

Mays Chemical celebrates 40 years

Mays Chemical Company, which supplies chemicals to manufacturers in the auto, pharmaceutical, food and beverage industries, recently celebrated its 40th anniversary with an outdoor celebration featuring food, games and entertainment. Local employees were treated to food from Italy, China and Mexico catered by Stargazer Inc. Grub-Hub delivered food to remote employees.

Founded in 1980 by William “Bill” Mays, Mays Chemical Company was a one-man operation and grew to become the 42nd-largest minority-owned business in the country by 2018, according to Black Enterprise.

Black Enterprise recognized Mays

Chemical Company as its Company of the Year in 2001. The company also exceeded \$200 million in sales for the first time in 2008.

“Mays Chemical is proud to celebrate 40 years in business,” President Kristin Mays-Corbitt said. “Since 1980, our focus has been to be a world class chemical and ingredient distributor as well as a world class employer and community partner. We look forward to continuing to serve our customers, employees and community for many, many years into the future. This was Bill Mays’ vision, but it could not have been accomplished without many, many individuals who share his vision and his dedication to be one of the best companies in the world.”

In addition to celebrating its 40th anniversary, Mays Chemical honored employees for their years of service. Mays-Corbitt celebrated her 25th year with the company. Mays-Corbitt’s mother, Dr. Rose Mays, presented Mays-Corbitt with her service award.

Those honored for their years of service were:

- Bonnie Mack, 5 years
- Austin Putnam, 5 years
- Hahns Van Overbeek, 5 years
- Korbin Mays, 10 years
- Roger Reyna, 15 years
- Jeanette Jones, 20 years
- Kevin Wood, 20 years
- LaDonna Drye, 25 years
- Julie Brown, 35 years



(L to r) Dr. Rose Mays, Jeanette Jones and Kristin Mays-Corbitt (r). Jones was honored for 20 years of service.

Celebrating 125 years
From the Recorder Archives
FRIDAY, JULY 15, 2016



African-American voting demonstrators

Archive: The impact of election laws

By BRANDON A. PERRY

Dallas County Sheriff Jim Clark points a billy club and electric prod as he tells African-American voting demonstrators to move from in front of the Dallas Courthouse.

In recent months concerned activists, journalists and officials have spoken out against what they call the strongest effort to suppress voting rights since the Jim Crow era.

Several states have passed or proposed laws that require citizens to show photo identification before voting, limit options to vote early and tighten restrictions on independent organizations trying to register voters.

“It does appear to be a drive to suppress the vote not just in Indiana, but across the country, because a lot of new laws are being passed,” said Homer Smith, chairman of the political action committee of the Greater Indianapolis Branch of the NAACP. “It seems like anything that makes it convenient for the voter is being challenged today.”

Marion County Clerk Beth White, who oversees local elections, agrees. “This is bigger than Marion County, and it is broader than Indiana,” White, a Democrat, said. “This is a nationwide effort to restrict access to the vote.”

White noted that county election officials around the nation are concerned about the potential impact of election reform laws, particularly those presented in states where Republicans have significant influence.

In May, Florida Gov. Rick Scott, a Republican, signed into law a proposal that would reduce the number of days available for early voting and impose fines on independent groups registering voters if they do not process registration forms within 48 hours, instead of the current 10-day

Read the rest of this article at
indianapolisrecorder.com.

‘THERE’S HELP OUT THERE’: Mental health conversation keeps moving forward

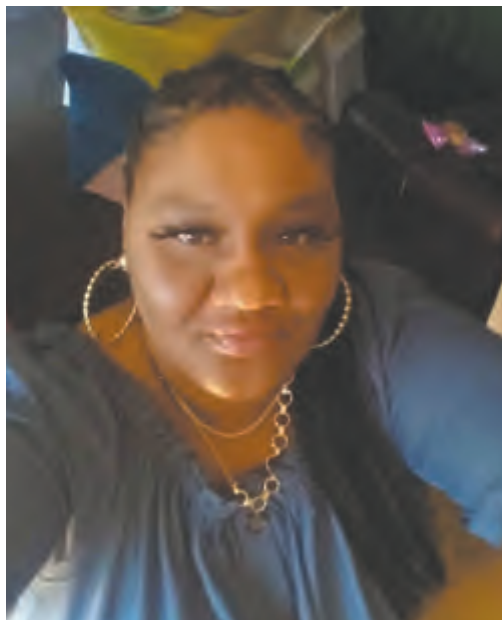
By BREANNA COOPER
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When Latricia Hanyard’s son was murdered in 2013, she began noticing symptoms of depression. She began isolating herself and felt a deep sense of loneliness, but she never experienced any suicidal thoughts. Based on what she had always heard about depression, if you don’t want to hurt yourself, you don’t need help.

“I never told a doctor, or told anyone,” Hanyard, 47, said. “I just handled it on my own, because I thought that’s what you were supposed to do.”

When Hanyard was approached about working on a Youth and Caregiver Mental Health Workshop, hosted by the National Alliance on Mental Illness (NAMI) of Greater Indianapolis, she realized she wasn’t alone in how she felt.

See **HELP**, A2▶



For years, Latricia Hanyard believed the stigma surrounding depression. Now, she plans to speak to her doctor for the first time about her symptoms. (Photo provided)

WHERE TO GET HELP

These are not all of the resources available in the Indianapolis area. Talk to a physician or search the internet for other options.

Franciscan Behavioral Health

Franciscan Behavioral Health offers inpatient and outpatient services. Inpatient programs include family sessions, occupational therapy, and individual and group psychotherapy. Outpatient treatment is recom-

mended for those who have increased anxiety, a lack of interest in activities that used to bring pleasure and a depressed or sad mood.

- **Where:** 8111 S. Emerson Ave.
- **Contact:** 317-528-5000
- **Website:** franciscanhealth.org

Indiana Center for Children and Families

Indiana Center for Children and Families offers assessment, counseling

and therapeutic services for children and adolescents. The services for children are designed to address attachment and bonding, trust-building, respect, self-worth, caring and kindness. Therapists are experienced in issues including anxiety, depression and attention deficit disorder.

- **Where:** 1431 N. Delaware St.
- **Contact:** 317-631-2000
- **Website:** indcenter.org

See **RESOURCES**, A2▶



‘Tough Guy Syndrome’ is bad for mental health

By TYLER FENWICK
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In 2013, a group of researchers tried to solve a problem when it comes to understanding mental health for African Americans.

Research that was focused on African Americans with mental illness had been increasing, they found, but there wasn’t enough to address the differences between how men and women differed in beliefs, attitudes and coping.

Their findings, published in Nursing Research, concluded men were less likely to believe professional treatment could help control mental illness. They also found young men were much less likely than young women to seek help and be open about their mental health issues.

Why is that?

George Middleton, a therapist, thinks part of the problem is the idea that Black men have to be tough. Toughness, he said, is on one end of the spectrum of responses to trauma

See **GUY**, A5▶

Gender roles affect mental health, too

By BREANNA COOPER
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Before attending a mental health workshop, Latricia Hanyard didn’t know what she was feeling could be depression.

Hanyard, 47, began experiencing symptoms in 2013 after her son, Dontrell, was murdered.

“I was so lonely, but I didn’t want to be bothered with people,” Hanyard said. “I was scared all the time.”

According to a study from Johns Hopkins University, women are twice as likely as men to experience depression. Black women, however, are half as likely as white women to seek help for their symptoms.

Dr. Carrie Dixon, president of the Indiana Association of Black Psychologists, said there’s a historical reason for this. Medical mistreatment against Black patients and mistrust toward health care professionals within the Black community, Dixon said, makes African Americans hesitant

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HELP

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“It was a real open environment,” Hanyard said of the workshop. “I learned how to cope with depression, and learned how to talk about what I was going through so I can get help.”

Hanyard, who hadn’t felt depressed before the death of her son, said the workshop helped her learn that depression can be triggered by trauma, as well as external situations, such as a pandemic.

“I learned a lot about what everyone is going through,” she said. “There’s help out there, and there are people willing to listen.”

Hanyard said she plans on discussing her symptoms with her doctor for the first time soon. Unfortunately, a study from Community Partners in Care found that just 1 in 3 African Americans nationwide seek help for mental health symptoms.

‘They’re tired of suffering in silence’

Experts who advocate for more open conversations about mental health say the stigma has lessened for African Americans, although they also agree it’s still a problem.

Beatrice Beverly, board president of NAMI of Greater Indianapolis, credits more ad campaigns and individual African Americans who are willing to be more open about their mental health

struggles.

“They know it’s not just them,” she said. “They’ve been frustrated in silence. Now they have allies out there.”

There probably aren’t enough allies, though, as advocates worry that mental health care practitioners aren’t culturally competent enough. The American Psychological Association — with more than 121,000 researchers, educators, clinicians, consultants and students — was only 2% Black as of 2017.

NAMI targeted 50 families for its workshops, Beverly said, and 23 had completed it as of Sept. 23. Participants meet twice a week: Tuesdays are for support, and Thursdays are for workshops such as communication strategies and coping skills.

“They’re tired of suffering in silence,” she said.

Dayvid Brown, a therapist, also said more exposure is helping move the conversation for African Americans, but he’s worried about how grief and sudden loss associated with the pandemic, as well as a looming presidential election, might impact that.

“At some point when you’re stuck in one of the stages of grief, that’s when it becomes major depression or post-traumatic stress disorder,” he said.

Dr. Carrie Dixon, president of the Indiana Association of Black Psy-

chologists, said while stigma surrounds mental health for all races, cultural differences between Black and white individuals impact treatment.

The need to be strong, or at least perceived as strong, Dixon said, keeps a lot of African American patients, particularly males, from seeking treatment. However, Dixon said it’s impossible to ignore the role of medical mistreatment in many African American patients’ reluctance to get help.

“Black people have been used as guinea pigs,” Dixon said. “We’re reluctant to go to an institution that we know has historically mistreated us. That mistrust is there, and there’s a reason why.”

Dixon said cultural differences and a misunderstanding of Black patients may cause white therapists to over diagnose African Americans with health issues such as depression and prescribe stronger than necessary medications.

The church’s large role

The church has long been an enshrined institution for Black life in America and is hardly ever excused from social tides. Pastors and other religious leaders hold a considerable amount of sway and can use it to either

advance or restrict conversations about mental health.

Denell Howard, pastor at Hovey Street Church of Christ, accepts this responsibility. He recently preached about suicide since September was National Suicide Prevention Awareness Month, and the church invites mental health professionals to do workshops every March.

“Churches have to stop being selfish by believing that they are the only answer,” he said.

In a perfect world, Hovey Street Church of Christ would have a therapist on staff, Howard said, but the small church doesn’t have the resources.

Julie Hayden, chapter administrator for the local NAMI branch, said the organization has information sessions at churches and encourages people to listen to, not shame, those who are going through a mental health crisis.

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RESOURCES

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Sandra Eskenazi Mental Health Center

Sandra Eskenazi Mental Health Center has inpatient and outpatient services. Outpatient services for adults include individual and group therapy, psychiatric evaluation and case management. There are also services for children, including assessment and diagnosis of mental health needs and consultations with psychiatrists.

