

SOUTHSIDE

BOOMERS

A DAILY JOURNAL PUBLICATION

Spring 2022



Small Town Entertainment

Man revives historic Pixy Theatre

Love of Music Brings Locals Together // Air Fryer Crispy (Un)Fried Chicken

SOUTHSIDE BOOMERS

Spring 2022

ON THE COVER



Mike Harding, owner
of the Pixy Theatre

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Safe Entertaining Tips in a COVID-19 World

ELIVINGTODAY.COM | PHOTO BY GETTY IMAGES



Depending on where you live, restrictions on social gatherings may become less strict in the coming weeks and months. However, many experts caution that care should still be exercised when groups of people gather.

After an extended period without social contact, it's only natural to crave some interaction, and there's evidence that doing so can be advantageous for your mental health. However, taking precautions to protect your physical health, along with your guests', can make for a more enjoyable event.

KEEP IT CONTAINED. Limit your gatherings to a few close friends or family members so if someone does get sick, contact tracing is a simple task. Keep in mind the number of same-household families you invite is more important than the number of people in that family. For example, one family of six that has already been living in close quarters poses a lower risk than three couples living in separate houses. Also be mindful of your guests' approach to prevention; if they've been less cautious than your family or vice versa, there's room for conflict and anxiety.

CELEBRATE OUTDOORS. Indoor event spaces naturally have less circulation, meaning potential airborne particles hang around longer. Planning your gathering outdoors helps ensure more free-moving fresh air and more space for guests to spread out and practice social distancing.

ENCOURAGE GUESTS TO BRING THEIR OWN. It may go against all your good hosting inclinations but hosting a bring-your-own party eliminates shared food and the risk of cross-contamination. You can provide disposable table service (plates, silverware and napkins) and single-serve beverages, but skip the cooler everyone reaches into.

PROVIDE AMPLE, WELL-SPACED SEATING. Encourage guests to keep some distance from one another by creating comfy seating arrangements. You can take it a step farther by asking guests to bring their own chairs and directing each family to set up its space a reasonable distance from the next.

MAKE CLEANLINESS A PRIORITY. Create stations with hand sanitizer or wipes. You can also create a makeshift sink to minimize trips to the restroom indoors. Provide a spray bottle or bucket, soap and paper towels near the hose for quick clean-ups.

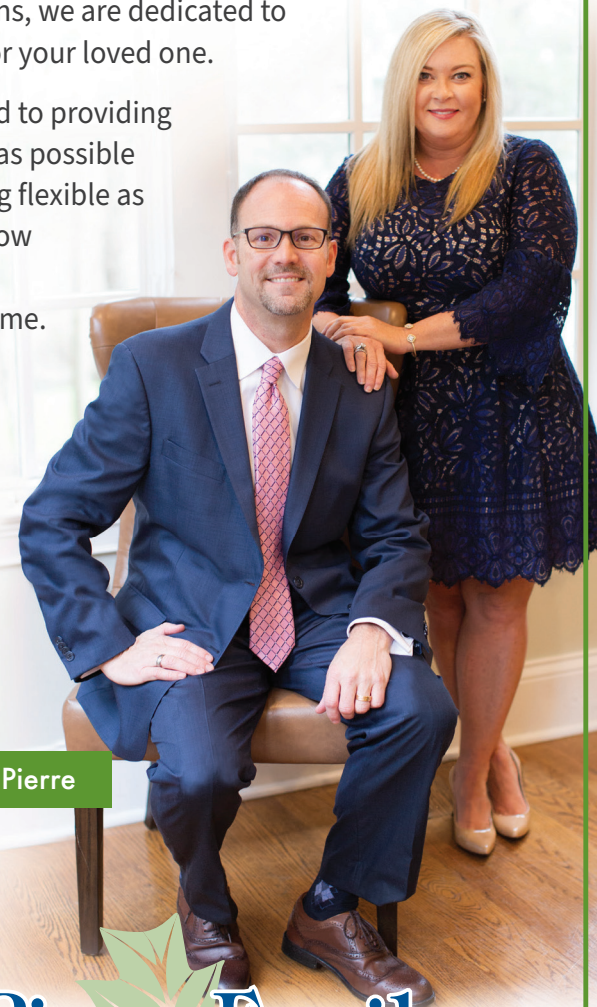
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The Pixy Theatre

