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Warren Weekly

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Thought for the Week: Diplomacy is the art of knowing what not to say. Matthew Trump

CHEESE FACTORY COMING TO WARREN

The Indiana Economic Development Corporation (IEDC) announced today that Italian mozzarella producer, Golfo di Napoli, of Italy, will develop a \$9.5 million facility to produce cheese, creating 35 new jobs, at a 40 acre site at I-69, Exit 278 in Huntington County, Indiana. The 40 acre site is located near Huggy Bear.

Just one year ago, Indiana's Lt. Governor, Suzanne Crouch, and Jodi Golden, the director of the Indiana Office of Community and Rural Affairs, visited the location to announce the State had extended the official PRIME Certification, recognizing the site as development ready. Now, one year later, the first of two 40 acre tracts has been purchased by a manufacturing company.

"The location has been on the long range planning documents in our County for nearly 20 years," said Mark Wickersham, executive director of the Huntington County Economic Development Corporation. "The collaboration with the Town of Warren, the Huntington County Commissioners, our Board of Directors, and the State of Indiana, resulted in the PRIME Certification. It brought next level attention to the site in ways we've never experienced before," Wickersham said. "We are honored and ever so thankful Mr. Somma has invested in our County. We look forward to assisting his team in making the project a success," Wickersham concluded.

The company plans to invest \$9.5 million to establish the plant on a 40-acre site along Interstate-69 at Exit 278 in Warren. The plant, which will utilize USDA certified organic milk from Fair Oaks Farms, will produce mozzarella, burrata, ricotta, provolone and other cheeses made using the pasta filata technique, which is traditionally used in the Naples region.

"We chose Indiana because we believe that it is the perfect location to produce authentic Neapolitan mozzarella, serving customers across the Midwest," said Antonio Somma, president of Golfo di Napoli Dairy. "This facility and our partnership with Fair Oaks Farm will allow us to expand our cheese production expertise to the U.S. Local organic milk with incredible Italian taste, as we like to say."

The company, which has already acquired the land, plans to begin construction in September once the appropriate permits are finalized. Golfo di Napoli Dairy expects to begin hiring for the new facility before the end of 2018 in order to begin production in February 2019.

ROAD CLOSING

The time is now here. SR 5 will be closed on August 20th, weather permitting, for installation of a box culvert just North of the Velma McDonald property. The closing will last for approximately 35 days. Access on SR 5 from the Town will only be to 800 S through that construction. Please share.

FOOD PANTRY

"COME TO THE TABLE" food pantry

Healing Waters Ministry Church at 5811 West 606 South, Mt. Etna, Indiana 46750 will be open Thursday August the 23rd from 4pm to 7pm.

We are blessed at Healing Waters Ministry to be able to offer a free food pantry, open to all.

We will offer canned and box food, paper and cleaning products and hygiene products and more.

BARGAIN BASEMENT NEWS

Aug. 17 & 18 everything in the basement will be FREE, with a few exceptions.

Aug. 24 & 25 the Bargain Basement will be closed for switch over from summer to fall and winter items.

We will be open Aug. 31 & Sept. 1 ready to go for the fall and winter months and we will be taking donations Aug. 31 and after.

We are not closing up.

CBD AVAILABLE LOCALLY

The Warren Pharmacy has partnered with Ananda Professional to make their Hemp-derived CannaBiDiol available.

Ananda Professional produces Pharmaceutical Grade, 100% Legal, F.D.A. Approved, Made in America, non-psychoactive, full spectrum Cannabinoid products.

All Natural products from Farm to Pharmacy! Their products are available as the Oil, in dropper bottles, which is a common method of producing this product. However, they also produce a SoftGel Capsule, which is available in bottles of 30 and 60. And a Salve for any irritating spots on your body that you desire relief for. You can visit their informative website:

www.anandaprofessional.com

The Indiana Farm Bill (HB 2642), that allows these products to be sold without a prescription, restricts all products sold in Indiana to have less than 0.3% of THC, which is the psychoactive ingredient in the Hemp plant. Indiana has very strict requirements for these products.

Stop by the Warren Pharmacy, and talk with your Pharmacist, Terry Daniels, about the many benefits this product may have for you and your loved ones.

It pays to visit the Warren Pharmacy, 260-375-2135

DEADLINE NEARS

Indiana State Parks is seeking volunteer hunters to participate in managed deer reduction hunts at 19 locations later this year.

Applications must be received by Aug. 20.

Properties where hunting is allowed with firearms only (any firearm legal to take deer on public land in Indiana) are: Brown County, Chain O'Lakes, Harmonie, Indiana Dunes, Lincoln, Ouabache, Potato Creek, Prophetstown, Shades, Shakamak, Summit Lake, Tippecanoe River, Turkey Run, Versailles, and Whitewater Memorial state parks, and Cave River Valley Natural Area.

