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Mi Sheberach

*a focus
on healing*



Art by Gail T. Roberts

Community Events

Yiddish Discussion Group
Keep your Yiddish *kopf* fresh. Just stop in on the first Tuesday of each month for an informal get together in Yiddish. *A bissel kibbitz, a bissel schtick.* Hosted by Michael Blain and friends. At Arthur M. Glick JCC, first Tuesday of each month (ongoing), 1-2 p.m. No registration; No fee. For more information, call 251-9467.

Israeli Film Series at IHC
Tuesdays, Jan. 6 - 27, 7:00 p.m. Celebrate Israel's 60th birthday by joining IHC for an Israeli film festival. Participants will view an Israeli film each session, then discuss the movie with Marian Garmel, a retired film critic for the *Indianapolis Star*. A variety of films will be selected that may include *The Counterfeiters*, *What a*

Wonderful Place, The Champagne Spy, Beaufort. Facilitators: Marian Garmel and Elaine Arffa. Fee: \$30 IHC members / \$45 nonmembers.

JCC ACE seminar — Promoting Lifelong Heart Health
Seminar sponsored by JCC Adult Education. Heart disease remains the leading cause of death in the United States, even though the majority of heart disease risk factors are preventable through nutrition, fitness and lifestyle modifications. Nutrition, fitness and health expert Dr. Katherine Matus presents tips to promote a healthy heart throughout life. At Arthur M. Glick JCC. Wed., Jan. 21, 7:00-8:30 p.m., \$15 JCC members / \$23 nonmembers. For more information, call 251-9467.

Managing Short-Term Projects
Adult education at Arthur M. Glick JCC. Saturdays, Jan. 24 - Jan. 31 (2 sessions), 1:30-5 p.m. Fee \$70 JCC member / \$105 nonmember. For more information, call 251-9467.

Learn calligraphy
The art of beautiful writing with Ellen Simon. Four separate courses.
Book of Contrasts: All skill levels welcome, but must know at least one of the following alphabets: Italic, Uncial, Foundation, Romans. Mondays, Jan. 26 - March 2 (6 sessions), 12:30-2:30 p.m.
Beginning Italic Calligraphy: No previous experience necessary. Tuesdays, Jan. 27 - March 3 (6 sessions), 9:30-11:30 a.m.
Let's Make Art: Mondays, March 23 - April 27 (6 sessions), 12:30-2:30 p.m.
Continuing Italic: Tuesdays, March 24 - April 28 (6 sessions),

9:30-11:30 p.m.
All classes at the Arthur M. Glick JCC. For fees and more information, call 251-9467.

Cinema Israel!
Israeli movie night at JCC
For all you movie buffs, the Jewish Federation of Greater Indianapolis has launched an Israeli movie night program at the JCC. Each month they will screen a different Israeli film (with subtitles). Discussion, led by our Shaliach Etay Furman, will follow each. Coffee and dessert. Movies show the Israeli culture, Israeli dilemmas, and the best that Israel has to offer. All movies are in Hebrew with English subtitles. Showtime: 7:00 - 10:00 p.m. For more information, visit www.JFGI.org.
Thurs., Jan. 29 - *Yossi & Jagger*
Thurs., Feb. 12 - *Kazablan*
Thurs., March 12 - *Beaufort*

bers. For more information, call 255-6647.

Your Teen and Sex at IHC
Wed., Feb. 4, 6:30-8:30 p.m. Talking to teens (especially your own!) about sex is often an uncomfortable and difficult event. This workshop, facilitated by Marcia Goldstein and Leslie Montgomery of Planned Parenthood, will provide tools to enhance these discussions, help parents acknowledge their child's sexuality and answer questions. Open to every parent, this evening is especially important for families with teens participating in the Derech Torah Sexuality Kallah (Feb. 6 and 7). No fee but registration required. For more information, call 255-6647.

Leggo my Ego: Waking up to Spiritual Enlightenment
Oprah Winfrey has helped popularize the teachings of Eckhart Tolle, the enlightened spiritual master. This class is for those who are familiar with Tolle's *The Power of Now* or *A New Earth* (or similar teachings) and are ready for the next level. To provide context, we'll begin with a brief overview of the history of the Eastern wisdom traditions, but the bulk of this class will be highly experiential, involving guided meditations, inquiry, dialogues, and didactic exercises. You'll master the fundamentals of "enlightened meditation." Brief telephone interviews with the teacher prior to registration are available for those with questions. \$25 materials fee for two books and a CD (at a 30% discount) payable to the instructor at the first class. Feb. 7 - March 7 (5 sessions), Saturdays, 3:15-4:45 p.m. At Arthur M. Glick JCC. Call 251-9467, ext 233 or ACE@JCCindy.org.