SMALL TOWN ENTERTAINMENT

Man revives historic Pixy Theatre

STORY BY CHERYL FISCUS JENKINS | PHOTOS BY MARK FREELAND

On a Tuesday morning in Edinburgh, people come and go from the Pixy Theatre carrying construction equipment and cleaning up after its most recent production.

A sign outside promotes the next Friday night comedy event.

All smiles and enjoying fellowship associated with bringing life to the hub of Edinburgh's downtown, local folks soak in the theater's eclectic mix of urban entertainment with a small-town vibe. Pixy owner Mike Harding blends right in with the show-must-go-on mentality.

"One of the reasons for buying this place is it used to be the pearl of the

community," Harding said. "It brings the community together."

The Edinburgh Pixy Theatre was built in 1907 and was used as a Masonic Lodge until 2008. It was a former opera house, movie theater and home of the Edinburgh Sugar Creek Players for almost 20 years. With extensive renovations done in the last decade, these days it serves as an historic venue for live music, movies, arts, stage productions, weddings and even paranormal investigations. It has hosted line dancing and fencing lessons and has served as a seed location for small startup businesses.



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Mike Harding, owner of Pixy Theatre. Behind him is an antique pipe organ. It was built in 1928 and still works. Wood is walnut.

Harding bought the facility in 2008 — two years after his wife, Carol Forrest, died in a tragic flying accident. With the marquee falling off and the Masons wanting to move, the fixer-upper project seemed like the perfect way to heal his broken heart and soul.

“It needed a lot of help, and I needed something to do,” he said. “We’ve had a good time. This belongs to the town, and you have to take care of it.”

Area resident Judy Chandler grew up attending Saturday night Pixy events and now sells tickets and concessions for its weekend shows and cleans the facility for weddings. She has grown to know more local folks with the job and admires what Harding has done to restore and rejuvenate community events.

“He’d give you the shirt off his back,” she said. “He’s a heck of a nice guy.”

Caring for historical buildings and connecting people to purpose was the premise behind Harding’s hiring of about two dozen young adults in trouble with local law enforcement to help renovate the Pixy. For several years, they painted doors, staircases and spindles, stripped and sanded floors, scraped walls and learned to show up for employment sober and ready to work.

“We taught them some skills and put them to work,” he said. “It took a couple of years and kept them out of trouble.”

Some of the kids fared well and found success after their time at the Pixy, Chandler said. Other workers fell astray — overdosing on drugs or returning to jail. One young man, whom Harding testified for in court to serve the community rather than jail time, died in a car crash running from police.

“I don’t dwell on that,” he said. “You do what you can. We had them for a few years. They were good kids, and they worked their butts off.”

Harding is no stranger to hard work. He grew up on the east side of Indianapolis and graduated from Purdue University in 1976 in environmental science. He lived and worked in California in environmental restoration after such disasters as wildfires and mudslides. In his extensive career, he has consulted on projects around the globe and has given keynote speeches on environmental matters.

His passion for several years was the Flight of Discovery, in which a team of experts retraced the Lewis and Clark trail and collected water and soil samples to study environmental changes. The adventure took place in 2004, 2005 and 2006 with Harding only participating the first two years. In 2006, right before the excursion, his wife, along with two other participants, died in a helicopter crash.

“It needed a lot of help, and I needed something to do.”

- Mike Harding

Entry and lobby



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Mike Harding holding soil and water samples from Lenhi River.



