

The Southside Times



THIS WEEK on the
WEB

Catching butterflies in the digital age **Page 2**

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Contact the Editor

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



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The Southside Times reaches a vast segment of our community.

For information about reaching our readers, call Brian Ruckle at 300-8782 or email him at bruckle@icontimes.com.



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THIS WEEK on the WEB



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Southside 'scientists' needed for City Nature Challenge

For the first time ever, Indiana Sciences and Keep Indianapolis Beautiful are challenging residents of Indianapolis and the surrounding communities to participate in the global City Nature Challenge April 27 – 30, 2018. The event calls on aspiring and experienced scientists, nature lovers, science buffs and people of all ages and backgrounds to observe and submit pictures of plants and wildlife using the free iNaturalist app. Southside participants should download and add observations to the "City Nature Challenge 2018 Indianapolis" project in iNaturalist.

ss-times.com/southside-scientists



Sarah Turo-Shields, center in the red shirt, is spending a gap year in Uganda as a missionary. She graduated from Perry Meridian High School in 2017. (Submitted photo)

I found who I am': Perry Meridian teen grows through gap year

After almost nine months doing missionary work in Uganda, 18-year-old Sarah Turo-Shields is making many memories. But one rises to the top.

Turo-Shields graduated from Perry Meridian High School in 2017. Rather than go straight to college last fall, she took a gap year — by way of Africa. Read about her experiences — and a life changed — in our web exclusive.

ss-times.com/gapyear

For more information on these articles and other timely news, visit ss-times.com.

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

GOVERNMENT WATCHDOG

GREENWOOD COMMON COUNCIL

Meeting April 16

What happened:

- Ordinance 18-09 and Resolution 18-06 were introduced and passed first reading.

What it means:

- Ordinance 18-09 changes the container requirements for recycle and trash. The current law states no larger than a 30-gallon container, and 18-09 seeks to change this to a container size provided by the contractor.
- Resolution 18-06 seeks to form a interlocal cooperative agreement with the City of Indianapolis to make improvements at County Line Road and Madison Avenue. The plans would expand the left turn lane from County Line to South Madison, allowing more cars to turn when the lane is created and lights adjusted. Improvements seek a 2019 construction date.

What's next:

- Ordinance 18-09 and Resolution 18-06 will go before the council for the second reading at the May 7 meeting.

Compiled by Beth Wade



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This Mother's Day — Sunday, May 13 — show Mom how much you care by writing a personal, heartfelt message that completes this sentence: "My mom is a superhero because ..." Then tell us in about 300 words what makes her so special!

Entries may be submitted from elementary and middle school students throughout our readership area by Monday, April 30. Please include the writer's name, age, grade, school and address.

We'll publish three in our May 10 issue and on ss-times.com. Mail or drop off your essay to: ATTN: Mother's Day The Southside Times 7670 S. US 31, Indianapolis, IN 46227, or email it to moms@ss-times.com.

The Southside Times



Submit Your
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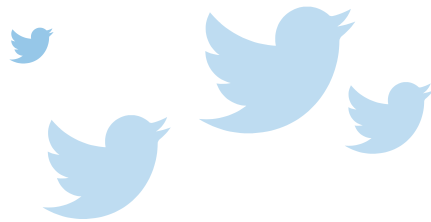
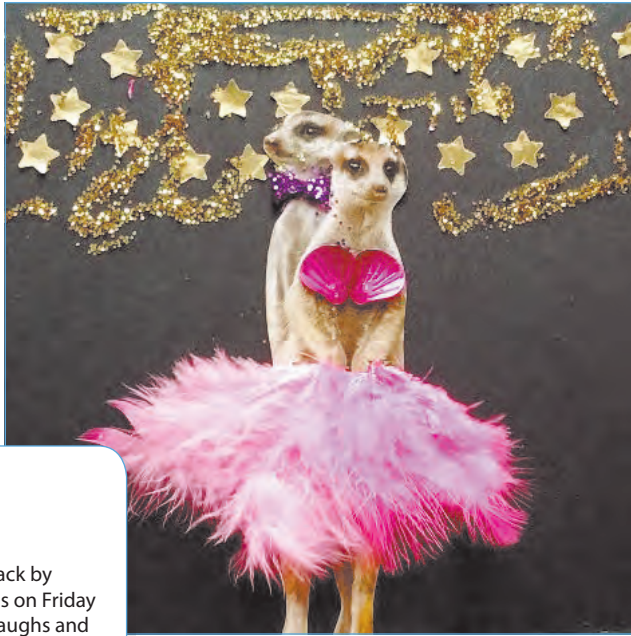
**TWEET
of the
WEEK**



"Bad Art Night is back by popular demand! Join us on Friday evening for a night of laughs and tacky art-making. Bring your A-game (or your B-game). [#BadArtNight](http://ow.ly/GIS130jpZSc)"



Garfield Park Arts Center
@GPACIndyParks
posted on April 16



Norm, who had a personality as big as his bushy tail, has left behind a big void. Has part of his spirit stayed behind? (Photo by Rick Hinton)

Listening for the sounds of jingling tags and shuffling paws

HAUNTS & JAUNTS

By Rick Hinton

Last week I was sick, spending two days home from work reading in bed. To make matters worse, we'd put our dog, Norm, to sleep two days before. Both days I heard a distinct grunt/snort from the end of the bed; Norm used to make that sound when he was sleeping. I held my breath and waited; the sound came again. I put down my book and crawled to the end of the bed. Nothing was there. I smiled. Instead of being frightened, I was somewhat comforted.

The spiritual realm has reported animal ghosts for ages. Countless stories and experiences tell of these remaining behind: odors of a particular pet, dark shadows prowling, familiar sounds, a cold sensation on a hand, something curling about your ankles or jumping on a couch or bed, doors opening, objects knocked off counters or apparitions of the departed pet. The sights and sounds aren't limited to dogs and cats. Numerous reports from the Gettysburg Battlefield report ghostly specters of horses, for example. Even the White House has tales of spirit pets.

Do animals have souls?

Souls would seem a prerequisite for pets remaining after death. I'm no expert, but I have my own feelings. A soul is our spiritual center, our connection with God. Animals possess the same emotions — anxiety, joy, happiness, anger, even regret and shame — as humans. They also have the gift of love and devotion. How could they not have souls? And what heaven doesn't allow dogs and cats?

Love and loss are recurring themes in hauntings ... not wanting to leave family members behind. Why should it be any dif-

ferent for our pets? They hold a special place in our hearts, as we do theirs.

I would wish pets could pass naturally, on their own terms. Sometimes the more loving option is euthanasia. With our dog, Norm, that was our choice. We stayed with him as he took his last breath 10 seconds after pentobarbital sodium was injected. He was cremated, and we brought him home.

Losing a pet

Sasha Brown-Worsham writes, "Losing a pet is one of the saddest experiences a person can have. They're beloved companions and members of the family, but their lives are tragically short and we lose many of them during our lifetime."

Norm loved his people. He enjoyed long walks in the neighborhood, where he marked his territory every 100 feet. He also liked barking (his tail wagging) at people walking on his sidewalk outside our back fence, watching TV with his people and always in the way of the reclining couch, the ring of the doorbell and long swims in cool water.

There's a big hole now, a void. Our routines have changed. And I'm waiting. Waiting to hear toenails click on the ceramic tile and dog tags jingling and heavy thuds as Norm ascends the stairs to our bedroom. In the last weeks of his life, he wasn't able to do this. Perhaps now he can.

I will leave the door cracked open for you, old friend!



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

It's about time!

Have you noticed? The sun is hanging just a little longer in the sky each evening. Today will remain light until 8:26 p.m. While we don't actually have more hours to be productive, Daylight Saving Time has a way of creating that illusion for us.

Rick Warren, author of the wildly best-selling *Purpose Driven Life*, says this about time: "Time is your most precious gift because you only have a set amount of it. You can make more money, but you can't make more time. When you give someone your time, you are giving them a portion of your life that you'll never get back. Your time is your life. That is why the greatest gift you can give someone is your time."

You've chosen to invest part of your time today reading *The Southside Times*, and we thank you! In our cover story, Jeremy Dunn gives you a look into the lives of men and women who are determined to persevere through obstacles, literally. Be sure to watch for the Train Yard 317 crew on "American Ninja Warrior" season 10. (By the way, did you know that the word "ninja" derives from the Japanese characters *nin*, which means persevere, and *ja*, for person?) You'll be inspired by these fellow Southsiders, who are making the most of their moments and taking chances to achieve their dreams, while having a great time in the process.

And in this week's special section, It's Golden, we have a series of articles for people who likely aren't in heavy-duty ninja training but are life warriors nonetheless. For our seasoned readers, we offer ideas and insights to reward and enrich your time.

As Rick Warren has said, "Your time is your life." Let's all make the most of our time — and our lives — today.

The Southside Times welcomes letters to the editor in good taste.

All submissions are subject to editing. Please send to news@ss-times.com. All letters must be signed. Please include a daytime phone number for verification purposes only.

Friends



STARS & STRIKES ON THE SOUTHSIDE

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

ter how small, and should be recognized? Email your "Stars and Strikes" to news@ss-times.com. Jim Coffman of Beech Grove contributed to this week's Stars and Strikes.

