Hometown News from Warren, Liberty Center, & Van Buren

Friday, January 30, 2015

Volume 29, Number 51



Var Hometown Newspaper

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Your Hometown Newspaper

PO Box 695, Warren IN 46792 • 260/375-3531 or 260/375-6290 • Fax 260/247-2426 • email: wwkly@citznet.com

Thought for the Week: I have found that if you love life, life will love you back. Arthur Rubinstein



AWARDED GRANT

Bruce Stanton of the Huntington County Veterans Association accepts a \$100 Kudos mini-grant from Gina Canady, Huntington County Community Foundation board member. Kudos minigrants are initiated by HCCF board members throughout the year to assist organizations with their important work within Huntington County.

PLANNING MEETING

We will have our first 2015 Van Buren Popcorn Festival Planning Meeting, Tuesday, February 3rd @ 6pm at the Town Hall.

Please invite as many people as you can, we are dwindling in numbers and need help! Volunteers are always welcome.

The theme this year is "Poppin' in Paradise"

Start thinking of ideas and the schedule and we'll see you next Tuesday!!

SSF THEME

Our troops have always served our country with dedication. They fought in major conflicts, including World War 1 and 2, Korea, Vietnam, The Gulf War and the Iraq and Afghan wars. They fought in smaller actions around the world, such as Somalia, Bosnia and Grenada. All of our Veterans deserve our thanks on every day of the year.

This year the SSF Committee wants to honor our Veterans. So the theme for this years Salamonie Summer Festival is "Home of The Free Because of The Brave." Being a Veteran myself I found this poem that kind of sums up how Veterans feel, written by Judith Bulock Morse.

I proudly served my country I did all that I could do To protect our land....keep it free

Its causes great and true

For freedom is a precious gift That never can be lost Worth living for....worth dying for

To protect at any cost

And though I can no longer serve You will always see in me Someone proud to be a Veteran And someone thankful to be free

Thank a Veteran today, he or she will be grateful.

SOUP FOR THE SOUL

Solid Rock UMC is planning their annual "Free Soup For The Soul" Supper for February 10th. We will be serving Vegetable, Chili or Chicken and Noodle Soup starting at 5:00 - 6:30 p.m. If you have the winter blues from all that snow - come and let us warm you up with a bowl of soup and with some great fellowship. Mark your calendar and invite your neighbors to join you.

Solid Rock UMC is located at 485 Bennett Drive in Warren. We also invite you to join us on Sunday Morning for Sunday School starting at 9:00 a.m. and Worship Service beginning at 10:00 a.m. with Pastor Kathy Newton.

BASKETBALL TOURNEY

Huntington County Schools Special Olympics will be hosting the 8th Annual Huntington County Invitational Basketball Tournament on Saturday, January 31. The tournament will take place at Riverview Middle School and the Horace Mann Education Center. The competition tips off at 8:00am with opening ceremonies beginning at 9:00am. Games continue throughout the day.

Tournament organizers are expecting 36 teams from 9 Indiana counties. Over 300 Special Olympic athletes will be participating in 5 v 5 games, 3 v 3 half-court games and basketball skills events

The Huntington County Schools 5 v 5 Vikings play the Howard County Senior Wildkats at 10:30am. The Huntington County 3 v 3 Raiders and the 3 v 3 Cougars will each be playing exhibition games at 1:00pm. The Huntington County Thunders Masters 5 v 5 team goes against the Cass County Lions at 2:30pm. All of the Huntington County teams play in the Riverview gyms.

Other area teams participating include the Allen County Jaguars and Leopards, ARC/Easter Seals Raiders, and six teams from Grant County. Teams from Cass County, DeKalb County, Howard County, Jay County, St. Joseph County, and Steuben County will be traveling to the tournament.

Special Olympics was created by the Joseph P. Kennedy, Jr.

Special Olympics was created by the Joseph P. Kennedy, Jr. Foundation for the Benefit of Persons with Intellectual Disabilities

FREE PROGRAMS

The Alzheimer's Association Greater Indiana Chapter is hosting several free education programs in the Northeast area.

The Association will host two "The Basics: Memory Loss, Dementia and Alzheimer's Disease" programs. The first session will be held on Friday, Feb. 6, from 1:30 to 3 p.m., at Parkview Noble Health & Wellness Center, located at 402 Sawyer Road in Kendallville. The second session will be held on Thursday, Feb. 12, from 1:30 to 3 p.m., at Garrett Public Library, located at 107 W. Houston St. in Garrett.

"The Basics: Memory Loss, Dementia and Alzheimer's Disease" is a program designed to educate attendees about the difference between normal memory loss and Alzheimer's disease. The program also features video clips of doctors, patients and loved ones who are caring for people with Alzheimer's disease.

