

# CENTER GROVE ICON

January 26 - February 15, 2019 • mycgicon.com

## SWEATY IN '19



*A local institution*

Page 22

**BUSINESS  
LEADER**  
SOUTHSIDE

Pages 22-25



*ICON of the Month*

Pat Hertel Page 30

Center Grove gym owners share advice on setting and meeting fitness goals, exercise routines that work. And, nutrition musts! Pages 6-8



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# ICONimage



Some students at Greenwood Christian Academy recently spent a recess building a snowman after the winter snowstorm on Jan. 12 blanketed much of central Indiana. Pictured are, Grace Fleming, 3rd grade, Reagan Willis, 4th grade, Adilyn Walker - 3rd grade, Ari Hillebrand, 4th grade, Annaleece Jackson, 4th grade, Nolan Pierce, 3rd grade, Elliot Causey, 4th grade, Carson Adams, 3rd grade, Nadiyah Konecky, 3rd grade, Kennedy Johnson, 3rd grade; and Will Simons, 4th grade. (Photo courtesy of Greenwood Christian Academy)

## Contact the Editor/Publisher

Have any news tips? Want to submit a calendar event? Have a photograph to share? Call Rick Myers at 300-8782 or email him at [rick@icontimes.com](mailto:rick@icontimes.com). Remember, our news deadlines are several days prior to print.



## Want to Advertise?

Center Grove ICON reaches a vast segment of our community. For information about reaching our readers, call Brian Ruckle at 300-8782 or email him at [bruckle@icontimes.com](mailto:bruckle@icontimes.com).



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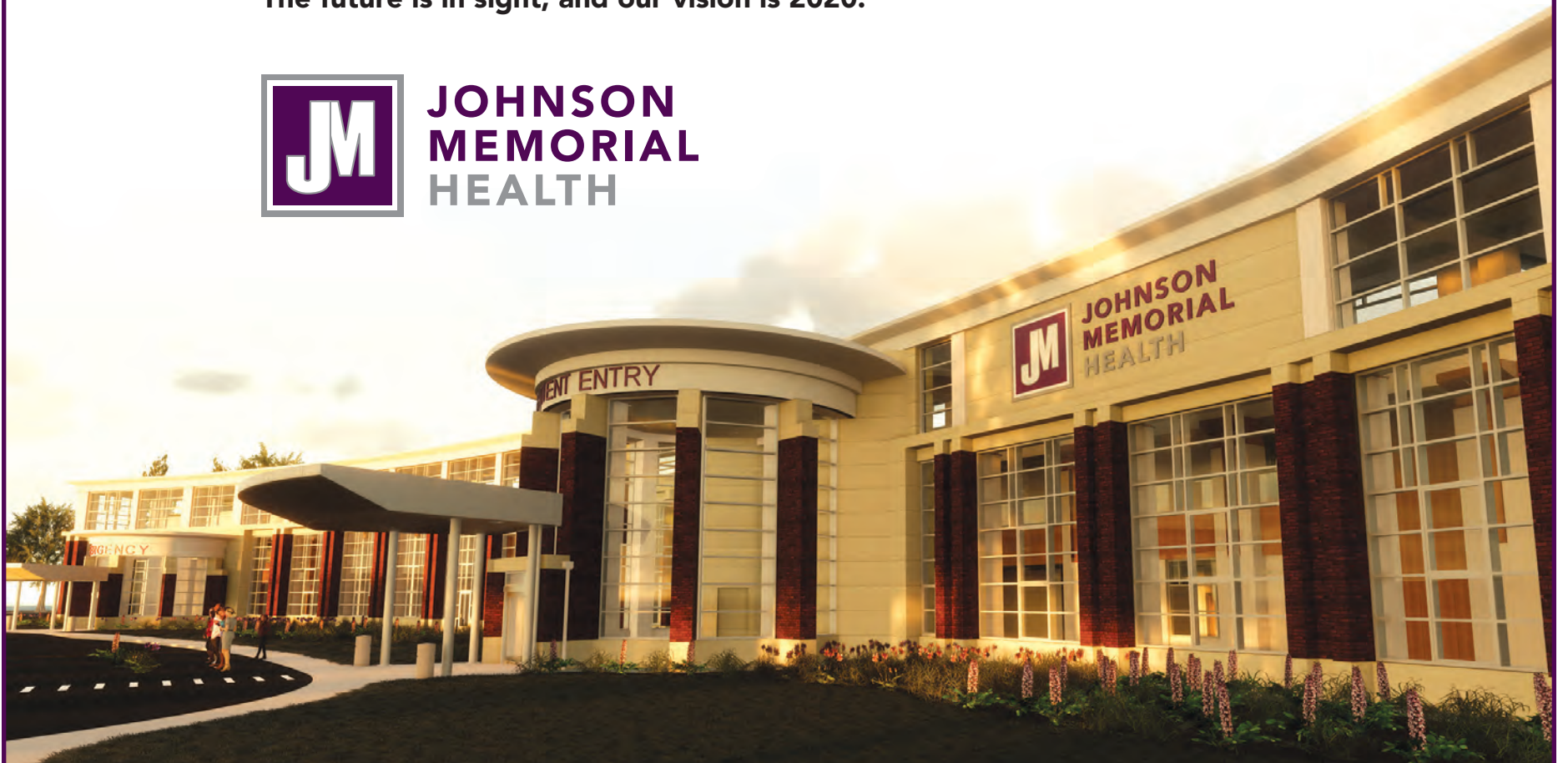
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## HISTORY & ARCHITECTURE



Left, Jeff Beck's father, John, and sister, Agnes, with their family's dog on their farm. | Right, families, including young children, worked to contribute what they could during the depression. (Submitted photos)

### Reflecting on simple times during the Great Depression

By Jeff Beck

I recently enjoyed a walk around the farm; I watched for deer, the occasional turkey and squirrels running up the tree. The walk helped me remember my childhood days on a farm we call Praise Acres.

I used to fish in a crooked creek on our farm; it was a small stream with many sections deep enough to enjoy a good swim or catch a few bluegills for supper. The creek has changed since my swimming days in the 1950s. The deep pools are gone and the only fish left in the creek are minnows. What is the cause? I have no answer, just my opinion. The Beck garden has been gradually reduced in size over the years. I find the garden, while enjoyable, is more work than I wish to do in retirement.

The garden was once a large section of our yard; full of tomatoes, peppers, potatoes, beets and few heads of cabbage. Corn was not grown because of the bandit-faced animals who seem to know when harvest is ready; yes, racoons. I enjoy the simple times; writing a letter, visiting a friend or neighbor, catching a fish, and yes, even a very small garden. This will probably not happen in my lifetime, but I see our community as part of our state's capital city but still having the areas of Bangersville, Banta or Stones Crossing.

### We had everything but money, but we were close

I also recently spent time reading a book called, *We had everything but Money*. The book was full of short stories written by families; it included personal memories, hobos, railriders, CCC and WPA workers, along with others who lived and worked during the depression. The book was a Christmas gift from my Aunt Dee and Uncle Bud to my parents in 1992. CCC stands for Civilian

Conservation Corps and WPA stands for Work Progress Corporation; work programs to help build roads and bridges, etc.

The National Youth Administration (NYA) helped those of high school age learn trades and provided work for a few hours after studies. Those age 16 or older were required to obtain a "work card"; family members all did what they could to help survive the depression. The whole family contributed what they could and worked the hardest they could to support their family, young children included; they gave what few pennies they had to their family. The depression was tough a time that many in our community still remember.

The stories shared in the book were mainly positive and supportive; we had little money, yet my family still enjoyed the company of one another. Everyone grew closer. Banks closed, the stock market failed and many families lost everything, including their farms and homes. One boy talked about losing \$8 when the bank closed. For years afterward, he kept any money he had in a mason jar hidden in rafters of the barn. The boy ended the story by saying that children were the first to be repaid when banks reopened.

My parents, grandparents, aunts, uncles and even some neighbors stayed together, all pitching in to survive. In one story, a man talked about being thankful for bread and butter sandwiches; he also shared that he enjoyed a bean sandwich. A loaf of bread broken in half with a center cleared provided a place for beans inside the opening. Bread and beans cost 10 cents. Children in the family often had to attend school on different days because there was not enough clothing for everyone. High school was a dream for most, and

.....  
*Reflecting on simple times continued on page 5.*



Reflecting on simple times continued from page 4.

college was only available for those fortunate enough to have the money to attend.

## Enjoying a simple life

My parents never owned a large home or spent money on luxury items. I remember that my mother, along with her brothers and sisters, inherited 80 acres of land at the corner of Saddle Club and Smokey Row Road. They sold portions of the land at different times. Mom, upon selling her land, purchased a new car and felt the need for her new car to have a new garage. My dad said "no", but my mother won. My father never drove the car and honestly seldom drove anything unless there was no other option; my dad always enjoyed riding horses.

My mother worked outside the home and upon returning home made supper and tended to household chores. My dad farmed all his life but always seemed to enjoy a little quiet time. My parents would work in the garden and sit at a kitchen table cleaning green beans or other produce for canning. The basement of their small home had home-made shelves lined with mason jars filled with green beans years past their prime.

I enjoyed walking the creek, or as my father would say, "crick", taking time for myself while looking back and reflecting on the future of our community. I see many positives such as walking trails, playgrounds and family-friendly community events at church and in town. We have an excellent school system and staff guiding our young residents; we are blessed. I'm looking forward to our neighborhood gathering again this year while meeting both new and old friends and enjoying good fellowship. Hot dogs, chili and iced tea will be enjoyed followed by s'mores for dessert. I enjoy the simple life; do you know your neighbors? A friendly wave or a firm handshake is always appreciated. My friend Don always told me it's important to greet a friend by his or her first name, as this gesture showed caring, per my friend who earned his heavenly reward.



Neighbors helped one another during the Great Depression. (Submitted photo)



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

## ICONIC rewind

### JCCF receives \$1,500,000 Lilly Endowment grant

**Charity** - The Johnson County Community Foundation (JCCF) has received a \$1,500,000 grant as part of Lilly Endowment Inc's seventh phase of its Giving Indiana Funds for Tomorrow (GIFT) initiative. The Lilly Endowment helps Indiana community foundations strengthen the towns, cities and counties they serve. JCCF can use the matching grant to build financial assets and support charitable activities. The endowment provides \$2 for every \$1 contributed to JCCF's unrestricted endowments during the matching period, which was Oct. 1-2018-Dec. 31, 2020.



Misty Faulkner, IMCU's Center Grove Branch Manager, presented the check to Jon Zwitt, Center Grove High School Athletic Director.

### IMCU gives check to Center Grove High School

**Donation** - Indiana Members Credit Union (IMCU) recently presented a check for \$2,817 to Center Grove Schools as part of an ongoing school spirit debit card program. The partnership allows Center Grove fans the opportunity to show their school spirit and support the athletic program by signing up for a Center Grove Trojans themed debit card. Every time the card is used as a signature-based transaction, Center Grove athletics benefits. The more cards that are in use, the larger the contribution. Since beginning the program in 2013, IMCU has donated \$13,672 to Center Grove High School. The card is available to members at the IMCU Center Grove Branch, 1604 S. State Road 135, as well as IMCU's other 25 Central Indiana locations. For more information, visit [imcu.com](http://imcu.com).

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### NOW YOU CAN READ THE CONDENSED VERSION.

There are some topics most people would rather put off. But, whether for yourself or a loved one, funeral planning is easier to do before the need arises. Call or come by for a free copy of our guide. It can make life better for your whole family.

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Greenwood, IN



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Pictured: Kristin and Paul St. Pierre

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#1 9Round Kickbox Fitness. | #2 CGX CrossFit. | #3 Evolutions Yoga. | #4 Indiana Brazilian Jiu-Jitsu. | #5 Indy X Fitness/IXF Crossfit. | #6 Martin Nutrition & Fitness. | #7 Studio 317 Fitness. | #8 Studio You Yoga & Pilates. (Submitted photos)

# SWEATY IN '19

Center Grove gym owners share advice on setting and meeting fitness goals, exercise routines that work. And, nutrition musts!

Compiled by Nancy Price

## COVER STORY

Nearly two-thirds of adults who set New Year's resolutions have set fitness goals as part of their resolution, according to bodybuilding.com, but 73 percent of them give up before meeting their goals. Why do these resolutions fail? Of the respondents in the online study, 43 percent say it's too difficult to follow a diet or workout regimen; 38 percent say it's too hard to get back on track once they fall off; and 36 percent say it's hard to find time.

Local fitness experts have shared their advice on setting and meeting realistic goals, why nutrition is an important key to success and how workout regimens, including CrossFit, Brazilian Jiu-Jitsu, BodyPump, High Intense Resistance Training and High Intense Interval Training can provide variety in a routine while burning calories in less time. >>>

## #1 9Round Kickbox Fitness

239 S. State Road 135, Greenwood, IN 46142  
7615 E. US 36, Avon, IN 46123  
Greenwood: (317) 300-1830 | 9round.com

### • What is the key to being successful in your fitness goals?

We believe that there are four things that give you the best chance to meet your fitness goals. 1. Define and write down what it is that you want and WHY! The WHY is very important and helps to motivate you when you don't feel like exercising. 2. Clean up your eating habits! Don't diet ... that could kill your metabolism. Small changes make a huge impact if done right. 3. Don't get hung up on the number you see on the scale! In fact, we would suggest not even looking at a scale more than once a week. 4. Find a workout program that is fun and works for YOU! If it's not fun, you will dread going to the gym and eventually will stop.

### • Describe your preferred exercise routine and why it works.

It really depends on what your goals are. Our preference is High Intensity Interval Training (HIIT) because you can do more in a shorter amount of time and it maximizes your metabolic rate. Thirty minutes is all you need. In fact, from a fat burning perspective, we recommend not exceeding that with HIIT. We also like to use a combination of strength, resistance, cardio and core exercises to ensure a full-body work-

out. In doing so, you also improve your balance and coordination while toning your body. With the 9Round system, you're not going to bulk up, although we have many members who lift outside of our gym and come to us for their cardiovascular and fat loss goals. As mentioned before though, exercise alone will only get you so far. You need to compliment any routine with a solid nutrition plan.

### • What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?

Try it out first to make sure it is something you like and will have fun doing. Most places (9Round included) offer a free workout to make sure it's a good fit so take advantage of that. Come with a friend. Not only does this help keep each other accountable, it lessens the nervousness of trying something new. Don't feel like you have to go "all out" your first time in. Take it slow at first to learn the techniques and good form from the trainers. This will pay huge dividends in terms of staying injury free and enjoying the workout. If you're not used to working out you will be sore for a few days after your first workout. Make sure you stretch immediately after and come back in within a couple days to work out the soreness. It's totally normal. One of the biggest concerns we hear is that "I'm not in good enough shape to work out with you guys." Don't let that be a barrier! We welcome and work with all fitness levels, all body types, all ages ... you're coming to us to get in shape.

## #2 CGX CrossFit

571 Industrial Dr., Bargersville, IN 46106  
(317) 435-7125

### • What is the key to being successful in your fitness goals?

Although I would like to say the No. 1 success in workout goals is consistency, I would say even more is nutrition and community. Yes, con-

sistency is a huge key to someone's success to achieve goals but if you are not being taught the basis of nutrition on top of that consistency, you are being set up for failure. You have to have fun on top of this as well. Community and building those friendships with your trainers and gym members can make or break someone's success at times. If you don't trust what your coach is telling you, why keep coming back?

