

# The Southside Times

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## PARKINSON'S AWARENESS MONTH

Beech Grove City Schools educator Wendy Eckstein  
shares her story of living with the disease

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**55**  
AND BETTER

Insert Inside



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# The Southside Times

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## LETTER TO THE EDITOR

**Dear Editor:**

April is Alcohol Awareness Month. Since 1987, The National Council on Alcohol and Drug Dependence has marked this month to help increase public awareness about the many alcohol-related issues facing society, combat the stigma surrounding alcoholism, and provide education about the resources available.

**Important facts\* we should all be conversant in:**

- Alcohol can contribute to mental health disorders, including depression and anxiety
- More than 65 million Americans report binge drinking or heavy drinking in any one-month period
- Approximately 29 percent of all traffic fatalities are attributed to alcohol
- Alcohol kills 4,700 teens each year, more than all other substances combined
- Chronic alcohol use is associated with a 10 percent increase in risk of breast cancer and makes a person 10 times more likely to develop carcinoma than the general population
- Among people admitted to the ER for injuries, 47 percent had recently consumed alcohol and 35 percent were intoxicated – of these, 75 percent showed signs of chronic alcoholism

- By limiting alcohol intake, these short- and long-term health risks can be reduced

Here at Valle Vista Health System, we have been privileged to serve this community for over 40 years, providing care and support for those with alcohol abuse issues. Our dedicated team of clinicians, staff, and peer support specialists are on a mission to support these individuals as they work to take control of their lives.

If you or someone you know is drinking too much, our team is here for you and can provide the help you need. We offer multiple levels of care to meet you where you are. Call 800-447-1348 for a no-cost assessment or visit [vallevistahospital.com](http://vallevistahospital.com) for more information.

On behalf of our team here at Valle Vista Health System, take a moment to ask for help. This could be the most important call you make.

Regards,

**Sergio Cianci Chapman, MBA, MA, LPCC**  
Group Chief Executive Officer  
Valle Vista Health System

\*Sources: National Institute on Alcohol Abuse and Alcoholism, The Centers for Disease Control and Prevention



## HUMOR



### Top 10 things heard only when kids or dogs are involved

By Torry Stiles

10. "You better not be doing what I think you're doing."
9. "Who's been chewing on the remote?"
8. "Get back in this yard!"
7. "Don't spit that pill out. Doctor says you have to swallow it."
6. "Don't lick that!"
5. "Can you give me a minute to get your bowl?"
4. "What is in your hair?"
3. "You better not be on the good bedspread."
2. "I can smell it. Where did you leave it?"
1. "What is in your mouth?"

### Parkinson's Support Group at The Social of Greenwood

Meeting the first and third Wednesday of each month at 11 a.m. in the conference room.

Join fellow boxers to share common experiences. Through sharing, you can provide and receive comfort, encouragement, knowledge, advice, and inspiration. For more information go to [thesocialofgreenwood.org/rock-steady-boxing](http://thesocialofgreenwood.org/rock-steady-boxing) or call 317-882-4810. The Social of Greenwood is at 550 Polk St., Greenwood.

### Ninth annual Perry Kiwanis Golf Outing fundraiser held June 13

Be sure to save the date for **Thursday, June 13** to participate in the Perry Kiwanis Golf Outing while you support Hunger Inc., Riley Hospital, Baxter YMCA, and Perry Township Schools.

**When:** June 13, check-in begins 10:30 a.m., shotgun starting time is noon

**Where:** Smock Golf Course, County Line Road at Sherman Drive, Indianapolis

**Registration:** To register as a player or sponsor, click the link or scan the QR code.

[Kiwanisgolfouting.org](http://Kiwanisgolfouting.org)

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# Meet YOUR NEIGHBOR



By Julie Brackemyre

**1. In what town do you work, and how long have you worked on the Southside of Indy?**

My office is in Greenwood, and I have worked on the Southside since 2006. The office was in Southport for several years before it was relocated to Greenwood. The majority of my business is Southeast Indy, Beech Grove, and Greenwood.

**2. Describe your immediate family to us.**

Our family of 10 is very close-knit. There is my husband, Joe and myself, my daughter Ashley, her husband, Shea and their three kids, and my son Anthony, his significant other Jessica and their daughter. Our grandkids range in age from 11 years old to 3 years old.

**3. If you do not identify with a certain faith, what inspires you?**

My inspiration comes from those around me. Seeing people looking for the best in life, no matter what they are going through. The joy of someone getting

the keys to the first home that is theirs. The gratitude felt when giving back to people in the community. We live in a world where there are times that everything seems negative, so seeing the positivity shine through inspires me to look for the positive and be the positive in someone else's life.

**4. Describe your perfect family outing.**

Anything with water! All of the grandkids love being in the water so anytime we can do something that includes a pool or a beach we do it. The grandkids love being together so realistically anything that we can do with all 10 of us is a win.

**5. What is your favorite family tradition?**

We have started taking a family vacation once a year with all 10 of us. This is a present to the kids and grandkids from Joe and me. We find some place that we can drive to in a few hours. This enables us to all have a few days together, since we are all on different work schedules

we may have one of the families there for a day or two before the other arrives and the other there a day or two after the first leaves. We make sure it's some place that they've not been before that the grandkids will enjoy.

**6. What are three words to describe the reasons you choose to work on the Southside of Indy?**

Community, Accessibility, Authenticity

**7. Ask your youngest child (or spouse or sibling) to describe you.**

My wife is someone who will put her all into helping people. She has never been one to look at what they will do for her,



## Dawn Whalen

but what she can do for them. I am in awe of how she will give of her time to people and organizations and still make time for her family, while no one feels as if they are getting the short end of the stick. She is one of the brightest people I know, makes everything she's involved in work, and most importantly loves her family fiercely.



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# Fight Back Fitness rallies community for annual 'Month to Move' 5K for Parkinson's Awareness Month



April is Parkinson's Awareness Month, and to celebrate, Fight Back Fitness (FBF), a local nonprofit, is encouraging their community both local and nationwide to join in their annual Month to Move Community 5K Walk/Run. The event takes place on April 27 at Williams Park in Brownsburg. In addition, there is a virtual 5K option that is open all month. All proceeds from the event support physical programming for those fighting Parkinson's, empowering them to fight back.

Parkinson's disease is a neurodegenerative disorder that can cause motor skills, balance, speech, and sensory functions to degenerate. The cause is largely unknown and while there is no cure, treatment options include medication and surgery. The Parkinson's Foundation estimates there are over one million people in the U.S. living with Parkinson's disease and over 60,000 people diagnosed each year.

Recent studies, most notably at Cleveland Clinic, suggest that certain kinds of exercises may be neuro-protective and actually slow disease progression. Fight Back Fitness offers Rock Steady Boxing and Pedaling for Parkinson's programming. For Rock Steady Boxing, exercises are largely adapted from boxing drills, and Parkinson's disease is the opponent. Boxers condition to improve speed, agility, muscular endurance, accuracy, hand-eye coordination, footwork, and strength. Pedaling for Parkinson's centers

on stationary cycling to improve muscular endurance and reduce symptoms.

Over the past 10 years, Fight Back Fitness has not only helped improve the quality of life for over 125 members, but also provided them with a community of others dealing with the same struggles. Karen Allgood, celebrating her sixth year as a boxer and second year serving as Boxer Relations Chair on the FBF Board, is forever grateful for the program. "The boxers have become my family along with the coaches. We all support each other. Fight Back Fitness has been there for me since March 16, 2016; pushing me, guiding me, listening to what I might need - no matter what!" said Allgood.

Join FBF for the Community 5K on April 27 at Williams Park to celebrate Month to Move and Parkinson's Awareness month. Packet pick-up begins at 8 a.m., and the run/walk begins at 9 a.m. For more information and to sign up for Month to Move, visit: [runsignup.com/Race/IN/Brownsburg/MonthtoMove](https://runsignup.com/Race/IN/Brownsburg/MonthtoMove). Register for the Month to Move by April 8.

To support Fight Back Fitness without participating in the 5K, donations may be made online at [runsignup.com/Race/Donate/IN/Brownsburg/MonthtoMove](https://runsignup.com/Race/Donate/IN/Brownsburg/MonthtoMove). Local organizations can contact Rock Steady Boxing of Brownsburg at [brownsburg@rsbaffiliate.com](mailto:brownsburg@rsbaffiliate.com) or 317-939-0166 for more information on sponsorship opportunities.

## Rock Steady Boxing at The Social of Greenwood

The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back.

Please visit [myactivecenter.com](https://myactivecenter.com) to register for classes using the account information provided to you by The Social. If you have not received your account information or are having issues with registration, please contact us at 317-882-4810. Registration will be open one week at a time and will open each Friday at 10 a.m. for the following week.

## LETTER FROM THE EDITOR

By Kate Anderson

**"Life is what happens to us while we are making other plans."**

– Allen Saunders

Life happens. Work happens. Stuff happens, sometimes to our dismay. Who's busy? Are you busy? I feel like I am so busy all day long. So much so, that I feel like some days there isn't any room in my schedule to fit anything else in, let alone any joy, and that's a crying shame. That seems so negative, so bleh, but so honest. It comes down to both attitude and perspective. Why am I not finding joy in my day? Why am I taking life so seriously? As my mom used to tell me when I was a teenager, "You need an attitude adjustment," and she is so right. I need to start seeing life through rose-colored glasses. There are so many wonderful things in my life such as my friends, my little family consisting of my husband and my dogs, all of which fill me with so much love. It is almost as though I am not making enough time in my day to remember and to appreciate the little joys and surprises that every day offers. The question I should ask myself is, "What do I want out of this life?" Do I want to identify as a work-a-holic or someone who takes the time to stop and smell the flowers? I think as a group, most of us strive to be the latter, and although this thing called life gets in the way, we should take time to walk the dog, hug our families, laugh a little, and lift our heads up to the sky to enjoy the sunshine once in a while. After all, we are only given one life, and time flies by so quickly that if we don't grab it by the handful, we will have missed so many opportunities that mean so much more in the end. It comes down to this. Let's make plans to let life and the little things happen, and if we keep our chins up, the good stuff in life will follow.

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# Parkinson's Awareness Month

*Beech Grove City Schools educator Wendy Eckstein shares her story of living with the disease*

Compiled by Nancy Hammerstrom

Parkinson's disease (PD) is the most rapidly growing neurodegenerative disease in the world. Ninety thousand people are diagnosed with the disease each year in the U.S., and the CDC lists Parkinson's as the 14th/15th cause of death in the U.S. as well. According to most experts, PD is caused by a combination of genetic and environmental factors such as chemicals, toxins, and head trauma). Statistics from the Parkinson's Foundation indicate that 10-15 percent of people have a genetic link.

Beech Grove Middle School eighth grade English Language Arts teacher Wendy Eckstein inherited the glucocerebrosidase (GBA) gene from her father's side of the family. GBA is the most common genetic risk factor for Parkinson's disease.

## When were you diagnosed with Parkinson's disease?

I was diagnosed with Parkinson's disease in January 2021 at the age of 51. This was after a seven-year battle of seeing specialist after specialist. As both a runner and a coach, I knew that there was a problem when I could no longer run due to leg weakness, muscle cramps, and numbness in my hands and feet. I suffered through a frozen shoulder and a tremor that kept worsening. Since there isn't a simple blood test for Parkinson's, many of its victims suffer far too long before the disease is correctly identified. I walked out in the middle of one exam when I was told by a doctor, "This is all in your head. You need to see a psychiatrist for your tremor."

I am grateful that my family doctor, Dr.

Timothy Nussbaum, never gave up on me. He kept listening and sending me to specialists. Finally, I saw Dr. Michael Sermersheim who specializes in movement disorders. His comment when he met me still resonates in my brain. He walked into the room and stated, "You have a spectacular tremor." I started Carbidopa-Levodopa and showed an immediate reduction in my tremor and rigidity. First commercially available in 1975, Carbidopa-Levodopa is still considered the gold standard for treatment. I was saddened to know that I had Parkinson's, but at the same time, I was relieved to have an answer. I naively thought that I would take my medication and all would be well.

## How are you managing the disease?

I am aggressively fighting back against Parkinson's disease using both traditional and nontraditional modalities. In January of 2023, I had reached my breaking point. I was at the maximum level of medication, yet I was still suffering from severe dystonia. I couldn't walk 25 steps from my bedroom to my couch in the morning. My feet and toes would curl and scream in pain until my medication began to work. I would have to crawl down the hallway; I was emotionally distraught. My neurologist brought up DBS (deep brain stimulation) surgery.

DBS was not a route that I wanted to even consider. Along with a fellow Parkinson's friend, I began to actively search for other potential treatments to help restore my quality of life. Since the U.S. was not granting FDA approval to the CUE1, a vibrotactile device, I started with the construction of a Buzz Board based upon the research of Dr. Peter Tass from Stanford University, following instructions on YouTube made by a husband who was frustrated by his wife's Parkinson's suffering. I am not proclaiming to be a medical doctor or that any alternative treatment will work for someone else, but for me, the Buzz Board was life-changing. I could walk in the morning again. I decreased my medications. I could do more.

