHIND the BADGE

Compiled by Nicole Davis

Dave Stalcup says schools with law enforcement officers in their buildings are able to better deter outside influences. As director of security for Perry Township School Police Services, he said he works closely with school administration to proactively keep students in school and out of trouble.

Stalcup, who is originally from Southern Indiana, began his career in law enforcement in 1985 while working as a security officer for Central State Hospital. He worked at the women's prison for the Indiana Department of Correction for 11 years, then at the Indiana School for the Deaf for a couple of years before coming to Perry Township Schools 15 years ago, August 2001, and is a reserve supervisor for the Marion County Sheriff's Department.

"I've watched a lot of kids grow up, graduate and go out into the world," he said. "It's kind of cool when they come to you and talk to you, especially the ones that had issues trying to stay in school, they tell you thank you and if it weren't for you, I wouldn't have made it."

Stalcup said Perry Schools has officers each school day listening to bus traffic, ensuring students arrive to class safely. There is an officer at each high school and middle school, plus officers who patrol the township and stop at each elementary school several times a day.

"We do things from counseling kids to home visits for truancy," Stalcup said. "A lot of people don't (realize) that there are actually police officers in the schools. The ones that do know show a lot of appreciation that we're there."

What was your inspiration to become a police officer?

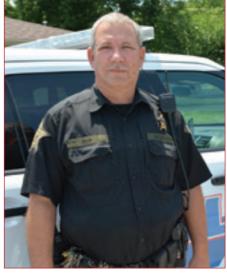
Both of my parents were police officers. I looked up to both of them. I liked what they were doing, so that's how I got started.

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

Watching the kids that had issues in school graduate, as far as the school goes.

What aspect of the job do you find most challenging?

All the personalities you meet on the street. When we're dealing with kids in the schools, we're dealing with kids from all walks of life. Trying to adjust to each individual child to make sure they get the safe



Dave Stalcup.

Photo by Nicole Davis

education they need.

What do you enjoy doing in your off-time?

Fishing and most importantly, my 5-yearold daughter that we adopted 4 ¹/₂ years ago.

What are your future goals, professionally or personally?

I will probably stay in law enforcement until I can't anymore.

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

I'd probably be working in the prison system. That's where I came from.

BIZ BRIEF American Village holds annual yard sale

YARD SALE – American Village, a senior living community operated by American Senior Communities, is holding its annual yard sale on July 23. The sale will be held rain or shine from 9 a.m. to 3 p.m. at the community, which is located at 2026 E. 54th Street, a few blocks east of Keystone. Household items, furniture, appliances, books, artwork and more will be available. Additionally, baked goods will be available for purchase and a huge basket of goodies will be raffled. American Village holds this fundraiser to benefit the Alzheimer's Association. For more information about American Village, call (317) 253-6950, or visit ASCSeniorCare.com/amv.

Contact the Editor

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



Want to Advertise?

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.



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THIS WEEK on the WEB

Painting a journey through chaos of cancer

Franciscan St. Francis was the only medical facility in Indiana to be selected for the PaintFest America, which begins at 10 a.m., Friday, July 22 in the Cancer Center lobby, located at 8111 S. Emerson Ave. Patients, survivors, family members and staff will create colorful panels for three large murals for display in the hospital at a later date.



ss-times.com/paintfest-cancer-2016

Greenwood will G.R.O.W.

The Greenwood Redevelopment Commission (RDC) has approved \$500,000 in matching grant funds for a new city initiative seeking to improve the aesthetic appeal of businesses along some of its most-traveled corridors. The "G.R.O.W. Greenwood Initiative" - Granting Revitalization and Opportunity for the Workplace - will offer local businesses matching funds to restore, upgrade and enhance their exteriors. Learn about more redevelopment here:

> ss-times.com/ greenwoodredevelopmentupdates-july-2016/

For more information on these articles and other timely news, visit **ss-times.com**. To join the conversation, visit our Facebook page or follow us on Twitter @southsidetimes.

face to face 🕏

Q: Did you ever get in trouble in school? What did you do and what was your punishment?

"It was 1980 and I was riding the bus home and a friend and I snuck some snow in our pockets. We were throwing it at some of the younger kids on the bus. With our last snowballs we decided to

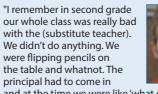
throw it at the bus driver and it turns out I had a pretty good aim. When the principal found out it was me I got called down to the office and received I don't remember how many whacks."

Scott Hines

"The only time I recall getting in trouble was when I skipped class to go to a fellow classmate's funeral. I didn't have the right note or permission and I went ahead and went because I caught a ride with

another friend. Afterwards we got called into the office and were reprimanded but I really don't recall any kind of punishment due to the circumstances. They were very fair."

Karen Brandon



"In kindergarten I painted a

yellow stripe down Scotty

up having to wash the wall

where all the paint splatters

were from all the other kids."

and at the time we were like 'what do we do? Looking back at it, it is pretty funny."

Nick Smither



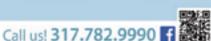
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Allie Kast is the new Neighborhood advocate in Perry and Franklin Townships

GOVERNMENT

By Nicole Davis

Franklin and Perry Townships have a new advocate. As Allie Kast gets acquainted with her role as Neighbor-

hood Advocate/South & Southeast Outer District for the Mayor's Office of Neighborhood Services, she will be speaking to residents, city councilors and other community stakeholders to learn about what they need and want.

"So far it's going great," she said. "I'm really excited. I hope my energy for the position and passion for it is contagious. It's an exciting beginning."

In the beginning of 2016, Indianapolis Mayor Joe Hogsett transformed the previous-

ly-titled Mayor's Neighborhood Liaison position, renaming it to Mayor's Neighborhood Advocate. Advocates will be involved in their communities, such as facilitating Quality of Life Plans, manage relationships with neighborhood stakeholders and leader, using city resources and neighborhood assets to help Quality of Life Plans move forward and more.

Kast is a recent graduate of the University of Indianapolis, where she studied political science, international relations and Spanish. She has volunteered at numerous orga-

nizations, including the Southside Animal Shelter, FIDO (Friends of Indianapolis Dogs Outside), College Mentors for Kids through the Indianapolis Public School system, and is currently involved in the Kiwanis Club of Perry Township and the Perry Township Boys and Girls Club.

Alexandra Kast, South and Southeast district Alexandra Kast, South and Southeast district Mayor's Neighborhood Advocate. Submitted Photo what the peighborhood wanta

what the neighborhood wants."

Kast will host office hours every Tuesday from 1 - 3 p.m. at the Perry Township Government center and every Thursday from 3:30 to 5:30 p.m. at the Franklin Road Branch Library. She can be reached at (317) 327-5110 or Alexandra.Kast@indy.gov.



Carefree Crocodiles swim to Championship victory

YOUTH SPORTS – The Carefree Crocodiles, located in Greenwood, won the Community Swim Conference Championship held July 16 at Plainfield High School. The community swim teams come from neighborhoods located in Marion and Johnson Counties. Chapel Glen Swim Team came in second, followed by Devon, Plainfield, and Meridian Woods. The swimmers are comprised of several age groups (from 8 and under to 15- 17-year-olds).

Farewell to Gaslight Inn?

HAUNTS & JAUNTS

By Rick Hinton

The Gaslight Inn, famous for its ghosts, has locked its doors. The two-story building at 2280 S. Meridian St. is closed. The In-

dianapolis skyline lies in clear sight as traffic continues its daily onslaught through the narrow confines of Meridian Street.

On July 5, 2016, at 11:33 a.m., owner Joe DeMore posted the following announcement on Facebook:

"Good morning Gaslight family, Friends, Brothers n Sisters all over the world....The Gaslight Inn is closed!!! Due to Family and Health issues, Art and I are stepping away.... Words can't express the Thanks we give to you, the Best Cuslight Inn can be Rented out for in Indianapolis. Events!!"

When Joe, with Art Kirkpatrick, purchased the bar in 2008 they knew what they were getting-a working man's dive establishment, nestled among cemeteries. However, they managed a transformation over the next few years into a destination: good food, good music, comedy and a touch of the paranormal!

There was talk of John Dillinger. Possibly? Although there is no conclusive evidence, the time frame and physical location of inner Indianapolis makes it a possibility.

Older buildings have a past. The past often comes with some consequences. Did the Gaslight Inn? It would appear so. In 2011 the Gaslight was featured on Biography Channel's My Ghost Story. The show put Gaslight on the paranormal radar. After the broadcast, things were never the same. It became a hot spot in Indy to visit. The ghosts helped....

The Gaslight Inn closed? At this point... not totally. "The daily operation is gone, but the Gaslight catering and event center is here." Joe posted. Do these 'events' include the continuation of paranormal investigations? Haunted tour guide, Laura Frey Ash, thinks so:

"So we are not going anywhere ...the bar and restaurant is closed but the building is available for rent for special occasions, with cash bar available, (contact Joe at demtkd@

gmail.com for more info) and we will be catering the Paranormal Meet and Greet and after party at Hannah House this August. Also we are still offering overnight ghost investigations Mon -Sun 10pm-6am, (or other hours per request) Open public ghost investigations 7-11 pm every 13th of the month



tomers in the World!!!! P.S. Gas- The Gaslight Inn ... a long time monument on South Meridian Street



where Dillinger sunk his roots makes it a possibility.

starting Sept 13, Ghost tours Mon-Sun per scheduled request, and Tarot card Tuesdays 6:30- 10pm and other occasional special events."