### • Describe your preferred exercise routine and why it works.

CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life. Routine is the enemy at CGX CrossFit. We want to teach you things that will translate into your everyday life. Picking up that heavy bag of dog food and not using your back to load the weight, but instead, loading your legs and tightening up your core. I truly stand behind my values of teaching my members the importance of breaking down each movement and to move with a full range of motion.

We focus on cardio and weightlifting at CGX. Cardio movements are great, obviously, to get the heart rate up and the metabolism going but then adding a value of strength and toning what you are losing. It doesn't always have to be a barbell that we are putting in your hand; a lot of the time we use kettlebells or just plates to do the trick. I want you to walk into the gym and take the guessing out of it for you. We will help you move efficiently and effectively throughout the hour you are in the gym and then at the end of the hour leave you feeling great about your ability to move. I always preach to my members that going into a gym and doing a workout should not be a punishment for the food you have eaten or the choices you have made,

Sweaty In '19 continued on page 7.





*Sweaty In '19 continued from page 6.*

but a celebration of what your body can do. Just move, sweat, laugh and learn new things. I promise you will leave feeling that much better about yourself and want to keep coming back day after day.

**• What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?**

I would definitely say trying different gyms and seeing what is out there. What works for some people does not always work for others. I do feel that anyone at any age can do and be successful at CrossFit. If you have never followed CrossFit on social media, I encourage you to look it up. We have people well into their 60s, 70s and 80s just coming in and moving with proper range of motion. I give people who walk into my gym a good week or so to come in and just try different classes out, free of charge. I don't see it as giving away my coaching for free but allowing them to see for themselves if this is a fit for them with no added pressure of signing up after one class. Do your research. Check out their reviews and ask around.

Knowing that you are going to have to step out of your comfort zone and just fail sometimes at things (not being the best at something the first time you try it). Failure is not a bad thing; it humbles you and feeds that desire in people to keep coming back to learn and push themselves. I promise you will get that at CGX CrossFit and it will make you a better version of you because at the end of each day, that's all we want: just to be a better version of what we were yesterday. Step out of your comfort zone and try it.

**#3 Evolutions Yoga**

2801 Fairview Place, Ste. I, Greenwood, IN 46142  
(317) 881-9642 | [EvolutionsYoga.com](mailto:info@evolutionsyoga.com)  
[info@evolutionsyoga.com](mailto:info@evolutionsyoga.com)

**• What is the key to being successful in your fitness goals?**

Consistency: in your actions and in your mind. People often choose one broad goal or "loose" goal, like to lose weight. Then they choose a

particular activity or agenda which they think will get them there. Often the activity or agenda has worked for someone they know or have read about. The key that makes any particular path successful for anyone is the ability to stay on course every day, regardless of how you choose to get there, as well as being consistent on your rest days. A goal that starts out with a high expectation like working out six times a week, or one that is too loose, like "go to the gym more", will often fail very quickly because they are not necessarily a good match for life circumstances or mentally engaging for long-term consistency to reaching your goal. Picking two-four days per week that you will be consistent to engage with your goals for 30 minutes or an hour a day is critical to success. On your rest days you must also be choosing actives and food that will support consistently working toward your goals. Over-indulgence in food or non-goal-oriented activities on your rest days will make it harder to perform or motivate yourself on your activity days. Create a life that is consistent with reaching your goals; you'll see the little steps add up to big steps and milestones on reaching your goals.

**• Describe your preferred exercise routine and why it works.**

My preferred exercise routine is to cross-train with lifting weights, yoga and hiking. The activities I choose complement each other and help me to make daily steps in maintaining consistency in improving my fitness and keep me mentally engaged for the long-term. I have achieved a significant change in my body size, shape and fitness improvements by staying consistent to my chosen activities years from now. My body continually changes, increases muscle definition, reaches deeper levels of range of motion and flexibility and hiking provides me with an outdoor cardio activity, allowing me to still be working on my goals while being in nature.

**• What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?**

When you are new to fitness it is important to start out with reasonable expectations and choose an activity that interests you, even though you might not be naturally gifted to do it well at first. Many people new to a fitness routine choose "safe" activities that they already know they are naturally good at. This can be a

good thing and a deterrent to long-term success. When you are good at something or feel you understand it, you can achieve a high level of motivation to start the activity, which is good. Long-term you may struggle with choosing something you are good at because there is limited motivation to push yourself to increase your competency or go to a new level; it's safe to stay at the level that works and you know.

Choosing an activity that you may not be so good at or understand very well can be scary and intimidating at first and lower your motivation to take the plunge or to stick with it and learn to get better. If you can stick with something you are not good at in the beginning through dedication and consistency to keep trying there is a higher chance of success for reaching your goals because you will be learning a new skill and your brain is better engaged to keep registering your successes as wins, which keep the tendency for long-term engagement higher. Take chances and try some new activities as part of your goals. If you are not good at first there is always potential for getting better and that translates to success in reaching your goals.

**#4 Indiana Brazilian Jiu-Jitsu**

1140 N. State Road 135, Ste. P, Greenwood, IN 46142  
(317) 946-9447  
[indianabrazilianjiujitsuacademy.com](http://indianabrazilianjiujitsuacademy.com)

**• What is the key to being successful in your fitness goals?**

I always encourage people to write down their goals. When it is put on paper, they have something tangible in hand, that they can touch and feel and review. It makes their goals into something real, not just in their head. Along with the goal itself, there needs to be an action plan. What steps are necessary to get to the goal? How will you achieve each step? How do I "course correct" if a step or goal is not met? The goal should also have a time frame. i.e. "I'm going to lose 12 pounds in three months." This gives the needed insight to whether or not we are on the right path.

**• Describe your preferred exercise routine and why it works.**

Brazilian Jiu-Jitsu. There is nothing that comes close. You are constantly pushing, pulling and stretching. You are learning to move your

own body and how to control someone else's. People can never believe how exhausting it can be. Outside of that, I don't do much, but I find that high weight, low reps on Olympic lifts coupled with some other "explosive" movements and stretching are typically best for most Jiu-Jitsu athletes.

**• What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?**

It's always wise to get, at least, a basic checkup. Aside from that, know WHY you are starting an exercise regime. It's important to know what your goals are in order to have a program designed to fit your needs and desires. Also, just put yourself out there. Starting anything new is difficult for most people. Just realize that you'll probably be uncomfortable at first, but you'll eventually get into the groove of everything.

**#5 Indy X Fitness/IXF CrossFit**

444 N. Madison Ave., Greenwood, IN 46142  
(317) 215-4307 | [ixfcrossfit.com](http://ixfcrossfit.com)

**• What is the key to being successful in your fitness goals?**

A few keys to success that we use at our gym include mindset, consistency and nutrition. Changes to your body and your lifestyle don't come without a shift in your mental attitude. If your mind isn't up to the task, your body will never be. Whether you're trying to lean down, gain strength or compete in a sport, mental strength will be the key to your success. Your goals may be physical, but your mind controls everything you do. Know what you want: Before starting on your journey, you've got to know where you're going. What do you want to accomplish with your body? Surround yourself with positive people. Do what you hate! If you want to make everything else in your routine seem a little easier, aggressively tackle the stuff you hate the most.

Maintain momentum. For most people, training hard and eating right becomes easier the longer you do it. Like any other habit, they are tough to start, but even tougher to break. Set

*Sweaty In '19 continued on page 8.*



Sweaty In '19 continued from page 7.

short- and long-term goals. Start with a long-term goal and break into small achievable goals. Tackle the small things and the big things take care of themselves.

Embrace failure! You should know that you are going to fail, and probably more than once before you reach your ultimate potential. Know that this isn't an excuse to be undisciplined, but an understanding that you'll have to stay in the game for the long haul. If you don't understand the likelihood of occasional setbacks, every mishap will seem like the end of the world. Even if you exert the utmost control over your diet and training, you're going to have setbacks like bad workouts, periods of low energy, injuries and external stress.

#### • Describe your preferred exercise routine and why it works.

Although we have other programs as well as personal training, my preferred strength and conditioning program is CrossFit. CrossFit is constantly varied so you never get bored with the workouts and the movement is functional in everyday life. With the high intensity element of CrossFit the program is efficient and takes just one hour out of your day. The CrossFit method is also measurable, repeatable and observable.

#### • What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?

I would advise them to research the owners and

trainers of the gym. How long have they been training people? What is the extent of their education? What certifications do they hold? Go to the facility and talk with the trainers and members. Safety should be their No. 1 priority. If what they have to offer excites you, give it a shot. The facility should promote health and fitness, not just fitness.

#### #6 Martin Nutrition & Fitness

862 S. State Road, 135, Greenwood, IN 46143  
(317) 215-4570 | martinnf.com

#### • What is the key to being successful in your fitness goals?

It is important to establish a long-term goal and then small, short-term goals. Those short-term goals should be realistic and can be achieved in pursuit of your long-term goal. To be successful, one must be consistent and prioritize & plan. Those that succeed are the ones who you see consistently at the gym at least five to six times per week. They've formed a consistent habit. They've also made it a priority in their lives to find time and plan out 60 minutes out of their day dedicated to fitness. They plan ahead by planning out their healthy meals and/or packing their gym bag the night before.

#### • Describe your preferred exercise routine and why it works.

For the general public just looking to get into shape, I think a good combination of strength and conditioning will be very beneficial for those individuals. We call that High Intense Resistance

Training (HIRT) and High Intense Interval Training (HIIT). By combining a primary compound strength movement with accessory anaerobic exercises and short bursts of aerobically challenging exercises to drive up your heart rate, you will not only get a greater caloric burn, but you will improve your strength along the way. This is how our daily HIIT and HIRT classes are programmed, so individuals can reap the biggest benefits and improve their overall fitness!

#### • What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?

Establish a goal first. By establishing a goal, you are narrowing down the type of fitness or exercise routine that you should be executing. For example, if your goal isn't to run a 5k, lots of running should not be a major part of your exercise plan. If you are seeking help from a fitness profession, do your homework. Make sure they truly have the knowledge and the experience necessary to help you out. There are SO many, what we call, "Instagram trainers" that claim to be fitness professionals, but they are not. There are also individuals that try to help by selling products (i.e. shakes, powders and magic pills) as part of multi-level marketing schemes. Those individuals also claim to be fitness professionals, but again, most of them are just trying to make some money for their "side hustle." Look for fitness professionals who have a degree in a fitness-related field that have put in the time and hard work to educate themselves. Those are the ones that truly care about your fitness goals and genuinely want to help you succeed!

#### #7 Studio 317 Fitness & Cycling

500 Polk St., Ste. 24, Greenwood, IN 46143  
(317) 883-7644 | Studio317fitness.com

#### • What is the key to being successful in your fitness goals?

Consistency: schedule time each week for yourself. Also, it's important to find something you enjoy doing. If a family member or friend can join you, it will help keep you on track.

#### • Describe your preferred exercise routine and why it works.

We believe in a mix of strength training like Body Pump; adding in some cycling and HIIT training is great because it is short and intense. Then round that out with some great stretching in an Urban Stretch class.

#### • What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?

Take a moment and celebrate that you are putting yourself first and wanting to make a change to get healthier. Then take it one day, one class, one change at a time. You have to use the options and ask the instructor questions (that's what they are there for).

#### #8 Studio You Yoga & Pilates

862 S. State Road 135, Ste. 1, Greenwood, IN 46143  
(317) 882-8733 | Studioyouyoga.com

#### • What is the key to being successful in your fitness goals?

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#### • Describe your preferred exercise routine and why it works.

I prefer to exercise the same way we recommend to our students. I incorporate both yoga and Pilates as my weekly fitness routine. It works well because yoga and Pilates complements each other with the benefits surrounding balance, flexibility and strength. I am able to maintain a healthy body and mind.

#### • What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen?

We recommend looking at some different options, ask questions and find a place that allows some trial classes. Studio You Yoga and Pilates offers one-week free unlimited Pilates as well as 21 days of unlimited yoga for \$30.



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# Center Grove News Quiz

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

**1** Jeff Beck's parents had a garden when he was growing up. What was not grown in the garden due to racoons feasting on it?

- ☐ A. Cabbage
- ☐ B. Potatoes
- ☐ C. Tomatoes
- ☐ D. Corn

**2** What is this month's Athlete of the Month, Kylie Storm, planning to study in college?

- ☐ A. Teaching
- ☐ B. Business
- ☐ C. Nursing
- ☐ D. Psychology

**3** What is the theme for this year's Catholic Schools Week?

- ☐ A. Communities of Faith, Knowledge and Service
- ☐ B. Learn. Serve. Lead. Succeed.
- ☐ C. Called to Serve
- ☐ D. A Light for Every Generation

**4** Why did current owner of Wanamaker Feed & Seed, Jim Trimble, start visiting the store when he was growing up?

- ☐ A. He started raising rabbits
- ☐ B. He was getting food for his dog
- ☐ C. He would get garden supplies for his mom
- ☐ D. He started raising chicks

**5** Which former contestant on *Shark Tank* did Andrew Angle meet recently?

- ☐ A. Charles Yim
- ☐ B. Al "Bubba" Baker
- ☐ C. Coco Vinny
- ☐ D. Melissa Carbone



SEE ANSWERS ON PAGE 31.



Kylie Storm. (Submitted photo)

## THE STORM FILE

**NAME:** Kylie Storm  
**HEIGHT:** 5-foot-10-inches  
**YEAR:** Senior  
**AGE:** 18  
**SPORT:** Basketball  
**POSITION:** Power forward  
**EXPERIENCE:** Two-year varsity player

**HOBBIES/INTERESTS:** Spending time with friends and family  
**FAVORITE TV SHOW:** *Grey's Anatomy*  
**FAVORITE MOVIE:** *Safe Haven* or *Blindside*  
**COLLEGE:** Plans to play basketball in college and study nursing; is still considering options  
**PARENTS:** Todd & Kristy Storm



CENTER GROVE  
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Bob Rohrman's **INDY HONDA**

## Athlete of the Month

Kylie Storm

By Rick Morwick

Whether her shots fall or not, Kylie Storm lends three essentials to the Center Grove girls basketball team: Defense, energy and leadership.

She provides all three in abundance.

"Mainly, I have just really tried to step up as a senior and be a leader," said Storm, a two-year varsity player. "I always give 110 percent when I step onto the court and I feel that my energy is contagious to my teammates."

A 5-foot-10-inch power forward, Storm is a defensive game-changer for the ninth-ranked Class 4A Trojans. One of four seniors from last year's sectional championship team, she is among the many reasons they are positioned for a lengthy postseason run.

Off to a 14-2 start (as of Jan. 4), the Trojans advanced to last year's regional final and are expected to be among the contenders for the Class 4A state title.

"I would say our team's main strength is always finding a way to fight back when we are at our lowest point," Storm said. "We can be down, and coach will tell us to find a way and we always do. This team does not give up."

Although not a prolific scorer, Storm is one of the Trojan's grittiest players. A vocal and emotional leader, she's a tenacious defender who makes the sort of invaluable contributions that don't show up on stat sheets.

"She's one of our best communicators in practice and on floor," said coach Kevin Stuckmeyer, who is in his second season with the Trojans. "She talks others through everything. She competes hard in post and guards (the opponent's) best post player

every night and is willing to take charges.