- **Where:** 720 Eskenazi Ave.
- **Contact:** 317-880-8491
- **Website:** eskenazihealth.edu

Families First

Families First services include mental health counseling for individuals, couples and families, as well as support groups, parenting education and a 24-hour crisis and suicide intervention hotline. Mental health counseling can be tailored to particular concerns such as depression, relationships, behavioral issues and past abuse or

trauma.

- **Where:** 2240 N. Meridian St.
- **Contact:** 317-634-6341
- **Website:** familiesfirstindiana.org

NATIONAL DAY OF HOPE

Oct. 10 is NAMIWalks’ second National Day of Hope, when many sites across the country will hold a virtual walking event. The National Alliance on Mental Illness of Greater Indianapolis encourages people to walk 5 kilometers (about 3,500 steps) wherever they want or do something else such as planning a craft day with kids. The group is also raising money with a goal of \$42,000. Register and donate at namiwalks.org.

NATIONAL SUICIDE PREVENTION LIFELINE

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The IMPD team adding more ‘empathy’ to policing

By HILARY POWELL

For several days in a row, Sgt. Lance Dardeen’s squad car was the only transportation an Indianapolis man was comfortable riding in.

The two went to the grocery store, doctor’s appointments and errands around Central Indiana, making small talk, side by side in the front.

Dardeen said the man, who he said suffered from schizophrenia, wouldn’t leave the house and didn’t have groceries.

“He was very comfortable with me because I was protecting him as I was able to take him grocery shopping because he would only get [in] a marked police car,” Dardeen said. “That’s how scared this individual was.”

It’s a typical run for Dardeen as a member of the Indianapolis Metropolitan Police Department’s Behavioral Health Services Unit.

The Behavioral Health Unit, formed in 2015, assigns a behavioral health detective to every district except downtown, each partnered with a master’s level clinician from the Sandra Eskenazi Mental Health Center. The detectives are dispatched for non-emergency events where someone may be experiencing a personal crisis.

“Individuals that may be having barriers to success,” Dardeen said. “They

maybe have had multiple relapses and maybe their family is frustrated and they’re just kind of struggling with their mental health.”

The person he drove around was afraid of going outside alone, Dardeen said.

His unit is trained to speak in calm, non-threatening voices, look for signs of anxiety such as rapid breathing, shaking and fast talking and to identify triggers that could make someone with mental illness nervous or scared.

The end goal is to always seek to de-escalate a situation with empathy, he said.

“I think that word is thrown around so much,” Dardeen said, “If we can really see with the eyes of the other and listen with the ears and feel with the heart of another ... then I think we’re going to start out on a good foundation.”

In 2017, IMPD also launched the Mobile Crisis Assistance Teams, or MCAT — first responders trained to handle active, emergency calls with people with mental health, behavioral or substance abuse issues.

Both programs aim to pair people with social services instead of heading down a path toward incarceration.

“MCAT is fulfilling its mission to divert residents in mental health and substance use disorder crises away from the jail,” Eric Grommon, interim

director of the Center for Health and Justice Research at Indiana University, said in an email. In an initial report to study MCAT’s effectiveness, Grommon said the program has only a 2% arrest rate and two-thirds of MCAT runs freed up IMPD and the Indianapolis Fire Department to answer other emergency calls.

Grommon said they weren’t able to monitor how emergency calls for service involving residents in either mental health or substance use crises were managed without MCAT services. Researchers say they hope to be able to share preliminary findings next year.

Sgt. John C. Perrine, a spokesperson for the Indiana State Police, said his troopers also rely on MCAT’s services for calls along highways that may involve someone in distress.

“They’ve been very helpful on some of those situations when we know we’re dealing with a certain mental illness or disability,” he said. “The more tools we can add to our toolbox, the better equipped we’re going be to deal with any situation that arises.”

Though there isn’t specific crisis training for troopers, Perrine says seven troopers are set to undergo crisis intervention training to become certified in November.

Dardeen says every officer in the department goes through an eight-hour

mental health first aid course. Also, 40-hour crisis intervention team, or CIT, training is offered on a voluntary basis twice a year.

When it comes to a recent social movement to reallocate police resources to better serve community needs, Dardeen said he spends time thinking about how to answer to calls to defund militarized police efforts.

“I do get asked that,” he said. “I think agencies and local governments are trying to figure out exactly how that’s going to look. Would I like to have more teams out there on an active basis? Yes, I would. But I hope people realize it’s going to take time to do that because we want to do it in the right way.”

State and local governments spent \$115 billion on policing in 2017, according to data compiled by the Urban Institute.

Dardeen says he tells community members to also be intentional to ask for the help they seek.

“We tell family members that if you have to call 911 for maybe a behavioral or mental health emergency, ask specifically for that CIT officer,” he said. “[We really have] time and patience.”

This story was reported as part of a partnership between WFYI, Side Effects Public Media and the Indianapolis Recorder.

GENDER

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to pursue treatment. Beyond historical mistreatment — including testing on Black patients — Dixon said women, particularly Black women, are often disregarded when they describe their symptoms to doctors and psychologists. This could have a detrimental impact on someone’s treatment.

“When anyone is perceived as being overreactive and are not taken seriously, they aren’t likely to return to that doctor or therapist,” Dixon said. “It’s important to validate people’s feelings, because if they feel like they aren’t, they can discontinue treatment, and that can lead to suicidal ideation or self-harm.”

According to Dixon, men and women typically express emotions differently, which can affect treatment.

“It goes back to gendered training,” Dixon said. “Women are more likely to express their depres-

sion through crying, whereas men are taught not to cry. ... But I think African Americans in general are more likely than Caucasians to keep [mental illness] to themselves.”

In other cases, like Hanyard’s, a woman may not know she is experiencing mental health issues because she’s too focused on taking care of those around her.

“Women are under a lot of emotional pressure,” Dixon said. “... If you’re trying to take care of everybody else’s emotional needs, at some point, you neglect your own.”

Historically, women have been caregivers, putting the physical and emotional needs of their loved ones ahead of their own. Dixon said this practice can lead to high rates of depression and other mental health problems, and many women feel they can handle their problems by themselves.

Despite her symptoms, Hanyard didn’t believe anything was wrong because she didn’t feel suicidal. After participating in a workshop hosted by the National Alliance on Mental Illness (NAMI) of Greater Indianapolis, Hanyard realized she wasn’t alone in her feelings.

During the workshop, she heard from people who experienced depression as a result of trauma, and learned coping mechanisms to help her manage her own symptoms.

“Before [the workshop], I thought I could take the situation in my own hands,” Hanyard said. “But now, it’s always good to have someone by your side.”

Contact staff writer Breanna Cooper at 317-762-7848. Follow her on Twitter @BreannaNCooper.



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A different kind of fright night

By BREANNA COOPER
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Even a pandemic can't stop a 57-year-old tradition. The Halloween fun at the Children's Museum of Indianapolis will begin Oct. 2, but it will look a lot different than it has in previous years.

Instead of a haunted house, visitors can participate in the Monster MASKade, presented by Old National Bank. The MASKade will take place outdoors in the Riley Children's Health Sports Legend Experience, where families can participate in a spooky obstacle course, dance and try their hand at "broom ball."

Jen Triplett, one of the "witches" overseeing the MASKade, said when they realized they couldn't host a traditional haunted house, they knew they still wanted to find a safe way to celebrate



Families can snap a photo in front of eight floats paying homage to previous haunted houses at the Children's Museum. (Photo provided)

The Children's Museum of Indianapolis' MASKade will run every weekend in October, weather permitting. For more information on the Children's Museum of Indianapolis' MASKade, visit www.childrensmuseum.org.

with mummies on a dance floor.

The museum will offer the event with sensory modifications for children who may be overwhelmed by loud music and other sensory sensitivities from 2 p.m. to 4:30 p.m. Oct. 5. The museum hopes to offer more sensory modifications with future events to make experiences more inclusive, Triplett said.

Guests over 2 years of age must wear a mask throughout the MASKade. A health screening, including questions about exposure to COVID-19 and a temperature check, are required to enter.

A boxed dinner on Friday night or a boxed breakfast on Saturday morning will be provided and each guest will leave with a goody bag.

Due to COVID-19 restrictions, capacity at the MASKade is limited. Tickets must be bought ahead of the event, and cost \$23 for museum members and \$25 for nonmembers. Costumes are encouraged, and masks are required even if a costume includes a face covering.

For those leery about being in social spaces, the Children's Museum of Indianapolis is offering a virtual way to have some frightening fun. On Oct. 30, actors from the museum will go live on Facebook for a virtual tour of some of the spookier items in the collections.

Contact staff writer Breanna Cooper at 317-762-7848. Follow her on Twitter @BreannaNCooper.

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SPOTLIGHT

OnyxFest celebrates African American voices



By STAFF

OnyxFest has offered a stage to celebrate and articulate Black life, issues and culture for about a decade now. This year could be a little different, though, as Black playwrights capture the unique urgency of a simultaneous pandemic and what's been called the second Civil Rights Movement.

OnyxFest 2020 features six one-act productions by local Black playwrights Oct. 1-10. WFYI will record the performances for possible broadcast later. "Being Black," written by Vernon Williams, is an "unapologetically candid expression of the multi-faceted dimensions of a people in constant evolution" that rejects attempts to turn Black culture into a monolith.

All plays will be performed outdoors at IndyFringe Pocket Park, 719 E. St. Clair St. Tickets are \$15 at onyxfest.indyfringe.org.

This is Williams' 40th year as a playwright. He most recently wrote, produced and directed "The Price of Progress: The Indiana Avenue/IUPUI Story," which examined the transformation of a predominantly African American area into an urban college campus.

Performance times: 7:30 p.m. Oct. 9 and Oct. 10

"I Feed You Defiance," written by Rain Wilson, follows mothers who give lessons of endurance and strength to Black and brown sons to resist a system that's trying to break them.

Wilson told IndyFringe OnyxFest is important right now because it gives her and other writers a chance to be heard "at a time where the voices of black people are more necessary than ever before — our scream, our fight, our challenge to a broken system."

Performance times: 7:30 p.m. Oct. 3 and 4 p.m. Oct. 10

Other plays:

"On the Corner," written by Michael Florence, is a reflection on three death row inmates with contrasting perspectives on their journey.

Performance times: 2 p.m. Oct. 3 and 6 p.m. Oct. 8

"A Bluesy Night," written by Aniqua Chatman, explores the bliss and blues of unexpected attraction and challenges.

Performance times: 7 p.m. Oct. 2 and 6 p.m. Oct. 4

"Anniversary," written by J.R. Baltimore, is a humorous tale of temptation and consequences of carnal options outweighing conscience.

Performance times: 4 p.m. Oct. 4 and 6 p.m. Oct. 10

"Seven Days," written by Shandrea Funnye, is a story of love, spontaneity, sacrifice and the notion that timing is everything.

Performance times: 6 p.m. Oct. 3 and 7:30 p.m. Oct. 8

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GUY

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— an “eff everybody” attitude, as he describes it.

This has been on display across the country since May with protests. Organizers and participants sometimes talk about how exhausting it is to be on the front lines of a fight that's never gone away. That's a catch-22, Middleton said, because unchanged conditions make many think they just need to fight harder.

“The more you stand up for yourself, the more you speak for yourself, the more you’re perceived as angry and militant,” he said.

Harold Neighbors, a professor at Michigan State University, wrote for the Association of American Medical Colleges last year about what he called "Tough Guy Syndrome."