Upper balcony with posters and movie projector

Harding said his wife was a fabulous civil engineer, musician and ballet teacher. The renovated bridal room at the Pixy houses cherished items of Forrest's past and the couple's life together. After her death, he returned to the Edinburgh area to purchase farmland in the family from years ago and some other properties, including the Pixy. He has also renovated the downtown Edinburgh building housing Cork Liquors and its bowling lanes upstairs.

"I kind of got enamored with this town," he said.

The Pixy, which Harding describes lovingly as a true nonprofit organization, is also home to a museum of Civil War memorabilia and lending library, male and female parlors, original projectors and a vintage organ from 1928. New windows bring life and light to the old building, along with a restored lobby and restrooms.

Harding embraces quirkiness at the Pixy, such as his extensive unique mirror collection and theater seating signs for Purdue and Indiana University fans. He recalls a "Cat in the Hat" themed wedding with rhyming vows and he stays on alert for paranormal activity from various unexplained theater presences he calls "tenants."

On any given day, guests can hear unidentified voices and someone walking the steps, Harding said. They can see orbs and faces in pictures, watch the stage curtain lift on its own, feel cold spots and witness a little boy present in the back of the theater.

"They just want you to know they are here," Harding said.

A performer and musician himself, Harding's joy comes from being front and center stage — watching the audience appreciate good talent or a loved one's performance.

"My satisfaction comes from people's reaction," he said. "For every dollar I lose on this place, I get \$10 back."

Mount Auburn resident Glynn Graham attended one of the final concerts of 2021's season with Tennessee's popular blues and country rock band Sugar Lime Blue. He loves live music and joins in the fun whenever possible.

"They never get a bad band in here," he said.

Edinburgh residents Josh and Amy Davis live a block away from the Pixy and attend events often. The couple appreciates the local and regional acts, the theater's history and the many holiday celebrations.

"It's kind of a gem," Josh Davis said.

Harding said Pixy programming typically runs mid-April through mid-December. Events are posted on the website and social media. Tickets can be purchased at the door.

“They never get a bad band in here.”

- Glynn Graham



Stage and screen



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GREATER GREENWOOD COMMUNITY BAND

Love of music brings locals together

STORY BY GREG SEITER | PHOTOS BY WARRIE DENNIS



Mark Myers, Mark Middleton,
Scott Hayden play trumpets



Clarinet players Linda
Cook and Marty Johnson
discuss their music

Music speaks to people in different ways. In fact, it was Danish author Hans Christian Anderson who once said, “Where words fail, music speaks.” In that regard, the Greater Greenwood Community Band (GGCB) has a lot to say.

Composed of approximately 90 volunteer musicians who each pay a small, annual membership fee, the GGCB, originally formed in 1993, typically gives six to nine performances each year from February through December. Concerts are free to the public and often occur on Sunday afternoons at either the Greenwood High School Auditorium or nearby amphitheaters. But the group also travels some.

“We occasionally participate in community band festivals in other parts of the state,” said band member David Weller, a trumpet player who has been involved on and off with the GGCB for nearly eight years. “We went to the Netherlands a couple of years ago and are planning on going to Ireland to play with a sister band this summer, depending on COVID.”

However, for the most part, the group’s focus is on developing an audience base and sharing music within its own community.

“When we play, we want there to be something for everybody. We try to make our performances experiences,” said Greater Greenwood Community Band Director Randy Greenwell, who has been with the group since early in 2018. “We do children’s concerts and sometimes include portable art galleries. We did a ‘70s concert last summer and our Halloween and Christmas concerts are always popular.

“We’ve even had a jazz ensemble created from the band and off-shoot chamber groups and quartets.”

With members ranging in age and skill level, the GGCB focuses mostly on bringing music enthusiasts together for a common goal as opposed to tackling extensively difficult compositions.

“We have college age up to 90-year-olds, but the average age is probably in the early to mid-60s,” Weller said. “Sure, we have some former band and choir directors who are members, but we also have engineers, teachers and stay-at-home parents.



Ted Wells

“We have college age up to 90-year-olds, but the average age is probably in the early to mid-60s”

- David Weller

“We play music that would fall into the high school age range,” Weller continued. “We tackle tough pieces now and then but mostly concert band music.”

