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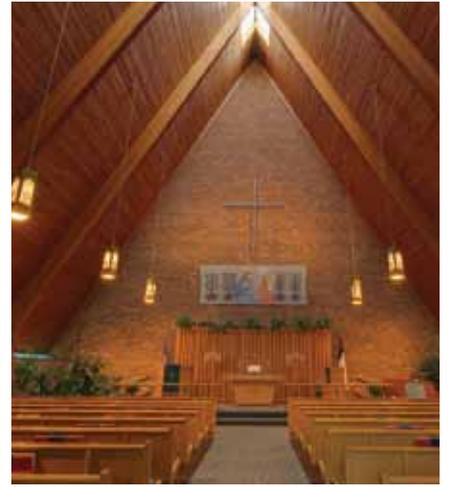
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ON THE COVER

Jennifer Riley and T. Kelly Wilson photographed by Angela Jackson

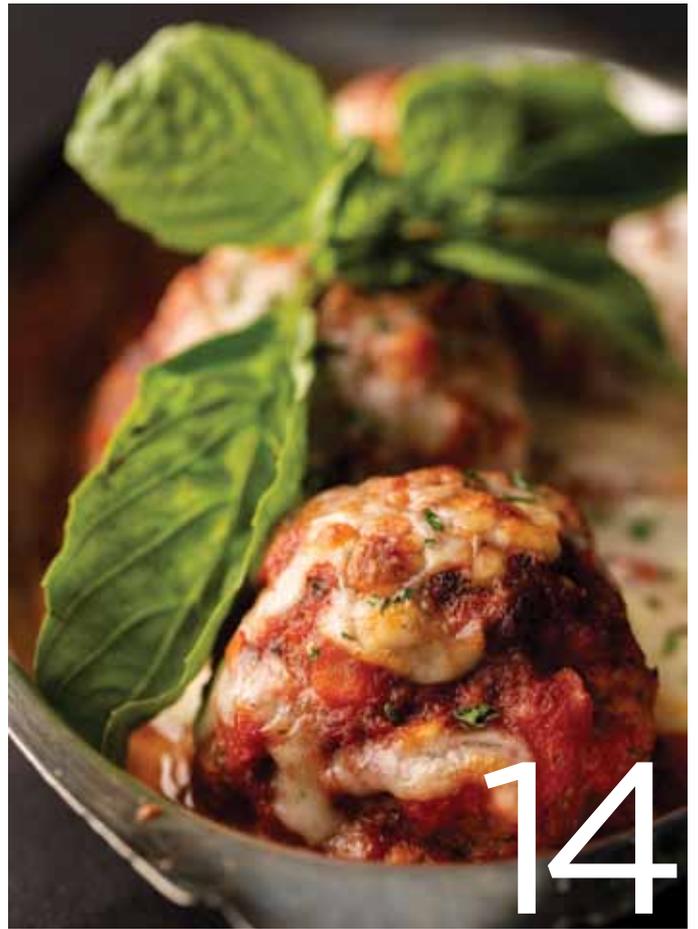
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Appetizers



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COLUMBUS

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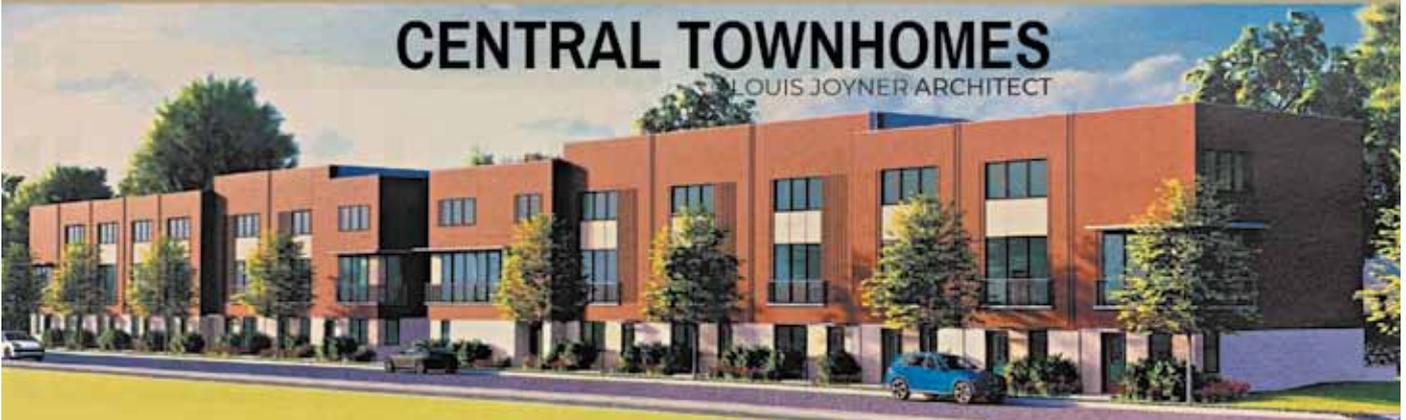
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Spring has sprung!

Spring has always been my favorite season. The birds return, flowers bloom, temperatures rise and trees regain their color. At this point in the year I am usually tired of being cooped up in the house. The house feels stuffy and I just want to open the windows, get some fresh air and jump into spring cleaning mode.

I'm not usually much of a cleaner. I dread doing dishes and I put off doing laundry until I have absolutely no clean clothes left. When spring comes around though, I get the urge to clean and organize.

As we prepare for our son's arrival, my husband and I have made many trips to Goodwill after cleaning out closets and getting rid of furniture to make room for nursery furniture. I've had to find a new space for my painting supplies in my husband's office, which led to needing new shelves and getting rid of a couch. Our house has not been this clean since we moved in.

Along with spring cleaning, we have also decided to take on a new DIY project. When we moved in to our home four years ago we knew we would soon need new flooring. Thanks to our three cats, that has only become truer. With stains and carpet ripping up at the seams, we have finally decided to get new flooring.

A few weeks ago we took a trip to a local flooring store, picked out a few samples of carpet and vinyl flooring and decided on the flooring we wanted installed. I suffered from sticker shock after we received our estimate two weeks later. The cost of labor was more than we can afford with the baby arriving soon, so we decided to try laying the floor ourselves. Neither of us have ever laid flooring in our lives, so this will be a fun and challenging experience.

The Lamb family has plenty of experience with their own DIY home-improvement projects. Take a peek into their home in this issue to see their work and maybe get some ideas for your next project. Also, enjoy reading about delicious appetizers, how to stay fit with virtual classes, and married couple T. Kelly Wilson and his wife Jennifer Riley's shared passion for art and architecture.

Enjoy the warmer weather and good luck with spring cleaning!



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In each issue of Columbus, we ask people for their opinions on a variety of topics. This month's question:

What community organization are you a part of, and what makes it special?



Turning Point Domestic Violence Services is one of those special places that leaves a mark on your heart. Whether you're a past or present client, team member, or volunteer; chances are you will forever be impacted by the organization. The agency serves some of the most incredible and courageous individuals you've ever met. And the staff who work tirelessly to keep them safe, informed and supported, always lead with compassion. At the core of Turning Point are people and relationships built on trust, confidence and support. This includes our community who embraces the vision of a world free from violence, who make it possible to move our mission forward. The collaborative efforts put forth by staff, volunteers, Board of Directors, and generous donors are what enable life-changing impact every day. It's the people that make all the difference, and we're thankful for each and every one of them.