"Much too often, we African American men advise each other to 'man up' to personal problems," he wrote. "... We must stop telling each other to 'man up.' And we must start telling the truth about how we really feel."

Brandon Warren, a Ball State student who became an anti-violence activist in Indianapolis after his friend was killed in 2017, said it can be dangerous for Black men to think they have to be so strong while not letting any emotions show.

"You're pushed out to the world thinking you have to be stronger than all, that you have to be a certain figure to the world when you do not," he said.

Warren fully understands the consequences. The pressure of being a young activist — along with a bad experience during initiation with a fraternity — led to him try to take his own life in January. Before that, he was diagnosed with major depression, impulsivity, anxiety, PTSD and bipolar disorder.

Warren said there seems to be more opportunities now to talk about mental health but participation is still too low. He hopes sharing his story and trying to convince others that mental health is “rooted in everything” can help change that.

Contact staff writer Tyler Fenwick at 317-762-7853. Follow him on Twitter @Ty_Fenwick.

'I was going broke' — a side effect of mental illness

By BREANNA COOPER
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When Kayla was diagnosed with depression in 2017, it took doctors four months to find a medication that worked for her. During those four months, Kayla, whose last name is withheld to protect her privacy, struggled to manage her symptoms.

"It's just having completely no energy," Kayla said. "It feels like you literally can't get out of bed."

To help her cope with the symptoms, Kayla began using marijuana.

"I wasn't high every day," Kayla said.

"I can't vibe like that. I would get about a gram, and that would last me a week. It helped for a little while, but it wasn't a complete fix. But it made me feel a little better, and I could afford it."

While marijuana has been legalized in Illinois and Michigan for medicinal and recreational use, the drug is still illegal in Indiana. Despite some concerns of getting caught, Kayla, 23, said she didn't have many options when she was initially diagnosed.

“Some [of the medications she tried] made my depression worse, which they said was normal,” Kayla said.

"Others made me feel like I was a zombie. I wasn't sad anymore, I was just numb."

For Kayla, who was a college student at the time of her diagnosis, the decision to self-medicate with marijuana was also a financial one.

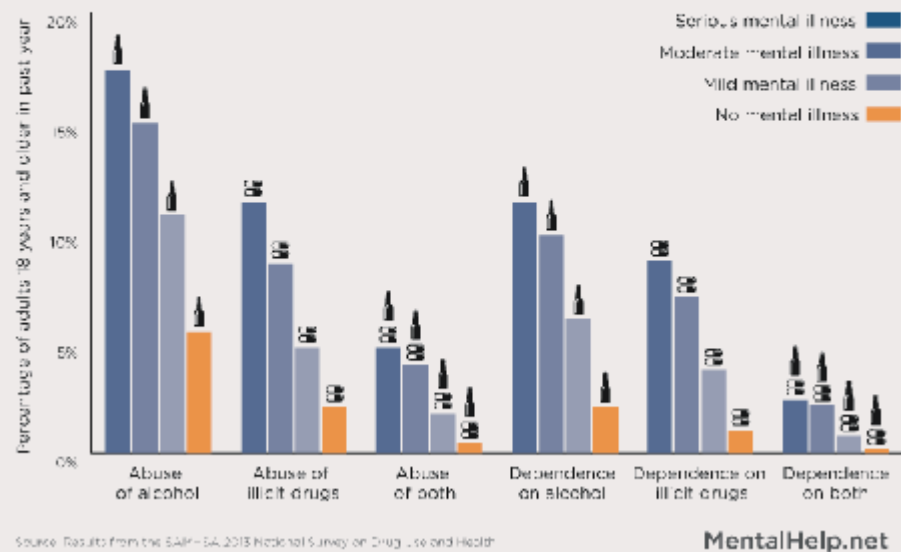
"I was going to the doctor once a week for \$50 a session," Kayla said. "I was going broke."

Kayla was diagnosed after her sorority sister at Northern Michigan University recommended she go to the campus counseling service. She said a therapist told her it was shocking she hadn't spoken to someone before due to the severity of her depression.

While Kayla said her family was able to help her keep a roof over her head, she said she understands how the cost of medication could be a factor in homelessness.

Colleen Gore, who oversees women's programming at Wheeler Mission, said mental health issues often go hand in hand with homelessness.

“Mental health is a significant factor



Data collected by the Substance Abuse and Mental Health Services Administration shows individuals with a serious mental illness are significantly more likely to be dependent on alcohol and illicit drugs than individuals with no history of mental illness. (Graphic/Mentalhealth.org)

[in homelessness],” Gore said. “A large percentage of those Wheeler serves either have untreated, undertreated or undiagnosed mental health issues. You see that a lot in people experiencing chronic homelessness.”

For many experiencing both mental health issues and homelessness, treatment is difficult. On one hand, Gore said, stable housing and employment are easier when one is getting the treatment they need. However, costs can force individuals to go off of their medication. For someone experiencing homelessness, finding the funds to get a prescription filled can be nearly impossible.

Gore said homelessness, mental health problems and substance abuse is a “three-legged stool” and one issue cannot be fixed without addressing the other two issues.

A study conducted by Community Partners in Care, a collaborative research group based in Los Angeles, found that individuals with at least one symptom of a mental illness were significantly more likely to use illicit

drugs.

"I smoked weed to manage my symptoms," Kayla said. "But I was always afraid of alcohol, because my family has a history with that. I've seen a lot of people lose control, so I never let myself drink when my depression gets bad. I don't want to use it to numb my feelings."

Stigma can also keep people from taking or continuing medication. “As a Black person, a mental illness is another target on your back,” Kayla said. “I’m a woman. I’m Black. I’m queer, and I’m mentally ill? That’s just one more thing that makes me ‘lesser’ in some people’s eyes. I’m lucky that both of my parents were understanding, but a lot of people don’t have that support system. I think a lot of times, when people turn to drugs, it’s because they didn’t have resources, and they didn’t have that support.”

Contact staff writer Breanna Cooper at 317-762-7848. Follow her on Twitter @BreannaNCooper.



EDITORIAL

No more suffering in silence

By OSEYE BOYD



With all that African Americans have endured in this country mental health shouldn't be a taboo topic. Yet, it is. That's changing, though. We're learning to be honest about mental health. With that honesty comes more people publicly discussing their mental health struggles. In doing so, we're learning it's OK to share your struggles because other people are having those same struggles. We're learning that by sharing, we're helping each other. We're learning there's nothing to be embarrassed or ashamed about. We're also learning to recognize signs of mental distress. It was once OK to laugh about people suffering from mental illness. Now, the people doing the laughing are being publicly shamed. We're learning to take mental health seriously because the consequences could be fatal. I haven't heard people using the derogatory term "psycho babble" in a long time. That tells me we're realizing depression, anxiety, bipolar disorder, etc. are real and valid. Those aren't just buzz words. We

don't just dismiss people's symptoms and concerns. We still have a long way to go, but we're making progress. African Americans have gone from thinking only white people had the luxury to think about mental health to understanding we all need to pay attention to what's going on inside our heads. We now know that what happens in our heads manifests outwardly. It stands to reason that if you can be physically ill then your mind can also feel unwell. It's harder to understand because we can't see it. You look fine on the outside, but that doesn't mean you're not in turmoil and pain inside. Years ago I came to the conclusion that mental health is just as important — if not more important — than physical health. Our minds can will us to do things that were once thought impossible. A healthy mind is vital to physical and emotional health. This week the Recorder is focused on mental health. We want to be a part of removing the stigma attached to mental illness and be a resource for our community to know how to access the resources they need. I had the idea for this article package last year. We actually planned to do it months ago, but

COVID-19 and the protests for Black lives pushed our plans back. It's no secret that 2020 has been one hell of a year for African Americans. Not only are we dealing with a pandemic that has wreaked havoc on our community, but we still have to contend with the continual murders of unarmed African Americans at the hands of the police. (Not to mention the murders of each other.) In addition, social distancing has left many feeling isolated and lonely while others experience anxiety about their physical health. All of this trauma is on top of the issues we've already been dealing with for far too long. It's enough to mentally exhaust anyone. And the convergence of all of these issues and more has mental health top of mind for many people. I keep trying to find the positives in all that this year has brought us, and having more conversations about mental health is one. I've never seen so many people so willing to admit their struggles or seeking to help others prioritize their mental health. I'm no expert, but I am more intentional in paying attention to not only my mental health but the mental health of loved ones. People often say they suffered in silence. They shouldn't have to.

OPINIONS

Nothing presidential about the debate

By LARRY SMITH



It has long been rumored that Barack Obama and Mitt Romney don't like each other. Their backgrounds are as different as night and day and their worldviews generally do not align ("Romneycare" and "Obamacare" notwithstanding). These tensions were palpable during the 2012 presidential debates. While I was pleased that Obama prevailed in that election, I believe that Romney would have been an honorable president — albeit one with whom I would have frequently disagreed. But dislike is not the same as contempt. Tension is not the same as blatant disrespect. And Mitt Romney is not the same as Donald Trump. Trump's performance during the first presidential debate of 2020 was ... not presidential. At all. In fact, Donald Trump was beyond despicable. He acted like a petulant child — with all due respect to petulant children. He even went so low as to berate

Biden's son, Hunter, who has struggled with drug abuse. Yet, because Joe Biden is a man of character, he has already indicated that he will participate in the other two debates. I wish that he would reconsider. Chris Wallace, who is a seasoned journalist, struggled to get Trump to stop over-talking Biden. Indeed, Wallace had to keep reminding Trump that he had *agreed* to "two-minute" responses. But Trump refused to abide by this agreement. (Of course, he's well known for breaking agreements — both before and during his presidency.) Trump's "strategy" was to endlessly attack the former vice president for anything and everything that he could think of. There wasn't even a consistent narrative other than the fact that Biden has been a politician for a very long time. Far be it from me to offer Donald Trump advice, but had he simply stayed in that lane he likely would not have lost the debate so badly. And Trump *did* lose. Badly. Of course, the American people were the biggest losers. Presidential debates are supposed to be about an exchange of ideas; Trump turned it into a menagerie of insults. He has

no plan for the present — and no vision for the future. Donald Trump wanted to be president for power, prestige and, most importantly, profit. Throughout his life, it is clear that his primary concern is what's best for him. I digress ... In the aftermath of the debacle, I mean debate, I've seen several tweets that call for some version of "a return to normalcy" by electing Biden. While I understand and agree with the sentiment, it is important to point out that Trump's demeanor, behavior, temperament and personality *are* "normal" for far too many people. As I've stated elsewhere, I initially thought people voted for him in spite of his behavior. However, it became clear that many people voted for him *because of* it. His base wants to maintain their "normal" — to the detriment of the rest of us. Even more than in 2016, this presidential election will tell white people who they are. I was going to write, "This presidential election will tell us who we are as a nation." But that would have been intellectually dishonest. The fact is that roughly 90% of African Americans — as well as roughly 75% of Hispanics, Jews

and Asian Americans — will vote for Joe Biden. Those numbers tend not to shift very much during national elections. This is not a referendum on America; it is a referendum on white America. In short, Donald Trump could — and should — be the first Republican president in several decades to get a minority of white Americans' votes. (Incidentally, in contrast to the popular myth, the fact is that President Obama won twice only because the overall percentage of the white vote has shrunk in recent years. Said another way, Obama was elected because people of color increased as a percentage of the electorate, not because most white people voted for him.) The question is, what kind of leader is most acceptable to white America? I'm going to go out on a very tiny limb and predict that a slight majority of white Americans will vote for Joe Biden. That will secure the election for him. And it will signal that our nation is on an extremely long road to healing. *Larry Smith is a community leader. Contact him at larry@leaf-llc.com.*

