

# The Southside Times



face to face

Southsiders answer the question, "In 1984, President Ronald Reagan designated July as National Ice Cream Month. Where have you had the best ice cream locally?" **Page 2**

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>>> ball!

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# THIS WEEK on the WEB



## Fountain Square Music Festival announces lineup

A new creative direction will bring an immersive music festival experience to Indianapolis' historic Fountain Square neighborhood as the Fountain Square Music Festival (FSMF) returns Oct. 6-7. Produced by Absorb and MOKB Presents, FSMF creates a unique format allowing artists and audiences to converge. Tickets go on sale July 21, 10 a.m. at [fountainsquaremusicfest.org](http://fountainsquaremusicfest.org) or [ticketfly.com](http://ticketfly.com).

[ss-times.com/fountain-square-music-festival-october2017](http://ss-times.com/fountain-square-music-festival-october2017)



2016 WAMMfest, Toy Factory

## Music will rock WAMMfest 2017

Music lovers have a treat in store at the ninth annual WAMMfest charity event on Aug. 19 at Craig Park in Greenwood. Six bands will perform throughout the event. Gates are open 11 a.m. to 8 p.m. This year's line-up includes: Chuck and Renee Crull – acoustic duo; That 90's Band – all 90's music; Toy Factory – R&B from the 80's to today; Indy Nile – funk, R&B and rock; Woomblies Rock Orchestra – wide variety of music; Soul Street – funk, soul and Motown.

[ss-times.com/music-will-rock-wammfest](http://ss-times.com/music-will-rock-wammfest)

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## face to face

### Q: In 1984, President Ronald Reagan designated July as National Ice Cream Month.

Where have you had the best ice cream locally? What is your all-time favorite flavor? If you could come up with the ultimate flavor, what would it be?

"Baskin Robbins and Café Nonna in Fountain Square are good. There's a place on Madison Avenue called Sub Zero. They start with liquid cream, zip it through nitrogen and it freezes. I love cookie dough ice cream. I would do something with marshmallows, graham crackers and chocolate like s'mores. There's probably something out there, but if there is, I haven't tried it"

*Jim Cooney, Southport*

"Mrs. Curl. My favorite flavor is sherbet. I would take sherbet ice cream and add Oreo. It's different, but I think if I tried it, I would like it."

*Shane Corman, Southeast Indianapolis*

"Frosty Boy in New Palestine. Rocky Road. I would go with bacon-flavored ice cream. You can start your own business, and make different types of flavors with different types of bacon."

*Christian Lowe, Wanamaker*

"Mrs. Curl. Chocolate is the best flavor. I know it's a topping, but I would like to try marshmallow ice cream."

*Matthew Kegeris, Greenwood*

## 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](mailto:ndavis@southsidetimes.com). Remember, our news deadlines are several days prior to print.



## Want to Advertise?

The Southside Times reaches a vast segment of our community.

For information about reaching our readers, call Brian Ruckle at 300-8782 or email him at [bruckle@icontimes.com](mailto:bruckle@icontimes.com).



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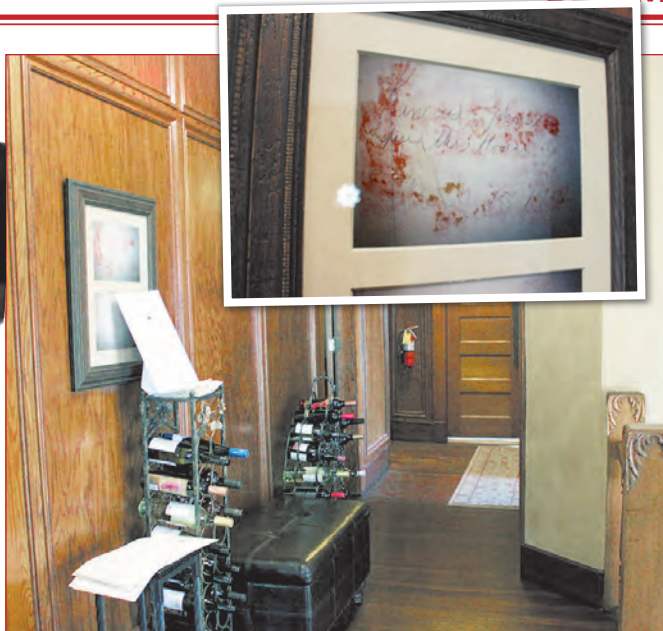
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Left, Paul Jacquin, co-owner of Vino Villa. Right, the 2nd floor hallway, once housing bedrooms, now as individual dining areas. Inset, samplings of writings found under the wallpaper during renovation. They are framed and hanging in the 2nd floor hallway. (Photos by Rick Hinton)

## Food, wine & spirits?

### HAUNTS & JAUNTS

By Rick Hinton

Many look upon an older home, immediately assuming it is haunted. Wrong! You've been watching too much TV. While there can be remnants of the past lingering behind, it's not true in all cases. An older house is just that—an older house. Is Greenwood's Vino Villa, the former Polk home, haunted? "Without question, I have spent more time in this building over the course of the last seven years, since purchasing in 2010, than any staff member or patron," owner Paul Jacquin declares. "Yes, some of my employees have expressed being a bit uneasy to close up shop late, and be on the third floor by themselves. I have done both on numerous occasions, including, at times, into the early hours of the a.m. Not once have I felt any type of presence nor witnessed anything questionable. Maybe ghosts just don't like me."

Or possibly not sensitive to it? It happens. Paul Jacquin had a vision for his business, initially just a cheese and wine shop. That transitioned into a larger operation, including a restaurant. There was a lot of work that needed to be done prior to that happening. As far as Paul's aware, the house had been used only as businesses and offices. There was, however, an efficiency apartment on the third floor. He didn't utilize this space until a year after opening in 2011. In renovation, the plaster and wallpaper were covered with ornate wood paneling. (Paul dis-

covered writings underneath the wallpaper from former days, currently preserved in picture frames ) Tin ceilings were installed. Two claw foot bathtubs were removed. On the second floor, green shag carpeting was ripped up to reveal painted wood flooring. Paul did a lot of this work himself, along with his wife Laura, family members and friends. Wine racks were installed. The kitchen was updated. Vino Villa was open for business!

Haunted? In addition to uneasiness on the third floor, and insistence from employees of a ghostly presence, three employees (General Manager Sam included) experienced cuts on their left calves, all in the same general area. Had they all scraped against the same thing? Are they all of different heights? One employee has claimed a "red-haired" woman in the basement.

J.T. Polk died in 1919. Had he ever been in the house? I'm sure he had. His son Ralph chose not to take over the business, dying in 1952. His wife Grace remained in the home until her passing in the mid 1960s. They're buried in the Greenwood Cemetery.

I asked Paul if I could come into the home after hours to investigate? He gave "it's a possibility" smile and we ended the evening. Vino Villa, our new favorite hangout!



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.

### GOVERNMENT WATCHDOG

## SOUTHPORT CITY COUNCIL

Meeting, July 17

#### What happened:

Ordinance 17.05.01 was approved on third and final reading.

#### What it means:

Ordinance 17.05.01 establishes no parking in areas such as: the north side of South Street from Walnut on the East to Madison on the west. This will help the police department enforce the no parking regulations.

#### What's next:

The ordinance will go into effect.

#### In brief...

- Eight police officers will soon undergo EMT training, with IU Health donating necessary supplies so that it does not cost the Southport Police Department anything for these certifications.
- The Southport Police Department will celebrate National Night Out on Aug. 1, 5:30 p.m., planning to expand the popular event. There will be food provided, bounce houses, dunk tank, silent auction and a raffle for this free event at the Southport Community Center.
- Parks Board President Carol Bowling announced that the board has a new Perry Township Schools representative: Chris Sampson, Associate Superintendent.

Compiled by Nicole Davis

### BUSINESS



## Greenwood plans to redevelop local eyesore

**Shopping** – On July 11, the Greenwood Redevelopment Commission (RDC) took the first step toward purchasing a former strip mall located adjacent to Greenwood Park Mall at 1265 N. Madison Ave. Formerly home to The Patriot's Grill restaurant, the property has no current tenants and an assessed value nearly cut in half since 2012. The former strip mall, which many residents consider an eyesore, is being considered for new park space, green infrastructure and improved overall aesthetics to enhance one of the city's most-traveled corridors. Plans for the property will be studied once the RDC provides official approval to purchase and that the city will seek community input for potential uses. Updated flood maps produced by FEMA indicate a majority of the parcel is now in a flood plain. Given this designation, future commercial use is highly unlikely. Total size of the property is roughly 8.6 acres, and the RDC expects to purchase the land for approximately \$1 million. An official vote will take place during the commission's next meeting on Aug. 8. If the RDC approves the purchase offer, the city will then begin official negotiations with the current owner.

### ON CAMPUS



## Bianca Cotter makes the Lakeview College Dean's List

**Nursing** – Bianca Cotter, a resident of Indianapolis and Perry Meridian High School graduate, was among the students from Lakeview College of Nursing who made the Spring Dean's List. Students who are enrolled in at least 6 credit hours at Lakeview College of Nursing and who achieve a GPA of 3.6 or higher on a 4.0 scale are named to the Dean's List for the semester.

## Haleigh Carrasquillo makes Quincy Univ. Dean's List

**Southport** – Quincy University released its Dean's List for the Spring 2017 semester, including Southport High School graduate Haleigh Carrasquillo. Honorees must earn a semester grade point average of at least 3.5 (on a 4.0 scale) to be included in the biannual Dean's List. In total, 373 students received the honor during the Spring 2017 semester.



Above, 1984 was the second year Thompson coached the Senior All-Star team. (Submitted photo) Right, Kent Thompson reached his 25th year coaching Little League in 2017. (Photo by Nicole Davis) Inset, Kent Thompson coaches the 1992 World Series All-Star team at Center Grove Little League. (Submitted photo)



# Play >>> >>> ball!

Kent Thompson concludes his 25th year of coaching Center Grove and Greenwood Little Leagues.

By Nicole Davis

Through the first portion of his coaching years with Center Grove Little League, Kent Thompson was focused on teaching the youth about the game of baseball and giving them the best chance to win.

Now celebrating his 25th year coaching, that focus has transitioned into how he can best relate to the youth at Greenwood Little League, using baseball to help them succeed in their future life endeavors.