The Gaslight was known for its breaded tenderloin, yet I was partial to the catfish. There was nothing like a dinner of these at 2:30 a.m. during an investigation. And... prepared by the hands of Joe himself!

Photos 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



COMMUNITY







IMS is gearing up for the 23rd annual NASCAR Brickyard 400

The Indianapolis Motor Speedway is gearing up for the 23rd annual NASCAR Brickyard 400 this weekend. Crown Royal presents the Combat Wounded Coalition 400 at the Brickyard starts Thursday with the Hauler Parade and ends Sunday afternoon with the race.

The festivities start Thursday, July 21 with the Hauler Parade on Main Street in Speedway starting at 5 p.m. This event is free with a suggested donation of a backpack and school supplies for the Haughville Back to School rally.

NASCAR practice starts with gates open

at 8 a.m. on Friday, July 22. After the initial autograph sessions, practice will for both the NASCAR Xfinity Series Practice and the NASCAR Spring Cup Series practice

On Saturday, July 23 the Lilly Diabetes 250 Race and NASCAR qualifying takes place. Gates open at 8 a.m. and going until 6 p.m., when the concert gates open. Parmelee and Kid Rock will perform Saturday evening.

The big race happens on Sunday, July 24 with gates opening at 10 a.m. After the various festivities, the race starts at 3:19 p.m.

See Ads on Pages 7-9

GOVERNMENT WATCHDOG 📠



Meeting, July 18

CITY

■ What happened: Resolutions 2016-8 and 9 were approved unanimously.

What it means: Resolution 8 states that the Southport Redevelopment Commission approved a declaratory resolution and designation of a West Street Allocation Area. This establishes the area as a TIF district.

Resolution 9 approves the execution of a lease pertaining to the police station project. The city has obtained at least 50 signatures in a petition for the project. A public hearing was held on the

issue before the council meeting, discussing details of the lease. The city is looking to build the new facility on the former concrete plant property which it owns. A portion of this land was recently sold to Randy Faulkner & Associates for the construction of a parking lot for Southport Station, formerly the Gerdt building. The project is not to exceed \$130,000 per month, for no more than 15 years. Clerk-treasurer Diana Bossingham stated that the city will not begin payments until the project is completed, at which time the city will have already paid off a redevelopment commission bond.

■ What's next? Both resolutions are in effect. The city will continue to pursue the construction of a new police station.

> **Compiled by Nicole Davis**

The Southside Times

[STARTING POSITIONS #11, #31, #33, #34, #40]

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THE BRICK RACE 2016

The Southside Times





Beech Grove Middle School students begin charity, Jewelful Dolls for Girls, crafting jewelry to raise funds for American Girl dolls for orphans

By Nicole Davis

After reading a book about making money from American Girl, a company that sells books, dolls, clothing and other accessories, Alyssa Reid, 12, said she knew she wanted to do something special.

She came up with the idea of making and selling jewelry, with the proceeds going to purchase American Girl dolls for orphans. Many of the American Girl book storylines revolve around the lives of orphans.

"When I first had the idea, I never thought it would be this big," Reid said. "American Girl dolls are really special to me. I really wanted to do something for orphans. It makes me happy to think orphans are getting something that is special to me. They get something that can make them happy."

Reid and her friend, Zoe Wilson, 11, enlisted the help of their classmates at South Grove Intermediate School. The students worked together to make jewelry, sell the jewelry, advertise their product, and fix up any dolls donated to give to the orphanages. The jewelry sold can cost anywhere from 25 cents to \$3. The students will even take special orders of bead and string jewelry.

"In the middle of sixth grade, we all joined forces," Wilson said. "By the end of the year, almost everybody in the class wanted to help out. The most amazing part of having the school involved with it was it helped us really make a change. They let us get on the announcements every Tuesday and Thursday. One time after the announcements, someone brought in a whole bag of dolls. Eight dolls. We fixed them up and donated most of them. We will donate the rest soon. We are so thankful. It could not have been done without the announcements."

Reid said their teacher, Mrs. Comparato, was also helpful to promoting their efforts.

"Mrs. Comparato helped a lot," Reid said. "She got it out to people. We got a lot of people from different grades helping out with us. We started getting more people and just became official. We have sold over 100 bead bracelets. We sold one to almost every teacher. Our teacher even bought bracelets for everyone in class."

After receiving a \$240 donation, Reid and her friends were able to fill out the proper paperwork to apply to become an official charity. As of this summer, Jewelful Dolls for Girls is officially a nonprofit. The soon-to-be fifth through seventh graders are now looking to the future, as to how they can use their nonprofit status to benefit more orphanages.

"We're working on getting bigger," Reid said. "We really want to get more dolls for more orphans." Jewelful Dolls for Girls has already made one donation of \$800 worth of American Girl dolls and books to the Children's Bureau, and orphanage in Indianapolis.

"We didn't know of any orphanages, so we were lucky that our teacher knew an orphanage," Reid said. "Our next goal, we want to donate to three orphanages every year. After that, we want to donate to orphans around the world."

The students used to meet half an hour before school to work on the jewelry and discuss the organization. Now that some of the students will go to South Grove while others will move on to Beech Grove Middle School, they are planning how to still incorporate everyone who wants to be involved.

"What they're accomplishing is pretty amazing," said Alyssa's dad, Donald Reid. "I think they'll keep it running and going with it until they run the world with American Girl Dolls."

For more information about the organization, search Jewelful Dolls for Girls on Facebook and Instagram, JewelfulDolls on Twitter or email jewelfuldollsforgirls@ gmail.com.

From left, Zoe Wilson, Alexis Sterrett, Alyssa Reid and Danika Schell. Wilson holds an American Girl Doll, while all of the girls wear their handmade bracelets. **Photo by Nicole Davis**



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Jax

Jax is a 1-year-old male. He is a staff favorite.

This sweet boy loves

people and other ani-

mals. He is neutered,

up to date on shots, mi-

crochipped, and felv/

fiv tested. His fee is \$80.

Oliver Oliver is a 6-year-old,

with all 4 paws declawed. Oliver is lov-

ing and is looking for

his forever home. He is

neutered, up to date on

shots, felv/fiv, and mi-

crochipped. His adop-

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tion fee is \$80.

Place

2015



Indianapolis Animal Care & Control is at maximum capacity

ANIMAL CONTROL - Indianapolis Animal Care & Control (IACC) has hit maximum capacity, and there is no sign of a slowdown. The shelter is averaging 20 owner surrenders per day, and animal intake continues to greatly outnumber adoptions.

To help make room for incoming animals, IACC is running a \$20 adoption special on all cats and dogs through Friday, July 22. On Saturday, July 23, IACC is participating in the nationwide Clear the Shelters event, and the adoption special will drop to only \$10. The adoption fees include spay/neuter, microchipping, and vaccines. IACC is located at 2600 S. Harding St. in Indianapolis. Shelter hours are Monday, 10 a.m. -8 p.m. and Tuesday-Saturday, 10 a.m. – 6 p.m. Visit indy.gov/accd to view adoptable animals.

Aug. 25 issue.

FIND A FURRY FRIEND

Lunabelle

Lunabelle is a spunky 2-year-old female. She up-to-date on shots, spayed, microchipped, felv/fiv tested and front declawed. Her adoption fee is \$80.



Minnie

Minnie is a 9-year-old Rat Terrier Mix. She is a love bug who also enjoys going outside to investigate things. Minnie is spayed, up to date on shots, microchipped, heartworm



tested and on preventative. Her adoption fee is \$100

NOW!

Services



PET PAGES



Traveling with your pet

PAWS for THOUGHT

By Dr. Bruce McLaughlin

Traveling with your pet can be a rewarding experience, yet at times can be a challenging experience.

The following are some guide lines when traveling with your pet.

1. If your pet tends to get car sick, then talk with your veterinarian about giving medication to prevent this. There are several new products available that reduce the chance of your pet getting car sick. It is also important not to feed your pet prior to travel.

2. Depending upon the age of your pet and health of your pet it is important to stop periodically to walk your pet (we don't recommend walking cats during travel) both for the exercise and availability to go to the bathroom.

3. It is often a good idea to secure your pet in a crate (if size permits). We always recommend crating cats. There are also available car seats for pets. If this is not an option then make sure your pet is in a secure area of the car. It is also important that your pet be secured to the point that he/she does not interfere with the driver of the car.

4. In warm weather and cold weather it is advisable not to leave your pet in the car. During summer months the interior of the car can heat up very quickly and pets are very susceptible to heat exhaustion which can quickly cause death. Extremely cold weather is also a factor especially if your pet is small, old, or has a short hair coat. Generally, it is best not to leave your pet in an unattended car.

5. When walking your dog, avoid areas such rest parks or areas frequented by travelers. These areas are contaminated with intestinal parasites, fleas, ticks, and possibly serious virus that other dogs have shed. When walking your pet try to find an area off the "beaten path" where fewer dogs have been walked.

6. Make sure your pet is current on all vaccinations. Pets can pick up parvo virus and other viruses in walk areas. Also make sure your pet has some type of flea/tick preventative applied prior to travel. Heartworm preventative is also important during travel.

7. It is wise to have a fecal exam done on your pet 6 to 8 weeks after travel if you walked your pet in any areas that were frequented by other pets. Picking up intestinal parasites is common in these areas.

8. Limit food intake during travel. Provide water at set intervals.

9. Traveling with cats...It is important to provide a litter box for your cat and let him/ her out of the carrier at set intervals to use the litter box.

