

# OBITUARIES/NEWS

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## FRANKLIN

### Sarah B. Cole

Sarah B. Cole, 75, died Dec. 22, 2005, at Johnson Memorial Hospital in Franklin. She was a resident of Franklin.

She was born May 13, 1930, in Terre Haute. Her parents were Solomon and Brackie (Smith) Goldstandt. She married Orville Eugene Cole on Dec. 22, 1947, and he preceded her in death. Survivors include a son, Michael S. Cole of Brighton, Mich.; two daughters, Linda Carver of Greenwood and Sue Corrington of College Station, Texas; five grandchildren, Timothy Wallace Jr., Angela Harris, Jennifer Jackson, Brett Cole and Lauren Cole; and six great-grandchildren.

She was a graduate of Wiley High School in Terre Haute.

She was a member of Greenwood Wesleyan Church, Order of the Eastern Star and Greenwood Senior Citizens, where she was a past president.

The Rev. Jim Hughes conducted a service Dec. 27 at Wilson St. Pierre Funeral Service, Singleton & Herr Southport Chapel, 7520 S. Madison Ave. in Indianapolis. Burial was at Roselawn Cemetery in Terre Haute.

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

## BEECH GROVE

### Chrystal Ann Lozanovski

Chrystal Ann (Christofferson) Lozanovski, 41, died Sunday, Jan. 1, 2006. She was a resident of Beech Grove and a former long-time resident of Waverly.

Survivors include her husband, George Lozanovski Jr.; a son, Christian George Lozanovski; her mother and stepfather, Betty and Everett Callahan of Martinsville; father and stepmother, Donald and Terry Christofferson of Indianapolis; two sisters, Donna Harshman of Indianapolis and Mary Lou Lee of Columbia, S.C.; and three brothers, David Christofferson of Wagner, S.C., Ron Christofferson of Indianapolis and Chuck Christofferson of Mooresville.

A service will be conducted at 8 p.m. today at Singleton Community Mortuary and Memorial Center, 7602 Madison Ave. in Indianapolis. Friends may call from 5 p.m. until service time today at the mortuary.

Memorial contributions may be made to the family in care of the mortuary.

## INDIANAPOLIS

### Margaret N. McClain

Margaret N. McClain, 77, died Tuesday, Jan. 3, 2006. She was a resident of Indianapolis.

Survivors include a daughter, Judy (Mike) Mullen of Indianapolis; a son, David McClain of Indianapolis; a brother, Edward (Gloria) Miller of Shelbyville; eight grandchildren; and 11 great-grandchildren. She was preceded in death by her husband, David McClain; and a daughter, Linda Thomas.

A service will be conducted at 10:30 a.m. Friday at Singleton Community Mortuary and Memorial Center, 7602 Madison Ave. in Indianapolis. Friends may call from 5 to 8 p.m. Thursday at the mortuary. Burial will be at Greenwood Cemetery.

Memorial contributions may be

## Franklin

### Sarah B. Cole, 75

#### Greenwood

Eleanor M. Pfendler, 92

#### Indianapolis

Margaret N. McClain, 77

Ruth Ellen Walker, 94

#### Elsewhere

Chrystal Ann Lozanovski, 41

made to Gleaners Food Bank, 1102 E. 16th St., Indianapolis, IN 46202.

## GREENWOOD

### Eleanor M. Pfendler

Eleanor M. Pfendler, 92, died Monday, Jan. 2, 2006. She was a resident of Greenwood.

Survivors include a son, Tom (Barbara) Pfendler; two daughters, Susan (Jerry) Setter and Marijo (Jim) Blair; a brother, Lowell Clark; two sisters, Mildred Graves Brown and Sally Rice; five grandchildren; and two great-grandchildren. She was preceded in death by her parents, Daniel and Sally Clark; and her husband, Thomas S. Pfendler.

