Hometown News from Warren, Liberty Center & Van Buren

Friday, January 25, 2019

Volume 33, Number 49



www.warrenweeklyindiana.com

arren Vekly Your <u>Hometown Newspaper</u>

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

POSTAL CUSTOMER



PO Bo 695, Warren IN 46792 • 260/375-3531 or 260/375-6290 • Fax 260/247-2426 • email: editor@warrenweeklyindiana.com

Thought for the Week: One word frees us of all the weight and pain of life: That word is love. Sophocles

FOOD PANTRY

Come to the Table, 5811 606 South, Mt.Etna, West Indiana 46750

This is are second year for are food pantry. We are looking forward to helping more people this year.

Healing Waters Ministry is blessed to be able to offer a community FREE food pantry, open to all from 4pm - 7pm on January the 24th.

GIBBONEY TO PERFORM

Gibboney will performing in the Fine Arts 2019 series at Heritage Pointe of Warren on Sunday, January 27th at 2 pm in the Applegate Chapel.

Gibboney is Minister of Music for Ascension & Holy Trinity Episcopal Church in Cincinnati, OH. There he plans and prepares weekly worship services, supervises special events and programs in this active suburban parish. continues public performances as an organist, both at home and abroad. This year he is preparing his first solo recital performance in Strasbourg, France.

Roughly half his time is now spent as a teacher and therapist in the Alexander Technique and Cranial Sacral Therapy. Nearly a decade ago music career was threatened by repetitive stress arthritis. Having found relief and means through these disciplines sto control it, he now pursues a new

career helping plagued by similar problems stress and muscular tension.

and has been a friend of the their face immediately. The Heritage Pointe community flowers are then enjoyed for ever since he delivered many days to come and newspapers here as a pre- frequently mother, Colleen Oden, a spotlight on a loved one resident of the community, when they can display their laud the quality and warmth beautiful floral arrangement. of the care offered here, So there you have it; just a which is second to no other!

3 REASONS FOR FLOWERS

Aside from their scent and visual beauty, flowers have a lasting impact on nature as well as ourselves. As a culture, we love giving and receiving flowers, but what is it about them that makes it so unique and special? Here HOMESPUN MARKET is our take on the importance We're growing! New vendors of flowers:

1. Flowers are thoughtful! We are deeply relational at a.m. - 6:00 p.m, Saturday heart and are with one another for both joyous and somber times. The giving of flowers can certainly provide are the Branch sisters that both peace and beauty. include Kristin, Mary, Aubrey They're integral at weddings and Madelynn whose ages and have been shown to range from 14 to 18. Many of relieve stress and anxiety, you have seen them at the Plus, they brighten up any Warren Farmers Market in environment!

2. Flowers are a sure thing! Have you labored over what church choir and playing specific gift to someone? Flowers truly are a as crocheting. At Homespun wonderful surprise and it's a Market they have crocheted gift you can ask for help bags, baskets, hats, scarves choosing! By talking to the and cute little stuffed florist you can work together animals. Come in and see

others on creating a truly wonderful what Nimble Fingers has to **BAKED POTATO DINNER** arrangement!

3. Flowers provide lasting joy! Give someone flowers Ted is a native of Warren, and watch a smile form on complimented. Both he and his You certainly place few of our thoughts on the importance of flowers. We're sure someone came to mind enjoy some that would flowers so stop in at Gebhart's Floral Barn to talk about what kind of floral arrangement you'd like to send!

weekly! Our store hours are Wednesday and Friday 10:00 9:00 a.m. - 2:00 p.m. at 1125 Huntington Avenue.

Spotlight: Nimble Fingers – the summer. They all enjoy gardening, singing in the give musical instruments as well

offer.

Homespun Market WILL be open (Thursday) Valentine's Day from 10 a.m.-6 p.m.!

Stop in and purchase a gift certificate for a loved one. Fresh flower arrangements are available. (pre-orders are preferred if possible). Other Valentine's Day ideas include vases with candy bars (instead of flowers), custom gift bags, quilted pieces, necklaces, scarves, candles, purses, shadow boxes and much more that you have to come in and see in person!

MVB AT **MARION**

Valley The Mississinewa Band is starting their 20th year of providing music to County Grant surrounding areas, with their first rehearsal on Tuesday, February 5 at 7:30 p.m. at Marion High School. If you would like be a part of the local community band, join them at their first rehearsal. There are no tryouts or auditions, just a desire to perform a variety of music to appreciative audiences. They rehearse at Marion High School, enter door #17 on the west end of the building. For more information you can contact band director, John Brane 765-934-2076, 765-661-0574 ibrane@embargmail.com.

SwitchUp Baked Potato Dinner will be held on Saturday, February 23, 2019 from 4-7 p.m.

The youth center is located at 100 North Main Street, Van Buren, IN.

Ticket are \$8.00 for Adults, \$4.00 for children aged 4-10.

Dine in or Carry-Outs available.

Menu includes Baked potato with assorted toppings, drink included in price. Dessert available for donation.

Come in out of the cold and join us for this fundraiser for the SwitchUp Youth Center.

BE HEART SMART

As the leading cause of death for all Americans, heart disease claims 600,000 lives annually. It's understandably frightening to be at risk for heart disease. But Purdue Extension's Be Heart Smart program can help you fight this disease by better understanding it and gaining the necessary knowledge to make heart-smart choices.