Open Mic with Blair Karsch
Are you looking for a way to express yourself? Open Mic Night is the perfect place to read your poetry, play your music and share your talent with an audience! Everyone is invited to participate regardless of age or talent level. If you don't want to perform, come out and support those who do. We are the largest all-city event with a focus on youth expression through spoken word. We also make room for adult performers as the event allows. To find out more, contact On Your Level Youth Project at 317-875-5815 or mstrauss@indy.rr.com.
The next Open Mic night will be Sun., Feb. 1, from 2:00-4:00 p.m. at the Indy Arts Garden at Circle Center Mall, 100 W. Washington St. (cross street Illinois), Indianapolis, 317-631-3301, www.indyarts.org.

Panim el Panim at the BJE
Panim el Panim is a four-day seminar in Washington, D.C., Feb. 15-18, 2009, for 10th through 12th graders across the country, with strong ideals, enthusiasm and a commitment to social change. Students will explore today's more important issues with other Jewish teens as well as lobby members of Congress. For more information, contact the Bureau of Jewish Education at 255-3124.

Environment & Text at IHC
Tuesdays, Feb. 3 and 10, 7:00 p.m. Rabbi Ben Bag Bag said, "Turn it over and turn it over, for everything is in it." Torah, our relationship document with both God and the world, includes *mitzvot* that address our obligations to the earth and environment. Discover how traditional wisdom applies to 21st-century living as we study Jewish text together. Instructor: Cantor Janice Roger. Fee: \$15 IHC members / \$25 nonmem-

Mah-Jongg for Adults (men included!) at IHC
Tuesdays, Feb. 17 - March 24, 7:00 p.m. (6 weeks). Back by popular request! Learn to play

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Mah-Jongg, an exciting game using Chinese tiles. Why at IHC? Originally played by Chinese men, it is now largely played by Jews (and you'll learn why!). Perfect for men and women, singles and couples. Instructors: Julia & Ira Richter. Fee: IHC \$45 members / \$60 nonmembers (includes current Maj card). For more information, call 255-6647.

Jewish Holidays: Basic Judaism Class at IHC

Tuesdays, Feb. 17 – March 24, 7:00 p.m. (6 weeks). Shabbat, Rosh Hashanah, Yom Kippur, Sukkot, Simchat Torah, Chanukah, Tu B'shevat, Purim, Passover, Shavuot – the Jewish year is rich with wonderful holidays. Explore these special times, their biblical roots and history, and contemporary interpretations (including sampling associated foods!). Along the way, learn about the Jewish calendar and how it works. Instructor: Marcia Goldstein. Fee: \$45. For more information, call 255-6647.

The JCC Business Network

Network at the JCC for fun and profit. Build your business. Third Wednesday of each month (ongoing), 6:30–8:30 p.m. at the Arthur M. Glick JCC. Next meeting Feb. 18. Reservations at lrothenberg@jccindy.org, or call Larry Rothenberg at 251-9467, ext 233. No Fee.

Casino Night at Shaarey Tefilla

Join Shaarey Tefilla for their 9th annual Casino Night and

Silent Auction, Feb. 28, 7:30 p.m. Bring a Friend, Hear the Chips, Have some Wine, See the Bling. Early bird special: \$25 until February 7, so get your order in early! For more information, call 733-2169.

How to Play Blues Harmonica

Adult education at Arthur M. Glick JCC. Tuesdays, March 3 – April 7 (6 sessions), 6:30–7:30 p.m. Fee \$51 JCC member / \$76 nonmember. For more information, call 251-9467.

Careers Over 50

Adult education at Arthur M. Glick JCC. Thursdays, March 12 – March 26 (3 sessions), 6–8 p.m. Fee \$30 JCC member / \$45 nonmember. For more information, call 251-9467.

Turning Your Savings into Retirement Income Seminar

Adult education at Arthur M. Glick JCC. Thurs., March 26, 1–2 p.m. Fee \$3 JCC member / \$5 nonmember. For more information, call 251-9467.