"She's a top-notch screener who's willing to accept her role and do the 'dirty work.'"

It's a role the second-year varsity player warmly embraces.

"My role this season is to be that positive leader for everyone," Storm said. "No matter (whether it's a) good or bad game, I always try to bring out the positives."

Leadership, however, isn't her only strength. Though not a prolific scorer, she is arguably the Trojans' best defender and is arguably one of their most dynamic players.

"Defense is my strength and always has been," Storm said.

"I know I am not the most talented player, but I know that when I step onto the court I will do whatever I can to help my team."

Storm's contributions come in many forms, hence her value to the state-power Trojans.

"She's become a vocal leader and communicator on the court. She's very much a 'glue player' that holds our team together. She without a doubt has been a huge contribution to our team."

An aspiring college player who is still sorting her options, Storm also participates in in Unified Track and Field and plans to study nursing in college. Her career goal is to become a pediatric oncology nurse.

For the moment, however, her focus is on the Trojans and doing her part in their bid for a lengthy postseason journey.

"I love playing for this team because we are so close," Storm said. "Sometimes in games it may not look like that and we may get on each other, but at the end of the day we are all here for each other, no matter what."

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## National Catholic Schools Week

January 27-February 2, 2019

**National Catholic Schools Week (CSW) 2019** is being held from Jan. 27-Feb. 2. The annual Catholic celebration will be observed in dioceses around the United States. This year's theme is, "Catholic Schools: Learn. Serve. Lead. Succeed." Schools will celebrate the week with Masses, open houses and other activities for students, families, parishioners and community members while focusing on the value of a Catholic education.

Each day of the week also has its own theme. Sunday's is "Celebrating Your Parish," by devoting a Mass to Catholic education; on Monday, "Celebrating Your Community" involves students participating in service activities; students will spend their day on Tuesday by participating in meaningful activities to celebrate their accomplishments during "Celebrating Your Students;" while on Wednesday, students, families and educators will communicate the value of a Catholic education to government leaders. On Thursday, Catholic schools will prepare students to use their God-given talents for the future during "Celebrating Vocations;" on Friday, "Celebrating Faculty, Staff and Volunteers" honors Catholic teachers, principal, staff and thanks volunteers for their support. On Saturday, parents, guardians and other family members who play a role in Catholic education will be honored during "Celebrating Families." To learn more about Catholic Schools Week, please visit [ncea.org](http://ncea.org).

## Letter from Archdiocese

With over 2,200 public, private and charter school options for elementary and high school students in Indiana, the task of choosing the right fit for one's child may seem like a daunting task. Sixty-eight Indiana options are Catholic schools in the Archdiocese of Indianapolis, and though each serves its unique community in its own special ways, there are a few commonalities that all of our Catholic schools share. They are:

- **SHARED MISSION & CATHOLIC IDENTITY** – We recognize that each person is made in the image and likeness of God. Through programming and practices, we integrate our faith, culture and life in ways that help young people attain academic and career pursuits as well as everlasting life with God. Our doors are open to all who desire a quality Catholic education regardless of race, ethnicity, religion, gender and socio-economic status.
- **ACADEMIC EXCELLENCE** – Our focus remains on the growth and achievement of every young person we serve. Recognizing parents as the first educators, we partner to help youth grow spiritually, socially, emotionally, intellectually and physically. With ISTEP scores higher than state averages at every grade level and continued excellence illustrated by other measures of performance (such as IREAD, SAT and ACT) our students are challenged

and supported as we maximize their capacity in preparation for college, careers and heaven.

- **QUALITY LEADERSHIP/GOVERNANCE** – We value local autonomy while having the broader support of our archdiocesan offices and network of Catholic schools. With lay leaders from the community serving on school boards and commissions in an advisory capacity, our school leaders are provided supports intended to directly impact youth in positive ways.
- **OPERATIONAL VITALITY** – Committed to excellence and rigor, our Catholic schools responsibly approach personnel, financial and operational decisions in a way that puts children first and fortifies long-term viability for generations to come. Our cost per student, on average, is significantly lower than that of public and charter sectors, and our youth are the direct beneficiaries of the resources secured.

To learn more about our Catholic schools or to locate a Catholic school in your area, please visit our website at [oce.archindy.org/](http://oce.archindy.org/). To see if Catholic education is a great fit for your child, please schedule an appointment to visit a Catholic school near you!

**Gina Kuntz Fleming**  
Superintendent of Catholic Schools



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- Roncalli is the home to **18 Indiana Academic All Stars** since the program's inception in 1987.
- The Class of 2018 completed over **58,904 hours** of community service during their four years at Roncalli, which averages over 205 hours per senior.
- In the past 25 years, Roncalli students have collected more than **2 million** canned food items for the poor.
- Over 100 students participate in our comprehensive special needs resource program **STARS** — that addresses the needs of students with learning and physical disabilities.

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## Lady of Greenwood

### LETTER from our PRINCIPAL

For nearly 60 years, Our Lady of the Greenwood Catholic School has been a vital part of the Southside. From its beginnings with the Sisters of Providence to being named a Blue Ribbon School of Excellence by the U.S. Department of Education, our students continue to develop the tenets of faith, knowledge and service.

Students attend a weekly all-school Mass. The school fosters spiritual growth through preparation for the Sacraments of First Holy Communion and First Reconciliation. Daily prayer, religion classes, along with participa-

tion in the Mass, Sacraments and special liturgical celebrations provide an environment where students can live their faith every day.

We invite you and your family to experience the difference and begin the journey with Our Lady of the Greenwood Catholic School at our Catholic Schools Week Open House on Sunday, Jan. 27 from 11 a.m.-noon. Tours will be available or may be scheduled daily at your convenience. We hope to meet you soon.

**Kent Clady**  
PRINCIPAL



## Lady of Greenwood

### STUDENT LETTER

My Catholic education is one of my top priorities in life. I am so lucky that I



have gotten the chance to grow up with being allowed to talk about my faith freely. I love getting the chance to praise the Lord daily. Also, my teachers have made a huge impact on my faith.

I have many other friends that go to public schools and they have told me what their experience is like at school. For example, a friend told me that they are not allowed to talk about God whatsoever. When I heard that, it made me think of the time when there was a tornado warning at our school and many of the kids were scared. As we all knelt in the hallways for safety, we began praying the rosary together. We asked God to keep us safe, and sure enough, He did. I also get the privilege of getting to go to church every Wednesday with our school. It truly is meaningful when I get to thank Him for everything He's done for me.

My teachers have also helped me tremendously grow in my relationship with Jesus. For instance, I chose my kindergarten teacher, Mrs. Spees, to be my sponsor for Confirmation. She has taught me so much in my faith and she has helped me to become the person I am today. Additionally, my religion teacher, Mrs. Samuelson, is beyond amazing. Because of her, I now look at my Catholic education today as a foundation for my strong faith and future. She has told me so many stories about Jesus showing us His way in everyday life, and it only makes me want to become even closer with Christ. It is not just these two teachers that have impacted my faith; every single one of them has helped me grow closer to Jesus Christ.

I am so grateful to have gotten the chance to get a Catholic education. I know that life is going to throw its obstacles at me, but I will always have my strong faith to guide me through.

**Josie Origer**  
8TH GRADE

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## Lady of Greenwood STUDENT LETTERS

Being able to attend a Catholic school has been very important to me. Every day I get to pray and talk about God with my friends. Everything I do at school is centered around God. Going to my Catholic school, I feel like I have another family that supports me. The teachers want me to do the best I can in my classes, but they also care about me and want me to be the best person I can be. I always feel like I have other parents looking out for me. I am lucky to share my faith with my friends and become closer though Christ. My friends also look out for me and help me make choices that are best for me and the people around me. As a school, we enjoy each other's company and time together.

One of my favorite parts of the whole week during school is going to Mass every Wednesday morning. We all come together and give thanks to Jesus and celebrate Him with the body and blood. One of my favorite parts of the month is Family Friday. Family Friday is the second Friday of the month, and you get together with your assigned family and complete fun and holy activities. At our Catholic school, we are able to discuss different topics about our faith and not get in trouble for doing so. We are all one, big, happy family and we all love talking about our faith openly and being able to pray anytime we want to.

**Kaitlyn Leister 8TH GRADE**

I lived in Valparaiso, Indiana, and my siblings and I were homeschooled for three years. My father was given a job opportunity that would move us. In Greenwood, my parents looked for Catholic schools to put us in. They thought Our Lady of the Greenwood was the best

place for us to learn about God.

I was terrified the first day I came, but my peers were so welcoming to me! But I really didn't like Greenwood because I didn't know this place or people well. Later that year, I learned how to trust my friends. I realized how close we are to each other, like a family. I can go to them with my thoughts and learned to love my friends. Through the summer, I missed them and was excited for my 7th grade year.

As the next year went on, my grandfather died and this started my depression struggles. Through time, and not talking to many people about my struggles, it grew worse. I didn't want other people to be burdened by my feelings. After telling my sisters, I felt better about myself and the people around me. I wouldn't have been able to get out of my struggles without them. When the year came to an end, I was back on my feet and happy. I learned how to rely on my friends, and that it's okay to tell people how you feel.

Seventh grade was a lot different than 6th grade. I see how mature I have grown through these years in middle school. I see, now in the 8th grade, that I am still growing physically, emotionally and spiritually.

Now my 8th grade year is almost ending. I see how much a better person I've become. I've learned self-discipline and persistence through playing soccer and doing my studies and homework. I have learned to love courageously, not caring what other people think. I learned how to be patient from the staff at OLG. I went through hardships and I am coming closer to God. This school is a place I can call home. I am proud to be a student at Our Lady of the Greenwood.

**Rebekah Barajas 8TH GRADE**

## Saint Francis & Clare Catholic School LETTER from our PRINCIPAL

Saints Francis & Clare of Assisi Catholic School opened this school year on Aug. 2. Our yearly theme for the year focuses on the nine fruits of the spirit: love, joy, peace, kindness, goodness, gentleness, faithfulness, self-control and patience. Each month one grade level takes the lead in helping the school visibly see the fruits of the spirit through their actions and in displays.

This September the school community dedicated new, outdoor fitness equipment that was awarded through a grant from Project Fit America. Representatives from LIDS joined us as the grant funding source as well as Gina Fleming, the Superintendent for the Archdiocese of Indianapolis. The Pacers' own Boomer and the Indianapolis Indian's Rowdie came to the event and helped demonstrate the equipment by participating in a Mascot challenge.

This week we will be kicking off our school-wide celebration of Catholic Schools Week with our annual chili cook off on Saturday, Jan. 26. The week will continue with several activities to make the week special.

**MONDAY** – "Celebrate our Community" is the theme. Students will dress as community helpers and work with Spirit Buddies to make valentines for nursing home residents. Our Food Pantry will be stocked with cans that students donate from home.

**TUESDAY** – "Celebrate our Students" is the theme. Students will dress in "workout" attire and get up and move every hour of the day by dancing and exercising. Children will also enjoy a day off from homework.

**WEDNESDAY** – "Celebrate our Nation" is the theme. Dress for the day will be as a favorite American, past or present. The student council will also attend Mass with Archbishop Thompson at the Cathedral.

**THURSDAY** – "Celebrate our Staff, Teachers and Volunteers" is the theme. Throwback Thursday attire is allowed as students guess who the teachers are from pictures of them from their childhood.

**FRIDAY** – "Celebrate Vocations" is the theme. Everyone will attend our school Mass and write prayers for our priests. In the afternoon, everyone will travel to Roncalli High School to watch our 8th grade students perform the play Into the Woods, Jr.

SSFC is abundantly blessed by dedicated staff who answer the vocational calling to be Catholic educators, kind and caring students who demonstrate our faith by words and actions and supportive parents who foster faith education as a priority for their families. This week serves as a reminder of the wonderful mission we carry out all year long.

**Betty Popp  
PRINCIPAL**



**Michael Lenahan**  
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Top left, students attended a scholastic book fair on Grandparent's Day. | Top right, students participate CYO leagues that offer kickball, in addition to other activities. | Bottom left, 5th grade class participated in a Saints Project for All Saints Day. | Bottom right, seventh graders at Saint Francis and Clare attend a Living Rosary. (Submitted photos)

## Saints Francis & Clare Catholic School: In Our Schools

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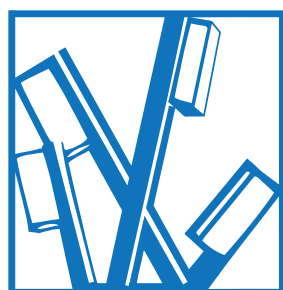
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**Roncalli High School School**

LETTER from our PRINCIPAL

It has been said that education is about the three R's - "reading, writing and arithmetic." In Catholic education, we believe education is really about the five R's - "reading, writing, arithmetic, religion and relationships." Catholic schools in America have a nearly 300-year-old track record of excellence in educating young people in all five of these areas!

Academic excellence (reading, writing and arithmetic) has long been a hallmark for Catholic schools. However, the foundation of our schools is rooted in the faith formation of young people as believers in Jesus Christ as well as in the fostering of relationships, many of which have continued for generations!

As society continues to grow in its secularistic ways, Roncalli proudly continues to offer a faith-based education where prayer is a daily part of the educational process. Students are challenged to establish a deeper, more personal relationship with Jesus Christ. Teachers, administrators, coaches, moderators and directors live out their vocation as Catholic educators in ways that foster strong, positive relationships with their students. It is this one-two impact of religion and relationships that forges the strong sense of community for which Roncalli is known and respected.

Here is a sampling from just a few of the many unsolicited communications the school received in just the first semester of this 2018-19 school year.

- We truly appreciate the great educators and pivotal people that have had an effect on our lives.
- We want to thank you for all the support you and your team provide our daughter, which we know is instru-

mental in her success. We can't tell you how much that means to us as parents (I have tears in my eyes as I am typing this). You are all more of a blessing than you can possibly imagine!!

- Our son is a freshman. He's pretty quiet most of the time. Often, we have to drag things out of him. Tonight at dinner, he spontaneously mentioned, "I think I must have the greatest school." When asked why, he replied, "I honestly love every single one of my classes." When questioned further, he thought for a minute and said it would be "impossible" for him to pick a favorite. Roncalli is definitely doing something right!
- We cannot thank you and your staff enough for the positive and successful experiences that our daughter has had during her time at Roncalli. She has grown leaps and bounds since her freshman orientation and is certainly one of the many success stories from this special place.
- Our son knows people want to help him and care about him, but he also knows he has to put the work into it. Roncalli has not disappointed us at all and we are proud to say he goes to Roncalli!

Roncalli High School is proud of its 100-plus years of serving the Southside and offering students and families of all faith traditions a transforming life experience rooted in the Gospel. All are encouraged to visit our campus and experience this first-hand!

**Charles Weisenbach**  
PRINCIPAL



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\*Holiday hours may vary.



## Roncalli High School STUDENT LETTERS

After four years of attending Roncalli High School, I have come to realize how blessed I am to be able to learn and excel at such a prestigious school. Throughout my four years at Roncalli, I have been given the amazing opportunity to both succeed within the classroom and on the playing field. Roncalli is truly a special place. In regard to my classroom experiences, my education has been paramount. At times the work is rigorous, however, the faculty works tirelessly with each student in order to help them succeed within the classroom and prepare them for their future endeavors. In addition to being



provided with an unparalleled education, the students also receive a well-rounded and faith-based education. Roncalli has given me the great blessing of being able to play under the lights on Friday nights for the past four seasons and I have cherished every single moment. The many triumphs and tribulations I have experienced on the playing field are rooted in the tradition of striving for excellence in all facets of life, brought about by those who have both taught and coached me. The experiences that we as students gain there, whether it be in the classroom or not, are beneficial to the development of the heart and mind.