"Effective Communication

Strategies" will be held on Monday, Feb. 9, from Noon to 1:30 p.m., at Aging & In-Home Service of Northeast Indiana, located at 2927 Lake Ave. in Fort Wayne. This new education program will explore how communication takes place when someone has Alzheimer's disease. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

The Association will host two "Know the 10 Signs" programs. The first session will be on Wednesday, Feb. 17, from 6 – 7:30 p.m., at Fort Wayne Parks & Recreation Community Center, located at 233 W. Main St. in Fort Wayne. The second session will be held on Tuesday, Feb. 24, from 5:30 – 7 p.m., at Huntington County Council on Aging, located at 354 N. Jefferson in Huntington.

CONTINUED PAGE 3



GREAT GUESSERS!

These three readers at the Warren Public Library were the best estimators for the "How Many Books in the Booktree?" challenge. Barnes & Noble gift cards for all. From left to right: Lily Sabinske, Hanna Surfus, and Natalie Drayer.



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e-mail: www.ly@citznet.com web: www.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 The Warren Weekly is available at the Warren Market, Huggy Bear Ice Cream. Dollar General and next to the Post Office in downtown Warren. The Warren Weekly is also available in a few businesses in Van Buren. Total circula tion is 3000.

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

Deadline for news and/or advertising is 10:00 a.m. Tuesday, for that week's edition

Call if you need something in but won't have it here on time. Leave news and/or advertising at Town Hall in Warren, mail to P O Box 695, Warren

fax to 260.247.2426 or email to wwkly@citznet.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.

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KUDOS, KICKS & KARATS

WHAT'S YOUR VALENTINE'S DAY PERSONALITY? HOW

ANYONE CAN MAKE THE DAY SPECIAL

(BPT) - Whether you're a hopeless romantic or you don't believe in Cupid at all, everyone celebrates Valentine's Day in their own special way. From a fancy date or a girls' night in, to a festive class party with the kids, there are activities, and treats, to suit every type of Valentine's personality out there. Which one are you?

The hopeless romantic

Do you wear your heart on your sleeve? Do you look forward to Valentine's Day every year as a time to celebrate the people you love? Then you are a hopeless romantic and you embrace everything that Valentine's Day stands for. For you, the day should be filled with thoughtful gestures that come from the heart.

Start by sending messages to the special people in your life. For a significant other, you might text famous romantic quotes throughout the day to show your love. Then, skip the expensive flowers and get crafty by making Sweetheart Roses with HERSHEY'S KISSES chocolates, which come in special pink and red foils for the holiday. Simply wrap two KISSES chocolates in cellophane or plastic wrap to create a rosebud shape and then attach your creation to florist wire and wrap it in green florist tape. Add a little note saying how much you care for a finishing touch. This gift is a sweet treat and you won't have to worry

Does your sweetheart have a sweet tooth? New HERSHEY'S KISSES Chocolate Truffle treats are the perfect gift for chocolate lovers. The last-minute cupid

If you are the person who waits until the commute home to swing by the store for your sweetie's gift, you are a last-minute cupid. You like Valentine's Day, but you are not known to plan ahead. Fortunately, there's no need to worry with a few quick and impressive ideas for special gifts.

To start, a handwritten card is always appreciated. Simply say what's in your heart - you don't have to be Shakespeare. When the words are your own, your loved one will know you genuinely care. Next, attach a gift that signifies all the sweet things in life - like the HERSHEY'S KISSES Heart Shaped Tin, packed with KISSES Milk Chocolates, which is guaranteed to make her swoon. For more guick and fun Valentine Day's ideas, visit www.CelebrateWithHersheys.com.

The class parent

In classrooms across the country, Valentine's Day is a special time to celebrate friendship at school. If you're the class mom or dad, you know the class will be counting on you to help the kids get ready for this special day and prepare all the cards and goodies.

Help students celebrate their friends by having them make their own cards. Use construction paper, ribbon, glitter and stickers to help your kids make customized cards for classmates. Then, add a sweet treat like JOLLY RANCHER Dippers that are sure to be a classroom favorite.

Parents can also start a new family tradition at home and show their kids how much they care by giving them Valentine's Day baskets. Fill the basket with impressive treats such as a REESE'S Peanut

Butter 5 oz. Heart and a HERSHEY'S KISSES Milk Chocolate Rose Cane. The playful platonic

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ASBURY CHAPEL UNITED METHODIST

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

Sunday School. Wed Carry-in & Fellowship .. 6:30 p.m. BANQUO CHRISTIAN CHURCH

8294S 900W 35

9:30 a.m
10:30 a.m.
6:30 p.m.
6:30 p.m
. 6:00 p.m
6:00 p.m.

BOEHMER UNITED METHODIST

Rev. Barry Humble, Pastor Denise Heininger, S.S. Supt. ... 9:30a.m. Sunday Worship Sunday School... .10:45a.m.