★ Stars to Melody Stevens, community relations director for Beech Grove City Schools and executive director of the Beech Grove Education Foundation. Melody recently received the Centennial Award for the fourth quarter of the 2017-18 school year, recognizing her outstanding contributions to the schools, particularly the high school.

★ Stars to Chicago's Pizza locations in Greenwood and Franklin Township and to Stone Creek Dining Company for joining other Central Indiana restaurants in a grassroots effort to support Grant Redmond, the owner of Acapulco Joe's in Indianapolis. In mid-March, Redmond was assaulted by a patron and left critically injured. On April 17, Chicago's Pizza gave 10 percent

of their total sales and Stone Creek's parent company, Cunningham, made a donation, which will go to Redmond and to the IMPD Victims Assistance Fund.

★ Stars to Kroger Central Division and Hoosier Boy Scouts and Girl Scouts for raising \$22,381 during the annual Scouting for Food campaign March 13 to April 7. This sum will be divided among 36 local food banks and food pantries.



QUOTE OF THE WEEK

"I often think that the night is more alive and more richly colored than the day."

– Vincent Van Gogh

HUMOR



TOP 10 REASONS THERE WAS NO TOP 10 LIST LAST WEEK

By Torry Stiles

Dear readers: A few of you noticed there was no Top 10 list last week. I hear the Torry Stiles Fan Club was up in arms, which fortunately didn't last long because my mom's arms get tired quick. The last time this happened was five years ago, when I chose to have a heart attack instead of writing my column. Last week's absence was a simple error on my part and not the fault of my cardiologist. (Sorry about that, Mom.)

10. Lost my Long's Donuts sponsorship. In negotiations with Boyden's Bakery.
9. Went Krogering. Didn't come back.
8. Dictated last week's list while driving. Most of what I submitted consisted of a series of curse words interspersed with the word "pothole."
7. Russian Facebook posts convinced me not to write.
6. Called all my friends to make my bail, but the \$7 we raised wasn't enough to get me out.
5. Was out shopping for Hoosier spring fun supplies: flower seeds, sunscreen, kites, raincoat, flip flops, thermal underwear and snow boots.
4. Tried to type it up old school and ruined my computer screen with Wite-Out.
3. Refused to pay NASCAR a royalty for use of the numeral "3."
2. Training schedule for my American Ninja competition left me exhausted.
1. Keeping a low profile after my last check to Stormy Daniels bounced.

BELIEVE IT!

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

In Tennessee, it is illegal to post images online that cause "emotional distress" without legitimate purpose.

Source: dumblaws.com

LIKE A NINJA

BY JEREMY DUNN

Danny Owens embodies perseverance. The local roofer has a reputation for setting the bar high, adapting when life doesn't go as planned and making the most of every situation. He embraces challenges and overcomes obstacles. With this mindset, he and several friends ventured in 2013 into the world of "ninja" — an obstacle-based sport popularized by NBC's hit series "American Ninja Warrior."

By 2016, after years of training and applying to be cast, Owens was still waiting for a chance to compete on the show. But the odds looked slim — at least until NBC producers announced plans to shoot episodes on Indianapolis' Monument Circle that May. With the show so close to home, the local ninja tried to earn a spot through the walk-on line.

A dream redefined

After three consecutive days of checking in and hovering around downtown Indianapolis, Owens had earned his chance. At last, he was staring at the possibility of living his dream and competing on the show. But fate had other plans, and the taping schedule was plagued by intense thunderstorms. The

number of walk-ons selected to participate was very limited, and Owens didn't get to compete after all.

Ever the optimist, he took what he learned to build a new vision. Recognizing the athletes' tight-knit nature and appreciation of the ninja community, Owens saw a sport on the verge of exploding.

"The sport of ninja is way bigger than a show about ninjas competing on an obstacle course," he said.

By this point, he was determined to introduce the culture to a new audience while increasing participation among current athletes.

Introducing Train Yard 317

By the end of 2016, Owens' perseverance paid off, and he opened Train Yard

317 on Indianapolis' southwest side. Set against a vacant train track less than a mile from a National Guard Armory, the 5,000-square-foot warehouse boasts more than 100 obstacles. The facility is an American Ninja Warrior gym, obstacle course and functional fitness training.

Now, more than a year and a half later, Owens was right about the growing ninja community.

"We constantly had people asking to train with us," he said. "I wanted to build a place that created a culture of learning, skill development and exercise."

The Train Yard has since expanded to offer fitness classes, open gyms, ninja competitions and youth camps, and it even sponsors a traveling pro team for elite ninjas. Individuals from across the Midwest and all walks of life are flocking in to see what the

ninja culture is all about. With "American Ninja Warrior" returning to the Circle City to film episodes for its upcoming 10th season, Train Yard 317 members will look for a chance to compete.

The Train Yard crew

Bill Westrick, a close friend of Owens and Train Yard 317's primary obstacle designer and builder, recently was informed he'll be competing on the Indianapolis show. This experience will mark Westrick's third experience, as he previously was invited to a season six taping in St. Louis and a season seven taping in Kansas City. Vocationally, Westrick is known as the "World's Greatest Plumber." He's optimistic that his work with Owens at Train Yard 317 has prepared him to



Left, Eric Sheppard, a member of Train Yard 317's pro team, hopes to earn a walk-on spot on "American Ninja Warrior" when the show films in Indianapolis this month. | Top and bottom, Bill Westrick, the self-proclaimed "World's Greatest Plumber," hopes his third time is a charm when he competes on the "American Ninja Warrior." | Center, Southside athletes are overcoming every obstacle as they prepare to take on "American Ninja Warrior." (Photos by Jeremy Dunn)



The sky is the limit for the ninjas of Train Yard 317 on the Southside. Three gym members have been cast in the 10th season of "American Ninja Warriors." Several others are vying for walk-on spots later this month, when the hit NBC series films in Indianapolis. . | Above, Amy Sheppard trains on the infamous rolling log. Train Yard 317 has quickly become one of the Midwest's hottest training facilities for ninja athletes, with more than 100 obstacles covering 5,000 square feet. (Photos by Jeremy Dunn)

tackle the Indianapolis course.

"The second obstacle has taken me out both seasons. This year my goal is to make it to obstacle three," Westrick joked. "But seriously, I plan to complete the course, scale the wall and hit the buzzer."

Shon Joyner, dubbed the Ninja of the United States (N.O.T.U.S) for his military background, is no stranger to the spotlight. Staff Sgt. Joyner competed on Discovery Channel's reality survival show "The Wheel" in 2017. When a friend suggested he try out for "American Ninja Warrior," he began training at Train Yard 317 last August.

"I couldn't believe how people who are better than you would be willing to watch, help and coach you on their own time," Joyner said. "When genuine, good people are around you, it makes you want to get involved more often."

Veteran ninjas Jonathan Cooley and John Walsh competed in Indianapolis in 2016, and they're hoping for another opportunity to hit the buzzer through the walk-on line. Cooley made it to the finals before and fell just short of moving on.

"Train Yard is unique in that it combines a highly competitive atmosphere while staying friendly to anyone that visits looking for help. They are really creating a family of top ninja athletes. It's exciting to see the gym turn athletes into top ninjas."

According to Walsh, "I live two hours from Train Yard 317, but that's a short distance to travel to experience the level of camaraderie and second-to-none facilities the gym has to offer."

Brandon Cox and Amy Sheppard are members of Train Yard 317's pro team and hope to walk on at Monument Circle later this month. Cox was drawn to the gym for its obstacles but is moved by the environment.

"We don't just work out together. We are a family, and everyone is so willing to help anyone that steps in the door. The obstacles got me there, and the people guaranteed I would be staying there," Cox said. Sheppard agrees.

"The Train Yard feels like home," she said. "I'm not afraid to be myself. The members and staff are very encouraging and accepting of my weird, goofy self."

A lesson from the past

As members of Train Yard 317 prepare for their chance to shine, they find that Owens' realization rings true — the sport of ninja is bigger than any TV show. It's a family. A group who came together to overcome obstacles individually and who found strength collectively. That strength far outweighs any rope, wall or rig they'll encounter on a course. It's the strength of perseverance.

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Go for the gold

By Manda Newlin

Whenever the Olympic Games are held, news broadcasts and websites provide ubiquitous updates of the number of medals won. Silver and bronze are noble, but gold is the most coveted.

Gold — the cherished medal and the precious metal. It's fitting that "gold" is used to describe the later years in life, when adults have retired from careers and passed through the hard work of parenting. At last, the "golden" years are meant to be a time to relax and enjoy the best of life.

And yet this time in life can be tempered by chronic illnesses, loss and change. If you're near or in retirement, make more of your golden days with a few quick tips.

1. Try a new activity this week.

Keep your brain healthy and engaged by choosing a new (or favorite) activity. Our weekly calendar lists numerous opportunities across the Southside.

2. Grow in community.

Loneliness can lead to depression when friends and family move away or pass on. Accept a challenge to join at least one new social circle, whether in an adult living community, church, volunteer organization, support group or special interest club.

3. Take care of yourself.

Remember, gold is a precious metal — and you are even more valuable. Care for your mind, body and spirit to maintain optimal wellness and make the most of each day.

