

Free Community Newspaper

PikePulse

Helping
Build Our
Community

January 18, 2021

#13

Our Pillars of Engagement
with Pike Township



A Time For Healing

The vaccine is here!

The vaccination of Hoosiers against COVID-19 has begun.

Any Hoosier age 70 and older is now eligible to schedule a vaccination appointment.

Schedule your vaccine shot at: <https://vaccine.coronavirus.in.gov/> or by calling 2-1-1 if you do not have access to a computer or need assistance registering.

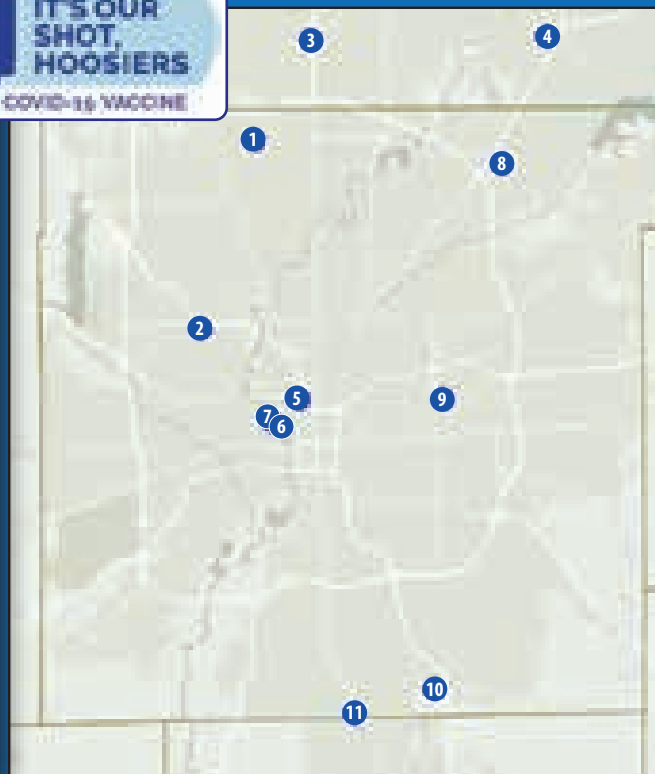
Who is eligible to receive the vaccine?

If you answer yes to any of these questions, you are eligible to receive the FREE COVID-19 vaccine:

- Are you age 70 or older?
- Do you work or volunteer in healthcare and have physical or close contact or face-to-face interactions with patients?
- Do you have exposure to COVID-19 infectious material?
- Are you a first responder who has contact with the public and could be called to the scene of an emergency? ▲



Marion County COVID Vaccine Site Map



Pike Township:

1. Ascension St. Vincent Indianapolis:
1801 W 86th St, Indianapolis, IN 46260
2. Marion County Local Health Dept.:
3685 Commercial Dr., Indianapolis, IN 46222

Carmel:

3. IU Health North Hospital: 11700 N Meridian St,
Carmel IN, 46032

Fishers:

4. Fishers City Local Health Department:
8937 Technology Dr., Fishers, IN 46038

Near Downtown:

5. IU Health Methodist Hospital:
362 W 15th St, Indianapolis, IN 46202
6. IU Health Riley Hospital:
575 Riley Hospital Dr., Indianapolis, IN 46202
7. Eskenazi Health: 720 Eskenazi Ave, Indianapolis,
IN 46202

Northeast Indianapolis:

8. Community Hospital North:
7150 Clearvista Dr., Indianapolis, IN 46256

East Indianapolis:

9. Community Hospital East:
1500 N Ritter Ave, Indianapolis, IN 46219

South Indianapolis:

10. Franciscan Health Indianapolis:
8111 S Emerson Ave, Indianapolis, IN 46237
11. Community Hospital South:
1402 E County Line Rd, Indianapolis, IN 46227

Becoming a Stronger America



Annette Johnson
Pike Township
Trustee

From Pike Township's Facebook Page

Wednesday, Jan. 6, was a dark day in American history. What we saw happen is something we would only expect to happen overseas or in movies.

... This is not who we are as a country. We have elections, and with those elections, we have a

winner and a loser. The election is over, and it's time for us as a country to come together to unite and look ahead to hope for a more prosperous America.

We all must want America to heal. ... Fortunately, the sun will rise again. What happened must never happen again in America. Today liberty must ring, justice must be made, and the healing must start now. ▲

What do we tell our children?



Dr. Flora Reichenadter - Pike MSD Superintendent

Pike Family,

We watched in horror on Wednesday, Jan. 6, as ... extremists stormed our Capitol in a direct affront to our democracy. The

experience was painful; it was traumatic, and it will take significant time to process. ...

It's important to stress this is about our country, not [our] political party affiliation or ideological differences. As much as we may want to reject it, we must acknowledge that what happened is just as much a part of the American story as our loftiest triumphs and aspirations.

Continued on page 3

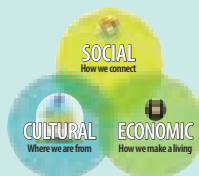
Free Community Newspaper

PikePulse

Our mission is to help build a stronger sense of community by keeping our fingers on the pulse of Pike Township and publishing positive, upbeat, and relevant news.

Pike Pulse is the only free newspaper in Pike Township that is delivered by the US Postal Service twice a month to every residential and business address.

Pike Pulse Pillars of Engagement



I. Cultural Pillar — where we are from

- Stories about Pike residents
- Stories celebrating our diverse cultures
- Stories highlighting opportunities

II. Social Pillar — how we connect

- Spotlight groups and organizations
- Communicate celebrations for Veterans
- Information about our religious diversity
- Neighborhood Associations news
- Health updates
- Art exhibits and performances
- Youth and adult athletic updates
- Academic celebrations

III. Economic Pillar — how we make a living

- Commercial development
- Business-to-Business communications
- Business-to-Consumer communications
- Pike job openings
- Legislative and township development
- Community development
- Pike Business Park news

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(Twice a month except for November and December when we publish one issue each month)

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Inviting A New Togetherness

Can you understand light without darkness? What's triumph without struggle? What does it mean to be together if you haven't ever been apart? 2020 was a profound year, and my hope is it provided enough perspective for us, as people, to realize how much light has been absent, how much triumph wasn't celebrated, and how important it is for us to find things around which we can come together to enjoy more fully.