CENTRAL CHRISTIAN CHURCH Van Buren, Indiana 765-934-2199 Pastor - Heath Jones

Youth Leaders - Kelly Jones Worship9:30 a.m. Sunday School 10:40 a.m. Adult Bible Study Sun 6:30p.m. Youth GroupSun 6:00p.m. Handicap Accessible

Little Panther Preschool 765.934.2099 HEALING WATERS MINISTRY -MAJENICA

Pastor Wayne Couch

260/224-3376

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

8888S 1100W-90, Warren 375-2779

Matt Kennedy, Pastor Sunday School 9:30a.m. 2nd Worship Service .. 10:30a.m.

HANFIELD UNITED METHODIST 101 N 400 E - Marion 765/664-8726

Timothy Helm, Senior Pastor 1st Worship......8:30 a.m. .9:45 a.m. 2nd Worship.. .. 11:00 a.m.

HERITAGE POINTE

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

THE NEW BEGINNING

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

NEW HOPE MINISTRIES 9019 S 300 W - Warren Indiana

Jim Graham, Pastor 260/494-6753 260/489-1456 260/375-4224

Sunday School ... 9:30am Morning Worship

HILLCREST CHURCH OF THE NAZARENE

375-2510 Rev Mark Davis

Bus Service 375-2510

www.hillcrestnazchurch.org				
Sunday School	9:30 a.m.			
Worship	10:30 a.m.			
Evening Worship	6:00 p.m.			
Youth Group (Wed.)	6:00 p.m.			
Wed. Midweek Service	6:30 p.m.			
COLIDBOCKLINITEDA	METHODICT			

485 Bennett Dr, Warren, IN

375-3873

Kathy Newton, Pastor Sunday School 9:00 a m .. 10:00 a.m. Worship Service ...

LANCASTER WESLEYAN

3147 W 543 S, Huntington 468-2411

Doug Sharrard, Pastor Pam Thompson, S.S. Supt. Sunday School . 9:30 a m Worship10:30 a.m.

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

694-6622

LIBERTYCEN	TFR
Wed. Bible Study	7:00 p.m.
Worship	10:15a.m.
Fellowship	9:55a.m.
Sunday School	9:00 a.m.
Aaron Westfall,	Pastor

UNITED METHODIST CHURCH

Pastor Chad Yoder9:30 a.m. Morning Worship 10:45 a.m. Sunday School

MCNATTUNITED METHODIST

375-4359

Bill VanHaften, Pastor Lois Slusher, Supt. Coffee Fellowship...... 8:30 a.m. Worship .. Sunday School ... 10:30 a.m.

. 7:00 p.m

MT. ETNA UNITED METHODIST

Bible Study - Wed.

260/468-2148 Sr 9 & 124 Rev. Michael Gallant - "Pastor Mike" Trad. Worship 9:00 a.m. Fellowship10:00 a.m. Mdrn Worship 10:30 a.m Sunday Youth..... 6-7:30 p.m. PLUM TREE

UNITED CHURCH OF CHRIST 375-2691 Jill Miller, Pastor

...9:30a.m. Sunday School...... Worship.. SALAMONIE

CHURCH OF BRETHREN 468-2412

Mel Zumbrun, Pastor Worship....9:30 a.m. Church School .. . 10:45a.m.

UNITED CHURCH OF CHRIST 375-2102

Pastor Scott Nedberg

Youth Pastor - Pastor Heather Parsons Sunday Worship.... . 6:30 p.m. Contemporary Service - Wed Junior Church 10:00 a.m. Sunday School 10:30 a.m. Youth Meetings-Wed

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 Leon Pomeroy

Worship Service ... 9:30 am The Highway (2nd Service)..... 11:00 am Sunday School 10:30am Not Home Alone - Wed . Prayer-Bible Study (Thur) 7:00 pm UMW 2nd Wed Little Ones Book Club 1st Tue 10:00 am Just Older Youth 3rd Tue 12:00 pm The Loft (Youth 7th-12th) Sun ... 5:00pm

www.vanburenumc.org WARREN CHURCH OF CHRIST

375-3022

Ethan T Stivers, Minister Ben Renkenberger, Youth Minister Tara Bower and Melinda Haynes -Secretaries

www.warrenchurchofchrist.org Fellowship9:15 a.m. ...9:30 a.m. Worship & Communion Sunday School11 to 11:40 a.m. Youth: (Start back up in the fall) K-5th grade, Mon 6-7pm . 6-7:30pm Jr/Sr Hi. Sunday ...

WARREN1ST BAPTIST CHURCH Corner of N. Wayne & Matilda Sts.

Senior Pastor Rev. Bill Fisher Sunday School9:00 a.m. Sunday Worship10:00 a.m.

WARREN WESLEYAN CHURCH 375-2330 6th & Nancy Sts. Warren

Rev. Allen Laws. Pastor Wesley Welch, Supt. Sunday School9:30 a.m.

