

# From Overweight to Obstacle Courses

## One Woman's Inspirational Story

by Joe Klemann

Emily Jarvis feels like a new woman. Four years ago, the Dublin resident was overweight, depressed and suffered from self-esteem issues. Today, she is tackling obstacle courses and practicing boxing. This transformation occurred, oddly enough, at a place called the House of Pain.



Jarvis today with her prior life blue jeans

"My story began when I met with Troy Fisher," Jarvis said. "I thought I was going to meet with this guy who was going to take one look at me and say, 'No way.' It was not like that at all."

Jarvis weighed 316.6 pounds, a number she says will forever be stuck in her head. She suffered from polycystic ovarian disease, irritable bowel syndrome and asthma. She was insulin resistant, on the verge of diabetes. She'd recently started having trouble with her bladder and back. She knew something needed to be done, but she had no idea where to start.

Troy Fisher's House of Pain, located in the old Williamsburg school at 8441 N. Centerville Road, sounds like the place a person like Jarvis would want to avoid at all costs. Actually, it's described as a place to receive one-on-one af-

fordable personal training and nutrition advice.

Fisher started his fitness center with some gym equipment in his one-car garage, affectionately known as "The Shed." Today, he occupies multiple rooms in the schoolhouse with not only a wide selection of fitness equipment, but various trainers to guide clients to the success level of muscle toning, weight loss or simply learning to live a healthier lifestyle.

"From day one, I never felt judged or anything," Jarvis said. "When I walked in, we started talking about goals. Troy told me within a year, I'd lose a hundred pounds. I laughed. I have battled with this all my life. 'You will be lucky if I lose

50,' I told him." Jarvis started working out three times a week at House of Pain, averaging 10 to 15 pounds of weight loss per month. She followed a simple nutrition plan and a series of exercises she could do at home. In seven and a half months, she lost 101 pounds.

Before she started there, she would walk 2 miles and come home completely exhausted. After a month or two at House of Pain, she started to run.

"I was dying but kept at it every day," Jarvis said. "Within a month, I was running over half a mile. I feel amazing. Within three months, I was off all medication and all my symptoms were clear."

Not only did the weight loss prove to be beneficial to overcoming her known medical conditions, it also alerted her to an even more serious situation.

"Even at my heaviest point, my blood pressure and sugar were good, but though this

weight loss, they (doctors) discovered I had a heart issue. At my heaviest, my heart rate was staying on 70 but for some-one with my weight, my heart rate should be in the 90s."

After the weight loss, Emily went for a check-up and her doctor immediately noticed a problem.

"The doctor rushed in an EKG machine after my heart rate was taken and he discovered it was only 30 beats per minute, a dangerously low level," she said.

Jarvis has learned to adapt to her slow heart rate by being mindful of certain things she is limited to, but she also knows that it would have never been discovered if the weight had not come off. She recognizes the training saved her life.

"I started boxing classes. It is an awesome physical and mental workout I never thought I would do but I absolutely love it. I also started Boot Camp. It's where you work on speed, agility, and strength, carrying up to 90 pounds of weight. It's such an amazing class."

Finally, she graduated to the level of a six-mile obstacle course, which consisted of crossing balance beams, climbing walls and crawling under barbed wire. She only made it halfway in four hours at her first attempt but later finished another course in Louisville in less than three hours.


About two years ago, House of Pain wanted to design its own obstacle course. On Aug. 26, it begins the Rocket Gauntlet, a 20+ Obstacle 6K Speed Course at Williamsburg. More information is available at [www.troyfishershouseofpain.com](http://www.troyfishershouseofpain.com)

"I give God 100% of the glory for changing my life," concluded a happy and healthy Jarvis. "I thank God every day for leading me to the House Of Pain. We are all on the same journey."