— *Whittney Loyd*



The group I am currently involved with is a new one named 'Good Acts.' It has been started with members at St. Peter's Church but is geared to the whole community. The purpose of the group is to learn about the needs of people in our community and then to act out Jesus' love by serving their needs with Christ-centered humility. To learn about our community, we are inviting leaders from local service organizations to speak to us about the work they are doing and where they could possibly use help. The Good Acts Group will then strategize ways to provide manpower and resources to assist these organizations.

— *Bob Schwartzkopf*



I operate The Litter Box Kitty Rescue. We are a non-profit organization specializing in kitten care, adoptions and spay/neuter efforts. The Litter Box is important because we are an option for individuals to contact regarding unwanted litters of kittens. We provide spay and neuter education to help prevent future litters. The Litter Box is special because we provide a loving environment as we prepare kitties for adoption. We provide a tailored adoption process that is centered around matching the kitty with the perfect family. We maintain relationships with adopters and help in any way we can to support them.

— *Keisha Keen*



My favorite organization to support in Columbus (among MANY great ones located here in Bartholomew County) is Turning Point Domestic Violence Services. Not only do they help women in immediate need for shelter and other means of support, they also provide proactive education to reduce the incidences of domestic and dating violence before it begins. Turning Point is near and dear to my heart; as a child, I had family members suffer from domestic violence and know that organizations such as Turning Point can change women and children's lives for the better.

— *Ian Kohen*



I volunteer with Book Buddies at Rock Creek School. I love the interaction with the kids. Watching their reading progress from Level one books to each subsequent level is very rewarding. When they graduate from the program, they are on target with their classmates and that is a great feeling!

— *Elaine DeClue*



Sandcreek-Azalia Friends Meeting: It's a tremendously healing and loving experience. Faith, family and fellowship. How could I ask for more?

— *Larry Perkinson*

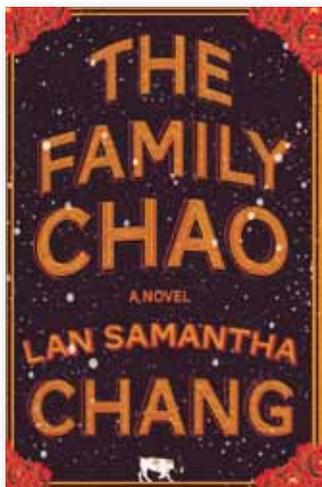


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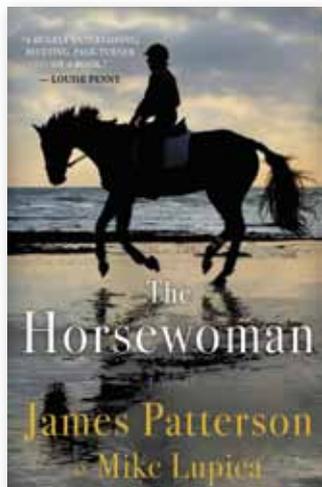


“The Family Chao”

By Lan Samantha Chang

My fascination with Asian culture continues with Lan Samantha Chang’s “The Family Chao,” a deep and nuanced look at one family’s chaos while searching for the great American Dream. Family patriarch Leo founded “Fine Chao” in Haven, Wisconsin, formerly a town void of any and all Asian influence. A successful restaurant, a dutiful wife and three sons who go to respectable colleges check all the boxes, but when Leo, the blustering bully of a father, winds up dead, all the family’s secrets come spilling out. Part literary fiction, part thriller, this book is a captivating dive inside the culture of an immigrant family trying to thrive and survive in the land of the free.

— Angie Revell

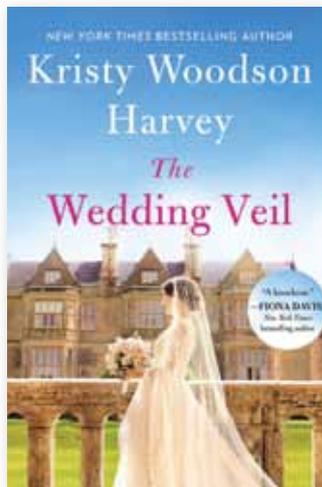


“The Horsewoman”

By James Patterson and Mike Lupica

It was the recommendation from Louise Penny (one of my favorite mystery authors) that drew my attention to “The Horsewoman” by James Patterson and Matt Lupica. I agree with Penny’s review; this book highlights a little-known area of the sports world, equestrian jumping; and therein lies its charm. The story centers on two formidable competitors with Olympic aspirations — ironically, mother and daughter — both with emotional baggage. Trainers, injuries and horse ownership all play their parts. A sport of two animals — the human and the horse — creates intrigue both physical and mental. Don’t expect challenging writing, but this story is a good horse tale (tail) worth the ride.

— Polly Verbanic



“The Wedding Veil”

By Kristy Woodson Harvey

The Biltmore Estate in Asheville, North Carolina is one of my favorite places to visit. When I saw the cover of this book — a beautiful bride with the Biltmore as the backdrop — I knew I wanted to read it. I’m so glad I did. Well-researched historical fiction wonderfully intertwined with a modern-day story kept me reading all day. Julia longed to wear the beautiful family veil since she was a little girl because it was a symbol of a long and happy marriage. As her wedding approaches, she finds the groom in a scandal, and she leaves him at the altar. In her despair over her doomed wedding, she strives to learn more about the veil to heal her broken heart. Could it be that her veil really belonged to Edith and Cornelia Vanderbilt? This delightfully fun and uplifting read makes me want to visit the Biltmore again very soon.

— Theresa Wilson

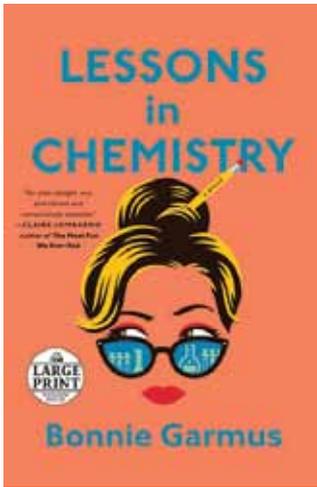


“One Italian Summer”

By Rebecca Serle

A co-worker shared the ARC (Advanced Reader Copy), of One Italian Summer by Rebecca Serle with me, and I was intrigued by the storyline: Katy and her mother, Carol, are best friends as well as mother and daughter. They planned the trip of a lifetime to Italy together. When her mother suddenly dies, Katy is faced with taking the journey by herself. The minute she steps onto Italian soil she can feel her mother’s presence. What comes next is a wonderful story of how we move on after a loved one dies. Rebecca Serle is a master at painting a picture of Italy as well. Excuse me now as I do a search for trips to the Amalfi Coast.

— Kelli Stricklin

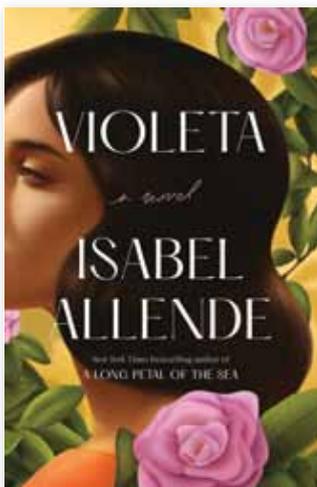


“Lessons in Chemistry”

By Bonnie Garmus

“Lessons in Chemistry” is the formula for a perfect chemical reaction: book love. A compelling cast of characters led by brilliant chemist Elizabeth Zott. Easily relatable situations with glimpses into unfamiliar, new experiences like competitive rowing. All the feels: love, anger, joy, grief, confidence, fear, determination. Witty, sneak-up-on-you humor that makes you laugh out loud (and possibly even wake the person sleeping beside you) combined with moments so raw you can’t help but cry. All the elements, perfectly combined for an enduring impact.

