

# The Southside Times



  
**face to face**

Southsiders answer the question, "If you won the lottery tomorrow, what would you spend it on?" **Page 2**

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## General terms

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"I'm very appreciative and I feel privileged to have worn this uniform for almost 46 years. I made the decision to stay and it was the greatest decision I ever made. This has been a very fulfilling career."

*~ Maj. Gen. R. Martin Umbarger*



Photo by Nicole Davis



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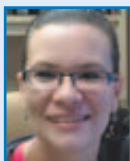
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## face to face

### Q: If you won the lottery tomorrow, what would you spend it on?

"I would spend it on a big beautiful house. I currently live in a condo. I would have the biggest yard I could so the kids could play outside. I would have a pool and all the luxuries of a big home."



Nicole Goldsmith of Franklin Township

"I would fund my granddaughter's college education because she means so much to me. She deserves a good education. She is only 3 right now."



Patricia Blazek of Franklin Township

"Depending on the quantity that I would win, I would spend it on trying to help disadvantaged youth. Mainly I would help them by giving them ownership in a store."



Greg Gray of Center Grove

"I would put half of it into savings and I would give the other half to Autism Speaks. My nephew has autism and so I would give to that charity."



Kyle Vaughn of Perry Township

## Politics of ghost hunting

### HAUNTS & JAUNTS

By Rick Hinton

Ghosts in the mirror, or just a product of wishful thinking? It would seem that those involved in the paranormal (even armchair enthusiasts) can have their gullible moments.

There has been a rash of ghostly spectacles on the internet posted from impressionable fans that have tie-ins with ghost apps for the phone. What is most amazing...the buy-in—this is conclusive proof for the existence of ghostly shenanigans. Are we that stupid? Do we so desperately seek entertainment and consequently shut off our brains?

Friend Kenny Biddle believes in the possibility of the paranormal, yet at the same time recognizes 'junk' for what it is. There is a definite lack of advancement in the pursuit of paranormal realities. We are doing the same things over and over... and making the same mistakes. Groups have become mired in the mud.

"Groups are stuck in a rut... and have been for several decades. Hell, over a century. There is no "advancement" going on. The recent rut consists of the following:

- Get permission (or not, as recent news reports) to a "haunted" location.
- Set up a lot of gadgets that are believed, without any evidence, to work to capture and record something to do with ghosts (which again, no evidence to back up such an idea).
- Turn all the lights out. Sit in the dark.

Talk to the dark.

- Review all recordings at a later time and assume everything you cannot explain absolutely must be that ghost of a little girl you read about.
- Post it all, wait for praise. Delete and block questions, rational explanations, logic, reason, professional knowledge... evidence that refutes your claim, etc."

Paranormal groups and/or individuals can do more harm than good. Clients—many without any religious affiliation or familiarity with what is suddenly happening to them—reach out for help, answers, validation...and instead receive the "official" wisdom and verdict of some noodle head who has received their ghost hunting diploma from the internet or television. They can be wrong, and don't realize the long lasting ramifications of their words or actions. They leave and move on to other adventures while their befuddled clients are left behind in the same situation, with often inaccurate information to help them move forward. It's a sad and scary state of affairs knowing this continues, and groups and individuals out there are more interested in making a name for themselves than actually working towards a reasonable explanation for what they do.

It is all a part of the politics of ghost hunting.



Rick Hinton, a Greenwood resident, loves researching things that go bump in the night. His articles can be read on Facebook; Rick Hinton-Greenwood Paranormal Examiner or examiner.com/paranormal-in-indianapolis/rick-hinton.

### AROUND TOWN

## Greenwood creates a visual bridge to City's financial data

Under the direction of Mayor Mark W. Myers, the City of Greenwood has partnered with cloud-based OpenGov to provide citizens with an innovative Financial Transparency Portal.

"This portal transforms complex financial data into actionable insight and information, enabling better analysis and understanding of the city's budget," Stated Mayor Myers. "It will allow everyone access to see our finances in a whole new way, and drill down to the raw data if they choose. We are the first municipality in Indiana to utilize this powerful technology, which I believe will set the bar for financial transparency."

The platform displays the City's financial information in a user-friendly portal directly accessible on the city's website. Resi-

dents and staff can drill into the current year budget and compare to previous fiscal years through interactive graphs that easily presents revenue and expenses by fund, department and type. Beyond sharing information with the public, Greenwood can also use OpenGov internally to create custom reports, review multi-year trends, manage operations to budget, and keep administrators informed. Learn more at [opengov.com](http://opengov.com).

Southsiders...

Send your community news to: [news@ss-times.com](mailto:news@ss-times.com) for print consideration!

## Our Lady of the Greenwood

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## Summer Festival

Thursday, June 4th 5pm-11pm  
Friday, June 5th 5pm-Midnight  
Saturday, June 6th 2pm-Midnight  
Sunday, June 7th Noon-9pm

### Family Dinners

Italian Dinner - Thur.  
Fish Fry - Fri.  
Pork Chop Dinner - Sat.  
Fried Chicken - Sun.  
Children 6 and under eat FREE when accompanied by an adult

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



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For more information, contact us at:  
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Top, left: Ray Kamstra, founder and head brewer of Indiana City Brewing. Bottom, left: Indiana City Brewing Co. Tap Room – a photo taken during the anniversary party. Top, right: Patrick Williams wheat pasting an Indiana City Brewing wall with the breweries label art. Bottom, right: John Stamps (Front) and Sirius Blvck (Back) of Ghost Gun Summer performing at the anniversary party. Photos by Roberto Campos

Two years on tap Fountain Square's Indiana City Brewing Company celebrates a milestone, focusing on serving local patrons

FOCUS

By Roberto Campos

One look at Indiana City Brewing Company's parking lot at 24 Shelby St. during its two-year anniversary party, and one thing can be said about it: there's a heavy emphasis on local – and Ray Kamstra wouldn't have it any other way.

Kamstra, founder and head brewer of Indiana City Brewing, opened the brewery's doors two years ago with the intention of adding something to Indianapolis, its craft beer scene, and through beer, add to the city's art scene.

Planned for last Saturday's Indiana City Brewing's two year anniversary party: local food trucks, a day filled with local Indiana musicians and special beer tapings.

The two-year milestone served two purposes for the brewery – a celebration and an

assessment.

In 2012, Kamstra launched a Kickstarter crowd-funding campaign to acquire the capital needed to secure a location for the brewery and fund operations. In 2013, Indiana City Brewing opened its doors unsure of what lie ahead.

"We're beyond where we thought we'd be," Kamstra said. "Keeping up with the demand is our biggest challenge at this point."

There are nearly 100 craft breweries in Indiana according to the Brewers of Indiana Guild. Kamstra attributes some of Indiana City Brewing's success to craving out a niche in the local arts community.

The breweries' tap room is lined with local art, its beer label art is developed locally, Indiana City Brewing's eyes are on the city.

"We're not trying to just produce a bunch of beer and put it wherever we can sell it," Kamstra said. "We want to sell beer to people in Indy."

Like most brewers, Kamstra got his start in beer as a home brewer, and eventually, aimed to transition from home brewer to professional brewer.

"I really wanted to find happiness in something real and something I feel really passionate about," Kamstra said. "Every home brewer goes through those phases where they're like 'this is a great beer, I need to open my own brewery,' but I think most people just talk about it... just had enough crazy in me to believe that this is something that could happen."

For the future of Indiana City Brewing, Kamstra plans on expanding, to see more of the breweries beer on more taps across the city.

"Our name is Indiana City because it's a statement of pride in Indianapolis, its literal definition of Indianapolis," Kamstra said. "This is our big city in Indiana; let's celebrate it."





Third grade students discover the freezer at Second Helpings is very big and very cold.

## Nativity students feed the hungry

Nativity Catholic School's third grade class has been talking about different communities all year in their Social Studies curriculum. During the first month of school, the students learned about Second Helpings, a local nonprofit organization that works hard to eliminate food waste, feed the hungry, and train those who are struggling financially to learn a trade in order to be suc-

cessful. To assist the hungry aided by Second Helpings, the third grade collected more than 400 pounds of pasta and rice to donate. In May, the third grade traveled to Second Helpings for a field trip. They took a tour of the facility and learned about how their donated pasta and rice would be used to feed those in their community who are hungry.

## Southside YMCA directors recognized at Indiana Network Assembly

At the recent Indiana Network Assembly for YMCAs in Indiana, two Baxter YMCA directors were honored with awards for the work they are doing in the Indianapolis association. Youth and Family Life Director Kenny Daniels and Membership Director Greg Kindle (*Kindle pictured to the right*) were selected by the awards committee. Daniels won the Shining Star Award, given to an individual who exhibits behavior and performance that indicates they will have a successful and lengthy Y career. Kindle won the Award of Excellence, given to an individual to recognize their entire body of work over their Y career.



Kenny Daniels



Greg Kindle

## Naumovich named Y Champion at Baxter YMCA

The Baxter YMCA celebrated Carolyn Naumovich as its Baxter Y Champion last month. This is awarded quarterly to a staff member who goes above and beyond what is expected to make the center a better place for members, participants, and co-workers. Carolyn started her employment journey at Baxter in the role of "shopper." Carolyn would head to the local stores to find the best deals on whatever supplies were needed at the center. Her supervisors quickly found that Carolyn had more skills to be utilized.

"When we needed someone to help cover SilverSneakers (a fitness class for active older adults) classes, we looked to Carolyn," Associate Executive Director Terri Bradley said. "When we needed someone to go to a Pilates chair training, Carolyn was the first person to come to mind. When we needed someone to lead LIVESTRONG at the YMCA, Carolyn was our choice. Carolyn is self-sufficient, has an extremely caring demeanor, and an always-help-out attitude. She just flat out gets stuff done, and we love her for it!"



The Indy Library plans to renovate the Southport Branch, located at 2630 E. Stop 11 Road, by the end of 2016. Also planned is a new branch to be constructed in Perry Township by the end of 2019. A site has yet to be selected.

## Indy Library Trustees select capital improvement architects

At its regular meeting on May 18, the Indianapolis Public Library Board of Trustees approved individual contracts for architectural design services with AXIS Architecture + Interiors of Indianapolis for the first five capital projects as part of The Indianapolis Public Library's long-range plan through 2020. Included in those projects is arcDesign of Indianapolis for the \$1 million Southport Branch renovation project. This first series

of capital projects will begin with the renovation of the Southport, Warren and East Washington branches, scheduled for completion by the end of 2016. Six other projects are scheduled for completion between 2019 and 2022. For more information about the Library's capital projects plan, visit [indypl.org](http://indypl.org).



## Southport's Mr. Kight recognizes scholar athletes

Each year, Mr. Kight, Southport Middle School Athletic Director, takes the opportunity to recognize scholar athletes. Students athletes who have maintained a 3.7 GPA during middle school, scored in the top 15 percent of the state on ISTEP, and have participated in and completed four sports seasons while at SMS are honored with the Presidential Scholar Athlete Award. Fourteen student athletes were honored this year and were

taken during the school day to a luncheon at Oaken Barrel Restaurant.

Students pictured, in no particular order, Rachel Dean, Elizabeth Lamkin, Layne Dehart, Nicholas Lynn, Abigail Dunn, Jonathan Nguyen, Noah Fishel, Aubrey Popovic, Hollynd Givens, Abigail Sullivan, Sam Graphman, Matthew Tellas, Anna Kendrick and Lyndsay Valadez.



OUR VIEW

# Life in the fast lane

Cue the Eagles' iconic guitar riff. Just kidding—please don't.

In all seriousness, though, beginning July 1, a "new" law could mean that drivers staying in the left lane while maintaining the speed limit could be fined up to \$500. The law, however, would not apply during poor weather conditions, traffic, toll booths, or any other situation that may require minute amounts of common sense.

