

Friday, September 8, 2006

Volume 21, Number 30



# Warren Weekly

"Your Hometown Newspaper"

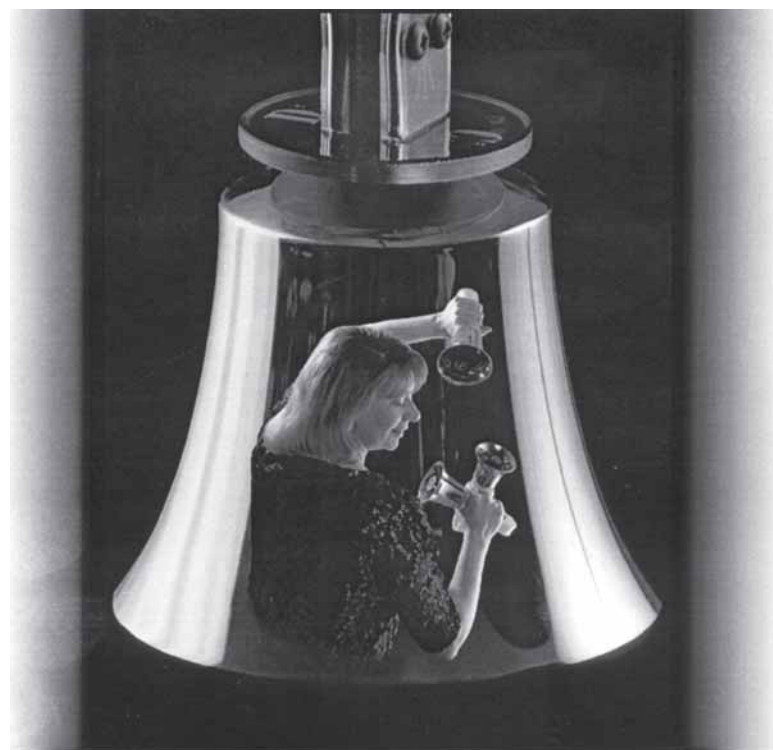
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Thought for the Week: *The state of your life is nothing more than a reflection of your state of mind.* Wayne Dyer



## HANDBELLS AT UMMH

You are invited to an afternoon of praise and joy, presented by The Methodist Home and Kristine Stout, handbell soloist. While you've probably seen handbells played by a handbell choir, Kristine plays three octaves of English Handbells (that's 37 bells) all by herself. Her beautiful music is a passionately joyous celebration of inspiration and the joyful heart. Come prepared to smile for an hour and be amazed at Kristine's artistry and grace. We guarantee you won't be disappointed that you came!! Kristine's special program entitled "Make A Joybell Noise" begins at 2:00 PM. The program will be presented in the Applegate Chapel on Wednesday, September 13, 2006.

Kristine and her husband Kirt own & operate "The Joybell Theater and Gift Shop" in Nashville, Indiana (Brown County) where Kristine performs her marvelous handbell solos almost daily year around.

Admission is free!

## BURMA SHAVE?

Is Burma Shave all over again? No it's just the annual McNatt Church Pork Chop Supper this Saturday evening (September 9) from 4-7 p.m. at the church. The church is located at 1.25 miles from State Road 3 on 800S in Wells County. Take State Road 218 from Warren to SR3.

There will be lots of goodies including a hot dog dinner for the kiddies who don't like Pork Chops.

## SUPPORT WVFD

You can support the Warren Volunteer Fire Department by buying a T-shirt with their logo on it!!! The shirts can be purchased at Markle Bank and National City for \$10.00. All proceeds will go to the WVFD. Thank you for supporting our fire department!

## ARTISANFEST

Don't forget to visit downtown Warren this Friday evening and all day Saturday for the annual ArtisanFest (formerly known as the Arts Festival).

## "SEE HOW THEY RUN"

Are you tired of TV? Bored with movies? Are you ready for something new and exciting? Then RUN, don't walk, to the Pulse Opera House for live entertainment that doesn't cost a fortune!

"See How They Run" is a fast paced British farce which is an all-time favorite with audiences around the world. At the Mertoncum-Middlewick vicarage chaos is about to ensue. A former American actress married to an English vicar meets up with an old colleague. Add in her uncle (the Bishop), another vicar, an escaped prisoner, a ditsy maid, a busybody parishioner and a local constable and you have the formula for madness and mayhem. This hysterical comedy is filled with mistaken identities, curious plot twists and quirky characters.

Heading up the cast are Scott & Kim Nedberg as Reverend Lionel and Penelope Toop. The husband and wife team were last seen in the Pulse production of "The Odd Couple" earlier this season. Huntington North math teacher, Matt Stephenson, is playing the American actor Clive Winton. Huntington North student Lorry Plasterer appears as Ida, the maid and Southern Wells student Justin Perry is the Reverend Arthur Hughes. Rounding out the cast are Pulse favorites Julie Turney, Mark Esch, Randy Neuman and Chris Hoover.

The race is on for tickets, so don't get left in the dust. Performances for "See How They Run" are at 8:00 PM on September 8, 9, 14, 15, 16, 21, 22 & 23. Doors open at 7:30 PM. Tickets are \$12 for adults and \$5 for children 12 and under. For reservations, call (260) 375-7017 and leave a message or through the website at [www.pulseoperahouse.org](http://www.pulseoperahouse.org).

## SPECIAL MEETING

The Warren Town Council has scheduled a Special Session of Council for Monday, September 11th at 5:00 pm to be held in the

Council Meeting Room of Assembly Hall, 131 N. Wayne Street, Warren, IN. Agenda item will be discussion of the Proposed Downtown Streetscape project with Schnelker's Engineering, civil engineer for the project. The meeting will be followed by or extend into the Regularly Scheduled Council Meeting at 6:30 pm.

## CWU TO MEET

Church Women United (CWU) was founded in 1941 as an ecumenical movement involving Protestant, Roman Catholic, Orthodox, and other Christian women in the US and Puerto Rico. Organized into 1,200 local and state units, CWU works for peace and social justice from a Christian basis.

Human Rights has always been an important cause for Church Women United. In 1968 CWU passed the following resolution: "As Christians, we affirm that all persons as human beings have inherent worth and dignity and that basic human rights should be equally available to every person regardless of race, religion, ethnic background or sex."

Although CWU have always believed in Human Rights, this will be a NEW celebration when we meet together on Friday, September 15, at 9:00 a.m. at Victory Noll, 1900 W. Park Dr. in Huntington. The Theme is: "Stand Up For Human Rights" and will be led by the women of Jefferson Center United Methodist Church. The worship service was written by Cathy Smith of New Jersey. In this service, we have the opportunity to honor individuals in our own community who have given of themselves in some way for the cause of Human Rights. This is a time for us all to celebrate together in support of the many women who continue to inspire us by their examples of living out the Gospel message in today's world.

Reservations for the continental breakfast should be called to

Johanna Lange at 260-356-0976 by September 12. This is our Fall Meeting and officers will be elected for 2007. Please come and join us in the Celebration.

Tools of Hope/Blanket Sunday can be any Sunday in October to collect money for Church World Service. October is also UNICEF month.

## MARKET REPORT

Our market last week went well. There were some nice apples to add to the variety of goods available. We are hoping to have some sweet corn this week from Haggerty's.

Not too many more Saturdays left this season as our last summer market will be the last Saturday of September. But we are hoping to start the winter pantry soon in October. Watch the Warren Weekly for updates.

We invite you to attend the Artisanfest this weekend and shop at the market.

## BALLOON LAUNCH WINNER

The winner of the Tri Kappa Balloon Launch was Kedrick Barr of rural Wells County. Kedrick's balloon traveled around 530 miles, landing in Lake Matinenda, Ontario, Canada (Blind River). Blind River is located near Sault Ste. Marie.

We would like to thank everyone who helped support Tri Kappa by purchasing balloons at the festival and we would also like to thank PJ's Flower & Gifts for donating the balloons and prize.

