

OBITUARIES/NEWS

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GREENWOOD

Thomas James Kerr

Thomas James Kerr, 59, died Wednesday, Jan. 10, 2007. He was a resident of Greenwood.

Survivors include his wife, Linda Kerr; two daughters, Alisha Ann (Broc) Hess and Nicole Jeanne Kerr Taylor; two brothers, Douglas L. Kerr Jr. and Roger S. Kerr; sister, Nancy J. Hammond; and a granddaughter.

He was preceded in death by his parents, Douglas and Esther Kerr.

A funeral service will be conducted at 11 a.m. Saturday at Forest Lawn Funeral Home, 1977 S. State Road 135, Greenwood. Friends may call from 4 to 8 p.m. today at the funeral home.

Memorial contributions may be made to the Indiana Horse Rescue, 916 S. Prairie Ave., Frankfort, IN 46041.

EDINBURGH

Marvin L. Petty

Marvin L. Petty, 76, died Wednesday, Jan. 10, 2007, at Columbus Regional Hospital. He was a resident of Edinburgh.

Survivors include his wife, Gladys (Holt) Petty of Edinburgh; two daughters, Carol Harmon of Columbus and Sharon Heilman of Edinburgh; a son, David Petty of Greenwood; 12 grandchildren; 11 great-grandchildren; and two great-great-grandchildren.

He was preceded in death by his parents, Noah and Flora Mae (Streval) Petty; a son, Marvin Petty Jr.; and a daughter, Pamela Petty.

The Rev. Lewis Burton will conduct a funeral service at 8 p.m. today at Eskew-Eaton Funeral Home, 302 E. Main Cross St., Edinburgh. Friends may call from 4 p.m. until service time today at the funeral home.

Memorial contributions may be made to Who So Ever Will Community Church, 623 S. Eisenhower Drive, Edinburgh, IN 46124.

INDIANAPOLIS

Mary P. Rollings

Mary P. Rollings, 73, a wonderful wife and mother, passed away Wednesday, Jan. 10, 2007, at her residence in Indianapolis.

She was born Feb. 21, 1933, in Indianapolis to Charles and Anna (Carver) Bagby.

She married Robert Rollings on March 18, 1950, in Indianapolis. He survives.

Other survivors include three sons, Bob (Mary) Rollings Jr. of Indianapolis, Steve Rollings of Indianapolis and Paul (Aimee) Rollings of Greenwood; four daughters, Sheree (Rich) Krajewski of Whiteland, Lisa (Joe) Geil of Mount Vernon, Wash., Joy (John) Pittman of Greenwood and LeeAnn (Gary) Rohmann of Temecula, Calif.; a brother, Gene (Ruby) Bagby of Sebring, Fla.; a sister, Naomi Clifford of Beech Grove; 16 grandchildren; and eight great-grandchildren.

She was a sales associate at L.S. Ayres & Co. for 10 years.

Mary was a member of Community Church of Greenwood. She was a Bible study fellowship leader for eight years. She also volunteered for the Crisis Pregnancy Center and St. Francis Hospital.

The Rev. Dean Jones will officiate a memorial service at 10 a.m. today at Community Church of Greenwood, 1477 W. Main St., Greenwood.

Memorial contributions may be made to St. Francis Hospice, 438 S. Emerson Ave., Greenwood, IN 46143; Community Church of Greenwood, 1477 W. Main St., Greenwood, IN 46142; or Crisis Pregnancy Center, 3125 Dandy Trail, Suite 110, Indianapolis, IN 46214.

Special thanks from the family go to Carol O'Donnell, RN, from St. Francis Hospice, for her compassion and always being available to our family.

Online condolences may be sent to the Rollings family at www.wilsonstierre.com.

GREENWOOD

Daniel Lee Shonkwiler

Daniel Lee Shonkwiler, 56, died Tuesday, Jan. 9, 2007, at Methodist Hospital in Indianapolis. He was a resident of Greenwood.

