

The Southside Times



THIS WEEK on the
WEB

University Heights is Indy's
Neighborhood
of the Month. **Page 2**

BEECH GROVE • CENTER GROVE • GARFIELD PARK & FOUNTAIN SQUARE • GREENWOOD • SOUTHPORT • FRANKLIN & PERRY TOWNSHIPS

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SWEATIN' IN '18

Southside fitness experts share the benefits of exercise, what's trending this year and advice for beginners PAGES 4-8

GRAMMAR GUY
Captain Hook
feels badly.



PAGE 17

HAUNTS & JAUNTS
Born with the
devil in me.

PAGE 3



FEATURE

Topper's Pizza to open
Greenwood shop.

Page 12

SOUTHSIDE MENUS

Get the latest
dining deals.

Page 14



PERRY TOWNSHIP MARKETPLACE

What's happening in
January 2018.

Page 15



There's an easier way to get through the winter

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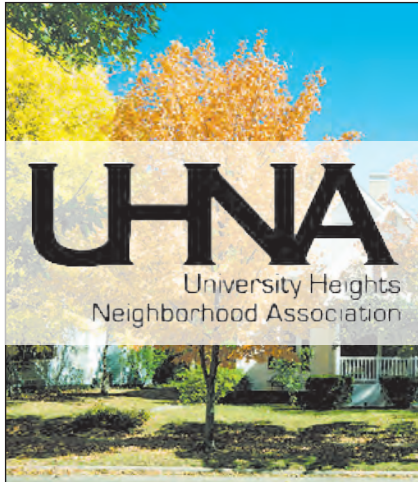
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THIS WEEK on the WEB



Indy Neighborhood of the Month: University Heights

For the month of January, the City of Indianapolis is highlighting University Heights! Residents and visitors are encouraged to use the hashtag #IndyNoM when posting on social media about University Heights during the month of January.

ss-times.com/neighborhood-month-university-heights



Citizens delivers record amount of natural gas

Citizens Energy Group delivered a record amount of natural gas to its customers during the extraordinarily cold weather from Dec. 26, 2017 through Jan. 6, 2018. On Jan. 1, the utility also established a new one-day record for gas deliveries, eclipsing the previous single-day record set on Jan. 18, 1994.

ss-times.com/citizens-record-amount-natural-gas

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AROUND TOWN



Southside author Kathy Clements publishes her first children's book

Celebration – Kathy Weilhammer Clements is celebrating the publication of her first children's book, "AIN'T NO CHICKEN IN MY CHICKEN POTPIE!!!" It was published in November of 2017 by Dog Ear Publishing and is available on line at Barnes & Noble, Amazon, Books-A-Million, Dog Ear Publishing, etc. Kathy has been a Southside resident all of her life and currently resides in Southport. The book is dedicated to her twin sister, Karen Weilhammer Duncan. Both twins are staunch defenders of animal rights, which is evident in her book and it also lightly promotes the vegan choice of food selection. This book is written in rhyme and is a happy, fun story with a hidden message.

ON CAMPUS

Southside students make Univ. of Evansville Dean's List

Academics – The following students earned a position on the University of Evansville Dean's List during the Fall Semester 2017: Ryan Armstrong, majoring in Biochemistry; Timothy Miller, majoring in Biochemistry; Victoria Phillips, majoring in Creative Writing; Kirby Swails, majoring in Health Services Administration; and Gabrielle VanBuskirk, majoring in Exercise Science, all of Greenwood: Sara Cannaday, majoring in Special Education and Madalyn Scheil, majoring in Exercise Science both of Indianapolis (46237): Connor Cleary, majoring in Communication and Gabrielle Wirick, majoring in Athletic Training both of Indianapolis (46227): April Gettelfinger, majoring in Biology; Michael Manuel, majoring in Mathematics; Katherine Myers majoring in Exercise Science; Jacob Sampson, majoring in Exercise Science; Maegan Scheib, majoring in International Studies; Hannah Scheib, majoring in Music; Jeremy Schmidt, majoring in Biology; Isaac Sermersheim, majoring in Mathematics, all of Indianapolis (46217).

Contact the Editor

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



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The infamous 'Murder Castle' in Chicago. Mudgett is working towards excavating where the hotel once sat (currently the parking lot of a post office). (Submitted photo)

Born with the devil in me

HAUNTS & JAUNTS

By Rick Hinton

When I met Jeff Mudgett he had a firm handshake, personable and an easy smile. I liked him immediately. He held court over the H.H. Holmes display at the Bona Thompson Center in Irvington. Being Grand Marshal for the 2017 Irvington Halloween Festival parade also provided quick smiles, laughs, and stories of days gone by; including the ghost story still haunting him to this day. Jeff Mudgett—great-great-grandson of Herman Webster Mudgett (serial killer H.H. Holmes)—has his own beliefs of the devil in his family.

Mudgett, a retired trial lawyer, found out about the skeleton in the family closet later in life. Good thing I would suppose. Is this something you would want to travel with through your childhood? It's now, however, a passion for him to dig into family roots trying to make sense of a controversial theory he has formulated: was H.H. Holmes actually hung outside a gathering of spectators at Philadelphia's Moyamensing Prison on May 7, 1896? Or someone else? And, could Holmes have been the infamous Jack the Ripper?

In July of 2017 the History Channel portrayed Mudgett's quest in the eight-part series American Ripper. You either loved or hated it. In 1888 the White Chapel district of London, England reeled from the killing of several prostitutes, with an added bonus of mutilating their bodies. London authorities believe it was someone with surgical skills, and possibly an American. "Ripperologists" have identified countless suspects, and Holmes could readily be added to that list. Mudgett bases his suspicion on a couple of diaries he inherited from Holmes (the man liked to brag!). And... Holmes WAS in London during that

time period! Coincidence? Holmes' murders in America and the killings in White Chapel are eerily similar. "There are too many coincidences for this to be another bogus theory," Mudgett adamantly states. "I know that the evidence is out there to prove my theory and I'm not going to give up until I find it." Trust me when he says that!

A prisoner is given a last request. Holmes' was that his coffin be interred in concrete. He didn't want his body dug up. To conceal his identity perhaps? Who knows what went on in this man's mind. His death was supposed to bring closure to a short career of psychopathic mass murder, but for Jeff Mudgett, it became a search for the truth. An 1898 newspaper article lit a fire, claiming Holmes had schemed his way out of the hanging, escaped and was living in South America. Holmes' grave was dug up in the Holy Cross Cemetery in Yeardon in 2017. Tests were conducted. In the end the evidence concluded—the body in the grave was indeed Holmes! Dental records and DNA revealed a conclusive link to Jeff Mudgett. Case closed? No, there were too many unanswered questions on that final episode of American Ripper. There always are. Is it over? Not hardly. Jeff states that NBC News retracted the statement that the DNA extracted from the grave conclusively "proved the remains matched my own. They are now considering removing any reference to the alleged Holmes dental records." Holmes purportedly claimed—"I was born with the devil in me... he has been with me ever since."



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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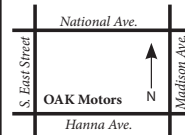
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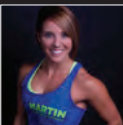
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Left, 9Round. | Middle, Anytime Fitness. | Right, Carole's Fitness. (Submitted photos)

SWEATIN' IN '18

Southside fitness experts share the benefits of exercise, what's trending this year and advice for beginners

Compiled by Nicole Davis

Among most popular New Year's resolutions for 2018, according to data from Google by iQuant, is to get healthy. Really, that one tops the list every year.

Now let's make that resolution stick.

Southside residents have plenty of local resources to help them achieve their goal, be it to lose weight, get stronger, eat better or live a healthier lifestyle overall. With so many choices - personal trainers, CrossFit, cycling, yoga, pilates, martial arts, dance and so much more - the number of local gyms are too many to list. Instead, *The Southside Times* has compiled a Q&A from Southside gyms, giving readers advice on how to be successful with those fitness goals, descriptions of different workout options and tips for newbies.

9Round (Southport & Greenwood)

What is the key to being successful in your fitness goals? Consistency in both your workouts and your nutrition. You've heard the saying "you can't outwork bad nutrition!" and it is absolutely true. Track your food intake, optimize your macro's (protein, carbs and fat) and workout for 30 minutes a day, 3-4 days a week. Schedule your workouts on your smart phone just like any other appointment to carve out that time and then be intentional about keeping that appointment.

To help you keep that consistency, you need to find something that you enjoy doing or it will be like work and you won't be as likely to stay the course.

Describe your preferred exercise routine and why it works:

Make sure you stretch and warm up to avoid injury. We recommend jumping rope as it gets your heart rate elevated and your muscles ready to work. To optimize metabolism and lose fat, HIIT (high intensity interval training) is a great way to achieve your fitness goals. Doing an aerobic activity (cardio, strength training) combined with strength or resistance training for 2-3 minutes, then 30 seconds of anaerobic activity (high intensity, short sprints or bag work) over and over (say for 9 rounds?!) works well. Keep moving for the entirety of your 30-minute workout to again maximize your fat burn and increase your

metabolism. Always stretch at the end of your workout as well.

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

First and foremost, find something that you enjoy doing. If that is running, do it. If it's lifting, do that. We obviously think our 30-minute full-body kickboxing workout is not only effective, but fun! Secondly, You didn't get "out" of shape overnight, please don't expect to get "in" shape overnight. This means that you shouldn't go into any new regiment as hard as you can go... ramp up! The easiest way to derail your fitness goals is to get injured on the first day. You don't have to prove anything that first day or week. Get used to the work-

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Left, Evolutions Yoga. | Right, Martin Nutrition & Fitness. (Submitted photos)

out and progress slowly until you can execute correctly. Rely on the trainer to help you with technique and form. If you don't have a trainer, especially if you're starting anew, you should find a gym that offers this service.

9Round

- 7045 Emblem Drive, Suite D, Indianapolis, IN 46237
- 239 South State Road 135, Greenwood, Indiana 46142
- 7615 East US 36, Avon, IN 46123

Anytime Fitness (Franklin Township)

What is the key to being successful in your fitness goals? Having a plan that is consistently followed and proper nutrition.