— Beth Stroh

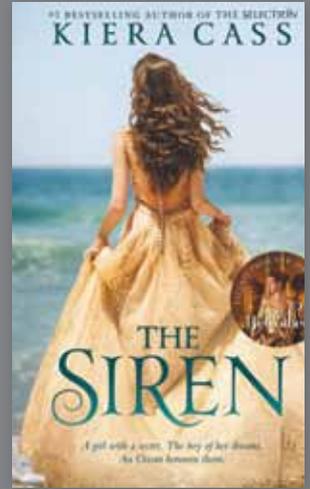
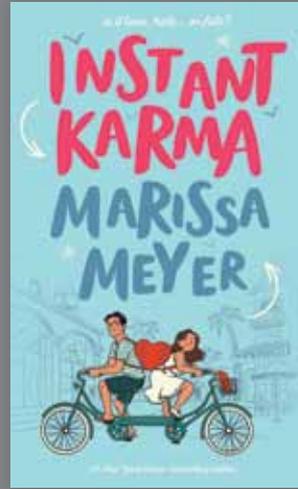


“Violeta”

By Isabel Allende

I am so excited to read the Jan. 25 release of Isabel Allende’s latest novel, “Violeta,” inspired by her mother, who was born in South America during the 1918 flu pandemic and lived to be 98. Allende says that her mother was “an extraordinary woman who did not have an extraordinary life. When I started writing “Violeta,” I was imagining what my mother could have been.” Have you ever wondered that about your mother? What might her life be like if she was born to another generation of women? I’ve often thought about that. I know one thing for sure, she would have a book on the side table ready to be picked up.

— Kate Stinebring



“Instant Karma”

By Marissa Meyer

“The Siren”

By Kiera Cass



“Alice in Wonderland”

By Lewis Carroll

Looking for great spring break reading choices? These are different genres — pick your favorite — and lots of fun. Meet Prudence Daniel in “Instant Karma,” a perfect beach book set in a contemporary coastal community with a charming enemies-to-romance story. The ocean also figures prominently in “The Siren,” a fantasy tale of falling in love with huge consequences. Want something with classic entertainment? revisit a classic and fall down the rabbit hole into a world of adventure with Alice.

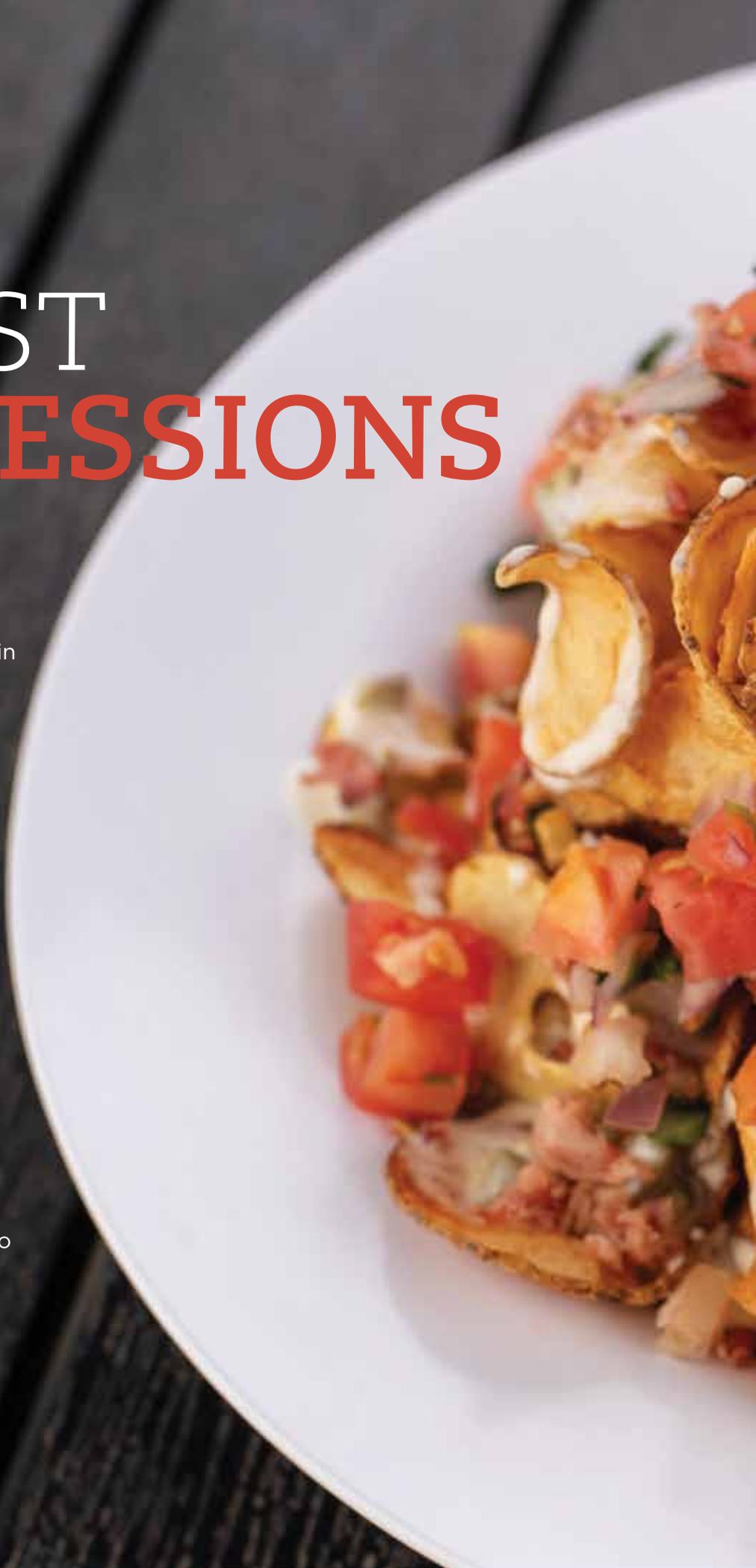
— Gabby Revell

FIRST IMPRESSIONS

Appetizers set the stage for meals

When Columbus diners are in a position to make an event out of a meal, there are some tantalizing ways to start things off at various locally owned venues. The creators of these preliminary delectables have given considerable thought to the impressions their offerings will leave. Let's wander from the north side to the south and check out some of the ways these artists are introducing you to their fare.

BY BARNEY QUICK
PHOTOGRAPHY BY JANA JONES







Joey's meatballs Angotti's Italian Restaurant

4664 Ray Boll Blvd.
812-375-0686

Chef Ingrid Karlsen's attitude toward the ingredients in a dish is reflective of her affinity for people. She says the ingredients ought to "like each other."

She's often found sitting down with guests to converse, and if they express certain proclivities within Italian cuisine, she's happy to custom-tailor their dining experience.

A menu favorite among the clientele is Joey's meatballs. She uses ground chuck and a mixture of fresh herbs, bread crumbs, shredded parmesan, egg and chopped garlic blended in a food processor. The meatballs are baked for 20 minutes and then marinated in a marinara sauce, which involves "a lot of Burgundy" as well as Roma tomatoes, fresh basil and oregano, and roasted garlic. They're served over garlic toast and topped with melted mozzarella.

She sees her approach as a countervailing force to the instant gratification that prevails in modern society.

"An evening out at a restaurant used to consist of a cocktail at the bar, and then a leisurely meal," she says. "We're not here to turn tables as fast as we can."

That is reflected in the establishment's reservations-only format. It seems to be working. Enthusiasts quickly turn into repeat customers.

