

The Southside Times



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American Senior Communities

ASCSeniorCare.

THIS WEEK on the WEB



UIndy adds housing and green space

The University of Indianapolis announced a plan to develop an area adjacent to campus for additional student housing, green space and parking. The institution's Board of Trustees approved a plan to develop nearly 2 acres of University-owned property between National and Standish Avenues and two lots east of Boyd Avenue (a portion of Boyd near National would be closed to vehicular traffic).

ss-times.co/uindy-project-benefits-neighborhoods



Brickhouse Coffee Co. opens in former Jonathan Byrd's building

Brickhouse Coffee Co., whose grand opening celebration is on Oct. 21, 7 a.m. - 10 p.m., is located in the former iconic Jonathan Byrd's building in Greenwood. With a desire to bring sustainability through coffee, the Stayton family hopes to provide a model for those in ministry that will enable opportunities for additional finances where often raising support is difficult, a vehicle to engage with the local communities where they live, and opportunities to love and serve people.

ss-times.com/brickhouse-coffee-grand-opening

For more information on these articles and other timely news, visit ss-times.com. To join the conversation, visit our Facebook page or follow us on Twitter [@southsidetimes](https://twitter.com/southsidetimes).

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Southside News Quiz

How well do you know your Southside community?

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

1 Center Grove resident Amanda Sparks fell in love with the fair trade organization Trades of Hope because of the _____ that accompanies each piece.

- A. Cost
- B. Story
- C. Donation
- D. Tutorial

2 How long will Perry Meridian High School students have rehearsed by the time they put on their fall performance, *Schoolhouse Rock Jr.*?

- A. Two days
- B. One week
- C. Two weeks
- D. One month

3 What is one of the most common ailments treated at LifeSpan Therapy, among senior and rehabilitation patients?

- A. Alzheimers
- B. Osteoporosis
- C. Neuropathy
- D. Cancer

4 Brickhouse _____ Co. is now open in the former Jonathan Byrd's Cafeteria building.

- A. Candy
- B. Racing
- C. Bourbon
- D. Coffee

5 How does weekly movie review columnist, Adam Staten, feel about the new release, *Happy Death Day*?

- A. Remarkably enticing
- B. Unbelievably bad
- C. Average horror flick
- D. Gross display of repetition



ANSWERS ON PAGE 17

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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*“My midlife crisis wasn’t a sports car.
It was a heart attack.”*

— DAVE R.



He had just turned 49. He had just been to the gym. He had no idea he was about to have a heart attack. But within 25 minutes of entering the ER at Community Hospital South, Dave had a stent in place and disaster was averted. All because he knew the warning signs and took quick action. Now he encourages everyone to get an annual health screening. Like the ones Community Health Network holds at the elementary school where Dave is principal. Living proof you’re never too old to learn. *Exceptional care. Simply delivered.*



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A Story WITH EVERY Accessory



Goods from Trades of Hope come from 18 different countries. (Photos by Nicole Davis)

Center Grove resident Amanda Sparks finds her passion in empowering women and helping others through Trades of Hope

By Nicole Davis

Amanda Sparks wasn't looking to get into another direct sales company, but when she discovered Trades of Hope, she thought the items they sell were beautiful. When she heard the stories that accompany each piece and the mission behind the organization, she was hooked.

"Becoming involved in this opened my eyes to a lot of things that I was really naive to before," Sparks said. "I didn't watch the news. Anything that was bad, I didn't want to know about it. It opened my eyes to a lot of things in the world that you and I have the power to change."

Trades of Hope is a fair trade organization which aims to empower women and help them out of difficult circumstances. By marketing the handmade products made by these women, funds go back to them which help house, feed and give medical care and education to their families.

Sparks, a Center Grove resident, discovered Trades of Hope while at a vendor event. She felt like she was in limbo, looking to get out of direct sales but also wanting to find something for which she could have a passion.

"My husband had said no other direct sales companies, but I couldn't get it off my mind," she said. "I finally told him about it and two sentences in, he said that's what you need to do."

She's now been with Trades of Hope for four years, hosting house par-

ties and attending vendor events. She will be at the Extension Homemaker's Craft Fair at the Johnson County Fairgrounds, Scott Hall, on Oct. 21, 9 a.m. to 3 p.m.

"We help to empower women out of slums, sweat shops and sex trades," Sparks said. "Every product has a story. They're beautiful, handmade and everything has a story behind it. Like in Thailand, they have a bracelet that the proceeds gives back to an elephant sanctuary. In Cambodia, we have women who are victims of acid attacks. The women we're working with there, we're helping them to not feel so ostracized. In their country, they feel they've done something wrong to deserve these acid attacks. For every group we're helping, there's tens of thousands more who need our help."

Not only do the products help these female entrepreneurs create a better life for themselves and their families, but through programs such as Gifts of Hope, 10 percent of profits are used to give back to organizations with a similar mission of fighting for justice for women around the world.

In the past four years, Sparks said she has had the opportunity to travel to Haiti and Costa Rica to meet some of the artisans and hear their stories firsthand.

"Haiti is the poorest country in the western hemisphere, but I didn't know what that meant until I was there," she said. "It was such an eye-opening experience. It sets your heart on fire to

want to do even more. While we were there, one of the founders (Shelley Clay) of one of the organizations, Apparent Project, an orphanage, (spoke about how) some women in Haiti will go door-to-door and ask people to take their baby. Those children end up being put into bondage, become a house servant or end up in slave trades. When she hears of people going door-to-door, she will find them and put them to work. The average Haitian makes \$1 - 2 a day. Shelley is able to pay them \$15 a day. For us, it doesn't sound like a lot, but in their world, it changes generations, literally. Those children have hope in their future."

Sparks encourages others to get involved in selling for Trades of Hope, too. "The more people that sell, the more artisans we help, the more countries we add and people whose lives are changed," she said.

Outside of Trades of Hope, Sparks and her husband, TJ, are members of Emmanuel Church of Greenwood. Amanda will soon volunteer for Purchased, a group helping victims of human trafficking. She will be assigned to someone and mentor her for at least a year. She is also involved in a group called Circles in Indianapolis, helping people who are impoverished and doing poverty simulations at different churches to educate people on the issue.

To learn more about Trades of Hope or to reach Sparks, visit mytradesofhope.com/amandasparks.





Left, one of the most famous photos of the Gettysburg battle, also a posed one. This purported sharpshooter was actually killed 72 yards away and carried to this location for a "dramatic" photo within Devil's Den. (Photo by Alexander Gardner) | Below, at the summit of Devil's Den, first night. The Triangular Field lies just to the left. Alan is in story mode as the author leans on the cannon and listens. (Photo by Kris Branch)



Gettysburg-the first night.

HAUNTS & JAUNTS

By Rick Hinton

*Long ago, far away, life was clear...
close your eyes.*

Harry Nilsson
"Remember" 1972

It was growing dark as we arrived in the parking area at the base of **Devil's Den** in the Gettysburg Battlefield Park. Thursday night, and the weekend would soon be upon us with an invasion of tourists. But, for this evening, we had it all to ourselves. We surveyed the **Slaughter Pen**, a boulder-strewn low area, and then inched up the path to the top of the den, enormous hillside boulders instrumental in stopping a Confederate onslaught on the second day of battle. Alan led the charge, stopping occasionally to point out significant points of interest, such as: "This is where a Confederate soldier was moved and posed for a photo after his death. It's a famous photo! He wasn't a sharpshooter, the rifles don't jive." After the battle (and for years afterward) the remains of soldiers were found in the deep cracks of these boulders. The group listened in silence. Alan smiled. He was in his element.

It was dark now. **Little Round Top** was above us. Alan directed us to the **Triangular Field** at the summit of **Devil's Den**. Now an overgrown triangle-shaped field, yet back in the day, a major skirmish point on that second day of battle as forces from the

1st Texas Infantry and 3rd Arkansas surged upwards toward Little Round Top. As a result, the field was littered with the dead and dying. The Scoobys claimed this was one of the most haunted places in the park. I soon agreed. There was a sense of uneasiness as we proceeded into the field, feeling like you were being watched from the nearby treeline; ancient eyes upon us. And the silence! Laura — my wife and gallant warrior—moved into the depths of the field alone, away from everyone else, and heard rustling she couldn't explain. Critters? Maybe. She, however, knew when it was time to rejoin the group. It's an instinct thing.

First night was an eye opener, and an awakening — a glimpse of history unfolding under Alan's tutelage, revealing the sense of urgency of battle, those in charge leading the troops, the horrible aftermath, and secrets and stories carried over to this day. I have read extensively of the Battle of Gettysburg, yet, suddenly realized I had never really gotten it. I also realized, as the hush of the night masked other ramifications, you had to be physically there to do so!

Laura and I had a lot to talk about when we returned to the hotel room that night. We were looking forward to the next day!



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.