..... 10:15 a.m. Worship . FARRVILLE COMMUNITY CHURCH

Pastor Richard Ladouceur

11044 E 200 N, Marion, IN 765-934-3609

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

Please Attend the (hurch of Your (hoice

NEWS AREA

More Page 1

"Know the 10 Signs" is an introductory program that provides attendees with an understanding of the difference between agerelated memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease. Attendees will view video footage of real people who are living with the early stages of dementia and their families addressing fears and myths associated with Alzheimer's disease.

There are no fees to attend these programs, but registration is requested by contacting the Alzheimer's Association 24/7 Helpline at 800.272.3900.

Today, more than 5 million Americans have Alzheimer's disease, including 100,000 Hoosiers. Alzheimer's disease is the nation's sixth-leading cause of death. In 2014, the direct costs to American society of caring for those with Alzheimer's will total an estimated \$214 billion, including \$150 billion in costs to Medicare and Medicaid.

About the Alzheimer's Association:

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's research, care and support. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain

health. Our vision is a world without Alzheimer's. Visit alz.org/ indiana or call 800.272.3900.

COUNCIL NOTES

The Van Buren Town Council held a short meeting on Wednesday evening, January 21. The meeting was held in the Council Room at Town Hall. President Marvin Surber called the meeting to order at 7 pm. All in attendance repeated the Pledge to the American Flag.

The Engineer was in attendance and presented quotes for work at the Wastewater Plant.

Donnie Plummer gave the Utility report. He said IDEM had performed an inspection at the wastewater plant.

He submitted a quote for new Christmas decorations.

Council agree to order from G P Designs at a 45% discount if ordered now.

Council approved street paving for spring.

The next Council meeting will be February 4.

BOWLING SCORES

The Heritage Pointe Wednesday morning Mixed League scores are as follows: Games 1-2- &3 were won by "Curly" Taylor with scores of 200,183 & 202. Game 4 was won by "Sawdust" Minnich at 173. High Series went to "Curly" at 747. "Clancy" Myers had a 544 series "Sawdust" Minnich had a 650 series. Mary Dungan had a 565 Series.

The Thursday morning men's

league had 3 different winners: Game 1 was "Sawdust" Minnich at 203, Larry Langdon won game 2 with a 188 score and game 4 with a 190. "Clancy" Myers won game 3 with a 178 total. Series totals were "Sawdust" at 689. "Curly" at 675, "Clancy" Myers at 674 and Larry at 667 "Clancy" was filled with excitement as he got 7 gutter balls this week!

POOL TOURNAMENT

There were 20 Heritage Pointe residents in the January 23th pool tourney. The winners were Ralph Taylor and Bud Purdom. Congratulations to Bud as this is his first tourney win!! Second place went Freddie Couch and Virginia Langdon.

CORRECTION - Last weeks results were: Phil Boxell and Bill Couch as the winners. Second place went to Virginia Langdon and Gordon Smith. I had the names reversed and was told about that mistake SEVERAL times!! I tried to say it was on purpose, just to see how many people really read this blurp!! The in-house tournament is played every Friday at 1:30 in the Fults Recreation Room.

CHIPMUNKS & SQUIRRELS

Preschool-age children and their adults are invited to Salamonie Preschool "Chipmunks and Squirrels" on Feb. 18.

The class will be offered from 10 to 11:30 a.m., and again from 12:30 to 2 p.m., at Salamonie Interpretive Center in Lost Bridge West State Recreation Area, Andrews.

Each program is designed to enhance the preschooler's basic education and includes learning letters, building a craft, social interaction with other children, and time spent outdoors, always with a nature-related theme.

The program fee is \$2 per child. Advance registration is appreciated. Register by calling (260) 468-2127.

For more information on other UWIS programs, see dnr.IN.gov/ uwis or visit facebook.com/ UpperWabash, or call (260) 468-

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

EXPERT TRAINING

The Indiana Youth Institute (IYI) is bringing five experts to Fort Wayne for a series of training sessions designed for youth workers, teachers, youth ministers, family service providers and others who work directly with children.

The statewide tour will be in Fort Wayne on March 5 at the Indiana Tech Seitz Conference Center at 1600 E. Washington Blvd. Fort Wavne. IN 46803.

The two morning sessions run from 9 a.m. to noon EST and include the following choices:

"Flipping the Resilience Switch." Christian Moore, the founder of WhyTry, will explain how to get young people to rely on their natural resilience by tapping into the four sources of resilience street, relational, resource and rock bottom. Christian grew up with severe learning disabilities, sometimes alone on the streets near Washington DC. He uses those experiences to help explain why some people thrive under any circumstances while others crumble under small challenges.

