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ICONICimage



A memorial service and building dedication was held recently at Central Nine Career Center in Greenwood for Andrew Michael St. John, a Nineveh firefighter and soldier with the Indiana National Guard who was killed during a training exercise in August. St. John attended the vocational school, earning EMT and fire certifications. Major General Martin Umbarger said of St. John: "I would like to give my deepest appreciation to Central Nine for this permanent recognition for the life and service of Staff Sergeant Andrew St. John, thus assuring that within these halls, he will never be forgotten." (Photo by Neal Smith)

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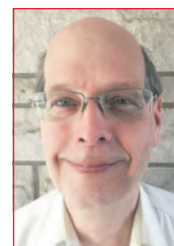
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Dr. Banisadr believes in giving back to the community through supporting local organizations including America Reads, Habitat for Humanity, and mentoring those in high risk or low socioeconomic households. Outside of patient care, he is an avid outdoorsman and enjoys camping, hiking, kayaking, and spending time with his family and dog. He is also well traveled and is fluently bilingual in both English and Persian.

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Riding on AMBITION & SUCCESS

Young Bargersville equestrian wins world championship titles

COVER STORY

By Nancy Price

At age 6, when most kids start learning how to ride a bike, Emma DeJong was already an experienced equestrian.

Now, at 14, she's competing in shows around the country and has received the All-Around High Point Award at each show this past year. She also won two titles at the Youth World competition this year, and is leading in the nation for AQHYA in the 13 and younger category (DeJong recently turned 14).

DeJong's fascination with horses started at age 4. "My grandma's neighbor had horses and I always asked my grandma if I could go ride," she said. DeJong began taking lessons, riding a miniature pony. The neighbor was so impressed with DeJong's abilities, "she said, 'It's time for you to buy a horse and get a barn,'" DeJong recalled.

No Fear

Despite graduating from a small pony to a large horse two years later, DeJong remembers little fear. "When I got to the bigger horses it was a little intimidating but I just kind of got over it; I've never really had doubts about it or anything," DeJong said.



Left, a winning pair: Emma DeJong with Houston. | Center, DeJong with her awards from the AQHYA World Show. | Right top, Cottingham Johnson congratulates DeJong for winning the NSBA Riders Cup in Scottsdale, Ariz. | Right bottom, DeJong and Houston perform at the AQHYA World Show. (Submitted photos)

The Bargersville teen, who attended Center Grove Elementary and Center Grove Middle School Central, rode her first horse, Shiloh's Old Gold, for eight years, before riding her current horse, Houston. Houston's registered name is Just Call Me Lazy, an ironic name for a spirited horse.

"He has a big personality," DeJong said of Houston. "You're not going to get away with telling him to do something when he's not going to do it. He's stubborn. I know my horse and I know his ins and outs. Sometimes, he doesn't want to go forward. He wants to be lazy. I just have to sit there and keep on pushing him forward with my legs; that's all you really can do."

Like a Big Dog

Despite Houston's strong will, he and DeJong have clicked. "I love him," she said. "You can't beat being around horses; it's like a big dog pretty much," she added with a laugh. "The connection you get when you're with them the whole time ... when you think about it, you have to control an animal you can't talk to or understand what they're feeling or anything. You've got to pretty much read their minds."

"They really bonded," added Amanda Cottingham Johnson, DeJong's mother. "The way Tommy (Sheets, DeJong's former train-

er) put it to me when we were at the World Horse Show, he said, 'You can't just put any youth on this horse.'"

Even with numerous challenges the past several months, DeJong continues to perform at a level of excellence. After winning titles at the Youth World competition, "they canceled the biggest horse show in the world, which is the Congress (due to COVID-19)," Cottingham Johnson said. Held annually in Columbus, Ohio, the show attracts about 650,000 people, with 25,000 entries last year. "That was very devastating. Emma was very upset about that."

Unexpected Changes

In addition, after a sudden death in Sheet's family, DeJong needed a new trainer. She is now training with Jennifer Goss, who lives nearby in Martinsville. "There's been a lot of changes in a short amount of time that were unexpected, which is hard on a horse and a 14-year-old in the middle of competing at this level," added Cottingham Johnson. "But we're doing good and we just got back from a show in Arizona a few weeks ago. She did very well, she got high point all around for both of those shows."

Success is the result of diligence, patience and sacrifice, vital traits that DeJong has honed over the years. During competitions,



she sometimes wakes up at 2 or 3 a.m. "You get up, you eat, you get ready and you get your horse ready. And then you just wait for your class," DeJong said. "I normally show throughout the day. The first class of the morning and then the last class at night." Shows may continue until 11 p.m.

DeJong has made many friends from shows across the country but has little time to interact with peers in her hometown. She attends a charter school in person one day every other week at Indiana Agriculture & Technology School in Morgantown, with the rest of her learning online three days a week. Other weekdays are spent training with her horse.

That's My Life

DeJong has upcoming shows in December, one in Cloverdale, Ind. and the other in Florida. She and her family will have to drive down to Florida on Christmas Day, but that doesn't bother DeJong.

"I love it. That's my life; I don't really do a lot of other things," she said. "All my friends live out of state because they do the horse shows. When I go to the horse shows it's like me going out and hanging out and hanging out with all my friends."

In the future, DeJong would like to attend a Division I NCAA equestrian program and study sports medicine.