Tornado potato

4th Street Bar and Grill

433 Fourth St. | 812-376-7063
4thstreetbar.com



The presentation of chef Izzy Chavez's tornado potato makes such an impression that those who see it going from kitchen to table are often inspired to include it in their order.

Idaho potatoes, with the skin left on, are spiral-cut and deep-fried. Then they get a coating of house-made seasoned salt and are draped with queso dot-

ted with green chilies. The dish is served with pico de gallo, made in-house from tomatoes, jalapeños, onion and cilantro, seasoned salt, lemon juice and bacon bits.

"When the first order comes out during an afternoon or evening, others start asking about it," says Chavez. "It definitely has a wow factor."

Firecracker shrimp The Garage Pub and Grill

308 Fourth St. | 812-418-8918
thegaragepubandgrill.com

This establishment, located on the west end of downtown's arts-and-entertainment corridor, has the good fortune to have the creative mind of chef Troy Gates at the helm in the kitchen. He brings a variety of experience to a menu that has personality yet considerable variety.

His firecracker shrimp has been a Garage Pub and Grill appetizer for over a decade.

"It's actually one of the first things I put on the menu when I got here in 2011," he says.

Gulf shrimp is tossed in lightly seasoned flour and lightly fried, and then tossed again with a homemade mayonnaise-based sauce imbued with pizzazz by sriracha and crushed red pepper.

"It's definitely in the top three or four most popular items."

Gates landed at the Garage Pub and Grill as the culmination of a journey that began at the original Columbus Holiday Inn in the early 1980s. He went through that corporation's hotel and management training program and became a sous chef at age 21. After some time at various Indianapolis establishments, he returned to work at Otter Creek clubhouse and then in corporate dining with Cummins, Honda and Lilly.

He feels like he's in his element now.

"This was something I always wanted to do: take pub grub and offer it with a sense of consistency and class."





Chicharron Upland Columbus Pump House

148 Lindsey St. | 812-799-3587
uplandbeer.com/columbus/

This riverfront eatery, which derives its name from occupying a building that served as the city's water works in the early twentieth century, offers the array of Upland Brewery's craft beers as well as some imaginative takes on bar-fare staples.

Chicharron, for instance, is the Latin American treatment of pig skins. The impact on the palate is a combination of crunch, salt, sweetness and heat that pairs well with a cold "cerveza," Spanish for "beer."

The skins come from the supplier dehydrated to remove the moisture. They're deep-fried and dusted with house-made taco seasoning and served with a house-made sweet and spicy sauce, which is a mixture of the Pump House's plum sauce and hellfire (habanero) sauce.

It's garnished with a lime wedge.

"The lime's acid cleanses the palate," says chef Chad Secrest.

He also notes that other skins, such as chicken or mutton, would work well in this dish.

There's plenty of room in the dining room and bar to accommodate crowds of friends at Upland, as well as on the deck in the warm-weather months. The chicharron is great for passing around among the group.

HAIL, *Caesar*

The Ides of March have just passed, so the coast is clear for this fresh, dairy-free twist on a classic comfort salad. One bite and you'll come to praise this Caesar.

BY TWINKLE VANWINKLE



Vegan Caesar salad

SERVES 2 TO 4

- 4 cups washed, chopped romaine hearts
- 2 cups washed, chopped butter lettuce
- ½ cup shaved fresh Brussels sprouts
- 6 fresh spring pea pods, sliced longways
- ¼ cup sliced and pitted kalamata olives
- Vegan Caesar dressing (recipe follows)
- Herbed croutons

Toss the above ingredients, except croutons, in a medium mixing bowl. Add croutons and drizzle with desired amount of Caesar dressing.

Vegan Caesar dressing

- ¼ cup chickpeas, drained
- 1 teaspoon Dijon mustard
- 2 tablespoons nutritional yeast
- 1 teaspoon lemon zest, minced
- 3 tablespoons lemon juice
- 2 teaspoons capers, smashed
- 1 teaspoon caper juice
- 5 medium garlic cloves
- Sea salt and cracked black pepper to taste
- 3 tablespoons olive oil
- 1 teaspoon agave syrup

Mix chickpeas, mustard, yeast, lemon zest and juice, capers and juice and garlic in a food processor and process on high. Slowly drizzle in olive oil and agave syrup until the mixture is creamy. Add sea salt and black pepper to desired taste.



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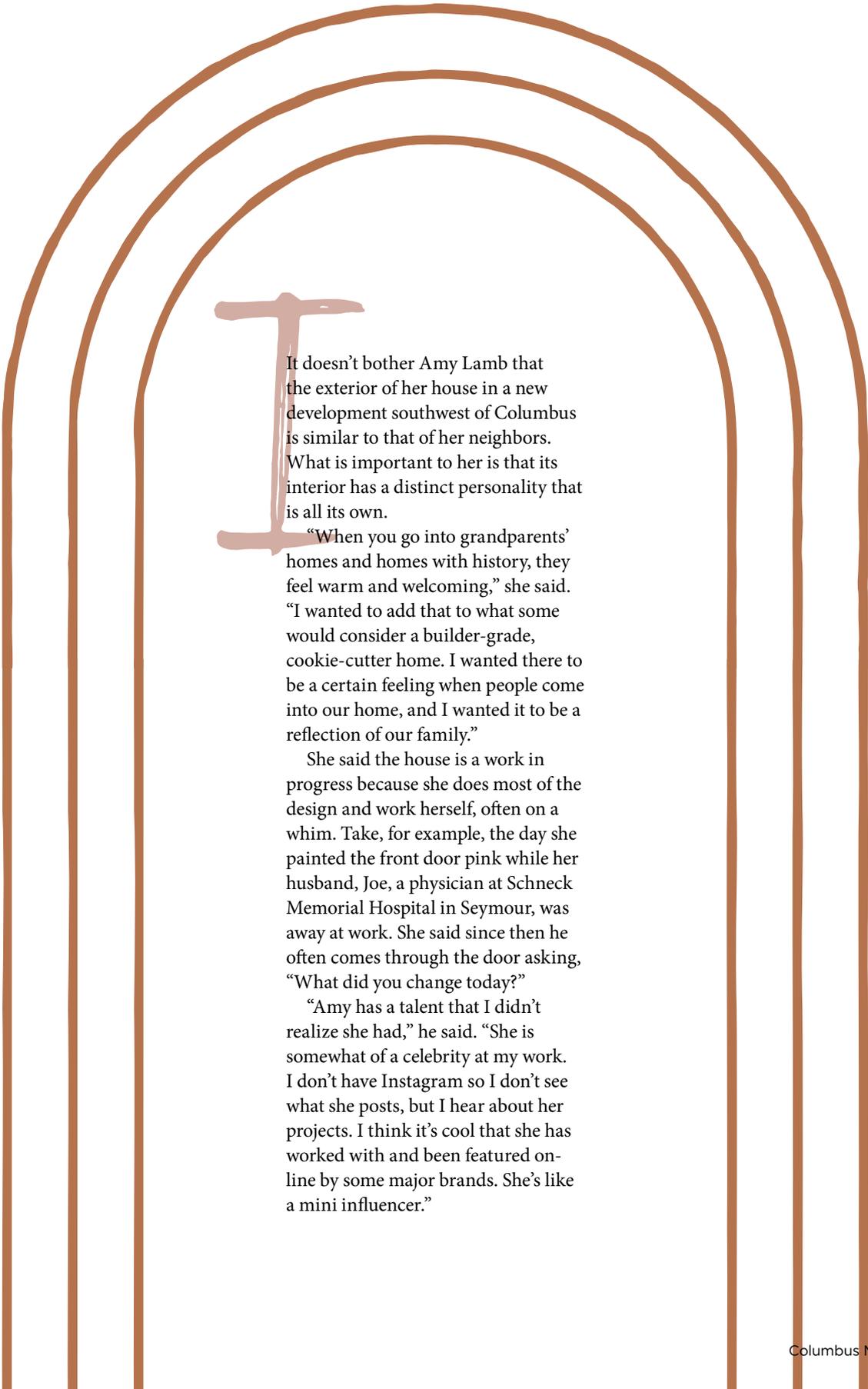


Old and new decor meet in trendy Lamb home

BY GLENDA WINDERS // PHOTOGRAPHY BY ANGELA JACKSON







It doesn't bother Amy Lamb that the exterior of her house in a new development southwest of Columbus is similar to that of her neighbors. What is important to her is that its interior has a distinct personality that is all its own.

