Hometown News from Warren, Liberty Center & Van Buren

Friday, April 10, 2020

Volume 35, Number 10



arren Veekly Your Hometown Newspaper

U.S. POSTAGE PAID PERMIT NO. 51 **WARREN IN 46792**

PRESRT STD **ECRWSS**

POSTAL CUSTOMER



PO Box 695, Warren IN 46792 • 260/375-6290 • Fax 260/247-2426 • email: editor@warrenweeklyindiana.com

Thought for the Week: He that can't endure the bad, will not live to see the good. Jewish Proverb

CANCELLED

Jackson Twp Alumni Banquet It is with more than a bit of cancelled.

SR GOLF

The "2020 Thursday Senior Golf League" previously scheduled to begin April 23rd is postponed until further notice. Hopefully, it will be Thank You.

BASEBALL

The Warren Baseball & Softball League would like to take this opportunity to let everyone know what our plan is at this time for the 2020 season. Our start up date right now is May 1st but We certainly agree with the may have to be extended.

We are putting the teams together the week of April 13th to allow us time to order shirts and start insurance. We will continue to take kids (if there are open spots on teams) until the end of April. Right now we are only taking entry fee later in the year.

If we have to start up even in June, while we may not have an actual practice season we will do our very best to get the kids a season worth of their games. If you have already paid for your child...your check will not be cashed until the end of April or later and refunds will be given out if the season ends up being canceled.

everyone soon.

BANQUET POSTPONED

on April 18th has been sadness that the Warren Alumni and School Association finds it necessary to postpone this year's May Alumni Banquet. It goes without saying that we will all miss seeing each other.

However, it is our intention to hold the Banquet on rescheduled at a later date. October 17, 2020 to honor the classes of 1950. 1960 and 1970. We'll see you at the Old

Warren School! All the best to all of you! Enjoy this spring and summer and we will see you

FLOWERS ARE ESSENTIAL

in the fall!

governor that flowers are essential! The outpouring of love this community has another is shown one unfathomable! Naturally, we've had to adjust to the circumstances, but we are blessed to continually provide flowers, plants, and child's info and will collect pottery to our community. While we certainly miss having people in our store, we understand the need to remain healthy and safe!

> With Easter quickly approaching, you can still order a floral arrangement, centerpiece, or lily for us to deliver! This social distancing has us missing family time, so let Gebhart's provide something special.

Due to the gorgeous

soaking up the sun and eligibility. opening is just around the complete We will have a unique was planters, letters assortment of hanging baskets, and a wide variety of garden vegetables.

We also have a surprise for you! This Friday we will hide 6 easter eggs around Warren. sent. Inside each egg will be a gift certificate to some of our favorite places in town! We suspended for the duration will reveal the clues for the egg hunt on Friday morning via our Facebook page! We hope everyone has a Happy Easter from all of us at Gebhart's Floral Barn and April 1, 2020. This applies to Greenhouse!

MEDICAID **C**HANGES

In response to the COVID-19 public health emergency, some policy and program changes have been made to help ensure members in our managed care programs Indiana Plan, (Healthy Connect, Hoosier Care Hoosier Healthwise) as well as our Traditional Medicaid members able to are maintain continuous coverage in this critical time. Member Eligibility

Member health coverage will not be terminated during the public health emergency. Member coverage will only end if a member voluntarily withdraws or moves out of the state. This applies to all full coverage Indiana Health Thank you and hoping to see weather, our plants in the Coverage Programs. It does greenhouse have been NOT apply to presumptive

a full implemented were sent to members whose coverage maintenance was set to close on March 31. for 90-days, if requested. Those closures will not take place, and new letters will be **TURKEY HUNT**

Cost Sharing

All cost sharing is health the public emergency. Members who typically had co-payments not have any payments applied starting all IHCP programs including HIP. This includes pharmacy co-payments.

Premiums and POWER Account contributions will be waived for the months of March-August 2020. applies to the CHIP program, HIP and MEDWorks. All who members made payments for the month of March or any future months will have those payments applied as credits on their account when payments are required again.

Member coverage will start eligibility when determined and will not require a first payment in order to begin. Fast Track not be payments will required and we ask that organizations stop making these payments.

Pharmacy

Pharmacies are now allowed to fill prescriptions

Presumptively with name brand drugs in the warmth! Our greenhouse eligible members must still event that the generic drug IHCP the member takes is out of corner on May 2nd and 3rd. application. This decision supply. Pharmacies can also after now fill some prescriptions early and can prescriptions

Reserved turkey hunt procedures will change on participating DNR fish & wildlife areas (FWAs) for hunters selected turkey completing their hunt registration this year, as a result of COVID-19.

The changes will allow turkey hunting to continue on FWAs while maintaining social distancing practices.

Selected turkey hunters will mailed date-specific hunting permit cards for their hunt period as well as a parking permit. FWA offices will be closed to the public; however, the selected turkey hunters will still need to sign in each day at a property selfserve check-in booth before hunting. Hunters must maintain minimum а distance of 6 feet between each other while signing in.

Both youth-season and regular-season turkey hunters will use the same procedures. Hunters should keep their hunt permit card on their person while hunting and place their parking permit in the windshield of their vehicle After each day's hunt,

CONTINUED PAGE 3



Sales ◆ Service ◆ Rentals www.deweeseappliance.com



WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda Mailing Address: P O Box 695, Warren, IN 46792 **Shipping Address:** 11850 W 900S 90, Marion, IN 46952

Phone: (260)375-6290 e-mail: editor@warrenweeklyindiana.com WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Circle K in Van Buren. Total circulation is 3000.

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

Deadline for news and/or advertising is 10 a.m. Tuesday, for that week's edition. Call if you need something in but won't have it here on time. Leave news and/or advertising at Town Hall or mail to PO Box 695, Warren or

email to editor@warrenweeklyindiana.com.

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

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

Kudos, Kicks & Karats



There is one thing I have not talked about a whole lot and that is my job. I really enjoy what I do and really like working with the people that I do. Some times it gets a little ruff just like any other job but its my job and I really like it. I have been at Heritage Pointe for 36 years in the dietary department and I must say I think I can do every job blind folded. I have seen many of the jobs change over the years and of course I have had to adjust many times with the new rules and regulations by the State Board of Health. Some times it gets confusing with the regulation changes but we all usually get it straight and carry on.

My current job is prep person in which I chop, dice and cut all the produce and make all the salads. I am also a back up cook when we need one. I stepped down from the cooking, when my health started getting bad. Sometimes you just can't keep up with the big dogs and in my case I was better off just staying on the porch. Lol I miss my cooks job but I get a taste of it every now and then to satisfy the need, but after the day is done I'm glad its only every once in a while.