10. Tranquilizing pets during travel: Tranquilizing pets during travel is always an option. I don't recommend this unless your pet gets very upset and anxious during travel. Most pets will calm down after a short period of time in the car. However, if you have concerns it is sometimes a good idea to have a tranquilizer available to give if your pet does not calm down after a short period of time. If unsure how your pet will do on a longer trip, try several short or intermediate length trips prior to the long trip and assess how your pet is going to do.



Dr. Bruce McLaughlin founded South 31 Veterinary Clinic in 1977. He can be reached at (317) 788-0893.



FROM THE EDITOR

Transitioning to the (Red) Line

There has been much debate through the last few years. Some want rapid transit; some don't. Indianapolis residents will have its vote on whether or not their taxes will be raised for this project in a referendum on the November voting ballot. In the meantime, let's learn more about this project which is supposed to dramatically increase bus services across the city.

Phase 1 of the Red Line Bus Rapid Transit project will run from Broad Ripple, south to the University of Indianapolis. Among the many public meetings to take place in the coming week is one on the Southside, on July 25, 6 to 8 p.m. at Big Car Tube Factory, 1125 Crust St., Indianapolis – across Shelby Street from Garfield Park.

This is a huge issue that has the ability to tremendously impact the way Southsiders make their way across the city. Use it or don't – the buses will have an effect on every taxpaying citizen. We'll be interested to hear the thoughts and opinions of Southside residents and readers over the coming few months. Want to share your opinion? Email ndavis@ss-times.com.



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.



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. Ed Mahern of Garfield Park and Chad Mertz of Greenwood contributed to this week's Stars and Strikes.

Stars: To Scarlett Martin who is putting together the Southside Quality of Life Plan and has bought a home with her husband in the Garfield Park Neighborhood she will be a great addition to the Southside.

Star: To the Lions Club of Southport Inc., which has agreed to partner again with the Southport Police Department to fundraise for a new police mascot costume. The Lions Club will take this cause on as part of their Community Legacy Project as the Lions Club International celebrates its 100th anniversary in 2017. **Star:** To The Indy Public Safety Foundation (IPSF) and ScreenBroidery

which have partnered with IMPD to launch the official shopIMPD.com merchandise store with limited edition #BackTheBlue gear. With the recent attacks on law enforcement the community has reached out asking what they can do to show their support and appreciation for police officers. (Proving yet again that Indy is a great city in which to live!) Proceeds from the sales will benefit IPSF and help support the needs of IMPD's dedicated sworn police officers and civilian employees.

Star: To the Greenwood Redevelopment Commission (RDC) for its continued support of economic development in the city. At a recent RDC meeting, members approved support for two significant projects expected to drive further revitalization of the area surrounding Greenwood Municipal Airport. The RDC also approved \$500,000 in matching grants for local businesses to improve exterior aesthetics, increasing property values and making Greenwood a more welcome place to do business.

HUMOR

Top ten reasons the cops were watching you at the Fair

By Torry Stiles



10. Nobody needs that many yard-sticks.

9. You took the darts from the balloon bust game over to the goldfish toss.

8. That was the seventh man you accosted with the question, "Are you the bearded lady?"

7. There's a cow missing and you've got a sign on your van advertising fresh beef.

6. You get on the courtesy tram and yell, "Faster! Faster!"

5. Last week you were throwing balls at the animals while claiming you were catching Pokemon.

4. You keep accusing the cotton candy vendor of being " in cahoots" with the American Dental Association.

3. Last year you were kicked out for skipping through the swine barn, opening pens and yelling, "Be free, my brothers! Be free!"

2. You didn't have a car for the demo derby until after you got to the fairgrounds.

1. "They aren't rules, just challenges."

BELIEVE IT!

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

In Wyoming, Any person who fails to close a fence is subject to a fine of up to \$750.

Source: dumblaws.com

QUOTE OF THE WEEK



"I know there is a Supreme Being who rules the affairs of men and whose goodness and mercy have always followed the American people, and I know He will not turn from us now if we humbly and reverently seek His powerful aid."

~ Grover Cleveland, 22nd and 24th President of the United States

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates my children and grandchildren all the time." – Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen - it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games- you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer.Call today!

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Now comes with... Larger 22-inch hi-resolution screen – easier to see 16% more viewing area Simple navigation – so you never get lost Intel® processor – lightning fast Computer is in the monitor – No bulky tower Advanced audio, Better speaker configuration – easier to hear

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The Southside Times

OBITUARIES

JoEtta Kay Anderson

JoEtta Kay Anderson, 61, of Indianapolis, died Friday, July 15, 2016. She was born on April 4, 1955, in Indianapolis to Eden "Andy" and Frances Marie (Jones) Anderson. JoEtta is survived by her children David Rose and Britney Rose (Shane); life partner Steven Garcia; sisters Andi Brackett and Barbara Pryce (Dale). She is preceded in passing by her parents and a sister Jerri Anderson. A private celebration of life service will be held at Singleton Community Mortuary and Memorial Center.

Theodore "Ted" Belcas

Theodore "Ted" Belcas, 89, of Indianapolis, died on July 17, 2016. He was born on Nov. 24, 1926 in Bargersville, Ind. to the late George and Emma Belcas of Brown County, Ind. He grew up on the Southside of Indianapolis, during the Great Depression and served in the United States Army during WWII. In 1951 he married Gerogia Walden of London, Ky. and they were married for 64 years. Ted loved his family more than anything and made sure family vacations were a staple of life. He enjoyed music, birdwatching, gettogethers, photography, the Smoky Mountains, Colts football, IU basketball and the Indy 500. Survivors include his wife, Georgia; children, Gail (Charlie) Gill, Gloria (Dave) Weltich, David (Karen) Belcas, Dianne (Joe) Armstroff, Ted D. (Suzanne) Belcas, Amy (Bryan) Alexander, Bryan Belcas; 25 grandchildren; 11 great-grandchildren. Preceded in death by his granddaughter, Kerri Anne Belcas-Walker; siblings, Jim Belcas, Paul Belcas, and Mary Shaffer. A memorial service is July 30, 11 a.m. at

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2703 S. Meridian Street Indpls. IN 46225 – (317) 786-7733 www.concordiacemeteryinc.com Compass Park (on the grounds of the Indiana Masonic Home) 590 State St., Franklin, IN 46131. Arrangements entrusted to G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. Memorial contributions may be made to St. Francis Home Hospice Care.

Joseph Thomas Birtchman

Joseph Thomas Birtchman, 32, died July 16, 2016. He was born on Nov. 29, 1983 at Fort Carson Colorado Army Hospital. Joey graduated from Decatur Central High School in 2002. He was the Owner/Operator of Birtchmans Family Flooring. He was a



member of the Tennessee Squires Association and an avid collector of Jack Daniels memorabilia. He was the singles and doubles champion of the annual Fourth of July Washer Tournament multiple times. Joey is survived by his wife, Tiffany Nicole Birtchman; mom and dad, Timothy and Bonnie Birtchman; mother, Debra Birtchman; grandparents, Mary Ellen Krause, Wayne and Betty Smith; sisters, Jillian (Matt) Larson, Amy (Tobi) Cobian, Colleen (Chris) Woods; brothers, Joshua (Angel), Jacob (Susan), and Joey (Tara) McHugh; 16 nieces and nephews. Visitation is July 22, 4 until 7 p.m. at Daniel F. O'Riley Funeral Home, 6107 S. East St., Indianapolis, IN 46227, immediately followed by a service at 7 p.m.

David Lee Brewer

David Lee Brewer, 58, died on July 11, 2016. In classic McCandless/Brewer style, he fought until there was no point in fighting anymore. David is survived by his siblings, Danny, Marilyn, Jennifer, Sarah Smith, Thomas, Brenda, and Steven Samuel "Sam"; nephews, Danny II and Andrew; nieces, Chelsea (Effingham, IL) and Amber; great-niece, Astrid; and great-nephew, Jasper. His second family was his IMG work family. David never met a stranger. Anyone who has ever been at a pub on the Southside of Indianapolis has probably met him and become fast friends. Visitation and service was July 16 at Daniel F. O'Riley Funeral Home, 6107 S. East St., Indianapolis. Entombment is in Washington Park East Cemetery.

Leopoldo De La Rosa, (Jr.)

Leopoldo De La Rosa, (Jr.) 56, Southport, died Thursday July 14, 2016. Leopoldo was born May 17, 1960, in Tipton, Ind. however lifelong Eastside Indianapolis resident. He worked as a Carpet Installer for over 30 years. He is survived by his wife of 36 years Cathy De La Rosa, Niece Pebbles Lopez, three brothers, Jose De La Rosa, Anastacio Morales, Allen Morales; Nine sisters, Delia Jones, Luisa Pineda, Lola De La Rosa, Maria Armstrong, Anna Hamm, Anita Morales, Carmen Morales, Angie Hamm, Tonya De La Rosa; 125 nephews and nieces, and numerous great-nephews and nieces, aunts, uncles and cousins. He is preceded in death by father, Leopoldo De La Rosa Sr., mother Petra Morales, stepfather Anastacio Morales Sr. and Brother Roberto De La Rosa. Visitation is July 22, noon to 2 p.m. with services following at 2 p.m. at G. H. Herrmann East Street Funeral Home, 1505 S. East St., Indianapolis. Burial will be at New Crown Cemetery.