The US Postal Service delivers much more than mail

By RAY CURRY



America's postal service has been an essential institution that has connected every one of us as Americans even before we were a nation independent of Great Britain. Benjamin Franklin was appointed our first Postmaster General in 1775. This democratic treasure, which has proven as reliable as it has self-sufficient, was a model for how government service should work. Its rich history is America's history of adaptability, ingenuity and grit. Franklin used the system to get mail from Congress to our armies during the Revolution. In 1823, the service started using waterways to deliver mail, then began using railroads and in 1847 saw the first issued stamps. By 1923, all houses were

required to have a mail slot. And in 1963, zip codes were introduced. Also very American, a 1970 strike by organized labor led to an even more efficient operation and the Postal Reorganization Act that established the United States Postal Service as we know it today. The reorganization legislation called for the phasing out of the post office's direct government subsidies by 1983. The post office has been operating without any taxpayer money since then. But then HR 6407 came along in 2007. The act mandated that the post office calculate its retiree pension and health care costs for the next 75 years, including workers to come, and set aside enough over the next 10 years to cover them. Needless to say, the bill and its contents have proven devastating. The long and the short of it has meant that the USPS has had to contribute about \$5.6 billion a year for people who had not yet retired, in addition to the amount for current retirees. No business is forced to operate like this, and I dare to add that no business could operate like this. Also, the new bill took away the ability for the post office to set prices. All told, the post office has incurred a loss of \$78 billion from 2007 through 2019 and owes \$55 billion related to its future pension and health benefit obligations. Shall we really allow this most American of institutions to fail — through no fault of its own? It is unthinkable for it not to survive. It is unthinkable to rely solely on private companies for such critical services. It is truly a dagger in the heart of our American heritage. Of immediate consequence, consider the impact to mail recipients during this pandemic. The USPS handles 1.2 billion prescription drug deliveries each year. The service also transports millions of lab tests and essential medical supply shipments. It ensures that checks and payments arrive to keep

small businesses operating. It helps seniors receive household items, social security and Medicare checks. Since the emergence of COVID-19, USPS workers have been on the front lines, delivering millions of personal protective equipment and vital supplies to hospitals. They've made sure shelters, food banks and businesses have the supplies they need. In addition, they've made deliveries to homebound, highly susceptible individuals. The notion to privatize the USPS is a truly un-American idea and could not come at a worse time. The recession we are experiencing due to the coronavirus is hitting Black Americans much harder than white Americans, with Blacks nearly three times more likely to be hospitalized for COVID-19 and their unemployment rate at 14.6% compared with 9.2% for whites. Then think about the importance of the post office in ensuring that the people's will in our democracy will be accurately and duly noted. In November, the postal service will play a crucial role in allowing Americans across our land and in foreign countries to cast their vote in our upcoming presidential election. So many of us will be turning to the USPS to deliver our ballots safely and securely. Fortunately, there is a way forward. The Delivery for America Act (HR 8015) will deliver urgently needed funds to the postal service and reverse detrimental policy changes that are currently restricting postal workers' ability to deliver mail and packages on time. The Act has passed the House of Representatives. The Senate must follow suit. For our citizens, for our democracy, for our livelihoods, we must support the USPS in every way we can. *Ray Curry is secretary-treasurer United Auto Workers.*

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Local activist opens up about mental health struggles

By TYLER FENWICK
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Brandon Warren was one of those people who was liable to show up at any event or in any media coverage about violence in Indianapolis. He organized the peace walks, went on TV, talked to community members, all of it.

That took a toll on a young man who came on the anti-violence scene in Indianapolis in 2017 when his best friend was killed their senior year at Warren Central High School.

There was a constant pressure to appear strong and not show signs of weakness, and it culminated in Warren trying to kill himself in January. He survived and is still recovering. He's considered himself "reborned" ever since.

Warren is an example of someone who felt like he had to carry the weight of the world on his shoulders. He founded an anti-violence group, We LIVE Indy, and wrote a book, "B Inspired," about being forced into activism. So many people have looked to him as a high schooler and now a Ball State University student to be a guiding light and offer inspiration.

At the same time, Warren wasn't one to totally ignore his mental health. He realized he needed help his freshman year of college — off on his own for the first time — and reached out to his mom.

Warren started seeing a therapist and was diagnosed with major depression, impulsivity, anxiety, PTSD and bipolar disorder.

But then his therapist retired, and he had a bad experience during the initiation process with a fraternity, which led to his suicide attempt.

"I was alone," he said. "I was truly alone."

Warren said the university knows about his experience with the fraternity. Asked to comment, a university spokesperson responded: "Although we cannot and would not discuss a matter specific to any individual student, the University is committed to an excellent experience for every student, including those who participate in Greek Life. We take seriously any matter brought to our attention



Brandon Warren, an activist and author, has had to confront his own mental health challenges, including depression and PTSD. (Photo provided)

that does not meet these standards of excellence."

Warren is back in therapy and on medication now. He's about to publish a new book, "B Inspired 2 Cont;nue," from Christian Faith Publishing. The semicolon symbolizes affirmation against suicide, depression and other mental health issues.

"The lord, what he did is he renewed my mind and essentially reborned me to be a new creation," he said.

Warren knows as a young Black man why it's important for him to be open about what's happened to him. He knows there's a stigma Black men face when it comes to mental health. It's the same one that made him feel he had to always show his strength, never his weakness.

A 2019 study from the Journal of Community Health found the suicide rate for Black teenage boys increased 60% from 2001 to 2017 and girls had an increase of 182%. Suicide was the second leading cause of death for Black teenagers in that time.

"Not releasing those emotions can catch up to you if you don't allow yourself time for grieving, for healing," Warren said.

He wants people to know it's OK to cry, and it's OK to get help.

Contact staff writer Tyler Fenwick at 317-762-7853. Follow him on Twitter @Ty_Fenwick.

Getting a Flu Shot is More Important Now than Ever Before



As the leaves begin to change into the brilliant colors of the fall season, that's always a telltale sign that the flu season is rapidly approaching in Central Indiana. Health experts are warning that the addition of another respiratory illness on top of the ongoing COVID-19 pandemic could overburden the health care system, strain testing capacity, and increase the risk of catching both diseases at once.

As the coronavirus pandemic continues to worsen in some parts of the country, public health leaders are urging as many people as possible to be vaccinated against the annual flu virus and many believe getting a flu vaccine during 2020-2021 is more important than ever before.

In any given year, only around half of all Americans receive their flu shot, with many not knowing that the vaccination may reduce the severity of the infection, even when the vaccine doesn't prevent the influenza virus itself.

While there is no evidence suggesting that flu shots will prevent you from contracting the coronavirus, flu vaccinations can prevent you from getting both viruses at the same time, or getting one after the other before the body has had time to recover.

Getting vaccinated may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people and people with chronic health conditions.

Eskenazi Health encourages everyone to receive the flu vaccine this fall at all Eskenazi Health locations, and to support accessibility to the flu vaccine, a vaccination task force has been created. The vaccine is now available throughout the Eskenazi Health system and patients are encouraged to visit any Eskenazi Health pharmacy location to receive the vaccine. Patients must be 3 years or older to get a flu shot at a pharmacy location where no appointment is required.

Patients with regularly scheduled appointments are encouraged to receive the vaccine at that time. Efforts have been made so that all areas of Eskenazi Health can provide flu vaccines regardless of the service the patient is receiving. In addition, Sandra Eskenazi Mental Health Center is partnering with our pharmacy to be able to provide flu vaccines during patient visits.

People who believe they may have been exposed to COVID-19 should contact their health care provider immediately. If you are ill with flu-like symptoms such as fever, cough or shortness of breath, please call your health center or clinic before coming to your appointment. At Eskenazi Health, please call 317.880.7666 before coming to your appointment. Health care professionals are available 24/7 to answer questions on symptoms and direct you to the most appropriate care. It is important to first call before arriving at Eskenazi Health.

Dr. Broderick Rhyant
Chief Physician Executive
Eskenazi Health Center Grassy Creek



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AINMKT-0578-20

Marion County loosens some health restrictions

By **TYLER FENWICK**
tylerf@indyrecorder.com

Marion County continued to reopen slowly with some loosened restrictions that began Sept. 28.

Mayor Joe Hogsett and Marion County Public Health Department Director Dr. Virginia Caine announced updates to public health orders Sept. 25.

As of Sept. 28:

- Restaurants, bars, night clubs and other food businesses can open at 50% indoor capacity and full outdoor capacity. Bar seating and dance floors are still closed. These venues can also now have live entertainment with a 10-foot buffer between stages and the audi-

ence.

- Gyms and fitness centers are open at 50% capacity.
- Museum, entertainment and cultural venues are open at 50% capacity.
- Churches and funeral services can be held indoors at 75% capacity.
- Assisted living facilities can allow indoor visitation.

Kindergarten through eighth grade schools can now go to 100% in-person learning. All schools can open to 100% for in-person learning when the county's positivity rate is 5% or lower and the daily number of new cases is 35 or fewer for two weeks.

Outdoor athletic events can have 1,500 people, and indoor events can

have 500 people (or 50% capacity for both, whichever is lower).

Caine said these loosened restrictions are possible because health measures in Marion County have been steady.

The positivity rate hasn't changed much since late August and was at 4.9% at the time of the announcement. The county was also at about 85 new cases per day.

Caine said those are the two most important measures to consider when reopening and the goal is to stay under a 5% positivity rate and get to fewer than 35 new cases per day. Once that happens for at least two weeks, Caine said the county can get back to "near normal." She hopes that can happen by

Nov. 1.

Marion County saw an increase in new cases per day after going to Stage 4.5 of reopening in July.

"We probably opened up too soon," Caine said.

Gov. Eric Holcomb said the state can move to Stage 5 of reopening starting Sept. 26, but county health officials already said they wouldn't move that far forward. Marion County, the most populous in the state, has consistently remained behind the rest of the state in reopening.

Contact staff writer Tyler Fenwick at 317-762-7853. Follow him on Twitter @Ty_Fenwick.

Health officials urge use of masks as some restrictions eased

By **TOM DAVIES and CASEY SMITH**
Associated Press

INDIANAPOLIS (AP) — Indiana health leaders say the wearing of face masks will be as important as ever to stem the coronavirus spread, even as most of the statewide restrictions imposed by the governor are lifted as of Sept. 26.

The new executive order from Republican Gov. Eric Holcomb continues the mask mandate that has angered some conservatives around the state who maintain they won't support his reelection over it.

Holcomb's order removes the 75% capacity limit for restaurants and the 50% limit that bars, movie theaters and other entertainment venues faced. But they must continue maintaining at least 6 feet between unrelated patrons, which could diminish capacity in many of those businesses.

Limits on crowd sizes for social gatherings and meetings are being removed, but those who organize events with more than 500 people must submit a written safety plan to health officials.

The executive order dubs the regulations as the "new normal during a global pandemic."

"We want to continue doing those things and protect against the spread of this virus," Holcomb said.