Survivors include his father, Malcolm Shonkwiler of Greenwood; three brothers, David L. Shonkwiler of Fortville and Mark A. and Richard D. Shonkwiler, both of Greenwood; and a sister, Teri L. Stisher of LaPorte.

He was preceded in death by his mother, Norma (Gardner) Shonkwiler.

The Rev. Shan Rutherford will conduct a service at 2 p.m. Saturday at Wilson St. Pierre Funer-

Edinburgh
Marvin L. Petty, 76
Greenwood
Thomas James Kerr, 59
Daniel Lee Shonkwiler, 56
New Whiteland
Edward P. Snapp, 77
Indianapolis
Mary P. Rollings, 73
Elsewhere
Mary Alice Brittan Sutter, 94

ral Service and Crematory, 481 W. Main St., Greenwood. Friends may call from 4 to 8 p.m. today at the funeral home. Burial will be at Forest Lawn Memory Gardens in Greenwood.

NEW WHITELAND

Edward P. Snapp

Edward P. Snapp, 77, died Tuesday, Jan. 9, 2007, at Kindred Hospital South in Greenwood. He was a resident of New Whiteland.

He was born Sept. 21, 1929, in Carlisle, Ky. His parents were Clyde Randall and Bessie D. (Gauce) Snapp.

Survivors include his wife, Helen J. (Barrett) Snapp of New Whiteland; three children, John (Kathleen) Snapp of Carlisle, Ky., Paula (Charles) Lopossa of Martinsville and Betty (David) Campbell of Needham; two grandchildren, Elaine and Nancy Campbell; and a stepgrandchild, Brent Lopossa.

He was preceded in death by two brothers, Kenneth and Louis Snapp.

He had been employed at Webber Sausage Co. for six years. Previously, he was employed for 13½ years at Kawneer in Franklin.

He was a veteran of the U.S. Army.

He was a member of the Lions Club and had attended Rocklane Christian Church.

The Rev. Rob Keaton will conduct a service at 9:30 a.m. Saturday at Jessen Funeral Home, 729 U.S. 31 North in Whiteland. Friends may call from 4 to 8 p.m. today at the funeral home. Burial will be at Forest Lawn Memory Gardens in Greenwood.

Memorial contributions may be made to the Whiteland Community High School music department, 300 Main St., Whiteland, IN 46184.

BRADENTON, Fla.

Mary Alice Brittan Sutter

Mary Alice Brittan Sutter, 94, died Monday, Jan. 8, 2007. She was a resident of Bradenton, Fla., and a former resident of Indianapolis.

Survivors include a son, Bill Brittan; three daughters, Marcia B. Windsor, Rita Brittan and Jeanie Waltz; a brother, Bob Zigler; eight grandchildren; and 11 great-grandchildren.

She was preceded in death by two husbands, E.L. "Limey" Brittan and Melton Sutter.

A funeral service will be conducted at 1 p.m. Saturday at Forest Lawn Funeral Home, 1977 S. State Road 135, Greenwood. Friends may call from noon until service time Saturday at the funeral home.

Memorial contributions may be made to Tide Well Hospice, 5955 Rand Blvd., Sarasota, FL 34238.

Obituary policy

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

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.

Rock out, if you're not an athlete

Researchers: Serious-minded exercisers may want silence

By MICHAEL HILL

THE ASSOCIATED PRESS

Jennifer Unruh can run a mile in two songs.

"I've got it figured out," said Unruh, who moves to the beat of Van Halen and The Fray on her iPod. "Usually, every song lasts about four minutes. I run a mile in a little over eight. So if I can get through two songs, I know I'm a mile though my run."

Gyms are jammed with people like Unruh: the guy on the treadmill watching ESPN, the aerobic class bouncing to "Hollaback Girl," and the spinner reading Self magazine. Words, images and especially songs can provide inspiration for exercisers, as well as a distraction from tedium and discomfort.

