Hometown News from Warren, Liberty Center & Van Buren

Friday, July 21, 2017

Volume 32. Number 24

Warren, Indiana
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Small Town... Big Heart!

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Thought for the Week: Life is far too important a thing ever to talk seriously about. Oscar Wilde



### **DONATION MADE**

The United Methodist Memorial Home Board of Trustees recently voted to make an \$18,000 donation to the Warren Volunteer Fire Department. This gift will be used for the upgrade and purchase of new radios used by the Fire Department and First Responders.

Paul J. Reiff, President of the Board of Trustees, is shown presenting a check to Fire Chief, Lee Poulson and Wendell Brown. Mr. Reiff said we are extremely grateful for the Warren Fire Department and the volunteers who serve and protect the community.

David P. Souder, CEO/Administrator of the United Methodist Memorial Home, parent company of Heritage Pointe of Warren, praised the WVFD for its quick response to the citizens and businesses of the Warren community when in need. He further stated the community is fortunate to have these dedicated and service-oriented volunteers.

Donations to the Warren Volunteer Fire Department for the upgrade and purchase of new radios may be mailed to Lee Poulson at P.O. Box 373, Warren, IN 46792.

Pictured Left to Right: Wendell Brown and Lee Poulson of the Warren Volunteer Fire Department; and Paul J. Reiff, President of the Board of Trustees of the United Methodist Memorial Home.

SEND YOUR FAVORITE OUT-OF-TOWNER, COLLEGE STUDENT OR RELATIVE A SUBSCRIPTION TO THE WARREN WEEKLY. IT MAKES A TREASURED GIFT EVERY YEAR. (SEE PAGE 7 FOR MORE DETAILS)

# FREE BACKPACKS AND SCHOOL SUPPLIES

The First Baptist Church of Warren is inviting local families with school-aged children to join them on Saturday, July 29 for "Backpack Palooza!"

A new ministry that provides backpacks and school supplies to local children free of charge, Backpack Palooza will begin at 10a.m and continue until 1p.m.

When families arrive at the church, located at 727 N. Wayne Street, they will be greeted by volunteers who will help them identify the required school supplies for their own school. Once the school supply list is in hand, children and their parents will have the opportunity to "shop" from the hundreds of school supply items available on-site.

After students have chosen a backpack and filled it with the necessary supplies, they are also invited to enjoy a free lunch of grilled hot dogs, chips and a drink.

At the end of the program, the First Baptist Church will give away a \$25 Wal-Mart gift card to four families whose names will be drawn from all Backpack Palooza participants.

School-age children from all grade levels and all area schools are welcome and encouraged to participate in the first-ever Backpack Palooza!

### **EVENING IN THE GARDENS**

Friday, July 21st come to the Gardens of Matter Park in Marion, Indiana and experience our fourth annual "An Evening in the Gardens".

Immerse yourself in art of every form: from live music to juried artisans to culinary deliciousness. Stroll through the beautiful six acres of gardens filled with over 9,000 annuals and enjoy all the festival has to offer at your own pace.

You can purchase from the artists and culinary vendors and take part in "art to experience". You'll have the opportunity to paint your own Ukrainian egg, throw your own pottery pot, make a painting on canvas, create your own Zentangle butterfly shirt, and create your own fused glass coaster.

These experiences are taught by exceptional artists who want to share their craft with you.

If you're more into the gardening side of art, join us for our Garden Speaker Series with Jack Barnwell of Barnwell Landscape on Mackinac Island and C3 Gardens of SW Florida, and Pat Seibel. Jack is an awardwinning garden designer and author and will present a humorous and engaging presentation. Pat has been "playing with plants" for more than 30 years and brings his . Backpack vast array of knowledge and experience to us.

Gate admission is \$5 for adults, and children under 18 are free. "Art to Experience" tickets are \$25 for all 5 experiences, or \$10 for one. The Garden Speaker tickets are \$30 which includes your \$5 entry.

Julia Glessner, Assistant Director of the Gardens of Matter Park, says "Don't miss this once-a-year event. It's a fund raiser for the Gardens, and all proceeds go toward an endowment held at the Grant County Community Foundation to help keep the Gardens here for future generations to make memories in."

For more info go to friendsofthegardens.us

### DO YOU ENJOY BOWLING?

Do other people at your Church enjoy bowling? The Bowling Center of Bluffton has a Monday Night Church Bowling League. This league is sponsored by Subway and welcomes Church teams, of 4 or more members, from the area.

This is a coed Adult league, for 4 Bowlers each Monday Night starting at 7:45 P.M. A team can have more than 4 members, as long as 4 bowlers are there for each league night. The Subway Church League bowls 3 games each night and the weekly bowling fee is only \$11.00/bowler for four bowlers/team (\$44/team).