Properties where hunting is allowed by archery only (any archery equipment legal to take deer in Indiana) are: Clifty Falls and Fort Harrison state parks, and Trine State Recreation Area.

The dates are Nov. 12-13 and Nov. 26-27.

Volunteers can apply online at wildlife.IN.gov/5834.htm, where additional guidelines can be found under State Park Deer Reduction Draw Hunt.

Reduction hunts are carried out exclusively to achieve an ecological objective – to ensure balanced and healthy natural communities for all plants and wildlife within park boundaries.

Successful applicants are allowed to take up to three deer. Only one can be antlered. Deer harvested at a

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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 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 and Time Out Tavern in Van Buren. Total circulation is 3000.

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

Deadline for news and/or advertising is Noon 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

Life in a Small Town

by Treva Flemming

Well I am back to continue my life story. My parents resided in a small house on 218 East next to Clyde and Nancy Snow, who have become life long friends of ours. My sister and I are known as Rinkie Dink and Kiddo, nick names only Nancy would call us. To this day we are still Rinkie Dink and Kiddo and of course I still respond and will always be called that. I can;t ever recall being called Treva. lol

There were many funny stories that happened in that little house. My momma was cleaning house one morning when she had this feeling someone was watching her. When she turned around to look out the front windows, which was a whole wall of windows ceiling to floor. There stood several head of cows right in the front yard looking in at her thru the windows. I cant imagine the shock or the look on her face. If I was to guess she probably jumped for joy on the free fertilizer for her flowers. lol

I was always trying to help my momma in keeping house. My favorite thing to do was polish the furniture. I was really good at it. One day I took it off the dressing table and wanted to help her clean the house, so I started in her and Daddy's bedroom and polished the furniture. It didn't smell like lemons like she used, but it smelled prettier. So I was extremely busy working that I was really quiet, which evidently momma speculated I was doing something I wasn't supposed to be doing. She was so shocked that I was helping her polish the furniture, that I was told that I was to go to my room to play with my toys. I don't think my feet ever touched the ground as we went down the hall to the bathroom and then to my room. I learned early in life that hand lotion does not soak in to wood well, but it does put a shine on things. It was quite a while before she could trust a quiet child, especially me, but one day I got her. I came marching down the hall way with my red plaid house coat on that was definitely 70's style and I had my Grandma Herrings wig on. Trust me I gave the Queen of England's mum a run for her money in style and class. Of course, we had to have a picture of this taken for years later when revenge was needed. I really wanted to post the picture but it would have been to grainy as it was dark to, but trust me I was rockin the wig!!

Enjoy the cooler weather, it sure don't feel like August, but I'm not complaining, just enjoying the produce coming from the gardens. Don't forget Daughtery Produce has some great Indiana produce along with other for all you non-gardeners like me. Enjoy them tomatoes and watermelons while you can. have a great week

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ASBURY CHAPEL UNITED METHODIST

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

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

BANQUO CHRISTIAN CHURCH

8294S 900W 35
Harold Smith, Pastor
Sunday School 9:30 a.m.
Worship 10:30 a.m.
Bible Study 6:00p.m.

BOEHMER UNITED METHODIST

Katy Close, Pastor
Denise Heiniger, S.S. Supt.
Sunday Worship 9:30a.m.
Sunday School 10:45a.m.

CENTRAL CHRISTIAN CHURCH

Van Buren, Indiana 765-934-2199
Pastor - Ken Thompson
Worship 9:30 a.m.
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 Wayne 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.

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.
2nd Worship..... 11:00 a.m.

THE NEW BEGINNING

SR 218, 2 1/8 mile west of Poneto
Steve Sutton, Pastor
765/728-2065 for more info
Sunday Worship..... 10:30a.m.
Thursday Prayer Meeting 7:00 p.m.

HERITAGE POINTE

Chaplains Gerald Moreland, Ginny 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

Corner of N. Wayne & Matilda Sts.
Pator Rusty Strickler
Youth Directors
Peter & Mindy Fairchild
Sunday School9:00 a.m.
Sunday Worship10:00 a.m.
Youth Group: Grades 3-5 4-5:30p
Grades 6-12 5:30 - 7p

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.
Wednesday:
CYC/Teen/Adult Meetings 7:00 p.m.

LIBERTY CENTER BAPTIST CHURCH

694-6622
Aaron Westfall, Pastor
Sunday School 9:15 a.m.
Fellowship 10:00a.m.
Worship 10:15a.m.
Tues. Bible Study 7:00 p.m.
Wed. Choir 6:30p.m.
Monthly Meetings

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

LIBERTY CENTER

UNITED METHODIST CHURCH
Pastor Daniel Schreck
Assoc. Pastor Diane Samuels
Morning Worship9:30 a.m.
Sunday School 10:45 a.m.

McNATT UNITED METHODIST

375-4359
Bill VanHaften, Pastor
Lois Slusher, Supt.
Nick Miller, Youth & Family Pastor
Coffee Fellowship..... 8:30 a.m.
Worship 9:15 a.m.
Sunday School 10:30 a.m.
Bible Study - Wed. 7:00 p.m.