IMCPL Meet the Authors Gala

Features Award-Winning Children's Authors!

Families and children are invited to meet their favorite authors and illustrators in children's literature during the "Meet the Authors Community Gala," on Fri., Jan. 30 from 7–9 p.m. at Central Library in the Clowes Auditorium, 40 E. St. Clair Street. This year's special guests include:

Sue Corbett – winner of the International Reading Association Honor and California Young Readers Medal for her book, *12 Again*. A television reporter, mother and baseball fan, her other works include her second novel for children, *Free Baseball*, and as a contributor to the recent children's anthology, *Baseball Crazy*.

Nikki Grimes – bestselling author and multiple winner of the Coretta Scott King Author Award for such children's books as *Jazmin's Notebook*, *Dark Sons*, *Meet Danitra Brown* and *The Road to Paris*. Her most recent children's book is the New York Times bestseller, *Barack Obama: Son of Promise, Children of Hope*, a biography of the president-elect. Her other

popular recent work is *When Gorilla Goes Walking*.

Brian Selznick

– author and illustrator of *The Invention of Hugo Cabret*, which earned him the Caldecott Medal for illustration. He wrote and illustrated *The Houdini Box* and has illustrated such works as *Frindle* by Andrew Clements, *The Doll People* by Ann Martin and Laura Godwin, and *The Dinosaurs of Waterhouse Hawkins* by Barbara Kerley, which received a Caldecott Honor.

The evening's festivities begin at 7 p.m. with presentations from each author. The authors will autograph their works from 7:30 – 9 p.m. Book sales will be provided throughout the evening by Kids Ink Children's Bookstore.

Doors to the Clowes Auditorium will open at 6:30 p.m.

The "Meet the Authors Community Gala" is presented in conjunction with the 2009 Indianapolis Youth Literature Conference, co-sponsored by the School of Library and Information Science, Indiana University – Indianapolis, and Kids Ink Children's Bookstore. Call 275-4099 for more information about this free Library event.

Cancellation notice

The scholar-in-residence weekend with Rabbi Geoff Dennis at IHC, March 20–22, has been cancelled. IHC has many other on-going and winter and spring adult education classes and programs that are scheduled.

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Brahms: *Sonata*
Schubert: Impromptu in G-flat Major
Wieniawski: Fantasy on themes from Gounod's *Faust*



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A Treasure on the Canal

By Riki Rose

Next to the canal, in the heart of Broad Ripple, stands a long-time neighborhood fixture, Good Earth Natural Foods. Packed to the brim with a great selection of health food, organic products, supplements, teas, homeopathic remedies, herbs, essential oils, personal hygiene products, books and so much more, the store has a homey, friendly atmosphere.

It's still what people might call "earthy crunchy." The sales people are helpful, knowledgeable, and ready to go the extra mile for customers. They clearly care about health, even of the ducks, asking many a patron to buy special feed for the ducks instead of giving them bread. It's as if you've stepped back in time, though they are up to date with all the latest products, information and technology.

One of the first health food stores in the city, Good Earth was opened by three high school students and one of their fathers in September 1971. At that time, owner, Bob Land-

man, an Indianapolis native, was an inspector for the board of health. Just back from serving in the army overseas, Landman was very athletic. He was a runner and an avid reader on issues of health and exercise. In his reading, he came upon research by Dr. William Burkett, a surgeon who had studied the aboriginal diet and arrived at a theory that fibrous foods were what were missing from the American diet. "At the time I looked for the healthiest bread I could find in the supermarket and it was Roman Meal Bread. The fourth ingredient was whole wheat."

"My life changed when someone left a bottle of Hain avocado shampoo in my bathroom. I was amazed. It did everything that the commercial products shown on television claimed to do and didn't. It made my hair shiny, thick and full of body. I asked where I could get some, and was directed here." He went to the store and found a lot more than just shampoo. "

I discovered Hain's deodorant, which didn't make me break out or turn my clothes white the way all the other deodorants did. I found that most products on the market were mainly water and alcohol while the products here were filled with great natural ingredients. And I found bread. It was Shilo Farms whole grain bread. Whole great wheat, water, yeast and salt were the only ingredients. I was pretty excited about that. I became a regular shopper here."