Purdue Extension's Be Heart Smart program is community program comprising four heart-health classes. It's intended to complement healthcare providers' recommendations and help you, or your loved one, prevent or manage heart disease.

Topics include:

Identifying and understanding risk factors for **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: 7920 S 900 W 90, Warren, IN 46792

Phone: (260)375-3531 or 1-877-811-9089 **FAX:** (260)247-2426 e-mail: editor@warrenweeklyindiana.com

WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at 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

Kudos, Kicks & Karats



There has been so much sadness in the community lately with the passing of so many people. All of them have left many memories that only us as a community can cherish as to how they were a part of our lives. Whether they were a business man, a teacher, a neighbor, a co-worker or just a friend or family, they all left us with those cherished memories of life in a small town.

Wendell Bradford also known as Mr. B was a stand out in some of my favorite memories. My first encounter of him was that he was my sisters 6th grade teacher. She would come home from school and talk about how much fun she had in class. The fun things they did, the field trips they went on, the jawbreakers for doing good work. I couldn't wait till I got to 6th grade, it sounded like so much fun. I wanted to have Mr. B for my 6th grade teacher too.

My 2nd encounter was going out to the Bradford orchard which was neat. The cider press and how it worked has the highlight and the apples trees lined the driveway back to the farm. We made the trip several times for apples.

My next encounter was something else. Mr. B had the boys outside on the pavement playing frisbee one day at recess, I was minding my own business playing when someone threw a frisbee across the parking lot and just when i turned around the frisbee caught me right square in the nose, and it wasn't just gliding it was coming right straight across the parking lot full throttle. Boy you talk about hurt but just quicker than a flash Mr. B was right there to make sure I was alright. He took me inside to the nurses station for ice and then, like everyday for a week, he made it a point to check on me and make sure I was ok. I laugh about it now, but then I cried

Which brings me to the end of my 5th grade year. On your final report card it usually said what teacher you would get for next year, I couldn't wait to see who I got. I was hoping so much that I got Mr. B for my teacher. Then it hit me, mom opened the report card and I got Mrs. VanWinkle. I was devastated, Mr. B got moved to fourth grade. Now don't get me wrong I had a blast in Mrs. VanWinkle's class too but when your hopes was so hyped for four years, you do seem to get crushed.

Many times I have had encounters with him and he always made the time to talk with me just to ask how I'm doing. My daughter was the lucky one, she got Mr. B for 4th grade and

CONTINUED PAGE 8

Zeller Construction

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

Remodeling, Siding, Windows & Roofing

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 COMMUNITIES

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 & 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 Chad Yoder, 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

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
Norship Service	10:30 a.m
Nednesday Bible Study	6:00 p.m
Sunday Evening Service	6:00 p.m
Daycare provided du	ring Worship

DILLMAN UNITED BRETHREN

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

Sunday School 10:00a.m.

HANFIELD UNITED METHODIST 101 N 400 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 Wavne 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 11:30

Ekklesia (2nd Svc) Fri 7pm

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.

 3^{rd} 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 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 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 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, Marior

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

heart disease

- Guidelines for healthy cholesterol and blood pressure
- A heart-healthy eating the plan, including a cooking Foundation demonstration
- reduction
- to healthcare providers

Extension, for the Be Heart diabetes. Smart program on four 14, 21 & 28, 2019 at 2:30pm at portion Purdue Extension Huntington County Office at 1340 S Street Jefferson Huntington, IN. This program County Health & Wellness Coalition and Parkview Foundation.

Purdue register, Extension Huntington County office at 260-358-4826 email gray110@purdue.edu. Register before March 1, 2019. with now.

DINING WITH DIABETES

Purdue Extension Huntington County, in partnership with Parkview Huntington Hospital and Bread of Life VOLUNTEER TRAINING Food Pantry, will offer Dining Boot Camp for 4-H volunteers 2019 at 1pm. This series will Volunteer 2019. The series will be held 2726 Carroll at the Knight Bergman Center Wayne.

Jan 14 5:00pm

Jan 16 5:00pm

in Warren, IN. The cost for workshop will Parkview

and their caregivers, but it is attended Join Mindy Mayes, Wabash friends and family of a for new and experienced County Health & Human diabetic. You'll learn how to Sciences Educator for Purdue lessen the health risks of include food choice, diet can be made by calling the Thursday afternoons: March 7, planning, healthy cooking, Wells control, indicator awareness and healthy activity levels for Association will serve as those with diabetes. sponsor Participants will be served a wishing to attend from Wells is sponsored by Huntington light meal with new recipes County. to try and take home more recipes to try on their own.

Please reserve a seat before For more information or to February 14, 2019 by calling the Extension Office at (260)-358-4826 or email kdhinsha@purdue.edu reserve your spot. For more information about Dining other Diabetes or Space is limited, so enroll Extension programs, call or stop by the office-260.358.4826. Purdue Extension, Huntington 1340 County Office, Jefferson, Huntington, IN.

with Diabetes classes on will be this year's theme for Tuesdays starting February 26, the Northeast Indiana 4-H Training continue for four consecutive Thursday, January 31 at the Tuesdays through March 19, Allen County Fairgrounds, Road,

Doors open at 5:30 PM with skills covered by a grant received PM. Training topics will range safety procedures. by Huntington County Health include: the iGeneration - Members are not allowed to www.wellscountyvoice.com This program is for diabetics challenge as a volunteer, completed at the Wells Techniques for stress or those at risk for diabetes round table topics on best County Extension Office. All event/activity; Best practices for talking also helpful to anyone favorite event/speaker/field before interested in diabetes or trip; best fundraiser and tips

> Topics covered are needed by January 24 and County Extension medical Office, 824-6412.

