



NOVEMBER 2011

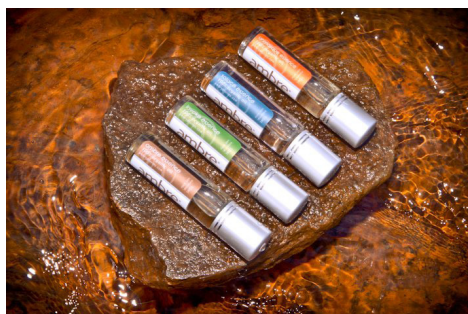
When Shoppers Attack: How to Survive Holiday Shopping

by Rachel Rubenstein

After you stuff your face with turkey on Thanksgiving, some of you prepare to brave the stampede of shoppers out for bargains on Black Friday. This consumer holiday kicks off the holiday shopping season, offering deep discounts that drive people crazy. Personally, I have never participated in the Black Friday madness, unless you count last year when I got drunk and stayed up all night, ending up at Castleton mall at 6 a.m. dancing to the DJs playing in the center for shoppers. So lace up your running shoes, stay hydrated and try not to get trampled... holiday shopping season has arrived and here are some gift suggestions from local Indianapolis businesses.

For the music lovers out there, LUNA Music (5202 N. College Ave) will open its doors at 9:00 a.m. on November 25, stocked with tons of exclusive music that is being released. Some popular artists include Wilco, Ryan Adams, Phish, Sharon Jones and the Dap Kings, The Black Keys, Bob Dylan, The Beatles, Kings of Leon, John Lennon, Red Hot Chili Peppers, Soundgarden, Nirvana, The Beastie Boys, The Doors and more. LUNA also carries all sorts of fun stocking stuffers that you can pick up and has the best staff in town!

Perfect for both men and women, Ambre Blends will be having a Holiday Open House on Saturday, December 10th from 10 a.m. until 7:00 p.m. at the Ambre Blends Studio (6544 Ferguson Street).



Ambre Blends are made by hand and come in four all-natural essences that develop a unique fragrance on each person. This is a great chance to pick up an exclusive gift set not sold in stores or purchase your favorite scent for 15% off. You can also check out www.ambreblends.com on Cyber Monday to see if any special deals are offered.

Head down to Mass Ave and visit Silver in the City (434 Mass Ave), one of my favorite stores for home accessories and unique gifts. The Neighborhoods of Indianapolis 2011 posters are now for sale (\$40) and make the perfect gift for any Indianapolis resident. The dimensions are 46" x 48", made by Naplab. The map illustrates the neighborhoods of Indianapolis after two years of research and design. While in the store, you can also pick up holiday cards and Christmas tree ornaments!

Have a foodie you need to get a gift for?

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How to Survive Holiday Shopping

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Get him/her a membership to the Indiana Bacon of the Month Club from Goose the Market (2503 N. Delaware Street). A four-month membership is \$69, and includes one pound of Indiana Artisan Cured Bacon per month, Belly Tales, recipes, a t-shirt and more. Each month's bacon is available on the 15th of the month to pick up. If you're more of a wine lover, there is also a Wine of the Month Club. This membership is \$30 per month and gives its members one bottle of red and one bottle of white per month.

in an old bike you no longer use and upgrade for a great Christmas gift. Other models the store carries include MASI, Gran Royale, Haro, Free Agent and more.



The 62nd Christmas Gift and Hobby Show will take place November 9th through 13th inside the Indiana State Fairgrounds' West Pavilion for your one-stop shopping center. There will be over 250 exhibitors in the 171,000 square-foot pavilion offering everything from sports memorabilia to jewelry to wines to home décor. Tickets to attend are \$10, and it's easy to find a perfect gift for under \$20.

The Yoga Center will be offering an open meditation for frazzled shoppers who need some relief. The Yoga Center practices hot yoga to increase strength and improve flexibility. The meditation and relaxation classes are free, times will be posted at both locations (Carmel and Broad Ripple) and online. All who come to be quiet and relax will receive a coupon for \$5 in TYC yogi bucks. You can find the times and class schedules at <http://tycyoga.com>. Namaste!