When I was a cook I had the privilege of working with some great group of people Robin, Tara, Linda and Rick. There was never a dull day and I can say it made some of my bad days go a lot smoother with them. We giggled and laughed, argued and picked, and helped each other when we just couldn't get it in gear and of course always there when we had to vent. Now that I'm on the "other side of the wall" I still hear them over there giggling and laughing having a good ole time. All I can do is just shake my head and snicker and just imagine what went on over there.

I am also the weekend supervisor and I have to watch over the kitchen making sure that all procedures are done correctly, answer questions that arise, make sure everyone is doing there job and still do my prep job and yes I make sure everyone washes and washes those hands.

I started Heritage Pointe in 1983 at the age of 13 and 36 years later I am still there. The people I have gotten to know over the years and the few I wished I never knew and the residents that I have learned to love respect and treat them like I would as family. I wouldn't change it for anything. I have had bad times and good times, many accidents slippin and sliding on the floors, many "oh my gosh" moments and I cant believe that just happened, but all in all its been a great time. Have I ever thought about leaving the kitchen? Yes

CONTINUED PAGE 8



Owner: Larry Highley 375-3477 or 260/359-2331

Remodeling, Siding, Windows, General Contractor

This Space Available. Call the **Warren Weekly** for more info.



Let's Have a MiTi Party!

Check out all the details at

www.mitiparty.com



CITIZENS TELEPHONE CORPORATION

375-2111 "Your Hometown Connection Partner" HERITAGE

P O Box 326 801 Htgn Ave Warren, IN 46792 LifeAtHeritage.org 260-375-2201

This Space Available. Call the Warren Weekly for more info.

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 & Fellowsh	hip 6:30 p.m.		

BANQUO CHRISTIAN CHURCH 8294S 900W 35

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

Chad Yoder, Pastor Denise Heiniger, S.S. Supt. Sunday Worship 9:30a.m. **CENTRAL CHRISTIAN CHURCH** Van Buren, Indiana 765-934-2199

Youth Group 4:30-7:30pm at SwitchUp Handicap Accessible Little Panther Preschool 765.934.2099

HEALING WATERS MINISTRY -5811 W 600 S, MT ETNA

Pastor Wavne Couch

260/515-2517

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 duri	ng Worship
DILLMAN LIMITED DI	DETLIDEN

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

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

HANFIELD UNITED METHODIST 101 N 400 E - Marion 765/664-8726 Timothy Helm, Senior Pastor

1st Worship...... 8:30 a.m. Sunday School 9:45 a.m.

THE NEW BEGINNING

SR 218. 21/8 mile west of Poneto Steve Sutton, Pastor 765/728-2065 for more info Sunday Worship...... 10:30a.m. Thursday Prayer Meeting 7:00 p.m.

HERITAGE POINTE Chaplains Gerald Moreland, Ginny Soultz & Dick Case

Sunday Morning Worship 9:30 a.m. OTHER SERVICES BY ANNOUNCEMENT Monday thru Friday

Chapel Services 9:00 a.m. WARREN 1st BAPTIST CHURCH

727 N Wayne St, Warren 260-375-2811

office@warrenfirsbaptist.net Pator Rusty Strickler

Youth Dir: Peter & Mindy Fairchild Sunday School9:00 a.m. Sunday Worship10:00 a.m. Youth Group: Grades 5-12 ... Sun 11:30Sun 6:30pm

HILLCREST

CHURCH OF THE NAZARENE 375-2510

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

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

> LANCASTER WESLEYAN 3147 W 543 S, Huntington 468-2411

Doug Sharrard, Pastor Pam Thompson, S.S. Supt. Sunday School 9:30 a.m. Worship 10:30 a.m.

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

Wednesday:

694-6622

Aaron Westfall, Pastor Sunday School 9:15 a.m. Fellowship 10:00a.m. Worship 10:15a.m. Tues. Bible Study 7:00 p.m. Wed. Choir 6:30p.m. Monthly Meetings

1st Mon Ministry Team 7:00 p.m. 3rd Sat Mens Prayer Breakfast 8:00 am 4th Mon ABW1:30 pm

LIBERTY CENTER UNITED METHODIST CHURCH

Pastor Diane Samuels

Morning Worship9:30 a.m. Sunday School 10:45 a.m. THE CHURCH AT MCNATT

375-4359

Bill VanHaften, Pastor Lois Slusher, Supt.

Brittney Miller, Youth & Family Dir. Coffee Fellowship...... 8:30 a.m. Worship 9:15 a.m. Sunday School 10:30 a.m. Bible Study - Wed. 7:00 p.m.

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

Rev. Michael Gallant - "Pastor Mike" Multi-Generational Worship 9:30 a.m. Fellowship 10:30 a.m. Sunday Youth 4-6 p.m. Everyone is Welcome

> SALAMONIE **CHURCH OF BRETHREN** 468-2412

Mel Zumbrun, Pastor Worship9:30 a.m. Church School 10:45a.m.

UNITED CHURCH OF CHRIST

375-2102

Interim Pastor Troy Drayer Youth Pastor Troy & Mindy Drayer Sunday Worship...... 9:30 a.m. Contemporary Service - Wed 6:30 p.m. Youth Sunday School during Worship

Youth Group-Wed 6:30 p.m. Communion 1st Sunday of the Month

> **VB CHURCH OF THE NAZARENE** 765/934-3321 Parsonage

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

Hour of Power (Wed) 7:00p.m. **VB UNITED METHODIST CHURCH**

765-934-1431

Pastor Cindy Osgood Worship Service 9:30 am Sunday School10:30am Not Home Alone - Wed 3:00 pm Prayer-Bible Study (Thur) 7:00 pm UMW 2nd Wed 7:00 pm Little Ones Book Club 1st Tue 10:00 am

Just Older Youth 3rd Tue 12:00 pm www.vanburenumc.org WARREN CHURCH OF CHRIST

375-3022

Ethan T Stivers, Senior Minister Andrew Fisher, Youth Minister Liz Richardson, Childrens MinistryAsst.

Tara Bower - Secretary www.warrenchurchofchrist.org

Worship & Communion9:30 a.m. Sunday School11 to 11:50 a.m. Youth: K-6th grade, Mon 6:15-7pm Jr/Sr Hi, Sunday 6-8pm

WARREN WESLEYAN CHURCH

6th & Nancy Sts. Warren 260-228-9084

Rev. Allen Laws, Pastor Wesley Welch, Supt.