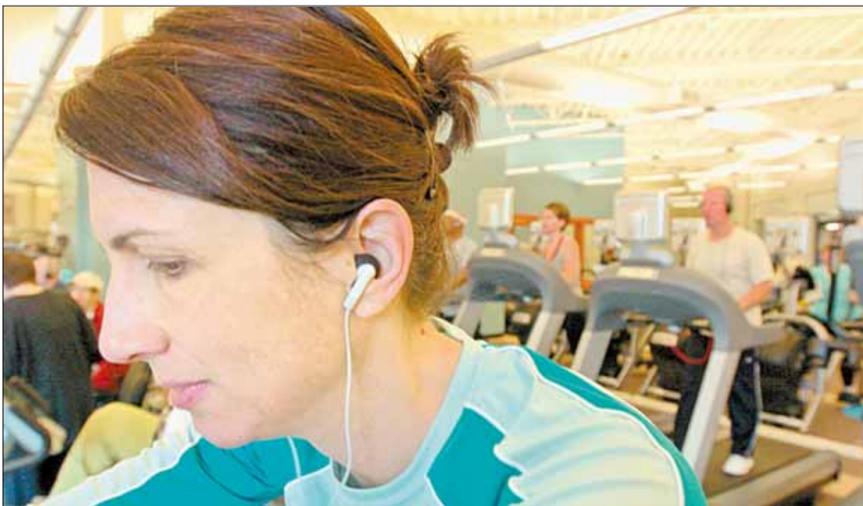
Unruh, director of wellness support at the YMCA of Metropolitan Atlanta, uses her songs-per-mile mind games as a way to keep engaged.

But are those distractions good or bad for exercisers? Researchers say it cuts both ways. Yes, a dose of video or audio can inspire better workouts. But distractions also can hurt performance. In a way, music can add some static to the mind-body connection.

Since the dawn of the Walkman, headphones have been as important as sneakers to many exercisers. Jacqueline Wojtusik, an Albany-area fashion designer who wears headphones for her regular workouts, listens to disco, '80s dance, electronic, anything as long as it has a fast beat.

"If it has a higher beat per minute," she said, "then I tend to stay with that beat."

Science is on Wojtusik's side.



Jacqueline Wojtusik works out while listening to music of video or audio can inspire better workouts, but distractions also can affect performance.

In a 2005 study, British researchers put 18 undergraduates on stationary bicycles to pedal either to silence or to popular electronic dance music on headphones.

Participants worked about 13 percent harder to the up-tempo music compared to silence. One of the researchers, Sam Carr, suggested that music competes with an exerciser's awareness of how hard they're breathing or how much their legs ache.

Dr. James Annesi, a health psychologist who works at the same Atlanta YMCA as Unruh, found that novice exercisers given a choice of TV or music were more apt to stick with an exercise program than those told to focus only

on their exertions or people limited to one type of media. If the gyms look like media centers, that's fine by Annesi, as long as it encourages people to exercise.

"The more dissociation the better, the more we can distance the people from their discomfort," he said.

Still, athletes digging deep for peak performance would do well to ditch the headphones and focus on their bodies. Studies have shown that the more distracted the athlete, the slower the times, said Ohio University psychology professor Benjamin Ogles.

"If you want to maintain a high level of intensity, you pretty much have to focus on your body," he said.

This is related to the belief that noisy gadgets interfere with the

intensely focused mental state many athletes refer to as "flow."

For instance, visitors to the Kripalu Center for Yoga & Health, in Stockbridge, Mass., are encouraged to leave the headphones behind. Jennifer Young, director of healthy living programs, said she wants to keep visitors' mind-body connections strong.

Even Anna Fyodorova, a triathlete from New York City who calls the iPod one of the "greatest creations made" for training, sees its limits. When other runners wore their ear buds during a recent 60 kilometer race, she decided against it.

"When you're racing, you have to concentrate," she said, "you have to be totally in the moment."

You probably won't finish this article today

"It's easier to procrastinate now than ever before. We have so many more temptations. It's never been harder to be self-disciplined in all of history than it is now."

Piers Steel

University of Calgary professor on how technology makes it easier for Americans to procrastinate

Study: Majority of Americans procrastinate

By SETH BORENSTEIN

THE ASSOCIATED PRESS

WASHINGTON

Procrastination in society is getting worse, and scientists are finally getting around to figuring out how and why. Too many tempting diversions are to blame, but more on that later.