## VACCINE CLINIC

The Rural Health Network will have a Flu & Pneumonia Shot Clinic at the Warren Pharmacy on Wednesday, October 18th. from 10:00AM-2:00PM. Flu shots will be \$25 & Pneumonia shots will be \$40, for anyone 9 years of age and older. Medicare Part B patients, who bring their Medicare Part B insurance cards, and

**CONTINUED PAGE 3**

Troubled? Try Prayer!  
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**WARREN WEEKLY** • Owner/Publisher: Nicki L. Zoda  
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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 Cady's Express, and next to the Post Office in downtown Warren. The Warren Weekly is also available in several businesses in Van Buren. Total circulation is 3200.

It is sent anywhere in the Continental United States for three (3) months for \$9.50, six (6) months for \$19 or \$38 for one 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 PJ's Flower and Gift Shop or mail to P O Box 695, Warren. Van Buren residents may call Mary Jo Zoda at 765-934-3637.

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

### UPTOWN GARDNER

What a busy week I have had or maybe I am just getting slower. My brother and wife was here for a few days and enjoyed their company. Had a fun time remembering the young years and the silly and not so silly things we did. Many of which this writer best not put in print. One thing we had a good laugh about was Mr. Zimmerman the "friendly undertaker" at Andrews. He always bragged about the Forst kids being such well behaved children. Poor guy if he only knew! They had no children of their own and probably had no clue of kids behavior. Actually our lives were threatened if we misbehaved in public. So ole Mr. Zimmerman would see us at our best. We were always blessed with a lot of chores to keep us busy and out of trouble with Mom and Dad, but we also had a lot of fun times.

The uptown garden is nearly done for this year and soon to be history. Actually will be glad to put the garden aside for another year, but when January comes and the seed catalogs start arriving I will be ready for spring.

Our peach tree was rather prolific this year. We kept thinking that the spring wind storms blew so many off we would hardly have any but we had about 2 bushel. So we have a lot of peach stuff put away at our house for winter and I am sure it will all taste good this winter.

This is another busy week with the Artisanfest and the preparations for it. Hope to see you all about town and Happy Autumn.

My way of making tomato juice. I use half canning tomatoes and half Italian tomatoes wash and core them and heat them thru till mushy. Process them thru the blender and then the colander. This makes nice thick juice especially for making chili or other soups Process as usual for tomato juice.

### NATIONAL GRANDPARENTS DAY-JOIN TOGETHER

In the past, families were united with three to four generations living in the same household. The wisdom of the elders was passed down to succeeding generations. In our newer world, generations may live many miles apart and see each other infrequently.

Grandparents Day is a step forward in pulling families back together. There is a reason the official flower of Grandparents Day is the Forget-Me-Not. With the pace of contemporary living, it is easy to put off a visit, a call, or a card.

If your children are old enough, they can be part of the plan of honoring their grandparents. If the grandparents are close enough for a visit, children can help plan a party menu. Even a small child can help in the kitchen perhaps deciding how to set a pretty table.

While gifts from a store are nice, a homemade gift from the children will be appreciated. One idea is to build a scrapbook for each set of grandparents (and today there are often more than two sets). Do a few pages then leave some pictures and scrapbooking materials for grandparents to add photos and comments.

Don't have any living grandparents? Don't let that stop you from celebrating the day. Contact your nearest living assistance facility and ask who never has a visitor. Then visit. Or if you have an elderly neighbor, invite him or her over for an afternoon. Make Sept. 10, 2006 a day when someone special is remembered.

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 DETAILS)

<p><b>Zeller Construction</b></p>  <p><b>Owner: Larry Highley</b>  <b>375-3477 or 260/359-2331</b>  Pole Barns, New Homes,  Remodeling, Garages, Siding,  Windows &amp; Roofing</p>	<p><b>D &amp; D BIKE</b></p> <p>Over 200 in Stock  Phone 375-3828 or  1-800-356-4440  Downtown Warren</p>	<p><b>HEYDE OIL INC.</b>  d/b/a  <b>Huggy Bear</b>  <b>Ice Cream Stop and</b>  <b>Huggy Bear Quik Stop</b>  <b>&amp; Motel</b></p>
 <p><b>CITIZENS TELEPHONE CORP.</b></p> <p><b>Serving Warren &amp; Liberty Center</b>  <b>375-2111</b></p> <p><b>Your "Internet Connection"</b></p>	 <p><b>UNITED METHODIST MEMORIAL HOME</b></p> <p><b>P O Box 326</b>  <b>Warren, IN 46792</b></p> <p><b>Ph. 260-375-2201</b></p>	 <p><b>Warren Community Banking Center</b>  <b>450 Bennett Dr.</b></p> <p><b>260-375-4550 or 888-758-3111</b></p> <p><b>Strong &amp; Secure Since 1947</b>  <b>www.marklebank.com</b></p>