> > The Wells County 4-H for

GUN SAFETY

leaders.

The Wells County 4-H BB Gun & .22 Caliber Rifle Safety Program will begin Tuesday, January 29, 6:30 – 8 PM at the Wells County Community Center, 4-H Park, Bluffton. Meetings will continue each Tuesday through April 2.

Safety instruction, handling procedures, shooting skills and hands on experience will be included in the safety program.

Youth in grades 3, 4, and 5 can participate in BB Gun. Youth in grades 6 and above can participate in Rifle. First time members who are old enough for Rifle will be required to pass a shooting proficiency which

participating hands-on activities.

Youth may become 4-H members when they enter sports membership for a maximum Gun;

volunteers should be paid at the County Arrows; Buying a only pay the fee one time. Gun Rack; Ammo Box, etc. There is a fee cap of \$60 per

> member and a family fee cap of \$21 for more than one family member. This includes Department printed cleaning supplies, targets, April 1, 3 and 4. and member awards. Checks for the supply fees should be organizations membership and supply fees. Unlimited, away due constraints.

In case of bad weather, be dinner being served at 6:00 reviews the positions and listen to radio station K105 check FM or and Wellness Coalition from What is it; a youth panel - bring their own equipment. for cancellations. Usually, if Hospital Why Join 4-H and What Advanced enrollment in 4-H one of the schools cancel, Makes a Good Club; biggest is recommended and can be the 4-H meeting will be canceled.

> Youth may also enroll in the participants must be enrolled Shooting Sports Fair Exhibit in Option. Members may make a poster or a notebook about some aspect of shooting or may Reservations for the event third grade and may continue something they have made. their membership through Examples might include: the completion of grade 12. Poster or Notebook; Firearm Each individual may continue Safety; Cross a Fence with a Dominance; Eye of ten (10) consecutive years. Muzzleloading; Target Trap; A membership fee of \$20 Archery Safety; Types of Extension Office before the Shooting Vests; Hunter Ed; first meeting. This fee is only Tree Stand Safety; Percussion paid once each year. Youth in or Flintlock; Hunting Wild more than one 4-H club will Turkeys; Handmade items -

> > Youth may also sign up for the 4-H Shot Gun Safety Club The supply fee for BB Gun which will begin April 20 and will be \$14 for the first family the 4-H Archery Club which begins April 11.

> > Volunteers from the of Natural materials, Resources will also offer a ammunition, gun repairs, gun Hunter Education Class on

> > Thank you to these that made payable to Wells sponsor 4-H Shooting Sports: County 4-H Shooting Sports. Bluffton Tire & Complete Scholarships are available for Auto Services, Whitetails Paul No person will be turned Memorial, Wells County 4-H to financial Association and the National Rifle Association Foundation.

> > > For more information about 4-H, contact the Wells County Office Purdue of the Cooperative Extension Service, 824-6412 or one of

> > > > **CONTINUED PAGE 4**

GOOD

or BAD?



Campbell & Dye Insurance Inc. Karen Campbell Lisa Campbell

* Long Term Care * Advantage Plan * Medicare

* Prescription Drug * Life Insurance Plan

* Individual and Small Group Health

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



Supplements





Heating & Propane Gas

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

Celebrating 70 Years of serving the Warren Area



Wind farms are divisive and cause hatred among families, friends and neighbors.

Is it worth it? **PAID ADVERTISING**

Jan 21 Martin Luther King Day Jan 21 6:30pm Knight Bergman Center Board Meeting at KBC Feb 6 Noon W - Chamber of Commerce Luncheon at KBC V - Town Council Meeting 7:00pm Feb 6 Feb 11 5:00pm W - Town Council Meeting Valentine's Day Feb 14

V - Town Council Meeting

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 in Warren, and the surrounding area will be listed.

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

W - Town Council Meeting, Assembly Hall

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

AREA NEWS CONTINUED

MORE PAGE 3

the Shooting Sports Leaders: Kiefer, 260-307-3504; Chad Captain, 260-417-6488; and Kevin Springer, 260-273-3162.

Alpaca/Llama Club

The Wells County 4-H Alpaca and Llama Club will hold their first meeting on Sunday afternoon, January 27, 4:00 PM at the Wells County Community Center, 4-H Park, skills. Bluffton.

are welcome to participate to toward learn about these unique animals. If you do not own an animal or live in a town or College of the Air Force. city that's okay because 4-H and the club has some of Clarke of Traverse City, Mich. their meetings at their farm.

Meetings will continue on Eastbrook February 24, March 17, April 7, Marion, Ind. May 4 &5, May 12, 19, 26, June 2, 9, 16 and 23. The **AWARDED SCHOLARSHIP** required safety meetings will be April 7 and June 23. Members are also required to assist at shearing meetings on May 4 & 5.

The alpacas and llamas will be exhibited at the Wells County 4-H Fair, July 13-18. The show for alpacas and llamas is set for July 14, 9:00

For more information about the club and joining 4-H, call Sherry Zook at 260-273-3598 or Stephanie Morphew at 260-273-0020.