"Keeping Kids SAFE: Screening Mentor Applicants to Ensure Child Safety." This workshop focuses on characteristics of child predators, the grooming process and the red flags workers need to know to keep children safe. Jen Lindwall is an independent consultant and former director of training and quality assurance at the Mentoring Partnership of Minnesota. She will discuss how the "Screening Applicants for Effectiveness" (SAFE) system helps youth-based groups keep children safe by exploring the latest in child molestation research, wisdom from screening volunteers and recommendations from leading experts on child exploitation

The two afternoon sessions will begin at 2 p.m. and end at 5 p.m. EST. Those options include:

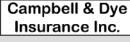
"Fundraising for the Small Shop." Melissa Brown advises nonprofit groups and spent two decades at the Center on Philanthropy at Indiana University (now the Lilly Family School of Philanthropy). Through her experience at the Fund Raising School®, Brown teaches comprehensive, proven fundraising concepts and principles to nonprofit professionals. Her session focuses on smaller nonprofits where staff members may be juggling program, management and fundraising responsibilities. She will help attendees learn the fundamentals of building a fundraising program for a small shop, including the selection of the fundraising vehicles, donors and markets best suited to small nonprofits.

"Graduation and Beyond! How to Help More Students Achieve College and Career Success." This session will focus on helping educators and youth-workers more effectively help students achieve their dreams beyond high school. This hands-on session will draw from the new College and Career Mentoring Toolkit. IYI and Indiana Mentoring Partnership consultant Tracy Butler and IYI Director of College and Career Counseling Kate Coffman will share practical skills to help attendees

CONTINUED PAGE 4







Karen Cambell Lisa Campbell



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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 onetime \$5 fee to be listed. Events can be listed for as long as 6 months. (If an event is cancelled, please notify WW.) Only event, place, time, and sponsor, for events in Warren, and the surrounding area will be

Jan 31 All Day Warren Health & Fitness GRAND OPENING Feb 4 Noon W - Chamber of Commerce, Assembly Hall 7:00p V - Town Council Meeting Feb 4

Feb 6 4-7p Fish & Chicken Supper at KBC for Senior Center Feb 9 5:30p W - Town Council Meeting, Assembly Hall

Feb 14 Valentine's Day President's Day Feb 16

Mar 28 4:30-7p Mt Zion Fish Fry @ Twin Bridge Conservation Club Bread of Life Food Pantry - Wed 2 - 4:00pm & 6 - 8:00p.m. at KBC Bargain Basement - Friday & Saturday 9 - 4 at KBC; Cancer Support Group - 3rd Tuesday 6:30-8p.m. at Bluffton Regional South Campus







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AREA NEWS CONTINUED

MORE PAGE 3

develop a new college and career success program or take an existing program to a higher level.

Other training include Merrillville on March 3, South Bend on March 4, Evansville on March 10, Sellersburg on March 11 and Indianapolis on March 12. The cost is \$20 to attend one session or \$40 to attend two sessions. Individuals can register online at www.iyi.org/spring2015. Onsite check-in begins 30 minutes before each session.

These trainings are funded in part by Lilly Endowment Inc. and the Nicholas H. Noyes, Jr. Memorial Foundation. Inc.

Statewide support for "Graduation and Beyond!" is provided by the Indiana Commission for Higher Education.

Christian Moore's training in Indianapolis is sponsored by Indiana University Health.

Additional support for the Ft. Wayne trainings is provided by the English, Bontner, Mitchell Foundation, the Clarence L. and Edith B. Schust Foundation, NIPSCO and Old National Bank.

Additional support for the Merrillville training is provided by NIPSCO.

Additional support for the Evansville trainings is provided by Toyota Motor Manufacturing, Indiana.

The Indiana Youth Institute promotes the healthy development of Indiana children and youth by serving the people, institutions, and communities that impact their well-being.

For more information, contact Patrice Bey, conference and training program manager for the Indiana Youth Institute, at (317) 396-2719 or pbey@iyi.org.

FREE TREES

Joining the Arbor Day Foundation is an ideal way to get in the mood for spring planting. Anyone from Indiana who joins the Foundation in February 2015 will receive 10 free Colorado blue spruce trees to plant when the weather turns warm.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

"The blue-green hue and distinctive shape of Colorado blue spruce trees will help beautify Indiana for many years to come," said Matt Harris, chief executive of the Arbor Day Foundation. "The trees will also add to the proud heritage of Indiana's existing Tree City USA communities."

The Tree City USA program has supported community forestry throughout the country for more than 35 years.

The trees will be shipped postpaid at the right time for planting, between March 1 and May 31, with enclosed planting instructions. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge.

Members also receive a subscription to the Foundation's colorful bimonthly publication, Arbor Day, and The Tree Book, which contains information about planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE COLORADO BLUE SPRUCE TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by February 28, 2015, or visit arborday.org/february.

UNIQUE RISKS

Did you know that cold temperatures can be a trigger for an asthma attack? The winter months in Indiana bring unique

hazards to Hoosiers with asthma. Not only is it important for asthmatics to limit time spent outdoors and use a scarf, but indoors it's important to be aware of triggers such as smoke from fireplaces and wood burning stoves. Getting a flu vaccine is an important step for all Hoosiers, but especially those with asthma since influenza is a respiratory virus. Taking prescribed medicine properly and getting a flu vaccine can help prevent illness during colder months.