When we took driver's education, it was taught that the left lane was reserved for passing vehicles only. Granted, it's been many years since then, but perhaps too many people have forgotten.

How many times have you been driving 5mph over the speed limit and some slowpoke is comfortably cruising along at the speed limit in the left-hand lane. Now comes the real quandary for our contemporary philosophers: does one risk getting pulled over for speeding, or is it okay to abide by the speed limit while being a nuisance?

We doubt any major changes will come with the new law; police departments in our communities and across the nation have far greater concerns. If a driver is endangering others by either recklessly speeding or recklessly being an obstacle, you're bound to see red-and-blue lights fire up.

Essentially, if you're driving while using your brain, you've got nothing to worry about. Stay safe out there, Southsiders.

READER'S WRITES

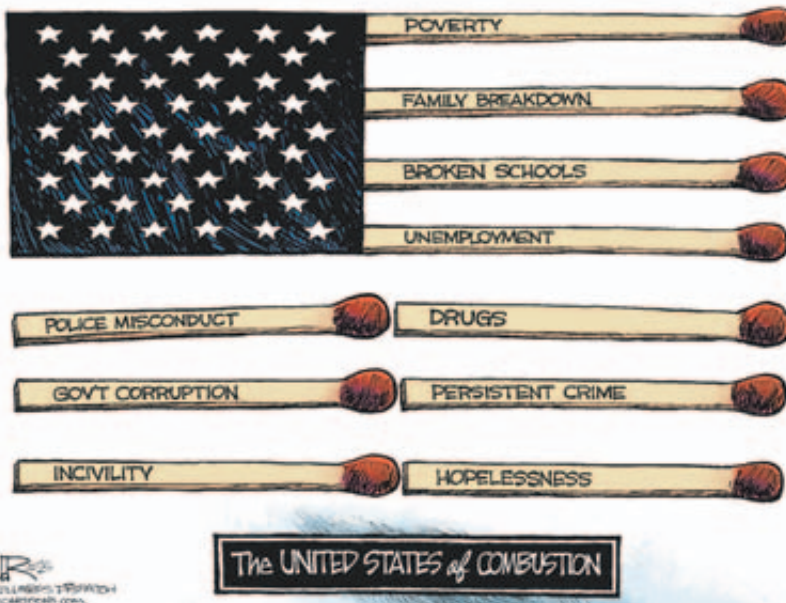
## Feedback on Cindy Ely feature in May 14 Southside Times

Enjoyed your front page highlight on Cindy Ely.

She and her husband Howard Ely touched many lives over the years. They are teachers, as volunteering to take our children to Washington, D.C., as a coach, as Cindy writing many articles praising our children in Perry Township.

Our hearts go out to them. We thank them so much and wish them well.

Rosine Trieff  
46227



BACKSHOP

## So now it is a 'witch hunt'?

"What you have here with these e-mails is basically a witch hunt." That was Julian Castro, Housing and Urban Development secretary, defending former Secretary of State Hillary Rodham Clinton on CNN last week. Quite typical of the liberal stance: the rules don't apply to them, only to outsiders. Since when exactly is asking for the truth on Benghazi and vanished emails, among other germane topics, a witch hunt? If there is "nothing to hide," bring it all forward for examination and without hesitation. But we all know better, right? Witch hunt. Whatever. Sounds like a wannabe vice-president candidate to us.

Presidential candidate Sen. Rand Paul (R-KY) on "Fox & Friends" had this to say last week. (You should read it twice just to understand you're not reading incorrectly.) "I talk about a lot of issues I think would make the Republican Party bigger. We got to have party that has people's ponytails, tattoos. We also news a more diverse party racially. I talk about criminal justice a lot. I think we can do a better job." That's quite the stream of consciousness. Wow.

Pass the air freshener, please? Freedom Watch has sued former President Bill Clinton, his presidential-candidate wife and the Clinton Foundation. The allegation? Racketeering. Filed in Florida, the suit includes a legal request to have seized the private server on which Hillary Clinton and her aides hosted their emails while she served as secretary of state, according to the *Washington Examiner*. "The racketeering, influenced and corrupt organizations, or RICO, case alleges the former first couple and their family philanthropy traded political favors for donations or generous speaking fees for Bill Clinton while his wife was the nation's chief diplomat," the report stated. Draw your own conclusion.



Brian Kelly and Rick Myers are co-owners of Times-Leader Publications, LLC (parent company of The Southside Times). Write them at news@ss-times.com.

QUOTE OF THE WEEK

"The genius of a good leader is to leave behind him a situation which common sense, without the grace of genius, can deal with successfully." ~ Walter Lippmann

HUMOR

## Things we don't want to hear the horse carriage driver say



By Torry Stiles

10. "She's had her shots. Have you?"
9. "Sign this waiver. ... and this one... Are you diabetic, subject to seizures or related to a lawyer?"
8. "Wanna see how fast this baby can go?"
7. "Feed the nag some Taco Bell and I can promise you'll never forget this ride."
6. "Find a school bus and I can guarantee you'll be on tonight's news broadcast."
5. "These are Tennessee Walking Horses. That makes them pedestrians. That's why we're on the sidewalk."
4. "The cops usually give up after a few blocks. I won't charge extra for this."
3. "I got this covered. I used to drive the Figure-8 at the Speedrome."
2. "Lean out the sides. Dobbin is a tad gassy tonight."
1. "Hey, y'all! Watch this!"

BELIEVE IT!

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

In South Carolina, a person must be 18 years old to play a pinball machine.

-dumblaws.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.



# Craig Zollars

## WRTFD officer has a direct impact on the community through public education and outreach efforts

### BEHIND the BADGE

As the Staff Officer of Life Safety Education, Craig Zollars said it's an exciting thing for him to see the White River Township Fire Department's programs develop and change. He leads community outreach and public education for the department, and said the ever-growing community partnerships have been an invaluable resource to increasing public safety in White River Township and Johnson County.

Zollars, who was born in Detroit, Mich., came to Indiana in 1987 to attend Indiana University graduate school. He became a firefighter for Bloomington Township in 2001 and came to White River Township in 2006. Zollars still resides in Bloomington with his wife, Lisa. They have two children, Eva and Logan. He became involved in the educational programs in 2008, teaching first aid and CPR classes within the community.

Zollars leads the planning for WRTFD's annual events such as Christmas Angels, the Strawberry Festival and more. The 23rd Annual Strawberry Festival is June 5, 12-7 p.m. and June 6, 9 a.m. – 10 p.m. The festival includes educational displays and presentations, a blood drive, live entertainment and

concludes with fireworks. Zollars said events such as this give the department a chance to interact with the community and speak with residents one-on-one.

### What was your inspiration to become a firefighter?

I was professor at Indiana University. I had just had kids and was a stay at home dad. I had driven by the fire station for years and thought that was something I'd like to do. I started in 2001 as a volunteer at the Bloomington Township Fire Department and worked my way up to full-time. I came onto the White River Township Fire Department in 2006, on the ladder. In a combination fire department, you do lots of medical work and work on the truck itself. I was a fire prevention officer in Bloomington Township starting in 2002. I really enjoyed the idea educating, making kids safe and making families safe. I thought there was a really big impact there.

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

Gratifying moments come when we've come in and corrected car seats, which if they were in a crash, they would have died. We've had seats that are not attached to the



Photo by Nicole Davis

Craig Zollars

vehicles, kids that are not restrained... We are able to give a new seat that fit and show the parent how to harness them in. That's huge to us. That's one of are areas where we know we're getting a direct impact.

### What aspect of the job do you find most challenging?

Logistics – just getting everybody and trucks to where they need to go. I organize everything that comes in from birthday parties to community events. We have to get all those things organized and keeping it straight is pretty hard.

### What do you enjoy doing in your off-time?

I enjoy traveling. Our family likes to go to Mexico. We're going to New York this spring. You find yourself wanting to go back. I like different cultures, meeting new people and learning about them.

### What are your future goals, professionally or personally?

There are so many facets of what we do with public education. I started the chapter of Safe Kids Johnson County in 2008 where we do bike rodeos and car seat checks, partnering with Greenwood, Bargersville and Franklin Fire Departments. We do Christmas Angels and other events. I will continue what I'm doing but always tweak it a little more, make it a little better and consistently reach out to the public and work with them.

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

I would probably have been back in education again.

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In loving memory of Ryan D. Hannan  
Love Mom, Jay, Amber, n TyLea

## 23rd Annual Strawberry Festival

When: June 5, 12-7 p.m.  
and June 6, 9 a.m. – 10 p.m.  
Where: Sugar Grove Elementary  
4135 W. Smith Valley Rd., Greenwood  
Info: Visit wtrfd.org

Compiled by Nicole Davis

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# General terms

## Indiana National Guard Major General R. Martin Umbarger retires after 46 years of service to his country

### COVER STORY

By Nicole Davis

Adjutant Major General R. Martin Umbarger says he never thought about making a career out of his military commitment. However, after nearly 46 years of service, he will retire from the Indiana National Guard on May 31.

"You just never know where the road of life will take you," Umbarger says. "I'm very appreciative and I feel privileged to have worn this uniform for almost 46 years. I made the decision to stay and it was the greatest decision I ever made. This has been a very fulfilling career."

Umbarger's grandfather started a feed business in 1939, Roy Umbarger & Son, in Bargersville. His father, Walter, went into the business, leaving to serve in WWII shortly after marrying his mother. Umbarger was born close to nine months to the day of his father returning home from the war.

He grew up in Bargersville, graduating from Center Grove High School in 1965. He was an athlete, playing football and basketball. He earned a football scholarship to University of Evansville where he graduated with a business degree in 1969. When he

returned home, his dad asked the question, "What are you going to do about your military obligations?" Although Umbarger says he thought he'd enlist in the Marines, his dad persuaded him to pursue the National Guard. A month after his college graduation, he enlisted in the Indiana National Guard.

"There was an armory in Martinsville and so I went down there and said 'I'd like to join the National Guard,'" Umbarger says. "He said 'you and 100 others' because there was a waiting list. He saw where that I had a degree so about two weeks later, to my surprise, my mother got a phone call."

While serving as a Citizen Soldier, Umbarger got hired by Mobil Oil Corp. and was sent to Rochester, N.Y. for six months of training. He returned to work in Indianapolis. He says he enjoyed the job, but missed working in agriculture, his hometown and saw that in the corporate world he would continue to get moved around. He decided to join his dad in the business. Two years later, his Guard unit was called.

After turning down an offer to go to officer candidate school, Umbarger says he was assigned kitchen duties until he finally decided to attend and finished the school. Once his six years were finished, he was asked to remain in the Guard. After 10 years, he said his business was going so well, he asked to resign. His supervisor asked him to stay again, just for a year. One year turned into 22 years. He had enough time to retire from the military as a lieutenant colonel. It was then the adjutant general who asked him to stay.

"All of us that served in the military, we all have mentors, someone that you respect and look up to," Umbarger says. "At times in your life you have decisions to make. Both of these officers didn't scold me for wanting to resign. I had the right to retire. They said I think you did a great job; have you looked at your other opportunities; would you consider remaining around?"

Right after Sept. 11, 2001, Umbarger spent three years at a major army headquarters assisting the mobilization of the National Guard. When Umbarger was appointed to the position to lead the Indiana National Guard in March 2004,

he said he knew that there would be an ongoing need to prepare troops for the war on terror.

"I knew we were going to be in this for the long haul," Umbarger says. "I felt that we had to make certain that we articulated that to our soldiers and their families. A lot of them are deployed for more than a year. A lot of them have businesses. We had to make sure that we had programs to support them."