GRADUATES BASIC

U.S. Air Force Airman Hayden A. Anderson graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program included that training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and

Airmen who complete basic Youth in grades 3 and above training also earn four credits associate in an applied degree through the Community

Anderson is the son of members can lease these Arthur L. and Karrie Anderson animals and still participate. of Van Buren, Ind., cousin of 4-H leaders Sherry and Troy Tristan M. Pelky of Kingsley, Zook have animals to lease Mich., and son-in-law of Kyle

> He is a 2018 graduate of High

Kaitlyn Drayer, of Warren, 46792, was awarded the following endowed scholarship(s) at the University of Findlay for the 2018-2019 academic year: Richard L. Bundy Sr. '59, Geneva J. (Keck) Bundy '44, and Melissa M. (Bundy) '01 Crowl Endowment Fund.

Located in Findlay, Ohio, the Parkview known not only for science, Wound

science studies programs, but also cultivating the next generation business leaders. educators and innovative thinkers through a dedication to experiential learning, both in and outside of the classroom. Established in 1882 through a joint partnership between the Churches of God, General Counsel and the City of Findlay, the University of Findlay has nearly 60 majors leading to baccalaureate degrees and offers 11 master's degrees, and four doctoral degrees. More than 3,800 students are enrolled at Findlay, and the University is nationally recognized by U.S. News and World Report find relief and improvement." Noble and the Princeton Review.

BOWLING & POOL

Heritage Pointe pool tourney School, for the week of January 18, 2019 winners were Clyde Griffith and Virginia Langdon.

> Runners-up were Kay Mounsey and Ruby Childs. There were 16 players. Good luck for next week.

Wi-Fi this week was Floyd Minnick with 169, Bud Lee 149, Dick Lintner 125 and George Pond 122. Best of luck for next week.

Scholarship Wound CENTER OPENS

On December 18, the new Huntington University of Findlay is Hospital (PHH) Center for Healing officially health professions, animal opened its doors to patients.

Check out the Community

Bulletin Board found on

with chronic, non-healing and access to clinically proven, negative-pressure state-of-the-art treatments therapy, that can help their bodies tissues,

The need for specialized therapies, wound care for many area residents. of therapies available. Often, those conditions – or

Until now, patients who Kendallville. typically had to travel out of county, which can be especially difficult for individuals without regular transportation, or who may reside in senior facilities.

"A lot of the physicians are excited about being able to spare their patients the hassle of traveling," Johnson continued. "Even before we opened our doors, they were referring patients for appointments."

The 3,657-square-foot space inside the center encompasses the hyperbaric oxygen (HBO) suite - which features two, see-through chambers treatment rooms, a changing with lockers

Warren IN 46792

FREE ESTIMATES

equestrian Now, Huntington County restrooms, supply storage, residents who have struggled reception and waiting area, offices. wounds have closer-to-home offered include HBO therapy, bioengineered biosynthetic dressings and growth-factor well locally is debridement. PHH significant, says Juli Johnson, partnering with Healogics, president, PHH: "Diabetes the nation's largest provider and other medical conditions of advanced wound care present serious challenges services, to make the range

> The facility is the third such even injuries, such as burns Center for Wound Healing to or other traumas - can lead be added to a Parkview to painful, lingering wounds hospital in recent years; that resist healing. Our team other centers are located at at the center will be focused Parkview Randallia Hospital on helping these individuals in Fort Wayne and Parkview Hospital ΑII three needed this kind of care centers operate under the medical direction Parkview physician James Edlund, MD.

> > Edlund and the center's care team members were on hand

CONTINUED PAGE 5





Celebrating 30 years of Service Excellence DeWayne and Kelly Jones

10601 West 800 South - 90, Warren Mon-Fri 8-5

260-375-6442



375-3401

Channel 8. Information updated monthly! WARREN CABLE TV 375-2115 "Best Entertainment Value Around!"



Shoemaker Construction Cory Shoemaker Owner PO Box 265

(260)388-5558 **INSURED**

GENEALOGY REPORT

SHIDELER

Berneice Ann (Crispen) Shideler, 87, lifetime resident of Warren. IN. passed away on January 15,



2019 at 11:58 PM at Bluffton Regional Medical Center in Bluffton, IN.

Berneice was born to Earl M. Warren and Erma L. (McIntire) Crispen, both deceased. She was the 5th of eleven children: Colleen Hodge, Doris Willett, Edward M. Crispen, Paul L. Crispen, Berneice A. Shideler, Robert E. Crispen, Carolyn Cook, Barbara J. Leas, Joyce Brockup, Richard T. Crispen, Ronald E. Crispen. She married Robert J. Shideler on June 3, 1950 in the Jefferson Center Methodist Church with Rev. Keith Hanley officiating.