Sunday School9:30 a.m. Worship 10:15 a.m. Wed Bible Study 6:00 p.m.

FARRVILLE COMMUNITY CHURCH 11044 E 200 N, Marion, IN

765-934-3609 Pastor Al Soultz

Sunday Worship......10:30 am Sunday School Classes9:30 am Sunday Adult Bible Study...... 6:00 pm Thurs. Bible Study7:00 pm



AREA NEWS

MORE PAGE 1

hunters should deposit their supplemental drawing. hunt permit card property drop box.

The pre-season drawing for allocating hunting opportunities on FWAs for the regular spring turkey hunting season has already conducted. Youth turkey season drawings (if necessary) will be completed by the first week in April.

Several FWAs have open spots later in the turkey season, as not enough hunters applied to fill the available openings. Typically these hunting opportunities are filled by the no-show drawings. Because FWAs will not conduct no-show draws this year, there will be a supplemental online draw for these remaining spots.

The supplemental drawing application period will begin Monday, April 6 at 8 a.m. ET and end at 11:59 p.m. on Sunday, April 12. Hunters will be drawn on Monday, April 13, and results will be emailed to applicants.

For the supplemental draw, hunters are allowed to apply for only one FWA. Hunters can choose up to two different hunt periods for this draw. If drawn, the hunter will be selected for either their first choice or second choice, not both. Each FWA only has the designated available of number openings for each of the hunt periods listed. If a hunt period is not listed, then there are no available openings. If a hunter was already successfully drawn for a reserved turkey hunt, they are not eligible for this

apply for the supplemental drawing, visit https://bit.ly/2X4AzCO. Click on the button to "Add another hunt period" for that property as a second choice before clicking "Submit" and placing an order from the cart. Individuals not selected in

pre-season supplemental draw are also able to hunt on several southern FWAs later in the season, because not all days are reserved. A list of those **FWAs** is on.IN.gov/reservedhunt.

AG WORKSHOPS

Indiana Farm Bureau, the state's largest general farm organization, will host three educator workshops June for Agriculture in the Classroom volunteers and any interested teachers. Ag in the Classroom is a program led by INFB which helps bring agriculture education into Indiana's schools.

The workshops are designed to prepare educators and inclass volunteers to integrate and resources available hands-on activities about agriculture the and environment into an existing classroom curriculum. Attending a workshop gives educators an opportunity to learn from local experts in agriculture and ask questions. The workshops also are designed to prepare INFB members, who volunteer in schools through the Ag in the Classroom program, to learn new activities to be included in classroom visits.

workshops are "The designed for preschool through high school who wish educators expand their curriculum to include topics related to agriculture – the world's food and fiber system," said Lindi Kocher, INFB's ag education coordinator. "The three workshops are spread across the state, to make it more accessible for educators and volunteers."

The workshop dates and locations are:

- June 1, 2020 Beck's Hybrids, Atlanta, Indiana.
- June 2, 2020 Ancilla College, Plymouth, Indiana.
- June 4, 2020 Ivy Tech, Columbus, Indiana.

Each of this year's sites will offer a different, unique experience for attendees. The cost per person, per workshop is \$30, and lunch will be provided. Each workshop also will include free teaching materials and experiences. Professional Growth Points (6 points at each site) also available for be educators.

Registration is now open for all three workshops. Visit www.infarmbureau.org/eve nts to learn more and register to attend. Due to uncertainties, refunds will be provided in the event the workshops are canceled.



John Jones, a revolutionary war soldier, was granted a tract of land in Washington County, Pennsylvania. He built a house on Crows Island. It was there that Samuel Jones was born; the date having been December 20, 1790. A little later the family moved to Highland County, Ohio.

While still a young man, Samuel Jones, owned and operated a flat boat on the Ohio, but abandoned the enterprise to enter the war of 1812, in which he served with distinction until its close. After returning to Highland County he married Miss Sarah Ruse.

History informs us that in 1813 General Harrison made an appeal to the governor of Ohio asking for cavalry men, arms and ammunition that would help subdue the Indians, who were then on the warpath. Among the men who responded was Samuel Jones, who was appointed an officer on account of his education and recent experience in the war of 1812. While cavalry troops forded the Salamonie River down at the end of Wayne Street Mr. Jones remarked "When the time comes for this country to be opened for settlement, I would like to secure a homestead tract right here

on this very spot". Twenty years later his desire was fulfilled.

How To Draw On The **POWER OF PERSEVERANCE DURING COVID-19**

People's ability to keep up their spirits is being put to the test during the COVID-19 pandemic. Health concerns, job concerns, and disruptions to day-to-day routines have combined to create a challenging situation for Americans and for people throughout the world.

But for anyone wondering whether they can persevere through these difficult times, it's important to something in mind - others are likely counting on you, Trov Nix says (www.troynix.com), motivational speaker, businessman and author of Impact: Inspire Eternal Greatness in Yourself and Others.

"Anytime you are in a tough place in life or in business, when you feel as if you cannot go on, you can summon energy from knowing you must carry the load so others can succeed along with you," says Nix, founder and CEO of First Resource Inc., an associationmanagement specializing in manufacturing networks.

employees, your co-workers or your family, you do not want to let them down." Here's the positive, Nix says. People have inside themselves the capability to

CONTINUED PAGE 4

GOOD

or BAD?

"Whether it's your



Campbell & Dye Insurance Inc. Karen Campbell Lisa Campbell

* Advantage Plan * Long Term Care Medicare

* Prescription Drug * Life Insurance Plan * Individual and Small Group Health

Call for Free Quote: 260-375-2424 * Toll Free 888-750-8879





Heating & Propane Gas

Heating • Cooling • Geothermal • Propane • Plumbing • Generators Since 1948 • 375-3010 • wssbps.com

Celebrating 70 Years of serving the Warren Area



Supplements



and cause hatred among families, friends and neighbors.

> Is it worth it? PAID ADVERTISING

Wind farms are divisive

W - KBC Board Meeting at KBC ST PATRICK'S DAY Mar 17

events in Warren, and the surrounding area will be listed.