Joe Mullin 12TH GRADE

Attending a Catholic School has been a constant in my life since before I could remember. I attended K-8 at St. Barnabas as well as Roncalli High School along with my older sister, father and grandmother. Not only did most of my family attend a Catholic school, but my mother has worked at Roncalli for 10 years. Being surrounded by the community that develops around Catholic schools has taught me more than just the specifics and origins of the religion that I have chosen, but also how to truly be kind to my neighbor. Whether it was praying for my own personal growth and development or



signing up to bring my family meals when my mother had surgery, Catholic schools have greatly impacted me as a person. The type of teachers who are drawn to Catholic schools are the people who genuinely love their jobs and are looking out for the student's best interests. Over the years I have had many teachers who have mentored me and helped me to be the best version of myself. Many things in my life would be harder if I was not a student at a school where I was valued as a person. I am thankful for my wonderful experience, and I know I would not be the same person without it.

Mia Roberts 12TH GRADE

At first, I never truly appreciated my Catholic schooling. However, recently I have truly come to appreciate the wonderful education that I have been given. From being taught by amazing teachers who are always caring, to learning the morals of sharing, honesty, respect and upholding the teach-



ings of the Church, my Catholic schooling has been nothing short of incredible.

Teachers at my Catholic schools have always been caring and nurturing toward their students and strive to see them succeed. They are consistently pushing us to do our very best in school and in our extra-curricular activities. However, it is not only teachers who go above and beyond

in helping students succeed; counselors, administrators, coaches and many more help each and every student as well.

In my Catholic education at Roncalli, I have always been taught that I am part of the Roncalli Rebel family. We are all part of a family that is accepting, loving, caring and a family that upholds the morals that we are taught. Throughout my time at Roncalli

and St. Barnabas Catholic schools, this has always been taught to students. We are always to uphold our morals no matter what the case and no matter who it is. My Catholic education has shaped me into the person that I am today. It has opened up my mind and heart to always think of others before myself, and it has made me who I am today.

Levi Ralston 11TH GRADE



Christopher J. Browning, O.D.  
Doctor of Optometry

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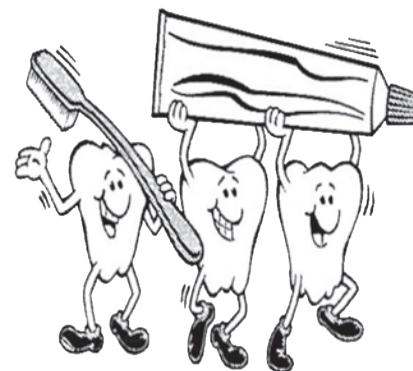
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## Starting your own home-based business

The five questions you should consider before taking the plunge

By Tamela J. Grabb

It's been your dream for as long as you can remember. Maybe your entrepreneurial juices started to flow when you were a youngster and you opened a lemonade stand or you had a paper route. Perhaps the idea of directing your own fate stems from the desire to set your own schedule and pursue other aspirations. Many home-based business owners chose to break out on their own because they found themselves either dissatisfied working for someone else, in an unhappy work environment, or from the loss of a traditional job.

Regardless, the fact is, having your own business, home-based or not, requires discipline, determination and the ability to think critically. Pulling the trigger on a home-based business may not be brain surgery, but it does require careful consideration, so think through the following five questions before taking that leap.

### What is the market for your service or product?

Once you have determined that your business will not be of the brick and mortar variety, you will need to focus on how you will connect with your target customer. Online marketing only is an option and it may work, but do you really want to put all your eggs in one basket? Depending on your product or service, print (think direct mail) is still a very viable channel to consider for your marketing mix. It can definitely be expensive, but it's all about targeting through personalization and relevance.

### Do you have the burning desire to make your business a success?

Just like it says above, you will have to be completely devoted and dedicated to make your business successful. If you have a vision in your mind of being able to work a few hours a week and then hit the golf course or Pilates class whenever the mood strikes, we hate to burst your

bubble, but that is not very realistic. When you are the CEO and the head bottlewasher, you may find yourself working 60 to 80 hours a week, not leaving a great deal of time for those extracurricular activities. That is why that burning desire is so important. People who are the most successful love what they do, so most of the time it doesn't even seem like work. It is who they are and what they want to be doing. That is the key – passion.

### Does your business idea fit who you are?

Well, what does that mean? It means, if you like to interact with a variety of people on a day-to-day basis, face-to-face, odds are you are not going to be happy sitting alone in your dining room, spare bedroom or basement on a computer all day. On the other hand, if you enjoy working alone, in control of all your interactions, a home-based business that is fundamentally completed in solitude could be the ticket. Just be honest with yourself about who you are and how much social interaction you need.

### Do you have the discipline to be accountable only to yourself?

It's kind of like the story about an author who sits down to write a great epic novel but gets distracted by the smallest thing – a noise or a movement outside the window – and can't even write the first word. To make it in a home-based business, you need to be able to hold yourself to self-imposed deadlines and goals. You also must be disciplined financially and don't spend in hope of what could come. Remember the adage, "Don't count your chickens before they've hatched."

### Now, the biggie. How will you finance your startup?

The simple fact is, you need to have a financial plan in place to cover your operating expenses for at least six months, and, if you do not have other income, that is in addition to your living expenses.

Greg Simons, CPA and Managing Principal of Simons Bitzer, knows what it takes to build a business from firsthand experience. Not only has he built his own very successful accounting practice, he and his staff of professionals have helped dozens of aspiring entrepreneurs build lucrative endeavors. So, if after pondering the five questions you are still ready to follow your dream and experience the satisfaction of having your own business, Simons Bitzer CPAs and Strategic Business Advisors can work with you to find the answers to all your questions.



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## OUR VIEW

Johnson County  
residents can save a life  
by donating blood

Did you know that every two seconds, someone needs blood to survive? Those fighting cancer, undergoing surgery or victims of trauma must rely on donated blood so they can continue to live. What if that someone was your mother, best friend or son or daughter?

January is National Blood Donor Month. However, many people may not realize that January is one of the months when blood is needed the most. Why? Because bad weather and illnesses such as the cold or flu are prevalent during winter and people are staying home. Yet cancer, physical trauma and blood loss due to accidents and needed surgeries aren't on hold during the winter.

A pint of donated blood can save up to three lives. Nationwide, only 3 percent of those eligible to donate blood actually do.

O-negative blood is especially needed, as those with that blood type can donate to any other blood type.

Residents in the Greenwood/Center Grove area may schedule an appointment to donate blood by going to Indiana Blood Center's website at [donorpoint.org](http://donorpoint.org) or calling (317) 888-5017. Hours are: Monday-Thursday, 10 a.m. – 7 p.m.; Friday, 7 a.m. – 2 p.m. and Saturdays, 6 a.m. – 2 p.m. Sundays are open from 6 a.m. – noon except the second Sunday of each month, when the hours are 8 a.m. – noon. The office is located at 8739 U.S. Highway 31 S., Indianapolis, 46227.



THUMBS UP



THUMBS DOWN

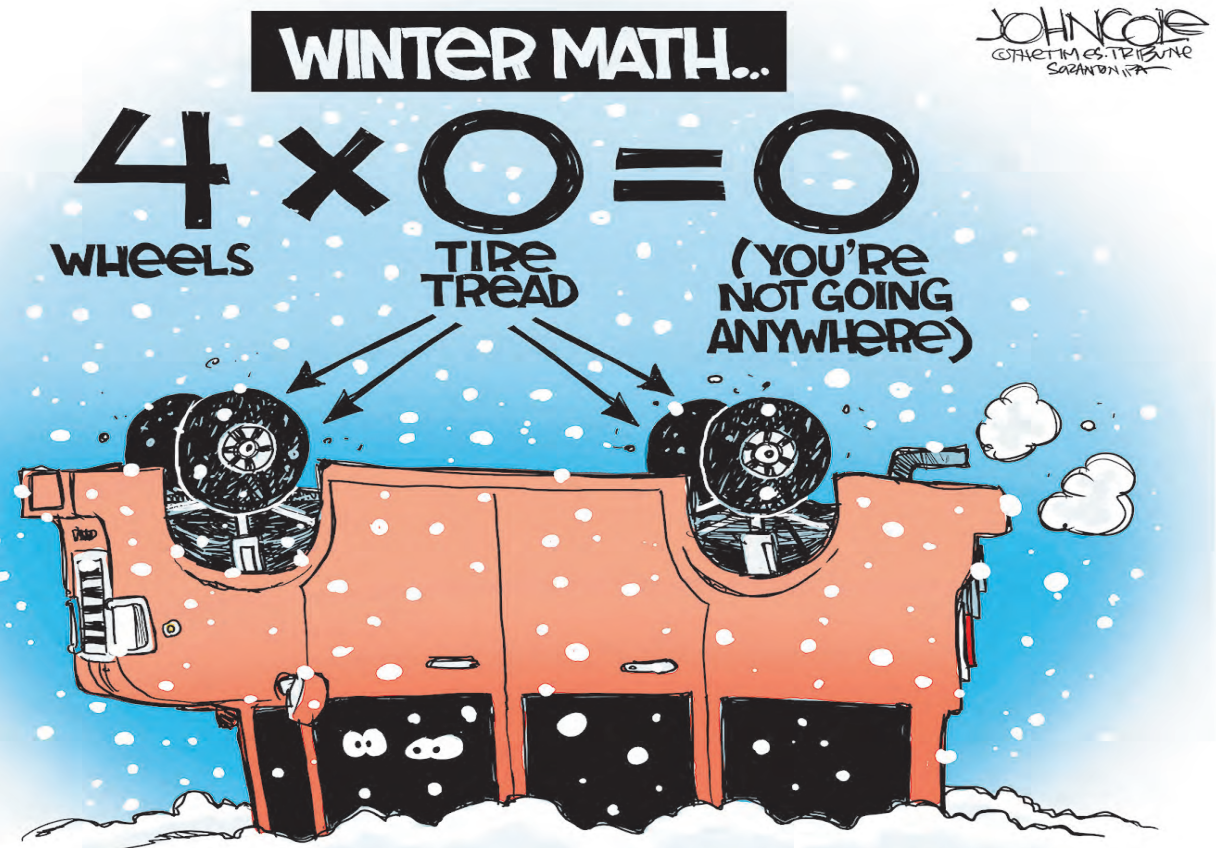
to Center Grove High School's boys and girls golf teams for participating in 2019's Polar Bear Challenge to raise money for Special Olympics of Indiana.

to bone-chilling weather in central Indiana.

to the recent launch of the ACT Work Ready Community program by the Johnson County Development Corp.; the community-based job initiative will link workforce development to education, align with the economic development needs of communities, regions and states, and match individuals to jobs based on skill levels.

to Greenwood Kiwanis Club's Annual Chili Cook-off, which raises money for Riley Hospital and scholarships for seniors at Greenwood, Franklin Central and Center Grove High Schools.

## ICONtoon



JOHN COLE  
SOMETIMES, TRIP  
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Top 10 items in my state  
of the state address

## HUMOR

By Torry Stiles

- "I am proud to announce the newest addition to the U. S. Navy: the U.S.S. Homcroft. This new level of stealth ship is impossible to find."
- "We are creating a new trade school in Beech Grove: building Figure-8 race cars."
- "We will improve the transparency of government by tripling our purchase of Windex."
- "Now that we are moving forward with a Hate Crime Bill, I would like to launch a new program to protect the mildly annoyed. This will give immunity for people who throw other people's dog's poo back into their own yards."
- "To improve our children's opportunities for post-secondary education, I have begun a new scholarship program for UIndy, Franklin College and our own Comic Book University."
- "I have directed my staff to move forward with legislation requiring 24/7 service at Mrs. Curl's, Jimmy's Diner and Long's Donuts."
- "In support of the arts, I hereby decree that coloring inside the lines is optional."
- "I am launching a new public transportation program that will both help people get around and be entertaining. We will hire people with southern accents to drive around in pickup trucks offering rides. We will call it Guber."
- "I am moving on legislation to prosecute any food server who gives me Miracle Whip when I ask for mayonnaise."
- "Police officers will no longer write tickets for minor offenses but will instead give out noogies."

## QUOTE

*"People don't notice whether it's winter or summer when they're happy."*

– Anton Chekhov

## BELIEVE IT!

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

In Virginia, you may not engage in business on Sundays, with the exception of almost every industry.

SOURCE: [dumblaws.com](http://dumblaws.com)



# NIGHT & day LOCAL ENTERTAINMENT ENTERTAINING

## EVENTS calendar

### BARGERSVILLE

**Wine, Dine and Dance** • Bring your sweetheart to the Sycamore for a romantic evening of wining, dining and dancing! Enjoy a multi-course dinner with a special Mallow Run wine pairing for each course and wonderful entertainment during dinner from Castlewood Singers. Then stick around after dinner for fun and dancing with the Big Band sounds of Cool City Band. Cost is \$75 per person. The event is for those age 21 and over. Tickets are required and non-refundable. | When: Feb 9; doors open at 6 p.m. with drinks and appetizers; dinner and the band begins at 7 p.m.; after-dinner dancing until 10:30 p.m. | Where: The Sycamore at Mallow Run, 7070 W. Whiteland Road. | Info: mallow-run.com/valentines-dinner.

### FRANKLIN

**Romance Authors Panel Discussion** • Johnson County Public Library is thrilled to welcome best-selling romance authors, Julia Quinn and Cathy Maxwell, with rising stars, Vivienne Lorret and Marie Tremayne for a special Romance Authors Panel Discussion as we kick off our 2019 Authors at JCPL series. | When: Feb 10, 2 p.m. | Where: Artcraft Theatre, 57 N. Main St. | Info: (317) 738-2957 or mharvey@jcpln.org.

### GREENWOOD

**Woodcarving for Seniors** • Come join other seniors who have an interest in woodcarving. Please contact The Social of Greenwood to verify dates and times. | When: Jan. 28, 9 a.m.; Jan. 30, 12:30 p.m. | Where: The Social of Greenwood, 550 Polk St. | Info: (317) 882-4810; thesocialofgreenwood.org.

**Gentle Yoga Class for Seniors** • Melany Collier is a Certified Yoga Instructor (CYI 200) who received her training through CITYOGA, School of Yoga and Health in Indianapolis. She is a registered Occupational Therapist who has worked in the field of physical rehabilitation for nearly two decades, where she has developed a special fondness for those age 50 and older. This class will show how yoga can be performed sitting in a chair to improve circulation, deliver more oxygen to the cells to increase mobility and enhance brain function. She is excited to offer the experience of gentle yoga to all generations. Please contact The Social of Greenwood to verify dates and times. | When: Jan. 30, 9:30 a.m. | Where: The Social of Greenwood, 550 Polk St. | Info: (317) 882-4810; thesocialofgreenwood.org.