My next breakthrough came when I started Renewal Physical Therapy with Allison Bagwell. While I already attended Rock Steady Boxing, I knew that I needed to push my body further. The results in my strength, balance, cardio, and self-confidence are amazing. I am not a big person. I was a distance runner who had never focused on lifting as part of my

workout routine.

Allison's neuroscience expertise was just what I needed to push me to my limit. I will let the data from May of 2023 to March of 2024 speak for itself.

- Deadlift from 10 pounds one time to 65 pounds with reps
- Bench from no-weight PVC pipe to 45 pounds with reps
- Floor to overhead press from 5 pounds to 20 pounds
- Floor-to-stand lifts from 10 pounds to 60 pounds
- Sit-to-stand lifts from 20 with no weights to 50+ with weights
- Fast walk to jogging one-half mile and completing sprints

Now, I am addressing my whole body through the support of Kristie Geitner and Jessie Kennel at Journey Health & Wellness (in Greenwood). Neurologists and researchers have highlighted a brain-gut connection with Parkinson's. God had a plan for me on Feb. 7, 2024, when I walked into Journey; He blessed me with compassionate people who were focused on listening to my struggle and creating a plan to help me achieve the best quality of life possible. My protocol developed by Journey is a life-changing view on food and detox. Through a diet focused on organic, whole foods, detox/enzyme supplements, hyperbaric oxygen treatments, lymphatic enhancement, and microcurrent therapy, my improvement has been dramatic. I have completed five weeks of my plan and once again, the data tells it all.

- Wicked improvement with cardio as seen by PT and fellow PD-workout partner Scott. I am not winded after intense sessions! I feel like "Runner Wendy" is back.
  - Improved sense of smell
  - Increased productivity during the day with more energy
  - Improved left side "afternoon off time" (when Parkinson's motor and/or non-motor symptoms happen between medication doses) gait awkwardness
  - Chronic left hip pain is gone
  - Fibromyalgia trigger point inflammation decreased
  - A marked decrease in rigidity that typically hits in the afternoon
  - My "mad feet" respond quickly to Microcurrent/HBOT (hyperbaric oxygen therapy), but the results are not yet holding for a long time
  - Week five started a decrease in PD meds, down one pill a day
- Once again, I am not a doctor. What has

worked for me may not work for someone else. I consulted with my neurologist about any negatives beforehand. I devote over five hours a day to my Parkinson's battle. Renewal Physical Therapy and Journey Health and Wellness have given me the hope that I have a chance against this formidable foe.

## Are there any support groups offered for those with Parkinson's?

I get my primary Parkinson's support from my fellow Rock Steady Boxers, my research guru Kevin, my colleague Marcus, and my workout "wonder twin" Scott! Being able to share my story and get support from people going through the same nightmare gives me the motivation to keep fighting. I am also a member of the Facebook Group STRONGHER: Women Fighting Parkinson's. There is a women's support group organized by Kim Williams through the Indiana Parkinson Foundation ([indianaparkinson.org](http://indianaparkinson.org)) that I hope to join this summer via Zoom.

## How have your family/friends been helping you?

I have to give a special "thanks" to my husband, Brian, who has taken on extra tasks without complaining. I am sure he loves taking care of dishes daily, so my Parkinson's hands don't break any plates! My best friends take care of me emotionally; thanks, Daria, Dee, Kathy, Mariana, and Stephenie.

## The Beech Grove Middle School National Junior Honor Society recently helped to organize a PAACI Parkinson's Symposium.

Beech Grove Middle School is unique as there are two staff members who suffer from this disease (Marcus Wadley, who is in his 30s, and me). Our students see the struggle. I share my story with my students. They are some of my biggest supporters! I co-sponsor the National Junior Honor Society. I am also on the Board of PAACI (Parkinson's Awareness Association of Central Indiana). My principal, Ryan Morgan graciously offered to help host the event on the Southside of Indy. Without my NJHS students and Mr. Morgan, this event could not have happened. I have to shout out to all of Beech Grove. The community support has been phenomenal. I am so proud to be a Hornet!



Wendy Eckstein with Beech Grove Middle School teacher Marcus Wadley, who also has Parkinson's disease. (Submitted photos) (Cover) Beech Grove National Junior Honor Society students and BGMS principal Mr. Ryan Morgan (in the back) with tasty treats celebrating Sweet Scoop's donation for the PAACI Parkinson's Symposium.

## PERSONNEL MATTERS

## Let's talk prime time

By Mike Heffner

Every year, I have the opportunity to gather with fellow Express Employment Professionals office leaders from across the country. These meetings offer a valuable opportunity to learn, grow, and collaborate, all in pursuit of our shared goal: helping clients find good people and associates find employment. We always have good speakers and this year, in Denver, "Neon" Deion Sanders was a treat for me to hear speak. You may know him today as Coach Prime, but as a kid, I knew him as the two-sport phenom that played for my favorite team, the Cowboys. I was not sure what to expect, but below are a few things I took away from Prime Time. He is a confident man, but he humbly speaks the truth. Some like him, some don't. But I love what Prime is all about: finding a way to win.

1. **When life knocks you down, get back up** – You must Want it, Work for it, and Win it! Keep showing up, no matter how tough it gets. We are all going through something. If you want it enough, you will work for it and eventually win it.

2. **The pain of today will not last forever** – Every trial and tribulation we face contributes to our strength, resilience, and capability for tomorrow. The key is to believe in the process and never give up, even when the journey seems daunting. If you can see where you want to go, you can get there.
3. **Others are going through stuff just like you** – Life is not all roses, as you have seen on social media. Do not get sucked into thinking everyone else has it made. We all have areas of weakness and things we need help with. Rather than succumbing to comparisons or negativity, Prime urged us to remain positive and focus on possibilities rather than doubts.
4. **Support each other** – At work, at home. Life is hard, but by lifting each other up and fostering a culture of mutual support, we can navigate its complexities with resilience and grace. Spend time with people that support you and be there for others that need support.
5. **Take care of yourself** – How can you help others succeed and do remarkable

things if you are not doing the things to take care of yourself? We need our physical, mental, and spiritual selves to be strong and prepared. By establishing routines and discipline, we can show up as our best selves for our families and colleagues.

Coach Prime also shared that he had a few things he looks for in players – Smart, Tough, Fast, Discipline, and Character. Those are things we should look for when we add anyone to our teams. Patrick Lencioni says something similar. We should look for teammates that are Humble (Character), Hungry (Tough and Fast), and Smart. I think I like what Prime adds, though – Discipline. You must be committed and disciplined to win.

Another key that Prime emphasized is the foundational elements of effective leadership – Relationships, Trust, Dependability, and Connection. Our job is to help those we lead understand how

to be successful and utilize their strengths to reach their goals. It was obvious Prime was about creating a bond with his team. No matter what business you are in – it is about growing relationships through trust and connection. I have learned and developed great relationships over the years with Express franchise owners across the country. I love to connect with other like-minded people who care about helping each other succeed. I hope you have or find mentors, peers, and like-minded people to share with in your life. Together, let's forge connections and support one another on our journeys.



This article is written by Mike Heffner, the owner of the local Greenwood Express Employment Professionals franchise. Contact Mike at Mike.Heffner@expresspros.com, @IndySouthMike on X (Formerly Twitter), Instagram or visit ExpressIndySouth.com.

## PEER TO PEER

## 20 bucks an hour; now what?

By Howard Hubler

Several years ago, I walked into a McDonald's and noticed new kiosks. A cashier asked if she could help us learn to use them to order our meals. At that time if you used the kiosk, you would get your meal before those that used the cash register because the kiosk order was faster at going to the kitchen and placing the order, while those going to the cashier had to lose maybe two or three minutes.

As we were enjoying our lunch, our cashier/teacher walked around the dining room, merrily asking how everyone was doing. Once she reached us, my buddy looked at her and said, "You seem awfully happy and excited today." She said, "I've never done PR work like this, and it's really enjoyable." She added that since using both the kiosk and the cash register, orders were going so quickly, the free cashiers were assisting customers at their seats. My friend looked somewhat puzzled, frowned at her, and suggested if he were the cashier, he would not be so happy. To that she mused, "And why shouldn't I be happy? I enjoy this job."

"I have a clue that you will not be working here," he said. As the cashier frowned, she asked, "Why? I am a great

employee." My buddy responded that there would be a new cashier taking her place – him. "You just taught me how to use the kiosk," he said.

California is leading the nation in a \$20 an hour mandatory minimum wage. The intended consequence is that plenty of people will be able to sustain a modest lifestyle. In California, no one sustains a modest lifestyle with \$30 an hour, much less \$20. People performing entry-level jobs for \$20 an hour are being laid off by automation by tens of thousands. The "employees" were denied entry-paying jobs when they were in a place in life to need what these jobs offered. The "employers" were denied a stream of people, many of whom would show leadership that could've been hired to perform higher levels of activity and take over many entry management positions. For those that just got laid off from their \$20 an hour job, now what?



Howard Hubler can be reached at howard@hubler.com.

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# The inevitable backswing of the pendulum ... AI and EV

*"Darling, I don't know why I go to extremes."*

- William Martin Joel

By Jeff Binkley

You can't read a business newspaper nor watch a stock market program anymore without hearing about how artificial intelligence, or AI, is about to change the world. Not gonna lie, I think so too. The promise of AI and how it will change our daily lives cannot be understated. I can remember a world before the internet and how it changed our lives in then unthinkable and unknowable ways. AI has the potential to bring about the same tectonic shift that the internet brought.

But.

Markets have a tendency to, like Mr. Joel's lyric, "go to extremes." Especially early on when a new, unproven, and unknowable technology is in its emerging stages. Yes, I think AI will change our world again, but I'm cautioning my clients to temper their enthusiasm and not jump whole-heartedly on this fast-moving train just yet. Why? Let me share a recent historical example to illustrate my point.

Electric vehicles (EVs) have been around for decades now, but it's only been in the last few years that they've really come into acceptance as a viable alternative to internally combusted vehicles. EVs have had limited range and a minimal network of charging stations. Owners of EVs willingly made those sacrifices in order to ... well, I actually don't know why they were willing to make those sacrifices. And in order to not offend you EV owners, I want to make a disclosure that I drive an EV. But it's a hybrid. I like the knowledge that I carry my generator with me wherever I go, and I don't need to plan my long-distance trips or even my daily drives by checking my current charge or picking a destination where I can (or must) plug in when I get there. Alas, I'm still a dirty fossil fuel burner and have been looking into atonement via buying carbon offsets, but I digress.

The point I'm trying to make is that when the EV pendulum started its

swing forward it had a whole bunch of momentum behind it: high gas prices, full government support, including heavy government grants for manufacturers, and significant subsidies via tax credits for consumer EV buyers. But, as in so many technologically leading innovations, EV and many of its followers (investors) got out in front of their skis. We've now seen the EV pendulum swing back with manufacturers reporting dramatically slowing sales, 400-plus day inventories of unsold vehicles, and astonishing losses from EV vehicle investment amidst those less than expected sales. (In 2023, Ford reported a \$4.5 billion dollar loss from its EV push, losing \$36,000 on each EV it sold.)

Now with the AI pendulum in full swing forward, I would caution would-be prudent investors not to go to extremes. Yes, AI will change the world in dramatic and unknowable ways. And I would agree with some prognosticators that AI will be more impactful than even the full embrace of the internet.

But give it time before you as a prudent investor jump on that train. If you must, buy an ETF with an AI focus and diversified holdings. Or better yet, do some research and buy a few of the established tech companies that are investing some of their monies in the AI world. That way you not only benefit from the research and due diligence they have done on their AI investments; you also benefit from investing in an already known company with a good track record.

The AI pendulum will swing back. Don't get knocked over by standing in front of it when it does.



Jeff Binkley is the Founder and Managing Director of Binkley Wealth Management Group, an Independent Fee-Only Registered Investment Advisory Firm. Mr. Binkley is adding a few new select clients from those who qualify. For further information or an appointment contact him at Jeff@thebinkleygroup.com or 317-697-1618.

## Greenwood VFW Post 5864 to host weekly trivia night

Are you interested in playing weekly trivia? The cost would be minimal. There will be prizes – some cash, some liquor, etc. We will start on Tuesdays beginning at 6:30 p.m. Please let Steve Milbourn know by sending a text to 317-525-7291 or email to [steve.milbourn@aol.com](mailto:steve.milbourn@aol.com).

# Emotional decisions can be good

Susan Rozzi

Here's where my head is today ... I am tired of hearing that emotions have no place in the workforce. Emotions impact us ALL the time. We don't just leave them at the door when we clock in. I'd love it if we could reframe how we use emotional awareness to maximize our choices and improve our decision making.