Describe your preferred exercise routine and why it works: Functional workouts that mirror real life and contain a cardiovascular element. This allows you to do the most effective exercises that will help you not only get in great shape but get better at life in general. Looking good, gaining muscle tone and losing fat are great but so is keeping up with your kids, living pain free, and avoiding injury.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen? Get help at first. Get a coach or a trainer who cares and explore routines that are fun. If its fun you will stay consistent, if the regimen is boring then you won't want to do it consistently. A regimen that challenges you and leaves you feeling accomplished when your done.

Anytime Fitness Indy South

- 5375 East Thompson Road, Ste. F, Indianapolis, IN 46237
- (317) 786-1210 • anytimefitness.com

Carole's Fitness (Perry Township)

What is the key to being successful in your fitness goals? Never giving up is the best way to elevate your fitness level and achieve new goals. Fitness needs to be a journey and not a destination. It doesn't matter how old you are, when you begin exercising, you will start to notice positive changes in your body, i.e., joints feel better, easier body movement, etc., because you are stronger and have more energy. Once you realize how much better you feel, you will not want to quit.

Describe your preferred exercise routine and why it works: My preferred fitness routine works because it gives the body everything it needs to maintain a healthy lifestyle ... Tabata (cardio) protocol for heart and lungs, weight work for strength and toning, core exercises to better support the spine and major organs and flexibility for easier movement.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regime? Visit different facilities to find out about the type of workout you will be doing. Ask questions ... there are no dumb questions. If possible, observe a class. Find out if you will receive personal help during the class to be sure you are doing the exercises correctly. Do not be concerned about what others can do ... start where you are, use what you have and do what you can. Grow from there!

Carole's Fitness

- Ages 50 + Up Complete Body Workout
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Cover Story continued on page 6

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WELCOME CHANGE



From left, Resultz. | Studio 317. | UFit. | Victory Strength & Fitness. (Submitted photos)

Cover Story continued from page 5

Evolutions Yoga (Greenwood)

What is the key to being successful in your fitness goals? Being consistent in your activities is the the best thing you can do to be successful in your fitness goals. When you start a new fitness activity you have to give yourself time to adjust to the training demands, both mental and physical, and you have to allow yourself time to really learn and understand the activity. People generally give up too quickly or fall off after a couple weeks when the excitement of “new” wears off and the hard work of consistency begins.

Describe your preferred exercise routine and why it works: My weekly routine is largely body based weight training for strength and functional movement activities to maintain flexibility. I train 6 days per week and flux between harder training days and softer training days. Excellence in alignment and form not only provide optimum strength, flexibility, and muscle tone but it creates a life long consistency for me to continually improve without fads, gimmicks, or the mental pitfalls of training.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regime? Find a skilled teacher. Find teachers and trainers who have long term experience training others in their field. Too many fitness trends have under educated instructors or trainers that have only been doing the activity in their field for a couple months. Any activity can produce desired results, but a true and really good coach makes all the difference in your success and long term safety.

Evolutions Yoga

• 2801 Fairview Place, Greenwood, IN 46142
(317) 881-9642 • evolutionsyoga.com

Martin Nutrition & Fitness, LLC (Greenwood)

What is the key to being successful in your fitness goals? Consistency. When it comes to reaching your goal you have to be consistent whether it be with your workouts, tracking your nutrition, drinking your water, sleep etc. When you are consistent with your work, you can measure your progress, and make adjustments as needed to get continued progress towards your goal(s).

Describe your preferred exercise routine and why it works: At MNF we focus primarily on resistance training with various training modalities. Specifically mixing resistance training with conditioning/ high intense exercise. The combination of the two results in a higher caloric burn during exercise and after-burn, the amount of calories you continue to burn once you stop working out. Also, you will build strength and definition while also training your anaerobic cardiovascular system.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen? Whenever you start something new, it can be challenging, but to not let that scare you. The challenge is part of it. At the beginning, be open to the challenge to be doing something new and different. It's not until we push ourselves out of our comfort zone is when we see just how much we are capable of.

Martin Nutrition & Fitness, LLC
• 862 South State Road 135,
Greenwood, IN 46143
(317) 215-4570 • martinfn.com

Resultz1 (Franklin Township)

What is the key to being successful in your fitness goals? Consistency and nutrition.

Describe your preferred exercise routine and why it works: We believe wholeheartedly in Small Group Person Training and community. The statistics for success for people who workout on their own is staggeringly low. When you add a well designed exercise protocol your chance of success goes up, now add a coach that is showing you what to do and how to do it, your chances of success just tripled, add to that a community of people just like you who are supporting you and being supported by you and success is a GIVEN! Think of walking into a huge gym. You walk in, you have to think, what am I going to do today? How many reps? How many sets? How much rest? Cardio? Where should my heart rate be? What exercises? Am I doing the exercises right? Am I supposed to feel this in my back? Nobody wants to think this much after a hard days work when they are paying money to a place that is designed for them to put in even more work. Now picture yourself walking in and a coach greets you tell you exactly what you'll be doing everything is all put together for you and now you have this coach the entire workout making sure that you are doing things effective, correctly and most of all you are having fun!

What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen? Find a place that offers you a coach or trainer every time you workout and start light, easing your way into the program. You should not be really sore the next day. Let your body slowly get used to the program before going longer or more intense.

Resultz1

• 5375 East Thompson Road, E,
Indianapolis, IN 46237
(317) 802-7414 • resultz1.com

Studio 317 (Greenwood)

What is the key to being successful in your fitness goals? Consistency is key. You have to find the workout that you love and workout with a friend or family member! Working out with a partner will help keep you accountable and it's so much more fun. That's why we love and see results with group fitness.

Describe your preferred exercise routine and why it works: The perfect combo: strength, cardio, core & flexibility! Variety creates success with a blend of two Strength Training classes like BodyPump per week. and paired with a couple cardio & core classes like HIIT (high intensity interval training), Zumba and Indoor Cycling are some of our favorites! The fourth key component is flexibility such as a yoga or stretching class to help aid with recovery, improve flexibility and prevent injuries.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regimen? Start small don't overwhelm yourself with 10 classes in your first week. We can help you make a plan by choosing up to three classes/workouts per week and go from there. Every class we offer is tailored to each individuals fitness level. Our Registered Dietitian can help you with proper nutrition and hydration a critical component to any successful fitness plan.

Studio 317 Fitness & Cycling

• 500 Polk Street, #24, Greenwood, IN 46143
(317) 883.7644 • studio317fitness.com

UFit (Greenwood)

What is the key to being successful in your fitness goals? There is no "key" to reaching your fitness goals, but I will let you in on a little secret: Fitness is a lifestyle. If you want to lose weight and feel better you must change the way you live and the habits you have. This is where it gets hard because change is one of the hardest things any of us face and when you look at your life and start stressing over all the things you MIGHT have to change in order to truly see fitness success it keeps you from losing the weight and reaching your goals. Focus on small changes, one step at a time and I promise you will get there

Describe your preferred exercise routine and why it works: Functional fitness is the absolute best way to lose weight, get in shape, and live a healthy life. Functional fitness is all about improving our bodies ability to not just do more in the gym, but in life. Combined with a change to our lifestyle this form of fitness will get you in shape and build strong, healthy muscles and joints that will last a lifetime.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regiment? Don't overthink it. We all have that voice in our head that tells us we can't do something and the moment we allow that to make us question our goals is the same moment we try to fight past every time we start a new journey. Yes, there will be ups and downs, yes it will be hard sometimes, but it WILL be worth it. If you are completely new to exercise or have any fear about not reaching your goals, you MUST HIRE a coach. A coach will keep you on the path to fitness results with a program to follow, habits to change, and of course accountability!

- UFit**
- 300 Commerce Pkwy. West Drive, Greenwood, IN 46143
 - 2801 Fairview Place, Suite A, Greenwood, IN 46142
 - Coming soon to Carmel (317) 886-8133 • ufitindy.com

Victory Strength & Fitness (Greenwood)

What is the key to being successful in your fitness goals? Consistency is Key. Es-



tablishing a routine whether it be three or five or days a week is crucial to see results from exercise, but consistency with nutrition is even more important. It's also key to be patient. Real results and success take time, so people should keep their routines for at least four - six weeks and then determine what adjustments, if any, need to be made.

Describe your preferred exercise routine and why it works: The preferred routine for myself and what we use at Victory Strength & Fitness is strength training with short rest intervals. When done safely, you can build lean muscle tissue while also improving your cardio vascular endurance. Newly formed muscle causes your metabolic rate to increase helping you burn unwanted pounds. The newly developed strength and endurance tends to create a better quality of life as well. Everyone benefits from having more strength and endurance, no matter what age. We use a wide variety of tools to accomplish this for our clientele.

What advice would you give to someone who is new to fitness prior to them choosing an exercise regiment? There are a lot of options out there. Here are three things to consider.

1. When narrowing it down, be sure that the program or system you choose has helped others with your body type or similar goals.
2. Ask yourself, "Will this be sustainable? Can I follow this exercise or nutrition program for however long to accomplish my goals?"
3. Consider hiring a professional. A specialist will be able to make sure you have safe technique and are using the appropriate weight for the right amount of repetitions. Many people injure themselves learning new exercises and end up halting their progress altogether. A qualified specialist will also be able to provide a plan to help you succeed. It's cliché, but true, "If you fail to plan, you plan to fail."

- Victory Strength & Fitness**
- 3115 Meridian Parke Drive, Suite O, Greenwood, IN 46142
 - victorystrengthandfitness.net
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Fitness motivation is powered by community

By Anytime Fitness Indy South

It's that time of the year! The yummy holiday treats, honeybaked ham, holiday cheer, and succulent desserts have left an everlasting impression on us; on our waist that is!

So now with our newly-found motivation and determination to beat the holiday bulge we decide to join a gym.

The truth of the matter is, well, most gyms can care less if they ever see you again after the day you enroll. Want proof? The amount of residents with gym memberships has never been higher with most Globo

gyms boasting more than 8,000 members, that right, 8,000 in just one location and our obesity rate continues to climb even to the point that it is now affecting our children. The frightful fact is that most gyms could never accommodate even 25% of their member base and they know it so usage is discouraged. These low cost models do not work because they are very cleverly marketed for MASS enrollment but then designed to not be community or result friendly.