**CONTINUED PAGE 3** 



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### 2 WARREN WEEKLY Friday, July 21, 2017

WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda Mailing Address: P O Box 695, Warren, IN 46792 Shipping Address: 7920 S 900 W 90, Warren, IN 46792 **Phone:** (260)375-3531 or 1-877-811-9089 **FAX:** (260)247-2426

e-mail: editor@warrenweeklyindiana.com

WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Hemmick's Hardware, Circle K and Time Out Tavern in Van Buren. Total circulation is 3000.

It is sent anywhere in the Continental United States for three (3) months for \$12.50, six (6) months for \$24 or \$48 for one year. Mail name, address, and payment to WARREN WEEKLY at: PO Box 695, Warren, IN 46792. Or you can request a digital copy (by e-mail) at a cost of \$24 per year.

Deadline for news and/or advertising is 10:00 a.m. Tuesday, for that week's edition. Call if you need something in but won't have it here on time.

Leave news and/or advertising at Town Hall or mail to PO Box 695, Warren or email to editor@warrenweeklyindiana.com.

WARREN WEEKLY will make every effort to see that all advertising copy is correctly printed. The firm assumes no financial responsibility for typographical errors in advertising, but will gladly reprint without charge that part in which an error may occur, provided that it is reported within five days of publication.

The publisher takes no responsibility for statements or claims made in any advertisement.

# Kudos, Kicks & Karats

### ART SHOW THANK YOU

The SSF Art Show Committee would like to thank all of the wonderful artists that made the art show a success. There were 96 artists that shared their talents with the community! The "People's Choice" art show winners were Bruce Winters with his "Barney Fife" pencil drawing, and Grant Yount with his coloring page. Our very popular birdhouse contest winners were Addy Huff (ages 0-12), Delaney Huff (ages 13-18), and East of Chicago (ages 19 and up). Thank you all for Sunday Worship .......9:30a.m. participating and having fun creating your birdhouses.

We would also like to thank the following people and businesses that gave their time, monies, and/or use of vehicles to make the art show happen:

The Napa Store for their gift of money, use of their building, and Danny & Tyler Stroud that helped in so many ways,

Hyline International and Warren Town Hall for making copies,

George & Cheryl DeWeese and their crew for hanging the sign and all of their help,

Kim's Katered Affair & Sonrise Bakery for their cupcakes,

Heritage Pointe, Paige Stewart/ Fox & Scout Design, and Jan Weight for many supplies used during our 'Fun Sunday' event, Solid Rock UMC for the use of their tables,

Roger Irick for always showing up at the right time to haul

Mike Bolinger & Bruce Winters for pulling much needed ladders and supplies from their trucks,

Dana Spahr for the graphic designs of our posters,

and the many people and groups that supported us with financial needs: Sigma Phi Gamma, Chatauqua, Marilyn Morrison, & friends of the art show (you know who you are).

Special thanks to Bruce Winters and Josh Heim for demonstrating their talents, and to our 'Fun Sunday' volunteers (Jen & Jenny Plummer, Vicki Lahr, Sarah Jones, Jan Weight, Kourtney Yoder, Krystal Fornal, Josh Heim, Laura Stafford, Jenifer Meyer, Shirley Ternet, Rita Bolinger, Dianna Huff, Delaney Huff, Paige Stewart, Dana Spahr, Tamara Spahr, and Crystabel.

We thank all of those who participated or contributed in any way! It is because of your effort and involvement that we were able to showcase all of the wonderful talent in our community! We are looking forward to the 2018 SSF Art Show! If you would like to join us, please give one of us a

### The 2017 SSF Art Committee:

Cheryl Alevizon, Josh Heim, Dianna Huff, Jan Weight, Rita Bolinger, Bruce & Marcella Winters, Dana & Tamara Spahr and our families

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### **ASBURY CHAPEL UNITED METHODIST**

8013W 1100S - 90, Montpelier Phillip Freel Jr, Pastor

Worship ...... 9:30 a.m. Sunday School ...... 10:30 a.m. Wed Carry-in & Fellowship .. 6:30 p.m. **BANQUO CHRISTIAN CHURCH** 

8294S 900W 35

Harold Smith, Pastor Sunday School ...... 9:30 a.m. Worship ...... 10:30 a.m. Bible Study ...... 6:00p.m.

**BOEHMER UNITED METHODIST** Rev. Barry Humble, Pastor Denise Heininger, S.S. Supt.

Sunday School ...... 10:45a.m. **CENTRAL CHRISTIAN CHURCH** 

Van Buren, Indiana 765-934-2199 Pastor - Heath Jones Youth Leader - Kelly Jones

Worship ...... 9:30 a.m. Sunday School ...... 10:40 a.m. Adult Bible Study ...... Sun 6:30p.m. Youth Group ...... Sun 6:00p.m. Handicap Accessible

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Sunday Prayer ...... 9:15 a.m. Sunday School ...... 9:30 a.m. Worship Service ...... 10:30 a.m. ...... 6:00 p.m. Sunday Evening Service ...... 6:00 p.m. Daycare provided during Worship

**DILLMAN UNITED BRETHREN** 8888S 1100W-90. Warren 375-2779 Matt Kennedy, Pastor Worship Service ...... 9:00a.m.

Sunday School ...... 10:00a.m. HANFIELD UNITED METHODIST 101 N 400 F - Marion 765/664-8726 Timothy Helm, Senior Pastor 1st Worship...... 8:30 a.m.

