



DAILY JOURNAL

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Johnson County, Indiana

50 cents

WEATHER



Today
 Skies: Morning showers
 Temps: High 59; low 43

MAP, PAGE A8

COMING UP

Easing the chores

Save time, money and effort with sparkling tips on 13 big chores. The surprises include using newspaper for lint-free window washing and fresh-smelling closets.



Tax survival tips

"A Worst-Case Scenario" co-author offers smart solutions to tax-filing crunches

USA WEEKEND

Making waves in Big Ten

Former Center Grove stand-out Kevin Swander is not only one of the top swimmers at Indiana University, he's among the best in the conference. He earned Big Ten Swimmer of the Meet honors at the recent conference tournament and has his sights set on even bigger goals.

Comeback kids

The Franklin Community High School boys basketball team got off to a slow start this season. Saturday, they will compete in regionals. A look at how a once-struggling team turned things around after the county tournament.



SATURDAY

FYI

School to host 'Movie Mania'

North Grove Elementary School will host its annual Spring Fling on March 18. The festival, with a theme of "Movie Mania," will be from 4:30 to 7 p.m. and will feature games, food, prizes, raffles and a silent auction.

Information: 881-5653

DEATHS

- Greenwood
 Mervin M. Molgaard, 87
 Clarence W. Prentice, 72
 LaTonia Watson, 53
- Indianapolis
 Denny Eugene Oliver Jr., 68
 Oscar "Jack" Thompson, 87
- Elsewhere
 Betty Maxine Owens

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CHILDHOOD HEALTH



Isom Elementary fifth-grade students in Kris Herron's physical education class run beneath a parachute during class. Students also played "Dance Dance Revolution" on a Sony PlayStation 2. Teachers are seeking new ways to convince kids to stay physically active.

Exercise in disguise

Teachers use games, dancing and just plain fun to convince youngsters to get physically active

By PAIGE E. WASSEL
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Children stepped onto mats hooked into the video game "Dance Dance Revolution" and tried to keep up with moving arrows flashing on the gym wall. While two children worked the dance mats, bystanders stepped in time to the techno music. Some girls got into the music, bobbing their heads and moving their hands to the beat.

The dance craze is part of gym class for fifth-graders at Isom Elementary School in Greenwood, where students are learning that exercise can be fun.

Teachers and after-school programs are using unconventional games and activities to keep children's hearts pumping and feet moving.

Schools are hoping the exercise in disguise will help children shed pounds and prevent future health worries such as diabetes and heart disease.

About 30.3 percent of America's children ages 6 to 11 are overweight, and 15.3 percent are obese, according to recent figures from the American Obesity Association.

Legislators are trying to bring those numbers down, focusing on how to put healthier food in school menus and vending machines and mandating more exercise time during the school day.

While schools work to get more health conscious, the changes haven't yet affected policies for special events and birthday parties. Parents can still bring cupcakes and cookies to class to celebrate their child's birthday at most area schools.

Schools have to find new ways to introduce old games to keep children interested and moving, said Matt Larson, associ-



STAFF PHOTO BY PAIGE E. WASSEL/pwassel@thejournalnet.com
 Chandler Downs, left, and Shelly Watson spin during a dance called tinkling. The Center Grove Elementary School students practiced the dance from the Philippines in physical education classes this year.

ate wellness director for the Baxter YMCA.

"We've found that kids really hate the word 'exercise,'" Larson said.

Whether children are jumping rope or learning how to dance around moving pipes, physical education teachers are focusing less on teaching children how to master a sport and more on making sure everyone plays.

Fourth-graders at Center Grove Elementary School spun and jumped through mov-

FAMILY FITNESS

Schools and after-school groups are trying to make fitness a family affair by encouraging children to stay active outside of school.

Baxter YMCA is offering a program called Personal Family Fitness, which is designed to help families increase their activity level, said Matt Larson, associate wellness director.

Families meet with a certified wellness instructor, who helps them figure out what activities each family member likes. Then the instructor shows them activities they can do together, he said.

The center also conducts a program called Committed to Kids, where parents and children get nutrition education and participate in physical activities.

To find out more about these programs, call 881-9347.

ing pipes, trying to keep time to the music.

The children laughed and yelled at each other to keep moving as they worked to master the art of tinkling, a dance from the Philippines.

No one sits on the sidelines during this activity, as students move pipes along the ground while their classmates step and jump to the music.

The dance teaches students how to work together, keep time and listen, physical education teacher Melody Cragen said. The red-faced students get so absorbed in keeping up with the music that they're unaware of the calories they're burning.

Students beg to be the first to show off their dance moves at Isom Elementary, raising their hands and jumping up and down.

(SEE EXERCISE, BACK PAGE)

First steps into school

Districts plan registration for kindergarten

By Jo ELLEN WERKING WEEDMAN
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Round up the 5-year-olds; it's time to get kindergarten classes organized for next fall.

Next month, parents of children who will be 5 years old by Aug. 1 need to register their children for kindergarten at the school they are assigned to.

INSIDE

Kindergarten registration schedules for local schools. Back Page

All county elementary schools will conduct registration sessions in April. Parents can sign their children up, find out what skills children need to work on over the summer and make an appointment to get children screened to see if they qualify for any special programs.

School leaders can answer questions about bus routes, book rental and other issues.

Parents need to bring children's birth certificates and immunization records.

Some schools also welcome the future students to attend, meet their teacher and get a sneak preview of their classroom.

Registration helps parents, students and teachers be more prepared to start the school year, said Kelli Knapp, Community Alliance to Promote Education grant coordinator.

Knapp is coordinating a countywide grant that will provide

(SEE SCHOOL, BACK PAGE)

Growth slowing delivery

New subdivisions create confusion

By MICHAEL W. HOSKINS
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It takes longer to deliver a pizza. Sometimes package carriers must ask for directions.

And reworking postal routes is an ongoing headache.

The impact of growth can be seen in mail, food and product delivery across Johnson County.

New homes and businesses mean more mailboxes, added routes and extra walking or driving for people who make a living off of delivery.

"It's tough to keep up," said Jerry Sharp, director of operations for eight southside Papa John's pizza restaurants. "We expect the growth to quadruple in the next five years, which is good for business but a challenge for us to manage."

During the past year, the Papa John's location at Greenwood Park Mall has added 12 drivers, an increase of 10 percent, to keep

(SEE DELIVERY, BACK PAGE)

College students to spot Franklin eyesores

Teams will roam neighborhoods looking for junk cars, trash, poorly kept yards

By JASON MICHAEL WHITE
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Franklin College students will scour the city in search of junk cars, vacant homes and yards covered with trash.

Their goal: to make a list of unkept properties for city officials. Mayor Brenda Jones-Matthews wants to crack down on unsightly properties and nuisance homes, but first those properties

have to be identified.

About 150 Franklin College students volunteered to split into groups and take a visual survey of the city on March 25.

City planners will compile a report from the survey's findings, including vacant homes, broken windows and deteriorating sidewalks, city planner Krista Linke said.

Students will walk through older parts of Franklin during the survey, first from U.S. 31 to

Forsythe Street, and then in the area near the Masonic Temple on South Main Street.

City officials believe most of Franklin's unkempt properties are in the older parts of town. But the city will eventually take a look at subdivisions too, Jones-Matthews said.

Students will not take pictures or walk onto anyone's property, she said.

City planners will give an educational presentation to students

so they have a better idea of what to look for.

For example, students will understand that children's toys in the front yard do not mean the property is unkempt, Jones-Matthews said.

Students will take note of addresses and problems by using lists provided by the city planning department.

City officials would contact

(SEE EYESORES, BACK PAGE)