Kenneth C. Ford

Kenneth C. Ford, 88, of Indianapolis, died on July 12, 2016. He was born on July 15, 1927 in Louisville, Ky to the late Ernest and Mary (Shewmaker) Ford. Kenneth graduated from Indiana University in 1950 with a degree in Journalism. He served in the Army during World War II. He was employed with the New Castle Courier as a sports writer, and retired from the Kokomo Tribune after 16 years of service. He was a member of the Southport Presbyterian Church. Kenneth is survived by his wife, Virginia Ford; five stepchildren, Kim Metcalf, Brenda (Raul) Cappuccio, Melody Harrington, Stephanie Babcock, and Bradley (Tammy) Babcock; seven step-grandchildren. Services are July 22, 12 p.m. at Wilson St. Pierre Funeral Service & Crematory, Stirling-Gerber Chapel, 5950 E. Thompson Rd., Indianapolis. Visitation is July 22, 10 a.m. to 12 p.m. Memorial Contributions may be made to Southport Presbyterian Church, 7525 McFarland Blvd., Indianapolis, IN 46237.

Paul Edwin Garten

Paul Edwin Garten, 96, of Southport, died on July 12, 2016. He was born April 19, 1920 to James Edwin (Booth) Garten and Flora B. (Keller) in Odon, Daviess County, Ind. He was brother of James Robert Garten and husband of Doris Neva (Young)

Ferguson who preceded Paul in death. Paul is survived by his children, daughter Sandra Louise (Ferguson) Garten and son, Jerry Edwin (Ferguson) Garten; grandchildren born to Jerry and Sara (Kyger) Garten: Leah Louise Garten and Kelly Neva (Garten) Huddleston; great-grandchildren born to Justin Richard (Collins) Huddleston and Kelly Neva (Garten) Huddleston: James Richard Huddleston and Nathaniel Allen Huddleston. Paul is the son of pioneering, farming, professional, and military families dating back to 1600's in Christ Church Parish, Va. and 1840's Daviess County, Ind. Paul is a 1939 graduate of Odon High School. He completed one year at Indiana State University. Paul enlisted on Nov. 10, 1942 to the United States Naval Reserve. He served as Plane Captain servicing F4U, F6F, F8, and TBM aircraft in Combat Aircraft Service Units. CASU 1 in Pearl Harbor, Hawaii, CASU 6 in Alameda, California and CASU 19 in the Russell Islands. He returned home aboard the Battleship Texas on Dec. 25, 1946 and was discharged on Jan. 5, 1946. He married Doris Neva Ferguson on March 31, 1946. Paul was employed by G.M. Allison at Plant 3 in Speedway, Ind. as a Production Machinist. He retired after 42 years of service in 1982. He was a member of the Southport United Methodist Church, UAW 933 Maywood, and the Odon American Legion Post# 293. Service and visitation for Paul was July 16 at Singleton Community Mortuary and Memorial Center. Graveside service, with military honors, followed at Walnut Hill Cemetery, Odon, Ind. Memorial gifts may be given to the Wounded Warrior Project.

Dorothy May Fowler

Dorothy May Fowler, 98, of Indianapolis died July 11, 2016. She was born May 13, 1918 in Brownstown, Ind. to the late Frank Ratcliff and Bessie (Callahan) Ratcliff. Dorothy married Cedric C. Fowler on Dec. 24, 1938, in Brownstown, Ind.



and they enjoyed 77 years of marriage. She was an underwriter in the farm division for 20 years with Farm Bureau Insurance. Dorothy enjoyed gardening, reading and spending time with family. She was a member of the Southport Baptist Church for more than 60 years where she was a Deaconess and taught Sunday school. Dorothy is also survived by her husband Cedric C. Fowler; daughter Cathy (Jerry) Middendorf; grandchildren; Michael (Jennifer) Wertz, Tara Cartee and Sean Wertz; and great-grandchildren; Marissa Cartee, Miranda Cartee, Henry Wertz, Madeleine Wertz, and Charlie Wertz. Service and visitation was July 16 at Southport Baptist Church, 2901 E. Banta Rd., Indianapolis. Entombment followed at Forest Lawn Memory Gardens, Greenwood. Memorial gifts may be given to Southport Baptist Church (One Christian Church). Singleton Community Mortuary and Memorial Center is handling the arrangements.

Wayne Matney, Jr.

Wayne Matney, Jr., 42, of Indianapolis, died on July 17, 2016. He was born on Oct. 26, 1973 in Indianapolis to Emory and Linda (Bown) Matney. Survivors include his mother, Linda (Bowen) Matney; brother, Robert Matney; two daughters, Lesley Ludack and Stormie Renee Matney; three grandsons, Brayson and Kay Jae, and Mason Stafford. He was preceded in death by his, father, Emory Wayne Matney, Sr. Visitation and service was July 20 at G.H. Herrmann East Street Funeral Home, 1505 S. East St., Indianapolis. Burial will be at New Crown Cemetery

Dale James Roberts, Jr.

Dale James Roberts, Jr., 77, of Greenwood, died July 6, 2016. He was born Aug. 5, 1938 in Indianapolis to the late Dale Roberts, Sr. and Stella Roberts. He is survived by his wife of 52 years, Diana Roberts; son, Ken (Merry Ann) Lewellyn; grandchildren, James Beach and Jessica Wright; and great-grandson, Craven Wright; brothers, David (Diane) Roberts and Tom Roberts. He was preceded in death by his brother, Phillip Roberts. Dale was a member of Prince of Peace United Church of Christ. He was also an active volunteer for the Ronald McDonald House of Riley Hospital and the Johnson County Inter-Church Food Pantry. A celebration of Dale's life is July 30, 2 p.m. at Prince of Peace United Church of Christ, 3050 W. Smokey Row Rd., Bargersville, IN 46106. Memorial contributions are suggested in Dale's memory to the church or the Ronald McDonald House of Riley Hospital. Arrangements were entrusted to Simplicity Funeral & Cremation Care, Indianapolis.

James M. Roberts, Sr.

James M. Roberts, Sr., 81, of Martinsville, died on July 11, 2016. His wife of 32 years, Dana was at his side all through the final minutes of his life. He was born in Indianapolis on Oct. 15, 1934. He had a career in the trucking industry from 1962 to 2012. He was a truck driver, dock worker, supervisor, dispatcher, and a terminal manager. James retired from USF Holland in 2012. He was also a talented carpenter. He adored his wife and 6 year old tiger cat, Annie. He leaves behind his wife, Dana; sons, James Roberts, Jr., Robert E. Roberts, Mark (Sandy) Roberts; brother, Bill Roberts; sister, Dixie Borgmann; 15 grandchildren; and 33 greatgrandchildren. He was preceded in death by his son, Troy Roberts. Visitation is July 23, 1 - 2 p.m., with service at 2 p.m. at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel, 481 W. Main St., Greenwood, IN 46142.

The Southside Times

FOR THE RECORD Obituaries

Infant Xhaiden Isaiah Strauser

Infant Xhaiden Isaiah Strauser died July 12, 2016. He was born July 12, 2016 at 9:32 p.m. He weighed 2 pounds 4 ounces and was 14 ½ inches long. He is survived by his mother Emily Kay Gosnell of Greenwood; grandmother Julia Kay (Michael L.) Jones; grandfather Scott R. Gosnell and greatgrandparents David H. and Judy Strauser. Service was July 15 at Wilson St. Pierre Funeral Service, Stirling-Gerber Chapel, 5950 E. Thompson Rd., Indianapolis. Burial is at Orchard Hill Cemetery.

Jerry R. Surber

Jerry R. Surber, 71, of Greenwood, died on July 16, 2016. He was born on May 13, 1945 in Indianapolis to the late Doris Surber. He was a staff sergeant in the Vietnam War, 25th Infantry Division, and part of the American Legion. Jerry enjoyed vintage cars, fishing, and boating. He was a marksman. Survivors include his wife, Deborah; son, Bryan Allen. He was preceded in death by his cat, Sabrina. Memorial service is July 30, 2:30 p.m. in the funeral home. Visitation was July 20 at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135. He will be laid to rest at The Gardens at Olive Branch Cemetery, with full military honors.

Marjorie M. (Harding) Turley

Marjorie M. (Harding) Turley, 93, of Zionsville, died July 12, 2016. She was born Aug. 2, 1922 in Zionsville to the late George and Hazel (Gardner) Harding. She married Max E. Turley on May 18, 1945 and he preceded her in death in 2013. She is survived by her son, Michael E. Turley; siblings, Germaine Chapman of Lebanon, Joyce (Dale) Mever and Joseph G. Harding; nieces and nephews, Nancy Chapman, Stephen Dunwoody, Rick Turley, Rod Turley, Tamala Harding, Kim Minnich, Mary Webber, Barbara Harding, George Harding, Jon E. Meyer, and David H. Meyer; and several great nieces and nephews. Marjorie was preceded in death by her sister, Rose Mary Dunwoody. Mariorie was a 1940 graduate of Zionsville High School and a 1942 graduate of Lains Business College. She worked for the Indiana War Finance Committee which later became the Savings and Bonds Division of the U.S. Treasury Department. She retired from the government in 1958. In 1963 she started working for Zionsville Savings and Loan and retired in 1989 as a manager. Service was July 16 at the Zionsville United Methodist Church, 9644 Whitestown Rd., Zionsville, IN 46077. Mariorie will be laid to rest in the Zionsville Cemetery. Memorial contribution may be made to Zionsville Cemetery, P.O. Box 152, Zionsville, IN 46077. Arrangements have been entrusted to Simplicity Funeral & Cremation Care.

Patricia Irene Wiley

Patricia Irene Wiley, 73, of Indianapolis, died July 12, 2016. She was born July 10, 1943 in Indianapolis. She is survived by her children, Robert L. Carroll, Justin Wiley, and Teresa Pickhart. There are no services scheduled at this time. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

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.