Mar 18 V - Town Council Meeting 7 pm Apr 1 W - Chamber of Commerce Luncheon at KBC Noon

Apr 1 V - Town Council Meeting

EASTER Apr 12

Apr 13 5pm

W - Town Council at Assembly Hall Apr 14 6:30 pm SSF Committee Meeting at 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 These Events Can Also Be Found at www.warrenweeklyindiana.com

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

canceled, please notify WW.) Only event, place, time, and sponsor, for

Events can be listed for as long as 6 months. (If an event is

AREA NEWS CONTINUED

MORE PAGE 3

the kind develop perseverance that will see them through the world's current health and economic crisis - and through future the thoughts that drive their since birth. He received a crises they are certain to encounter. His tips for mental fatigue. The question developing that level of to ask yourself is this: Do you perseverance include:

Have a strong vision of the that fatigue?" future. Olympic athletes playing it over and over in their minds until they can actually perform it. Similarly Point, says the only thing that kept him from dropping out of the demanding military academy was to hat in the air on graduation day. "I envisioned that day nearly 1,410 days I was on the academy grounds,"he says. "People can get through our current times the same way. Try to envision what success will mean to you once this crisis is over."

Understand how others survived tough times. History is filled with stories of individuals entire populations who struggled through the most difficult of times. Friends and family members who overcame health concerns, financial troubles or personal tragedies can be the source of such stories, too, Nix says. "Look at how they prevailed over challenges or obstacles in life," Nix says. "Draw lessons and inspiration from what they did."

okay being with uncomfortable. "People who consistently challenge themselves are more likely to persevere when they fail or when they encounter difficult times because they don't feel that failure is a permanent condition," Nix says. "The more times you put yourself out there in tough situations and fail, the more failure just doesn't matter." Those who get comfortable and avoid risks don't develop that fortitude, he says.

"The one major thing that learned about

of all become mentally tougher," son's Henry's journey. Henry Nix says. "In the end, the was born with only thing that makes a conditions person give up and quit are required over forty surgeries final behavior; it's all about kidney transplant last year. have the grit to overcome the importance of kidney

About Troy Nix - Troy Nix often picture a perfect (www.troynix.com), author conducted a short business routine or a perfect race, of Eternal Impact: Inspire meeting. Retired teachers Greatness in Yourself and Others, is the founder, Donna Hollopeter are new president, and CEO of First members. The association Nix, who attended West Resource, Inc., an innovative has 173 members. association management company for manufacturers. Nix, visualize himself tossing his Military Academy at West June 3rd at noon Point, served in the armed Huntington University. forces for a decade before on every single one of the moving into the business S-A TRIP - DAY # 2 world.

HCRTA MEET

Huntington Retired Teachers Association met Wednesday, March 4th, us past Madison Avenue 2020 at the Historic Forks of (Tennessee Style), Danny quarterly

President Mark Vickrey welcomed members and wide Mississippi River, we guests. He led the group in were required, by Arkansas the Pledge of Allegiance to law to stop at a Weigh the flag. Barbara Betterly Station. Since it was Sunday, offered the invocation.

and guests in attendance. A experience. delicious meal served by Kim's Katering was enjoyed Tom Sawyer's RV Park and by all. The program was several presented by Emily Jones which I surmised as a

perseverance is that we can Whitacre. She shared her that have Emily shared that March was Kidney Disease Month and donations.

> President Vickrey Jim Faroh, Missy Jones, and

Mary Lou Snyder and Joyle America's Allen led the group in singing a to close the meeting. The graduate of the United States next meeting will be held

By Larry Ryan The ear ache is much better. We left Memphis at 7:30 am. County and merged with I-40 West. Our journey's pathway took Wabash for their Thomas Boulevard, and St. luncheon. Jude Children's Hospital.

Right after crossing the very the facility was closed, so it There were 58 members was a quick drive through

> The bus progressed past fields unplanted

business that featured 4 to above-ground,

Rock, AR and then we barren land, but nothing yet! transitioned onto I-30 West Surgeon General.

We passed Hot Springs, Arkadelphia, and Hope, AR. was ready to bale, some was Burger King in Texarkana were dropped, and others where a nearby gas station stacked up like soldiers. One listed gasoline at 2.09/gal. collection had two jack-o-Pizza joint for unknown their ends. Art work on the reasons and had no time to ranch! Scattered among the shop at the adjacent Gander hayfield spaces was pastures Mountain sporting goods for a multitude of cattle and store. Bus was getting a few horses. restless.

started to announce the advertised Super Light Beer. mileage to Dallas—90, 80, 70, Flavored water? The bus etc. as to keep everyone in also passed "Soulman's BBQ" great anticipation. Maybe and Whataburger eateries. those signs were to keep our Getting hungry yet? We our first minds off impression of the rugged

possible flood plain problem. terrain. I first noticed a few We spotted a playground 2-track dirt driveways leading off-the-road round quarters. Then hay field swimming pools completely after field took over the filled with water. I could not landscape. Down the road imagine how one of those came larger ranches with could be transported to gated driveway entrances. someone's backyard! There Some had corral-designed, was no way of questioning overhead structures which the owner on Sunday anyway. led to meandering, long Our touring vehicle lanes. I had expected to see followed I-40 around Little tumble weeds gliding across

With very limited time towards Texarkana. Some spent in Texas in the past, adjacent fields had been which only included an harvested and tilled. A two overnight stay in Dallas due crop area? I was rescued to a missed connecting flight, from two futile games of my anticipated view of the Solitaire by the start of the state was to see tumbling on-bus movie, "Gifted Hands." tumble weeds everywhere. It chronicled the life of Dr. Well, there is a song about Ben Carson, the former US those exact words and the southwest.

Along with the hay which Our choice for lunch was baled and left where they We chose to veto Larry's lantern faces painted on

East of Dallas, we passed As we crossed into Texas, Audie Murphy's Museum and signs immediately Black Jack Liquor store which

CONTINUED PAGE 8



(317) 710-1305 · Cell (812) 212-7127 · Office LeasCC@outlook.com

> Epoxy Floors

≯Small Commercial Concrete

▶ Decorative Stamp

▶Plowing

> Pole Barns

...and more!

MICK & KATIE LEAS, OWNERS



128 N Wayne St ~ Warren 375-3401



Independent Insurance Agent Kevin Killen (260) 468-2953 877-464-1044

Call today for a

FREE quote.

Lisa M. Garrott Attorney at Law Estate Planning &

Business Law



HARTBURG ROTH GARROTT HALVERSTADT

260-356-4100 OR 260-375-2311 visit us at: www.hrglaw.com

GENEALOGY REPORT

DEWEES

Betty DeWees, 88, of Warren, died April 5, 2020, at



Parkview Huntington Hospital

Mrs. DeWees was a member of the Eastern Star in Warren and Past Matron Club of Warren. She was employed bookkeeper а Salamonie Mills.

She was born Aug. 16, 1931, in Jackson Township, Wells County to Arthur and Ruby Williams. She Jackson married Dale DeWees on December 3, 1949, and he survives.