One of the newest trends in bicycles is the fixed gear bike. Typically associated with hipsters, tight jeans and PBR, you can get a KHS Flite 100 that can be used as a single speed or fixed gear at Bicycle Exchange (5345 Winthrop Ave, Suite B) for the trendy bike-rider in your life. Bicycle Exchange buys, sells and trades bikes, so you can save some money by bringing

Call For Indianapolis Gift Ideas

We hope you enjoyed our picks of local Indianapolis gift ideas. We're planning on bringing you more ideas online and in the December issue of Naptown Buzz.

If you have suggestions of local businesses and gifts that we should include, please contact us at naptownbuzz@gmail.com.

U-Relish Farm: From Tweetup to Small Business

by Mel McMahon

What started as a simple contribution to a bacon tweetup is now a full on artisan-crafted food and a gourmet retail product. U-Relish Farm is now located in the Indianapolis City Market main house, and has been making a splash since August.

Executive Manager Cara Dafforn (@CaraDafforn) brought the barbeque red lentils to a bacon tweetup at Left Bank Café hosted by Naptown Buzz in January of this past year, and she said the pieces just began to fall together. The concept is simple: Place the package of locally-sourced ingredients into a crock pot in the morning and when you get home there is a slow cooked meal that is preservative free, nutrient dense and delicious.

Even I can cook this one! I went to Target and purchased a small crock pot for \$11 and also picked up a lamp timer for \$2. Before I leave for work, I pour in the dry mixture, add water, and set the timer.

When I come home from work, dinner is already done! Now that's what I call cooking.

All the ingredients are sourced from local farms and Cara's own backyard. She also works with an organic co-op based in Iowa and is growing beans in Clay City so they can be a sustainable company. Ideal for single parents, college students, busy professionals, and outdoorsy types, purchase kits at the Indianapolis City Market, Good Earth Natural Food, and Pogue's Run Grocer.

When you enter the main market building from the south end, just walk straight and you will find Cara on your right. She'll be the one in the chef jacket and bandana offering your free "smells." Take a whiff. Buy a bag. Eat local. Tell Cara I say "hi!"

U-Relish Farm
Main Market House
222 East Market Street
Indianapolis, IN 46204
@CaraDafforn
www.u-relish.com



Let It Snow, Let It Snow, Let It Snow

by Brian Groce

I hate to be the bearer of bad news, but summer is over, the leaves have changed, the Halloween candy has been consumed and it's time to start thinking about the winter holidays...and SNOW!

According to the National Weather Service, the average date of the first measurable snowfall in Indianapolis is November 19th and the date of the earliest measurable snowfall was October 18th in 1989.

The snowfall averages for the winter months in Indianapolis are:

- November: 1.3 inches
- December: 6.4 inches
- January: 9.3 inches
- February: 6.1 inches
- March: 3.1 inches



The most snowfall in a single day in Indianapolis occurred on January 15, 1965 and January 26, 1978, with each producing 10.3 inches of the white stuff!

Predictions for the First 2011-12 Measurable Snowfall in Indianapolis

November 10th
Chikage Windler
WTHR
@ChikageWindler

November 15th
Brian Groce
@BrianGroce

November 17th
Nicole Misencik
WTHR
@NicoleWTHR

November 19th
Tim Briscoe

Jeff Stanger
@JeffStanger

November 22nd
Rachel Rubenstein
@rachelrubes

Ron Smiley
FOX59
@Fox59Smiley



November 25th
Bonnie Mann
@bonniemann

Bill Yanney
@indybill23

November 27th
Leilan McNally
@LeilanMcNally

Charles Wolff
@CharlesWolff

December 2nd
Judy Kenninger
@JudyKComm

December 3rd
Marc Devine
@HoosierHandyman

December 5th
Laura Fisher
@BathroomFarmer

December 7th
Nick Revell
@NickRevell317



December 12th
Eric Halvorson
WISH
@eric_halvorson



After 1st Colts Win
Paul Poteet
@paulpoteet



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First Friday Food Truck Festival

by Rachel Rubenstein

October's First Friday Food Truck Fest (pew, what a mouthful!) was back on October 7th in the Murat parking lot due to an overwhelming response to the first one in September. Presented by MOKB, Live Nation, Leinenkugel and NUVO, this month's fest brought in more trucks, activities, art and music for your enjoyment. For a \$5 admission, this event is a great way to start off your First Friday and experience some of Indy's newest mobile dining options. While everyone is familiar with trucks like West Coast Tacos and The New York Slice (try a slice of The Rubes), we decided to try some new options that we had either never seen or tasted. You can check out the pictures thanks to my wonderful food model, Ryan Hickey.