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'Dog'gone it!

GRIEF THERAPY



By G.H. Herrmann Funeral Homes Greeting families in the halls of our three funeral home locations are the furry friends of our K-9 Grief

Therapy program. Six years ago Jeff Herrmann came up with what was then thought to be a strange idea. Grief therapy dogs! A lifelong friend of his trained them for people with special needs. One day they took one of the "in-training" dogs to the movies and afterwards decided to stop by the funeral home. It was a warm day so they brought Lady, a Golden Retriever, inside with them. A grieving family with children was leaving and when they saw Lady, their frowns went to gleeful cheerfulness. He was astounded at the "power of the pup" and had never witnessed something as powerful as that.

The next day, G.H. Herrmann began the process of adopting Lady as a full-time employee and from there the program was born! Our therapy dogs are specially picked for their demeanor through selective breeding and undergo three years of intense training before being placed into service. G.H. Herrmann was the first funeral home to have a true certified Therapy dog in service full-time.

Through the years we have received not only local recognition, but also national. The story has since gone viral and has been publicized in many websites and articles. Since the conception of the program, we have slowly increased our program to six dogs strong. All of them have achieved a bit of stardom. Their Facebook pages combined have well over 20,000 followers and have appeared on many local news stations. Now many other funeral homes are using them and seeing the "power of the pup." We like to think the inception of our program sparked a major trend. Most still have only one dog and that is what makes us unique. Lady, Jax, Birch, Gracie, Bekah, and BuBzie are on rotation at our facilities at all times.

We are very proud of the program we have put together and the public reception has been unanimous praise. In six years, not one person has been put off by the presence of our grief therapists. The program is growing exponentially and we hope to have up to ten dogs to meet the demand of the community. We have also begun taking two of the dogs to elder care facilities by request and are am now working with Riley Children's hospital to do scheduled visits with the children.

Life here at G.H. Herrmann would not be the same without our favorite furry friends! They can always put a smile on our face. Besides, they are some of our best employees. They work for kibbles and bits and they never complain about the overtime! Woof Woof!

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 re-

gards 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.



Resources for moving

SENIOR LIVING

By Shelley Laurel, Five Star Senior Living Blog

When it is time for an older family member to transition to a new home in a Five Star Senior Living community, preparing for the move can feel overwhelming. Downsizing a home an aging loved one has lived in for many decades is not an easy process. The good news is there are several groups of professionals who are dedicated to making the transition go more smoothly.

Resources for Moving a Senior Loved One

Here are three resources you may find to be of help:

• Certified Relocation & Transition Specialist (CRTS): This group of professionals is certified in helping older adults with all phases of a move. They have experience with downsizing and with preparing for the actual day of the big move. Most will also help connect you with other community organizations that can make this whole experience easier. Search for a specialist in your

area by zip code. They also have other helpful move-related resources on their website.

• Seniors Real Estate Specialists (SRES):

Selling a house that has been home for many years can be an emotionally challenging time. Finding a realtor who understands that can help ease the pain of parting with the family home. Realtors who have this designation have received special training in a variety of senior related topics ranging from reverse mortgages to parting with family treasures. You can search their website to find a local SRES professionalnear your Indiana senior loved one.

National Association of Senior Move

Managers (NASMM): This is an organization of senior move managers who have all gone through the NASMM Cornerstone Course in Senior Move Management Ethics and Accountability course. Members are screened for insurance and for experience. Their website has a directory you can use to find an Indiana Senior Move Manager near your family member.

We hope this information is of help to you and your senior loved one!

Stay stronger, longer

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.

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.



FOREST CREEK COMMONS

FIVE STAR

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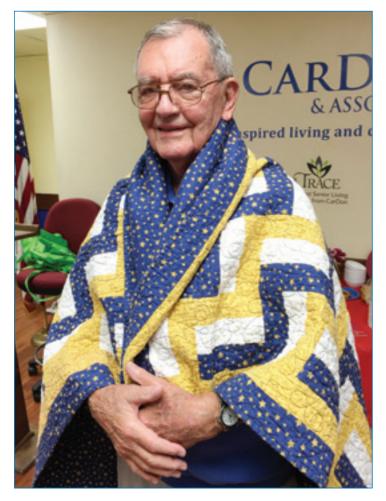


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IT'S GOLDEN





Above: From left, Christine Hurley places the quilt around Tom Scanlon with help of Jennette Bagley. Left: Dale Zapp poses with his Indiana Bicentennial-colored Quilt of Valor.

Photos by Nicole Davis

WWII veterans Dale Zapp and Tom Scanlon are presented with Quilt of Valor at The Social of Greenwood

RECOGNITION

By Nicole Davis

Presented with a 'Quilt of Valor' on July 18, Dale Zapp and then Tom Scanlon were recognized for their service to the United States during World War II.

The Quilt of Valor Foundation, established in 2003, honors veterans for their service with a handmade quilt. State Coordinator for Indiana, Christine Hurley, of the Southport area, said the quilt is to help the veterans experience comfort, healing and is a symbol of the many prayers offered to them. The guilts presented to Scanlon and Zapp, before their bridge group at The Social of Greenwood, were made by the Quilters Guild of Indianapolis.

"We as a state and nation are grateful of their service," said Hurley, who is also an Airforce veteran. "We appreciate what they did. The quilts have a label on them with their names and other information. It's supposed to be treated like an heirloom. My emphasis right now is to get as many WWII, Korea and Vietnam vets as possible."

Dale and his wife, Patty, reside in Beech Grove. They are members of Holy Name Catholic Church, and both active bridge card players. They have three children, Doug, David and Patrick; nine grandchildren and 12 great-grandchildren. Dale served two and a half years as a Navy Air Crewman in the Pacific during WWII. He made 20 flights in the war zone, and holds a Distinguished Flying Cross

Tom resides in Perry Township and is retired from Lilly. He served Air Force from 1942 to '46, in WWII as an intelligence officer. He and his late wife have six children, Michael, Tim, Tom, Elizabeth, Joe and David. At 96, Tom enjoys playing golf and bridge.

For more information about the foundation, visit QOVF.org.

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IT'S GOLDEN

The Southside Times

Relocating a senior

SENIOR LIVING



By CarDon, Family-First Senior Living Communities Moving is stressful, no matter

what age you are. To what town or city are you moving? What resources are available? When do you have to be settled in your new place? So many questions ... and often, you need to make quick decisions.

The circumstances can become even more complicated when you are trying to relocate an aging friend or family member who may have mobility or mem-

ory issues, or both.

"Important considerations have to be made when relocating seniors," said Nancy Hanley, RN. Hanley is a geriatric care manager with Senior1Care. She frequently works with CarDon & Associates to place residents in one of CarDon's 19 senior living communities throughout Indiana.

Considerations include:

• Where to live: Will the senior be living with an adult child? If not, where is the most appropriate setting?

The cognitive and physical health of the senior often determines what setting is best. Exploring different living options and senior communities is recommended.

• How to move: What kind of transportation is available? How much needs to be packed and moved, or can some items be donated? The shorter distance to move, the better. But any move involving a senior requires advanced planning.

• **Medicare:** If a senior is on traditional Medicare, no insurance changes should be required. But if the senior is on an HMO/PPO, there are certain requirements and restrictions, so make sure to consult an insurance benefits specialist.

• Medical records: Seniors should contact their healthcare providers before moving to get medical records to hand-deliver to new providers. That way records won't be lost or misplaced.

• Legal documents: If moving out of state, have any legal documents reviewed by an attorney. Some legal documents are honored from state to state and others are not.

"I got a phone call from a young gentleman who lives in the Indianapolis area to help relocate his grandmother who lived in Los Angeles," Hanley said. "She has moderate dementia, and the grandson wanted to make sure she was moved to a senior living community that would meet her needs. He was not aware of the many health resources and memory care living options available."

Hanley helped him put a plan together and coordinated a caregiver to fly to L.A. where the grandmother was living. The caregiver helped her pack up her essential belongings, and a wheelchair van was hired to transport them to the airport.

"I had transportation also scheduled to pick her up in Indianapolis since she was in a wheelchair," Hanley said. "It was a process

> that took several days of planning with many details that needed to be arranged."

But it was a process that made the crosscountry transition a smooth one. Hanley works with CarDon to ensure every transition is just as smooth, confirming all medical records are transferred and physical assessments are complete at the chosen senior living community.

"You can't just put a senior on an airplane and expect the airline staff will take care of things," Hanley said.

"You always have to think of the 'what ifs' and try as best as possible to be proactive."

Hanley has helped place residents in several of CarDon's family-first senior living communities, many of which have Medicaid certification. That certification is becoming more important as seniors are living longer and still want to live in nice places.

"Many seniors are outliving their money, which can be a real problem," Hanley said. "One of the great things about CarDon's communities is they offer the same great care no matter the resident's financial situation. Medicaid living often comes with a negative stigma, and CarDon is working to change that stigma. I have never seen such large, spacious rooms for Medicaid residents, and I think it's really admirable for CarDon to take that approach and have such a high level of care for all their residents."

Relocating older adults to a senior living community requires teamwork between the senior and his or her family with the staff. That way, everyone can agree on the best place for the resident, helping make it possible for him or her to have a successful transition and continue to age in place in a compassionate and safe environment.

See ad on back page.





