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Warren Weekly

Your Hometown Newspaper

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Thought for the Week: Total absence of humor renders life impossible. Colette

Pancake and Sausage Breakfast
The Plum Tree United Church of Christ and local volunteers are sponsoring their 4th Annual Pancake and Sausage Breakfast on Saturday, Aug. 30th at the Knight-Bergman Civic Center in Warren, IN. Breakfast will be served from 7:30 - 10:30 a.m.

Tickets include all the pancakes you can eat and a generous portion of fresh whole-hog sausage for only \$6 with children five and under free.

Proceeds from the event will go to The Warren Food Pantry housed in the Civic Center. Tickets are available from any church member and at the door.

Please come, bring the family and help the church celebrate their 148th year of service and support to Plum Tree and surrounding community.

WVFD Golf Outing

September 20 at Dogwood Glen at 8am

The Warren Volunteer Fire Department is inviting you to participate in their annual golf outing on September 20, 8 am, at Dogwood Glen in Warren, Indiana. \$50 per person, \$200 for a foursome. \$10 string will be sold at the event. Lunch is served after the outing.

To register your team, please contact Lee Poulson 228-0293 or Bolinger's Propane /Warren Service & Supply at 375-3010. Please come and join the fun while supporting your Warren Firefighters!

Farmers Market

Come out to get your locally grown vegetables! There will be cabbage, egg plant, tomatoes, squash, corn, melons and much more. We can also supply you with baked goods for when

you need something sweet. Remember the early bird gets the worm so if you need something specific better to come early before they sell out. We are always looking for more vendors call Kristi Mounsey 2604146331.

Market Meal: Breaded tenderloin (Van Buren Lions Club), Fried cabbage and Noodles (Cabbage from Shakes, Noodles from Stutzmans), Sweet Corn (Daughterys Produce), Sliced Tomatoes (Charles Grizzle), and Chocolate chip Cookies (Crumbs bakery).

Meeting Changed

Due to September 1 being Labor Day, the September 2014 Warren Public Library Board meeting will take place on September 8. The meeting will start promptly at 7:00 PM and will include the public hearing for the 2015 budget.

Adult Education

Huntington County Adult Education has moved classrooms in Huntington and Warren, Indiana. The Huntington classroom is located at 605 Polk Street, the former St. Peter Lutheran Church School and the Warren classroom is at the Solid Rock UMC at 485 Bennett in Warren. Classrooms were moved due to space concerns with the prior locations, and to make the classroom more accessible for Huntington students at a more central location. Classroom hours are Monday, Tuesday and Wednesday from 10 a.m. to 2 p.m. in Huntington (605 Polk Street, and 2:30-5:30 p.m. at the Solid Rock UMC in Warren. Evening classes are held from 5:30-8:30 p.m. Monday, Tuesday, Wednesday and Thursday at 605 Polk Street.

Deb Brauneller, Huntington

County Adult Ed. Facilitator with IMPACT Institute states, "We really appreciate the support of Huntington County communities for adult education from the Chamber of Commerce in Warren, Heritage Pointe Methodist Home, Huntington County Literacy Coalition, the Warren Food Pantry, referrals from other various resource providers in the county, the Huntington County Community School Corporation, and most recently, the congregations of Solid Rock United Methodist Church and St. Peter Lutheran Church. Without the support of these donated spaces and volunteers, costs would be prohibitive in providing student support for completing a high school education."

Open houses will be held on August 27 at all classrooms. The day classroom open house is from 12 (noon) to 1:00 p.m. at 605 Polk Street (the former St. Peter Lutheran church school), 3-4 p.m. at the Solid Rock United Methodist Church in Warren and 5:30-6:30 for the evening class in Huntington again at 605 Polk Street. The public is invited to attend. Student registration or program information can be obtained by calling 1-888-349-0250 ext. 251 or by emailing Deb Brauneller at dbrauneller@fcavc.org.

Bargain Basement

Free Seasonal apparel!

All other items 1/2 price.

We are now following how other Thrift shops do their sales. If you shop at the Bargain Basement you know already that our prices are as low (or lower) as any shop around.

We will be closed Labor Day weekend to get the B.B. switched over for fall and win-

ter.

Thank you for your support!

Annual Meeting

The Grant County 4-H Council will hold its Annual Meeting on Monday, August 25, 2014 at 7:00 p.m. in the Community Building, Grant County Fairgrounds.

Council Notes

On Wednesday evening, August 6, the Van Buren Town Council met at Town Hall. President Marvin Surber opened the meeting at 7 p.m. with the Pledge to the American Flag.

There were a few citizens in attendance. The concerns were about properties that need to be cleaned up and dogs running loose. A discussion was held about both issues. It is a state law that dogs are to be tied up or in a restrained area on the properties.

A gentleman was at the meeting to discuss electronic reading meters. Council plans to change to electronic meters. Money has been set aside for the electronic meters.

After the first of the year water rates are expected to increase in Van Buren. There will be public meetings on the subject soon, and citizens are urged to attend. This is the first time in eight years the rates have increased.

Donnie Plummer reported that work is being done at the wastewater plant, due to water problems there.

Officer Pat Collins submitted quotes for the purchase of new radar guns. Council agreed to the purchase.

The next Council meeting will be August 20.

Pool Tournament

There were 20 residents in the August 8th pool tournament at Heritage Pointe. The winners were Herb Grover and Norm Hiser. Second place went Mel Dooley and Floyd Minnich. The in-house play is held every Friday at 1:30 in the Fults recreation room.