## Here's a few examples of how emotions have impacted my clients just this week:

- A coworker was trying to get another coworker to meet a deadline, and the coworker got so frustrated by the pressure, they yelled, "get off my back, I'll get it done." [Emotions present: Anger / Concern]
- Just before I was training a group of leaders, one of the leaders shared with me that they got a new job. YET, when I asked the class what they were celebrating, this leader did not share because they didn't think it was worth mentioning. [Emotions present: Excitement / Hesitation]
- A young worker continues to get negative feedback from their manager, and it's constant dwelling on the 10 percent they aren't doing perfect. The young worker is beginning to believe there is no hope that they will succeed and is wondering if they need to look for a new job. [Emotions present: Judgement / Depression]
- A leader has an opportunity to present a new idea before their executive team. [Emotions present: Determination / Hope]
- A leader admitted their optimism about a situation that caused them to not account for the pressure a decision would have on the team. As a result, they've accepted two resignations in the last few weeks. [Emotions present: Optimism / Sadness]
- A leader made a decision without consulting their team because they were tired of their team dragging their feet. [Emotions present: Frustration / Avoidance]

In these situations, there were both positive and negative emotions present. They may or may not have been what was needed in the moment or produced the best outcome. Yet, they still existed.

## Emotional intelligence reminds us that:

- You can't choose your first thought,
- You can choose your second thought, and
- You can choose your first action.

The space between your first and second thought is where the emotional intelligence skills of impulse control and reality testing are used.

You can't choose your first thought – this is the thought or feeling that comes so naturally and quickly.

With practice, you can press your internal pause button after the first thought. This allows a moment to gain perspective and assess the situation.

## Here are a few powerful questions you can quickly ask yourself:

- What is really happening here? Not in the past. Not in the future. Right now, in this situation.
- What do I want to accomplish through this situation?
- How can I see the 10 percent that is good in this situation and not dwell on what is not right?
- Have I accounted for all the factors, not just the ones important to me?
- How can I turn this into an insight, a gift, or an opportunity to move in the direction I really want?

By answering these questions, you are more equipped to choose your first action, which can improve decision making by focusing on producing a positive response and maximizing the potential of the situation.

Truth be told, sometimes you don't have time to do the analysis in the moment. That's OK. Just take time later.

Emotions impact us ALL the time. Are you acknowledging and using them to make the BEST choices?



Susan Rozzi is the president of Rozzi and Associates, a leadership and organizational development company helping good leaders become great! Our programs start with the premise that great leadership skills are a product of time, practice and focused development. Our leadership development, emotional intelligence insight and career management programs can be customized to meet your desired outcomes and needs. Contact Susan at [susan@rozziandassociates.com](mailto:susan@rozziandassociates.com).

## Ninth annual Perry Kiwanis Golf Outing fundraiser held June 13

Legislative Update with Indiana Senator Aaron Freeman and Representative Julie McGuire

## Puzzle Time

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## ACROSS

- 1 Footwear  
5 Victory Field souvenir buys  
9 Bashful  
14 Clinton's birthplace or Obama's campaign slogan  
15 Cain's brother  
16 Unaccompanied  
17 "Of \_\_\_ I Sing"  
18 Nary a soul  
19 \*Poker ploy  
20 Charged particle  
21 What's-his-name  
23 Forget-me-\_\_\_  
24 \*US President Arthur  
26 Harrison or Dickerson, e.g.  
28 Seoul setting  
29 Martial arts school  
32 Pet store brand  
35 Evansville's winter hrs.  
37 One of 33 in the Indy 500  
38 Utah national park  
39 Elderly  
42 \*Searching  
45 "The Matrix" hero  
46 Count calories  
48 Shapiro's bread choice  
49 "Quiet!"  
51 Actress Moore  
52 Sounds of disapproval  
54 Navel type  
58 October birthstone  
60 \*Laundering  
62 Greenwood's summer hrs.  
64 Eden tempter  
67 Cleaning cloth  
68 \*Indy City-County Councilor Mascari  
70 Deserve  
71 Weight allowance  
72 Eiteljorg Museum dwelling  
73 Prima donna

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74 Scent

75 Cuss

76 Till bills

77 Defunct Indy evening paper

12 Facts, familiarly

13 Skilled

21 Stockpile

22 Shows disdain

25 "Hold on a \_\_\_!"

27 \*Designer Claiborne

30 Group of eight

31 \_\_\_ alai

33 One of the Three Stooges

34 \_\_\_-cone

36 Reptile in the Desert Dome at the Indy Zoo

39 Strange

7 Down

1 Comic theme

2 Santa's laugh

3 Kitchen gadget

4 Big foot letters

5 White River craft

6 On the train

7 Ivy League school, briefly

8 Winter glider

9 No-no

10 Ind. neighbor

11 Everest, e.g.

41 Wannabe rock star's creation

43 Spike Lee's alma mater

44 Haunted house spirit

47 \*Yats server's reward

50 "Say what?"

53 Veer suddenly on I-65

55 Rant

56 Lined up

57 Some Halloween vandals

59 Inquisitive one

61 Paquin and Pavlova

62 Newts

63 Sketched

65 Make over

66 Discomfort

69 PBS benefactor

71 Heavy weight ... or what can be added to the end of the answers to the starred clues to form Indiana towns

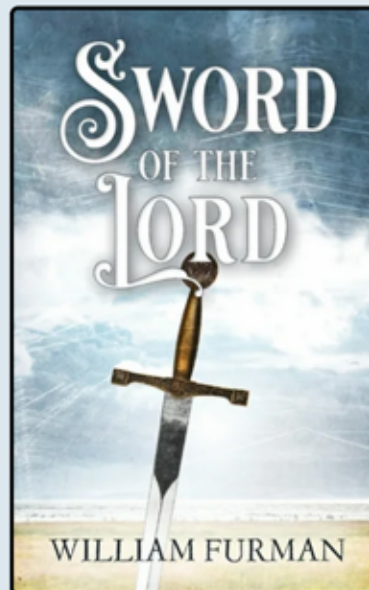




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# Empowering our residents to pursue their passions

By Peggy Bryson, director of sales and marketing at Avalon Senior Living



Fostering a sense of community involvement, socialization, and a purposeful lifestyle is paramount for our residents at Avalon Senior Living.

Avalon offers more than just senior housing. We provide a vibrant environment where seniors can engage in various activities, form meaningful connections, and maintain a sense of purpose.

Community involvement activities such as shuffleboard games and stuffing Easter eggs help our residents build friendships while contributing their skills and smiles. Socialization activities ranging from group outings to game nights combat feelings of isolation and loneliness, promoting mental and emotional well-being.

Moreover, Avalon Senior Living offers purpose-driven programs such as educational workshops or hobby groups, empowering residents to pursue their passions. By prioritizing community involvement, socialization, and purposeful living, Avalon Senior Living creates fulfilling environments where seniors can thrive in their golden years.



(Photos by Peggy Bryson of Avalon Senior Living)

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# Why choosing the right funeral home matters

By Paul C. St.Pierre



Talk to anyone who has lost a loved one recently and they'll likely mention how and why they selected a particular funeral home.

Maybe their friend or family member put their own arrangements in place ahead of time, including their preference of funeral home. Maybe generations of families have turned to a certain funeral home in the Indianapolis area, and they followed suit. Perhaps they called around to different funeral homes to see what each offered and how they differentiated themselves from the rest.

The staff at St.Pierre Family Funeral & Cremation locations understands that choosing a funeral home is a significant decision to make during an already difficult time. We're here to help Marion and Johnson County neighbors any way we can, including providing information to make this decision easier.

After a loved one dies and your family needs the services of a funeral home, keep these factors in mind:

**Does the staff have knowledge of my loved one's specific culture and religion?** Our counties have become diverse, and you need a funeral home that is knowledgeable about your specific customs and traditions. With our decades of experience, we assure families that the services they select will reflect their faith and culture. Since we are an integral part of the community, we also understand the values and traditions of those who live here, and we know how to incorporate them into a final farewell.

**How much do different services cost?** The cost of a funeral is dependent on what options you choose, and you need to make sure your funeral home offers a variety that suits your preferences. We offer a wide range of funeral, cremation, and burial options for all budgets. We're here to help you tell the story of a life, and we proudly do that while keeping our costs reasonable. You can also prepay for your own funeral to ensure today's cost.

**Is the funeral home easy to find?** The location of the funeral home should be convenient for you and your guests. If you've had the experience of getting lost or having trouble with parking when attending a funeral, you know how frustrating and nerve-wracking this can be. When it comes to our locations, you can rest assured they are easy to find and access. Plus, our building was carefully designed and decorated for a family's optimal comfort.

When it comes to a facility, ask yourself these questions:

- **Is the interior and exterior clean and well-kept?**
- **Is there enough space for all visitors?**
- **How do you feel about the décor? Does it suit your taste?**

Being aware of your wants and needs will help you make the best choice for your family.

**Does the funeral home offer the services we have in mind?** You want to be sure the funeral home you select offers all of the services you want, from transportation options to military honors and veteran benefits to ways to add a personal touch to the funeral, reception, or burial. We take pride in providing all of the above – and so much more. Our staff is here for families before, during, and after the funeral is over making sure your needs are met.

It's also important to note that since we're owned and operated by a family, and our owners are Southside rooted in funeral service for over six generations. We have not lived or operated in multiple states like other area funeral homes. Experience and reputation matters, and our compassion and care come across in everything we do because it's genuine!

Selecting the right funeral home is a significant decision, but we are here to make it easier. Contact Paul or Kristin St.Pierre directly today about questions you have or about the many ways we can assist you.

Paul C. St.Pierre is the president of St.Pierre Family Funeral & Cremation Services, operating under the names Wilson St.Pierre Funeral Service, Singleton & St.Pierre, and Simplicity Funeral & Cremation Care. He is a sixth-generation funeral director. The St.Pierre family has been serving families locally with their funeral homes and crematories since 1897.



**Paul St. Pierre**  
President & Funeral Director

**Kristin St. Pierre**  
Advanced Planning Manager

## Your Care is Our Calling

Six generations of our family have supported and assisted this community during difficult times. Today, we continue to help those who need our services. As a local, family-owned funeral home, we are deeply committed to every family who walks through our doors. You can trust our expertise when the time comes.

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& St. Pierre

# Medicare — is enrollment over until the Annual Enrollment Period on Oct. 15?

By Linda Begley  
NPN 1482386  
Independent Medicare Agent

Since the OEP (Open Enrollment Period) is over as of March 31, what now? Who can change from one MAPD (Medicare Advantage Prescription Drug Coverage) to a different one? What if someone finds a better MAPD plan?

If a person who is on Medicare A and B gets approved for Medicaid, they can change plans every month.

If a person is on disability for 23 months, that person can enroll in Medicare A and B on the 24th month of disability — regardless of age. At that time, they can also get on an MAPD.

If a person decides to retire (and is 65 or over) and is eligible for Part A (meaning he has worked for 40 quarters/10 years or more) and has Part B, he is eligible for enrollment for the extras provided in an MAPD.

What about the wife who has been on her husband's group insurance? He is retiring and is eligible for Medicare — but she is only 46 years old. This situation has many couples re-thinking retirement. In this

particular case, the 46-year-old wife was on disability and had been for 20 years. She was eligible for Medicare, so her husband was able to retire without trying to find affordable insurance for his wife. There are other situations where the husband (usually) continues working because insurance would be too costly for his wife.

Medicare continues to be more complicated, especially for those who need or are on Medicaid. Indiana was \$1 billion in debt this past year due to Medicaid complications (last April was considered the end of COVID). So regardless of income, many people lost their Medicaid coverage and are having to apply again.

In general, a person who is about to turn 65 needs to begin the process to get on Medicare 90 days in advance. For example, a person who turns 65 on Dec. 28 must apply for Medicare in September so it is active on Dec. 1.

Linda Begley is a retired teacher and counselor for Greenwood Community Schools. I have spent the last four years teaching and sorting out Medicare issues. Don't hesitate to call with your questions. Linda Begley 317-522-7230

# Physical Therapy Following Total Knee Replacement Surgery

By Linda P Barnes, OTR  
Owner/president, Therapy On Wheels, Inc.



Physical therapy following total knee replacement surgery

By Linda P Barnes, OTR  
Owner/president, Therapy On Wheels, Inc.

More than 600,000 total knee replacement procedures are performed each year in the United States. As our population ages and obesity levels continue to increase, knee replacement surgeries are expected to increase.

One of the most important success factors following a total knee replacement is physical therapy and a lifelong exercise program.

Physical therapy typically begins during the hospital stay with the initial goals of getting the individual up and walking, decreasing swelling in the knee, and increasing range of motion. On the day of surgery, you likely will be using a walker and taking a few steps with the physical therapist.