"When you go into grandparents' homes and homes with history, they feel warm and welcoming," she said. "I wanted to add that to what some would consider a builder-grade, cookie-cutter home. I wanted there to be a certain feeling when people come into our home, and I wanted it to be a reflection of our family."

She said the house is a work in progress because she does most of the design and work herself, often on a whim. Take, for example, the day she painted the front door pink while her husband, Joe, a physician at Schneck Memorial Hospital in Seymour, was away at work. She said since then he often comes through the door asking, "What did you change today?"

"Amy has a talent that I didn't realize she had," he said. "She is somewhat of a celebrity at my work. I don't have Instagram so I don't see what she posts, but I hear about her projects. I think it's cool that she has worked with and been featured online by some major brands. She's like a mini influencer."



Those brands include Rustoleum, Sherwin-Williams and Black+Decker, and she has other projects in the works now. Eventually she plans to have an online consulting business where she can share her skills with others.

The couple met online but soon discovered they had several mutual friends and wondered why they hadn't met before. A native of Charlestown, Indiana, Amy was a graduate of the University of Louisville and teaching preschool at Sacred Heart Schools there. Kentuckian Joe was finishing medical school at the University of Kentucky. They married a year later and moved to an apartment in Indianapolis, where he did his residency at the Indiana University School of Medicine. When he took the position in Seymour, they bought the home in Columbus.

Now the goal was to supplement the family heirlooms and other pieces they brought from their apartment with additions to furnish their larger house. Joe's grandfather, a shop teacher, built the round wood dining table with drawers as a base that they use in their great room, and Amy's carpenter grandfather built a hope chest, cradles and toys throughout her childhood that she now treasures.



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One of Lamb's first projects was the guest room, where she wanted to create a global feeling. She painted a green arch on the wall, then pressed an antique world map between two pieces of glass in a larger frame to show the color of the wall behind it.

The dresser in this room came from a thrift shop, and so did the antique mirror. She bought the nightstand at a garage sale for \$1 then used a wet towel and a hot iron to steam off the damaged veneer. She painted part of it, wallpapered the sides and replaced the drawer pulls. To avoid rewiring the sconces over the new stand and on the other side of the bed, she employed puck lights that are accessible by remote control that guests can operate from bed when they're ready to go to sleep.

In the downstairs powder room she added board and batten that she painted in a muted green color called "mist."

"I really am drawn mostly to cool tones," Lamb said. "I like the beach, and it reminds me of things that are calm."

Outside the powder room she hung a large photograph of a beach and drew plants on the wall beneath it with a Sharpie. Then she cut up dowel rods that she attached to the wall atop leather loops to



create pegs for extra coats, hats and scarves.

Her days are indeed busy with son Josiah, 6, and daughter Amelia, who was born last October. A bichon frise-shih tzu mix (known as a teddy bear breed) named Leesie now completes the family. Between the arrivals of the two children, however, Lamb suffered miscarriages that led her to look for a project to lift her spirits. This time she set her sights on the dining room. It was originally designed to be an office, but she had other plans.

"We decided to change it into a dining room because we wanted to be able to have more people over to visit and host," she said. "I grew up in a big, big family with lots of cousins."

Here she put up board and batten, too, and painted it a similarly cool "Delft" blue. She found a corner table at a thrift shop as well as an art print that she coated with matte gel to brighten it up and give it the texture of an original. Then she repaired a broken corner of the frame with wood epoxy and added black chalk to freshen that up, too. She purchased one of the mirrors in this room, which was damaged, on sale and then repaired it. The other one is thrifted. The table they chose extends to seat 10 people and accommodate the large groups they like to have over.

The colors throughout the house are mixes of pale neutrals such as tan and gray. Carpenters built the entertainment center and shelves in the spacious great room. Lamb was ready to try, but her husband persuaded her that some things still needed to be done professionally. She did replace the white outlet covers with gray ones to blend with the gray tile backsplash behind the range — with a little help.

"My dad is an engineer, and I'm always calling him to ask questions like 'What does 'hot wire' mean?'" she said. "Or I'd FaceTime with him and say, 'I'm trying to change this toilet seat. Can you help me?'"



Others have pitched in to help, too. In daughter Amelia's room Lamb covered one wall with pink flowered paper. Then she learned to use a jigsaw so that she could cut out five wooden arches that she painted pink to cover it. Besides adding depth and interest to the room, it recalls Joe's Italian heritage and a trip they took to Europe to celebrate their fifth anniversary.

Her sisters carried in heavy sheets of wood, and her mother, an art teacher who also sews, helped her use the remaining pieces of wood from the wall to craft an arch-shaped footstool that they covered in white fabric. Now it sits in front of the rocking chair that once belonged to Lamb's great-grandmother. Her mother received it as a wedding present and then gave it to Lamb when Josiah was born. The elegant gold mirror in this room was a thrift find that Lamb spray-painted and finished with a product called Rub 'n Buff so that it gleams.

Josiah's nearby room is done on what his mother calls a "light" Star Wars theme that leans more to his general interest in space.

The board and batten here is painted white and goes three-quarters up one wall. Lamb and her mother painted the rest of the wall deep blue before using a silver Sharpie to draw on stars and mounting glow-in-the-dark stars on the ceiling. A plush, white circular rug to represent the moon covers the floor and causes Josiah to say his is the softest room in the house. Framed pictures that one of his art-teacher aunts made with him provide original artwork for his walls.

Lamb says she loves the second-floor laundry, especially with a baby who makes messes and a husband who wears scrubs to work. In here she papered one wall with bold blue stylized waves.

"Wallpaper can take over a room if you let it," she said. "I chose deep colors and intricate patterns that are easy to match up and don't reveal the seams where strips of paper come together."

She covered an adjacent wall over the sink with gray "sticker" tiles that mimic the ones in the kitchen downstairs. The intricate mirror over the sink is from a thrift store.

Lamb's projects have forced her to learn how to use all kinds of tools she had never handled before — various kinds of saws, a nail gun and "all of the things your parents always told you not to touch," she said, laughing. Next she wants to learn how to install tile so that she can finish a part of the backsplash in the kitchen that the builders left bare and replace the tile-look stickers in the laundry room. There's also the master bedroom and the open area at the top of the stairs that will be an office to consider.

But she's patient and proud of being able to make her home unique without breaking the budget. She said that she and Joe would rather travel and provide experiences for their children than have expensive cars and furniture.