Sunday School ...... 9:45 a.m. 2nd Worship...... 11:00 a.m. THE NEW BEGINNING SR 218, 2 1/8 mile west of Poneto Steve Sutton, Pastor

765/728-2065 for more info Sunday Worship...... 10:30a.m. Thursday Prayer Meeting ..... 7:00 p.m. **HERITAGE POINTE** 

Chaplains Gerald Moreland, Ginny Sunday Morning Worship ..... 9:30 a.m. OTHER SERVICES BY ANNOUNCEMENT

Monday thru Friday Chapel Services ...... 9:00 a.m.

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### HILLCREST **CHURCH OF THE NAZARENE**

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www.hillcrestnazchurch.org Sunday School ...... 9:30 a.m. Worship ...... 10:30 a.m. Evening Worship...... 6:00 p.m. Youth Group (Wed.)..... 6:00 p.m. Wed. Midweek Service...... 6:30 p.m.

SOLID ROCK UNITED METHODIST 485 Bennett Dr, Warren, IN

375-3873

Paul Burris, Pastor Sunday School ...... 9:00 a.m. Worship Service ...... 10:00 a.m. LANCASTER WESLEYAN

3147 W 543 S, Huntington

468-2411 Doug Sharrard, Pastor Pam Thompson, S.S. Supt.

Sunday School ...... 9:30 a.m. Worship ...... 10:30 a.m. Wednesday:

CYC/Teen/Adult Meetings .... 7:00 p.m. LIBERTY CENTER BAPTIST CHURCH

694-6622 Aaron Westfall, Pastor

Sunday School ...... 9:15 a.m. Fellowship ...... 10:00a.m. Worship ...... 10:15a.m. Tues. Bible Study ...... 7:00 p.m. Wed. Choir ...... 6:30p.m. Monthly Meetings 1st Mon Ministry Team ...... 7:00 p.m.

3<sup>rd</sup> Sat Mens Prayer Breakfast 8:00 am 4<sup>th</sup> Mon ABW ...... 1:30 pm LIBERTY CENTER

## UNITED METHODIST CHURCH

Rev. Josh Johnson Morning Worship ......9:30 a.m. Sunday School ...... 10:45 a.m. McNATT UNITED METHODIST

375-4359 Bill VanHaften, Pastor Lois Slusher, Supt.

Coffee Fellowship...... 8:30 a.m. Worship ...... 9:15 a.m. Sunday School ...... 10:30 a.m. Bible Study - Wed. ..... 7:00 p.m.

### MT. ETNA UNITED METHODIST 260/468-2148 Sr 9 & 124

Rev. Michael Gallant - "Pastor Mike" Multi-Generational Worship 9:30 a.m. Fellowship ...... 10:30 a.m. Sunday School .......... 10:45-11:30a.m. Sunday Youth ...... 6-7:30 p.m. Come as you are for all services

PLUM TREE

### **UNITED CHURCH OF CHRIST** 375-2691

Jill Miller, Pastor

Sunday School ......9:30 a.m. Worship .. .....10:30 a.m. SALAMONIE

## **CHURCH OF BRETHREN**

468-2412 Mel Zumbrun, Pastor

Worship ......9:30 a.m. Church School ...... 10:45a.m.

### UNITED CHURCH OF CHRIST

375-2102

Pastor Scott Nedberg Youth Pastor - Pastor Heather Parsons Sunday Worship...... 9:30 a.m. Contemporary Service - Wed 6:30 p.m. Junior Church ...... 10:00 a.m. Sunday School ...... 10:30 a.m. Youth Meetings-Wed ...... 6:30 p.m. Communion 1st Sunday of the Month

### **VB CHURCH OF THE NAZARENE**

765/934-3321 Parsonage Jeff Slater, Pastor Jim Knight, Superintendent Sunday School ...... 9:30 a.m. Adult Worship ...... 10:30 a.m. Children's Church ...... 10:30a.m. Evening Praise Hour..... 6:00p.m.