After 10 years of research on a project that was only supposed to take five years, a Canadian industrial psychologist found in a giant study that not only is procrastination on the rise, it makes people poorer, fatter and unhappier.

Something has to be done about it, sooner rather than later, University of Calgary professor Piers Steel concludes. His 30-page study is in this month's peer-reviewed Psychological Bulletin, published by the American Psychological Association.

In 1978, only about 5 percent of the American public thought of themselves as chronic procrastinators. Now it's 26 percent, Steel said.

And why not? There are so many fun ways to kill time — TVs in every room, online video, Web-surfing, cell phones, video games, iPods and Blackberries.

At work, e-mail, the Internet

and games are just a click away, making procrastination effortless, Steel said.

"That stupid game Minesweeper, that probably has cost billions of dollars for the whole society," he said.

The U.S. gross national product would probably rise by \$50 billion if the icon and sound that notifies people of new e-mail suddenly disappear, he added.

And there's good reason to worry right now about the problem of procrastination.

"People who procrastinate tend to be less healthy, less wealthy and less happy," Steel said Wednesday. "You can reduce it, but I don't think you can eliminate it."

Psychologist William Knaus, who has written several self-help books on fighting procrastination, said Steel is absolutely right.

He said he found it harder to wean chronic procrastinators from the habit of delaying than to wean alcoholics from booze. Knaus mentioned one businessman who spent 40 hours of delay time to avoid five minutes of work.

"It's a huge problem," Knaus said. "I think the majority of mental disabilities people have — anxiety, panic — they can be defined as

a special case of procrastination."

There is personal financial fallout from procrastination, too. Delay in filing taxes on average costs a person \$400 a year, and last-minute Christmas shopping with credit cards was five times higher in 1999 than in 1991, Steel found in a review of more than 500 economic and psychological studies about putting off unpleasant chores.

Steel's study found that in the past quarter century, the average self-score for procrastination (using a 1-to-5 scale, with 1 being no delaying) has increased by 39 percent.

Overall, more than a quarter of Americans say they procrastinate.

Men are worse than women (about 54 out of 100 chronic procrastinators are men) and the young are more likely to procrastinate than the old, Steel said. Three out of four college students consider themselves procrastinators.

The causes of procrastination combine temptation, sense of immediacy, the value of doing the job and whether you believe you can get the work done, Steel found.

He even created a complicated mathematical formula, complete with Greek letters, to figure out

when a person is likely to procrastinate.

Temptation is the biggest factor. And it's why procrastination is getting worse, Steel said, citing technology.

"It's easier to procrastinate now than ever before. We have so many more temptations," he said. "It's never been harder to be self-disciplined in all of history than it is now."

Studying procrastination as a field has a benefit, said the professor. The more he knows about the problem and the causes, the less he procrastinates, even though he sheepishly acknowledges his study was completed five years late.

The good thing about studying procrastination, he said: "If you take a day off from it, you can always say it's field research."

In Loving Memory of

DEBBIE LONG

Sept. 30, 1953 - Jan. 12-2002

*"Remembering you is easy,
we do it everyday,
But missing you is a
heartache
That never goes away."*

Loved forever by
Mother, sister & family.

The family of Kenneth H. (Pap) Hogan

would like to thank Homeview Health & Rehab, nurses & staff; Dr. John Records; Johnson Memorial Hospital employees, nurses & staff in CCU & 3T for being so kind & caring; Drs. Bennett & Cornett; Rev. Roger Gifford & Ann and our wonderful church family from First Christian Church in Bargersville; Flinn & Maguire Funeral Home for their kindness and concern; the pallbearers; American Legion Post 205 Rifle Squad; family and friends for the food, flowers, cards and prayers.

God sent us so many Angels and we are truly thankful to all of you. May God bless you all.

Jeff & Nancy Mosburg
Amy & Travis Hartwell
Ann Mosburg & Dustin Pentecost

KEEPSAKES

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DAILY JOURNAL

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