

# The Southside Times



**THIS WEEK** on the **WEB**

Johnson County Community Foundation receives \$1,500,000 Lilly Endowment grant **Page 2**

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Southside gym owners share advice on setting and meeting fitness goals and exercise routines that work. And, nutrition musts! **PAGES 4-7**

**TIMESOGRAPHY**  
Garfield Park's Tube Factory hosts First Fridays



**PAGE 8**

**HAUNTS & JAUNTS**  
Hosts of Travel Channel show see dead people



**PAGE 9**

**FEATURE**

New District 23 City-County Councillor's goals for the new year  
*Page 13*

**N&D: MOVIE REVIEW**

*Mary Poppins Returns:* Family fun as good as it gets  
*Page 15*

**FEATURE**

Van stolen from disabled Greenwood student  
*Page 17*

**GRAMMAR GUY**

A lesson in history  
*Page 18*

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## Southside News Quiz

How well do you know your Southside community?

Test your current event knowledge each week with a little Q&A!



**1** What is the name of the paranormal show on the Travel Channel that started in September 2011?

- A. *Ghost Adventures*
- B. *A Haunting*
- C. *Paranormal Witness*
- D. *The Dead Files*

**2** Where is the pineal gland located, according to this week's nutrition article?

- A. In the center of the brain
- B. In the neck
- C. In the esophagus
- D. In the pancreas

**3** Which district does Danielle Coulter, new City-County Councilwoman, represent?

- A. District 16
- B. District 23
- C. District 17
- D. District 11

**4** Which Southside fitness center featured in this week's cover story caters to those ages 50 and older?

- A. DID Fit-Do It Different
- B. Evolutions Yoga
- C. Carole's Fitness
- D. Martin Nutrition and Fitness

**5** Who stars as Mary Poppins in the newly released *Marry Poppins Returns*?

- A. Emma Thompson
- B. Kate Winslet
- C. Emma Watson
- D. Emily Blunt



SEE ANSWERS ON PAGE 18.

## THIS WEEK on the WEB



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

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 is Oct. 1-2018-Dec. 31, 2020.

[ss-times.com/jccf-receives-\\$1,500,000-lilly-endowment-grant](http://ss-times.com/jccf-receives-$1,500,000-lilly-endowment-grant)



### New appointees named to Police Merit Board

Three new individuals have been named to Indianapolis' Police Merit Board; one has been reappointed as a longtime board member. Mayor Joe Hogsett has named Dianna Ferguson-Mosley, Frank Sullivan, Jr. and Jennifer Drewry as new appointees; Joseph Slash will be serving a fourth term as a member of the board. The Police Merit Board works to establish rules and regulations for the police department, develops a classification of ranks, grades and positions for members of IMPD; and oversees the department's merit system.

[ss-times.com/new-appointees-named-to-police-merit-board](http://ss-times.com/new-appointees-named-to-police-merit-board)

For more information on these articles and other timely news, visit [ss-times.com](http://ss-times.com).

To join the conversation, visit our Facebook page or follow us on Twitter [@southsidetimes](https://twitter.com/southsidetimes).

## AROUND TOWN

### Giffel announces candidacy for City-County Council District 16

**Politics** – Laura Giffel has announced her candidacy as an independent candidate for City-County Council in District 16, which includes much of the Southeast, South and Southwest sides of downtown Indianapolis. Laura cites her hands-on experience with neighborhood issues as her main motivation to run for office. Giffel has worked on projects that have impacted local residents as a neighborhood president. A main focus of Giffel's campaign includes strengthening neighborhoods through partnerships and advocacy at the Council level. Giffel has been a resident of the Bates-Hendricks neighborhood with her

husband since 2014 and immediately joined the neighborhood association. She has led the board through a large reorganization that cultivated into the association's designation as a 501c3 charity. Giffel is a licensed mental health counselor for a non-profit, providing counseling services to young children with disabilities. She holds a bachelor's degree in behavioral neuroscience from Purdue University and a master's degree in clinical psychology from the University of Indianapolis. Giffel will officially kick off her campaign on Jan. 11 with a public event at Scarlet Lane's Old Southside tap room, located at 2033 S Meridian St., Indianapolis. The event starts at 6:30 p.m. Supporters can sign a formal petition to advocate for ballot access. For more information, please visit [lauragiffel.com](http://lauragiffel.com).

### 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?

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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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# SWEATY IN '19

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

Compiled by Nancy Price

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. | #2 Carole's Fitness. | #3 DID Fit - Do It Yoga. | #4 Evolutions Yoga. | #5 Indiana Brazilian Jiu-Jitsu. | #6 Indy X Fitness/IXF Crossfit. | #7 Martin Nutrition & Fitness. | #8 Studio 317 Fitness. | #9 Studio You Yoga & Pilates. (Submitted photos)

*Sweaty In '19 continued from page 4.*

## #1 9Round Kickbox Fitness

7045 Emblem Dr., Ste. D, Indianapolis, IN 46237  
239 S. State Road 135, Greenwood, IN 46142  
7615 E. US 36, Avon, IN 46123  
Indianapolis: (317) 883-1374  
Greenwood: (317) 300-1830 | Avon: (317) 268-6486  
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 workout. 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 Carole's Fitness

Ages 50 + Up Complete Body Workout  
5661 Madison Ave., Indianapolis, IN 46227  
(317) 788-8377 | pefley.carole@gmail.com

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

Work out three times a week! Good ... Better ... Best. One class is good, two classes are better and three classes are best. You may change your life if you stay with the "best" program. Find a fitness facility and instructor that you are comfortable with. A famous quote from Jerry Rice (football player): "Today we will do what others won't, so tomorrow we can do what others can't." Get a sheet of paper and write this quote in big letters, get a magnet and keep it on the refrigerator so you can see it every day. Fitness is a journey, not a Destination. Go for it! Your body is your temple; take care of it.

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

There are four components for a great exercise routine! No. 1: Cardio: HIIT routine (high intensity interval training). To achieve this, you may need to start slow. However, eventually you will be able to speed up your movements. The results will surprise you. No. 2: Weights: Slow and fast speeds are both beneficial. Fast speed will help you build endurance while slow speed keeps the muscle under tension longer, which helps to build strength. No. 3: Core. Core work in a chair! You may think, a chair? Forget that! However, core exercises in a chair are just as effective as working the core on a mat, and most of the time harder. You just need to know "how." No. 4: Flexibility (stretching). Flexibility allows for easy and quick movement. Say, for instance, if you fall, your body is more limber and it will move easier with the fall. Stretching is great for relaxing after exercise.

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

What are your fitness goals? You may want to write them down. Be sure your routine is balanced, meaning a total body workout. It may be one of the best things you can do for your health! Start slow and be sure to enjoy the program you choose. If you don't enjoy what you are doing, you probably will not stay with it. You should want a program that gradually improves your cardio, strength and endurance. Always drink plenty of water and allow time for recovery. YOU CAN DO IT!

## #3 DID Fit-Do It Different

5545 W. Raymond St., Ste. F, Indianapolis, IN 46241  
(317) 439-4945 | Didfitstudio.com

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

We believe the foundation of any goal should be dedication. Find what you love and stick to it. The easiest way to do that is to find a place you enjoy going to. A place where you're called by name and feel your specific needs are being acknowledged and met with care. Our gym is that gym for you! Our classes are small, allowing our instructors and students to really know one another.

*Sweaty In '19 continued on page 6.*



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*Sweaty In '19 continued from page 5.*

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

Exercise at our studio consists of a blended schedule including stretching, cardio, personal training and various aerial arts. We believe in cycling your routine to keep your body guessing. Each class type will hit different sets of muscles, giving you a full body workout. Students find that the hour flies by and they leave feeling great. The aerial sports we offer include pole fitness, aerial silks and lyra. Once you try one, you'll try the rest!

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

Take it easy! Avoid throwing yourself into a grueling, barely manageable routine. You'll end up dreading that time of the day and throw it out quick! Find something challenging but enjoyable. Most importantly, don't rely on a workout buddy. This is your goal, your body. Do it for you and find friends in the process. We offer a family feel at our gym and have witnessed many life-long friendships start in class. We encourage you to take the leap and come work out with us!

#### #4 Evolutions Yoga

2801 Fairview Place, Ste. I, Greenwood, IN 46142  
(317) 881-9642 | EvolutionsYoga.com  
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.

#### #5 Indiana Brazilian Jiu-Jitsu

1140 N. State Road 135, Ste. P, Greenwood, IN 46142  
(317) 946-9447 | 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.

#### #6 Indy X Fitness/IXF CrossFit

444 N. Madison Ave., Greenwood, IN 46142  
(317) 215-4307 | 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 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.

*Sweaty In '19 continued on page 7.*

## Class schedule

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Sweaty In '19 continued from page 6.

**• 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.

**#7 Martin Nutrition & Fitness**

862 S. State Road, 135, Greenwood, IN 46143  
(317) 215-4570 | martinmf.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 professional, 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!

**#8 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).

**#9 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?**

We have found that the best way for our yoga/Pilates students to be successful is to be realistic and honest with their goals. At Studio You Yoga & Pilates we listen to our students on what their health goals are and help them develop a plan to reach those goals. The combination of yoga and Pilates offers students many well-rounded benefits for both the body and the mind. These benefits include flexibility, core strength, increased muscle strength, weight loss, decreases stress, relieves anxiety, injury prevention, improved breathing and increased balance.