MT. ETNA UNITED METHODIST

260/468-2148 Sr 9 & 124
Rev. Michael Gallant - "Pastor Mike"
Multi-Generational Worship 9:30 a.m.
Fellowship 10:30 a.m.
Sunday School 10:45-11:30a.m.
Sunday Youth 6-7:30 p.m.
Come as you are for all services

PLUM TREE

UNITED CHURCH OF CHRIST
375-2691
Jill Miller, Pastor
Sunday School9:30 a.m.
Worship10:30 a.m.

SALAMONIE CHURCH OF BRETHREN

468-2412
Mel Zumbrun, Pastor
Worship9:30 a.m.
Church School 10:45a.m.

UNITED CHURCH OF CHRIST

375-2102
Pastor Scott Nedberg
Youth Pastor Troy & Mindy Drayer
Sunday Worship..... 9:30 a.m.
Contemporary Service - Wed 6:30 p.m.
Sunday School all ages 10:45 a.m.
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 School 10:30am
Not Home Alone - Wed 3:00 pm
Prayer-Bible Study (Thur) 7:00 pm
UMW 2nd Wed 7:00 pm
Little Ones Book Club 1st Tue 10:00 am
Just Older Youth 3rd Tue 12:00 pm

WARREN CHURCH OF CHRIST

375-3022
Ethan T Stivers, Senior Minister
Andrew Fisher, Youth Minister
Liz Richardson, Childrens MinistryAsst.
Tara Bower and Melinda Haynes - Secretaries

www.warrenchurchofchrist.org
Fellowship9:15 a.m.
Worship & Communion9:30 a.m.
Sunday School11 to 11:50 a.m.
Youth:

K-5th grade, Mon 6-7pm
Jr/Sr Hi, Sunday 6-8pm

WARREN WESLEYAN CHURCH

375-2330 6th & Nancy Sts. Warren
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

Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

state park reduction hunt are not counted toward regular statewide bag limits. Trophy hunting, or passing on does or smaller bucks to wait for a larger buck, is counter to the ecological objective of state park reduction hunts, and is strongly discouraged.

DOWNTOWN MARKET

The Downtown Farmer's Market is being transformed into the Warren Downtown Market Place, a Farmer's Market and Craft/Art vendor event on Thursday evening from 5PM-7PM (weather permitting) in downtown Warren.

Location: The 100 Block of South Main Street, next to the new Downtown Warren Event Park (official name yet to be determined).

The Town of Warren will close the 100 Block of South Main Street to through traffic for the event. Vendors are not allowed to drive into the park, however they may park on either side of South Main Street, or they may set up a table or tent in the park. (PLEASE do not block the driveway of the residence on that block).

Start this Thursday (Weather permitting) and continue until Autumn.

Cost: We are not planning to Charge for being a vendor at this event.

Would you like to participate?

Please contact Terry & Melinda Daniels at the Warren Pharmacy (260) 375-2135.

SENIOR GOLF

Thursday August 9th Senior Golf League Results :

1st Place : Stan Reed, Jack Harmon, Dennis Brubaker, Gary Sutton posted -5 score of 31

2nd Place : Keith Duckwall, Clyde Griffith, Stan Ellison, Mike Merriman also posted a -5 score of 31 (Backed up from hole #8 for tie breaker)

Closest to #3 pin winner : Steve Laymon

Closest to #6 pin winner : Charles Forrester

Longest Drive on #7 (over 70) winner : Larry Trout

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

Thanks to "Montpelier Ag and Grain" for sponsoring this weeks golf ball prizes. There were 43 participants with 2 "Smiley's" available, which went unclaimed.

John Vickrey was the winner of the "Lazer Practice Putter" donated by the George Oden Family. John states "It will be put to a much needed use!"

Remember : sign up begins @ 8:30 with tee-off @ 9:00. Everyone's Welcome.

HP SPORTS

Congratulations to Heritage Pointe Pool Tourney winners for the week of August 10. Winners were Bud Lee and Freddie Couch. Runners-up were Shirley Mounsey and Virginia Langdon.

Wi-Fi winners this week were Bud Lee with 203, Floyd Minnich 183 and George Pond with 112.

Good Luck to all for next week.

JAY CO TRACTOR SHOW

The World's Largest Gas Engine and Tractor Show will be held Wednesday, August 22-Saturday, August 25, at the Jay County Fairgrounds. The Feature tractors this year include 25 year and older featuring Allis Chalmers Tractors & Ohio Engines. This show will have over 150 antique dealers, 50 craft dealers, 3,000 Engine and 800 Tractors, plus large trading post and tractor part dealers.