"For a shy little kid who grew up on a farm, how did I get to where I could coach these kids?" he said, "I don't coach them so I can see them win a baseball game. I coach them because 10, 20 years down the road I want to see who they've become."

Thompson grew up in Greenwood and played in the Little League for two years as a youth. He began helping to coach Little League in 1979 and '80, before he even graduated from Center Grove High School in 1981. He learned

from his baseball mentor, Larry Socks, who he coached under from age 17 to 19.

"We practiced in Center Grove High School parking lot," Thompson said. "I would sit on the bench beside him, and he told me everything he was doing. That's when I realized you don't have to be a great player to be a good coach. You just have to be willing to learn and listen."

In 1983, he received a phone call from the president of the Center Grove Little League, saying they needed coaches. So Thompson coached the Junior League, ages 13 and 14, from 1983 to 1990. He then began coaching the Senior League, ages 15 to 18, from 1991 to '93.

"In 1992, we went to the World Series," he said. "It was a unique situation that year. I wasn't going to coach the All-Star team that year, but they said you should take it and I agreed. That team had never even won the district tournament. The more we practiced

and played, the better we got as a team. We won the district... I thought this team is really doing something. We made it to the World Series. It all came together. We finished third in the U.S. and sixth in the World."

Thompson didn't coach in '94 or '95, instead taking care of his family in a transition period of building a home. In '96, he was asked to return to coaching. He coached his son in the Center Grove Little League for two years, then his daughter in softball for three years - both of which were new to him since those leagues were for the small children.

After his daughter stopped playing, he took a break from coaching, until his brother began getting sick in 2005 and passed away. He needed to get his mind off of that, and a friend at church said he could help coach his team in '06. He again took a break until 2011. He came to the Greenwood Little League, where he has been coaching an All-Star team ever since.

"When I was coaching at Center Grove, Greenwood was our main nemesis," he said.

"Since I've been at Greenwood, I feel like I've gained a family."

Thompson serves on the board of directors and is in charge of the grounds. Although he has undergone a heart attack and surgery this past year and has to limit his physical activity, it hasn't stopped him yet. He celebrated his 25th year of coaching with his Little League friends in May.

"The longevity is amazing to me," he said. "You have to prepare yourself every year to do this again. 35 years is what could have happened if I stuck with it. I started at 20 years old. I'm now 55. I wouldn't trade it for the world. I love baseball and I love being around the kids. There are kids that ask for me, that want to play for me. That's the reason I coach today."

His 25th year has ended. The team won its championship on July 6, which brought them to the State Tournament in Anderson, Ind. on July 13 to 15. They won their game on Saturday, but lost on Sunday.

"My coach and I got the idea this year will be special," he said. "I'm happy with it. You never know from one year to the next. We had some very good kids. It just takes one little thing to get you out."

With his health, Thompson said he knows he needs to cut back, but has no plans to stop coaching altogether. He is deciding on whether or not to coach fall ball, but will return to coach the spring All-Star team.

"I love the kids too much to say I'm just walking away," he said. "I don't ever see me not having baseball in my life. That's where I've been most of my life. There's not a better atmosphere for me than the baseball field."



The 1992 Center Grove team earned sixth in the world at the World Series championships.

Submitted photo



From left, Hammer high-fives a fan. Center, Hammer and Thar own the ring. Right, Hammer pretends to be pinned down after a match. (Submitted photos)

## Bad Blood, Good Times

Larry Jones Jr. and Hank Parker tag-team their way to pro-wrestling success

### FEATURE

By Erica Faunce

Earlier this year, a new pro-wrestling tag team entered the ring. After only five months of competing with Indianapolis Championship Wrestling (ICW) and the Christian Professional Wrestling Association (CPWA), the team is receiving invitations from as far away as China to have them come and fight. This fast success is unusual; Larry Jones, Jr. of Greenwood, and his tag-team partner, Hank Parker, of Camby, are both over 50.

Jones first got into pro wrestling in the 1990s, training briefly with WWA Heavyweight Champion Dick the Bruiser. However, after Dick the Bruiser's death in 1991, Jones fell away from pro wrestling until this past winter. A friend of his decided to start a family-friendly wrestling league in Indiana (CWPA), and invited Jones to join. It didn't take long for him to agree.

"Do I want to take being slammed all the time, and jump off ropes, and land on my face and all this other stuff? The more I thought about it, the more I said, 'Yeah, I wanna do it!'"

Jones wanted to wrestle as a tag team, and thought that his friend Hank Parker would be a good fit. In March, Team Bad Blood entered the ring for the first time,

under the names Thar (Jones) and Hammer (Parker). During intermission, the new competitors were swarmed by fans.

"You would've thought Mickey Mouse walked out of Disneyland," Parker recalled. "We were just mobbed by kids."

"I wouldn't have believed it if I hadn't seen it firsthand," said Missy Dwyer, Parker's wife. "They are in awe. Their mouths drop."

Team Bad Blood credits part of their success with the fans to their approachable personas.

After each match, they hand off their armbands to one of the kids as a memento. They pose for photos, sometimes pretending to be pinned to the mat by a 10-year-old, after tossing a 350-pound opponent across the ring an hour earlier.

"During every intermission, we go out and try to thank every man, woman and child for spending their hard-earned money," Jones said.

Team Bad Blood is as talented in the ring as outside of it. They hold an advantage over opponents who haven't been training as long. Between the two of them, Jones and Parker have approximately 40 years of training under their belts, which is longer than most of their opponents have been alive.

They've also known each other for 17 years, which gives them an additional edge as a tag team. When Jones is in the ring, he knows how to set up the opponent before he tags Parker in, so that the opponent is easier to take down. The same is true of Parker's approach.

Jones said they operate as one unit. "If I do something, Bad Blood does it. If Hammer does something, Bad Blood does it. We do it together, because we're a team. We're not individual. That's how both of us look at it."

In addition to their day jobs, and their regular wrestling, Bad Blood performs for charity events. Jones is currently trying to set up a visit to Riley Children's Hospital, to do a meet and greet with the kids there. They also hope to expand their involvement with other wrestling federations.

"If Vince McMahon would call us up tomorrow and say, 'We're gonna give you a million dollars apiece to come fight,' we'd suit up," Jones said.

In the mean time, Bad Blood's next match will be held with Indie Wrestling Xtreme on July 22 in Lexington, Ind. Learn more at Larry's Facebook page: [f/THARBADBLOOD23](https://www.facebook.com/THARBADBLOOD23).



Jones (left) and Parker (right) with their Heavyweight Championship belt.

(Photo by Erica Faunce)

### READERS' WRITES



### We welcome a new friend to our city

Last Monday we held a press conference and announced a new occupant for the old Marsh Grocery Store. If you haven't heard, Safeway Foods will become the new occupant of the building and provide a full capacity grocery service that will fill most if not all of your grocery shopping needs. This has been an ongoing effort for approximately two months and we are so excited for all of you, especially those who live very close to the store.

Along with that announcement, former Marsh employees will remain in place should they choose to stay. The city is committed to working with Safeway Foods and all of their employees to provide a much needed service to all area residents and those who do not drive to the grocery store for their food needs.

This is a continuation of an effort to re-develop the area around the old hospital and very soon I will introduce a plan to the city council that will set the stage for our police and fire departments for the next 20 – 25 years in the same general area.

On another foot note, we will once again offer free paper shredding and appliance drop off (no tube T.V.'s) behind city hall on Saturday July 29 from 9 a.m. to noon. Our friends from Boy Scout Troop 108 will be on hand to assist you with your paper and appliances.

Dennis B. Buckley  
Mayor, City of Beech Grove

## FROM THE EDITOR

## Vaccinate your children before school begins

Back to school means getting back “into the swing of things” but it also means more than just picking up all the necessary school supplies. Indiana State Law requires students to be up-to-date on immunization and vaccinations and it is required for enrollment in the child’s school.

A tempest of controversy over whether or not vaccines have an adverse effect – specifically, whether vaccines could cause autism or not – has been roiling ever since *The Lancet* published a paper by Dr. Andrew Wakefield in 1998 that linked autism and the MMR vaccine (for measles, mumps, and rubella). However, *The Lancet* has since retracted (in Feb. 2010) Dr. Wakefield’s paper because of questionable ethical approval in the way the research was presented.

Even the Centers for Disease Control and Prevention cites a study in the *Journal of Pediatrics* from March, 2013, which concluded that “there is not a causal relationship between certain vaccine types in autism.”

Because of the irrational fear spurred on by Wakefield’s (and others’) perpetuation of his “findings,” vaccination rates in the United States declined while cases of measles and mumps rose markedly. Rest assured – there is nothing to fear. Vaccines are safe. For more information on vaccine safety, visit [cdc.gov](http://cdc.gov). If there ever is cause for concern about vaccinations or basic healthcare, the CDC should be the first place you go for information.

To find out which vaccinations your child needs, visit your school’s website or go to [nvc.org](http://nvc.org) for a comprehensive list from kindergarten to higher education.

*Stay healthy, Southsiders!*

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## The times they are a-changing...



## STARS &amp; STRIKES ON THE SOUTHSIDE

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

*nized? Email your "Stars and Strikes" to [news@ss-times.com](mailto:news@ss-times.com). Julie Lockwood of Beech Grov and Jim Simmons of Garfield Park contributed to this week's Stars and Strikes.*

★ **Stars:** To Safeway Foods for purchasing the old Marsh Store in Beech Grove. This is a great thing for the residents who live in that area and depend on that store for groceries.

★ **Stars:** To Beautify Beech Grove Farmers Market for distributing WIC and Senior Vouchers, allowing those who qualify fresh fruit and vegetables.

★ **Stars:** To the Indianapolis Symphony Orchestra and the huge crowd that filled the PE MacAllister Am-

phitheater in Garfield Park last Wednesday for an outstanding concert. Rain threatened the event early and then arrived late in the performance but almost everyone, including the musicians, stayed put. And thanks go to the event sponsor, the Friends of Garfield Park.

★ **Stars:** To all of our public safety servicemen and women who kept the Southside safe during heavy rains and flooding on July 11. There were many lightening strikes and closed roads, including Smith Valley Road in Greenwood - so we know our firefighters and police officers were working hard last week!