In this monthly section of It's Golden, and in each weekly issue of *The Southside Times*, you'll find advice and information from our columnists, a calendar of community events and even some comical insights. We hope you'll discover something here to inspire and energize your golden days. >>



How the RightCare approach to dementia and cognitive support can change one person's life

By Right at Home

Lee had dementia for more than 10 years. Her husband, John, did not understand dementia, but he provided the best care he could. Like many families experience, Lee eventually became depressed and withdrawn, the opposite of her normally bubbly and outgoing personality.

Once John partnered with Right at Home, the positive change in Lee was dramatic. Right at Home's RightCare approach to dementia and cognitive support focuses

on creating abilities-driven, person-centered care experiences. Lee flourished under this approach.

Within six months, a home health nurse who had observed Lee prior to this new approach to her care, confirmed the change. "Lee is now vibrant and she smiles. She enjoys life and she will engage with you."

By empowering Lee's abilities and embracing everything that makes her unique as a person, Right at Home was able to improve the quality of life for not only Lee, but also for John, who learned to connect with his wife in new ways.



in **Dependent**

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Golden Living Centers-Indianapolis

By Amy Harris

Golden Living Centers-Indianapolis has hired me, Amy Harris, as their Director of Business Development. I would like to take a moment to let you know how excited I am to be part of the senior community! I am always looking for ways to keep seniors active, healthy and safe. In doing so I thought about how I can create a program that would be beneficial. So I came up with our Senior Golden Club!

I know that food is a crowd pleaser, so with your membership you are entitled to free meals. One is a meal with an informational session that talks about what's important to seniors. Your other free meal you can come anytime to pick it up. Food is important in keeping us healthy. We at Golden Living Centers-Indianapo-

lis want to make sure that even at home you are healthy. Knowing that sometimes we have bad days, I would be more than happy to bring a meal to your home if you aren't feeling well.

We're also hosting a free raffle. While getting a wellness check, you can register to win a gift basket. We have many activities, including bingo, exercise and live music, you can be part of. You will be in the know with all the community events, fundraising efforts and more with your Senior Golden Club membership.

To register for your membership card or request more information, come to the building at 2860 Churchman Ave., Indianapolis, IN 46203. Or you can call (317) 797-3451. The Golden Living Family and I look forward to meeting you and getting to know you!

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We've prepared this simple, straightforward guide to make the process easier for you ... and to help you make the most informed choices. Of course, we will be happy to answer your questions and offer any assistance you might need to help with your decisions. We hope the ten steps in this guide will help you plan the most appropriate tribute for your loved one – or for yourself.

NOW YOU CAN READ THE CONDENSED VERSION.

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

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Find your happy place at Aspen Trace

By Cardon & Associates Inc.

Have you found your happy place? Many people have discovered it at Aspen Trace, a family-first senior living community serving Greenwood, Bargersville, Center Grove and the surrounding areas.

Now this vibrant community is getting bigger and better. With construction complete on 31 new assisted living apartments, Aspen Trace is excited to welcome new faces to our growing family.

In our assisted living apartments, we provide just the right amount of assistance, right when you need it. And with our new expansion, more residents can take advantage of a host of services and amenities — restaurant-style dining, 24-hour emergency call service, weekly housekeeping and a personal washer and dryer in every apartment.

The expansion at Aspen Trace also brings more amenities to add to your enjoyment and convenience. These include a lounge featuring a TV and pool table, along with a second private entrance to the community.

Aspen Trace offers the perfect combination of home-like casual elegance and convenient access to area amenities — entertainment, shopping, restaurants and more. With Stones Crossing Health Pavilion nearby, as well as other physicians' offices and specialized medical services, our location is the perfect complement to our progressive approach to

senior living and care.

If you feel like going out, we offer scheduled transportation for social outings and medical appointments. We believe it's important for residents to maintain their individuality — and we want our residents to have the freedom to do their own thing.

But if you feel like staying in or you need an extra hand, we're here for you. Aspen Trace has a wide variety of social, cultural and educational programs and activities. There's a community center, theater, library, gym, salon and barbershop.

Our activity center has games to play and fun ways to casually meet other residents, making it easier for your new home to feel like "your" home.

And we offer a personalized care plan for each resident — making sure you get everything you need and want to continue living the lifestyle you want to live. If there's something you need, just ask.

At Aspen Trace, our goal is to exceed the expectations of our residents and their families. From the moment you walk through the door, we hope you'll feel the warmth of family and the comforts of home.

If you're still looking for that happy place, schedule a tour to visit us as Aspen Trace! Visit www.aspentrace.us for more information.

We've expanded our community to give more residents the opportunity to join us. We want to welcome you and your family to our family. Come see us today. We promise, you'll be glad you did!



See to your eye health

By the Cataract & Laser Institute

Macular degeneration, or age-related macular degeneration, is the leading cause of severe vision loss in adults older than 50. According to the Centers for Diseases Control and Prevention, about 1.8 million people have AMD and another 7.3 million have a high risk for vision loss from AMD. This eye disease occurs due to changes in the macula, a small portion of the retina located on the inside back layer of the eye. AMD is a loss of central vision that can happen in two different forms: wet and dry.

If you're experiencing these symptoms, you may have AMD and should schedule a comprehensive eye exam with your Cataract & Laser Institute doctor.

- Gradual loss of ability to see objects clearly
- Loss of clear color vision
- Distorted vision
- Straight lines appear wavy or crooked
- Empty or dark areas in the central vision

The common risk factors for AMD include aging, obesity, inactivity, family history, hypertension, smoking, lighter eye color and side effects from medication.

During your comprehensive eye exam, the doctor will dilate your pupils and study your retina for signs of disease and optic nerve damage. The next step is funduscopy, a bright beam of light that helps evaluate the retina, choroid, blood vessels and optic disk. Your doctor may recommend optical coherence tomography, or fundus photography, to evaluate and measure the retina in more detail.

Making dietary changes, taking nutritional supplements and maintaining a healthy weight can slow vision loss caused by AMD and reduce the risk of developing other eye diseases. Eye-friendly nutrients are found in green leafy vegetables, fruits, fish and other vitamin-rich foods. Visit our website's blog, at cataractandlaserinstitute.net, to find eye healthy recipes.

If you think you may be at risk for AMD, calling the Cataract & Laser Institute at (317) 783-8700 to schedule an appointment.

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American Senior Communities

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New pain management system offered at ASC centers statewide

By Eunice Trotter
American Senior Communities

The pain in Ethel Brewster's wrists caused her to take painkillers almost daily. After working as a typist for 30 years, she has carpal tunnel.

Jonathan Jennings had constant lower back pain, probably from the warehouse work he did for years. And an unsightly appendectomy scar on William Henderson's stomach was constantly bothersome to him.

All three of these individuals had immediate pain relief after receiving Dolphin Neurostim Microcurrent Point Stimulation treatments, which also helped improve the appearance of Henderson's scar. The therapy is offered through American Senior Communities' Moving Forward program and is outpatient.

Known as Dolphin or MPS therapy, the treatment uses a hand-held device not much larger than an electric toothbrush, with a point placed on a trigger point associated with the painful area. Current delivered by the device to the affected area causes tight contracted muscles to release, relieving pain, and it can help minimize scar tissue. Natural pain

relievers produced by the body — called endorphins — are released, which initiates a prolonged healing response.

"The treatment often causes immediate relief," said Janelle Burton, director of therapy at a community operated by American Senior Communities, which offers the treatment at several of its 90 Indiana locations.

The therapy integrates the principles of neurology and acupuncture. Recent statistics show that nearly 80 percent of those treated with Dolphin therapy for lower back and neck pain had relief without taking any medication. Other studies show cortisol levels dropped 35 percent to 50 percent an hour after treatment.

High or low cortisol levels can have numerous negative impacts on health. Other Dolphin therapy benefits include:

- Strengthening weak muscle groups
- Reduction of swelling
- Improvement in urinary incontinence symptoms
- Strengthening of the immune system and more

To learn more about Dolphin therapy, contact any American Senior Communities location. The therapy is offered inpatient and outpatient. To find the community near you, go to ascare.com.

Do this before launching your home search

REAL ESTATE

By Dawn Whalen
Whalen Realty Group

Whether you're looking for your first home or your third, there are a few vital steps to take before beginning your search in earnest.

Get preapproved

While not a requirement to begin searching for a home, you're wise to receive preapproval for a loan. For help finding a loan, ask a real estate agent for names of mortgage brokers who can review different companies and compare rates. Don't forget to consider small local banks and credit unions; they often have competitive rates, too.

Preapproval tells buyers how much they can afford, but it's a good idea to keep mortgage payments within 20 percent to 30 percent of total household income.

The mortgage

Several types of mortgages are available — 15 years, 30 years, VA loans and others — and each has dif-

ferent benefits. Talk to a banker about what you can afford, and ask if he or she thinks interest rates will rise or fall in the weeks leading up to closing.

When applying for a mortgage, be sure you don't move around large sums of money while you're awaiting financing. The bank needs a few months of your checking and savings account statements to confirm you can afford the loan and have enough money for the down payment.

Find an honest real estate agent

The market is flooded with real estate companies and agents, but a really good one listens to the buyer's wants and needs, and then makes suggestions based on what fits the budget. An honest real estate agent keeps the client's needs in mind throughout the home-buying process, with a goal to minimize any complications that arise.