**• 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 compliments 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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Indianapolis, IN 46237  
(Southport Rd. & Emerson - Behind Crew Carwash)  
9Round.com/IndianapolisINSouthport

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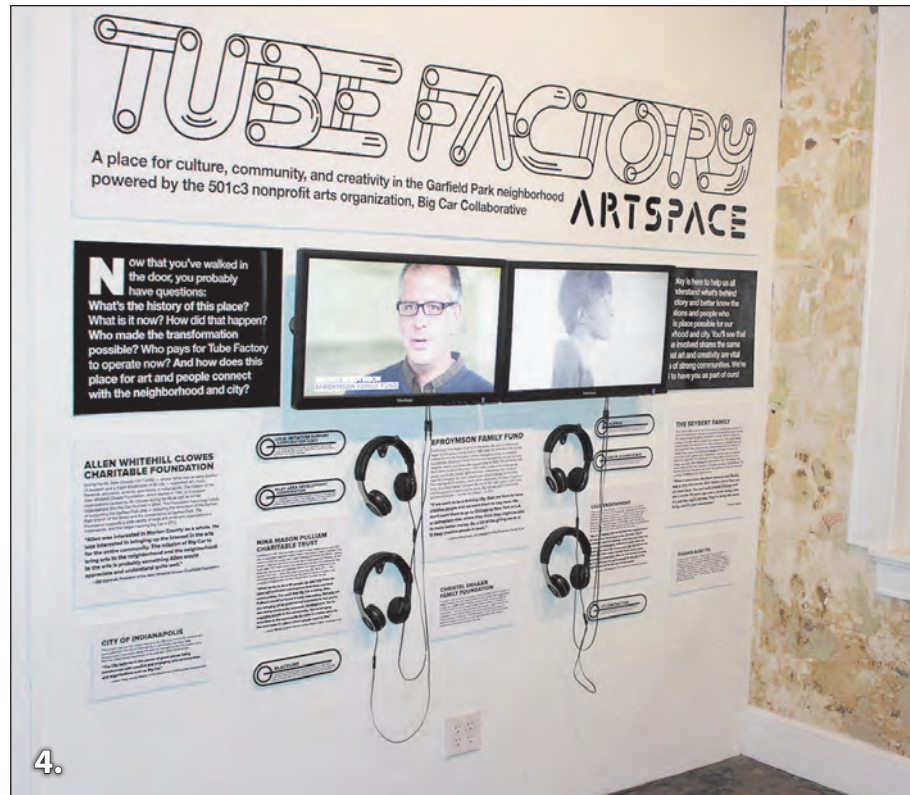
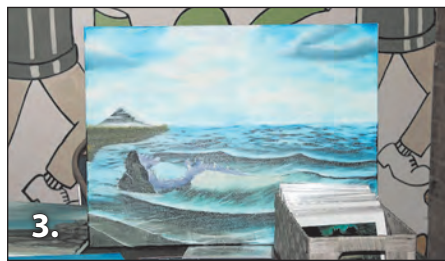
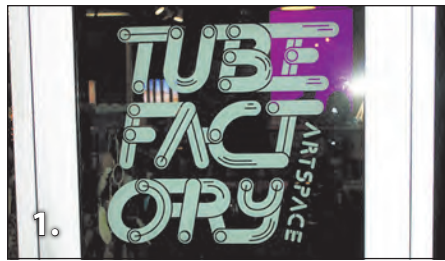
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1. The Tube Factory is a contemporary art gallery in Garfield Park. 2. The Tube Factory hosts First Fridays each month, when art lovers gather to socialize. 3. The gallery features exhibits from local and international artists. 4. Visitors can engage with interactive projects. (Photos by Chris Baker)

## Tube Factory features work from international and local artists

By Nancy Price

On the first Friday evening of each month, local art lovers flock to the Tube Factory, located in Garfield Park. A hybrid of a contemporary art museum and community center, the Tube Factory is open to the public for culture, community and creativity, featuring a contemporary art exhibition space and socially engaged art laboratory.

The gallery features exhibits from international and local artists, interactive projects, a reference library and free books for teens and kids to take home. An outdoor gathering space is popular during summer.

The Tube Factory's home at 1125 Craft Street was originally a 12,000 square foot former manufacturing building that was built in 1908.

Open Monday-Friday, 9 a.m.-6 p.m. and Saturday, 11 a.m.-3 p.m., in addition to special events such as First Fridays, the Tube Factory offers free admission during the day.

The Tube Factory is an extension of Big Car Gallery, a nonprofit art and design organization in Fountain Square.

For more information about the Tube Factory, go to [tubefactory.org](http://tubefactory.org). For more information about Big Car Gallery, please visit [bigcar.org](http://bigcar.org).

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Rick & Laura Hinton ... with an eerie resemblance to Steve & Amy. (Photo by Rick Hinton)

## The Dead Files: Part I

### HAUNTS & JAUNTS

By Rick Hinton

"My name is Amy Allan. I see dead people. I speak to dead people. And they speak to me. But there's only one way to know if my findings are right. I rely on my partner."

"I'm Steve Dischiavi. I'm a retired New York City homicide detective. And I know every person, every house, has secrets. It's my job to reveal them."

This is the introduction to the Travel Channel show, *The Dead Files*, airing on Friday nights. It premiered on Sept. 23, 2011. Ten seasons later, the show is still running strong. I generally avoid paranormal television. Yeah ... I used to watch it, but through the years it got boring, repetitive and laughable as countless names and faces stumbled about in the dark — all probing for answers for the greater good. However, this show ...

I like the premise ... it's unique. Steve and Amy explore each case individually, using their particular skill sets. They then meet at the end of the episode to compare findings with one another, as well as their client. It's often not very pretty. Steve Dischiavi gathers facts in a no-nonsense cop manner by research-

ing the history of the location and interviewing the clients and witnesses. Steve pits the paranormal against Criminology. He, after 10 seasons, still remains somewhat of a skeptic about "ghosties". (You'd think he might have changed his mind a bit.) However, he believes and trusts in his partner Amy's abilities.

Amy Allan started experiencing the spiritual world at age 4, an inheritance from her mother and grandfather. As a physical medium, she combines science and spiritualism to arrive at facts during her walkthrough of a location. With her cameraman and former husband, Matthew Anderson, (can you say awkward?) they traverse the site while Amy absorbs her often troubling findings.

I'm generally skeptical of psychics. I just am. It's too easy to misrepresent findings on just a feeling, and not true ability. There are a lot of so-called mediums who have watched way too much television and because of some scattered experience years ago, suddenly arrive at the conclusion they have psychic abilities. What is said to a client can have lasting ramifications! These wannabes, strolling through a purportedly haunted house and spouting out gibberish, can change the scope of an investigation ... taking it into a direction it shouldn't go in. I believe Amy Allan is the real deal.

I also know some local real deals (Jill, Christy, Tim ... you know who you are). I've also met some fruit loops. But ... that's another story for next week.

I like this show! I will continue to watch because every episode I learn something about fact finding and logical thought. However, I won't be sitting on the couch every Friday night while Laura feeds me grapes, waiting for it to come on — I DVR it and we watch at our convenience ... I hate commercials (it breaks the rhythm). And, Steve and Amy remind me of myself and Laura: me ... the fact finder, and Laura ... the sensitive that knows when to leave.

[Amy] *"But Steve and I never speak."*

[Steve] *"We never communicate during an investigation."*

[Amy] *"Until the very end."*

[Steve] *"Then we uncover whether it's safe to stay ..."*

[Amy] *"... or time to get out."*



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



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## FROM THE EDITOR



## Donating blood means saving a life

Every two seconds, someone needs blood to survive. Trauma victims, those fighting cancer or others undergoing surgery rely on others giving blood so they can continue to live.

January is National Blood Donor Month, which was designated in 1970 to honor those who give blood and to encourage others to donate as well.

More than 90,000 Hoosiers give blood each year. Each pint saves up to three lives, yet nationwide, only 3 percent of all eligible people actually donate life-saving blood.

Dr. Charles Miraglia, president of Indiana Blood Center, noted that during winter, blood donations drop, often due to bad weather, seasonal illness and holiday travel. Yet the need for live-saving blood doesn't decline, but often rises.

Those with O-negative blood are especially encouraged to donate, as their red blood cells can be transfused to patients with any blood type.

Anyone age 17 or older in good health who meets eligibility requirements can give blood. Parental consent is required for donates age 16. Donating blood usually takes about an hour.

Appointments are encouraged but walk-ins are welcome. To schedule an appointment, call (317) 916-5150 or visit [Versiti.org/Indiana](http://Versiti.org/Indiana). Donors should bring a photo ID that includes their birth date.

## BELIEVE IT!

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

In Mississippi, one may be fined up to \$100 for using "profane language" in public places.

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



## STARS &amp; STRIKES ON THE SOUTHSIDE

*The Southside Times is all about people and our community. What do you like in your neighborhood? What don't you like? Who has done something nice, no*

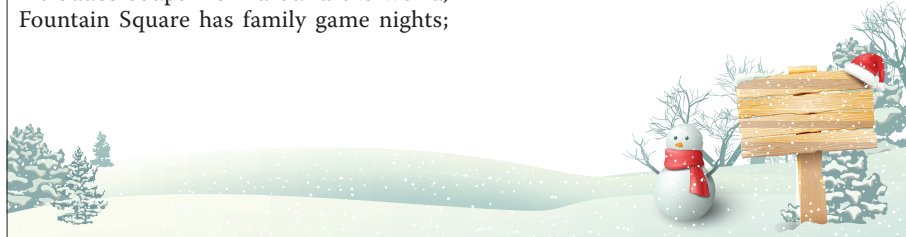
*matter how small, and should be recognized? Email your "Stars and Strikes" to [news@ss-times.com](mailto:news@ss-times.com).*

★ **Stars:** to learning a fun way to exercise. Naptown Roller Derby is hosting a roller derby basics workshop for new skaters interested in learning basic roller derby skills.

★ **Stars:** to the variety of events that local libraries hold during the dreary winter months. Franklin Township Library is hosting a cooking workshop to introduce soups from around the world; Fountain Square has family game nights;

Garfield Park helps those looking for employment; and Southport has a registered therapy dog who loves to listen to stories read aloud.

★ **Stars:** to this weekend's Veterans Resource Fair. The event, hosted by the American Legion Department of Indiana, helps veterans looking for careers, learn about benefits and teachers them how to navigate the VA claims process.



## QUOTE OF THE WEEK

*"The secret to getting ahead is getting started."*

— Mark Twain

## HUMOR



## TOP 10 RESPONSES TO THE 'JUGHANDLE ROUNDABOUT' IN GREENWOOD

By Torry Stiles

10. The original designer: "I tossed that in there as a joke. Never thought they'd think I meant it."
9. Anonymous Greenwood council member: "I thought we were voting on another round of drinks. Oh, my God. Are you recording this?"
8. Greenwood Street Commissioner: "As God is my witness, I thought turkeys could fly."
7. The Greenwood Police: "We made our ticket quota the first week."
6. The kids: "Oooooo ... Daddy said the 'F' word."
5. My talking GPS: "You're on your own here, boss."
4. Carmel, Indiana: "We told you Greenwood would screw it up."
3. Me: "I should've just stayed on 31."
2. My wife: "I told you to stay on 31."
1. The design team: "We can neither confirm nor deny that alcohol may have been involved."

## READERS' WRITES

## Southport Lions to host free vision screenings

The Southport Lions Club would like to make your readers aware that we will be conducting our monthly Free Vision Screening program at the Southport Public Library on Tuesday, Wednesday and Thursday, Jan. 22-24. This service is provided for children ages 1 through 6 between 11 a.m. - 1 p.m. each day. The library is located at 2630 E. Stop 11 Road and no reservations are required. For more information, please contact Lion AJ Johnson at (317) 250-3556 or Lion Pauline Ulrey at (317) 374-7294.

*Thank you,  
Lion A.J. Johnson  
Southport Lions Club*

READERS' WRITES

**Unauthorized letters sent to Southport residents**

Southport residents may have received a letter in their mailbox or front door titled "City of Southport Newsletter", or "Important City Business for Southport Residents". These letters are not official correspondence from the city of Southport. Neither the letters, nor their content were approved by the Mayor's office, City Council or the Storm Water Utility Board. The persons who have distributed these letters did not notify the city of their distribution, nor did they have

the materials reviewed to ensure that the information contained was accurate.