In my last Director of Development's message, I alluded to the importance of people, businesses, and organizations **coming together to help strengthen the community of Pike Township**. In order for this to become a reality, you, our reader, must take action. I have a request that will build togetherness safely.

We are developing relationships with businesses and organizations in our Pike community. They are signing on as advertisers and/or sponsors of community initiatives which **Pike Pulse** supports through its Pillars of Engagement. These businesses have made the decision to be a part of this effort in the midst of a global pandemic and a period of great uncertainty.

As we press forward into 2021, I challenge you, dear reader, to take action and do something you probably have never done.

1. Call our advertisers and just thank them for being a part of our paper. You don't have to buy anything. Just reach out to them.
2. If you get the chance, ask how they are doing. You might tell them I asked you to call — they should know my name. Maybe find out more about their goals and ask about ways you can help. I guarantee you'll be surprised about what they say.
3. And I would love to hear what you find out. Our company line is 317-349-7200. Leave a message, and I will get it. Or e-mail: brandon@pikepulse.com.

And if there are other Pike-serving businesses and organizations you'd like to see become a part of our advertising/sponsorship base, let me know. I'll contact them.

We believe 2021 will be a great year for Pike Township. Our advertisers and sponsors are our lifeblood, and they have invested in the life of Pike Township. Your readership of our paper and your support of our advertisers/sponsors is crucial and greatly appreciated!

Happy New Year! ▲



Brandon Fishburn

Girl Scout Cookies Kick Off



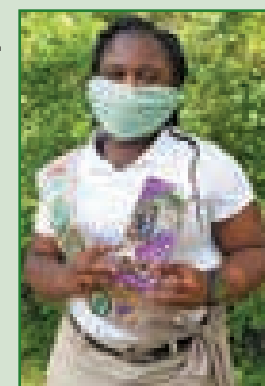
Girl Scouts across Pike Township have officially kicked off the 2021 Girl Scout Cookie season, and they're coming up with creative, socially distant, and contact-free ways to keep themselves and their customers safe.

This season, Girl Scouts of Central Indiana is partnering with the food ordering and delivery company, **Grubhub**, so girls have an additional way to safely deliver contact-free cookie orders. In Indianapolis, consumers can order Girl Scout Cookies for delivery on Grubhub.com or the Grubhub app starting the end of January. Local Girl Scouts will track and fulfill orders, manage inventory, and more. As always, the proceeds benefit the troop and council while providing another innovative way to safely run the cookie program virtually.

Girl Scout cookie season will go through mid-March this year. You can get your Thin Mints, Tagalongs, Samoas, and more in the following ways:

- If you know a Girl Scout, reach out to her to find out how she's selling cookies in ways that meet local and state safety protocols. Girl Scouts will receive cookies to begin deliveries to customers in February.
- Next month, visit www.girlscoutcookies.org or use the official Girl Scout Cookie Finder app to find virtual, socially distant or contact-free cookie booths in your area.
- Visit www.grubhub.com/food/girl_scouts to order via contact-free delivery from **Grubhub**.

Girl Scouts is open to all girls K-12. Adults over the age of 18 may become volunteers. Financial assistance is available. For more information visit www.girlscoutsindiana.org/join. ▲



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Dr. Flora's statement continued from page 1

... We cannot normalize what happened or go about our business like it did not occur. Individually and collectively, it is impossible to become who we want to be without taking an honest look at who we are. These events didn't happen in isolation, nor are they disconnected from our history. This vile event will be prominently featured in our history books and forever referenced as a bleak and shameful moment in our Nation's story. Our response to it is of great consequence. We must do the hard work necessary to realize the more perfect union we envision so that all Americans can enjoy the full privileges and benefits so proudly promised.

The MSD of Pike Township is committed to providing ourselves, the children we serve, and each other with the space, love, and support they need to try to process their feelings and make sense of these events.

"I love America more than any other country in the world and, exactly for this reason, I insist on the right to criticize her perpetually." – James Baldwin

Related Resources Shared with Pike Educators:

<https://nam04.safelinks.protection.outlook.com/...>

- When Bad Things Are Happening
- Responding to the Insurrection at the US Capitol
- Contentious Elections and the Peaceful Transition of Power

With love, resolve, hope & support,

Dr. Flora ▲

Familias de Pike,

Ayer, vimos con horror cómo extremistas radicales irrumpieron en nuestro Capitolio con un enfrentamiento directo a nuestra democracia. La experiencia fue dolorosa, traumática y llevará mucho tiempo procesarla...

Creo que es importante enfatizar que se trata de un país, no de afiliación a un partido político o diferencias ideológicas. Por mucho que queramos rechazarlo, debemos reconocer que lo que sucedió ayer es una parte tan importante de la historia estadounidense como nuestros triunfos y aspiraciones más elevadas...

No podemos normalizar lo que sucedió o seguir con nuestro negocio como si no hubiera sucedido. Individual y colectivamente, es imposible convertirnos en quienes queremos ser sin tener una mirada honesta en quiénes somos. Estos eventos no ocurrieron de forma aislada, ni están desconectados de nuestra historia. Este vil evento aparecerá en un lugar destacado en nuestros libros de historia y siempre se hará referencia a él como un momento sombrío y vergonzoso en la historia de nuestra nación. Nuestra respuesta es de gran importancia. Debemos hacer el arduo trabajo necesario para lograr la unión más perfecta que imaginamos

para que todos los estadounidenses puedan disfrutar de todos los privilegios y beneficios tan orgullosamente prometidos.

El MSD de Pike Township se compromete a brindarnos a nosotros mismos, a los niños a los que servimos y a los demás el espacio, el amor y el apoyo que necesitan para tratar de procesar sus sentimientos y dar sentido a estos eventos.