Connor Delp. (Submitted photo)

THE DELP FILE

NAME: Connor Delp	HOBBIES/INTERESTS: Golf, cards, wake boarding, surfing, watersports
YEAR: Senior	COLLEGE PLANS: Decisions pending
HEIGHT: 5 feet, 10 inches	FAVORITE MOVIE: Avengers
AGE: 17	FAVORITE TV PROGRAM: Game of Thrones
SPORT: Varsity football	PARENTS: Cory and Nicole Delp
POSITION: Wide receiver	



Bob Rohrman's **INDY**
HONDA

Athlete of the Month Connor Delp

By Angie Antonopoulos

Connor Delp, a senior and varsity football player at Center Grove High School, is a natural at playing football, said his father, Cory Delp. He noticed early on when throwing a football with him when he was younger that he wanted to play and didn't need prodding.

"It's been fun to see Connor grow as a player," Cory said. "Connor has really stepped up and leads by example."

Connor, who plays #5 as a wide receiver and a wingback, began playing football in the first grade with the Center Grove Bantam Football League and started playing school football in sixth grade. He also ran track through middle school and high school. During Connor's freshman year playing junior varsity, Connor demonstrated his versatility playing several positions, including running back, receiver and quarterback.

"Wide receiver is a great fit because I can catch and pass and be able to work around the field," Connor said. "I made my first touchdown last year."

He said he enjoys the team aspect of football and that many of his teammates have

played with him since they were in football league when they were younger. "We're super close," he said.

This year, the team's goal is to bring home the state championship for the Trojans. Last year, they lost to Carmel High School. The Trojans have a great reputation, with two state championship wins in 2008 and 2015. They also competed in the state finals five other times.

The varsity football team is led by Eric Moore, head football and boys track coach at Center Grove High School, where he has worked for 22 years as a physical education and weight training instructor.

"Coach Moore is a great coach," Connor said. "We wouldn't be where we are if it wasn't for him."

Currently, the Trojans are ranked No. 1 in Indiana and have been all season. They also rank in MaxPreps' Top 25 high school football teams after beating Cathedral High School.

"Our theme this year is Start 2Finish," Moore said. "With a talented senior class, we hope to fulfill our dreams and bring home another state title. We hope Connor's big play ability can get us another big win."

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Above, get the most fun out of winter when it snows. Go sledding! | Inset, get crafty with homemade tree ornaments. (Photos by Angie Norris)

Create warm family memories by crafting for the holidays

FEATURE

By Angie Norris

The holidays are all about family and traditions. Making crafts with your loved ones give us warm memories to treasure throughout the years. Here are some activities you can try with your family this year.

A faux fireplace for Santa

What you will need:

- Cardboard boxes
- Heavy tape
- Brick wrapping, or red, black and white paint with rectangle sponges

Directions: Take your cardboard boxes and arrange them to the shape of a small fireplace, placing two on the floor upright, and one longways sitting on top of those. Make sure everything fits the way you like, then wrap with brick wrapping (you can find packs at party supply stores) or paint with sponges to get the brick effect. After you've decorated the boxes, sit them back up and arrange your new homemade faux fireplace. This is a great activity to do for families that do not have a fireplace.

Create homemade ornaments

You can make ornaments in many different ways. Use glitter glue to write names on bulbs or make one every year with the year on it or

write your favorite quote. Have the kids make a popsicle stick frame to put their picture in. Another fun way to add nature into the home is to gather some small tree branches and cut them to size to make different shapes like stars or trees. Add some ribbon to make it more festive. These also make great gifts!

Homemade wreath

Everyone has extra garland and decorative bulbs in their holiday decorations. A great way to use those is to make a wreath. You can use an old wire coat hanger or a foam or wire wreath that you can purchase at any store. Add some garland, bulbs, bows, bells and flowers to make a personalized holiday wreath for yourself or a loved one.

Decorate your holiday tree

There are many ways to get your whole family involved in decorating the tree. After making homemade decorations, have them hang the ones they made on the tree themselves. You could make paper or popcorn garland together to wrap around the tree. Listen to some holiday music and make hot chocolate to make the activity festive and fun.

These activities are sure to be holiday favorites and will make your children's traditions, and even their children's traditions, very merry and bright.

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Holiday Recipe

Sugar Cookie Bars

By Maggie Hutton, Center Grove

COOKIE INGREDIENTS:

- 1/2 cup butter (room temperature)
- 4 ounces cream cheese
- 1 cup white sugar
- 2 teaspoons vanilla extract
- 1 teaspoon almond extract (optional)
- 2 large eggs
- 2 1/4 cup all-purpose flour
- 2 teaspoons cornstarch
- 1 teaspoon baking powder
- 1/4 teaspoon salt

FROSTING INGREDIENTS:

- 1/2 cup butter (room temperature)
- 2 ounces cream cheese
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 - 3 cups powdered sugar
- holiday sprinkles



DIRECTIONS:

Preheat oven to 350 F. Line a 9-inch-by-13-inch pan with aluminum foil and lightly grease. In large bowl, beat together butter, cream cheese and sugar until fluffy. Beat in vanilla extract, almond extract and eggs. In separate bowl sift together flour, cornstarch, baking powder and salt. Carefully beat the flour mixture into the butter mixture about half at a time. Spoon batter into prepared pan, and with lightly greased hands press into pan to form even layer. Bake in preheated oven for 22-25 minutes or until top is set and an inserted toothpick comes out clean. Cool bars completely, leaving in pan as they cool.



Holiday face to face



Q: What are your favorite family traditions? Will they change this year due to COVID?