The ordinance referenced in the letter was not approved at the December 2018 City Council meeting. The first reading of the ordinance was approved. The second reading will occur this month (January).

The calculations presented in the letter are also incorrect, which is troubling since the authors of the letter were present at the Storm Water Utility Board meeting, in which the rate increase was discussed. The rate increase from \$5 to \$6 will take effect with the fall property tax billing in November 2019. Additionally, the

ordinance contains storm water rate increases that will be effective in future years.

The letter also states storm water utility fees may be supplemented by the city of Southport's street and road fund. This is not correct. Storm Water fees are not supplemented by funds from the Board of Public Works. What was stated during the meeting is that there are projects that will involve street repairs/improvements as well as storm water infrastructure repairs/improvements. The opportunity exists where the Storm Water Utility Board may be able to partner with the Board of Public Works regarding construction costs for these items. A partnership may result in cost savings for both budgets.

Please attend the next Storm Water Utility Board meeting and/or City Council meeting on Monday, Jan. 21, and voice your opinion during public comments regarding misinformation that has been communicated in the most recent letter. The Storm Water Utility Board meeting time is 6:15 p.m., followed by the City Council meeting at 7 p.m. All are welcome.

*Sincerely,*  
**Russell McClure**  
*Mayor, city of Southport*

**Jim Cooney**  
*President, Storm Water Utility Board*



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FEATURE

## New District 23 City-Councillor discusses goals

Welcomes feedback from Perry Township community

By Danielle Coulter,  
District 23 City-County Councillor

*Hello neighbors,*

I'm Danielle Coulter, the new City-County Councillor for District 23. I was elected by Republican Precinct Committeemen on Nov. 1, 2018 to replace retiring Scott Kreider. I currently serve on the Administration & Finance, Public Works and Ethics Committees of the Council. I am excited to serve District 23 and to run in this year's election for a full term on the council. I look forward to working with you.



I graduated from Ball State University and currently work in government relations. I previously served as a legislative assistant for several Republican State Representatives from the Southside: Reps. Dave Frizzell, Bob Behning, Mike Speedy, Woody Burton and former Rep. Mike Murphy. I am a member of the Junior League of Indianapolis and a graduate of the Indianapolis Public Safety Citizens Academy and the Community Justice Academy.

With a new year comes new opportunities to achieve great things in Perry Township. My priorities this year are: addressing the recent increase in crime (particularly break-ins and theft) on the Southside; more funding for infrastructure projects, focusing especially on repaving roads; and boosting economic development by getting new businesses to invest in properties currently vacant within our township.

What matters most to you? I am eager to work with you, to hear your concerns and to keep you updated on council activities that impact our community. Please feel free to reach out to me anytime by email at Coulter4Indy@gmail.com or by phone at (317) 327-4242.

AROUND TOWN



Winners of the club's third annual chili cook-off fundraiser, held Feb. 2, 2018, were (from left): Joe Leavell, sponsored by Leavell Photography, Elite Printing and Hobby Copy (second place); member Dale Nordholt, sponsored by Christie Vision Care (first place); and member Paul Annee, sponsored by Paul Annee Family (third place).

### Perry Township Kiwanis to hold annual chili cookoff

**Fundraiser** – Perry Township Kiwanis will be holding their fourth annual chili cookoff on Friday, Feb. 1, at Center United Methodist Church, 5445 Bluff Road, from 4:30-7:30 p.m. The club is recruiting organizations to fill all of the slots in the competition for first-, second- and third-place trophies. The cookoff will benefit the Hunger Inc. food bank. "We still need members to sell those few last placemat ads to local business-

es," urged Steve Hadley, an organizer. Secretary Stacey Olvey once again will head up the silent auction, which will benefit Riley Hospital for Children. Adult meals will be \$8 and include chili with all the fixins', cornbread, dessert and beverage. Meals for kids will be \$4 and include hot dogs, chips, dessert and beverage. All major credit cards will be accepted. Sign up to help with this major club fundraiser. Readers who have questions about the fundraiser or are interested in volunteering may contact Les Branham, club president, at (317) 652-9750.

### Perry Township Kiwanis hosts 16th annual holiday party

**Entertainment** – Perry Township Kiwanis kicked off the holidays with their 16th annual holiday party. Guests were entertained by two men in suits: Santa Claus, in full regalia, and President-elect Dale Nordholt, decked out in one-of-a-kind holiday attire, complete with lights. Perry Township Kiwanis thanks everyone who came and brought tasty food, unusual white elephant gifts and all-around warm holiday cheer and to those who made it happen: Treasurer Scott Splichal, who organized the event; member Kevin Wheeler, who provided the venue; Santa, a great surprise guest; Secretary Stacey Olvey, who organized holiday Bingo; member and City Barbeque Manager



Dale Nordholt, president-elect of the Kiwanis Club of Perry Township, is decked out in his best holiday attire as he opens a white elephant gift at the group's holiday party and pitch-in dinner. He is shown here with his wife, Dennis.

Donny Freeman, who provided meats and side dishes; and Kroger, which donated chicken.

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## CALENDAR OF EVENTS

## BEECH GROVE

**Beech Grove Chatterbooks** • Adults are invited to this monthly book discussion. The book to be discussed is "12 Rules of Life" by Jordan Peterson. | When Jan. 28, 6:30 p.m. | Where: Beech Grove Branch Library, 1102 Main St. | Info: (317) 275-4560; indypl.org/locations/beechnogrove.

**Beech Grove State of the City Address** • Beech Grove Mayor Dennis Buckley will be giving his state of the city address. | When March 14, 11:30 a.m. | Where: Hornet Park Community Center, 5245 Hornet Ave. | Info: (317) 888-4979.

## FOUNTAIN SQUARE

**Baby Storytime** • Babies up to 24 months and an adult are invited for stories, fingerplays and sing-alongs with Miss Shelby and her ukulele. | When Jan. 10, 17, 24 & 31, 10:30 a.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

**Fountain Square Afternoon Book Discussion** • Adults are invited to this monthly book discussion program. | When Jan. 10, 1:30 p.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

**Homework Lounge: Get Caught Reading!** • School-age children and teens are invited to use the library to work on their assignments or spend 15 minutes reading. Those who participate can get a prize from the treasure chest for completing their homework. | When Jan. 10, 15, 17, 22, 24, 29 & 31, 4-5:30 p.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

**Monday Night Crafts** • Adults are invited to bring their current knitting, crochet, beading, sewing, scrapbooking or other craft project and work on it with fellow crafters. | When Jan. 14, 6-7:30 p.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

**Family Game Night at Fountain Square** • Families are invited to play Minecraft or board games and have fun while hanging out with friends and family. | When Jan. 15, 6-7:30 p.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

**SnowTime Storytime** • Children ages 2-6 are invited to marvel in the frozen precipitation called SNOW with Professor Watermelon. They'll enjoy fun stories, puppets, songs and dances while learning that snowflakes, like our thumbprints, are uniquely designed. | When Jan. 30, 10:15 a.m. & 11:15 a.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

**Play Date Preschool Storytime** • Preschoolers and an adult are invited for stories, songs, fingerplays and rhymes followed by playtime at the library. | When Jan. 14 & 28, 11 a.m. | Where: 1066 Virginia Ave. | Info: (317) 275-4390; indypl.org/locations/fountainsquare.

# NIGHT & day

LOCAL ENTERTAINING ENTERTAINING

## FRANKLIN TOWNSHIP

**Keep Warm with Soups: Cooking Workshop** • Adults are invited for a cultural food workshop to learn how to make soups and stews from around the world. Attendees will be able to cook a big pot of one of their favorites for family and friends. This two-hour workshop presented by the Marion County Public Health Department will include live demonstrations, food tasting and a lecture. Call to register. | When Jan. 28, 2-4 p.m. | Where: Franklin Road Branch Library, 5550 S. Franklin Road. | Info: (317) 275-4380; indypl.org/locations/franklinroad.

## GARFIELD PARK

**Beginning Computer Classes: Keyboard, Mouse and Other Computer Basics** • Adults are invited to learn how to click, scroll and understand some of those strange keys on the keyboard. | When Jan. 10, 1:30-3:30 p.m. | Where: Garfield Park Branch, 2502 Shelby St. | Info: (317) 275-4490; indypl.org/locations/Garfield.

**Job Center at the Library** • The library presents a free service for unemployed or underemployed individuals to receive one-on-one assistance to enhance their employment skills. The session will focus on job search strategies, resume development and instruction on basic computer skills. The Job Center is made possible by Friends of the Library through gifts to The Indianapolis Public Library Foundation. | When Jan. 12, 10 a.m.-2 p.m. | Where: Garfield Park Branch, 2502 Shelby St. | Info: (317) 275-4490; indypl.org/locations/garfieldpark.

**Open Computer Lab at Garfield Park** • Receive personalized assistance in using Microsoft Word and other applications, as well as discovering library eResources, such as eBooks, eMagazines, Freegal, Hoopla, OneClickDigital and the many library online databases. Assistance is available on a first-come, first-served basis. | When Jan. 15, 4-6 p.m. | Where: Garfield Park Branch, 2502 Shelby St. | Info: (317) 275-4490; indypl.org/locations/garfieldpark.

**A Plethora of Computer Classes: Cloud Storage** • Adults are invited to this beginner-friendly class that will describe "The Cloud," a network of servers that provide either an online service or storage to access data. The class will provide instruction with lots of time to practice. | When Jan. 16, 1:30-3:30 p.m. | Where: Garfield Park Branch, 2502 Shelby St. | Info: call (317) 275-4490 to register; indypl.org/locations/garfieldpark.

**Minecraft Club at Garfield Park** • Adults are invited to join the library's Minecraft Club and participate in Minecraft activities with others. | When Jan. 28, 5-7 p.m. | Where: Garfield Park Branch, 2502 Shelby St. | Info: (317) 275-4490; indypl.org/locations/Garfield.

## 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. 14, 9 a.m.; Jan. 16, 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. 16, 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, including: 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. 16, 10:30 a.m. | Where: The Social of Greenwood, 550 Polk St. | Info: (317) 882-4810; thesocialofgreenwood.org.

**SALI Open House** • Meet artist Kristen Stamper during the Southside Art League, Inc.'s Open House. Light refreshments will be served. Kristen is an impressionistic plein-air painter who works in oil, or in watercolor, or with a combination of both media. Her show is entitled, "Fresh Air." | When: Jan. 11, 6-8 p.m. | Where: 299 E. Broadway St. | Info: (317) 882-5562.

**I-65 Community Conversation** • Updates from INDOT commissioner, Joe McGuinness, Chris Hamm from HWC Engineering, Jim Earl, INDOT section 6 manager and Larry DeBoer, professor, Purdue University on the I-69 expansion, options and land use and road plan for Bargersville/Johnson County. | When Jan. 16, 6:30-8 p.m. | Where: 2717 S. Morgantown Road. | Info: (317) 888-4856; greenwoodchamber.com.