Find a home

Finding the perfect home is not always easy, and it can be a long process at times. With your real estate agent, discuss neighborhoods, school systems, routes to work and distanc-

es from shopping and restaurants to locate the perfect property. Once you find it, your agent will put together a good offer and negotiate the details.

Home inspection

After an offer is accepted, the next step is to schedule a home inspection, which looks for hidden problems. Finding a good home inspector can be the difference between moving into a home that's been repaired and all secrets revealed, or taking possession of a place with unwanted surprises like termites, mold and leaks. The real estate agent should provide a list of reliable, trustworthy home and mold inspectors.

Close

Once the home inspection is complete and all parties agree with the terms, it's time to prepare for closing.



Dawn Whalen is the owner of Whalen Realty Group and has worked in commercial and residential real estate for more than 10 years. She's a licensed realtor, broker and is a member of MIBOR. She can be reached at Dawn@whalenrealtygroup.com.



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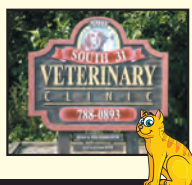
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Handling obese pets

PAWS for THOUGHT

By Dr. Bruce McLaughlin

I can't overemphasize the harmful effects of extra weight on your pets. Obesity in pets is a common problem today, caused both by overfeeding and a lack of exercise. In more rare instances, a contributing factor is hormonal imbalances, especially when the thyroid malfunctions.

Obesity causes undue stress on joints and eventually leads to arthritis. The extra weight puts strain on the heart, lungs and other internal organs. It also leads to diabetes and other endocrine disorders.

The solution seems simple: Feed your pet less food and increase exercise. Of course, reality is not always that simple. Pets are driven by food and can be manipulative in obtaining more food than they nutritionally need. If your pet is overweight,

calculate how much food he or she gets, including all treats and any food from the table. Then reduce food by at least one-third, reduce treats by half and stop the table food. You can break treats in half and your pet typically won't notice.

If your pet acts hungry, you can supplement with canned green beans. Most dogs (not cats) will eat them.

Another option is to switch to a reduced calorie version of your pet's usual food. But reducing calories alone is not always significant; you still need to reduce quantity.

Weigh your pet every seven to 10 days. If he or she isn't losing weight, cut back portions even more. Make sure everyone in the household understands the importance of keeping your pet healthy.



Exercise

It's much easier to get dogs to exercise than it is cats. Take your dog for even a short walk once or twice a day. If your pet is young or middle aged, a longer walk is fine, too. Just don't go overboard with an older pet. If your pet seems sore the next day, continue walks at a shorter duration.

Cats are more difficult to motivate. Some cats will chase laser lights or toys. You could also try toys that slowly dispense food when they're pushed around on the floor. Remember, this treat is part of their total diet and is not an "extra" treat.

Always feel free to call and set up a consultation for your pet, especially if he or she is not losing weight despite your attempts. Don't put off caring for your overweight pet. Once damage is done to joints or organs, it's often permanent.



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

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

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

6 State Capitals _____

4 Units of Length _____

3 Local Bodies of Water _____

5 Herbs _____

2 Southern Indiana Cities _____

1 Indiana Grammy Winner _____

ACROSS

1. Hoosier Hysteria mo.
4. Neither's mate
7. WFYI net.
10. Delivery person?
13. "Without further ____"
14. Ma that says "maa"
15. Diving bird
16. Indiana Fertility Institute eggs
17. One-time president of the Mishawaka Marian HS School Board
20. IND transport
21. Center Grove HS baseball stat
22. Kings, on Bankers Life Fieldhouse scoreboards
23. Indiana Secretary of Career Connections and Talent: ____ Milo
25. Grinch's creator
27. Fair Oaks Farms greeting
29. Houston ballplayer
31. DJT rival
32. Eiteljorg Museum Indian
34. Erases
36. Alaska native
38. Gun an IndyCar engine
39. "____ It Romantic?"
40. One-time US Naval Academy varsity soccer player
43. Gus Grissom org.
46. Wash. neighbor
47. PNC Bank, at times
51. Fence off
53. Derby, e.g.
54. Massage Envoy Spa sound
55. Kind of acid
56. Diminutive
58. Final authority
60. Alcove
62. Big ____ Conference
64. McAlister's Deli order
65. Southport Fieldhouse, e.g.
66. One-time Pittsboro Elementary School student whose mother taught him in fourth grade
70. Murat Theatre concert equipment
71. Mackey Arena backboard attachment
72. O'Reilly's Irish Bar brew
73. Singer Cole
74. Sound of the Patriots deflating footballs
75. ____-Caps (candy)
76. Roll of bills
77. African grazer

DOWN

1. Indiana National Guard rank (Abbr.)
2. Big Colts fans
3. Sears associate
4. *The Matrix* role
5. Doesn't rent
6. Change from Chase Tower to

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | 4 | 5 | 6 | | 7 | 8 | 9 | | 10 | 11 | 12 |
| 13 | | | | 14 | | | | 15 | | | | 16 | | |
| 17 | | | 18 | | | | 19 | | | | | 20 | | |
| | 21 | | | | 22 | | | | 23 | | 24 | | | |
| 25 | | | | 26 | | 27 | | 28 | | 29 | | | | 30 |
| 31 | | | | 32 | 33 | | | 34 | 35 | | | | | |
| 36 | | | | 37 | | | | 38 | | | | 39 | | |
| | | | | 40 | | | 41 | | | | 42 | | | |
| 43 | 44 | 45 | | | 46 | | | | 47 | | | 48 | 49 | 50 |
| 51 | | | | 52 | | | | 53 | | | | 54 | | |
| 55 | | | | | | 56 | 57 | | | 58 | 59 | | | |
| | 60 | | | | 61 | | 62 | | 63 | | 64 | | | |
| 65 | | | | 66 | | 67 | | | | 68 | | | | 69 |
| 70 | | | | 71 | | | | 72 | | | | 73 | | |
| 74 | | | | 75 | | | | 76 | | | | 77 | | |

- | | | |
|---|-----------------------------------|---|
| 7. Buddy | 28. Sandwich cookie | 50. Butler frat letter |
| 8. Stones Crossing Garden Center purchase | 30. Legendary Giant | 52. Brown County fall colors |
| 9. First US space station | 33. Commotions | 53. Farm cry |
| 10. Minty drinks at Bar Louie | 35. Throat dangler | 57. Catchall abbr. |
| 11. Deluge | 37. <i>Right-leaning?</i> | 59. WRTV net. |
| 12. Studio You Yoga need | 38. Shapiro's Deli bread | 61. ____ <i>Brockovich</i> |
| 18. Insult, in slang | 41. Made a sketch at Craft + Cork | 63. The Big Easy, for short |
| 19. Green prefix | 42. Pacers foes | 65. Citizens Energy fuel |
| 24. Give, as homework at Beech Grove HS | 43. Omaha locale (Abbr.) | 67. Texting qualifier |
| 25. "Thar ____ blows!" | 44. Assumed names | 68. Was ahead at Indiana Farmers Coliseum |
| 26. Japanese wrestling | 45. Pinches pennies | 69. HVAC measure |
| | 48. Lasting 24 hours | |
| | 49. Photography pioneer | |

Answers See page 20.

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

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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 Local athletes are training to participate in what extreme-challenge TV show?

- A. "American Ninja Bachelor"
- B. "American Ninja Warrior"
- C. "American Idol"
- D. "Survivor"

2 A symptom of age-related macular degeneration is:

- A. Distorted vision
- B. Empty areas in your vision
- C. Straight lines appear wavy
- D. All of the above



3 If your (overweight or obese) dog is on a diet, you can supplement your pet's meals with what?

- A. Canned green beans
- B. Pork and beans
- C. Garbanzo beans
- D. Cocktail wieners

4 What's the nickname of the A-list actor who stars in *Rampage*?

- A. The Pebble
- B. The Rock
- C. The Boulder
- D. The Continent

5 What is the process used to produce dry breakfast cereals?

- A. Torsion
- B. Protrusion
- C. Extrusion
- D. Sugarance



SEE ANSWERS ON PAGE 20.

NIGHT & day

LOCAL ENTERTAINMENT ENTERTAINING

CALENDAR OF EVENTS

BEECH GROVE

Going Green in the Grove • Celebrate Arbor Day with free trees, free crafts and free plants. Electronic and TV recycling is available. | When: April 28, 10 a.m. – 2 p.m. | Where: Hornet Park Community Center, 5245 Hornet Ave, Beech Grove. | Info: beechgrove.com.

FRANKLIN TOWNSHIP

Shop to Shred ALS Fundraiser for Jeff Homan • Shop vendor and craft booths, bid in a silent auction and enjoy family fun. A portion of proceeds will help support the family of Jeff Homan, who was diagnosed with ALS in 2017. When: Saturday, May 5, 10 a.m. – 3 p.m. Where: The Whole Shebang, 7153 Southeastern Ave., Indianapolis. Info: Call Debbie at (317) 919-9874 or visit homanshredsals.com.

FOUNTAIN SQUARE

Radial Art Design Class 2018 • Children ages 6 and up can explore design, balance, symmetry and art while creating a radial art masterwork. Call to register. | When: April 21, 3:30 p.m. | Where: Indianapolis Public Library-Fountain Square Branch, 1066 Virginia Ave., Indianapolis. | Info: (317) 275-4390.