Saxophonist Alan Slightom is the perfect example of a former instructor who has embraced the opportunity to perform music after spending many years teaching it. Slightom, who now serves as an adjunct professor with the Butler University Music Education Department, recently retired from his role as band director at Perry Meridian Middle School, a position he held for 41 years.

“I went through 12 principals there and even though we had a very good band that usually played high school level music, I myself never had a chance to really sit down and play parts as they were intended to be played,” he said.

“I’d heard good things about the Greenwood Community Band but never really had time to participate in something like that. However, once I retired, I joined the band in 2019.

“Now I’m just a guy playing the sax. It’s nice to be on the other end of the baton.”

However, Slightom is perhaps busier now than he was prior to leaving Perry Meridian Middle School.

“I work with the Boy Scouts of America, I’m a 4th degree black belt, I enjoy woodworking, automotive work and cycling, and I have eight grandchildren,” he said. “I didn’t retire because I hated what I was doing. I was just ready to try other things.”

Greenwell’s background is similar to Slightom’s but after retiring from Lawrence Township schools in 2017, he wasn’t quite ready to stop directing music.

“I taught for 32 years and even now, I still enjoy the music-making process,” he said. “I’m a trumpet player and I play in a church praise band. But in the summer of 2017, I was asked to direct a concert with the Indianapolis Symphonic Band and a flute player there told me the Greenwood director was retiring. So, I listened to the band, spoke with some folks and they selected me.”

Interestingly, Greenwell said community bands are plentiful throughout central Indiana.



“There are a number of them just in greater Indianapolis,” he said. “Hamilton County started one recently and I know there’s one on the west side as well as in Shelbyville.”

However, according to Weller, few compare to the GGCB.

“We are considered one of the best community bands in the state if not the region,” he said.

But the group, with its own band-member elected Board of Directors, focuses very heavily on community involvement.

“Two years ago, we started a side-by-side concert with area high school students who were nominated,” Greenwell said. “We even recognized them with a certificate. “That’s our way of helping high school

students understand how community band can be an option for them some day.”

The overall experience has proven to be very meaningful for Weller, Slightom and Greenwell.

“The band has helped me fall back in love with music,” Weller said. “Being involved allows me to express myself in an artistic way I might not have had otherwise. It’s fun to play music as an adult and not have to worry about getting a grade for it.”

Slightom agrees.

“There are great people in that group,” he said. “You get to see people from all backgrounds, and you also get to see how being involved with music affects people. It’s great to be able to play with a group of friends.”

Greenwell offered a philosophical perspective.

“Music and the arts contribute to the culture of our city, state and country. Life becomes stale if we lose those,” he said. “For musicians, we need to make sure we understand our audience and that people change over time. Music can be ageless but there’s definitely a need to play more than marches.

“We all have an opportunity to experience all types of music through community band, but we must ensure our audience is enriched,” Greenwell continued. “A concert can be much more than a ‘sit-and-get’ but the audience has to get involved in the experience.”

More information on the Greater Greenwood Community Band can be found at greenwoodband.org.



Allie Smith, Ora Pemberton,
Mirjam Vermeulen,
Jonathon Solomon, and
Amelia Woolery play French horns

“You get to see people from all backgrounds, and you also get to see how being involved with music affects people. It’s great to be able to play with a group of friends.”

- Alan Slightom



Chris Brooks on percussion



Wake Up Refreshed

Simple ways to begin
your morning

BY FAMILY FEATURES | PHOTO BY ADOBESTOCK

Ready, set, go. Just as you would set off at the starting line of a race, this hectic pace is how mornings begin for many men and women.

Instead of waking with dread to face another hectic morning, consider these tips for a healthier way to ease into your daily rituals. While these activities may require you to allow extra time, you may be pleased with the productive results.