According to the 2013 Behavioral Risk Factor Surveillance System data, approximately 760,800 adult Hoosiers suffer from asthma, a disease that affects the lungs and causes episodes of wheezing, breathlessness, chest tightness and coughing. Children are especially susceptible as 177,300 children have asthma in Indiana. Asthma is one of the most common serious chronic diseases of childhood.

"Having asthma myself, I know it can be a very serious condition," said State Health Commissioner Jerome Adams, M.D., M.P.H. "Asthma affects people of all ages, especially in cold conditions, but asthma can be controlled with proper medication and medical attention."

Asthma is a leading cause of hospital emergency visits for children and adults, and according to the Indiana Department of Education, is the number one reason for school absenteeism in Indiana. According to the Indiana State Department of Health, there were approximately 31,300 asthma emergency room visits in 2013.

Asthma can be controlled with proper medications and avoiding the triggers that can cause an attack, like cigarette smoke, pet dander, air pollution or dust mites. Creating and following an asthma action plan helps asthma sufferers to recognize flare-ups and manage medication. It also provides instructions to others about what to do in an emergency situation, such as a severe asthma attack.

Talk to a doctor if you or a loved one suspect you may have asthma or that your asthma is getting worse. If you don't have health care coverage or access to a doctor, see if you're eligible for the new Healthy Indiana Plan—HIP 2.0—by visiting www.HIP.IN.gov or calling 1-877-GET-HIP-9.

Visit the Indiana State Depart-

ment of Health at www.StateHealth.in.gov for important health and safety information or follow us on Twitter at @StateHealthIN and on Facebook at

www.facebook.com/isdh1.

MAKE IT FUN!

by Pam Young 5 Ways to Get Rid of Doubt

When you doubt, you've stopped trusting the power that created the Universe. Such a silly thing to do when it's put that way, don't you think? If you plugged a lamp into the socket, and the light didn't go on, you'd figure the bulb was burned out or you hadn't paid the electric bill. In other words it would be something on your end that caused the light notto work. You would never doubt that the power of electricity was no longer effective.

So when you doubt yourself or have doubts about some event or other person, the problem is on your end, because the power that created the Universe has your back and there is nothing to worry about. So how do you fix your end of this deal? I've come up with 5 ways to get rid of doubt so you can stay hooked into the joyful source of your life and see the truth that all is well.

1. Put yourself first

The most important thing to do when you feel doubt is think something that makes you feel good. Sometimes it helps to go outside to summon happy thoughts or read spiritual material that fills you with positive energy, or look through a travel magazine and focus on a dream vacation.

2. Stay alert to your mood When you get used to rehearsing a problem you can get into the habit of negative thinking. When you decide to focus on feeling good, then it's important to monitor your thoughts carefully. It gets easy to do with practice and it's quite fun. When a negative doubt comes in you'll be able to say, "Oops, you can't come in

3. Don't pick up what you went to bed with

When you sleep, your mind gets to defrag and you actually wake up positive. If you're not careful though, if you went to

sleep worrying those worries will emerge.

If you have good thoughts ready to start thinking that make you feel good, instead of thinking, 'What was I worried about yesterday? Oh yeah, I'm sad because Calvin left me,' you'll just pick up the yesterday's doubt like a garbage man picks up garbage.

4. Play and do something you love

When you're working through a negative situation (we have to have them and I'll talk about that in a minute) be selfish about doing what you love. Sing, play with your cat, call a friend, get a massage, read your favorite book, watch an uplifting movie are some ideas.

5. Put your doubt on your dog Our animals know when we're not happy and they can absorb our negative energy and magically neutralize it. There's a whole new field (thank God) in which animals are trained as therapy animals. Dogs are the best transformers, but then I'm a dog lover. I suppose horses are too, but I've not met a therapy horse. Tell your dog the whole problem and then get busy thinking happy thoughts and doing happy things.

Why do we have to go through negative stuff?

Now I want to talk about going through negative times. I think deep down inside our psyches we need and actually enjoy contrasts. If we were never sick we wouldn't love feeling good. If we didn't get tired, we wouldn't enjoy being rested as much. If we didn't get hungry we wouldn't enjoy our meals. If someone said to you right after you ate a nice dinner, "You wanna go out and have dinner at your favorite restaurant?" You wouldn't want to. It wouldn't even sound good to you.

So if you're going through a time that's less than happy, first and foremost, know it's temporary and then make your priority be to feel good no matter what.

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, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view.

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GENEALOGY REPORT

YENCER

Sandra K. Yencer, 60, of Liberty Center, IN, died Tuesday, Jan. 20, 2015, at 8:11 p.m. at Lutheran



Hospital, in Fort Wayne.

Mrs. Yencer graduated from Southern Wells School in 1973 and earned a Bachelor of Arts in youth ministry education from Taylor University. She had worked with Campus Life in Wells County; in admissions and insurance at the Wells Community Hospital, in Bluffton; and as office manager for Fort Wayne Cardiology and for Markle Medical Center, in Bluffton. She retired in 2014.