1: Connie Buck checks her numbers after getting a Bingo. 2: Joe Seiter. 3: Neil Richards. 4: Bingo cards. 5: Mary Beth Graham. 6: Justin Riege, of The Social of Greenwood, calls out the Bingo numbers. 7: Dorothy Rybak. 8: Mildred Kontak and Joyce Pachciarz laugh as they call Bingo at the same time.

Story and Photos by Nicole Davis







BINGO! Perry Senior Services and The Social of Greenwood partner for free monthly Bingo in Southport

TIMESOGRAPHY

Perry Senior Services, in conjunction with The Social of Greenwood, began offering Bingo free to senior citizens in January. The event is drawing a small crowd, said Perry Seniors Executive Director, Peggy Bryson.

"Our mission is keeping people healthy and independent as long as possible," Bryson said. "Part of being healthy is socialization and interaction. We looked to The Social to do the social aspect of that."

Bingo is the first and third Tuesday of each month at 12:30 p.m. Prizes and refreshments are included.

In addition to Bingo, Perry Senior Services offers an arts and crafts club every Monday at 1 p.m., free haircuts with a licensed stylist each second Monday of the month (call (317) 783-9291 for an appointment), a walking club the first and third Tuesday of the month at 10 a.m. and Euchre the third Thursday of the month at 1 p.m. with a \$2 donation. Registration is also open now for its September Golf Open – spots are limited. For more information, visit perryseniors.org.



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The Southside Times

Entertainment

CALENDAR OF EVENTS

BEECH GROVE

Summer Showtime: Open Season: Scared Silly Children of all ages and families are invited for a showing of "Open Season: Scared Silly" (PG). When: July 28, 1 p.m. | Where: Beech Grove library branch, 1102 Main St., Beech Grove. | Info: Call (317) 275-4560.

CENTER GROVE

Hop and Bop • Explore different kinds of music and experiment with movement and rhythm in this program for preschoolers. | When: July 22, 10:30 - 11:30 a.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit pageafterpage.org.

Summer Learning Party: Wonderlab Presents Bright Science, Bright Minds • Celebrate the end of the Summer Learning Program with Wonderlab. When: July 26, 6:30 - 7:30 p.m. Where: White River Branch library, 1664 Library Blvd., Greenwood. Info: Visit pageafterpage.org.

FRANKLIN TOWNSHIP

Town Hall Meeting • Join the Franklin Township Community School Corporation to discuss the status of FTCSC facilities, and thoughts on Wanamaker Elementary School. | When: July 21, 6:30 p.m. | Where: Wanamaker Elementary, 4150 S. Bazil Ave., Indianapolis. | Info: Visit ftcsc.k12.in.us.

Indianapolis Music Collectors' Convention • The convention is a music show and sale open to the public with thousands of recycled, out-of-print and hart-to-find records, CDs, DVDs and other related items. | When: July 24, 10 a.m. - 3 p.m. | Where: La Ouinta Inn, 5120 Victory Dr., Indianapolis. | Info: Call (317) 882-3378.

FOUNTAIN SQUARE

Summer Showtime: Star Wars: The Force Awakens • Children of all ages and families are invited for a showing of "Star Wars: The Force Awakens" (PG-13). | When: July 27, 1 p.m. | Where: Fountain Square Branch library, 1066 Virginia Ave., Indianapolis. | Info: Call (317) 275-4390.

GARFIELD PARK

Greater Greenwood Community Band • Come watch the band's performance. When: July 21, 7 p.m. | Where: Garfield Park, MacAllister Center for Performing Arts, 2505 Conservatory Dr., Indianapolis. | Info: Visit greenwoodband.com.

GREENWOOD

Summer Concert Series: Toy Factory • Join the 8th Annual Greenwood Park Mall Summer Concert Series presented by Ray Skillman Automotive. This party band plays R&B favorites and dance hits. When: July 21, 7 – 8:30 p.m. | Where: Near outdoor fountain on mall's north side. | Info: Visit facebook. com/GreenwoodParkMall.

Inaugural Woodman Booster Gold Outing Tee • The Woodman Athletic Booster Club holds its inaugural golf outing to raise funds for Greenwood High School Athletic programs. The Florida Scramble golf format has a shotgun start and features golf favors, prizes, beverages and a catered dinner. When: July 22, noon tee-off. | Where: Valle Vista Country Club. | Cost: \$80 per person or \$300 for four-member team. | Info: Call Casey Lucas, (317) 245-6311.

Tinker Time Family Fun Day • Join for the first Tinker Time Family Fun Day where the whole family can experiment, explore, and create together. When: July 23, 1 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: Visit greenwoodlibrary.us.

Greenwood Summer Concert Series: Stella and the Satellites • Presented by Mallow Run Winery and Oaken Barrel Brewing Company. | When: July 23, 7 p.m. | Where: Greenwood Amphitheater. | Info: Visit greenwood.in.gov.

Get Pop-Cultured: DC Comics • Be the first to get a free Suicide Squad Special Edition #1 comic and enjoy giveaways, activities and cosplay. | When: July 23, 7 p.m. | Where: Barnes & Noble, Inc., Greenwood. | Info: Visit bn.com/getpop-cultured.

Greater Greenwood Lions Club Meeting • Meet and eat. Visitors are welcome. | When: July 26, 7 p.m. Meet and eat begins 6:30 p.m. | Where: Golden Coral, 160 S. Marlin Dr., Greenwood. | Info: Call Vickie Gilmore, (812) 603-4440.

Magician Daniel Lusk: Go for the Gold • Magician extraordinaire Daniel Lusk returns with some Olympic-sized fun for the whole family! | When: July 28, 6 p.m. | Where: Greenwood Public Library, 310 S. Meridian St. | Info: Visit greenwoodlibrary. us.

Rummage Sale Crop • Attend this crop and sell unwanted new or gently used crafting and scrapbooking supplies while crafting away the day, or attend the rummage sale. | When: July 30, 10 a.m. - 8 p.m. | Where: The Glitterie, 1211 N. Madison Ave., Suite F, Greenwood. | Info: Call (317) 882-8149 or visit thealitterieboutique.com.

Calendar continued on page 25

AN OPTION

Rosita's Mexican Restaurant

The scoop: Rosita's Mexican Restaurant has served up goodness since they opened 10 months ago in September 2015. Located across the street from the Greenwood Park Mall down St. Peter Street next to Five Star Dance Studios, Rosita's will soon expand with a new location in the Bargersville area. This restaurant has a huge menu with all your favorites and more, including their line of premium margaritas: Apple Sangria, Volcano, Organic Margarita, Pink Cadillac, etc. Rosita's has daily dinner and drink specials including chimichangas on Mondays, Taco Tuesday, burrito gigante and taco salads on Wednesday, pollo fudido on Thursday, new margaritas on Fridays, and Corona and Modelo buckets on Fridays. Vegetarians have plenty of options and seafood lovers can order a dozen ovsters on a half shell along with plenty of fish and shrimp dishes. Rosita's promises "love at the first bite."

Type of food: Mexican

BEHIND BARS

Blue Margarita

Bartender: Alex Alba

Location: El Meson Mexican Restaurant, 8810 S. Emerson Ave., Suite 280, Indianapolis, IN 46237

Ingredients and directions: In a 27 oz. glass with ice, add 2 oz. Blue Curaçao, 4 oz. Patrón Silver Teguila, 2 oz. Patrón Citrónge Orange, 4 oz. margarita mix, 3 oz. lime juice. Garnish with a lime. Serve.







Molcajete at Rosita's Mexican Restaurant.

Recommendation: Molcaiete Rosita: This dish includes grilled chicken, steak and chorizo sautéed with canbray onions and a dip of fried jalapeno with special spice sauce garnished with catctus, canbray onions, slice of chihuahua cheese. Served with rice, beans and tortillas.

Location: 8908 S. St. Peters St., Indianapolis, IN 46227

Phone: (317) 215-4656

WHERE I DINE

AJ Bullard, owner of Ice Palace Shaved Ice

Where do you like to dine? I like to go to Brozinni Pizzeria right off of Emerson Avenue.



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style pizza and we go there quite a bit. Their Meat Lover's Pizza.

What do you like about this place? We go there about once a week. We just like going there and eating their pizza. The people are friendly there.

Brozinni Pizzeria is located at 8810 S. Emerson Ave. # 240 in Indianapolis near the County Line Road intersection. The phone number is (317) 865-0911.

Compiled by Brian Ruckle



The Southside Times

Calendar continued from page 24

Greenwood Summer Concert Series: The Big 80's • Presented by Mallow Run Winery and Oaken Barrel Brewing Company. | When: July 30, 7 p.m. | Where: Greenwood Amphitheater. | Info: Visit greenwood.in.gov.

Movies on the Lawn: Beasts of the Southern Wild • Bring lawn chairs and blankets for a free movie under the stars. No tickets required. | When: July 30, 9 p.m., movie starts at dusk. | Where: Garfield Parks Art Center. | Info: Visit apm.activecommunities.com/indyparks/.

INDIANAPOLIS

Quilters Guild of Indianapolis South • Cathy Franks, guest speaker, will talk about final steps for finishing a quilt, such as squaring it up and making the binding. | When: July 28, 1 p.m. | Where: Friedens United Church of Christ, 8300 S. Meridian St., Indianapolis. | Info: Visit quiltguildindy.net.