"I've taken ideas from other people, and I've created my own things," she said. "I do a lot of thrifting, which is a good way to find furniture and artwork that have history to them that I can add to our home. I also use new pieces and combine everything together. The new and the old — that's what makes our home so special." ©

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Drawn TOGETHER



Columbus couple shares passion for art, architecture

BY GLENDA WINDERS
PHOTOGRAPHY BY ANGELA JACKSON

You may already know T. Kelly Wilson as the director of the J. Irwin Miller Architecture Program at Indiana University's Eskenazi School of Art, Architecture and Design, but perhaps you didn't know that his first client as a new architect was Saddam Hussein or that his wife, artist Jennifer Riley, is an associate professor of visual studies at the school or that the idea of Exhibit Columbus was born at their dining room table. And that's just the beginning of what there is to know about this dynamic and committed couple.

Wilson's story began in the beach town of Margate, New Jersey, where his great-grandmother founded the Wilson Dairy Co. after coming to the United States from Ireland. When the dairy sold, the family moved to Baltimore, where Wilson went to high school and ran track and cross-country. College took him to Auburn University in Alabama, where he expected to pursue a science degree — but that was not to be.



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“My mother strategically gave me a book to read on the bus to Auburn called ‘So You Want to Be an Architect. I read it and thought, ‘That sounds like me.’ I recognized those attributes in myself. I burst into the dean’s office like Kramer on ‘Seinfeld’ and said ‘Sign me up!’ To my astonishment, they did.”

— T. Kelly Wilson



“My mother strategically gave me a book to read on the bus to Auburn called ‘So You Want to Be an Architect,’” Wilson said. “I read it and thought, ‘That sounds like me.’ I recognized those attributes in myself. I burst into the dean’s office like Kramer on ‘Seinfeld’ and said ‘Sign me up!’ To my astonishment, they did.”

He studied there for five years that included a trip to Europe and a stint at the University of Virginia, then stayed on for another year to teach before moving to Boston and getting his master’s degree in architecture from Harvard. He subsequently joined The Architects Collaborative, the firm in Cambridge, Massachusetts, that was

co-founded by renowned modernist architect Walter Gropius. And that’s where Hussein came into the picture. The firm was tasked with designing two buildings for Baghdad University that the Iraqi leader was overseeing, and Wilson was one of the architects who worked on the project. Ironically, the fire station and another campus building that resulted were later destroyed by U.S. bombs.

From there Wilson worked at the Schwartz Silver firm in Boston until the Rhode Island School of Design asked him to come and teach drawing, which he did for several years. It was while he was there that Riley entered his life in a love-at-first-site meet-cute worth a story of its own.

Her life began in Sharon, Connecticut, where she was one of seven children and coincidentally the granddaughter of a dairy farmer. She was also an athlete in high school and then admitted to the University of Connecticut on a soccer scholarship. She soon learned, however, that it was impossible to be a fine arts student and play soccer. She decided in favor of the education and stayed for two years plus a junior year abroad in France. From there she transferred to the School of the Museum of Fine Arts in Boston, which is associated with Tufts University. Boston was also where she established her first art studio during her senior year.



“I met a whole community of artists, and I had odd jobs doing scenic design for off-Broadway theater troupes, building huge sets and designing and color consulting and faux finishing all to support the habit of painting. Meanwhile I met Kelly.”

— Jennifer Riley

“That was an important incubation period and nurturing environment for me as an artist,” she said. “I met a whole community of artists, and I had odd jobs doing scenic design for off-Broadway theater troupes, building huge sets and designing and color consulting and faux finishing all to support the habit of painting. Meanwhile I met Kelly.”

She was holding her first solo exhibition at a gallery where one of Wilson’s friends worked. The friend called him one slow afternoon to keep him company, and that’s when he first saw Riley. She was with her sisters, who told her he was

looking at her with interest, but she didn’t believe them. Determined to see her again, he invited her to speak to one of his classes and then to dinner, ostensibly to discuss her presentation. She painted late that night and turned up at the restaurant in paint-speckled jeans, but he was dressed up.

“I thought to myself, ‘I think this might be a date,’” she said.

It was, indeed, and now the couple have now been married for 27 years. Along the way he taught at Yale, MIT and Harvard. After she received her MFA from the Milton Avery Graduate School of the Arts at Bard College they moved to

New York, where she already had a studio.

"I was starting to really show, making large-scale work and selling enough of it for it to all make sense," she said, "and Kelly was teaching and selling his paintings from his moving studio — an old Land Cruiser."

They moved into a pied-a-terre in Washington Heights and she began a teaching gig at Rutgers University with renowned poet and art critic John Yau. That led to her starting to write about art for several New York publications.

Demanding as their careers were, they found time to design Harvard's nomadic studio program, where architecture students studied in Rome, as well as similar programs for Yale and MIT. Today it is a part of the local program in which they teach.

All of the students spend half a semester there, setting off at 9 a.m. to wander the city with Wilson, draw and analyze what they see, and then speculate about it. After a two-hour lunch break they spend the rest of the day until sunset drawing from observation with Riley. The couple both

say drawing is the key to students' self-discovery.

"Drawing was always taught as an ornament to an architectural education instead of being central to it," Wilson said. "When you draw with your hand and your body and your eye, you learn the art of visual ideas and seeing. Millions of years of evolution have linked our hands to our brains, and this is a way to discover visual ideas, your identity, your connection with anything outside of you. It's where your artistic consciousness is birthed. It's a living process for me."

In the middle of this busy time in their lives Wilson got a call from a graduate school classmate who knew then-IU president Michael McRobbie and had learned that IU was planning to start an art and design center in Columbus that might eventually grow into a school of architecture.

"I applied, but I didn't know much about Indiana," Wilson said. "I just knew about a guy who threw a chair," he added in reference to an incident with former Indiana University coach Bobby Knight.

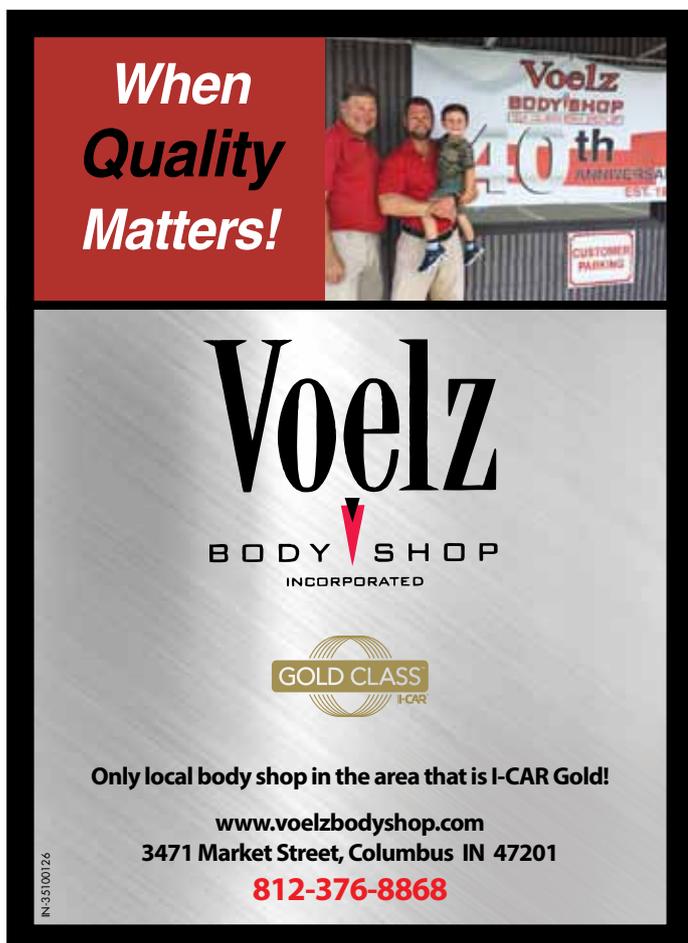
That changed, however, when he came to town for an interview. The first night he called Riley and told her he thought they would be staying in New York. The second day he went for a tour of the city.