<p><b>VB CHURCH OF THE NAZARENE</b>  <b>765/934-3321 Parsonage</b>  <b>Jeff Wass, Pastor</b></p> <p>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.</p>	<p><b>WARREN WESLEYAN CHURCH</b>  <b>375-2330</b>  6th &amp; Nancy Sts. Warren  <b>Rev. Andy Trowbridge, Pastor</b>  <b>Wesley Welch, Supt.</b></p> <p>Sunday School .....9:30 a.m.  Worship .....10:15 a.m.  Wednesday Prayer Service  ...7:00p.m.</p>	<p><b>WARREN 1st BAPTIST CHURCH</b>  <b>Corner of N. Wayne &amp; Matilda Sts.</b>  <b>Rev. Bill Fisher, Pastor of Preaching and Discipleship</b>  <b>Rev. Robert Bothast, Pastor of Family Life</b>  <b>Debbie Wiley, S.S. Supt.</b></p> <p>Sunday School .....9:00 a.m.  Sunday Worship .....10:00 a.m.  Sunday Evening Service ..... 6:00p.m.</p>
<p><b>CENTRAL CHRISTIAN CHURCH</b>  Van Buren, Indiana  765-934-2199  <b>Rev. Joe Haney, Interim Pastor</b></p> <p>Worship .....9:30 a.m.  Sunday School .....10:40 a.m.  Bible Study, Wednesday.....10:00 a.m.  Youth Fellowship Sun .....6:00 p.m.</p>	<p><b>LIBERTY CENTER BAPTIST CHURCH</b>  <b>694-6622</b>  <b>Pastor Dan Sommer</b></p> <p>Sunday School .....9:00 a.m.  Fellowship ..... 9:55a.m.  Worship ..... 10:15a.m.  Wed. Bible Study ..... 7:00 p.m.</p>	<p><b>VB UNITED METHODIST CHURCH</b>  <b>765-934-1431</b>  <b>Pastor Blake J. Neff</b></p> <p>Worship Service ..... 9:30 a.m.  Sunday School ..... 10:30a.m.  Jr/Sr High UMYF (Sun)..... 6:30 p.m.  Prayer-Bible Study (Thur)..... 7:30 p.m.  UMW 2nd Wed ..... 7:00 p.m.  www.vanburenumc.org</p>
<p><b>THE CHRISTIAN &amp; MISSIONARY ALLIANCE — Majenica</b>  <b>Rev. Gus Hacker</b></p> <p>Sunday School .....9:30 a.m.  Worship .....10:30 a.m.  Sunday Evening .....6:00 p.m.  Wednesday Worship .....7:00 p.m.</p>	<p><b>SALAMONIE CHURCH OF BRETHREN</b>  <b>468-2412</b>  <b>Mel Zumbrun, Pastor</b></p> <p>Worship .....9:30 a.m.  Church School .....10:45a.m.</p>	<p><b>BOEHMER UNITED METHODIST</b>  <b>Rev. Barry Humble, Pastor</b>  <b>Joe Kober, S.S. Supt.</b></p> <p>Sunday Worship ..... 9:30a.m.  Sunday School ..... 10:30a.m.</p>
<p><b>MT. ETNA UNITED METHODIST</b>  <b>260/468-2148</b>  <b>Rev. Tom DeFries - Pastor</b></p> <p>Sunday  Trad. Worship ..... 9:00 a.m.  Mdrn Worship ..... 10:30 a.m.  Fellowship &amp; Classes ..... 9:30 a.m.</p>	<p><b>BUCKEYE CHRISTIAN CHURCH</b>  <b>758-2085</b>  <b>Kyle Dahlquist, Pastor</b>  <b>Sandy Keplinger, Supt.</b></p> <p>Worship .....9:30 a.m.  Sunday School .....10:45 a.m.</p>	<p><b>HANFIELD UNITED METHODIST</b>  <b>101 N 400 E - Marion, IN</b>  <b>765/664-8726</b>  <b>Timothy Helm, Senior Pastor</b></p> <p>1st Worship.....9:00 a.m.  2nd Worship.....10:30 a.m.  3rd Worship .....11:11 a.m.  Sunday School Children &amp; Youth Programs</p>
<p><b>JEFFERSON CENTER UNITED METHODIST</b>  <b>Corner of 900S &amp; 300W</b>  <b>Kathy Newton, Pastor</b></p> <p>Sunday School .....8:45 a.m.  Worship Service .....10:00 a.m.</p>	<p><b>BANQUO CHRISTIAN CHURCH</b>  <b>8294S 900W 35</b>  <b>Gary Riley, Pastor</b></p> <p>Sunday School .....9:30 a.m.  Worship ..... 10:30 a.m.  Youth Choir Practice ..... 5:00 p.m.  Wed. Bible Study .....6:30 p.m.  Thurs. Kings Kids .....6:30 p.m.  BYG Youth Svc. (2&amp;4Sun.) .. 6:00 p.m.  CWF Ladies (3 Tue) .....6:00 p.m.  1st Sun. (Qtrly) Praise Hour.. 6:30 p.m.</p>	<p><b>PLUM TREE UNITED CHURCH OF CHRIST</b>  <b>375-2691</b>  <b>Dr. Jeane Spoor, Pastor</b></p> <p>Sunday School .....9:30 a.m.  Worship .....10:30 a.m.</p>
<p><b>WARREN UNITED METHODIST</b>  <b>Rev. Mike Malone, Pastor</b></p> <p>Sunday School .....9:30 a.m.  Worship .....10:30 a.m.</p>	<p><b>HILLCREST CHURCH OF THE NAZARENE</b>  <b>375-2510</b>  <b>Bill Keen, Pastor</b>  <b>Bus Service 375-2510</b></p> <p>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.</p>	<p><b>LANCASTER WESLEYAN</b>  <b>468-2411</b>  <b>Doug Sharrard, Pastor</b>  <b>David Thrift, S.S. Supt.</b></p> <p>Sunday School .....9:30 a.m.  Worship .....10:30 a.m.  Sunday Evening .....6:00 p.m.  Mid-Week (Wed) .....6:00 p.m.</p>
<p><b>DILLMAN UNITED BRETHREN</b>  <b>8888S 1100W-90, Warren</b>  <b>375-2779</b>  <b>Dick Case, Pastor</b></p> <p>Sun - 1st Worship Service..... 8:15a.m.  Sunday School.....9:30a.m.  2nd Worship Service .....10:30a.m.  Youth Group (6th-12th).5:30p.m.</p>	<p><b>UNITED CHURCH OF CHRIST</b>  <b>375-2102</b>  <b>Charles Dye , Jr., Pastor</b></p> <p>Sunday Worship..... 9:30 a.m.  Junior Church ..... 10:00 a.m.  Sunday School ..... 10:30 a.m.  Communion 1st Sunday of the Month  Fun Factory 1st/3rd Sundays 6:00p.m.</p>	<p><b>MOUNT ETNA WESLEYAN</b>  <b>Rev. Charles Dederick, Pastor</b></p> <p>Sunday School .....9:30 a.m.  Worship .....10:30 a.m.  Sunday Evening .....6:00 p.m.  Mid-Week (Wed) .....6:00 p.m.</p>
<p><b>McNATT UNITED METHODIST</b>  <b>375-4359</b>  <b>Bill VanHaften, Pastor</b>  <b>Lois Slusher, Supt.</b></p> <p>Coffee Fellowship.....8:30 a.m.  Worship .....9:15 a.m.  Sunday School .....10:30 a.m.  Bible Study - Wed. .... 7:00 p.m.</p>	<p><b>THE NEW BEGINNING</b>  <b>SR 218, 2 1/8 mile west of Poneto</b>  <b>Steve Sutton, Pastor</b>  <b>765/728-2065 for more info</b></p> <p>Sunday Worship.....10:30a.m.  ThursdayPrayer Meeting ..... 7:00 p.m.</p>	<p><b>ASBURY CHAPEL UNITED METHODIST</b>  <b>8013W 1100S - 90, Montpelier</b>  <b>Rev. John Wallace, Pastor</b></p> <p>Worship ..... 9:30 a.m.  Sunday School .....10:30 a.m.  Wed Evening Carry-in &amp; Fellowship .....6:30 p.m.</p>

Attend the Church of Your Choice



## AREA NEWS

### MORE PAGE 1

those with flu vouchers from Participating Employer groups may pay nothing—Retail Health Network, Inc. can bill Medicare and Employers directly, if you bring proper documentation.

The service will be provided by a Rural Health Nurse. The Pharmacy is simply providing a location for this excellent service.

### COUNCIL NOTES

The Warren Town Council held a short meeting Monday morning Aug. 28, in Assembly Hall. President David Scheib opened the meeting at 8 a.m. and all in attendance repeated the Pledge to the American Flag.

In special order of business a Public Hearing was held concerning the 2007 Municipal Budget.

Minutes of the regular meeting of Aug. 16 were approved as submitted.

Council accepted a bid of \$1500 from Dickason Truck for a tank-er chassis.

Council submitted the name of Brady Smeckens to fill a vacancy on the Board of Zoning.

Curtis Day from the Utility/Street Departments arranged meetings with Jam Lauer. On Sept. 11 he is scheduled to meet with Council at 5 p.m. prior to the regular Council meeting at 6:30. Another meeting is to be held on Sept. 19 with citizens. These informational meetings are in reference to the Street-scape project.

Council approved a request from Day to build a 15' by 45' building behind the shop for storage. Estimated cost for the building is \$6,000.

The next Park Board meeting will be held at 6 p.m. Sept. 11. The next Council meeting will be Sept. 11 at 6:30 p.m.

### GED ON TV

Beginning September 5, 2006, adults who want to brush up on their skills and earn an Indiana GED High School Diploma may enroll in the autumn GED ON TV semester.

The GED Connection multimedia television series is designed for adults who want to study from home as they prepare to take the GED test. The television programs will be broadcast on Indiana PBS stations beginning the week of October 1st. The 39 half-hour television programs cover the reading, writing, social studies, science, and math that are on the GED test. Three workbooks go along with the television series.

New to this GED ON TV series, learners who have access to the Internet can get extra practice with corresponding online lessons at <http://www.pbs.org/lit->

eracy.

To enroll, adults may call 1.877.433.6688. The \$45 enrollment fee includes a pretest, the workbooks, the official GED calculator to practice with at home, a post test, access to the toll-free GED ON TV Helpline and a voucher to pay for the student's GED test at any testing site in Indiana. Testing sites may charge up to \$60 for the test.

Adults who couldn't complete high school should call, toll-free, 1.877.433.6688 to enroll soon so that they will have time to complete the pretest and receive their workbooks before the television programs begin.

The Indiana GED ON TV partners are Indiana Public Broadcasting Stations, Inc., The Indiana Department of Education, Division of Adult Education; Muncie Community Schools and Learn at Home.

### \$10,000 PET PHOTO CONTEST

The International Pet Owners Club is proud to announce that over \$10,000 in cash and prizes will be awarded in the 2006 Fall Cutest Pet Photo Contest.