Boy Scout Update

The Boy Scouts have been doing a lot this summer. Tuesday evenings have been used for working in the Community Garden. Louanne Kaye has been very helpful in helping us work our way through the Gardening merit badge. We have also visited with Karen Hinshaw at the Purdue Extension office to learn what they do. Elite Ag was kind enough to recently take us on a tour and explain to us how technology is used in the farm setting.

We have still been working on our Personal Fitness merit badges and only have a couple of weeks until some of the boys are completely finished with that. No more running around Heritage Pointe as fast as they can!!

Several boys attended camp this summer. They got to experience many different areas such as Environmental Science, Kayaking, Archaeology, Forestry, Shooting sports (rifle, shotgun, archery, tomahawk, etc), Rock-etry and some of the boys took an evening Welding class. They won the Blue Heron award for participating in activities and community service while at camp. They also won the Commissioner's Award for having a neat and organized camp. Who would have thought teenage boys could do that? Way to go boys!!

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WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda
Mailing Address: P O Box 695, Warren, IN 46792
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Phone: (260)375-3531 or 1-877-811-9089 **FAX:** (260)-247-2426
e-mail: wwky@citiznet.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 the Warren Market, Huggy Bear Ice Cream, Dollar General and next to the Post Office in downtown Warren. The Warren Weekly is also available in a few businesses in Van Buren. Total circulation is 3000.

It is sent anywhere in the Continental United States for three (3) months for \$12, six (6) months for \$24 or \$48 for one year. Email subscriptions are \$24 per year. Mail name, address, and payment to WARREN WEEKLY at: PO Box 695, Warren, IN 46792.

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 in Warren, mail to PO Box 695, Warren, fax to 260.247.2426 or email to wwky@citiznet.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

THANKS!

Wow another year has passed and what a birthday I had. I thanks to all who remembered me with cards and notes and special remembrances, and attended my party. I will cherish that day forever. A special thanks to Tara Bowman who did a wonderful thing to take care of keeping the food available. You did a very professional job and giving my girls time to spend with family and friends.

A real surprise was my nephew from Las Vegas flew in for my special day, and that brought tears as I had not seen him for several years. Thanks to him for working with an air lines to have travel priorities. Also my good friend from Ohio came. It was just a wonderful day to be with family and friends.

Give me time to rest up and I will be back at the Uptown Gardener. Thanks again and much love to each and every one of you especially to my girls and John for making it so memorable.

Ruth
Uptown Gardner

LETTER TO THE EDITOR

I am writing to ask for your assistance on a difficult issue. I don't know how to get correct information into the hands of the community, churches and universities in the area. I have done several articles in the paper, been on the radio, we have used social media....etc. Is there an avenue in which I can clearly communicate that Lakeview Christian School is alive and well?

- We are Freeway Accredited and ACSI Accredited
- We have almost 200 students in our K-12 school
- We have almost 200 students in our Pre-K/Childcare Program (6 Weeks old – 5 years old)
- We have a graduating senior class this year.
- On Campus we have grades K-10 with students from 8 different counties. We hope to add back grades 11 and 12 on campus in the next 2 years.
- We offer a comprehensive Worldview Curriculum K-12 that includes (K-6 Building on the Rock, Lightbearers, Understanding the Times all from Summit Ministries)
- We have students taking dual credit classes at IWU this year on IWU's campus.
- We offer LDR 150 from IWU as a required class for graduation.
- We offer over 140 Dual credit Courses through Sevenstar, IWU, Taylor University, Ivy Tech....etc.
- We have been significantly in the BLACK financially for over 3 years.
- We offer Special Education Services. Most Christian Schools K-12 schools avoid this because it hurts their scores and grade from the state.
- We offer Title I teachers for Reading and Math. Most K-12 Christian Schools avoid this too because it hurts their scores and grade from the state.
- We offer Sign Language as a Foreign Language.
- We offer Archery as a Club and P.E. Credit.

CONTINUED PAGE 8

<p>Zoller Construction</p>  <p>Owner: Larry Highley 375-3477 or 260/359-2331 Pole Barns, New Homes, Remodeling, Garages, Siding, Windows & Roofing</p>	<p>D & D BIKE</p> <p>Over 200 in Stock Phone 375-3828 or 1-800-356-4440 Downtown Warren</p>	<p>HEYDE OIL INC.</p> <p>d/b/a Huggy Bear Ice Cream Stop and Huggy Bear Motel</p>
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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
 Brad Kelly, Pastor

Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Wed. Bible Study 6:30 p.m.
 Thurs. Kings Kids 6:30 p.m.
 BYG Youth Svc. (2&4Sun.) 6:00 p.m.
 CWF Ladies (3 Tue) 6:00 p.m.

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

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

CENTRAL CHRISTIAN CHURCH
 Van Buren, Indiana 765-934-2199
 Pastor - Heath Jones
 Youth Leaders - 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
 Little Panther Preschool 765.934.2099

HEALING WATERS MINISTRY — MAJENICA
 Pastor Wayne Couch
 260/224-3376

Sunday Prayer 9:15 a.m.
 Sunday School 9:30 a.m.
 Worship Service 10:30 a.m.
 Wednesday Bible Study 6:00 p.m.
 Sunday Evening Service 6:00 p.m.

Daycare provided during Worship Service

DILLMAN UNITED BRETHREN
 8888S 1100W-90, Warren 375-2779
 Matt Kennedy, Pastor

1st Worship Service 8:15a.m.
 Sunday School 9:30a.m.
 2nd Worship Service 10:30a.m.

HANFIELD UNITED METHODIST
 101 N 400 E - 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.

HERITAGE POINTE
 Sunday Morning Worship 9:30 a.m.
 OTHER SERVICES BY ANNOUNCEMENT
 Tues, Thurs, Fri & Sat
 Chapel Services 9:00 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.