MEDITATE. A practice that has been around for thousands of years may still be one of the best stress busters for hurried mornings. To start, find a place in your home that is free of noise and distraction. Practice sitting still, with eyes closed, and focus only on your breathing. Using deep, controlled breaths, try to steer your thoughts away from negative and stress-inducing thoughts.

STRETCH. While the most health-conscious person may opt for a morning sweat-a-thon, working in some stretches can also be beneficial. When you awake, think about oft-used muscles and extend each one for 15-30 seconds.

ACTIVATE. Give your brain some fuel in the morning while also doing something nice for your mind. For example, journaling is a gentle way to ease into your morning and get your brain firing. If you can't think of a topic, simply write down a few affirmations for the day, revisit a pleasant memory from your past or scribble down a goal for the week. Journaling can be an uplifting way to engage the mind and express gratitude for the day ahead.

Find more tips for starting your day on the right foot at eLivingToday.com.

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Debunking Common Misconceptions About Gout

BY FAMILY FEATURES | PHOTO BY GETTY IMAGES

When many people think of gout, they often picture swelling and pain in the big toe. However, gout — an extremely painful form of inflammatory arthritis — can occur in any joint when high levels of uric acid in the blood lead to the formation of urate crystals.

If your body creates too much uric acid or cannot clear uric acid properly, you may experience sudden and sometimes severe gout attacks, called flare-ups, that include pain, swelling or redness in your joints. The condition can disrupt many aspects of daily living, including work and leisure or family activities.

“I was diagnosed with kidney disease in 2009 and it wasn’t too long after that I started dealing with gout issues,” said registered nurse Theresa Caldron. “Gout affects your quality of life in a lot of different ways. You’re going through days of pain and no one knows it because you don’t look sick.”

Because the kidneys filter and release uric acid, people with kidney disease are more likely to experience a buildup of urate crystals and, therefore, gout. In fact, 1 out of 10 people with chronic kidney disease have gout, and an even higher percentage of people with gout have kidney disease.

To help debunk some myths around the condition, the American Kidney Fund, in partnership with Horizon Therapeutics, created the “Goutful” education campaign, which aims to educate and empower patients with gout to help them live easier and prevent further health complications, especially relating to their kidneys. Consider these common myths:

MYTH: GOUT IS RARE.

Gout is a relatively common condition. More than 8 million Americans have gout, and it is the most common form of arthritis in men over 40.

MYTH: GOUT IS A MAN’S DISEASE.

Anyone can get gout, but it’s more common in men than women. Though men are 10 times more likely to develop gout, rates of gout even out after age 60 since gout tends to develop for women after menopause.

MYTH: ONLY PEOPLE WHO ARE OBESE GET GOUT.

People of all sizes can develop gout. Though people who are obese are at higher risk, gout is more common in people who have other health problems like diabetes, high blood pressure, high cholesterol or kidney disease. Others more at-risk for gout are males 30-50 years old, Asians, Pacific Islanders, Black people, people with a family history of gout, people with organ transplants and people exposed to lead.

MYTH: GOUT EVENTUALLY GOES AWAY ON ITS OWN.

Symptoms of gout attacks often go away within a few days, but that doesn’t mean gout is gone. Even if you don’t feel symptoms, urate crystals can build up beneath the surface, which can cause long-term health problems like joint and kidney damage.

MYTH: THERE ARE THINGS YOU CAN EAT TO PREVENT OR CURE GOUT.

Certain foods may help decrease the level of uric acid in your body, but diet alone is not a cure for gout. People with gout who follow healthy diets may still need medicine to prevent flare-ups and lower uric acid levels. Alcohol and foods rich in purines, especially red meat and seafood, should be avoided if you are prone to gout.

Two Old Heifers and a Tow Rope

Have you ever been in a situation where you needed a tow? Have you ever towed anyone? Do you know how? Having been raised on a large working farm, towing was a common occurrence. We towed with the tractor or the truck when we were stuck in the mud or ran out of gas.