In the next few weeks, you will be doing a variety of exercises with the therapist, including, but not limited to leg raises, ankle pumps, knee straightening, and supported knee bends with a goal of reaching 90-degree flexion.

In three to six weeks, you can expect use of a cane or no device at all for walking. You will start doing normal daily tasks at home such as making your own coffee, showering, dressing, etc. You will also be working on scar mobilization and strengthening as you progress.

In seven to 12 weeks, you should have a wide range of motion and will continue with scar mobilization and strengthening as needed.

Therapy On Wheels (TOW) physical therapists can help you recover from your knee replacement in the comfort of your own home as an outpatient. We don't just have a good team at Therapy On Wheels Inc., we have a GREAT team!! Contact our office at 317-332-9861 for information or visit our website at [therapyonwheelsinc.com](http://therapyonwheelsinc.com).

## Volunteer operators needed for gaming at Greenwood VFW Post 5864

With the advent of more bingo players coming to our Wednesday night game, we need additional help. If you wish to help us with gaming once a month or more often, you will need to be an operator or a worker. Bingo, Bar Bingo, Euchre, selling raffle tickets, or any other form of gaming requires those helping have an operator or worker's status. An operator is an individual who has been a member for a minimum of 60 days or longer and a worker must be a member for at least 30 days. Operators can perform any function including paying out large sums of money, selling tickets, tallying, and reconciling all the paperwork we complete after each event. Workers are limited in what they can do. Members who wish to be an operator must have been a member for at least 60 days. The post would need some basic information including your full legal name, home address (no post office boxes), your driver's license number, date of birth, daytime telephone number, and the date you joined the VFW or VFW Auxiliary. It takes about four to six weeks for the Indiana Gaming Commission to approve the applicants. Once you are approved, your name will be placed on a list, and it is posted in the post. See Sherri Jones or Steve Milbourn to get added to the licenses at Greenwood VFW Post 5864, 1842 Veterans Way, Greenwood, call 317-888-2488 or contact Steve at [Steve.milbourn@aol.com](mailto:Steve.milbourn@aol.com).

## Volunteers needed at Perry Senior Services

Always saying you want to help? Do you want to make a difference? The seniors in our community need your help. Perry Seniors averages more than 50 medical rides a week. With that number growing, we need more caring individuals that can help drive our seniors. Join us today. Come in to ask us questions on how you can help. Perry Senior Services is at 6901 Derbyshire Road, Indianapolis, IN 46227. Call 317-783-9231.



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# A storied life inspires a collection of family and biblical history

By Kate Anderson

Life is full of twists and turns, highs and lows, profound happiness, and unimaginable sadness. For 88-year-old Plainfield resident William Furman, or Bill, as his friends call him, his story is one of many life experiences and service to his community and devotion to his family.

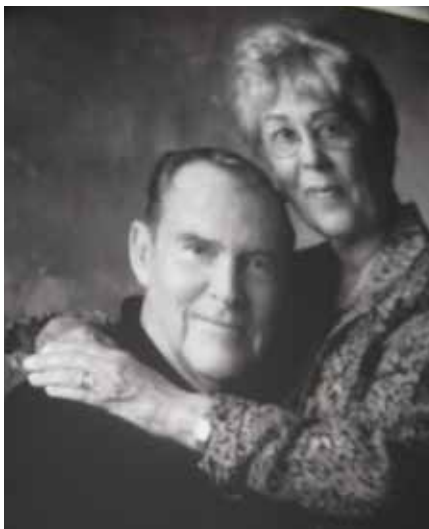
Born in Nebraska on July 15, 1935, and a child of the Great Depression, Furman remembers the effects it had on his family. As a child he remembers watching his mother dry used coffee grounds on pages of the Sears Catalog so that they could be used again and never knowing what mealtime would hold and how much food there would be to pass around the table, let alone what each day would hold. Like so many, this time in history molded a part of his upbringing and these sensibilities he would carry with him through his life. Later in his childhood, he relocated to Stilesville where he would go on to graduate high school and then enlist in the Air Force with a desire to serve in the Korean War. Before the war ended, he was afforded the opportunity to transfer to the Air Force Reserves and attend college. He then obtained a Bachelor of Science degree from Butler University and went on to work for Eli Lilly for 32 years.

During these years he and his first wife had a son who, for unforeseen reasons, he would go on to raise on his own. This was a trying time for Furman, and he felt like he had hit the bottom of the barrel. It turned his world upside down and he wasn't sure what steps to take next, but he knew he had to make some important decisions. In an effort to give his young son a good foundation, he began taking him to Sunday School at Plainfield Christian Church. It was while he was attending church that he met the beautiful woman that he would go on to marry. She was a divorcee with five children and together they made a wonderful, blended family. "Meeting and marrying my wife, Barbara is the best and smartest thing I have ever done in my life," said Furman. They were happily married for over 55 years until his beloved wife passed away in 2022 from Alzheimer's disease.

It was in the years that his wife was in the throes of her illness that he devoted himself to her comfort and care. As her illness progressed, he became determined to keep her at home, so he hired help when necessary to assist with her care. At night when she was asleep, he found himself thinking of his past and where he came from. He had begun to research his

family geology and he got the notion of writing down his family history. He started with the story of his great-grandfather who traveled to Nebraska to put roots down for his family and his future. Thoughts, fragments, and short stories morphed into a book that he titled "A Season of Remembrance." It felt cathartic to journal his family's history, so he made the decision to dive back in, writing his grandfather's story and thus the story of his father and himself. This book was titled, "A Man of the Prairie." His writing, along with his various volunteer endeavors in the Plainfield community, temporarily took him away from his worries about his wife's advancing illness.

When Barbara passed away, he continued to volunteer whenever he



(Submitted photo)

could and fervently worked on his writing projects. One day when he was reading his Bible, he came across a character that was mentioned in Acts Chapter 10. He was described as "a certain man in Caesarea called Cornelius, a centurion, a devout man and one that feared God with all." This man was a Roman soldier who was a Christian, which was not

a popular belief at that time. It intrigued Furman that this man's history was not mentioned in any way. Who was he? What was his story? These questions perplexed him to no end and since he couldn't find any more information on him, he decided to give him a life and thus his next book was born. "From Slave to Soldier to Servant" is the historical fiction story of Cornelius' life from

birth to death. He continued this historical fiction journey of Cornelius and brought to life the story of his family and his wife's journey of spreading the gospel with his book, "Sword of the Lord" that will be released this July.

In this current season of his life, Furman loves to spend his time with his children, who all live close by and keep an eye on him, and when he can, his 13 grandchildren and 17 great-grandchildren. His family is immensely proud of his writing endeavors. For the most part, he has discontinued his volunteer efforts and is enjoying the quiet life, reflecting on his life full of both trials and blessings. "I believe that the Lord has intervened in my life at many different times and for the betterment of my life. He has opened many doors and closed many windows," said Furman. Ultimately, he trusts the Lord and his timing. He is grateful for the gifts he has been given and has loved the journey his writing has taken him. Though very humble, he does take pride in his writing and hopes others will enjoy his efforts. "No matter how old you are you can still do great things," said Furman. This should be a lesson to all of us to get out there, work hard, and enjoy our lives to the fullest.



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# EVENTScalendar

## Woodcarving

No cost. | When: Mondays and Thursdays, 9 a.m. | Where: The Social of Greenwood, 550 Polk St., Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/news

## Rock Steady Boxing

For individuals of all ages with Parkinson's disease to fight their symptoms by providing non-contact boxing-style fitness programs that improve their quality of life, sense of efficacy and self-worth. | When: Various classes and skill levels, Monday through Saturday. | Where: The Social of Greenwood, 550 Polk St., Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/rock-steady-boxing

## Super Samba

Cost: \$1. | When: Tuesdays, 9:30 a.m. | Where: The Social of Greenwood, 550 Polk St., Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/news

## Stretch and Flex

Stretch and Flex is a seated exercise that uses resistance bands to warm up muscles, improving flexibility and balancing. \$3. | When: Tuesdays and Thursdays, 10 a.m. | Where: The Social of Greenwood, 550 Polk St., Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/news

## Southport Library: ABCs of Diabetes Series

Adults are invited to a four-part diabetes education series instructed by the Marion County Public Health Department. Topics include eating healthier, increasing activity, taking medications, and preventing complications. Attendees should plan to attend all four sessions. | When: April 9, 16, 23, and 30, 5:30 p.m. | Where: Southport

Library, 2630 E. Stop 11 Road, Indianapolis. | Info: 317-275-4510; attend.indypl.org/event/9683907

## Perry Senior Services Bingo

Play Bingo with other seniors in your community. | When: April 10 and 24, and May 1 and 8, 1 p.m. | Where: Perry Senior Services, 6901 Derbyshire Road, Indianapolis. | Info: 317-783-9231; perryseniors.org

## GPL: The Studio – Maker in Residence Drop Spindle Class

Ever wanted to know how yarn is made? Come and explore different types of animal fibers (exotic and domestic) and learn to spin your own yarn from our Maker in Residence Carole Ricketts Corey. Participants will be spinning on a drop spindle. Wheels will be available for demonstration purposes. Ages 18+ | When: April 10, 6-7:30 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: 317-881-1953; questions@greenwoodlibrary.us.

## Wednesday Bingo

\$1,000 cover-all pot 50 numbers or less; \$500 or more cover-all guaranteed pot (paid with 90 or more players). Early birds (warm-ups) start at 6:30 p.m. All games end around 10 p.m. Public welcome! Basics starting package: \$17. Large new playing room. Food and beverages available. Join in on the fun! | When: April 10 (every Wednesday), 6:30 p.m. | Where: Greenwood VFW Post 5864, 1842 Veterans Way, Greenwood. | Info: 317-888-2488; steve.milbourn@aol.com

## Perry Senior Services Euchre

Play Euchre with other seniors in your community. | When: April 11 (every Thursday), 10 a.m. | Where: Perry

Senior Services, 6901 Derbyshire Road, Indianapolis. | Info: 317-783-9231; perryseniors.org

## Chair Aerobics Class

Join us for a 13-week, low-impact, theme-based seated exercise and brain fitness class led by an instructor from Through the Ages Fitness. Please bring a water bottle to class. | When: April 11, (Thursday mornings) 11:30 a.m.-12:10 p.m. | Where: Southport Library, 2630 E. Stop 11 Road, Indianapolis. | Info: 317-275-4510; attend.indypl.org/event/10011084

## Mexican Train - Dominoes

Cost: \$1. | When: Fridays, 12:30 p.m. | Where: The Social of Greenwood, 550 Polk St., Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/news

## Perry Senior Services Lunch & Bingo

Enjoy lunch and play Bingo with other seniors in your community. | When: April 17 (monthly; also occurs on May 15, June 19, July 17, and Aug. 21, 11 a.m. | Where: Perry Senior Services, 6901 Derbyshire Road, Indianapolis. | Info: 317-783-9231; perryseniors.org

## Bunka Embroidery

Cost: \$1. | When: April 17, 6:30-8:30 p.m. | Where: The Social of Greenwood, 550 Polk St., Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/news

## Purse Bingo

Benefitting The Social of Greenwood. Tickets on sale for \$35 and may be purchased at The Social of Greenwood, 500 Polk St., Greenwood. Cash or check only. | When: April 18, doors open at 5 p.m.; bingo starts at 6:30 p.m. | Where: Barn at Bay Horse Inn, 1468 W. Stones Crossing Road, Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org

## 11th Annual Ride for Autism Awareness

Benefiting autism awareness. \$35 per rider; \$10 per passenger; ride leaves VFW Post 5864. Breakfast available for purchase: 9 to 11:30 a.m. Ride ends at Crowbar Restaurant and Lounge, 209 State Road 135, Trafalgar. Raffles, silent auction, door prizes, 50/50. | When: Sunday, May 5, Registration: 9:30 to 11 a.m., ride leaves 11:30 a.m. Rain Date is Saturday, May 11. | Where: Greenwood VFW Post 5864, 1842 Veterans Way, Greenwood. | Info: 317-888-2488; steve.milbourn@aol.com

## 25th Annual Senior Expo

Free admission. Free health screenings. More than 60 vendors; healthcare providers; legal services; local agencies; financial services; health insurance; senior living; health and wellness; travel agents and more! | When: May 9, 9 a.m.-noon. | Where: Greenwood Community Center, 1000 Surina Way, Greenwood. | Info: 317-882-4810; thesocialofgreenwood.org/seniorexpo

## 17th Annual VFW Golf Tournament

The net proceeds of the tournament will be used to fund programs for homeless veterans and many local charitable programs. The cost is \$280 per foursome or \$70 per person. The price includes green fees, cart, unlimited beverages on the course, a buffet with hamburgers / bratwurst, baked beans, potato salad, chips, and of course various beverages at the VFW after the tournament. Each player will be provided with a "Ditty Bag" which will include coupons and business gratuities. Contributions and Sponsorships are 100% tax deductible as VFW Post 5864 is a nonprofit organization. | When: June 8, check in at 7:30 a.m.; shotgun start at 8:30 a.m. | Where: Valle Vista Golf Course, 755 E. Main St., Greenwood. | Info: 317-525-7291; steve.milbourn@aol.com

## Protect affordable internet access for Hoosiers 50+

By Linda Dunno,  
AARP Indiana State president

It's not hard to understand why a program that connects lower income Hoosiers to the internet has improved their quality of life. Without access to affordable, reliable high-speed internet – and the digital skills needed to use it – too many older Hoosiers are not able to fully participate in today's economy. They risk missing out on opportunities like online learning, accessing important services, and keeping social connections crucial to their well-being. They can't shop online for essentials like groceries and may not be able to virtually see their doctors or health care specialists, who may be located miles away.