### STOVER AUCTION

**CENTERVILLE, IN**  
**SAT., AUGUST 19 • 10 AM**

513 E. Main St., CENTERVILLE, IN



**2006 Nissan Quest** w/142,000 miles - **2000 Convertible Volvo-Motorized Handicap Cart-Troy-bilt Tiller**

**ANTIQU & MODERN FURNITURE-MAHOGANY-Parlor Stand, Rocker w/claw feet, Gateleg**

Table, Settee w/leather upholstery & Sideboard; **Wrought-Iron** Folding Stand; Shelf; Loveseat; (2) **Bentwood** Chairs; Mid-Century Bookcase w/drawers unit; Upholstered Furniture; **ITEMS OF INTEREST-3kt Ladies Diamond Ring**; Photography Equipment; Crocks; Crown Mark 3 gal. Stoneware Churn; **Comic Books**; Table Model Radio; **Enamelware** Light Fixture; Lanterns; Jars; **Iron** Skillets; **Reverse Painting**; Prints; Star Wars; Lunch Box; Games; Barbie Items; **Bakelite** Radio; Basketball & Football Game; Ken Doll w/Case; **Matchbox** Cars; **Hotwheels**; Mickey Mouse Items; **Fisher Price**; ET Toys; Simpson Toys; Milk Cans; Croquet Set; Irons; Flatware; **GLASSWARE & CHINA-Franciscan** Desert Rose China; **Fiesta Ware**; **Cranberry** Lamps; Christmas Dishes; **Phaltzgraf** China;

Owner: Terry and Susanne Stover

See Photos at [www.WaltherandHawkins.com](http://www.WaltherandHawkins.com)  
765-855-0835 Walther & Hawkins Auctioneers

### Nettle Creek Senior Center

Before you say Oh No, not again... Yes again because I don't want anyone to forget Breakfast Jubilee Day Morning, August 19th, 7:00 a.m. at the Nettle Creek Senior Center. Biscuits and Sausage gravy with Scrambled Eggs, juice and coffee. Please plan to attend and help support our Senior Center. A garage sale will follow breakfast at 11:00 until ??

I mentioned before Mary Holcomb's 101st birthday last Sunday. I went to visit her and take her card we all signed. She looked really good and was glad for the card and my visit.

Cara Lou joined us Wednesday with a jello dish and some baked goodies. Theda and Peggy have brought in cup cakes

and cake. We also have enjoyed roasting ears from Cliff and his wife. Rick and George have brought in tomatoes and cucumbers. Jayne brought in some organic produce from her driver. We let nothing go to waste. Some if it might go to waist, not to waste. Theda has made some other dishes and brought them to share as well as Fredette has brought in some extra dishes to share with us.

Our new freezer has arrived so, maybe I won't have to meet the food delivery truck but once a week instead of three times.

Everyone be safe & happy N.C.S.C Susie

**LEGAL**  
**NOTICE TO TAXPAYERS**

Complete details of the Capital Projects Fund plan may be seen by visiting the office of this unit of government at the following address: 297 East Northmarket Street Hagerstown, Indiana.

Notice is hereby given to taxpayers of Nettle Creek School Corporation that the proper officers of Nettle Creek School Corporation will conduct a public hearing on the year 2018 proposed Capital Projects Fund Plan pursuant to IC 20-46-6-11. Following the public hearing, the proper officers of Nettle Creek School Corporation may adopt the proposed plan as presented or with revisions.

Public Hearing Date: September 13, 2017  
Public Hearing Time: 6:30 P.M.  
Public Hearing Place: 297 East Northmarket Street Hagerstown, Indiana

Taxpayers are invited to attend the meeting for a detailed explanation of the plan and to exercise their rights to be heard on the proposed plan. If the proposed plan is adopted by resolution, such plan will be submitted to the Department of Local Government Finance for approval.

The following is a general outline of the proposed plan:

EXPENDITURES	Dept.	2018	2019	2020
1) Land Acquisition and Development	4100	-	-	-
2) Professional Services	4300	1,000	1,000	1,000
3) Education Specifications Development	4400	1,000	1,000	1,000
4) Building Acquisition, Construction and Improvement	4510, 4520, 4530	59,000	59,000	59,000
5) Rental of Buildings, Facilities and Equipment	4550	63,150	63,150	63,150
6) Purchase of Mobile or Fixed Equipment	4700	70,000	70,000	70,000
7) Emergency Allocation	4900	650,000	650,000	650,000
8) Utilities (Maintenance of Buildings)	2620	210,000	210,000	210,000
9) Maintenance of Equipment	2640	85,850	85,850	85,850
10) Sports Facility	4540	30,000	30,000	30,000
11) Property or Casualty Insurance	2670	70,000	70,000	70,000
12) Other Operation and Maintenance of Plant	2680	-	-	-
13) Technology				
Instruction-Related Technology	2230	240,000	240,000	240,000
Admin Tech Services	2580	40,000	40,000	40,000
<b>SUBTOTAL CURRENT EXPENDITURES</b>		<b>1,520,000</b>	<b>1,520,000</b>	<b>1,520,000</b>
14) Allocation for Future Projects		-	-	-
15) Transfer From One Fund to Another	6010	-	-	-
<b>TOTAL EXPENDITURES, ALLOCATIONS AND TRANSFERS</b>		<b>1,520,000</b>	<b>1,520,000</b>	<b>1,520,000</b>