### Hour of Power (Wed) ...... 7:00p.m. **VB UNITED METHODIST CHURCH** 765-934-1431

Pastor Cindy Osgood

Worship Service ...... 9:30 am Sunday School ......10:30am Not Home Alone - Wed ...... 3:00 pm Prayer-Bible Study (Thur) ..... 7:00 pm UMW 2nd Wed ...... 7:00 pm Little Ones Book Club 1st Tue 10:00 am Just Older Youth 3rd Tue ..... 12:00 pm

### www.vanburenumc.org WARREN CHURCH OF CHRIST

375-3022

 $Ethan\,T\,Stivers,\,Minister$ Ben Renkenberger, Youth Minister Tara Bower and Melinda Haynes -Secretaries

www.warrenchurchofchrist.org Fellowship ......9:15 a.m. Worship & Communion ......9:30 a.m. Sunday School ......11 to 11:40 a.m. Youth: K-5th grade, Mon ..... 6-7pm Jr/Sr Hi, Sunday ...... 6-8pm

### **WARREN 1st BAPTIST CHURCH** Corner of N. Wayne & Matilda Sts.

Pator Rusty Strickler **Youth Directors** 

Peter & Mindy Fairchild Sunday School ......9:00 a.m.

Sunday Worship ......10:00 a.m. Youth Group: Grades 3-5 ...... 4-5:30p Grades 6-12 .... 5:30 - 7p WARREN WESLEYAN CHURCH

### 375-2330 6th & Nancy Sts. Warren Rev. Allen Laws, Pastor

Wesley Welch, Supt. Sunday School ......9:30 a.m.

Worship ...... 10:15 a.m Wed Bible Study ...... 6:00 p.m. **FARRVILLE COMMUNITY CHURCH** 

11044 E 200 N. Marion, IN 765-934-3609

Sunday Worship...... 10:30 am Sunday School Classes ......9:30 am Youth Group ......6:00 pm Sunday Adult Bible Study...... 6:00 pm Thurs. Bible Study ......7:00 pm

# AREA NEWS

### **MORE PAGE 1**

Recognition of achievements and prizes are announced weekly and at the end of the season. The Bluffton Bowling Center concession counter serves a variety of great food and snacks.

The League begins Monday, August 21, 2017.

For more information, you can contact Stan Kunkel at the Bowling Center, 1231 South Scott Street, Bluffton (260) 824-9966 or Terry Daniels at the Warren Pharmacy (260) 375-2135.

### **FOOD DRIVE**

Huntington County Farm Bureau asks everyone to bring 5 canned foods or nonperishable items to the Farm Bureau table located in the back of the show arena at the Huntington County 4-H Fair Livestock Auction on Thursday, July 27 and receive 1 FREE Indiana State Fair ticket!

Indiana's State Association of Food Banks reports 1 in 7 Hoosiers is hungry. "Let's work together to end hunger." All donations will stay in the county.

### **PARADE WINNERS**

The winners the of Salamonie Summer Festival Parade 2017, are Color Guard Boy Scout Troop; Business Organization - Heritage Pointe of Warren; Religious Organization - Solid Rock United Methodist Church; Service Organization - The Family; Youth Organization - Small World Pre School; Antique Unit -John & Christine Wearly; Classical Vehicle -Wayne Corvette Club.

Thank you to all who participated and made the 50th Golden Celebration parade a success.

### **C**ORRECTION

The friendship quilt owned by Joyce Buzzard that was in the festival quilt show as 2nd place winner was made by Marilyn Morrison. It was listed as made by Joyce.

### SPORTSMAN'S CLUB NEWS

The Warren Sportsman's Club would like to thank the community for again supporting the Sportsman's Club during the SSF. Our Pancake & Sausage Breakfast was very successful. We served more people than we have ever served. An amazing 260 people came

out for our breakfast. We appreciate your support.

The Kid's Fishing Derby was also very successful with 39 kids participating this year. We would like to announce our winners of the Fishing Derby. There were 3 age categories.

First category was age 1-8. Winners were: 1st place ~ Noah Bollinger; 2nd place ~ Maylie Furnish; 3rd place ~ Elsa Fortney.

Second Category was age 9-11. Winners were: 1st place ~ Mason Meskel; 2nd place ~ Rosa Hernandez; 3rd place ~ Emma Hernandez.

Third Category was age 12-15. Winners were: 1st place ~ Schuyler Cassidy; 2nd place ~ Mason Price; 3rd place ~ Rileigh Cassidy.

There were two catfish winners. They were Clare Fortney and Deaden Justice.

Congratulations to all the Derby Winners.

We would also like to announce our Raffle Winners. Jonenita Keller won the cake basket. Jay Roser won the Parker Cross Bow and Aubree Linker won the Wolf Muzzleloader. Thanks to everyone who purchased a ticket.

With the weather turning rainy during the Kid's Fishing Games only a few kid's participated. The winner of the boys fishing pole was Cooper Lows and the winner of the girl's fishing pole was Emree Mounsey.

Again we would like to thank everyone who supported the Warren Sportsman's Club during this year's SSF.

### **SENIOR LUNCH**

The monthly Salamonie Senior Luncheon will be on Monday, Aug. 7, at the Salamonie Lake Interpretive Center.