Unfortunately, the lack of accessible and affordable high-speed internet also serves as a barrier for many

who find themselves increasingly isolated and without many options for maintaining these vital connections.

That's why AARP fought for the Affordable Connectivity Program (ACP); a federal program designed to help eliminate some of the financial barriers to high-speed internet access. The ACP provides internet discounts of up to \$30 a month for qualifying households, or up to \$75 for those living on tribal lands. Right now, almost 426,000 Indiana households receive a discount on their internet bill thanks to the ACP. And nearly 40 percent of those households are age 50+.

But now this important program is in jeopardy. The Federal Communications Commission (FCC) and internet service providers are already beginning to wind down the program by contacting enrollees. The good news is there is bipartisan support for extending the ACP. But unless Congress acts now to continue funding

for the ACP, it will run out of funding in April 2024. Those who are currently enrolled in the program will no longer receive a discount on their internet bill.

Time is running out to protect hundreds of thousands of Hoosiers from losing their Internet access. Without this program, many lower income residents will lose their Internet access and be cut off from jobs, medical appointments, friends, and family. That's why AARP is urging Congress to support the bipartisan bills to fund the ACP and help adults 50+ access affordable and reliable high-speed internet.

Residents who are enrolled in the Affordable Connectivity Program now are encouraged to contact their internet service providers or call the ACP Support Center at 877-384-2575 to learn more about how this could affect them. Visit [aarp.org/ACP](http://aarp.org/ACP) for more information.



# Tips from Bax Wellness

## Tips to improve our emotional well-being, Part 1

By Beth Bax

Did you know that one of the keys to living a longer, healthier life is emotional wellness? This article is the first in a three-part series on the topic of emotional wellness.

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. The National Institutes of Health provides six tips for improving our emotional health. The first tip is to develop a more positive mindset.

Emotionally well people have fewer negative emotions and are able to bounce back from difficulties faster. They're also able to hold onto positive emotions longer and appreciate the good times in their lives.

### Here are six ways to develop this mindset:

1. Remember your good deeds and be proud of them.
2. Forgive yourself. We all make mistakes.
3. Practice gratitude. Create positive emotions by being thankful every day.
4. Spend more time with your friends. Good friends lift us up!
5. Explore your beliefs about the meaning and purpose of life. We all have a purpose.
6. Develop healthy physical habits such as exercising and eating nutritious food.

The second tip for improving our emotional health is to reduce stress.

Everyone feels stressed from time to time. Stress can give us a rush of energy when it's needed most. But if stress lasts a long time, a condition known as chronic stress, those changes become harmful rather than helpful. So, it's important to learn healthy ways to cope with stress.

### Here are seven ways to do just that:

1. Get enough sleep. Lack of it can cause many serious health issues.
2. Exercise regularly. Strength, stability, and stretching exercises are your friend.
3. Build a social support network. We all need friends we can talk to when we're feeling stressed.
4. Set priorities. As my children's grandfather always said, "Tackle your most challenging task of the day first, then the rest of the day should be a breeze."
5. Show compassion for yourself. The popular phrase "Be Kind" refers to how we treat ourselves as well.
6. Try relaxation methods. Some that I often recommend to my clients are meditation, breathing exercises, and journaling.
7. Seek help from a professional such as a life coach, health coach, or therapist.



(Submitted photo)

Both chronic stress and negative thinking take a toll on our overall health. I hope these tips help you in your journey to be your healthiest and happiest.

# What to do with my 'STUFF'

By Paul Ellsworth

For many, we spend lifetimes collecting treasures to fill our homes. Dolls, dishes, figurines, books, and so much more. There comes a point where we need to downsize and start to get rid of these sentimental items. What do we do with them? That can be an overwhelming process. Do my children/grandchildren want them? Probably not, because the younger generations are putting more value in experiences than items. Knick knacks have been replaced by trips. Can I donate them? For many items, yes. There are numerous organizations and nonprofits that work hard to provide items to members of the community that are in need. Do they need to be disposed of? Some yes. Many times the circumstances that force these decisions mean that we need help to get it done. Where does this help come from? Children, siblings, and relatives may be available. Friends or neighbors could help. However, they are all busy and don't have unlimited availability. We can try to do it ourselves, but that may take months and that time is not an option. Another option is that there are companies that specialize in helping seniors with these services, including downsizing, decluttering, relocation, liquidation, donation, and disposal. Downsizing and decluttering can be done at a slower pace and over time. If you try to declutter your entire house in one weekend, you will get overwhelmed and frustrated. You want to start with smaller, more manageable projects. Kitchen junk drawer, Tupperware cabinet, one closet, one dresser. After each successful step, you should take some time to celebrate. There are organizations that can help with relocation. As you downsize, space planning is important, so you only move what fits. Assistance with packing and resettling can be provided. Your new space is set up before you arrive. Finally, all of the heavy lifting can be done by others. There are several options for liquidation. Again something that you can do yourself, but it is a great deal of work. Or you can get help, sit back, and relax. Estate sites, online auctions, and posting on some social media sources are some options. If you want to sell, you must realize that your items may not have the value that you think. At a minimum, liquidation will help cover the cost of emptying your house. Donation is another way to repurpose items, save them from the dump, and help the community. There are solutions that are easier, and with some asking and research, there are solutions that can be very targeted for specific groups. An example would be Teachers Treasures, who provides support to local teachers. Some locations will pick up. If your goal is an empty house to sell, the final piece is a clean out. There are probably chemicals that need proper disposal with a tox drop. You have found papers that need shredding. Many electronics will need recycling. There will be some larger furniture pieces, scrap lumber, rusted outdoor furniture, and other items that need to be disposed of. Again, this could be done by you, or with assistance.

In conclusion, although this process can be very overwhelming, it can be accomplished. I would be happy to answer questions, provide helpful information, or be of assistance.

Paul Ellsworth  
 President, Caring Transitions Indy West  
 317-777-1014  
 pellsworth@caringtransitions.com  
 caringtransitionsindywest.com

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### Puzzle Time Answers

SEE PAGE 8

Answers to HOOSIER HODGEPODGE:

**Furniture:** BED, CHAIR, COUCH, DESK, SOFA, TABLE;

**Hardly Any:** MEAGER, PALTRY, RARE, SCANT, SOME;

**Stubs:** CIGAR, PENCIL, TICKET, TOE;

**Entrees:** RIBEYE, SCALLOPS, TORTELLONI;

**Coaches:** MIKE WOODSON, TERI MOREN;

**High School:** PIKE

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

# Investment/ cryptocurrency scams riskiest in 2023, according to new BBB report

*The findings shed light on how scams are perpetrated, who is being targeted, which scams have the greatest impact, and which behaviors and factors may impact a person's susceptibility.*



Investment scams, including those involving cryptocurrency, are now the riskiest scam type, according to a new report from the Better Business Bureau. More than 80 percent of people who were targeted by this scam type reported losing money to BBB Scam TrackerSM. It also had the second highest median dollar loss at \$3,800.

Investment scams take many forms, including pressure to purchase, trade, or store digital assets (cryptocurrency) with fraudulent exchanges.

While investment and cryptocurrency scams had a significant impact in 2023, particularly for people 45 and older, anyone can be targeted and therefore should always beware of opportunities that sound too good to be true. Remember, no investment opportunity will come with zero risk.

Employment scam reports remained the second riskiest scam type in 2023. Reports increased 54.2 percent from the year before. Employment scams had a median dollar loss of \$1,995, significantly higher than the overall median dollar loss of \$100 reported for all scam types.

Online purchase (shopping) scams dropped from the riskiest scam type for the first time since 2019, landing at number three on the list. This year, 41.9 percent of scams submitted to BBB Scam Tracker were online purchase scams, and 82.6 percent reported losing money.

## Key findings of the report include:

- Scams perpetrated online continued to grow, making up 68.4 percent of all reports. More concerning, online scams were more likely to result in a reported monetary loss than scams perpetrated in person or via phone.
- Overall reported susceptibility (the percentage of reports with a monetary loss) rose 27.8 percent from 2022 to 2023. Overall reported median dollar loss fell 41.5 percent.
- For the second year in a row, people ages 18-24 reported the highest median dollar loss of all age groups (\$155).
- The percentage of people who reported engaging with a scammer via social media rose 63.8 percent from 2022 to 2023.
- Credit cards remained the most reported payment method with a monetary loss, followed by bank account debit and online payment systems. Reports of bank account debit with a monetary loss increased 66.4 percent.
- Employment scams were No. 1 riskiest for ages 18-44. Investment/cryptocurrency scams were No. 1 riskiest for ages 45+.
- According to our survey research, people between the ages of 18 and 44 named anxiety/stress as

the number one emotion they felt after being targeted by a scam, while people 45+ cited anger as the number one emotion.

## The five most impersonated organizations reported to BBB Scam Tracker in 2023:

- U.S. Postal Service
- Amazon
- Publishers Clearing House
- Geek Squad
- Norton

*A list of the top 20 is provided in the report.*

## RESOURCES

For more highlights from the 2023 BBB Scam Tracker Risk Report, visit [BBBMarketplaceTrust.org/RiskReport](https://BBBMarketplaceTrust.org/RiskReport).

Go to [BBB.org/ScamTracker](https://BBB.org/ScamTracker) to report a scam, learn more about other risky scams on [BBB.org/ScamTips](https://BBB.org/ScamTips), and visit our news feed.

## ABOUT BBB RISK INDEX & BBB SCAM TRACKER RISK REPORT

To better understand which scam types pose the highest risk, BBB Institute assesses risk based on the BBB Risk Index: **Exposure x Susceptibility** (or likelihood of loss) x Monetary Loss. These three factors help us understand the impact of scams and who is most vulnerable. Each year, BBB Institute publishes its annual findings in the BBB Scam Tracker Risk Report. The report

also includes survey research conducted with those who reported scams to BBB Scam Tracker. BBB Scam Tracker was voted the Best Scam Fighting Tool by the Global Anti-Scam Alliance and ScamAdviser.com.

## ABOUT BBB SCAM TRACKER

BBB Scam Tracker ([BBB.org/ScamTracker](https://BBB.org/ScamTracker)) is an online platform that enables consumers and businesses to report attempted and successful acts of fraud. The platform also enables people to search the scam reports to help determine if they are being targeted by a scam. The platform was upgraded in 2022 with support from Amazon and Capital One.

## ABOUT THE BBB INSTITUTE FOR MARKETPLACE TRUST

The BBB Institute for Marketplace Trust (BBB Institute) is the educational foundation of the International Association of Better Business Bureaus. Our mission is to educate and protect consumers, promote best practices for businesses, and solve complex marketplace problems. Our consumer educational programs, which include a wide array of resources on fraud prevention and education, are delivered digitally and in person by BBBs serving communities across the United States and Canada. You can find more information about BBB Institute and its programs at [BBBMarketplaceTrust.org](https://BBBMarketplaceTrust.org).



# NIGHT & DAY

LOCAL ENTERTAINMENT  
**ENTERTAINING**

## EVENTS calendar

### BEECH GROVE

#### *Blooming Poets Showcase*

Join us at the Prairie of Poetry for an afternoon of celebrating National Poetry Month: poetry readings, Sarah T. Bolton poetry performed live, share your own poems, activities, poem in a day contest, and more! | When: April 13, noon - 3 p.m. | Where: Sarah T. Bolton Park, 1300 Churchman Ave., Beech Grove. | Info: hornetparkcommunitycenter.com; 317-788-4986

#### *Veterans Appreciation Event*

Free lunch to honor all veterans in our community. All veterans and their families are invited to join us. Meet other veterans in the community, receive a special "thank you" gift, enjoy a hot bowl of hearty soup, sandwiches, and more. Do you have a flag that needs to be retired? The DAR will be collecting them for their annual Flag Retirement Ceremony held each year on Flag Day. RSVP is not required but appreciated for planning purposes. | When: April 20, 11 a.m. - 1 p.m. | Where: Hornet Park Community Center, 5245 Hornet Ave., Beech Grove. | Info: Please email RSVP@beechgrove.com or call 317-788-4986.

