

## Golay Happenings

Corner of State Road 1 and 40  
Cambridge City  
478-5565 www.golaycenter.com



Like us on Facebook for all the latest programs and information!

**AQUA JAM** will be held every other Saturday 11am-12. Next class January 21! Free for members and \$5/non-members.

**PERSONAL TRAINING** is back! Call Chris Jarrett for your workout needs beginning January 7th. 765-686-2572. \$40/session

**LIFEGUARD TRAINING** Pre-course will be held Feb. 25. Classes will be on Saturdays in March from 12:00-5:00pm. Please call for more information.

**TENNIS CLINICS** Register now for tennis clinics! Clinics will run Feb. 5- March 5.

**SWIM LESSONS** Registration begins January 30 for February classes. Classes are offered on Tues/Thursdays or Saturdays for a total of 8 sessions. Cost is \$35/members and \$45/non-members.

**PRESCHOOL REGISTRATION** Open registration for Here We Grow preschool going on now:

Tues/Thurs Class-8:30-11:00am Child must be potty trained and 3 years old by Aug. 1st. Cost is \$60 registration fee and \$60/month for 10 months.

Mon/Wed/Friday Class- 12:00-2:30pm. Child must be 4 years old by Aug. 1st. Cost is \$60 registration fee

### Aerobics Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
8:15am Low Impact	9:00am Water Aero	8:15am Low Impact		8:15am Low Impact	9:30am Spin
9:45am Spin	9:30 am DMY	9:45am Spin	9:00am Water Aero	9:45 Beginner Yoga	10:30 Step Aerobics
	5:00pm Spin		5:00pm Spin	5:00pm Spin	11:00-12:00 Aqua Jam(Ev- ery Other Sat)
5:30pm Yoga	6:00pm Body Sculpt	6:00pm Spin	6:00pm Water Aero		
6:00pm Spin	6:00pm Water Aero	6:15 DMY	6:00pm Body Sculpt		

\*Class fee FREE/Members and \$5/non-member

Donations made to the Golay Center are Tax Deductible!

Help Us Keep Our  
Lists Up to Date!  
Send your Birthday &  
Anniversary Updates &  
Changes to  
nettlecreekgazette@  
frontier.com

### LEGAL

#### NOTICE TO TAXPAYERS OF PROPOSED ADDITIONAL APPROPRIATION

Notice is hereby given the Taxpayers of the Town of Hagerstown, Wayne County, Indiana that the proper legal officers of said Municipal Corporation at the Hagerstown Town Hall, 49 E. College Street, Hagerstown, Indiana at 6:30PM on Monday, February 6th 2017 will consider the following additional appropriations in excess of budget for the current year:

#### FUND:

Court Document Storage  
**MAJOR BUDGET CLASSIFICATION:**  
Services and Charges  
**AMOUNT:**  
\$13,200.00

Taxpayers appearing at such meeting shall have the right to be heard.

A copy of the Additional Appropriation as finally made will be forwarded to the Department of Local Government Finance (DLGF)

January 17, 2017

Julie J. Neal, Clerk-Treasurer,  
Town of Hagerstown

#02-17

01/25/2017

## HAPPY BIRTHDAY!

January 28<sup>th</sup>

Jessica House  
Cole Hancock

January 29<sup>th</sup>

Cathy Teague

January 30<sup>th</sup>

Nick Arnold

January 31<sup>st</sup>

Janet Pole

### Nettle Creek Ministerial Association Food Pantry

Open on the fourth Saturday  
each month from 9 - 11 a.m.

### New Testament Church of Christ

Next date is **THIS  
Saturday, January 28<sup>th</sup>**

Please bring proof of residence in  
the Nettle Creek School District  
(phone bill, electric bill, etc.) to be  
eligible to receive food.

## Tempus Fugit Latin for "Time Flies"

The last free painting session at Hagerstown Arts Place was this past Saturday, January 21. All programs at Arts Place are canceled as of January 28th. No more kids art, violin or Saturday painting classes due to finances.

On the 28th, we'll be clearing out the gallery space, which will be eventually occupied by Hagerstown Museum displays. And on the 28th we'll also be saying goodbye with some Easley wine, so feel free to stop by and have a glass and make some good deals on original paintings that we don't want to take home. Open from 1-6 on that last day. (Thank you daughter Meredith Butters Easley and the Easley Winery, for your great generosity and donations to the Hagerstown Museum and Arts Place events through the 8 years we've been here.)

Tom Butters

Hagerstown Art's Place

*Editors Note: The Gazette will have the history of the Art's Place in next weeks paper. Until then, thank you to everyone associated with the Art's Place for helping young artists!*

## Are You Having Problems With Your Internet?

For a long time now I have been having my Internet drop off during use. At first I thought it might be something on my computer so I had it checked, but it is okay. I get dropped when on my e-mail and when on line with different programs. It seems it isn't any one thing, it just happens.