**NIA Class for Seniors** • Nia (Neuromuscular Integrative Action) is a non-impact physical conditioning program. Nia involves cardiovascular aerobic exercise and whole-body conditioning. Nia uses 52 basic moves and variations that borrow from dance, martial arts and healing arts. Nia blends nine different movement forms, in-

cluding: T'ai Chi, Jazz Dance and Yoga. Come and sample the first class for free the first Monday of each month to experience what Nia is all about. Join instructor, Helen, every week to experience Nia for yourself! Cost: \$5 per single class. Please contact The Social of Greenwood to verify dates and times. | When: Jan. 30, 10:30 a.m. | Where: The Social of Greenwood, 550 Polk St. | Info: (317) 882-4810; thesocialofgreenwood.org.

**Who Was? Abraham Lincoln** • Calling all fans of the popular "Who Was?" biography series! If you love learning about famous figures from history, this program is for you. Each month we'll talk about a different person featured in a "Who Was?" book and learn about their life through activities. For school-age children. | When: Jan. 30, 4:30-5:15 p.m. | Where: White River Branch Library, 1664 Library Blvd. | Info: (317) 885-1330; pageafterpage.org.

**Greenwood Kiwanis Club's Annual Chili Cook-off** • The event will feature entries prepared by local firefighters, all vying for the honor of best chili – and all helping raise money for Riley Hospital and other child-related projects the club sponsors. This year's event will feature a silent auction to raise funds for the club's Bill and Sharlene Mellenkamp Scholarship fund. Each year, the club awards scholarships to seniors at Greenwood, Franklin Central and Center Grove High Schools, where it sponsors Key Clubs. | When: Feb. 1, 4:30-7:30 p.m. | Where: Greenwood United Methodist Church, 525 N. Madison Ave. | Info: Richard Isenhour at (317) 442-7456 or isenhourrichard@sbcglobal.net.

**Purse Bingo** • Purse Bingo benefits the Social of Greenwood; 20 rounds of designer Purse Bingo, featuring Kate Spade, Michael Kors and Coach. In addition, there will be purse raffles, a 50/50 raffle and other chances to win. Tickets go on sale Jan. 19 from 9 a.m. – noon at 550 Polk St. Cost is \$35, cash or check made payable to The Social of Greenwood only. | When: Feb. 7, doors open at 5 p.m., "Eyes Down" at 6:30 p.m. | Where: Barn at Bay Horse Inn, 1469 Stones Crossing Road W. | Info: (317) 882-4810; thesocialofgreenwood.org.

**Quilt Connection Guild** • The February meeting of the Quilt Connection Guild will feature four locally known quilters making presentations on applique, sashiko (Japanese embroidery), on-point block settings and microwave bowl cozies. These sewing and quilting demonstrations are free and open to the public. Come and join us. Guests are welcomed. | When: Feb. 7, 7 p.m. | Where: Greenwood United Methodist Church, 525 N. Madison Ave. | Info: SMiller6514@gmail.com.

**Valentine's Dance** • Put on your dancing shoes and grab the little ones for an evening of love, fun and community celebration! Children of all ages are welcome and must be accompanied by an adult. Cost per person is \$2.50; (children age 1 and younger are free). | When: Feb 8, 6:30-8 p.m. | Where: Greenwood Community Center, 100 Surina Way. | Info: (317) 881-4545.

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## How did Jim Trimble do it?

### WHAT IS THE GREATEST JOY IN YOUR LINE OF WORK?

I suppose the American dream. You own your own business and you're in a community that supports you. You feel about it.

### WHAT IS THE GREATEST DIFFICULTY?

The constant balance of labor expense. You want to price yourself as competitively as possible, but you've got to make the profits. The paperwork load has increased so much over the years ... the business side, not the socializing side, but the business side.

### WHO DID YOU TURN TO FOR ADVICE WHEN YOU TOOK OVER YOUR BUSINESS?

The prior owner, I talked to him a lot. Everybody has an opinion, so I listened to all of them.

### WHERE DID YOU GO TO HIGH SCHOOL AND DO YOU HAVE SIBLINGS?

I've got three brothers. All four of us graduated from Franklin Central High School. They're all older than me.

### WHAT ATTRACTS PEOPLE TO THIS KIND OF BUSINESS?

Just their daily needs. Pet food and large animal food. We still sell horse feed and those sorts of things. You have a lot of choices to buy your stuff anymore, so we try to have good customer service and be friendly. Hopefully, they'll want to stay close and local and they do. The community is very, very supportive. We couldn't do it without them.

### Wanamaker Feed & Seed

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**SATURDAY** 8 a.m. - 5 p.m.

**SUNDAY** Closed

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January 2019 | Issue 147  
www.businessleader.bz

## A local institution

Wanamaker Feed & Seed has more than feed and seed

By Cleveland Dietz

Jim Trimble started going to Wanamaker Feed & Seed because he raised rabbits.

He'd ride his bike to the store and visit with the owners, Franklin Township residents Ralph and Alethia Prange. On occasions when they needed help, he'd work for them. In 1976, Ralph offered to sell Trimble the business, which carried feed, seed, water softener, salt and a few garden tools.

"I was the ripe old age of 22, so he held it for me for a year so I could figure out how to make that happen," said Trimble, 64.

The two finalized the sale in late 1977 and Trimble, who had lived in Wanamaker since he was 5 years old, took over the store on Jan. 1, 1978.

Prange didn't retire, though. He stayed for another year as an employee to make the transition easier.

"He was very well liked and very well trusted," Trimble said. "Ralph did a really good service for me because sometimes (the customers) would just walk past me and ask him a question and he'd point back at me and say, 'Ask him.'"

As the new owner of Wanamaker Feed & Seed, Trimble spent time studying, reading and familiarizing himself with the products. The efforts of Prange helped build the community's trust in him, Trimble said, but he could see from the beginning that the shop needed to make some changes.

In 1978, Wanamaker Feed & Seed's customer base was "elderly," so it needed to bring in younger people for the sake of longevity, Trimble said.

He first expanded the store's hours, including opening on Wednesdays and staying open all day on Saturdays, then he worked on expanding its inventory.

The first big addition came in the first year or two of Trimble's tenure, with the store adding flowers and vegetables for home gardeners to its inventory. It turned out to be a fortuitous move, Trimble said, as gardening became much more popular in the early 1980s.

"There were big, big gardens back then," he said. "We would sell 1,000 pounds of sweet corn a year. Gardens were huge. People would can out of necessity."

The community around the store was changing at the time, too. Much of the farmland was being turned into housing developments and the remaining farmers were buying one another's land to grow their farms.



Suppliers tended to bypass dealers to sell directly to big farms, Trimble said, so he started looking for ways to insulate Wanamaker Feed & Seed from that distribution model. The answer, he figured, was pet food and pet supplies.

"The feed companies wanted to circumvent the dealership network and go direct, but the pet food companies couldn't hardly do that," he said. "There wasn't very many 50-head dog packs out here."

His hunch was right and selling pet food and supplies became, and remains, an important part of the business. Not only did it help the company deal with the feed distribution model, but it brought people in who may not have never come because they didn't have farms.

After the local hardware store closed, Trimble added a full hardware line to the shop to fill the gap in the market.

In 2000, Wanamaker Feed & Seed opened its Back Porch Garden & Pool Center in the former Wanamaker Post Office building. The garden center was renamed Back Porch Garden & Pool Center when it began carrying pool supplies after a local purveyor closed.

"I don't like change, but change is inevitable and sometimes very healthy," Trimble said. "When it comes to the business,



Top, the main Wanamaker Feed & Seed building's original structure was built more than 70 years ago, but has since been redesigned, expanded and, after a major fire in 2011, restored. (Photos by Cleveland Dietz) | Center, Wanamaker Feed & Seed opened Back Porch Garden & Pool Center in 2000. (Submitted photo) | Right, Wanamaker Feed & Seed is owned by Jim Trimble, 64. (Photos by Cleveland Dietz)



Wanamaker Feed & Seed continued on page 23.



## PERSONNEL MATTERS

## Leadership principles at work with Frank Reich

By Mike Heffner

If you are a leader and watch football, you have probably noticed something special happening with the Indianapolis Colts. The success that Coach Reich is having with his team is proof that some basic leadership principles work. At the end of the day, he has helped a team that started 1-5 believe that they can win.

I have highlighted a few of the leadership principals I have enjoyed seeing with Reich's Colts team in the past few weeks.

- **RESPECT** - the players respect him. They want to fight for him. He has a demeanor of kindness, truthfulness, yet at the same time, a quiet swagger that is contagious.
- **HUMBLE** - his team is focused on being 1-0 from the prior week and the next game. Not concerned about anything but the task at hand and helping each other be successful.
- **BELIEF** - he has said from the beginning, "I know we have the players, just need to execute." He has created a culture that refuses to fold. He has confidence in his team and they believe in him.
- **GROWTH** - his team is filled with young talent and he is responsible for growing and improving each position every week. He looks to develop the "little things."
- **FUN** - the locker room culture of this team has been fun and upbeat. They have come together

and rallied back in many games.

- **TAKES RISK** - he finds the balance of things that are familiar yet cutting edge all at the same time. His offense is considered daring and difficult to plan for.
- **SIMPLICITY** - he believes in doing the basic things really well and executing them. He runs many of the same plays over and over again but makes small adjustments based on what the defense shows them. His philosophy is not to do too much, not to outsmart himself.

What I think is the biggest leadership attribute Reich brings is his confidence in the plan. The players see a leader who has consistently stuck to the goal of having a balanced mix of run/pass. His plan offers multiple ways for a play to be executed. A great leader empowers the team to make those last-minute game time changes needed to win.

How are you empowering your team and how can you follow some of Reich's principles to help you win in this New Year?



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.

**Wanamaker Feed & Seed** continued from page 22.

I've kind of embraced the change because it's survival. That'll make you do things that you normally don't do."

Over four decades, Wanamaker Feed & Seed has evolved to be more than a feed and seed store. Many of its customers come in because they're working on a project, getting something to fuel a hobby, such as gardening or buying pet food. With the exception of folks who suddenly need to fix a leaky sink, they're happy, Trimble said.

"We get to see them doing something they enjoy doing," he said. "It's not like being in a hospital or something. Their customers don't usually want to be there. Our customers want to be here when they're here."

Trimble has been married to his wife, Peggy, for 39 years. Their three children have, at one time or another, worked for the feed store and one still does a couple of days a week. Peggy still helps in the spring, but she gets back to their grandchildren as soon as she can.



Top, gardeners looking to start a project will find a large variety of supplies at Wanamaker Feed & Seed. | Bottom, the store has small animals for sale, including baby chicks. (Submitted photos)

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## PLANNER OF NOTE

### Newly Incorporated Businesses

**Five Star Paving** | Frank Corrigan  
1350 W. Southport Road, 262, Indianapolis, IN 46217

**Llanco Estacado Farming** | Richard Devuyt II  
1296 Hamilton Dr., Greenwood, IN 46143

**So Chicish** | Michael and Maria Hewitt  
1145 Station Dr., Greenwood, IN 46143

**TK Nail** | Cham T. Le  
916 E. Main St., Greenwood, IN 46143

### Upcoming chamber meetings and events

#### February 2019

**5** – Leadership Johnson County – MBTI for Couples. When you know more about personality preferences, it can be easier to appreciate differences between you and those closest to you. Typically when there are differences between you and another person, you can try to avoid interacting with that person. But when the bothersome differences are with a loved one, avoidance is not a good option and there is a lot more at stake. The more you know about your differences, the better you can learn to live with and manage them. Cost is \$98 per couple. Feb. 5, 6-9 p.m., Franklin College, Dietz Center, 101 Branigan Blvd., Franklin. [Greenwoodchamber.com](http://Greenwoodchamber.com).

**7** – Legislation Matters Luncheon: Greenwood Mayor Myers' State of the City address. Join the chamber as we host Greenwood Mayor Mark W. Myers' State of the City address. Attend to learn about 2018 city developments and plans for continued transformation in 2019. Key projects and the mayor's community vision will be highlighted in the "Pride and Progress" room (sponsored by MutualBank) as you enter the event. This luncheon, presented as part of the 2019 Legislation Matters series, attracts 250+ of the community's top leaders and company executives. Advanced registration is strongly encouraged; at-the-door seating cannot be guaranteed. Preregistration for this evening closes at 5 p.m. on Wednesday, Feb. 6. Feb. 7, 11:30 a.m. – 1 p.m., Valle Vista Golf & Conference Center, 755 E. Main St., Greenwood. [Greenwoodchamber.com](http://Greenwoodchamber.com).

## BIZ WEB

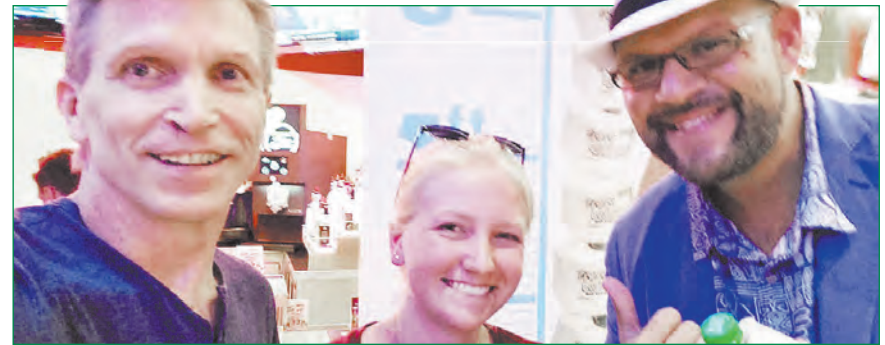
### Shark Tank reality

By Andrew Angle

*Shark Tank*, the ABC reality TV series depicting entrepreneurs pitching investors for capital, consultation and connections is not exactly realistic. You see entrepreneurs squeezing their precious dreams into a three-minute pitch before being bludgeoned with questions by sharks battling each other for bigger stakes. Maybe it's an Indiana thing, but if you watch in-person pitches to angel investors around here, they seem much less "sharky" than the TV version.

That's understandable. The intense music, throaty narration and drama keeps viewers from switching channels faster than realizing they landed on C-SPAN. What you see on *Shark Tank* omits the vetting that went into pitch selection. For fun and awkward discomfort, search YouTube for the first season's episodes of *Shark Tank* and its UK counterpart *Dragons' Den*. The ideas and the pitches were as shockingly terrible as the talent that appeared in early episodes of *American Idol*.

The name "Shark Tank" is a good fit for a TV format where investors pressure entre-



Andrew Angle & his daughter Emily recently met "CoCo Vinny", a former contestant on *Shark Tank* who asked for a stake for his coconut water business. (Submitted photo)

preneurs into surrendering huge stakes in their businesses. In the show's early days the chunk the Sharks were taking seemed almost criminal. As the show grew, the exposure and credibility the entrepreneurs gained by being on national TV helped justify the steep counteroffers. A few months ago my daughter and I spent time with a 2015 contestant, Vincent Zaldivar, best known as "Coco Vinny". Although his pitch for \$150K in exchange for a 10 percent stake in his coconut water business didn't land a deal, he gained enough fame that I recognized him in a Las Vegas mall.

What every entrepreneur can take away from *Shark Tank* is the glimpse into the successes and failures of other entrepreneurs. You see a glimpse at boot-

strapped and debt-laden lives determined to do something big. You witness ambition critiqued by self-made billionaires sharing morsels of Shark wisdom.

As you blaze your business into the new year, check out websites that dissect *Shark Tank* pitches. Within those failures and successes you may find hard truths serving as pro bono guidance for business pursuits of your own.