Additional survivors include son, Harvey (Sharon) DeWees, of Laconia, NH; a daughter, Pamela (Mark) Winzenburg, of Katy, TX; a daughter in law, Jane DeWees, of Kouts; a sisterin-law, Judy Williams, of Debary, FL; nine grandchildren; nine and great-grandchildren.

She was preceded in death by three sons, Wendell R. DeWees, David L. DeWees and Steven D. DeWees.

Due to health concerns of the COVID-19 virus, there will be private family service. Burial will be at the Masonic Cemetery, in Warren.

Arrangements are being handled by Glancy-H. Brown & Son Funeral Home in Warren.

HAGGERTY

Fred Ε. Haggerty, 88, of Greencastle, IN. and formerly of LaFontaine,



LaFontaine. After graduating high school, he joined the United States Air Force cadet program, becoming an officer. He was honorably discharged after serving in the Strategic Air Command as part of flight crews on B52s and various experimental aircraft in the 1950s. He returned to his studies to obtain his undergraduate degree from Indiana University,

Bloomington, in 1961 and his medical degree from Indiana Greg Hammel, of Kihei, HI; School of Medicine in 1966. Soon after, Hammel, of Portsmouth, RI, family moved to Greencastle as Dr. Haggerty established his family medicine practice.

Among his activities, he time volunteered his teaching at IU School of Medicine. He served as president of the Indiana Academy of Physicians from 1989 to 1990. memorial service is planned He held positions of deacon, for Saturday, June 6, 2020, at owner of Country Side elder and trustee of Disciples the Myers Funeral Home, Ceramics. She also worked at Christ Church of Greencastle. He was active in Guilford community such as Kiwanis and Rotary.

He was born Feb. 15, 1932, in Dawson, MT, to Charles Mark O. Hammel to the a son, Matthew (Jane) Trickle, and Frieda Haggerty. His first Alzheimer's Association, sent of Warren; a daughter, wife, second preceded him in death.

Survivors include three children, five stepchildren, JOSEPH 12 grandchildren and three great-grandchildren.

private graveside interment **IOOF** in LaFontaine Cemetery planned. An additional service with family and friends will take place at a future date.

Memorials are to COVID-19 Relief Fund /United Way of Putnam County http://www.unitedwayofput namcounty.org/covid-relief-Fund.

Arrangements are being handled by Glancy-H.Brown & Son Funeral Home in Warren.

HAMMEL

Evelyn V. Hammel, 94, of Fort Wayne, IN, and formerly of brother, William D. Joseph III, Township in Wells County. Huntington, IN, and Warren, of Van Buren; and six He retired from Indiana IN, died Saturday morning, grandchildren. April 4, 2020, at the Heritage Pointe of Fort Wayne.

Hammel Mrs. was homemaker and a

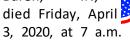
She was born Sept. 13, 1925, Jackson Huntington County to Earl A. Glancy Funeral Home in Van and Belle Settlemyer Mickley. Buren. She married Mark O. "Mick" Hammel on April 9, 1944, in Huntington, and preceded her in death on May 10, 2007.

Survivors include a son, two daughters, and Nancy (Chuck) Miller, of Fort Wayne; four grandchildren; nine and great-grandchildren.

There will be private family services at the Myers Funeral entombment at the Gardens of Memory Cemetery in rural Family Huntington County. A public Elmhurst High School in 1960. in Huntington Chapel, 2901 St., organizations Service time has not been finalized.

Memorials are in honor of wife, Mary Lynn, and his in care of Myers Funeral Tamara (Bart) Berry, Nancy, Home, 2901 Guilford St., Huntington; Huntington, IN 46750.

Gary Dean Joseph, 65, of Marion, IN, having and family in Van Buren, IN,



at VA Northern Indiana Health Care System in Marion. Mr. Joseph attended Marion High School. He was an auto mechanic and а house painter. He served in the United States Army.

He was born May 30, 1954, in Marion to William D. Jr. and Doris C. Brown Joseph.

Survivors include a daughter, Shannon Wampner, Fairmount; a son, Shawn Joseph, of Matoon, IL; a

Due to the health concerns of COVID-19, there will be a private family visitation at 1943 Ferguson & Glancy Funeral graduate of Huntington High Home on Tuesday, April 7 2020. Burial will follow.

> Arrangements are being Township, handled by Ferguson &

TRICKLE

Sandra Mary Ann R. Trickle, 78, of Huntington, IN, died April 3, 2020, at Parkview Huntington Hospital.

She was born March 3, 1942, in Fort Wayne to Edwin and Schoenemann Nora Hegerfeld. She married Jesse Home Huntington Chapel and "J.L." Trickle on Aug. 22, 1970, and he survives.

Mrs. Trickle graduated from For a few years, she was the United Technologies, Huntington, working as an electrical repair technician for 23 years, before retiring in 2013.

> Additional survivors include sister, Betty Wilhoit; and three grandchildren, Leigh Ann Trickle, Lauren Trickle and Lucas Trickle.

A graveside service will be held Tuesday, April 7, 2020, at Pleasant Hill Cemetery, 1013 Ind.-114W, North Manchester, with Rev. J.P. Freeman officiating.

Memorials are to St. Jude Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

CARNES

Dennis Duane Carnes, 63, of Bluffton, IN, and having ties to Warren, IN, died Thursday, April 2, 2020, at 11:30 a.m. at his residence.

Mr. Carnes was a 1974 of graduate of Southern Wells High School. He spent his Chester early years in Corrugated in Warren after

25 years of service. He was a member of the Sons of the American Legion through the Millard Brown American Legion Post 156 in Montpelier and the Moose Lodge in Bluffton.

He was born Aug. 4, 1956, in Wells County to Edgar D. and Mildred D. Bunch Carnes.

Survivors include a daughter, Jill (Jonathan) Orlando, of Montpelier; a son, Jessey D. Carnes, of (Kelly) Montpelier; three sisters, Kimberly (Doug) Anderson and Lisa Copeland, both of Bluffton, and Kelly Carnes, of Indianapolis; and grandchildren, Gavyn Orlando, Gabriella Orlando, Giovanna Orlando, Grayer Orlando, Chloe Carnes, and Milly Carnes.

Due to the health concerns of the COVID-19 virus the family will be having a private service.

Memorials are to Millard Brown American Legion Post 112 W. Green St., Montpelier, IN 47359.

Arrangements are being handled by Walker & Glancy Funeral Home in Montpelier.

LEE

Tom Lee, 81, of Marion, IN, and having ties to van Buren, IN, died Tuesday, March 31, 2020, at 12:44 a.m. in his home after a long battle with Parkinson's disease.

