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Benjamin Hogan lies on top of his family's late golden retriever, Mooki, in this snapshot. The family is grieving the death of the beloved pet, who died in January after developing cancer.

Center Grove grad helps southsiders improve life skills

Therapist shares expertise honed during long career

By ANNETTE JONES
DAILY JOURNAL FEATURES EDITOR
ajones@thejournalnet.com

Center Grove High School graduate Carol Juergensen Sheets has spent her professional life helping children and adults improve their self-esteem.

Sheets, a psychotherapist and life coach, works to empower clients to identify their strengths.

Her education and years in private practice have led her to share her expertise on radio, television and the Internet and in print.

Sheets will bring her insight on lifestyle issues to the southside in her bimonthly column, Live Better, beginning today in the Daily Journal.

"I look forward to writing for the community I grew up in," she says.

"I always felt the people on the southside represent the stability and values ... I endorse as being important to relationships and family life."

Sheets earned a bachelor's degree in clinical social work from Ball State University and

ASK THE COACH

To request a column topic or learn about community support resources, contact Carol Juergensen Sheets at carolthecoach@aol.com.

Sheets also answers questions on her radio show at 6 p.m. Saturdays on WIBC-1070 AM and can be seen weekdays during segments on the Fox 59 Morning Show.

a master's degree through the IUPUI School of Social Work. She has been a counselor for 26 years, primarily practicing on the southside.

Her experiences include working with Greenwood Community School Corp. as the at-risk coordinator, where she helped children succeed academically by nurturing their self-esteem and improving their family situation through individual and group therapy.

Sheets' specialty is women's issues with expertise in family therapy.

Her clinical approach has evolved to include life coaching, allowing her to guide clients through issues including family and work relationships.

"We live in such a fast-paced society (that) we tend to take on too much and don't pay attention to what is going on at the moment," she says.



Carol Juergensen Sheets holds a copy of "Shortcuts to Creating a Positive Self Esteem," her workbook designed to walk the reader through self discovery. Sheets writes a column for the Daily Journal.

Rely on trio of guides to make positive choices

Are you one of those people who seem to try everything only to end up at the same dead end? Do you have unfulfilling relationships with people who don't or won't meet your needs? Do you have difficulty making decisions?

Do you tell yourself that this time things will be different only to find that you do the same things over and over again? Are your decisions stymied by your emotions?

Do you analyze things to death? Do people tell you that you should have known better but you continue to ignore your own common sense?

If you answered yes to at least three of these questions you may need to reorganize your decision-making skills. Consider changing your strategies to get different outcomes.

One technique that increases your chances of making a healthy decision is to organize your life by operating from three different points of reference.

People generally have three internal tools to help them assess the world around them. Typically people deal with life either from an intellectual, an emotional or an intuitive basis.

Some people use their head, the intellect, which represents their ability to reason out a problem. Others use their heart, the emotions, to determine choices and options. Some people rely on their gut, the intuition, which involves making a decision based on simply knowing what to do without a rational explanation.

When you use all three internal guides, they act as a check-and-balance system and keep you more fully engaged in healthy decision-making.

Clients who tend to rely on rational



Carol Juergensen Sheets

LIVE BETTER

IN HER OWN WORDS

Carol Juergensen Sheets explains how Live Better can improve your life.

Life can be stressful, and there are few courses to teach you how to navigate it.

My column is intended to motivate you to improve areas of your life that aren't working.

You will learn strategies to develop your sense of self, your coping skills and your relationships with others.

The column will include homework you can use to increase your self-esteem.

It will inform you about techniques to use with co-workers, family or friends to improve communication, assertiveness or boundary-setting.

These skills do not ensure you will get what you want, but it will help you let others know what you need.

What are life coaching and psychotherapy?
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A special kind of grief

Families can struggle with how to mourn a beloved pet

By MICHAEL W. HOSKINS
DAILY JOURNAL STAFF WRITER
mhoskins@thejournalnet.com

Tricia Hogan still expects her golden retriever Mooki to be waiting for bread crusts when she makes peanut butter sandwiches for her four children.

But then the Center Grove-area mother remembers that the scene around her house has changed.

Crumbs are on the floor for the first time in 10 years, and no barks can be heard around the house. Mooki died in January, about two months after being diagnosed with bone cancer.

The Hogans are going through a time many animal owners face: coping with a pet's death, deciding how to tell their children and knowing whether to adopt a new pet.

"I've never grieved like that," Hogan said. "I went on the Internet to find others because I wasn't sure if it was normal to be grieving like that."

The family learned in November that Mooki was sick, Hogan said. The cancer spread quickly, and she soon started limping before losing all movement.

"She couldn't get back up because her back legs were so weak, and she was panting so hard because (cancer) had spread to her lungs," Hogan said.

That's when she and her husband decided to put Mooki to sleep, which Tricia Hogan describes as the hardest decision she has ever made.

Veterinarians encourage

(SEE GRIEF, PAGE A8)



The Hogan family of the Center Grove area lost their golden retriever, Mooki, earlier this year after the dog developed cancer. Clockwise from back left is Tricia Hogan with her

children, Olivia, Samuel, Benjamin and Abraham. "We're all coping, but it's just different," Tricia Hogan says. "Time and talking openly is the best thing."

INSIDE

Options exist for a pet's final resting place.

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TO YOUR HEALTH

Drug addiction in teens subject of meetings

Parent Support Network of Johnson County has scheduled programs on inhalants, methamphetamine and other illegal drugs used by teens at its March meetings.

The schedule is:

- 6 p.m. Tuesday — Franklin Library, 401 S. State St. Topic: Facts about inhalants and the effects on the family
- 6 p.m. March 21 — White River Library, 1664 Library Blvd. in Greenwood. Topic: Methamphetamine and how it affects communities and children.
- 6 p.m. March 23 — Clark Pleasant Library, 530 Tracy Road in Whiteland. Topic: Illegal drugs

used by kids with depression, anger, anxiety and psychosis. Information: 736-7840

Sessions offer free help to kick smoking habit

Free Stop Smoking classes will be offered at the Trafalgar Family Health Center, 14 Trafalgar Square, during April.

Sponsored by Partnership for a Healthier Johnson County, the classes take place from 5 to 7 p.m. on the following dates:

- April 3: Are you ready to quit smoking?
- April 10: Committing to quit and planning ahead
- April 17: The road to recovery
- April 24: Tips for success

completing all four classes will receive a \$30 voucher for nicotine replacement therapy, redeemable at the Kroger Pharmacy in Franklin.

To register, call 346-3728 or visit www.partnershipjc.org

Get weight-loss support during your lunch break

A weight-loss class called Weight Watchers at Work will be conducted on Wednesdays through May 31 in the board room at Johnson Memorial Hospital in Franklin.

Weigh-ins are from 11:30 a.m. to noon; class is from noon to 12:30 p.m.

Cost is \$120. At least half of the fee is due at first class. Information: 346-3733

Team up to complete 500 Festival races

The 500 Festival will again offer Team Challenge to participants who want to complete the mini-marathon and the 5K with family, friends or co-workers.

Participants can team up in groups of three to five and compete against other Team Challenge participants for the best overall finish time.

Team Challenge participants receive the same amenities as other mini-marathon and 5K participants as well as additional benefits, including separate packet pick-up and a team photo. Information and registration: www.500festival.com