## QUOTE OF THE WEEK

*"I'm racing against me.  
As long as I come across the finish,  
I'll be okay."*

– Ruben Studdard

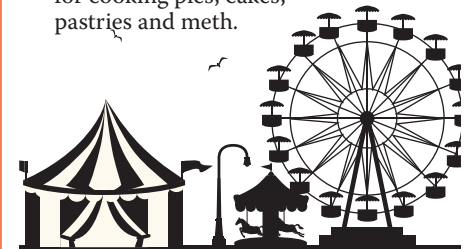
## HUMOR



## TOP TEN SIGNS YOUR COUNTY FAIR IS IN TROUBLE

By Torry Stiles

10. In one tent you spot a mullet, a set of Elvis mutton chops and a Fu Man Chu mustache... and the men's hair was even sadder.
9. Half of the chickens have been removed and replaced with frozen Cornish game hens.
8. You check the safety certificate on the Ferris Wheel and discover it is actually a doctored-up Publisher's Clearinghouse contest announcement.
7. The talent show features a variety of dance categories such as tap, jazz, duet and pole.
6. On "wristband night" you spot more ankle bracelets than wristbands.
5. One of the midway rides is a beat-up van with "Free candy" spray-painted on the side.
4. The demolition derby winner got cash, a trophy and an auto theft conviction.
3. Your corndog just winked at you.
2. The Most Beautiful Baby award went to the Fair Queen's kid.
1. The Family Arts building has awards for cooking pies, cakes, pastries and meth.



## BELIEVE IT!

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

In Alaska, moose may not be viewed from an airplane.

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

It's Golden is a special section, published by *The Southside Times* each quarter to highlight issues of relevance to our senior citizen population. Geared toward those who live a healthy, active lifestyle at an older age, It's Golden provides tips and resources relevant to Southside residents.



Jean and Celia Feldhake.

(Submitted photo)

## Assisted Living is the antidote to loneliness

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By **EUNICE TROTTER**  
**American Senior Communities**

Jean and Celia Feldhake were married to brothers. In their younger years, the two couples often socialized together. But job-related moves to different states put distance between them.

They were recently reunited when they discovered they had both moved to the same American Senior Communities Assisted Living campus. Both had become widows and were starting their lives anew. They now live only a few doors away.

"It's been really very nice being here together," said Celia Feldhake. "We're together every day."

The ladies participate in numerous activities held on and off the campus. They have found comfort and companionship in each other and with their neighbors, the ladies said. Both were lonely before moving to the American Senior Communities Assisted Living neighborhood.

Social isolation and loneliness in seniors is an issue that continues to be on

the rise. Despite the fact that technology, like smartphones and social media, help us stay more connected to others, studies show that 20 percent of seniors feel somewhat isolated or lonely.

It's important to note that being socially isolated and feeling lonely are not the same issue; social isolation arises when a person does not have others to connect with, while loneliness is the experience of feeling distressed over not having enough contact with people.

According to the Administration on Aging, 35 percent of women over age 65 are widows, and by the time people reach age 85, 40 percent of them live alone. Although living alone doesn't always mean these seniors are isolated or lonely, if they aren't interacting with others on a regular basis, they may still experience a variety of negative effects on their overall health.

American Senior Communities offers Independent and Assisted Living at communities throughout the state and in Louisville, Ky. To find the community in your city, visit [ASCSeniorCare.com](http://ASCSeniorCare.com).

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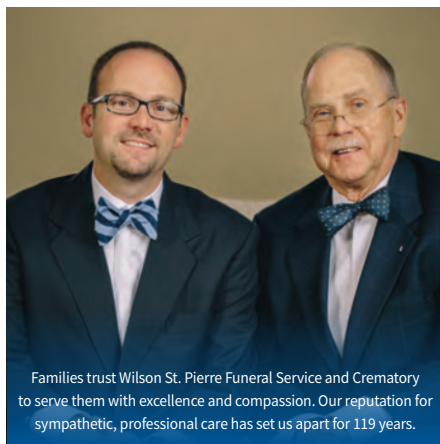
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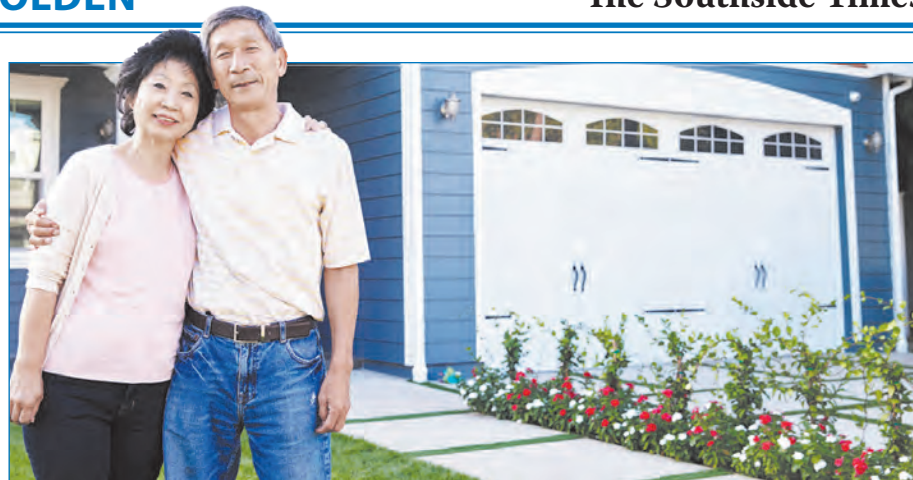
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## CarDon & Associates hosts "Straight Talk" educational seminars for senior homeowners

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Southside Times  
By CarDon & Associates

This year, CarDon & Associates is partnering with Indy Mature Living to help educate Indianapolis-area seniors about issues surrounding an important topic — living options in the post-retirement phase of life.

To achieve this goal, CarDon & Associates is hosting a "Straight Talk Educational Series" on the second Thursday of each month at three of its senior living communities on the south and west sides of Indianapolis, rotating between its Aspen Trace, Altenheim and Cumberland Trace communities.

"Our goal with the Straight Talk series is to provide seniors information in a stress-free environment. We hope lots of people come to our communities and take advantage of this opportunity," said Jen Barnhart, Regional Director of Marketing for CarDon & Associates. "The talks will focus on topics we commonly get questions about, many of which are related to post-retirement. Ideally, these conversations will leave a lasting impact and provide reassurance. We want to be a strong support system for seniors and help them feel completely comfortable as they prepare for this next stage of their life."

The free 90-minute monthly seminars will cover a wide variety of topics, including: selling a home for seniors, senior living options for those over the age of 55, downsizing estate liquidation solutions, and financial and legal issues, to name a few.

Moderated by Indy Mature Living's founder Mike Dempsey, a Seniors Real Estate Specialist (SRES) and Certified Senior Advisor (CSA), the series of conversations will guide attendees on best practices related to post-retirement living and home ownership.

"Many seniors have no idea what housing is available to them, how much it will cost, or the process for making all the pieces fit together," Dempsey said. "We want to give them helpful information, introduce them to trusted local resources, and answer their questions. They

want truthful information from people they can trust so they can consider their options. And that's exactly what we're sharing in this series of educational expert seminars."

A licensed real estate professional for more than 30 years, Dempsey is considered a "go-to" authority, especially when it comes to senior living options. He brings a personal touch to this topic. As the Indy Mature Living website states: "His passion in helping seniors and their families make life-changing transitions was fostered by his own experience with his elderly parents and caring for his aunt." In his online bio, Dempsey writes: "Being part of the Baby Boomer generation myself, I understand the needs of our aging population — and take them seriously. Transitioning to a new living environment can be a time of serious concern and anxiety for anyone but especially so for our more mature friends and family."

CarDon & Associates aims to ease that anxiety with these educational seminars. Below is a list of upcoming conversations that will be moderated by Dempsey. The "Straight Talk Educational Series" seminars take place from 2-3:30 p.m. on the second Thursday of each month.

- **Aug. 10:** Tax, Financial & Legal Issues; Altenheim, 3525 E. Hanna Ave., Indianapolis
- **Sept. 14:** Downsizing — Senior Panelists; Aspen Trace, 3154 S. SR 135, Greenwood
- **Oct. 12:** Downsizing — Professional Panelists; Cumberland Trace, 1925 Reeves Rd., Plainfield

Refreshments will be served at each of these seminars, and RSVPs are appreciated. Reservations can be made by phone or email at (317) 600-2056 or straighttalk@cardon.us.

The "Straight Talk Educational Series" is one of the many steps CarDon & Associates is taking to make a positive difference in the lives of its residents and make them feel like family.



# Straight Talk Educational Series

Presented by:



When you decide, we'll be here.

Our goal is to be a resource as you determine the next best step in your life. Each presentation will consist of a panel discussion as well as time for questions.

**2:00 pm-3:30 pm**

*Refreshments served*

RSVP Appreciated by phone: **(317) 600-2056**

Or email: [straighttalk@cardon.us](mailto:straighttalk@cardon.us)

**August 10<sup>th</sup>**

**ALTENHEIM**

Tax, Financial & Legal Issues

**September 14<sup>th</sup>**

**ASPEN TRACE**

Downsizing: Senior Panelists

Looking forward to seeing *you!*

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## Stay stronger, longer with Golden Living



By Golden Living Centers

Working with your physician, our entire staff - including medical specialists, nurses and nutritionists - restores you or your loved one to the fullest practicable potential. Our rehabilitation therapists are committed to helping each patient and resident reach his or her highest level of functionality, whether they need short-term or long-term rehabilitation therapy.

After illness or surgery, rehabilitation is an essential component for a successful recovery. Golden LivingCenter has partnered with our sister company, Aegis Therapies, to provide physical, occupational, speech, joint replacement and outpatient therapy. Each therapist has had professional training to assist you with balance issues, fall prevention, cognitive (awareness) skills, complex medical conditions and incontinence. Our Golden Rehab Outcomes offers tangible proof of patient progress and helps our therapists adjust treatment as needed.

"Our goal at Golden Living, backed by the Golden Difference, is to help our patients enjoy their best level of physical health possible 'we want you to get better, faster and stay stronger, longer,'" states Sai Prakash, Rehab Program Coordinator.

### Types of Rehabilitation Therapy

#### • Physical Therapy

Probably the most commonly known form of rehabilitation therapy, physical therapy is the treatment of disease or disability through therapy and exercise. Our programs include assistance with gait training, bed mobility, wound care, restraint reduction and wheelchair positioning.