NEW HOPE MINISTRIES
 9019 S 300 W - Warren Indiana
 Jim Graham, Pastor
 260/494-6753 260/489-1456
 260/375-4224

Sunday School 9:30am
 Morning Worship 10:30am

HILLCREST CHURCH OF THE NAZARENE
 375-2510
 Rev Mark Davis
 Bus Service 375-2510
 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
 Kathy Newton, Pastor

Sunday School 9:00 a.m.
 Worship Service 10:00 a.m.

LANCASTER WESLEYAN
 468-2411
 Doug Sharrard, Pastor
 David Thrift, 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 9:00 a.m.
 Fellowship 9:15a.m.
 Worship 10:15a.m.
 Wed. Bible Study 7:00 p.m.

LIBERTY CENTER UNITED METHODIST CHURCH
 Pastor Chad Yoder

Morning Worship 9:30 a.m.
 Sunday School 10:45 a.m.

MENNA UNITED METHODIST
 375-4359
 Bill VanHaften, Pastor
 Lois Slusher, Supt.

Coffee Fellowship 8:30 a.m.
 Worship 9:15a.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. Sam Padgett - Pastor

Trad. Worship 9:00 a.m.
 Fellowship 10:00 a.m.
 Mdrn Worship 10:30 a.m.
 Sunday Youth 6-7:30 p.m.

MOUNT ETNA WESLEYAN
 Pastor Brian Holland
 www.mountetnachurch.com

Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Bible Study (Wed) 6:30 p.m.
 Children's Ministry (Wed) 6:30 p.m.
 Youth (Wed) 6:30 p.m.

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 Parson
 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 Wass, Pastor

Sunday School 9:30 a.m.
 Adult Worship 10:30 a.m.
 Children's Church 10:30a.m.
 Evening Prayer Hour 6:00p.m.
 Hour of Power (Wed) 7:00p.m.

VB UNITED METHODIST CHURCH
 765-934-1431
 Pastor Leon Pomeroy

Worship Service 9:30 am
 The Highway (2nd Service) 11:00 am
 Sunday School 10:30am
 Not Home Alone - Wed 2:30 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
 The Loft (Youth 7th-12th) Sun 5:00pm

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: (Start back up in the fall)
 K-5th grade, Mon 6-7pm
 Jr/SrHi, Sunday 6-7:30pm

WARREN 1ST BAPTIST CHURCH
 Corner of N. Wayne & Matilda Sts.
 Senior Pastor Rev. Bill Fisher

Sunday School 9:00 a.m.
 Sunday Worship 10:00 a.m.

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
 Pastor Richard Ladouceur
 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

Please Attend the Church of Your Choice

AREA NEWS

Now that camp is over it's time to start thinking about selling popcorn again to raise funds for the upcoming year. One of the things we would like to purchase is a trailer for hauling all of our equipment. It's going to take quite a bit to do this, so we are hoping for support from our wonderful town of Warren. If you see the boys going door to door working hard selling popcorn give them your support. We are going to set a pretty big goal this year and hoping we can reach it. Last year I set the boys up with "mystery houses" where I left a prize. The boys had to sell popcorn around town, and if they hit the right house they received the prize. I would love to do it again this year. It was a big motivator for a couple of boys. If you would like to help me out, and be a mystery house please call Tammy Jackson at 765-251-3919. It's really easy. If a boy scout stops at your house to sell we would appreciate the purchase, then you hand over the prize to him. I provide the prizes.

4-H Tractor Results

Huntington County 4-H members participated in the Area XI 2014 4-H Tractor Driving Contest on Saturday, July 27th at the LaGrange County Fairgrounds.

Eight youth participated in the Junior and Senior Lawn & Garden Driving and the Junior and Senior Tractor Driving Contests. Conner Lauer and Zach Ramp both competed in the Junior Lawn & Garden contest. They placed fifth and eighth respectively out of 11 competitors.

Huntington County earned the top two spots in the Senior Lawn & Garden contest with Chandler Lewis winning first place and Tyler Stephan placing second.

Colin Suchcicki placed first among all Junior Tractor Driving competitors at the area contest. Lane Whitted was the first place

winner in the Senior Tractor contest with Michael Winters earning second place. Jacob Hiatt also participated in the Senior Tractor driving contest.

All 4-H members who placed in the top three in each category will represent Area XI 4-H at the State Tractor Driving Contest on Saturday, August 16th. Huntington County will have five youth participating in the state competition on the 16th. Good job to all the participants and congratulations to the top finishers.

For more information, please contact Julia Miller, jwickert@purdue.edu or 260-358-4826 at the Purdue Extension – Huntington County office, located in the County Courthouse Annex Building, 354 N Jefferson Street—Suite 202, Huntington.

Research Excursion

Steve Park, a 7th grade science teacher from Riverview Middle School in Huntington, Indiana, recently stepped off the Environmental Protection Agency's (EPA) research vessel Lake Guardian. Park was one of 16 formal and informal educators chosen from around the Great Lakes Basin to collect data alongside EPA scientists from July 7 - 13.

The unique opportunity was part of a workshop sponsored jointly by the Center for Great Lakes Literacy (CGLL) and the U.S. EPA.

"The experience exceeded my expectations," said Park. "I learned so much about scientific research and about Lake Erie that I can take directly back to my students and fellow educators. Having the opportunity to research alongside EPA and University scientists aboard a floating science lab was truly a one-in-a-lifetime experience."

