

# NEWS/OBITUARIES

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## Dance your way thin?

### More people livening up their fitness routines

By DANIEL YEE  
THE ASSOCIATED PRESS

#### ATLANTA

On the stage, Thelma Ferguson has the moves, twirling and keeping in step with the other dancers.

But she's only a novice, one of many.

The 50-year-old suburban mom is taking dance lessons to drop some weight and feel better.

"Everybody wants to stay in shape," says the trim Ferguson. "I think it's kept me young. People say, 'You don't look 50.'"

Dance studios often cater to the serious hobbyist or pro who wants to keep in top form. But Ofelia Stromquist, founder and owner of Dance 101 in Atlanta, found another group of customers: novices whose only knowledge of dancing comes from movies and TV and who want to dance to be fit.

The dancing-for-exercise trend is unfolding all across the country, said Dr. Cedric Bryant, chief exercise physiologist and a vice president with the American Council on Exercise.

"People are looking for a more engaging alternative to their traditional workout," Bryant said.

For Ferguson, the basic dance lessons have led to more adventurous curriculum: She's advanced to belly-dancing lessons with her daughter.

"Everybody's doing it now," Ferguson says of dance classes. "Everybody wants to stay in shape."

On ABC's "Dancing With The



David Norwood leads a dance class in Atlanta. Many Americans are turning to dance to get into shape.

Stars," where celebrities partner up with professionals to compete against other dance pairs, some participants have bragged of losing weight and feeling better through their training for the live show. Actress Tia Carrere, who recently had her first child, says she signed up to lose the extra pounds gained during pregnancy.

The message that dancing can be a fun way to get in shape is spreading. Janell Goplen, the owner of TurnOut

Performing Arts Center in Los Angeles, opened her studio eight months ago to attract dance novices and now has 380 students taking everything from salsa to tap dance.

"It's huge here," Goplen said. "There's a need for it. There's tons of studios in L.A. where you can see the professional dancers, but if you've never taken dance before, there's no way you can jump in and dance with them."

Dancing is a wonderful form

of exercise because the entire body gets a workout, improving the body's major muscle groups, said Bryant, the exercise expert. Dancing is also low-impact, joint-friendly, and makes exercise fun, he said.

Billed as "Atlanta's Best Alternative to the Gym," Dance 101 was created with the idea that "exercise doesn't have to be boring or tedious," Stromquist said. "Dancers have the most beautiful bodies ... and they don't train at the gym."

## HOME-COOKED MEALS

People with little time to fix home-cooked meals have two southside-area services to help them. Here's how they work:

### Dinner's Ready!

Franklin resident Lori Rose started Dinner's Ready!, a service in which she meets with families to learn their favorite meals and how to fix them.

Rose buys the ingredients and spends a day fixing the meals in the client's kitchen and placing them in the freezer. Families can place a meal in the refrigerator the night before they want to cook it. Most meals cook in 20 minutes or less.

The basic plan costs \$399 for 25 meals, or about \$16 per meal.

For more information, visit [www.yourdinnersready.net](http://www.yourdinnersready.net).

buying the ingredients and preparing five of each entrée in the client's kitchen.

Rose adjusts the serving sizes to fit each family, with larger meals for big families and smaller portions for singles and empty nesters.

"My goal is that they can't tell I'm there except there's food in their freezer and their house smells good," Rose said.

Michael Nugent said she thought the idea of a store where families could go and fix meals from already prepared ingredients would appeal to working families.

She and her husband, Ken, read about Super Suppers in a magazine.

The New Palestine couple went to Texas to be trained in cooking and how to run the store they opened on the east side of Indianapolis.

Customers come to the store and follow recipes to put together a range of entrees, which change each month, Nugent said.

The mother of six said she thought the concept of the prepared meals might help families have more time to eat together.

"Getting families back to the table and sitting down and eating together is something we have to do," Nugent said.