"My family traditions include going to the Artcraft in Franklin to watch Elf, spending time with my husband's family on Christmas Eve and visiting with my grandparents on Christmas Day. This year our traditions will look slightly different. We will not be participating in any large group gatherings. Instead we will create the magic of the holidays throughout our home and go more over the top than we would have in years past. We will definitely miss spending time with our loved ones in person, but we will still Facetime our family members to celebrate the holidays and send out Christmas cards."

— Alexandria Wheeler, Center Grove



"This year due to COVID we are flying to Arizona and renting an RV to spend some time in the mountains (Grand Canyon, Sedona). I do have family out there so we will see them some."

So, we will be home for Christmas this year and I've already got the tree up and I'm getting into it!"

— Jenna Wright, Center Grove

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Army veteran now serves as superintendent for Center Grove Schools

By Amy Moshier

A love of country motivated Richard Arkonoff, now superintendent for Center Grove Community School Corporation, to join the Army in 1985.

Arkonoff's primary task was working on satellite dishes. It was a trade that allowed him to enjoy different parts of the country and out of the country, as well, including Ft. Lenard Wood, Mo., Nuremburg, Germany; Ft. Gordon, Ga., Ft. Huachuca, Ariz. and Okinawa, Japan.

"I had a great time in the Army," Arkonoff continued. "I worked with so many interesting people from all over the world. I made many friends and learned a great deal about life in different countries. It was hard work and long days, but it was a great time filled

with a lot of laughs and friendships."

He had many challenging moments as well, including working with the satellite dishes and other communication equipment. "We just would repair the equipment and send it back into the field. Sometimes I would venture out into the field to work on the equipment," said Arkonoff, who has eight children (two teenagers and six grown children). Sometimes his work would carry him away from his family for anywhere to a couple of weeks to three months.

Arkonoff served a total of eight years in the Army; seven of those years were active duty. "I learned to truly appreciate my freedom and all that we have here in the U.S.A.," he said.



Jack Ernstine, far right, passed out 1,500 pounds of food and clothing to villagers in Wakkana, Japan. (Submitted photo)

The story of a Center Grove officer and a gentleman in the Vietnam War

By Nancy Price

An IU student may prefer to wear crimson and cream, but when Jack Ernsting attended the school more than 60 years ago, he decided he looked better in blue.

In the 1950s, state colleges required that male students attend two years of ROTC. "People were being drafted because of Vietnam and I thought, *Well, if I'm going into the military, I'd rather be an officer and a gentleman.* You didn't get as dirty in the Air Force as you did in the Army," Ernsting replied with a chuckle.

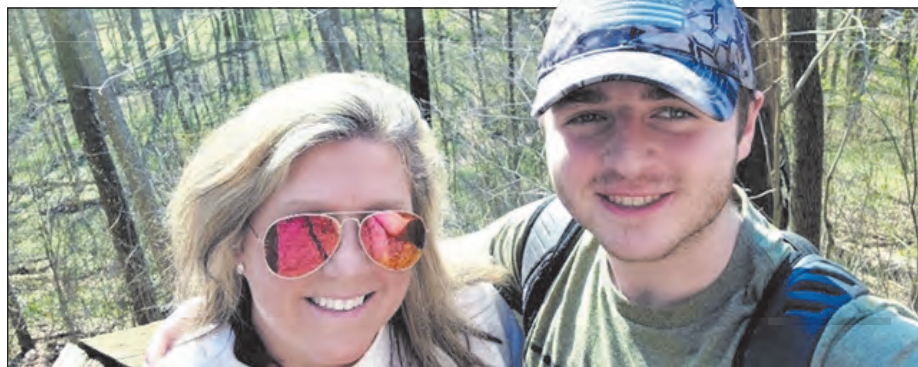
A graduate of Southport High School, Ernsting married his college sweetheart Mary Ann on a Saturday in late August of 1960. Two days later, they reported to McConnell Air Force base in Wichita, Kans.

Ernsting was assigned to the 42nd Air Division and was responsible for training B 47 pilots. He was given an assignment in Osan, South Korea and was introduced to the intelligence field. A year later, his supervisor offered Ernsting a job in Hawaii, and his family relocated with him. For three years, Ernsting traveled to southeast Asia and northern Japan when copy and fax machines were introduced. He delivered the equipment to remote sites.

"We were there when Vietnam really started," he said. "Since I had a very high security clearance I wasn't allowed to go to Vietnam. If you were a certain rank and a certain job specialty, you were required to apply for ROTC instructorship."

Ernsting and his family packed up their belongings for a move to the University of Wisconsin at Madison. He instructed juniors in ROTC for their induction into the military and served as a mentor.

Ernsting's last assignment was in Wakanai, Japan. He served a total of 11 years in the military before he and his family moved back to the Southside, settling in Center Grove. Ernsting worked with his father's construction business, which helped to build St. Francis Hospital, the libraries in Noblesville and Carmel and schools in Nora and Lawrence Township.



No Heroes Left Behind

By Stephanie Dolan

All parents are proud of their children, but Lisa Blackwell of Greenwood may have a few extra reasons to crow about her son, Landon.

The 18-year-old Center Grove High School senior makes annual trips to local Johnson County cemeteries on Memorial Day and Veterans Day to put American flags on the graves of veterans. "I've been doing this project since my freshman year," Landon said.

"He knew he wanted to do something in his own way to say, 'thank you' to our veterans," Blackwell said.

"I first started off taking donations from Go Fund Me and donations from friends and family," Landon said. "All money went to high quality American flags and I took none of the money for myself. Then I switched over to the Greenwood American Legion for quick donations. They've donated 500 to me

once, and I'll come to them for more soon."