A service will be conducted at 11 a.m. Thursday at Little & Sons Funeral Home, Stop 11 Chapel, 4901 E. Stop 11 Road in Indianapolis. Friends may call from 4 to 8 p.m. today at the funeral home.

Memorial contributions may be made to a charity of the donor's choice.

## INDIANAPOLIS

### Ruth Ellen Walker

Ruth Ellen (Wantland) Walker, 94, died Monday, Jan. 2, 2006. She was a resident of Indianapolis and a former resident of Plainfield and Franklin.

Survivors include a son, Sharon Lee Walker; three grandchildren; and five great-grandchildren. She was preceded in death by her parents, Albert and Clara Wantland; and her husband, Harold Lee Walker.

A service will be conducted at 10 a.m. Thursday at Christ Church Cathedral, 125 Monument Circle in Indianapolis. Friends may call from 4 to 8 p.m. today at Forest Lawn Funeral Home, 1977 S. State Road 135 in Greenwood. Burial will be at Forest Lawn Memory Gardens in Greenwood.

## Obituary policy

The Daily Journal will publish free death notices for Johnson County area residents, former residents and close relatives of area residents.

A free death notice contains basic information, including details about visitation and services, memorial contributions and some survivors.

Families who want to include more information or include a photograph can purchase a custom obituary. Additional information may include memberships, employment, education and additional survivors.

The custom obituaries on this page have been paid for.

The Daily Journal takes obituary information from funeral homes. All obituaries must be verified with funeral homes before publication.

The deadline for submitting obituaries to the Daily Journal is 2:30 p.m. Monday through Friday. On Sundays, the deadline is 1 p.m.

# Study refutes Atkins claims

## Researchers: Low-fat, high-carb diet leads to weight loss

By CARLA K. JOHNSON

THE ASSOCIATED PRESS

### CHICAGO

Older women who ate less fat and more carbohydrates lost about 2 pounds in seven years, a large study showed.

While one obesity expert called the results disappointing, the lead author of the research said it debunks claims by promoters of the Atkins and Zone diets that low-fat diets are partly behind America's obesity epidemic.

"It will help people to understand that the weight gain we're seeing in this country is not caused by the lower-fat diets," said study author Barbara V. Howard of MedStar Research Institute, a nonprofit research group.

However, the skimpy weight loss after seven years won't satisfy people looking for a cure for obesity, said Dr. Michael Dansinger, an obesity researcher at Tufts-New England Medical Center who was not involved in the study.

"This is like losing the Super Bowl but claiming a second-place victory," Dansinger said. "The results are disappointing in the context of a country trying to battle obesity."

The study, appearing in today's Journal of the American Medical Association, included more than 48,000 women, ages 50 to 79. They were followed for an average of seven years and six months.

One group of women lowered the fat in their diets while increasing fruits, vegetables and whole grains. The other group didn't change their diets significantly.

The target fat content of the diet was 20 percent, but the women on the diet actually got about 30 percent of their calories in fat; their previous fat intake was about 39 percent.

The women on the diet increased their carb calories from 44 percent to 53 percent, while the women not on the diet stayed at about 44 percent carbs.

The low-fat group lost, on aver-

age, 4.8 pounds in the first year; then regained most of that weight. The non-diet group stayed at about the same weight in the seven years.

The women were part of the Women's Health Initiative, a research project of the National Institutes of Health that involves thousands of postmenopausal women across the country. Other WHI studies have uncovered the risks of taking hormones.

Weight loss was not the original focus of the study, Howard said. Other findings on the low-fat diet's effect on heart disease and cancer will be released this year, she said.

But researchers realized their data could answer charges made by popular diet promoters who drew a link between obesity and recommendations of low-fat eating plans by health organizations and the government. Low-fat diets promote foods like grains and pasta, which are mostly forbidden by low-carb diets.

"The Zone" diet author Dr. Barry Sears, after reading the new study, said he stands by his belief that the recommended low-fat, high-carb diet caused Americans to gain weight.