Since they've opened in October, Michael Nugent said they've noticed that they had a lot of business from residents living on the south side of the city. That prompted them to plan a second store on U.S. 31 in Greenwood. It opens Feb. 4.

The couple will run special deals at both stores to attract group parties.

Members of churches and community groups that register at the store get a 5 percent discount.

The store also schedules private parties. At engagement parties and wedding showers, the person of honor gets free entrees.

Adams said she found it easy to follow recipe directions and convenient to have all the ingredi-

dents prepared ahead of time. She said she could adjust each recipe according to taste.

As a nutritionist, she said she also liked being able to go to the company's Web site to look up nutritional facts about the recipes.

"It's so easy and handy to have them stocked up in the freezer," Adams said.

*Scripps Howard News Service contributed to this report.*

#### MORGANTOWN

### Rex A. Farris

Rex A. Farris, 44, died Wednesday, Jan. 25, 2006, at Bloomington Hospital in Bloomington. He was a resident of Morgantown in Brown County.

Survivors include his mother, Ruby J. Hartman of Brown County; a brother, Rick Farris of Brown County; and a half brother, Danny Farris of Indianapolis. He was preceded in death by his father, Harold F. Farris.

The Rev. Bill Patrick will conduct a service at 1 p.m. Saturday at Meredith-Clark Funeral Home, Cremation and Personalization Center, 179 E. Mulberry St. in Morgantown. Friends may call from 11 a.m. until service time Saturday at the funeral home. Burial will be at Spearsville Wesleyan Church Cemetery in Brown County.

Memorial contributions may be made to American Diabetes Association, 7363 E. 21st St., Indianapolis, IN 46219.

Condolences may be sent to the family at [www.meredith-clark.com](http://www.meredith-clark.com).  
Information: (812) 597-4670

#### MOORESVILLE

### Marvin Lewis Lane

Marvin Lewis Lane, 73, died Wednesday, Jan. 25, 2006, at his residence in Mooresville.

Survivors include his sons, the Rev. Marvin E. Lane of Kissimmee, Fla., Rick L. Lane of Indianapolis and the Rev. Brian L. Lane of Whiteland; his daughters, Dianna K. Bock of Martinsville, Tammy L. Gigli of Indianapolis, Elizabeth A. Brewer of Camby and Mary Beth Copp of Mooresville; a brother, Joseph Lane of Lexington, Ky.; a sister, Helen Miller of Mooresville; 18 grandchildren; and 15 great-grandchildren. He was preceded in death by his parents, Joseph and Anna (Maggard) Lane; his wife, Elizabeth Alice (Hines) Lane; and a daughter, Deborah H. Beard.

The Rev. Curtiss White will conduct a funeral service at 10 a.m. Saturday at Crossroads Apostolic Church, 210 Wheeler St. in Mooresville. Friends may call from 2 to 8 p.m. today at Carlisle and Son Funeral Chapel, 39 E. High St. in Mooresville. Burial will be at White Lick Cemetery in Mooresville.

Memorial contributions may be made to Quality of Life Fund, Attn: Vickie Elliph, c/o Regional Cancer Center, 2209 John R. Wooden Drive, Martinsville, IN 46151.

#### GREENWOOD

### Delbert G. Strieby

Delbert G. Strieby, 72, died Wednesday, Jan. 25, 2006, at his residence in Greenwood.

Survivors include a son, Rocky Strieby of Martinsville; three daughters, Vickie Dodson of Indianapolis, Teresa Huett of Martinsville and Tammy Strieby of Greenwood; eight grandchildren; and 13 great-grandchildren. He was preceded in death by his parents, Arthur T. and Hazel (Gushwi) Strieby; his wife, Mildred (Mason) Strieby; and a son, David Strieby.