As general, he has had a large part in reactivating Camp Atterbury and the creating Muscatatuck, the largest urban training facility in the department of defense. The property was a state-owned facility designated for wards of the state, which was no longer in use. Umbarger says they were able to acquire it, turning it into a useful component to the urban training for not only military, but emergency responders as well.

"My biggest accomplishment was the number of soldiers that we deployed and trained and how we tried to assist them in their training and ready to go and taking care of their families while they were gone," Umbarger says. "I'm also very proud of the professionalism of the Indiana National Guard, the over 140,000 soldiers and airman that make it up. They can always be depended upon."

Feeling it was time to retire, Umbarger says he knew there was a "good group of subordinate general officers that would be good candidates to choose from." He announced his decision to Governor Mike Pence, who announced his selection for the new general in April.

Serving as general has been more than a full-time job, and Umbarger says he and his wife, Rowana, are looking forward to the extra time they'll have together and with their three children. They hope to travel more and have a European river cruise planned. He will also return to the family business, Umbarger Show Feeds, and help where he is needed. The business is in its fourth generation, owned by Umbarger his son, Jackson.

Umbarger also intends to do more philanthropic work. He serves on the board of trustees for Franklin College and for Johnson Memorial Hospital and he will continue that.



Above and On the Cover: Maj. Gen. R. Martin Umbarger.

Photos by Nicole Davis

"I could not have done it without the support of my spouse," Umbarger says. "She has been by my side. She understands when she has things planned and I find at last minute that I have an obligation... I will have plenty of opportunities to fill my time; I just want to make sure it's balanced – toward my family at the heaviest."

### Getting to know Major General Martin Umbarger...

- I love sports. My favorite sport is football since I played it in high school and college. I love the Colts. We enjoy going to the games, going a few hours ahead of the game when we have time to go.
- I do like to play golf but I haven't had the opportunity to play it much so I'm not very good. Maybe I'll have some time to do that soon.
- My wife and I do like to entertain and have friends over. She likes to cook and I like to be her assistant. We will do a little more of that.
- We have a place in Florida we spend four or five days a year and we'd like to spend more time down there.
- Between having the family business, this job in the military, and what family things we have, that's been my life.



Maj. Gen. R. Martin Umbarger in June 1983 at Camp Grayling.  
Submitted Photo



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Photo by Rick Myers

## Southside student Abby Wulf wins 500 Festival Essay contest

Central Catholic School fourth grade student Abby Wulf placed first in the 500 Festival Essay Contest. The Pace Car came to the school on May 20 to deliver her prize package.

Her winning essay read:

“Gentleman, start your engines!” The powerful words echo around the Indianapolis Motor Speedway, and I am right in the middle of all of the excitement! It is the greatest day of my life that I get to ride in the pace car with a famous driver on this Memorial Day weekend.

The 33 cars behind us are weaving and rolling as they warm up their tires. It's like trying to hold back a line of stampeding rhinos. I see the crowd screaming and waving around signs and flags. There are some people holding up phones to record the moment as they recognize the famous driver, but only

I get to sit next to him for this parade lap.

The bad smell of burning rubber from the wheels doesn't bother me a bit. The noise is so loud I feel like I am going to be deaf even with the headphones I wear. My chest is beating with the vibrations of the noise as the powerful machines glide around the smooth track. The announcer shares every name of the excited drivers in a loud confident voice. My long hair blows back wildly. The sun's reflection of the drivers' shiny glasses made me think, “I should have worn sun glasses,” because the hot, yellow, bright sun sort of blinds me, but I don't mind. I mean why worry when you're having the best day of your life.

I can't wipe this smile off my face! Today is just too great! Now I can sit back and see who gets that checkered flag.”

## Franklin Township Lions provide flags to first graders

The Franklin Township Lions Club provided American flags to each first grader in the Franklin Township Community School Corporation. Additionally, Lions Club members taught students about the flag and flag etiquette.

Pictured are students in Mrs. Smith's first grade class at Bunker Hill with the Lions Club as they did their flag presentation. The Franklin Township Lions club has provided flags for 26 years for all the first graders in the township.



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## OBITUARIES

**Lawrence E. Carver**

Lawrence E. Carver, 78, of Greenwood, died May 18, 2015. He was born Aug. 17, 1936 in Indianapolis to the late William Carver and Nancy (Byard) Isley. He is survived by his wife of 56 years, Darlene Carver; his children, Damian Carver, Craig (Sandy) Carver, Michael (Sharon) Carver, Timothy (Lisa) Carver, and Cynthia Carver; and five grandchildren. Lawrence retired as a manager from the United States Postal Service. He was a veteran of the U.S. Navy. A Mass of Christian Burial was May 26 at Our Lady of the Greenwood Catholic Church, 335 S. Meridian St., Greenwood. Service was May 25 at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel, 481 W. Main St., Greenwood. Lawrence will be laid to rest in Mt. Pleasant Cemetery. Memorial contributions are suggested to Our Lady of the Greenwood Catholic Church or the charity of the donor's choice.

**Edis E. Dilk**

Edis E. Dilk, 93, of Greenwood, died May 22, 2015. He was born May 2, 1922 in Ripley County to the late Charles O. and Nellie (Anderson) Dilk. He is survived by his children, Stephen (Kathy) Dilk, Timothy (Linda) Dilk, Daniel Dilk, David (Jill) Dilk and Philip "Skip" (Ginny) Dilk; grandchildren, Jason, Travis, Allie Tatman, Katie, Steven, Rachel, Emily, Lauren, and Amy Dilk; and several great-grandchildren. He was preceded in death by his wife, Nellie Dilk in 2011 and his brothers, James and Roscoe Dilk. Edis was a veteran of the U.S. Navy and later retired as an engineer from the State of Indiana after 35 years. A service will be May 30, 2 p.m. at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel, 481 W. Main St., Greenwood. Friends may visit from 12-2 p.m. at the funeral home. Edis will be laid to rest in Greenwood Cemetery.

**Leslie Alan Fidler**

Leslie Alan Fidler, 56, of Indianapolis, died Wednesday, May 20, 2015. Mr. Fidler was born April 13, 1959 in Aberdeen, Md. He was an honorably discharged veteran of the United States Army. Mr. Fidler was employed in the construction industry. He enjoyed fishing and listening to music, but more than anything else, he enjoyed spending time with his family. Mr. Fidler was preceded in death by his son, Michael Fidler; father, James Fidler; and mother, Patricia Bay. He is survived by his wife, Amy Fidler; daughters, Ashley and Adrienne Fidler, Michelle Sales and Krystal Cook-Morris; sons, Luke, Shane and Adam Fidler; sisters, Sandra Hensley and her husband, James, Betty Jo Winters, Pam Bay and her husband, Greg Spratt and Faye Boyce and her husband, Mark; brothers, Ricky, Jake and Thomas Fidler and Daniel and Robert Bay and his wife, Jill; step-father, Dale Bay; granddaughters, Mikayla, Alison, Ava, Jasmine, Gracie, Skyleigh and Mya; grandsons, Mitchel, Austin, Aiden, James, Jonathan, Landon, Leighton, Trenton and Nate; and many other family members and friends. Service was May 22 at Newcomer Funeral Home at 925 E. Hanna Ave. in Indianapolis. The family requests that memorial donations be made, in Mr. Fidler's memory, to the American Cancer Society.

**Infant Isabella  
Rose Marie Foster**

Infant Isabella Rose Marie Foster, Indianapolis, died at Riley Children's Hospital on May 13, 2015. She was born there May 4, 2015 to Jessica A. (Mills) and Adam J. Foster. Survivors include her parents Jessica and Adam; brother, Shawn Patrick Foster, Jr.; sister, Ariel Christina Foster; grandparents, Timmy and Debbie Mills and Donald and Candace Foster. Visitation was at Fountain Square Mortuary on May 23.

**Michael W. Miller**

Michael W. Miller, 53, of Indianapolis, died May 11, 2015. Michael was born Dec. 23, 1961 to John and Gaye Miller. He is survived by his wife Jackie Miller, sons Samuel (Melissa) Logan, Dustin (Kristy) Logan, daughter Kourtney Miller, stepmother Janet Miller, siblings Debby Firestone, Mary (Oliver) Mayville, Jeff Miller, Nyla (Jeff) Elman, sisters-in-law Janet (Lonny) Harts, Judy Craig, brother-in-law Joe (Deborah) Lowes, seven grandchildren, and many nieces and nephews. A Funeral Service was conducted Friday, May 15, at Wilson St. Pierre Funeral Service.

**RuthAnn Rhea**

RuthAnn Rhea, 71, of Indianapolis, died May 22, 2015. RuthAnn was born on Dec. 29, 1943 in Greencastle, Ind. to the late Harry Oliphant and Lillian (Sube) Oliphant-Kellermeier. RuthAnn was a hairdresser for 18 years in addition to working numerous office jobs when she was younger. She was always a passionate animal lover, and decided she wanted to open her own dog grooming business. For the last 21 years of her life RuthAnn rescued homeless Cocker Spaniels and rehomed them. For 16 years she was a member of the Spaniel Club and bred Cocker Spaniels for show and pets. She was also a member of the Woodside United Methodist Church and the American Spaniel Club. RuthAnn is survived by her granddaughter, Farris Whitney Huehls; a sister, Peggy Basey; her nephews, Scott (Karen) Oliphant, Rhett Hunter, Matthew Disney, Jack (Heather) Disney, and Jeff (Laurie) Campbell; nieces, Melanie (Dan) Chalut, Valerie Valmore and Amy Jennings. RuthAnn is preceded in death by her parents; son, Anthony "Tony" Wayne Kinman; daughter, Jerri Lyn Kinman; her brother, George Oliphant; and sister, Carolyn Ocker. Service was May 27 at Singleton Community Mortuary and Memorial Center. Visitation was May 26 at the funeral home. Memorial donations may be offered in RuthAnn's honor to Animal Care and Control, 2600 S. Harding St., Indianapolis, IN 46221 or Woodside United Methodist Church, 2540 Southeastern Ave., Indianapolis, IN 46201.

**Anthony "Tony" Roell**

Anthony "Tony" Roell, 66, of Indianapolis, died on May 25, 2015. He was born on April 29, 1949 in Indianapolis, to the late Albert and Teresa (Gill) Roell. Survivors include his sister, Andrea Roell; brother, Alan (Ruth) Roell; nieces and nephew, Jeanette (Bob) Manning, Kathy Roell, and Alex (Jane) Roell; two great-nieces, Alisha and Ruthie; and very good friends, Betty, Joyce, Karl. Tony had a special place in his heart for all cats, especially his own, Sweetums, Spots, and Roxy. Visitation will be held DATE 11:30 a.m. until 1:30 p.m. at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. A graveside service will be conducted at 2 p.m. at Calvary Cemetery, 435 W. Troy Ave., Indianapolis.

**Carl E. Trader**

Carl E. Trader, 79 died on May 22, 2015. He was a resident of Ft. Myers, Fla. He was born Dec. 17, 1935 in Ripley County to the late George Trader and Grace (Whisman) Sanders. He is survived by his children, Susan (Eddie) Daugherty, Mark (Allie) Trader, and Ruth (Tom) Kite; 10 grandchildren; 11 great-grandchildren; siblings, Janice Lawson, James (Anita) Carter, John Carter, and Annakay (Bill) Swinney; and several nieces and nephews. He was preceded in death by his sister, Emogene Coulter. Carl worked as a brakeman for Penn Central Railroad and also during that time worked as a truck driver for Midwest Oil for 17 years. He later retired as a business agent from Teamsters Local #135. He enjoyed fishing, spending time outdoors, landscaping, gambling at the casino, and especially spending time with his children and grandchildren. A service will be May 29, 1 p.m. at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel, 481 W. Main St., Greenwood. Friends may visit from May 28, 4 – 8 p.m. at the funeral home. Carl will be laid to rest in Shelby Christian Cemetery in Ripley County. Memorial contributions are suggested in Carl's memory to the American Cancer Society, 5635 W. 96th St., Suite 100, Indianapolis, IN 46278.