She was the mother of Marcia D. (husband, Dennis) Stroud, Warren, IN, and the late Jane Ann Rosiek (her husband, Ronald survives in the Villages, FL), grandmother of Kimberlee K. Stroud, Warren, IN, Kevin M. (Aimee) Stroud, Decatur, IN, Kyle M. (Amy) Stroud, Plymouth, IN, great grandmother to Ella, Logan, Graeme, Danielle, Kolston, Stroud, & Jake Parker, grandmother to Gillian (Eric) Decker, Marysville, MI. Benjamin W. (Dena) Gilmer, Michigan, step grandmother to Roger R. Rosiek, Renae M. (Ryan) Nelson, Ohio, great grandmother to Dahila & Elijah step-Decker, grandmother to Rowan & Rosie Nelson and aunt to many nieces and nephews. Also surviving are brothers Robert (Shirley) Crispen, rural Huntington, IN, Richard (Rita) Crispen, Bluffton, IN, sister in laws Sherrie Crispen, Bluffton, IN, Patricia Crispen, contribution to her daughter Winterhaven, FL.

husband, parents, her daughter Jane Ann Rosiek, siblings Colleen (Max) Hodge, Doris (John) Willett, Edward M. Crispen, Paul L. Crispen, Cook, Carolyn (Byron)

Barbara (Jack) Leas, Joyce MILES Brockup, & Ronald Crispen.

She lived her entire life in Warren, first on Jones Ave, as a young person & on Nancy St., after her marriage, then United Methodist Memorial Home (Heritage Pointe) town house #55 after retirement. She attended Tri Kappa free Kindergarten and all 12 years of schooling at school, high graduating in 1949. She was a member of the United Church of Christ. She was a charter member of the Order of Rainbow for Girls Chapter #49 and Worthy Advisor, a 50 plus member of the Warren Eastern Star #269 where she was a Worthy Matron and President of Past Worthy Matrons. She and her husband Bob were on the advisory board for Rainbow Girls for many years. She was a member of Gamma Upsilon Chapter of Kappa, Kappa, Kappa and Warren Alpha Associates of Tri Kappa. She was President of both organizations. She retired from National City Bank, originally Warren Exchange Bank, after many years of service and was a member of National Assoc. of Bank Woman.

Family and friends may gather to share and remember at Warren United Church of Christ 202 E. 2nd Street Warren on Monday, January 21, 2019 from 10:00 AM to 3:00 PM. A service will follow at 3:00 PM with Pastor Scott Nedberg & Chaplain officiating. Ginny Soultz Burial will be in the Warren Masonic Cemetery, where she will join Robert (Bob) Shideler, her husband and best friend of 60 years.

Berneice has requested no flowers, instead please give a loved one or close friends flowers in her memory, or memoria а Jane's chemo center or the Preceding her in death are American Heart Association, Saturday, February 2, 2019 at 5635 W. 96th St. Indianapolis, 11 am with calling two hours IN 46278 or

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

Garl E Miles, 86, of Ellenton, FL and formerly of



Spencerville, IN,

died Wednesday, January 16, 2019 in Bradenton, FL.

He was born on June 6, 1932 in Huntington, IN to the late Harman Wilford and Nova Edith (Thompson) Miles. He married Connie Rose (Stewart) Hollabaugh December 24, 1978 in the Leo United Methodist Church and she preceded him in death on January 27, 2018.

Surviving are sons Terrance (Shareen) Miles of Charleston SC, Timothy G (Laura) Miles of Tucson AZ; daughter Tamarah L Cope of Louisville KY; Stepsons Tim (Beth) Hollabaugh of Bryan, (Debbie) OH, Tom Hollabaugh of Butler, IN; Stepdaughter Beth (Jeff) Freidenberger of Auburn IN.

Grandchildren Gebben, Ashley, Nick, Michelle, Jamie, Mitch Abbi; and Stepgrandchildren Jason, Amy, Curtis, Cedric, Tyler and Jacob. Great grandchildren Miles and Jameson, Step Great Grandchildren Lucas, Lance, Jack, Ella and Tommy.

Step-Brothers Gerald Markley of Ft Wayne, Danny Markley of Tipp City, IN and Clyde Markley of Ft Wayne, Step-sisters Norma Divelbiss of Ft Wayne and Janet Finton of Huntington and Sister-in-law Dorothy Markle of Spencerville.

He was preceded in death by his Step mother, Nellie

Garl worked most of his life doing Accounting, Real Estate & Insurance. He was a member of the Leo Masonic Lodge, Leo Eastern Star, Leo American Legion, Scottish Rite, Shriner's and an Army Veteran.

Services will be held on prior at Solid Rock Methodist Church (485 Bennett Drive, Warren, IN). Burial in Woodlawn Cemetery, Warren, with military honors.

Memorials to the St Joe Church of Christ, 508 Jefferson St, St Joe, IN 46785. Arrangements by Carnahan-Baidinger & Walter Funeral Home, Spencerville, IN.



MORE PAGE 4

ribbon-cutting а ceremony PHH leaders held on the day before the opening, in partnership with County Huntington the Chamber of Commerce. They were joined by members of the hospital's board of Parkview directors, the Huntington Foundation Chamber board. Ambassadors, and local business, government and community leaders. Hospital and medical office building co-workers and the medical staff were invited to visit the wound center for a quick look before it would begin serving the public.

With the center's impressive HBO chambers as backdrop, Johnson emphasized how proud she and other hospital leaders are of the way the project has come together.

"It's been a terrific effort on the part of so many people," she said. "We have an amazing care team in place now, and the facility is ready. This is going to make a huge difference for so many patients whose lives have been negatively affected by wounds that just won't heal. And it's really exciting to see that there is so much support for this service in the community."

Edlund, who retired from Parkview Physicians Group -Colon and Rectal Surgery earlier in 2018 to head

Parkview's wound care initiative full time, explained Center for Wound Healing approach: "What we do is work with a network of partners on all of the factors that influence the body's ability to heal."