Communities are different. Communities thrive on people, their energy, spirit, and

ability to get things done. Communities cry together, laugh together, challenge each other, work together, hold each other accountable, and reach out to help when someone needs it. Most of all communities have a someone in charge who actually CARES, a coach, mentor or leader who WANTS you to show up because they know without you the MAGIC of the community diminishes. In a church this person can be a Pastor, in a youth group it may be a mentor and in a community based gym like Resultz1 and Anytime Fitness we call these people coaches.

That's what we offer at Anytime Fitness and Resultz1, a place to laugh, cry, sweat, have fun, vent, and hang out. A place where the staff knows your name, genuinely cares about your results, and cares if you come back tomorrow. We offer coaching, nutrition guidance, and a clean welcoming environment but above all we are here to give you somewhere to turn to, something to be proud of, and bring out an inner happiness, strength, & magic that you never knew existed. In this process you will get in the greatest physical, mental and spiritual shape that you have ever been in.

Why do we do it? Well, we believe in the power of people and community!



Kickbox your way into shape

By 9Round Fitness

Kickboxing offers everything you need to get in shape, tone up, and lose those holiday pounds – Aerobic, anaerobic, strength and resistance training.

9Round Fitness is one of the newest, fastest growing kickboxing studios in the world and has three local locations; 239 S. State Rd. 135, Greenwood, 7045 Emblem Dr., Indianapolis, and 7615 E. US 36, Avon. The Greenwood location has been open since December 2014. The Indianapolis (Southport Road and Emerson) location opened one year later and the Avon location opened in January '17. Members can work out at any or all of the three locations.

"9Round is different because it includes everything you need: a full-body workout that's fast, effective and fun." Said owner Craig Valier. "We take away a lot of the ex-

cuses people use to talk themselves out of going to work out", Valier laughed. "It's only 30 minutes so you can get in and get out quickly while still getting an intense 30-minute workout; there are no class times so you work out when it's convenient for you; we change the workout daily so you don't get bored; and most importantly we provide trainers to help you all along the way." The program is scalable to meet the needs of any fitness level or body shape.

Valier firmly believes that if you are looking for something that is a bit different, that allows you to get in shape and relieve stress (by punching and kicking bags) this would be a great alternative or even compliment to your current routine. There is no kickboxing experience needed and you can go at your pace. "I promise you will have fun and you will sweat!"

The first workout is always free, so give them a call or simply walk in and try it out! Get in, get addicted, get fit!

NIGHT & day LOCAL ENTERTAINING

CALENDAR OF EVENTS

CENTER GROVE

Tot Art • Create a masterpiece! Toddlers ages 1-3 with their caregivers can create tot-friendly art projects. Stick around after the craft for socialization and a short playtime. Dress for a mess. | When: Jan. 12, 10:30 - 11:30 a.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

Expand Your Understanding of Dogs • Join for a series classes with dog trainer Katherine Smith. Explore how dogs learn and the new interpretations of dominance. | When: Jan. 17, 6 - 7 p.m. | Where: White River Branch Library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

FRANKLIN TOWNSHIP

Toddler Storytime at Franklin Road • Toddlers 18 - 36 months and an adult can listen, clap, move and learn with Miss Karen. | When: Jan. 16, 23 and 30, 10:15 a.m. | Where: Franklin Road Branch library, 5550 S. Franklin Rd., Indianapolis. | Info: (317) 275-4380.

Preschool Storytime at Franklin Road • Preschoolers ages 3 - 6 and an adult are invited for stories and preschool activities. | When: Jan. 17, 24 and 31, 10:15 and 11:15 a.m. | Where: Franklin Road Branch library, 5550 S. Franklin Rd., Indianapolis. | Info: (317) 275-4380.

Baby Lapsit at Franklin Road • Babies up to 18 months and an adult are invited to listen, clap, bounce and learn with Miss Karen. | When: Jan. 18 and 25, 10:15 a.m. | Where: Franklin Road Branch library, 5550 S. Franklin Rd., Indianapolis. | Info: (317) 275-4380.

GREENWOOD

Four Artist Exhibit • This show, presented by local professional artists Ron Mack, Donna Shortt, Lisa Guckelberg, and Beverly S. Mathis, will showcase the many different media and styles of fine art taught in their classes. Most of the artworks will be for sale. | When: Now - Jan. 31 during gallery hours, Wednesdays - Saturdays, 11 a.m. - 3 p.m. Open house, Jan. 12, 6 - 8 p.m. | Where: Southside Art League, 299 E. Broadway St., Greenwood. | Info: southsideartleague.org.



(Stock photo)

Willy Wonka and the Chocolate Factory Interactive Movie • Join this interactive *Willy Wonka and the Chocolate Factory* (1971) movie watching experience. Get a goodie bag, instructions, and watch Willy Wonka in a new and exciting way. Registration required. Grades 6-12. | When: Jan. 13, 12 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: greenwoodlibrary.us.

Pop-Culture Trivia Night • Teens, join for an evening of trivia featuring questions on favor-

ite books and movies! Sign up as a team, or get put into a team at the event. The winner will receive a prize, and everyone will get a snack! | When: Jan. 16, 6 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: greenwoodlibrary.us.

Intro Into Genealogy • Representatives from the Mary Bryan Chapter of D.A.R. will be providing a session on introductory genealogy research, for adults. | When: Jan. 17, 6 p.m. | Where: Greenwood Public Library, upstairs

computer room, 310 S. Meridian St., Greenwood. | Info: greenwoodlibrary.us.

Great Character Actors of Indiana • Adult program: Local journalist and historian Dan O'Brien will take you down memory lane during his presentation on Hoosiers who made it to the big (and little) screen. | When: Jan. 18, 6:30 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: greenwoodlibrary.us.

PERRY TOWNSHIP

Snacks with Superheroes • Children can have snacks with their favorite superheroes with this fundraiser for Southport High School's Indoor Percussion group. | When: Jan. 20, 1 - 2:30 p.m. | Where: Southport High School Auditorium Entrance. | Info: signupgenius.com/go/5080d4eaea823a2f49-snacks.

SOUTHPORT

Lego Day @ Southport! • Families and children ages 2 and older can 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. 13, 2 - 4 p.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.

Preschool Storytime at Southport • 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. | When: Jan. 16, 23 and 30, 10:30 a.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.

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: Jan. 17, 18, 24, 25 and 31, 10:30 a.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.

Paws to Read at Southport • Children who are reluctant readers are invited to read to Abbey or Biscuit, registered therapy dogs who love to listen to stories! | When: Jan. 17, 6 - 7:30 p.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: Register, (317) 275-4510.

ENJOY YOUR WEEK! Visit ss-times.com for weekly news and events.

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 Southside neighborhood was recently chosen as the Indianapolis Neighborhood of the Month?

- A. University Heights
- B. Homcroft
- C. Garfield Park
- D. Rosedale Hills

2 In this year's fitness special section, *Sweatin' in 18*, what is one thing most of the local gyms interviewed stated is the key to being successful in fitness goals?

- A. Communication
- B. Consistency
- C. Determination
- D. Balanced lifestyle



3 What is the name of the new pizza place opening in Greenwood on June 18?

- A. Pizza Palace
- B. Pizza Place
- C. Tappers
- D. Toppers

4 Rick Hinton writes about serial killer H.H. Holmes in this week's Haunts & Jaunts column, pertaining to a conversation he had with, Holme's _____.

- A. Attorney
- B. Great-great-grandson
- C. Great-nephew
- D. Surviving victim's grandson

5 Why did 11-year old reader Hayley write in a letter to the editor this week that she disagreed with movie reviewer Adam Staten?

- A. The movies he rates, she is not able to watch
- B. She enjoyed *Pitch Perfect 3* which received a bad review
- C. She doesn't agree with rating movies, period
- D. She disliked *Shape of Water* which had a good review



ANSWERS ON PAGE 17



Dawson's on Main in Speedway will be part of Devour Indy 2018. (Photo by Faith Toole)

Devour Indy Winterfest

Monday, Jan. 22 - Sunday, Feb. 4

FAITH ON FOOD

By Faith Toole

Last year, my husband and I took advantage of Devour Indy with more than 200 restaurants offering three-course, value-priced menus. We made reservations for Ruth's Chris Steakhouse and enjoyed a delicious filet dinner plus a Lemon Drop martini. It's that time of year again to experience your favorite eatery or find a new adventure during Devour Indy Winterfest.

One of the featured eateries will be Dawson's on Main in Speedway. Their Devour Indy menu selections include Salmon with citrus chive caper butter sauce, horseradish crusted Sirloin, Blacken Chicken Pasta, and my personal favorite Beef Stroganoff with hand cut sirloin bites. Start your adventure with their signature Spinach Artichoke Dip. Other area restaurants participating: Cobblestone, Ralph & Ava's Café, Boulder Creek, Byrne's Pizza, Bru Burg-

er Bar, Fogo De Chão, Stone Creek, Barbecue and Bourbon, The Oceanaire Seafood Room, Tacos and Tequila, Main Street Poke, Scotty's Brew-house, Iozzo's Garden of Italy. Search devourindy.com for a list of eateries and menus by side of town (downtown, east, midtown, north, south or west) or cuisine type.

Like and follow *The Southside Times* Facebook page for Devour Indy giveaways to enjoy on Jan. 22 - Feb. 4. Stayed tuned for the upcoming drawing, prior to Devour Indy. Share your Devour Indy experience on social media by tagging @DevourIndy and @FAITHonFOOD on Facebook, Instagram and Twitter.



Faith Toole is a local foodie. She can be reached at HCICONfoodie@contimes.com.

Follow on Instagram and Twitter @HCICON_foodie #HCICONfoodie

READERS' WRITES



Anna Kendrick and Brittany Snow in *Pitch Perfect 3*. (Photo by Quantrell D. Colbert - © Universal Pictures)

**Editor's Note: We wanted to thank Hayley Griggs for writing this letter addressed to Weekly Movie Reviewer Adam Staten. We love that you are reading our paper, Hayley, and think other readers might appreciate your take on this movie, too.*

Pitch Perfect 3 is the best movie of all times

Dear Mr. Staten, you are so wrong. *Pitch Perfect 3* is one of the best movies. It is better than the first one and if I were the one to judge I would give it a 5 out of 5. I love *Pitch Perfect* I have seen everyone of them and they are great. You have no idea you are insane to not love *Pitch Perfect*. It is the greatest movie of all times.