Thanks to facilitators from Sea

Grant programs in Pennsylvania and Ohio, the Lake Erie Shipboard Science Workshop afforded teachers an opportunity to work shoulder to shoulder with scientists on research projects currently taking place on Lake Erie; it also gave them new strategies on how to implement Great Lakes research into their educational settings. Dr. Steve Mauro from Gannon University, Dr. Sherri Mason from SUNY Fredonia, and Ruth Briland from Ohio State University guided educators in learning about the impact of human activities on Lake Erie water quality. Teachers collected and analyzed data related to concentrations of microplastics and E. coli (bacteria), as well as emerging contaminants like Triclosan and Fluoxetine (chemicals in hand sanitizers and anti-depressants that are making their way into the Lake Erie watershed). Lessons focusing on food web dynamics, endangered and invasive species, climate change, plastics pollution, water contaminants, and stewardship opportunities for students throughout the basin helped educators connect the research they were doing to their classroom curriculum.

"Educators were immersed in an intense week of Lake Erie Science," said Lyndsey Manzo, Ohio Sea Grant's Education Specialist, who – along with Marti Martz from Pennsylvania Sea Grant – organized the expedition. "The educators really stepped up and not only helped the EPA collect meaningful data, but also acquired new scientific and pedagogical skills as well as interesting stories and ideas with which to inspire their students."

Weblogs can be read by going to: <http://guardian-le14.cgl.org>. The Lake Erie Shipboard Science Workshop was supported by the US EPA (via funding from the Great Lakes Restoration Initiative) and CGLL with support from the Pennsylvania and Ohio Sea Grant programs. The Center for Great Lakes Literacy is a collabora-

tive effort led by Sea Grant educators throughout the Great Lakes watershed. CGLL fosters informed and responsible decisions that advance basin-wide stewardship by providing hands-on experiences, educational resources and networking opportunities that promote Great Lakes literacy among an engaged community of educators, scientists and citizens. The Center's primary vision is to develop a Great Lakes-literate public capable of effectively contributing to the environmental, economic and social sustainability of the Great Lakes. More information can be found at cgl.org. Pennsylvania Sea Grant and the Ohio Sea Grant College Program are a partnership between the National Oceanic and Atmospheric Administration (NOAA) and Pennsylvania State University and Ohio State University (respectively). They are part of NOAA Sea Grant, a nationwide network of 32 similar science-based programs.

Preserve the Harvest for Winter Meals and Holiday Gifts

by Melinda Myers
The cucumbers have filled the vegetable drawer, you've run out of cabbage recipes and your family is refusing to eat one more BLT. Or maybe you just couldn't resist that special deal on a bushel of tomatoes, potatoes or apples at the farmer's market. So what is a gardener or shopper to do with all that produce?

Since properly stored vegetables will hold their flavor and nutritional value longer than those left in a plastic bag or set on the sunny kitchen counter, consider preserving some for the long winter ahead using one of several methods.

Storage orchard racks and slatted crates placed in a cool dark location have long been used to store squash, onions and potatoes. The stackable nature or drawers provide ample storage space, so fruits and vegetables do not touch. Keeping stored

fruit separated prevents rot from spreading from one fruit to the next. Plus, the slatted sides allow airflow to extend storage longevity.

Those in colder climates can store their carrots and parsnips right in the garden. Once the soil gets a bit crunchy, cover them with straw or evergreen boughs for easier digging in winter. Then dig as needed or harvest during the first winter thaw. If this isn't possible or not your style, try out a root vegetable storage bin. The root crops are layered in sand or sawdust and placed in a cool dark location. Just remove and use as needed. No snow shoveling needed.

Drying is one of the oldest food preservation techniques. Most of us have grabbed a few bundles of herbs to hang and dry. Expand your drying endeavors to include fruits and vegetables. The goal is to quickly remove moisture without cooking the food. You can make your own dehydrator or purchase one. Research has shown that blanching vegetables and fruit before drying helps destroy harmful bacteria. Blanching involves a steam or boiling water bath followed by a cold water bath. Timing varies with the fruit or vegetable you are preparing.

Another ancient food preservation technique, fermentation, is experiencing a comeback. Cultures around the world have fermented fruits and vegetables for thousands of years. Unique flavors, storage options and health benefits have many gardeners revisiting this tradition. Fermenting cucumbers into pickles, cabbage into sauerkraut, and berries into preserves are just a few options. The ingredients can be as simple as water, salt, and spices. All you need is a vessel, vegetables and fermenting culture. You can jump-start your efforts with a fermentation crock kit (gardeners.com) which includes the crock, cover and weights to make sure your veggies stay safely submerged in water.

Or quickly lock in the flavor and nutrition of your fruits and vegetables with freezing. You'll need airtight containers or bags that are durable, don't leak and won't become brittle in cold temperatures. Some produce does not freeze well and others may need to be blanched before they are packed in the freezer bag or container. But frozen items can easily be retrieved from the

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 cancelled, please notify WW.) Only event, place, time, and sponsor, for events in Warren, and the surrounding area will be listed.

Jul 16 7:00pm Van Buren Town Council
Jul 21 6:30pm KBC Board Meeting at KBC
Aug 6 Noon Warren Chamber of Commerce Luncheon
Aug 6 7:00pm Van Buren Town Council
Aug 11 5:30pm WarrenTown Council, Assembly Hall
Aug 18 6:30pm KBC Board Meeting, KBC
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



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AREA NEWS CONTINUED

freezer and included in your winter meals.

Canning is a bit more involved, but can be lots of fun. This process preserves the food and keeps it safe by preventing the growth of undesirable bacteria, yeast and mold. The sealed jars keep the flavor in and bad microorganisms out. So gather your produce, jars, pressure cooker, canner and friends to create tomato sauce, salsa, jams and jellies to enjoy or give as gifts.