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

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## CALENDAR

## BEECH GROVE

**Beech Grove Seniors Block Party** • Join for good, music, dancing, games and prizes from the Beech Grove Senior Center. | When: May 28, 11-2 p.m. | Where: Sarah T. Bolton Park, Beech Grove. | Info: Call (317) 788-4987.

**Visio Divina: Life in Community** • Discover meditative prayer practice that incorporates scripture and modern illustrations from the St. John's Bible. | When: June 4, 7-9 p.m. | Where: Benedict Inn Retreat & Conference Center, 1402 Southern Ave., Beech Grove. | Cost: \$20 per session. | Info: (317) 788-7581.

**3rd Annual Beautify Beech Grove Family Fun Walk** • All money generated goes toward Beautification Projects in the City. T-Shirts will be provided. | When: June 6, 9 a.m. | Where: Sarah T. Bolton Park. | Cost: \$20 or \$35 for two. Family Rates are available. | Info: Email BeautifyBeechGrove@gmail.com or call (317) 850-6898.

## CENTER GROVE

**Superhero Photo Booth!** • Stop by the Superhero Photo Booth anytime between 1-4 p.m. to celebrate the new Summer Learning Program. Use the library's props, backgrounds, and capes to take super pictures with your own cameras or smartphones. | When: June 1, 1-4 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit [pageafterpage.org](#).

**Chalk on the Walk** • Spend the morning drawing on the sidewalk at the library. | When: June 2, 9:30 a.m. -12 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit [pageafterpage.org](#).

**Craft Night: Upcycled Magazines with Erika** • Erika Thomison will demonstrate how to turn trash into treasure for participants grades eight through adults. | When: June 3, 6:30-8:30 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: Visit [pageafterpage.org](#).

**23rd Annual Strawberry Festival** • The White River Township Fire Department will host this two-day festival which includes an antique car and fire apparatus, a mobile blood drive, RE/Max Balloon Rides and live music on Friday. Saturday's festivities include HAM Radio Demonstrations, Safe Kids Bike Rodeo, Stage I Dance Academy Performing Co. and more. | When: June 5, 12-7 p.m. and June 6, 9 a.m., concluding with fireworks at 10 p.m. | Where: Sugar Grove Elementary School, 4135 W. Smith Valley Rd., Greenwood. | Info: Visit [wrtfd.org](#).

## FRANKLIN TOWNSHIP

**Jump Rope Spectacular** • The INDY AIR BEARS jump rope team based in Franklin Township will present their 26th annual Jump Rope Spectacular. This high-energy show involves a variety of jump rope artistry combined with acrobatic skills and choreographed to music. | When: May 29, 7 p.m. | Where: Franklin Central High School auditorium at 6215 S. Franklin Rd., Indianapolis. | Cost: \$5 admission. | Info: Visit [indyairbears.org](#).

## FOUNTAIN SQUARE

**Summer Showtime** • Children of all ages and families are invited for a showing of the film, "Maleficent" (PG). | When: June 3, 1 p.m. | Where: Fountain Square Branch library, 1066 Virginia Ave., Indianapolis. | Info: Call (317) 275-4390.

**First Friday Art Event** • Meet and greet local artist Bre Domescik with her show, Contemplative [re] Purposing. Her work will be on display through June. | When: June 5, 7-10 p.m. | Where: Funkyard Art Gallery/Coffee Shop, 1114 Prospect St., Indianapolis. | Info: Contact Sherry at Funkyard, (317) 822-3865.

## GARFIELD PARK

**Earth Friendly Festival & Summer Reading Kickoff** • There will be face painting, balloon animals, kids crafts and more. At 11 a.m., the Central Indiana Beekeepers Association will present the program, "Understanding and Caring for Honeybees." At 1 p.m., Paula Scott-Franz will present an eco-friendly/reuse craft. At 2 p.m., Amy from South Circle Farms will present the program, "Raised Bed Gardening." | When: May 30, 10 a.m. - 3 p.m. | Where: Garfield Park Branch, 2502 Shelby St., Indianapolis. | Info: Call (317) 275-4490.

**Pee Wee's Big Adventure** • Indy Parks presents the 2015 Summer Movie on the Lawn. | When: May 30, dusk or 9 p.m. | Where: Garfield Arts Center, 2432 Conservatory Dr., Indianapolis. | Info: Visit [indy.gov/concerts](#) or call (317) 327-PARK.

**Preschool Storytime on the Magic Quilt** • Preschoolers under the age of 6 and an adult can jump on the Garfield Park Branch's Magic Story Quilt for stories, songs and finger plays. | When: June 3, 10:30 a.m. | Where: Garfield Park Branch library, 2502 Shelby St., Indianapolis. | Info: Call (317) 275-4490.

**Music in the Gardens** • The Friends of Garfield Park presents music by the Indianapolis Jazz Orchestra. | When: June 4, 7 p.m. | Where: Garfield Sunken Gardens, 2505 Conservatory Dr., Indianapolis. | Info: Visit [indy.gov/concerts](#) or call (317) 327-PARK.

## GREENWOOD

**G. R. Hamer Book Signing Event** • Hamer, a resident of Greensburg, Ind., will be available to sign copies of his book, General Nykloneci. | When: May 30, 1-3 p.m. | Where: Half Price Books, 844 U.S. 31, Greenwood. | Info: Call (404) 458-5642.

**Amazing Robotics** • Join Red Alert 1741, an award-winning robotics team from Center Grove High School, in getting a hands-one look at robots! | When: May 30, 2 p.m. | Where: Greenwood Public Library, 310 S. Meridian St. | Info: Call (317) 885-5036 or visit [greenwoodlibrary.us](#).

**Henry Lee Summers** • Part of Greenwood Park Mall Summer Concert Series, Henry Lee Summers will perform original tunes influenced by rock and roll, country and blues. Kasey Burton will open. | When: June 4, 7 - 8:30 p.m. | Where: Greenwood Park Mall, on the Northside. | Info: Visit [simon.com](#).

## INDIANAPOLIS

**Indianapolis Music Collectors' Convention** • The music show and sale will be open to the public, with thousands of recycled, out-of-print and hard to find records, CDs, DVDs and other music-related items. | When: May 31, 10 a.m. - 3 p.m. | Where: La Quinta Inn, 5120 Victory Dr., Indianapolis. | Info: Call (317) 882-3378.

## JOHNSON COUNTY

**Jim Curry Presents the Music of John Denver** • Mallow Run hosts this concert on the lawn. | When: May 30, 7 p.m. | Where: 6964 W. Whiteland Rd., Bargersville. | Cost: \$15 in advance, \$20 day of the show. | Info: Visit [mallowrun.com](#).

**Camp Invention: Illuminate** • The weeklong day camp for students entering grades one through six fosters innovation and creativity while also building self-esteem, teamwork, persistence and goal-setting skills. | When: June 8-12. | Where: Sugar Grove Elementary and Westwood Elementary. | Info: Visit [campinvention.org](#).

**Give Back Gals Golf Outing** • The Johnson County Community Foundation, Leadership Johnson County and Habitat for Humanity of Johnson County will host the 6th Annual Give Back Gals Ladies Golf Outing. | When: June 10. | Where: Hickory Stick Golf Club, 422 Hickory Stick Blvd., Greenwood. | Info: Email Kim Minton, [kimm@jccf.org](mailto:kimm@jccf.org) or visit [jccf.org](#).

## PERRY TOWNSHIP

**Free Bariatric Surgery Class** • Attend a free information seminar to learn more about obesity and surgical weight loss options. Bariatric team members will review surgery options, nutrition plans and lifestyle changes, and answer questions. | When: May 28, 5:30 p.m. | Where: Community Hospital South, Education Center, conference rooms 5 and 6, 1402 E. County Line Rd., Indianapolis. | Info: Call (317) 887-7771.

**Pickleball Tournament** • Pickleball players from around the city will participate in a double-elimination tournament with the chance to win a medal and championship T-shirt. | When: May 30, 1 p.m. | Where: Baxter YMCA, 7900 S. Shelby St., Indianapolis. | Info: Contact Sports Director Joel Hudson, [jhudson@indymca.org](mailto:jhudson@indymca.org) or (317) 865-6456.

**Woodman Toastmasters Open House: 50 Years of Summer Breezes** • All are invited. Toastmasters International is a self-educational organization which teaches communication, leadership, and management skills. | When: June 4, 6:30 - 7:30 a.m. | Where: Baxter YMCA, 7900 Shelby St., Indianapolis. | Info: Visit [681.toastmastersclubs.org](#). RSVP to Chris Lang, [chrislang1@aol.com](mailto:chrislang1@aol.com).

**St. Mark Alumni Dinner** • The annual dinner is open to 21 and over St. Mark alumni. Tickets will be available after Masses on May 30 for \$10/ticket or \$40/5 tickets. | When: June 20, 5:30 p.m. | Where: 535 E. Edgewood Ave., Indianapolis. | Info: Contact Angi Swiezy, (317) 213-5665 or email [swiezy1@aol.com](mailto:swiezy1@aol.com) or the Parish office at (317) 787-8246.

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**Type of food:** Breakfast, brunch

**Specialties:** Belgian waffle, lamb patty melt, uova al forno, Dutch baby cornmeal pancake

**Recommendation:** sorghum glazed bacon

**Hours:** Wed. – Mon, 7 a.m. – 3 p.m. (Closed Tuesdays)



**Location:** 534 Virginia Ave, Indianapolis, IN 46203

**Phone:** (317) 986-5131

**Pictured:** Sweet Tea Fried Chicken

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**Where do you like to dine?** The Oaken Barrel in Greenwood and Fireside Subs on Emerson

**What do you like to eat there?**

At Oaken Barrel we usually order the Cajun Tips. The pretzels are good and they have an Ahi Tuna sandwich that is really great. At Fireside Subs I get the ham and cheese.

**What do you like about this place?** I like the patio in the summer at The Oaken Barrel where we can sit out back and relax. Fireside is just easy during lunch to run in and go.

*Oaken Barrel Brewing Company is located at Vista Village, 50 Airport Pkwy. in Greenwood. The phone number is (317) 887-2287.*

*Firehouse Subs is located at 4576 S Emerson Ave. in Indianapolis. The phone number is (317) 782-9149.*

CALENDAR

SOUTHPORT

**Digital Lab Workshops for Kids** • Young people ages 10-14 are invited to use music apps on iPads supplied by trained guides to help them get their music on. | When: June 1, 2 and 3, 10:30 a.m. and 1:30 p.m. | Where: Southport Branch library, 2630, E. Stop 11 Rd., Indianapolis. | Info: Call (317) 275-4510.

**Paint Southport** • Paint Southport a beautification project will launch its first project to beautify the community and encourage public involvement in the arts with the City of Southport. SoArts and The City of Southport seek proposals from artists for a mural on the east end of the Southport Community Center. The theme is open. | When: Painting will be done Aug. 8. | Where: 6901 Derbyshire Rd. | Info: Visit SoArts.org/paintsouthport-wall.pdf for applications.

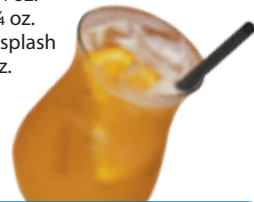
BEHIND BARS

**Bartender:** Tyler Pyle

**Location:** Texas Roadhouse, 270 Marlin Dr., Greenwood, IN 46142

**Ingredients and directions:**

Combine in a glass 1 ¼ oz. of Captain Morgan Rum, ¾ oz. orange juice, ¾ oz. pineapple juice, ¾ oz. cranberry juice, a splash of Sprite, and ½ oz. piña colada mix. Garnish with an orange slice.