He continued, "Chronic wound management has many facets, and it takes a approach because team patients typically have a variety of needs. Our partner Healogics is the leader in outpatient wound care in the country, with more than 700 centers, and it maintains the largest database of woundcare results, therapies and supplies. Healogics does all the training and education of physicians, nurse practitioners, nurses, and hyperbaric techs who provide wound care. And these folks are already very experienced in dealing with wounds, particularly our nurse practitioners. At the center, we meet with the patient, evaluate the wound, clean it out, apply dressings and use advanced products (such as skin substitutes), arrange for other types of care, and see the patient on a regular basis so we can gauge the level of progress.

"Our partner network includes the primary care doctors, who help manage patient's primary diseases such as diabetes, hypertension cardiovascular disease. We also work closely with our cardiology colleagues, plastic surgeons, podiatrists and orthopedists, especially the trauma orthopedists. addition, shoe stores help with getting the proper shoes for depth and width and offloading, which is shifting the weight off of a

CONTINUED PAGE 6



AREA NEWS CONTINUED

MORE PAGE 5

foot sore and onto the leg. 3170. We also work with extendedcare facilities because many age."

center-

- Skilled, board-certified physicians:
- Medical Director James Care Edlund, MD (colon and rectal surgery background)
- Todd Sider, MD (general surgery background)
- Cynthia Wellman, MD (ENT background)
- Advanced Practice Provider Michelle Diss, NP
- Amy Rosen, MSN, RN, and nursing staff:
- Jessica Goodnight, BSN, more RN, wound care nurse
- Jennica Maggard, ASN, BSN, wound care nurse
- Diane Shaw, ASN, RN, hyperbaric tech

Physicians from other specialty backgrounds may also begin providing care at the center later this year. Two Healogics employees are embedded with Parkview to assist with a variety of needs related to wound care patient relations and center operations.

In coming weeks, the space inside the center will be dedicated as the Huntington Society Medical County Wound Care Center in recognition of a gift from that organization.

The opening of Huntington's wound center represents the end of phase 1 of the local hospital expansion project, underway since early 2018. Located on the PHH campus, next to the medical office building that is adjacent to PHH, the center has its own exterior entrance. parking is available in the lot in front of the medical office building, and patients should use the Center for Wound Healing entrance. Hours of operation for the center are Monday through Friday, 8 a.m. - 5 p.m.

A physician referral is generally required, although some patients may be able to self-refer. For more

About Healogics

Headquartered of our patients come and go Jacksonville, Fla., Healogics at those facilities due to their and its affiliated companies A multidisciplinary team Care Centers® across the will provide care at the nation, and saw hundreds of thousands of patients last year through a network of partner hospitals and Wound Centers, academic medical centers, and other post-acute sites. Healogics uses an evidence-based approach to chronic wound healing treat to underserved and growing patient population. A fund managed by Clayton, Dubilier • Clinical Program Director & Rice, a private investment is majority firm, the shareholder of Healogics. For information, www.healogics.com.

COWBOY GATHERING

Ride along in the Black Hills of South Dakota as Rita Lockridge shares memories of her trip with her horse and friends at the Salamonie Interpretive Center, Feb. 23 from 5:30 to 8 p.m.

Bring your boots for the boot contest and help Friends of Upper Wabash Interpretive Services raise funds for "Power the Camp," an initiative to electrify the campground. Prizes will be awarded for "purtiest," most worn, vintage, and most unique boots. Voting will consist of stuffing boots with cash. Advance-register your boot entry.

Pork sandwiches, table service, lemonade and coffee provided for \$2 donation per person. Bring a side dish to share. Seating is limited. Registration

information, call 260-355- required by calling 260-468-2127.

> Donations are accepted, inconvenience in Annual permits are available to purchase at the event.

Upper Wabash Interpretive manage nearly 800 Wound Services (dnr.IN.gov/uwis) is at 3691 S. New Holland Road, Andrews, 46702.

ARE THE WINTER BLUES **GETTING YOU DOWN?**

from the American **Counseling Association** With winter here, perhaps you're not quite feeling your normal self. Maybe you're a bit sluggish, a little irritable, sleeping longer, or just feeling a little down in general? Welcome to what's commonly called the "winter blues" or the "winter blahs."

This is a fairly common problem and while it's often minor, there are times when it can be a quite serious issue. Some people find winter weather affects them strongly enough that it makes daily life difficult. Severe cases are known as Seasonal Affective Disorder (SAD) and can be serious enough to warrant treatment а mental health professional.

But for most of us these fortunately, one that you can do something about.

the shorter days and lack of for a bit. If it's gray and time to feel blue. dreary, try turning on extra and use broad spectrum lights") that simulate natural sunlight.

those tired and sluggish life, feelings. Just a short daily walk or gym workout can help your body and mind energy.

And even small changes can friend a call and talk about your life. happy things. Watch a movie. Read a book that you Counseling some time on a hobby that ACAcorner@counseling.org makes you feel good.

Getting involved with winter blues are just a minor others is another way to feel and, better. Start going out more, whether it's socializing with friends or volunteering at One contributing factor is your church, a local shelter, or nonprofit agency. Helping sunlight in winter. The others almost always brings obvious cure is to increase better feelings, and when the amount of light in your you combine that good work life. If it's a bright, sunny day, with a nice bright smile, you bundle up and get outside may find you just don't have

Of course, there are many lights to brighten things up things that can cause sad feelings besides cold, gray bulbs (often sold as "therapy skies. If you find that you just can't overcome such feelings, and they're interfering with Exercise also helps fight your enjoyment of a normal seek help. professional counselor can both help pinpoint the cause of your feelings and suggest overcome feelings of low ways to overcome the problem.