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

## PEER TO PEER

### Front porch is the new marketplace

By Howard Hubler

Well, the Christmas season is over and we are all ready for the new year. What changes will the astute businessman need to learn to negotiate over the next 12 months?

Here is lesson No. 1: do not heed it at your own peril. Do not underestimate the following sentence: "Every day, as I came home from work in December, I could see at least one box on my front porch from the street." So what? This Christmas, we need not suggest what percent of gifts were from the UPS man; this is old news. Amazon has infiltrated the marketplace to the extent that made the Walmart revolution of the '90s seem more or less as business as usual.

If your company has been ambushed around the edges for the last several years by "online" shopping, both for residential needs as well as commercial needs, for 2019, they will be your partner, whether or not you desire it! You will not read any

more articles about the "online revolution"; it is no longer a revolution but also business as usual.

The only question is, are you ready for it? Do you fight it or go with the flow? The line in the sand is: are you old school or new school? Have you been to any seminars or online "webinars" that teach the latest gains in online selling? Have you started a phone room to manage incoming "leads" for goods or services? Or, I even hate to ask this, do you even have any online leads for your products?

How do you reach out to the customer? Yes, you have a website, and it seems to be a very pretty website as well. So what? What are you doing to be seen above all the clutter? Do you understand analytics? Is there a person in your organization responsible for this? Is a smart phone a mandatory tool for all of your staff? If need be, are you open for business in California 'til 6 p.m.? Do you have staff ready to make

a sale after hours at home on the smart phone? How about payment; do you offer PayPal? Can you print a mailing label for a major parcel carrier? Do you know how much time a customer navigates your website? Do you offer a bargain area for old or slow-moving merchandise? Lastly, can you get your arms around the entire universe of your virtual world in which your business is positioned? If so, welcome to 2019. If not, it may be a long year. Do not wait any longer if you are not properly positioned; you are burning good daylight. Good selling from Howard Hubler at [howard@hubler.com](mailto:howard@hubler.com).



Howard Hubler can be reached at [howard@hubler.com](mailto:howard@hubler.com).



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## OPEN 4 BUSINESS



Left, there's plenty of merchandise at Shepard Music Studio, located on Madison Avenue on the Southside of Indy. | Center, Doug and Anna Shepard are owners of the studio, which held its grand opening in September 2019. | Right, Shepard Music Studio offers lessons in electric, acoustic and bass guitar. (Photos by Chris Baker)

## Good vibrations on the Southside

Locally-owned music studio expands to Southport community

By Nancy Price

Anna and Doug Shepard cannot remember when music wasn't a major part of their lives.

The couple, owners of Shepard Music Studio, met while Anna was a local Christian artist and Doug was a worship leader at Vineyard Community Church in Greenwood who was working on a CD of his own.

"We found we had lots of things in common: our love for God, our love for music and performing and a lifelong dream of opening our own school," Anna said.

In August 2016, Doug, who had had been teaching guitar for more than 30 years in local music stores, opened a private teaching studio located in the Yeager building on Smith Valley Road in Greenwood. Later, Doug and Anna maintained a kiosk at Greenwood Park Mall to help boost student enrollment. The business expanded to include additional teachers and a small retail area on Madison Avenue, which held its grand opening in September 2019.

Doug began to study guitar and music theory in high school. When he was 16, he performed in local clubs and started writing songs, even writing a song for his high school graduating class. He performed and toured with several rock bands after high school and enrolled in college in 2010, graduating magna cum laude with a bach-

elor's degree in biblical studies and worship. He's currently on track to graduate with a master's degree in worship studies and leadership.

Anna, who holds a bachelor's degree in communications and a minor in music, began playing musical instruments in grade school, mentored by a music teacher who changed her life.

"Mr. Iverson at Keystone Middle School really opened my eyes to a new level of music I had never experienced before," she said. "He made me feel like I was in the presence of Beethoven."

Anna performed as a singer locally, worked with the Educational Television Cooperative for more than 20 years and taught ballroom dancing at Arthur Murray Dance Studios until suffering a leg injury.

"I have always enjoyed helping people reach their personal goals," she said.

The Shepards, including other instructors who have been teaching and performing for much of their lives, offer lessons in electric, acoustic and bass guitar; banjo, drums, violin, mandolin, voice, piano and the ukulele. The studio teaches classes in songwriting and music technology and offers a recording room.

"Our studio is designed for both songwriters and bands," Doug said. "We use Pro Tools as our primary DWA (Digital World Au-

dio) and have many different plugins from universal audio, waves, soft tube, Antares, guitar rig, EZdrummer and much more. We offer to our clients in our \$60 hourly rate both engineer and producer. Mixing and master is also a service we offer starting at \$75 an hour. We have the ability to record up to eight tracks at one time and the number of tracks we can record are limitless. However, the most people generally record with us are around 24 tracks."

Shepard Music Studio differs from other studios in the studio's approach to teaching and connection to the Southport community, according to Doug.

"We customize our lessons around our student's ability and what they desire to learn," he said. "Our kids' program emphasizes learning not only about their instrument but also the musical language. This is an important part because it helps kids build a solid musical foundation and also helps them with their music classes at their school. Our vision is to bring live music to our community by hosting live events on our outdoor stage. Several local bands played at our grand opening. Next year we plan to have more events that showcase our students and various performers and musicians."

For more information about Shepard Music Studio, go to [shepardmusicstudio.com](http://shepardmusicstudio.com) or [facebook.com/shepardmusicstudio](https://facebook.com/shepardmusicstudio).

### Why did you decide to open this business?

It was the next logical step toward our goal of having our own space.

### What did you do to prepare for opening your business?

We did a lot of research as far as what area would be best for our clients and potential clients. We also looked at a few different spaces. To see what would fit in our budget. We also spent time researching what instrument lines we wanted to carry. For our grand opening we hosted our first live event, which featured four local bands as well as a hot dog truck that provided food for those who stopped by. We also did a marketing campaign through Facebook and through other sites like craigslist and used yard signs to advertise.

### Who is your ideal customer?

People come to us from many different walks of life and many different skill sets, levels and ages. I like to think we have a desire to meet people's needs where they are whether they have a new passion and they don't know where to begin or whether they have chops and want to further their skill set and take their talents to next level. We just want to help them on their journey. An ideal customer is someone who isn't afraid to embrace their dreams, or the dreams of their loved ones who need their support.

### How do you plan to be successful?

Our plan to success is simple and that is through the relationships we build with our students and customers. Our success depends on our services and our ability to meet the needs of those we teach and serve. We always strive to find ways to improve our services and to offer the best way to teach our students the instrument they desire to learn and in the way that resonates best with them.

### What would people be surprised about your business?

That we are here. It's kind of rare to have a "Mom & Pop" shop these days, with corporate stores like Guitar Center, Guitar Works and Sweetwater. Although those are really great stores and they have great staff, our interest is to be a part of and grow a larger musical community in our area. I think people think it's a bold move to open a small studio like ours. We offer something a little different in our individual approach, our atmosphere, and even some of our instrument lines.

### How would you describe your atmosphere?

We are a welcoming music studio. We believe in the power of music to uplift and change lives for good. We are excited to be a part of our community and our students' lives.

Doug Shepard began studying guitar in high school. (Photo by Chris Baker)



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## Business continuity or disaster recovery: Which are you preparing for?

### TRENDS IN TECH

By Chet Chromer

What defines a "disaster" in the world of tech is a very subjective and case-by-case definition. In almost every case, a severe loss of data (either through physical loss, corruption or theft) can cripple a business. Studies have found that 25 percent of businesses that experience a disaster of this nature never open their doors again. The loss of this information may put operations on hold, result in incurred fines or fees, or even expose critical business information and files to unwanted individuals that may use it in ways that a business can't recover from.

Disaster preparedness, however, isn't just about backups — simply copying your files to a thumb drive every week or even automatically backing them up to the cloud in near-real time. While these steps are must-dos for any business, this isn't all there is to it. In fact, the ease of backups to the cloud and the "outsourcing" of this responsibility to services such as Office 365 Email and Google Drive may have led many business leaders to become overly confident in their state of preparedness.

What do you do when email goes down?

Sure, you can pick up the phone ... but what if email goes down for a week and your customers don't know about it? Or what would happen if your Google Drive becomes corrupted, accidentally wiped out by an employee, or deleted because you forgot to pay a bill? Do you know HOW you'd get this data back?

Over the next couple of months, I'd like to dive deeper into what disaster preparedness and business continuity means to small businesses like yours and mine. We'll look at specifics that we can do here-and-now to be as prepared as WE choose to be for events that might affect our business. The key to starting this journey, of course, is to recognize it as important, identify your risks and objectives and then take small, measured steps leading you to that end goal.



Chet Chromer is the president of C2IT Consulting, Inc., a Plainfield-based technology business that provides websites, mobile apps and IT consulting/support to businesses across central Indiana. He can be reached at [chetchromer@c2itconsulting.net](mailto:chetchromer@c2itconsulting.net) or (317) 721-2248.

## Let's agree to agree

### GRAMMAR GUY

By Curtis Honeycutt

You only have to look as far as your social media feed to realize people disagree over just about everything in our current climate. It seems like the only thing we can agree on is we can't agree on anything.

In an effort to help us see eye to eye on something, let's discuss subject-verb agreement. Making mistakes on your subject-verb agreement is the quickest way to come across as a grammar amateur. A singular noun needs a singular verb to accompany it, and a plural noun takes a plural verb.

One of the easiest ways to get our subject and verb agreement crisscrossed is when other words or phrases come between them. Most of the time this comes in the form of prepositional phrases. This collection of presidential toenail clippings belongs in the Smithsonian. In this sentence, "collection" is the subject and "belongs" is the verb. Collection is singular, as is belongs. Don't be tempted to change the verb "belongs" to "belong" because of "toenail clippings," since "toenail clippings" is part of the prepositional phrase "of presidential toenail clippings."

When it comes to subjects that are indefinite pronouns — which include someone, nobody, anything, each and either — these words are all singular nouns. You can

treat any of these indefinite pronouns just like you would he, she and it. For example, each of my pet porcupines hates broccoli. The subject "each" is singular, so it takes the singular verb "hates." Like taking care of porcupines, these rules can prove prickly to master!

Finally, you've got to know what to do with all-too-common sneaky verbs like "have," "do," and "be." Use "has" if your subject is a singular noun or a third-person singular pronoun: He has 19 potatoes. If your subject is plural or is the pronoun I, you, they or we, use have: I have only one potato; they have several.

In the same way, use "does" if your subject is a singular noun or a third-person singular pronoun: She does goat yoga. If your subject is plural or is the pronoun I, you, they or we, use "do."

The verb "be" takes three different irregular forms in the present tense: is, are and am. "Is" is singular; "are" is plural. Only use "am" with the pronoun "I."



Curtis Honeycutt is a nationally syndicated humor columnist. Connect with him on Twitter (@curtishoneycutt) or at [curtishoneycutt.com](http://curtishoneycutt.com).



# Puzzle Time

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

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

6 Four-Letter Verbs

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5 Nuts

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4 Egypt Words

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 Southside Hospitals

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 Indiana "K" Towns

1 Greenwood Park Mall Happy Hour Spot

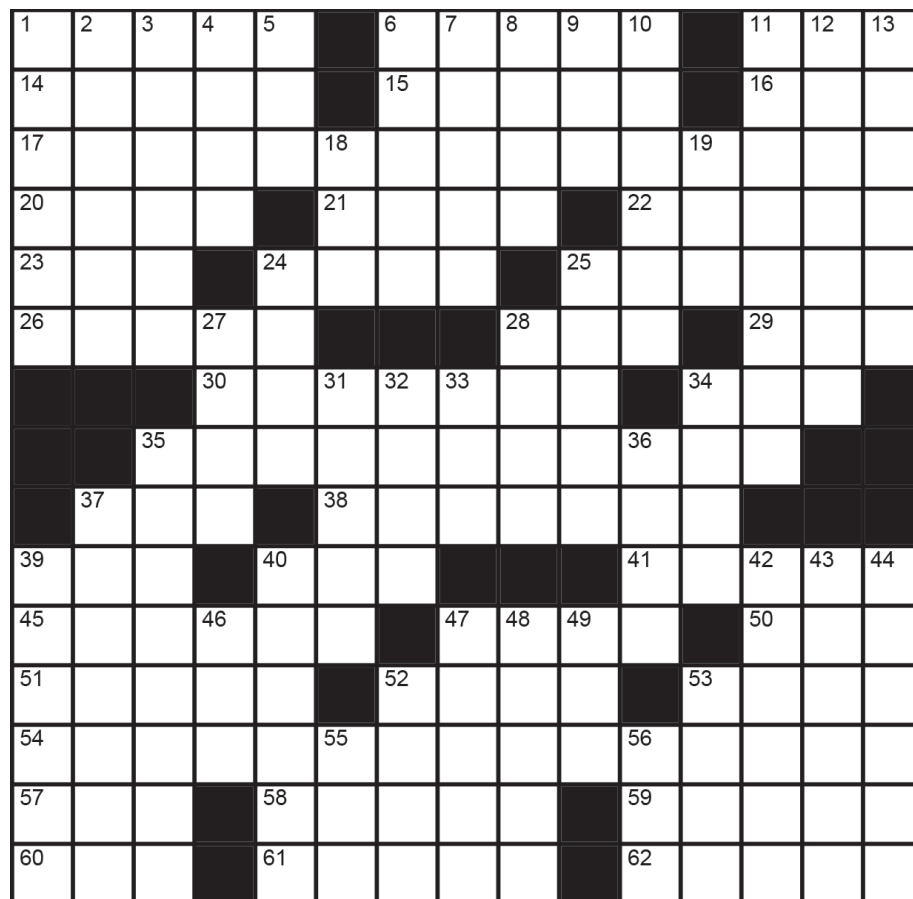
\_\_\_\_\_

## ACROSS

1. Rub raw
6. Prepare for surgery
11. Local Indiana Basketball Hall of Famer Grimm
14. Acclaim
15. Nicoson Hall, e.g.
16. U.S. Open champ
17. Chicago suburb with the largest industrial park in North America
20. "Woe is me!"
21. Hits on the head
22. Unsaid but understood
23. Raptors on a Bankers Life Fieldhouse scoreboard
24. Best-One of Indy product
25. Cubbyholes
26. Mower's path
28. Part of a min.
29. Not post-
30. Handel opus
34. Insult, slangily
35. What can be found at 17- or 54-Across
37. \_\_\_\_ Diego
38. Defective
39. PETA peeve
40. Picnic pest
41. Russian rulers
45. Next at bat
47. Cookie choice
50. "Holy cow!"
51. Indy Zoo attraction
52. Son of Adam
53. Road at an I-465 exit
54. Swamp woodlands
57. IND info
58. Hangman's loop
59. View again
60. ISP option
61. Seed spreader
62. Loses traction on I-65

## ACROSS

1. Copies from a classmate's paper
2. Empty inside
3. Turkey's capital
4. Heavy mists
5. Mess up
6. Really enjoy
7. Fancy flapjack
8. Guns an IndyCar engine
9. Numerical prefix
10. Monopoly avenue



11. Gray Brothers fruity dessert
12. North African port
13. Feared fly
18. Kimono sash
19. Fond du \_\_\_\_, Wisc.
24. In the past
25. Jacket style at Broad Ripple Vintage
27. Fed. agents
28. Kind of palm
31. Reeked

32. Mailed
33. 1040 org.
34. Redbox rentals
35. Southport HS athlete
36. Aware of
37. Beach bonnets
39. Molded
40. Oak nuts
42. Runner-up at the 1998 Indianapolis Tennis Championships

43. Signed a lease
44. Detects
46. Many a PU grad
47. Overweight
48. Recommend
49. "Evil Woman" band, initially
52. Declare
53. Timid
55. Tic-tac-toe winner
56. They have Xings

See **Answers** on page 31.