Bahama Mama

AROUND TOWN

Baxter YMCA registering for youth leagues

The Baxter YMCA is now registering for summer youth basketball, baseball and t-ball leagues. The league is open to boys and girls ages 3 and up. Registrations will be accepted through June 13. Prices vary because the Y offers a sliding fee scale based on household income. In YMCA Youth Sports, there are no tryouts and no one gets cut from the teams. Everyone who registers is assigned to a team and all players have the opportunity for equal playing time in games. For additional information contact Joel Hudson, Sports Director at (317) 865-6456.

AROUND TOWN



Katie Tyson, Elise McQueen, Dante Agresta, Eric Hinojosa and Allison Taylor.

INDY AIR BEAR annual Jump Rope Spectacular

The INDY AIR BEARS jump rope team based in Franklin Township will present their 26th annual Jump Rope Spectacular on May 29, 7 p.m. in the Franklin Central High School auditorium at 6215 S. Franklin Rd. The team of 34 boys and girls representing 10 Southside schools features many world-class jumpers. This show involves a variety of jump

rope artistry combined with acrobatic skills and choreographed to music. Admission is \$5 at the door. The Air Bears have performed locally for over 25 years. On June 13 they will be featured at Military Park at the PBS Walk in the Park kid's day event. For more information, visit [indyairbears.org](http://indyairbears.org) or email [Indyairbears@aol.com](mailto:Indyairbears@aol.com).



Beep Baseball game played at Southport Park

Southport Lions Club sponsored a Beep Baseball scrimmage at Southport Park on May 16. Teams Indy Thunder and Xtreme played the game to create awareness about Beep Baseball, a game played by those who are blind or visually impaired.

Pictured from left, Xtreme player Kyle Lewis, umpire Dave Daylor (Perry Township resident), Xtreme pitcher Jerry Windell, Mayor Testruth, Police Chief Vaughn, Thunder players Darnell Booker and Ron Brown.





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## Mobility for seniors: From sitting down to standing up

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The ability to remain independent and active is an important goal for most people as they grow older. We all experience this differently and each person will have unique needs based on their situation.

For seniors, one of the key considerations for remaining in their own home is their sit-to-stand mobility. The ability to stand from a seated position is a basic requirement for independent living. Think about the number of times you get up from a seated position and what would happen if you couldn't.

When problems first arise, coping is the first response, but this can be physically exhausting and even dangerous. Seeing someone rocking to gain momentum or grasping at furniture to stand, highlights the energy expended on this common daily activity for someone with impaired mobility. If they slip or lose balance, they could be injured.



In the early stages, as mobility begins to falter, small adaptations may be all that is needed. These include inexpensive items like grab bars, raised toilet seats or furniture risers that make getting up easier. When first setting up the home environment for someone with sit-to-stand difficulties, look

at all the areas where problems may occur. For example, if I have difficulty getting up from my sofa, I may also need help in the bathroom. Usually you will need several products to stay safe and these can work together. If you cannot stand on your own, a portable lifting seat, lift chair or other type of mechanical lift may be the only choices. Similar to passive devices, there may be more than one option used to address different situations or locations around the home.

Choosing the right product or group of products will depend on the person's individual circumstances. Do they travel outside the home frequently? Are they a homebody? Do they have a caregiver to provide assistance? Can they conduct other daily living

activities either with or without assistive devices?

Being able to stand independently can mean the difference between living on your own or not. Fortunately, whether a caregiver is present or not, there are many strategies and tools to ensure that living on your own is both safe and enjoyable.

At Access Mobility, we have many options to help senior gain their independence and have an active life with a variety of lift chairs, grab bars, and other sit-to-stand devices. Visit our new showroom to let us wow you with our customer service and extensive product knowledge. We are located just minutes away at 4855 S. Emerson Ave., (317) 784-2255.



Seat Lift

### AROUND TOWN

#### Cumberland Trace opens new senior living community

Located at the southwest corner of SR 267 and Reeves Road, Cumberland Trace is an all-new senior living community and the most recent addition to the family of communities from CarDon and Associates. Open house celebrations will be held June 11 for professionals in healthcare and other fields, and June 14 for the public. Interested individuals are encouraged to stop by, meet the staff, and tour Cumberland Trace. This new community offers specialized health services and living arrangements for up to 150 residents. Private suites are available for short-term rehabilitation, long-term care, and memory care, while spacious one and two-bedroom apartment homes are designed for assisted living. Cumberland Trace is located at the southwest corner of SR 267 and Reeves Rd. in Plainfield. Private consultations can be scheduled onsite by calling (317) 838-7070. For more information, visit [cumberlandtrace.us](http://cumberlandtrace.us) or [cardon.us](http://cardon.us).

#### Southport 6th graders donate for Down's Syndrome

Each month, Southport 6th Grade Academy students and staff support a charity through funds raised by wearing jeans. In May, SA chose to help Darin Ping, an adult with Down's Syndrome, purchase a hearing aide. SA students and staff, along with a donation from the Brian Freeman Memorial Foundation, raised the necessary money needed to replace Darin's current device. The school presented Darin with a ceremonial check in the amount of \$900.



#### Men's Tune-Up Day at Community Cancer Center South

Community Cancer Center South will host a Men's Tune-Up Day on June 2, 11 a.m. to 2 p.m. at 1440 E. County Line Rd., Indianapolis. The event includes Talk to a Doc, Cancer Awareness information, free haircuts and facial hair trims, Southside Harley with vintage racing and new bike displays, free hot dogs, chips and drinks, door prizes and meet Jay Hart of Chopsmith. For more information or to pre-register for a skin cancer screening, call 800-777-7775.



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# BEECH GROVE JUNE MEETINGS & EVENTS

**Board of Sanitation Meeting**  
June 1 - 6 p.m.  
City Hall Council Chambers

**Board of Public Works and Safety Meeting**  
June 1 - following the Board of Sanitation Meeting  
City Hall Council Chambers

**City Council Meeting**  
June 1 - 7 p.m.

**Board of Zoning Appeals**  
June 3 - canceled

**Board of Parks and Recreation Meeting**  
June 14 - 6 p.m.  
Hornet Park Community Center

**Greenscape Commission**  
June 15 - 5 p.m.  
Hornet Park Community Center

**Board of Sanitation Meeting**  
June 15 - 6 p.m.  
City Hall Council Chambers

**Board of Public Works and Safety Meeting**  
June 15 - following the Board of Sanitation Meeting  
City Hall Council Chambers

**Beech Grove Library Board Meeting**  
Tuesday, June 16 - 6 p.m.  
Beech Grove Public Library Board Room

**Redevelopment Commission Meeting**  
June 18 - canceled

Send your news & events for consideration,  
email: [news@ss-times.com](mailto:news@ss-times.com)

## FinanceDISPATCH

### Renters' pockets hit harder

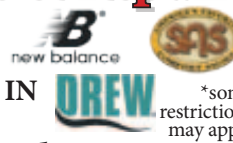
In April of 2015, rents (on average) were 4 percent higher than the previous year, according to a Zillow report. It's the quickest increase in two years and even outpaced home prices which rose by only 3 percent. According to Svenja Gudell, senior director of economic research at Zillow, this trend is likely to continue. "We will continue to see rental increases, and affordability will worsen before it gets better." Gudell also cited stagnant incomes as a source of strain for renters, and even so, there is still a large demand for rental properties. According to Zillow's Rent Index, Indianapolis wasn't hit as hard as some cities (San Francisco at 14.9 percent, for example), but rent prices in Indy still jumped by 1.5 percent. - *CNN Money*

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**Top, right:** Cody Donald laughs as he races to second place.

**Bottom, right:** Cory Carthcart gets her team before the competition. The team's boat sank.

**Top, left:** Nick Monroe paddles the winning competition on May 21.

**Left, middle:** Ari Newhouse struggled to get and finally made it to the end.

**Bottom, left:** From left, Austin Virden, Emer Wright, Dustin Rector. Their team came in second.



Photos by Nicole Davis





his team's boat, which came in  
n's boat, reaching for the "paddle"  
k.  
boat for the first up scaled boat  
t her team's boat to the finish line,  
son Vernon, Cody Donald, Jasmin  
econd place.



## Paddling upscale

**Perry Meridian High School students compete for the fastest boat made from recycled materials**

By Nicole Davis

Perry Meridian High School students competed in a race for the fastest boat on May 21. After teams spent a week constructing one-person boats made from recycled materials from their homes, one person from each team was chosen to paddle the boats the length of the high school pool.

"It's probably the best thing we've done all year," said Emerson Vernon. "It was fun."

The activity was through the AP Environmental Science class, taught by Jim Doninger. This is the second year for the boat race. Students were not allowed to purchase

materials for the project, and each boat was supposed to have a theme. Doninger's seventh period and eighth period classes raced separately for their last project before final exams.

"They had a great time this week building them and they're about to laugh hysterically at themselves," Doninger said before the race.

During the seventh period class, four teams competed against each other. One of the four boats sank, while three made it to the finish line.

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## BEECH GROVE

## Girl Scouts deliver sweet thanks to BGD

Girl Scout Troop 2400 delivered cookies and planted flower pots for each of the Beech Grove Police Department staff on May 7. The girls then received a tour of the facility and even got to meet one of the K-9 dogs.



## BGMS science students compete

Mrs. Keller's class held a science project competition. Students in her class were split into groups to create a new animal that would solve an environmental issue, such as pollution or ozone generation. They had to not only create their animal, but decide where it would belong in the food web, where it would live, and what some negative effects could be. Winners included first place for Terradurus: Seth Rumler, Trent Eckstein, Vin Pich and Joshua Copenhagen (*pictured to the right*); second place for Allpht: Andrew Galvez, Bella Foster, Alex Geiger, Isabella Vansickle; third place for The Mammoth: Rebecca Lamb, Kalianna Duncan, Abigail Colson; and honorable mention for Banter: Haven Price, Serenity Moore-Clay, Shelby Yocum and Allissa Clem.



## Ellson named chamber scholarship winner

Destinee Ellson is pictured with Greater Beech Grove Chamber of Commerce Executive Director, Laura Barnard. Destinee was recognized at the May 14 Chamber luncheon as its scholarship recipient. She will receive \$250 per year for four years (total of \$1,000).



## BGHS names Honor Society members

Beech Grove National Honor Society Induction Ceremony members were inducted on May 14. This year's members include juniors, Amairani Chavez, Sarah Clemmons, Jenny Davis, Cayleigh Donahue, Kristain Folks, Raven Hernandez, Kyli Luna, Briana Spurgeon, Elizabeth Terry, Vilis Vuskalns, Rachel West, Gabriela M Rosales White, Rebecca Whitney, Haylee Wolf and Jenna Yeary.



## CENTER GROVE

## Carroll-Frey to lead CG Elementary

Mrs. Shannon Carroll-Frey will take over the leadership of Center Grove Elementary School (CGES) from retiring Principal Bruce Haddix in July. She is currently the principal of Arlington Heights Elementary in Monroe County. Mrs. Carroll-Frey's appointment is pending approval by the Center Grove Board of School Trustees at its meeting on May 21.

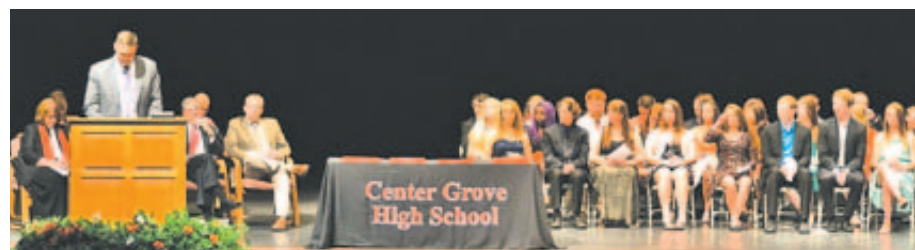
Shannon Carroll-Frey has worked in education for 23 years and has experience as an administrator at the elementary, middle, and high school levels. She has served as the principal of Arlington Elementary since 2011, following seven years as assistant principal at

Jackson Creek Middle School, also in Monroe County.