He noted that women on the low-fat diet in the study lost only a fraction of a pound per year, on average, and they added 1.6 centimeters — about a half-inch — to their waist circumferences. The other group added 1.9 centimeters.

"I was struck by what the study didn't say," Sears said.

Dansinger, who co-authored an editorial that accompanies the study, said his research has shown that diets like Atkins and The Zone work but are hard to stay on.

"People who succeed at maintaining a dramatic weight loss have changed their mind-set and priorities and have made exercise and healthy eating among the top priorities in their lives," he said.

## Worship

(CONTINUED FROM PAGE ONE)

describes himself as more of a facilitator than a preacher.

The 49-year-old's switch to a house church came a few months after May 2004, when he left a Franklin church because of frustrations about his role there.

"I was more of a manager than a spiritual leader," he said. "I felt like having a pastoral dimension and being able to care for people spiritually wasn't possible for me in a typical church."

He formed his church, called Household of Faith, about a year ago.

"The religious landscape from a house church is very culturally different," Stanley said. "The difference is not where you go, but how you become a congregation."

More than 1,300 American house churches are listed in an online directory at House Church Central, and 37 are listed in Indiana. One in Trafalgar no longer exists.

"So much of Christianity is egocentric and considered 'feel-good religion,'" said Franklin College professor David Chandler, who once belonged to a house church himself.

"There's a sense of awe about the smaller liturgical settings," he said. "That's where I find meaning."

Chandler said he started a home church about 25 years ago in northwest Iowa because the church he was attending was not addressing community problems and issues in congregation members' lives.

For southside Indianapolis couple Bill and Lisa Baker, their church was not meeting an expectation about how women should participate in services.

The couple felt that women should be treated as equals, but

## OUR HOUSE IS GOD'S HOUSE

More than 1,300 American house churches are listed in an online directory at House Church Central, although some no longer exist. Thirty-seven are listed in Indiana, including one in Trafalgar that no longer exists.

Check out the Web site at [www.housechurch.org](http://www.housechurch.org).

Local house churches include Bill and Lisa Baker's on the south side of

Indianapolis and Charles Stanley's in New Whiteland.

Here's how to contact them about starting your own church or meeting with them.

### Southside

Who: Bill and Lisa Baker

Where: Brassica Way in Indianapolis, located northeast of State Road 37 and Southport Road

their southside church did not share that philosophy, Bill Baker said.

So they, too, left tradition behind and began meeting in their home.

"There was a need out there for our ministry, and the church wasn't meeting it," Bill Baker said.

Now, they meet every other Sunday. Much like Stanley's home church, the Bakers do not have a structured worship. There is no song service or regular preaching.

They have named their group Preferring One Another Ministries and have created a

Web site where people can get a glimpse of their organization and religious beliefs.

Usually about 12 people attend service in their home, Bill Baker said.

Their two children, both in their 20s, bring friends and co-workers who are about the same age, Baker said.

Gatherings can last an hour or more, he said. They have a fellowship time where members talk and children can play games, Baker said.

The Bakers are both ordained ministers in case someone wants

Name: Preferring One Another Ministries

Web site: [Preferringoneanother.com](http://Preferringoneanother.com)

### Johnson County

Who: Charles Stanley

Where: New Whiteland

Name: The Household of Faith meets on Sundays in the Greenwood and New Whiteland areas.

Web site: [Householdoffaithindiana.org](http://Householdoffaithindiana.org).

to get married or needs counseling, Bill Baker said.

"We're the ones who started it, but we're not particularly in charge," he said. "Everyone is free to talk as they want about what God is doing in our lives and what we're struggling with. It can go in any direction."

The Bakers never ask for money and said they pay for everything that is church-related, such as printed materials or maintaining a Web site.

"If someone wants to give something, that's between them and God," he said.

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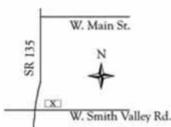
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