She was a member of the Liberty Center Baptist Church, where she played piano, and was also active in Chapel Grove Church and the Montpelier Church of the Nazarene. She was involved with the Optimist Club of Bluffton, Junior Achievement of Wells County and Wells County 4-H.

She was born Oct. 21, 1954, in Bluffton to Claude L. and Ruba Jane Garrett Harris. She married Frank Yencer on May 25, 2007, and he survives.

Additional survivors include daughters, Melissa (Howard) Adams, of Keystone, and Jennifer (Lucas) Cox, of Fort Wayne; two sons, Chad (Chris) Yencer, of Poneto, and Steven Yencer, of Bluffton; a brother, Donald L. (Marilyn) Harris, of Burke, VA; two sisters, Cindy A. Morphett, of Fort Wayne, and Patty R. (Bruce) Thornburgh, of Howell, MI; and six grandchildren, Ashley (Hugh Campbell) Adams, Brock Cox and Palmer Cox. all of Fort Wavne: and Meghan Yencer, Jessica Yencer and Jadyn Yencer, all of Poneto. Calling is Friday, Jan. 23, 2015, from noon to 8 p.m. at Thoma/ Rich, Lemler Funeral Home, in Bluffton, A service will be held on Saturday, Jan. 24, 2015, at 2 p.m., with calling one hour prior to the service, at the Liberty Center Baptist Church, with Rev. Aaron Westfall officiating. Burial will be at Jones Cemetery in Jackson Township, Wells County.



НЕТНСОТЕ

C. Dea Hethcote, 77, of Warsaw, IN, and a native of Huntington County, IN, died Thursday, Jan. 21, 2015, at 2:35 p.m. at Miller's Merry Manor, in Warsaw.

Mr. Hethcote was a 1955 graduate of Andrews High School, Huntington County. He had been employed by Schenkel's Dairy, in Huntington, prior to becoming co-owner and operator of Manchester Farm Center, in North Manchester. He retired after 25 years with Manchester Farm Center.

He attended the Church of God, in Warsaw. He was a former member of North Manchester Missionary Church, where he served as superintendent, Sunday schoolteacher and song leader.

He was born March 14, 1937,

in Huntington County to Hurshel and Anna Butler Hethcote. He married Donna S. Walton on Sept. 17, 1955, and she survives. Additional survivors include a son, Timothy (Linda) Hethcote, of Goshen; two daughters, Sheila (Rod) Grossman, of New Paris, and Deanna (Jeff) Cripe, of Warsaw: three brothers, Merrill (Sandy) Hethcote, Max (Luella) Hethcote and Merritt Hethcote, all of Warren; three sisters, Annabelle Friend, of Warren; Arlis Jean Drabenstot, of Huntington; and Janice (Jon) Kellam, of Mt. Etna; nine grandchildren, Brenda Joy, Brian, Bethany, Sonya, Jennifer, Andrew, Claudia, Ryan and Ashley; and 17 greatgrandchildren.

A service was held on Monday, Jan. 26, 2015, at Redpath-Fruth Funeral Home, in Warsaw, with Rev. Tim Kumfer officiating. A graveside service was held at Monument City Cemetery, in Huntington County.

Memorial gifts may be made to the Kosciusko County Cancer Care Fund at the K-21 Health Foundation, PO Box 1810, Warsaw, IN 46581; or to Gideons International, Memorial Bible Chairman, PO Box 766, Winona Lake, IN 46590.

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WINTERHOLTER

Arthur Jay Winterholter, 64, of Mt. Etna, IN, died Saturday, Jan. 24, 2015, at Marion General Hospital, in Marion.



Mr. Winterholter attended Lancaster elementary and high schools and graduated from Huntington High School in 1968. He earned a bachelor's degree in physical education from Marion College (now Indiana Wesleyan University) in 1974 and graduated from the Indiana Law Enforcement Academy in 1978. He served as a police officer in Kendallville for two years and with the Huntington Police Department for 24 years, retiring in 2002. He was a member of Fraternal Order of Police Lodge 77, the National Rifle Association and Lancaster Wesleyan Church. He was born May 20, 1950, in

Huntington to Arther F. and Mary Shideler Winterholter. He married Carol Cox on Aug. 21, 1976, at Morris Chapel Church, in Grant County. His wife survives.

Additional survivors include a stepson, Dr. Eric (Lisa) Treadwell, of Indianapolis; two brothers, Larry Winterholter, of Upland, and Jerry (Vadonna) Winterholter, of Rangely, CO; and two stepgrandchildren, Owen Parrett and Helen Treadwell, both of Indianapolis.

Calling is Thursday, Jan. 29, 2015, from 3 p.m. to 7 p.m. at Glancy-H. Brown & Son Funeral Home, 203 N. Matilda St., Warren. A service will be held on Friday, Jan. 30, 2015, at 11 a.m., with calling one hour prior to the service, at Lancaster Wesleyan Church, 3149W-543S, Huntington. Rev. Doug Sharrard will officiate. Burial will be at Lancaster Cemetery, Huntington County.