Roncalli Salutes Volleyball Marion County Champions



Row 1: Grace Lawrie, Amelia Banister, Lauren Fey, Hannah Irmer
Row 2: Abby Johnson, Elizabeth Eads, Betsy Crosley, Maggie Schoening, Taylor Kehoe
Row 3: Manager Shane Moylan, Amber Linton, Grace Hegwood, Manager Harrison Koppenhofer
Row 4: Coach Kaylee Danhauer, Coach Missy Marsh

The Roncalli girls volleyball team defeated Brebeuf Jesuit 25-13, 23-25, 25-14, 25-20 to win the Marion County Tournament. The title is the seventh Marion County Tournament crown in the program's history and the first since 2014. In the semifinal round, Roncalli defeated Lawrence North 25-23, 25-14, 26-28, 25-21. Both the semifinal and final rounds were played at Southport.

Congratulations to these student athletes and coaches Marsh and Danhauer.



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IN OUR SCHOOLS

Roncalli volleyball wins sectional title

Upcoming regional – The Roncalli girls volleyball team defeated Perry Meridian 25-18, 25-19 and 25-12 to win the Class 4A Decatur Central sectional. Earlier that day, the Lady Rebels topped Pike 25-20, 25-15 and 25-17 in the sectional semifinal. The sectional title is the program's 26th and the first since 2014. It is the Lady Rebels' third sectional title since moving to Class 4A in 2011. Roncalli is one of only 11 volleyball programs statewide to win at least 25 sectional titles. The Lady Rebels travel to Greenfield-Central for next Saturday's regional round on Oct. 21. They will face Avon at 10 a.m. in the regional semifinal.



"Children of the World" visit Lutheran High School

Culture – Lutheran High School students, faculty, staff, and families were treated to a program from World Help with their Children of the World choir at a special chapel service on Sept. 22. Fourteen children arrived on a bus on Thursday and toured the high school and met many LHS students, played games with them, and practiced their performance in the Choir room. The children were divided among five host families from Lutheran High School for the night where they were able to experience American culture. LHS Junior Mollie Graham commented on her experience as her family hosted two children, "We loved watching the boys put together the train set we had at our house and reading them bedtime stories. We also got to take them to a soccer game (which they referred to as 'futbol') and out to Fazoli's restaurant. Spaghetti was their favorite food here in America."

On Friday, the children performed in front of the entire student body, faculty and staff, and many visiting parents and siblings. Their dancing and singing brought joy, hope, and attention to the situation in which children of other nations live to all who heard. More information can be learned about this organization at worldhelp.org.



1. Students rehearse songs for Schoolhouse Rock!. From left, Danielle Justice, Dawt Cin, Joseph Carper, Sam Hoke, Nolan Rosberg, Joseph Hock and Eli Carnes. 2. From left, Chloe Rodgers, Abby Hoover and Maria Miller. 3. Dawt Cin reads music from Schoolhouse Rock Jr. 4. Kaitlyn Robinson and Moie Ali paint the ABC's on a prop.

(Photos by Nicole Davis)



'Knowledge is power'

Perry Meridian's fall musical *Schoolhouse Rock Jr.* will also be performed in local elementary schools

By Nicole Davis

Students have spent their last week during fall break to rehearse, design and perfect their fall musical, *Schoolhouse Rock Jr.*, to be performed Oct. 21, 7 p.m., Oct. 22, 2:30 p.m. and Oct. 24, 7 p.m. Tickets are \$5.

"In my past experience with the fall musical, it's been a little less of a time constraint but this time we're really hustling," said Dominick Heyob. "It's a really great experience being able to put this together in five days. The play itself is unique and fun. We're going back to things we learned when we were younger."

Schoolhouse Rock! is an educational cartoon series originally airing from 1973 to '85, later revived from '93 to '99. The Perry Meridian students aren't only reminiscing on a show they used to watch in their childhood, but they'll also introduce it to other young people. The 13-student cast will perform at four Perry Township elementary schools on the Monday and Tuesday that they return from fall break.

"I think it's a win-win situation to do this with grade school kids," said Melissa Walsh, director of choirs and musical productions. "This particular show is wonderful because it's very educational. It teaches kids about government, math and important school subjects, but it also is a great chance to engage high school kids in community service by performing and doing it in a way that they're actually sharing the talents that they're developing here. And it's great for the elementary kids to see things that they can be involved in when they get to the high school."

For those wishing to see the musical at the high school, they will also get a unique experience.

"I love doing all of the musicals here, but what caught my attention here is it's very audience interactive," said Nolan Rosberg. "It's something we haven't really done. We go out into the audience with all the kids, and even pull people on stage to be a part of the show. We're doing a pre-show with a bunch of activities with the kids which will be a fun experience for all of them."

For more information, visit perrymusicals.com.

AROUND TOWN



UIndy offers "Senior Citizens Program"

Education – The tuition-free Senior Citizens Program is available to persons over 65 and retired, who are invited to register for one regular undergraduate course at the University per semester. (Independent study, internships, practica, computer courses, private music lessons, applied studio art instruction, and accelerated courses are not included in the program; senior citizens wishing to enroll in this program must pay all fees associated with their courses.) A person who has never done this before goes to SAL, where s/he has to fill out an application for the Life-Long Learning College. Then they can get registered. To learn more, visit uindy.edu/sal/lifelong-learning-college.



Above top, words words. Above bottom, words words.

Ave Maria Guild celebrates Card Party/Quilt Raffle

Follow-up – The Ave Maria Guild Card Party/Quilt Raffle was a huge success, wrote the group in an email. “Thanks to all who attended or who donated to the raffle. All proceeds benefit St. Paul Hermitage residents and staff. Congratulations to the winners of the quilt Karen McMeans and the gift card was Doris Francis.”

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.

To submit a news story idea for the next issue of *It's Golden*, email ndavis@southsidetimes.com. *Enjoy!*



Robotic pets are big hit at American Senior Communities



By Eunice Trotter
American Senior Communities

American Senior Communities has added another resource to its array of innovative practices - robotic pets. The dogs and cats look, feel and act like real pets.

They bark or purr and respond to being patted when sensors detect the petting motion. The dog wags its tail and the cat turns over on its back. And when dinner or potty time arrive, these pets are no problem.

“They don’t demand a thing, but provide lots of love,” said one of the residents of an American Senior Communities location where the pets are a hit.

American Senior Communities has incorporated the pets into daily living at locations across Indiana. While the pets are mostly made available to memory care residents, which includes those with Alzheimer’s disease and other forms of dementia, post-acute care residents also are pleased by the pets.

Memory care staff tell of nonverbal residents who, after interacting with the pet, smile and sometimes speak. For those in post-acute care, the pets can trigger a calming effect.

Memory Care Specialist Corinne Brown Grott said the pets are used as part of ASC’s Meaningful Day activity program. The pro-

gram addresses eight domains of wellness necessary for a resident’s well-being. The program focuses on each resident’s physical, intellectual, spiritual, creative, social, emotional, environmental and occupational domain of wellness.

Residents’ days are built around making sure each of these areas is filled, Grott said. The pets can potentially address multiple domains. Clinicians see decreases in respiration, heartbeat, blood pressure and anxiety when the resident is petting and connecting with the pet.

Brownsburg Meadows Assisted Living Memory Care Facilitator Helen Gebar said the pets take residents back to a time in their lives when they were younger and had pets. “It provides that comfort and those memories are brought back,” said Gebar.

Grott said once the pet is introduced to the community, it’s always on someone’s lap. “Our residents take to the pets almost immediately,” said Grott. “They name the pets, take turns deciding who cares for the pets, and most of all they find a lot of joy in just being with the pets.”

Many American Senior Communities locations allow live pets. Pet therapy is also utilized in American Senior Communities locations. When live animals are not immediately available, robotic pets are an innovative and effective alternative.

For more information about American Senior Communities, go to www.ASCSeniorCare.com.

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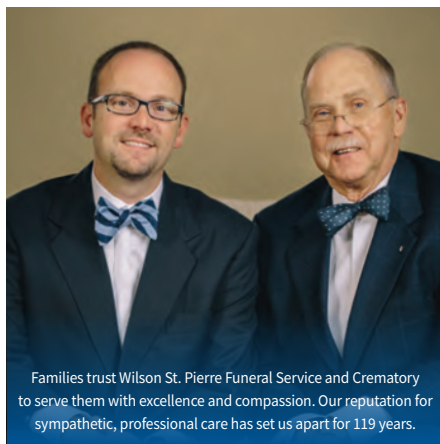
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Neuropathy a common challenge with options for treatment



By Lynn Lopossa
Director of LifeSpan Therapy

At LifeSpan Therapy, one of the most common ailments we treat among senior and rehabilitation patients is neuropathy. Although neuropathy is sometimes associated with older people, it is a diagnosis that transcends all age groups and demographics. It typically involves numbness, tingling, burning or stabbing sensations, usually in the extremities such as the hands and feet.

Neuropathy presents a tremendous challenge to those who have it, and can also be challenging for caregivers due the increased need for assistance caused by the symptoms. In its mildest form, it can be annoying or painful, but in severe cases, it can be debilitating or even result in paralysis.

It is not a disease unto itself, but rather a complication of a number of medical conditions. With neuropathic pain, the nerve fibers themselves may be damaged, dysfunctional or injured, sending incorrect signals to the brain and other pain centers.