"Amo a Estados Unidos más que a cualquier otro país del mundo y, precisamente por eso, insisto en el derecho a criticarla perpetuamente." – James Baldwin

Recursos relacionados compartidos con educadores:

<https://nam04.safelinks.protection.outlook.com/...>

- When Bad Things Are Happening
- Responding to the Insurrection at the US Capitol
- Contentious Elections and the Peaceful Transition of Power

Con amor, determinación, esperanza y apoyo,

Dr. Flora ▲

New Strains of COVID-19 Are Evolving. "We aren't doing a good job ..."

From a Face The Nation Program, January 10, 2021



Dr. Scott Gottlieb, former FDA Commissioner, who sits on the board of Pfizer talked about new challenging strains of COVID-19:

These new strains may spread more easily. . . . and [we know] these viruses are going to evolve.

This COVID virus has been racing around the world largely unchecked. . . . [We know] we're going to have to update our vaccines, and our antibody drugs to keep up with new

variants as they emerge.

Wearing masks will continue to be important. It's inevitable we're going to see evolution in the virus strains. We don't think the South African variant, or the UK variant are very prevalent here right now. But we need to get this vaccine out quickly because this is really our only tool — our only weapon — against this virus.

If we can get a lot of people vaccinated quickly, we might be able to get enough protective immunity into the population to stop the spread at the rate that it is now.

We aren't doing a good job getting the vaccine to patients. It's a distribution issue.

There's 40 million doses sitting on a shelf somewhere. The

Feds say, "It's with the states."

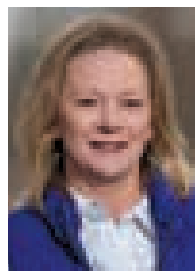
The States say, "It's with the Feds." We have 50 million Americans above the age of 65. We must push it out to that population more aggressively.

I think we need to take an all-the-above approach and push it out from the different channels, including the big-box stores and the federal sites the Biden administration is talking about. We need to create multiple distribution points.

A lot of senior citizens aren't going to want to go to a stadium to get an inoculation. They want to go to a local pharmacy or a doctor's office. We need to provide more opportunities for people to get a vaccination where they're comfortable getting it. And we do need to get it out more aggressively. ▲

The CDC reports nearly 7,000,000 doses of the vaccine have been given, but that's only 30% of the total vaccine distributed across the country. Meanwhile, infections continue to soar. Thursday, January 7, was the deadliest day yet. Almost 4,200 people died from COVID-19. There have now been over 22,000,000 cases, and more than 372,000 are dead. There are more people in this country hospitalized with COVID now than during the spring and summer of 2020 combined.

Eagle Creek Trail and Greenway



Christy Krieg

The COVID-19 pandemic has thwarted efforts to maintain exercise routines, and waistlines! But you can still set and meet your New

Year's fit-

ness goals on free trails within Pike Township.

The Eagle Creek Trail is open dawn to dusk, with each day longer than the last after the Winter Solstice. While enjoying your outing, remember to adhere to trail rules and the Marion County social distancing guidelines: www.indy.gov/covid.

If you're lucky enough to live near this trail, pick it up on foot, or park at the Geisse Soccer Park, also the home of the Mayor's Community Garden, 7225 W. 56th Street. From there you have three directions for safe walking, jogging, or cycling. You can also go north through the park, but here we cover only the non-fee options for this trail from 56th street.

South. Going South, **The Eagle Creek Greenway** is a well maintained, paved pedestrian trail taking you 3.5 miles, one-way. From the parking lot, pick up the trail running along the east side of Reed Road. Note the native plant and cover crop demonstration garden, maintained by the

Marion County Soil and Water Conservation District. This plot holds year-round visual interest and habitat for our smallest native creatures, the insects and birds.

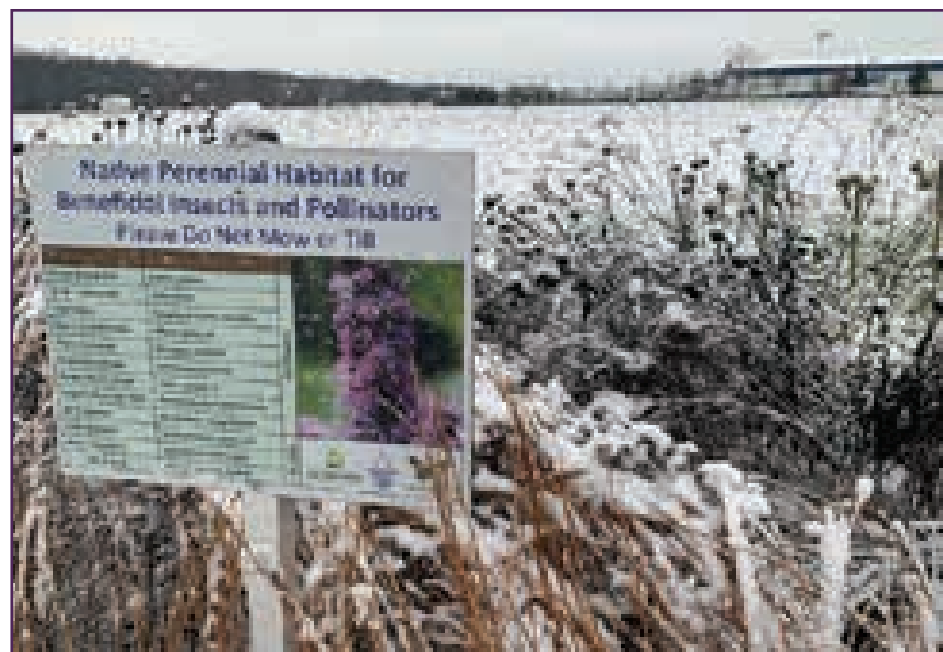
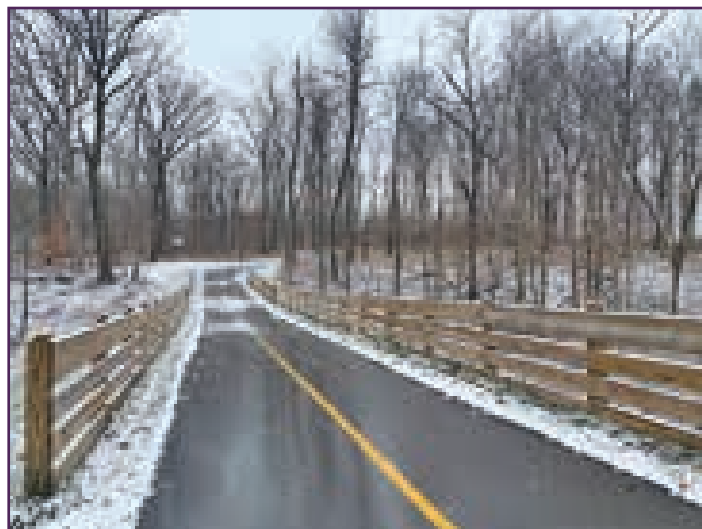
South of the gardens, the secluded, paved trail heads southwest, winding past athletic fields, wetland ponds and over several streams; all great spots for bird watching. As it turns south again, you're flanked by a native prairie before the vistas open up to an actively farmed corn and soybean field beneath the Eagle Creek Airport's landing approach.