Leaders of the Indiana State Medical Association and Indiana Hospital Association said they agreed with the governor's move to further ease the statewide restrictions for the first time since early July. They cited factors such as a decline in the positivity rate for COVID-19 deaths and the improved capacity of hospitals to care for seriously ill patients.

Indianapolis officials announced Friday they would start allowing half indoor capacity for restaurants,



bars, gyms and entertainment venues as Holcomb's order continues to allow cities and counties to impose tougher regulations.

"We are trying to do a balance because we know how devastating from an economic standpoint it is for our business, a lot of workers," Marion County health department director Dr. Virginia Caine said.

Holcomb's easing of regulations hasn't satisfied some conservatives who believe his executive orders in response to the pandemic have gone too far. That has complicated his reelection campaign against Democratic challenger Woody Myers, with some

saying they would support Libertarian candidate Donald Rainwater.

Myers, a physician and former state health commissioner, has called for tougher enforcement of the mask mandate and other restrictions, while Rainwater flatly opposes the mask requirement even though violators face no state penalties.

When asked whether politics played a role in Holcomb's decision, governor's office spokeswoman Rachel Hoffmeyer replied: "The governor makes decisions based on data and the guidance of medical experts."

GET THE SHOT! NOT THE FLU!

THE MARION COUNTY PUBLIC HEALTH DEPARTMENT'S 2020 FLU SHOT CLINICS WILL OFFER THE SEASONAL FLU VACCINE.

The flu vaccine is recommended by the Centers for Disease Control and Prevention (CDC) for anyone 6 months of age and older.

INFLUENZA VACCINE = \$20

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2020 FLU SHOT CLINIC SCHEDULE

FRIDAY, OCT. 2 • 9 a.m.-4 p.m.

South District Health Office • 7551 S. Shelby St.



WEDNESDAY, OCT. 7 • 9 a.m.-12 p.m.

Old Bethel Church • 7995 E. 21st St.



SUNDAY, OCT. 18 • 9:30 a.m.-2 p.m.

St. Gabriel Catholic Church • 6000 W. 34th St.



THURSDAY, OCT. 22 • 4-6 p.m.

Englewood Christian Church • 57 N. Rural St.

— PLEASE NOTE —

**PARTICIPANTS MUST MAINTAIN SOCIAL DISTANCING.
MASKS WILL BE REQUIRED FOR EVERYONE.**



For more information, or to schedule other vaccinations, call:
Northeast District Health Office • 317-221-7300
Northwest District Health Office • 317-221-7500
South District Health Office • 317-221-5700

Health Department Offers Flu Shot Clinics in October

As flu season begins, the Marion County Public Health Department is offering low-cost flu shots at four special clinics in October. These clinics are in addition to flu shots made available through the health's department's district health offices.

The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for everyone six months of age and older, and especially for pregnant women, people age 65 and older, and anyone with certain medical conditions.

According to the health department, getting a flu shot is even more important this flu season as COVID-19 is still active in the community. A person's respiratory or immune system could become overwhelmed if they become infected with flu and COVID-19 at the same time, especially someone who is in a high risk group or over age 65.

The flu vaccine will not prevent COVID-19, but it will reduce the burden of flu illnesses and hospitalizations on the health care system and conserve medical resources for the care of people with COVID-19.

Flu shots offered by the Marion County Public Health Department are \$20 for adults and for children ages 2-18. Shots for children under the age are two are free. Medicare and Medicaid are accepted.

Special flu shot clinics in October are available on a walk-in basis for the following locations and times. Guests must maintain social distancing and face coverings are required.

Friday, Oct. 2
Marion County Public Health Department
South District Health Office
7551 S. Shelby Street

9 a.m.-4 p.m.

Wednesday, Oct. 7
Old Bethel Church
7995 E. 21st Street
9 a.m.-Noon
Sunday, Oct. 18
St. Gabriel Catholic Church
6000 W. 34th Street
9:30 a.m.-2 p.m.
Thursday, Oct. 22
Englewood Christian Church
57 N. Rural Street
4-6 p.m.

While CDC recommends getting a flu shot by the end of October, receiving the vaccine at any point during flu season offers important protection from the virus. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

A person who gets vaccinated also protects friends and family, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

CDC reports that, despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine.

In addition to the health department, flu vaccine is available in many doctors' offices and clinics, pharmacies, urgent care clinics and health centers.

To learn more about the special clinics offered by the Marion County Public Health Department and other information about immunizations, please call (317) 221-2122 or visit MarionHealth.org/immunize.

#

When suicide meets religion

By TYLER FENWICK
tylerf@indyrecorder.com

Pastor Denell Howard at Hovey Street Church of Christ held up his phone during a sermon Sept. 20 to show the small congregation an app he has downloaded.

It was a suicide awareness app, complete with the number for the National Suicide Prevention Hotline, a mental health services locator and video tutorials about how to deal with young people who might attempt to take their life.

He quoted Jay-Z — “Men lie, women lie, numbers don’t” — and cited a New York Times report about how self-reported suicide attempts rose by 73% for Black high school students between 1991 and 2017.

“We got cocky conversations on Facebook, but actually we’re hurting and crying,” Howard told the congregation.

Suicide is already a sensitive issue but can become downright frightening in a religious context because some believe anyone who takes his or her own life automatically goes to hell.

One of the Ten Commandments is a prohibition of murder, which some believe to include murder of the self — or suicide. St. Augustine, who lived in the fourth and fifth centuries, took this position and is often cited as the foundation of the belief that suicide is a sin that can’t be pardoned, since you can’t ask for forgiveness if you’re dead.

The Bible captures seven



TaMara Breeding-Goode, founder of Project WINGS Mental Health and Wellness Ministry, places flyers on a table at Scott United Methodist Church in July 2019. (Recorder file photo)

suicides, including Saul, who “took a sword and fell on it,” and Zimri, who “burnt the king’s house over him with fire.” The most famous is probably Judas, who hanged himself after betraying Jesus.

Some scholars even argue that the Bible portrays some suicides — including Judas’ — as virtuous, most likely because Greco-Roman philosophers believed suicide in the right circumstances could be noble.

Notably missing from the Bible, though, is a declaration that suicide is an irredeemable sin.

James Anyike, pastor at Scott United Methodist Church, said he doesn’t believe suicide is an irredeemable sin because God is merciful and gracious.

“To me, that means that God knows our heart and God knows our pain,” he said. “If somebody is at a point where they just want to take their life, that’s a reflection of the fact that they’re mentally strained or mentally ill. I just can’t see God being merciless.”

Anyike has heard questions about suicide and sin over the years but said he doesn’t believe it’s a very prominent belief among African Ameri-

cans.

A 2015 survey from LifeWay Research found 38% of African Americans believe someone who takes his or her own life goes to hell, which was higher than whites (19%) and Hispanics (25%). More than half of all respondents described suicide as an epidemic in America.

Some pastors and other religious leaders have taken it upon themselves to be more responsible for making sure mental health topics are not taboo in the church.

Scott UMC has had Project WINGS Mental Health and

Wellness Ministry for three years. The program includes meetings and workshops where those who attend learn about how to cope with struggles through journaling, art therapy, music and meditation.

The program’s founder, TaMara Breeding-Goode, told the Recorder in 2019 one of their sayings is “It’s OK to have a therapist and Jesus, too.”

Hovey Street Church of Christ invites mental health professionals every March to do workshops and has speakers come on Sundays.

Howard is quick to rattle off facts and statistics about suicide, such as the New York Times report he cited in his sermon.

Howard said in an interview he has a hard time gauging how many African Americans believe suicide is an irredeemable sin, but he guessed “a lot” probably do.

As for him: “I didn’t put them in any place, hell or heaven,” he said. “What I did say is the remedy for all this is to know who the Christ is, to listen to the Christ and then commit to the Christ. I can’t tell you if it’s an irredeemable sin.”

What Howard is confident in is that the church has to do better and stop believing it has all the answers.

Contact staff writer Tyler Fenwick at 317-762-7853. Follow him on Twitter @Ty_Fenwick.

Milwaukee pastor who survived COVID-19 is now helping others



Pastor Greg Lewis, founder and president of Souls to the Polls and Pastors United, poses for a photo Aug. 7, 2020 in Milwaukee. He survived coronavirus, and now, he's back to organizing for change. (Photo by Bridget Fogarty/Milwaukee Neighborhood News Service via AP) THE ASSOCIATED PRESS

By BRIDGET FOGARTY
Milwaukee Neighborhood News Service

MILWAUKEE (AP) — Greg Lewis isn’t used to slowing down.

He’s usually focused on helping others.

Lewis serves as the assistant pastor at St. Gabriel’s Church of God In Christ and is the founding president of Pastors United and Souls to the Polls. Both are Milwaukee-based groups that organize hundreds of faith leaders who are seeking solutions to the issues impacting Black residents and strengthening civic engagement in their congregations.

Yet as the coronavirus hit Milwaukee in March and both of his organizations began working to meet the community’s needs remotely, the 62-year-old began to develop a strong cough. Then he started getting chills and his body ached.

His doctor treated him for bronchitis, but he only felt worse after a couple of days on antibiotics. Lewis couldn’t eat, drink or taste anything, and he felt so fatigued he could barely walk from his bedroom to the kitchen across the hall.

When he finally took his temperature, it was about 104 degrees. He went to get tested for COVID-19, and his results came back as he had feared — positive.

“That sent him in a downward spiral,” said Annette Lewis, the pastor’s wife who works as a manager for the City of Milwaukee. “All we could do is make sure he gets rest.”

Though she felt sick as well, she took care of her husband around the clock for about two weeks. One

day, as he lay in bed, something didn’t feel right to him.

“It was like a bright light in my room,” Lewis said. “And I looked up at my wife and said, ‘Baby, I’m dying.’”

“I saw in his face ... I saw a light,” Annette said. “I was scared.”

Lewis was rushed to Froedtert Hospital’s intensive care unit. As he lay in the hospital bed, doctors stood outside his room to avoid contracting COVID-19 and began asking him the unimaginable: Did he have his personal affairs in order? If he became unconscious, would he want to be resuscitated?

“I couldn’t move,” Lewis said. “I was dying, and I knew it. And now I know what it feels like to die a slow death, ‘cause that’s what that COVID does to some of us.”

As Lewis endured the next three days in the ICU, Annette waited to hear if her husband was dead or alive. She finally received a call from Greg on the third day — he was in stable condition and moving from the ICU to a floor with other coronavirus victims. Doctors discovered Lewis, who has Type 2 diabetes, had bronchitis, pneumonia and infected lungs — and COVID-19 had exacerbated all of that, leaving him unable to breathe without a ventilator.

He spent the next three days on his stomach to increase oxygen to his lungs and was awakened frequently to receive a shot of insulin for his diabetes and antibiotics for the other conditions. On the fourth day, he was finally able to go home and continue his recovery with Annette’s aid.

Now, Lewis is healthier but still feeling lingering

effects of COVID-19 on his respiratory system.

“That virus is real, and people don’t understand it,” he said.

Lewis is back to what he does best: lifting up his community through faith, organizing and civic engagement.

“He’s invested in the people,” said Pastor Mose A. Fuller, the vice president of Pastors United, who calls Lewis a true community organizer and “the hardest working pastor in the community.”

Through Lewis’ leadership, Pastors United created programs that help residents in congregations across the city focus on building their credit to overcome the financial barriers to homeownership.