In the U.S., the primary cause of neuropathy is diabetes, but other underlying conditions include peripheral vascular disease, alcoholism, and toxicity from overmedication. Psychological factors, especially depression, can also play a role. Often the causes and symptoms conflate with each other – a person feels pain when they walk, so they start moving less, resulting in weight gain, which produces greater risk for onset of diabetes, contributing to depression, and so on.

There are a variety of treatment options for neuropathy, from therapy and exercise to medication. Usually it is not possible to completely eliminate neuropathic pain. But treatment is often successful in managing the symptoms and preventing people from slipping further into inactivity and pain.

At LifeSpan Therapy, we treat a wide variety of neuropathy patients who live at CarDon senior living and rehabilitation communities, as well as clients who live in other locations and participate in therapy as outpatients. Our goal is to minimize the pain and to help our clients continue to participate in life skills and occupations.

We find the most successful treatment program is an interdisciplinary one that brings together different types

of expertise to create an individualized plan for each patient.

The first step is to see a physician or neurologist with expertise in neuropathy who can determine what medical condition is causing the neuropathic pain. This helps the interdisciplinary team to develop the most effective treatment pathway. We also involve a dietician who looks at what the client is eating and helps create a diet than can keep those extra pounds off. In some cases, weight control is a significant factor in controlling neuropathy.

In severe cases, such as fibromyalgia, a chronic disorder characterized by widespread pain in muscles and other soft tissue, or when the neuropathic pain causes sleep deprivation, a mental health professional such as psychologist is often consulted as well.

In terms of medication, anti-inflammatories and pain medication can be very helpful. In addition, anti-depressants can help with the psychological factors contributing to inactivity, and anti-seizure medications appear to interfere with the overactive transmission of pain signals sent from damaged nerves diminishing some of the symptoms.

Physical therapy is a vital part of the treatment program. One of the most common and effective treatment methods provided by physical therapy is the utilization of physical agent modalities to help stimulate and heal the nerves. These include infrared therapy, transcutaneous nerve stimulator (TENS), or newer technology like cold laser treatment. With all of these approaches, the goal is to increase circulation around the nerve endings causing the problem.

The main goal of therapy is to develop a home exercise routine patients can do at their own pace and convenience once therapy concludes. This helps break the cycle of pain leading to decreased movement and overall fitness.

Bio-feedback, breathing techniques, and meditation, which help people work through neuropathic pain and keep them from growing anxious or depressed over their condition, are also techniques that can be a part of a well-established interdisciplinary pain management plan.

If you or a loved one are struggling with neuropathy, know that treatment options are available to help them get back to the lifestyle they deserve. Talk to your family physician about a diagnosis, a referral to a neurologist and the choices you can make.

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By Golden Living Centers

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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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Beware of Online Property Rental Scams

REAL ESTATE

By Dawn Whalen

It's not uncommon for renters to look online for their next property, but they need to be aware of the growing number of rental scams taking place on sites such as Craigslist, Zillow and others.

The most common scam involves properties that have had their details lifted from a reputable realtor or property management company's online listings. The scammers steal the photo(s) and information then place them on Craigslist, among other sites, but lower the rent price to entice victims.

Potential renters see the property listing and contact the scammer thinking it's a legitimate "for rent" ad, from here the scammers may begin asking for a rental application, which would include sensitive information and/or a deposit. In many cases, the scammer will tell the victim that he's out of town and cannot show the interior of the property, but encourage the victim to look at the outside. This is the point where the scammers push the victims to send money to hold the property. In some cases, victims can be left without a home, out several hundred dollars for a fake deposit and possibly open to identity theft.

Here are some tips to help renters avoid these scams.

- Always contact the listing agent or company whose sign is on the property.
- Use a reputable site such as MIBOR.com as a source for listing information.
- Never submit a deposit if the person is not willing to meet in person to discuss the property.
- Be suspicious if asked to use a wire service for a deposit.
- If a listing appears to be a scam, report it to the local police department.

Property managers need to also be aware of these scams in order to protect their properties from fraudulent listings. While listing a property for rent, it's a good idea to occasionally search sites such as Zillow and Craigslist to make sure no one has stolen the listing details and is operating a rental scam. Again, if a scam is suspected, property owners are encouraged to contact their local law enforcement.



Dawn Whalen is owner of Whalen Realty Group, and has worked in commercial and residential real estate for more than 10 years. She's a licensed realtor, broker and is a member of MIBOR.

AROUND TOWN



Southport breaks ground on municipal complex

Construction - The City of Southport, Southport Police Department and residents joined at 137 Worman St. on Sept. 28 for the groundbreaking of the soon-to-come Southport Municipal Complex. The new building will house the Southport Police Station, offices for elected officials and the city council meeting room. The project, developed by GM Development Group, is expected to be completed by June 30, 2018.



Perry Twp. Kiwanis donate to elementary music dept.

Schools - The Kiwanis Club of Perry Township recently donated funds to the Abraham Lincoln Elementary School Music Dept. to help purchase drumsticks and also hangers for ukuleles. Music Director Brett Hawkins (center) receives a check from Kiwanis President Les Branham (right) and Treasurer Scott Splichal. Through fundraising events held throughout the year, Kiwanis supports community programs such as this one as well as college scholarships, Baxter YMCA, Riley Hospital for Children and Hunger Inc. food bank, among others.

Three local women awarded Angels of Grace

Benedictine - Recipients of the 10th annual Angels of Grace awards, presented by the Benedictine Sisters of Our Lady of Grace Monastery, are Amanda Evans-Clark, Donita Royal and Tina McIntosh. The ceremony, held on Sept. 30, was witnessed by over 500 people and held in conjunction with a luncheon and fashion show.



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EVENT

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FROM THE EDITOR



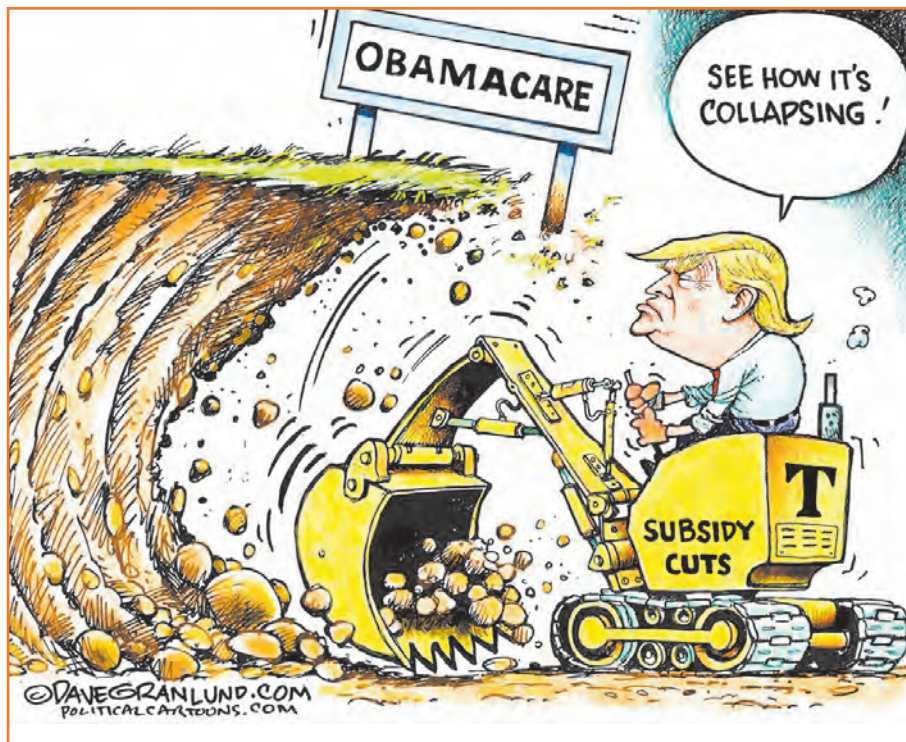
#MeToo Education is key

"#MeToo. How could we as a community do better to prevent sexual harassment and sexual assault? How could we better prepare and educate our children?" We posted on our Facebook page.

#MeToo has been all over social media recently, as many celebrities speak out about sexual assault and harassment in Hollywood. Women and men have posted #MeToo, with or without details about what happened to them, to show sexual assault and harassment are issues that affect more people than we realize. While open discussion is a necessary first step, we need to do more, so in the future fewer people say #MeToo. We need to do a better job of educating our children early on. There is a fine line between protecting a child's innocence and preparing them to live in a world where sexual harassment and sexual assault happen. Kids should know it happens, what it is, and be able to identify it when it happens to them or others. We should teach them it's okay to tell an adult when assault or harassment happens to them. It's okay to talk about it. What are your thoughts on this? We invite you to share them with us on our Facebook page.

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 recog-

nized? Email your "Stars and Strikes" to news@ss-times.com. Julie Lockwood of Beech Grove and Nancy VanArendonk of Franklin Township contributed to this week's Stars and Strikes.