Sincerely yours,

Hayley Griggs
Age 11
Indianapolis

FROM THE EDITOR

Furry friends in the frigid cold



We love our furry friends – and we know our readers do, too. With the temperature outside (finally) dropping, please remember to bring those pets inside. Marion County has an ordinance which regulates that dogs must be brought inside when the temperature drops below 20 degrees Fahrenheit outside or if there is a Wind Chill Advisory in effect. Yet, the weekend of Jan. 6, Animal Care Services received nearly 300 calls about animals outside in the cold. On Monday, one dog froze to death.

The Humane Society of Johnson County stated on its social media that Johnson County has a “blanket temperature ordinance” for animals. Animal control officers can only enforce the law, which states nothing about which temperature is considered neglect to leave them outside.

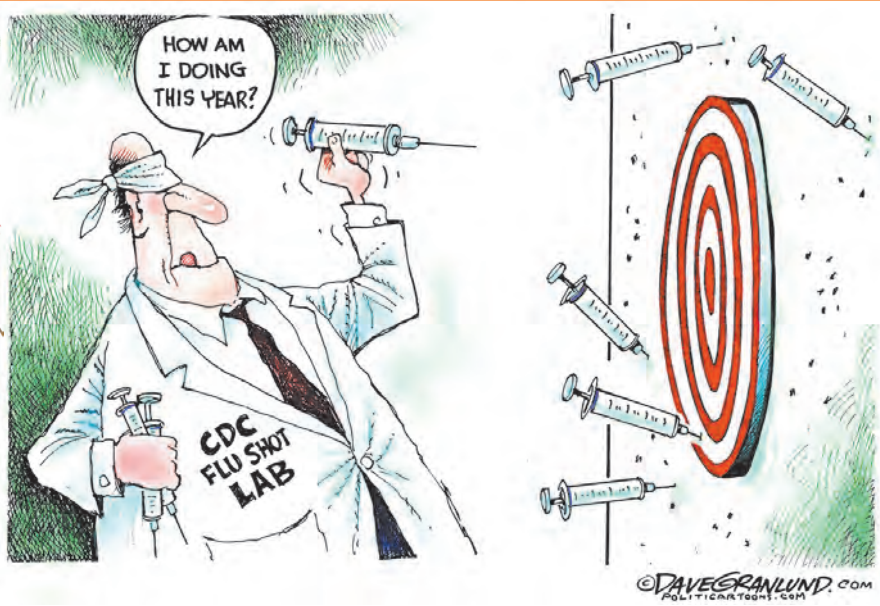
“We have been inundated with phone calls about animals out in these elements,” wrote the humane society on Jan. 2. “With many community members still concerned, we are going to look for answers to these questions. We are going to look for answers to protect the animals of Johnson County. We are starting by calling every city in the county to find out their ordinance. Marion County we are looking at you for an example Let’s do this for our animals, no excuse.”

People continue to leave pups outside, probably under the misconception that their fur is meant to keep them warm. It’s not. We hope that more people can educate themselves on how to properly care for outside animals in extreme temperatures, and thank everyone who does their part to keep them safe. We look forward to what the humane society may be able to achieve through their investigation into this issue.

Stay warm out there (pets included)!

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.



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

matter how small and should be recognized? Email your “Stars and Strikes” to news@ss-times.com.

★ Stars: To Coach Oskar Vuskalns, his coaching staff and the Beech Grove High School boys swim team who dominated the ICC Swim and Dive Championships, finishing first by a wide margin. Their win is the eighth consecutive ICC Championship for the boys program.

⚡ Strike: To the vandals in Greenwood who painted the words neo-Nazi on the trunk of the residents car on Jan. 7. Greenwood Police report that the incident occurred at the Barton Farms and Greenwood Pines subdivisions. It is believed the same suspects spray-painted male genitalia on the side of a residents work van. Surveillance video from a nearby residence showed that at approximately 4 a.m. on Jan. 7, a dark colored (possibly Chevy Cruz) pulled up in front of one of the victim’s residences. Three suspects were then observed exiting the car

and approaching the residence. Several minutes later, the suspects returned to the car and left. Anyone with information on these crimes is asked to contact the Greenwood Police Department at (317) 865-0300.

★ Stars: To Sophia’s Bridal, Tux and Prom in Southport on its work on the upcoming fundraiser and fashion show to benefit Girls, Inc of Central Indiana. The theme of this year is “Confidence Conquers” and the models are a mix of local high school girls and young women from the Girl’s, Inc. program. The event will take place at Sophia’s Bridal, Tux and Prom, 2025 E. Southport Rd. on Jan. 21, at 4 p.m. and tickets are \$20. A great event to give back!

★ Stars: To Center Grove Middle North Athletics on winning the Center Grove Hardwood Club 2018 Spirit Trophy.

QUOTE OF THE WEEK

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

– John F. Kennedy

HUMOR



TOP TEN THINGS YOU SHOULDN'T BRING TO A JOB INTERVIEW

By Torry Stiles

10. Your mom.
9. Pictures of your dog.
8. The phrase, "badda-bing, badda-boom."
7. A copy of your listing in the local newspaper's 'Crimestoppers' feature.
6. A list of foods that leave you gassy.
5. Demands for the release of hostages.
4. Pictures of the interviewer's spouse... clothed or otherwise.
3. Friend who is there to testify that you're a great guy as long as you take your medication.
2. Clippings of past Top Ten Lists you are certain were written about you.
1. Unsolicited urine samples.



BELIEVE IT!

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

In Nebraska, if a child burps during church, his parent may be arrested.

Source: dumblaws.com

AROUND TOWN

Franciscan Indianapolis Medical-Surgical Unit earns national distinction

Care – Franciscan Health Indianapolis has been recognized for its excellence in care to patients served in the hospital's orthopedics and neurosciences medical-surgical unit. The award is PRISM (Premier Recognition In the Specialty of Medical-Surgical Nursing) and it is presented by the Academy of Medical-Surgical Nurses (AMSN) and the Medical-Surgical Nursing Certification Board. Franciscan Health Indianapolis' Orthopedics/Neurosciences unit was the first unit in Indiana to earn the prestigious three-year certification. The unit was recognized for: positive patient outcomes, effective leadership, recruitment and retention of competent staff, evidence-based practices, a healthy practice environment, and lifelong learning of unit staff members.

Ronald McDonald House Charities accepting applications for scholarships

Program – Online applications are being accepted through Jan. 18 for the 2018 Ronald McDonald House Charities® of Central Indiana (RMHCCIN) scholarship program. In 2018, RMHCCIN will award 20 Central Indiana high school seniors each with a \$5,000 scholarship. To apply for an RMHCCIN scholarship, a student must: Be a high school senior with a minimum 2.7 GPA and eligible to attend an accredited two- or four-year college, university or technical school with a full course of study; Be a legal U.S. resident and younger than 21 years old; Live in RMHCCIN's geographic area (visit RMHCCIN website for a list of all eligible counties). Visit rmhccin.org/what-we-do/scholarships to apply. Application deadline is Jan. 18 at 11:59 PST.

Girl Scout Cookie Program kicks off next century of female entrepreneurs

Cookie sales – After last year's 100th anniversary of Girl Scouts selling cookies, troops in central Indiana are kicking off the next century of Girl Scout Cookie sales with the return of Girl Scout S'mores™ on Jan. 6. Girl Scout S'mores were the most popular flavor to launch in the 100 years of Girl Scouts selling cookies. During Girl Scout Cookie season, each G.I.R.L. (Go-

Kirchhofer files legislation to improve accessibility to opioid treatment

Programs – State Rep. Cindy Kirchhofer (R-Beech Grove) filed legislation on Jan. 8 that would allow for nine additional opioid treatment programs in locations the Division of Mental Health and Addiction propose. Under the legislation, nine certified community mental health centers or general acute care hospitals could apply to the Division of Mental Health and Addiction to operate a new opioid treatment program after June 30, 2018. The Division of Mental Health and Addiction would have administrative and oversight responsibility of the programs. House Bill 1007 has been assigned to the House Committee on Public Health and is eligible for amendments made by the committee. Visit iga.in.gov to learn more about House Bill 1007.

Franciscan VNS seeks to hire health care pros 'on the spot'

Jobs – Franciscan VNS Home Care and Hospice will begin a new recruiting program geared to health care professionals. It's called "On The Spot Thursdays" and it provides opportunities for immediate interviews with hiring managers and the chance to meet current Franciscan VNS and hospice team members. In some cases, immediate job offers are extended to top candidates. The program is offered every Thursday from 9 a.m. to 4 p.m. at Franciscan VNS headquarters at 1300 Albany St., Beech Grove. Appointments are not necessary and applicants are reminded to bring their resumes. Openings are available for registered and licensed practical nurses (home health and hospice), home health aides, and physical, occupational and speech therapists. To learn more, visit franciscanhealth.org/vns.

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Toppers Pizza will open at 586 S. State Rd. 135 on Jan. 18. (Photo by Nicole Davis)

On the rise

Toppers Pizza expands to Greenwood, offering pizzas made fresh, from scratch

FEATURE

By Nicole Davis

The Center Grove area is getting a new pizza restaurant this week. Toppers Pizza, headquartered in Wisconsin, will open the doors of its newest location at 586 S. State Rd. 135 on Jan. 18.

"That Greenwood area is a hotbed for pizza and somewhat underserved so we are particularly excited for this location," said Scott Gittrich, CEO. "You may think there are a million pizza places, but from our standpoint, it's an area that can use a pizza place. The big chains are there, the fast food value players, but it's underserved from the standpoint from good regional, local, carryout and delivery company. That's where we fit. We feel good about the brand being right for that area."

Toppers started in 1991. Gittrich had worked for a large pizza chain for seven years before deciding to open his own company. The idea was to make everything from scratch, mixing the dough in-house and cutting the vegetables by hand.

"Our claim to fame is our recipes, the unusual combinations and pizzas

we make that are so popular - like buffalo chicken pizza and tater tot pizza," he said. "We use real Wisconsin cheese that's never been frozen. That's why I started Toppers, was to have a delivery and carryout pizza restaurant that delivered a high-quality pizza."

There are now Toppers restaurants in 16 states.