Faith communities have changed since COVID-19 hit Milwaukee in March, Lewis said. Even though the city’s current reopening phase allows churches to host in-person services with certain safety guidelines, people don’t show up.

“It’s devastating” not to share fellowship as they once could, he said. Elderly church members avoid gatherings, sometimes opting to attend virtual services instead.

Lewis knows people in his own congregation who have contracted the coronavirus. Four of his friends died from it while he was in the ICU.

Yet through the challenging past six months, Lewis’s faith hasn’t dwindled. Surviving COVID-19 has re-energized him to continue his work.

“I’m more dedicated than ever to fighting for our people to understand true freedom,” he said. “That is something that has been strengthened in a way that only a person who has faced death can understand.”



Members of Our Saviour’s Lutheran Church gathered at their original location near 26th and Highland streets to walk to their present location at 25th Street and Boulevard Place. After suffering a devastating fire in 2018, the church was restored to its original historic beauty. Top row: Jazie and Bill Ray, Juanita Westby, Betty Brookins and Bill Martin. Bottom Row: Blondell Hunell, Juanita Brown and Alan Presley (Photos/Curtis Guynn)



Two of the oldest church members: Betty Brookins and Cathy Ford.



Members held a prayer service before entering the church.

SPIRITUAL OUTLOOK

African American Muslim
Souls to the Polls

By MICHAEL SAAHIR



Voting in America is a way that Muslims can express their Islamic belief in public engagement. Prophet Muhammed, prayers and peace be upon him, called upon the voices of the women and men to hear their voices in matters of community concern.

The Qur’an calls the Islamic expression of democracy *shurah baynahum*; translated it is saying, “conduct your affairs by mutual consultation.” Muhammed, even as the prophet, did not set up monarchies, oligarchies or chauvinistic orders that promoted misogyny. Those social ills crept into Islamic societies in later generations.

For African American Muslims, many who converted to Al-Islam are deeply rooted in the history of America’s Civil Rights Movement of the 1960s and ‘50s. We lived through the life and legacies of the Honorable Elijah Muhammad, the noble life of Dr. Martin Luther King and Malcolm X Shabazz, Medgar Evans and Sister Rosa Parks. Voting for African American Muslims of that ilk is extremely important because we did not get our “blackness” from a history book; we earned our place by paying the price that all other Americans paid in order to walk into a voting booth with a sense of dignity, pride and indebtedness to those who bled, sweated and died so we could vote today.

In this current election season for the office of president and the important congressional and gubernatorial seats, the eyes, ears and souls of African American Muslims are keenly attuned to the heartbeat of these campaigns and what they mean to our well-being in our American society.

On a national level there is a vibrant group called African American Muslims for Biden-Harris that is holding regular Zoom meetings with leading figures of the Biden-Harris campaign.

In association with another Muslim voting bloc called Black American Muslims, the African American Muslim voice is actively pursuing every right, privilege and accountable responsibility that America affords every citizen.

The group, Black American Muslims, declares, “We the Black American Muslim faith and civic leaders reflect a distinct tradition within our country that is grounded in faith-inspired civic responsibility, community service, and political participation responsive of our community’s social, political, and economic needs.” They further stated, “We are proud Black American Muslims and the product of some of the greatest social reforms of Africans who were once enslaved in our nation.” You can learn more about this group at bam-vote.com. “African American Muslim Souls to the Polls” is the slogan of African American Muslims for Biden-Harris.

Imam Dr. Talib Shareef of Washington D.C. said this is a call to all African American Muslim leaders, Imams, chaplains, Islamic institutional leaders and other groups and entities on behalf of the Biden presidential campaign. Imam Talib explained, “This is an added initiative focusing specifically on speaking with, addressing and connecting African American Muslim Faith leaders to the campaign. It is being established as a result of contacts with the campaign by members associated with the leadership of Imam W. Deen Mohammed and other African American Muslim leaders in the interest of unity and collective power.”

Our future is here in America. Our fore parents paid a dear price for the freedoms we enjoy. Therefore, we’re obligated to make way for a better future for our next generations.

Michael “Mikal” Saahir is the resident Imam of Nur-Allah Islamic Center. He can be reached at nur-allah@att.net or at 317 753-3754.

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Is credit card relief little help? CHECK OUT DEBT MANAGEMENT

By MELISSA LAMBARENA
NerdWallet

As cardholders experience financial difficulties due to COVID-19, some credit card issuers are promoting their hardship programs.

Once a well-kept secret, these programs are now more prominently advertised, offering things like deferred payments and lower interest rates. But not all cardholders will qualify or receive favorable terms.

If you've been denied COVID-19 relief, if it's insufficient or if your relief terms are expiring, consider turning to a nonprofit credit counseling agency. Credit counselors may be able to help you with get-out-of-debt options — among them, possibly, a debt management plan, which rolls several balances into a single payment at a lower interest rate.

"It essentially works as a consolidation loan without creating a new loan," says Thomas Nitzsche, a spokesperson for Money Management International, a nonprofit credit counseling agency.

Here's what to know about this kind of assistance.

HARDSHIP PROGRAMS VS. DEBT MANAGEMENT PLANS

Credit card hardship programs are ideal for balances that can be paid down over a few months. Terms vary by issuer, and relief is generally granted



on a case-by-case basis. To determine your eligibility, you must contact your card issuer.

Debt management plans are better suited for long-term debt that can take up to five years to pay. They consolidate different balances like unsecured loans, certain kinds of medical debt and credit cards into one payment at a fixed rate, according to Nitzsche.

You wouldn't go through your card issuer directly for such a plan, but a third-party credit counseling agency may suggest it for you, if you qualify, and set it up with the issuer. Credit history isn't a factor for eligibility, but you do typically need a regular income to

show you can contribute payments that meet the plan's terms. One missed payment may dissolve a debt management plan.

There are also usually fees involved with a debt management plan, which can vary based on factors like where you live. But fees may be negotiable, and your savings will typically outweigh the cost.

'I DON'T HAVE TO TALK TO THE CREDITORS ANYMORE'

Unlike a hardship program, a debt management plan may also save you time. For Helen Kerins, a New Jersey-based YouTuber at the

channel Krazy Kerins, the best part was letting the credit counseling agency negotiate with issuers. "I don't have to talk to the creditors anymore," she says.

Kerins, 42, had already used a debt management plan in her 20s to pay off creditors, but she acknowledges that afterward her habits didn't fully change. By 2016, though, her priorities were different as a wife and new mom, and she was determined to tackle almost \$44,000 in debt.

She contacted a credit counselor and submitted credit card statements, account numbers, contact information and other details. Together they discussed her op-

tions over the phone and determined that a debt management plan was fitting. (Credit counselors may offer other options or resources for budgets in the red.)

After the agency reached out to Kerins' credit card issuers, she got a significant break on interest, and her monthly outlay toward that debt fell sharply, too.

Before, "I was paying close to like \$700 or \$800 a month in just my credit cards," Kerins says. The debt management plan got that figure down to about \$475 a month total, and that included the \$25 monthly service fee charged by the counseling service.

IT'S POSSIBLE TO COMBINE RELIEF OPTIONS

If, say, only some of your creditors are offering you hardship relief directly, you could potentially enroll the other accounts in a debt management plan.

"The (debt management plan) is pretty flexible," Nitzsche says. "You can add or remove creditors at any time for any reason."

Relatedly, even if you may have been previously enrolled in, or denied for, a hardship plan, that doesn't typically deter issuers from offering affordable terms through a debt management plan. Spokespersons at American Express and Wells Fargo, for instance, confirmed that those issuers are willing to work with such cardholders.

With either kind of plan, you may have to stop using your credit cards. Your issuer may even close them. But even then, you may have other options.

In Kerins' case, monthly payments were automatically debited from her bank account, and she whittled almost \$44,000 in debt down to \$10,000. Her husband then used his own good credit to qualify for credit card balance transfer offers, and she moved her balance onto those cards to save more money and accelerate the debt repayment.

She finished paying off that debt entirely in December 2019.

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Over the past few years there have been undeniable increases in the cost of the paper, yet our company has absorbed the costs without increasing rates. Unfortunately, that is no longer feasible as costs continue to skyrocket. While our rates will increase effective Jan. 1, 2019, the rates are still lower than other media outlets.

We want to thank you for all the support you have shown us and ask for your continued support.

If you have any questions, please do not hesitate to call Rapheal Matthew at (317) 924-5143 or email legals@indyrecorder.com

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DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D01-2002-DC-002831
IN RE THE MARRIAGE OF:
THERESA LUJ O'HAEME
Petitioner
-v-
AKINWALE OLUWOLE
AKINOLA
Respondent
TO RESPONDENT:
AKINWALE OLUWOLE
AKINOLA

This Summons is to the above-named Respondent, and to any other person who may be concerned. You are hereby notified that you have been sued in the Marion County Superior Court in an action entitled: In Re: The Marriage of Theresa Uj Ohaeme, Petitioner, and Akinwale Oluwale Akinola, Respondent, by the person named above as Petitioner. This Summons by Publication is specifically directed to the Respondent above named whose current address and whereabouts are unknown.

The named Petitioner is represented by Katherine M. Forbes, The Law Firm of Fatima Johnson, 3737 N. Meridian St., Ste. 106, Indianapolis, IN 46208, Telephone 317) 455-6829. The nature of the suit against you is: Dissolution of Marriage. The property, relationship, or other res involved in this actions is: The marital relationship between Theresa Uj Ohaeme and Akinwale Oluwale Akinola, and the assets and liabilities of the marital estate.

An answer or other response in writing to the petition must be filed by you or your attorney, within thirty (30) days after the third notice of suit. If you fail to file an answer or other response in writing within thirty days after the third notice of suit, judgement by default may be rendered against you for the relief requested by the Petitioner. If you have a claim for relief against the defendant arising from the same transaction or occurrence assert it in your written answer or response. **Myia Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

DISSOLUTION

STATE OF INDIANA
COUNTY OF MARION, ss:
IN THE SUPERIOR COURT
OF MARION COUNTY
IN RE: THE MARRIAGE OF:
DAVID M. SOMMERWEY, Jr.
Petitioner
-v-
WILLIAM T. GRAY, Jr.
Respondent.
CAUSE NO.
49D14-2007-DN-023212

NOTICE OF SUIT
To the above named Respondent, WILLIAM T. GRAY, and any other person who may be concerned. You are notified that you have been sued in the Court above named. The nature of the suit against you is: Dissolution of Marriage.

This summons by publication is specifically directed to the following named Respondent's whose address are known: N/A. And to the following named Respondent's whose whereabouts are unknown: WILLIAM T. GRAY. If this Summons is accompanied by an Order Setting Hearing, you must appear in Court on the date and time stated on the Order Setting Hearing. IF YOU DO NOT APPEAR, EVIDENCE MAY BE HEARD IN YOUR ABSENCE AND A DETERMINATION MADE BY THE COURT. If a Temporary Restraining Order is issued, it is effective immediately upon your receipt or knowledge of the Order. If you wish to retain an attorney to represent you in this matter, it is advisable to do so before the date stated in the Order to Appear. If you take no action in this case after receipt of this Summons, the Court can grant a Dissolution of Marriage, or make a determination regarding any of the following: paternity, child custody, child support, maintenance, visitation, property division (real or personal) and other distribution of assets and allocation of debts.