I called Frontier to report it and was told there was a heavy volume and I should try later. I advised them for what we pay it should not be doing that and should be able to handle the volume. I learned later that Joe, who lives at Hagerstown, is also on Frontier and had gotten the same message about volume that I had been given. I was told to call back in a day if it didn't clear up. It's gotten worse.

I intend to file a complaint with the Federal Communications Commission so it will be checked out. I don't like to cause problems, but feel this needs to be looked at. If you are having problems too, please let me know. You can come in and sign a petition which I will have available, or just send me an e-mail or drop me a note telling me what your problem is on the Internet. It is important in our businesses and at home.

janisbuhl@frontier.com  
Janis Buhl-Macy

Come join in on the Unraveled  
Fiber Arts Group, part of LibWell  
Mondays. The group will meet  
every 1st & 3rd Monday from  
3:00 - 5:00 p.m. at the  
Hagerstown Library.

## Dr. Quinn Comes to Hagerstown

Continued From Page 1

a decade," said Susan, who has worked in the emergency room and health-care settings at Henry Community Health. "Then, through a series of circumstances that happened in the fall, God reawakened that dream in me and it just snowballed from there. He put all these amazing people in my life to resurrect this dream and now is the time."

Jeff and Susan have four children who attended HHS and live on a small farm just outside of town. As Susan put it, "We have cows and cats." I imagine Dr. Quinn would have said something similar.

Julian has always had a passion for health but it really developed in the past 7 or 8 years when she started going down a path looking for root causes for people being ill. She started doing a lot of research with the Institute of Functional Medicine and will be certified by the Institute this spring.

"I found myself in a nurse practitioner conference for family practice. I ended up in this classroom and they started talking about hormones and hormonal reasons for people to be ill and how to fix that kind of thing. It just made so much sense to me. I started thinking that I see all these women in my office and I give them a pill for their depression and they come back and they are no better, maybe even worse, so we haven't treated the real problem. And from there, it was like a huge 'aha' moment. That was the moment I started digging in and researching, going to conferences and learning things I wasn't taught, that physicians are not taught in medical school."

The Institute of Functional Medicine has been in existence for 20 years and they have a health center at the Cleveland Clinic. Julian says they perform a lot of science and research but the first approach to getting anyone well is lifestyle: nutrition, exercise, stress reduction and good sleep.

"This kind of office is pretty rare, especially for nurse practitioners. There is not a lot of us around the state who have private businesses. As far as I know, I am the only Functional Medicine person between Indianapolis and Dayton."

Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. By shifting the traditional disease-centered focus of medical practice to a more patient centered approach, Functional Medicine addresses the whole

person, not just an isolated set of symptoms.

"Functional medicine is looking at health from a bio chemical standpoint, remembering how the body works and getting down to the root cause properly. I am an investigator. I ask lots of questions, gather lots of history. You can almost diagnose someone by just hearing his or her story. It is all about listening. And I think that is what I think I do well."

Julian's goal is to help people who want to turn their health situation around or maintain their good health. "I want people who are motivated to be active and have an active partnership in their health and not feel like they are being managed by the medical system."

Part of that population is the Amish community which is excited about the office opening in March. "They like naturopathic medicine and not so much of medications or procedures. They are excited to have someone who will listen to them. I have actually started seeing them on Fridays in their homes. This is a chance to meet them before I open."

Most of Susan's patients are women, because, as Susan puts it, "men just won't go to seek medical care unless they have a woman in their life who tells them to."

"My goal is women, who can bring in the kids, who bring in their men, who bring in their friends. That is what I have noticed happens."

But I came back at her with the remark every living medical profession has probably heard a thousand times: "I have not been to the doctor in ten years. Why should I come see you?" Without skipping a beat, she replied "To maintain that greatness." No argument there.

Julian Healthcare will be able to do lab work in the office at a very reasonable cost as well as simple skin procedures. She plans on having health classes at the 1896 Lounge coffee shop and partnering with Anton Payne when he gets his gym open for fitness classes. People are wanting electronic visits on the internet so she ways she will be able to provide that for them as well.

"I was raised in a small community. I grew up in Pendleton. Back in the day, Pendleton was like Hagerstown before Fishers headed east. I love the small town feel, I love how everybody takes care of everybody; how they love your kids. I can't imagine doing this anywhere else. I am just a small town country girl."

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

## Golay Center Bingo

Corner of SR1 & US 40, Cambridge City

Non-Smoking

\$1000 Coverall Game Every Night!

Earlybirds start at 5:00 pm and package games begin at 5:45 pm!

January 28<sup>th</sup> - Earlybird Special

February 1<sup>st</sup> - \$200 Door Prize

February 11<sup>th</sup> - Regular Games

February 18<sup>th</sup> - Earlybird Special

February 25<sup>th</sup> - \$1,000 Night!

\$5000 Colossal Cash Raffle Board Every Night!

Non-Smoking • 765-478-5565

Jeff Mardis - Bingo Operator Lic. #141044