**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 mad 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.

## INDIANAPOLIS

**Veterans Resource Fair** • Hosted by the American Legion Department of Indiana and in conjunction with their annual Mid Winter Conference, the purpose of the resource fair is to provide a robust resource for veterans looking to further their career opportunities, create an opportunity for veterans to learn about benefits and gain helpful information to assist with navigating the Veterans Affairs claims process. Free to all veterans and their families. | When Jan. 12, 9 a.m. – 4:30 p.m. | Where: Marriot East Hotel, 7202 E. 21st St. | Info: (317) 403-6266; communications@indianalegion.org.

**Indy Folk Series concert** • Dennis Stroughmatt and his Western Swing Band will be performing live, kicking off the first concert of 2019. A returning favorite to the Indy Folk Series, master French Creole fiddler Dennis Stroughmatt focuses on Honky Tonk and Western Swing. \$15 in advance; \$20 at the door. Student/senior tickets are \$10; ages 12 and under are free. | When Jan. 19, 7 p.m. | Where: 615 W. 43rd St. | Info: (317) 441-4109; brownpapertickets.com.

**Roller Derby Basics Workshop** • Naptown Roller Derby is hosting a roller derby basics workshop. This foundational workshop is for new skaters who are interested in learning basic roller derby skills and about Naptown in a fun, low pressure environment. No experience required! | When Jan. 26, 12:30-4 p.m. | Where: Naptown Roller Derby, 973 N. Shadeland Ave., PMP #168 | Info: (317) 522-1958; naptownrollerderby.com.

**Indianapolis NARFE Meeting** • Indianapolis Chapter 151 of the National Active and Retired Federal Employees Association will meet with all active and retired federal employees; spouses welcome. | When: Feb. 1, 12:30 p.m. We meet at one of the restaurants across the street at 11 a.m. for lunch. | Where: Nat. Assn. of Letter Carriers Hall, 2211 E. 54th St. | Info: narfe.org/chapter151.

★★★★☆ • PG • Comedy, Family, Fantasy • 2 hours, 10 minutes

## Mary Poppins Returns Wholesome family fun

### MOVIE REVIEW

By Bradley Lane

As a preface to this review, I would like to get something out of the way, I believe that there is absolutely no reason for this film to exist. The original *Mary Poppins* released in 1964 stands on its own merits as a classic of American cinema. By releasing a sequel to that film in 2019 it indicates one of two things: that Disney feels like *Mary Poppins* is thematically incomplete and requires another film to fully tell the story of Mary Poppins and the Banks children or *Mary Poppins* is yet another franchise to reboot, remake, or rebrand to make more money through name recognition. Whatever the case may be, *Mary Poppins Returns* is much better than it has any right to be.

*Mary Poppins Returns* takes place 25 years after the events of the original film during the Great Depression in London as the original Banks children, Michael and Jane, fight to save their childhood home from the very same bank in which their fa-

ther worked. All the while trying to cope with the untimely death of Michael Banks' wife, the mother of the three Banks children, this film follows Annabel, John and Georgie. It is in these dire straits that Mary Poppins once again appears to help the Banks children. Similarly to the first film, each member of the Banks family has a particular lesson to learn from Poppins as the film unfolds, however directly or indirectly this lesson is communicated to them.

Emily Blunt steals the show as the ever witty, charming and stern Mary Poppins. There is no replacement to Julie Andrews' performance as the character, but this is about as close as you can get without completely ripping it off. Her costar Lin Manuel Miranda is also clearly paying homage to Dick Van Dyke's performance as Bert the dancing chimney sweep, as Miranda plays Jack, a dancing street lamp lighter. He plays his part with sincerity and overwhelming charm, though his English accent was dodgy at best.

The director, Rob Marshall, is a seasoned dance choreographer, which shines through brilliantly in the many musical numbers throughout *Mary Poppins Re-*

*turns*. Many of his larger dances he likes to keep fully in frame, showcasing the excellent dancing from each cast member, giving these sequences an "Old Hollywood" type feel, once again paying respects to the original film.

*Mary Poppins Returns* also smartly separates itself from the litany of subpar family/children's movies being produced today by never stooping to their level. Never once is dumb humor put in place of story, smart jokes, or timely lessons for kids and adults both. It clearly respects the original material and smartly builds upon the themes of the original by updating them for a 21st century audience despite living in the shadow of a much better film.

*Mary Poppins* should never have gotten a sequel, but it did, and it is as good as it possibly could have been.



Bradley is a Beech Grove High School Alumni and has been enamored by film for as long as he can remember. He is currently in his third year studying at IUPUI, majoring in Media and Public Affairs with a minor in Film. Bradley can be contacted at blane2214@gmail.com.

Calendar continued from page 14.

**Valentine's Cabaret Marionette Show** • Bring your sweethearts to this charming variety marionette show. Tickets are \$12 (children under the age of 2 are free); includes a sweet treat. | When Feb. 13 & 15, 10:30 a.m., Feb. 16, 10:30 a.m. & 12:30 p.m., Feb. 17, 1 p.m. | Where: Peewinkle's Puppet Studio at the Indiana State Museum, 650 W. Washington St. | Info: (317) 232-1637; peewinkleinfo@att.net; peewinklepuppets.org.

### PERRY TOWNSHIP

**Chili Cook-off** • Perry Township Kiwanis is gearing up for its fourth annual chili cookoff. The club is recruiting organizations to fill all of the slots in the competition for first-, second- and third-place trophies. The cook-off will benefit the Hunger Inc. food bank. The silent auction benefits Riley Hospital for Children. Adult meals will be \$8 and include chili with all the fixins', cornbread, dessert and beverage. Meals for kids will be \$4 and include hot dogs, chips, dessert and beverage. All major credit cards will be accepted. | When Feb. 1, 4:30-7:30 p.m. | Where: Center United Methodist Church, 5445 Bluff Road. | Info: kiwanisperrytownship.org; 📞 KiwanisofPerryTownship.

**Baxter YMCA Annual Kickoff Breakfast** • This one-hour program is a way for us to share our impact in the community and expand the base of people who know what we're doing. Free break-

fast, testimonials and fellowship. Keynote speaker is Katie Stam Irk, Miss America 2009. Breakfast is provided by Indy Fresh. | When Feb. 7, 7:30 a.m. (registration begins at 7:15 a.m.) | Where: Baxter YMCA, 7900 Shelby St. | Info: (317) 881-9347; indymca.org/baxter/event/2019-campaign-kick-off.

### SOUTHPORT

**Lego Day at Southport!** • Families and children ages 2 and older are invited to drop in any time to learn to play and play to learn by using a variety of building items. Lego bricks, Duplo bricks, gears and bristle blocks will be provided. | When Jan. 12, 2-4 p.m. | Where: Southport Branch Library, 2630 E. Stop 11 Road. | Info: (317) 275-4510; indypl.org/locations/southport.

**Preschool Storytime** • Preschoolers ages 3-5 and an adult are invited for an active class featuring stories, songs and rhymes that focus on early literacy skills and school preparedness. This program will be followed by age-appropriate learning activities. | When Jan. 15, 22 & 29, 10:30 a.m. | Where: Southport Branch Library, 2630 E. Stop 11 Road. | Info: (317) 275-4510; indypl.org/locations/southport.

**Paws to Read at Southport** • Children who are reluctant readers are invited to read for Abbey, a registered therapy dog who lives to listen to stories! This activity can help improve a child's reading skills and self-confidence. Participants can sign up for a 15-minute reading session with

Abbey. | When Jan. 16, 6-7:30 p.m. | Where: Southport Branch Library, 2630 E. Stop 11 Road. | Info: (317) 275-4510; indypl.org/locations/southport.

**Library Board of Trustees** • The public is invited to attend the monthly meeting of the Library Board of Trustees and meet board members. | When Jan. 28, 6:30 p.m. | Where: Southport Branch Library, 2630 E. Stop 11 Road. | Info: Call (317) 275-4003 to confirm the time of the meeting; indypl.org/locations/southport.

**SnowTime Storytime** • Children ages 2-6 are invited to marvel in the frozen precipitation called SNOW with Professor Watermelon. They'll enjoy fun stories, puppets, songs and dances while learning that snowflakes, like our thumbprints, are uniquely designed. | When Jan. 29, 10:30 a.m. | Where: Southport Branch Library, 2630 E. Stop 11 Road. | Info: (317) 275-4510; indypl.org/locations/southport.

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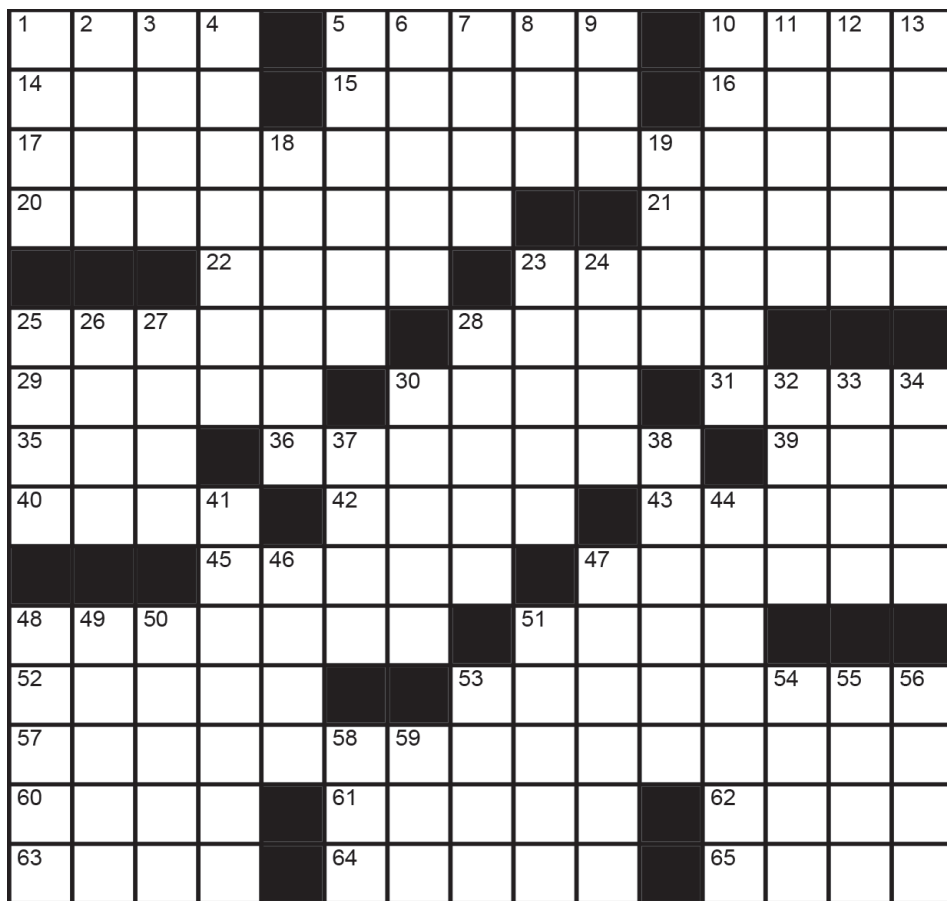
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**ACROSS**