Whatever method you choose, do a bit of research before you start. You'll have greater success and a lot more fun. The National Center for Home Food Preservation website, <http://nchfp.uga.edu>, provides all the basic information for storage and food preservation.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening and the Midwest Gardener's Handbook. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment segments. Myers is also a columnist and contributing editor for Birds & Blooms magazine. Myers' web site, www.melindamyers.com, offers gardening videos and tips.

Squirrel Season

The 2014-2015 fall hunting season has arrived with the opening of squirrel hunting season Aug. 15.

Squirrel season will continue through Jan. 31. Hunters may harvest both gray and fox squirrels, and can harvest up to five squirrels per day.

Indiana's abundant squirrel populations offer great hunting, and squirrel season can be an opportunity to introduce beginners to hunting.

When hunting, be sure of your target and beyond, respect property rights and get permission, and drink plenty of water to prevent dehydration.

To hunt squirrels, Indiana residents must purchase the annual hunting license for \$17 (\$7 youth consolidated license), and non-residents must purchase the \$80 annual hunting license or the \$31 five-day hunting license (\$17 annual youth hunting).

The DNR Division of Fish & Wildlife has begun providing beginner squirrel hunting workshops as

part of its "Hunt, Fish, Eat" program. This fall's workshop will be at J. E. Roush Fish & Wildlife Area on Saturday, Sept. 27. For registration information on this workshop, see <http://bit.ly/1rdjS3b>.

To purchase a hunting license, go to IndianaOutdoor.IN.gov.

Additional information on regulations and licensing is at wildlife.IN.gov.

STROKE AND OSTEOPOROSIS SCREENINGS

Coming to Warren, Indiana Sponsored By: Community Howard Regional Health

Warren, Indiana – Residents living in and around the Warren, Indiana community can be screened to reduce their risk of having a stroke or bone fracture. Heritage Pointe will host Life Line Screening on 8/28/2014. The site is located at 801 North Huntington Ave Po Box 326 in Warren. Clark Reiter of Plymouth, IN attended a Life Line Screening and said, "I'd like to say thanks to the technologist for telling me to get to the doctor. It saved my life". This event is being Sponsored By: Community Howard Regional Health

Four key points every person needs to know:

- Stroke is the third leading cause of death and a leading cause of permanent disability
- 80% of stroke victims had no apparent warning signs prior to their stroke

- Preventive ultrasound screenings can help you avoid a stroke
- Screenings are fast, non-invasive, painless, affordable and convenient

Screenings identify potential cardiovascular conditions such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women.

Packages start at \$149. All five

screenings take 60-90 minutes to complete. For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit our website at www.lifelinescreening.com. Pre-registration is required.

FOR OLDER ADULTS, REGULAR EXERCISE MAY STEM AGING EFFECTS

(StatePoint) One out of every three adults over 65 years old falls each year, according to the Centers for Disease Control and Prevention. And for older adults with dementia, the risk of falling is three times higher than those with no cognitive impairment, according to the AARP Bulletin.

However, research supports the notion that many of the physiological changes related to aging -- such as loss of balance -- can be prevented or postponed with regular exercise. With this in mind, it's no surprise that many senior living communities are making comprehensive health and wellness programs available to their residents.

"We're seeing residents increase their mobility, endurance and balance, and improve their range of motion and fitness levels," says Katie Westberg, national director of Life Enrichment at The Goodman Group, a company that has developed a new fitness program for its senior living and health care communities.

Additionally, Westberg cites that participants feel better and are having fun, showing quick results to their overall well-being. "Many of the residents involved in our FIT Functional Fitness program start seeing long-lasting and significant strength training benefits within an eight to 16 week period."

The experts behind the FIT Functional Fitness program, a new, national, personalized functional fitness program developed by The Goodman Group in partnership with a physical therapist and board certified geriatric special-

ist, are offering some tips for older adults looking to improve their well-being and restore their vigor.

- Engage in exercises that can improve your core strength, balance and cardiovascular health. If you live in a senior living community, inquire about on-site programs. Additionally, many community centers and health clubs conduct exercise classes designed specifically for senior health.

- Invest in a stationary bike. It's easy to incorporate this activity into your day while watching TV, listening to music or talking to your family, and pedaling lowers blood pressure, according to AARP.

- Consult your physician before getting started. Your exercise routine should take into account your current health level and functionality as well as your physical needs.

- Food and health are directly correlated, so pair your exercise with healthy eating. The FIT Functional Fitness program at The Goodman Group, for example, incorporates local, organic, seasonal produce as well as lean protein alternatives and plant strong ingredients in their menu options.

- Stick to it. Results may come quickly, but a long-term health benefit requires commitment.

For more information about senior fitness and health programs, visit www.TheGoodmanGroup.com.

While you can't stop time, research shows that with exercise, you may feel better, longer.

TEN TIPS TO SAVE MONEY INSIDE YOUR HOME

(StatePoint) Whether you're a homeowner or a renter, savvy approaches to running your home can save you money according to house smart experts.

These simple tips from Homes.com, a leading online real estate destination, and sister site, ForRent.com, won't take much time or effort to execute.

- Programmable Thermostats: Available for about \$50-\$100, programmable or "smart" thermostats can save hundreds of dollars yearly on electricity bills, taking the guesswork out of finding a comfortable temperature for your home. Some models even come equipped with Wi-Fi so you can turn down the thermostat remotely.