#### • Occupational Therapy

Occupational therapy is designed to help patients regain skills related to activities of daily living. Individuals may require this therapy if, as the result of an illness or injury, they have difficulty completing tasks such as eating, dressing, housekeeping or grooming.

#### • Speech-Language Pathology

Speech-language therapists work with patients help them regain or strengthen their ability to speak with ease and clarity. Our speech therapists utilize the latest technology and clinical processes to help patients regain the ability to communicate and improve swallowing.

## Brookhaven provides welcoming amenities for seniors



By Brookhaven at County Line

A great deal of effort goes into identifying the needs and desires of senior citizens — especially in regards to senior living. Herman & Kittle Properties conducted ample research on the matter and Brookhaven at County Line Road has put that research into action. Brookhaven offers two types of programs: Section 42 Affordable Housing Program and Market Rate for those who do not qualify under Section 42 tax credit guidelines. Their facilities provide one- and two-bedroom apartments equipped with refrigerator, stove, dishwasher, garbage disposal, washer/dryer connections, ceiling fans and spacious closets — with laundry amenities available on site.

A major concern of many people looking for senior housing opportunities is what kind of activities are available. Brookhaven's Resident Activities Director regularly schedules events and outings that includes weekly bus transportation to the grocery store. They also have a variety of specialty rooms on site catering to various individual tastes — community

and media rooms, a library with computers, a non-denominational chapel, exercise and billiard rooms and even a beauty salon. Activities include pitch-in dinners, game nights, coffee and donuts, casino trips and more!

Another important aspect of senior living is maintenance. Brookhaven's staff is responsible for repairs and servicing and also ensures that sidewalks and driveways are cleared in the winter months. In the spring, summer and fall, staff members maintain the lawn and flowers. A walking trail surrounding a pond on the premises offers residents exercise or a chance to walk the dog — since Brookhaven is pet friendly.

Additionally, Brookhaven works to keep seniors healthy and savvy by offering various seminars such as tax preparation, investments, insurance in-home health care, health and wellness, blood pressure checks and Walgreens delivers prescriptions to eliminate the hassle.

For more information, visit the office or call (317) 887-2822. At the time of application, a \$35 fee and a \$100 hold fee will secure your apartment home. The hold fee is applied to the first month's rent and there are various options for Security Deposits based on credit scores.



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AROUND TOWN

**Frizzell to serve on key summer study committees**

**Legislation** – State Rep. Dave Frizzell (R-Indianapolis) was recently named to three summer study committees that will examine assigned topics, gather testimonies and recommend potential legislation. Frizzell was assigned to the Interim Study Committee on Public Health, Behavioral Health and Human Services, the Commission on Improving the Status of Children in Indiana and the Military Base Planning Council. Frizzell said interim study committee hearings, which typically occur at the Statehouse in Indianapolis, can be viewed live online at iga.in.gov. Members of the public are welcomed to attend and testify.



From left, Cindy Clossey, Mary Roundtree, Karen Maxey, Diane Callon, Jan Rahn, Stephanie Moore, Lynn Howley, Sandy Capper, Noel Conaway, not pictured Ann Caric.

**Gamma Pi installs 2017-18 officers**

**Leadership** – Gamma Pi of Epsilon Sigma Alpha recently installed its 2017-18 officers. Gamma Pi is a philanthropic organization dedicated to service and helping our community. Meetings are held monthly on the first Tuesday at 7 PM and we meet at the Benedict Inn and Conference Center located at 1402 Southern Avenue in Beech Grove. If interested in meeting people and volunteering for several charities, please come to one of our meetings beginning in September.

**Greenwood plans for additional downtown parking**

**Revitalization** – At the Greenwood Re-development Commission meeting on July 11, the city announced a letter of intent between the city and Our Lady of the Greenwood Catholic Church (OLG) to create an additional 168 parking spaces in downtown Greenwood. Earlier this year, the city finalized its purchase of the Greenwood Middle School property which neighbors OLG. Church members have long used the former Greenwood Middle School lot for overflow parking during church services, athletics and various events. When the city unveiled its re-development plans for the Middle School property, concerns were raised about the need for additional parking both for the church and for downtown city events and businesses. OLG will provide the real estate necessary to create the parking lot by demolishing two residential homes it has acquired directly north of the church at 329 and 327 S. Meridian St. The city will fund the construction of the parking lot and the stormwater infrastructure to serve it. OLG will provide snow removal, landscaping and lighting for the lot while the city will maintain and upkeep the lot itself. OLG will maintain ownership of the lot. The RDC anticipates finalizing approval of the parking lot agreement at its Aug. 8 meeting, pending approval of the Archdioceses of Indianapolis on behalf of OLG. The city and OLG hope to begin construction in Spring 2018.

**Greenwood Kiwanis host Firehouse Day**

**Philanthropy** – To help underwrite the efforts of the Greenwood Fire Department in educating school-children about fire-safety, the Kiwanis Club of Greenwood will host its first-ever Firehouse Day, July 22 at the Otte Golf & Family Fun Center, 681 S. Sheek Road, Greenwood. Children and their families will have a chance to meet Sparky during Firehouse Day, which will run from 1 to 6 p.m. There will also be a real fire engine that kids can check out, as well as games, food and fun for the whole family. For more information, contact Chuck Meek at chuck.meek@att.net.



**Carefree Crocodiles win Community Swim Conference**

**Athletics** – The Carefree Crocodiles of Greenwood won the Community Swim Conference Championship held at Plainfield High School Natatorium in Plainfield, Ind. on July 15. Carefree finished in first place with 712 points. Chapel Glen took second place with 401.5 points and Devon came in third with 382 points, followed by Meridian Woods, and Plainfield Community Aquatics.



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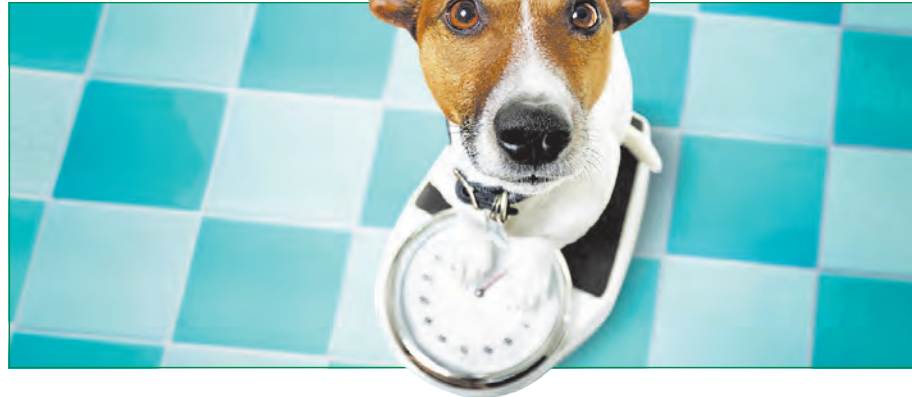
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## The importance of maintaining a healthy weight

### PAWS for THOUGHT

By Dr. Bruce McLaughlin

I know that I talk a lot about weight issues in dogs and cats. I do this because I feel it's an important aspect to our pet's overhaul health, well-being and longevity. I also find that sometimes it's an issue owners and even veterinarians don't feel comfortable addressing.

An extensive study was run on weight issues in dogs. Eight golden retrievers were put into each study group. So as to negate genetics, puppies were from two litters and were divided equally between the two groups. In other words each group had a mixture from each litter. The study ran almost 15 years.

Group one was allowed to eat at will and were allowed to get 20 percent over their ideal weight.

Group two was fed strict amounts and maintained a healthy body weight throughout their lives.

Data collected during and at the end of the study was shocking. The overweight group's average life span was over two years shorter than the life span of the other group.

Onset of osteoarthritis in over weight group was 2.2 years earlier than that of group two.

They also kept data on many issues in-

cluding blood counts, diabetes, kidney or liver disease as well.

It's reported that 34 percent of dogs are overweight and almost 20 percent of those obese. The same figures hold true for our feline friends but their numbers are actually worse.

I cannot stress enough the importance of good diets, calorie counting and exercise for our pets. We all adore our pets and want them to have healthy long lives, yet often our actions don't really support this.

Next month I am writing what to feed, how much to feed, what not to feed, how to kindly say NO, how to exercise your pet... what's too much and what's not enough. I tell people not to feel bad when they have overweight pets. Many people and even veterinarians are not well-trained in nutrition sometimes. However, we CAN come up with a plan that will help educate you (our clients) and help your pet achieve an optimal weight and a longer healthier life.



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

### FIND A FURRY FRIEND



#### ■ CLETUS

Cletus is an 11-year-old female whose owner just passed away. Cletus is super loving and would love to be in a home soon. For more information or to adopt, visit the Humane Society of Johnson County, 3827 Graham Rd., Franklin or hsjc.org.



#### ■ ESTHER

Esther is a 10-year-old girl who was dumped out in a field. Esther is so sweet and loves brushing. She is front declawed. For more information or to adopt, visit the Humane Society of Johnson County, 3827 Graham Rd., Franklin or hsjc.org.

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**CUTIE**

Cutie is an 11-year-old female who's owner just passed away. Cutie is shy but loves to get petted. Please give this girl a forever home. For more information or to adopt, visit the Humane Society of Johnson County, 3827 Graham Rd., Franklin or hsjc.org.



**SMOKEY**

Smokey is a 14-year-old female who's owner just passed away. Smokey is gorgeous and so sweet. This love bug needs a home. For more information or to adopt, visit the Humane Society of Johnson County, 3827 Graham Rd., Franklin or hsjc.org.

# Southside News Quiz

How well do you know your Southside community?

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

**1** Larry Jones, Jr., of Greenwood, and Hank Parker have teamed up to compete in which sport? Their fast success is unusual as they are both over 50.

- A. Double Dutch
- B. Pro Wrestling
- C. Tennis
- D. Rowing

**2** What is not one reason Adam Staten writes in this week's Movie Review that *War for the Planet of the Apes* is the summer's best flick?

- A. Superbly-written storyline
- B. The extra 20-minutes of film
- C. Noteworthy performances
- D. It's engaging

**3** What will replace the Marsh supermarket which closed in Beech Grove?

- A. Kroger
- B. Circle K
- C. Dollar General
- D. Safeway

**4** What is one issue pet owners don't feel comfortable addressing but need to, according to Dr. Bruce of South 31 Veterinary Clinic?