- 1. Spoiled kid
- 5. Ward off
- 10. Strikebreaker
- 14. Puerto \_\_\_\_
- 15. Caribbean isle
- 16. Insect stage
- 17. Start of a local jingoism
- 20. Calm state
- 21. Beginning
- 22. Twistable treat
- 23. Potheads
- 25. Atomic no. 16 in a Center Grove HS science class
- 28. Licorice flavoring
- 29. PU teachers
- 30. Marion County Court perjurer
- 31. Rod's partner
- 35. "Give it \_\_\_\_!"
- 36. Jingoism, Part 2
- 39. Had meatloaf at MCL
- 40. Cravings
- 42. Geist bird
- 43. *The Southside Times* edition
- 45. Hair-raising
- 47. Praying \_\_\_\_
- 48. Duke Energy units
- 51. Soft drink
- 52. White River angler's lures
- 53. McAlister's Deli meat
- 57. End of jingoism
- 60. ISO woodwind
- 61. Wishy-\_\_\_\_
- 62. Sea eagle
- 63. Till bills
- 64. Computer bits
- 65. Computer bits



**DOWN**

- 1. Victoria's Secret items
- 2. Icy covering
- 3. PC brand
- 4. Removed, as a price tag
- 5. More risqué
- 6. Indiana Poet Laureate muse
- 7. Pint-size
- 8. Tide type
- 9. \_\_\_\_ of the land
- 10. Alternative to dice
- 11. Whammy
- 12. More suitable
- 13. Thai money
- 16. Sudden surge
- 19. Memorial Stadium sounds of disapproval
- 23. Bistro 501 gastropod
- 24. Auto's spare
- 25. Fix, at Beech Grove Animal Hospital
- 26. Desire
- 27. Coastal flier
- 28. Nicoson Hall seating request
- 30. Ex-Pacer Orr
- 32. Right on an Indy map
- 33. Needle case
- 34. Local radio announcers Kristi and Kevin
- 37. Shrek, e.g.
- 38. Classic theater name
- 41. Simmers with rage
- 44. Gobbled down
- 46. Gaelic tongue
- 47. Wanders
- 48. Saint Meinrad Monastery head
- 49. Possibly
- 50. Climber's spike
- 51. Secret supply
- 53. Former
- 54. Taj Mahal city
- 55. Wyo. neighbor
- 56. Brainchild
- 58. BHO's predecessor
- 59. Area sports marketer Compton



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

6 Looney Tunes Characters \_\_\_\_\_  
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4 Most Valuable Brands \_\_\_\_\_  
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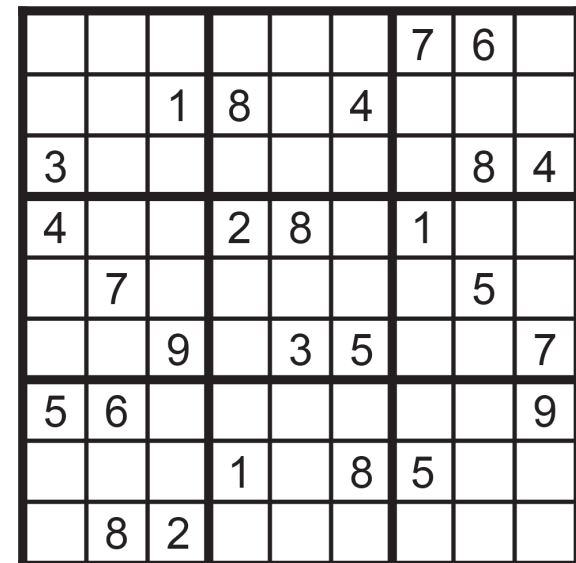
5 Continents \_\_\_\_\_  
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3 Indy Fuel Defensemen \_\_\_\_\_  
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2 Indiana Winter Fun Spots \_\_\_\_\_  
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1 Fountain Square Museum Topic \_\_\_\_\_

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Answers See page 18.



## Greenwood family left in lurch after handicapped-accessible van stolen, damaged

### FEATURE

By Cleveland Dietz

A handicapped-accessible van that was stolen from a Greenwood family on New Year's Day has been recovered, but whether it's salvageable remains unclear.

The 2010 Dodge Caravan had been converted for Tyler Parson, who is confined to a wheelchair because of Friedreich's Ataxia, a rare neuromuscular condition similar to Lou Gehrig's disease but slower in its progression.

When Tyler's father, Patrick Parson, walked outside to put his things in his car as he prepared for work, he noticed the dome lights were on. Once he got closer, he saw that the contents of his glove box had been spread across the front two seats, which was when he figured out someone had broken in to the vehicle, he said. He took a step back.

"That's when I realized I took a lot further step back than I should've been able to because the van was parked next to my car," he said.

After he checked to make sure anyone who could've driven the van away was still home, he called the police.

Later, it occurred to him that his dome

lights shut off after 15 minutes, even if they've been turned on manually, which meant he'd just missed the thieves. A neighbor's surveillance camera confirmed it. The van pulled out of the driveway at 5:25 a.m. and he walked out of his house at 5:28 a.m.

"They knew what they took when they got into the van," Parson said. "As soon as you step into the van, you can tell it's not a typical passenger van."

A little before 6:30 a.m., Patrick's wife, Deanna Parson, posted a picture of the stolen van, which looks ordinary on the outside, and asked people to keep an eye out for it. The post was shared nearly 5,000 times.

"It was overwhelming, for sure, that so many took time out of their holiday to spread the word about this van," Patrick Parson said, adding, "We were very grateful for the help, for the outreach, to find this van."

On Jan. 3, the Greenwood Police Department told the Parsons the vehicle had been found in Indianapolis. They were able to look at it for a few minutes after it was processed, Parson said.

Three of the four tires had been taken off and the battery was gone. The running boards were damaged and the sliding door



Tyler Parson, a resident of Greenwood and IUPUI student, had his handicap-accessible van stolen recently. (Photo by Cleveland Dietz)

on the driver's side sat off center and didn't seal correctly when it was closed. Because the van was off tires for so long, there is also concern that the axles and frame are damaged, Parson said.

The interior equipment — a motorized ramp and hand controls on the steering wheel — was still there, but it was impossible to tell if the ramp worked because the battery was gone.

On Jan. 7, the Parsons' insurance company

told them it had the vehicle and was deciding what to do.

Some of Tyler Parson's friends started a GoFundMe page after the theft to help replace the van, but it has been deactivated because the vehicle was recovered.

However, it was still unclear as of Jan. 8 what insurance would decide and whether it would use the value of the base vehicle or factor in the cost of the conversion, which was more than \$40,000, Patrick Parson said.

### AROUND TOWN



The Board of Directors are (from left to right): Katie Parton, Edwina Dolack, Josephine Cadwallader, Mary Catherine Menonna, Sharon Gartrell and Linda Augenstein.



Officers are, from left to right: Connie Parsons (Sergeant-at-Arms Pro-Term), Betty Price (Sergeant-at-Arms), Marilyn Walsh (Assistant to the Secretary), JoAnn Pogue (Secretary), Cindy Crawley (Corresponding Secretary), Flora Boehm (Recording Secretary), Vicki Goss (Vice President) and Pat Ruth (President).

### Ave Maria Guild announces 2019 officers, board of directors

**Appointment** – The Ave Maria Guild of St. Paul Hermitage Officers and Board of Directors for 2019 were named at their December 2018 luncheon.

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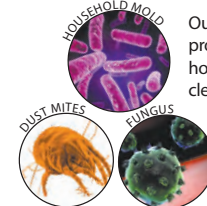
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## The pineal gland we never knew

### NUTRITION

By Wendell Fowler

What we don't know is more liberating than what we think we know. The holy temple is a living miracle and every part has a designated purpose. To assume God created us to have a gland or organ that does nothing lacks knowledge.

We were told the appendix is useless and must be removed, yet Duke Medical Center immunologists' et. al. researchers reveal it actually produces good probiotic bacteria, harbors and protects good microbes for the gut by "rebooting" the digestive, microbiome system. I don't recall being advised that keeping a healthy gut microbiome serves mind and body, affecting the temple throughout life by controlling digestion, immune system, central nervous system and other bodily processes. Useless?

I also don't remember being extensively educated about the pineal gland. The pea

size pineal is situated right in the center of the brain. Often referred to as the third eye, this small, pine cone-shaped endocrine organ secretes melatonin that regulates your daily sleep-wake patterns, hormone levels, stress levels, boosts moods, enhances sex, physical performance and even increasing longevity by as much as 10-25 percent, according to Stanford University.

Hinduism, Buddhism and Taoism believe there's a divine side of the pineal gland. Our third eye connects soul energy to your body. Once your pineal gland is activated to the world of spirituality, it may seem as if you're more conscious, connected to the universal flow of heavenly energy. This can be achieved through meditation, yoga or shamanistic plant medicine. This may be a stretch for some of you, but the pineal gland, "all seeing eye" third eye symbol, can be seen on the back of the American dollar bill and statues of the pineal exist at the Vatican.

Be mindful it's been known for decades that fluoride in our water and toothpaste is

kryptonite to the pineal. To reactivate your pineal gland, you first need to eliminate sources of fluoride and cut out junk foods, especially soda. If you don't change this part of your diet, you won't gain any ground. Plant foods, like cilantro, garlic, lemon juice and coconut oil may help detox, but it also may be worth considering a full body detox.

Foods that definitely support the pineal gland are turmeric, cacao beans, green plants and vegetables, spring water, reishi mushroom tea, wheatgrass juices, raw beets, apple cider vinegar, iodine supplementation and others. Now you're awakened to what you weren't taught in school. Go for it!



Chef Wendell is a lecturer and food journalist. Contact him at [chefwendellfowler@gmail.com](mailto:chefwendellfowler@gmail.com).

## One for the history books

### GRAMMAR GUY

By Curtis Honeycutt

Somewhere in a secret laboratory (probably in Minsk), a team of thermodynamic scientists worked for years to perfect the to-go mug that hermetically traps heat, keeping your coffee or tea hot for hours. They traded handshakes and perhaps a few high fives before scalding their taste buds on some celebratory hot chocolate. It was certainly a historic occasion in the field of drink container science.

My biggest question isn't a grammar question. I want to know: just how long do we need to keep our drinks hot? Is it that important for our coffee to stay at near-boiling temperatures for up to six hours? I think the whole industry needs to cool off a bit.

Now here's my grammar question: should you write/say "a historic" or "an historic"?

Let's dive in.

When you think about world-changing events like the moon landing, the signing of the Declaration of Independence or the cup scientists perfecting a heat-sealing tumbler, you probably imagine someone referring to any of these as "an historic" occasion. Technically, this isn't correct! So, what's the rule?