From 46th St., the Greenway continues south along Eagle Creek Parkway to 38th street, where it turns west to

Dandy Trail. For a side trip along this segment, venture onto the nature trail of the Eagle Highlands Neighborhood Park, around 4200 N. Eagle Creek Parkway.

South from 38th and Dandy Trail, the Greenway now crosses I-74, ending at Windham Lake Drive. If you're on a bicycle, bike route #25 continues south on

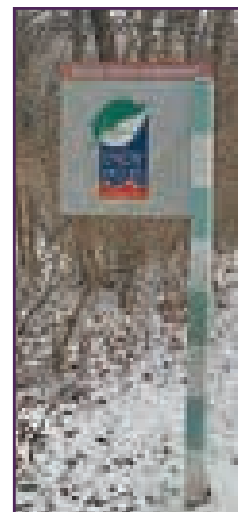


Dandy Trail, but for walkers, the trail ends here.

East. Heading East from the 56th and Reed Road parking lot, the Eagle Creek trail takes the form of a neighborhood sidewalk hugging the north lanes, three miles to Georgetown Road. If you live near this portion of the trail, you can walk from home to hook up with the rest of the trail network.

West. The newest segment of the Eagle Creek Trail system, nearly completed in 2020, takes pedestrians 2.6 miles west from Reed Road to Raceway Road. You can now safely cross the reservoir's causeway in a protected pedestrian lane. West of the water's edge, the newly paved trail veers slightly north into lovely woods, meandering past a historic cemetery and the Eagle Creek Golf Course. The new segment definitely improves the safety for cyclists heading towards Brownsburg.

Whether you head for the Eagle Creek Trail or others in Pike Township, connecting with nature is a great way to jumpstart your New Year's resolutions! See you on the trails! ▲





The Pike Township Educational Foundation (PTEF) is a not-for-profit organization which raises funds for activities including scholarships and grants for teacher-driven projects to enhance the educational experience of Pike students.

Treasures for Education

You are invited to our annual fundraiser, **Treasures for Education**, March 4th at 7pm. This will be a virtual event! Join us online as we celebrate #PikeMadness with a silent and live auction and some special guests! All money raised will go to support Pike students and educators. Last year, we raised over \$4,000 in scholarships for our Pike seniors at Treasures.

Want a VIP experience? For \$25 per guest, PTEF will deliver a charcuterie board plus our signature "Red Devil" cocktail for you to enjoy while you watch our VIP cocktail reception beginning at 6:45pm. Make it a date night while supporting Pike!

For more information, go to www.bidpal.net/pikemadness

We are in search of donations for our silent auction. If you would like to donate an item or a basket, email executivedirector@pike-ef.org for details.



Do you know a Pike High School senior? PTEF offers several scholarships. Go to www.pike-ef.org/scholarships to see criteria and to apply.

We are also still accepting donations for the **Pike Red Zone Food Pantry**. Since March, this valuable community resource has provided food to more than 5000 families and 14,000 students. Please help your friends and neighbors with a donation at <https://tinyurl.com/red-zone>. ▲

Solar Power for Pike Township

Join our 1st solar information session webinar on Tuesday, February 9 starting at 7PM

Many years ago, 1973 to be exact, there was an Arab oil embargo. Arab oil producers cut off exports to the U.S. to protest American military support for Israel in its 1973 war with Egypt and Syria. As a result, petroleum supplies in the United States were in very short supply. At the time, I began thinking that it would be a good idea for my family as well as my country to be more self-sufficient when it came to energy.

About ten years later, my wife and I decided to remodel our home here in Pike Township by installing a second story on our single story home. As part of that renovation, we decided to slope the roof so that it would be compatible with installing solar panels one day in the future when they became affordable.

Fast forward another thirty years to 2013 — we finally thought that solar panels were affordable and that it would be a good investment. After doing some research, we hired a solar company to install a 5-kilowatt solar system on our home. A system that size meant that on long, sunny, summer days we would generate more electricity than we needed. But we knew

that because of *net metering* we would still be able to benefit from that energy even when the sun is not shining.

Net metering is an agreement with our electric utility, Indianapolis Power & Light in our case. At the end of the month, we earn credit for the electricity we produce but do not use ourselves. This electricity is sent back through our electric meter and can be used by our neighbors instead. We earn the same rate for that electricity that we pay for electricity we purchase from the grid.

This system nearly covered all our electric needs on an annual basis until we bought an electric car. We then needed additional solar panels to cover our needs. So, we purchased an additional 3.8-kilowatt system.

Over the years, we have become more and more informed and concerned about climate change. We know that since much of the electricity supplied by Indianapolis Power & Light is generated by burning coal and gas, it is more important than ever to be getting our electricity from a renewable source.