Visit local food service vendors and take advantage of free parking. Admission \$5.00 per day, high school age \$2.00 per day and children 12 and under are free. For more information please call The Tri-State Gas Engine & Tractor Association at 260-334-5516 or 765-777-6056 or visit their website;

www.tristategasenginetractor.com

The Annual Quilt Show will be held at Arts Place August 23-25. There will be Beautiful quilts on display, vendors, demonstrations and a raffle. There will be an admission charge and for more information contact Luetta Bowen at 260-726-2705.

The Annual Tractor Ride will be held Tuesday August 21. We will be touring the county and learning history & folklore of the area. Please call Tourism Office at 260-726-3366 if you want to drive your tractor or ride in a wagon.

Schedule of Events

Saturday, August 18, TBA – Farmers Building, 6-8 p.m.

Tuesday, August 21, 9:30 am, Tractor Ride—Track infield (day before event starts)

Wednesday, August 22, TBA – Farmers Building, 6-8 p.m.

Thursday, August 23, TBA – Farmers Building 6-9 p.m.

Friday, August 24, TBA – Farmers Building 6-9 p.m.

Saturday, August 25 TBA, Farmers Building 6-9 p.m.

Saturday, August 25, Banjo & Fiddlers' Contest, Farmers Building 6-7:30 p.m.

Sunday, August 26, Church Service, Christianaires, Farmers Building 8:30 a.m.

SITES AND SIGHTS OF A SOUTHWEST JOURNEY PART 4

by Larry Ryan

Heading East toward Colorado

Upon leaving the Arches NP, we crossed the Colorado River near Moab, Utah. Our automobile requested a gasoline tank comfort level refill. It was a comfort feeling for me too, not knowing our heading. Almost immediately, as if it knew that we were in need of one, gas pumps appeared. Just the Pumps! No Building! No Attendant! Pumps standing alone! This was different. But it worked!

With the gas activity completed, we were back on the road. This time it was scenic Highway #128 which

followed the Colorado River northeast towards I-70. Again it was a winding pathway with boundaries of mountainous terrain and more desolate country. An unexpected surprise was the "Red Cliff Lodge" and numerous lakeside cabins that suddenly appeared around a bend in the road. It was a real "Dude Ranch!" We spent a little time observing their various activities.

As we traveled onward, signs appeared informing motorists that the area was also a "Free-Range" cattle grazing location. There were no fences installed to separate the roadside from the highway. We witnessed cattle roaming unfenced adjacent to passing automobiles. A picnic table was located next to the Colorado River for a lunch break. Cattle not invited, seen, or herd/heard. A picturesque lunch time.

Our plan for the rest of the day was to follow I-70 briefly before exiting to avoid Denver. Actually it was more of a desire to see the sites and sights of southern Colorado. We departed the interstate at Grand Junction, Colorado and proceeded east on US Highway #50 towards Delta, Montrose, and Gunnison, CO. Recently this southwest area of the state has been battling forest fires. Luckily, we stayed ahead of a possible detour again.

Our minivan crossed the Gunnison River at Delta and the "Old Spanish Trail" again near Sapinero, CO. Near the Continental Divide, we traveled through Black Sage

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Community Calendar

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

Aug 15	7:00p	V - Town Council meeting
Aug 20	6:30p	W - Knight Bergman Center Board Meeting @ KBC
Sep 5	Noon	W - Chamber Luncheon at Assembly Hall
Sep 5	7:00p	V - Town Council Meeting
Sep 10	5:00p	W - Town Council Meeting at Assembly Hall
Sep 17	6:30p	W - KBC Board Meeting at KBC
Sep 19	7:00p	V - Town Council Meeting
Oct 1	5:00a	Veteran's Banquet at Banquo Church

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



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AREA NEWS CONTINUED

MORE PAGE 3

Pass at 9,475 feet and Monarch Pass at 11,312 feet. Not to be outdone, north of Poncha Springs was Mt. Antero at 14,269 feet elevation and Mt. Shavano at 14,229 feet. The terrain consisted of reddish-orange rocks again.

Just east of there at Salida, Colorado the Arkansas River joined and accompanied us on another scenic ride to the Royal Gorge Bridge and Park near Canon City, CO.

Since we had seen pictures of this Bridge and were tired of sightseeing, rest at a motel in Canon City was central on our minds.

The next morning we opted to rejoin I-70 again to expedite our attempt to return to Indiana in two days. The map convinced us that the most direct route to the Interstate was through Colorado Springs, CO. On our way northeast on State Highway #115, the popular Pikes Peak Mountain at 14,110 feet was only 15 miles northwest of our travel route. However, our senior eyesight failed to clearly see the landmark.

Colorado Springs, CO is best known as the home of the US Air Force Academy. It is also heavily inhabited by other military personnel. To our frustration, the heavy motor traffic and numerous traffic lights in that community were utterly cumbersome! It seemed like it took us forever to navigate this city. We finally joined I-70 at Limon, Colorado and headed back towards Indiana via Kansas City and St. Louis.

The sites and sights of the southwest journey are now fond memories!