Use the article "an" when it precedes any word that starts with a vowel sound. This certainly applies to words that begin with a silent "h," including heir, honor and hour. It doesn't apply to words in which you pronounce the "h" sound, such as heroic, hysterical or historic. So, why do people put "an" in front of those words? Probably because at some point back in England people dropped the "h" sound in these words and supplied "an" before them (to properly imagine this, I hear someone speaking in a thick Cockney accent). The article "an" hung on although people started to uniformly pronounce the "h" sound in these words.

Old habits die hard — like when I take a swig of my morning tea too early even though I know it's still way too hot. Either people still add "an" before words like historic because they learned to say it that way from previous generations or they're just snooty. There's a fancy term for speech or writing that is only designed to impress: it's called an "affectation." For most people, they probably add "an" because that's how they've always heard it pronounced. For people who prefer to be snooty, I heard there's a great sale at the monochrome store: all glasses are half off.



Curtis Honeycutt is a freelance humor writer. Have a grammar question? Connect with him on Twitter @curtishoneycutt or at [curtishoneycutt.com](http://curtishoneycutt.com).

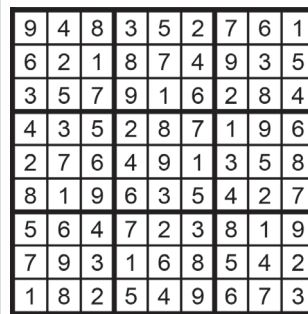
### Puzzles & Answers SEE PAGE 16

#### Answers to HOOSIER HODGEPODGE:

**Characters:** BUGS, DAFFY, PEPE, PORKY, SYLVESTER, TWEETY;  
**Continents:** AFRICA, ANTARCTICA, ASIA, AUSTRALIA, EUROPE;  
**Brands:** APPLE, FACEBOOK, GOOGLE, MICROSOFT;  
**Defensemén:** BROOKS, MANNING, POWERS;  
**Spots:** PAOLI PEAKS, PERFECT NORTH;  
**Topic:** PSYCHPHONICS

#### Southside News Quiz SEE PAGE 2

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



### 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.

#### Shelby Dean Boaz

Shelby Dean Boaz, 73, of Columbus, died on Dec. 31, 2018. All services are private. Funeral arrangements have been entrusted to Simplicity Funeral and Cremation Care, Indianapolis Chapel.

#### 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. She enjoyed gardening, relaxing at the lake and being with her grandchildren and will be missed by all who knew her. 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 will be held at 4 p.m., Jan. 12, with visitation from 1-4 p.m. at Greenwood United Methodist Church, 525 North Madison Ave. Greenwood, and will be officiated by Pastor Mike Briggs and Pastor In Suk Peebles. Arrangements entrusted to Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel.

Obituaries continued on page 19.

*Obituaries continued from page 18.*

## 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.

## 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 will be held at 2 p.m., Jan. 12 in Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St., with visitation held from noon until the time of service.

## Ronald G. Douglas

Ronald "Ron" G. Douglas, 74, of Indianapolis, died on Jan. 7, 2019. He was born on Jan. 9, 1944 in Indianapolis to the late Raleigh C. and Mable Gwen (Williams) Douglas. He was a member of Greenwood Rotary Club, where he earned the Ernie Mishler Distinguished Service award and the Paul Harris Fellow Medal. Ron was a radio broadcaster, general manager and part owner of WIFN radio station in Franklin for 20 years before working as the sales manager at the Spotlight Paper for more than 20 years. He loved spending time with his family, especially during special occasions, working outside and eating his Little Debbie Oatmeal Creme cookies and seafood. Survivors include his loving wife, Mary F. (Milli) Douglas; two daughters, Michele (Walt) Butcher and Lisa (Jeffrey) Arnold; four grandchildren, Jonathan (Lauren) Arnold, Patrick Arnold, Michaela and Daniel Butcher; sister, Sheila Marcum; many nieces, nephews and extended family. Funeral services will be conducted at 11:30 a.m. today, Jan. 10, with visitation from 10:30 a.m. until the time of the service at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. He will be buried in Calvary Cemetery.

## Margaret Ruth Fields

Margaret Ruth Fields, 91, of Indianapolis, died on Dec. 28, 2018. She was born on Feb. 20, 1927 in Indianapolis, to the late Ernie Rex and Julia Ann (Fisher) Burks. She was a member of the Order of the Eastern Star, Past PTA president and a founding member of Southport Christian Church. She worked at MSD Perry Township Schools as a tutor for 20 years. She was preceded in death by her husband, Floyd H. Fields; three grandchildren, Aaron Kriel, Adam Robbins

and Rachel Deutsch; and two sisters, Mary Hicks and Shirley Townsend. Survivors include her five loving children, Debbie Hugentober, Nancy Kriel, Karen Deutsch, Pamela Ann Smith and Brian J. Fields; five grandchildren, Ryan Robbins, Jordan Kriel, Makensie Smith, Shelby Fields and Sawyer Smith; six stepgrandchildren, Chris White, Stephen White, Sara DeBaets, Jane McCarthy, Mark Hugentober, and Adam Hugentober; 16 great-grandchildren, Ambrie Robinson, Lauren Robbins, Charlotte Robbins, Xavier White, Kaylee White, Ethan White, Koa McCarthy, Theo McCarthy, Logan Hugentober, Owen Hugentober, Noah Hugentober, Kristopher Hugentober, Ryleigh White, Cooper White, Emerson and Jillian Kriel. Funeral services were held on Jan. 3 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Avenue. Burial was at Forest Lawn Memory Gardens.

## Charles Henry Ford

Charles Henry Ford, 80, of Indianapolis, died on Jan. 2, 2019 in Indianapolis. Born Dec. 21, 1938 in Biscoe, Arkansas, Charlie was the son of the late Dee D. and Dorothy (Erwin) Ford. On May 3, 1960 he was united in marriage to Margaret June (King) Ford; she survives. Charlie served his country in the United States Army from 1962 until 1964; he was stationed in Korea. He was the president of Teamsters Local Union #193 for 25 years. After retiring from the Teamsters, Charlie served his community as a deputy for the Marion County Sheriff's Department for 10 years. He is also preceded in death by four brothers. Survivors include his wife of 59 years, Margaret June Ford; two sons, Charles Jeffery (Melody) Ford and Timothy Dale (Kellie) Ford; his daughter, Devonna Kay (Rudy) Utterback; his brother, Lloyd E. (Donna) Ford; five grandchildren and six great-grandchildren. A Celebration of Life was held on Jan. 4, 2019 in the Daniel F. O'Riley Funeral Home. A service was held on Jan. 5, 2019 at the funeral home. Burial followed at Memorial Park Cemetery.



## Evelyn Denise Gearing

Evelyn Denise Gearing, 58, of Indianapolis (formerly of Gary) died on Dec. 31, 2018. She was born on Dec. 10, 1960 in Gary, Indiana to the late Jimmy and Rose Pritchett. Evelyn moved to Indianapolis from Greenwood in 2012. She will be remembered for her love of music, which ranged from Diana Ross to old style R&B, to gospel. Evelyn also loved animals and owned several pets throughout her life. Above all, she will be known for her caring and passionate nature as a mother who always wanted the best for her children. She is survived by her husband, Ronald Maurice Gearing; her two sons, Marcel Dante Gearing (Brady Davis) and Ronald Maurice McMillian (Nicole); her three daughters, Jaquita Denise Pittman-McReynolds (Warren McReynolds Jr.), Bianca Marie Gearing (Mountain) and Monique Denise House (Robert); three sisters; one brother; and four grandchildren. She is also survived by her cat companion, "Boots". Services are pending at the current time and will be announced later. Arrangements and care were provided by Lauck & Veldhof Funeral & Cremation Services, Indianapolis.



## Sean M. Green

Sean M. Green, 33, of Beech Grove, died on Jan. 4, 2019. He was born on June 3, 1985 in Indianapolis to the late Barry and Cynthia Green. He was employed by Maintenance Supply Headquarters. He enjoyed playing and umping softball, playing poker, spending time with family and friends. Survivors include two brothers, Ryan Green and Marcus Murphy; sister-in-law, Erica Green; nieces, Kylie Thompson, Ava Murphy and Gracie Murphy; and a nephew, Colin Green. Visitation will be held Friday, Jan. 11, from 4-7 p.m. at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis, with a service held at 7 p.m.

## Malcolm Robert Jantzen

Malcolm Robert Jantzen, 81, died on Dec. 31, 2018, in Indianapolis. He was born March 1, 1937, to the late Clark M. and June M. (Harman) Jantzen. Malcolm graduated from Franklin Township High School in 1955 and served in the Naval Reserves. Malcolm joined Indiana Bell Telephone Company and began his career in telecommunications. Performing Installation and Repair, he retired under the Ameritech Indiana business name in 1994 after more than 38 years of service. Having worked at the Indianapolis Motor Speedway for more than 20 years, Malcolm was a member of the Indy "500" Old-Timers Club and acquired three decades of membership pins. His hobbies included flying radio control model airplanes, piloting his own biplane and ultralight gyrocopter, cruising on his Honda Goldwing motorcycle, snowmobiling, operating his amateur "ham" radio, engineering 1/8 scale live steam train, riding the rails on a speeder railroad maintenance car and competing in tractor pulls with his 1950 Farmall. Malcolm is survived by his sister, Judith (Allan) Ziegler; his four daughters, Tara (Alan) Allhak, Jana (Danial) Spears, Dana (Chris) Kaiser and Lara Szalkie; his companion, Marlene Shipp; and their beloved pet, "Otis"; 16 grandchildren, 10 great-grandchildren, and several nieces and a nephew.

## 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.

## Waltina Frances Koltcz

Waltina "Tina" Frances Koltcz, 95, of Beech Grove, died on Jan. 4, 2019. Tina was born Dec. 31, 1923 in Indianapolis to the late Virgil Lyons and Nancy (Lucas) Hayes. She is also preceded in death by her stepfather, Virgil Hayes; husband, Leo Koltcz; and siblings, James, Donald, Virginia, Ethel and Patty. Tina was always happy and singing as she loved music, especially the crooner types like Frank Sinatra, Michael Buble and Tony Bennett. She worked for more than 20 years with Vernon Insurance and later in life at Kmart. She enjoyed bowling, making silk floral arrangements, painting and visits to the casino. Tina is survived by her children and stepchildren, Cassandra, Noel, Lisa, Lori and Joe; 11 grandchildren; and many great-grandchildren. A Celebration of Life will be held today, Jan. 10, from 10 a.m. to noon in the Chapel at Holy Cross Cemetery, 2446 S Meridian St. Indianapolis, with burial to follow.