Gardentime Storytime! • Preschoolers ages 3 – 6 and an adult can uncover knowledge about worms, bugs, dirt and plants through stories, songs, puppets and dance. Call to register. | When: April 23, 11 a.m. | Where: Indianapolis Public Library-Fountain Square Branch, 1066 Virginia Ave., Indianapolis. | Info: (317) 275-4390.

GARFIELD PARK

Friends of Garfield Park Historic Walks • This free historic journey covers significant cultural elements along a 1.2-mile path. | When: April 21, 11 a.m. | Where: Garfield Park's Sunken Gardens north gate, near 345 Pagoda Drive, Indianapolis. | Info: garfieldparkindy.org.

Orchid Show • Orchid enthusiasts from across the Midwest will display their stunning orchid exhibits throughout the conservatory in hopes of winning a ribbon. Orchid vendors will have plants and growing supplies for sale. | When: April 21 – 22. | Where: Garfield Park Conservatory, 2505 Conservatory Drive, Indianapolis. | Info: (317) 327-7183, indy.gov/parks.

Help Save Trees in Garfield Park • Garfield Park neighbors are invited to help plant 100 trees, enjoy the great outdoors and welcome spring by participating in fun and fellowship with friends new and old while helping clean and beautify the neighborhood. If planting trees is not your thing, you can participate in native plant restoration at the Garfield Park Art Center or help create a mural on the exterior entrance walls. Volunteer as an individual

or group at kibi.org/event/april-great-indy-clean-up-2018-2; register to get a free Keep Indianapolis Beautiful T-shirt. | When: April 28, 9 a.m. Where: Garfield Park Art Center, 2432 Conservatory Drive, Indianapolis. | Info: garfieldparkindy.org.

GREENWOOD

Harry Potter Trivia Night • Adults: Test your skills at *Harry Potter* trivia night. Participants will get to learn about Greenwood Public Library's new HP Alliance. | When: April 20, 7 – 10 p.m. | Where: Greenwood Public Library, 310 S. Meridian St. | Info: greenwoodlibrary.us.

Ladies Spring Tea at Smith Valley Baptist Church • This event features a boutique of fashion accessories from organizations worldwide that empower women out of poverty and bondage, with a luncheon and decorated tables. The guest speaker is Janet Hommel Mangas. Tickets are \$10. | When: April 28, 11 a.m. Where: Smith Valley Baptist Church, 4682 W. Smith Valley Road, Greenwood. Info: (317) 881-6888 or smithvalleybaptist@sbcglobal.net.

BINGO Night by Tri Kappa Greenwood Delta Lambda Chapter • Play bingo to win prizes and support local charities and scholarships. Bring canned and nonperishable foods to earn an extra door prize ticket. Tickets are \$25 in advance or \$30 at the door in cash. The event features 20 games; each prize is a designer purse. Participants must be 18 or older to enter; cash only. | When: Wednesday, May 2, 5:30 p.m. (doors open), 6:30 p.m. (bingo starts). | Where: Greenwood Moose Lodge 2079, 813 W. Smith Valley Road, Greenwood. | Info: Shirley Williams, (317) 727-5662 or trikappa.greenwood.bingo@gmail.com.

"Ringling Through the Decades" Joyful Sound Handbell Spring Concert • This spring concert series features lively favorites from the 1920s to today. | When: May 7, 7 p.m. | Where: Greenwood Village South – The Pavilion, 295 Village Lane, Greenwood.

INDIANAPOLIS

Cultivating Garden Club • Joyce Bulington, Garden Club of Indiana scholarship chairman, will speak about sunflowers. | When: April 19, 6 p.m. | Where: St. John's United Church of Christ, 7031 S. East St., Indianapolis. Info: Joy Johnstone, (317) 345-8001.

Greater Southside Business Alliance Special Meeting • Do you have a plan to make 2018 your best year ever? Do you have all of the new ideas and tools you need? Do you have enough contacts to make it happen? Do you want help promoting your meets and events? Let GSBA help you, with new energy and ideas! | When: Tuesday, April 24, 5:30 p.m. | Where: PTEC Building, 548 Orinoco Ave., Indianapolis. | Info: Indy Fresh will provide appetizers.

Carrie Newcomer Concert • A songwriter, recording artist, author, performer and educator, New-

comer has been described as a "Prairie mystic" with a voice "as rich as Godiva chocolate." Hear her voice for yourself. | When: April 24, 7 p.m. | Where: Good Shepherd Catholic Church, 2905 Carson Ave., Indianapolis. | Cost: \$20. Info: (317) 788-7581.

High School Musical Presented by Southside Christian Schools • Enjoy a family-friendly performance, open to the public. | When: April 26 – 27, 6:30 p.m. Where: Southside Christian School, 6801 S. East St., Indianapolis. | Info: Tickets are \$5 at the school in advance at the door; children 5 and younger are free.

Mary Poppins • The Center Grove Fine Arts Academy presents Disney and Cameron MacKintosh's *Mary Poppins* The Broadway Musical. | When: April 27, 7:30 p.m.; April 28, 2:30 p.m. and 7:30 p.m.; April 29, 3 p.m.; May 4, 7:30 p.m.; May 5, 2:30 and 7:30 p.m. and May 6, 3 p.m. | Where: T.C. Howe High School, 4900 Julian Ave., Indianapolis. | Info: cgfinearts.org/mary-poppins.

Annual Disabilities Awareness Mass • All are welcome for mass, with donuts and coffee afterward in Schafer Hall. | When: Sunday, April 29, 9:30 a.m. | Where: St. Mark the Evangelist Catholic Parish, 535 E. Edgewood Ave., Indianapolis.

National Active and Retired Federal Employees Association, Indianapolis Chapter 151 Meeting • All active and retired federal employees and their spouses are welcome to attend. | When: Friday, May 4, 12:30 p.m. | Where: National Association of Letter Carriers Hall, 2211 E. 54th St., Indianapolis.

Indiana May Primary • Cast your vote at your local precinct. When: Tuesday, May 8, 6 a.m. – 6 p.m. Where: Go to indianavoters.in.gov to cake your voting status and find your polling place.

PERRY TOWNSHIP

Baby and Toddler Storytime • Babies and toddlers up to age 3 with an adult are invited for an active class featuring stories, songs and rhymes that focus on early literacy skills. | When: April 19, 25 and 26, 10:30 a.m. | Where: Indianapolis Public Library-Southport Branch, 2630 E. Stop 11 Road, Indianapolis. | Info: (317) 275-4510.

Keep Southport Beautiful Day • Be part of your community and join us for our 14th annual cleanup. This year we've partnered with Keep Indianapolis Beautiful. Join us in the Community Room beforehand for coffee, hot chocolate and energy foods. The first 50 volunteers to register in advance get a free T-shirt! When: April 21, 8 a.m. – 1 p.m. Where: Start at the City of Southport Community Room. Info: Contact (317) 442-7349 or email Duane Langreck at duane.bldgcom@gmail.com. For more, go to southport.in.gov or [f/cityofsouthport](https://www.facebook.com/cityofsouthport).

Calendar continued on page 17.

Calendar continued from page 16.

Get Crafty • Young people ages 12 – 18 can make arts and crafts projects. Call to register. | When: April 21, 2 – 3 p.m. | Where: Indianapolis Public Library–Southport Branch, 2630 E. Stop 11 Road, Indianapolis. | Info: (317) 275- 4510.

Chitty Chitty Bang Bang presented by Perry Meridian High School • Do you want to see the most fantasmagorical racing machine in all the world? You can this weekend! Perry Meridian High School presents *Chitty Chitty Bang Bang*, featuring Caractus Potts, Truly Scrumptious and a slew of other interesting characters, including the famed flying car and songs and dances you won't want to miss it. Tickets are \$8 for children and students, and \$10 for adults; buy them at the door or in advance at perry-musicals.com. | When: April 21, 7 p.m.; April 22, 2:30 p.m.; April 23, 7 p.m. Where: Perry Meridian High School, 401 W. Meridian School Road, Indianapolis. Info: perry-musicals.com.

Gardening Together @ Bethany Lutheran Church • Discuss community gardening and enjoy a meal in a friendly environment. | When: April 24, 6 p.m. | Where: Bethany Lutheran Church, 4702 S. East St., Indianapolis.

Quilters Guild of Indianapolis Southside Satellite Meeting • Come see and hear Terri Gunn from Quilt Quarters in Carmel demonstrating current quilting tools and dies. | When: April 26, 12:30 p.m. | Where: Friedens United Church of Christ, 8300 S. Meridian St., Indianapolis. Info: quiltguildindy.net.

Perry Cultural Festival • Watch authentic performances, craft, sing, dance, eat, play and connect! Admission is free. | When: Saturday, April 28, 11 a.m. – 3 p.m. | Where: Baxter YMCA, 7900 Shelby St., Indianapolis. | Info: perryculturalfestival.org.

Macrame Bracelet Class for Kids • Children ages 6 and older can use cotton fibers or paracord to create colorful patterned bracelets for themselves or as a gift. Call to register. | When: April 28, 2 p.m. | Where: Indianapolis Public Library–Southport Branch, 2630 E. Stop 11 Road, Indianapolis. | Info: (317) 275- 4510.