Next, we headed over to Rollin Wit Da Roux per a recommendation that we had to try the special. I felt a little bit guilty, like I was cheating on my favorite truck, Some of This Some of That (which you should try the jambalaya there if you've never been). Da Roux serves the iconic classics of Cajun, Creole and Southern BBQ cuisine. Do not mistake this truck for a mobile Papa Roux restaurant, as we learned when Papa Roux himself cornered us by the truck and gave us a speech about it. Awkward! We tried the spicy blackened catfish with crab sauce and rice for \$10. The fish was cooked to perfection and it had just the right combination of spice and flavor. This Cajun truck is definitely going to be serving up some delicious competition to Papa Roux and SOTSOT!



Our first stop was to Chef JJ's Big Green Bistro. While this truck is used mainly for private events, it focuses on sustainable items to bring the taste of Chef JJ's Back Yard to different locations. For \$10, we opted for the bistro box which gave us three different menu items in one serving: a pork taco, an Indiana Slider and palenta. All three were delicious and flavorful, and we finished off every last bite. The Big Green Bistro was a great start to the Food Truck Fest, and the only downside was knowing that you can't find this food truck out on the streets of Indianapolis, it is available by reservation only.

Our third stop was to Edward's Dashboard Diner. We didn't get a chance to taste anything here in September because it was already sold out by the time we got in line, but we heard raving reviews of the famous tenderloin sandwich and we had to try it for ourselves. Edward's Dashboard Diner is a mobile version of the famed Edward's Drive-In, located at 2126 South Sherman Drive. It was recently featured on the Travel Channel's Man vs. Food, and if it's good enough for Adam Richmond, it's good enough for me!

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First Friday Food Truck Festival

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For \$6, we split a huge fried tenderloin sandwich that lived up to its reputation for being the best tenderloin in Indianapolis.

If you haven't made it out for a Food Truck Fest yet, your next chance is from **5 – 9 p.m. on Friday, November 4**. There will be live music and laughs provided by The Band of Beards. Also, the First Friday Food Truck Festival has teamed up with Gleaners Food Bank of Indiana by offering free admission to those who donate two or more non-perishable items at the event. Also, The Civil Wars will be playing that evening at the Egyptian Room, so check out a great concert after enjoying some food and drinks. You can get a ticket to The Civil Wars show at MOKB Presents.

Indianapolis Food Truck List

If you're a fan of the food trucks in Indianapolis, we have created a list of the current food trucks that are on the streets of Indy.

You can visit the list online at: <http://naptownbuzz.com/indianapolis-food-trucks/>



U-Relish Farm • Main Market House
222 East Market Street, Indianapolis, IN 46204
@CaraDafforn • www.u-relish.com

The Dating Idiot: Kiss, Shake Hands, or Headbutt

by Jeff Stanger

This week's letter comes from Mark in Beech Grove:

Dear Dating Idiot: I'm never quite sure how to end a first date. Should I always try for the kiss or should I settle on a hug?

Dear Mark,

This is an excellent question and one that many of your fellow readers want to know. There are basically 4 ways you can end the date: kiss, hug, shake hands, head butt.

First will look at the kiss. This option should be used after a particularly good date. Make certain you've read her signals well and there is good chemistry. It doesn't hurt to if she has made contact once or twice. Chances are she's down with a kiss.

However, if the physical contact she has made with you has been in the form of an elbow to the head as you try to bear hug her after your 5th shot of tequila, you should probably just shake her hand. Any thing else you do is probably going to be recounted to an attorney at some later date. Best to just end it with a business like shake and pray she doesn't tag the incriminating photos on Facebook.