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*Obituaries continued on page 20.*

*Obituaries continued from page 19.*

### 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.

### William Edwin Meyers

William (Billy) Edwin Meyers, 65, of Indianapolis, died on Jan. 6, 2019. He was born on Jan. 28, 1953 in Indianapolis. He was an aircraft mechanic in the United States Navy. Billy loved his family and will be remembered for being a loving father, grandfather and a hard worker. He is preceded in death by his father, William David Meyers; stepfather, Kenneth J. Brown; mother of his children, Tammy Meyers; and brother, David Meyers. Survivors include his mother, Martha J. Brown; children, Kristopher, Elisha, Samantha and Aaron Meyers; siblings, Vyckee Doyel, Debra Busbin, Arthur Meyers, Cynthia Henry and Lisa Brown; six grandchildren; and several nieces and nephews. Visitation will be held today, Jan. 10, from 4-8 p.m. at G.H. Herrmann East Street Funeral Home, 1505 S. East Street, Indianapolis. A funeral service will be conducted at 1 p.m., Jan. 11. Burial will be in Calvary Cemetery.

### David Kent Miller

David Kent Miller, 86, a resident of University Heights Health and Living Community, died on Dec. 30, 2018. David was born in Indianapolis on June 29, 1932 to Fred and Dorothea Rae (Sutherland) Miller. He was preceded in death by his parents; sister, June Schultmeyer; brother, Fred Keith Miller; and best friend, William "Bill" Failey, Sr. Survivors include a sister, Jane (Bob) Anderson; sister-in-law, Pauline Miller; cousin, Patty (Sam) Cole; aunt, Sarah Killen; good friend, Patty Failey; "honorary" nephew, William (Brooke) Failey, Jr.; "honorary" niece, Abigail Failey; niece and caregiver of more than six years, Carol Miller Lipps; nieces, Cynthia (Josh) Vandivier, Susan (Tom) Bean, Anne Sutherland and Beth Brady; nephews, Eric (Julie) Miller and Pete Anderson. He was a veteran, having served in the U.S. Army, Navy and Air Force. In October 2017, David was among a group of veterans on Honor Flight #25 to Washington, D.C. He was a tool & die maker, a counselor at Goodwill Industries and finally, a groundskeeper at Ft. Harrison in Indianapolis. A memorial visitation will be held on Jan. 13 from noon until the time of service at 2 p.m. at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave. Indianapolis.

### Sandra Kay Phelps

Sandra Kay Phelps, 69, Indianapolis, died on Jan. 6, 2019 in St. Francis Hospital. She was born May 25, 1949 in Indianapolis to the late Gordon Burrell and Mary Ellen (Mogle) Sheffer. She was a nurse's

aide and worked in several nursing homes prior to retirement. She enjoyed fishing and bowled for many years on the same league as her father. Survivors include her children, Rita K. Sorrels, Anthony G. Phelps, Angela R. Spears and Aleana "Boobie" M. (Kenneth) Tye; cousin, Danny Blake; grandchildren, Danny Sorrels, Curtis (Jessica) Day, Joseph (Ali) Day, Larry Sorrels, Brian Phelps, Kellie Phelps, Antonia Phelps, Ashlei Phelps, Anthony Phelps, Anthony T. Phelps, Misty Phelps, Angela Phelps, Samantha Hasson, Crystal Holloway and Charles Adams; many great-grandchildren; her dog, Bella Marie; and her fiancé, Jason Mamo. She was preceded in death by her parents; brother, Larry Sheffer; and great-grandsons, Robert Phelps and Isaiah Hasson. Family and friends will gather on Monday, Jan. 14 from 2 - 5 p.m. in Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St., with the family and friends sharing their thoughts and memories at 5 p.m. Cremation will follow services as will burial in Concordia Cemetery on a later date.



### Theresa Joan Pritchard

Theresa Joan Pritchard, 86, of Las Cruces, New Mexico (formerly of Indianapolis) died on Dec. 21, 2018. She was born on July 5, 1932 in Indianapolis to the late Leo and Agnes Manning. She attended Sacred Heart Elementary and graduated from Manuel High School. She was a long-time member of Sacred Heart Catholic Church in Indianapolis and Holy Cross Catholic Church in Las Cruces. She and her late husband, Charles, were members of the Silver Wheels Motorcycle Club in Indianapolis. Aside from her parents, Theresa was preceded in death by her husband, Charles J. Pritchard; as well as two siblings. She is survived by her son, Michael L. Pritchard (Marion Lyding); and her granddaughter, Christina Swenk. She is also survived by two great-grandchildren and one great-great-grandchild. A Mass of Christian Burial will be celebrated at 11 a.m. on Jan. 21 at Sacred Heart Catholic Church (1530 Union Street) prior to visitation, which will be held from 9:30 - 10:30 a.m. in Lauck & Veldhof Funeral & Cremation Services, with a prayer service held at 10:30 a.m. before going to church. Burial will be in Forest Lawn Memory Gardens, Greenwood.

### Francis Leo Reuter

Francis Leo Reuter, 91, of Zionsville, formerly of Indianapolis, died on Dec. 28, 2018. He was born on Aug. 24, 1927 in Indianapolis to the late Henry and Julia Reuter. He was a member of Sacred Heart Catholic Church and the American Legion Post #276. He served his country in the United States Army and his lifelong career at Naval Avionics and the United States Department of Defense. He was preceded in death by his wife of 60 years, Dolores M. (Zobel) Reuter; siblings, Juliann Hoening, Fr. Charles Reuter, OFM, Robert Reuter, Harold Reuter and Fr. Leon Reuter, OFM. Survivors include five children, Judy (Jack) Bussell, Donna (Bruce) Graham, Francis "Frank" Reuter Jr., Joyce (Evan Evans) Taylor and Linda (Jeffrey) Rowland; seven grandchildren; six great-grandchildren; four siblings, Angela Miner, Alfred Reuter, Eileen Blatz and Roseann Schonfeld. A Mass of Christian Burial was conducted on Jan. 2 at Sacred Heart Catholic Church. He was buried in Calvary Cemetery. The family extends sincere appreciation to the entire Hoosier Village Community in Zionsville for their care, compassion and love. A special thanks to those in Hickory and Hawthorn Halls. Arrangements have been entrusted to G. H. Herrmann Madison Avenue Funeral Home.

### Patty Joan Sanders

Patty Joan Sanders, 58, of Indianapolis, died on Dec. 28, 2018. She was born on May 26, 1960 in Hazard, Kentucky to the late James and Martha (Collins) Couch. She loved spending time with her family, especially her grandbabies, and spending time with them at Christmas, which was her favorite holiday. Patty enjoyed the simple things in life, always taking time to smell the roses. She was one to keep her family in line. She was preceded in death by her brother, Jerry Couch. Survivors include her husband, Isaac J. "Bub" Sanders; five children, Jimmy Sanders, Elisha Sanders, Melissa Sanders, Bridgett Sanders and Tracy Bryant; 12 grandchildren; four siblings, Donnie Couch, Helen Sears, Tammy Johnson and Barb Brown. Services were held on Jan. 4 at G. H. Herrmann Madison Avenue Funeral Home. She was buried in New Crown Cemetery.

### 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.

### Carolyn Springer

Carolyn J. Springer, 84, of Indianapolis, died on Jan. 1, 2019. Carolyn was born on Dec. 27, 1934 in Indianapolis to the late Ira and Hazel Hickman. At the age of 10, she professed her faith in Jesus Christ. Shortly thereafter, at the age of 14, Carolyn met William "Bill" Springer at Washington High School. Carolyn and Bill married on June 12, 1955. Carolyn was a children's Sunday School teacher. Carolyn worked as a reading & math specialist and as a high school cheerleading coach for Perry Township Schools. Carolyn was preceded in death by her mother and father; brother, Kenneth; grandparents; aunts and uncles. Carolyn is survived by her husband, Bill; her children, Tony (Sue), Mike (Debbi), Debbie (Dave), Beth Ann (Kevin) and John (Kate); 19 grandchildren; and six great-grandchildren. A funeral service was held on Jan. 7 at Greenwood Christian Church. Arrangements have been entrusted to G. H. Herrmann Madison Avenue Funeral Home. Carolyn was buried in Forest Lawn Memory Gardens.

### Mary E. Tawney

Mary E. Tawney, 96, of Indianapolis, died on Dec. 26, 2018. She was born on June 10, 1922 in Germano, Ohio to the late John Wilbert and Wilma Clare Kohler. She was a member of Red Hat Society, Newborns In Need Indianapolis Chapter, Indianapolis Senior Center and Dolls for Riley. Mary worked at the U.S. Naval Ordnance Plant in Canton, Ohio during WWII and at Bunker Hill Elementary School in Indianapolis for 20 years. She also worked at Genoa Grade School and Perry High in Ohio. She retired from Perry Township Administrative

Office in 1980. She volunteered during WWII folding bandages. She was preceded in death by her husband, Harry Dixon Tawney; sister, Faye D. Wallace; and brother, Lyle Kohler. Survivors include three daughters, Marilyn Diane Tawney, Francine Ellen Williams and Caroline Jeanne Bogard; four grandchildren, Amanda Diane Byus-Schleper (David), Jill Suzanne Byus-Radke (Mo), Brooke Nicole Bogard-Faust, Kristin Michelle Bogard-Long (Adam); 10 great-grandchildren, Blake, Grant and Drew Long; Olivia, Luke and Jackson Faust; Alyssa G., Lauren D., Andrew J. and Jackson R. Schleper. Funeral services were conducted on Dec. 31 at G. H. Herrmann Madison Avenue Funeral Home. She was buried in Sunset Hill Burial Park.

### Lewis G. Weakley

Lewis G. Weakley, 86, of Indianapolis, died on Jan. 2, 2019. He was born on June 17, 1932 in Chicago to the late Louis Bell Weakley and Lorraine Sophia Weakley. He served his country in the United States Army during the Korean War. Visitation and services were held on Jan. 6 at G. H. Herrmann Madison Avenue Funeral Home with full military honors conducted at 2 p.m.

### 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 will be held on Jan. 20, 2019 from 2 p.m. until the time of service at 4 p.m. at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis.

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

**✠ ASSEMBLY OF GOD**

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

**✠ BAPTIST**

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

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

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

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

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

**Ritter Avenue Baptist Church** • 23 S. Ritter Ave., Indpls. | Ph: (317) 709-1788. | Pr. Earl Chestnut. | Sunday School: 10 a.m. | Morning Worship: 11 a.m. | Sun. Evening: 6 p.m. | Thurs. Night: 6 p.m.

**✠ CATHOLIC**

**Good Shepherd Catholic Church** • 2905 S. Carson Ave., Indpls. | Ph: (317) 783-3158. | Rev. Bob Robeson, Administrator. Rev. John Beitans, Sacramental Assistant. | Sat. Mass: 4:30 p.m. | Sun. Mass: 10 a.m. | Completely Handicapped Accessible. All Welcome!

**Holy Name of Jesus** • 89 N. 17th Ave., Beech Grove. | Ph: (317) 784-5454. | Rev. Robert Robeson. | Worship Times & Anticipation Sun.: 7:30, 9:30 & 11:30 a.m. | Sat. Mass: 5 p.m.

