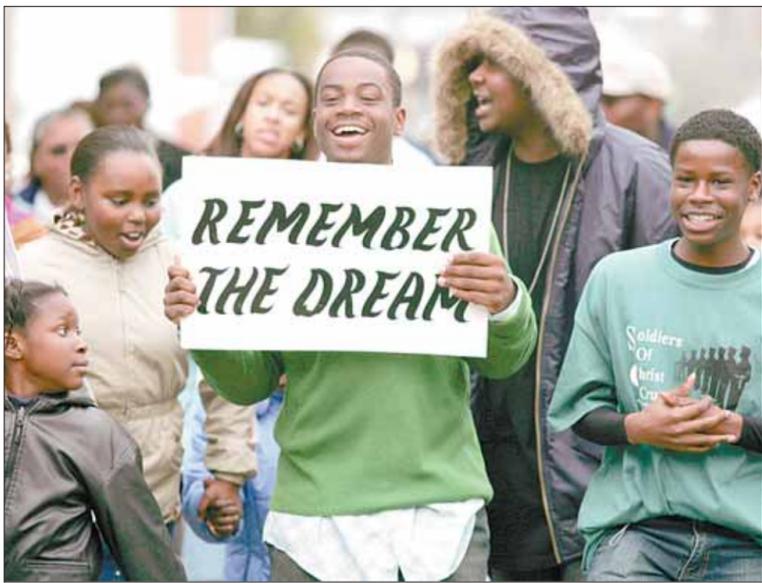


NEWS/OBITUARIES

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AP PHOTO

Michael Gaillard, 15, of Conway, S.C., a member of the Mason Temple Youth Choir, leads a group of children in song during the 18th annual Martin Luther King Jr. march and rally Monday in Conway, S.C.

Dream still alive?

Preachers, politicians urge Americans to continue pursuit of King's crusade

The Associated Press

ATLANTA

This time, Martin Luther King Jr.'s widow watched the ceremonies on television, prevented by her health from attending observances at the Ebenezer Baptist Church celebrating her slain husband's birthday.

Coretta Scott King, who is recovering from a stroke and heart attack that partially paralyzed her in August, stayed home Monday as preachers and politicians urged people to continue King's lifelong pursuit of civil rights and nonviolence.

It was the first time in 38 years that she had missed the service at the church where her husband preached from 1960 until his death in 1968. She received a standing ovation Saturday night when she appeared on stage with her children at an awards dinner. That was her first public appearance since last year's King holiday, but she did not speak.

As she listened from home, some speakers used the pulpit to criticize the Iraq war, saying money being used by the military overseas could better be spent domestically on projects such as education, especially for blacks.

Elsewhere around the nation, President Bush took in a rare public showing of the original Emancipation Proclamation; hundreds of people marched in New Orleans, Little Rock, Ark., and Columbia, S.C., and volunteers worked on projects to help others in Philadelphia.

King was "a brother, a friend, a colleague, a prophet, my hero, and just a simple human being filled with love, peace and compassion for all humankind," Rep. John Lewis said at a holiday breakfast in Minneapolis.

This year is the 20th anniversary of the federal holiday, first observed Jan. 20, 1986. Sunday would have been the assassinated civil rights leader's 77th birthday.

Atlanta Mayor Shirley Franklin said the city has a particular obligation to preserve King's "legacy of fighting for social and economic justice, a legacy of marching with the poor and the neglected, a legacy of demanding peace against senseless war."

HONORING KING

Here's a look at some of the celebrations around the United States on Monday in honor of Martin Luther King Jr. Day

South Carolina

Several thousand people attended a rally at Columbia, S.C. Improved funding for schools and removing the Confederate flag from Statehouse grounds dominated the speeches. "We're not going to rest until that rag comes down," said the Rev. Nelson Rivers III, chief operating officer of the NAACP in Baltimore.

East Coast

Thousands of volunteers commemorated Martin Luther King Day across Pennsylvania, New Jersey and Delaware by taking part in an array of service projects.