Toppers has been hiring for all positions, expecting to bring 35 jobs to the Greenwood location. Gittrich said he expects a line at the door for opening day, with a promotion of free pizza for a year for the first 50 customers. For all other customers, Gittrich said they can look forward to some creative and fresh flavors to choose from on the menu.

"It's personally thrilling to see communities understand who we are, how we fit and try us out, make the switch from the Walmarts of pizzas over to the little guy who's doing it right," Gittrich said. "It's very exciting. When we come to a place like Greenwood, it's fun to start hiring those first few people, tell them how we do it, the buzz starts and on the day we click the open sign there's typically a bunch of people that want to try us out."

For more information, visit toppers.com.

Toppers Pizza • 586 S. State Rd. 135, Greenwood, IN 46142
toppers.com • (317) 743-8225

Puzzle Time



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

```

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

6 Uncommon Fruits

4 Times of Day

5 Clothing Items

3 Indy Breakfast Venues

2 State Museum Exhibits

1 South Bend Car Museum

ACROSS

1. Committed perjury in Marion County Court
5. Hosiery problem
9. Unwanted e-mail
13. One who seeks *Southside Times* readers
16. Bone-dry
17. Anspaugh wish: Ross co-starring with Hackman?
19. Jim Mattis org.
20. Southern Dunes ball prop
21. Show's partner at Westwood Elementary School
22. Big-ticket ____
24. O'Bannon Woods evergreen
27. Numerical prefix
30. Ruhr Valley city
32. AAA handout
33. Old PC standard
35. IMPD crime lab evidence
37. Community Hospital employee, briefly
39. Sleekly designed, like an Indy race car
40. Sally of *Norma Rae* and *Forrest Gump*?
43. Taj Mahal site
45. Grazing ground
46. Chemical ending
47. Indianapolis Zoo laugher
49. Biblical suffix
51. Ambulance worker
55. Local raceway, initially
56. Meijer breakfast food section
59. Claudius' successor
60. Pacer foe
62. Colt foe
64. Part of UCLA
65. "The door's open"?
70. Beech Grove HS track shape
71. Numbing drug
72. Prohibits
73. Use a surgical beam at St. Vincent Hospital
74. Some Fountain Square architecture: Art ____

DOWN

1. Scottish boy
2. Numbskulls
3. Gets around
4. Cub Scout Pack 265 group
5. Pigneps
6. Greenwood Park Mall closing time
7. Indianapolis Indians bat wood
8. Earthy prefix
9. Use a breeze on Geist
10. Warm-ups
11. Put on WISH

1	2	3	4		5	6	7	8			9	10	11	12
13				14					15		16			
17										18				
19				20					21					
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65	66						67	68				69		
70						71								
72								73					74	

- | | | |
|---------------------------------------|--|--------------------------------|
| 12. IU Health physicians | 34. Satiny material | 53. Like some humor |
| 14. Trio Pest Control target | 36. Apiece, at a Southport HS tennis match | 54. Sam's Club rival |
| 15. PU military group | 38. Compadre of Fidel | 57. European erupter |
| 18. Appear to be | 40. Butler newbie | 58. Starbucks order |
| 23. US 31 divider | 41. Animal on I-70 XING signs | 61. Red Sun sushi fish |
| 25. Give off | 42. Any doctrine | 63. "Whatever" |
| 26. "Once ____ a time..." | 43. Yellowfin tuna | 65. Corn on the ____ |
| 28. Post Office motto conjunction | 44. Center Grove HS PE class locale | 66. Midwest Fertility stock |
| 29. Krzysztof Urbanski's musical grp. | 48. Trendy berry | 67. WTHR hit since '75 (Abbr.) |
| 31. Indy-to-Ft. Wayne dir. | 50. Bother continually | 68. Darjeeling or oolong |
| | 52. Keyboard key | 69. Kind of school |

Answers See Page 17

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

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AROUND TOWN

McCrary makes Ohio Christian Univ. Dean's List

Academics – Marissa McCrary, of Perry Township, Indianapolis, has been named to the Dean's List at Ohio Christian University for the Fall 2017 Semester. To be eligible for the Dean's List, a student must achieve a semester GPA of 3.5 or better and be enrolled in at least 12 semester hours.

IndyGo hosts Red Line Rapid Transit meetings

Construction – IndyGo will host public meetings with construction timeline and traffic detour updates across Indianapolis throughout January and February. Southside meetings include Jan. 30, 6 p.m. at the University of Indianapolis, 1400 E. Hanna Ave., Indianapolis; Feb. 1, 12 p.m. at Southeast Community Services, 901 Shelby St., Indianapolis; and Feb. 12, 6 p.m. at Tube Factory Artspace, 1125 Cruft St., Indianapolis. For more information, visit indygored.com.



Sophia's to host prom fashion show fundraiser to support Girls, Inc.

Attire – Sophia's Bridal, Tux and Prom will host its second annual fashion show to raise money and awareness for Girls, Inc. of Indianapolis and their Young Women in Leadership program. The theme of this year is "Confidence Conquers" and the models are a mix of local high school girls and young women from the Girl's, Inc. program. The event will take place at Sophia's Brid-

al, Tux and Prom, 2025 East Southport Rd., Southport, on Sunday, Jan. 21, at 4 p.m. and tickets are \$20.

The fashion show will feature this year's prom trends as well as focus on the models and their accomplishments within their high schools. Sophia's Bridal, Tux and Prom has partnered with local hair stylist, makeup artists, and photographers to create an unforgettable experience for the young women involved. The adult leadership at Girls, Inc. has selected one outstanding young woman to receive a free prom dress from Sophia's Bridal, Tux and Prom.



Robotics teams challenged with new game

FIRST – In what some think has the most complicated strategy options yet, FIRST® Power Up™ has high school ro-

botics team students around the world eager to capture a championship. Southside teams include: Perry Meridian High School Cyber Blue, Southport High School CyberCards and Center Grove High School Red Alert.

At last Saturday's Kickoff, teams were shown the FIRST® game field and challenge details for the first time, and received the Kickoff Kit of Parts, which is made up of motors, batteries, control system components, construction materials, and a mix of additional automation components with limited instructions. Working with experienced mentors, stu-

dents have six weeks to design, build, program, and test their robots to meet the new 2018 season's engineering challenge. Once these young inventors build a robot, their teams will participate in one or more of the Indiana district events that measure the effectiveness of each robot, the power of collaboration, and the determination of students.

FIRST® Power Up, the 2018 FIRST® Robotics Competition game, finds its teams trapped in an 8bit video game! Teams use power cubes (milk crates) to defeat the boss (score points). Whichever team defeats the boss by the end of the game gets the W.

UPCOMING PERRY TOWNSHIP MEETINGS

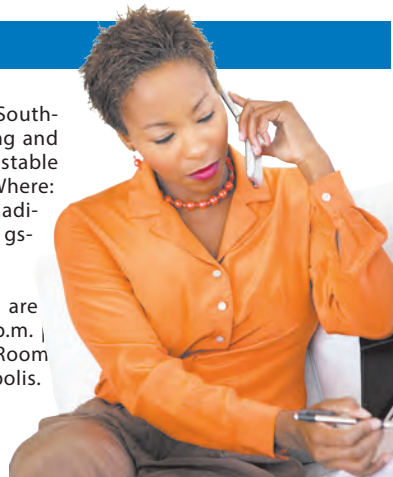
Southport City Council • City Council meetings are open to the public. | When: Jan. 15, 7 p.m. | Where: Southport Community Center, 6901 Derbyshire Rd. | Info: southport.in.gov.

University Heights Neighborhood Association • Come meet neighbors, all working for the good of the neighborhood. | When: Jan. 16, 7 p.m. | Where: UIndy Stierwalt Alumni House. | Info: uheights.us.

Perry Township School Board Public Work Session • The board will convene for its public works session. The public is invited. | When: Jan. 23, 6 p.m. | Where: Perry Township Education Center, Room 210. | Info: perryschools.org.

Lunch & Learn • Join this Greater Southside Business Alliance member meeting and learn about small claim courts and constable duties. | When: Jan. 24, 12 - 1 p.m. | Where: Southside Business Initiative, 6825 S. Madison Ave., Suite B, Indianapolis. | Info: gsbaweb.org.

Perry Township Board • Meetings are open to the public. | When: Feb. 7, 7 p.m. | Where: Perry Township Community Room 4925 Shelby St., Suite 400, Indianapolis. Info: perrytownship-in.gov.



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AROUND TOWN



Greenwood VFW Post presents Christmas help

Donation – VFW Post 5864 presented Christmas help in the amount of \$250 each to four Greenwood school families. The Greenwood Schools representatives who helped coordinate the effort and picked up the cards to deliver to the families included, from left, Samantha Young – Student Service Advisor, Greenwood High School; Emily House, MSW, LCSW – Student Service Advisor, Westwood Elementary School; VFW Post member Don LaFontaine; Jaime Oeffinger -- Student Service Advisor, Northeast Elementary School and Erin Mrakovich -- Student Service Advisor, Isom Elementary School. House Committee member Don LaFontaine was at the Post for the presentation. Other recipients of Christmas help included six veteran families. Among those individuals receiving help were 24 children. Greenwood VFW provided just over \$2,100 for those needing help at Christmas.



Heat & Frost donates to Hunger, Inc.

Food pantry – Heat & Frost Insulators Asbestos Workers Local 18 Business Manager Jason Smith (right) presented a generous donation to Tom Brown, President of Hunger Inc. The Hunger Inc. pantry, in Perry Township, provides food for members of needy Southside households. This donation represents one of a number of civic activities throughout the year with which members of the Heat & Frost Insulators Local 18 are involved.

Youth Connections holds Happy SHOE Year fundraiser

Donations – Youth Connections is starting 2018 with a “Happy SHOE Year” fundraiser by collecting gently-worn, used and new shoes. All donations will be redistributed to micro-enterprise partners and used in developing nations for impoverished people to start their own business. The funds raised for Youth Connections will be determined by the total weight of shoes collected. In the U.S. alone, over 600 million pairs of shoes are thrown away each year, filling landfills. Beginning Jan. 29 - March 29, individuals can drop off shoes at: First Financial Bank in Franklin and Greenwood; Home Bank in Greenwood or Martinsville; Horizon Bank in Franklin, Greenwood South and Greenwood West or the Youth Connections office. For more information, contact Jamie Perry, (317) 738-3273 or jperry@youthconnections.org.