Mr. Lee graduated from Van Buren High School and was a salesperson/owner for more than 10 years with 18 & 5 Auto Sales, retiring in 2002. He was a member of Grace Community Church.

He was born Feb. 3, 1939, in Marion to Orville and Mary

CONTINUED PAGE 6

In-person or online communication your way.



Nicole Johnson Financial Advisor 2816 Theater Ave Huntington, IN 46750 260-356-7247

Edward **Jones**` MAKING SENSE OF INVESTING edwardiones.com

AREA NEWS CONTINUED

MORE PAGE 5

Fisher Lee. He married Bonnie "Darlyn" Strickland on Sept. 19, 1958, and she survives.

Additional survivors include a daughter, Janet (Brad) Carpenter, of LaFontaine; a son, Jeff (Jody) Lee, of Marion; six grandchildren, Madison Kikendall, Zachary (Morgan) Lee, McKenzie Lee, Tiffany Harrell, Caleb (Lauren) Carpenter and Kylie (Scott) Mercer; and seven great-grandchildren.

Due to the recent regulations mandated by the CDC and the Governor of the State of Indiana, the family will be having private services, with Rev. Dr. Tom Mansbarger officiating. Burial will take place at Grant Memorial Park.

Arrangements are being handled by Needham-Storey-Wampner Funeral Service, North Chapel, 1341 Baldwin Ave., Marion, IN.

Memorials are to Grace Community Church, 1810 E. Bradford Pike, Marion, IN 46952.

FRAYER

Canton, Ohio.

On Friday, March 27, 2020, Franklin 🕶 Howard Frayer passed away at The Hearth of Sycamore in Fort Wayne, at the age of 76. Frank was born on June 11, 1943, to Theodore and Frances (Keck) Frayer in

He attended Green High School.

Frank received his undergraduate degree from The Ohio State University and finished his doctorate in physical chemistry at Indiana University.

Frank served in the United States Air Force and was honorably discharged in 1971 with the rank of captain.

Corporation in Marion, from which he retired in 2008.

He had been a crop farmer in Indiana from 1973 until the time of his death.

David (Amy) Frayer, Susan Frayer and Robert (Kristen) Frayer; nine grandchildren; two sisters, Sally (Gary)

Ritzer and Sue (Bill) Titus; his ex-wife, Sarah Poulson Hilker.

Memorial services will be announced at a later date.

SILLS

Lee Sills Jr., 95, of Poneto, IN. a lifetime resident of Chester Township,



Wells County, passed away at 3:55 AM on Wednesday, April 01, 2020 at his residence with his family surrounding him.

February 14, 1925, in Wells County. He married Margaret Sills on Saturday, July 01, 1950 in Blackford County, IN. be Mr. & Mrs. Sills would've celebrated their 70th wedding anniversary on July 1, 2020. Lee was a 1943 graduate of Chester Center High School. He served in the U.S. Navy from 1943- 1946. He retired from Warner Gear in Muncie, IN. after 30 plus years of service. Lee was a member of the Warner Gear Sympathy Club, and Grover Sheets American Legion Post 1943, he grew up # 111. He had been the Chester Twp. Trustee for 25 years. Lee was never afraid of work, after he would get home from his job at Warner Gear he and his brothers would do roofing and construction work.

Wife (Schwarzkopf) Sills, Poneto, spanned more than 42 years. IN, Daughter - Kathy (Dennis) Ross, Pierceton, IN, Son - psychology at Leesburg High Michael Sills, Poneto, IN, School in the late 1960's and Daughter - Sandy (Jim) Moser, early 1970's before serving as Bluffton, IN, Daughter - a guidance counselor at Tammy (Doug) Keystone,

Grandchildren Sherry(Mike) Warsaw, IN, Denise (Don) Schools. He was passionate Brown, Goshen, IN, Jason about serving all students Ross, Pierceton, IN, Cody and the power of education He worked at Dana Moser, Poneto, IN, Megan to change lives. (Jeremy) Brown, Bluffton, IN, Matt (Stella) Poneto, IN, Brandon Klefeker, daughter Cara (Mary) and Keystone, IN, Sister - Ilene Alexander, Hartford City, IN, Massachusetts. He is survived by four Brother - Llyod "Danny" Sills, siblings Rosemary, children, Elizabeth Frayer, Bluffton, IN, Sister in laws- (Bob), Frank (Nancy), Phil Betty Sills, Betty Denton Sills, (Connie), Lois (Max), Lynn and 13 Great Grandchildren.

> He was preceded in death by his Father - Leander Sills,

Mother - Stella (Carnes) Sills, and he will be missed deeply Brother - Claude Sills, Sister - by a large extended family Gladys Myers, Brother - and friends. Russell "Buss" Sills, Brother - A memorial service will be Leslie Sills, Sister - Fern held at a later date. Gilliand, Sister - Jane Elliott, Donations can be made to Sister - Audrey Bell, Brother - the Educational Foundation Robert Sills, Brother - Wayne of Sills, and Brother – Paul "Bud" www.edfoundationlake.com Sills.

the Covid-19, private family www.beyersfuneralhome. services will be held Sunday at Walker & Glancy Funeral Home with Rev. Dewey Zent officiating. Interment will follow in the I.O.O.F. He was born on Saturday, Cemetery in Montpelier. A public memorial service will be held at a later date.

> Preferred memorials may made to the Wells County 4-H Association 1240 4-H Park Rd, Bluffton, IN 46714.

MARSHALL

Jay Marshall, 76, died at home in Leesburg, Florida, with family by his side on March 30, 2020, after many years of living

with cancer.

Born October 1, on a farm in Huntington County, Indiana,

as one of nine siblings. After college at Ball University, he taught 6th grade in Marion, Indiana. Upon moving to Florida in He will be sadly missed by 1968, he began a career with Margaret Lake County Schools that

> He taught history and Klefeker, Tavares High School. Then, IN,7 for nearly three decades he was Supervisor of Student Caverley, Services for the Lake County

> He is survived by Claudia, Klefeker, his wife of 54 years, their granddaughter Annakiya of His eight (Mae), Phyllis and David (Nancy) all live in Indiana,

County. Lake Jay's name. Online Due to health concerns of condolences may be left at

BREEDLOVE

R. Larry of Breedlove Marion, IN, went to be with his Lord and Savior

on Saturday, April 04, 2020 at **IU Health Methodist Hospital** in Indianapolis, IN.