In Washington, the president went to see Abraham's Lincoln's Emancipation Proclamation, which is on display for just four days at the National Archives. The aging document is brought out only occasionally because it is sensitive to light.

"It seems fitting on Martin Luther King Day that I come and look at the Emancipation Proclamation in its original form," Bush said. "Abraham Lincoln recognized that all men are created equal. Martin Luther King lived on that admonition to call our country to a higher calling, and today we celebrate the life of an American who called Americans to account when we didn't live up to our ideals."

Hurricane Katrina debris along New Orleans' Martin Luther King Boulevard had been cleaned up in advance of a holiday parade Monday, but many nearby buildings remained abandoned and in ruins.

New Orleans Mayor Ray Nagin called on black people to rebuild the city, which was more than 60 percent black before Katrina displaced about three-quarters of its population.

"This city will be a majority African American city," Nagin told a crowd at City Hall. "It's the way God wants it to be. You can't have New Orleans no other way. It wouldn't be New Orleans."

NASHVILLE

John W. Forsyth

John W. Forsyth, 24, died Tuesday, Jan. 10, 2006. He was a resident of Nashville and a former resident of Greenwood.

Funeral arrangements are pending at Lawson-Miller Chapel in Brazil, Ind.

INDIANAPOLIS

Beatrice M. (Haller) Conrad

Beatrice M. (Haller) Conrad, 82, died Monday, Jan. 16, 2006.

Survivors include two sons, David of Valrico, Fla., and Donald of Greenwood; five grandchildren; five great-grandchildren; and a sister, Betty Ann Kjeldsen. She was preceded in death by her husband, Ora "Connie" Conrad.

A service will be conducted at 10 a.m. Thursday at G.H. Herrmann Greenwood Funeral home, 1605 S. State Road 135. Friends may call from 4 to 8 p.m. Wednesday at the funeral home. Burial will be at Forest Lawn Memory Gardens in Greenwood.

Memorial contributions may be made to Sewers Guild, Immanuel United Church of Christ, 1035 S. New Jersey St., Indianapolis, IN 46225.

INDIANAPOLIS

Elise Catherine 'Joey' Crossen

Elise Catherine "Joey" Crossen, 78, died Friday, Jan. 13, 2006. She was a resident of Indianapolis.

Survivors include two sons, Scott M. (Lori) Crossen and Stephen P. (Teresa) Crossen; five grandchildren; three great-grandchildren; and a sister, JoAnn Palmer. She was preceded in death by her parents, Samuel P. and Josephine M. (Kohlmann) Curry; and her husband, Howard H. "Hank" Crossen.

A Mass of Christian burial will be conducted at 11 a.m. today at St. Patrick's Church, 950 Prospect St. in Indianapolis. Burial will be at Calvary Cemetery in Indianapolis.

Little and Sons Funeral Home in Beech Grove is handling arrangements.

GREENWOOD

Kyle David Frank

Kyle David Frank, 27, passed away Saturday, Jan. 14, 2006, at his residence in Greenwood.

He was born July 6, 1978, in Franklin. He married Michelle Walker on July 20, 2005. He is survived by his wife; four stepchildren, Matthew, Kalib, Benjamin and Hadlee; his parents, Kurt Frank and Debbie (Gibson) Lasiter; a brother, Rob Tejchma; two sisters, Megan Langhorst and Krista Mitchell; and seven nieces and nephews, Briana, Halley, Sarah, Saj, Zach, Bethany and Christopher.

He was employed by Earl Gray & Son as a field supervisor.

The Rev. Ray McCulloch will conduct a service at 6 p.m. Thursday at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel 481 W. Main St. Greenwood. Friends may call from 3 to 8 p.m. Wednesday and from 3 to 6 p.m. Thursday at the funeral home.

Memorial contributions may be made to American Heart Association, 6100 W. 96th St., Indianapolis, IN 46278.

Online condolences may be sent to the Frank family at www.wilsonstpierre.com.