- A. Weight
- B. Cancer
- C. Bathroom troubles
- D. Age

**5** Greenwood Little League coach Kent Thompson is celebrating the conclusion of how many years as a All-Star coach?

- A. 5
- B. 10
- C. 25
- D. 40



ANSWERS ON PAGE 21



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**3rd Place 2016**

Millie "The Neighborhood Watch Dog" / Bob & Janet Ruder, Franklin Twp.

## Pet Lovers Issue

**COMING AUGUST 31<sup>st</sup>**

We know Southsiders love their pets. To celebrate that affection, *The Southside Times* is having its third annual *Southside Pet Lovers* issue, which will be published Aug. 31.

We have asked our readers to submit their best photo of their cat, dog or other pet. Our staff will choose the top three and all other entries will be published in the Aug. 31 issue.

Please e-mail your image with your name and area of residence to "Pet Lovers" at [ndavis@contimes.com](mailto:ndavis@contimes.com) by Aug. 17 or mail your photo to: 7670 US 31 South, Indianapolis, 46227 (We may not be able to return photos.)

For more information, call (317) 300-8782.

Presented by **The Southside Times**

# KEEP YOUR EYES PEELED!

SCHEDULE >



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PAGES 14-16

## NASCAR XFINITY SERIES PRACTICE FRIDAY, JULY 21, 2017

- 11:00 a.m. - NASCAR Public Gates Open
- 1 - 1:55 p.m. - NASCAR XFINITY Series Practice #1
- 3 - 3:55 p.m. - NASCAR XFINITY Series Practice #2
- 4:30 - 8 p.m. - NASCAR Hauler Parade - Main Street, Speedway, IN
- 5 - 9 p.m. - Brickyard Block Party presented by Lilly Diabetes - Georgia Street, Downtown Indianapolis
- 7 p.m. - 400 Fest Concert

## NASCAR PRACTICE & QUALIFYING SATURDAY, JULY 22, 2017

- 9 - 9:55 a.m. - Monster Energy NASCAR Cup Series Practice #1
- 11 - 11:55 a.m. - Monster Energy NASCAR Cup Series Final Practice
- 12:45 p.m. - NASCAR XFINITY Series Qualifying
- 2:30 - 3 p.m. - NASCAR XFINITY Series "Brick Walk"
- 3 p.m. - NASCAR XFINITY Series Driver Introductions
- 3:37 p.m. - "Drivers Start Your Engines"
- 3:49 p.m. - Lilly Diabetes 250 Race (100 Laps)
- 6:15 p.m. - Monster Energy NASCAR Cup Series Qualifying
- 7 p.m. - 400 Fest Concert

## BRICKYARD 400 SUNDAY, JULY 23, 2017

- 11:30 a.m. - 12:45 p.m. - Pre-Race Track Walk
- 1:50 p.m. - Driver Introductions
- 2:28 p.m. - America The Beautiful
- 2:30 p.m. - Presentation of Colors
- 2:30 p.m. - Invocation
- 2:31 p.m. - National Anthem
- 2:32 p.m. - Flyover
- 2:37 p.m. - "Drivers Start Your Engines"
- 2:49 p.m. - 24th Running of the Brickyard 400 (160 Laps)
- 6 p.m. - Public Gates Close

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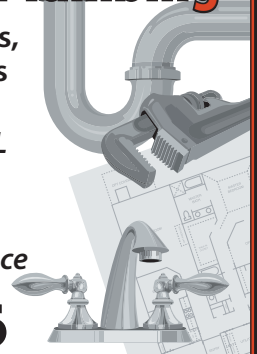
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As freight volumes in the central United States continue to grow, CSX has been investing in critical freight rail corridors to safely meet the needs of local customers and communities with faster, more efficient service.

Beginning as soon as August 21, 2017, communities between Seymour and Indianapolis, Ind., may see increases in the frequency, length and speed of freight trains on the Louisville and Indiana Railroad (LIRC). These operational changes are the result of a federally approved agreement between the LIRC and CSX to improve efficiency and safety along a 106-mile corridor between the important consumer and freight hubs of Louisville and Indianapolis. Under the agreement, CSX is investing up to \$90 million to upgrade tracks, bridges and signals to safely support the anticipated growth of traffic between those crucial waypoints.

For residents along the corridor, the CSX-funded upgrades are expected to reduce the time it takes for certain trains to move through grade crossings, improving safety and vehicle-traffic flow. Operational changes that residents may observe as soon as August 21, 2017, include increased train frequency, length and speed. More information about the LIRC service improvement plan can be found at [www.csx.com/LIRC](http://www.csx.com/LIRC).

### A Safety Message from CSX

Please remember to observe railroad crossing signs and signals and to use caution when approaching railroad crossings. Trains can come from either direction, day or night. Please look and listen for train traffic when crossing the tracks.

More information about safety around railroads is available online at [www.oli.org](http://www.oli.org)



# NIGHT & day LOCAL ENTERTAINMENT ENTERTAINING

## CALENDAR OF EVENTS

### BEECH GROVE



**Summer Showtime: Zootopia** • Children and families are invited for a showing of the film, "Zootopia" (PG). | When: July 27, 1 p.m. | Where: Beech Grove Branch library, 1102 Main St., Beech Grove. | Info: (317) 275-4560.

**Family Storytime @ Beech Grove** • Families are invited to the Library to listen to stories. | When: July 25, 6 p.m. | Where: Beech Grove Branch library, 1102 Main St., Beech Grove. | Info: (317) 275-4560.

### CENTER GROVE

**Self-Defense Class** • Adult program: Rose Myers (Pilsung Martial Arts) will demonstrate how to avoid being a target, how to escape common physical situations, overcoming your body's natural response, and how to actively defend yourself. | When: July 24, 6:30 - 8:30 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

**Cardboard Construction** • Create buildings, vehicles, costumes, or whatever else imaginable out of cardboard, using the kid-safe Make-do cardboard construction tools (ages 6+). | When: July 25, 3 - 5 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: pageafterpage.org.

### FOUNTAIN SQUARE

**2017 Adult Summer Reading Program: Wendel Fowler Author Talk & Book Signing** • As part of the Adult Summer Reading Program, WISH-TV food personality and The Southside Times columnist Wendell Fowler will discuss his latest cookbook, "Eat Right Now! 3.0." | When: July 22, 2 - 3 p.m. | Where: Fountain Square Branch library, 1066 Virginia Ave. | Info: (317) 275-4390.

**Summer Showtime: Sing** • Children and families are invited for a showing of the film, "Sing" (PG). | When: July 26, 1 p.m. | Where: Fountain Square Branch library, 1066 Virginia Ave. | Info: (317) 275-4390.

### GARFIELD PARK

**Silly Safaris Animal Chats** • Children and families are invited to meet live critters and ask questions of Silly Safaris during this drop-in session. | When: July 21 and 28, 3 - 4 p.m. | Where: Garfield Park Branch library, 2502 Shelby St. | Info: (317) 275-4490.

**Circuitry & Robots Workshop** • School-age children and teens can join the Art Lab and learn about basic circuitry and create a moving robot from various parts. | When: July 24, 2 p.m. | Where: Burello Center at Garfield Park, 2345 Pagoda Dr. | Info: (317) 275-4490.

**Summer Showtime: Kubo and the Two Strings** • Children and families are invited for a showing of this PG film, hosted by Garfield Park Branch library. | When: July 25, 2 p.m. | Where: Garfield Park Branch library, 2502 Shelby St. | Info: (317) 275-4490.

**Pacers Summer Reading Tour** • Children of all ages can listen to stories read by members of the Pacers All-Star Reading Team and play the dice game for prizes. | When: July 26, 10:30 a.m. | Where: Garfield Park Branch library, 2502 Shelby St. | Info: (317) 275-4490.

### GREENWOOD

**Woodman Athletic Booster Club Golf Outing** • The Woodman Athletic Booster Club holds its 2nd annual "Woodmen Classic" golf outing to raise funds for Greenwood High School Athletic programs. | When: July 21. Golfers tee off 1 p.m. | Where: Hickory Stick Golf Club, 4422 Hickory Stick Blvd., Greenwood. | Cost: \$300 for four-member team, \$80 individuals. | Info: Shawn Bauer, (317) 716.5925 or Casey Lucas, (317) 245.6311.

**Firehouse Day** • Kiwanis Club of Greenwood will present "Firehouse Day." Proceeds of the day will benefit the Greenwood Fire Department. Sparky and his friend's "Big Truck" will be on hand for the event. Games, fun, food for the whole family. | When: July 22, 1 - 6 p.m. | Where: Otte Golf & Family Fun Center, 681 S. Sheek Rd. | Info: kiwanisgreenwoodin.com.

## Make Breakfast Time Anytime

**FAMILY FEATURE** - Give your meals a wake-up call because breakfast is no longer just for mornings. From weeknight family dinners to a quick lunch, you can make mealtime fun with breakfast recipes any time of day.

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### Breakfast Avocado Toast with Bacon and Ham

Cook time: 30 minutes | Servings: 4

#### Ingredients

- 12 slices Smithfield Thick Cut Bacon
- 16 ounces Smithfield Anytime Favorites Boneless Sliced Ham
- 1 1/2-2 quarts water
- 1 lime, juiced
- 1 cup freshly made or refrigerated, prepared guacamole
- 4 large eggs
- 4 thick slices seeded whole-grain bread, toasted golden brown
- 1 tablespoon chopped parsley or cilantro leaves
- freshly ground black pepper

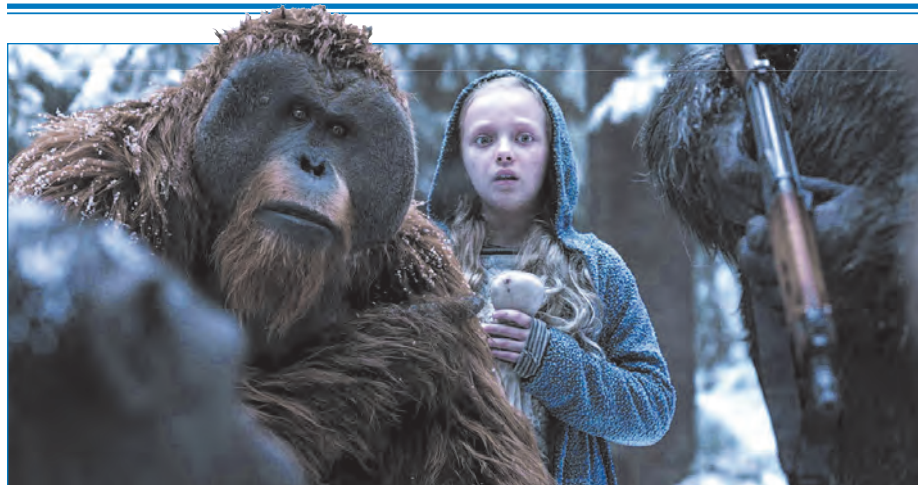
#### Directions

- Heat oven to 375 F. Lightly spray baking rack and place on top of foil-lined, rimmed baking pan. Separate strips of bacon and lay flat in single layer on rack. Bake 15-18 minutes, or until just crisp, rotating pan halfway through cooking. Using spatula, remove bacon from pan while warm; drain on paper towels.