★ **Stars:** To Greenwood High School Musician Natalie Haynes for being named to the U.S. Army All-American marching band!

★ **Stars:** To Beech Grove Department of Public Works for starting leaf pick up.

★ **Stars:** To the City for the completion of the Churchman Avenue Sidewalk Project. It is a wonderful update for residents in that area.

★ **Stars:** The Franklin Township Historical Society appreciates the silent-auction donations made by area businesses to help the non-profit Society's fundraising efforts to pay for a new roadside historical marker being dedicated on Franklin Road this month. Much appreciation to Allied Appliances, Wanamaker Feed & Seed, Mascari Cleaners, Pleasant View Orchard, Wanamaker Flowers, Focus Therapeutic Massage, Li's Garden restaurant, Avanti Hair Design and the Historic Artcraft Theatre. ★

QUOTE OF THE WEEK

"When you have exhausted all possibilities, remember this: You haven't."

– Thomas Edison

HUMOR



TOP TEN REASONS THINGS JUST KEEP GETTING WORSE FOR YOU

(Perhaps not you,
personally, but someone
you might know.)

By Torry Stiles

10. You've pawned your TV to pay the cable bill.
9. The doctor says to cut the carbs so you cut them all in half but still eat both halves.
8. Your roommate asks where your half of the rent is and you point to your new tattoo.
7. You park in the Handicapped spot and don't even bother faking a limp while walking past the cop into the store.
6. At some point you must dispose of that disposable razor... preferably before you contract a nasty case of tetanus.
5. You call the boss and tell him you're not coming in because you're helping your sick mother. Two weeks earlier you'd missed three days for her funeral.
4. "Baby daddy" does not mean the same thing as "Dad."
3. Black lipstick is never flattering.
2. Going faster will not always get you there faster... especially with the bad brakes on your car.
1. Your lawyer is relieved he got you off with only probation and a fine while you're worried about getting hooked up with the guy in the orange suit waiting for his hearing.

BELIEVE IT!

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

In Iowa, one-armed piano players must perform for free.

Source: dumblaws.com

Autumn fleas

DR. JEFF'S MEWSINGS

By Dr. Jeff Ambrous

We are now heading into the fall with its cooler weather. You might think that you can now stop worrying about fleas. This could not be farther from the truth. Spring and fall are actually prime time for fleas to thrive. They love the moderate temperatures and moisture/rainfall that these times of year commonly provide.

Fleas are extremely common here in central Indiana. They cause a number of problems for you and your pet. Tapeworms are transmitted by fleas that have been infected with the larva of this parasite. Flea allergy dermatitis is also a common concern with pet owners. Signs include scratching, red skin and hair loss.

Later in the fall, as temperatures continue to cool, fleas will begin to seek out the warmth and comfort of your pet and your house. They will actually be able to live and multiply throughout the winter months in the coziness of your home if given the chance. This is why it is so important to continue with a good flea prevention program until the cold weather has truly set in. Even then, you should not stop using flea products if there are any fleas in your home.

Each home and pet situation can require a slightly different flea preventative approach. Please contact our office for recommendations.

We hope that you and your pets have a happy and flea-free autumn.



Dr. Jeff Ambrous practices at South 31 Veterinary Clinic and can be reached at (317) 788-0893.

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Abilene is a 10-month-old, sweet-as pie-girl who also loves to play. She is personality plus! Abilene gets along with everyone. For more information or to adopt, visit the Humane Society of Johnson County, 3827 Graham Rd., Franklin or hsjc.org.

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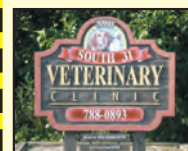
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CALENDAR OF EVENTS

BEECH GROVE

Movie Monday for Minis • Join this movie and snack time for preschoolers at Hornet Park Community Center. | When: Oct. 23, 10 a.m. | Where: Hornet Park Community Center. | Info: [f/BeechGroveParks](#).

Pumpkin Express on Beech Grove's Main Street • Join for treats, prizes and window painting. | When: Oct. 28, 1 - 4 p.m. | Where: Main Street, Beech Grove. | Info: [f/BeechGroveParks](#).

CENTER GROVE

Messy Art: Spiderweb Art • Explore the world of art through new creations each month. Dress for a mess. Attendee must be between the ages of 5 Years and 12 Years old. | When: Oct. 23, 4:30 - 5:15 p.m. | Where: White River Branch library, 1664 Library Blvd., Greenwood. | Info: [pageafterpage.org](#).

FRANKLIN TOWNSHIP

Young Actors Theatre Workshop: Improv/Devising • Teens ages 12 - 18 are invited to work with a professional theatre artist on the art of improvisation and devising. | When: Oct. 20, 2 p.m. | Where: Franklin Road Branch library, 5550 S. Franklin Rd., Indianapolis. | Info: (317) 275-4380.

Historical Market Dedication & Luncheon • The Franklin Township Historical Society will dedicate a historical marker at the site of the town of Gallaudet. The day will include a luncheon on the site of Gallaudet, live music, presentations about the area history, a silent auction and official dedication. | When: Oct. 21, 1 p.m. Register by Oct. 12. | Where: 5605 S. Franklin Rd., Indianapolis. | Cost: \$15 per person to support the historical society. | Info: (317) 862-1993, [FTHS.org](#) or [f/FranklinTownshipHistoricalSociety](#).

Good Will Haunting • The Spook-Tacular Family Fun Fair by Franciscan Health Center for Women & Children is certain to conjure up some spirited activities such as trick-or-treating, face painting, photo booth, pumpkin decorating, IMPD mountain patrol and more. | When: Oct. 21, 3 - 5 p.m. | Where: 8111 S. Emerson Ave., Indianapolis. | Info: (317) 528-7997.

African Dance • Preschoolers are invited to journey through the regions of Mali, Senegal, Gambia and Guinea to learn cultural traditions of song and dance along the way. | When: Oct. 24, 1:15 p.m. and Oct. 25, 10:15 a.m. and 11:15 a.m. | Where: Franklin Road Branch library, 5550 S. Franklin Rd., Indianapolis. | Info: (317) 275-4380.

Reduce Stress • Franciscan Health Heart Center is offering free classes on cardiovascular health and wellness in October. Learn to identify the causes of stress and techniques to decrease stress which can improve health. | When: Oct. 25, 6:30 - 7:30 p.m. | Where: Franciscan Health Heart Center, 8111 S. Emerson Ave., Entrance 1, Indianapolis. | Info: (317) 782-4422, (877) 888-1777.

Weight Loss 101 • Franciscan Health Heart Center is offering free classes on cardiovascular health and wellness in October. This class will show some simple secrets to shedding extra weight and strategies to keep it off. | When: Oct. 26, 6:30 - 7:30 p.m. | Where: Franciscan Health Heart Center, 8111 S. Emerson Ave., Entrance 1, Indianapolis. | Info: (317) 782-4422, (877) 888-1777.

FOUNTAIN SQUARE

Charity Rummage Sale • Emmaus Lutheran will host a charity rummage sale with proceeds to benefit its food pantry, serving the Fountain Square area. | When: Oct. 19, 9 a.m. - 5 p.m. and Oct. 20, 9 a.m. - 1 p.m. | Where: 1224 Laurel St., Indianapolis. | Info: (317) 632-1486.

Young Actors Theatre Workshop: Stage Makeup • Teens ages 12 - 18 are invited to learn about theatrical makeup design with a professional makeup artist. Learn about different types of makeup, how to apply and how makeup can help create a character. | When: Oct. 21, 11 a.m. | Where: Fountain Square Branch library, 1066 Virginia Ave., Indianapolis. | Info: (317) 275-4390.

Young Actors Theatre Workshop: Improv/Devising • Teens ages 12 - 18 are invited to work with a professional theatre artist on the art of improvisation and devising. | When: Oct. 28, 11 a.m. | Where: Fountain Square Branch library, 1066 Virginia Ave., Indianapolis. | Info: (317) 275-4390.

GREENWOOD

Dine Out for St. Jude's Research Hospital for Children • Watch the Colts, enjoy dinner out on and support St. Jude's Research Hospital for Children, hosted Gamma Pi chapter of Epsilon Sigma Alpha. | When: Oct. 23, 11 a.m. - 12 a.m. | Where: Buffalo Wild Wings, 1077 N. Emerson Ave., Greenwood. | Info: [stjude.org](#).

CPR Training • This is an American Heart Association 3-hour Heartsaver course covering Adult, Child, & Infant CPR, choking, and AEDs. A certification card, good for two years, will be mailed to all students who pass the written and practical exams. The cost for testing materials and certification is \$11 and will be collected in class. | When: Oct. 23, 5:30 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: Ages 13 and up may register online or by calling (317) 885-5036.

Local Food Summit • Purdue Extension Johnson County, along with many partner organizations, will host a Local Food Summit. Deadline to register is Oct. 11. | When: Oct. 24, 8:30 am to 3:30 pm. | Where: Central Nine Career Center, 1999 S. US 31, Greenwood. | Cost: \$10; includes a locally-sourced lunch. | Info: Extension office, (317) 736-3724.