Pet owners from the Huntington County area are welcome to win their share of the prizes. The deadline for the contest is October 15th. The contest is open to everyone and entry is free. Dogs, cats, rabbits, etc.....are welcome.

"Every pet owner has at least one photo that shows just how cute their pet is," stated Rosa Bon-beur, contest chairman. "When people learn about the contest, they get excited about the chance at winning and the potential for national attention," continued Bonbeur.

To enter, send one photograph (full color or b/w) size 8" X 10" or smaller.

All photo entries must include the photographer's name and address on the back.

Photographs should be sent to: 2006 Fall Photo Contest c/o The International Pet Owners Club, P.O. Box 1908, Pittsburg, KS 66762.

Entries must be postmarked by October 15, 2006. You may also submit your photo directly online at [www.cutestpetcontest.com](http://www.cutestpetcontest.com).

The International Pet Owners Club is an organization dedicated to bringing pet owners from around the world together for fun and fellowship. Membership in the club is not necessary to participate. To receive a free copy of the club newsletter via postal mail visit [www.IntPetClub.com](http://www.IntPetClub.com) or send us a letter by mail.

### NEW COMMAND CENTER

The Indiana Department of Homeland Security (IDHS) displayed its new Mobile Command Center (MCC) recently at the Indiana Government Center in Indianapolis. The center, a 53-foot long trailer equipped with state-of-the-art capabilities, will serve as a mobile emergency operations center for the State of Indiana when responding to events throughout the state.

"No matter where an event occurs in Indiana, we must be able to bring to the scene resources to enable a swift, effective response," said J. Eric Dietz, IDHS Executive Director. "The MCC provides us that capability by bringing the appropriate state responding agencies on site to assess a situation in order to communicate, coordinate, and execute an appropriate response plan."

The MCC will accommodate a crew of up to 21 from responding state agencies, with each workstation on the center including a designated laptop and telephone line. The communication capabilities also include a satellite system for data and telephone capabilities, nine radio workstations, a system to enable interoperability and additional capability for amateur radio operations, an intergraded telephone system to provide cell, satellite or hard line capabilities, and video-teleconferencing capabilities.

According to Phil Roberts, IDHS Division of Emergency Response Director, "Time is of the essence when responding to any event. Our previous mobile command served us well but the new MCC offers us high-tech capabilities, which will prove invaluable in offering an efficient response and potentially further protecting Hoosier lives and property."

Later this summer, IDHS will take the new MCC to each of the state's ten homeland security districts to display for local first responders and the public. IDHS' current mobile command, once fully retired, will take up residence at the Muscatatuck Urban

Training Center for use during homeland security exercises conducted at the facility.

### HEEDS CALL FOR HELP

The Huntington County chapter of the American Red Cross is proud to announce we currently have six of our staff on disaster relief assignments.

Bendy Mann, director of program services, is on assignment in Alaska, leading fundraising and public relations efforts in response to the flooding there.

Volunteers Terry Kline, Connie Kline, David Holley, Donald Parker, and Roger Parker left Monday for Alabama and have since been relocated to the Carolinas in response to Tropical Storm Ernesto. Ernesto is expected to regain hurricane strength before hitting land again sometime this week.

We are still in need of several more volunteers to go to the Caro-

linas and Virginia. If you are an active Red Cross DSHR member please call the office today to begin processing for assignment, and be prepared to leave the following day. If you are interested in becoming a Red Cross disaster volunteer, please call the Huntington County Chapter of the American Red Cross at 356-2910.

### SUPPORT GROUP FOR KIDS

Do you know a child who is struggling because of a divorce or death in the family? For the thirteenth year, Wabash Friends Counseling Center is offering RAINBOWS, a support group for children who have lost a parent because of divorce or death. RAINBOWS is a proven program that has helped over 1,000,000 children internationally. According to Scott Makin, director of

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**Pulse Opera House Presents**

# See How They Run

**A Fast paced Comedy**

**September 8, 9, 14, 15, 16, 21, 22, 23**

*Performance at 8:00 p.m., Doors Open at 7:30*

**\$12 for General Admission - \$5 for children 12 & Under**

For Reservations call 375-7017

**\$2 Off With This Coupon** (Limit 4 Tickets)

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**Music Boxes**

**Stuffed Animals**

**Balloons/Party Supplies**

**and much more!**

***PJ's Flower & Gift Shop***

**M-T-W-F 9-5; Th & S 9-12**  
**114 N Wayne St, Warren**  
**(260)375-2702**

## 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.

**Sep 6** Van Buren Town Council, 7 p.m.  
**Sep 8 & 9** ArtisanFest - downtown Warren  
**Sep 8 & 9** See How They Run at the Pulse Opera House  
**Sep 9** Knight Bergman Center Board Meeting, 8 am at KBC  
**Sep 11** Warren Town Council, 6:30 p.m., Assembly Hall  
**Sep 12** Our Town Committee Meeting, 7 p.m., Assembly Hall  
**Sep 14, 15, 16** See How They Run at the Pulse Opera House  
**Sep 15** Warren Recycle Day  
**Sep 20** Van Buren Town Council, 7p.m.  
**Sep 21, 22, 23** See How They Run at the Pulse Opera House  
**Sep 25** Warren Town Council, 8 a.m., Assembly Hall  
**Sep 29** Warren Recycle Day  
**Oct 4** Chamber of Commerce Lunch, Noon, Assembly Hall  
**Oct 4** Van Buren Town Council, 7 p.m.  
**Nov 11** Holiday Craft Show at KBC

**Bread of Life Food Pantry** - Wed 4 - 5:30pm, Sat 10 - 11:30 at KBC or by appointment - Call 375-2381. **Bargain Basement** - Friday & Saturday 9 - 4 at KBC **Depression Support Group** 2nd & 4th Thurs at Hope Missionary Church, Bluffton 6-7:30 **After School Adventure** - Tuesdays & Thursdays, after school till 5:30 p.m. at Hillcrest Church of the Nazarene **Preschool Story Time** - Warren Library 10:30 **Fridays Farmer's Market** - Saturdays, 8am - Noon Located in the former BMV Parking Lot.

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# AREA NEWS CONTINUED

## MORE PAGE 3

counseling, "the program helps children deal with their feelings, work through their grief, understand their anger, and constructively begin their new life."

RAINBOWS begins September 13th and runs for twelve weeks. The group meets at the Friends Church (3563 South, State Road 13, Wabash) for one hour each Wednesday evening beginning at 6:00p.m. Each support group consists of three to five children and is led by a trained adult facilitator. There are six different age levels, ranging from kindergarten through twelfth grade and is offered free of charge.

How does this program help kids? One of the parents commented: "I would like to say thank you for giving your time to my children. They have needed this support group. They have enjoyed this time and haven't wanted to miss any time. You must have a lot of patience! I appreciate your commitment to helping my children and hopefully you have given them more values in life."

Rainbows gives children a chance to deal with their grief with other peers and a trusted adult. It helps them begin to express some of those deep and

difficult feelings they have kept bottled up inside.

For more information or to register for the program, contact Scott Makin at 877.350.1658 or e-mail [scott@wabashfriends.org](mailto:scott@wabashfriends.org). Registration is free but must be made by September 11th.

## HAPPY HATTERS

The Van Buren Happy Red Hatters met Thursday at Ci Ci's Pizza for lunch. A practice session was set for Sept 7th for another outing at Bradner Village soon and Family Fun Night at the Christian Church set for October. Girls are urged to bring kazooos and come prepared for a fun practice.

Those attending were Sarah Hammitt, Rosemary Hammon, Donna Zent, Norma Briner, Paula Shepherd, Lana Stuber, Janet Hunnicutt, Helen Fincannon, Shelby Golf, Mary Ellen Hawkins, Shirley Shinholt, Willadean Harte, and Waneta Bald.

September 28th is the date for the next gathering, with the place to be determined later.