#### *Youth Fun Day Saturday*

Arts and crafts! Silly Safari! Special guests! Free lunch. \$50 contest winner. A healthy brain sprouts ideas, grows, and inspires. Beech Grove Mayor's Office gives National Prevention Week Proclamation to our youth. Representative Mitch Gore speaks on the risk of harm of using drugs. Registration is not required to attend but is appreciated. | When: May 18, 10:30 a.m.-3 p.m. | Where: Beech Grove Library, 1102 Main St., Beech Grove. | Info: beechgrovecdfc.org; bgdrugfree@gmail.com

### FRANKLIN

#### *Garden Celebration XIX*

The Johnson County Garden Club is hosting its annual garden celebration featuring 75 vendors and three speakers who will educate regarding native plants and wildlife rehabilitation. General admission is \$2 a person, cash only. For breakfast and lunch, visit the Garden Café featuring Jodie Beasley Catering and the

MoBowl food truck. Enjoy Windy Knoll Bakery's Amish baked goods for dessert or take-home. Visit social media for updates regarding vendors and speakers. | When: May 4, 9 a.m.-3 p.m. | Where: Johnson County Fairgrounds, Scott and Herring Halls, 250 Fairground St., Franklin. | Info: Questions can be directed to Gary Kiesel by emailing jcgardenclub@gmail.com.

### GARFIELD PARK

#### *People, Places and Things*

Featuring works by members of the Photographic Society. Free admission. Opening reception: April 13, 5-7 p.m. | When: April 5-26. | Where: Garfield Park Arts Center, 2432 Conservatory Drive, Indianapolis. | Info: gpacarts.org; 317-327-7135

### GREENWOOD

#### *Dinner at Dye's Walk Country Club*

Join the Indy South Women's Connection group for a fun evening of dinner and a motivational speaker. Also, a member of Central Indiana Woodworkers will tell us about their toy making ministry to underprivileged children. \$20 all-inclusive. | When: April 9, 6:15-7:45 p.m. | Where: Dye's Walk Country Club, 2080 S. State Road 135, Greenwood. | Info: Contact Jeannie at 317-899-4760 or email indysouthwomensconnection@yahoo.com

#### *AARP Driver Safety Class*

Participants will learn valuable defensive driving strategies and a good refresher of the rules of the road. Learn about new vehicle technologies and safety features. Some insurance companies offer a discount on auto insurance. Cost - \$20 for AARP members and \$25 for non-members, cash or check payable at class. | When: April 12, 12 - 4 p.m. | Where: Greenwood Public Library, 310 S. Meridian St., Greenwood. | Info: greenwoodlibrary.us; Dick Huber at 317-881-1953, ext. 4

#### *BoHo Boutique Pop Up Shop*

Want to experience a fun afternoon of shopping? Crafts & Creations sponsors and supports artists and artisan makers of all kinds, including offering classes and selling handmade items on consignment. We are a group of creative women who love stretching our artistic talents to wearables and home décor items. Our group will

be sharing our love of making, creating, sewing, and transforming fabric and other materials with you through this one-day sales event. Let's celebrate the creative, the unusual, the bright, and the beautiful by using vintage linens and up-cycled fabrics to create gorgeous functional and fun fashion, welcoming décor, one-of-a-kind jewelry, and stunning artwork and gifts. | When: April 14, 11 a.m.-5 p.m. | Where: Crafts & Creations, 3100 Meridian Park Drive, Greenwood. | Info: Rickie Long, owner of Crafts & Creations: 317-743-8958; 317-509-1841

#### *"Springtime Symphonic Wildflowers"*

Revel in the beauty of spring with the Greater Greenwood Community Band (GGCB) as they present "Springtime Symphonic Wildflowers," a concert that celebrates the season through music. In addition, the Greenwood Community Wind Ensemble will grace the stage. Free (no tickets required). | When: April 21, 6 p.m. | Where: Greenwood High School auditorium, 615 W. Smith Valley Road, Greenwood. | Info: GreenwoodBand.org

#### *Mother's Night Out Designer Bag Bingo*

Tickets currently on sale for Greenwood Tri Kappa, Delta Lambda Chapter Designer Bag Bingo. \$35 per person, includes 20 games all with designer purse prizes, bingo dauber, and a door prize ticket. Additional bingo cards, raffle basket tickets, 50/50 tickets available for purchase. Food and drinks available for purchase from the Women of the Moose. Must be 18 to enter. Cash only. Bring any non-perishable food item for an extra door prize ticket. All proceeds stay local to support charities and scholarships. | When: May 8, doors open at 5:30 p.m. Bingo starts at 6:30 p.m. | Where: Greenwood Moose Lodge, 813 W. Smith Valley Road, Greenwood. | Info: Go online to purchase tickets at rb.gy/u40u8l; email trikappa.greewood.bingo@gmail.com or call 317-340-4294

### INDIANAPOLIS

#### *Storytelling Arts of Indiana: Talk of the Town: The Impact of Blues on American Music*

The Rev. Jones will explore the impact of the blues on American music through stories and songs. American music has an amazingly eclectic mix of styles drawn from the many communities that make up

American culture. Is American music rock 'n roll, or R&B, or country, or Bluegrass, or gospel, or rap? While these styles are clearly different from one another, they do have common roots. American music is rooted in the blues. \$35 for general admission, online, or in person; \$65 for a household to watch the livestream and can be purchased online at storytellingarts.org. | When: April 13, 7 p.m. | Where: Online via Zoom and in person at Eugene and Marilyn Glick History, 450 W. Ohio St., Indianapolis. | Info: storytellingarts.org; 317-576-9848

### PERRY TOWNSHIP

#### *Free Rock 'n' Roll Night*

The University of Indianapolis is hosting a campus and community rock concert, featuring eight to 10 bands from the Rock Garage music school performing classic rock songs. The free event is open to the public, the campus community, and alumni. Meals will be available in the student center food court, and from the Pronto Taco food truck. The event is sponsored by the Ulndy chapter of the Public Relations Student Society of America. | When: April 11, 7-10 p.m. | Where: University of Indianapolis Schwitzer Student Center, 1400 East Hannah Ave., Indianapolis. Info: Contact Dr. Ray Begovich, Department of Communication, University of Indianapolis at begovichr@uindy.edu or 317-788-3528.

#### *Artisan Craft Show*

Join us for crafts, music, and delicious treats. There will be food and drinks for your enjoyment. Interested in a booth? Please contact April Jett at 317-358-5662. | When: April 13, 10 a.m.-4 p.m. | Where: Brookhaven Apartments, 940 Indigo Lane, Indianapolis. | Info: April Jett at 317-358-5662.

#### *PTEF First Pickleball Charity Tournaments*

Join us for a day of fun and friendly competition as we serve up excitement on the pickleball courts for a great cause. The Perry Township Education Foundation (PTEF) invites players of all abilities, aged 16 (with parental consent waiver) and above, to participate in our inaugural tournament. This charity tournament aims to raise funds for the PTEF's educational initiatives while promoting the sport of pickleball in our community.

★★★★ • R • Comedy/Fantasy • 1 hour, 40 minutes

## Dream Scenario

*Raucous laughs and face-curling cringe*

### MOVIE REVIEW

By Bradley Lane

Nic Cage has developed a personal brand so strong and so idiosyncratic that character work is nearly impossible for him. Make no mistake, Cage is a supremely serious and talented actor, but his most extreme moments of performance have been clipped out of context and ruthlessly mocked and memed until they no longer bear any semblance of their original emotions. It leaves Cage in a bit of an awkward place, wanting to be seen as a serious artist, but having to play along with the joke (see 2022's *The Unbearable Weight of Massive Talent* for how soulless and sad that looks). However, together with writer-director Kristoffer Borgli, Cage is able to

more fully express how frustrating it is to lose control of a public image.

Following a cycle of viral fame we've seen time and time again Cage's character Paul Matthews finds himself in the limelight for reasons far beyond his understanding. In real life this usually involves funny viral videos, weird tweets, or random news appearances; in Paul's case he begins showing up in people's dreams. This newfound fame initially beguiles Paul, but soon, just like in real life, for reasons beyond his control the attention begins to sour and complicate each and every one of his relationships.

Part of what makes *Dream Scenario* work as well as it does as a comedy is Nic Cage's

public persona. Many times, the joke of a scene is just Cage's nonchalant saunter through the subconscious of unwitting dreamers. He has a persona that lends itself well to absurdity and his physicality as a performer and attention to detail lead to moments of both laugh-out-loud hilarity and sober sadness. Without Cage the film simply doesn't work.

Despite the film working on that level, however, its critique of what it is depicting falls a lot shorter of what it seemingly set out to achieve. I might be more online than the typical audience member but the cycle of fame, ruin, and inevitable prolonged absorption into capitalism is so obvious to me that I was waiting for the film to



subvert that idea in some way, but it plays that idea pretty straight all the way to the very end. It doesn't hurt the film except for some pacing issues, but it also keeps it from reaching its full potential.

Despite not living up to its incredible premise, *Dream Scenario* is a great time. It made me laugh like a maniac and is another in a streak of great performances by a once-in-a-lifetime talent. *Dream Scenario* is exclusively available to stream on Max. - 3.5/5 stars



Bradley is a Beech Grove High School alumnus and has been enamored by film for as long as he can remember. He recently graduated from IUPUI, with a degree in Media and Public Affairs with a minor in Film. Bradley can be contacted at blane2214@gmail.com.

### QUOTE OF THE WEEK

*A life is not important except in the impact it has on other lives.*

Jackie Robinson

### DUMB LAW

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

In South Bend, Ind., it is illegal to make a monkey smoke a cigarette.

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

The tournament will feature a round robin format, allowing players to showcase their skills and enjoy a day of camaraderie. The highlight of the event will be awarding the winners' traveling trophy, which the winning team will proudly own for one year. Additionally, there will be prizes for runners-up and other exciting giveaways throughout the day. Registration opened March 6, so gather your paddle and get ready to smash, dink, and volley your way to victory for a good cause. Let's make this tournament a smashing success and support education in Perry Township! | When: April 21, time to be announced. | Where: Perry Meridian Middle School, 202 W. Meridian School Road, Indianapolis. | Info: [Mary@PTEF.org](mailto:Mary@PTEF.org)

#### Spaghetti Dinner

St. Timothy's Episcopal Church will host a spaghetti dinner at the church. All-you-care-to-eat cost is \$12 for adults and \$5 for children under age 12. Tickets for prize baskets are \$5 for six tickets, or \$1 each. | When: April 20, 5-7 p.m. | Where: St. Timothy's Episcopal Church, 2601 E. Thompson Road, Indianapolis. | Info: 317-784-6925

#### SOUTHPORT

##### The Cultivating Garden Club

"Using Natives for Continuous Blooms." John Chapin, owner of Tree Frog Gardens. | When: April 18, 6 p.m. | Where: St. John's Church, Highway 31 and Southport Road, Indianapolis. | Info: Linda Stemnock at 317-889-2540.

## SPOTLIGHT

### 'YOU ARE MY SUNSHINE'

Member artists will exhibit artworks that follow the theme, "You Are My Sunshine" for the free SALI Members Spring Exhibit 2024 at the Southside Art League Off Broadway Gallery. A wide variety of styles, subjects, media, and prices will be available, including framed and unframed original paintings, matted giclee prints, ceramic sculpture, paper sculpture, and greeting cards. A layaway plan is available. Come and enjoy the artwork during regular hours Wednesday through Saturday from 11 a.m.-3 p.m. Closed Sunday, Monday, and Tuesday. The SALI Members Spring Exhibit will be displayed for three months, from April 3 – June 29. The Southside Art League, Inc. (SALI) Off Broadway Gallery is at 299 E. Broadway St., Greenwood, IN 46143, two blocks north of Main Street and six blocks east of Madison Avenue in historic Old Town Greenwood. Please call SALI at 317-882-5562 to arrange for viewing by appointment at any other time.



Emu. (Pastel artwork by Marianne Hamilton)



## AN OPTION

## FOUR FINGER DISTILLERY

The name of this popular Fountain Square distillery may have been created by an accident, but the quality of the spirits, mashed, aged and bottled in house (and made with Indiana grain) are intentional. Previously known as 1205 Distillery, the name changed in 2022 (distiller and owner Brad lost his pinky after an accident while installing a door in the distillery). A few of the 10 Four Finger Spirits include the New American Gin, Coffee Liquor, and Three Knock Bourbon. "I would recommend trying their \$8 flight; that way you can taste five of their in-house liquors," stated a Yelp reviewer. "I also loved the saved by the bell summer themed cocktails," added a Google reviewer. "I had the giggle water, which was refreshing and made with vodka, and then the chicken Parker that was made with gin plus lavender bitters." Four Fingers has several themed events such as Trivia Tuesday and Euchre Nights held on the first Wednesday of each month. Cocktails and Canvas will be held Saturday, April 20. Paint the perfect picture of your beloved fur baby; open to all ages (even kids).