He was born in Marion, IN. to Maxine and Kenneth Breedlove. He married Donna (Boxell) Breedlove and she survives. Larry was a lifelong resident of Marion, IN. He loved playing and watching sports. Third base was his corner. He especially

loved his Marion Giants and IU basketball. He was very social, and enjoyed playing Euchre with friends. He especially enjoyed performing his talented dance moves with his wife Donna. Many accolades were won over the years for their special moves. He was the first one on the dance floor and last one to leave.

Also surviving are his two children-Candy (Bailey) Frye, and Mark Breedlove; four brothers- Dane, Jack, Bob, and Ken; one sister – Karen.

Larry's father Kenneth and mother Breedlove Maxine Breedlove and one sister- Fairy King preceded him in death.

Due to the current pandemic, there will only be graveside services for immediate family. If memorial inclined, contributions may be made to Gideons International PO Box 26224 Indianapolis IN 46226-

Arrangements are by Ferguson & Glancy Funeral Home in Van Buren.

KBC BASEBALL 2020

It is time to start another year of baseball at the KBC diamond. The KBC baseball program will provide T-Ball (ages 5&6) and Coaches Pitch (ages 7&8) for both boys and girls. The age is based on your child's age as of June 1, 2020. If your child is age 9 or older, you must apply with the Warren Baseball & Softball League. If your child is playing in the Huntington County League or any other league, they are not eligible to play in the KBC league. Entry fee is \$25.00 per child and there will be no fundraiser activity.

> Please make check payable to KBC and mail to: **KBC** PO Box 146

Warren Indiana 46792 Registration forms will be taken from now to Saturday, April 4,

2020. Entries received after this time will go on a waiting list.

and will not be guaranteed a place on the team.			
(Please print & complete one form per player)			
Player's Name: M 🗆 F 🖯			
Birthdate: Age as June 1, 2020:			
Parents Name:			
Address:			
City/State/Zip:	_		
Phone #: () Team Last Year			
Name of Brother/Sister on same team:			
Shirt Size:			
YOUTH S M L			
ADULT S M L L 1X 2X D			
Parent's Signature:			
Are you willing to coach or help coach this year: Yes \(\subseteq \text{No} \)			

the KBC Baseball Board has final say on team rosters. Practices start in

mid-April. Games start in May.

Denny Stroud, KBC Baseball Director 260-375-3711 or 260-228-1617

CLASSIFIEDS

** NOTICE ** Personals type ads will not be accepted for the Warren Weekly

BARGAIN BASEMENT

132 Nancy St - Warren Fri - Sat 9:00 a.m. - 4:00 p.m. Come check us out.

DEWEESE SOFT WATER AND APPLIANCE

A Technetic dealer 375-3828 T

AMISH CREW

will do all types construction -Additions, garages, homes, log homes, roofing, siding, pole barns, flooring, drywall, painting, windows, concrete 574-251-8186

MITI PALLET PARTIES

Ready to host a MiTi Party? Give me a call. Create your own Pallet sign for hanging and decorating. For more info and design choices check out the website at www.nickizdesigns.com/ miti-parties

FREE PALLETS

Call 260.375.3010

APT FOR RENT

2 Bedroom 260.375.2556

Suchcicki

Bookkeeping & Tax Prep

Machelle Suchcicki

Call for your tax needs and

(260) 375-3130

Bookkeeping assistance

Email: roehm@citznet.com Will pick up & deliver Individual Rates starting @ \$40

Pharmacy 1 260/375-2135

Ananda Professional

C.B.D. products

Liquid Tincture in two strengths!

Easy to swallow SoftGels

External Salve

Email your News & Advertising to editor@warrenweeklyindiana.com



Stop In For Gas, Pizza & Deli

230 N WAYNE WARREN 260-375-4766

Bread of Life Food Pantry Hours

Wednesdays 2 - 4 pm & 6 - 8 pm Knight Bergman

Center

Shoemaker Construction

Cory Shoemaker Owner

PO Box 265 Warren IN 46792 **FREE ESTIMATES**

(260)388-5558 **INSURED**



CAN'T

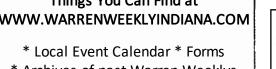
REMEMBER

OUR NAME

Things You Can Find at

- * Archives of past Warren Weeklys
- * Antiquity Tales a new blog
- * Classified & Subscription Forms





Adam Stroup, Premier Agent 2815 N Jefferson Street Huntington, Indiana 46750-8807

Bus: 260-356-2522 • Cell: 260-519-2064 Toll-Free: 888-261-3479 • Fax: 866-323-0025

INDIANA FARM BUREAU INSURANCE



www.infarmbureau.com

Check out the Community **Bulletin Board found on Channel 8. Information** updated monthly!



WARREN CABLE TV 375-2115 "Best Entertainment Value Around!"

Be Unforgettable!

Keep Your Business' Name in front of people by advertising in the Warren Weekly!

Call or email today to get your

ad in for next week!

260.375.6290 or

editor@warrenweeklyindiana.com

That's 3000 potential new customers, or existing customers each week!

WARREN WEEKLY SUBSCRIPTION ORDER

Name
Address
City, ST, Zip
l Email
New or Renewal
☐ 1 Year \$48 ☐ 6 Mo. \$24 ☐ 3 Mo \$12
1 Year Digital \$24 (emailed)
Send Form & Payment to: WARREN WEEKLY, PO Box 695, Warren IN 46792 Or email info to editor@warrenweeklyindiana.com.

Credit card payments accepted through www.paypal.com to

editor@warrenweeklyindiana.com. ALL SUBSCRIPTIONS MUST BE PAID IN ADVANCE.

Total Payment Enclosed: _

		E0	
	5 50D	5// VA/C	1 <i>-</i> 1-14
CLASSIFIED A			/ /////

SEND IN YOUR AD TODAY	CLASSIFIED	ADS 30 FUR DU WURDS
Please PRINT your ad and Phone Number carefully (if phone	number is to be included in ad, please w	rite it that way).
Your Ad:		
Classified advertising will run at a cost of \$5 for 50 words perecords) and number of times you wish ad to run. Mail to: Noted by 10 a.m. On Tuesday for the Friday edition. You may incluincluded. You may also submit Classified advertising through	Warren Weekly, PO Box 695, Warren IN 4 Ide your ad on a separate piece of paper i	6792, or drop off at Town Hall, Downtown Warren f you wish, as long as the information below is
Name:	Phone:	# Weeks to run:

ALL CLASSIFIED ADVERTISING MUST BE PAID FOR AT TIME OF SUBMISSION.

AREA NEWS CONTINUED

MORE PAGE 4

passed Morrison's Supply divided, Lake George Bush Bridge.