Festival Country Indiana awards \$27,000 in tourism grants in Johnson County

Nonprofits – Festival Country Indiana, which is Johnson County’s official tourism agency, has selected 10 nonprofit organizations and other groups to receive \$27,000 in grant funding to help develop and promote festivals and other tourism-related initiatives during 2018. In 2018, Festival Country Indiana will provide the following grants: Artcraft Theatre Film Festival, \$2,500; Aspire Johnson County activity book for children, \$2,500; Franklin Parks Halloween Town, \$2,500; Johnson County Parks disc golf course construction, \$5,000, and marketing, \$2,500; Discover Downtown Franklin brochures, \$1,000; Greenwood Parks summer concert series adult night, \$2,500; Bargersville Harvest Moon Festival, \$2,500; Funny Farm Petcare monthly farmers market for pets, \$1,000; Johnson County Public Library Little Library on the Prairie pioneer festival, \$2,500; and Edinburgh Fall Festival, \$2,500. The tourism board initially allotted \$20,000 to fund grants during 2018, but increased the funding total to \$27,000 after receiving so many quality applications. Festival Country Indiana’s mission is increase visitation to Johnson County and increase tourism’s economic impact through product development and marketing. For more information, visit festivalcountryindiana.com.



Plant-based diet maximizes longevity

NUTRITION

By Wendell Fowler

Several beautiful souls told me their New Year resolution was to begin loving themselves more with a plant-based diet: to create health and happiness by becoming a vegetarian or flexitarian. (primarily vegetarian but occasionally eats small amounts of meat or fish). A galaxy of scientific research cautions a meat-centric diet causes many diseases and declares a plant-based diet does the opposite.

JAMA’s robust body of clinical research stresses “a plant-based diet enhances health, decreases heart disease risk, type 2 diabetes, and certain cancers, while sustaining a healthy weight.” Plant-based foods are packed with the fiber, vitamins, minerals, phytonutrients and healthy fats most Americans don’t get nearly enough of to keep the holy temple running smoothly. Flexitarians are healthier than everyday meat eaters in categories such as colon cancer and heart-disease risk, and overall mortality. (Environmental Nutrition)

Meat, dairy, eggs and fish hold protein, iron, and zinc found along with other nutrients found in foods. We know where to get vitamin C and fiber— God’s plants – but what about the many other vitamins and minerals? When you mindfully shop closer to earth, prepare and eat fresh, real food, it’s totally possible to get enough nutrients when you eat a variety of whole plant-foods.

Don’t dive in head first without knowledge and a plan. It’s a marathon,

not a sprint: be patient with yourself. Your body and mind need to adjust. Like changing your religion, it’s not easy re-programming lifelong behavior. Do it with a friend or family member for support.

- Pile veggies on *homemade* pizza. Line a pan with pizza dough or pre-made shell, and top with a roasted vegetable mixture of your liking. Top with marinara sauce and part-skim mozzarella cheese. Bake at 450° for 20 minutes or until cheese bubbles.
- Try fake-meat crumbles or tempeh in place of meat with grain and veggies inside a stuffed roasted pepper.
- Grill veggies to add and top with cheese on a substantial sandwich made with Ezekiel bread.
- Lots of salads with dark greens, nuts, seeds and lean protein.

You are the architect of your health. Not Toni the Tiger, Poppin’ Fresh, Big food or Pharma. Vitamin nutrition from God’s garden are mankind’s medicine. Einstein’s proclaimed love was the most powerful force in the universe. Eating health is a powerful way to express love and gratitude to your temple for keeping you fully alive. You are a miracle!



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

Captain Hook feels badly

GRAMMAR GUY

By Curtis Honeycutt

We hear this one all the time: *I feel badly because Randolph lost his job at the pro shop*. In an effort to have better grammar we can often make it worse. So let's figure out why the correct phrase in the above instance should be *I feel bad*.

The key here is knowing the difference between action verbs and linking verbs. It seems rather obvious how to identify an action verb: it does something active. Active verbs like gobble, decide, shimmy, impeach and frolic tell us the action being performed in a sentence. Linking verbs, on the other hand, connect the subject of a sentence to information about that subject. Linking verbs do not describe an action. Therefore, use adverbs to describe action verbs and adjectives to describe linking verbs.

Sensory-related verbs like feel, look, smell, taste and sound can either be used as linking verbs or active verbs, depending on the context of the sentence. Kind of confusing, if you ask me.

In our example where poor Randy got the heave-ho from the pro shop, *feel* is used as a linking verb. *I feel bad* describes

the state of my emotions because Randolph was let go. The only way *I feel badly* is correct is if, after being fired, Randolph got in his souped-up golf cart, put the pedal to the metal and—in an act of blind rage—he ran over all 10 of my fingers as I carefully attempted to replace one of my several divots, rendering my sense of touch useless. In this case, *I feel badly* because Randolph lost his job at the pro shop would be correct.

With sensory verbs, it's important to identify whether the verb is an active verb or a linking verb. The way I always remember this takes me back to my tremendous AP English teacher, Dr. Ballard, who used this example: *Only Captain Hook feels badly*. Get it? Because he has a hook for a hand.

Would Captain Hook make a good masseuse? No, because Captain Hook feels badly. And he probably feels pretty bad about that.



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

A wholesome, hearty dish to take the chill off winter days

FAMILY FEATURE - As winter chills settle in, one way to warm up from the inside-out is with family meals centered around a delicious bowl of comfort food like pasta, soups and stews.

By planning your weeknight menu to include wholesome, organic foods made with no artificial flavors, artificial colors or high-fructose corn syrup, you can create hearty and flavorful dishes in the New Year that will have everyone in the family eager to dig in.

With a high quality, organic sauce in your pantry like one of the Bertolli US-

DA-certified Organic Pasta Sauces, available in red- and white-sauce varieties, you can quickly whip up a warming and indulgent winter dish while still keeping your resolutions to cook with more quality ingredients. For example, this recipe for Campanelle with Prosciutto and Peas uses Creamy Alfredo Sauce, made with organic cream, aged parmesan cheese and spices, is sure to become a cold-weather family favorite!

Find more recipes to kick-start taste-tempting family mealtimes through every season at Bertolli.com.



Campanelle with Prosciutto and Peas

Cook time: 10 minutes | Prep time: 10 minutes | Servings: 6

Ingredients

- 12 ounces uncooked campanelle pasta
- 1 tablespoon Bertolli Extra-Virgin Olive Oil
- 1 large shallot, finely chopped
- 1/2 cup dry white wine
- 1/2 cup frozen peas
- 3 ounces thinly sliced prosciutto
- 1 jar (15 ounces) Bertolli Organic Creamy Alfredo Sauce
- 4 ounces Fontina cheese, shredded
- 6 eggs
- 1 teaspoon freshly ground black pepper

Directions

- In pot of salted water, cook pasta 2 minutes less than directed on package. Drain pasta.
- In large skillet over medium-high heat, heat oil and shallots. Cook 3-4 minutes, or until softened. Add wine; cook 3-4 minutes, or until most liquid has evaporated. Stir in peas, prosciutto, Alfredo sauce and cheese. Add pasta; toss gently. Cook and stir 1-2 minutes to coat pasta with sauce.
- In saucepan, bring water to boil and add eggs. Cook 6 minutes. Transfer eggs to ice water and cool before peeling.
- Top each serving with soft-set egg and black pepper.

NOTES: Gouda or Gruyere can be substituted for Fontina. Unpeeled, cooked eggs can be stored in refrigerator up to one week.

Puzzles & Answers – SEE PAGE 13

Answers to HOOSIER HODGEPODGE:

- Fruits:** GUAVA, KUMQUAT, LYCHEE, PAPAYA, STAR FRUIT, UGLI FRUIT;
- Clothes:** PANTS, SHIRT, SHORTS, SKIRT, SWEATER;
- Times:** DUSK, EVENING, MORNING, NIGHT;
- Venues:** CRACKER BARREL, METRO DINER, WAFFLE HOUSE;
- Exhibits:** LINCOLN, SCIENCE; **Museum:** STUDEBAKER

Q&A

SEE PAGE 10

- 1. A
- 2. B
- 3. D
- 4. B
- 5. D

L	I	E	D	S	N	A	G	S	P	A	M			
A	D	V	E	R	T	I	S	E	R	A	R	I	D	
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7	8	3	5	4	1	6	9	2						
6	9	1	3	2	8	7	5	4						
2	4	5	9	6	7	3	1	8						

OBITUARIES

Elbert Britt

Elbert "Whitey" Britt, 91, of Indianapolis, died on Jan. 5, 2018. He was born on June 6, 1926 in Glasgow, Ky. to David and Lela Britt. He worked for Chevy Truck and Bus for 44 years as a maintenance supervisor, retiring in 1991. He was a member of Mt. Zion Baptist Church for 30 plus years, more recently attending the Southport Church of the Nazarene. He loved the Lord and spending time with his family. He and Angie was married for 70 years. Survivors include daughter Jan Turner (Steve), Kenneth Britt (Barbara) and Darrell Britt (Anita); seven grandchildren; 21 great-grandchildren; and three great-great-grandchildren. He was preceded in death by his wife, Angie; three siblings; and one grandson. Visitation was Jan. 8 at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135. Funeral service was Jan. 9. Burial will be at Forest Lawn Memory Gardens.

Dr. Elmo B. Carver

Dr. Elmo B. Carver, 80, of Indianapolis, died on Jan. 4, 2018. He was born on June 23, 1937 in Leavenworth, Ind. to the late Earl and Marie Carver. He is a retired superintendent of Franklin Township. Dr. Carver was a graduate of Washington High School and Franklin College. He played basketball and baseball in high school

and college. He loved spending time with his family. Survivors include his wife, Becky Carver; children, Lisa Lantrip (Brian), Lori Hershorn (David); five grandchildren; and five great-grandchildren. Visitation was Jan. 8 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. Funeral service was Jan. 9. Entombment will be at Floral Park Cemetery.