Featured speaker and Andrews native, Janice Harshbarger, author of "Only in Andrews," will highlight interesting history and anecdotes about the town that are included in her book. Janice is beginning to write a second book on Andrews history.

The program begins with a carry-in meal at noon at the Salamonie Interpretive Center.

A main dish of baked spaghetti will be provided. Guests are asked to bring a side dish to share, a beverage and their own table service. A \$1 donation is accepted.

Reserve a seat by calling (260) 468-2127.

Entrance fees \$7 per instate vehicle and \$9 per outof-state vehicle apply.

The Salamonie Interpretive Center (stateparks.IN.gov/2952. htm) is located at Salamonie Lake, 3691 S New Holland Rd., Andrews, IN 46702.

### SENIOR GOLF

Thursday July 13th Senior Golf League Results:

1st Place: Lyn Bonewitz, Jim Sparks, Bob Miller, Dave Stamper posted a -5 score of 31.

2nd Place: Ez Harris, Dave Wallace, Don Bauer posted a -5 score of 31. (Backed up from #9 hole for tie breaker.) Closest to #3 pin winner: Ez

Closest to #6 pin winner : Howard DeHaven

Longest Drive on #7 (over 70) winner: Ez Harris

Longest Drive on #8 (under 70) winner: Jim Sparks

Thanks to "East of Chicago Pizza" for sponsoring this week's golf ball prizes. There were 42 participants this week with one "Smiley" available, which went unclaimed. Randy Potter was drawn for the "Dogwood Glen" golf shirt give away. Sign up begins @ 8:30 with tee-off @ 9:00.

Everyone is Welcome.

# TIPS FOR ENCOURAGING GOOD BEHAVIOR IN YOUR CHILDREN

from the American Counseling Association
As parents we all would like to have perfect, well-behaved offspring of whom we can always be proud. Yes, well, it's nice to dream. Kids are kids, and while we love them, and while they may often try to please us, they are also going to continue to be kids and do things that encourage those gray hairs we're now noticing in the mirror.

**CONTINUED PAGE 4** 



Dr. Andrea Stout Au.D.,CCC-A

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# Community Calendar

Items listed here are open to the public. If there is an admission charge or items are for sale or a donation is necessary, there is a one-time \$5 fee to be listed. Events can be listed for as long as 6 months. (If an event is canceled, please notify WW.) Only event, place, time, and sponsor, for events in Warren, and the surrounding area will be listed.

July 17 6:30p KBC Board Meeting at KBC July 19 7:00p V - Town Council Meeting W - Chamber Luncheon at Assembly Hall Aug 2 Noon Aug 2 7:00p V - Town Council Meeting Veteran's Banquet @ Banquo Christian Church Aug 7 5:00p Aug 14 5:00p W - Town Council Meeting at Assembly Hall Aug 16 7:00p V - Town Council Meeting Aug 21 6:30p KBC Board Meeting at KBC 5:00p Veteran's Banquet @ Banquo Christian Church Sep 4

Bread of Life Food Pantry - Wed 2 - 4:00pm & 6 - 8:00p.m. at KBC Bargain Basement - Friday & Saturday 9 - 4 at KBC; Cancer Support Group - 3rd Tuesday 6:30-8p.m. at Bluffton Regional South Campus These Events Can Also Be Found at www.warrenweeklyindiana.com



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# AREA NEWS CONTINUED

### **MORE PAGE 3**

For most parents, when our children are not living up to our expectations, the natural reaction is to punish or lecture in order to "teach" the child that what he or she did was wrong. While that usually end undesired behavior ("Put chainsaw, down the Jimmy!"), it's often a shortlived change, happening mostly to stop the lecture, yelling or punishment.

What researchers have found is that in order to alter long-term behavior, rewards are generally more effective than punishment or other negative consequences. Knowing how to use rewards to promote the right types of behavior should be an important part of parenting skills.

Note that rewarding good behavior is not the same as "bribing" your children. Your goal is to help your children that good learn consequences come from good behavior.

Sometimes a reward might be something tangible - a toy, a favorite food, a new book - that says thank you for the good behavior and encourages more of it for the future.

But rewards can also be intangible - time spent with Mom or Dad, extra play time, getting to watch a favorite TV show or spend time on the computer. Often kids find more value in such rewards

**Check out the Community** 

**Bulletin Board found on** 

Channel 8. Information

updated monthly!

375-2115

than in that new toy. Studies find that simple praise for something done well is one of the most powerful and long-lasting rewards children of all ages.

You also have to think about how you reward positive behavior. Rewards should be given occasionally and when they aren't expected, otherwise they do become bribes. They should also be given immediately after the desired behavior, not hours or days later. And it's important to reward effort, not just final performance. Trying to do the right thing counts.

Tangible rewards will lose their value over time, but when children know they'll your praise approval for good behavior, it can be a real motivator. Just letting your children know that you appreciate when they're working to do the right thing is often reward enough.