- Low-Flow Shower: Don't wash money down the drain. By taking the environmentally friendly step of replacing outdated showerheads with new low-flow models, you can reduce your water use in the shower by 25 to 60 percent, as well as increase hot water efficiency, according to Energy Department statistics.

- Extra Payment: Over the course of a 30-year loan, one additional mortgage payment yearly can save thousands on annual interest payments.

- Unplug: Many gadgets and appliances consume power even when turned off, a phenomenon known as "phantom power." Unplug or use a smart power strip to save an estimated five to ten percent on electric.

- House Plants: With air pollution levels increasing, improving indoor air quality is important.



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AREA NEWS CONTINUED

But air purifiers can cost hundreds of dollars. Consider houseplants to remove toxins from the air and add color, warmth and comfort.

- **Dodge the Draft:** As a house ages, hot and cold air from outside often creeps in. Weatherproofing is an inexpensive, simple task that can save up to 15 percent on heating and cooling costs. There are a variety of weatherproofing products, including v strip, felt, and foam tape. Research what your home needs. You can also get a home energy audit to discover ways to improve your home's interior quality.

- **Do-it-Yourself:** Redecorating can make a home feel new. However, professionals often come with a hefty price tag, so use online resources to jump on the DIY bandwagon or check out free DIY workshops at hardware stores like Home Depot and Lowe's.

- **Ceiling Fans:** An air conditioner uses 3,500 watts of energy, while a ceiling fan only uses 60 watts. Ceiling fans can even be useful during winter. Set the fan to run clockwise and the reverse motion will push warm air down from the ceiling.

- **Shop Your Home:** Before buying new home accessories, look for budget-friendly tweaks you can make. Rearrange furniture and lighting to change the feel of any space or switch decorations between rooms to make both feel different.

- **Laundry:** Consider washing most clothes (except towels and linens) in cold water. Use the dryer efficiently by filling but not overfilling the machine. Some energy-efficient appliances can qualify your family for an additional tax credit.

For more money-saving tips, visit the Idea Gallery at Homes.com and the ForRent.com Apartment Living blog.

Exploring ways to reduce home expenses can help you save for important upgrades down the line.

KIDNEY DISEASE IS ON THE RISE: WHAT YOU NEED TO KNOW

(StatePoint) Kidney disease is on the rise, according to government statistics. Even if you haven't been diagnosed, getting informed about it is important, as more than 26 million Americans likely have kidney disease and over 430,000 Americans are currently receiving dialysis treatment for kidney failure, according to the National Kidney Foundation.

Now is a great time to get the facts.

Ask Your Doctor

Those with Chronic Kidney Disease (CKD) don't exhibit symptoms until the disease is advanced, according to the National Kidney Foundation. As a result, you could have the disease long before you're aware. Left untreated, it can lead to other serious health complications.

While standard annual physicals don't include tests that detect kidney disease, you can be proactive and ask your doctor to test you. Age, obesity, high blood pressure and ethnicity can all play a role in your risk of developing the disease. Talk to your physician about what diagnostics are right for you.

Treatment Options

When CKD progresses to the point of End Stage Renal Disease (ESRD), dialysis therapy or a kidney transplant is necessary to sustain life. Whereas traditionally patients with ESRD visit a dialysis center three times a week for treatments lasting about four hours, a new movement to improve renal care is giving patients

access to home hemodialysis.

Home hemodialysis is a different way of doing hemodialysis. When prescribed by their doctor, trained patients and their care partners are able to perform their dialysis treatments on their own schedule in their home or while traveling.

Additionally, home hemodialysis can be done more frequently, which is closer to how healthy kidneys work. Many patients report—and various studies have confirmed—that compared to three-times-weekly in-center hemodialysis, more frequent home hemodialysis may offer the following health and quality of life benefits: lower risk of death, better blood pressure control with fewer medications, less stress on the heart, quicker recovery, more energy, and improved appetite.

Given the flexibility and health benefits of more frequent home hemodialysis, many patients are regaining their lifestyles.

"Home dialysis has restored my freedom to travel, visit friends and experience so many things I wasn't able to do during my years of in-center dialysis," says Henning Sondergaard, a NxStage System One user. After learning about home dialysis, Henning began using NxStage System One which is currently the only portable hemodialysis system cleared for home use by the US Food and Drug Administration.

More information about the benefits and risks associated with home hemodialysis can be found at www.nxstage.com.

Prevention

While some risk factors are beyond one's control, such as race,

CONTINUED PAGE 8

GENEALOGY REPORT

BRICKLEY

Robert W. Brickley, 83 of Markle passed away at 7:20 pm on Tuesday, August 12, 2014 at Bluffton Regional Medical Center.

Bob was a 1948 graduate of Rock Creek High School in Huntington County. He served in the U.S. Army during the Korean Conflict. He was a lifelong crop and livestock farmer in both Wells and Huntington Counties. Bob was a member of the Markle United Methodist Church, Bluffton American Legion Post 111, REMC board for 38 years and the Wheels of Yesteryear Tractor Club. He enjoyed collecting, restoring and driving antique tractors as well as woodworking.

Bob was born on November 26, 1930 in Huntington County, the son of Paul and Grace (Eichorn) Brickley. He was united in marriage to Rosalynn Stahl on August 24, 1952 in Markle. Rosalynn preceded him in death on November 8, 2013.

Survivors include three sons: Scott Brickley of Markle; Kevin L. Brickley of Bluffton; Brian Brickley of Warren; a sister: Marsha (Bill) Thomas of Markle; eight grandchildren and seven great grandchildren.

He was preceded in death by a daughter: Louise K. Inskeep on January 7, 2008.