We saw a recent report from

Indiana University that found that although only a small percentage of homes have gone solar like we had, 54% of Hoosiers are interested in installing solar panels to reduce carbon dioxide emissions. Support is strong across all Indiana communities, including rural areas and small towns. We hope our neighbors in Pike Township want to be leaders for the state.

For a long time, going solar was financially out of reach, it just didn't make financial sense. But that is no longer the case. Now with the Indianapolis Solar Co-op there's an easy way for homeowners and small businesses in and around

Indianapolis to benefit from a group process to get the best value out of a solar installation — and the best part is that it's completely free to join.

Now there is a 26% federal investment tax credit to reduce your installation costs

and access to net metering to give you confidence in your electric bill savings. There's no time like the present to go solar!

To learn more about the Indianapolis Solar Co-op you can visit SolarUnitedNeighbors.org/Indianapolis. You can also join our first solar information session webinar of the new year on **Tuesday, February 9 starting at 7PM**. You can RSVP for this session at the co-op website.

It is exciting to dream about Pike Township being the poster township for solar power in Indiana! Ray Wilson, P.E. ▲



From left to right: Ray Wilson, Betty Lynch, Jesse Kirkham, Zach Schalk, Joey Myles, Carol Hooker, Carol Trippel, Cindy Wilson, Richard Steiner

This was the official kickoff of the first Solar United Neighbors Cooperative here in Indianapolis with Ray Wilson's home in the background.

A Talk with Annette Johnson, Township Trustee part 2

The Worth of Education

A lot of time and good planning is something I've always believed in. And education has always been my life. I remember when I was eight years old — maybe 10 years old — I always wanted to play school. I had everything set up. I had a little classroom for my brothers and sisters. I had assignments for them. My mom loved it a lot, but, of course, my five siblings did not. They got tired of playing school with me every day.

So, I already had instilled in me that education was important. My first-grade teacher really had an influence on me. Miss Johnson was an African-American, and we didn't have many African-American teachers then. She dressed up so nice all the time. So, for a first grader to see someone like that who was devoted to teaching us, I just really gravitated towards her and the things she did. I wanted to work hard, be the best student, and get all A's. I still remember her all the time. I told everyone, "I want to be like Miss Johnson."

I also had a wonderful counselor, Maddie Goens, who was on us to be the best we could be. She also was African-American and always expressed the mindset we were all going to go to college, we were all going to graduate, and we were all going to do something significant with our lives. She was my counselor for my first, second, third, fourth, fifth, and sixth grade years. She was there all those years! I have kept up with her, and she is 90 years old now. She's awesome.

She came back in my life when I decided to go back to school and get my bachelor's degree. She became my professor at Martin University, Indianapolis. She was my professor for all four years, and, just like grade school,



Annette Johnson

she was on me again to go further. Then I went off to Ball State for my Masters' Degrees. I still talk with her and connect with her. And now I'm teaching at Martin University.

Teaching at Martin U

I teach servant leadership which exposes my students to community service. I teach: Community Leadership. They learn how everything is not available just for a price. They experience various areas of political things, like a political party or a Home Owners Association (HOA).

The first part of this year we didn't meet in the classroom because I had them meet at one of my (HOA) meetings so they could see community service in action. They could hear the questions HOA members ask.

They loved it, but they were shocked and confused. For instance, they wondered why some of the people were so angry about having to fix their mailboxes. Well, we told them the mailboxes needed to look nice, because it reflects who we are, just as our yards need to look nice. It also may be where the fire department looks for a house number. They need to be able to read it.

In one of the meetings I went to, one community had certain color patterns for the houses. Home owners would say, "I don't think that's fair. I just want to paint my house whatever I like."

We told them, "Well, you're in a community that decided how to keep everything looking nice, and it helps keep the

value of your home as high as possible." So, I get interesting questions. And it is fun.

And I tell them, "The HOA complaints came from members who were not active. You don't have a voice if you're not an involved member." If you're not a member, and you're not at the table to know what's going on, things will skip past you, and you won't understand what's going on.

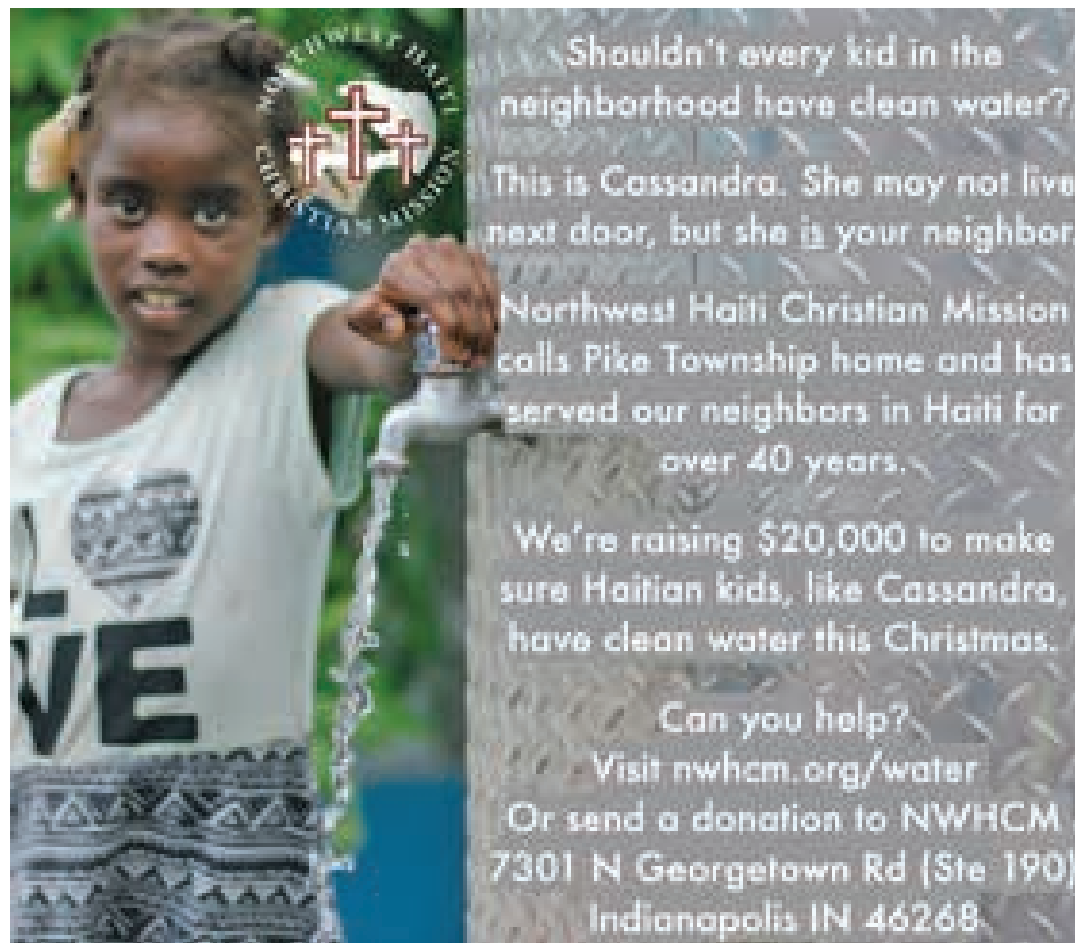
Serving the Community:

I've really been blessed. I've always wanted two careers, believe it or not. I wanted to be in both politics and education, and I've been able to do both. I started off as a township board member for 14 years. That was 3 terms and the two years before I ran for Trustee. As I was on the township board, I just knew more could be done for the township than what was being done.

For instance, the Township never had a website, and so that was one of my visions coming to this office because I want residents or people in need to be able to better access our services. You know how we are with social media and the computers. You should be able to go to our website and see what our Township Office does. Now you can: visit pike-etownship.com.

I had my eyes set on sitting in one of these offices, working hard for the community for a long time. I always felt there was a possibility I was going to be a part of the Township operations. At one point when I was on the Board, I thought up a position which I wanted to fill. I suggested being the community liaison for this area and really doing a lot of wonderful things. I had a proposal and everything, but it was shot down.

Continue on page 8





Josh Fields
Agent



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"Serving the Westside Community since 1997"



LordRealEstateGroup.com

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Suite #160

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Indianapolis IN 46268

HIGHLIGHTS - 2020



23 showings
5 offers
Sold in 8 days



Sold in 10 days
for \$5,000 over
list price



4 Condos in one sale



Sold in 13 days

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— HELPING YOU MAKE THE RIGHT MOVE —

Get in touch to see how we can help you!

Annette Johnson: Continued from page 6

I didn't consider running for the Trustee position until later. You know how that came about? I worked at the Department of Education with Superintendent Glenda Ritz and volunteered to help on her campaign. I was her grassroots coordinator. She had said, "Annette, if I win, you're going with me to the State House."

So, she offered me this great position at the State House after she won, and after 13 years; I retired from IPS to do the job. Can you imagine being at the State House and education every day with legislators and talking and advocating and all that? I loved it!

I was there for four years, and our second term around, we did not win. We were very surprised. The new administration comes, and they give you your papers that say "Thank you so much, but you need to leave."

So that's where my Pike Township proposal came in. I needed a job, and I put together my proposal, presented it to the trustee. I told her, "Well, I don't have a job. I've done a lot with the party. You know me. I live right here in Pike, right around the corner." I thought I would have been perfect for the job. But the Trustee said no. My mom said, "Annette. Don't worry. There is something bigger for you."

I did get a position at the sheriff's office. My education saved me. My master's degree in adult community ed opened the door. The sheriff's department said, "We need you, and you would be wonderful to teach down here."

It was such a different kind of school. When I taught in a classroom, there were all these nice little smiley faces. It wasn't like that working with inmates.

The sheriff showed me the classroom. It had four empty walls. I put up posters and all types of phonics and stuff because these were individuals who

were going to be housed in the jail for one year, and my role was to make sure when they left the jail they had their GED.

The first week, I was shell shocked, but I got over it. I had both men and women. Some, not too good because some were never getting out. They had done some terrible things and were serving 60 years. But guess what? They still earned a GED. I told them, "You know what? You can now use all this educational energy." We had a 100% success rate.

I made sure they had graduation caps and gowns. We really made it a great celebration. The graduation was held in a chapel. They were able to have two of their family members come. Most hadn't seen their family members for a long while. The graduation ceremony was really special for all involved. I loved that job.

To the ones that did graduate, I pointed out, "Use this educational energy now because you might've been in a category where you were making \$7.25 an hour before. But Now you have your GED, and you can get jobs for \$12 an hour."

I decided the time was right for me to run for the Pike Trustee position. But when I won the election, I was like, "Oh my God. I have to leave my inmate work!"

The inmates said, "Annette, you don't care about us."

I was like, "Yes, I do. I'm going to miss you!"

I loved teaching inmates even though it was a crummy environment. I'd never been in an environment like that before. Never.

My Election:

I was elected in 2018. I'm just finishing up my first two years of a 4-year term. It's

going fast. I hope to stick around after the next election, but it is up to the community.

It's been two good years. A lot of learning. A lot of learning! I have a lot of ideas because I've been thinking about what a trustee could do for the past six years. It's really something that was in the making in my life.

In 2018, the Democratic primary election for Pike Township Trustee was really close. 7836 people voted. I won by 300 votes! Which was awesome!! It was a surprise to everyone. The incumbent had been there 16 years, and she was practically an institution.

I had a lot of opposition from within the party. It is taboo for an agency board member in the same party to run against an incumbent. You're not supposed to do that. But I said I'm going to do it and make a dent and win.

I took a big chance, but I realized, "If I win the primary, I'm going to win it all." Nobody believed me, but my team of grassroots organizers here in Pike Township,

supported me. They really follow me and helped with my work. Mr. John Gibson was part of my team. He passed away, unfortunately. He was a mover and a shaker in Pike Township. I miss him.