Counseling Corner" is provided by the American Counseling Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

# **AUTHOR OF WEIGHT-LOSS**

When you read this, you could wonder why the author of a weight-loss book could gain weight when in the field. And you might it's so important to stay away wonder if she'd have the guts to admit to her readers that she had gained weight, for fear no one who wanted to lose weight would ever want to read her book on the subject. Well, if you don't know me, you don't know I have to always tell the truth even when it's not pretty. I've gained 15 pounds in three months (that's five pounds a month!).

With that said, I hope you read my confession, given in the spirit of honesty in the hope that if you've fallen off any wagon of resolve, know you can always get back on with a clearer understanding of yourself.

The 15-pound gain in three months was caused by three things: 1. I consumed too many carbs. 2. Compared myself to others who weigh more than I do (and dismissed scrutinizing those who weigh less than I do. (I've since learned that is textbook addict mentality).

- 3. Indulged in plain ol' Association. entitlement issues (which I assign blame to Nelly, my inner child).
  - 1. Too many carbs: I unconsciously turned date night into carb night, failing to recognize that I was gradually becoming more excited to be going out to be with Mr. French Fry and Mr. & Mrs. Bread & Butter than spending quality time with my husband. When you follow a low-carb lifestyle,

arren

from carbs, because they are addicting and they not only cause fat to stay with you, they cause thoughts of how good they are to stay in your

2. Comparing my body to other bigger bodies: In "The Mouth Trap: the butt stops here!" the book I wrote about losing weight on a low-carb diet, there's a chapter entitled, "How to Shoot Yourself in the Foot," and it deals with this problem. Here's an excerpt that has helped me get back on my wagon.

my weight, one of the biggest forces keeping me struggling was my penchant for judging others and comparing myself to them. For five years I sang in a Sweet Adeline Chorus made up of 130 women whose average age was 55 and average weight I'd guess was 175 pounds. I've never in my life seen such a massive collection of overweight, middle-aged women. When I compared my body to the average singer in that group I felt-little.

But I was shooting myself in the foot. That tendency to compare cost me five years of dragging seven sacks of flour. [In the book I have my readers convert in their minds, their weight into five-pound bags of flour so seven sacks of flour equals the 35 pounds I wanted to lose and did.] I look back and wonder how I could have considered myself little. Had I been minding my own business I would not have judged any of those women. They have nothing to do with me and my weight problem. But I allowed comparing myself to them make me feel better about myself. Is

nineyear-old mentality lurking around here?

3. Entitlement Issues: Thoughts like, 'It's my daughter's birthday; I should be able to have cake and ice 'It's my son's cream.' birthday; I should be able to have cake and ice cream." 'It's my birthday, what's wrong with celebrating once a year.' 'It's Terry's birthday, even though he's gluten and dairy intolerant, I should be able to have some cake and ice cream like everybody else is.' 'It's St. Patrick's Day, I should be able to have When I was in denial about carbs, I'm Irish.' 'I was so sick with the flu; I deserve to celebrate my wellness with a visit to Burger King for a well-deserved Whopper.' 'It's Cinco de Mayo, I can have beer and chips, I love Mexico.'

> When our celebrations lead to weight gain, it's time to wake up and reset our entitlement meters.

If you gain weight easily, it most likely means you like sweets and all the white stuff; rice, pasta, bread and potatoes. It really is okay to have those foods once-inawhile, but if you're too liberal with that notion you're in for weight gain. That's what happened to me.

In the course of three months I had about 100 once-in-awhile eating sessions which set the tone for allowing more carbs into the house. It wasn't that hard to get back on my wagon and now that I am, the carb craving has stopped and Nelly is settling down to minding my rules. No more white stuff, not even on date night and I'm happy to report I lost 2 pounds last week! I'm on my way and it feels great to be back on the wagon!

**CONTINUED PAGE 6** 

# **BOOK GAINS 15 POUNDS**

supposedly she's an expert

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## GENEALOGY REPORT

### **MORRISON**

Bradley Evan Morrison, 48, of Bradenton, FL, and formerly of Huntington, IN, passed away on Monday, July 10,



Bradenton, FL.

1968, to Richard and Diane parents survive and live in Huntington, IN. He married Chincharauli December 31, 2008 and she graduate survives in Bradenton, FL.

Huntington North leader at the Ball State taught in Christian Campus House. He elementary Insurance Huntington, IN; K & K from 1971 to 1992. Insurance, Fort Wayne, IN Services, Tampa, FL. He was Indianapolis Masonic Lodge.

and wife, Nina, he is survived Chincharauli, and Nika Ukhurgunashvili; and one Indiana State Chapter of (Martin) Hernandez, Indianapolis, IN. Monday, July 17, 2017 from member of the Wabash 2:00 p.m. to 8:00 p.m. at Presbyterian Church, where Home, 715 N. Jefferson St., most recently Huntington, IN. Additional Wabash Friends Church. to the funeral service at the Ingerham.

held on Tuesday, July 18, Aug. 11, 2014. officiating.