GOOD MENTAL HEALTH - NO DIFFERENT THAN GOOD PHYSICAL HEALTH

from the American Counseling Association
Seeing a physician isn't embarrassing if we have the flu, a high fever, or other serious health problems. No one will criticize us for seeking medical help for a physical health problem and, indeed,

most people would fault us if we didn't seek medical help. Yet we often find that mental health issues bring a very different reaction. People sometimes see mental illness not as a health issue, but as a serious defect, something that marks a person as weak, unstable, perhaps even violent or dangerous.

Such reactions have serious consequences for millions of Americans who could be healthier and happier if they were receiving the mental health help readily available. But many don't seek such help out of fear of being "labeled" with a mental illness, feeling family and friends won't understand, or that it could lead to discrimination at work or school.

Too many people who could use help instead see their condition as a sign of personal weakness. They may mistakenly believe that they should be able to control whatever is wrong without outside help.

The American Counseling Association works to educate the public, correct this misinformation and encourage people to seek needed treatment. For example, researchers estimate that one in eight U.S. adolescents is suffering from depression. Each day an estimated 3,000 young people in grades 9 to 12 attempt suicide, yet only 30% of young people facing mental health issues ever receive any type of treatment or intervention. This lack of treatment helps lead to more than 4,600 suicides by young people each year. The statistics are even scarier among senior citizens and our military veterans.

It's vital for people to recognize that mental health issues are not a reason for shame, but rather a condition that requires treatment by a professional. Anxiety, depression, panic attacks, eating disorders, social phobias and similar problems are not a sign of personal weakness. They are simply conditions that, when treated successfully, can result in a happier, healthier and more productive life.

If you or someone you know is suffering from a mental health issue, don't give in to the stigma, but rather take action for better health. Talk to a friend or family members about what's bothering you and look into assistance from a mental health professional. Seeking mental health help is not a weakness; it's as logical and right as seeing a doctor for that flu.

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

IS YOUR GARAGE CONSTIPATED?

If you drive down any neighborhood street in America, no matter what the cost of the homes, you'll find at least 50% of the driveways have a car parked in them. That doesn't mean the people in the homes have company, it most likely means the garages are full of stuff and there's no room for the car or cars.

I was recently on a television talk show in Portland, Oregon and I talked about how we Americans have too much stuff. The hostess of the show told me she's embarrassed to pull out of her garage because it's crammed full. I said, "Well at least you can get your car in the garage!" She said, "It barely fits and it's a three-car garage!" She looked so concerned and she truly was embarrassed.

Have you thought much about this problem? Do you think that there's habitual behavior behind a garage full of stuff? Actually behind any

constipated garage is one sentence that's used over and over: "Just put it in the garage for now." Every time you say that, what you're really doing is postponing decisions. What if you quit that right now? What if you stopped unconsciously storing stuff for a later mountain of decisions?

That's not going to get your garage emptied, because to do that, it's going to take some focused decision-making time. If you spent just 15 minutes a day on decision making in your garage it could act like a laxative for the problem and you'd get some exercise for your body and your brain. There are really only three decisions to make on each item you've put in the garage, give away, trash, keep. If you decide to keep something, ask yourself, "When was the last time I used this?" If it has been more than a year, it needs to go into the give-away or trash decision. If your car has been rendered homeless for more than a year, then most likely the stuff you're keeping hasn't been used in that length of time either.)

Summer is a great time to schedule a garage reorganization. Make it an event! If you plan to give stuff to Goodwill or some other charity, you could just put a sign out that says, GARAGE SALE ALL ITEMS FREE. You'll be shocked at how fast the word gets around the neighborhood! By having a

free garage sale, you don't have to spend time pricing and you don't have to be out there all day. If you were going to give stuff away anyway, you'll save a trip to the second hand store.

If you want to make a little money on your stuff, you'll have to plan for pricing time. You just might be putting off taking that time and that very put-off may be why the car lives in the driveway.

If you haven't read "The Joy of Being Disorganized" there's a great chapter in it called "There Arose Such a Clutter." It will inspire you to streamline your home and get your car in the garage so you can get the feeling you get when you're on a vacation. The book is available on Amazon.

Happy car in the garage day! For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon.



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GENEALOGY REPORT

SMITH

Dean L. Smith, 82, of Huntington, IN, passed away at 5:20 AM on Monday, August 13, 2018 at Markle Health Care in Markle, IN.



He was born on Monday, March 9, 1936, in Huntington Co., IN. He married Betty Watson on Sunday, June 30, 1974 in Huntington. Dean was a 1954 graduate of Jefferson Twp. High School. He worked for many years before retiring from the Indiana Department of Transportation. He enjoyed harness horse racing, bowling, riding his antique tractor and hanging out with the guys at Warren.

Survivors include: Wife - Betty (Watson) Smith, Huntington, IN, Daughter - Deena Smith, Elkhart, IN, Son - Brian Smith, Huntington, IN and Brother - Dale (Norma) Smith, Warren, IN. He was preceded in death by his: Mother - Letha (Logan) Smith and Father - Ovid Smith.