- While bacon is baking, lay sliced ham on lightly sprayed, rimmed baking pan. Bake 5-7 minutes, or until warmed through. Keep bacon and ham warm.

- In saucepot over medium-high heat, heat water and lime juice until simmering. Crack eggs into small cups. Slowly add eggs one at a time to pot and simmer 4-5 minutes, or until whites are just set for runny yolk or a little longer for firmer yolk. Remove eggs from water with slotted spoon and drain on paper towel.

- Spread guacamole onto toast, topping each with sliced ham, egg, pepper and bacon. Sprinkle with parsley or cilantro and serve warm.



Karin Konoval, Andy Serkis, Terry Notary, Michael Adamthwaite and Amiah Miller in War for the Planet of the Apes. (Photo by Courtesy of Twentieth Century Fox - © TM & © 2017 Twentieth Century Fox Film Corporation. All Rights Reserved.)

# War for the Planet of the Apes

The summer's best flick

## MOVIE REVIEW

By Adam Staten

There are a few film franchises so iconic that adding to them in any way shape or form would seem wrong and unthinkable to dedicated, diehard fans. Back to the Future, The Matrix and The Lord of the Rings are just a few film series that fit into that category. Most of the time when filmmakers try and supplement beloved film franchises with reimagined entries they turn out to be awful, much like last summer's Ghostbusters or the last Indiana Jones flick. Despite this, one iconic film franchise had a new entry open in theaters this weekend.

War for the Planet of the Apes opens right after the primates have finished engaging in a battle with the humans. Having endured many casualties, the apes are looking to regroup, lick their wounds and figure out their next move in their quest for survival. However, soon after families are reunited, the humans - led by the ruthless, cold and calculating Colonel (Woody Harrelson) - launch a devastating and deadly attack. Convinced that their only hope for survival is to leave their home and seek out a foreign land, the apes prepare to leave the next morning. Despite knowing this is their best chance of staying alive, vengeance, not survival is what some apes have in mind.

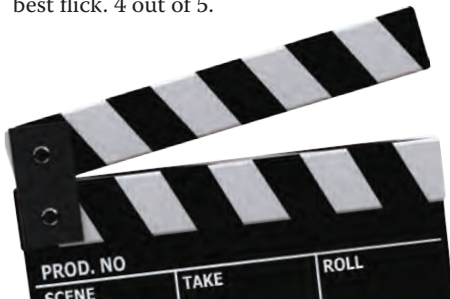
Caesar, the leader of the apes, is after blood, more specifically, the Colonel's. The Colonel murdered Caesar's family and the leader of the apes is looking to exact revenge. Fueled by anger, Caesar and his closest friends set out for the Colonel. In the process, the apes learn more about themselves, the humans and their world. Howev-

er, the apes' blood-seeking quest soon puts not only their lives, but also the lives of all of their species in danger.

Except for a few instances that are painfully slow and rather unnecessary, War for Planet of the Apes is a superbly-written film. Characters are extremely well formed and fleshed out as the audience watches as they are forced to make one life-altering choice after another. Nearly all the scenes are well crafted and bursting with tension. Simply put, the story is incredibly unique, engaging and thoroughly enjoyable.

While the story is what shines here, there are a few noteworthy performances on display as well. Woody Harrelson, in limited screen time, as the evil Colonel is a treat, stealing every scene. Andy Serkis, in the lead as Caesar, is as equally good.

Despite being 20 minutes too long, War for the Planet of the Apes is a well written, directed and immensely entertaining film. At this point, it's likely the summer's best flick. 4 out of 5.



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

Calendar continued from page 18

### INDIANAPOLIS

**Center Grove High School at The Cabaret** • The Center Grove High School Choral Department and The Cabaret have partnered. Center Grove's Haley Burgh and Wilson Smith will open for Kyle Dean Massey. | When: July 28, 9:30 p.m. | Where: 615 N. Alabama St. #134, Indianapolis. | Info: centergrovechoirs.org.

### JOHNSON COUNTY

**Yacht Rock Revue** • Get smooth on the lawn with the feel good sounds of the 70's and 80's. Tickets are \$15 in advance or \$20 day of show. Children 12 and under are free. | When: July 29, 7 p.m. | Where: Mallow Run Winery, 6964 W. Whiteland Rd., Bargersville. | Info: mallowrun.com.

### PERRY TOWNSHIP

**SoIndy Sip N Shop** • Have a drink at the Thirsty Turtle and discover new treasures at Eclectic while listening to live music at this neighborhood celebration. | When: July 21, 6 - 9 p.m. | Where: 2915 S. Meridian St. and 2949 S. Meridian St., Indianapolis. | Cost: \$3 wine, \$1.50 domestic drafts. | Info: soindy.org.



### SOUTHPORT

**Silly Safaris Animal Shows** • Children and families are invited to join Silly Safaris to learn about animals during this 45-minute show featuring live animals! | When: July 25, 10:30 a.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.



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

T  
 H H R  
 Y L L E B  
 M E R A U Q S  
 B A L L R O O M T  
 B R Y A N N D A L G A  
 S H O E C A R N I V A L P  
 O N O R I T J O V I A L J  
 S E N I L H S I N I F P T  
 P N J O R D A N O D L E E  
 D V A B E J P C O E L G H  
 R E U I X Y S O A L D U S  
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 S L D  
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4 Golf Clubs \_\_\_\_\_  
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3 I.U. Halls \_\_\_\_\_  
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5 Synonyms of Happy \_\_\_\_\_  
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2 Indiana Footwear Companies \_\_\_\_\_  
 \_\_\_\_\_

1 Indianapolis Team \_\_\_\_\_

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		7	9					1

- ACROSS**
- Mudville slugger
  - Meadow
  - Big Red Liquors beer units
  - French river
  - Circle segment in a Southport HS math class
  - Offer one's two cents at a City-County Council meeting
  - Eiteljorg Museum missile
  - Lobbying grp.
  - Expo Bowling Center challenge
  - "Leave in," to *The Southside Times* editor
  - Buck Creek Players groups
  - Lays down the lawn
  - Disinfect
  - DIY buy
  - Camp Atterbury bed
  - Ulndy arena name
  - Lennon's widow
  - Anthem rival
  - Muse of the Indiana Poet Laureate
  - Some are checked
  - Circle City org. with hoses
  - Orkin's targets
  - Not illuminated
  - Marion County Fair wooly animal
  - Lowe's garden shop buy
  - Earliest time
  - IRT play part
  - Miracle-\_\_\_
  - Passe PC insert
  - Get better
  - Bog deposits
  - Sticking point
  - Indiana Toll Road service area
  - Coach Parseghian
  - Greenwood bank
  - Basket material
  - IND destination
  - Edmonton hockey player
  - Dougherty Orchards fruits
  - "\_\_\_ will be done"
  - With 1-Across, 13-time Brickyard 400 driver... and the end of the puzzle's word ladder
- DOWN**
- Beech Grove HS group
  - IU Health blood line
  - IMPD attention getter
  - X-rated
  - Hedge plant
  - Capital of Bolivia
  - Clear a whiteboard at Center Grove HS
  - PNC Bank no.

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- IBJ listings
- Modern marketplace
- Hoosier farm cylinder
- Oklahoma city
- Purdue volleyball stats
- Quote in an IUPUI term paper
- Glide on Geist
- Kitchen appliance
- Pacers trainer's treatment
- Zilch
- Miss Indiana pageant wear
- Palindromic town in Clark County
- Rhinoplasty target
- ISO composition
- iPod variety
- 1952 Olympics site
- Chuck E. Cheese's pinball no-no
- Colts org.
- Feeling more pins and needles
- St. Mark Catholic Church service
- Soak (up)
- Lilly IT whiz
- \_\_\_ Vader
- Europe's "boot"
- Start of a refrain
- Johnson County Sheriff stun gun
- Still-life subjects
- Hinkle Fieldhouse rim
- Comfort
- China setting
- Indianapolis Bridge Club seat
- Roncalli HS yearbook sect.
- Dot follower

Answers See Page 21

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## Summer berry sweetness

### NUTRITION

By Wendell Fowler

Native American Indians dubbed blueberries "star berries," because the five points of blueberry blossoms make a star shape. The first Americans held the blue orb in high reverence, believing the "Great Spirit" created berries to feed their hungry children during famine. Learning from indigenous Indians, American homesteaders added blueberries into their diets when other food sources were scarce. They were wise. Eating fresh, in season summer berries is a brilliant way to maintain health and prevent disease.

Native to America, Blueberries are among the highest antioxidant value fruits. Just a half cup of fresh blueberries delivers the antioxidant energy of five servings of peas, carrots, apples, squash or broccoli. Eating antioxidant plant food can prevent cancer, Alzheimer's, cardiovascular disease, cognitive impairment, immune system failure, urinary tract infections, cataracts, macular degeneration and protects the brain from stroke damage.

Fresh blue, red or black berries carry vitamin C, A and E that work in symbiosis as powerful antioxidants which help limit free, radical, mediated injury to the temple. Berries also carry a small amount of B-complex group niacin, pyridoxine, folates, and pantothenic acid. Anthocyanins in blueberries are good for eyesight. Fabulous, fibrous berries also hold potassium, manganese, copper, iron and zinc. Potassium helps control heart rate and blood pressure. Manganese is used as an antioxidant

enzyme. Copper is required for the production of red blood cells and iron for red blood cell formation. The round, marble-size miracles have a low glycemic load. Research suggests berries help lower blood sugar levels and control blood-glucose levels in type-II diabetes.