Try a new type of Old-Fashioned with Three Knock Bourbon, simply syrup, and bitters. (Photo courtesy of Four Finger Distillery)

**Hours:** Sunday, noon-8 p.m.; Tuesday through Thursday, 4-10 p.m.; Friday and Saturday, noon-11 p.m. Address: 630 Virginia Ave., Indianapolis. For more information, call 317-974-9862 or go to [fourfingerdistillery.com](http://fourfingerdistillery.com)

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## LIFESTYLE

## Movie madness

## HUMOR

By Dick Wolfsie

My wife is never late for the movies. She is convinced that there will be traffic, no place to park, and it will be sold out. None of this is ever true, but we leave early and end up sitting in an empty theater with a huge bag of popcorn, looking at commercials for 20 minutes. And waiting for the previews. Mary Ellen loves previews.

But I hate previews. I can't give you one logical explanation as to why I dislike them so much. I sometimes sneak into a different movie and watch another film for a few minutes while I wait for our film to begin. And I take the popcorn.

Last week, my adult son wanted to see the new Ghostbusters flick. My wife thought it would be fun for both of us to go with Brett. Mary Ellen said we should all leave early to ensure we got good seats. I

wasn't falling for it. It was a Tuesday night, and I knew the theater would be empty. This was just Mary Ellen's ruse to see all the previews. "I'll meet you there," I told her. "Keep your cell phone on, and you can text me what row you are sitting in when I arrive late."

"One ticket for Ghostbusters, please, the 5 p.m. show," I told the ticket seller when I arrived at exactly 5:10 p.m. I had timed this perfectly. The feature would soon be starting. I wouldn't have to watch previews.

"There's no Ghostbusters at 5 p.m.," said the young man. "How about the 5:30 movie in 3-D?"

I assumed that's where they were. I grabbed my 3-D glasses and walked into the theater. It was more crowded than I thought. I didn't see my wife or son. I sent a text to Mary Ellen.

"Where r u guys?"

"Eighth row, dead center."

"I don't c u."

"Meet me at the concession stand," said Mary Ellen.

I waited and waited. Another text from Mary Ellen. "Where are you?"

"I am at the IMAX in Noblesville. That's where we usually go."

"I told you United Artists on 96th Street." This was the biggest mix-up in our marriage since our wedding day in Chicago in 1980 when I was at the Ambassador East Hotel having a few drinks and everybody else was at the Ambassador West wondering where I was. I should have read the invitation more carefully.

I went back inside the theater. By this time, the movie had already started so I had no idea what was going on in the story. It was a Hobbit movie. Usually, I lean over and ask my wife or son to explain stuff, but I couldn't because they were in Indy, and I was in Middle Earth. I texted Brett with a question. ...

"Who's shorter, the dwarves or the

elves?" I kept peppering him with questions about Gollum, Thorin, Bilbo, and Gandalf. I wasn't sure who to root for in the battle scenes.

At home a few hours later, Mary Ellen said she was concerned I was spacier than ever. I vehemently denied that. That night when we got ready for bed, Mary Ellen told me that now was probably a good time to take off my 3-D glasses.



Dick Wolfsie's weekly humor column is published in more than 30 newspapers. Dick has written 14 books, including *Mornings with Barney* and *Indiana Curiosities*. His newest book, *The Right Fluff*, is a compilation of his most popular humor columns. He lives in Fishers with his wife Mary Ellen and a cat who doesn't like him.

## Beware the mulch volcanoes!

### GARDENING

By John Chapin

One of the first activities of spring gardening is mulching. The benefits of mulching are many. The most important is moisture retention in the soil, reducing watering needs during hot, dry spells. This is especially important when planting new shrubs and trees, even perennials and annuals. Keeping the soil cooler and moist during hot weather reduces stress on both newly planted and established plants. Organic mulch, made from natural materials, slowly breaks down to enrich the soil and feed the plants. There is a huge variety of mulching materials available on the market. Most any material can be used as mulch. Bark (a byproduct of the timber industry), utility crew wood chips, clean wood pallets, leaves, compost, and even grass clippings (with no herbicides) can all be used. Exterminators always recommend that absolutely no organic mulch be used up against the house, which is needless overkill. I've used wood mulch around my home on wooded acreage for many decades, with absolutely never an insect problem. Once, I even found termites in an old, rotting pile of firewood literally just a few feet from the house, but not one termite living in the mulch. Ground up wood pallets and other (untreated) lumber make great mulch. Just be certain

that it's made from "clean" pallets that have not been contaminated by chemicals or other toxic liquids. Note: Avoid rubber mulches made from ground up tires, found to contain toxins, heavy metals, and other undesirable components. Organic mulches should never be spread more than 4 inches thick. It will settle somewhat, down to 3 inches or so, which should be good for at least a year. Any deeper will encourage anaerobic mold, which is quite nasty and potentially harmful to plants. Finally, some homeowners and poorly trained landscaping crews are guilty of creating "mulch volcanoes" around trees and shrubs, in addition to spreading mulch way too deeply on landscape plantings. Mulch piled up around tree trunks causes bark rot, which leads to disease and insect problems which can actually kill shrubs and even good-sized trees. Correctly mulched, a 4-inch layer of mulch should be spread with the mulch pulled away a few inches from the trunk of the tree, forming a "doughnut" of mulch, not a volcano!

Happy gardening!



John Chapin is a retired school teacher and sole proprietor of Chapin Landscaping. He has over 30 years' experience in the landscaping business. Contact him at [jchapinlandscaping@gmail.com](mailto:jchapinlandscaping@gmail.com)



## Visiting the Greek Isles

### TRAVEL

By Amy Maharas

As someone with over 30 percent Greek ethnicity, going to Greece was always on my travel to-do list. Last summer it became a reality! My husband and I traveled with good friends to Athens and enjoyed a seven-night Greek Isles cruise. To say it was amazing is an understatement!

If Greece is on your bucket list, you have options. A cruise is a great way to see multiple locations in Greece without having to unpack and repack suitcases. Most Greek Isles cruises leave from Athens (other departure ports are available) and hit well-known locations like Santorini, Mykonos, and Rhodes. You'll get a taste of Greek culture (both figuratively and literally), and some ships even stay overnight in a location so you can experience the nightlife (ours included an overnight in Mykonos).

Not keen about being on a ship? Consider a tour with a small group tour company. Lodging, transportation, and most meals are included, and you'll be able to enjoy multiple locations without having to do the planning yourself. Be sure to book with a company that offers local guides as well as company guides. Contact a local travel advisor for suggestions!

Want to dig deeper into Greek culture? Choose an island or two (there are more than 200), rent a villa, hire a personal chef and driver, and live it up. No matter how you visit Greece, you won't regret it!



Amy Maharas is a travel planner with Hi Ho Vacations. Contact her at [Amy@HiHoVacations.com](mailto:Amy@HiHoVacations.com)

### 2024 Dash By the Past 5K to be held April 13 in historic Meridian Street in Indianapolis

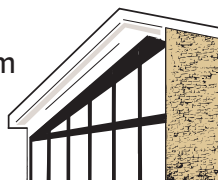
St. Margaret's Hospital Guild and Stock Yards Bank & Trust are teaming up for the 2024 Dash By the Past 5K on Saturday, April 13 running down historic Meridian Street in Indianapolis.

Funds raised from the upcoming race will support the John and Kathy Ackerman Mental Health Professional Development Center at the Sandra Eskenazi Mental Health Center. In partnership with local universities, the Ackerman Center aims to increase the number of dual-licensed clinical social workers and clinical addiction counselors in central Indiana. The racecourse will take dashers down historic Meridian Street that will be closed to automobile traffic, a rare occurrence that will allow participants and their cheer squad to take in the beauty of the area's historic homes and businesses. The race begins and ends at the Meridian Restaurant & Bar at 5694 N. Meridian St. Each registered participant receives a T-shirt and a gift certificate for a free SIMPLICITY Cold Pressed Juice at Meijer with prizes awarded for first, second, and third place male and female finishers. Children through age four do not need to be registered. For more information, visit [runsignup.com/Race/IN/Indianapolis/DashbythePast](https://runsignup.com/Race/IN/Indianapolis/DashbythePast).



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**Terry Fredrick Bartley**

Terry Fredrick Bartley died March 25, 2024. Survivors: sons, Christopher and Joshua Bartley; many grandchildren and great-grandchildren. He was predeceased by his wife, Anna Gilbert. Services: April 7, noon-3 p.m., Little and Sons Funeral Home, 1301 Main St., Beech Grove.

**Steven Wayne Butcher**

Steven Wayne Butcher, 57, Indianapolis, died March 19, 2024. Survivors: parents, Charlene and Lawrence Butcher; brother, David (Barb) Butcher, sister, Laurie (Brett) Lundy; soulmate, Julie McVey. Visitation: Friday, April 5, 4-8 p.m., Little & Sons, Beech Grove, and Saturday, April 6, 10-11 a.m., Holy Name Catholic Church, Mass, 11 a.m.

**Carolyn Sue (Wayman) Clark**

Carolyn Sue (Wayman) Clark died March 24, 2024. She had three siblings: Ernie, Patty, and Gail. Carolyn married David Clark. Children include Tim, Steve, Lisa; 12 grandchildren; two great-grandchildren. Visitation: April 14, 3-5 p.m., Forest Lawn Funeral Home, Greenwood. Graveside funeral: April 15, 10 a.m., Forest Lawn Memory Gardens, Greenwood.

**Patricia L. Davaney**

Patricia L. Davaney, lifelong Indianapolis resident, died March 30, 2024. Survivors: sons, Charles T. (Debra) and Gary W.; predeceased: husband, Hassell (Jim) Davaney; and sister, Phyllis Wade (Cummins). Private family funeral services. G.H. Herrmann Greenwood Funeral Home at The Gardens at Olive Branch has been entrusted with the arrangements.

**Kainan Lyle Davis**

Kainan Lyle Davis died March 29, 2024. He was born Feb. 2, 2024, to Noah and Kylie Davis (they survive). Other survivors: siblings, Nohlee, Karsynn, Nylah; grandparents; great-grandparents; extended family. Visitation: April 7, 2-3 p.m., service at 3 p.m., O'Riley - Branson Funeral Service & Crematory in Indianapolis.

**Apolonio Hortinela Deximo**

Apolonio Hortinela Deximo, 76, Indianapolis, died March 25, 2024. Survivors: wife, Edna; children, Alain John Deximo (Allison), Mark Anthony Deximo, and Christina Ann Deximo (Alicia); five grandchildren. Arrangements: O'Riley - Branson Funeral Service & Crematory.

**Gloria Gonzalez**

Gloria Gonzalez, 66, died March 28, 2024. Survivors: husband, Fernando; four children, Nita, Tim, Chrissy, and Joe; grandchildren, Kayla and Mariah. Visitation: Friday, April 5, 11 a.m.-1 p.m., G. H. Herrmann Funeral Home

and Cremation Center at The Gardens of Olive Branch, 1605 S. State Road 135, Greenwood, IN.

**Kenneth "Ray" Groenert, Jr.**

Kenneth "Ray" Groenert, Jr., 61, Indianapolis, died March 29, 2024. Survivors: parents, Jane and Kenneth Groenert, Sr. Predeceased: grandparents, George and Golda Groenert, George and Ruth Herzog. Visitation: Friday, April 5, 1-2 p.m., G. H. Herrmann Madison Avenue Funeral Home and Cremation Center, 5141 Madison Ave., Indianapolis.

**Susan Lynn Hendrix**

Susan Lynn Hendrix died April 1, 2024. Survivors: daughter, Tiffany (Franklin) "Kevin" Ma; two grandchildren; brothers, Dean Hendrix, Jim "Judy" Hendrix; extended family. Predeceased: parents, Thomas, Generose; brothers, Terry, Thomas, Michael. Service: April 5, 11 a.m., Little Flower Catholic Church, 4720 E. 13th St., Indianapolis. Arrangements: O'Riley - Branson.

**James Gunnar Lawson**

James Gunnar Lawson, 34, Greenwood, died March 26, 2024. He was born in Indianapolis, to Tony and Catherine Lawson (they survive). Other survivors: wife, Tori; son, Waylen; sisters, Alyssa and Tiffany; in-laws; nieces, nephews; aunts, uncles; grandmother, Donna Weigleb. Predeceased: grandparents, Jerry and Theresa Switzer; grandmother, Judy Lawson. G.H. Herrmann.

**Rebecca D. Lynch**

Rebecca D. Lynch, 69, Indianapolis, died March 28, 2024. Rebecca married Donald Lynch. Survivors: son, Timothy; brothers Ralph (Joan) Poteet, Gary (Alice) Poteet, and Richard Poteet. Visitation: Thursday, April 4, noon to 2 p.m. service, Forest Lawn Funeral Home. Rebecca will be buried at Forest Lawn Memory Gardens.