GPL Spooktacular • The entire family is invited to join us for games, crafts, trick-or-treating, and stories. | When: Oct. 28, 12 - 4 p.m. | Where: Green-

wood Public Library, 310 S. Meridian St., Greenwood. | Info: (317) 881-1953, [greenwoodlibrary.us](#).

Halloween Concert • The band will be in costume! The audience is invited to wear a costume. Optional masks are provided at the door. This concert is themed to Halloween, with monster music. The stage sets the mood with black lights, fog, video, spooks, and a huge Vortex of doom! A social reception afterward is supplied with plenty of ghoulishly tasty snacks. Admission is free! A donation of canned goods for the local Salvation Army Food Bank is appreciated. | When: Oct. 29, 2 - 3:30 p.m. | Where: Greenwood High School auditorium. | Info: [greenwoodband.org](#).

INDIANAPOLIS

Monster Bash • Join for two hours of bowling, treats, games and a costume contest. | When: Oct. 22, 4 - 6 p.m. | Where: Expo Bowl, 5261 Elmwood Ave., Indianapolis. | Cost: \$10 per person. | Info: Make reservations, (317) 787-3448, [royalpin.com/monsterbash](#).

Community Trick or Treat • Join for crafts, face paint, haunted house and more. | When: Oct. 27, 3 - 5 p.m. | Where: Golden Living Center, 2860 Churchman Ave., Indianapolis. | Info: (317) 787-3451.

JOHNSON COUNTY

Annual Fall Craft Fair • The Johnson County Extension Homemakers Association will sponsor the fair with 50+ vendors selling craft and artisan products of all types. | When: Oct. 21, 9 a.m. - 3 p.m. | Where: Johnson County Fairgrounds, Scott Hall. | Info: (317) 736-3724.

PERRY TOWNSHIP

The Cultivating Garden Club • Joni James of Heron Watch Nature Programs will speak on Bird-feeding 101. | When: Oct. 19, 6:30 p.m. | Where: St. John's Church, US 31 and Southport Rd., Indianapolis. | Info: Ginny O'Brien, (317) 783-4727.

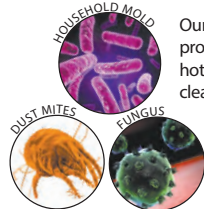
Craft Fair • Christ United Methodist Church is hosting a Craft Fair with a wide range of vendors and will hold a silent auction. There will also be lunch available for purchase: homemade chicken salad and chicken and noodles. This event is a fundraiser to send approximately 20 people to Guatemala for a mission trip to Mission Guatemala in June 2018. | When: Oct. 21, 9 a.m. - 3 p.m. | Where: 8540 US 31 S., Indianapolis, just north of Greenwood Park Mall. | Info: (317) 882-1549.

"The Woodsmen" Quartet • The quartet, from Batesville, Ind., will join the worship service. | When: Oct. 22, 9 a.m. | Where: Edgewood United Methodist, 1820 E. Epler Ave., Indianapolis. | Info: (317) 784-6086.

Fitness-A-Thon • Baxter Y Executive Director John

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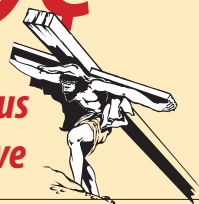
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Calendar continued from page 14

Schwentker and Triathlon Coach/Personal Trainer Todd Shellenberger are going "Around the Y" to raise awareness for childhood obesity and directly assist youth in the community. They will do group exercise classes ¾ Yoga, Cycle, Zumba and Interval Training ¼ and attempt to survive preschool gym class! The Y is collecting pledges to help them on their way. | When: Oct. 23, 8:30 a.m. - 12:45 p.m. and 5:30 - 7:15 p.m. | Where: Baxter YMCA, 7900 S. Shelby St., Indianapolis. | Info: Katie Burrell, (317) 865-6454.

Chinese Ink Brush Painting • Join this lecture and demonstration. | When: Oct. 26, lecture and demonstration, 9:30 - 11 a.m.; reception and demonstration, 6 - 7:30 p.m. | Where: University of Indianapolis, Good Hall Room for lecture, Ulndy Hall C for demonstration. | Info: lin@uindy.edu.

The Art of Modern European Painting Special Lecture & Demonstration • This lecture will trace questions about art from selected European paintings and culminate in a virtual demonstration. | When: Oct. 26, 5 - 6 p.m. | Where: Ulndy Hall B (Schwitzer). | Info: lin@uindy.edu.

Trick or Treat Spooktacular • Join your fellow goblins and ghosts for a spooktacular Halloween adventure! Be sure to dress your very best. Family, friends, staff, and children of all ages are welcome! | When: Oct. 26, 5 - 7:30 p.m. | Where: Forest Creek Commons, 6510 US 31 S., Indianapolis. | Info: (317) 783-4663.

Light-The-Night • Open to all ages, this event will include trunk-or-treating, games, food and drinks. | When: Oct. 29, 6 - 8:30 p.m. | Where: Trinity Baptist Church, 374 E. Southport Rd., Indianapolis. | Info: trinitysbc.com.

SOUTHPORT

Create Your Own Catapult • Children ages 6 and older are invited to use their math and engineering skills to create a working catapult out of materials such as cans, tape and marshmallows. | When: Oct. 21, 1:30 p.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.

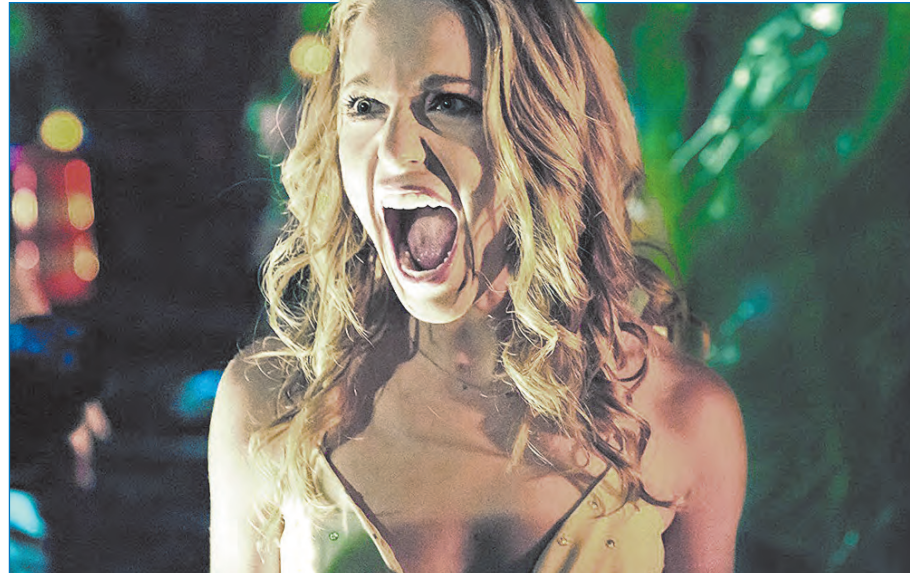
I Like Myself: Preschool Art Workshop • Preschoolers are invited to celebrate the unique and wonderful YOU with a multimedia masterpiece led by the Art Lab. | When: Oct. 24, 10:30 a.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.

Free Eye Screening • The Lions Club of Southport, Inc. will host free eye screenings for children ages 1 to 6. | When: Oct. 24, 25 and 26, 11 a.m. - 1 p.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: AJ Johnson, (317) 250-3556.

Encaustic Art Class • Children ages 6 and older are invited to create their own masterpieces using a variety of encaustic techniques. | When: Oct. 28, 2 p.m. | Where: Southport Branch library, 2630 E. Stop 11 Rd. | Info: (317) 275-4510.

ENJOY YOUR WEEK!

Visit ss-times.com for weekly news and events.



Jessica Rothe in Happy Death Day. (Photo by Patti Perret • © 2017 - Universal Pictures)

Happy Death Day
terribly, horribly bad

MOVIE REVIEW

By Adam Staten

Every year, when the Halloween season returns, there are just some things that are inevitabilities. For instance, those cheesy haunted houses, professing to be the scariest in the state, open for business. Retailers likely see a dramatic increase in the sale of toilet paper. That one house in the neighborhood that goes overboard decorating for every holiday hauls out their tacky Halloween amenities. Also, the frequency at which horror films begin popping up at theaters ticks up considerably. In keeping with up the predictability of the Halloween season, a new horror film recently opened at theaters.

Happy Death Day is the story of Teresa, a college student who is more concerned with the goings on of her sorority than going to class. She's a sorority member as typically depicted in film; she's shallow, cold, cruel and uncaring. Then for really unexplained reasons, Teresa gets stuck in a *Groundhog Day* situation, where she is reliving the same day over and over. However, each day - no matter what she does or changes - ends in her murder in some form or fashion. While questioning her own sanity all along the way, Teresa sets out to figure out who her murderer is, for she believes that is the key to escaping her inexplicable time warp situation.

While *Happy Death Day* is technically a horror film, it's not in the vein of the *Saw* or *Halloween* franchises. There is very little actual gore that appears on screen; instead *Happy Death Day* is mocking horror films.