Family and friends may gather to share and remember at Glancy - H. Brown & Son Funeral Home 203 N Matilda St. Warren on Thursday, August 16, 2018 from 4:00 PM to 8:00 PM.

A service to celebrate his life will be at Glancy - H. Brown & Son Funeral Home at 11:00 AM on Friday, August 17, 2018; viewing will be held one hour before the service. Rev. Paul Burris will be officiating and burial will follow in the Star of Hope Cemetery in rural Huntington.

Preferred memorials: Pathfinder Services, Inc., PO Box 1001, Huntington, IN 46750

SHORB

Daniel B. Shorb, 34, of Bluffton, IN, and having family in Warren, IN, died Wednesday afternoon, Aug. 8, 2018, at his home.

Mr. Shorb was a member of the Apostolic Christian Church, being baptized in January 2015.

He was born April 1, 1984, in Fort Wayne and placed in the

care of Brett and Cindy Leman Shorb as a foster baby at 17 days old. He was adopted on Dec. 1, 1986. His parents survive.

Additional survivors are three sisters, Candy (Lyndsey) Weiland, of Greencastle; Heather (Jeff) Goodwin, of Fort Wayne, and Kari (Gregg) Vanover, of Warren; a brother, Neil (Laura) Shorb, of Ossian; and maternal grandparents, Wallace and Marilyn Leman, of Roanoke, IL.

A funeral service was held Saturday, Aug. 11, at the Bluffton North Apostolic Christian Church. Jeff Leman and Steve Ringger officiated. Burial followed at the Apostolic Christian Cemetery.

Memorials are to Foundations, a ministry of the Apostolic Christian Church.

HOLLEY

Martha E. Holley, 73, of Huntington, IN, died Wednesday, Aug. 8, 2018, at 2:10 p.m. at Parkview Huntington Hospital.

Mrs. Holley graduated from Liberty Center High School and was a line worker at Majestic in Huntington for many years.

She was born Aug. 4, 1945, in Liberty Center to Cleaman and Ruby J. Feely Bozell.

Survivors include two sons, David Holley and Brian (Angela) Holley, both of Huntington; a daughter, Julie Northington, of Texas; a brother, Tommy Bozell, of Minnesota; 10 grandchildren, Julie (Charles) Edwards, Leikah Stone and Winslow Stone, all of San Antonio, TX, Tabitha (Josh) Arivett, Jeff Holley and Felicia Holley, all of Huntington, Jenna Holley, of Fort Wayne, Bridget (Cory) Niemann, of Warren, Rudo Stone, stationed in Kansas and Jakayla Clay, of Indiana; and nine great-grandchildren.

There will be no visitation or funeral services. Burial will be at a later date.

5 SIMPLE TIPS FOR A LOW-MAINTENANCE LAWN

(BPT) - Whether it's regular outdoor entertaining, kids playing soccer or dogs chasing tennis balls, fun on the lawn - combined with hot, dry conditions - can mean your grass gets a major workout during the summer and early fall. But that doesn't mean you have to.

To keep your lawn looking sharp without breaking your back, follow these five simple tips.

1. Mow high. Crew cuts are out. Don't fall for the myth that the shorter you cut your grass, the less often you'll have to mow. Leaving the grass blades a bit longer allows them to shade the roots and provides more leaf surface for making food, so you can water, feed and mow less often. The type of grass in your lawn will determine the height you should set your mower, but most turfgrasses can be allowed to grow 3 inches tall in the summer before the top one-third of the blades is removed by mowing.

2. Find the most efficient mowing pattern. Most people mow their lawns in rows, and that's usually the fastest way to do it. If you have a more-or-less rectangular lawn, mowing in lengthwise rows (along the longest side of the lawn) will reduce the number of turns you need to make and thus speed up the job. Another option is to work in concentric circles - this can be more efficient because the turns are all in the same direction and, except at the very center, they're not as sharp, so you can maneuver the mower better. Whatever pattern you choose, be sure to overlap the rows a bit so

you don't have to go back later and clean up areas you missed.

3. Leave the clippings. If you aren't cutting off more than one-third of the height of the grass blades (which you shouldn't be anyway, as this stresses the plants), you don't need to bag the clippings. Just leave them on the lawn and they'll break down easily, providing the soil with nitrogen, phosphorus and potassium - the same nutrients found in commercial fertilizer. Clippings don't cause thatch, and leaving them on the grass is a zero-cost, zero-effort way to feed your lawn. If you have a mulching mower, you can also mulch in fallen leaves in the fall to add extra nutrients and save time raking.