Cemetery, Warren, IN.

House in care of McElhaney- (Mandy Bode) Crosley, of Hart Funeral Home, 715 N. Fort Wayne; and a great-Jefferson Street, Huntington, grandson. IN 46750.

### **JENSEN**

2017, at 6:52 p.m. at Blake Janet I. "Jan" Jensen, 88, of Memorial Medical Center, Wabash, IN, died Wednesday, July 12, 2017, at 10:01 a.m. at Brad was born on October 16, Heritage Pointe of Warren.

Mrs. Jensen graduated in (Daugherty) Morrison. His 1946 from Athens (OH) High School and in 1950 from Ohio University, where she was a member of Phi Beta Kappa, a assistant and appeared in campus musicals. Brad was a 1987 graduate of While living in Richmond, she MCFADDEN High was soprano soloist in the Ball State University in 1991, She taught first grade in where he served as a student Mansfield, OH, and later Wabash the schools. She worked in insurance at served as director of the Services, Presbyterian Nursery School

and most recently as a sales Wabash Musicale and was a underwriter at Health Plan member of Round Table, an active member of the Society, Fort Wayne Alumnae Northview Church of Christ Chapter of Sigma Alpha Iota prior to moving to Florida in music honorary, Ohio Alpha 2000. Brad was also a Alumnae group of Pi Beta Phi member of the Mt. Etna and the Woman's Clubhouse Association. She was a Along with Brad's parents member and past president Homemakers Club. of Chapter BY of the P.E.O. several committees for the P.E.O. She served on the boards of Community Service

calling will be held on She was born Feb. 2, 1929, in Tuesday, July 18, 2017 from Springfield, OH, to DeForest Park, Kevin (Linda) Park, 10:00 a.m. to 11:00 a.m. prior W. and Katherine D. Deitz Michael (Jia) Stockman and She Warren Church of Christ, 302 Robert E. Jensen on June 10, grandchildren; N. Wayne Street, Warren, IN. 1956, in Mansfield, OH, and great-grandson. A Funeral Service will be he preceded her in death on The family will hold a

2017 at 11:00 a.m. at the Survivors include a son, Star of Hope Cemetery. Warren Church of Christ, 302 William "Bill" (Jackie) Jensen, Memorial gifts may be made N. Wayne Street, Warren, IN, of Columbus; a daughter, to the charity of the donors with Rev. Ethan Stivers Karen (Alan) Riggers, of choice in care of Myers Huntington; Burial will be at Woodlawn grandchildren, Nicole (Josh) St., Huntington, IN 46750. May, of Bowling Green, KY; In lieu of flowers memorials Zane (Kate) Jensen and can be made to Huntington Connor Jensen, both of

County Cancer Society or Ball Columbus; Matt Crosley, of Campus Norman, OK; and Jake

> Calling is Friday, July 14, 2017, from 4 p.m. to 7 p.m. at Grandstaff-Hentgen Funeral Service, 1241 Manchester Ave., Wabash. A service will be held at the funeral home on Saturday, July 15, 2017, at 2 p.m., with David Phillips officiating. Burial will be at Falls Cemetery, Wabash.

Memorial gifts may be made to the Animal Shelter of Wabash County.

Doris L. McFadden, 101, of School. He graduated from First Presbyterian Church. Warren, IN, died Thursday, July 13, 2017, at 6:50 a.m. at Heritage Pointe of Warren.

> Mrs. McFadden was a 1934 graduate of West Rock Creek High School and lived most of her life on a farm in Rock Creek Township. She was a She was co-founder of the member of the Plum Tree United Church of Christ.

> > She had served as president Symphony of both the Huntington County Extension Homemakers and the Indiana Extension Homemakers Association. She charter member of the Happy Harmony Extension

She was born June 1, 1916, by two step-sons, Jaba Sisterhood and served on in Rock Creek Township to Jesse and Lillian Farrar Sparks. She married Meredith H. "Hank" McFadden on Sept. 3, 1936, in Ansonia, OH. He Calling hours will be held on and ARC. She was a long-time preceded her in death on July 18, 1997.

Survivors include two McElhaney- Hart Funeral she sang in the choir, and daughters, Verla Jane Park, attended of Warren, and Michelle Stockman, of Markle; four grandchildren, Steven (Kim) married Brian Stockman; four great-

private graveside service at

five Funeral Home, 2901 Guilford

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# AREA NEWS CONTINUED

### **MORE PAGE 4**

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## BEAT THE HEAT: TIPS TO STAY HEALTHY AND HYDRATED

(BPT) - Americans love summertime and with good reason. It is the best time for outdoor fun and travel with family. Many people enjoy outdoor activities such as bicycling, kayaking and hiking, and kids are more active with sports.