FRANKLIN

William Helferich

William Helferich, 90, died Monday, Jan. 16, 2006, at Johnson Memorial Hospital in Franklin. He was a resident of Franklin.

Survivors include a daughter, Sherry Edwards of Diamondale, Mich.; a son, Ronald Helferich of Lansing, Mich.; and four stepchildren, Cynthia Melvin of Franklin, Peggy Lovins, Pam Smith and Joseph Keller, all of Indianapolis. He was preceded in death by his wife, Martha Keller Helferich; a daughter, Marilyn; and a son, Rick Helferich.

A service will be conducted at 7 p.m. Wednesday at Jessen Funeral Home, Franklin Chapel, 197 E. Jefferson St. Friends

Franklin
William Helferich, 90
Greenwood
Kyle David Frank, 27
Gary Wendell Troth, 53
New Whiteland
Kenneth J. Melton, 86
Audra M. Smith, 78
Indianapolis
Beatrice M. Conrad, 82
Elise Catherine Crossen, 78
Mark R. Johnson, 53
Elsewhere
John W. Forsyth, 24

may call from 4 p.m. until service time Wednesday at the funeral home. Graveside services will be conducted at 1:30 p.m. Thursday at Evergreen Cemetery, Mount Hope Road in Lansing, Mich.

INDIANAPOLIS

Mark R. Johnson

Mark R. Johnson, 53, died Sunday, Jan. 15, 2006. He was a resident of Indianapolis.

Survivors include his wife, Ruth M. (Stambaugh) Johnson; two stepsons, Bruce Tompkins and Mickey (Heather) Tompkins; three brothers, Harry G. Johnson Jr., Danny A. Johnson and Gary Lee Johnson; and four grandchildren. He was preceded in death by his parents, Harry and Valeria (Laverty) Johnson.

A service will be conducted at 10 a.m. Wednesday at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave. in Indianapolis. Friends may call from 4 to 8 p.m. today at the funeral home. Burial will be at Mount Pleasant Cemetery in Glens Valley.

NEW WHITELAND

Kenneth J. Melton

Kenneth J. Melton, 86, passed away Sunday, Jan. 15, 2006, at his residence in New Whiteland.

He was born Dec. 1, 1919, in Jefferson County. He married Pansy I. Long on Sept. 20, 1950, and she preceded him in death June 8, 2000. Survivors include three sons, John (Judith) Rhoades of Pendleton, Alan Rhoades of Murfreesboro, Tenn., and Ronald Melton of Indianapolis; one daughter, Patricia (Frankie) Melton-Tucker of North Vernon; one stepbrother, William Spath of Roanoke; seven grandchildren; six great-grandchildren; and one great-great-granddaughter. He was preceded in death by his parents, Minnie (Young) Spath and Gam and Jessie (Ashley) Melton.

Kenneth was a graduate of Hayden High School in Jennings County.

He was employed by Producers Marketing for 30 years before retiring.

He enjoyed spending time at the Franklin Senior Citizens Center, fishing, golfing, bowling and playing guitar.

A service will be conducted at 10 a.m. Thursday at Wilson St. Pierre Funeral Service and Crematory, Vandivier-Tudor Chapel, 951 N. Main St. in Franklin. Friends may call from 4 to 8 p.m. Wednesday at the funeral home.

Memorial contributions may be made to American Heart Association, 6100 W. 96th St., Indianapolis, IN 46278; or Franklin Senior Citizens Center, 160 E. Adams St., Franklin, IN 46131.

Online condolences may be sent to the Melton family at www.wilsonstpierre.com.

NEW WHITELAND

Audra M. (Wortinger) Smith

Audra M. (Wortinger) Smith, 78, died Saturday, Jan. 14, 2006, in Indianapolis.

She was born Jan. 14, 1928, in

West Baden to the late Arthur and Edna (Condra) Wortinger.