In 1973 he heard about an opportunity to become a half owner of the store and he took it. Since 1979 Landman was the sole proprietor. The staff are extremely loyal. They seem to love working there and it's easy to see why. There are about 16 full-time employees, most of whom have been working there for at least a decade. Bob Bennington worked there for over 30 years. "Bob, Steve, Lainy, Ben, Jackie, and Mary Beth are the ones who really run the place. I just pay the bills,"



he joked. "We have some very knowledgeable, interesting, and talented people working here. It's a matter of timing. When a position becomes available, someone gets hired. Often times we hire people with all the qualifications you could possibly ask for. Jackie has a business degree and is very into herbs. She's gone to classes. Debbie was *Indianapolis Monthly's* cooking class instructor of the month.

The variety is quite different than at other health food stores in Indianapolis, with a large selection of kosher foods throughout the store. And somehow they manage to keep the prices down. In addition to those products with hechshers (kosher certification), there are

those listed as vegan and vegetarian. At Good Earth, one can find many organic foods and foods geared for people with different allergies. There are spelt pastas and breads, millet, rice, corn and vegetable pastas, buckwheat soba noodles, and a variety of gluten-free products. There's a large selection of macrobiotic ingredients including many types of seaweed, as well as ethnic favorites including Mexican, Thai, Indian, and Chinese foods. Staples of a vegetarian diet are available from bulk food bins and pre-packaged, such as beans, whole grains, textured vegetable protein, nuts, carob or chocolate chips, and, of course, granola.

Some of the kosher brands (Continued to page IN 6)

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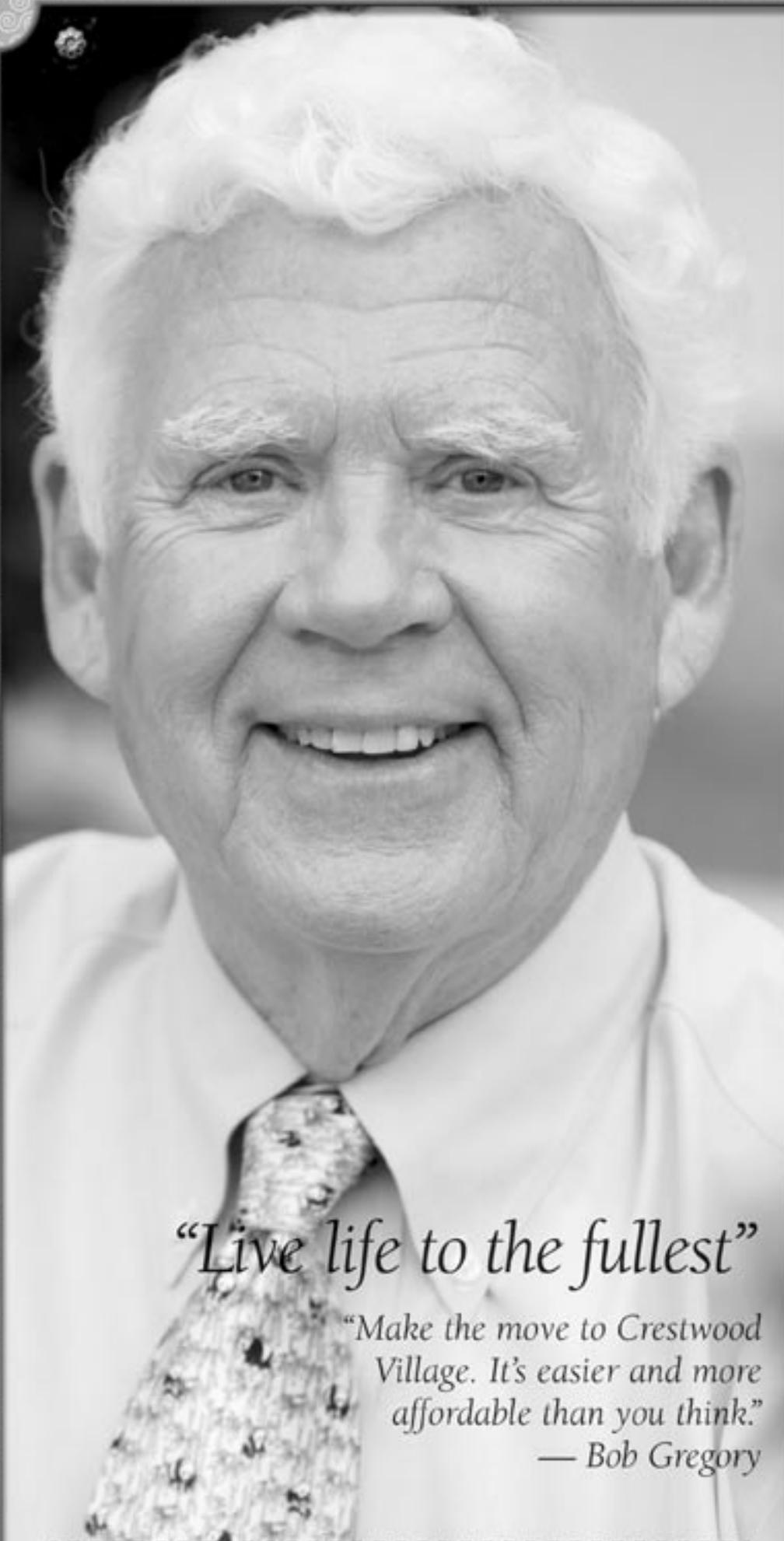