4. Water thoroughly but less frequently. Many homeowners think they need to water their lawns daily, but turfgrass actually prefers a thorough watering once or twice a week rather than a light misting every day. Allowing the soil to dry between waterings encourages the grass to grow deeper roots and can improve the lawn's drought tolerance. So take watering off your daily to-do list and irrigate only when needed. A quick way to determine whether your lawn needs to be watered is to push a screwdriver into the soil. If it goes in without difficulty, the grass has enough water already. If the ground is so hard that the screwdriver doesn't penetrate easily, it's time to start up the sprinklers.

5. Overseed now to save time later. Overseeding in the fall, before cold temperatures hit, can save you significant time next spring and summer. Fall overseeding with a cool-season seed blend can help your lawn emerge from the

winter thicker and healthier, improving the grass's ability to fight insects, diseases and weeds in the spring - meaning less weed pulling, spot seeding and early-season lawn revitalization. Cool-season grasses should usually be planted by mid-September, and warm-season grasses by mid-October. You'll want to avoid drastic temperature changes and water regularly yet moderately so the seed has time to absorb moisture and build strong roots. A bit of extra effort now will pay off in the spring with a lush, low-maintenance lawn.

"A lawn is a great asset that provides the perfect environment for a wide variety of outdoor activities," said Bryan Ostlund, executive director of Grass Seed USA, a coalition of American grass seed farmers and turf specialists. "If you're lucky enough to have space for grass, don't let the maintenance become a

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AREA NEWS CONTINUED

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OPIOIDS

(BPT) - Want to help keep your family and community safe? Get rid of any unused prescription opioids that may be in cabinets, drawers or anywhere else you store medicine.

What are opioids?

Prescription opioids are powerful, pain-reducing medicines. You can find them in pill forms, syrups or even prescription patches. Commonly prescribed opioids include hydrocodone, morphine and oxycodone.

But they also can cause overdose deaths. Every day, 115 Americans die from opioid overdoses, according to the Centers for Disease Control and Prevention.

Why leftover opioids are dangerous

The United States is battling an opioid crisis. A study published in the Journal of the American Medical Association found that up to 71 percent of opioid tablets prescribed after surgery went unused. Trouble with opioids can start at home, where unused medicines are stored in cabinets or drawers and are ingested either intentionally or unintentionally by people who do not have a medical need for these prescriptions.

"We're facing a public health tragedy right in our own backyards; opioid addiction and overdose affect communities across America," explained U.S. Food and Drug Administration (FDA) Commissioner Dr. Scott Gottlieb. "We know that people fighting addiction often began by accessing prescription opioids from a friend or family member. It's critical we all do our part in safely disposing of these medicines once they're no

longer needed as part of our effort to ending this crisis."

Protect your family and your community

Make sure your medicines do not get into the wrong hands. According to data from the National Survey on Drug Use and Health, half of people who misused prescription opioids got them from a friend or family member.

Unused opioids can also pose a risk to kids. Even child-resistant containers cannot completely prevent a child from taking medicines prescribed to someone else. Emergency departments see thousands of patients for opioid overdose and addiction each year, according to data from the Nationwide Emergency Department Sample. As more opioids are being prescribed to adults, the risk of both accidental and intentional exposure increases for children and adolescents. Grandparents, neighbors and others who take care of children should make sure they have disposed of any unused medicines. Opioids also can be harmful to pets.

"In the last two decades, the FDA has received heartbreaking reports of accidental exposure to powerful prescription pain medicines such as fentanyl patches - most of them in children under 2 years old," added FDA Center for Drug Evaluation and Research Director Dr. Janet Woodcock. "That's why disposing of unneeded medicines is such an important step in keeping your family safe."

Disposing of unused medicines can help turn the tide on the devastating opioid crisis affecting so many American families. Proper disposal of unused prescription opioids saves

lives. Learn more at www.fda.gov/DrugDisposal.

BACK TO CAMPUS? 7

TIPS FOR A MANAGEABLE COLLEGE MOVE

(BPT) - In many areas of the country leaves are turning, apple orchards are attracting crowds, football teams are starting practice and nighttime is bringing a chill to the air. For better or worse, that means college students' thoughts are turning to studying and everything else that goes with campus life.

This year, some 15.2 million students are slated for enrollment in America's public and private post-secondary institutions, up from 15 million last year. If you're a student or parent, that means it may be time to transport key belongings to a new living space.

That process can be emotionally bittersweet, even without the logistical challenges of packing, carrying, unpacking and installing multiple loads of gear. Fortunately, forewarned is forearmed, and there's much you can do to make the process easier for everyone involved. Consider the following suggestions for making a move to college efficient and friction-free.

1. Be selective. When packing, use your college-provided checklist as a guide, setting aside the essential items needed to make your first term at school convenient and comfortable. Remember that college dorm rooms and apartments tend to be small, so avoid bringing unnecessary clothing, knickknacks or valuables and plan to revisit home to retrieve seasonal items later on.