She married Donald E. Smith on Nov. 21, 1947, in Crawfordsville. He survives. Other survivors include a son, Michael Smith of Franklin; a daughter, Debora Slevin of New Whiteland;

SMITH

two brothers, Dennis Wortinger of Shoals and Keith Wortinger of Dubois; three sisters, Kathleen King of French Lick, Loretta Pinnick of Texas, Karen Brewer of Fort Lauderdale, Fla.; four grandchildren; and eight great-grandchildren.

She was a member of Greenwood Christian Church, Emmon Homemaker Club and Order of the Eastern Star Chapter No. 602. She was a charter member of Ruby Jewels of the Red Hat Society.

She was a tutor at Break-O-Day Elementary School in New Whiteland.

The Rev. Shan Rutherford will conduct a service at 11 a.m. Thursday at Greenwood Christian Church, 2045 Averitt Road. Friends may call from 4 to 8 p.m. Wednesday at the church. Burial will be at Greenwood Cemetery.

Memorial contributions may be made to Greenwood Christian Church, 2045 Averitt Road, Greenwood, IN 46143.

GREENWOOD

Gary Wendell Troth

Gary Wendell Troth, 53, of Greenwood, passed away Sunday, Jan. 15, 2006.

He was born May 22, 1952, in Indianapolis to the late Howard and Hazel Troth. Survivors include his wife of 29 years, Sindy L. (Creech) Troth; his children, Gary Wayne, Scott Gail and Shannon Lynn Troth; three sisters, Carolyn Meek, Sharon Lee and Linda Davis; one brother, Randy Troth; and an aunt, Jeanette (Alva) Mitchell.

Gary was a truck driver for ABF Freight System for 18 years and a member of Teamsters Local 135.

He was a generous man whose passion was for his family. He was an avid sports fan who loved the Indiana Pacers.

Gary graduated in 1970 from Southport High School and enjoyed motorcycles.

Services will be conducted at 1 p.m. Thursday at G.H. Herrmann Greenwood Funeral Home, 1605 S. State Road 135, with visitation from 4 to 8 p.m. Wednesday at the funeral home. Burial will be at Forest Lawn Memory Gardens in Greenwood.

Memorial contributions may be made out to Shannon Lynn Troth for her educational fund in care of the funeral home.

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: Staying active helps keep minds healthy, sharp

By PATRICK WALTERS
THE ASSOCIATED PRESS

PHILADELPHIA

Older people who exercise three or more times a week are less likely to develop Alzheimer's and other types of dementia, according to a study that adds to the evidence that staying active can help keep the mind alert.

Researchers found that healthy people who reported exercising regularly had a 30 to 40 percent lower risk of dementia.

The study, published today in the Annals of Internal Medicine, reached no conclusions about whether certain types of exercise helped more than others, but researchers said even light activity, such as walking, seemed to help.

"It seems like we are delaying onset," said Dr. Wayne McCormick, a University of Washington geriatrician who was one of the study's authors. "The surprising finding for us was that it actually didn't take much to have this effect."

Some researchers have theorized that exercise might reduce

brain levels of amyloid, a sticky protein that clogs the brain in Alzheimer's patients.

The study, from 1994 to 2003, followed 1,740 people ages 65 and older who showed no signs of dementia at the outset. The participants' health was evaluated every two years for six years.

Out of the original pool, 1,185 people were later found to be free of dementia, 77 percent of whom reported exercising three or more times a week; 158 people showed signs of dementia, only 67 percent of whom said they exercised that much. The rest either died or withdrew from the study.

The study could not say if exercise helped prevented dementia altogether, because not all of the participants were followed up to their deaths.

The frequency of dementia was 13 per 1,000 person years for those who said they exercised three or more times a week, compared with 19.7 per 1,000 person years for those who reported exercising less.

Other researchers said randomized studies, in which participants

would be randomly assigned to either exercise or maintain their usual habits, are needed to confirm the findings.

Bill Thies, vice president for medical and scientific affairs for the Alzheimer's Association, said a randomized trial with more people could help answer questions such as what types of exercise might help more than others.

"You would have to start with a group that had roughly common habits, and change those habits in one group and not in the other," Thies said.

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