Sudzfest, a Celebration of Southside Craft Brews • Enjoy traditional German fare and craft beers and wines from Southside brewers, including Mashcraft, Oaken Barrel, Buck Creek Wines, Taxman and Planetary Brewing, plus live music! Tickets are \$5 in advance and \$5 at the door; guests under 21 are free. When: Saturday, May 19, 4 – 9 p.m. Where: German-American Klub, 8602 S. Meridian St., Indianapolis. Info: (317) 888-6940 or indianapolisgak.com. Tickets: eventbrite.com/sudzfest.

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★★★★☆ | PG-13 | Fantasy/science fiction | 1 hour 55 minutes

Dwayne Johnson in Rampage. (© 2018 Warner Bros. Entertainment Inc. and RatPac-Dune Entertainment LLC)

Rampage

Absurd, insane fun

MOVIE REVIEW

By Adam Staten

Destruction and disintegration are a part of most peoples' lives to some degree. (Those who live and have driven on Southside roads recently are all too familiar with destruction.) Ruin and damage can come in cutting words, pelting ice or mammoth creatures wrecking havoc on entire cities.

Rampage takes the latter and converts it into box office mayhem.

Rampage stars Dwayne "The Rock" Johnson as Davis Okoye, as a primatologist at the San Diego Zoo. Okoye has issues connecting with people and is much closer to the animals he studies. As he puts it, "Animals and their motivations are much easier to understand." With one animal in particular he's developed a strong kinship, and that's George, a nearly extinct gorilla. That friendship is soon put to an extreme test.

In a dramatic turn, George is exposed to a DNA-altering chemical, which results in shocking, immediate changes. The once-sweet primate shows aggression and violence and is even taller. And George isn't the only destructive being in play. An enormous wolf is able to fly, and a prehistoric-looking alligator appears later in the film. Standing in the way of complete annihilation of the world are Okoye and Dr. Kate

Caldwell, a geneticist, who may or may not be responsible for the problems at hand.

Let's clear up a few things: *Rampage* will not be taking home Oscars or other prestigious awards. The filmmakers clearly understand the absurdity of their story. In the opening scene an experiment goes terribly wrong, and the film just gets progressively more insane.

The movie does lose itself from time to time, showing George pummeling yet another building instead of moving the plot forward. *Rampage* doesn't need to be any longer than 90 minutes, but the filmmakers were indulgent in showing the creatures doing damage.

Like the story, the acting is nothing to write home about. The villains — a pair of brother-and-sister business execs — are especially terrible, but they inadvertently provide a few laughs. Johnson is able to muster up sufficient charisma to drag this one toward a semi-satisfying ending.

Rampage is an absurd film with an even crazier storyline. Be prepared to turn your brain off, and you might enjoy it.



Adam Staten lives in Perry Township and is a movie buff. Staten graduated from University of Southern Indiana with a degree in Communication Studies. He can be reached at adam.staten1@gmail.com

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'Cereal' killers

NUTRITION

By Wendell Fowler

Early on, much like street drug pushers, Kellogg's and C.W. Post realized people loved and could easily become addicted to sugar. Kids especially really, really liked sugar, they noted.

We know, of course, that cereals processed and loaded with sugar, high fructose corn syrup and cane sugar should never be fed to kids, adults nor the walking dead.

Kellogg invented breakfast accidentally when actually trying to create a bread replacement for inmates at the Battle Creek Sanitarium in Michigan. Created as a "health food" (wink, wink), the Kellogg brothers added processed sugar to the mix, then predatory marketing executives got busy — and the rest is dark history.

Cardiovascular medicine researchers say children quickly acclimate to the taste of high-sugar cereals and find healthier options less appetizing, which leads to long-term effects on their precious temple's health. In some cere-

als, more than 30 percent of their calories come from white, crappy sugar and highly processed grains, bad fats and artificial this and that — i.e., the genesis of America's obesity epidemic and chronic disease plague.

Beyond the Basics Health Academy reports sugar depresses the immune system, increasing the likelihood of obesity, causing inflammation and mood changes, while contributing to many diseases.

Cereal audit

- **KELLOGG'S FRUIT LOOPS:** Sugar, hydrogenated or partially hydrogenated oils, modified food starch, annatto, BHT, artificial dyes red 40, 10 grams of sugar.
- **KELLOGG'S CORN POPS:** Sugar and molasses, hydrogenated vegetable oils, annatto, BHT, 9 grams of sugar.
- **KELLOGG'S APPLE JACKS:** Sugar, partially and fully hydrogenated oils, modified food starch, modified corn starch, artificial dyes, including red 40, BHT, 10 grams of sugar.
- **KELLOGG'S HONEY SMACKS:** Sugar, honey and dextrose, partially and fully hydrogenated oils, soy lecithin, BHT and a whopping 15 grams of sugar.

- **GENERAL MILLS LUCKY CHARMS:** Sugar, corn syrup and dextrose, modified corn starch, trisodium phosphate, artificial dyes red 40, artificial flavor, 10 grams of sugar.

The Weston A. Price Foundation explains, "Dry breakfast cereals are produced by a process called extrusion. Cereal makers first create a slurry of grains and then put them in an extruder. The grains are forced out of a little hole at high temperature and pressure. A blade slices off each little flake or shape, which is sprayed with a coating of mostly hydrogenated oil and sugar to save the crunch." Ugh!

Try peanut or almond butter on Ezekiel bread, plain yogurt with walnuts, flax seed and nuts, local eggs with avocado toast or a fruit and vegetable smoothie. Just say "no" to Tony the Tiger.



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

Much ado about a lot

GRAMMAR GUY

By Curtis Honeycutt

I'll be the first to admit I didn't understand or enjoy much of the Shakespeare assigned to me in high school. I hope that doesn't ruin my reputation with my fellow word nerds. On the other hand, I love how Shakespeare invented words that are common in our modern lexicon — wormhole, swagger and skim milk. Scholars may now debate how many words he actually came up with, but Shakespeare certainly knew a lot of them.

This discussion reminds me of a word duo that frequently gets mismatched and misused: a lot and allot. First, I want to get something out of the way and settled so we can get on with our lives — alot is

not a word. (That is, unless you capitalize it to specifically refer to the town in India called Alot).

The nonword "alot" tends to get used instead of "a lot," which means a large amount or number. People mistakenly pen sentences like, "I know alot about robot movies." In this sentence, the person should have written "a lot."

Allot is a verb that means to give out, distribute or divide. This verb doesn't get used as much as its word cousin a lot, but it has merits. Make sure to allot the same amount of Skittles to each child unless you want a riot on your hands. In this case, an even allotment can save you from a disastrous toddler turf war.

I will say, we use the phrase "a lot" far too often. It's vague and doesn't add much pizzazz to your writing or speaking. Instead, consider words like plenitude, sev-

eral, heaps, abundance and scads. As an adjective, "a lot" is a bland nothingburger (check your dictionary). The more inspiring words are like the little-used exotic spices in your pantry that add flavor and interest to your alphabet soup. By expanding your vocabulary, you make Shakespeare's ghost proud.

In conclusion, alot isn't a word. Allot means to give out. A lot means a large amount, and it's kind of boring. I challenge you to use something more interesting instead; you have a myriad of options.



Curtis Honeycutt is a freelance humor writer. Have a grammar question? Connect with him on Twitter @curtishoneycutt or at curtishoneycutt.com.

OBITUARIES

Elva Dee Carter

Elva Dee Carter, 94, of Beech Grove, died April 12, 2018. She was born July 21, 1923, in Howe, Texas, to Phillip and Jettie Rich (Johnson). She was a member of Southwood Baptist Church in Beech Grove. She enjoyed traveling, playing bridge, doing crossword puzzles and bowling. She retired from Jones Chemical after 23 years of service.

She is survived by her children, Patricia Humphress, Mike (Linda) Carter, Donna (Thomas) Diehl and Tom (Kelly) Carter; eight grandchildren, 11 great-grandchildren and one great-great-grandchild. She was preceded in death by her siblings, James Rich and Alma Swan. The visitation and funeral were April 16 at G. H. Herrmann Madison Avenue Funeral Home, and Elva was laid to rest at Forest Lawn Memory Gardens.

Hilda L. Cralley

Hilda L. Cralley, 93, of Indianapolis, died April 6, 2018. She was born April 24, 1924, to the late Neal W. and Bertha M. Cralley. She is preceded in death by her parents; her siblings, Orlando B. Cralley, Francis G. Cralley and A. Rosemary (Cralley) Shopsky; her husband, Harvey J. Shopsky; one great-nephew, Aaron Rose; and special friend Elmer Beason. She was a lifelong member of Sacred Heart Catholic Church and a 1942 graduate of Sacred Heart High School. She was a member of the Ava Maria Guild and worked for 17 years at The American United Life Insurance Company before retiring in 1987. She is survived by three nieces, Susan M. (Mark) Kopcho, Cynthia L. Rose and Laura A. (Vince) Mastrococco; eight great-nieces and great-nephews; and a great-great niece and nephew. The viewing and mass were April 17 at Sacred Heart Catholic Church. Interment was at Crown Hill Cemetery.