Landon said he's visited many cemeteries in Indiana such as Mount Pleasant, Greenwood, Forrest Lawn, Green Lawn and a few others. "I've placed more than 2,000 flags over the three years I've done it," he said.

I've always referred to it as 'flag project', but I want to make it official right now. So I'm naming it 'No Heroes Left Behind,' he said.

Blackwell said her son has always been a patriot. "He's always said, 'I'm going to go into the military,' and he kept on with that mentality all through middle school and high school."

Landon was in the Civil Air Patrol from 2014-2016.

"It's kind of like a baby branch of the Air Force," Blackwell said. "As young men they learn the routines. It's a cadet program sponsored by U.S. Air Force Auxiliary."

Landon was officially sworn into the Air Force on Nov. 9 and ships out Aug. 3,



Left, Center Grove senior Landon Blackwell with his mom Lisa. | Right, Blackwell has placed more than 2,000 flags on the graves of local veterans. (Submitted photos)

2021, a few months after he graduates from high school.

He will work with K9 handling for Security Forces. "I'll be doing security forces for an eight-year contract proudly serving my country and founding fathers," he said.

ROMAN NUMERALS

38

The number of points the Center Grove varsity football team won to defeat Warren Central High School at Nov. 13's regional football game. The end game was 38-0. At press time, the Trojans were to compete at semi-state on Nov. 20 against Ben Davis High School. State finals will be held Nov. 27 at Lucas Oil Stadium.



Rateike talking with President Trump in the Oval Office in 2018. (Submitted photo)

Center Grove High School grad served on Trump campaign and in White House

By Nancy Price

Relationships often lead us to unexpected ventures in life. For a Center Grove native, these relationships led to an opportunity to work on President Donald Trump's campaign in 2016.

In 2016, Rateike attended the Republican National Convention in Cleveland and saw his friend Marty Obst, now senior advisor to Vice President Mike Pence. "Marty came and saw me and said, 'We need someone to be our go-to person in Trump Tower. Will you help us?'"

When Obst followed up with an official offer, Rateike asked how much time he had

to prepare for the flight to New York. "He said, 'I need you on a plane Sunday.' This was a Friday. So 48 hours later I was on a plane."

While at Trump Tower, Rateike coordinated interview requests as part of his job.

His plans took a different turn after he was offered a job to continue working in communications for President Trump.

His once-in-a-lifetime opportunities included a trip to Jerusalem after Trump recognized Jerusalem would be the capital of Israel and ordered the US Embassy move.

"The minute it stops being special is when you know it's time to go but it never stopped being special for me," he said.



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ICONography



1.



2.



3.

Center Grove Trojans ready for semi-state

By Nancy Price

The Trojans' hard work, talent and focus have helped them to proceed to semi-state. After defeating Cathedral High School on Oct. 16 (17-13), the team traveled to Columbus North on Oct. 30, squashing the Bulldogs (42-7). During a home game against Columbus East, on Nov. 6, Center Grove won by a landslide (55-7). Although Friday the 13th is supposed to be unlucky, the Trojans sealed the deal for semi-state,

after a victorious regional win against Warren Central (38-0). As of press time, the Trojans were set to compete at semi-state on Nov. 20 against the Ben Davis Giants. State finals will be held Nov. 27 at Lucas Oil Stadium. Good luck, Trojans! Go to centergrovefootball.com for more information.



1. Ready to win! The Trojans are pumped up and eager to defeat the competition. 2. No. 25 Jackson Schott, No. 41 Matt Hohlt, No. 95 Josh Sims and No. 2 Tayven Jackson unite to celebrate the team's victory. 3. No. 30 Michael Siemons leaps over Warriors player No. 8 Danny Walton. (Photos by Lindy Scott)

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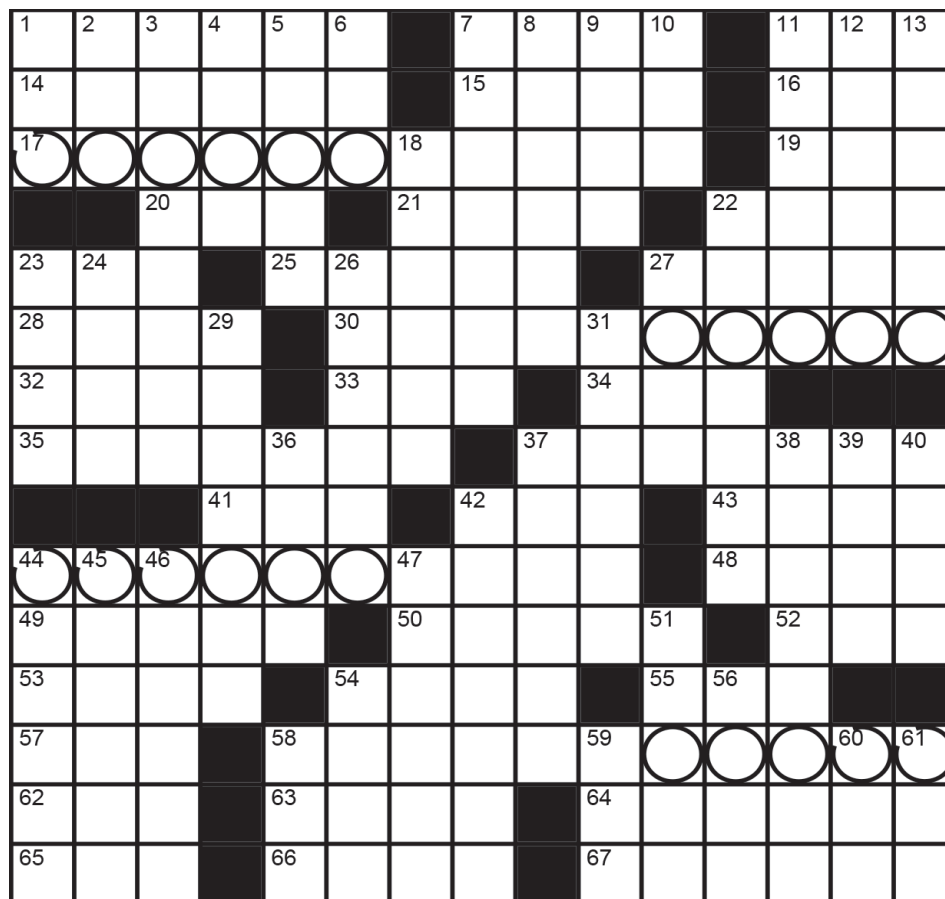
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ACROSS