**SOURCES AND ESTIMATES OF REVENUE**

1) Projected January 1 Cash Balance	550,816	550,516	550,516
2) Less: Encumbrances Carried Forward from Previous Year	-	-	-
3) Estimated Cash Balance Available for Plan (Line 1 minus Line 2)	550,816	550,816	550,816
4) Property Tax Revenue	1,000,000	1,000,000	1,000,000
5) Estimated Property Tax Cap Credits (show as a negative)	(80,816)	(80,816)	(80,816)
6) Auto Excise, CVET and FIT receipts	50,000	50,000	50,000
7) Other Revenue	-	-	-
<b>TOTAL FUNDS AVAILABLE FOR PLAN (Add lines 3, 4, 5 and 6)</b>	<b>1,520,000</b>	<b>1,520,000</b>	<b>1,520,000</b>

This notice contains future allocations for the following projects:

Project - Location	2018	2019	2020
N/A	-	-	-

Future allocations as specified above will be subject to objections during the period stated in the Notice of Adoption to be published at a later date.

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TO BE PUBLISHED IN YEARS AFTER THE FIRST YEAR  
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This notice contains future allocations for the following projects, which have previously been subject to taxpayer objections.

Project - Location	2018	2019	2020
N/A	-	-	-

Future allocations as specified above are not subject to objections during the period stated in the Notice of Adoption to be published at a later date.

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#24-17  
8/16/2017  
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**LEGAL**  
**NOTICE TO TAXPAYERS**

Complete details of the Bus Replacement Fund plan may be seen by visiting the office of this unit of government at the following address: 297 East Northmarket Street Hagerstown, Indiana 47346.

Notice is hereby given to taxpayers of Nettle Creek School Corporation that the proper officers of Nettle Creek School Corporation will conduct a public hearing on the year 2018 proposed Bus Replacement Fund Plan pursuant to IC 20-46-5. Following the public hearing, the proper officers of Nettle Creek School Corporation may adopt the proposed plan as presented or with revisions.

Public Hearing Date: September 13, 2017  
Public Hearing Time: 6:30P.M.  
Public Hearing Place: Nettle Creek School Corporation Administrative Office at 297 East Northmarket Street Hagerstown, Indiana 47346

Taxpayers are invited to attend the meeting for a detailed explanation of the plan and to exercise their rights to be heard on the proposed plan. If the proposed plan is adopted by resolution, such plan will be submitted to the Department of Local Government Finance for approval.

The following is a general outline of the proposed plan:

Year	No. of Buses Owned	No. of Buses to be Replaced	Total Estimated Replacement Cost	Total Contract Costs
2018	20	1	100,000	-
2019	20	1	100,000	-
2020	20	1	105,000	-
2021	20	1	105,000	-
2022	20	1	105,000	-
2023	20	1	105,000	-
2024	20	1	105,000	-
2025	20	1	105,000	-
2026	20	1	105,000	-
2027	20	1	105,000	-
2028	20	1	110,000	-
2029	20	1	110,000	-

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The proposed plan includes additional school buses or school buses with larger seating capacity as compared with the prior school year. Evidence of a demand for increased transportation services is detailed in the proposed plan. School corporation certifies/affirms that the additional buses it plans to acquire are for the purpose of replacement or having larger seating capacity.

Number of Additional Buses: 1    Cost of Additional Buses: \$100,000

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**SOURCES AND ESTIMATES OF REVENUE**

1) Projected January 1 Cash Balance	-
2) Less: Encumbrances Carried Forward from Previous Year	-
3) Estimated Cash Balance Available for Plan (Line 1 minus Line 2)	-
4) Property Tax Revenue	113,000
5) Estimated Property Tax Cap Credits (show as a negative)	(6,610)
6) Auto Excise, CVET and FIT receipts	7,500
7) Other Revenue	-
<b>TOTAL FUNDS AVAILABLE FOR PLAN (Add lines 3, 4, 5 and 6)</b>	<b>113,890</b>

\*\*\*\*\*  
#24-17  
8/16/2017  
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**Did you Know . . .** Donald Duck comics were banned from Finland because he doesn't wear pants.