The Annals of Neurology reports women who eat about two servings of strawberries or one serving of blueberries a week experience less mental decline over time than peers who went without these nutrition powerhouses.

Everyone loves blueberry pancakes, but since cooking the berries into muffins, pies, sugary sauces or "Poop" Tarts, diminish their sun-soaked, super-nutrition into nothingness, make your own sweet and delicious berry syrup by warming up chopped berries in maple syrup. (Not Aunt Jemima's!) Warm, not scalding hot. Then pour the elixir over your pancakes, but because you care about your health, pass on the whipped cream.

July is national Blueberry month. Show your temple some sweet love by eating all varieties of seasonal berries. To benefit from the vitamins and antioxidants within red, blue and blackberries, eat them fresh and raw as a pop-in-your-mouth treat, on your granola / cereal, or blended smoothie: nature's convenience food.



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



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### Puzzles & Answers – SEE PAGE 20

#### Answers to HOOSIER HODGEPODGE:

**Dances:** BALLET, BALLROOM, BELLY, DISCO, SQUARE, TAP;  
**Happy:** ELATED, GLAD, JOLLY, JOVIAL, PLEASED;  
**Clubs:** IRON, PUTTER, WEDGE, WOOD;  
**Halls:** BRYAN, JORDAN, WYLIE;  
**Companies:** FINISH LINE, SHOE CARNIVAL;

Team: INDIANS

### Q&A

#### SEE PAGE 13

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

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## OBITUARIES

**Florence H. Barbee**

Florence H. Barbee, 86, of Indianapolis, died July 14, 2017. She is survived by her children Michele Hankins, Donald (Deborah) Barbee, and Colette (Mark) Steckler; grandchildren Jessica Dilk, Joshua Hankins, Blake and Jacob Barbee, John, Ben, and Corey Steckler, Elizabeth Hoffman, Anna Catt, and Luke Steckler; great-grandchildren Steven Ahlemeyer, Vincent Bowles, Camille Dilk, Gabe, Parker, Sawyer, Cooper, Maggie and Jameson Steckler, Emma and Jonah Hoffman, Wyatt Steckler and one on the way; and brother Larry Cave. Florence was preceded in death by her husband Harold J. Barbee. Visitation and funeral service was July 17 at Little & Sons Funeral Home Beech Grove Chapel. Burial followed at Washington Park East Cemetery.

**Rosa Evelyn Benge**

Rosa Evelyn Benge, 96, died July 7, 2017. She was born June 3, 1921 in London, Ky. to the late Gordon and Ida (Pickard) Bailey. She is also preceded in death by her son, Troy Wayne Hammonds; first husband, Oscar Ray Hammonds; and second husband, James Cecil Benge. She was a member of the Church of God. She enjoyed Bingo and crocheting. She would often make house shoes, scarves and blankets to give to family members or to deliver to nursing home residents. She is survived by her daughters, Mona Gregory (Clyde White), Millie Brown, and Wanda Hammonds; nine grandchildren; 18 great-grandchildren; and 33 great-great-grandchildren. Visitation was July 11 at Little & Sons Funeral Home, 1301 Main St., Beech Grove. Funeral service was July 12 with burial at London Cemetery in London, Ind.

**Miriam Bustamante Crisostomo**

Miriam Bustamante Crisostomo, 45, of Indianapolis, died July 15, 2017. A Mass of Christian Burial will be July 21, 1 p.m. in St. Philip Neri with visitation from 11 a.m. until the service. Arrangements are by Lauck & Veldhof Funeral & Cremation Services. Burial is at Calvary Cemetery.

**Cynthia M. Cunningham**

Cynthia M. Cunningham, 46, of Indianapolis, died July 13, 2017. Born Mar. 31, 1971, she enjoyed music and concerts, comedy movies and playing the lottery. She enjoyed cookouts with family and cherished time with her granddaughter. Survivors include one daughter, Kayla Cunningham; one granddaughter, Aubrey Cunningham; parents, Curtis Cunningham, Phyllis Minnis; siblings, DeeDee Ringham, Leslie Vancamp; four step-siblings, Erin Minnis, Brandon Minnis, Carolyn Robbins, Sharon Roark; and many nieces and nephews. She was preceded in death by her stepfather, Wayne Minnis. Visitation is July 22, 9:30 - 11:30 a.m. at G.H. Herrmann Madison Ave Funeral Home, 5141 Madison Ave, followed by the funeral at 11:30 a.m. Burial will be at Forest Lawn Memorial Gardens.

**Roy L. Fall**

Roy L. Fall, 58, of Indianapolis, died on July 11, 2017. He was born on Dec. 31, 1958 in Newport News, Va. to the late Ronald W. and Betty Fall. Roy was a U.S. Army Veteran. He enjoyed fishing and hunting, and spending time with his family. Roy is survived by his wife, Barbara Fall; three children, Dawn Mahoney, Ronald Fall, and Angela Fall; brothers, Tony (Rachael) Fall and Forest "Mike" (Leeann) Fall; and six grandchildren. He was preceded in death by his parents and sister Ronda K. Fall. Funeral services were July 17 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave. He will be laid to rest in Greenwood Cemetery.

**Cleta Mae Gosman**

Cleta Mae Gosman, 93, of Indianapolis, died on Sunday, July 16, 2017. Cleta loved to listen to Southern Gospel music and reading. She is survived by her daughters, Letty Day (Rudy), Jane Oldaker (Oren), Judy Gosman; 13 grandchildren; several great-grandchildren, great-great-grandchildren; and a host of other family and friends. Cleta is preceded in death by her parents, Pleasant and America McKinney; husband of 46 years, Carl G. Gosman Sr.; son, Carl G. Gosman Jr.; two brothers, Harlan McKinney, Pleasant Jr.; sister, Fannie McKinney. Visitation and funeral service was July 19 at Newcomer Funeral Home, 925 E. Hanna Ave., Indianapolis. A private interment will be on Thursday.

**Betty J. Green**

Betty J. Green, 92, died on July 13, 2017. Born May 10, 1925 in Shelburn, Ind. to the late Ollie and Mable Bedwell, she retired from the railroad after 29 years. An avid shopper, she enjoyed gardening and reading. She was a member of NARBW Indianapolis Charter Chapter and Auxiliary Member of Shelburn American Legion. Survivors include daughters, Linda (John) Morris; Connie (Mike) Bragg; daughter-in-law, Velda Green; 10 grandchildren; and several great-grandchildren. She was preceded in death by son, Davis Lee Green, two grandchildren John Haney and Leanne Cirrincione and one great-granddaughter Alexis Bragg. Visitation was July 17 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave.. Graveside service was July 18 at Center Ridge Cemetery in Sullivan, Ind.

**David Spencer Harpole**

David Spencer Harpole, 64, of Indianapolis, died Friday, July 14, 2017. He was the son of James D. and Dortha S. Harpole and brother, of J.D. III. Services are private. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

**Robert F. Hogan**

Robert F. Hogan, 77, of Beech Grove, died on Thursday, July 13, 2017. He was born on July 25, 1939 to the late James W. and Leona M. (Barton) Hogan in Indianapolis. Bob graduated from Harry E. Wood High School, class of 1958, with his sister, Rosemary Hogan Dean. He had worked for Bucks Supermarket and was currently working for Walmart in Beech Grove. Bob loved Notre



Dame Football and enjoyed spending time with his family and friends. Survivors include his brother-in-law, Bernie Dean; and several nieces and nephews. He was preceded in death by his parents; four brothers and five sisters; and Godson, Carl Boster. Family and friends will gather on July 24, 4 to 8 p.m. in Lauck & Veldhof Funeral & Cremation Services, 1458 S. Meridian St. A Mass of Christian Burial will be on July 25, 10 a.m. in Sacred Heart Catholic Church, 1530 Union St., with prayers being said prior to Mass in the funeral home at 9:30 a.m. Burial will follow in Holy Cross Cemetery.

**Thomas Leroy Mathes**

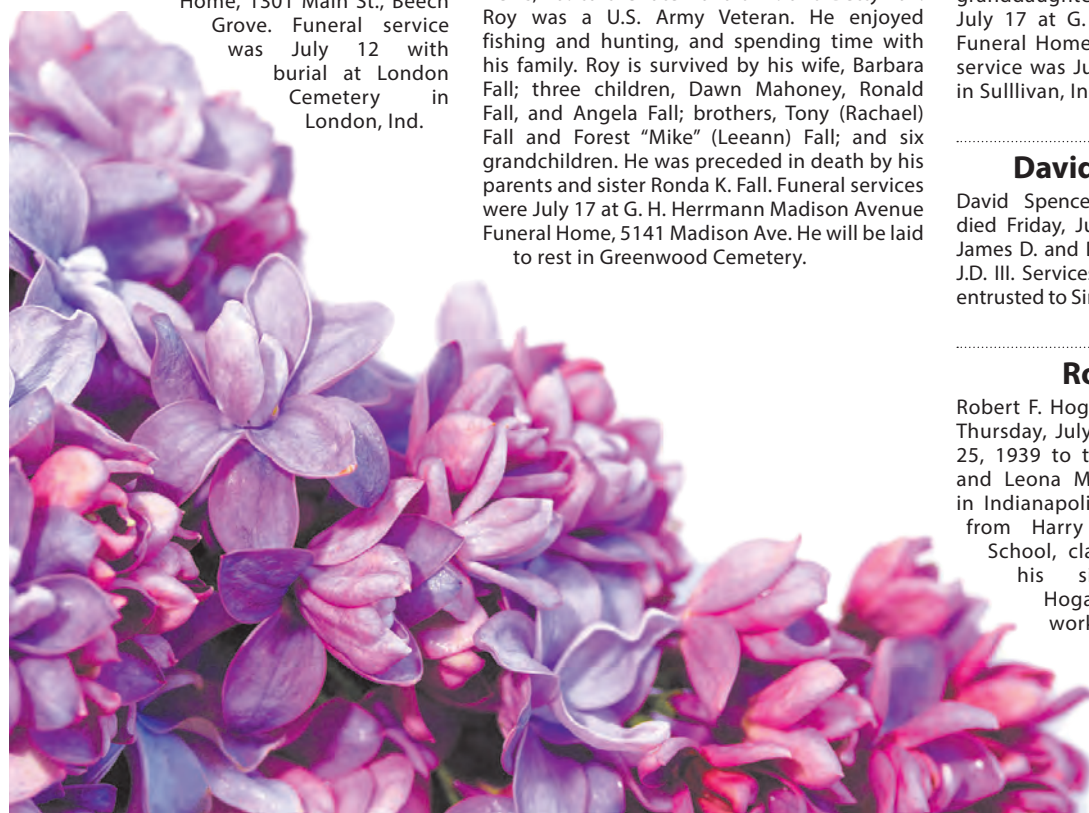
Thomas Leroy Mathes, 56, of Indianapolis, died on July 12, 2017. He was born on Sept. 14, 1960 in Indianapolis. Thomas was a hot rod enthusiast and built three with his son. He also enjoyed fishing. Survivors include his son, Thomas Paul Johnathan Mathes; siblings, Ronald Wayne Mathes, Patricia Ann Yates, Deborah Campbell, Elizabeth Braun, and Tammie Mathes; and granddaughter Shayla Marie Mathes. He is preceded by his parents, John Clifford and Doris Arlene Mathes; and brother, John Allen Mathes. Visitation and service was July 16 at G.H. Herrmann East Street Funeral Home, 1505 S. East St., Indianapolis.