1. When Harry Met Sally genre
7. Inside info
11. "Zip-a-Dee-Doo-___"
14. *Seinfeld* role
15. Playground retort
16. Language suffix
17. Victory Field green space
19. Indy Eleven zero
20. Spike Lee's alma mater, initially
21. A Guthrie
22. She's not talking?
23. Memphis-to-Indy dir.
25. Tea type
27. Vice President Burr
28. "Real Possibilities" org.
30. The Sporting News ranked him the second-best southpaw pitcher in Major League history
32. "___ cost you!"
33. Johnson County Animal Shelter sound
34. Historic period
35. Faithfulness
37. Hunts illegally
41. 20-20, e.g.
42. White House nickname
43. Objectives
44. *Playboy* magazine spread
48. Cozy
49. French farewell
50. Visitor from outer space
52. Summer hrs.
53. White River fishing spot
54. UIndy bus. course
55. Words of agreement
57. Non-Rx
58. Citrus orchard
62. Foot part
63. Indiana Senate helper



64. Butler postgraduate project
65. Hosp. areas
66. Stagger
67. Part of USA

DOWN

1. VCR button
2. Bullfight cheer
3. Courteous
4. Indiana map dot

5. Ahead by a point
6. Body of eau
7. Separate into groups of two
8. Metro Diner breakfast item
9. Norway's capital
10. Group of whales
11. *The Irishman* star
12. Big name in sci-fi
13. Curtis of cosmetics
18. Deception
22. Percussion instruments

23. Hammer's target
24. Defense acronym
26. Bringer of joy
27. Taj Mahal locale
29. Diner offering
31. Shoppe descriptor
36. In ___ of
37. Losing color
38. In the extreme rear
39. Outback birds
40. Army NCO
42. Eli Lilly's military rank
44. *In Cold Blood* author
45. *ICON* boss
46. Sister's daughters
47. False front
51. Dusk to dawn
54. Eiteljorg Museum tribe
56. Greenwood's is 27.91 square miles
58. Rowboat need
59. UFO crew
60. Compete
61. Feminine suffix

Puzzle Time

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

6 World Rivers

5 Feelings

4 Colts Receivers

3 Indy Engagement Ring Store

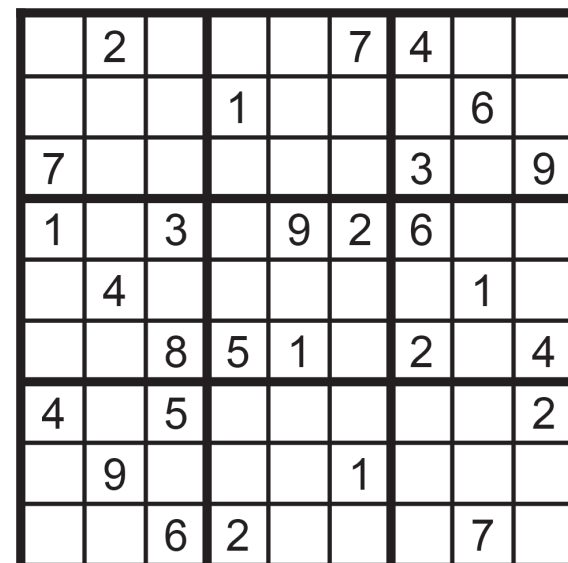
2 November Holidays

1 Indiana Cycling Film

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See **Answers** on page 18.

NIGHT & DAY

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Pecan-crusted pan-fried trout, loaded mashed potato pancake and green beans. (Submitted photo)

comfort food choice." The executive chef Carl "Chip" Huckaby, has more than 25 years of experience. He can customize orders to your liking. Smokehouse Catering also delivers and is open for carryout on weekends.

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BEHIND BARS

Caramel Appletini

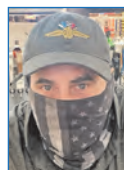
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Ingredients and directions:

- 2 ounces caramel vodka
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- 1-part apple cider

- Shake all ingredients together in shaker with ice.
- Drizzle caramel syrup inside of glass, if desired.
- Pour ingredients into glass.



Krista Nelson, Center Grove

Where do you like to dine?
Noble Roman's Craft Pizza & Pub

What do you like to eat there?
Breadsticks, pizza sliders and make-your-own pizza.

What do you like about this place?
It is a great restaurant for families and friends to meet up and also brings back childhood memories of watching pizzas being made at the original Noble Roman's on the corner of Smith Valley Road and US 31.

Contact Info
2826 S. State Road 135
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(317) 743-9111

Compiled by Nancy Price.