**Tana Kathleen McKinney**

Tana Kathleen McKinney, 80, Indianapolis, died March 30, 2024. Visitation: 4-8 p.m., Friday, April 5, G. H. Herrmann Madison Avenue Funeral Home and Cremation Center, 5141 Madison Ave., Indianapolis. Funeral services: 11:30 a.m., Saturday, April 6, at the funeral home. Burial: New Crown Cemetery.

**Ruth A. Messer**

Ruth A. Messer, 86, Greenwood, died March 28, 2024. Survivors: husband, Harold "Art" Messer; sons, Mark and Jeff Messer; six grandchildren, Stephanie, Courtney, Erika, Kyle, Adrew, and Maria; five great-grandchildren, Maddox, Blakely, Ledger, Cash, and Jamison; and a brother, Bill Agan. Predeceased: sister, Mary Poehler. Forest Lawn Memory Gardens.

**Mary Lou Murphy**

Mary Lou Murphy, 81, Indianapolis, died March 27, 2024. Survivors: son, Tony (Connie) Clements; sister, Ann (Wallace) Russell; grandchildren, Angel (Andrew) Zinser, Summer (Dustin) McDonald, Ashlee (Chuck) Odom, Jamey Oskins, Tony Clements, Kara Clements, and her companion Jim Lloyd. Little & Sons Beech Grove.

**Narciso "Cheeso" Gabriele Povinelli**

Narciso "Cheeso" Gabriele Povinelli, 89, died March 28, 2024. Survivors: brother, Frank; daughters, Debi, Ruth; son, Anthony; eight grandchildren; "bonus" grandchildren; many great-grandchildren. Predeceased: wife, Julia; two brothers; infant sister. Mass of Christian burial: Friday, April 5, 10 a.m., St Jude Catholic Church, Indianapolis. Arrangements: G. H. Herrmann Funeral Home.

**Rudell "Rudy" Richardson**

Rudell "Rudy" Richardson, 84, Greenwood, died March 27, 2024. Survivors: wife, Susan (Kirtley); daughter, Kimberly (Dane) Houchin; three grandchildren; six great-grandchildren. Predeceased: daughter, Tamara Richardson; brothers, Ron and Don Richardson. Private family services, G. H. Herrmann Greenwood Funeral Home at The Gardens of Olive Branch.

**James Lee Rodocker**

James Lee Rodocker, 79, Indianapolis, died March 30, 2024. Survivors: wife, Brenda Sue (Himelick) Rodocker; children, Lori Ann Shelley (Kevin) and Jason Lee Rodocker (Lisa); four grandchildren; and sister, Elaine Jenkins (Doug). Visitation: Tuesday, April 9, 10 a.m. -1 p.m., service at 1 p.m., Forest Lawn Funeral Home.

**John Daniel Sullivan**

John Daniel Sullivan, 83, Indianapolis, died March 30, 2024. Survivors: wife, Anita; children; Scott (Lori), Julie (James), and Paul (Lynette); siblings, Michael and Sandy; seven grandchildren. Visitation 6-8 p.m., Tuesday April 9, Little and Sons Beech Grove Chapel. Mass: Wednesday, April 10, 11 a.m., Holy Name Catholic Church.

**Rose Mary Venezia**

Rose Mary Venezia, 94, Indianapolis, died March 29, 2024. Survivors: children, Frank, Antoinette, John; six grandchildren; four great-grandchildren. Predeceased: husband, Angelo; four brothers; three sisters. Visitation: Friday, April 5, 8:30-9:45 a.m., O'Riley - Branson Funeral Service & Crematory, Indianapolis; Mass of Christian Burial: 10:30 a.m., Holy Rosary Catholic Church, Indianapolis.

*Basic death notices (up to 50 words) are printed free of charge. Personalized Obituaries exceeding 50 words will be charged at a rate of \$12 for the first 60 words and 10 cents for each additional word. Full-color photographs may be included for an additional \$10. Families/estates or funeral directors are encouraged to send obituaries and photos to [news@ss-times.com](mailto:news@ss-times.com). Information received by noon Tuesday will be published Thursday, space permitting.*



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\*Copies of The Southside Times are available each week in this church's office or lobby.

✠ **CATHOLIC**

\***Good Shepherd Catholic Church** • 2905 S. Carson Ave., Indpls. | (317) 783-3158 | Rev. Jeffery Moore, Sac. Minister | Sat. Mass: 4:30 p.m. | Sun. Mass: 9 a.m. | Ordinarate Rite 11:00 a.m. | Completely Handicapped Accessible | All Welcome!

**Holy Name of Jesus** • 89 N. 17th Ave., Beech Grove | (317) 784-5454 | Rev. Robert Robeson | Worship Times & Anticipation Sun.: 8:00 & 10:30 a.m. | Sat. Mass: 5 p.m.

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

✠ **BAPTIST**

**Garfield Park Baptist Church** • Meets at 2560 Villa Avenue, Indianapolis, IN 46203 | (317)-784-7068 | Worship Service at 11 a.m.

**Southwood Baptist Church** • 501 S. 4th Ave., Beech Grove | 317-786-2719 | Proclaiming Christ because we care | Pastor John C. Jones II | Sunday worship 10:45 a.m. | Sunday school 9:30 a.m.

✠ **DISCIPLES OF CHRIST**

**First Christian Church of Beech Grove** • 405 Main Street, Beech Grove, IN 46107 | (317) 786-8522 | In Person on Sundays at 10:30 or Zoom, same time: 121 813 648

✠ **LUTHERAN**

**Calvary Lutheran Church & School** • 6111 Shelby St. Indianapolis | clcs.org | (317) 783-2000 | email: info@clcs.org | Worship — Traditional: Sat. 5:30 p.m. & Sun. 8:00 a.m.; Contemporary: Sun. 10:45 a.m. | Sunday School & Bible Study: 9:25 a.m. | Engaging People In Christ through Connecting, Learning, Caring and Serving

\***Concordia Lutheran Church and Preschool** • 305 Howard Road, Greenwood | (317) 881-4477 | Worship Sun.: 9:30 a.m. | Mon.: 6:30 p.m. | concordia-lcms.org

✠ **NON-DENOMINATIONAL**

**Tallwood Chapel Community Church** • 5560 S. Shelby St., Indpls. | (317) 787-5595 | The Gospel is a seed - come grow with us | Worship with us Sundays 10:30 a.m. Wed. 7 p.m. Prayers are with you during this time | BIBLE CHURCH, Ministry of HOLY WORD

✠ **SPIRITUALIST**

**The Spiritualist Church of Indianapolis** • 3020 S. Meridian St. Ste. E & F, Indianapolis 46217 | Sun.: 6:30 p.m. | TSCOL.org

✠ **UNITED CHURCH OF CHRIST**

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

✠ **UNITED METHODIST**

**Rosedale Hills United Methodist** • 4450 S. Keystone Ave., Indpls. | (317) 786-6474 | Email: officercerhumc@att.net | Senior Pastor Amy Lee | Sun.: 9:30 a.m. | Sunday School: 10:45 a.m. | rosedalehillsumc.com



*Weekly Devotion*



*Thy kingdom come, Thy will be done, on earth as it is in heaven.*

**MATTHEW 6:10**

The kingdom of God is a key element of the teachings of Jesus in the New Testament. The major difference in how I saw the world when I was not a child of God, and how I see the world now that I am Christian, is that with Jesus as my savior, I no longer see the world with my physical eyes. As a Christian I now walk in the kingdom of God here and now, allowing my faith to be my sight. I have learned that we do not need to wait till we leave this world behind to know what it is like to walk in the kingdom of God. When God's will is done here on earth and within our hearts, we find ourselves walking in His kingdom now. Although the devil may have dominion over this world below, when God reigns in our hearts and we do His will, His kingdom draws near, and He reigns even in the devil's dominion. When Jesus rose from the tomb on

Resurrection Sunday, He showed us the way to overcome death, the devil, and the grave. He showed us that life does not end when we close our physical eyes of this world, and He showed us that if we will die to our worldly desires now and walk with the Spirit of God in our hearts, then as His will is done in our lives, and we allow faith to be our sight, we can walk in the kingdom of God! You don't have to wait till you leave this world behind to know if heaven is real. The gates to His kingdom are within your heart. You can open them now!

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

Pastor Dan Bailey is the chair of the Mayor's Faith Based Round Table for the City of Beech Grove, who believes in its mission statement to "Strengthen the Community with Christ's Love." He is a lifelong resident of Southside with his wife, four children and five grandchildren. He has also been a criminal investigator for the last 30-plus years for the Public Defender Agency.

**Public/Auction**

**Auctions**

**PUBLIC NOTICE AUCTION OF PROPERTY BY Nick's Packing And Storage LLC.** Public auction of personal property including household goods, furniture, non-perishables, belonging to the following persons: Bobby Williams, Unknown, Eren Davis, Nicole Airhiagbonka, Dacia Sawyer On Thursday April 18, 2024 at 6:30PM The location for the auction is: Mike Heimel Auction Services 59 N. 2nd Ave, Beech Grove, IN 46107 PURUSANT TO IC 32-31-4-4, IC 32-31-4-5, IC 26-1-7-210(B)(5)

Public Auction 6025 Madison Ave @11am on 4/19/24 2012 GMC Acadia VIN 1GK-KVRED8CJ260059 starting at \$2545.14

Public Auction 8125 W 10th St @10am on 4/19/24 2013 Freightliner Cascadia VIN 3AKJGDR5DSFH4779 starting at \$2250.00

**Public/Auction**

**Auctions**

Public Auction 8634 Brookville Rd @12pm on 4/19/24 2014 Kenworth 310 VIN 1XKYDP9X3EJ407283 starting at \$6450.00; 2000 Stoughton Trailer VIN 1DW1A5322YS405587 starting at \$2250.00; 2013 Freightliner Cascadia VIN 1FUJGLDRXDSBR8280 starting at \$15250.00; 2012 Freightliner Cascadia VIN 1FUJGLDR0C-SBA3980 starting at \$6000; 2018 Freightliner Cascadia VIN 3AKJGLDR7JSHY0119 starting at \$20498.96; 2014 Freightliner Cascadia VIN 1FUJGLDV7ELFV4337 starting at \$29695.84; 2009 Peterbilt VIN 1XPHD49X79D787791 starting at \$36234.00; 2013 freightliner Cascadia VIN 1FUJGLDRXDSBA4099 starting at \$11000.00

Public Auction 8125 W 10th St @10am on 4/19/24 2013 Freightliner Cascadia VIN 3AKJGDR5DSFH4779 starting at \$2250.00

Public Auction 8125 W 10th St @10am on 4/19/24 2013 Freightliner Cascadia VIN 3AKJGDR5DSFH4779 starting at \$2250.00

**Public/Auction**

**Auctions**

**PUBLIC NOTICE AUCTION OF PROPERTY BY Nick's Packing And Storage LLC.** Public auction of personal property including household goods, furniture, non-perishables, belonging to the following persons: Ebony Crawford, Sayguan D Vance, Tabitha Schaffer, Lydia Farris, Unknown, On Thursday April 11, 2024 at 6:30PM The location for the auction is: Mike Heimel Auction Services 59 N. 2nd Ave, Beech Grove, IN 46107 PURUSANT TO IC 32-31-4-4, IC 32-31-4-5, IC 26-1-7-210(B)(5)

**PUBLIC NOTICE AUCTION OF PROPERTY BY Nick's Packing And Storage LLC.** Public auction of personal property including household goods, furniture, non-perishables, belonging to the following persons: Marielle Soliman, Helen Mason, Unknown, Cassie Delatte, Adenike Oloyede, Donevyn Bowie, Ashley Leslie, Robert Price, Brandon Cunningham, Trevon Terelle Hoskins, Kayla Hollins, Marcus Hurley On Thursday April 25, 2024 at 6:30PM The location for the auction is: Mike Heimel Auction Services 59 N. 2nd Ave, Beech Grove, IN 46107 PURUSANT TO IC 32-31-4-4, IC 32-31-4-5, IC 26-1-7-210(B)(5)



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<sup>^</sup>APR is Annual Percentage Rate. Offer applies to new home equity lines of credit only. The 3.99% introductory APR is guaranteed for six (6) months from the date of closing. After the introductory rate, the APR will be a variable rate based on the prime rate as published in the Wall Street Journal, plus a margin. The current lowest variable APR available as of 3/18/24 is 8.50% APR, which includes a .25% discount for automatic payment from your IUCU checking account. The maximum APR that can be imposed is 18%. \$50 annual fee waived the first year. Minimum line of credit amount is \$10,000; fee of \$150 applies for approved lines of credit less than \$20,000. Closing cost may apply if title insurance is required. Some restrictions may apply. Contact the Credit Union for membership details. Property insurance is required. Investment mortgages are not eligible for this program. Rates, terms and conditions are subject to change without notice. Loans subject to credit approval.



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