JOHNSON COUNTY

Idol Kings • A Journey, Mellencamp and Tom Petty Tribute. Tickets \$15 in advance, \$20 day of show. | When: July 23, 7 p.m. | Where: Mallow Run Winery, 6964 W. Whiteland Rd., Bargersville. | Info: Visit mallowrun.com. **3rd Annual Dog Tag Triathlon** • The Johnson County Extension Homemakers are hosting the Dog Tags Triathlon -- Dog (Debt of Gratitude) Tags (Thanks American Gl's). All proceeds of the event will go to Johnson County veterans. | When: Aug. 6. Registration deadline for the event is July 27 | Where: The golf part of the triathlon will be held at Tameka Woods Golf Club in Trafalgar; Bowling at Hi-Way Lanes in Franklin and the Corn Hole event will be at the Johnson County Fairgrounds in Franklin. | Cost: \$250 per team. A team is a two people competing in golf, bowing and corn hole. | Info: Visit extension.purdue.edu/johnson.

PERRY TOWNSHIP

Indiana's Bicentennial – 200 Years of Governors • Perry Township Historical Society's Vice President, Michael Thrall, will go through 200 years of Indiana's Governors -1816-2016! Southport and Perry Meridian alumni--there will be an open house from 6-7 p.m. for both schools' alumni with memorabilia on display. | When: July 26, 7 p.m. | Where: Perry Township Education Center, Room 210. | Info: Call (317) 789-3979.

2016 PTYFC Jamboree • Celebrate the upcoming football season. | When: July 30, 1 – 4 p.m. | Where: Perry Meridian Middle School. | Info: Visit ptyfc.org or facebook.com/ptyfc/.

Ghostbusters... average film with very few laughs

MOVIE REVIEW

By Adam Staten

There are some things in life that just shouldn't be reinvented or reinterpreted, no matter how good or bad. Attempting to redo those seemingly untouch-

able items is an excellent way to invite the wrath of the masses. And that is exactly what happened when the possibility of a remake of the *Ghostbusters* remake was floated around - with an all-female cast. Social media was soon flooded with profanity-laced rants from those who didn't think too highly of the aforementioned idea. The level of anger displayed was the type

usually reserved for politicians and the Facebook comment section of any news stations' page. Regardless, the new *Ghostbusters* film hit theaters this past weekend.

Ghostbusters is the story of four women who come together to rid New York City of a dangerous supernatural presence. Erin Gilbert (Kristen Wiig) is a college professor awaiting tenure, but thanks to the discovery of a book she wrote in her past on the paranormal, it never comes. After her embarrassment, she partners up with an old colleague Abby Yates (Melissa McCarthy), who is still firmly committed to fighting ghosts. Reports of paranormal beings at a historic mansion, in the subway and other places around the city lead Yates and Gilbert accompanied by Holtzmann (Kate McKinnon) and Patty Tolan (Leslie Jones) on a mission to extinguish the ghosts. It's a special achievement to have a film with such funny people in a film with such few laughs.

The film's biggest failing is the story and

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the way it utilizes its comedic talent. Mc-Carthy, Wiig, Mckinnon and Jones have all proved they can bring the funny in other films or on a little show called *Saturday Night Live*. Unfortunately, the laughs in this film do not exist. Try as they might, the four

women are not given any real opportunity to flex their comedic muscle. Instead, most of the (mild) laughs come from Chris Hemsworth as their extremely dumb and inept receptionist.

While the laughs aren't present at all, the story itself has some problems as well. It's terribly predictable with no real twists or turns. The story plays it way too safe, never taking

any chances at differentiating itself from the original, besides the casting of the four women. The vanilla and mundane story makes it difficult to keep ones attention throughout the film's nearly two-hour runtime.

Ghostbusters is not the dumpster fire that many were predicting, but it's not a classic piece of cinema either. Instead, it is a very average, middle of the road film with a frighteningly low number of laughs. 2.5 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. He can be reached at adam. staten 1@gmail.com







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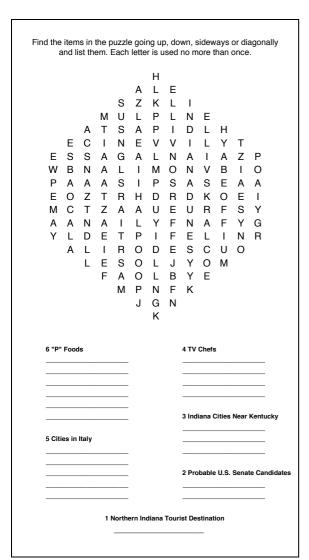
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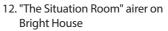
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Across

- 1. Tip, as a hat
- 5. Trade union
- 10. Greenwood Cub Scouts group
- 14. A woodwind
- 15. Hoosier interscholastic sports org.
- 16. Former Channel 13 anchor Ryder
- 17. Start of a bumper sticker spotted at Indianapolis Speedrome (4 wds)
- 20. Wal-
- 21. They're kept under wraps
- 22. Treat badly
- 24. Native Alaskan represented in the Eiteliora Museum
- 26. Little toymaker
- 29. Buddy
- 30. Altar fixture at St. Jude Parish
- 31. Lucky's Bar order
- 32. CVS or Walgreens
- 35. Type of complexion
- 36. Part 2 of bumper sticker (2 wds.)
- 39. "Encore!" at Murat Theatre
- 42. 2016, e.g. (2 wds.)
- 46. Tenderhearted
- 47. Carpenter's joint
- 49. Thai neighbor
- 50. Buy on WTHR's "Wheel of Fortune" (2 wds.)
- 51. Castleton department store
- 52. First Baptist Church music maker
- 54. Hoosier honker
- 56. Copycat
- 57. End of bumper sticker (3 wds.)
- 63. Hoosier Park track shape
- 64. Like Crown Hill Cemetery at night
- 65. Be sore after the Run for Riley
- 66. Colts contest
- 67. Woodworking tools
- 68. Indianapolis Public Library unit

Down

- 1. Ashton Carter's grp.
- 2. -Wan Kenobi
- 3. Baby aisle purchase at Marsh
- 4. Greek options at The Cheese Shop
- 5. Main point
- 6. TV band that includes Channels 20, 23 and 59
- 7. Downtown classical music org.
- 8. Sizable Bazbeaux pizzas
- 9. Rucker heard on WFMS
- 10. Formal agreement
- 11. Liqueur flavoring



- 13. Scotty's Brewhouse barrel
- 18. Intense anger
- 19. Away from the bow on Eagle Creek Reservoir
- 22. iPhone download, briefly
- 23. "___, humbug!"
- 24. St. Louis landmark
- 25. Feeling of allegiance, for a Pacers fan
- 27. Was ahead in the Brickyard 400
- 28. Cook in hot oil
- 30. Lids buy
- 31. Resembling a bee
- 33. IMPD action
- 34. Hotmail provider
- 35. Round Hill Cemetery letters
- 37. Wranglers alternative
- 38. Harrison Paving goo
- 39. Johnson County Sheriff's
- rap sheet entry
- 40. Big Red Liquors buy
- 41. What "bad credit" is to "debit card"
- 43. "St. Simon" painter at IMA (2 wds.)
- 44. Batteries Plus size
- Puzzle tíme



65

52 53

56

- 45. Ex-Colts coach Meyer
- 47. Indy Chess Club ranking
- 48. Summer cooler (2 wds.)
- 51. <u>& Johnny's</u> 52. Make a choice
- 53. St. Vincent Sports Medicine regimen, for short
- 55. Gawk at Purdue's Golden Girl
- 56. Matures, like a wine at Easley's
- 57. I-465 driving hazard
- 58. Midwest Fertility stock
- 59. Apr. 15 initials
- 60. Tuck's partner
- 61. Butler sorority letter
- 62. Jim Davis comics cry

Answers See Page 27





Moving mountains, and minds, with pathos

GRAMMAR GUY

By Jordan Fischer We're talking

pathos this week, but if you think that means we're starting off with Aristotle, you're wrong.

We begin with Sarah McLachlan.

You don't even have to be in the same room to feel a tug on your heart strings when her ASPCA commercial comes on. In fact, I bet right now, even just me mentioning the commercial has that song playing in your head. You know which song.

Pathos, Aristotle says, is the rhetorical appeal to emotion. The emotion can be vanity, or fear, or anger, or lust - it's pathos all the same. And if you don't believe me that pathos is powerful, ask Sarah's snaggle-toothed kitten friends.

Here's what Aristotle had to say about the second of the modes of persuasion:

"The Emotions are all those feelings that so change men as to affect their judgments, and that are also attended by pain or pleasure."

Note the "affect their judgments" part. Anger and lust and even joy cloud our otherwise reasonable faculties and make us prone to things we wouldn't normally do - like supporting an extreme policy proposal, or listening to country music. You won't find a demagogue who explained his policy proposals in a calm, sensible manner, but you'll find plenty who hope to take power by whipping their crowds into a frenzy.

Now, if you were, say, a candidate running for the presidency of the United States, you might appeal to fear and anger by warning that criminals and rapists were flooding over the border. That's pathos.

And if you were an opposing candidate, you might reply that voters "cannot put the safety of our children and grandchildren" in said opponent's hands.

That's pathos too.

I'm not here to tell you who to vote for. I'm not even here to talk about "truth" - because pathos isn't about truth. It's about emotion. As any boxer knows, if you can get your opponent angry - if you can get in their head you're in control of the fight. And many the politician believes if he can get us worked up, he can control our vote.

Next week we leave emotion behind and talk about the thinking man's mode of persuasion: logos.



Jordan Fischer is a contributina columnist for The Southside Times. To ask Jordan a arammar auestion, write him at rjfische@gmail.com.