Mrs. Carroll-Frey holds a bachelor's degree in elementary education/general science and a master's degree in education administration, both from Butler University. She, her husband, David Frey, and two children Megan Frey (8) and Molly Frey (4) are looking forward to moving to the Center Grove area.



Shannon Carroll-Frey



Center Grove High School Principal Doug Bird addresses the Early College graduates during Thursday evening's program as Vincennes University President Dr. Richard Helton and others look on.

## Center Grove High School seniors honored

Center Grove High School (CGHS) recognized on May 21, 42 seniors who will receive college degrees or certificates through the school's Early College (EC) program later this month. The EC program allows students to take courses that earn credit toward both high school and college at the same time. Center Grove High School's commencement ceremony is May 30 at 4 p.m. in the Vandermeer Gymnasium.

The following 26 EC seniors will receive an associate degree in General Studies from Vincennes University, along with their high school diploma: Aria Baird, Matthew Baseley, Elizabeth Bennett, Michelle Bennett, Samantha Carroll, Grant Claridge, Adam

Cullers, Gavin Everett, Rachel Eyrich, Abigail Ferrell, Kristabel Gichina, Jacob (Max) Glogoza, Makayla Haas, Rebecca Hendricks, Nicole Hernandez, Rachel Johnson, Megan Kelly, Austin Kent, Austin Mengle, Sarah Miller, Chloe Spenny, Connor Spenny, Tyler Spenny, Abigail Spradlin, Austin Teike and Ryan Walker.

Sixteen other students will receive a 30-hour General Education Core Certificate, which means they have met all requirements for general education courses at all state universities in Indiana. Another 54 earned between three and 45 credits for a total of 3,820 college credit hours earned by EC seniors.

## Center Grove adopts new vision/mission

The Center Grove Board of School Trustees voted at its meeting on May 21 to adopt revised vision and mission statements for the school district.

The revisions were recommended by Center Grove's Strategic Planning Committee (SP2.0), which is comprised of Center Grove community members, parents, teachers, staff and administrators. The committee assigned a sub-group to carefully review the current vision and mission statements.

This group was tasked to review the draft belief statements designed by the SP2.0 committee and to review and revise the vision

and mission statements to ensure they were in alignment with the belief statements. The sub-group presented SP2.0 with options for consideration and through strong consensus; the strategic planning committee chose what was recommended to the board.

The board adopted the following vision and mission statements for the school corporation: Vision: All students receive an exceptional educational experience. Mission: We develop knowledgeable, confident and responsible citizens through inspirational and innovative learning opportunities.



FRANKLIN TOWNSHIP

FT names Teachers of the Year



From left, Andrea Zappia, Franklin Township Middle School West; Edie McDonnell, Arlington; Torrie Smith, Bunker Hill; John McCormick, Franklin Central; Jennifer McBride, Betty Adams, Adams Elementary; Dr. Flora Reichanadter, Superintendent.

Ford earns 2015 Leadership Award

Franklin Central's PE Dept. Chair, Lisa Ford, has been recognized with the 2015 Leadership Award from the Indiana Association of Health, Physical Education, Recreation, and Dance.



Lisa Ford

Send your Southside school news and events to news@ss-times.com

PERRY TOWNSHIP

Abraham, Night named Principals of the Year



Dr. Tom Little and Mr. Roland Abraham

Mr. Roland Abraham, Principal of Perry Meridian High School, has been chosen as the District 7 High School Principal of the Year.



Dr. Tom Little and Mr. Brian Knight

Mr. Brian Knight, Principal of Southport Middle School, has been chosen as the District 7 Middle School Principal of the Year.



SHS's Scruggs to attend NBA camp

Southport High School Cardinal, Paul Scruggs, has been selected to be one of 20 guards from around the world to attend NBA MVP Stephen Curry Select Camp. The camp will be in Alameda, Calif. in June. Paul was also named to IBCA Underclass Supreme 15 All-State Team.

PAROCHIAL



From left front, Maggie Glowinski, Karli Middleton, Josie Niezgodski; back, Cassidy McMahan, Logan Schott, Lucas Normington.

Roncalli students attend conference

Six Roncalli High School students will attend a five-day leadership conference at Norte Dame this summer. Maggie Glowinski, Cassidy McMahan, Karli Middleton, Josie Niezgodski, Lucas Normington and Logan Schott have been honored with Emerging Leaders Scholarships through Notre Dame Vision, a conference centered

on the question of vocation and how God is calling teens to use their gifts for the betterment of the world. Students who are recognized as Emerging Leaders and awarded a scholarship were recognized for their commitment to their faith and their promise as future leaders.

Nativity wins Academic Achievement Award

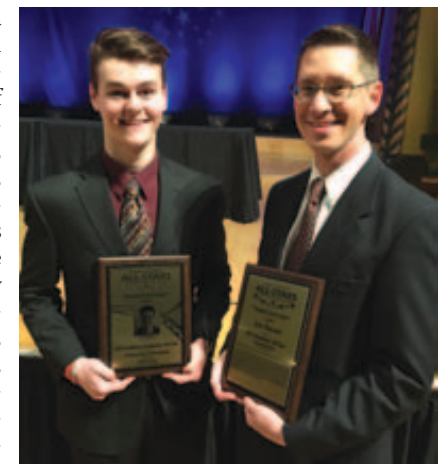
Nativity Catholic School was recently recognized as a Four Star School by the Indiana State Board of Education. In order to achieve this designation, a school must be in the top 25th percentile of schools in two ISTEP-based categories. Additionally, a qualifying school must have earned an "A" in the state's accountability system and be accredited by the Indiana Department of Education. A total of 281 schools received the award throughout the state.



From left, Levi Wisler, Lucy Schoettle, Ella Guilfoy & Eli Aldrich get ready for another day of learning in the third grade.

Brandt named Indiana Academic All-Star

Senior Elijah Brandt received a 2015 Indiana Academic All-Star award at the 29th Annual Indiana Academic All-Stars Recognition Luncheon on April 15. The Indiana Association of School Principals present this award to 40 students in the state based on SAT/ACT scores, GPA, student leadership, community service, and extracurricular activities. Elijah accomplished a perfect 36 ACT, a 4+ GPA, and has been involved as a student ambassador, praise band worship leader, National Honor Society member, academic team member, has participated in four years of tennis, two years of golf, and used his fine arts talents in concert band, jazz band, chamber choir, and theater arts. Elijah plans on attending Trine University to pursue chemical engineering. His parents are Michael and Kathleen Brandt.



Elijah Brandt and Eric Vincent



## Perry Township Kiwanis awards scholarships

Seniors at three Southside high schools recently received scholarships from the Kiwanis Club of Perry Township and the Kiwanis Indiana Foundation.

Kristin Foresman of Roncalli High School received a \$600 scholarship from the club. She is headed to Marian University to study occupational therapy.

Calvin Goah of Perry Meridian High School also received a \$600 scholarship from the club. He will study aerospace engineering or financial engineering at Columbia Univ.

Doris Dong of Southport High School received a \$1,200 scholarship from the Kiwanis Indiana Foundation. She will attend Purdue to study pharmacy.

Dr. Frank Giles, associate superintendent of operations for Perry Township Schools, presented the scholarships.

The Kiwanis Club of Perry Township meets at the IHOP restaurant, 7521 U.S. 31 South, on Thursdays at 7 a.m. Contact Steve Hadley, president, at (317) 710-3199 for more information, or visit [kiwanisperrytownship.org](http://kiwanisperrytownship.org).



Foresman



Goah



Dong



## Southside residents graduate from Univ. of Evansville

The University of Evansville announced that multiple local students graduated during UE's 157th Commencement, held May 9 at the Ford Center in Evansville, Ind. During the ceremony, the University awarded 583 degrees. Southside graduates are: Janice Green of Greenwood, majoring in Elementary Education graduating with the degree of Bachelor of Science; Breianna Simpson of Greenwood, majoring in Nursing graduating with the degree of Bachelor of Science in Nursing; Stephanie Tran of Greenwood, majoring in Biology graduating with the degree of Bachelor of Science; and Hlawn Zathang of Southside Indianapolis, majoring in Accounting graduating with the degree of Bachelor of Science in Accounting. For more information, visit [evansville.edu](http://evansville.edu).

## Southside residents among Creighton University graduates

More than 1,700 degrees were conferred during Creighton University's commencement ceremonies on May 16 at the CenturyLink Center. The following students are graduates from the Southside: Oluyemi Aladejebi of Greenwood graduated with a Doctor of Pharmacy from the School of Pharmacy and Health Professions; and Allison Bell of Southside Indianapolis graduated with a Doctor of Medicine from the School of Medicine. Creighton University in Omaha, Neb., enrolls 4,000 undergraduates and 4,100 graduate and professional students among nine schools and colleges.

## \$5 million gift will transform liberal arts at UIndy

A \$5 million endowment from local civic leader and philanthropist Yvonne Shaheen will fuel innovation in the College of Arts & Sciences at the University of Indianapolis, creating a pivotal opportunity to cultivate the liberal arts as the foundation for students' professional and personal development.

Shaheen is vice chair of the university's Board of Trustees, which she joined in 1992. The college is being named the Riad and Yvonne Shaheen College of Arts & Sciences, honoring both her and her late husband.

UIndy President Robert Manuel announced the gift today during the annual Commencement ceremony in Key Stadium, drawing applause from the crowd of thousands.

The Shaheen College of Arts & Sciences offers scores of bachelor's and master's degree programs in disciplines including Anthropology, Art & Design, Biology, Chemistry, Communication, English, History & Political Science, Math & Computer Science, Modern Languages, Multidisciplinary Programs, Music, Philosophy & Religion, Physics & Earth-Space Sci-



Shaheen gift announcement.jpg Left, University of Indianapolis President Robert Manuel applauds as UIndy Board of Trustees Chairman Tom Martin and College of Arts & Sciences Dean Jennifer Drake (far right) honor donor and Trustee Yvonne Shaheen during Saturday's 2015 commencement ceremony.

ence, Sociology & Criminal Justice, Social Work and Theatre. Nearly half of UIndy undergraduates choose majors in those departments, which also provide important core courses and enriching electives to students majoring in professional fields such as Health Sciences, Education and Business.

## Jeremy Bentley graduates from Upper Iowa Univ.

Jeremy Bentley from Greenwood graduated with a Bachelor of Science in Management from Upper Iowa University. Upper Iowa University has 25 U.S. off-campus education centers, a residential campus in Fayette, international centers in Hong Kong and Malaysia, as well as an extensive online program and self-paced degree program. For more information, visit [uiu.edu](http://uiu.edu).

## Southside students among graduates at Huntington University

Huntington University honored 283 graduates May 16 during the 117th Commencement ceremony. Andrew Robbins of Indianapolis received a Master of Arts degree in Counseling and is a January graduate. Breanna Amico of Indianapolis received a Bachelor of Arts degree in Public Relations and Communication Studies and is a May graduate. Daniel Beaver of Greenwood received a Bachelor of Science degree in Film Production and is a July graduate. Tori Stogdill of Greenwood received a Bachelor of Science degree in Exercise & Movement Science and is a May graduate. Huntington University is a Christian college of the liberal arts offering graduate and undergraduate programs in more than 70 academic concentrations.