## CLASS OF '56

The Van Buren High School Class of 1956 held their 50th class reunion over the recent Popcorn Festival with festivities beginning Thursday. Those riding in the parade on a trailer pulled and decorated by the 50 year class president Don Zent. Riding were: Larry Denny, Jerry Denny, Sandy Rumble Haworth, Judy Edwards Westfall, Doris Collins Douglas, Sara Vernon Reed and Dick Reed, Norman Wolf, Don Welch, Marlene Shook Ewbank, David Salter, Herb Collins, Glen Beasore, Bill Voris, Milly Johnson Chambers, Nellie McGinnis Leach, Colleen Bradford Hurlock, Frances Franks, Jim Knight, Dave Wimpleberg, Carolyn Nichols Lee and Donna Karchner Zent.

The group threw candy and beads and had a great time seeing familiar faces and sights. Following the parade all class members and spouses enjoyed much conversation and finger food.

Beginning Friday evening with a catered meal with grace given by Don Zent.

A Memorial service followed for the 10 deceased members. Reading a list of names and dates was June Felton, lighting a candle for each was Marlene Ewbank

and reading a Poem entitled On The Wings Of A Prayer was read by Donna Zent. The song Will The Circle Be Unbroken was played by Donna. The deceased members Are: Rodger Endsley, Eldon Pickett, Carolyn Persinger Sparks, Phyllis Smith DeCamp, Larry Corey, Bob Simmison, Bill Swetman, Steve Tinkel, Merle Bramblett and Bob Lee.

The tables were decorated with bio booklets for each member and a hand grown, painted gourd depicting the 1956-2006 and VB Aces on each. Red white and blue flowers also. A white elephant auction was held raising \$300 for the class treasurer. Don Welch played the auctioneer, with the help of Doris Douglas and Marlene Ewbank.

Our 6th grade teacher, Mary Catherine Clupper enjoyed the evening with us.

The next reunion will be in 2 years with the committee of Dave Wimpleberg, Norm Wolf, Don Welch and officers Carolyn Lee and Don and Donna Zent.

A wonderful time was had by all both evenings.

Sandra Haworth won the traveling Aces airplane for traveling the longest distance, Scottsdale, Az.

## REJOICE WITH A VICTORY

The Lady Eagles met the Fulton F.I.S.H. Shining Stars, a HomeSchool team from Fulton County, at the Salamonie School Gym.

The Varsity Huntington Lady Eagles won 25-9, 25-7, 22-25, 25-6.

The Lady Eagles kept the 3rd game close to a 15-15 tie, yet 3 of the last 5 points were violations over or under the net, which gave the Stars the victory.

For the match, Stephanie Gahman set 8 assists, landed 3 kills, made a block and served 16 of 17 with 4 aces. Samantha Kelsey smashed down 13 kills, served 13 for 13 with 3 aces, made 2 blocks. Meredith Mills set 20 assists, had 4 kills and landed 5 aces on 25 of 27 serves; Rebecca Daniels (4/6 serves) 13 kills, 2 blocks, 1 assist; Tina Criswell 3 of 3 serves, a block and a kill; Kaleigh Shultz (4/5 serves) had 4 kills; Kelsey Featherston served 10 of 12 with an ace; Camarie Young 3 of 4 serves with an ace; Abby Freeland had 6 of 7 serves; Kaitlin Layman 1 of 1 serve.

The Varsity Lady Eagles are now 4-0 and are coached by Mark Campbell.

CONTINUED PAGE 5

# Healthy Connection

We specialize in you.

### Diabetes Awareness Day

**Tuesday, September 5**  
9 - 11 a.m.  
Bluffton Walgreen's

- FREE educational materials
- FREE glucose fingerstick

No appointment necessary. For more information, contact Lisa Geiger, (260) 919-3859.

### Warren Arts Festival

**Saturday, September 9**  
10 a.m. - Noon

- FREE total cholesterol (no fasting required)
- FREE blood pressure screening
- FREE glucose fingerstick
- FREE colon cancer home screening kits
- FREE PSA
- Thyroid panel, \$20

10 a.m. - 4 p.m.

- FREE blood pressure screening
- FREE colon cancer home screening kits
- Free educational materials

### HealthCheck - Decatur

**Tuesday, September 12**  
9 a.m. - Noon  
Gerber's Supermarket in Decatur

- FREE educational materials
- FREE blood pressure
- Pick up your free copy of Pathways

No appointment necessary. For more information, contact Lisa Geiger at (260) 919-3859.

### Diabetes Share Group

**Tuesday, September 12**  
6 - 7 p.m.  
Downtown Campus 4th Floor Conference Room

Topic: Artificial Sweeteners

We will be discussing artificial sweeteners and their use, and have a question and answer time.

### Migraine 101: Everything you need to know

**Thursday, September 14**  
7 p.m.  
Downtown Campus 4th floor conference rooms

Learn current treatment options for migraine sufferers. Presented by Rajesh Verma, M.D. Refreshments will be provided.

To register call scheduling at (260) 919-3830.

### Ossian Days

**Friday, September 15**  
3:30 - 8 p.m.

- FREE blood pressure screening
- FREE glucose fingerstick
- FREE colon cancer home screening kits

**Saturday, September 16**  
6:30 - 8 a.m.

- FREE glucose fingerstick

### Bluffton Street Fair

**Tuesday, September 19 - Saturday, September 23**

Visit our booth in the industrial tent, and enjoy the fair!

### Heartsaver Infant/Child/Adult

**Friday, September 23**  
8:30 a.m. - 2:30 p.m.  
South Campus Education Center

### FREE Prostate Cancer Screenings

**Monday & Tuesday, September 25 & 26**  
10 a.m. - 2 p.m.

**Wednesday, September 27**  
1 - 5 p.m.

**Thursday & Friday, September 28 & 29**  
10 a.m. - 2 p.m.

Screenings are by appointment only. To schedule your free screen, call (260) 919-3045.

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[www.blufftonregional.com](http://www.blufftonregional.com)

September

Published the first week of the month.



# GENEALOGY REPORT & AREA NEWS CONTINUED

## THANK YOU

The family of Kenny Freck would like to express our heartfelt Thank-You's to everyone who called, sent a card, sent flowers, dropped off food, came to the funeral home, made a donation to Huntington Co. 4-H and helped in anyway. Thank-you to Glancy Funeral Home and Rev. Charles Dye. Your thoughts & prayers are what helped get us through. Thank-you Again!

Julie & Jason King & Clinton  
Lynne & Mike Huffman &  
Family

## KEPLINGER

Cora Keplinger, 104, of Huntington died at 8 p.m. on Monday, September 4, 2006 at Millers Merry Manor in Huntington, where she had been a resident. She was a homemaker and was a member of the St. Peter's First United Church of Christ.

She was born on Oct. 1, 1901 in Huntington County, the daughter of John B. and Lydie (Jones) Hite. She was married to George E. "Ed" Keplinger on Nov. 23, 1921 in Union Township. He preceded her in death on Nov. 12, 1982.

Survivors include a brother Harvey Hite of Warren, a sister Kathleen Campbell of Sebring, Fla., two grandchildren, four great grandchildren and eight great great grandchildren.

She was preceded in death by a daughter, Wilma Oden, five brothers; Howard Hite, Chester Hite, Roy Hite, Claude Hite, Robert Hite, and by two sisters, Cleo Brown and Opal Anson.

Services were held at Myers Funeral Home in Huntington with Rev. Ray Scribner officiating. Interment will be at the Gardens of Memory Cemetery in Huntington County.

Memorials may be made to Parkview Home Healthcare and Hospice in care of Myers Funeral Home.

## MORE PAGE 4

Their next Home match will be Thursday, September 7, 2006 at 6:00 PM, against the Lakeland Christian Academy Lady Cougars, at Horace Mann School Gym.

Admission is only \$1/Student, \$2/Adult & \$5/family, and delicious & nutritious concessions are available, including fresh baked slices of pie from "R" Bakery (Kathern Ralston, Master Baker).