Visitation will be held on Sunday, August 17, 2014 from 1:00pm - 8:00pm at the Myers Funeral Home Markle Chapel, 415 N. Lee Street, Markle, Indiana. Funeral service will be held on Monday, August 18, 2014 at 10:00am at the Myers Funeral Home Markle Chapel with Pastor Steve McPeck officiating. Interment will be at the Sparks Cemetery in Markle at a later date.

Memorial donations may be made out to Markle United Methodist Church in care of Myers Funeral Home, P.O. Box 403, Markle, IN 46770.

WORSTER

Hope D. Worster, 90, died Monday afternoon, Aug. 18, 2014, at Heritage Pointe, in Warren.

Mrs. Worster had previously lived in Huntington and in Markle. She was a 1943 graduate of West Union High School and was a member of the Markle Church of Christ. She was a homemaker.

She was born Nov. 18, 1923, in Huntington County to Arthur E. and Effie Mae Hite Smith. She married C. Garl Worster on July 28, 1945, in Markle. He preceded her in death on March 26, 1993.

Survivors include three sons, Joe (Nancy) Worster and Larry (Pamela) Worster, both of Huntington, and Curtis (Earlynn) Worster, of Markle; two daughters, Vicki (John) King, of Billings, MO, and Patty (Larry) Burnworth, of Huntington; a sister-in-law, Mary Miller, of Huntington; a brother-in-law, Roger Worster, of Florida; 12 grandchildren; several great-grandchildren; and several great-great-grandchildren.

Calling is Wednesday, Aug. 20, 2014, from 3 p.m. to 7 p.m. at the Myers Funeral Home Markle Chapel, 415 N. Lee St., Markle. A service will be held at the funeral home on Thursday, Aug. 21, 2014, at 11 a.m., with Gerald O. Moreland officiating. Interment will be at the Markle Cemetery.

Memorial gifts may be made to the Markle Church of Christ or Family Hospice of Berne, both in care of Myers Funeral Home, PO Box 403, Markle, IN 46770.



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Fr. Prov. Chairs; Maple Full Bed; DINING ROOM TABLE WITH 6 Chairs
& with Lighted China Cabinet; Oak Upright Computer Table w/Chair;
Coffee & End Tables; Floor & Table Lights; Corner T.V. Cabinet; SENTRY
#138 FIRE PROOF SAFE; Secretary Metal File Cabinet w/Lock;
BEVELED 3X4 WALL MIRROR; Full Size Bedding; Towels & Linens;
Pictures & Nice Décor; Cook Books; Set of 4 Syracuse China w/extra
pieces; Kitchen Utensils, Pyrex, Bake Dishes, Tupperware;
KITCHENAID H.D. MIXMASTER W/ATTACHMENTS; Various Sm. Elec.
Kitchen Appliances; TOWN CRAFT H.D. COOKWARE SET; Elect. Floor
Shampooer w/attachments; CRAFTWARE CHICKEN FRYER; Lg. 18
qt. Elec. Roaster; FARBERWARE PANS; Room Air Purifier; CONSOLE
WURLITZER ORGAN. Etc.

ANTIQUES & COLLECTIBLES - SM. SELLERS DROP LEAF TABLE;
OAK SEWING ROCKER; WOOD HIGH CHAIR; RCA Record Player;
45 & 78 Records (Country Western – Elvis, etc.); Pend. Clock; Hall's
Bowl; CRACKER KEEPER; Fenton; LEAD CRYSTAL BOWL; Yard
Loom; Coke Bottles; Baskets; Coal Shovel & Buckets; Old White Sewing
Machine converted; Veneer Facing Tool; 8 Day Clock; Marble Base 8
day Mantel Clock w/key.

RIDING LAWN MOWER & YARD EQUIPMENT - TORRO WHEEL
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Two Carnival Glass Table Lamps; TWO BLUE/GREY ROCKER/RECLINERS (very nice); Chest of
Drawers; Card Table w/chairs; HEAVY WALNUT WOOD QUEEN BEDROOM SUITE W/Mirrored
Dresser & Chest of Drawers; Wood Two Drawer File Cabinet; THREE PIECE QUEEN, WALNUT
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Bulletin Board found on Channel 8. Information updated monthly!



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AREA NEWS CONTINUED

MORE PAGE 5

age and a family history of the disease, reducing your risk is possible.

Getting plenty of exercise, maintaining a healthy weight and avoiding smoking are a few ways to promote healthy kidney function. Being informed is also important. Talk to your relatives to learn if kidney disease runs in your family.

Don't let kidney disease go untreated. Take steps to learn more about renal health.

GOING BEYOND

MEDICATION TO TREAT

CHRONIC PAIN

(StatePoint) Nearly 100 million Americans suffer from chronic pain -- that's more than the number of people living with heart disease, cancer and diabetes combined. Often experienced as pain that lasts over three to six months, chronic pain is a serious and debilitating condition that, if left unmanaged, can negatively impact nearly every aspect of your life.

Chronic pain is the leading cause of long-term disability in U.S. and is a significant burden to the health care economy and society as a whole. It costs as much as \$635 million annually in direct medical treatment costs and low productivity, according to government statistics. Surprisingly, 40 percent of work absences are due to back pain, second only to the common cold.

Zac Cover, a former fire fighter and triathlete, knows the devastating impact of chronic pain. In 2006, the Floridian was hit by a car while cycling and suffered multiple injuries, including broken ribs, a badly injured leg, fractured arm and severed nerve in his broken collarbone.

He underwent seven operations and was bedridden for nearly six months. While the surgeries corrected the physical damage to his body, Cover was left with excruciating pain that lasted for years. His doctor prescribed medication that helped

ease the pain but left him foggy-headed, with a poor memory and unable to enjoy activities he loved.