When I was a young mother, I towed my brother-in-law Greg. He had entered the county fair's demolition derby contest and needed a three-mile tow to the fairgrounds. I helped by using my father-in-law's Chevy pick-up with Greg in his demolition derby car. My three young daughters rode with me as we towed their Uncle Greg. While he raced, we stood in the truck bed to watch; Greg was glad we were there.

A few years ago, my friend Georgiann paid me a visit from Florence, Kentucky. She returned a suitcase from our Florida trip and was staying to watch the Super Bowl. Her 1991 Foxbody Mustang didn't quite make it to my home.

(By the way, I have permission from Georgiann to write this delightful story and we are still friends.)

After the four-way stop on Fairland Road, her clutch went out. She called me in despair. Her AAA+ card will tow up to 100 miles for free. So, I asked, "How many miles to your mechanic shop?" "Would you believe it is 103 miles?" she replied.

As I prepared to rescue her, I stopped by the auto parts store to buy a tow rope. First I checked the rear of my new Honda SUV to see if I could attach it and there was a hook. In my 73-year-old mind, "This should be a snap to tow her three miles back towards Interstate 74."

When I arrived to her broken down old heap



Phyllis Bex has been a resident of Johnson county since 1973, making her home in Greenwood. She can be reached at pbex49@gmail.com.

of a treasure, I noticed a frightened 70-year-old gal at the wheel. She got out of the car, noticeably trembling. "What's the matter with you?" (I can be so unkind at times.) She gazed at me with panic in her eyes, "I have to pee and besides, I've never been towed before."

We made a quick assessment of the task at hand. When I informed the city dweller of my plan, she became even more flustered and frightened. Beneath her front bumper was a hook, so we were all set to tow. "We need to push your car forward and then aim it backwards down this embankment," I announced with confidence. The Mustang had stopped near an asphalt lane going down from the main road.

I gave her car a shove backwards down the lane as she steered. Gravity swiftly took over and she rolled much faster than she expected. Georgiann's eyes were as big as saucers, and she froze. I emphatically yelled, "Hit the brakes!" When she did, the car slid about ten feet on

sandy asphalt. Now her entire body was shaking again as she exited the car. I should have checked to see if she wet her pants.

We attached the rope, then I pulled forward to tighten the slack. I called her cell phone so we could communicate. Off we went up and out of the lane onto the main road. Luckily, no traffic was coming. Truthfully, I didn't know if my Honda could do the job.

At the four-way stop, traffic was clear, so we didn't stop. My speed was up to 27 and she begged, "Slow down, you're going too fast." In no time, the hook came loose from her Mustang. Georgiann shouted on the phone, "Stop, I'm unhooked!" We pulled over and reattached the rope.

Georgiann pointed her finger at me and said in a very stern voice, "Now stop going so fast!" "Okay," was my reply but inside I was so tickled with her it was hard to keep a straight face. After all, we weren't exactly breaking any land speed records.

Not long after, it came loose again. This time she made sure it would not come off. Shortly we arrived at the Fairland Fire Department parking lot. There she made a call to AAA for a tow. Somehow it took us twenty minutes to go three miles on a flat straight road.

Since the tow truck's arrival was not for 90 minutes, we drove over to the McDonalds on I-74 for a bathroom break. That 'big step' for her deserved a celebration of a hot fudge sundae and we enjoyed every bite.

Luckily, all went well on that Super Bowl Sunday. Later I discovered that it is against the law to tow on public roads — I'm so glad we didn't know that beforehand.

Fortunately, at least one of the two old heifers remembered the mechanics of towing.