With no support from my party, I was going up against an established incumbent and that hadn't been done in 30 years. The last person to do it and win was Julia Carson. There were repercussions.

I was president of the Pike Township Democrat Club and had built that club up to a huge capacity, huge. Because I ran against an established Democratic leader, I was removed from that position.


The good thing about the Trustee position is it's bipartisan. I tell everybody, even though I'm a Democrat, "I work for everyone." And that's how it works, and that's how it should be. Of course, you choose who you want to be with in the office, but you shouldn't choose who you serve because of their political party. I don't believe in that at all. ▲

Trustee Johnson's Mother, Evangelist Brenda Lee Waldon, 79, went home to be with the Lord peacefully December 19, 2020, at St. Vincent's Hospital. She was born November 8, 1942 in Indianapolis, Indiana, to Beluah J. Wrice who preceded her in death. She attended school in Louisville, KY, and Indianapolis, IN. She attended Marian University to pursue a career in nursing. She was employed at General (Wishard) Hospital and other Nursing Facilities.

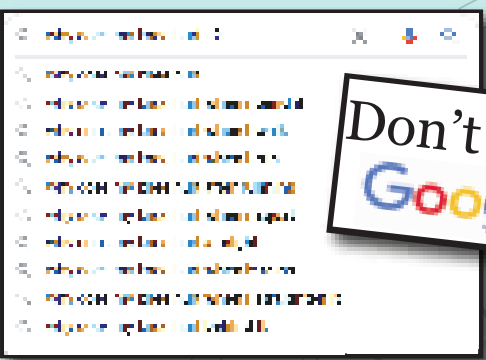
She married Wendell Robinson, who preceded her in death. Brenda later remarried to William Waldon who preceded her in death. She accepted Christ at an early age with a praying spirit. Brenda loved the Lord and loved to minister to family and friends. She graduated with a Bachelor's Degree from Aeon Bible College and a Master's Degree in Theology from North Carolina College.

Pastor Waldon was a dynamic preacher and teacher who preached the gospel. She was Founder of Women's God's Covenant Keepers and served in several capacities in Church Ministries. Her life was a living example of her favorite Bible verse, Ephesians 4:32.


Evangelist Waldon is survived by her sister Lennie Mae Grundy of Louisville, KY. 3 daughters: Annette Johnson, Tina Ingram (Greg), Lisa Robinson; 3 sons: Cedric Robinson (Vicky), Emanuel Robinson, Wendell Robinson Jr.; grandchildren: Julian, Shawn, JeVon, Arlean, Dean, Thomas, Tyeka, Brianna, Emanuel Jr., Tyrrell, LaShasta, Aanice; great grandchildren: Talia and 17 others along with nieces and nephews. All of these she loved and touched deeply.



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Bishop Michael Curry

Editor's Note: On New Year's Day Judy Woodruff, PBS News Hour, interviewed Bishop Michael Curry. I hope you appreciate his wisdom as much as we do.



Judy Woodruff: Let me introduce Michael Curry, the Presiding Bishop of the Episcopal Church in the United States. His latest book is, *Love is the Way: Holding on to Hope in Troubling Times*. It's about how love has shaped his life as a descendant of slaves who rose to the top position in a predominantly White church. We spoke earlier, and I began by asking whether he foresaw any of the conflicts of this moment?

Michael Curry: The perfect storm of a pandemic, racial reckoning, and a polarized American society wasn't in my mind, but I knew we were divided. I knew we had some racial history with the past, with difficulties. And I hope my story will contribute something positive and constructive.

Judy Woodruff: I'm struck, Bishop Curry, that you say your book is a look at what love is like even "In a world that feels at times closer to a nightmare than the dream." You're pointing to the fact that we've been through some really tough times.

Michael Curry: Yes, we have been through really tough times. And the reality is, that happens. That's just the nature of life. It's good and bad, it's the alchemy of all of it mixed in together.

I've been blessed — in the course of my life — to have been around people who have not given into fate, if you will. They have been people of faith: people who have struggled against the odds.

And one of the patterns I've seen in their lives has been that they are people who would not submit to selfishness or hatred or bigotry, but who really live lives of love and believe in it. I remember my Aunt Lee, when I was a kid, used to tell us, and she was quoting Booker T. Washington. (I don't know if she knew it, but she was). She used to say, "Never let anybody drag you so low as to hate them."

I grew up with a father who worked in civil rights against the odds. Barack Obama wasn't even on the horizon in 1960. And yet, hope goes beyond the moment and beyond the challenges of the moment and dares to believe in something possible that we can't even foresee. It's kind of like George Bernard Shaw. "Some men see things as they are and ask why? We dream things that never were and ask why not?" That's hope, that's living by the power of love, and that's living in spite of the nightmare of today's challenges.

There are many people who have loved America in spite of the fact that America often didn't love them: Native American folk, Black folk, Latin X folk, poor folk, who have not always benefited from this great country. But they've loved America.

My grandmother had my two uncles. I can remember their pictures in their Army Air Corps uniforms. They fought in World War II. She lost members of her family. The two of them came home during that war. My wife's grandfather fought in the first World War. She's actually got his discharge papers from WWI.

Black folks fought for this country. They fought for this country not because of what the country was, but because of what the country



The Most Rev.
Michael Bruce Curry

stood for. "We hold these truths to be self-evident that all men are created equal." That's true, even when our country fails to live up to it. That's what people like Ruth Bader Ginsburg stood for. That's what I mean by "hope". Hope doesn't just accept the way things are. We dare to hope and believe that something can be different. And then we work to make that happen.

Judy Woodruff: How do you make this apply in people's lives when we live in such a politically divided time? Such a time when people look at each other across this gaping divide in our country?

Michael Curry: That is where love comes in. Take the sentimental out of love, take the romantic out of love, and think of the kind of love the scriptures talk about. It's the kind of love that Moses talked about: that Jesus of Nazareth talked about, and our religious traditions speak of. That love tends to be unselfish love that actually seeks the good and the welfare of others, as well as your self.