However, while the film has fun at the horror genre's expense, that doesn't mean there is any enjoyment for the audience. The script is lazily put together, constructing stock characters, putting them in familiar situations and then expecting the audience to laugh right along with the filmmakers. This may be the case for the first 10 minutes or so, but after that it gets quite old and rather tiring.

As laughably bad and campy as the script, the acting doesn't fare much better. I get it; the performances are apart of the joke, too. Except this joke, once again, is not funny. Nobody is outright terrible, but everyone is trying way too hard, and again, it just gets very old.

Happy Death Day is an unbelievably bad film with an absolutely horrible ending. How someone was given millions of dollars to put together this dumpster of a film is wholly incredible. 1.5 out 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

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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.

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

6 November Pacers Foes _____

4 Luxury Vehicles _____

3 Guitar Brands _____

5 Famous Bears _____

2 Indy Chinese Restaurants _____

1 Madison County Town _____

- ACROSS**
- Enough, for some
 - Kittle's bed support
 - The Hobbit* hero Baggins
 - Smart-alecky
 - This-and-that dish
 - Recommender
 - INDIANA
 - Southport HS pitching stat
 - Uncomfortable position
 - Disney elephant
 - Eiteljorg Museum tribe (Var.)
 - INDIANA
 - ___ Bing! (The Sopranos club)
 - Coarse file
 - Grammar topic
 - Altar vow
 - Routine grounder at Victory Field, say
 - ___ Paulo
 - Roman 2504
 - SASEs, e.g.
 - Holcomb Observatory eyepiece
 - INDIANA
 - Common Center Grove HS soccer score
 - Gift of the Three Wise Men
 - Indianapolis Indians designation
 - Tic-tac-toe win
 - INDIANA
 - Farewell in a Beech Grove HS French class
 - Former Colts Dilger and Novak
 - Roosevelt coin
 - Ford flop
 - IMPD team
 - Roncalli HS custodian's collection

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

- "Oops!"
- Indian princess
- Indianapolis Zoo constrictor
- TiVo precursor
- Put down
- Wrestling's Hulk
- Nabisco cookies
- PNC Bank offering, briefly
- Indiana Toll Road service areas
- "Bye Bye Bye" band
- Indiana Geological Survey period
- Hardly the brainy type
- Pt. of NASA
- Tom O'Brien brand
- Bus
- GI entertainers
- "Was ___ blame?"
- Lilly on the NYSE
- Claudius' successor
- Actor Epps
- Historic riveter
- Spacious
- Sharpens
- Bothers
- "That was close!"
- Turner or Wood of Hollywood
- Prefix with "while"
- Redbox rental: *Norma* ___
- French Lick Resort Casino roulette choice
- Fleur-de-___
- Finish Line shoebox letters
- Texter's shrug

Answers See Page 17

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

- DOWN**
- Chose
 - Kind of jacket at a Broad Ripple secondhand store
 - Crimson and ___
 - Biblical suffix
 - "Beat it!"
 - In the cellar of the Indiana Crossroads Conference
 - Yard sale warning
 - Greenwood Christian Church prayer pronoun
 - Laugh heartily
 - Downtown acting venue, initially
 - IND-NYC dest.
 - Hoosier Park wager
 - Indiana Department of Natural Resources mine find

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Big health in small packages

NUTRITION

By Wendell Fowler

Responsible science encourages Americans to increase consumption of nuts and seeds. Not just for birds and squirrels, nuts and seeds are a big-time source of energy, protein, and Omega-3. And boy do we need it. Widespread vitamin deficiency in America is fertilizing chronic disease.

Never underestimate the power of small but mighty nuts and seeds that lower cholesterol, minimize risk of diabetes, obesity, high blood pressure, arthritis, digestive disorders, heart disease, cardiovascular disease, Alzheimer's and dementia, osteoporosis.

JAMA confirms devastating outcomes occur when our temples are Omega-3 deficient. Omega-3 feeds the "brain," the seat of your emotions and is vital for brain development, reducing inflammation, managing joint pain, improving blood pressure, lowering "bad" cholesterol, and for heart and bone health. Lack of Omega-3 may lead to aggressive social behavior, migraines, depression, bipolar disorder and general lack of focus, concentration and coordination. Look at modern society What do you see?

Plain, raw nuts are rich in Omega-3, protein, fiber, vitamins, minerals, and unsaturated and monounsaturated that don't raise 'bad' cholesterol. Focus on raw almonds, walnuts, brazil, peanuts, and cashews. Avoid nuts listing added oils.

Ground flaxseed helps reduce inflammation leading to asthma, rheumatoid arthritis, migraine headaches, and osteoporosis, may

lower blood pressure, promotes regular digestion and aids in breast cancer prevention.

Fibrous chia seeds hold protein, omega-3, unsaturated fats that help ward off cancer and arthritis. Chia helps balance blood sugar, lower cholesterol, and improves digestion. Hemp seeds or hearts brim with fiber, Omega 3, protein, high amounts of vitamin E, and trace minerals.

Sprinkle nuts and seeds over your favorite salad, stir-fry, or hot/cold cereal, Blend seeds into smoothies, or grind them up for a delicious coating for fish or lean chicken.

After 4.5 billion years, Gaia has perfected her craft. Food required for all life grow on earth, so we needn't look any further. Rates of disease soar unchecked while we think it's normal. Pharma pills are NOT healing us and have horrifying side effects: your holy temple's way of screaming, "Stop it!" Wake up for goodness sake. Birds, bees, animals, insects and all life are programmed to instinctively recognize what and what not to eat. Man, in false hubris thinks he can improve on Creation? SMH. We've been here a mere nanosecond relative to earth's age. It's delusional thinking man, who uses only 10-15 percent of his brain understands the intelligence and mechanisms of a boundless cosmos. Reconnect.



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

AROUND TOWN

South and Madison property invites neighbors for a tour

Retail – A new sign now sits along Madison Village Drive. Despite the familiar facade, the apartment/retail development formerly known as Madison Village Apartments has been renamed South and Madison. The property consists of 18 retail stores conveniently located in front of a one- and two-bedroom apartment community. The current owners of the property, Lighthouse Property Management, changed the name to emphasize the many improvements and upgrades that are currently being implemented at this location.

Each apartment has undergone an extensive renovation which includes new modern fixtures, flooring and counter tops. The property has been revitalized and, for that, merits a new name. Existing features include beautifully appointed open floor plans, generous closet space, patios and balconies, along with washer and dryer connections in the townhouse configurations.

This October a new leasing office was completed which will house the property manager and the leasing staff. The new building not only makes it more convenient for customers to explore leasing an apartment

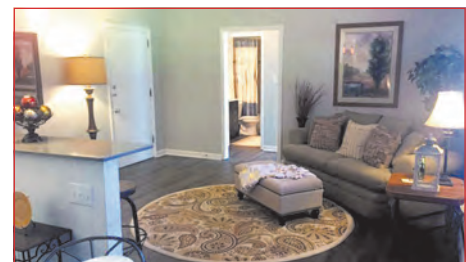


or retail space, but also provides an area for a full, state-of-the-art, fitness center for the residents of South and Madison. In addition, there is a business center and a lounge area for residents and their guests to enjoy.

The last two weekends of October are designated specifically to celebrate the new grand opening of South and Madison; the owners would like to invite visitors to stop by for a tour and take advantage of some of the free offers and discounts that will be available to anyone who submits a deposit during this time. For additional information on renting retail space or touring an apartment please call (317) 548-6965 or visit southandmadison.com.



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Puzzles & Answers – SEE PAGE 16

Answers to HOOSIER HODGEPODGE:

- Foes:** BULLS, CAVALIERS, HEAT, KNICKS, PELICANS, PISTONS;
Bears: BOO-BOO, GENTLE BEN, PADDINGTON, WINNIE THE POOH, YOGI;
Vehicles: AUDI, JAGUAR, LEXUS, MERCEDES;
Brands: FENDER, GIBSON, YAMAHA;
Restaurants: CHINA GARDEN, P.F. CHANG'S;

Town: PENDLETON

Q&A SEE PAGE 2

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

O	N	C	E		S	L	A	T		B	I	L	B	O		
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E	D	S	E	L		S	W	A	T		K	E	Y	S		

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



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OBITUARIES

Theresa Marie Bullock

Theresa Marie Bullock, 51, of Amo, died on Oct. 13, 2017. She was born on Jan. 11, 1966 in Indianapolis to Joseph and Mary Greenlee. Survivors include her husband, Jeffrey Bullock; her five children; six grandchildren; and her sister. She was preceded in death by her daughter Gretchen Webb and two sisters. Visitation and service was Oct. 17 at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis.