Then the Dallas skyline came into view. Soon the bus turned south onto I-35E section and headed toward Waco, TX. Most of the new interchanges along the interstate highway corridor had elevated roads, circling in all directions. Much of the I-35E interstate in Texas had systems frontage roads for local traffic access. However, these pathways had to yield to interstate exiting vehicles!

Various businesses lined I- and boredom. 35E for mile after mile. We Other types of triggers may left I-35E for I-35South at 5:05 The first large structure that I saw upon entering Waco was Baylor University's McLane Football Stadium. It cast a huge shadow over I-35 at this time of day. We stayed overnight at a Hampton Inn

The plan is to tour Waco tomorrow morning.

How to Cope with TRIGGERS DURING A GLOBAL PANDEMIC WHILE **GOING THROUGH** RECOVERY

by Paul Brethen, co-founder at SoberBuddy As the Coronavirus (COVID-19) pandemic spreads across the United States, many areas are moving toward social distancing, quarantine and shelter-inplace tactics to prevent the During this spread. unprecedented time, those going through recovery may particularly find life challenging. While confined to their homes, those in recovery may become more susceptible to relapse. It's important to be able to identify and recognize triggers and be prepared with constructive ways to cope with those feelings.

What can be a trigger?

before stopping at a QT, levels are high, the chances you've been meaning to start. supportive people via phone, a positive attitude. With which was adjacent to Joe of a trigger leading to a Willy's Market, in Rockwall, relapse is much higher. The On the west side of average relapse rate for Rockwall was the large, road- substance use disorders is Hubbard. about 40-60 percent, so if you been wanting to clean the Crossing the lake was the do experience a relapse, house, sort through old you're not alone. Ideally, we want to identify triggers and create a plan for coping before a relapse happens. One of the most common workout time in your triggers that may experienced during this global pandemic include loneliness from the loss of your recovery system which according to a recent study is the #1 one reason a person would relapse. Some other common internal triggers from isolation may include fear, stress, anger, shame

be contact with using friends, pm. prior to reaching Waco. even if it's by phone or social The flat landscape continued. media, can cause severe cravings or the desire to use a secondary drug or alcohol. wanting to drink or use a to help pass your time will things get back to normal.. quickly lead back to your your environment is safe the garage, painting a room from anything that reminds or going through the closets. you listened to when high, old family movies. info on high risk people etc. Here are a few ways to relationships combat triggers and cope during this time:

Fill up your free time

Too much free time with nothing to do can be dangerous for people in recovery. Boredom can easily lead to mindless thoughts or fantasizing about drug and alcohol use, which can then when possible. overwhelming trigger cravings. It is critical to keep recovery activities busy and structure your time. Just because you might not Here are a few ideas:

- Include times to wake up, activities should get paused. shower and get ready for the There's still work to be done day, meals and snacks, work, and a lot of it can be entertainment, phone or completed online or in your video chat with friends and home. family, and a bedtime.
- you have. Start a hobby! one on social media.

Paint a picture, play guitar, At a time where anxiety sew a dress or read that book sponsors There are so many tutorials online that you can learn just about anything!

- * Be productive! Have you photos, clean out your car or organize/purge computer files? Now's the time!
- * Stay active by including schedule. Depending on your area's guidelines, you could take a walk outside, set up a small gym space in your garage or try the latest videos on YouTube or fitness apps. Many apps are offering free trials right now, so be sure to check those out!

Invest in your relationships

Now's your opportunity to spend quality time on those relationships that important to you. Connect with your partner, children and friends—even if it's over video chat!

- * If possible, do things During this time of isolation together like talking, fun activities/games and drug that is "not a problem" planning a trip for when
- * Start a family project such drug of choice. Make sure as gardening, cleaning out
- you of drug or alcohol use i.e. * Start meaningful rituals drug paraphernalia, pipes, like praying together, eating blades, boxes, rigs, music meals as a family or watching
 - Attempt to mend that need repairing, as long as it will not bring undue stress or harm to you or the other person. Reach out to someone with whom you've lost touch and share thoughts and feelings, interpersonal goals and complete acts of kindness for each other time in yourself and your

Maintain consistency with

be able to physically meet, * Create a daily schedule. doesn't mean your recovery

* If you can't go to meetings, * Be creative with the time create an online chat or find

- and video and text.
- virtual recovery coach.
- * Work on your 12 steps or stronger. other spiritual activities that inner peace and hope.
- you need to stay sober if you can't go out. Set up a cozy meditation corner or move a chair to your patio for a fresh air retreat.

Be optimistic and hopeful

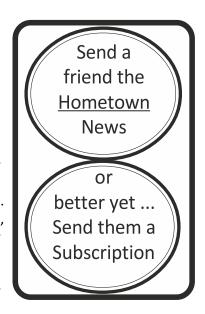
stuck, can lose motivation to shall pass." over the situation. Choose to Hope be positive and focus on the international good things in your life and blished the things you have to look underdeveloped top.

together

The important thing to remember is that you're not alone. While social self-quarantine distancing, and shelter-in-place tactics can feel isolating, we're all still here going through this together. It's important that you be an advocate for your own recovery and clearly communicate your needs. Set a schedule and stick to it, reach out to your sponsor and other supportive family and friends each day, invest

Keep in touch with relationships, maintain your other recovery activities and keep some proper planning and * Use apps and resources the ability to recognize that give you access to a triggers, you'll be able to come out on the other side

About Paul Brethen: Paul you find helpful in creating Brethen is the co-founder of SoberBuddy, an evidence-* Create the environment based virtual drug and alcohol recovery coach. Paul has over 20 years of experience as a certified addiction specialist. Prior to joining SoberBuddy, Brethen worked at the Matrix Fear can be paralyzing. Institute on Addiction as a When you feel hopeless and Clinical and Administrative Director where he helped move develop the highly forward—which can lead to a recognized Matrix Treatment relapse. Remember that "this Model. He's also worked as Avoid an international consultant harmful activities such as training those who work in watching the news 24/7, the field of drug and alcohol reading all the comments on substance dependency. In news articles and obsessing 2009, Paul founded Net for Foundation, NGO estato transform comforward to. Those who munities in Uganda. Paul has choose to overcome will be been a licensed Marriage, the ones who come out on Family Therapist since 1992, **Certified Addiction Specialist** We'll get through this, since 1996 and is published.



MORE PAGE 2

many times and I still do. Yes I would love to do something different in my life, but I'm not sure I would be as happy as I

The governor said we must stay put for 2 more weeks. I know it has been ruff on many people, I for one, but please try your best to follow the rules set forth so we can all feel safe and stay well. Prayers for all of you that you stay healthy and hopefully nobody in our community is faced with the Coronavirus. Until next time...wash those hands!!