Brad and Eddie Carr will conduct a service at 11 a.m. Saturday at Neal and Summers Mortuary, 110 E. Poston Road in Martinsville. Friends may call from 4 to 9 p.m. today and from 10 a.m. until service time Saturday at the funeral home. Burial will be at Mount Pleasant Ceme-

#### Greenwood

### Delbert G. Strieby, 72

Jean E. Sutton, 69

Elsewhere

Rex A. Farris, 44

Marvin Lewis Lane, 73

tery in Hall.

Memorial contributions may be made to Morgan County Habitat for Humanity, 39 W. Pike St., Martinsville, IN 46151.

#### GREENWOOD

### Jean E. (Patterson) Sutton

Jean E. (Patterson) Sutton, 69, of Greenwood, passed away Wednesday, Jan. 25, 2006, at Johnson Memorial Hospital in Franklin.

She was born May 13, 1936, in Detroit to Robert F. and Alice M. (Bickers) Patterson. She married Merrill W. Sutton on Nov. 19, 1954. He preceded her in death July 14, 1989. Survivors include a daughter, Diane E. Smith of Kingsland, Ga.; two sons, Daniel A. Sutton of Greenwood and Darryl G. Sutton of Indianapolis; nine grandchildren; five great-grandchildren; three sisters, Joyce Dinkel of Elizabeth, Colo., Janet Walker of Gainesville, Fla., and Julie Bolinger of Fort Wayne; and a brother, James Patterson of Spearsville. She was preceded in death by a daughter, Deborah L. Prine, on Feb. 8, 2004.

She was a 1954 graduate of Center Grove High School.

She was the former director of the prescription program at St. Thomas Clinic.

She was a member of St. Thomas Episcopal Church in Whiteland, where she was a member of the altar guild and a choir member.

The Rev. David Ferner will conduct a celebration of life service at 4 p.m. Sunday at St. Thomas Episcopal Church, 600 Paul Hand Blvd. in Whiteland with a gathering afterward. A graveside service will be conducted at 10 a.m. Monday at Forest Lawn Memory Gardens in Greenwood.

In lieu of flowers, memorial contributions can be made to St. Thomas Clinic, P.O. Box 97, Whiteland, IN 46184; or Johnson County Relay For Life, P.O. Box 178 Franklin, IN 46131.

Forest Lawn Funeral Home in Greenwood is handling arrangements.

## Meals

(CONTINUED FROM PAGE ONE)

she said, allows her to stick a prepared meal in the oven and spend more time with her family. She said it also helps her avoid late dinners.

She has used the service twice, and she said family members already have favorite recipes.

Susan Sabatino said that trying to follow a special diet to help her husband, Matt, combat cancer added stress to an already difficult situation.

The White River Township resident found it difficult and time consuming to fix meals that were appealing and met specific nutritional needs.

The couple found that using the Dinner's Ready! service helped them find several options that fit their diet and saved time, Sabatino said.

"Right now, it's really more of an emotion saver," Sabatino said. "If you can't think about (dinner) that day, you've already got something (ready to go)."

Whiteland resident April Adams visited a Super Suppers store to put together some meals for her family to have ready after she gives birth to her second child.

The family hasn't used any of the meals yet, but Adams knows she has a month's worth of food ready for when she's not able to cook.

The area residents who manage the prepared-meals businesses got involved in the concept because they saw it might appeal to busy families who still wanted to eat a home-cooked meal together.

Lori Rose spent years cooking and freezing meals for her family before she turned it into a part-time business last fall.

The Franklin mother of two prepared dinners ahead of time to make sure she could meet the needs of one child with food allergies and another child with diabetes.

"It was easier to pull it right out of the freezer," Rose said.

When Rose's youngest child, Andrew, started going to school last fall, a friend suggested she turn her cooking talent into a business, which she named Dinner's Ready!

Rose meets with families, finds out their favorite dishes and uses their recipes or her own.

She said she tries to tailor the recipes to meet clients' needs, for instance, finding out whether they like spices or dislike onions, or if they prefer low-fat options.

The families usually pick about five entrees. Rose spends a day

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