Brenda A. Creech

Brenda A. Creech, 63, of Indianapolis, died Saturday Jan. 6, 2018. She was born to Joseph and Virginia Ross in 1954. After high school, Brenda married her lifetime sweetheart, Donny Creech in Tennessee on Nov. 1, 1989. Throughout her life, she was a stay at home mom, taking care of her family. She loved to do arts and crafts, helping make floats for parades, and doing small crafts with her grandchildren. She was an amazing seamstress, making luxurious gowns for balls, and other events. She loved to be around animals and out in her garden. She was an amazing cook. Brenda is survived by her husband, Donny; her mother, Virginia; five children, Sean (Melissa) Scanlan, Corey (Heather) Scanlan, Kelly (Eric) Monteverde, Heather Case, and Samantha Browning; four sisters, Sharon (Jim) Brooks, Karen Gaines, Bonnie (Jimmy) Vibbert, and Terri (Bernie) Rodriguez; three brothers, Joe (Cindy) Cothran, Gary (Patty) Cothran, and Terry Cothran; 11 grandchildren and one great-grandchild. She was preceded in death by her father, Joseph; stepfather, Gerald Ross; and a sister, Cathy Cothran. Services will be Jan. 13, 1 p.m. at Mt. Pleasant Christian Fellowship off of old Emerson Avenue, with a dinner following. Arrangements are entrusted to Jessen Funeral Home, Whiteland Chapel.

Thomas L. Dillard

Thomas L. Dillard, 76, of Greenwood, died on Jan. 7, 2018. He was born on July 1, 1941 in Indianapolis to the late Renzie B. and Mildred E. Dillard. He enjoyed model trains, and building cars. Survivors include his wife of 56 years, Judith Dillard; three children, Jeana (Rodrick) Brown, Rea (Anthony) Warner, Tommy (Richel) Dillard; seven grandchildren, Jeana, Stevie, Conner, Taylor, Mollie, Reese and Zoe; five great-grandchildren, Ella, Knox, Nolan, Crew, Keegan and Kashton; siblings, Richard (Denise) Dillard, Edna Mae (Larry) Deckard, Evelyn Rae Hord and Bonnie (John). Visitation was Jan. 10 at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135 and Olive Branch Road. Funeral service is Jan. 11, 10 a.m. Burial will be at Forest Lawn Memory Gardens.

Yvonne Lipsius

Yvonne Lipsius, 91, died Jan. 5, 2018. Born Yvonne Campbell in Spiceland, Ind. on Dec. 9, 1926. She has three children from her first marriage: Kathy (Mike) McDonald, Karl (Beverly) Anderson, and Connie (Randy) Wilson. Her second and current marriage was with Clifford Lipsius, who also had three children from his first marriage: Glenn (Amber) Lipsius, James (Deborah Gephart), and Sandra Lipsius (Robert Jones). Those six children had nine grandchildren who created 20 great-grandchildren. Yvonne was called Gammy or Mimi depending on which branch of this family she was with. She held the families together as one. She has the reputation of being a great cook, a talented seamstress and creator of corsages, bows, and flower arrangements. The people from Edgewood United Methodist Church where Yvonne and Cliff are members, called her the flower lady. Yvonne was a member of the Southport Chapter #442 of the Eastern Star for over 50 years. She enjoyed volunteering at nursing facilities for years and received volunteer of the year award in 1984. Funeral service was Jan. 10 at Edgewood United Methodist Church 1820 E. Epler Ave., Indianapolis. Yvonne will be laid to rest in Forest Lawn Memory Gardens. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

Rose Ann Long

Rose Ann Long, 82, of Indianapolis, died on Sunday, Dec. 31, 2017. She was born on Aug. 1, 1935 in Beech Grove to the late Carl J. and Velma (Alfrey) Parham. Rose was an avid Colts fan, enjoyed gardening and loved her pets, Cody and Bo. Survivors include her children, Deborah Mae Long, William E. Long, Jr., Kathy Lally (Jim), John D. Long (Linda) and Mark D. Long; grandchildren, Jon Lally (LaShaunda), Chris Lally (Kelly), Ben Lally, Sarah Long, Rachel Long, Samantha Long and Angel Long; and great-grandson, Drake Lally. Services were held on Jan. 8 in Lauck & Veldhof Funeral & Cremation Services. Fr. Gerald Kirkhoff officiated and the burial followed in Our Lady of Peace Cemetery.

**Paula Kay (Lowery) Whitaker**

Paula Kay (Lowery) Whitaker was born 48 years ago on July 13, 1969 in Hamilton, Ohio, to Paul and Jean Lowery. She married Alex Whitaker on May 3, 2014. She is preceded in death by her father, Paul and her sister, Sue. She leaves behind her husband of four years, Alex Whitaker; stepdaughter Jessica Whitaker; mother, Jean Lowery; sister, Dottie (Jim) Lambertson; nephews Mark (Laura) Lambertson, Andrew Lambertson; nieces Amy Keller, Leesa (Joshua) Lance, and Kailyn Lambertson. Paula attended Lakota High School and graduated from the University of Indianapolis, Magna Cum Laude, with a degree in Organizational Leadership. She worked as a Communications Specialist at AAR Aircraft Services in Indianapolis. Prior to moving to Indiana, Paula was an active member of the Shekinah Singers at Princeton Pike Church of God in Hamilton, Ohio. She attended Calvary Baptist Church in Greenwood. Paula served as secretary for the 500 Chapter (Indianapolis) of the International Association of Administrative Professionals (IAAP). Visitation was Jan. 10 at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave. The funeral is Jan. 11, 1 p.m. at the funeral home. She will be laid to rest at Concordia Lutheran Cemetery.

Janice Kay O'Hair

Janice Kay O'Hair, 63, of Greenwood, died Jan. 6, 2018. She was born Jan. 10, 1954 in Franklin, Ind., to the late Lloyd Gilbert and Lois Erline Baxter O'Hair. Janice is survived by her siblings, Carol Korn (Richard), Debra Harmon (John) and Kenny O'Hair (Debbie); stepmother, Marie Moore (Charlie); and several nieces and nephews. Janice enjoyed reading, playing cards and mushroom hunting.



Pershing Thomas Pressley

Pershing Thomas Pressley, 95, of Indianapolis, died Jan. 7, 2018. He was born Jan. 23, 1922. Memorial services are being planned for a later date. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

Betty Ann (Gardner) Putnam

Betty Ann (Gardner) Putnam, 72, of Middletown, died Dec. 30, 2017. She was born in Indianapolis, June 23, 1945, the daughter of Troy and Dorothy Smyth Gardner. She was a graduate of Southport High School and was owner and operator of Precision Transmission in Muncie and Anderson for many years with her husband Tom. She was actively involved in the Middletown Lions Club and Shenandoah Youth Football. She was preceded in death by her parents; husband, Tom; and stepson, John Thomas. Survivors include her daughter, Michelle Huff (Jeff); stepchildren, Steve Putnam, Shareen Klasing (John), Theresa Pritchard and Michel Putnam (Kim); 13 grandchildren; nine great-grandchildren; two sisters, Mary Lou Green and Sue Graber; nieces and nephews. Services were at Ballard and Sons Funeral Home, 8212 S. Walnut St., Daleville, IN, with burial following in Calvary Cemetery in Indianapolis.



Stanley Reid Rigney Jr.

Stanley Reid Rigney Jr., 57, of Greenwood, died on Jan. 5, 2018. He was born on March 28, 1960 in New Castle, Ind. to Stanley Sr and Hazel Rosa Rigney. Stan received his BS in Environmental Engineering from Purdue University. He worked for the Indiana Department of Environmental Management for 33 years. He was a member of the Southport Jaycees and volunteered over 10 years with the Girl Scouts and several years with the Center Grove Trojan Band. He enjoyed relaxing in his pool, tinkering with gadgets, watching television, and spending time with/laughing at his family. He is survived by his parents; his wife of 33 years, Mary Ann; his two daughters, Shannon Rigney and Kristin (Jorge) De La Cruz; his baby grandson due in June; his two siblings, Mark Rigney and Barbara Keeley; as well as several aunts, uncles, cousins, nieces and nephews. Visitation is Jan. 12, 5 - 8 p.m. at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135 and Olive Branch Road. Funeral service is Jan. 13, 1 p.m. Burial will be at Mount Pleasant Cemetery.

Chris L. Sebastian

Chris L. Sebastian, 59, of Indianapolis, died on Sunday, Jan. 7, 2018. He was born on Feb. 6, 1958 in Beech Grove and was raised by his late grandparents, Sidney and Mildred Sebastian. Chris was a hard worker, devoted husband and father to his children and grandchildren. He was a huge NASCAR fan; getting married to Debbie on Dale Earnhardt's birthday! Survivors include his wife of nearly 40 years, Debbie K. Sebastian; his daughters, Jennifer Thurman (George Schafer) and Christy Rutledge (Donnie); mother, Karen Mitchner (Bill); brothers, Billy Mack Mitchner, Jimmy Mitchner (Tracy) and Donny Mitchner; sister, Cindy Ledgerwood; and grandchildren, Ethan, Caden, Paige, Keegan and Kallie. Family and friends will gather Jan. 12, 4 to 7 p.m. with a service at 7 p.m. in Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St. Cremation will follow services, as per his wishes.

Tim Schultz

Tim Schultz, 57, died on Saturday, Jan. 6, 2018 in Indianapolis. Tim was born on Oct. 9, 1960 in Indianapolis to Thomas and Bertha (Kaiser) Schultz. Pops helped a lot of people in his short 57 years; he always had an open door to a kid that needed a meal or a roof. He was a hard worker his entire life starting with Pepsi Cola then with Carter Lee Lumber Company and ending with Alro Steel. Tim is survived by wife of 39 years, Kimberly Sue Schultz; sons and their wives, Tim and Tina Schultz, Randy and April Schultz, Nick and Amy Schultz; grandchildren, Mariah, Olivia, Tiffany, Randi, Sonny, Noah, Jaylin, Lillian, Alexis, Allie, Alyssa; siblings, Henrietta and Jim Mosley, Harry and Sherry Schultz, Bertha Spratt, Rick Schultz; nephews, Stewart Spratt, Donald Spratt, Greg Spratt; mother-in-law, Winona Huddleston; brothers and sisters-in-law, John and Marie Huddleston, Debbie and Bill Buckley, and many other family and friends. Tim was preceded in death by his parents; son, Noah Schultz; brother, Tom Schultz, George Schultz, David Schultz, Jim Schultz; sisters, Mary Littrell, Becky Littrell. Visitation is Jan. 11, 4 to 8 p.m. at Newcomer - Indianapolis Chapel, 925 E. Hanna Ave., Indianapolis. Funeral service is Jan. 12, 10 A.M. Interment will follow at Forest Lawn Memory Garden.

Sherry Louise Smith Rose