After months of trying other unsuccessful treatments, Cover's doctor recommended neurostimulation, also known as spinal cord stimulation (SCS) -- an advanced therapy option used to manage chronic pain in the arms, legs and trunk, and pain caused by failed back surgery. SCS involves implanting a small device (the size of a silver dollar) along the spinal cord where it emits low intensity electrical pulses that intercept the body's pain signals before they reach the brain, replacing feelings of pain with a more pleasant tingling sensation.

Dr. Timothy Deer, president-elect of the International Neuromodulation Society, says he has seen an increase in the number of people receiving SCS. "Spinal cord stimulation is an important therapy option for patients who have not been able to alleviate their chronic pain through traditional methods, such as back surgery or pharmacological options," Deer said. "Studies have shown SCS can reduce pain by 50 percent or more, and patients have the option to try a temporary implant to see if they're comfortable with the therapy."

Over time, Cover was able to resume almost all his normal activities -- like biking, swimming and running -- because he can now better manage his pain. In fact, he was able to draw from this experience and began working as a clinical specialist at St. Jude Medical, the company that manufactured his device. He now works with patients also suffering from chronic pain who have or are about to receive SCS systems.

Cover urges others suffering from chronic pain to talk to their doctor about the best treatment option for them. "Spinal cord stimulation has given me back a life I didn't think I would have again," he said. "My pain level is much lower and I've been able

to stop taking pain medication. It's dramatically transformed my quality of life."

DON'T BE SHY WITH YOUR

DOCTOR ABOUT

EMBARRASSING

GASTROINTESTINAL

SYMPTOMS

(StatePoint) The most uncomfortable afflictions are often the most embarrassing. And anorectal health issues can interfere with almost everything one does, from sitting on a bus to enjoying a meal out with friends.

If you suffer from an uncomfortable and at times, painful condition like hemorrhoids, you're not alone. In fact, millions of Americans -- particularly those between the ages of 20 and 50 -- are affected by hemorrhoids. Additionally, other anorectal disorders can have similar symptoms.

So ditch the embarrassment and use this knowledge to feel empowered to discuss your issue with your doctor. He or she can diagnose the issue properly and offer you tips for relief. In the meantime, here are a few things you can do to address the problem on your own.

- Change your exercise routine: While regular physical activity can improve your cardiovascular health and help you to maintain a healthy weight, certain types of activities can cause hemorrhoids. Straining from weight lifting, for instance, may cause the veins near the anus and rectum to become swollen, eventually leading to this condition. Cycling may also exacerbate the issue. Talk to your doctor about exercises that are safe for you.

- Don't rush in the bathroom: Rushing and pushing can cause excessive straining and increase pressure on rectal veins. When you are done, don't linger. Sitting on the toilet longer than necessary can aggravate your discomfort.

- Lose weight: Excess weight in your abdomen can increase your chances of developing hemorrhoids.

- Seek relief: You don't necessarily need a prescription to relieve the pain, itching and burning associated with hemorrhoids and other anorectal disorders. If your doctor confirms you have hemorrhoids, look for an over-the-counter topical, local anesthetic at your drugstore, such as RectiCare Anorectal Cream, which contains the highest lidocaine strength available without a prescription. It works quickly to help soothe discomfort. In addition, each tube comes with a supply of "finger cots," little covers that fit over the finger, to promote hygienic application.

Visit www.RectiCare.com for more information.

- New diet: If your hemorrhoids are caused by constipation, try adding more fiber to your diet to get to the root of the problem. And remember to drink plenty of water alongside any meal.

Whether you're walking down the drugstore aisle or talking with your doctor, seek the relief you need without embarrassment. Anorectal problems are more common than you think.

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- I have Adjunct Teachers from IWU, Taylor University and Ivy Tech that teach at Lakeview...and I am one of them.

- We offer partial scholarships, full scholarships, and vouchers.

Unfortunately, many people in the community continue to communicate that we are not opened or that we are only a K-5 school. My pastor and I just look at each other and smile because we know different. I want the community to know what my pastor and I know. We are alive and well and people are missing a great opportunity because they are being given false information.

In your professional opinion what is the best way to get the truth out to the public? It will take more than once. It takes several times and then several more times.

In Cooperation,
Doug Ballinger



GREEN LEAF AWARD

Green Leaf®, Incorporated, a Fontanet, Indiana manufacturer of agricultural products, and Indiana 4-H Youth Development are pleased to name Elizabeth Freck of Marion as Huntington County's Top Green Leaf 4-H Garden Award Winner.

During the Huntington County 2014 fair, held July 11-25, Elizabeth Freck was named the 4-H top gardening winner and in addition was recognized by the fair as the Top Green Leaf 4-H Garden Award Winner, a new award presented this year. Elizabeth Freck received a \$25 Visa gift card and plaque.

As one of the 92 county fair 4-H grand prize gardening winners, Elizabeth Freck is now eligible to be considered for one of nine regional Green Leaf 4-H prizes to be presented in each of the following markets: Chicago, Cincinnati, Evansville, Ft. Wayne, Indianapolis, Lafayette, Louisville, South Bend and Terre Haute. Regional winners will receive a \$50 Visa gift card and trophy.

"For countless years, 4-H has enriched the lives of youth," says Sasha Stanton, PR/Marketing Director of Green Leaf. "As a business in the agricultural industry, Green Leaf endeavors to give back to our community in a way that helps youth cultivate an appreciation for gardening and for our earth. We are thrilled to partner with Indiana 4-H Youth Development to encourage young Hoosiers to garden."

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