## MY TOWN AND YOURS

by Dennis Stroud  
I was reading through old newspapers that was given to me and found an article, which got me thinking about the sectional basketball tournaments in Huntington County. The competition was always present when each school played against one another but everybody rooted for the team that played Huntington Vikings. The county schools always played the sectional in Huntington with one exception.

January 14, 1927, headlines in the Warren Tribune read: "High school sectional basketball tournament to be held in Warren. The big event will be held in local gym March 4 and 5". That statement was made by Arthur Tresler, secretary of the Indiana High School Athletic Association. Fourteen teams competed for the sectional championship that year and they were: Bippus, Clear Creek, Roanoke, Andrews, Huntington, Huntington Township, Rock Creek, Banquo, Monument City, Lancaster, Jefferson Center, Union Township, Markle and Warren.

Play started at one Friday afternoon with Roanoke beating Monument City 34-31, Huntington Vikings ousted Union 27-20, Rock Creek beat Lancaster 17-15 and Jefferson lost to Warren 24-21. Friday evenings games were played with Clear Creek beating Andrews, Bippus outlasted Huntington Township 12-11 and Banquo beat Markle 47-13.

Seven teams were eliminated before the largest crowd that ever witnessed a Huntington county basketball game. So great was the crowd that every inch of space was taken and it was hard for the officials to keep the overflow off the playing floor. Since there were no hotels in Warren the citizens took the players into their homes for the evening and they were served meals at the school cafeteria.

Saturday morning games went

as expected Huntington, Banquo, Clear Creek and Warren advancing to the afternoon games. At 2:00 the Banquo team raced out on the floor for their game with Huntington. They were dressed in overalls, wearing them over their uniforms and they tied red bandanas around their necks. This did not rattle Huntington and they won 42-12. The second game Warren lost to Clear Creek. In the night finals Clear Creek beat the Huntington team 28-25. The Salamonie Valley Museum will be open 1:00 p.m. - 4:00 p.m. on September 9 and will be closed Sunday September 10.

## EPIDEMIC PROPORTIONS

Addiction to pornography has exploded to epidemic proportions over the last decade. It has even infiltrated into the churches and is holding pastors, friends, and family members prisoner. But hardly anyone, especially the church, is talking about this dangerous and destructive addiction. Last year Bachelor Creek Church of Christ took a bold step and sponsored "Porn Sunday" and brought in one of the leaders of the XXXChurch.com; a minis-

try to those in the pornographic industry and those addicted to pornography. "Porn Sunday" helped educate people about the effects of pornography and how to get help. Other churches in the community joined Bachelor Creek in this endeavor as a way to begin meeting the needs of those stuck in pornography.

This past December the Wabash Friends Counseling Center started their first pornography therapy group. It successfully concluded in March and another was scheduled for the spring. Wabash Friends Counseling Center is just starting another group for the fall. Starting September 14th, this group will meet on Thursday evenings at 6:00 pm. Those that are interested can still join this group. You can just show up or if you have any questions you can call or email Scott Makin, Director of the Counseling Center (260.563.8452; scott@wabashfriends.org).

Pornography and sexual addiction are devastating not only to those addicted, but to their family and friends. Usually there is

CONTINUED PAGE 6

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## AREA NEWS CONTINUED

### MORE PAGE 5

no place to turn but to keep it a shameful secret. Now you have a safe place to turn, the Wabash Friends Counseling Center. And you have competent people to come alongside you to help you understand the underlying feelings that drive this addiction. In this therapy group you will learn more constructive ways to deal with these feelings. The group will be led by a Master's level counselor with experience in addictions and groups. This will be a highly confidential group and setting. Each group session will cost \$20.

### GRIEF SUPPORT GROUP

The Wabash Friends Counseling Center will start a grief and loss support group called GriefShare. This support group will run for 13 weeks starting on September 18, Mondays, from 6:30 to 8:00 pm at the Wabash Friends Counseling Center (3563 South, State Road 13 in Wabash) in the Conference room.

There is no cost for the group and it is open to anyone in the community.

GriefShare is a video seminar series featuring some of the nation's foremost Christian experts on grief and recovery topics as seen from a biblical perspective. These videos also include real-life stories of people who have experienced losses. The video seminars are combined with support group discussion of the materials presented during the video. Participants will have the opportunity to interact with others who have experienced a recent loss, learn about their experiences and have the opportunity to share their own story.

Some of the topics are: When Your Dreams Fall Apart; The Seasons of Grief; The Emotions of Grief; When Your Spouse Dies; Your Family and Grief; Where is God?: Your Greatest Resource; Stuck in Grief of Moving On; Growing Through Grief.

The GriefShare group is a place where you can be around people who understand what you are feeling. It's a place where you can hear valuable information about ways to heal from the hurt of a loss. You will learn how to deal with the pain of your loss and look forward to rebuilding your life. You will find help, discover hope, and experience healing in your journey from mourning to joy.

Each participant can purchase a workbook for \$15 (scholarships are available). If you need more information call or email Scott Makin (the Director of the Counseling Center) at 260.563.8452 or email [scott@wabashfriends.org](mailto:scott@wabashfriends.org).

### FREE CLASSES

Adults can sign up for free computer classes at the Wells County Public Library. Classes are approximately 60 minutes. Classes fill up quickly, so call today. Pre-registration is required.

Beginning Internet: Wednesday, Sept. 13 at 2 p.m.: Learn how to start searching online in a fun, non-threatening atmosphere. Moderate skills needed to get the most from this class.

Outlook Express: Wednesday, Sept. 13 at 6:30 p.m.: Learn the basics of sending and receiving emails in Outlook Express. Moderate skills needed to get the most from this class.

For more information, call the library at 260-824-1612.

### COOKBOOK CLUB

After a summer break, the Cookbook Club at the Wells County Public Library is ready for another tasty year. Curious what it's all about? Join us on Tuesday, Sept. 12 at 6:30 p.m. The club meets monthly to review new cookbooks, share recipes, sample new foods and go on the occasional 'culinary field trip'. If you plan to join us that evening, please call the library at 260-824-1612 and leave a message with Judy Maxwell or Deb Perry.



### NEW CEO

The MarkleBank Board of Directors is pleased to announce that Greg Smitley has been chosen as the next President and CEO of MarkleBank effective September 25, 2006.

Smitley replaces Travis Holdman who was recently named Chairman of the Board of Independent Alliance Banks, Inc. (IAB), MarkleBank's holding company.

Smitley has 26 years of banking experience and is currently Executive Vice President and Head of Lending at Grabill Bank.

A graduate of Huntington University, Smitley majored in Business Administration with a minor in Economics. He received his MBA from Indiana Wesleyan University and was an honors graduate at the Graduate School of Banking at the University of Wisconsin.

He has been involved in a num-

ber of professional and civic activities. They include the Finance Committee of the Community Development Corporation, Indiana Bankers Association Government Relations and Commercial Lending Committees, Board of Advisors of the Graduate School of Banking, Fort Wayne Chamber of Commerce, Northeast Business Alliance, Rotary International, and Junior Achievement. He also served on the Grabill Town Council and as Past President of the Grabill Chamber of Commerce, the Grabill Economic Development Commission, and the Grabill Park Board.

Smitley and his wife, Patricia, are the parents of three children. Lara is a junior at Huntington University, Lisa is a high school freshman, and Alex is deceased. They are active in the Grabill Missionary Church and Smitley has held various positions at the church.

MarkleBank is a bank subsidiary of Independent Alliance Banks, headquartered in Fort Wayne, Indiana. MarkleBank currently operates seven full-service community banking centers, the main office in Markle, two offices in Bluffton, one in Warren, Huntington, Fort Wayne, and Van Buren. MarkleBank also offers investment and insurance services through a partnership with MarkleFinancial and MarkleInsurance.