5 Cooking Swaps to Help Manage Cholesterol

BY FAMILY FEATURES

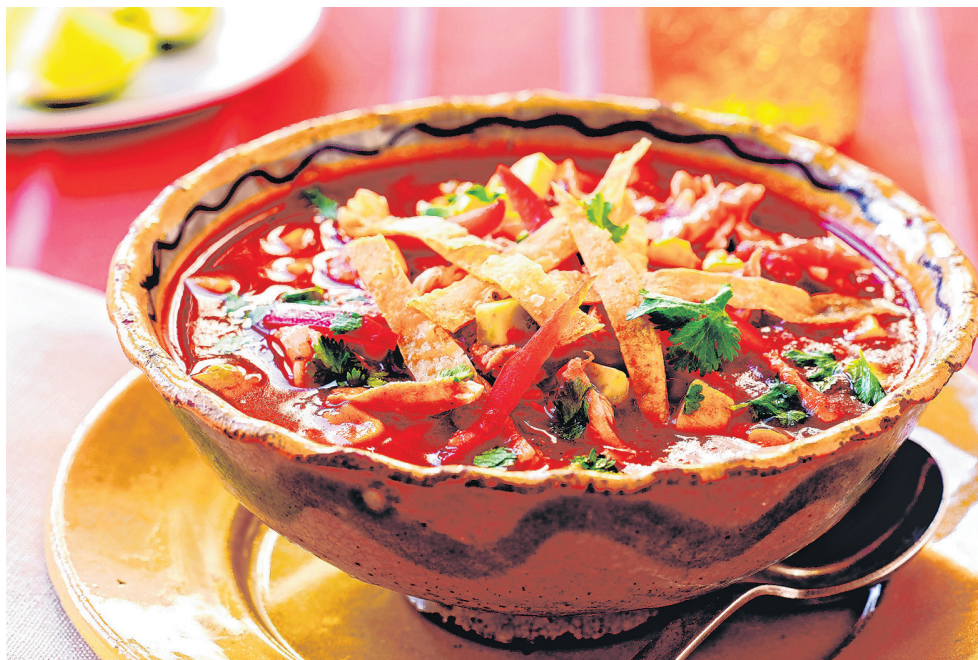
When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

- **Reduce saturated fat** — Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.
- **Eat more fish** — Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.
- **Use liquid oils in place of solid fats** — For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.
- **Lower dairy fats** — Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.
- **Increase fiber and whole grains** — Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup and Air Fryer Crispy (Un)Fried Chicken can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at heart.org/cholesterol.



Chicken Tortilla Soup

Servings: 4

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes

2 cups frozen whole-kernel corn, thawed

2 cups fat-free, no-salt-added chicken broth

1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained

1/4 cup finely chopped onion

1 teaspoon sugar

1 teaspoon ancho powder

2 medium garlic cloves, minced

1/4 teaspoon salt

2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips

1 corn tortilla (6 inches), torn into pieces

2-4 tablespoons snipped fresh cilantro

1/4 cup finely chopped avocado

1/4 medium red bell pepper, cut into matchstick-size strips

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

Air Fryer Crispy (Un)Fried Chicken

Servings: 4

Recipe courtesy of the American Heart Association

1/2 cup all-purpose flour

2 tablespoons minced fresh parsley

1/2 teaspoon ground oregano

1/4 teaspoon pepper

1/4 teaspoon cayenne pepper (optional)

1/2-1 cup low-fat buttermilk

1/2 tablespoon hot pepper sauce (optional)

1/3 cup whole-wheat panko breadcrumbs

1/3 cup shredded or grated Parmesan cheese

4 boneless, skinless chicken breasts (about 4 ounces each), visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels

nonstick cooking spray

Preheat air fryer to 390 F.

In shallow dish or pie pan, whisk flour, parsley, oregano, pepper and cayenne.

In separate shallow dish or pie pan, whisk buttermilk and hot sauce.

In third shallow dish or pie pan, stir panko and Parmesan.

Place dishes and large plate in row. Dip chicken in flour mixture then buttermilk mixture then panko mixture, turning to coat at each step and gently shaking off excess. Using fingertips, gently press panko mixture so it adheres. Place chicken on plate. Cover and refrigerate 30 minutes.

Lightly spray chicken with nonstick cooking spray. Arrange chicken in single layer in air fryer basket, working in batches if needed. Cook 10-15 minutes, or until chicken is no longer pink in center and coating is golden brown, turning once halfway through and lightly spraying with nonstick cooking spray.



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