**Sylvia McClellen**

Sylvia McClellen, 90, of Indianapolis, died on July 6, 2017. She was born on Aug. 25, 1926 in Cape Gardeau, Mo. to the late Charley and Anna Acup. She was a member of Thompson Road Baptist Church. Survivors include her children, Barbara Thomson and David (Janie) Steen; eight grandchildren; three great-grandchildren; siblings, Donna Cordeo, Betty Tolbert, and William Acup. Sylvia is preceded in death by her two husbands, Raymond Steen and Robert McClellen; sisters, Ruby Bess, Eula Grunder and brother, Chester Acup. Visitation and funeral service was July 12 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. Burial is at Forest Lawn Memory Gardens.

**Mary Mildred Wickersham Moses**

Mary Mildred Wickersham Moses, 92, of Indianapolis, died on July 12, 2017. She was born on Sept. 7, 1924 in to the James Plummer and Lena Pate. Survivors include her children, Steven (Barbara) Wickersham, Timothy (Mary) Wickersham, Nancy (Alan) Tilford, and Daryl Wickersham; sibling Leslie McQueen; several grandchildren, great-grandchildren, nieces, and nephews. She was preceded by husband Roy Wickersham and John Moses; and ex-husband Guy Tweed; and several brothers and sisters. Visitation and funeral service was



July 17 at G.H. Herrmann East Street Funeral Home, 1505 S. East St., Indianapolis. Burial is at Memorial Park Cemetery.

### Greg Sanders

Greg Sanders, 57, of Indianapolis, died July 14, 2017. He was born Dec. 21, 1959 in Indianapolis to the late Brady R. and Audrey June (Mitchell) Sanders. He is survived by his siblings, Jeff Sanders, Doug Sanders, and Sharon Williams. Greg was a baker during his life. He enjoyed fishing and listening to music, especially rock concerts. He walked with God and lost his path, but never lost his faith. There are no services scheduled at this time. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

### Herbert Carl Schlueter

Herbert Carl Schlueter, 91, of Greenwood, died July 15, 2017. He was born June 29, 1926 in Indianapolis to the late William Simon and Anna (Zarins) Schlueter. He is survived by his children, Alfred (Darlene) Schluteer and Herbert W. (Ethelyn) Schlueter; grandchildren, Eric, Carl (Brandi), Christina (Donovan) Keith, and Nicholas; eight great-grandchildren; and three great-great-grandchildren. He was preceded in death by his wife, Margaret Schlueter; grandchild, Terry Witham; and sister, Eleanor Oudhuis. Before Herbert retired he was a diesel mechanic. He was also a stamp and coin collector. He enjoyed watching the birds and feeding the squirrels and was a member of the Teamsters Local #135. Service is July 20, 11:30 a.m. at Simplicity Funeral & Cremation Care, 7520 Madison Ave., Indianapolis. Herbert will be laid to rest at Forest Lawn Memory Gardens.

### Richard "Rick" Spurgeon

Richard "Rick" Spurgeon, 58, of Lafayette, died on July 9, 2017. He was born on Jan. 26, 1959 in Indianapolis to the late Darrell and Faye Spurgeon. Rick enjoyed spending time with his sons, grandchildren and godchildren. He also enjoyed riding his motorcycle, boating, going to the gun range. He liked watching college football. Rick is survived by his sons, Kyle (Lindsey) and Greg Spurgeon; his fiancée, Brenda Mesalam; two grandchildren, Joel and Eli Spurgeon; two brothers, and two sisters. Funeral services were July 14 at G. H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch, 1605 S. State Rd. 135, Greenwood.

### Irene Alfrieda Stiles

Irene Alfrieda Stiles, 89, of Greenwood, died Wednesday, July 12, 2017. She was born on Aug. 16, 1927 in Kenmore, Ohio to the late Vernon Benjamin Swigert and Marie Evelyn Crossen Swigert. She attended Arsenal Tech

HS and Manual HS, where she graduated. She enjoyed sewing, golfing, and traveling. She managed several credit unions, Naval Avionics, Rath Credit Union and National Headquarters of the American Legion over her working career, retiring in 1991. She was preceded in death by her husband of 70 years Robert G. Stiles Sr., her parents, sister Mary Swigert Forey, and infant great-granddaughter, Chaise Jeanne Jarboe. Survivors include one daughter Irene (Jim) A. Stiles Jarboe; two sons Robert (Kathy) G. Stiles Jr. and Timothy (Rebecca) J. Stiles; one brother, V. Benjamin (Janet) Swigert; nine grandchildren, James Jarboe, Scot Stiles, Jason Jarboe, Jacob Stiles, Hannah Stiles, Andrew Stiles, Allison Hornaday, Rebecca Yunker, Deanna George; 15 great-grandchildren and two great-great-grandchildren. Visitation was July 15 at G. H. Herrmann Greenwood Funeral Home, 1605 S. State Rd. 135, Greenwood. A graveside service was at Forest Lawn Memory Gardens.

### Margie Patrick Terrill

Margie Patrick Terrill, 94, of Indianapolis, died July 10, 2017. Margie was born Sept. 12, 1922 in Perry County, Ky. She was the daughter of Leslie and Lucinda Everage Patrick. Margie was married on Jan. 14, 1940 to Charles William Terrill, Sr. She was preceded in death by her husband Charles; son Joe; two sisters and one brother. Survivors include her sons Jim and Chuck and their families; sister Rose Combs; brother L.B. Patrick; and numerous grandchildren, great-grandchildren and two great-great-grandchildren. Services will be private with no calling.

### Debra Lynn (Bothwell) Tripp

Debra Lynn (Bothwell) Tripp, 64, died on July 11, 2017. She was born Aug. 16, 1952 to Hugh Bothwell, Sr. and Virginia Bothwell. Virginia precedes her in death along with Debra's brother, Robert Amick. Debra graduated from Manual High School in 1970, having attended the University of Indianapolis and working for Peoples Bank and PNC bank in branch management. She was a member of Vineyard Community Church in Greenwood and volunteered in their children's ministry. She was also a loyal member of the Fraternal Order of Eagles Aerie 4167 since 1996. Debra is survived by her husband of 22 years, Guy C. Tripp; daughters Wendy Baxter (Tony), Virginia Wing (Matthew), Janet Tripp, and Brittnay Raab (Landen); siblings Charles Amick (Sharon), Hugh Bothwell, Jr. (Susan), Joyce Grider, Thomas Bothwell (Brenda); eight grandchildren, Mitchell Baxter, Matthew Perry, Mallory Baxter, Allison Meinczinger, Meguire Baxter, Alexander Meinczinger, Evan Wing, and Sally Tripp; long-time companions and protectors, her beloved dogs, Sadie and Diva. A private graveside service will be held at a later date.

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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 • Deadwooding  
 • Firewood  
**\$30 OFF \$300 or more**  
 1 coupon per customer  
 Free Estimates  
 established 1980  
 Satisfaction Guaranteed!

**TREE SERVICE**

**FRED & SONS HAULING**  
 LAWCARE AND TREE REMOVAL SERVICES  
**TREE REMOVAL**  
 Emergency or Scheduled Services  
**317-626-5973**

**TREE SERVICE**

**Airbourne TREE SERVICE**  
**\*24 HOUR EMERGENCY SERVICE\***  
 Tree/Stump/Limb Removal - Trimming - Shaping - Lot Clearing - Landscaping - Mulching - Shrub Work Firewood - Bucket Service - Insurance Claims  
**(317) 362-9064**  
 FREE ESTIMATES & FULLY INSURED • Credit Cards Accepted



**Kelson Carter**  
**Prince of Plumbing**  
*"Hear me on the radio with KJ!"*



# CARTER'S

*my plumber.com*

## 317-859-9999

Or Schedule Yourself → [CartersMyPlumber.com](http://CartersMyPlumber.com)

### FREE ESTIMATES!

Considering a New  
Tub or Shower?

Save  
**\$700**

### TUB REPLACEMENT

Not valid with any other offer.  
Must be presented at time of service.

## \$49 Mom's Deal!



- Flush Water Heater
- Check Sump Pump
- Find Out How Much it Costs to Replace Toilet
- Pick "My" Plumber's Brain!

### MOM APPROVED

Not valid with any other offer.  
Must be presented at time of service.

### LIMITED TIME OFFER!

Got Slow Drains?

Save  
**\$50**

Any

### PLUMBING PROBLEM

Not valid with any other offer.  
Must be presented at time of service.

### Attention Homeowners: Read what Your Neighbors Have to Say!

*"Carter's My Plumber has replaced our sump pump and water heater. They were very professional and took the time to explain all services in great detail. We will call Carter's for all our plumbing needs from now on."* - A. Brown, Greenwood

*"When they left all my plumbing problems were fixed and my drains have never worked so well since I have moved into my house."* - L. Short, Indianapolis

*"Answered the phone. Called when they were on the way. Arrived on time. Quickly assessed the problem. Offered a few options. Friendly and knowledgeable. Wish every contractor was this good!"* - C. Mason Greenwood

## Water Heater over 10 Years Old?

Save  
**\$150**

### WATER HEATER

Not valid with any other offer.  
Must be presented at time of service.



4.9 ★★★★★  
5,907 Serviced