Puzzles & Answers – See Page 26

Brownie reality: Don't fake it - bake it

NUTRITION

It was tradition when Sandra and I visited life-long friends, we'd finish off

By Wendell Fowler

a lovely scratch dinner with Ooey-gooeychocolaty grocery brownies, feloniously assaulted with an inch of icing, topped with a scoop of vanilla and garnished with a five-paragraph ingredients label. Not anymore. We dropped the reality pill of selflove and woke up. Trading off our temple's heavenly gift of health for ephemeral pleasure is the model of self-destruction.

Why assault your temple's

health with snarky grocery brownies and brownie mixes when you can scratch-bake a better version? Brownies are high in calories, fat, nasty oils and sugar that trash your temple's overall health if you eat them on a regular basis. How about once in a while?

Brownie mix-really? Are you so busy with your life that you can't turn on the oven, measure out ingredients, mix, pour and bake? Poor baby. Let's investigate a few of the common criminal ingredients. From reading this column, you've learned AP flour is connected to diabetes, obesity, cancer and heart disease. HFCS is almost always found in very poor quality foods that are nutritionally vacuous and filled with all sorts of other disease-promoting compounds, fats, salt, chemicals and even mercury. Partially hydrogenated vegetable oils (Trans-fats) are the worst offender. These processed fats are linked to increased risks of coronary heart



disease, elevate the risk of diabetes, obesity, fatty liver and Alzheimer's - just a couple of maladies off the long list.

Palm oil is extremely high in saturated

fats, and palm kernel oil, the oil from the seed of the palm fruit, is even higher in saturated fats. While palm oil contains roughly 50 percent saturated fat and 50 percent unsaturated, palm kernel oil contains a whopping 82 percent saturated fat. Filthiest of all, cottonseed oil contains unacceptably high levels of pesticides since cotton is not registered as a food crop and therefore pesticides and

chemicals are not as strictly regulated. Vanillin artificial vanilla flavor is made from wood byproducts or petroleum. Vanillin is also used in perfumes, medicines and wine.

Now you know the truth sourced from The American Journal of Clinical Nutrition, et.al. Will you grow a set or cop out: "Well you gotta die from somthin" Please wake up. Get thee back into thy kitchen where only you control the ingredients.

You are a divine brilliant miracle; amazing, expansive and strong. Don't screw up the now or your future health and happiness for a moment's self-gratification.

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

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Answers to HOOSIER

HODGEPODGE: Foods: PAELLA, PASTA, PIE, PIZZA, PLUM, POTATO; Italy: FLORENCE, MILAN, PISA, ROME, VENICE; Chefs: BATALI, FLAY, LAGASSE, RAY; Cities: CLARKSVILLE, JEFFERSONVILLE, MADISON; Candidates: BAYH, YOUNG, **Destination: INDIANA DUNES**

Q&A – See Page 2

1. A 2. B

3. C

4. A

5. D

3	5	7	8	1	2	9	4	6	
1	4	2	3	6	9	8	5	7	
9	8	6	7	4	5	3	1	2	
8	3	1	6	9	7	4	2	5	
5	7	9	4	2	8	6	3	1	
6	2	4	1	5	3	7	9	8	
4	1	5	9	7	6	2	8	3	
2	6	8	5	3	4	1	7	9	
7	9	3	2	8	1	5	6	4	

PLACES OF WORSHIP

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. | Ladiés' & Men's meetings (call for times) | "Independent Baptist Church"

TATHOLIC

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!

Holv 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. James Brockmeier | 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 <a>

 EVANGELICAL LUTHERAN 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 | mpcc.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 jewshdcc@yahoo.com

† 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.

T 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.

PEPISCOPAL 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. 🕆 NON-DENOMINATIONAL 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.indydio.org

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 Erny | Sunday: 9:30 a.m. | Sunday School: 11 a.m. | yourccml.org

T LUTHERAN

Emmaus Lutheran Church & School • 1224 Laurel St., Indpls (Inside historic Fountain Square) | Ph: (317) 632-1486 | Pr. Raymond Smith | Worship: Sunday at 10 a.m. | Facebook.com/ emmausfountainsquare

St. Mark's Free Lutheran Church • 1301 East Prospect St., Indpls (Inside the historic Fountain Square Community) | Pr. Terry Englert Sunday: 10:30 a.m. | Adult & Children's Sunday School: 9:30 a.m. Come join us for a traditional style worship experience followed by a time of food and fellowship!

St. Paul's Lutheran Church • 3932 MiCasa Ave., Indpls | Ph: (317) 787-4464 Worship: Sunday, 9:30 a.m. & Thur, 7 p.m. | Sunday School after Worship | stpaulsindy.com | Facebook: StPaulsIndy

NAZARENE

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

Church of Acts • 3740 S. Dearborn, Indpls | Ph: (317) 783-ACTS (2287) Pr. Bill Jenkins | Sunday: 10 a.m. Wednesday Bible Study: 7 p.m. Celebrate Recovery: Thursdays, 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. | Śunday School: 9:30 a.m. | Free Community Meal – 3rd Monday: 6:30-8 p.m.

P SEVENTH DAY ADVENTIST

Southside Seventh-Day Adventist • 4801 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 Grovel Ph: (317) 786-2719 | Pstr: Dr. Patrick Wood | Sunday: 9:30 a.m. | Worship Service: 10:45 a.m. Sunday & Weds. Eve Worship: 6:30 p.m.

T UNITED CHURCH OF CHRIST

Faith United Church of Christ • No matter where you are on life's journey, you are welcome in our community. 4040 E Thompson Rd. | Ph: (317) 784-4856 | Pr. Scott Simmons | Worship Service: 10:30 a.m. | Sermon's online at myfaithucc.org

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

P 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 | Thursdays, 3 p.m. Bible Study | Sunday: 9a.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.

> Call to place your Church Listing, **Classified or Service** Guide Ad: (317) 300-8782



"And the Lord said unto me, A conspiracy is found among the men of Judah, and among the inhabitants of Jerusalem. They are turned back to the iniquities of their forefathers, which refused to hear my words; and they went after other gods to serve them:

the house of Israel and the house of Judah have broken my covenant which I made with their fathers." ~ Jeremiah 11:9-10

Making the Bible relevant to today is not too difficult. The same mistakes (sins) of the fathers are being made by the sons. We seem never to learn. The word conspiracy means an unlawful alliance and treason. This is how God ex-



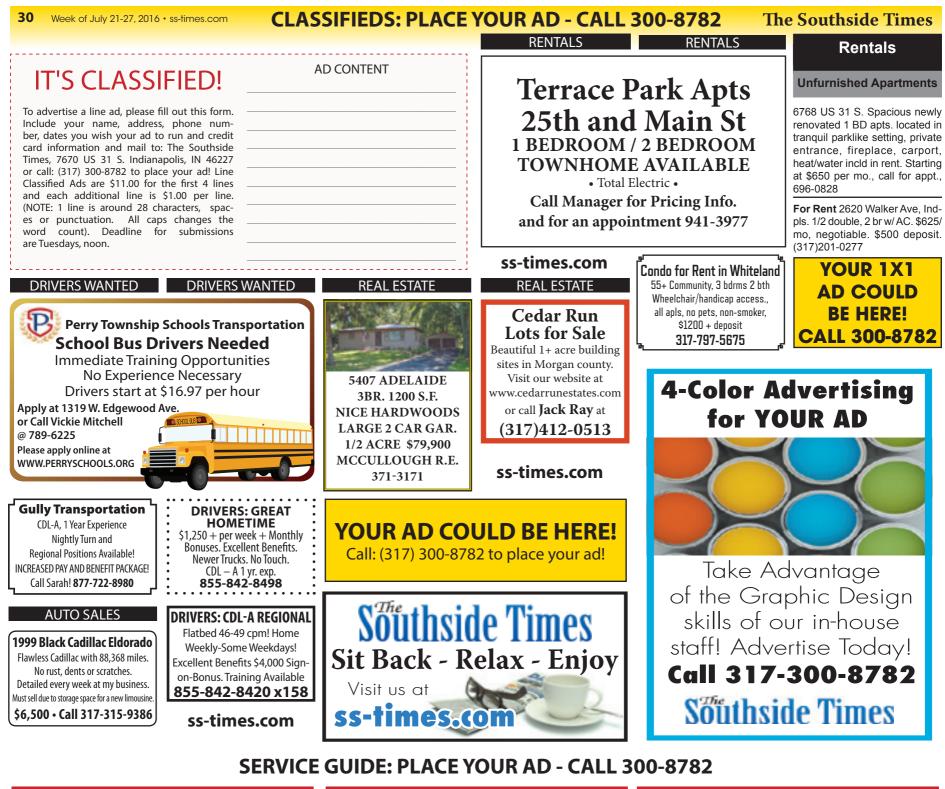
plained to Jeremiah what was going on in Judah. Think about this for a while and you can easily bring this passage forward to our time. I have to ask you if you think that there has ever been a time when more "backroom deals" were being made that are intended to take our freedoms away than are being made in our time and, not only in this country, but around the world. Many are plotting the overthrow of our God and His Christ. How very foolish they are to think that it can be done. Man is the created being and is subject to the whims of God. Not that our God is a whimsical God and we can be thankful He is not. He does not act or react on a whim but on a well-thought plan for us individually and all together. We are His creation and for His reasons we exist.

No one can overthrow God. It cannot be done and any effort to do so will prove futile at best. God is. He does not exist by us and He can very well exist without us but has chosen to exist for us. He is not merely a thought, He is a reality and we must know that we are the ones that cannot exist without Him. Hope you know it and live accordingly.

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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