Bottom line? Take action make a difference. When and don't let the winter you're feeling down, give a blues take the fun out of

"Counseling Corner" is favorite funny TV show or provided by the American Association. know you'll enjoy, or spend Comments and guestions to or visit the ACA website at www.counseling.org.

Suchcicki

Bookkeeping & Tax Prep

Machelle Suchcicki

Call for your tax needs and

Bookkeeping assistance

(260) 375-3130

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



TINA HOSLER Your Local Realtor

260.228.1570 cellular christinahosler@gmail.com

www.realtortinahosler.com www.facebook.com/realtortinahosler

ENTURY 21 Property Shoppe



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!

260.375.3531 or

editor@warrenweeklyindiana.com

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

Are you earning enough on your savings?



Nicole Johnson, AAMS® Financial Advisor

2816 Theater Ave Huntington, IN 46750 260-356-7247

Edward Jones MAKING SENSE OF INVESTING

MKT-5894I-A

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. T

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

TRUCK FOR SALE

2002 Ford F150, 2WD, four door, with matching topper, mileage 193K. \$3000 or best offer. Call 260.375.6290 for more information or to see.

APARTMENT FOR RENT

Beautiful, clean & cozy 2 bedroom apartment, downtown

Warren call 375-2556



Classified Ad Work 4 You!

NOTICE

Warren Church of Christ will elect Church Trustees on Sunday, January 27, 2019. It is the duty of the WCC Trustees to represent the congregation in all legal matters pertaining to the affairs and program of this congregation, and the maintenance of all church properties. 1.25*

HOMESPUN MARKET

1125 Huntington Ave, Warren Open Valentine's Day 10:00 am - 6:00 pm

Send a friend the Hometown News

better yet ... Send them a Subscription

or

Announce your Engagement Wedding Anniversary Birth in the Warren Weekly for FREE

Forms available at www.warrenweeklyindiana.com Email: wwkly@citznet.com Fax: 260/375-7007 Mail: PO Box 695 Warren



Specializing in Customizing

- Apparel
- Business Cards
- Forms
- Stationery
- Glassware
- Signs
- Gifts
- Decorator Items
- Invitations
- Wall Graphics

Need something special for your club, event, business? Give Us a Call! Let's see what we can come up with.

Found a great idea on Pinterest but you're not the crafty type? Send it to me and we'll see if I can.

Contact me at nickiz@nickizdesigns.com

See samples of my work at www.nickizdesigns.com



Bread of Life Food Pantry Hours Wednesdays 2 - 4 pm & 6 - 8 pm Knight Bergman Center



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



www.infarmbureau.com

Drop off your news and advertising for the Warren Weekly

ai i owii i iaii	
Downtown Warren	

W	ARREN WEEKLY SUBSCRIPTION ORDER
! Name	
Addre	ess
City, S	ST, Zip
I I Email	
i	New or Renewal
i	☐ 1 Year \$48 ☐ 6 Mo. \$24 ☐ 3 Mo \$12
i	1 Year Digital \$24 (emailed)
IN 4	Form & Payment to: WARREN WEEKLY, PO Box 695, Warren 6792 Or email info to editor@warrenweeklyindiana.com. edit card payments accepted through www.paypal.com to editor@warrenweeklyindiana.com.
!	ALL SUBSCRIPTIONS MUST BE PAID IN ADVANCE.

SEN	D IN	YOUK	RAD	TOD	AY
IT vour a	d and Dh	ana Numb	or carofu	lly /if pl	2000

CLACCIFIED A	DC C	F FOR	EO WODD
CLASSIFIED A	DS 3	J FUK :	OU WUKUS

Please PRINT your	ad and Phone Number carefully (if phone number is to be included in ad, please write it that way).	
Your Ad:		
I		_
•		
records) and num	sing will run at a cost of \$5 for 50 words per weekly insertion. Send in your ad – include your name and phone number (for our ber of times you wish ad to run. Mail to: Warren Weekly, PO Box 695, Warren IN 46792, or drop off at Town Hall, Downtown Wesday for the Friday edition. You may include your ad on a separate piece of paper if you wish, as long as the information below	/arre

included. You may also submit Classified advertising through the website at www.warrenweeklyindiana.com. Click on the Forms tab.

Name:	Phone:	# Weeks to run:
	• • • • • • • • • • • • • • • • • • • •	•

ALL CLASSIFIED ADVERTISING MUST BE PAID FOR AT TIME OF SUBMISSION. **Total Payment Enclosed:**

AREA NEWS CONTINUED

NEW TECHNOLOGY IS TRANSFORMING THE CLASSROOM: WHAT TO Know

(StatePoint) As a parent, you may be wondering how technology in the classroom is being used to provide a constructive learning environment for your child.

Here is a round-up of and a look at how each helps educators teach, students learn.

Better Imagery

reason to stay engaged than more versatile brighter projectors are introduced into more classrooms. For example, Casio's LampFree Ultra Short Throw projectors are designed to generate large images over a very short projection distance so that they work well in optional wireless adapters give educators the ability to control the images from a smartphone or through an app, so that be more lessons can spontaneous and creative.