What's going on in our Center Grove?

Send your news & events to:
nancy@icontimes.com

EVENTS

Muppet Christmas Carol: An Interactive Movie Experience • We're providing the goodies and the fun for you to plan your very own family holiday movie night! Each kit will include a script to follow along with activities throughout the movie, gizmos-a-plenty to make the fun interactive and a snack or two for good measure. After registering, your kits will be available for pickup starting Dec. 11 at the second-floor reference desk. You must pick up your kit by Dec. 31. *Muppet Christmas Carol* is available to check out from the library's Kids DVD collection of streaming for free with a Disney + subscription. | When: Friday, Dec. 11 through Thursday, Dec. 31. | Where: Remote; pick up kits at Greenwood Public Library, 310 S. Meridian St. | Info: (317) 881-1953; greenwoodlibrary.us/calendar#/events.

It's A Wonderful Life • An angel is sent from heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. | When: Friday, Dec. 11 at 2 p.m. and 7:30 p.m.; Sunday, Dec. 13 at 2 p.m. and 5:30 p.m. | Where: Artcraft Theatre, 57 N. Main St., Franklin. | Info: (317) 736-6823; historicartcrafttheatre.org.

Winter Solstice Celebration via Zoom • Celebrate the upcoming winter solstice with books, crafts and science activities. Please include your email address in registration in order to receive the Zoom link. Supplies will be available for pickup from the White River Branch beginning Dec. 5. | When: Dec. 16, 4:30-5:30 p.m. | Where: Remote;

pick up supplies at White River Public Library Branch, 1664 Library Blvd. | Info: (317) 885-1330; jcplin.libnet.info/event/4687679.

Santa and Mrs. Claus Drive-Thru • Drive on over to the Franklin Library Branch and wave to both Santa and Mrs. Claus without leaving your vehicle! Bring your letter to Santa and hand it to him personally. You will also receive a special craft to take home. Please register. | When: Dec. 18, 3:30-4:30 p.m. | Where: Johnson County Public Library, 401 State St. | Info: (317) 738-2833; jcplin.libnet.info/event/4689004.

Holiday Storytime – Kids Edition • Our Kids Department is celebrating the festive holiday season with a special evening storytime! Miss Anne and Katherine have picked out a few fun, themed tales the whole family will enjoy and will be available in the chat to say "hello" and share additional book recommendations. Coming soon: direct links to join us on either Facebook or Youtube. Stay tuned! | When: Dec. 19, 7-7:30 p.m. | Where: Remote. | Info: (317) 881-1953; greenwoodlibrary.us/calendar#/events.

TeenHQ: Holiday Fun – 30 Second Challenge (Online) • TeenHQ's fun of putting Teen Services staff in awkward situations where we laugh with them and not at them ... but sometimes at them. This month watch Miss Emily and Miss Jessica have some holiday fun! | When: Dec. 23, 4-5 p.m. | Where: Remote. | Info: (317) 881-1953; greenwoodlibrary.us/calendar#/events.

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Smiling reaps many benefits: happiness, success and a long lifespan

DEVOTIONAL

By Pastor
Chris Philbeck

In an August 2017 edition of *Inc.* magazine, Melanie Curtin writes, "Recent studies have shown that doing this one thing can add years to a person's life and is an accurate prediction of how fulfilling their marriage will be." What's the secret? A smile. Smiling has remarkable effects on our lives.

A 2009 MRI study demonstrated conclusively that the brain's happiness circuitry is activated when you smile (regardless of your mood). If you're feeling down, a smile prompts your brain to produce feel-good hormones. But that's not all a smile can do. Smiling is also a predictor of long life. In a 2010 study, researchers looked at Major League baseball card photos from 1952. They found the span of a player's smile actually predicted his lifespan. Unsmiling players lived 72.9 years on average, while smiling players lived seven years longer. Another 30-year study from UC Berkeley examined the smiles of students in an old yearbook, with similar results. The width of students' smiles turned out to be accurate predictors of how high their standardized tests of happiness would be, how inspiring others would find them and even how fulfilling their marriages would end up. Those with the biggest smiles came up on top in all the rankings.

Where do you rate when it comes to smiling? While writing this devotion I read that under 14 percent of us smile fewer than five times a day. Over 30 percent of us smile over 20 times a day. And there's one group that absolutely dominates, with as many as 400 smiles a day: children (I can verify that by my grandkids). So, since smiling makes you feel good, makes you look good and leads to a better marriage it just makes sense for all of us to make the effort to smile more each day. God understands this. That's why Proverbs 15:30 says, *A cheerful look (a smile) brings joy to the heart.*

I write these words some eight months into a worldwide pandemic and at the end of a divisive presidential election. I'm sure you'd agree that we could all benefit from more smiling faces. So, here's my encouragement: Let's commit to ending this year we'd all like to forget with smiling faces because sometimes simple things really do make a difference. Just check the research.



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

How to Fly (in Ten Thousand Easy Lessons): a reflective and whimsical collection of poetry

BOOK REVIEW

By Amy
Hamilton

How to Fly (in Ten Thousand Easy Lessons) is the second book of poetry by award-winning author Barbara Kingsolver. Her poetry reflects the beauty in everyday life and the natural world. Family and relationships are an integral part of her life and poetry – the duality of life's fragility and people's strength surviving grief and family conflict.

There are seven themes that the poems are divided. "How to Fly" is a how-to section of poetry that are short lyrical poems. "Pellegrinaggio" is a travel poem documenting her family's trip taking her mother-in-law to Italy, her birthplace. She hadn't been there since she emigrated as a child, a touching and beautiful poem. "This is How



They Come Back to Us," is about family, death and grief. Beautiful poems that incorporate nature and memories to describe love and grief.