2. Assemble your tools. You're likelier to do a better job packing if the right tools are at your fingertips. Secure cardboard boxes, packing tape, bubble wrap, moving blankets and/or markers well before your move, and make sure you call at least two weeks ahead to reserve your moving vehicle at PenskeTruckRental.com. A 12- to 16-foot truck is often perfectly sized to transport the contents of a dorm room or apartment, but such rentals tend to get booked up quickly during the ultra-busy summer and fall moving seasons.

3. Identify everything. Start packing several days ahead so the process seems less burdensome, saving daily-use items for the last 48 hours. Mark the outside of packed boxes with descriptions so contents are unmistakable and will be easy to find even if mixed with other students' belongings.

4. Keep crucial items separate. Instead of inadvertently packing away important papers, medications, glasses or contacts and other important


items, set aside a "carry-on" bag you'll keep in your car during your travels.

5. Pack your truck strategically. Use your space well by positioning heavier items in the back of your vehicle before proceeding with lighter items. That optimizes the vehicle's power and allows you to fit smaller items into smaller spaces.

6. Drive safely. Getting behind the wheel of a moving truck need not be intimidating as long as you keep a few precautions in mind. Handling the extra size and weight requires that you avoid sharp turns, brake earlier before stopping and navigate around low branches or building overhangs. Depending on the length of your drive you may also wish to pre-map your route, review weather forecasts, avoid rush hour and leave yourself extra time for breaks, refueling and unloading.

7. Stay secure. Unfortunately, students are often targeted for theft during the hectic moving process. Protect your belongings by parking only in well-lit and well-attended areas when you stop, and padlocking the back doors of

CONTINUED PAGE 8



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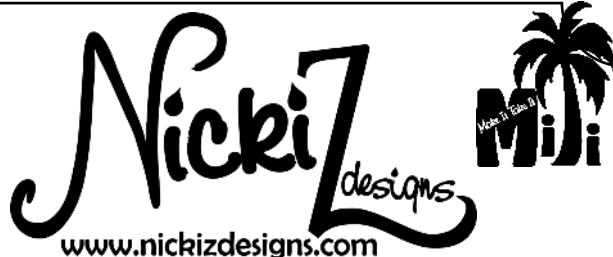
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AREA NEWS CONTINUED

MORE PAGE 6

your vehicle when it's not in use.

Back-to-college time can be ultra-busy while filled with anticipation and hope for what lies ahead. For more tips on making your move to campus smooth and easy, visit PenskeTruckRental.com.

4 NATURAL WAYS TO SUPPORT YOUR CHILD THIS SCHOOL YEAR

(BPT) - Busy school nights can make your house feel like a zoo. Between commutes, sports practices and dinner plans, it feels like everyone is always either on the go or hustling to get there.

Your child may not be aware of it, but you can see it: They're feeling the pressures of school. Whatever their age, they are juggling multiple things to get through their school day, from keeping up with classroom lessons to navigating playground politics.

The school year can certainly inspire its share of frantic feelings. At home, you can try some of these simple, nature-inspired approaches to make your child feel more grounded, centered and ready to learn.

Spend more time in nature: The more time spent outdoors, the better, whether it's in the backyard or at the neighborhood park. Time spent outdoors reduces stress in children, plus it promotes

more exercise and movement, according to the Child Mind Institute. Where you can, try to work in extra minutes of fresh air time. In the morning, leave a few minutes early for the bus stop or, even better, try walking or biking to school on nice days. After school, send them outdoors to play in the yard and take evening walks as a family.

Practice mindful parenting: After a busy day, you have a long to-do list, from getting dinner on the table, to juggling sports practices with homework time. In the midst of these crazy evenings, remember when it comes right down to it, kids crave attention from and interaction with their parents. Make sure you hit pause and take time for face-to-face conversations. When they have something on their minds and you show that you care and want to listen, they'll feel supported. Plus, one-on-one time is just a great way to improve the parent-child bond.

Protect their sleep schedule: No doubt about it, kids need to get their rest. Sleep is essential for their mental and physical development, but it also lets them start the day with fresh minds that are ready to focus on school. For kids who are between the ages of 6 and 13, the National Sleep Foundation says a good range is 9 to 11 hours a night. To make sure they're getting

enough, have them go to bed at the same time each night, and make it a rule to power down all devices and screens an hour before.

Inspire a balanced mindset with essential oils: To help your kids incorporate balance and calm in the middle of the school day, pack some personal care items that incorporate essential oils. Aura Cacia's Chill Pill Roll-On has a special blend of pure lavender and sweet orange essential oils in an apricot kernel base to inspire balance and calm. All they have to do is roll a bit on their temples or wrists, take a moment to breathe deeply, and they'll feel ready to take on the next task.

Or, create a boosting study space by diffusing rosemary in the room. The herbal, camphorous aroma of rosemary is traditionally associated with memory, recollections and nostalgia, so is a great adjunct to reading and studying.

A quick tip is to dispense 10 to 18 drops of rosemary essential oil on a cotton ball set in a dish.

For more ideas and inspiration, look for community recipes on auracacia.com/community/recipes.

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