Frieda May Duncan

Frieda May Duncan, 82, Indianapolis, died April 15, 2018. She was born Dec. 3, 1935, to the late Fred and Ethel Jones. Frieda was a longtime parishioner of Sacred Heart Catholic Church. She was active in the Concord Neighborhood Association and volunteered to cook for the friars at Sacred Heart. She enjoyed gardening and crocheting. Her greatest joy was spending time with her family. She is survived by nine children, Robert Duncan Jr., Christopher Duncan (Karen), Maria Jessie, Jeffrey Duncan (Sheree), Diana Deweese, Angela McIntosh (Claude), Timothy Duncan, Laurie Reams (Michael) and Katrina Oprisi; three siblings, Fred Jones Jr. (Nancy), Patty Ottinger (Carl) and Tom Jones (Carol); and many grandchildren, great grandchildren and great-great grandchildren, along with extended family and close friends. She was preceded in death by her husband, Robert Duncan Sr., and two children, Paul and Ronald Duncan. A mass of Christian burial will be celebrated April 19 at 11 a.m. in Sacred Heart Catholic Church, 1530 Union St., Indianapolis. Visitation will be held at the church from 9 to 11 a.m. Frieda will be buried at St. Joseph Cemetery. Arrangements and care provided by Lauck & Veldhof Funeral & Cremation Services.

Thomas L. Haggard, Sr.

Thomas L. Haggard, Sr., 83, Indianapolis, died Thursday, April 11, 2018. He was born Nov. 3, 1934, to the late Ollie Chelcie and Opal Esther (nee Ritchie) Haggard in Indianapolis. He retired from

truck driving and was a member of Teamsters Local No. 135. His hobbies included fishing, hunting, working on cars and writing poems. Survivors include his wife of 62 years, Jeanette (Denney) Haggard; sons, Larry (Judy) Haggard and Kevin (Christina) Haggard; grandchildren, Jeff Haggard, Sarah Chamberlin, Holly Nichols, Heath Haggard and Doug Haggard; great-grandchildren, Hailie Haggard, Madisyn Haggard, Braydon Nichols and Jaxson Haggard; brothers, Norman Haggard, Darrell Haggard, Richard Haggard and Arnold Haggard. He was preceded in death by two siblings, Johnny Lee Haggard and Darlene Byers. The visitation and funeral were April 16 at G.H. Herrmann Greenwood Funeral Home at The Gardens. Thomas was laid to rest at Forest Lawn Memory Gardens.

Mark Anthony Hawkins

Mark "Hawkeye" Anthony Hawkins, 52, Indianapolis, died Friday, April 13, 2018. He was born April 12, 1966, to the late Ralph and Shirley Hawkins. Mark was a carpenter who owned his own business. He was a devoted member of the Midnight Riders Motorcycle Club, the NKC and UKC Performance Pack. He enjoyed hunting, fishing and running his hounds. He always had the need for speed, on his motorcycle and on the water. Mark will be remembered for his devotion to his family, his infectious smile and always being there to help others. He is survived by his wife, Teresa Hawkins; his daughters, Mackenzie and Erica Hawkins; future son-in-law, Keagan Johnson; siblings, Misty Hawkins-Anderson (Andy), Travis Hawkins (Karen), Larry Dillahay, Robert "Bob" Dillahay II, Jerry Dillahay, David Dillahay, Mitch Dillahay, Jay Dillahay, Dale Lucid, Scott Taylor and Ralph Edward Hawkins Jr. Mark is also survived by his stepmother, Becky, and was loved by so many aunts, uncles, cousins and friends. Aside from his parents and grandparents, he was preceded in death by a sister, Vicki Hawkins. A memorial service will be held 12 noon on April 21 at Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St., with visitation starting at 10 a.m. After services at the funeral home, there will be a commemorative ride to Fairland Cemetery. A celebration of life service will be held April 21 at 4 p.m. at the Midnight Riders Clubhouse.



There will be a graveside service on April 28 at 1 p.m. in McCullough Cemetery in Triplett, Missouri. Gail Brown will officiate. A celebration of life will be announced after the graveside service. In lieu of flowers, the family asks that contributions be made to Hawkeye's Last Ride at gofundme.com.

James Donald Hughes

James Donald Hughes, 84, Greenwood, died April 14, 2018. James was born May 22, 1933, in Orange County, Ind., to the late James and Hazel Hughes. He retired after 45 years as a supervisor from Mitchell @ Scott and later worked 13 years as a greeter for Meijer. He was a member of Mount Pleasant Christian Church and an avid bowler, golfer and car enthusiast, who built his own hotrod that he and his wife traveled in. Don is survived by his wife of 63 years, Charlotte Hughes; children, Victor (Linda) Hughes and Tim (Dana) Hughes; grandchildren, Melissa Renholzberger, Ian Hughes, Katlyn Hughes, and Nicole Hughes; great-granddaughter, Taylor Valastek; siblings, Larry Hughes and Mary Jane

Harrison. He was preceded in death by his siblings, Ronnie Hughes and Bob Hughes. The visitation is April 19 from 3–8 p.m. at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Road 135 and Olive Branch Road. The funeral is April 20 at 11:30 a.m. James will be laid to rest in Greenwood Cemetery.

Lillian B. Ladd

Lillian B. Ladd, 84, of Indianapolis, died April 15, 2018. The visitation is April 19 from 4–8 p.m. at G.H. Herrmann Greenwood Funeral Home, 1605 S. State Road 135 and Olive Branch Road. The funeral is April 20 at 1 p.m. Lillian will be laid to rest in Forest Lawn Memory Gardens.

Robert Lee Miller

Robert Lee Miller, 58, Greenfield, died April 11, 2018. Born April 8, 1960, in Indianapolis to Ronald and Lorna Miller, he was a veteran of the U.S. Marine Corps. He enjoyed listen to music and playing the lottery. Rob worked as a machinist at Rose Engineering. There will be no services.

Dorothy Mae Muff

Dorothy Mae "Mazie" "Dottie" Muff, 85, Indianapolis, died April 13, 2018. Born Nov. 18, 1932, in Beech Grove to the late Joseph Lawrence and Dorothy Stuttle (nee Westerfield) Winburn, she was an active member of St. Johns United Church of Christ. She was secretary to the president at Holcomb and Hoke. Her hobbies included games, crocheting and puzzles. She also enjoyed traveling. She was preceded in death by her husband, William G. Muff. She is survived by her children, Vicky L. (Daniel M.) Hancock and William R. (Wanda F.) Muff; grandchildren, Angela (Cliff) Magno, Jacob Hancock and William D. (Charlotte) Muff; great-grandchildren, Paige Isabel Magno and Brynlee Faye Muff; and sister, Rosalie Mudd. The funeral was April 18 at G.H. Herrmann Madison Avenue Funeral Home. She will be laid to rest at Concordia Cemetery.

Del Allen Rippy

Del Allen Rippy was born March 13, 1971, to Delbert Eugene Rippy and Gladys Myrtle (née Coy) Rippy. Del was born in Indianapolis and attended grade school in Carmel. He moved to Florida in 1979, and later returned to Indianapolis and attended Clinton Young Elementary School. Returning to Florida, Del attended Northwest Grade School and Hudson Middle School before graduating from Hudson High School. Del worked as a tile installer since the age of 12, and he also worked as a cabinet installer and builder helper, and sold fresh-grown vegetables. He loved hunting and fishing. Del died April 21, 2017. Survivors include his daughter, Michalla Rippy; granddaughter, Cheyenne Allena; siblings, Gladys Kathy (Brett) Rippy Evans, Timothy Wilson (Tina) Rippy and Thomas Eugene (Toni) Rippy. Preceding him in death were his brother, Delbert Eugene Rippy, Jr.; and his grandparents, Charlie and Katrina (Kaufman) Coy; Harry and Dorothy (Rippy-Cox) Marshall and Delbert Wilson Rippy. The family is hosting a memorial service on April 21, at 2 p.m. at 4610 E. Edgewood Ave., Indianapolis.



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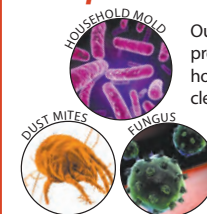
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Obituaries continued on page 20.



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Obituaries continued from page 19.

Sheila Marie Santellana

Sheila Marie Santellana, 62, Indianapolis, died April 12, 2018. She is survived by her husband, Noe; son, Jimmie; grandchildren; great-grandson; brothers and sister. She will be dearly missed by all whose lives she has touched. Many memories were made this year, you will always be remembered. The funeral was April 18 at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave.

Kathy Diane (Hire) Swonder

Kathy Diane (Hire) Swonder, 66, died March 28, 2018, after a long illness. Born Oct. 24, 1951, to Guy and Nina Hire of Indianapolis, Kathy lived her life creating and nurturing her family. The blonde-headed Kathy was always a free spirit. She loved serving people and worked many years as a bartender. She was the force behind "Friday Happy Hours" and "Wicked Wednesdays" at the then-brand-new Holiday Inn on South Emerson. Kathy spent most of her free time in her kitchen. This was evident in a few of her creations, such as her fudge and peach cobbler. In her later years, Kathy followed the ministry of Joel Osteen. His words always gave her and those close to her great comfort. Kathy was preceded in death by her parents and her brother, Gerald Hire. She is survived by three daughters, Kimberly Kelsay, Kelli Steward and Nina May; her sister, Sandra Couch; six grandchildren and five great-grandchildren. Kathy will be missed dearly by those she knew and loved.



