



IndyStyle

May 6

Did you run in this year's Mini Marathon? If not, we got the chance to talk with Ann Richards, from B105.7 radio personality about her first Mini Marathon experience. To hear more from Ann, visit www.b1057.com.



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IndyStyle

May 6

Have you thought about what you're going to give to your mom this Mother's Day? How about taking some tips to make a Memory Wreath, from Ashlie Miller, artist and owner of The Paint Cellar. For more tips or to read about The Paint Cellar, check out www.paint-cellar.com.



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IndyStyle

May 6



Darcey Palmer-Shultz, CEO of Big Brothers Big Sisters of Central Indiana, Randy Reichmann, alumni of Big Brother, and Ja' Quez Perkins, alumni Little Brother talked with Tracy Forner today about the benefits of mentoring and the upcoming recruitment campaign. Get involved and visit www.bebigforkids.org and make a difference in a kid's life today.



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IndyStyle

May 8

As the weather improves, more and more Hoosiers are casting lines and going fishing. Red Gold Pro Fisherman Todd Hollowell showed us this morning how to prepare what you catch and serve it with style. For his recipe and more, visit www.redgold.com/red-gold-brand/recipes.



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IndyStyle

May 8

Did that voice sound familiar? As part of our Women in Radio Week, WZPL on-air personality Nikki Reed stopped by the show to share some interesting facts and crack a few jokes. You can follow Nikki on Twitter at www.twitter.com/NikkiWZPL or catch her weekday afternoons 3-7 on 99.5 FM.



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IndyStyle

May 8



A couple furry friends accompanied Pet Pals TV's Patty Spittler this morning as she talked to Andi about dog bite prevention. For more helpful information and a list of upcoming events, check out www.community.petpalstv.com.



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5



IndyStyle

May 8

Whether it's winter, summer, or somewhere in between, it's always the right season to save money. Greg Woods from 844DUCSEAL and Steve Lindley of Lindley Heating & Cooling, Inc., explained how it's easy to do with their new home energy savings solution. For more information, call (844)-DUC-SEAL or visit www.844ducseal.com.



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IndyStyle

May 9 · Edited

What's your favorite flavor of ice cream?

Kelly Ryan and Meredith Kong, owners of Lick Ice Cream, came by our studio today and brought a couple of their own frozen treats along. To see all of what Lick has to offer, stop by the Indianapolis Farmer's Market or visit www.lickicecream.tumblr.com.



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IndyStyle

May 9



Which Indy radio stations do you listen to?

To wrap up our Women in Radio Week, WTLC on-air personality Karen Vaughn shared with us a few of her favorite, mom-friendly, strawberry recipes. You can follow Karen on Twitter at www.twitter.com/KarenVaughn or tune in weekday afternoons 3-7 on 106.7 FM.



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IndyStyle

May 9

What Mother's Day gifts have you given or received in the past?

Our fashion guru Sola Adelowo gave us some tips for those still in need of gift ideas, as well as advice for husbands and sons who want to look sharp. To watch other Fashion Fix segments and learn how to refine your wardrobe, check out www.imagecubellc.com. — with Sola Adelowo.



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17



IndyStyle

May 21

What type of adventurous lunches are you diving into this summer? Chef Craig Gareiss, from [Cerulean Indianapolis](http://www.ceruleanrestaurant.com/Indianapolis), creates a bright, bold, and beautiful bento box for lunch. Make sure to check out more of the Chef's tasty menu at www.ceruleanrestaurant.com/Indianapolis!!



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IndyStyle

May 21



What's your favorite place to eat in Indy? That might soon change after Jolen Ketzenberger, from Eat Drink Indy, gave us some insight on the hottest new restaurants opening up in Indianapolis. Make sure to check out all of the new restaurants on www.eatdrinkindy.com!



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10 2



IndyStyle

May 23 

How do you spruce up your home?

Meg of Meg Catherine Flowers explained how easy it is to create your own floral arrangements that perfectly compliment any Memorial Day party. To see a gallery of her designs, visit www.megcatherine.squarespace.com.



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IndyStyle

May 23

What's movies are on your radar this weekend?

The Film Yap's Matthew Socey weighed in on some new releases and filled us in on how you should spend your time and money at the theater. For all of these reviews and more, visit www.TheFilmYap.com.



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IndyStyle

June 2

What's your favorite way to eat healthy?

Brooke Fenneman from IU Health was in our kitchen this morning showing us how to put a healthy spin on the summer recipes we love. For more health tips and to find services near you, visit www.iuhealth.org/primarycare.



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IndyStyle

June 2

What books are you reading this summer?

The Indianapolis Public Library has partnered with Anamalia to encourage children and families to participate in their summer reading program. Zoologist Joel Vanderbush brought some human and non-hum... [See More](#)



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IndyStyle

June 2



What exercise goals have you set this summer?

As one of the WISH-TV Indianapolis Women's Runner of the Year nominees, Trena Goble Roudebush knows all too well how much dedication it takes to maximize your potential. Trena and Race Director Todd Oliver talked to us about the preparation going into this weekend's Women's Half Marathon and 5k. Race details and other important information can be found at www.indywomenshalfmarathon.com.



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IndyStyle

June 2

Where's your favorite place to visit in the Midwest?

While many Hoosiers are looking for vacation destinations, few consider the attractions that are just a state away. Linda Antus, CEO of Cincinnati USA, stopped by to showcase some of the wonderful reasons why you only need to cross one state line for an enjoyable weekend getaway. Check out all that Cincinnati has to offer at www.cincinnatiusa.com.



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IndyStyle

June 5

Holy cannoli! We had a chance to taste some of the best cannolis here on Indy Style with the Holy Rosary Italian Street Festival Food Manager, Liz Fiato. You won't want to miss out on your chance to try one at the Indy Italian fest on June 13th to the 14th! For more details, check out www.indyitalianfest.org.



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IndyStyle

June 5

What kind of camp is your kid going to this summer? For the first time ever, you can sign up your daughter for the Indianapolis Colts Cheerleaders Summer Camp offered to girls 6-14 years old. Registration is now open for the 4-day camp offered in July on the 28th through the 31st! Check out www.colts.com/cheercamp to sign up!



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IndyStyle

June 5

Are you looking for a new furry best friend this summer? Patty Spitler tells us today that the Lil' Bit of Heaven Rescue could be just the ticket to find your pet pal! To learn more, check out www.bitofheaven.org.



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IndyStyle

June 5



What is your favorite Subway sandwich? No matter your preference, Subway can cater any of your parties this summer for a fresh, healthy, great taste. To talk to a catering consultant, call 1.877.360.CATER or visit www.subwaycatering.com.



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IndyStyle

June 26

What's your favorite summer grilling technique?

Kitchen coach Jennifer Bushman was outside our studio today, showing us how easy it is to grill Verlasso salmon on cedar planks. Be sure to visit www.seafoodwatch.org and www.verlasso.com for more information on seafood sustainability and awareness.



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IndyStyle

June 26

What tricks can your pet do?

Patty Spitler accompanied Ann Stevens and her famous skateboarding Bull Dog Kush on the streets outside our studio today. Check out this pooch and other furry friends at www.petpalstv.com.



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IndyStyle

June 26

What have you tie-dyed for?

Whether it was for an event or just for fun, tie-dying is a great activity for all ages. One man who certainly thinks so is former Survivor contestant [Rupert Boneham](#). Rupert stopped by our studio today to show Tracy a thing or two about the art, as well as promote the Tie-Dye Jubilee on Thursday, July 3rd. For more information, visit www.rupertkids.org.



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