The hug is not necessarily a bad thing. Many guys may think so, but it's in fact

a great indicator that their could be a second date. The hug says, "I'm not ready to exchange saliva with you, but you're reasonably normal, don't smell like gym class, and used a fork at dinner. I want to eat food and converse with you again in the near future."

And finally, we come to the least used method of ending a date, yet it saves countless lives every year. Of course, I'm talking about the headbutt. The headbutt should be used when the ending of the date poses danger to your person. For example, you walk your date to the door and turn back to look at your car and hit the remote lock. When you turn around, she's holding a full-size trident and beckoning you to enter. At this point you realize she is a member of a Poseidon worshipping cult* and she's probably going to sacrifice you and bury you at sea. In order to escape, headbutt her! The surprise will leave her temporarily disarmed and you can safely make it to your car before she throws the trident. If you have to use this technique more than once, you may want to consider trident damage insurance for your vehicle. Poseidon worshipers rarely identify themselves on Match.com, but they are out there. So, beware!

Carry on, Citizens!

*Poseidon Worshipers do exist. As frightening as that is, Brian Groce and I have photo proof!

Naptown Buzz Distribution Locations

Print copies of Naptown Buzz can currently be picked up at the following locations:

Canal Bistro, Comedy Sportz, Fat Dans Deli, Father Byrnes Pizza, My Car Doc, Neighborhood Pizza, NY Slice, Sahn's Place, Scratch Truck, The Flying Cupcake, The Tie Dye Grill, U-Relish & Zest-Exciting Food Creations.

If your Greater Indianapolis Area business is interested in distributing Naptown Buzz, please contact us at naptownbuzz@gmail.com.

DOG TALK



Adopting A Shelter Dog

by Elizabeth Wilhelm

All shelter dogs have had a rough go at life, whether they arrived at the shelter due to abuse or neglect, an owner's death, financial hardship, "uncontrollable" behaviors, or any other reason. These dogs have been separated from everything they know and thrown into a high stress environment that can put even the calmest, most laid-back dog on edge.

Here are a few things to keep in mind when adopting a shelter dog:

The most common time for a dog to become a resident at a shelter is when they are between 6 months – 1.5 years old. The reason for this is generally because the cute little puppy suddenly became a big, active, playful dog. If you're looking at a dog in the shelter who seems unruly, please know that he or she can be taught dog-manners! Unfortunately, some people just don't want to take the time to teach an energetic dog the rules of the house, and they end up in the shelter. These almost grown dogs have a lot of love to give and way too much youthful energy to be confined to a kennel!

If you already have a dog at home, or if you plan on frequenting the dog park with your soon-to-be-adopted dog, ask the shelter staff which dogs they use as "Intro Dogs." These dogs are the ones who are used to test the social skills of new shelter dog residents. Intro Dogs have highly developed canine social skills and will generally get along with any dog

they meet – which means you can enjoy your multiple-dog household, and the dog park, with little worry.

Shelter dogs don't usually show their true colors until about a month after arriving at their new home. They may be more subdued, or more wound up than they naturally are for the first month. For this reason, it is incredibly important to establish household doggy rules right off the bat. For instance, if you want to teach your dog to never run through an open door, start on day 1. If you don't want your dog to jump on you as a greeting, start immediately teaching him or her not to.

Consider adopting a dog who is currently in a foster home, especially if you are a first time dog owner, or if you don't have a lot of training experience. Foster parents have been living with these dogs in a home environment, and can tell you exactly what to expect from them. You will know for sure if the dog you're considering is housebroken or paper trained, energetic or calm, knows any obedience commands, has health issues, etc. These dogs will also have a much easier time transitioning into your family since where they are right now is a home setting instead of a loud, chaotic shelter.

If you have any questions you would like to ask a Certified Dog Trainer, you can submit them to Naptown Buzz. Every issue, Elizabeth Wilhelm, Certified Dog Trainer, will tackle one of the submitted questions. For more information about Elizabeth, you may visit her website at www.TrainingKarma.com

Naptown Buzz / Surge Bucket Media

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