NOTE: A celebration of life will be held Friday, April 20, from 6 – 10 p.m. at Brookville Road Community Church, 7480 US 52 in New Palestine.

Larry Taylor Weems

Larry Taylor Weems, 85, Indianapolis, died April 11, 2018. He was born May 20, 1932, in Clarksville, Tenn., to the late Kenneth Taylor and Stella Jane Weems. He is survived by his children, Larry Joseph Weems and Patti Weems Boudrot; grandchildren, Ryan T. Weems, Erin S. Weems, Justin T. Boudrot and Emily A. Boudrot; siblings, Sue (Joe) Brown, Kitty Stockdale, Locke (Pam) Weems. He was preceded in death by his wife, Ellen M. (nee Shea) Weems; siblings, Gene Weems, Fred Weems and Polly Weems Davenport. He was an avid gardener and enjoyed nature, bird watching, playing cards with family and friends at the Moose Lodge and VFW, and watching horse racing. The funeral and visitation were April 14 at G.H. Herrmann Greenwood Funeral Home. The burial was at Calvary Cemetery.

Deanna Lynn Winburn

Deanna Lynn Winburn, 45, Mooresville, died April 11, 2018. She was born Dec. 4, 1972, in Beech Grove. She is survived by children, Christina (Sammy) Hess, Matthew Winburn, Barbara Jean Smith, Tisha Rea, Keshia Winburn and Dominic Winburn; stepson Justin Winburn; grandchildren, Natalii, Aubriana, Avalynn, Anna, Aleyana, Dillion and Bryson; fiancé, David Wickersham; mother, Valera Ruth Thomas; sisters, Donna Coffey and Patricia Helmuth; and nieces and nephews. She was preceded in death by her father, Franklin Thomas; brother, Justin Thomas; and first husband, Michael Winburn.

She enjoyed listening to music, riding Harley Davidson motorcycles, caring for her mother and spending time with her children and grandchildren. Deanna was a five-year NRA member. The funeral was April 13 at G.H. Herrmann Madison Avenue Funeral Home.

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.

Puzzles & Answers – SEE PAGE 15

Answers to HOOSIER HODGEPODGE:

- Capitals: AUSTIN, BOISE, DENVER, JUNEAU, SALEM, TOPEKA;
- Herbs: BASIL, DILL, OREGANO, PARSLEY, THYME;
- Units: FOOT, INCH, MILE, YARD;
- Water: GEIST, MORSE, WHITE RIVER;
- Cities: EVANSVILLE, JASPER;

Winner: SANDI PATTY

Q&A SEE PAGE 16

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✠ ASSEMBLY OF GOD

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

✠ BAPTIST

Crossroads Baptist Church • 1120 S Arlington Ave., Indpls, 46203 | Ph: (317) 357-2971 | Pr. Guy Solarek | Sunday: 10 a.m., 11 a.m. & 6 p.m. | Wednesday: 7 p.m. | bcindy.com

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

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

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

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

Ritter Avenue Baptist Church • 23 South Ritter Avenue, Indianapolis, IN | Ph: (317) 709-1788 | Pr. Earl Chestnut | Service Times: Sunday School 10:00 a.m. | Morning Worship 11:00 a.m. | Sunday Evening 6:00 p.m. | Thursday night at 6:00 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 | Saturday Mass: 4:30 p.m. | Sunday 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 Sunday: 7:30, 9:30 & 11:30 a.m.; Saturday Mass: 5 p.m.

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

St. Athanasius Byzantine Eastern - Rite Catholic Church • Blaine Ave., Indpls, 46221 | Ph: (317) 632-4157 | Fr. Bryan Eymann | Sunday (Divine Liturgy Celebrated): 10 a.m. | Parish luncheon follows liturgy. | Visit us at saindy.com

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

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

✠ CHRISTIAN CHURCH

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

Southport Heights Christian Church • 7154 S. McFarland Road, Indpls | Pr. Steve Ferguson | Bible School 9:00 a.m. | Worship service 10:30 a.m. | Deaf Ministry: James Wines (317) 493-0414 VP or jewshdc@yahoo.com

✠ CHURCH OF CHRIST, SCIENTIST

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

✠ CUMBERLAND PRESBYTERIAN

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

✠ DISCIPLES OF CHRIST

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

✠ EVANGELICAL LUTHERAN CHURCH OF AMERICA

Bethany Evangelical Lutheran Church • 4702 S. East St., Indpls | Ph: (317) 786-7854 | Worship Sunday: 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 | Sunday: 10:15 a.m. | Sunday School: 9:15 a.m. | Bible Study Mon.: 6:30 p.m. and Weds. 7 p.m.

✠ INDEPENDENT NON DENOMINATIONAL

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

✠ LUTHERAN

Emmaus Lutheran Church & School • 1224 Laurel St., Indpls (Inside historic

Fountain Square) | Ph: (317) 632-1486 | Pr. Raymond Smith | Worship: Sunday at 10 a.m. | emmausfountainsquare

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

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

✠ NAZARENE

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

✠ NON-DENOMINATIONAL

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

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

Tallwood Chapel Community Church • 5560 S. Shelby St., Indpls | Ph: (317) 787-5595 | Pr. Don Foley | Sunday: 10:30 a.m., 7:00 p.m. | Wednesday: 7:00 p.m. | BIBLE CHURCH, Ministry of HOLY WORD

✠ PRESBYTERIAN

Greenwood Presbyterian Church • 102 W. Main St., Greenwood | Ph: (317) 881-1259 | Rev. Peter Zinn | Sunday: 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 Saturday: 11 a.m. | Sabbath School: 9:30 a.m. | southsideadventist.org | Health Ministries, CHIP+: chiphealth.com

✠ SOUTHERN BAPTIST

Calvary Baptist Church • 200 Sunset Blvd., Greenwood | Ph: (317) 881-5743 | Josh Blight, Associate Pastor of Youth & Families | Sunday: 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 | Sunday: 9:30 a.m. | Worship Service: 10:45 a.m. | Sunday & Weds. Eve Worship: 6:30 p.m.

Trinity Baptist Church • 375 E Southport Road, Indpls | Ph: 317-881-2122 | Pr. Douglas Rumsey | Sunday Bible Study: 9:30 a.m. | Sunday Services: 10:45 a.m. and 6 p.m. | Wednesday 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. | Sermon's online at 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 | Sunday Contemporary Worship: 9 a.m. & Traditional Worship: 10:30 a.m. | Sunday School: 10:30 a.m.

Zion United Church of Christ • 8916 E. Troy Ave., Indpls | Ph: (317) 862-4136 | Pr. Sarah Frische-Mouri Hannigan | Sunday: 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 or email: info@center-umc.org | Sunday Traditional Worship: 9 a.m. & Contemporary Worship: 11:15 a.m.

Edgewood United Methodist • 1820 East Epler Ave. | Ph: (317) 784-6086 | Rev. Paul Wagner | We are on Facebook | Sunday worship 9 a.m. | Sunday School: 10:15 a.m. | edgewoodumc.com | "The Church for The Next 100 Years"

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

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

Smith Valley United Methodist Church • 5293 Old Smith Valley Rd, Greenwood | Ph: (317) 881-1641 | Sunday Worship: 9:30 a.m. | Sunday School: 11:00 a.m. | Bible Study: Wednesday, 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

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

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Weekly Devotion



Then Peter, turning about, sees the disciple whom Jesus loved following; which also leaned on His breast at supper, and said, Lord, which is he that betrays You? Peter seeing him said to Jesus, Lord, and what shall this man do? Jesus said unto him, If I will that he tarry till I come, what is that to you? Follow thou Me.

JOHN 21:20-22

I read or heard somewhere awhile back that someone doesn't like "church people" because they're too judgmental. Is this

true? I have seen judgmental church people, but they are fewer by far than those who simply want to introduce others to Jesus Christ. These same people want to go about their lives "following" Jesus. But what does this mean?

Earlier this month, Christians celebrated what we've come to know as Easter Sunday. Here at South Emerson Avenue Church of God, we did a skit written by a man whose first name is John.

John was not seeking fame nor fortune. He was led by the Holy Spirit to put this skit together and offer it to the church. The

skit's message was "Two Choices (Hashtag) 2018." The result was interesting, to say the least, and two people were compelled to come to the altar to offer themselves to Jesus Christ.

Every Sunday I get into the pulpit and preach the Gospel of Jesus Christ, not Paul Kirby. I often say I wish I could preach from behind a veil so no one would know it's me nor give me credit for a good message. What I preach comes right out of God's Word, and God's two witnesses are His Word and His Holy Spirit. If a person feels con-

demned over sin, it is because of those two witnesses and not me or others within the church.

We "church people" just want to introduce you to the One who will judge you in eternity. Where, when, why and how you serve and with what — that's between you and Him and not me or any other Christian. Just follow Him. That is the message to Peter and to us.

God bless & go and have a great day.

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

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- 1197 South Park Dr. (Main St. & I-65)
- 2830 S. Madison Ave.
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