Events of the Day

Whether you're scoping out improve a sports skill. topics for Debate Club or bringing civics class to life to with real world content, students.

incorporating current events schools are recognizing this, help slow down, take smaller offers into lesson plans is becoming a cinch, thanks to tools like PressReader, aggregator that delivers full issues of thousands of publications to mobile devices, PCs and Macs that are connected to library hot

Classroom On-the-Go

Thanks to new software several new technologies classroom style learning can take place anywhere. One example is Classpad.net, a free, all-in-one web-based mathematics creation and Students have a better discovery resource geared K-12 and beyond. for ever before, as better, Enabling students to learn math at their own pace, new additions to the software include dynamically linked representations, additional of graphing types interactions, improved authoring tools, and more. **Get Moving**

Even gym class is no classrooms of all sizes. Their exception to the technology upgrades that schools are seeing. Physical education teachers are fusing fun and tablet fitness with such games as Dance Dance Revolution, Just Dance and Wii Sports Technology is getting feet moving and helping kids

> Technology has the power engage and enthuse Luckily,

and using new tools to their bites, chew 10 to 15 times nutritionally-balanced meals. greatest potential.

5 TIPS TO SHED THOSE **POUNDS IN THE NEW YEAR**

(StatePoint) Maybe you want more energy, or perhaps you want to lose weight and keep it off for good. Whatever your goals, a new year means a fresh start to become the best version of yourself.

Here are five tips from Nutrisystem experts to get your scale moving in the right direction and support your long-term health.

1. Skip "diet" drinks: Of course, you know not to order the regular cola with your meal, but you figure the lower-calorie diet version is choice. okay necessarily. One recent review of research found that artificial sweeteners often used in diet drinks may not be as beneficial for management weight intended, and that drinking them regularly may be linked to an increased body mass index. If you want something fizzy, opt for seltzer with lemon or lime. But if you can't stop dreaming of that diet soda, it doesn't have to be completely off-limits. Just try to cut back. Moderation is

2. Drink more water: Every part of your body needs water to work properly. When you don't get enough, your body can't perform normal functions, which can drain your energy. More fatigue means less physical activity. Plus, dehydration is often masked as hunger -- prompting you to grab a snack when all you really need is water. Nutrisystem recommend drinking at least eight, 8-ounce glasses daily.

3. Slow down: It takes 20 minutes for the "I'm full" signals from your stomach to reach your brain. When you inhale your food, it's much easier to eat more than your body really needs. One review of 23 studies found that fast eaters were about twice as likely to be obese, compared to slow eaters. To

and put your fork down between each bite.

Courtney McCormick.

food journal, overestimating meditation, portions can progress.

McCormick's solution: Measure portions -- not your weight loss goals can be forever, but for a while at the found at nutrisystem.com. start. Doing so will help you get a visual of what portions year, you'll be on the road to should actually look like. You realistic also may eliminating some of the energy for your day-to-day guesswork with a program, life. such as Nutrisystem, that

pre-portioned,

5. Reduce stress: Stress can cause your body to burn 4. Don't eyeball portions: calories more slowly, which "The super-sized meals at could lead to weight gain, restaurants have given us a according to a study. Plus, skewed view of proper stress increases hormones portion size," says registered that stimulate appetite, and dietitian for Nutrisystem, the foods you'll crave for comfort tend to be high in fat Even if you're tracking your and sugar. Help manage food intake with an app or stress with deep breathing, sabotage hanging out with friends or listening to music.

More tips on jump-starting

With these tips for the new weight consider achievement and have more

MORE PAGE 2

she too got the same experience that my sister got in 6th grade. You couldn't have asked for a better teacher, he was a kid at heart too and knew how to make school fun.

Mr. B could do just about anything, he coached basketball, he refereed the games, he cooked, he farmed, he did gardening, he pulled tractors, he liked tractors, John Deere to be exact, and all in all he was a good man but I still cant see why he liked the Cleveland Browns. lol.

So as we go on through life we remember the fun times and of course some bad times but the friendships are always there in our hearts and they are memories that last a life time. Prayers to all who lost a loved one recently, and hopes that the healing of your hearts has begun and the memories of the good times stay fresh in your minds.

I ask that you do yourself a favor and keep up with your health, know what is going on in your body and if there is a problem, get it in the early stages it adds years to life and many many more memories to make. Have a great week.

Warren Family Dentistry will be hosting "Give Kids a Smile Day" Saturday, February 2nd 8AM-Noon



ADA Foundation⁶

All children ages 4 to 16 who are not covered by dental insurance and whose families are without adequate financial means are welcomed! We will offer cleanings, examinations and the most urgent dental work at NO COST! Due to the overwhelming response to this special event, appointments are necessary and limited! All children must be accompanied by a parent or guardian. Please call today!



470 Bennett Drive, Warren **Warren Family Dentistry** Dr. Abbie Colclasure **Dr. Zach Coclasure** (260) 375-2246



Things You Can Find at WWW.WARRENWEEKLYINDIANA.COM

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

This size ad is always specially priced at ...

Tell everybody in Warren, Van Buren and Liberty Center about your product or service. Give us the facts -- we'll layout the ad! Call for prices on other size ads.

Warren Weekly P O Box 695 • 260-375-3531

Call today and Ask about our contract rates.