You must respond within thirty (30) days after the third notice of suit, published, and in case you fail to do so, judgement by default may be entered against you for the relief demanded in the Petition for Dissolution of Marriage. **Myia Eldridge, Clerk**

09/18/20
10/02/20
10/02/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D01-1908-DN-031740
IN RE THE MARRIAGE OF:
ADEOLA O. OLAYODE
Petitioner
-v-
ANDREW I.R. COKLOW
Respondent
TO RESPONDENT: ANDREW I.R. COKLOW

This Summons is to the above-named Respondent, and to any other person who may be concerned. You are hereby notified that you have been sued in the Marion County Superior Court in an action entitled: In Re: The Marriage of Adeola O. Olayode, Petitioner, and Andrew I.R. Coklow, Respondent, by the person named above as Petitioner. This Summons by Publication is specifically directed to the Respondent above named whose current address and whereabouts are unknown.

The named Petitioner is represented by Katherine M. Forbes, The Law Firm of Fatima Johnson, 3737 N. Meridian St., Ste. 106, Indianapolis, IN 46208, Telephone 317) 455-6829. The nature of the suit against you is: Dissolution of Marriage.

The property, relationship, or other res involved in this actions is: The marital relationship between Adeola O. Olayode and Andrew I.R. Coklow, and the assets and liabilities of the marital estate.

An answer or other response in writing to the petition must be filed by you or your attorney, within 30 days after the third notice of suit, and if you fail to do so, judgement by default may be rendered against you for the relief demanded by Petitioner. If you have a claim for relief against the Petitioner arising from the same transaction or occurrence, you must assert it in your written answer or response. **Myia Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D01-2008-DN-027579
IN RE THE MARRIAGE OF:
LINDA VAUGHN
Petitioner
-v-
CHRISTOPHER VAUGHN
Respondent

This summons by publication is specifically directed to the following named defendant(s) whose whereabouts are unknown: Christopher Vaughn. In addition to the above named defendants being served by this summons there may be other defendants who have an interest in this law suit. If you have a claim for relief against the plaintiff arising from the same transaction or occurrence, you must assert it in your written answer. You must answer the Complaint in writing, by you or your attorney, on or before the - day of -, 2020, the same being within thirty (30) days after the Third Notice of Suit) and if you fail to do so a judgment will be entered against you for what the plaintiff has demanded. **Myia Eldridge, Clerk**

09/25/20
10/02/20
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DISSOLUTION

SUMMONS BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION SS:
IN THE MARION SUPERIOR COURT
CIVIL DIVISION
CASE NO.
49D07-2009-DC-030534
IN RE THE MARRIAGE OF:
AYOBAMI EMMANUEL
OLAWALE
Petitioner,
And
ADEOLA TOYIN OLAWALE
Respondent.

NOTICE OF SUIT

The State of Indiana to the above-named Respondent, and any other person who may be concerned. You are notified that you have been sued in the Court above named. The nature of the suit against you is: DISSOLUTION OF MARRIAGE.

This summons by publication is specifically directed to the following named Respondent whose whereabouts are unknown: ADEOLA TOYIN OLAWALE. If you have a claim for relief against the plaintiff arising from the same transaction or occurrence, you must assert it in your written answer. You must answer the Complaint in writing, by you or your attorney, on or before the - day of -, 2020, the same being within thirty (30) days after the Third Notice of Suit), and if you fail to do so a judgement will be entered against you for what the plaintiff has demanded. **Myia Eldridge, Clerk**

10/02/20
10/09/20
10/16/20

DISSOLUTION

SUMMONS BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION ss:
IN THE MARION SUPERIOR COURT
CIVIL DIVISION
CAUSE NO.:
49D03-2003-DC-9456
IN RE: THE MARRIAGE OF
EDGAR RUIZ,
Petitioner
-v-
CHI NGUYEN,
Respondent.

The State of Indiana to the defendants above named, and any other person who may be concerned. You are notified that you have been sued in the Court above named. The nature of the suit against you is: Dissolution of Marriage. This summons by publication is specifically directed to the following named defendant(s) whose addresses are: And to the following defendant(s) whose whereabouts are unknown: Chi Nguyen, address and unknown.

In addition to the above named defendants being served by this summons there may be other defendants who have an interest in this law suit.

If you have a claim for relief against the plaintiff arising from the same transaction or occurrence, you must assert it in your written answer. You must answer the Complaint in writing, by you or your attorney, on or before the - day of -, 2020, the same being within thirty (30) days after the Third Notice of Suit), and if you fail to do so a judgment will be entered against you for what the plaintiff has demanded. **Myia Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D14-2007-DC-21723
RE THE MARRIAGE OF:
GEORGE TAMEZ
Petitioner
-v-
MIKAYLA SUE TAMEZ
Respondent

This summons is to the above-named Respondent and to any other person who may be concerned. You are notified that you have been sued in the Marion County Superior Court, Indiana in an action entitled in the re The Marriage of George Tamez and Mikayla Sue Tamez Cause number 49D14-2007-DC-021723. The person named as Petitioner. This summons by publication is specifically directed to Respondent above named whose current address and whereabouts are unknown. The named Petitioner is represented by R. Madison Hill Attorney, at Law, 6801 Lake Plaza Drive Unit A-108, Indianapolis, IN 46220. The nature of the suit against you is a Petition for Dissolution of Marriage.

An answer or other response in writing to the petition must be filed by you or your attorney within 30 days after the third notice of suit, and if you fail to do so, judgement by default may be rendered against you for the relief demanded by Petitioner. If you have a claim for relief against the Petitioner arising from the same transaction or occurrence, you must assert it in your written answer or response. **Myia Eldridge, Clerk**

09/18/20
10/02/20
10/09/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D03-2009-DC-032014
RE THE MARRIAGE OF:
ADESINA S. ADEKOLA
Plaintiff
-v-
ADENIKE D. ADESINA
Defendant

NOTICE OF SUIT
This summons is to the above-named Respondent and to any other person who may be concerned. You are notified that you have been sued in the Court above named. The nature of the suit against you is: dissolution. This summons by publication is specifically directed to Respondent above named whose current address and whereabouts are unknown. The nature of the suit against you is a Petition for Dissolution of Marriage.

An answer or other response in writing to the petition must be filed by you or your attorney within 30 days after the third notice of suit, and if you fail to do so, judgement by default may be rendered against you for the relief demanded by Petitioner. If you have a claim for relief against the Petitioner arising from the same transaction or occurrence, you must assert it in your written answer or response. **Myia Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D01-1908-DN-031740
IN RE THE MARRIAGE OF:
ADEOLA O. OLAYODE
Petitioner
-v-
ANDREW I.R. COKLOW
Respondent
TO RESPONDENT: ANDREW I.R. COKLOW

This Summons is to the above-named Respondent, and to any other person who may be concerned. You are hereby notified that you have been sued in the Marion County Superior Court in an action entitled: In Re: The Marriage of Adeola O. Olayode, Petitioner, and Andrew I.R. Coklow, Respondent, by the person named above as Petitioner. This Summons by Publication is specifically directed to the Respondent above named whose current address and whereabouts are unknown.

The named Petitioner is represented by Katherine M. Forbes, The Law Firm of Fatima Johnson, 3737 N. Meridian St., Ste. 106, Indianapolis, IN 46208, Telephone 317) 455-6829. The nature of the suit against you is: Dissolution of Marriage.

The property, relationship, or other res involved in this actions is: The marital relationship between Adeola O. Olayode and Andrew I.R. Coklow, and the assets and liabilities of the marital estate.

An answer or other response in writing to the petition must be filed by you or your attorney, within 30 days after the third notice of suit, and if you fail to do so, judgement by default may be rendered against you for the relief demanded by Petitioner. If you have a claim for relief against the Petitioner arising from the same transaction or occurrence, you must assert it in your written answer or response. **Myia Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D08-2009-GU-032044
IN THE MATTER OF THE Guardianship of Thomas Aaron Evans Jr, a minor
NOTICE OF HEARING
Notice is hereby given that Petitioner Victoria Lynn Jones, by counsel, filed a Petition to Appoint Guardian over Person and Estate of Mary E. Evans, a minor. The Petition is scheduled for hearing in the Marion County Superior Court No. 8 on November 2, 2020 at 2:50 pm, which is more than thirty (30) days after the third notice of publication. Any person has the right to appear at the hearing and to file written objections on or before the hearing date. **Myia Eldridge, Clerk**

10/02/20
10/09/20
10/16/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D12-2009-DN-031351
TAOFIK O. OLOWU
PLAINTIFF
-v-
MARLEANE Y. JONES
Defendant

NOTICE OF SUIT

The State of Indiana to the defendants above, and any other person who may be concerned.

You are notified that you have been sued in the Court above named. The nature of the suit against you is: DISSOLUTION OF MARRIAGE.

This summons by publication is specifically directed to the following named defendant(s) whose addresses are: MARLEANE Y. JONES, ADDRESS UNKNOWN and to the following defendant(s) whose whereabouts are unknown: MARLEANE Y. JONES. In addition to the above named defendants being served by this summons there may be other defendants who have an interest in this law suit.

If you have a claim for relief against the plaintiff arising from the same transaction or occurrence, you must assert it in your written answer. You must answer the Complaint in writing, by you or your attorney, on or before the - day of -, 2020, the same being within thirty (30) days after the Third Notice of Suit), and if you fail to do so a judgment will be entered against you for what the plaintiff has demanded. **Myia Eldridge, Clerk**

09/18/20
10/02/20
10/02/20

DISSOLUTION

SUMMONS BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION
SUPERIOR COURT OF MARION COUNTY
CIVIL DIVISION
IN RE THE MARRIAGE OF:
ABAYOMI ABIODUN OGUNTUYINBO,
Plaintiff,
Vs.
EOLUWA BLESSING OGUNTUYINBO,
Defendant.
49D11-2009-DC-030837

The State of Indiana to the defendants above named, and any other person who may be concerned. You are notified that you have been sued in the Court above named. The nature of the suit against you is Divorce/ Dissolution of Marriage. And to the following defendant whose whereabouts are unknown: EOLUWA BLESSING OGUNTUYINBO. In addition to the above named defendant being served by this summons there may be other parties who have an interest in this law suit. If you have a claim for relief against the plaintiff arising from the same transaction or occurrence, you must assert it in your written answer. You must answer the Complaint in writing, by you or your attorney, on or before the - day of -, (the same being within thirty (30) days after the Third Notice of Suit), and if you fail to do so a judgment will be entered against you for what the plaintiff has demanded. **Myia Eldridge, Clerk**

10/02/20
10/09/20
10/16/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D03-2009-DC-032014
RE THE MARRIAGE OF:
ADESINA S. ADEKOLA
Plaintiff
-v-
ADENIKE D. ADESINA
Defendant

NOTICE OF SUIT
This summons is to the above-named Respondent and to any other person who may be concerned. You are notified that you have been sued in the Court above named. The nature of the suit against you is: dissolution. This summons by publication is specifically directed to Respondent above named whose current address and whereabouts are unknown. The nature of the suit against you is a Petition for Dissolution of Marriage.