### WHAT IS MENORRHAGIA?

A shocking 10 million women in the U.S. suffer from excessive menstrual bleeding, also known as menorrhagia, causing severe pain and embarrassment, taking control of a woman's personal and professional life, demanding drastic lifestyle restrictions and, in many cases, leaving sufferers anemic.

The findings from a 2005 National Women's Health Resource Center (NWHRC) survey of 653 women who suffer from menorrhagia corroborate the debilitating effects of the condition. More than half of survey respondents have made adjustments in their lives to accommodate their condition. Roughly half report missing a social or athletic event and four out of five report a negative affect on their sexual relationships. One-fifth of respondents have been forced to miss work because of their condition. Regarding their physical health and well-being, most women surveyed experienced severe symptoms regularly such as fatigue, depression or moodiness, painful cramps and headaches. Nearly 40 percent have developed anemia.

Hysterectomy—an invasive and risky surgical procedure—remains a common treatment de-

spite the broad availability of safe and effective alternatives. Hormones are often prescribed to women with heavy periods, but they are only effective 50 percent of the time, not to mention that many women can't tolerate their side effects, may forget to take them, or are contraindicated to take them.

Today women suffering from excessive menstrual bleeding have a less invasive and highly effective alternative. Locally, Dr. Wanner, of Bluffton Regional Medical Center in Bluffton, Indiana, is now offering the NovaSure System, a next-generation endometrial ablation device that uses precisely measured radio frequency energy to permanently remove the uterine lining that produces menstrual bleeding. It is a 90-second outpatient procedure generally performed under local anesthesia, and can be done at any time during a woman's cycle, even during her period, making it a fast, easy and convenient solution that is changing women's lives.

Please find below a compelling story about Laura Robison, 33, who suffered from severe excessive menstrual bleeding until having the NovaSure procedure:

At 33 years old, Laura Robison did not want to have a hysterectomy. However, the mother of two children had been suffering from excessive menstrual bleeding for years and assumed that the invasive procedure was her only remaining option. Hormone therapy was ineffective for Laura. Although it regulated her heavy periods, it did not stop them. She lived in fear of embarrassing accidents; she suffered from debilitating cramps; she was forced to hide inside during her heaviest days, so as to be in close proximity to a bathroom at all times. Laura lived in anxious misery.

However, after six solid weeks of bleeding, she visited her OB/GYN Dr. Wanner, at Bluffton Regional Hospital. She was willing to do whatever it took to feel better, including remove her uterus. Instead, Dr. Wanner immediately suggested the NovaSure System. With the 90-second outpatient procedure, he was confident that he could significantly reduce Laura's bleeding and discomfort each month, without having to undergo the

dreaded hysterectomy.

Six weeks later - clocking in at a solid 12 weeks of heavy, constant bleeding - Laura underwent the endometrial ablation procedure in April of 2005. Now, she gets a two-day period per month, and it is so light that she no longer worries about embarrassing accidents, debilitating cramps, or imprisonment in her own home. Laura recommends the procedure to anyone!

### THE STORM IN OUR HEADS

by The FlyLady, Marla Cilley  
The storm is a brewing and it is not in the Caribbean; it is in your head. That storm has caused our thoughts to blow wildly in every direction and they become a vicious cycle that plays havoc with our head, homes and our families.

Have you ever lost your wallet and began searching for it in a frenzy? You know this feeling of not being in control and running around. The Frenzy started before you lost your wallet. The frenzy is the reason you lost your wallet in the first place. That frenzy is the storm in your head. My goal is to teach you how to calm this storm before it destroys your life and home.

I can give you all the tools to calm the storm on the outside but if you have not controlled your thoughts you are not going to feel the peace that comes with your routines. In fact you may even sabotage that peace because it feels so strange. After all we have prided ourselves in being able to juggle many balls at one time. This is not virtue; it is a cover up so that no one will really know what is going on inside your head. You think this makes you look organized when really it is only making you look like you have it all together so no one will question you.

**CONTINUED PAGE 8**

### Creative Elements

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407 E 5th St	\$89,900
427 N Matilda St (Comm)	\$74,900
500 W (600S-700S) Wooded Hunting Ground	22.75 Acres
503 N Nancy St	\$67,500
519 E Third St	\$29,900
520 N Main St	\$82,000
523 N Main St	\$45,900
605 E Jefferson St	\$74,900
619 E 5th St	PENDING
8559 S 500 E	\$98,000
907 N Main St	PENDING
9460S-500E	\$87,900
HUNTINGTON	
1S & 2S Marion Rd (1.5 A each)	\$15,000
2430 Waterworks Rd	\$121,900
2533 W Park Dr (Reduced)	\$82,500
4006 S Warren Rd (Reduced)	\$71,000
71 E 500 Ss (New)	\$76,500
729 Wright St	\$65,000
805 Oak St (Reduced)	\$104,900
HARTFORD CITY	
408 E Kickapoo St	\$86,500
MONTPELIER	
222 N Adams St (Reduced)	\$29,000
FORT WAYNE	
1214 Barthold St	\$64,500
6329 Neighbor Dr (New)	\$96,900
828 Putnam St (Reduced)	\$74,500
VAN BUREN	
5166 N 900E	\$92,500
5531 N 1150E	\$105,000

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Send in your ad -- include name, address, and phone number (for our records) and number of times you wish ad to run. We reserve the right to edit all ads. Send to: WARREN WEEKLY, P O Box 695, Warren, IN 46792, OR drop off at PJ's Flower and Gift, Downtown Warren by 10 a.m. on Tuesday for the Friday edition.

## EXAMPLE

For Sale -- 1986 Ford Fairlane, 4 door, power steering and brakes,

1 2 3 4 5 6 7 8 9 10 11

10321 N. Victory, Warren. Phone 260-000-0000.

12 13 14 15 16 17 18



# AREA NEWS CONTINUED

## MORE PAGE 6

That storm that is going on in our brains is fueled with self-doubt, perfectionism, guilt, martyrdom and shame. We are not prepared to deal with this storm so we ignore it. In fact it feels normal to us. We have always been this way. We have pushed and pushed trying to do more and more and all we ever do is get further behind and racing to catch up. We have to stop the race and off of the track to be able to see what we are going to ourselves.

Back to that wallet being lost; that frenzy we are in causes us to make many mistakes. It is only after we stop ourselves that we are able to find it right in front of our own eyes. We had been overlooking it because when that frenzy takes over our heads we lose our senses. We can't think, we don't see, we are not listening and we are on guard that no one knows this is happening to us. It is our perfectionism once again but this was happening before you lost the wallet.

When I start feeling this way I have learned to recognize it pretty fast. I have my routines in place to prevent this from happening to me. Occasionally this feeling will come up. Now when I am feeling like I don't know what to do next. I stop all that I am doing and spend 5 minutes making a plan. It is when I am not prepared that this feeling happens. I take those 5 short minutes and take my foot off my accelerator and quit fueling the storm. When you remove the fuel the storm or fire will go out. HEY we can think straight instead of a vicious cycle of swirling thoughts.

I want you to begin to experience moments of calm so that when you are in a frenzy you will know how to get back to that moment and use it to quiet the raging winds and waves that are causing you to lose your mind. Be Still and the peace will come. Quiet your mind by sitting down. The more you get in a hurry the worse the feeling is going to be. Slow down and set a priority to what has to be done. Do one thing at a time! Not 15 things. You can do this.

We have to get back to why you are in this frenzy in the first place though. Establishing simple routines is going to help you be prepared for the storm when it does come. Find your QUIET place! Take a time out for you to calm yourself and focus on what needs to be done next; Not the 15 things that are spinning in your brain. This is what you do with your quiet time; Prioritize those 15 things on a piece of paper and then you have a plan. Start with first things first and move down your list. The five minutes you spend in your quiet

place will calm this storm and give you the tools to stop the wind from blowing to the land of CHAOS and Frenzy.

Are you ready to FLY with a plan for preparedness in any storm of life?