## Greenwood's Scott named to Troy Univ. Provost's List

Hannah Scott of Greenwood has been named to the Provost's List at Troy University for the spring semester/Term 4 of the 2014-15 academic year. The Provost's List honors full-time undergraduate students who are registered for 12 semester hours and who have a grade point average of 3.65 or higher.

## Greenwood's Howard named to UT Martin honor roll

Haley L. Howard of Greenwood earned high honors, among the undergraduate students at the University of Tennessee at Martin have been honored with publication of the Spring 2015 Chancellor's Honor Rolls. To be eligible for Chancellor's Honor Roll recognition at UT Martin, a student must take at least 12 hours of credit (pass-fail courses are not included) and achieve a 3.2 (B) grade point average based on a 4.0 scale.

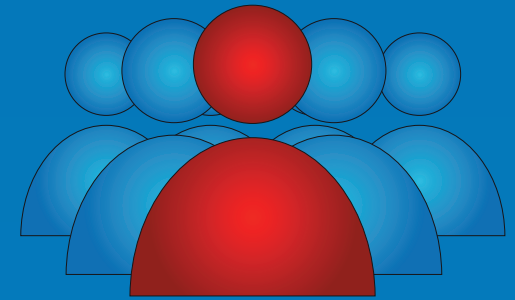
## Greenwood's Beaver graduates from Huntington Univ.

Daniel Beaver of Greenwood graduated from Huntington University (HU) on May 16. Beaver received a Bachelor of Science degree in Film Production and is a July graduate. The university honored 283 graduates.



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## Congratulations to the Class of 2015 on your Graduation from Leadership Johnson County



(From back left to front right) Fifth row, from left: Scott Emmett, Shawn Gardner, Lloyd Stephen, Dave Coffey, Greg Ilko, Bill Doty, Anthony Foster; Fourth row, from left: Jake Sappenfield, Jim Oxley, Sara Fisk, Angie Borders, Cody Jones, Hannah Orme, Eileen Williams, Jobea Trefny, April Reamsnyder; Third row, from left: Susan Cunningham, Stephanie Walls, Paul Bryan, Shellee Pietras, Kristy Flowers, Ruth Olson, Terry Roberts-Leonard, Jon Carolin; Second row, from left: Sarah Taylor, Rosie Chambers, Carol Beck, Lauren Pursifull-Rynderson; First row, from left: Carla Johnson, Donna Cramer, Joanna Myers, Jenny Meyers, Hannah Cragen, James Reisert  
Not pictured: Travis Coleman, Tracy Doane-Weideman

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

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

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5 Dog Food Brands

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3 Indianapolis Townships

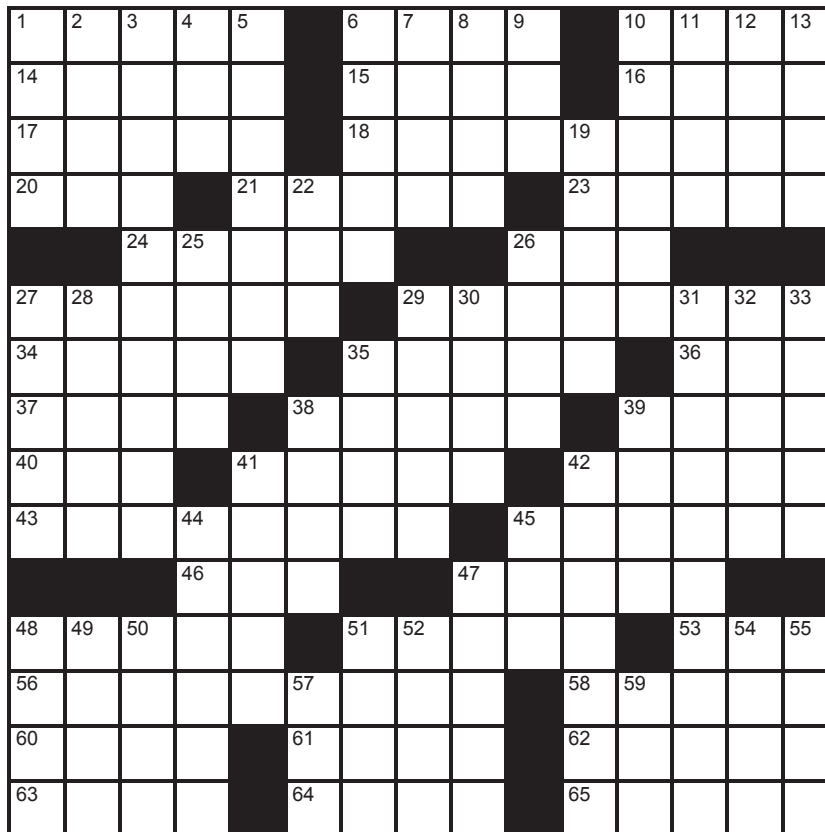
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2 Summer Months

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1 2015 Indy 500 Winner

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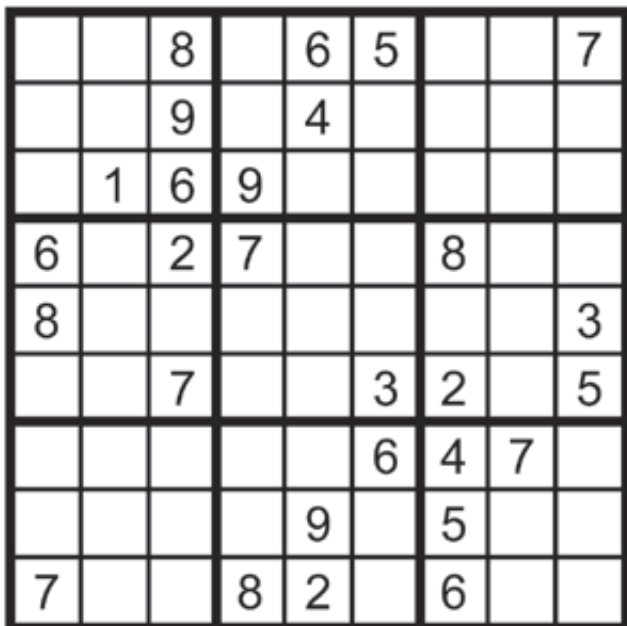
**Across**

1. Enter, as data
6. Sagamore Institute think tank nugget
10. Geist Reservoir driver's seat
14. Benjamin \_\_\_ Paints
15. Kind of private jet at IND
16. Indianapolis Opera solo
17. Slanted
18. Basketball player (1972-75) and TV analyst for IU from South Bend
20. Sign on a Lucas Oil Stadium restroom door
21. On one's toes
23. With \_\_\_ breath
24. Indiana Blood Center giver
26. Three, at Timemasters Clock Shop
27. Winged child mounted on the former Ayres Building clock
29. "Gramps"
34. Magic spells
35. IU School of Optometry concerns
36. Big bird at the Indianapolis Zoo
37. Center Grove HS choir member
38. 18- and 56-Across and 3- and 31-Down, collectively
39. Money for Indy's needy
40. Fee-\_\_\_-foe-fum
41. Greenwood Fire Department attention getter
42. Ignited again
43. Let-by-gones-be-by-gones type
45. Gentle stroke
46. Middle number of Evansville's area code
47. Roberts camera brand
48. Caribbean cruise stop
51. Smells
53. IU football coach Cameron
56. "Public Enemy No. 1" from Mooresville
58. Purdue football coach Alex
60. Fully cooked at Brozinni Pizzeria
61. Barnes & Noble book jacket part
62. Unwakeup states in the IU Health ICU
63. Colts computation
64. IUPUI lab microscope part
65. Certain Butler sorority woman

**Down**

1. Nur Allah Islamic Center leader
2. ISO musical mark
3. National Security Advisor (1985-86) from Odon
4. ss-times.com, for one
5. Shot given at St. Vincent Hospital after stepping on a nail
6. Sicker
7. Letter opener
8. Indianapolis Bridge Club seat
9. Object of Indiana Jones' first quest
10. 50th U.S. state
11. Prefix with "while"
12. Give a thumbs-up on Facebook
13. Candlewood Suites employee
19. Indianapolis Star section, briefly
22. Southport HS tennis player's high arcing shot
25. Black-and-white cookie at Marsh
26. Fateful day for Caesar
27. Separate the wheat from the \_\_\_
28. Indy 500 champ Castroneves
29. Catchall category
30. WFMS singer Loretta
31. Rock singer from Seymour
32. Jeff Smulyan's communications company
33. Corrodes
35. Hurting from a long session at Planet Fitness
38. Jazz Kitchen music style
39. Sleekly designed, like an Indy race car
41. Egyptian peninsula
42. Plunder
44. Saint Joseph Catholic Church chalice
45. Tom O'Brien product
47. Star of Indiana Drum and Bugle \_\_\_
48. Put two and two together at Hornet Park Elementary
49. Pacers' brawl in Detroit
50. Arm bone in a Ball State anatomy class
51. Gawk at Purdue's Golden Girl
52. UIndy honcho
54. Quickly, in Lilly memos
55. Phoenix suburb
57. Colts org.
59. India's smallest state

Answers see Page 26





## The tofu controversy

### NUTRITION

By Chef Wendell Fowler

What is square, white, jiggles, weighs eight ounces, and can clear a room?

Including me, tofu strikes dread in the hearts of the bravest, freezing them in fear at its mere mention – like being notified of an IRS audit. Although tofu is everywhere, you won't see the International House of Tofu popping up soon. Asians have been eating tofu for 5,000 years so what's the big deal? As in all things American, the problem begins with excess. It's not that tofu is bad for us. It's how much and what type of the ancient bean curd we eat.

If you eat tofu, take notice. Everyone knows protein builds muscles. If you use soy as daily protein source, like everything else, make sure you not eating it exclusively. Especially concentrated soy protein isolates (SPI). Pick up any energy or protein bar and soy protein powder and I bet the first or second ingredient is SPI, aka, concentrated isoflavones. Soy byproducts can also be overconsumed in a constellation of junk foods too, so please read labels.

The American Dietetic Association reports, "Soy protein isolates are known to contain anti-nutrients that can develop or delay the body's ability to digest food and absorb all the nutrients into the blood stream." Mercola.com report: "Soybeans are high in phytic acid, present in the bran or hulls

of all seeds. It's a substance that can block the uptake of calcium, magnesium, copper, iron, and especially zinc." Penn State College of Agricultural Sciences report foods with higher levels of isoflavones can potentially increase the risk of cancer.

Protein isolates isoflavones mimic the effects of estrogen; hence, soy protein can actually cause imbalances in the body hormones and could even cause the enlargement or depression of the thyroid gland leading to rapid weight gain or weight loss. Too much intake of soy protein isolates could lower sperm count and libido.

Livestrong.com: "Soy is widely used in infant formulas, with nearly 25 percent of the formula sold in the U.S. soy-based. Soy formulas have relatively high levels of isoflavones, which has raised concern about the potential long-term effects of soy formulas on the development and immune function of growing children."

So, do your homework and see what the big hullabaloo is about. Personally, I won't put soy product other than organic, fermented soy into my temple. To be fair Dr. Andrew Weil has an alternate take on soy: [drweil.com/drw/u/id/QAA326575](http://drweil.com/drw/u/id/QAA326575).



Chef Wendell Fowler is a nutritionist and motivational presenter. Contact him at [chefwendellfowler@gmail.com](mailto:chefwendellfowler@gmail.com).

### AROUND TOWN

## YMCA swim program outdoor pool is open

In the YMCA of Greater Indianapolis swim programs, participants can enjoy water sports, enhance or learn new techniques, meet new friends and develop confidence,

while also learning safety skills that can save lives. Included in outdoor swim programs is Baxter YMCA, 7900 S. Shelby St., Indianapolis. To learn more, visit [OurCauseIsYou.org](http://OurCauseIsYou.org).