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## OBITUARIES

### Shirley J. Arnholt

Shirley J (Meredith) Arnholt, 89, of Greenwood, died on Dec. 23, 2018. She was preceded in death by her parents, Robert Caryl and Bonnie Crystal (Sparrow) Meredith; and her husband, John E. "Papa John" Arnholt. Survivors include her children, Betty Jean "BJ" Norregaard, Caryl Walter Hall, Crystal Ann (Hall) Berglund and Clifford Leon Hall; 10 grandchildren; and 24 great-grandchildren. A Celebration of Life service was held on Dec. 27 at Southport Heights Christian Church. Arrangements have been entrusted to G. H. Herman Greenwood Funeral Home At the Gardens At Olive Branch Cemetery.

### Harry Elwood Benne

Harry Elwood Benne, 70, of Greenwood, died on Jan. 11, 2019. Services were held on Jan. 19 at Wilson St. Pierre Funeral Service and Crematory. Burial followed at Mt. Pleasant Cemetery.

### Francis W. Bongen

Francis "Frank" W. Bongen, 71, of Greenwood, died on Jan. 2, 2019. Frank was born on Aug. 24, 1947 in Lafayette, Indiana to the late Francis and Betty Bongen. On Sept. 6, 1969, he married Paula Creque; she survives. Frank grew up in Speedway, Indiana and was a member of St. Christopher Catholic Church. He worked for 44 years at Peerless Pump and was a member of The National Guard. In addition to his parents, Frank was preceded in death by one sister, Theresa Uhrick. Survivors include his wife of 49 years, Paula; son, Paul (Teresa) Bongen; brothers, Joe and (Sue) Paul; sister, Carol Bongen; and multiple nieces and nephews. A special memorial mass for Frank was held at St. Christopher's Catholic Church on Jan. 10.

### Katharina E. Bottom

Katharina (Lilly) E. Bottom, 94, died on Jan. 10, 2019. She was preceded in death by her husband, Lewis Bottom; her mother; her father; and brothers of Germany. She is survived by her son, Carey; grandson, Shawn; and great-grandson, Orion. She leaves many nieces and nephews of the United States and Germany. The Rite of Christian Burial: The Funeral Liturgy was held at Saints Francis and Clare Catholic Church in Greenwood on Jan. 12. The Committal and Final Commendation was held on Jan. 14 in Resurrection Cemetery, Saint Robert, Missouri.

### William Boyd Clampitt

William Boyd Clampitt, 91, of Greenwood, died on Dec. 26, 2018. He was born on Aug. 29, 1927 in Indianapolis to the late William and Delpha Clampitt. He was employed at New York Life Insurance, working into his 60th year. He was a member of Southport Heights Christian Church and was a 33rd Degree Mason and The Scottish Rite. He enjoyed going to the Daytona 500, playing golf and loved watching sports, keeping records in detail. Survivors include his wife, Barbara Clampitt, his daughter, Dee Camic; and two grandchildren, Christopher and Melissa Camic; and three great-grandchildren; and his sister, Delpha Lavern Bobbitt. He was preceded in death by his former wife, Nancy Clampitt; his sister; and two brothers. Visitation and a service was held on Jan. 3 at G. H. Herrmann Greenwood Funeral Home at The Gardens of Olive Branch. Burial was in Forest Lawn Memory Gardens.

### Linda Sue Corey

Linda Sue Corey, 68, of Greenwood, died on Dec. 31, 2018. She was born to the late Harry & Nina

Ashcraft on May 15, 1950 in Shelburn, Indiana. She graduated from North Central High School (Sullivan County) in 1968 and attended Indiana State University. Prior to retirement, she worked as an administrative assistant for a local CPA firm. Linda was an active member of the Greenwood United Methodist Church, past president of the Kiwanis Club of Greenwood, past lieutenant governor of Kiwanis Indiana and liaison for local Kiwanis Key Clubs. Linda is survived by her husband of 38 years, Larry E. Corey; her son, Brent G. Corey (Meagan); a brother, Gary Ashcraft; and grandchildren, Samantha Corey and Owen Corey. A Celebration of Life service was held on Jan. 12 at Greenwood United Methodist Church and was officiated by Pastor Mike Briggs and Pastor In Suk Peebles. Arrangements were entrusted to Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel.

### Kenneth Lee Dinkel

Kenneth Lee Dinkel, age 31, of Franklin, died on Jan. 5, 2019. He was born on March 11, 1987 in Indianapolis. Kenny will be remembered for his good hearted and caring nature. His primary focus was on his children and family. He was preceded in death by a brother, Dustin Dalton. He is survived by his mother, Stacy Alice Griner; his fathers, Buddy Griner and Kenneth Dinkel; his girlfriend, Tiffany Griffin; his two sons, Kohnor and Vincent Dinkel; his three sisters, Aleasha Schofield, Jennifer Patterson and Casey Griner. He is also survived by many extended family and close friends. A memorial service was held on Jan. 12 at Lauck & Veldhof Funeral & Cremation Services.

### Darrell G. Dearing

Darrell G. Dearing, 77, of Greenwood, died on Dec. 18, 2018. He was born on April 5, 1941 in Pike County, Indiana, to Pearl and Minnie Dearing. He was a member of Center United Methodist Church. He was employed at Ameritech for about 40 years as a radio engineer. Darrell is survived by his wife, Sue Dearing; son, Craig Dearing; daughter-in-law, Misty Dearing; and three grandchildren, Breanna, Samantha and Elizabeth Dearing. Visitation and a service was held on Dec. 22 at G. H. Herrmann Greenwood Funeral Home at The Gardens of Olive Branch.

### Sue Ann Dearing

Sue Ann Dearing, 76, of Greenwood, died on Dec. 28, 2018. She was born on July 29, 1942 in Washington, Indiana to the late Rev. Ralph and Cora (Lashbrook) Austin. She was preceded in death by her husband, Darrell G. Dearing. Sue is survived by her son, Craig Dearing; daughter-in-law, Misty Dearing; three grandchildren, Breanna, Samantha, and Elizabeth Dearing; brothers, Larry and Marlin Austin; and several nieces and nephews. Visitation and a service was held on Jan. 3, at G. H. Herrmann Greenwood Funeral Home at The Gardens of Olive Branch.

### Cheryl Annette Floyd

Cheryl Annette (Gaw) Floyd, 70, of Greenwood, died on Dec. 23, 2018. Cheryl was born on Sept. 19, 1948 in Phoenix City, Alabama to Joseph Gaw and Margaret Irene (Underwood) Gaw. Prior to her retirement, Cheryl worked for many years as an administrator at the Veteran's Administration and was devoted to her work and her family. In addition to her parents, she was preceded in death by her sister, Donna Marlow; brother-in-law, Patrick Marlow; and brother, John Allan Gaw. Cheryl is survived by her husband, Joseph Lee Floyd; brother, Joseph (Glenda) Gaw; sister, Susan (Scott) Edwards; brother-in-laws, Gary (Geneva) Floyd and Perry (Mary) Floyd; sister-in-law, Sylvia (Joe) Bird; nieces,



Diana (Eric) Bowman, Debbie (Nathan) Cochran, Deidre Shoemaker, Brittany Edwards, Patricia (Chris) Maddox, Jennifer (Brian) Leach, Christina (Doug) Brunner and Crystal Bird; nephews, Joseph (Carey) Gaw, Jason (Angie) Marlow and Jonathan (Harmoni) Marlow, David Retz, Mike (Dawn) Tasker and Philip (Pam) Bird; 33 great-nieces and great-nephews. A Celebration of Life service was held on Jan. 5, 2019 at Hendryx Mortuary, Cumberland Chapel.

### Ramona Kay Jackson

Ramona Kay Jackson, 53, of Greenwood, died on Jan. 14, 2019. Memorial services are pending with Wilson St. Pierre Funeral Service and Crematory.

### Scott Jones

Scott Jones, 75, of Greenwood, died on Dec. 26, 2018. Visitation and services were held on Dec. 30 at G. H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch.

### Susan M. Johnson

Susan M. Johnson, 59, of Greenwood, died on Jan. 9, 2019. She was born on Nov. 2, 1959 in Valparaiso, Indiana. She participated in the Susan G. Komen Breast Cancer Walks, enjoyed her family BBQs and her grandbabies. She was preceded in death by her mother, Corrine Johnson. She is survived by her sons, Gene Ewers, Elliott Johnson, Richard Johnson and Aaron Johnson; grandchildren, Little Dave, Shy, Sky, Arie and Tot Tot; siblings, Deb Campbell, Lori Blaschke and Wayne Johnson; father and stepmother, Wayne and Sue Johnson. A funeral service was conducted on Jan. 15 at G.H. Herrmann Madison Avenue Funeral Home. Burial was in New Crown Cemetery.

### Tonia-Kaye Krieger

Tonia-Kaye Krieger, 57, Greenwood, died on Dec. 31, 2018. She was born Aug. 24, 1961 in Indianapolis to Wallace E. Kreiger and Alice (Lowry) Kreiger. Survivors include one daughter, Raye-Lynn (Danny) Morgan; one brother, Wallace E. Kreiger; three sisters, Delana Lisle, Rhonda (Tom) Lipscomb and Margie (Tommy) Galassi; one nephew, Toby Wayne Kreiger; and two granddaughters, Cecily and Felicity. She was employed for Air Tron Heating & Cooling in Indianapolis for more than 10 years as a regional call center supervisor. She had attended Reformed Presbyterian Church in Indianapolis for many years. Visitation and services were held on Jan. 5 at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel. Rev. Keith Magill officiated the funeral service. She was laid to rest at Floral Park Cemetery, Indianapolis.

### Helena Marie McClain

Helena Marie McClain, 62, of Greenwood, died on Dec. 17, 2018. She was born May 1, 1956 in Indianapolis to Arthur Greco and Sherry Rutledge. Nina grew up in Beech Grove and married Michael McClain in 1980. Nina worked for 35 years with St. Francis Hospital in Beech Grove, where she first started as a candy striper in 1975 and retired as a unit secretary of the radiology department in 2010. She is preceded in death by her father, Arthur Greco; her stepfather, Richard Sessler; her father-in-law, Jay McClain; and brother, Lance Greco. Nina is survived by her husband, Michael; two daughters, Shelby and Case, a son, Matthew; as well as two granddaughters, Laila Marie and Adelynn Grace; her mother, Sherry Sessler; stepmother, Linda Greco; brother, Tom Sessler; sisters, Ashley Sessler, Lauri Mihalovich, and Lanette Perryman. Visitation and a service was held on Dec. 22, 2018 at G. H. Herrmann Greenwood Funeral Home at The Gardens of Olive Branch.

### Nathan Philip Milto

Nathan Philip Milto, 24, of Greenwood, died on Dec. 28, 2018. The oldest of four children, Nathan was

born on June 29, 1994 in Indianapolis to Philip and Tricia (Wood) Milto; they survive. He was preceded in death by his grandparents, Philip and Angelina (Caito) Milto. Other survivors include his brothers, Nicholas, P.J. and Joey. The Nathan's Battle Foundation was formed to develop therapies for Late Infantile Batten disease, which with Nathan was afflicted. Nathan was one of the first participants in the first human gene therapy clinical trial for this disease. He attended the Indiana School for the Blind and his family are members of St. Barnabas Church. Nathan is also survived by his grandparents, Wilma McDermott and Dick (Debby) Wood. His Aunts and Uncles, Joanna Milto-Bergin (Kevin Bergin), Jodi Milto (JD Miller), Tony (Angela) Milto, Rosemarie Milto, Stacey (Keith) Pennington and his cousins, Anthony, Sophia and Pauly Milto, Dominic St. Peters, Alyssa Pennington and Kelsey (Pennington) Shepard. Visitation was held on Jan. 2 in the Daniel F. O'Riley Funeral Home. A Mass of Christian Burial was held Jan. 3 in St. Barnabas Catholic Church. Burial was in Calvary Cemetery.

### Gerald E. Obergfell

Gerald E. (Jerry) Obergfell, 81, of Greenwood, died on Dec. 23, 2018. A Mass of Christian Burial will be held at St. Mark Catholic Church, located at the intersection of Edgewood Avenue & US 31, on Friday, Jan. 4, 2019 at 11:30 a.m. with visitation taking place from 10:30 a.m. until the time of the service on Friday at the church. Burial will be in Calvary Cemetery privately. Arrangements were entrusted to Daniel F. O'Riley Funeral Home in Indianapolis.

### Donald Everet Ray

Donald Everet Ray, 90, died on Dec. 19, 2018. Visitation and a funeral service was held on Dec. 27, 2018 at G.H. Herrmann Greenwood Funeral Home. Burial was in Forest Lawn Memory Gardens with military honors.

### Janice G. Sherman

Janice G. Sherman, 62, of Greenwood, died on Dec. 30, 2018. Janice was born Oct. 21, 1956 to the late Franklin D. & Catherine Shelton. She worked for the city of Greenwood as a court recorder for many years and her later years worked for USA Synchro as an administrative assistant, retiring in 2016. Janice was a member of Our Lady of the Greenwood Catholic Church. She was preceded in death by her husband, Timothy G. Sherman. Janice is survived by her children, Teresa (Jeremy) Harvey, Michael Sherman and Sara (Jeremy) Harris; seven grandchildren, Taylor, Asa, Austin, Aalias, Dylan, Isaac and Gabriel. A Mass of Christian Burial was held on Jan. 5 at Saints Francis & Clare Assisi Roman Catholic Church. Arrangements were entrusted to Wilson St. Pierre Funeral Service & Crematory. Burial was in Greenwood Cemetery.

### Roberta Todd Sheppard

Roberta "Bobbie" Todd Sheppard, 80, Franklin, died on Dec. 18, 2018. She was born Nov. 14, 1938 to the late Robert & Clara (Petro) Todd. She cherished relationships with people. She was a beautician for more than 30 years and a hostess at the Southport Hampton Inn. She graduated from the police academy and served the New Whiteland Community at the police department as a dispatcher. She loved spending time with her family and friends. Survivors include her sons, Scott (Julie) Sheppard, Jay (Theresa) Sheppard and Rob (Mona) Sheppard; two grandchildren, Zacc and Parker; a sister, Betty Barrett. She was preceded in death by her husband of 37 years, Gerald; and sister, Rachel Baker. Visitation was held Dec. 20 at G.H. Herrmann Greenwood Fu-



Obituaries continued from page 28.

neral Home at The Gardens at Olive Branch, with a service on Dec. 21 at the funeral home. She buried in Forest Lawn Memory Gardens.

#### Jane Alice Tanner

Jane Alice Tanner, 94, of Greenwood, died on Jan. 10, 2019. All services will be private. Funeral arrangements have been entrusted to Wilson St. Pierre Funeral Service and Crematory.