For more help getting rid of your CHAOS; check out her website and join her free mentoring group at [www.FlyLady.net](http://www.FlyLady.net) or her book, *Sink Reflections* published by Bantam and her new book, *Body Clutter*. Copyright 2006 Marla Cilley Used by permission in this publication.

## EATING CALCIUM-RICH FOODS

by The Dinner Diva, Leanne Ely  
The biggest factor in prevention of osteoporosis is, of course, a calcium-rich diet. Milk products, grains, fresh fruits and vegetables all contain some level of calcium with dairy being the kingpin of calcium. The issue of eating a diet rich in calcium is absorption and while supplements are helpful, food is best.

But if you are looking at getting a supplement, the best supplemental calcium to buy will have magnesium in it, with a 3-to-1 ratio of calcium to magnesium for optimal absorption.

But back to food. Oxalic acid, present in such healthy foods such as spinach and oatmeal, actually blocks calcium absorption. And even though these foods themselves are rich in calcium, the availability of that calcium isn't viable because of the presence of oxalic acid. That doesn't mean spinach and oatmeal should be stricken from our diets — we just need to understand that the calcium we THINK we're getting from these sources are severely limited because of the oxalic acid (and we shouldn't eat too much of them, either). Chocolate's also rather high in oxalic acid — not that anyone may have been looking to chocolate to fulfill her calcium requirements!

Another way we lose out on calcium absorption is through consumption of carbonated beverages. Phosphorus, which is naturally present in any drink with carbonation, hinders absorption of calcium as well. It may not be necessary to completely abstain from all soda drinking, but it is a good idea to limit the amount consumed and certainly to not drink it daily.

In the past few years, it has been brought to light that weight-bearing exercise helps with calcium absorption. For so long, so many women have relied heavily on aerobics or walking to be their sole exercise, but that doesn't cut it as far as bone health is concerned. The very act of lifting

weights is what strengthens the bones — it isn't just exercise itself.

Here are some fun ways to sneak calcium into your diet:

Sesame seeds have 60 milligrams of calcium per ounce, and sunflower seeds have 33 milligrams. Top your salads liberally with these calcium-rich seeds.

Powdered milk is full of calcium and a great way to get a creamy soup without the fat. Use broth as the liquid base for the soup, and simply add as much powdered milk as you like to achieve creaminess.

Oranges, broccoli and tofu all have surprisingly higher levels of calcium and should be considered great snacks.

Turnip greens, kale and collard greens are also very good in the calcium department.

Here is a calcium-rich smoothie recipe to get your morning started—

*Basic Smoothie, serves 1*  
2 ounces silkened tofu or yogurt

1 ripe banana, frozen

1/4 cup berries (your choice), frozen

1 heaping scoop protein powder (choose one that is rich in calcium)

1 teaspoon vanilla extract

3/4 cup orange juice

Put everything in a blender and LET 'ER RIP!

Per serving: 216 calories; 4g total fat; 7g protein; 41g carbohydrate; 2mg cholesterol; 12mg sodium food exchanges: 0 grain (starch); 1/2 lean meat; 0 vegetable; 2 1/2 fruit; 0 fat; 0 other carbohydrates.

For more help putting dinner on your table check out her website [www.SavingDinner.com](http://www.SavingDinner.com) or her *Saving Dinner Book series* published by Ballantine and her new book *Body Clutter*. Copyright 2006; Leanne Ely Used by permission in this publication.

## DISASTER PREPAREDNESS HELP

Fires, tornadoes, hurricanes, and other disasters can strike quickly, with devastating effects. When you need fast, reliable information and resources to get through the crisis, where can you turn?

The Federal Citizen Information Center (FCIC) is the Federal government's all-in-one source for easily-accessible government information and services online, by phone, and in print. Whether you need the latest weather reports, updates on assistance for victims, or a checklist to help your family get ready for a disaster, FCIC's up-to-the-minute resources are right at your fingertips.

The Federal government's official web portals, **FirstGov.gov**

([www.firstgov.gov](http://www.firstgov.gov)) and **FirstGov en Español**, are great sources to turn to before and after a disaster. You'll find the best links to travel and weather alerts, safety tips, disaster help for first responders, and an extensive database of FAQ's at <http://answers.firstgov.gov> with even more helpful information.

When you want to speak to someone directly, make **1 (800) FED-INFO** (that's 1-800-333-4636) your first call. Trained Information Specialists can help you get in touch with government agencies such as FEMA or HUD, locate organizations that are assisting victims, apply for disaster relief, or find out where to donate blood.

Being prepared can help you better cope with a disaster. Check out [Pueblo.gsa.gov](http://Pueblo.gsa.gov) to read or order free and low-cost publications such as the "National Flood Insurance Guide," "Your Family Disaster Supplies Kit," or "Your Home Inventory."

You never know when a disaster may happen, but you can always use FCIC's family of resources to be prepared and stay current. Online, on the phone, and in print, Uncle Sam's got you covered.

## HYBRID TAX CREDITS TO PHASE OUT

If you want a new hybrid, and those sweet tax credits are part of your plan, you better hit the road to the car dealer because the credits start running out of gas on Sept. 30, 2006.

The federal tax credits will be phased out under a new formula based on a company's total hybrid sales since Jan. 1, 2006. Toyota's shot Prius, with a tax credit as high as \$3,150, and Camry, \$2,600, are expected to take a big hit. The company controls 70 percent of the market, according to BusinessWeek and tax breaks on its models will be cut in half after Sept. 30, and by 75 percent by April 2007.

Credits on Ford, Honda, and others will probably remain through 2007 since these automakers don't sell as many hybrids.

President Bush and environmentalists both favor extending the credits.

## GET FINANCIAL SAVVY THROUGH FREE EDUCATIONAL SITES

Most of us are not wise about financial matters. We don't know how to judge which stocks will be profitable, whether we should invest in bonds, or what the financial interests are of those who say they will give us the answers.

Knowledge is our best defense against bad advice, according to the Consumer Federation of America.

### Investing

Your government has free help available. At [sec.gov](http://sec.gov), look for the "Your

Money" button to download lessons about how to evaluate stock tips and read disclosures.

At [mymoney.gov](http://mymoney.gov), you will find postings about how to save for retirement and avoid scams. It also links to local authorities at the North American Securities Administrators Association site, [nasaa.org](http://nasaa.org).

Independent and free information may be even better. Morningstar.com, started as a mutual fund research company, but now has an entire curriculum on stocks, bonds, funds, and more. The course starts with simple stuff and moves up to more-complex levels. It tells you how to evaluate whether a stock is well priced or not.

### Borrowing

Bankrate.com offers interest rate quotes and advice on borrowing and saving. For more technical information, visit the American Association of Individual Investors at [aaii.org](http://aaii.org).

Interest rates on home equity lines of credit are now at 8 percent or more. Many credit card companies, however, are still offering 0 percent interest for one year.

One problem is that you don't know how much credit each card will offer you. Financial experts recommend that you return several no-interest credit card applications. Then you can cancel those that don't give a high enough credit limit without doing serious damage to your credit rating.

## POISON PLANTS ARE MORE DANGEROUS IN FALL

Whether you're fishing, hiking, hunting, or picnicking, your chances of contacting poison plants are higher in fall. Poison ivy, oak, and sumac have grown up and spread out.

\* Don't count on "leaves three, let it be," because poison plants vary in appearance depending on the area. Ask a local guide to show you what you need to avoid.

\* Dress for protection. Wear long pants, socks, and a long-sleeved shirt.

\* Avoid secondary exposure. Experts writing in *Field & Stream* say urushiol from poison ivy can stay on your gear, your clothes, even your dog. Wash or hose down anything you think has been contaminated.

\* If you suspect you have touched a poison plant, start treating yourself immediately with water. If you have to go into a stream, do it. Urushiol requires about 20 minutes to penetrate deeply in the skin. Soap helps, but immediately washing with just water can prevent a bad reaction.

\* Don't burn brush you suspect may have a poison plant in it. Urushiol in smoke can penetrate the lungs and the eyes.