## Ray Skillman Chevrolet is Marion County Fair presenting sponsor

The board of directors of the Marion County Agricultural and 4-H Club Fair Association, Inc., announced Ray Skillman Chevrolet as presenting sponsor of the 85th annual Marion County Fair, June 19-28 at the Marion County Fairgrounds, 7300 East Troy Ave.

According to Ron Phillips, president of the Marion County Fair's board of directors, representatives of the dealership will be on-site at the fair every day throughout its 10-

day run, with contests, prizes and a tent sale featuring dozens of Chevy vehicles. Visitors to the Marion County Fair presented by Ray Skillman Chevrolet will see variety of attractions including Indiana Dock Dogs, demolition derbies, motorcycle races, Queen & Princess Pageants, the Elephant Experience, concerts, a car show, talent shows, contests, 4-H horse competitions, the midway, fair foods, and more. For more information, visit [MarionCountyFair.org](http://MarionCountyFair.org).

### AROUND TOWN

## Peterman Heating & Cooling fundraises for Gerry's Broken Bones

Gerry has been a Peterman employee for 18 years. He recently fell 18-feet off a ladder while painting his daughter's house. He is unsure of when he will be able to return to work. Peterman Heating, Cooling, Plumbing is raising money to help Gerry while he

is out of work. For every \$10 donation, the entré's name will be entered in a drawing to win a 50" flat screen TV. Enter by May 31. Drawing is June 8. Visit [petermanhvac.com](http://petermanhvac.com) for more information or visit [gofundme.com/gerrysbrokenbones](http://gofundme.com/gerrysbrokenbones).

## That, which and who

### GRAMMAR GUY

By Jordan Fischer

**Question: "Whatever happened to utilizing 'who' when referring to people and 'that' when referencing objects? So often today, even journalists improperly use the word 'that.' Example: 'There are going to be people that (who) like it and people that (who) don't.'**

**I implore you to utilize your article to drive this point home to your audience. Thanks!" – (John Lynch)**

Answer: Thanks for writing in, John. The problem you mention is one I notice too. Let's see what we can do about it.

"That," "which" and "who" (and its variants "whose" and "whom") are all relative pronouns. Relative pronouns are used to link a subordinate clause to a main clause. They also serve as the noun within the subordinate clause.

That's a lot of grammar, so let's look at an example sentence: "John is the firefighter who rescued your cat." Our main clause is "John is the firefighter," and our subordinate clause is "who rescued your cat." The relative pronoun "who" stands in for John in the subordinate clause and links the two clauses together.

The rules for "that," "who" and "which" are pretty straightforward:

1. Use "who" when talking about people.
2. Use "that" when talking about objects or groups and introducing an essential clause.
3. Use "which" when talking about objects or groups and introducing a non-essential clause.

What's the difference between an essential and non-essential clause? An essential clause gives you information you need for the sentence to make sense. In our example sentence above, "who rescued your cat" is an essential clause – it tells us why we're talking about John. If we discussed what John was wearing or his preference for mustard over ketchup, though, that would be non-essential information.

As a final thought: If you're looking at the rules and thinking to yourself, "What about groups of people?" – there's an answer for that. Consider the sentence: "Those are the robbers that broke into my store." In the case of a class of people (robbers, moviegoers, politicians, etc.) either "who" or "that" may be used. I personally tend to always use "who" for people, but, then, I am a humanitarian at heart, after all.



Jordan Fischer is a contributing columnist for The Southside Times. To ask Jordan a grammar question, write him at [rjfisher@gmail.com](mailto:rjfisher@gmail.com).



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Ph: (317) 859-4673, Rev. Fr. Vincent Lampert  
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stthomasfranklin.org

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worshipcenterindy.org

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4727 S. Sherman Dr., Indpls, IN  
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Sunday Worship: 10:15 a.m.  
Sunday School: 9:15 a.m.  
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INDEPENDENT - NON DENOMINATIONAL

**Community Church at Murphy's Landing**  
 7401 South Harding St., Indpls, IN  
 Ph: (317) 807-0222, Pr. Paul Erny  
 Sun. Worship: 9:30 a.m., Sun. School: 11 a.m.  
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**Cross-Way Community Church of the Nazarene**  
 1248 Buffalo St., Beech Grove, IN  
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 Sunday Worship: 11 a.m.  
 facebook.com/CrosswayCCN

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 2447 E. Thompson Rd., Indpls, IN  
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 Sunday Worship: 10:30 a.m.  
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Weekly Devotion

Salvation is secured by Jesus

By Paul Kirby

*"To the general assembly and church of the firstborn, which are written in heaven, and to God the Judge of all, and to the spirits of just men made perfect, And to Jesus the mediator of the new covenant, and to the blood of sprinkling, that speaketh better things than that of Abel. See that ye refuse not him that speaketh. For if they escaped not who refused him that spake on earth, much more shall not we escape, if we turn away from him that speaketh from heaven." ~ Hebrews 12:23-25*

When the writer of Hebrews begins to bring this tremendous treatise on his faith to its logical conclusion, he calls to our attention that the church is the product of each individual's epiphany in Christ. We have not come to some physical place on the earth; we have come to the living God and thereby we have been brought into His church. We have arrived by coming to Jesus who is the Mediator of the new covenant which is given its

authority in fact by our coming to the blood of sprinkling that speaks more powerfully than did the sacrifice of Abel and the shedding of his blood which merely soaked into the earth.

The writer of Hebrews is saying to us that our salvation has been secured by Christ and the sacrificed blood which is sprinkled on the altar of heaven. The kingdom of God is established now and forever by a new and better covenant which is based on that sacrifice which is far superior to the blood of bulls and goats and other sacrifices. The blood of Jesus will never lose its power to save to the uttermost those that are washed by it. We do not have to come continually, annually, to that blood even though there are some who seem to think so.

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.

UNITED METHODIST

**Center United Methodist Church**  
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 email: info@center-umc.org  
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 Rev. Doug Wallace, rosedalehillsumc.org  
 email: officerhumc@att.net

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Public Auction 6856 N Abilene Way 6/11 @ 10am 68 Chevy 136378K203539 starting at \$1650

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The Mt. Auburn UMC Children's Ministries Director will cast vision and recruit others in leading and managing an effective children's ministry to the church as well as providing an outreach to the children of the community. For more information go to [www.mtauburnumc.org](http://www.mtauburnumc.org) or send resumes to [melissat@mtauburnumc.org](mailto:melissat@mtauburnumc.org).

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Commercial Laundry located south of Downtown looking for experienced Maintenance Mechanic. Hours to be determined; normal shifts run Monday-Friday 4:30am-1pm or 1pm-9:30pm. OT and weekend work will be mandatory. Pay pending experience (\$13-\$15/hour). Brief job summary: perform preventative maintenance assignments, equipment repairs, machinery clean up, perform building maintenance and repairs, meter readings, tasks and projects assigned by Maintenance Director, perform plant blow down in the absence of the Porter. Must be computer literate and occasionally perform some management duties in the absence of the Maintenance Director. Physical Requirements are the ability to lift 65 pounds, full general mobility including climbing, stooping, pushing, pulling, and repeated lifting and practical vision and hearing. Applicant must own their own tools and have high school diploma or equivalent. Please apply in person at Morgan Services 201 Lincoln St. Indpls, IN 46225 (no phone calls please).

**ATTENTIVE PERSONAL CARE**

We are seeking qualified candidates for employment as Home Health Aides (HHA's). You MUST be 18 years old, have reliable transportation, valid Indiana drivers license and valid automobile insurance. Please go to: [www.attentivehhc.com](http://www.attentivehhc.com) and fill out an employee form. You can also stop in at the office at 5226 S. East Street, Indpls, IN 46227 (Suite A-9) to apply.

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**Eleanor Skillen I.P.S. School #34 Carnival**

Games, prizes, give-a-ways, music, food and more!  
1410 E Wade St  
**June 5, 2015**  
5:00-7:30 p.m.  
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**EVENT PLANNER**

• Times-Leader Publications, parent company of The Southside Times.  
• Center Grove ICON, Hendricks  
• County Business Leader, Hendricks  
• County ICON and Southside Business Leader is looking for a skilled individual to work as a **Contractual Events Marketing Coordinator**. Must be an experienced, take-charge professional with ability to manage administration and logistics. Assist with coordination of up to 10 events per year. **Interested persons should email a resume and cover letter to rick@businessleader.bz.**

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5-family yard sale! Lots of everything; you name it we got it. 8a-4p, May 29 & 30 @ 7828 Partridge Rd., 46227.

Sat. May 30, 8a-4p, 1008 E Dudley Ave, 46227. Multi-family sale! Xbox 360, golf clubs, furniture, home decor & more!

**Perry Township**

Multi-Family girls/boys baby, adult clothes, misc & oak entertainment center on Fri. 5830 Linwood off Edgewood.

Hill Valley homeowners Assoc. Neighborhood Sale June 4/5/6 8250 block of S. meridian (St. Rd. 135) maps of participants on www.hillvalley.org Come enjoy the bargains!

Briarstone Villas Community Garage Sale Thurs & Fri 8a-4p, 5/28, 5/29 and Sat 8a-noon, 5/30 @ 7525 Stop 10 Rd 46227

**MOVING SALE:** Fri-Sat, 9a-4p, Dancer Dr. in Farhill Downs. Follow signs!

Southwest Side PERRY COMMONS Community Garage Sale Southport Rd & Harding St May 29&30 8A-2P Lots of Stuff!

**Southport**

**5828 Rahke Rd** (west of Meridian off of Edgewood) May 28-30 from 9a-4p. LEGOs, AC unit, diaper-made cakes.

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Bikes, mowers, gas presser washer, collectables, lots of misc. Three families. 2229 St. Peter St. near Raymond & Keystone. June 4-6. 9AM-5PM.

YARD SALE Fri 5/29 8a-? Girls 2T&up, Boys 4T& up, toys, housewares, clothing, shoes, purses & much more! 313 N 15th Ave, 46107.

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*Madison Ave to Pleasant Run Pkwy to Shelby St to Troy Ave*

**YARD SALE/CAR WASH**

The PMMS Cheerleaders will be hosting a yard sale and car wash on June 5 from 8a-6p in the parking lot of Perry Meridian 6th Grade Academy. All proceeds will benefit the squad and go toward uniform costs, spirit wear, competition fees and other events that the PMMS cheerleaders attend. There will be items from over 25 different families, so you can expect all types and sizes of clothing, uniforms, books, toys, shoes, purses, electronics, appliances and more! Email Coach Coakley with questions, or if you have any items you'd like to donate to the cause so we can arrange drop off/pick up! scoakley@peryschools.org. Come on out and catch a bargain, while supporting your PMMS Cheerleaders!

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Line Classified Ads are \$11.00 for the first 4 lines and each additional line is \$1.00 per line. (NOTE: 1 line is around 28 characters, spaces or punctuation. All caps changes the word count). **Deadline for submissions are Tuesdays, 5pm.**

**Ad 1**

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**Ad 2**

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**Ad 3**

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**Ad 4**

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**PUZZLE ANSWERS**

from Page 20

I	N	P	U	T		I	D	E	A		H	E	L	M
M	O	O	R	E		L	E	A	R		A	R	I	A
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9	8	1	5	3	6	4	7	2
2	6	3	4	9	7	5	8	1
7	5	4	8	2	1	6	3	9

**Answers to HOOSIER HODGEPODGE:** Flowers: BEGONIA, MARIGOLD, PANSY, PETUNIA, VINCA, ZINNIA; Brands: ALPO, HILL'S, IAMS, PEDIGREE, PURINA; Clubs: KIWANIS, LIONS, ROTARY, SERTOMA; Townships: PIKE, WARREN, WAYNE; Months: AUGUST, JULY; Winner: MONTOYA



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