"I drove down Fourth Street first. The post office was on my left, and I remember thinking it was a good piece of Italian Brutalist architecture. Then we turned on Fifth Street and the bank went by with its domes. The next thing I saw was the Henry Moore sculpture, then the First Christian Church, which I knew was the first modern church in the United States. When I saw the library I knew it was a Pei. I just lost it."

That night the call to his wife was different.

"I was all bubbly, and I said, 'You won't believe this town!'" he said. "It was the shock of seeing the quality of modern architecture that's in this small Midwestern city."

He was also impressed with the hiring process, in which he had to be interviewed by representatives of the community who had raised the \$2.3 million that would make the center possible.



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“I had been involved at all of these architecture schools, but they didn’t do anything with their towns,” he said. “To realize what was happening was very powerful because an entire city was behind this.”

They bought a house in a forested area west of Columbus that they now share with their rescued three cats, Wolfgang, Astrid and Hadrian. They enjoy the nature that is all around them, but they kept their New York apartment and both of their studios, now in the trendy Dumbo (Down Under the Manhattan Bridge Overpass) neighborhood of Brooklyn.

“I’m in super isolation here,” Riley said. “It’s all about nature, and that’s great, but New York is so stimulating. I can invite people over to see the work in

the studio. It’s easy to get galleries to come, to bring people in and make sales.”

Wilson’s IU work began with the Apparel Merchandising and Interior Design Department, a remnant of home economics, which every state school started in the 1930s to attract women into college. But Wilson found that to be an asset.

“Interior design is about the built environment,” he said. “Everything that happens in the house is everything that happens to humans — finances, health, life, death, sexuality.”

Students only came on Fridays to do Columbus-oriented projects, so Wilson began using the space at 310 Jackson for gallery exhibitions. He called on Riley for help with ideas, people and contacts, and the

two mounted some 27 exhibitions in that location. One of them was a display of furniture that led to furniture designer Jonathan Nesci moving here and creating his “100 Variations,” tables displayed on the lawn of the First Christian Church in 2014. That event was so successful that Wilson and Riley gathered other art-lovers for dinner at their home to discuss the idea of using the city’s monumental buildings as pavilions for other art installations — and thus Exhibit Columbus was born.

Eventually IU hired Riley to teach a theory and criticism class in Bloomington, and when the architecture school opened she became associate professor of visual studies. Now she teaches drawing while her husband teaches architecture.

The three-pronged program they have developed includes parallel studios in art and architecture, using Columbus as a laboratory for design and the nomadic studio — the trip to Rome. Wilson rejects the prescriptive method of teaching that expects students to mimic what their professors do.

“We can show them how people have done it in the past and where opportunity lies,” he said, “but it’s about their identity and what they need. We give them a chance to discover if they have any genius.”

The couple say that the students are what make their jobs fun.

“These are the students we have imagined for years,” Riley said. “It’s such a privilege to talk to young minds and bring out the artist’s spirit and

basically open their eyes to see and get off the screen and into the world, to feel and articulate and learn a new language for describing their artistic visual selves.”

And the feeling is mutual. Former student Shorf Afza, now a project designer at Browning Day Mullins Dierdorf Architects in Indianapolis, said she is grateful that they were her teachers.

“Both of them have a versatile range of artistic talents, and they inspire students to think and experiment independently, to explore the unseen parts of our creativity,” she said. “They taught us how to see the details of our surroundings as well as how to see colors, the big picture as well as the smallest details. They have been the biggest inspirations in my journey to the creative world.”

When they aren’t teaching, Riley is working — either here or in New York — on drawings or abstract pieces large and small in oil. She also reclaimed some perforated sheets of scrap steel from Cummins Inc. and painted it in bright colors to arrange in clusters or use as patterns for

other work under the name of Big Bright Steel.

“I was really intrigued by nature in this area,” she said, “the differences in the trunks of trees and vines and all of this overlapping and all of the lines and webbing and craziness. That had become an armature for my paintings. I saw something like a rose window out of scrap steel with all of these shapes and colors. Then it just had to be painted.”

Her pieces — one 60 feet long — adorn impressive buildings in New York City and make another argument for her 3,000-square-foot studio there.

Wilson calls himself a “mixed bag” in that he loves oil painting as well as architecture. His pieces are done mostly “en plein air,” a French term referring to painting outdoors, with his subject matter often urban buildings. One winter when he was working indoors, however, he became interested in a begonia cutting. He began putting different colors and objects around and behind it in what are called “assemblages” and painting the same

subject repeatedly in the manner of Giorgio Morandi.

“I go back and forth between abstraction and representation,” he said. “The latest project is bands of color that feel like the lives of people coming together and going apart and layers, things that intersect with your life. I don’t think that way when I’m doing the work. It’s something I realize later.”

In their little spare time they both enjoy listening to music, bicycling, gardening and reading together. Riley also likes to do yoga, cook and bird-watch.

Something else they agree on is that Columbus has “many, many, many pluses” as a place to live. They don’t like typical beach vacations, preferring instead to explore major cities all over the world (Vienna is a favorite), so this is where they come back to in order to relax. And Riley has another reason for enjoying where she lives.

“It looks like the landscape I grew up in,” she said. “I hadn’t lived in the countryside since I was 17 years old. It feels a lot like home.” ☺

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LET'S GET PHYSICAL

Virtual workouts offer stress relief and balance, provide extra support for fitness goals

BY REBECCA BERFANGER



While the reasons why people choose to workout hasn't changed — lose weight, increase flexibility, look good in a swimsuit for a beach vacation — maybe now, more than ever, it's important to set goals and routines in order to maintain healthy lifestyles, while also considering the mental health benefits of making time for one's self.

It's also helpful to have a support system to keep those goals, as opposed to doing the same DVD workouts in the basement.

To do this even during the height of COVID-19, first as a response to all businesses being shut down in March 2020, gyms in Columbus were among those around the country offering virtual workouts.

Two years later, Farrell's eXtreme Bodyshaping and Elemental Yoga are among those who plan to continue to offer online options for their mem-

bers not only as a way to keep their members and employees safe, but also to offer convenient and structured classes.

Prior to 2020, Sean and Jenny McAuliffe of Farrell's eXtreme Bodyshaping, also known as FXB, had both been active members in the program that starts with a 10-week regimen that includes a body scan, pictures, weigh-in, measurements and other "before" check ins, with progress reports at five and 10 weeks into the program of kickboxing and strength training offered several times a day for members to choose what works for their schedule.

Sean McAuliffe first did the program in 2014 while he was the studio's sales representative for a radio station, and has continued with it. Jenny McAuliffe, whose background is in pharmacy and nutrition, started in 2018. From their first

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10-week programs, they've both been through the process to become coaches and eventually instructors at FXB.

On Jan. 1, 2020, they took on ownership of the Columbus studio, not knowing what was in store. As soon as they realized the gym would be shut down and their members, known as the "FXB Family," wouldn't be able to meet in person for a while, Sean McAuliffe said they decided to offer workouts on their Facebook group that was originally only available to members.

"We started by doing some announcements. Then, every day at 11 a.m., we'd do a virtual workout," Sean McAuliffe said. He thinks they were one of the first, if not the only, gyms in the country to embrace virtual workouts as soon as they did.

"We had over 15,000 views that first day. It was absolutely amazing," he said, adding as more gyms added virtual options,

he noticed their numbers going down.