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Obituaries

Milton Edward Hellman, 96



Milton Edward Hellman died in Indianapolis on Jan. 5, 2009 at Hooverwood Nursing Home. Milt was born in Chicago on March 15, 1912 to Nathan and Florence Cohen Hellman and was a graduate of Hyde Park High School. He spent the majority of his life in Chicago, also spending time in Dallas, Texas, and Duluth, Minn.

Milt worked in finance, retiring at the age of 85. He was an avid reader, card player, and lover of ideas. He is survived by loving son, Dr. Richard (Pat) Hellman of Indianapolis; his grandchildren, Dr. Nathan (Claire) Hellman, Catherine (Tim) O'Malley, and Susan Hellman; four great-grandchildren; and siblings, William Hellman, Ethel Lurey and Jane Felixson. Milt was preceded in death by his brother, Paul Hellman; and his sisters, Dolly Amberg and Shirley Seltzer.

A memorial service will be held at a later date. Memorial contributions may be made to Hooverwood Guild, 7001 Hoover Rd., Indianapolis, IN 46260. Arrangements entrusted to Aaron-Ruben-Nelson Mortuary. Online condolences may be sent to www.arnmortuary.com.

Stanley Herman, 85



Stanley Herman, life-long resident of Indianapolis, died on Jan. 10, 2009. Stanley was born to David and Selma (Manner) Herman on Aug. 2, 1923. He graduated from University of Illinois. Stanley served as president of Sigma Alpha Mu fraternity.

Stanley was an Army Air Corps veteran of World War II. He was a staff sergeant, stationed in Italy, completing 26 missions as a tail gunner of a B-17. For over 50 years, Stanley was a builder of apartments and single-family homes. He began Stanley Herman Homes in 1948 and developed properties in Indiana, Illinois, Kentucky, Ohio, Florida and Georgia.

He was a member of Indianapolis Hebrew Congregation, Broadmoor Country Club, and served as the 1985 chairman of the Annual Campaign of Jewish Federation of Greater Indianapolis. Stanley was a 50-year member of Builders Association of Greater Indianapolis (BAGI) and National Association of Home Builders. He was an accomplished woodworking craftsman and an avid pilot.

He is survived by his beloved children, Nancy Herman of Scottsdale, Ariz., and Tom (Janie) Herman of Indianapolis; by Tom and Nancy's

mother, June Herman; his three grandchildren, Lindsay, Hannah and Sophie, and by his devoted companion, Jeanne Wagoner. Stanley's sister, Annette Kaplan preceded him in death.

Funeral services were held on Jan. 12, 2009 in Aaron-Ruben-Nelson Mortuary 1328 West 86th St. Burial followed in Indianapolis Hebrew Cemetery North. In lieu of flowers, contributions may be made to Hooverwood Nursing Home, 7001 Hoover Rd., Indianapolis, IN 46260. Friends may place an online condolence for the family at www.arnmortuary.com.

Harry A. Neumann, 85



Harry A. Neumann, of Indianapolis, died Jan. 11, 2009. Harry was born in Budapest, Hungary, on July 23, 1923 to the late Simon and Ann Neumann. He was a Holocaust survivor, imprisoned at both Auschwitz and Bergen Belsen. After coming to the United States, Harry worked for L.S. Ayres for over 25 years handcrafting fine jewelry; he retired in 1988. He was an accomplished chess player, an avid golfer, and a passionate learner.