An answer or other response in writing to the petition must be filed by you or your attorney within 30 days after the third notice of suit, and if you fail to do so, judgement by default may be rendered against you for the relief demanded by Petitioner. If you have a claim for relief against the Petitioner arising from the same transaction or occurrence you must assert it in your written answer or response. **Myia Eldridge, Clerk**

09/18/20
10/02/20
10/09/20

DISSOLUTION

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
IN THE MARION COUNTY
SUPERIOR COURT
CAUSE NO.
49D03-2009-MJ-000224
IN RE: THE NAME CHANGE OF:
TERRI L. FOOTE
Petitioner.
NOTICE OF PETITION FOR CHANGE OF NAME
The State of Indiana and to any other person who may be concerned. YOU ARE HEREBY NOTIFIED that Terri L. Foote has filed a Verified Petition for Change of Name. The Nature of the filing is: Verified Petition for Change of Name. Terri L. Foote is requested that her name on her birth certificate be changed from Terri Lynne Adams to Terri Lynne Mitchell. The Petition was on or about September 2, 2020 in the Hendricks County Circuit Court.

This Summons by Publication is specifically directed to the State of Indiana and any other person who may be concerned. Petitioners current mailing address is 6558 Eagle Crossing, Brownsburg, Indiana 46112. Any person has the right to appear at the hearing and file objections.

Notice is further given that the hearing will be held on said Petition on this date: 10-26-2020 at 9:30 AM O'clock
Debbie Hoskins, Clerk

09/18/20
09/24/20
10/02/20

DISSOLUTION

SUMMONS - SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF HENDRICKS SS:
HENDRICKS CIRCUIT COURT
CAUSE NO. 5
32D05-2009-MJ-000224
IN RE: THE NAME CHANGE OF:
TERRI L. FOOTE
Petitioner.
NOTICE OF PETITION FOR CHANGE OF NAME
The State of Indiana and to any other person who may be concerned. YOU ARE HEREBY NOTIFIED that Terri L. Foote has filed a Verified Petition for Change of Name. The Nature of the filing is: Verified Petition for Change of Name. Terri L. Foote is requested that her name on her birth certificate be changed from Terri Lynne Adams to Terri Lynne Mitchell. The Petition was on or about September 2, 2020 in the Hendricks County Circuit Court.

This Summons by Publication is specifically directed to the State of Indiana and any other person who may be concerned. Petitioners current mailing address is 6558 Eagle Crossing, Brownsburg, Indiana 46112. Any person has the right to appear at the hearing and file objections.

Notice is further given that the hearing will be held on said Petition on this date: 10-26-2020 at 9:30 AM O'clock
Debbie Hoskins, Clerk

09/18/20
09/24/20
10/02/20

GUARDIANSHIP

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION: ss
IN THE SUPERIOR COURT
CAUSE NO.
49D08-2009-GU-032017
In the matter of the Guardianship of Mary E. Evans, a minor
NOTICE OF HEARING
Notice is hereby given that Petitioner Victoria Lynn Jones, by counsel, filed a Petition to Appoint Guardian over Person and Estate of Mary E. Evans, a minor. The Petition is scheduled for hearing in the Marion County Superior Court No. 8 on November 2, 2020 at 2:50 pm, which is more than thirty (30) days after the third notice of publication. Any person has the right to appear at the hearing and to file written objections on or before the hearing date. **Myia Eldridge, Clerk**

10/02/20
10/09/20
10/16/20

GUARDIANSHIP

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION: ss
IN THE SUPERIOR COURT
CAUSE NO.
49D08-2009-GU-032044
In the matter of the Guardianship of Thomaya Aaron Evans, a minor
NOTICE OF HEARING
Notice is hereby given that Petitioner ONABOWU KEHINDE ADUNOLA, as a selfrepresented litigant, filed a Verified Petition For Change Of Name to Change Petitioner's name from ONABOWU KEHINDE ADUNOLA to SMITH ADUNOLA KEHINDE. The Petition is scheduled for hearing in the Marion County Superior Court on November 17, 2020, at 9:00 a.m., Which is more than thirty (30) days after the third notice aplication. Any person has the right to appear at the hearing and to file written objections on or before the hearing date. **Myia A. Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

GUARDIANSHIP

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION: ss
IN THE SUPERIOR COURT
CAUSE NO.
49D08-2009-GU-032044
In the matter of the Guardianship of Thomaya Aaron Evans, a minor
NOTICE OF HEARING
Notice is hereby given that Petitioner ONABOWU KEHINDE ADUNOLA, as a selfrepresented litigant, filed a Verified Petition For Change Of Name to Change Petitioner's name from ONABOWU KEHINDE ADUNOLA to SMITH ADUNOLA KEHINDE. The Petition is scheduled for hearing in the Marion County Superior Court on November 17, 2020, at 9:00 a.m., Which is more than thirty (30) days after the third notice aplication. Any person has the right to appear at the hearing and to file written objections on or before the hearing date. **Myia A. Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

GUARDIANSHIP

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION: ss
IN THE SUPERIOR COURT
CAUSE NO.
49D08-2009-GU-031532
In the matter of the Guardianship of Thomaya Aaron Evans, a minor
NOTICE OF HEARING
Notice is hereby given that Petitioner ONABOWU KEHINDE ADUNOLA, as a selfrepresented litigant, filed a Verified Petition For Change Of Name to Change Petitioner's name from ONABOWU KEHINDE ADUNOLA to SMITH ADUNOLA KEHINDE. The Petition is scheduled for hearing in the Marion County Superior Court on November 17, 2020, at 9:00 a.m., Which is more than thirty (30) days after the third notice aplication. Any person has the right to appear at the hearing and to file written objections on or before the hearing date. **Myia A. Eldridge, Clerk**

09/25/20
10/02/20
10/09/20

GUARDIANSHIP

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION: ss
IN THE SUPERIOR COURT
CAUSE NO.
49D08-2009-GU-032044
In the matter of the Guardianship of Thomas Aaron Evans Jr, a minor
NOTICE OF HEARING
Notice is hereby given that Petitioner Victoria Lynn Jones, by counsel, filed a Petition to Appoint Guardian over Person and Estate of Thomas Aaron Evans Jr, a minor. The Petition is scheduled for hearing in the Marion County Superior Court No. 8 on November 2, 2020 at 2:50 pm, which is more than thirty (30) days after the third notice of publication. Any person has the right to appear at the hearing and to file written objections on or before the hearing date. **Myia Eldridge, Clerk**

10/02/20
10/09/20
10/16/20

GUARDIANSHIP

SUMMONS—SERVICE BY PUBLICATION

STATE OF INDIANA
COUNTY OF MARION ss
IN THE MARION SUPERIOR COURT
CAUSE NO.:
49D08-2008-GU-028229
49D08-2008-GU-028307
IN THE MATTER OF Guardianship of Matthew Oren Schneider and Christopher Lee Schneider, adults

NOTICE OF HEARING
Notice is hereby given that Petitioners Brenda Lee Schneider, Michael Daseel Schneider, and Eric James Schneider, by counsel, filed a Petition to appoint Guardian over Person and Estate of Matthew Oren Schneider and Christopher Lee Schneider both adults. The

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Too early to evaluate these Colts

By DANNY BRIDGES

It's way too easy to get caught up in hype that surrounds professional sports, and there's always an "expert" to tell you just how good your hometown team really is. Case and point with your Indianapolis Colts.

After losing their season-opening contest at Jacksonville (as predicted by yours truly), they have now roughed up two straight lackluster opponents in the friendly confines of their home turf, causing one local media outlet to proclaim the team had just demonstrated the blueprint for a coveted Super Bowl run.

After seeing that, I took a deep breath, collected my thoughts and came up with some specific reasons Colts fans shouldn't make those reservations for Tampa Bay on Feb. 7, 2021, just yet.

After all, it's about who you play in the NFL, and we really can't crown the good men who don the horseshoe each week as kings for simply taking care of business and bullying the likes of the Minnesota Vikings and the New York Jets.

Granted, it hasn't been all that long ago when they were losing games they should win, both at home and on the road, so I can understand the elation some of you may have at this early juncture.

Before deciding what the championship parade route through downtown Indianapolis will be, let's take a glance of their upcoming schedule for the next eight weeks and what it means in terms of a true evaluation of this year's squad. The Colts hit the road these next two weeks to play a solid Chicago Bears team and then on to face the improved Cleveland Browns. The key phrase here is "road trip," and while life on the NFL road is never easy, this is a wakeup call.

After those two contests, they head back home to meet the Cincinnati Bengals. Easy, right? Uh, no it will not be, as the Bengals have shown the ability to throw the football, which has been the Achilles' heel of the Colts defense for some time. Life on the road again rears its head the following



Chicago Bears defender Nick Kwiatkoski sacks Colts quarterback Chad Kelly in 2019. (Recorder file photo)

week as Indianapolis visits the Detroit Lions, who clearly are their usual mess. Yes, the Colts should prevail, but nothing on the road is an automatic, regardless of how inept your opponent is, and the Lions did beat Arizona on the road recently.

After the Lions, Lamar Jackson and the Baltimore Ravens come calling to Lucas Oil Stadium, followed by a trip to Tennessee, then a visit from Aaron Rodgers and the Green Bay Packers, and a second match-up with the Titans. That will conclude the 11th week of the regular season, and by then we should have a clear idea of just what is under the hood of the Colts-mobile.

Sure, they just might surprise you and run the table through most of the aforementioned games, but they could also self-destruct along the way. My point is until we witness a consistent execution of playmaking on both sides of the football, all we can do is speculate.

Throw in the inevitable injuries that are part of this game, and things get even more complicated. Depth is not abundant on this team, and ultimately that may be a huge factor in terms of stringing together a winning streak.

Can this team meet or exceed some of the rather lofty expectations placed upon them is the real question, and I'm not convinced they can. I predicted an 8-8 mark before the season began, and many of you reached out via email and called me everything from a hater to an idiot. Those reactions aside, we have no idea how good this Colts team is after three games, but the next eight will certainly tell us.

In the interim, enjoy the games, and if they become world beaters, then

please remind me how wrong I was with my handicapping.

If I'm right, you don't have to send me an email telling me I'm insane; just remember I told you three games against subpar competition is too small of a sample size to evaluate your team.

Extra point: You can watch the Colts take on the Chicago Bears at 1 p.m. Oct. 4 on CBS. You can also turn down the volume on your television and listen to the radio broadcast (my preference) with Matt Taylor and Rick Venturi on the call at 107.5 FM.

Danny Bridges, who greatly appreciates all the precautions the Colts have taken to keep him safe in the press box during these challenging environmental times, can be reached at 317-370-8447 or at bridgeshd@aol.com.

Lawrence North survives in OT



Lawrence North senior quarterback Donaven McCulley, who's committed to play football at Indiana University, helped the Wildcats' stagnant offense get going late in the first half and finished with 260 passing yards.



Lawrence North brushed off a slow start offensively and forced overtime at Ben Davis on Sept. 25, winning 27-24 on a field goal from Zach Lotts. Lawrence North trailed 7-3 at halftime but outscored the Giants 24-17 in the second half, including overtime. The Wildcats had lost to Ben Davis 11 straight times.



Ben Davis senior running back Brandon Fuentes takes a handoff. He finished with 52 rushing yards on 12 carries. (Photos/Tyler Fenwick)



Speedway defender Christian Cook (15) tackles George Washington's Jaquan Bridges in a 43-8 win for the Sparkplugs.



George Washington receiver Jaique Peters makes a catch with Speedway defender Carson Harrison trailing. (Photos/Walt Thomas)

Speedway blows out Washington