As for equipment, he said, which was difficult to obtain due to the high demand, he said he'd tell members they could use items around the house, such as laundry detergent containers, in place of weights.

"Even if you don't have a heavy bag, I'd tailor the workout so that if you're kicking and punching the air, you'll still get a good workout," he said

They even sold exercise bands out of the studio for members who wanted that extra aid for their workouts.

Now they offer virtual workouts where an instructor leads an in-studio class while simultaneously appearing live for members.

Meanwhile, Elemental Yoga, operated by co-founders Rachelle Antcliff and Shannon Clulow, were also in a new position with a studio and trying to keep their

members engaged while also offering virtual classes.

Antcliff, whose background is in teaching, came to yoga as a way to relieve stress. Clulow, who has experience as a marathon runner, gymnast and athletic coach, started yoga as a way to release pain and move her body. Both Antcliff and Clulow became yoga instructors around the same time, and discussed what kind of studio they would want to run as a nonprofit organization open to all levels of experience, ages, body types and backgrounds.

They purchased a functioning yoga studio in February 2020, and later opened Elemental in April 2021.

"A lot of people recognize yoga as a physical activity, with movements and postures. There are eight limbs to yoga, and only one is movement. The others dictate the way we live our lives and how we intersect with others, ... and not just be able to stand in our



pose in a certain way. Our goal is to bring yoga and healing properties of yoga to everybody and every body,” Antcliff said.

When it comes to yoga, Clulow said, people tend to have their “preconceived notions. One of the things we do at Elemental is we want to normalize all the options. If you can’t do this, try this instead. We offer all of the options [and members can] choose the one that works that day.” This includes whether members choose to use props or make other modifications to their workouts.

Clulow and Antcliff also added the mental health benefits of having a yoga practice.

“As we age we become less mobile, so maintaining mobility improves our quality of life,” Clulow said, adding “there are seven other limbs, one of them being Dhyana, or meditation, and another is Pratyahara, the idea that we start to develop an ability to turn inward and not be so affected by things that happen outside of us. ... When we apply this throughout our daily lives, we become a little more grounded and a little less reactive to stresses happening around us.”

To intersect with the community, Elemental aims to be a welcoming space in the community, including affordable classes, a sliding scale fee structure, plus some free classes and scholarships. They also support local nonprofits, including a recent fundraiser for the NAACP and promoting Pride month and Columbus Pride Fest.

They’ve also offered outdoor sessions, including a private group session for a multi-generational family that would meet at Mill Race Park. They also offer community events outside,

including a walking meditation, a stand-up paddleboard class, sound meditations, and other outdoor options when the weather is nice.

Even though many gyms are open — both FXB and Elemental offer in-studio options — the virtual classes will remain as they add just that extra bit of convenience to members.

For FXB, it’s a good way to help members have fewer excuses, even if they’re traveling for work, on vacation, or any other change in circumstances that would take them out of their usual routine.

For Elemental, it’s sometimes just more convenient to skip the studio.

“I teach a 6 a.m. class and it’s not very inviting to have to come to a studio and change from workout wear to work wear,” Antcliff said. With a virtual morning class, her students “roll out of bed and onto a mat and then into the shower.”

Clulow also offers a short, mid-day virtual stretch class for those who can’t leave work but want a quick pick-me-up.

Ultimately, Jenny McAuliffe said, she expects members to keep up with class workouts, whether virtual or in studio, because there is no replacement for that feeling of connection and a sense of community with others.

“If you’re taking good care of yourself, you can take better care of those around you. But also, working out in a group situation, it provides a connection that I think a lot of us have been lacking these last two years. We’re so isolated. We’re working from home and we lack a lot of those relationship connections, which I think is super important for our mental health,” she said. ©



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McKenna Whipker & Elijah Jackson

*Ceremony at The Barn at Story Inn, reception at the Bartholomew County Fairgrounds
November 20, 2021*

McKenna Whipker's family has lived in Columbus for generations. In February 2015, while she was a junior at Columbus East, mutual friends introduced her to Elijah Jackson. Elijah, who is also a Columbus native, was a senior at Columbus North at the time.

After several years together, the couple was on vacation in Gatlinburg, Tennessee in July 2020 and Elijah proposed at the lodge they were staying in.

They kept the wedding simple, only inviting 50 of their closest family and friends to the ceremony in Story. They saved the larger gathering for the reception at the Bartholomew County Fairgrounds.

"I feel the wedding day needs to truly focus on the bride and groom, not to entertain a bunch of guests," McKenna said. "We had an intimate ceremony which relieved pressure on us, then a big party afterwards with many family and friends."

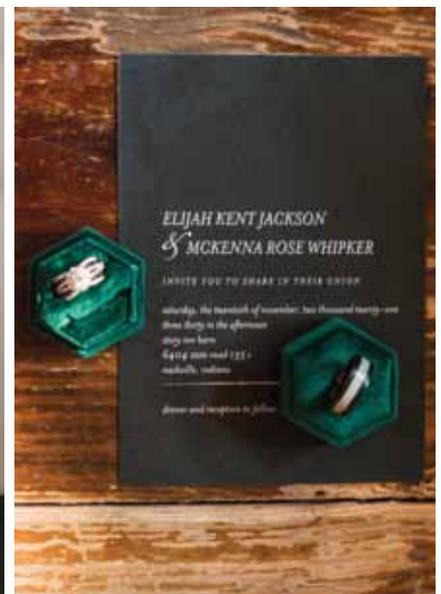
She described the wedding as "simplistically beautiful" and the weather cooperated with a day of sunshine in November. Their ceremony was officiated by McKenna's cousin Nate Haza, which the couple said was a huge honor.

The wedding's theme was a subtle nod to "Game of Thrones," since McKenna is a huge fan of the books and show. The color palette consisted of dark greens, whites, burgundy, gold, black and cappuccino. Bridesmaids wore velvet green dresses and McKenna wore a faux fur shawl for photos. The theme was further embraced with the wedding cake, as the bottom tier had designs resembling golden scales to mimic a dragon egg.

McKenna said the weather being nice was a huge relief and she felt lucky.

"I am a huge planner, and everything came together so well," she said. "I also felt very loved by the groom and beautiful in my wedding dress."

They honeymooned in Key West, Florida. Neither had been to Key West, so like their marriage, it was a new adventure they embarked on together.





Autumn Hill & Michael Ahearn

*Ceremony and reception at Laurel Hall in Indianapolis
December 4, 2021*

Autumn Hill has been a local to Columbus for her entire life. She graduated from Columbus East High School, where she was in the high school marching band with her friend Hannah. Thanks to this connection, Autumn was introduced to Michael Ahearn, with whom Hannah went to college. For their first date, the couple kept it local and went to Luciana's Mexican Restaurant and Cantina in downtown Columbus.

In November of 2020, they were ready to take the next step in their relationship and Michael took Autumn out to a nice dinner in Bloomington. After dinner, the couple returned to Michael's house where candles were everywhere and he got down on one knee.

Autumn described the proposal as "very intimate and romantic."

For their wedding theme, the couple chose a class and timeless winter wedding theme. The color scheme consisted of white and black with pops of burgundy and green and silver accents.

On the day of the ceremony, Autumn said she felt relief and excitement.

"I wasn't nervous at all," she said. "I was just so happy all of our loved ones could celebrate with us."

Michael said he felt nervous excitement.

"The day went so quick, but it was like getting married in a movie," he said.

For their honeymoon, the couple went to Hyatt Zilara Cancun, an all-inclusive resort.







Columbus in Bloom

A magnolia tree blooms outside First Christian Church in downtown Columbus.

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