Harry is survived by his loving wife of 61 years, Ruth Singer Neumann; son, Gary Steven Neumann (Pamela);

daughter, Vicki A. Neumann; and grandchildren, Lauren S. Neumann, Leah S. Neumann-Vergara, and Logan S. Neumann. Services took place on Wed., Jan. 14 at Indianapolis Hebrew Cemetery North. Memorial contributions may be

made to St. Vincent Hospice, the American Lung Association, or the Jewish Federation of Greater Indianapolis. Arrangements entrusted to Aaron-Ruben-Nelson Mortuary. Online condolences may be sent to www.arnmortuary.com

Canal

(Continued from page IN 4) include White Wave, Garden of Eatin, Westbrae, Casbah, Lundberg, Hain, Lorann Gourmet, Martinellis (Juices), a large selection of Worthington frozen and canned vegetarian textured vegetable protein products, Tofutti nondairy products including cookies, crackers, cream cheese, and ice cream, DeBoles (pastas), Vita Spelt, Eden, Orgran, Eddies Pasta, Barbara's, Food Merchants, which makes organic polenta, Knudson's juices including an unsweetened kosher Concord grape juice, Wild Catch (canned salmon), Crown Prince and Natural Value (tunas). Kosher cookie brands include, Heaven Scent, Josephs, Barbara's Country Choice, Newman's Own, Kashi, Health Valley, Tree of Life and more. There's Bubbie's Saurkraut and pickles, several varieties of Sahara hommus, juices and syrups, breads, crackers, and bulk items. Frozen treats including ice creams, sorbets, soy and other nondairy desserts, including offerings from companies such as Rice Dream, Soy Delicious, Celestial Seasonings, Natural Choice, and Julie's. There's a great variety of alternative sweeteners including brown rice sweetener, barley malt, xylitol, stevia and agave nectar. There are the old standards like carob, honey, aloe vera juice, pollen, tofu, and wheatgrass, and new favorites like blueberry and pomegranate concentrates,

phytofoods, green powders, protein and low-carb shakes, Enzymatic Gensoy, Golden Flax. And they carry Sambucol, a cough and cold syrup made from elderberry extract with echineacea and propolis that is made in Israel.

The layout of the store can be a bit confusing for the newcomer, with separate rooms off one small middle room where the check-out counter is in the center. Through one of the rooms people can go upstairs to find several more rooms filled to overflowing: one with bulk teas, books, another with soaps and personal hygiene products, and yet another with their shoe store featuring "Vegan" Earth Footwear made of Kalso technology and Birkenstocks. You can find cotton tights, scarves, tote bags, and socks made of all natural or recycled materials.

Two of Landman's four children work at the store, daughter Molly, 32, works there full time, while his oldest son, Fritz, a physician, works there part time. It was Fritz who designed their highly successful website and internet-based store. "We do a lot of business over the internet. It's like having an eighth day of the week," expressed Landman senior.

When asked how they decide what to stock, Mr. Landman replied: "We try to please our customers. If we think it's something that fits our philosophy: if it's good for you (and if it will sell), we're happy to stock it. A lot of the suggestions come from our customers."

Good Earth Natural Foods can be found in Broad Ripple across the canal from the old fire station at , 6350 Guilford Ave; Indianapolis, IN 46220. They can be reached at 317-253-3709 or www.goodearth.com.

Editor's note: Bob Landman died in December of 2008. We reprint this article in his honor.

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Delightfully surprised by excellent care

By Mary Ann Yates

Bashing everyone and everything in the medical field seems commonplace today. Some of this is certainly due to our feelings of fear over healthcare costs and trying to meet those needs. These issues have clouded our perception of those who provide direct care to us. Recently, from my doctor's office, I was rushed to the emergency room. It had been several years since I had to have treatment like this. The care I received throughout was stellar, and many of the procedures were improved. And there I was given a private room to encourage family participation. Visiting hours to accommodate the patient not the hospital, (family members were given virtually unlimited access).

On the ride there, Chris, my EMT in the ambulance,

was thoughtful and considerate. The emergency room staff responded immediately with doctors, nurses, and at-my bedside x-rays. The 4th-floor nurses, aides, respiratory therapists, occupational therapists, and physical therapists were patient, kind and considerate, answering all my questions. I had 24-hour access to food. A chaplain visited daily. It seemed as if my every whim was listened to and provided for. The doctors heard my needs and while still standing by my bed, called and informed my family physician how I was. And the "hoodie" that was left by accident was found and returned to me.