Lola L. Campbell

Lola L. "Judy" Campbell, 80, of Indianapolis, died Oct. 4, 2017. She was born Aug. 26, 1937 in Owensboro, Ky. to the late Major. H. Freels and Virgie L. (Clark) Simpson. She is survived by her sons, Rodney L. (Karen A.) Campbell and Randall L. (Diana L.) Campbell; daughters, Deborah C. (Terry W.) Phillips and Donna C. (Lindsay L.) Dunson; grandchildren, Ryan L. Campbell, Faith E.D.J. Phillips, Vanessa L. Campbell, and Owen R. Campbell; and a sister, Shelia A. (Douglas J.) Burkhart. Judy was preceded in death by her infant daughter, Patricia L. Campbell and her brother, Major L. Freels. Judy was employed at Detroit Diesel Allison/Rolls Royce Corporation from 1974 until retirement. Judy's Celebration of Life is Oct. 21, 4 – 8 p.m. at AmVets Post 99, 2840 Lafayette Rd., Indianapolis. Arrangements are by Simplicity Funeral & Cremation Care.

Patrick Joseph Edwards

Patrick Joseph Edwards, 63 of Indianapolis, died Oct. 15, 2017. He was born Feb. 11, 1954 in Beech Grove to Irvin W., Sr. and Mary L. Edwards. He graduated from Manual High School and then received a Masters of Chemistry degree from IUPUI. He worked many years doing research for IU Medical Center and retired from Eli Lilly as a Peptide Chemist. His loves



included astronomy, American history, reading, and writing poetry. He was a member of Good Shepherd Catholic Church. He is preceded in death by his parents. He is survived by his daughter, Emily Ann Edwards,

brothers, Irvin W. (Karen) Edwards, Jr., Michael Anthony (Colleen) Edwards, sister, Mary Therese Edwards, Niece, Kathy Jane (Michael) Pine and great-niece, Shelby Pine. Friends may visit with his family from 9 a.m. until Mass at 11 a.m. on Oct. 20 at Good Shepherd Catholic Church, 2905 Carson Ave., Indianapolis. Arrangements with Flanner Buchanan – Floral Park, Indianapolis.

Ernest Enochs, Jr.

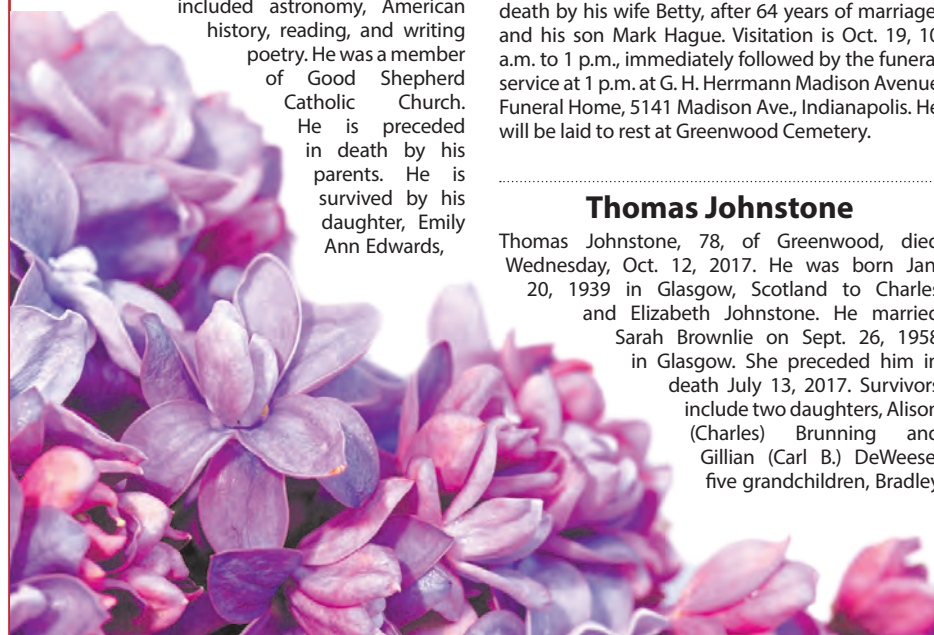
Ernest "Buddy" Enochs, Jr., 69, of Indianapolis, died Oct. 13, 2017. He was born April 15, 1948 in Indianapolis to the late Ernest Enochs, Sr. and Barbara Ray. Buddy enjoyed art, fishing, and music, especially playing his guitar and singing. He is survived by his wife, Kimberly Enochs; sons, Eric Enochs, Isaac Enochs, Darrell Eads, and Jason Foster; daughters, Kaci Enochs, Michelle Eads, and Nickie Knauss; 11 grandchildren; sisters, Shirley Eads and Shari Miller. He was preceded in death by his brother, Thomas Enochs; and sister, Connie Howe. A Celebration of Buddy's Life will take place at a later date. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

William Stanley Hague Jr.

William (Bill) Stanley (Stan) Hague Jr., 89, of Indianapolis, died Thursday, Oct. 12, 2017. He was born Aug. 11, 1928 to Vivian Pollard Hague and William S. Hague Sr. who preceded him in death. He was president of his senior class of Southport High School graduating in 1948, followed by attending Indiana University and Crane Company Industrial School. He married Betty J. Anderson in 1950. He was president of Mutual Pipe and Supply Co. for 35 years until he retired in 1997. He was an avid racing and Colts fan. He was a member of Friedens United Church of Christ, Masonic Lodge, Scottish Rite, and Royal Order of Jesters Court 15. Surviving are his son, Robert W. Hague; daughter-in-law, Cindy Hague; granddaughters, Amber Hague and Andrea (Bryan) Chatterton; four great-grandchildren, Bailey, Camden, Reagan, and Kace. Bill was preceded in death by his wife Betty, after 64 years of marriage, and his son Mark Hague. Visitation is Oct. 19, 10 a.m. to 1 p.m., immediately followed by the funeral service at 1 p.m. at G. H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. He will be laid to rest at Greenwood Cemetery.

Thomas Johnstone

Thomas Johnstone, 78, of Greenwood, died Wednesday, Oct. 12, 2017. He was born Jan. 20, 1939 in Glasgow, Scotland to Charles and Elizabeth Johnstone. He married Sarah Brownlie on Sept. 26, 1958 in Glasgow. She preceded him in death July 13, 2017. Survivors include two daughters, Alison (Charles) Brunning and Gillian (Carl B.) DeWeese; five grandchildren, Bradley



Brunning, Sarah Brunning, Amanda Edwards, Christopher Johnstone, Benjamin DeWeese; and three great-grandchildren, Lauren, Brenna, and Riley. He was preceded in death by his wife; son, Thomas Johnstone; and sister, Mary Millar. He was a machinist at Alfa Laval, retiring in 2010. Thomas was a member of the Greenwood Presbyterian Church for over 40 years. Calling hours were Oct. 14 at Wilson St.Pierre Funeral Service & Crematory, Greenwood Chapel. Rev. Peter Zinn officiated.

Teddy Marion Laakman

Teddy Marion Laakman, 67, of Indianapolis, died Oct. 10, 2017. He was born Feb. 9, 1950 in Indianapolis to the late Marion and Mary Joyce Laakman. Teddy was a veteran of the U.S. Army. He enjoyed playing pool and guitar. There will be Celebration of Teddy's life planned within a couple of weeks. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

Ruth Lefevers

Ruth Lefevers, 88, of Indianapolis, died Oct. 13, 2017. The daughter of James E. "Ed" and Mary Hodge Dozier, Ruth was born Sept. 19, 1929 in Kettle Island, Ky. A homemaker, she was a member of Shelby Street Pentecostal Lighthouse. She enjoyed sewing, cooking and spending time with her family. Ruth is survived by her husband, Otis Lefevers; sons, John (Della) Lefevers and Daniel (Kim) Lefevers; daughter-in-law, Lorri Lefevers; grandchildren, Elizabeth, Mary, Stephen, Rebecca, Katie, Hannah and Gary; great-granddaughters, Haylie and Alyssa. She was preceded in death by a son, Steve Lefevers. Funeral services were Oct. 18 at Forest Lawn Funeral Home, 1977 S. State Rd. 135, Greenwood. Entombment followed at Forest Lawn Memory Gardens.



Garry "Mike" Passmore

Garry "Mike" Passmore, 62, of Indianapolis, died on Oct. 12, 2017. He was born Nov. 1, 1954 in Bay, Ark. to the late Grady and Rachel Passmore. He left an impact on everyone he met as an Airborne Express Driver, Southside Garden Tiller, Lawn Care Service and Gamebird Farmer. He is survived by his wife Dawn Passmore; children Michael Dale Passmore and Libby (Brandon) Oliver; grandchildren, Cassandra and Michael Passmore; brothers, Bill and Ted (Elaine) Passmore; and sisters, Phyllis (Bob) Frith, Janette Brown, and Marsha (Jeff) Alford. Garry attended and supported his Edgewood U.M.C. family. A memorial service will be at Edgewood United Methodist Church on Oct. 29, 2 p.m. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

Patricia A. Ringwalt

Patricia A. Ringwalt, 70, of Greenwood, died Sept. 30, 2017. She was born June 18, 1947 in Indianapolis to the late Carroll and Frances Ringwalt. She is survived

by her brother, William Ringwalt. There are no services scheduled at this time. Arrangements were entrusted to Simplicity Funeral & Cremation Care.