**Saints Francis & Clare Catholic Church** • 5901 Olive Branch Road, Greenwood. | Ph: (317) 859-4673. | Fr. Steve Giannini. | Sat. Anticipation Mass: 5:30 p.m. | Sun.: 7, 8:45 & 11:30 a.m.

**St. Athanasius Byzantine Eastern Rite Catholic Church** • Blaine Ave., Indpls. | Ph: (317) 632-4157. | Fr. Bryan Eyman. | Sun. (Divine Liturgy Celebrated): 10 a.m. | Parish luncheon follows liturgy. | saindy.com.

**St. Jude** • 5353 McFarland Road, Indpls. | Ph: (317) 786-4371. | Fr. Stephen Banet. | Sun.: 7:30, 9:30, 11:30 a.m. | Sat. Anticipation Mass: 5 p.m.

**St. Mark Catholic Church** • 535 E. Edgewood Ave., Indpls. | Ph: (317) 787-8246. | Fr. Bill Marks. | Deacon Paul FisherKeller. | Sun.: 7:30, 9:30, 11:45 a.m. | Sat. Anticipation Mass: 5:30 p.m.

**✠ CHRISTIAN CHURCH**

**Mount Pleasant Christian Church** • 381 N. Bluff Road, Greenwood. | Senior Pr. Chris Philbeck. | Sat.: 6 p.m. (ASL Available). | Sun.: 8:45 a.m., 10 a.m. & 11:30 a.m. | MPCC online campus: MPCC live at 10 a.m. ET. | mpcc.info.

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

**✠ CHURCH OF CHRIST, SCIENTIST**

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

**✠ CUMBERLAND PRESBYTERIAN**

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

**✠ DISCIPLES OF CHRIST**

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

**✠ EVANGELICAL LUTHERAN CHURCH OF AMERICA**

**Bethany Evangelical Lutheran Church** • 4702 S. East St., Indpls. | Ph: (317) 786-7854. | Worship Sun.: 9:30 a.m. | "We Welcome You."

**✠ INDEPENDENT CHRISTIAN CHURCH**

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

**✠ INDEPENDENT NON DENOMINATIONAL**

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

**✠ LUTHERAN**

**Concordia Lutheran Church and Preschool** • 305 Howard Road, Greenwood. | (317) 881-4477. | Worship Sun.: 9 a.m. | Sunday School: 10:30 a.m. | concordia-lcms.com.

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

**St. Mark's Free Lutheran Church** • 1301 E. Prospect St., Indpls (Inside the historic Fountain Square Community). | Pr. Terry

Englert. | Sun.: 10:30 a.m. | Adult & Children's Sunday School: 9:30 a.m. | Come join us for a traditional style worship experience followed by a time of food and fellowship!

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

**✠ NAZARENE**

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

**✠ NON-DENOMINATIONAL**

**Church of Acts** • 3740 S. Dearborn, Indpls. | Ph: (317) 783-ACTS (2287). | Pr. Bill Jenkins. | Sun.: 10 a.m. | Wed. Bible Study: 7 p.m. | Celebrate Recovery Thurs.: 7 p.m. | churchofacts.org.

**Church Without Walls** • 8977 N. 700 W., Fountaintown. | (317) 771-4689. | Sun.: 11:30 a.m. | "Safe Place to be Real." | christianspeakingministries.com.

**Community Church of Greenwood** • 1477 W. Main St., Greenwood. | Ph: (317) 888-6024. | Sun.: 9:20 & 11 a.m. | Real Church. Real People. | ccgonline.org.

**Emmanuel Church: Banta Campus** • 6602 S. Harding St., Indpls. | Ph: (317) 535-9673. | Pr. Aaron Beasley. | Sunday: 9 & 11 a.m. | eclife.org.

**Foundation Life Bible Church** • 1500 Windhorst Way, Greenwood. | Ph: (317) 679-1938. | Pr. Sam Pierce. | Sun.: 10:30 a.m. | foundationlbc.com.

**Tallwood Chapel Community Church** • 5560 S. Shelby St., Indpls. | Ph: (317) 787-5595. | Pr. Daniel Smith | Sun.: 10:30 a.m. | BIBLE CHURCH, Ministry of HOLY WORD.

**✠ PRESBYTERIAN**

**Greenwood Presbyterian Church** • 102 W. Main St., Greenwood. | Ph: (317) 881-1259. | Rev. Peter Zinn. | Sun.: 10:30 a.m. | Sunday School: 9:30 a.m.

**✠ SEVENTH DAY ADVENTIST**

**Southside Seventh-Day Adventist** • 4801 Shelbyville Road, Indpls. | Ph: (317) 786-7002. | Pr. Brian Yensho. | Services Sat.: 11 a.m. | Sabbath School: 9:30 a.m. | southsideadventist.org. | Health Ministries, CHIP+-: chiphealth.com.

**✠ SOUTHERN BAPTIST**

**Calvary Baptist Church** • 200 Sunset Blvd., Greenwood. | Ph: (317) 881-5743. | Josh Blight, Associate Pastor of Youth & Families. | Sun.: 10:30 a.m. | Sunday School: 9 a.m. | Something for All Ages.

**Southwood Baptist Church** • 501 S. 4th Ave., Beech Grove. | Ph: (317) 786-2719. | Pstr: Dr. Patrick Wood. | Sun.: 9:30 a.m. | Worship Service: 10:45 a.m. | Sun. & Wed. Eve Worship: 6:30 p.m.

**Trinity Baptist Church** • 375 E. Southport Road, Indpls. | Ph: (317) 881-2122. | Pr. Douglas Rumsey. | Sun. Bible Study: 9:30 a.m. | Sun. Services: 10:45 a.m. & 6 p.m. | Wed. Bible Study: 7 p.m.

**✠ UNITED CHURCH OF CHRIST**

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

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

**Zion United Church of Christ** • 8916 E. Troy Ave., Indpls. | Ph: (317) 862-4136. | Pr. Sarah Frische-Mouri Hannigan. | Sun.: 8:15 a.m. & 10:30 a.m. | Sunday School: 9:30-10:15 a.m. | zionuccindy.net.

**✠ UNITED METHODIST**

**Center United Methodist Church** • 5445 Bluff Road, Indpls. | Ph: (317) 784-1101 | Email: info@center-umc.org.

| Sun. Traditional Worship: 9 a.m. & Contemporary Worship: 11:15 a.m.

**Edgewood United Methodist** • 1820 E. Epler Ave. | Ph: (317) 784-6086. | Rev. Paul Wagner. | Sun. Worship: 9 a.m. | Sunday School: 10:15 a.m. | edgewoodumc-indy.org. | "The Church for The Next 100 Years." | We are on **U2**.

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

**Rosedale Hills United Methodist** • 4450 S. Keystone Ave., Indpls. | Ph: (317) 786-6474 | Email: officerhumc@att.net. | Rev. Jill Howard. | Sun.: 9:30 a.m. | Sunday School: 10:45 a.m. | rosedalehillsumc.org.

**Smith Valley United Methodist Church** • 5293 Old Smith Valley Road, Greenwood. | Ph: (317) 881-1641. | Sun. Worship: 9:30 a.m. | Sunday School: 11 a.m. | Bible Study Wed.: 6:30 p.m. | smithvalleyumc.org.

**✠ UNITY**

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

**✠ WESLEYAN**

**Circle of Hope Wesleyan Church** • 120 S. 4th Ave., Beech Grove. | Ph: (317) 507-3905. | Sun.: 10:30 a.m. | Wed.: 6:30 p.m. | Food Pantry: 2nd & 4th Wed. 5-7 p.m.

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

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**Weekly Devotion**

*1 Now the Spirit speaks expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;*

*2 Speaking lies in hypocrisy; having their conscience seared with a hot iron;*

*3 Forbidding to marry, and commanding to abstain from meats, which God has created to be received with thanksgiving of them which believe and know the truth.*

*4 For every creature of God is good, and nothing to be refused, if it be received with thanksgiving;*

*5 For it is sanctified by the word of God and prayer.*

**1 TIMOTHY 4:1-5**

The term, "the Spirit speaks expressly" is about as strong a stand that one can make as

to the veracity of what they are about to write or say themselves. To speak with the power and the authority of the Holy Spirit of God has, as Jesus put it, all power and authority behind it. Paul tells us that in the latter times there will be those who will depart from "the faith" and to give in to "seducing spirits and doctrines of devils". Those are strong words for those who dare to speak as though they were speaking in God's behalf while doing the devil's work instead. There are plenty of those around today.

These people, whoever they are, speak lies and are hypocrites who stress the things you must do while they, themselves, live free of all the rules of good behavior. They are those who teach that we should do as they say and not as they do.

We all know that God through Moses gave

to His people commandments that He expected them to live by. They are good and godly rules and should be studied to learn what God's holiness looks like. Amongst those commandments, laws and ordinances included dietary laws. For the Jew there were certain foods that were to be excluded from their diet, pork being one of them. These foods were considered unclean.

Having said that, let me add this. The writer of the Book of Hebrews explains that much of this is to be seen as shadowy types and figures of a better and new covenant that God has made with His people, which Christ explained was the New Testament in His blood. I completely believe that for health's sake that many of the foods we glut ourselves on should be avoided or eaten in moderation. But it is not about the foods we eat, it is about

obedience to God and a life of self-control as well as Holy Spirit control.

In these day of the New Covenant, we, all of us, should be living by and under the inspiration of the Holy Spirit who is the Spirit of God speaking expressly to each of us even as He did to Moses in the days of the Old Covenant. If that Spirit condemns us, we had best heed His warnings and not only in the areas of the foods we eat but in the areas of drink as well. The Holy Spirit will speak to our individual consciences if we have not seared them with a hot iron against His voice.

*God bless and go and have a great day.*

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

**Public/Legal**  
LEGAL/PUBLIC NOTICE

**AUCTION OF PROPERTY BY** Nick's Packing Service, Inc. Public auction of personal property including household goods, furniture, non-perishables, belonging to the following persons: Bill Gaston, Lisa Williams, Norman Mitchell & Angelia Cordero and Olga Fuentes. Thursday, January 17, 2019 at 6:30PM & Raymond Morris, Rodney Anderson, Ashley Middleton, Anthony McGhee. On Thursday, January 24, 2019 at 6:30PM. The location for the auction is: Mike Heimel Auction Services, 59 N. 2nd Ave, Beech Grove, IN 46107. PURUSANT TO IC 32-31-4-4, IC 32-31-4-5, IC 26-1-7-210(B)(5)

**Public Auction** 5324 Massachusetts Ave on 1/28/19 @11am 2009 GMC Acadia VIN 1GKER23DX9J137383 starting at \$5400.00

**Public Auction** 1927 Broadway St on 1/28/19 @12 pm 1993 Chevy C1500 VIN 1GCEC14Z-7PZ253754 starting at \$2250.00

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