Here are some suggestions on how to be a good patient:

- Ask, do not make demands, unless absolutely called for.

- Respect time frames. A quick response is important but we have to anticipate some of our own needs.

- Don't be afraid to be part of your care team.

- Be a team player: Lower the sound on the TV when hospital staff is assisting you. If you have trouble hearing, say so up front and ask care givers to provide their suggestions in writing.

- Above all, the old adage that you get more with sugar than vinegar applies.

A special thanks to Dr. Steven Steinkeller and Carol and the St Vincent's Emergency Room and 4th Floor staff.

Mary Ann Yates is the president of Elder Moves, Inc. She blogs at eldermoves.blogspot.com and can be reached at maryann@eldermoves.net.

Two very special musical evenings from Hadassah

20th Century Composers—Sun., May 10, 7 p.m. at Evan Lurie Gallery, 30 W. Main St., Carmel. The music of Berlin, Arden, Gershwin, and others performed by Dana Goot & Friends, Miriam Wills Scott and Jim Waldmann. Welcome by Rabbi Arnold Bienstock, Congregation Shaarey Tefilla, Carmel.

Richard Glazier—Sun., Oct. 18, 2009, 7 p.m. at Meridian Music's Munger Hall. The world-renowned pianist (and Indianapolis native) will perform "Gershwin Remembrance and Discovery."

Events are part of Hadassah's Jewish American Songbook Series. A dessert reception will follow each

concert in the series. Tickets are \$20.00 per concert (\$10 for students) or the special series rate of \$50.00 (\$30 for students). Seating is limited, so order early! For more information, contact the Indianapolis Chapter of Hadassah, 1040 East 86th Street, Suite 46B Indianapolis, IN 46240; 317-566-9870

Treating patients using holistic dentistry

Dr. Guba and her team practice holistic dentistry, also known as "biological" or "natural" dentistry. As these names suggest, a holistic dentist takes a patient's individual health concerns and overall well-being into very careful consideration when determining a treatment plan.

As a holistic dentist, Dr. Guba understands the importance of a smile that is not only beautiful but also healthy, functional, strong, and long-lasting. She provides advanced technologies and procedures with your health and safety in mind, using mercury-free composite fillings

and digital x-rays, which emit less radiation than traditional x-rays.

Dr. Guba's unique approach to patient care focuses on preventions and she encourages patients to become active and informed participants in their healthcare.

Ishmael Beah to speak at Butler

Ishmael Beah, author of the harrowing memoir *A Long Way Gone: Memoirs of a Boy Soldier*, will speak at Clowes Memorial Hall on Jan. 26 as part of Butler University's Celebration of Diversity Distinguished Lecture Series.

The event begins at 7:30 p.m. Admission is free and open to the public, but a ticket is required. Tickets are available at the Clowes box office: 317-940-6444.

Beah's book chronicles the harrowing years he spent caught up in the civil war in Sierra Leone – first as a refugee, then as a child soldier. *The New York Times* wrote about the book: "Given rudimentary training, an AK-47 and as many drugs as he could consume (amphetamines, marijuana and a toxic mix of cocaine and gunpowder called 'brown brown'), Beah seems then to have gone on a two-year mind-bending killing spree, until he was rescued by some UNICEF fieldworkers and sent to a rehabilitation center in Freetown.

"There, with counseling, care and attention, and the psychological ministrations of a kindly nurse named Esther, Beah's slow return to normality began, further augmented when he was sent to the United Nations with the task of explaining the lot of the child soldier to a baffled and concerned international community. He came to live in the United States, graduating from high school and Oberlin College. *A Long Way Gone* is his first, remarkable book."

Now 28, Beah is a member of the Human Rights Watch Children's Rights Division Advisory Committee and has spoken before the United Nations, the Council on Foreign Relations, the Center for Emerging Threats and Opportunities (CETO) at the Marine Corps Warfighting Laboratory, and many other NGO panels on children affected by the war.

Marion Wright Edelman

Following Beah in the 2008–2009 Diversity Series is Marian Wright Edelman (March 23). Tickets are free for her lecture, which begin at 7:30 p.m. in Clowes Hall.