Lula Mae Stamps

Lula Mae "LuLu" Stamps, 83, of Poland, Ind., formerly of Indianapolis, died Oct. 10, 2017 in Indianapolis. The daughter of Mort and Ida Hall Carson, Lula Mae was born Jan. 31, 1934 in Campton, Ky. She worked as an assembler with RCA for 30 years. She later worked in the meat department at the Value Market in Cloverdale and as a cashier at WalMart in Greencastle. She was a member of Faith Baptist Church in Cunot, the VFW, the Moose Lodge and the Eagles Lodge. Lula Mae enjoyed working in the yard, crocheting, fishing and boating. Lula Mae is survived by a son, Bobby Carson; two daughters, Sheila (Gregory) Utterback and Lou Ann Kapp; her twin sister, June Marshall; grandchildren, Chad, Amanda and Adam Lambert, Heather and Chris Walters, Derrick Higdon and Nicole Brewster and 17 great-grandchildren. In addition to her parents, she was preceded in death by her husband, Herbert L. Stamps and son, Jeffery Lambert. Funeral services were Oct. 17 at Forest Lawn Funeral Home, 1977 S. State Rd. 135, Greenwood. Burial followed at Forest Lawn Memory Gardens, Greenwood.



Nancy K. Terhune

Nancy K. Terhune, 71, of Indianapolis, died Oct. 14, 2017. She was born Nov. 24, 1945 in Indianapolis to the late Raymond and Mable Van Busum. She is survived by her children, Laura (Jeff) Rice, Vickie Terhune, and Tim Terhune; grandchildren, Elizabeth, Nicholas, Miranda, Fred, Ashayna, and Emma; great-grandchildren, Rhett and Fred; brother, Jim; and sister, Connie. She was preceded in death by her husband, Albert "Butch" Terhune. Nancy worked for the Marion County Health Department for over 40 years. A memorial gathering is Oct. 19, 4 - 8 p.m. at Simplicity Funeral & Cremation Care, 7520 Madison Ave., Indianapolis.

June Winkle

June Winkle, 90, of Indianapolis, died on Oct. 15, 2017. She was born on Jan. 21, 1927 in Tenn. to the late Lola Layman (King). June always put others first before herself. The Lord was her Savior and her religious life was very important to her. She is survived by her sons, Michael James Monger, Arthur J. Watts, Robert R. Watts, II, and Benjamin P. Watts; granddaughters, Ashlee C. Bauman, Britney A. Watts, and Amber L. Watts; and five great-grandchildren. She was preceded in death by her husband Charles Winkle. Visitation was Oct. 18 at Church of Nazarene Southport at 920 E. Southport Rd., Indianapolis. Funeral service is Oct. 19, 11 a.m. at the church. Burial will be held at Concordia Cemetery following the service.

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.

AROUND TOWN



Bhupathiraju joins Franciscan rehabilitation specialists

Healthcare – Nina Bhupathiraju, MD, has joined Franciscan Physician Network Rehabilitation Specialists. She joins a team of physicians and advanced practice providers who specialize in providing nonsurgical treatments for disorders associated with disability with a focus on improving function and quality of life and decreasing pain. Their offices are located at 8051 S. Emerson Ave., Suite 250 in Indianapolis. To schedule an appointment with Dr. Bhupathiraju, call (317) 528-8494.



Southport Police lead Homecoming Parade

Events – Southport High School celebrated its Homecoming Parade on Sept. 29. The Southport Police Department was named grand marshal of the event. Pictured from left, Chief Thomas Vaughn, Assistant Chief Bob Curl and Lt. Nate Williams.

GOVERNMENT WATCHDOG

SOUTHPORT CITY COUNCIL

Meeting, Oct. 16

What happened:

• Resolution 17-2017 was approved. Ordinances 17.10.02, 03, 04 and 05 were passed on first reading.

What it means:

• Resolution 17 appropriates funds to law enforcement education, capital improvements and more.
Resolution 18 amends the internal control policy to increase the dollar amount the parks board and stormwater utility board may spend from its budget without approval.
Ordinance 17.10.05 seeks to provide for the

removal and replacement of the president pro tempore. This ordinance follows last month's meeting, where the council passed a vote of no confidence in the council president, Shara Hostetler, followed by a motion to remove her from the position. "I have several issues with this," Hostetler said. "Obviously if what was done at the September meeting was legal, there would be no need to issue this ordinance." The council debated the issue further. The ordinance passed on first reading, 3 - 2 - 1: Councilor Joe Haley, Kenny Winslow and Jim Cooney in support of the ordinance, Larry Tunget against and Hostetler abstained.

What's next:

• The ordinances will undergo second reading at the next council meeting. A special meeting will be called Thursday, Oct. 19, 6 p.m.

Compiled by Nicole Davis

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

Faith Baptist Church • 1640 Fry 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.

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.

✠ CATHOLIC

Good Shepherd Catholic Church • 2905 S. Carson Ave., Indpls | Ph: (317) 783-3158 | Rev. Bob Robeson, Administrator | Rev. John Beitans, Sacramental Assisstant | 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 | Sunday: 9:00 & 10:30 a.m. | Sunday School: 9:00 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 Ery | Sunday: 9:30 a.m. | Sunday School: 11 a.m. | yourccml.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 S. Zinn | Sunday: 10:30 a.m. | Sunday School: 9:30 a.m. | Free Community Meal - 3rd Monday: 6:00-7:30 p.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.

✠ 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



10 My beloved spoke, and said unto me, Rise up, my love, my fair one, and come away.

11 For, lo, the winter is past, the rain is over and gone;

12 The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land;

SONG OF SOLOMON 2:10-12

This is a love song but unlike any that are written today. Most love songs are written to express an emotional or carnal need. This song is written to express

a deeply spiritual condition that exists between Christ and His church, His bride.

The day is coming in which He shall return to call us away to go and be with Him forever in a place called heaven. This is true though many have come to doubt it. 2 Peter 3:1-4 says: "This second epistle, beloved, I now write unto you; in both which I stir up your pure minds by way of remembrance: That you may be mindful of the words which were spoken before by the holy prophets, and of the commandment of us the apostles of the Lord and Savior: Knowing this first, that there shall

come in the last days scoffers, walking after their own lusts, And saying, Where is the promise of His coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation." This is the prevailing attitude today.

The time is nearing when Christ shall come. The rains will cease and the flowers will bloom again and the soft coo of the turtledove shall be heard again in the New Earth and throughout the New Heaven.

I long for those days when we can hear again the nightly call of the Whipper Will and the Bob White. I remember as a very young man lis-

tening in the evening to the evening song of those creatures God created to sing it. We don't hear them anymore, not even in Southern Indiana at the old home place.

But, heaven will be replete with all the beauty of the earth as God originally created it before sin ruined it and the beauty of heaven will be Christ.

Come my beloved. Even so, Lord Jesus, Come.

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.

Announcements

HAPPY ADS

UNFAILING NOVENA TO ST. JOSEPH

Glorious St. Joseph, foster-father and protector of Jesus Christ! To you I raise my heart and my hands to implore your powerful intercession. Please obtain for me from the kind heart of Jesus the help and graces necessary for my spiritual and temporal welfare. I ask particularly for the grace of a happy death and the special favor I now implore (REQUEST). Guardian of the Word Incarnate, I feel animated with confidence that your prayers in my behalf will graciously be heard before the throne of God. (REQUEST).
O gracious St. Joseph, through the love you bear to Jesus Christ, and for the glory of His name please hear my prayers and obtain my petition.

PRAY FOR 9 DAYS AND PUBLISH. MAKE SURE YOU REALLY WANT WHAT YOU ASK, BECAUSE IT HAS NEVER BEEN KNOWN TO FAIL; TRUST ME YOUR PRAYERS WILL BE ANSWERED.

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Garage Sale

INDIANAPOLIS

GARAGE SALE: 5912 Brouse Dr., 46237. 8:30 a.m. - 3 p.m. Thurs. - Sat., Oct. 19-21. Refrigerator, electric stove, microwave & household items.

YARD SALE: Oct. 20-21, 9 a.m. - 4 p.m. 1516 N. Grant. Baby items, TVs, PVC white privacy fence w/post, books, VHS tapes, women's clothes sz. small - 22, lots of home decor, puzzles, work desk & work table, adult drum set

MOVING SALE: Sat., Oct. 21, 8 a.m. - 12 p.m. only. Furniture, washer/dryer, odds & ends. Cash only. 531 Silver Fox Ct.

PERRY TOWNSHIP

ESTATE SALE: Fri. 10/20 - Sat. 10/21, 8 a.m. - 4 p.m. 7120 Melanie Ln. 1 blk west of 135 off of Southport Rd. Furniture, home goods, tools, dishes, costume jewelry, lawn equip., lots of misc.

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- 2830 S. Madison Ave.
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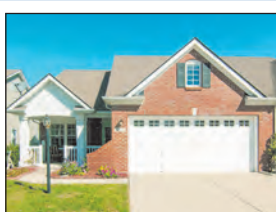
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