One thing to keep in mind when out and about in the summer heat is to stay properly hydrated.

Unfortunately, many of us are not drinking enough water. In fact, 36 percent of adult Americans drink only three or fewer cups of water per day, according to the Centers for Disease Control and Prevention. Here are some tips for healthy hydration.

Replace your electrolytes Engaging in physical activity when it is hot outside means you lose water which has to be replaced. You are also losing electrolytes (sodium, calcium, magnesium and bicarbonate)

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which need to be replaced. seriously ill. It is true that For more from Pam Young, Very high temperatures especially for a prolonged period - can be dangerous, extreme athletes, but older especially for seniors.

Ideally, anyone engaging in preparing delicious meals, outdoor activity in the heat or even an indoor exercise program should drink 8 to 12 ounces of fluid every 15 to 20 minutes during a session. If exercising exceeds an hour. a beverage that contains electrolytes is preferable to plain water. That is why most sports drinks contain salt. Of course anyone can easily make their own sports drink by adding a quarter to a half teaspoon of salt per liter or 32 ounces of water.

> Replacing lost electrolytes is important because they to regulate cardiovascular and neurological functions, fluid balance and oxygen delivery. Avoid hyponatremia

Replacing water without sufficient salt can produce hyponatremia, a potentially deadly condition caused by too little sodium in the bloodstream. Symptoms can range from mild to severe and can include nausea, muscle cramps, confusion, disorientation, seizures, coma and even

There have been several documented cases of illness even deaths from hyponatremia over the past several years. According to the British Medical Journal, 16 runners have died as a result of too little sodium and over-hydration, while another 1,600 have become

water intoxication is more commonly seen among individuals may also be at risk for several reasons.

Exercise and aging

It is important to be active but be careful not to push yourself especially in high heat. As we age, our kidneys become less efficient at conserving the salt we need when the body is stressed, such as from dehydration temperatures. and high When combined with common medications such as diuretics, which commonly prescribed to hypertension, the treat result could be a greater risk for hyponatremia.

When you exercise, your body's metabolism works at a much higher rate, breaking down and regenerating tissues and creating waste metabolites that need to be flushed out of your system. However, regardless of your level of activity, you still need to maintain good hydration. So remember to always drink plenty of water to beat the heat, but you may also want to up your intake of electrolytes.

### 4 EASY WAYS TO MAKE YOUR YARD AN OUTDOOR **OASIS THIS SUMMER**

(BPT) - Summer is the season when your backyard takes center stage. As warm weather arrives, it's time to head outdoors and create a beautiful and lush outdoor space that you can enjoy all season long.

"It's no secret that backyards are the best place to spend time with family and friends in the summer months," says Chris Lambton, yard and garden expert for Fiskars. "Using the right tools to take care of your grass, trees, plants and shrubs will freshen the look of your outdoor space and create a yard that feels like an oasis for you and your guests."

Lambton offers his tips and tools to help your yard flourish this season:

Maintain proper lawn height

The optimal grass height for a healthy lawn changes with the time of year. Cut grass shorter in the spring and fall and keep it longer in summer so it won't dry out. Use a reel mower that allows you to easily adjust the cut height for the season. In addition to making your lawn look its best, pushing a reel provides mower opportunity for exercise and fresh air.

Encourage new plant growth

Pruning and deadheading are necessary for plant health as they encourage new growth. Pruning is great for keeping tall plants within bounds, stimulating branch growth and blooms and tightening up plants that get lanky throughout the season, including perennials and shrubs. Hand shears, like the Fiskars PowerGear2 Pruner, cut through stems and light branches and are perfect for quick and easy maintenance projects around the yard. Deadheading can be done year-round when a flowering plant fades using a tool like a pruning snip.

Know when to water

If you walk across the grass and the blades don't spring

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back, then you know it's time Choose water. adjustable sprinkler, like the Gilmour Pattern Master Circular Sprinkler, that allows you to customize the spray pattern and tailor to irregularly shaped lawns to prevent over-watering.

When watering potted plants, the goal is to create soil that's damp but not soggy. Depending on the size of the pot, water your plants one to two times a day using a thumb control watering nozzle, which easily adjusts water flow with one touch. Be sure to pair your nozzle with a hose that stands up to the season's heat and sun, like the durable Flexogen Super Duty Hose.

Incorporate decorative DIY

Creating a comfortable and outdoor inviting makes seasonal entertaining easy and fun. One way to update your furnishings without buying a new patio set is to upcycle materials from your home.

Containers are an easy, lowcommitment way to add design elements and even a splash of color to your backyard. They're also highly versatile, allowing you to rearrange your yard on a whim or change out plants to match the season or mood. Repurpose glass jars, aluminum cans and ceramic pots to make beautiful container gardens on your patio.

Another easy DIY is to turn old wooden crates into extra seating by painting them in bright colors, securing them atop one another and adding a decorative cushion - the possibilities are endless!

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