Sherry Louise Smith Rose, 40, of Greenwood, died on Saturday, Jan. 6, 2018. Born in Indianapolis on Feb. 7, 1977, Sherry was a 1995 Center Grove High School Graduate. She studied architecture at Vincennes University. One of her many passions was her love of animals in which she volunteered countless hours at Indianapolis Animal Care and Control (IACC). Sherry also enjoyed taking pictures, and for a time, had her own photography business, (Digital Rose

Photography). Sherry also produced many handmade crafts, including word art, wreaths, and string art, and traveled to numerous craft shows with her mother Karen. Sherry had over 20 years of service as a Manager and CSR at Northstar Telesolutions. Sherry was preceded in death by her father Ron Smith, and her Grandparents. Sherry is survived by her husband of 18 years, Sean Rose; mother, Karen Smith; mother-in-law, Linda Rose; sister-in-law, Dawn Begley; brother-in-law, Jim Begley III; nephew, Morgan Begley; niece, Sofia Begley; and aunts, uncles, cousins nieces and nephews. Visitation is Jan. 13, 12:30 - 2:30 p.m. at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135 with the service at 2:30 p.m. Burial will be at The Gardens at Olive Branch.

John S. Tucker, Sr.

John S. Tucker, Sr., 71, of Spencer, died on Sunday, Jan. 7, 2018. He was born in Indianapolis Jan. 24, 1946 to John D. and Dorothy (Harston) Tucker. He was a 1964 graduate of Southport High School. He served in the United States Army. He was owner of Tucker Trucking and worked for many companies including, Falls City Beer, J.W. Jones Trucking, Liquid Transport and Heritage Environmental. He also was a truck driving instructor for C1 Truck Driver Training. He enjoyed vintage cars, collecting cars, driving and sight seeing. John is survived by his wife of 44 years, Peggy (Ramey) Tucker, his children, John Tucker, Jr. of Spencer, Tania (Scot) Osborn of Solsberry, Waylon (Erin) Tucker of Spencer, and grandchildren John Tucker III, Jake Lee, Kenadee Koontz, Addison Koontz, Emily Osborn, Ashley Osborn, Thomas Osborn, Wyatt Tucker, Weston Tucker, Wade Tucker and Wiley Tucker. He was preceded in death by his parents and a sister, Edna Wernkee. Funeral services were Jan. 10 at West & Parrish & Pedigo Funeral Home in Spencer. Burial followed at Cuba Methodist Cemetery.

Darlene E. Welsh

Darlene E. Welsh, 91, of Indianapolis, died on Jan. 5, 2018. She was born on Aug. 22, 1926 in Indianapolis to the late Oral and Jessie Hestand. She was a graduate of Southport High School in 1944. She was a member of the Greenwood Christian Church and a UAW surviving spouse and was employed at Eli Lilly for 10 years. Survivors include her daughters, Maureena Lewis, Kathleen (John) Peterson; three grandchildren, Brian Lewis, David Peterson and Leah Peterson; and her best friend, "Tinkie." She was preceded in death by her husband, James Welsh. Visitation was Jan. 10 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. A graveside service followed at Greenwood Cemetery, Greenwood.

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.

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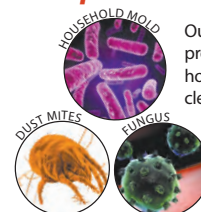
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✠ BAPTIST

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. | bcbindy.com

Faith Baptist Church • 1640 Fry Rd., 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 Rd., 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 Rd., 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 Rd., 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 Rd., 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 jewshdccc@yahoo.com

✠ CHURCH OF CHRIST, SCIENTIST

Sixth Church of Christ, Scientist • 7625 McFarland Rd. | 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 Rd., 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 | Ernest E. James, D. Min. | 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 Rd., 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 Rd. | 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 Rd.) | 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 Rd., 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



14 Turn, O backsliding children, saith the Lord; for I am married unto you: and I will take you one of a city, and two of a family, and I will bring you to Zion:

15 And I will give you pastors according to My heart, which shall feed you with knowledge and understanding.

JEREMIAH 3:14-15

So often we read in the Old Testament a thing that is just as viable and pertinent to the New Testament and the church. At a recent Sunday in the

a.m. service, I preached on "The Last Days." What was true of Israel and Judah in their last days is also true of the so-called church in its final days.

I have often been asked when the last days will be. The only response that I know to give that is anywhere near accurate is the one Christ gave to His disciples when they asked the same question. We are living in the church age.

This is the day of salvation. It is also the dispensation of time in which the Holy Spirit is available to the common and everyday man or woman who is willing to walk in holiness. In Ephesians chapter 5 we read

those verses that deal with Christ and His church which points out that the church is the bride of Christ.

You will note in Jeremiah that God says that He will take one of a city and two from a family and bring them to Zion. Please see that He does not say that He will bring all of the city and all of the family to Zion but only a remnant of both.

When the last days are over, rare will be the family that will be in heaven in its entirety and it near impossible that any city in its entirety will be there.

We, of course, are speaking of earthly communities and not spiritual.

We are living in the "last days." Once the church age is over, there is no other age spoken of by the Holy Scriptures. When Christ comes again, you will either be ready for that appearance or you will not go and be with Christ. He taught, "many are called, but, few are chosen." This was true and is true and will always be true. Be ready when He comes.

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.



(Photo courtesy of Getty Images)

6 Ways to Fight the Flu

FAMILY FEATURES - As temperatures drop, the spread of cold and flu germs rises. Start the year off healthy and be sure to rid your home of lingering germs that may be hiding in places you don't expect.

"I always recommend the flu shot – especially when officials are predicting a harsh flu season like this year – good nutrition and plenty of sleep, but there are other healthy habits we can all develop to help keep ourselves and those around us stay healthy during cold and flu season," said Dr. Tanya Altmann, pediatrician, best-selling author and founder of Calabasas Pediatrics. "Vaccination is important, but there are other preventative measures that we should all keep in mind."

These tips from the experts at Clorox can help you prevent the spread of germs:

- 1. GET VACCINATED.** Even though it's well into cold and flu season, it's still important to get a flu shot if you haven't already. Vaccination is the first step in flu prevention. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics recommend a yearly flu virus vaccination – even if the vaccine's efficacy fluctuates – for almost everyone 6 months and older.
- 2. KEEP HANDS WASHED:** Hands touch so many things throughout the day. It's important to wash your hands often, including after using the bathroom and before preparing or serving food. Germs can spread by touching your eyes, nose or mouth after coming in contact with a contaminated surface. Those areas are common entry points to the body for germs, so try not to touch your face or

eat until you wash your hands.

- 3. STAY HOME IF YOU'RE SICK:** Even though you may not want to miss work or school, it's important to stay home to prevent the spread of illnesses to those around you. Even at home, make sure to cough or sneeze into your elbow or a tissue to prevent the spread of germs to your loved ones. Lastly, try your best to make good use of your time off from work or school to rest, relax, eat well and recover from illnesses.
- 4. FOLLOW HEALTH GUIDELINES:** It's important to eat right (fill up with fresh fruit and veggies, vitamin D and probiotics), get some exercise (at least 30 minutes a day of moderate intensity) and get plenty of sleep (at least 8 hours per night) to help boost your body's ability to fight the effects of cold and flu viruses.
- 5. BE AWARE OF YOUR ENVIRONMENT:** Be aware of illnesses going around in your community to take extra precautions to avoid them or to know when to seek medical attention if you do get sick.
- 6. DISINFECT HARD SURFACES:** Disinfection is a key step to help prevent the spread of cold and flu germs. The CDC recommends disinfecting frequently touched, hard surfaces, such as doorknobs, refrigerator handles, light switches and faucets, with an EPA-registered disinfectant like Clorox Disinfecting Wipes. They help kill 99.9 percent of germs that can live for up to 48 hours on hard, non-porous surfaces.

Learn more about flu prevention at Clorox.com/FluFOMO.

IN OUR SCHOOLS



First-graders sing about gingerbread cookies during Nativity's Holiday Concert.

Nativity Christmas concert is full of joyful music

Arts – Nativity Catholic School's Christmas Concert, themed Where Are You Christmas, included bands, recorder choirs, and also choirs of first, third and fifth-grade students. The concert ended with a reenactment of the Christmas Story from the Gospels of St. Luke and St. Matthew.



Nativity's Cadet A Basketball Team, from left bottom, Luca Agresta, Dionte Stephenson and Ethan Render; from left top, Giovanni Saavedra-Rios, Gabe Horn, Aidan Leffler and Evan Koch.

Cadet basketball teams spend break on the court

Athletics – Nativity's Cadet A Basketball Team, coached by Nate Leffler and Brian LeBeau, spent their school vacation working hard on the court. The Nativity team was the South Deanery Pre-Season Tourney Runner-Up in November and became the OLL (Our Lady of Lourdes) Holiday Tourney Runner-Up over their Christmas Break.

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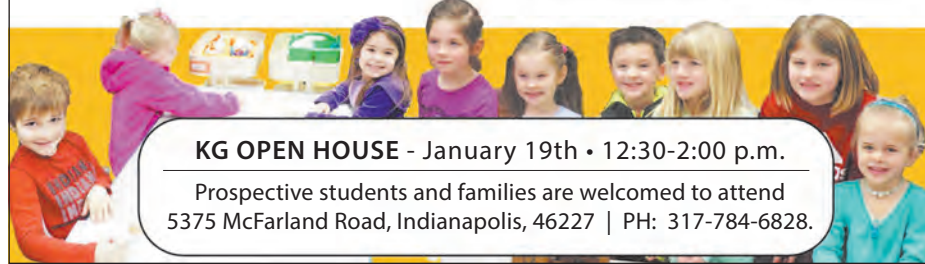
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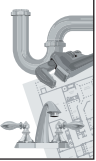
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