Edelman is a lifelong advocate for disadvantaged Americans and is the founder and president of the Children's Defense Fund (CDF). Under her leadership, CDF has become the nation's strongest voice for children and families.

She began her career in the mid-1960s when, as the first black woman admitted to the Mississippi Bar, she directed the NAACP Legal Defense and Educational Fund office in Jackson, Miss. In 1968, she moved to Washington, D.C., as counsel for the Poor People's Campaign that Dr. Martin Luther King, Jr., began organizing before his death. She founded the Washington Research Project, a public interest law firm and the parent body of the Children's Defense Fund. For two years she served as the director of the Center for Law and Education at Harvard University and in 1973 began CDF.

(Continued on page IN 8)

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Bob Gregory speaks for Crestwood

Have you noticed the new Crestwood Village spokesperson? Does he seem familiar? That's right; it's Bob Gregory, former WTHR Channel 13 weather man and Coats for Kids spokesman.

You'll be seeing Mr. Gregory's pictures in print, on the web at www.crestwood-living.com and you'll even see him on TV again as part of Crestwood Village's new "Live Life to the Fullest" campaign. What makes this campaign unusual, beyond the use of a true Indiana icon as a celebrity spokesperson, is the fact that several of Crestwood Village's own residents, who truly are living their lives to the fullest, are featured in the print, web, and television advertising.

The residents who are featured in the ad campaign represent thousands of Crestwood residents who live life to the fullest. They truly live in the present, in the moment, and in the now. They don't live life regretting time wasted, but striving to give all they have to give. Crestwood Village is a commu-



nity that encourages all of their residents to celebrate life. There are so many opportunities to learn and try something new, such as take ballroom dancing or line dancing lessons, tai-chi, or Spanish classes. There are even opportunities to travel to new places, such as Gatlinburg, Tenn., or Branson, Mo.

Some Crestwood residents find that living life to the fullest is best done by serving others. They offer their gifts of time, talents and resources. As a true testament to the giving nature

of Crestwood residents, the Indiana Apartment Association recently awarded Crestwood Village with a Prodigy Award for Best Community Service Program, their third in as many years.

Crestwood Living really does mean living life to the fullest – enjoying friends and having the freedom to do all of the things you like best. It's comfortable, affordable senior living where one low monthly payment includes all utilities, free bus transportation, social

activities, events and much more. To find out more call their toll free number 877-202-0994 or log on to www.crestwood-living.com

Beah

(Continued from page IN 7)



Mickey's Corner with Christel DeHaan



Mickey Maurer welcomes Christel DeHaan, world-renowned business woman and philanthropist to the highly successful Mickey's Corner interview

program at the Arthur M. Glick JCC. Get to know this very special woman. Remember, it's always cozy in Mickey's Corner. Wed., Feb. 4. Doors open at 6:30 p.m. / Program begins at 7:00 p.m. \$5 Early register is recommended. For more information, call 251-9467.

Her awards include the Albert Schweitzer Humanitarian Prize, the Heinz Award, and a MacArthur Foundation Prize Fellowship. In 2000, she received the Presidential Medal of Freedom, the nation's highest civilian award, and the Robert F. Kennedy Lifetime Achievement Award for her writings, which include eight books.

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MAINTAIN YOUR BRAIN
Thursday, January 29
6:00 - 7:00 pm

GRAND BUFFET
(*rsvp required*) Bring your Family
Sunday, February 1
11:30 am and 1:00 pm

VI WALKER SILVER
Eric Lausch, Silver Appraiser
Sunday, February 1
1:00 - 4:00 pm

SHARPENING THE MATURE
DRIVERS SKILLS
Thursday, February 5
6:00 - 7:00 pm

TRUSTS, WILLS
Natalie Schabler, J.D., CFP
Thursday, February 12
6:00 - 7:00 pm

WHEN TO GET THE CAR KEYS?
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PLANNING, Eugene Ziobron, JD., CFP
Living Wills, POA, DNR, Avoiding Inheritance Tax
Thursday, February 26
6:00 - 7:00 pm

GROWING UP UNDER THE SWASTIKA
- Josefa Crowe
Author and Storyteller
Thursday, March 12
6:00 - 7:00 pm

ALL Events are FREE and OPEN TO THE PUBLIC



For more information, contact:
anne@morningsideofcollegepark.com

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