On the great seal of the United

States, above the eagle, you'll see the Latin words "e pluribus unum". Those words come from the writings of Cicero, and I quote, "When a person loves another as much, if not more, as he loves himself, then 'e pluribus unum', which is one from many becomes possible. That is the motto of our country. It is based on a willingness to love and be concerned about others as well as yourself, that makes "One nation under God, indivisible with liberty and justice for all." Love is the key, because love is unselfish, sacrificial living.

When we live like that, then Congress can work.

When we live like that, then the economy can work.

When we live like that, then there is equal opportunity for all.

You see what I'm getting at? Love is not a sentiment, it's a commitment to the common good.

Judy Woodruff: As we start this new year many people feel isolated. They've lost a job, or they can't be with their family. What is the message for them when they are physically separated from the people they love?

Michael Curry: You are absolutely right. It is hard. We've got to figure out what to do.

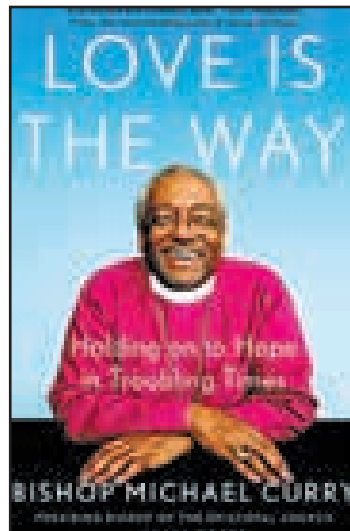
One of the things I've learned is love must be embodied in community. When my mother was sick in a coma for over a year, a community of folk gathered around us. That community was able to lift us up. I think we've got to figure out ways to be connected to each other like that.

I've jokingly said if you're "high tech", do Zoom. If you're "low tech", do text. If you are "no tech", call. Send a note. You must stay in touch, but still socially distance and follow what our public health leaders tell us but stay in touch. Don't get disconnected, don't get cut off. The psychologists tell us being cut off is unhealthy. We actually need each other. So if we can't touch each other physically, we can touch each other on the phone, by writing, by talking across the fence, but find

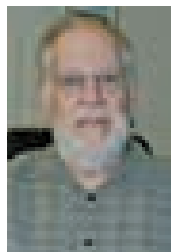
a way to stay connected to other people and to intentionally, if you're able, connect with other people.

Sometimes, I experience love when I step beyond myself and reach out to somebody else. You know like that song says, "Reach out and touch somebody's hand." When I do that, somehow, I begin to experience love in a very different way. It's when I give it away.

Judy Woodruff: That's good advice in a book that is full of good advice and full of a lot of wonderful, wonderful stories. It's *Love is the Way: Holding on to Hope in Troubling Times*. Bishop Michael Curry, thank you so much. It's very good to see you. And happy New Year. ▲



The Worth of Worry — Catastrophizing vs. Reality Checks



by John Sullivan, Adjunct Professor, MSW, LCSW (Ret.) wrote: PIKE Township is a good place to live and raise a family — I know from experience. I submitted this piece to the *Greenwood Gazette* a number of years ago. It still seems relevant for Pike families today.

Don't worry. . . .

How many times have you heard that? How many times have you said this to others? It is much easier to recommend than to follow this advice.

The New England Journal of Medicine reports the following: Of all the things we worry about,

- 40% never happen,
- 35% can be changed.
- 15% turns out better,
- 8% is needless worry.
- 2% is legitimate concern.

You may find these figures difficult to believe, as I did. However, if you start jotting down the various things you worry about and keep track of the outcomes, the figures are surprisingly accurate.

Catastrophizing

A lot of people don't simply worry about situations, they take it a giant step further by imagining the worst possible outcome. This is called "catastrophizing." This means you expect a catastrophe. You notice or hear about a problem and start "What ifs:"

"What if tragedy strikes?"
"What if it happens to you?"

"What ifs" can go on and on unless you put a stop to them.

If you ask people why they expect a disaster, the most common response is, "Well, if I think the worse and it happens, I am prepared. If it doesn't happen, I am relieved." On the surface this seems reasonable until you look at the "percentages of outcomes" cited

above. If only 2% of your worries are legitimate, it means you are putting yourself through an awful lot of grief that is unnecessary 98% of the time!

Worrying and catastrophizing produce a lot of stress. "Your nervous system cannot tell the difference between an *imagined experience* and a "real" experience. In either case, it reacts automatically to information which you give to it from your forebrain. Your nervous system reacts to what "you" *think* or *imagine* to be *true*.

This means you will actually have an emotional and physical reaction to something that is not even occurring. Then, if the worse does happen, you now have to go through the emotional and physical turmoil *again*. Beyond that, if the situation you are worrying about turns out the

way 98% of all situations turn out, then you have put yourself through this grief for absolutely no reason whatsoever!

Simply telling someone "not to worry" or "you shouldn't catastrophize" doesn't do the trick. I tell my patients the best non-medicine approach to treating the anxiety that can accompany prolonged stress is *commitment* to a plan of action. Another aid is to talk about the thoughts running around in your head. When we dwell on things without talking about them, they magnify and get "bigger than life."

On the other hand, talking about our concerns and getting feedback makes the issues more manageable. It might be helpful to post somewhere in the house the "outcome percentages of worry" cited earlier. **Keep reminding yourself of the reality: 98% of what we worry about is not of legitimate concern.**

Reality Checks

The distorted thinking called catastrophizing can be offset by doing frequent "reality checks" as to how realistic or unrealistic your "runaway disaster thinking" has become. As soon as you catch yourself stewing and feeling anxious, make an honest assessment of the situation in terms of odds or percentage of probability.

- Are the chances one in 100,000 (.01%) it would happen?
- One in a thousand (.1%)?
- One in twenty (5%)?

Looking at odds helps you realistically evaluate whatever is frightening you. You owe it to yourself to actively work against the habit of worrying.

"Worry is like a rocking chair; it gives you something to do but never gets you anywhere."

(Prochnow & Prochnow. A Treasure Chest of Quotations for All Occasions) ▲

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