How to Fly (in Ten Thousand Easy Lessons) is a reflective and whimsical collection of poetry that doesn't shy away from complicated topics or feelings. Recommend for fans of Billy Collins, John Kenney and Carolyn Forché.



This review is written by Amy Hamilton, the adult/teen librarian of the Johnson County Public Library – White River Branch. She enjoys reading, knitting and taking long walks in the woods. Contact Amy at ahamilton@jcpl.in.

Additional Recommendations:

Adult:

Butter Honey Pig Bread by Francesca Ekwuyasi
Percentages of Guilt by Michael Niemann
Little Threats by Emily Schultz
The Last Sailor by Sarah Anne Johnson

Young Adult:

This is Not the Jess Show by Anna Carey
Pretty Funny for a Girl by Rebecca Elliott
Alone in the Woods by Rebecca Behrens
The Last Mirror on the Left by Lamar Giles

Children:

We Will Live in this Forest Again by Gianna Marino
Jacob's Fantastic Flight by Philip Waechter
Ten Ways to Hear Snow by Cathy Camper
The Song for Everyone by Lucy Morris

Guaranteed to make you think again: explaining parapsdoksians

GRAMMAR GUY

By Curtis Honeycutt

I've never heard of an "aunt-in-law," but I know it's a thing. The beauty of having a spouse's aunt or uncle in your family is that you have every right to call them by his or her first name, unlike your in-laws, who get to dictate how you address them. Today's linguistic inspiration comes from my wife's Aunt Julie, all the way up in Bemidji, Minn. Thanks for the idea, Julie!

Aunt Julie pointed my interests to parapsdoksians, which are figures of speech in which the second part of the sentence makes you do a double-take, changing the meaning from what you thought based on the first part of the sentence. I'll explain in a minute. But first, it's important to know that "parapsdoksian" comes from the Greek, and it means "against expectation." The first known use of the word parapsdoksian in print is from an 1891 article in the British humor magazine *Punch*.

Parapsdoksians turn our brains into scrambled eggs, and the result is delightful. I knew Grammar Guy readers (who are card-carrying word nerds) would appreciate learning about these twisted figures of speech. One of my favorite parapsdoksians is from fellow columnist and Okie, Will Rogers, who famously said, "I don't belong to an organized political party. I'm a Democrat." Regardless of which side of the aisle you find yourself, that's funny.

Since you're reading a newspaper (or some digital zeros and ones version of it), I'll share another parapsdoksian from another columnist, Mark Twain: "If you don't read the newspaper, you're uninformed. If you read the newspaper, you're misinformed." We'll see if my editor keeps that one in or not!

Many of the most notable parapsdoksians come from comedians, who make a living playing with words. Rodney Dangerfield quipped, "When I was a kid my parents moved a lot, but I always

found them." Comedian Steven Wright joked, "On the other hand, you have different fingers." If you read that too fast you won't get it.

Parapsdoksians often contain unexpected truths. Oscar Wilde wrote, "When I was young, I used to think that money was the most important thing in life; now that I am old, I know it is." John F. Kennedy famously said, "You know nothing for sure ... except the fact that you know nothing for sure." Now go forth and use your words to confuse, surprise, entertain and inspire people – just don't try to do it all in the same sentence.



Curtis Honeycutt is a syndicated humor columnist. He is the author of *Good Grammar is the Life of the Party: Tips for a Wildly Successful Life*. Find more at curtishoneycutt.com.

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PERSONNEL MATTERS

Do you have a high-performance culture?

By Mike Heffner

I have never heard a business leader say, "I am hoping for a team that is just going through the motions." I am often asked how companies create a team that is motivated, loves to win and looks to exceed the standard. Most companies have a desire to have this type of team and culture. I get the chance to spend time with many companies that have been successful at becoming great workplaces. Here are the top things that I see leading to higher standards of productivity while balancing busy lives:

Talk about it: Teams that win communicate at a high level. They know what works and they find ways to connect, improve and succeed. They give each other feedback and learn from each other.

Don't avoid conflict: Deal with situations in current time. Don't allow the elephant to stay in the room. Tough situations don't have to become intense; they just need to be discussed and not left undone.

Serve the team: Simply put, if you think about how others benefit then trust will be

created. Teams that are successful are open, honest and look to benefit each other. When members of the team are humble and understand that mistakes will happen, they can perform at a high level without drama.

Get things done: Teams that look to grow, find ways to meet deadlines and achieve great things simply have more fun. Everyone likes to accomplish things. The key is to make sure team members know what is expected of them. When things get done, it creates a culture of moving forward.

Stick to your values: Do what is right even when no one else is looking. It's important that a team doesn't sacrifice who they are to make things happen. Having and sticking to core values will provide the guideposts needed when there are questions around how people in a company should act.

Be flexible: Not everything is going to be perfect or go as planned. With good overall direction and support, teams can adapt and cover for each other as things change. Flexibility allows for the team to get the job done amidst some of the challenges.

Hold each other accountable: All the

above can happen if everyone is accountable for their outcomes. When someone isn't getting it done, then the team must discuss and find a way to help that person. Allowing a team member to not carry their weight will have others become discontent and leave.

Celebrate success: No one wants to win and not have anyone notice. Even when you're busy, take time out to slow down and congratulate both individual and group success. It's important to celebrate the small wins as you strive toward the bigger goals.