#### Rev. Donald R. Whitlow

Rev. Donald R. Whitlow, 79, of Greenwood, died on Dec. 28, 2018. He was born Oct. 6, 1939 in Linton, Indiana. He was the son of Noble and Geneva Whitlow, both deceased. He married Laverne Pennington on Aug. 23, 1958; she is also deceased. He was also preceded in death by a brother, Richard. Rev. Whitlow was a retired ordained minister of the Assemblies of God. He began preaching at the age of 9, traveled as an evangelist through his teenage years all over the country and pastored in Indiana from 1960 to 2000 (retiring from Westside Assemblies of God). He continued to minister after retiring through preaching engagements and was still ministering every Thursday at the nursing home where he resided up until his final days. Survivors include sons, Douglas Whitlow, Rob Whitlow and Scott Whitlow; a brother, Robert Whitlow; seven grandchildren; and three great-grandchildren. Services were held on Jan. 5 at G.H. Herrmann Greenwood Funeral Home with Pastor Wayne Murray officiating. A burial service immediately followed.

#### Roger Lee Williams

Roger Lee Williams, 76, of Greenwood, died on Jan. 6, 2019. He was born on April 3, 1942 in Nady, Arkansas to the late Fred Lee Williams, Jr. and Twyla (Wallace) Williams. Roger graduated from Howe High School and received a bachelor's degree from Indiana University in Finance. He was a U.S. Air Force Veteran and loved to golf. Roger is survived by his wife, Joyce E. (Sullivan) Williams; sons, Michael L. (Debbi) Williams, J.R. (Christina) Williams and Randy (Marilyn) Morris; grandchildren, McKenzie Paden, James Nathan Paden, Monica Morris, Taylor Morris and Davis Williams; and siblings, Annette (Cross) LaCook (husband, Ben), Russell Cross and Patricia Green. A memorial visitation was held on Jan. 20 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis.

#### Charles Edward Wolfe

Charles "Eddie" Edward Wolfe, Jr., 83, died on Dec. 23, 2018. He was born on Feb. 16, 1935 to the late Edward M. and Isabelle Ernestine Hankins Wolfe. Eddie was married on April 3, 1952 to Marjorie Alice Wolfe. Eddie was a Korean War veteran serving in the Army. He would later join the Air Force and the U. S. Naval Reserve, retiring in 1991. Eddie was also employed as a tool & die maker at AT&T, formerly known as Western Electric. Eddie is survived by his wife of 66 years, Marjorie Alice Wolfe; children, Keith Edward (Janet) Wolfe, Phyllis Jean Devine, Hank Allan (Teresa) Wolfe and Marjorie Ann (John) Kulugyer; 14 grandchildren and 19 great-grandchildren. Services for Eddie were held on Dec. 28 at Singleton Community Mortuary and Memorial Center. He was buried with Military Honors at Greenwood Cemetery.



Center Grove obituaries are printed free of charge and published once a month. Funeral directors are encouraged to send obituaries and photos to news@myicon.info.

## Counting the cost of reaching a goal and achieving success

### DEVOTIONAL

By Pastor  
Chris Philbeck

In his book, *The 17 Indisputable Laws of Teamwork: Embrace Them and Empower Your Team*, John Maxwell talks about the principle of the price tag. He writes: "We fail to reach our potential when we fail to pay the price." And he reminds us that most people who quit don't give up at the bottom of the mountain; they stop halfway up because that's the easiest time to quit. But it's also the worst time to quit, because halfway up the mountain, or halfway through any difficult challenge, is when the initial rush of adrenaline has worn off and the challenge of finishing becomes even more daunting. That's why it's the easiest time to quit. But that's when we need to remember that our greatest achievements come at a cost.

As Dwight D. Eisenhower once said, "There are no victories at bargain prices." That reminds me of these words from Paul in 1 Corinthians 9:26. *I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified from the prize.* Now Paul is speaking figuratively, not literally. His point is that success isn't easy. And there's always a cost involved. So what cost will there be for you to accomplish the things you need to accomplish in this New Year? What cost will there be to get healthy, save more money, find a more fulfilling job or career? Or what cost will there be to do whatever it is that God might be calling you to do?

Recently I read the story of Benjamin Franklin who, when he was 27 years old, decided to take control of his life by selecting 12 virtues to master. He then kept a daily chart of his progress. Whenever he failed, he would put a black dot next to that virtue. His goal was to ultimately have no dots on the chart. And this method ultimately contributed to his success as an inventor, publisher and statesman. I wish I knew more details about his progress because it would be fascinating, and no doubt, encouraging, to understand the hard work (the cost) of reaching his goal, because there's always a cost involved with success. So, if at some point in this New Year you find yourself stuck halfway up the mountain of success related to some resolution or goal, don't give up; just renew your commitment to pay the price and keep climbing.



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

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## Pat Hertel: Retired Lilly scientist has passion for children and ministries

By Nancy Price

As a girl growing up in the '60s, Pat Hertel didn't let anyone define her role as a female. She followed through on her dreams that led her to become a successful and independent woman.

Born in Evansville, Hertel grew up in Henderson, Kentucky. Due to a polio epidemic in the area from the time she was 4 until she was 6 or 7, she was confined mostly to home and did not attend kindergarten. However, her aunt, a 1st grade teacher, would bring books over and Hertel learned to read at a young age.

In high school, she had a chemistry and biology teacher that she admired. She loved learning and decided she would study biology in college.

"My dad was my best supporter; if I wanted to be an astronaut, he was all for it," Hertel said. "My mom thought I'd be an accountant. I would have rather died than sit

at a desk (at work). I was the only female in the top 10 of my class who didn't become a teacher or nurse. Those professions were significant for women back then."

After graduating in the top 10 of her class at Henderson City High School, Hertel went on to attend the University of Louisville, where she studied biology. She graduated summa cum laude and received a medal for outstanding biology graduate.

Hertel's first job was with Eli Lilly, where she worked until she retired. She started working in the analytical laboratory, doing microbiological tests on samples, and later working in the product development team to launch antibiotics. Hertel also traveled internationally while working in quality assurance at different facilities.

Hertel married and had two daughters, Anna, who lives in South Carolina, and Emily, who resides in Greenwood. While her daughters were in grade school,

they volunteered their mom for career day to show students what she did for work, yet the students seemed bored. One year, Hertel showed them how she did a clinical trial that involved an actual human toe infected with gangrene. She was going to show how to get an antibiotic into the tissue while explaining the process.

"I put the big toe in a blender to chop it up and they thought it was so cool," she said. "It took three years to learn how to appeal to 5th graders: using blood and gore."

When her children were young, Hertel began volunteering her time with local nonprofits and organizations, including the Indianapolis Symphony Orchestra Association South Group, where she sold cookies during the Yuletide celebration and worked on various committees.

She volunteers with children's programs and makes quilts for those who are homeless, in the hospital, or

for residents in nursing homes through Mt. Auburn United Methodist, where she met her current husband, James Wesley Hertel, a now-retired senior pastor with the church. After the Hertels retired, they became more involved with One Mission Society, an international, nonprofit interdenominational ministry. Pat has spent time teaching at an orphanage in Uganda, and James has pastored congregations while helping to plant churches in Africa. They are now volunteering for Heart for Africa, a non-profit group working to bring hope to orphans and vulnerable children in Swaziland.

After witnessing poverty in Third World countries, Hertel will often take her grandchildren with her when she volunteers in underprivileged areas of Indianapolis.

"I tell them, 'we're so blessed in this country, even the poor here have more than the rest of the world. I tell them, 'you're blessed, you pass (your blessings) on.'"

**What upsets you?** To hear about child abuse, neglect, children that die because they are beaten because they cry. There is too much of that. There are too many people making babies that have no conscience to be responsible parents.

**What do you like best about Center Grove?** You've got access to Indianapolis, the schools are great for kids, the neighborhoods are growing and we seldom eat outside of the area, unless we go downtown. It's easier to eat out than cook two meals.

**What's your favorite Southside eatery?** Cheddar's.

**If you had to live anywhere else in the Metro Indianapolis area, where would it be?** I'm happy here. We're close enough to our kids.

**If you could begin life over, what would you change?** I probably would've gone on to graduate school.

**If money were no issue, how would you spend it?** I'd help our kids and grandkids with their education. Charities: There's a lot of charities that could use it. I feel sorry for our vets who are homeless.

**What makes you happiest?** I'm basically a happy person. I've tried to see the good in people. I've enjoyed work, enjoy children and grandchildren, the things I'm able to do with my husband. My kids and grandchildren make me very happy.

**Pick three adjectives that best describe you.** Creative. Compassionate. Hopeful.

**What is your favorite vacation spot?** I love Sedona, Arizona: the red rocks and blue skies. It's beautiful.

**What do you do with idle time?** I like to garden. Every year, I like to go to Garfield Park's spring show. I buy bulbs to plant. I like to read a lot. I like to sew.

**What would you change about our culture if you could?**

If I had a magic wand, I'd try to make family the center for everybody. Entitlement has created a culture that has no drive.

**How do you escape from reality?** Listening to music. Sometimes I'll go outside. I love spring and fall. I enjoy sitting outside on the patio, listening to the

sounds of birds.

**What do you love most in life?** The opportunities that we have to grow; we can go as far as we want. We're not limited. We are our own self-limiting.

**Which living person in Center Grove do you most admire?** My husband. He's my best friend. We can get into deep conversations about a lot of topics, and we do a lot of fun things. I can't think of growing old with anybody but him.

**What qualities do you admire most in another person?** Sincerity and honesty.

**What is your greatest extravagance?** If you ask my kids, they would say purses. I enjoy doing things with my grandchildren. I spend a lot of time

entertaining them. We go to Steak 'n Shake for milkshakes during Happy Hour.

**What is your greatest fear?** That my grandchildren won't know the freedoms that I've grown up with. I'm against federal control of everything. I see us heading in a more socialist direction. It's never worked anywhere. Also, anybody can find anything out about you.

**What has been the happiest time of your life?** Two children I adore and stepchildren completed that. I have 25 grandchildren, an assortment of sizes and shapes. I love being with them and seeing life through their eyes. I've learned a lot about what's going on in their age groups. My grandchildren make me happy.

**Is there a special talent you really wish you had?** Dancing, gymnastics or figure skating. Anything that involves being well-coordinated and graceful.

**What do you most value in your friends?** A good listener. To have someone that you trust enough that you can bear your soul.

**Which historical figure do you most admire?** Jesus Christ.

**What tenet do you live by?** The Golden Rule.

**What would people be surprised to learn about you?** I'm card-carrying Kentucky Colonel.





## Monson name Executive Director/CEO of JCDC

### FEATURE

By Nancy Price

Dana Monson has been named Executive Director/CEO of the Johnson County Development Corporation.

Monson joined JCDC in March 2012 and helped start Aspire Johnson County, a program that promotes community engagement, growth and planning and talent attraction and retention. She served as Interim Executive Director of the affiliated Johnson County program.



"I want to continue the collaboration that has begun, particularly with the Aspire Johnson County program, between the private and public sectors and also bring the residents into the conversation," Monson said. "What do we want our county to look like in 10 years? What are the challenges we can meet to bring an even higher quality of life for our residents here and attract the top talent that our companies want and deserve? Every day I am focused on making Johnson County a destination to live, work, learn and play and I am excited to continue that mission."

"I have seen so many positive changes in this country and the communities and I am excited to work with our county leaders to continue this progress. This is a county where everybody still knows your name, to paraphrase a TV show. I love the sense of commu-

nity and caring that is found in every city and town in this country. We have great amenities here and more to come, which is very exciting."

JCDC Board Chair Patrick Sherman said that Monson's knowledge of JCDC, partnered with her leadership and communication with expanding Aspire Johnson County, in addition to relationships with local government officials will benefit the organization.

"Dana has developed great relationships with all the executive level elected officials in the county, to include our county commissioners, county council, mayors and town managers," Sherman said. "She communicates economic development issues extremely well with all of the city councils and town boards. She has gained great respect with the large employers, chambers of commerce and developers within our county by her knowledge of our community and the excitement she displays in carrying out the day-to-day responsibilities of her position."

"This gives her the ability to tell the great story of Johnson County. Dana has done an excellent job of expanding the Aspire program of the JCDC. Under her leadership the program has expanded so that many more of our Johnson County citizens are giving a much greater voice to our education, quality of place and other issues affecting our county. We look forward to many years

of her continued leadership."

Monson was previously employed as Utility and Business Manager with the Town of Edinburgh, in addition to serving as a contact person for the economic development program for the town. She was also the Superintendent for Edinburgh's Parks and Recreation Department.

Monson is a 2010 graduate of Leadership Johnson County and the Ball State Economic Development Basic Course. She is a member of the Franklin Chamber of Commerce, the Greenwood Chamber of Commerce, the Indiana Economic Development Association, the Mid-America Economic Development Alliance and Prosperity Indiana.

She is also the recipient of two awards, including the Excellence in Economic Development Partnership Achievement from Duke Energy of Indiana and the Bob Ady Scholarship Program from the Mid-America Economic Development Council.

A resident of Johnson County for more than 30 years, Monson is married to Chad Monson, the assistant street superintendent for the Town of Edinburgh. The Monsons have four daughters, Melissa Wells, Stephanie Hendley, Ashley McDonald and Krisin Monson; and a son, Reed Monson.

## ICONIC briefs

### FCFCU provides assistance to government, military employees during shutdown

**Finances** - Financial Center First Credit Union is offering financial counseling and assistance to its members and other government employees whose payroll may be affected by the current government shutdown. For more information on Financial Center's furlough program, visit [shutdown.fcfcu.com](http://shutdown.fcfcu.com) or call (317) 916-7700.

### Greater Greenwood Chamber supports tobacco restrictions

**Health** - The Greater Greenwood Chamber of Commerce is supporting increasing the age to legally purchase tobacco products from 18 to 21. As well, the chamber supports an increase in the Indiana tobacco tax to fund state smoking reduction programs and other state health-related budget expenses. Indiana is one of the 10 worst states in the nation for smoking rates, at 21 percent. Indianapolis, also tied at 21 percent, is tied for last among the 30 largest U.S. cities.

### Puzzle Time Answers

ON PAGE 27

#### Answers to HOOSIER

#### HODGEPODGE:

Verbs: GIVE, READ, SKIP, SWIM, TALK, WORK;

Nuts: ALMOND, CASHEW, PEANUT, PECAN, WALNUT;

Words: CLEOPATRA, NILE, PHARAOH, PYRAMID;

Hospitals: COMMUNITY, FRANCISCAN, JOHNSON MEMORIAL;

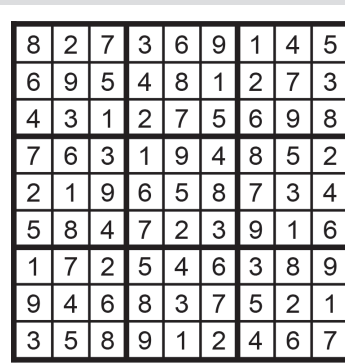
Towns: KNOX, KOKOMO;

Spot: BAR LOUIE

### Center Grove News Quiz

ON PAGE 9

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



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## SWEATY IN '19



*A local institution*

Page 22

**BUSINESS  
LEADER**  
SOUTHSIDE

Pages 22-25



*ICON of the Month*  
**Pat Hertel** Page 30



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Center Grove gym owners share advice on setting  
and meeting fitness goals, exercise routines that work.  
And, nutrition musts! Pages 6-8



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