An environment that encourages people to work at their best will move a culture toward a high-performance workplace. This type of workplace will attract the best talent and employees that want to stay together.



This article is written by Mike Heffner, the owner of the local Greenwood Express Employment Professionals franchise. Contact Mike at Mike.Heffner@expresspros.com, @IndySouthMike on Twitter or visit ExpressIndySouth.com.

PEER-TO-PEER

Flying in the era of COVID: is it safe?

By Howard Hubler

Yesterday, my wife and I returned from a trip in Florida by plane. It is the first time we have flown in a while and we had some trepidation. In fact, it's the longest time we have never flown since we first started flying. Did you get that?

With all the COVID "buttels" and rebuttals, it's easy to wonder: Is it safe to fly in a plane now? The research that I did suggested that air filtration system is far more sophisticated than what I thought. The number of people who directly attribute their COVID case to flying in a plane is actually quite tiny. Because an airport is a federally managed entity, the tolerance for not wearing a mask is zero. Anyway, we got to the airport, put on our masks and went through security to our gate. Our big question was, "What was the plane going to be like in the era of COVID?"

This particular airline gave everybody a small COVID kit with wipes for anything you would touch, such as tray tables and seatbelts, and a small sample bottle of disinfectant for your hands. The center aisle was empty in all cases. Typically, I don't wear a mask for a five or six-hour stretch.

I have to admit, it was trying. However, if this opened up the opportunity to fly in a fashion where I felt secure then I was OK with it. As a political conservative, I don't know if I'm supposed to be happy wearing a mask or angry with wearing a mask in a plane. If my wife and I remain COVID-free it was worth it for us.

As we enter our state's cold months, there is a prediction that COVID will come back to bite us one more time. Indications are it may not be life-threatening, but it will be in our lives, nonetheless. If a mask gives us all a margin of safety, I am happy for the traveler. However, as a businessperson, I am equally happy for the airlines as well as the hospitality at the end of my journey. I, for one, hope this is the beginning of the restoration for the new normal.



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Service to others

Dye's Walk Country Club catering director enjoys event planning and working for community

By Nancy Price

Chloe Chappelle discovered her career while in a sorority at IU-Bloomington. "I truly enjoyed planning my sorority rush parties along with our fundraisers," said Chappelle, now director of catering for Dye's Walk Country Club. "I discovered the major (Tourism Management/Convention and Event Planning) sophomore year and knew it was a great fit."

A Center Grove resident for the past four

years, Chappelle has lived most of her life on the Southside, graduating from Perry Township High School, where she played varsity soccer. In 2012, she was an event production intern for Pacers Sports & Entertainment. "This was a dream internship for me," she said. "I was able to work alongside some of the best people in the industry. They gave me the opportunity to see how each Pacers game, Fever game and concert were planned and executed. My favorite memory was helping with the playoffs between the

Pacers and Miami Heat."

Chappelle enjoys the diversity of events she plans at Dye's Walk. "I can have seven events in one week, and they range from a small meeting to a large wedding or golf outing. I love being busy."

In her spare time, Chappelle likes spending time with her husband, Luke, 4-year-old daughter Eva, and reading, traveling and exercising at Orange Theory Fitness, where she has developed many friendships.

What is your greatest virtue?

Service to others

What upsets you?

Failing. I am my hardest critic.

What do you like best about Center Grove?

The people. I work for 400 members from the Center Grove area, and they are so nice and generous.

What's your favorite Southside eatery?

Margarita's Mexican Restaurant. We eat there once a week.

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

Fishers, because my extended family lives there.

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

Love yourself first. Never change yourself to fit in.

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

Traveling and exploring other cultures and national parks.

What makes you happiest?

I love to make my clients happy. When they have a successful event, I feel happiest.

Pick three adjectives that best describe you.

Detail-oriented, hardworking and charismatic.

What is your favorite vacation spot?

Kauai, Hawaii

What do you do with idle time?

Binge-watch Netflix or read a book.

What would you change about our culture if you could?

Social media. I understand it is a great marketing tool, but it absorbs so much time in our lives.

How do you escape from reality?

Nature. The perfect day is going on a hike, whether it's on a beach, mountain, or Brown County, Indiana. I love the outdoors.

What do you love most in life?

My family.

Which living person in Center Grove do you most admire?

Karla Goins. We met at the club, and have developed a wonderful relationship. I respect her very much and always ask her for advice. She has a wonderful outlook on life.

What quality do you admire most in another person?

A positive attitude.

What is your greatest extravagance?

My travels. Those experiences are so treasured.

What is your greatest fear?

My anxiety causes me a lot of fear, it is something I'm working on to improve.

What has been the happiest time of your life?

Watching my daughter grow up.

Is there a special talent you really wish you had?

Singing. I try to sing in the office every day, which I can't.

What do you most value in your friends?

Their big hearts. They accept me for who I am.

Which historical figure do you most admire?

Walt Disney. He was my childhood, and has made so many memories for my daughter and I to share.

What tenet do you live by?

Work hard, play hard.

What would people be surprised to learn about you?

I hate driving.



Puzzle Time Answers

SEE PAGE 14

Answers to HOOSIER HODGEPODGE:

Rivers: AMAZON, DANUBE, GANGES, NILE, RHINE, YANGTZE;

Feelings: BOLD, CALM, HAPPY, PROUD, SAD;

Receivers: DULIN, HILTON, JOHNSON, PASCAL;

Stores: JARED, MCGEE, TIFFANY;

Holidays: THANKSGIVING, VETERANS DAY;

Film: BREAKING AWAY

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

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