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SHAFER

all his life.

Hugh Allen Shafer, 83, of Warren, IN, died Monday, Jan. 26, 2015, at 5:43 p.m. at Lutheran Hospital, in Fort Wayne.

Mr. Shafer graduated from Salamonie Township School and served in the United States Army's 101st Airborne from 1951 to 1953, spending 18 months in Germany. He farmed

He served on the Salamonie Township Library Board for 16 years, including four years as president; was a 50-year member of the Grand Lodge of Free and Accepted Masons, where he held the 32nd degree; and was a member of Scottish Rite, American Legion and the Warren United Church of Christ. He was an associate supervisor of the Huntington County Soil and Water Conservation District.

He was born June 27, 1931, in Salamonie Township to Harry P. and Dalta Christine Garretson Shafer. He married Lou Ann Parker on May 29, 1955, and she survives.

Additional survivors include two daughters, Kandace Ann Villanueva, of Warren, and Heidi Ann (Wade) Vandersloot, of Midland, TX; a son, David Allen (Dawn) Shafer, of Midland, TX; a sister-in-law, Mary Martha Good Shafer; 11 grandchildren; and 15 great-grandchildren.

Calling is Thursday, Jan. 29, 2015, from 2 p.m. and 4 p.m. and 6 p.m. to 8 p.m. at the Warren United Church of Christ, 202 E. 2nd St., Warren. A service will be held at the church on Friday, Jan.

30, 2015, at 2 p.m., with calling one hour prior to the service. Rev. Scott Nedberg will officiate. Burial will be at Woodlawn Cemetery, in Warren.

Glancy-H. Brown & Son Funeral Home, Warren, is in charge of arrangements.

CRANDALL

Mary A. Crandall, 82, of New Castle and formerly of Wells County, died Tuesday, Jan. 20, 2015, at The Hearth at Windermere in Fishers.

She was born on June 23, 1932, to Clem and Ruby Bozell in Liberty Center.

She is survived by her daughters, Lori (Tom) Oliver, Katy Blevins (David Crutcher), and Cindy (Mike) Hicks; sister, Martha Holley; brothers, Phil (Betty) Bozell, and Tommy (Lenore) Bozell; eight grandchildren; and seven great-grandchildren.

In addition to her parents, she was preceded in death by her husband, William K. "Bill" Crandall, died Feb. 13, 2014; sister, Judy; and brothers, Gerald, Max, Burton, Gordon, and Billy. Services will be held at 2 p.m. Friday, Jan. 23, at Randall & Roberts Fishers Mortuary, 12010 Allisonville Road, in Fishers, with visitation from noon to the time of service.





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AREA NEWS CONTINUED

TO SALT OR NOT TO SALT

Using salt to season foods is a practice that's widely criticized as being bad for your health, especially for the elderly. But a new study, published in the Journal of the American Medical Association, indicates that it may not be as bad a habit as once thought, according to the Association of Mature American Citi-

The research concluded that "sodium intake was not associated with mortality or risk for CVD [cardiovascular disease] and HF [heart failure] in a cohort of adults 71 to 80 years old. Our data emphasize the need for stronger evidence, preferably from rigorous controlled trials testing additional thresholds for sodium intake, before applying a policy of further sodium restriction to older adults beyond the current recommendation for the general adult population (2,300 mg/d)."

The study is not a license for salt lovers to start overusing their shakers on their hamburgers and fries, says AMAC. It was the Roman orator Cicero who said: "Never go to excess, but let moderation be your guide."

CHILDISH BEHAVIOR

The family of 5-year-old Alex Nash thought it was a joke when he came home from school in Plymouth, England with a 16 pound invoice [about \$24]. It seems that he was a no-show at his friend's birthday outing and was being held responsible for his share of the costs, according to the Association of Mature American Citizens.

The Nash family says Alex de-

cided to spend the day with his grandparents instead of going to the party. The invoice stated clearly that it was a "No Show Fee." But what really upset the Nash family was that the bill was delivered directly to young Alex.

There was talk of lawsuits, but British lawyers say it will be almost impossible for the "injured" party to get a judgment in court. Meanwhile, Alex has apparently lost a playmate.

LET'S HAVE ANOTHER CUP OF

More good news for coffee drinkers: a new study shows that the beverage can help keep your weight down, according to the Association of Mature American Citizens

A study conducted at the University of Georgia's College of Pharmacology and published in the journal Pharmaceutical Research indicates that the chlorogenic acid [CGA] found in coffee reduces the buildup of fat.

Yonglie Ma, who headed up the research project, noted that "Previous studies have shown that coffee consumption may lower the risk for chronic diseases like Type 2 diabetes and cardiovascular disease. Our study expands on this research by looking at the benefits associated with this specific compound [CGA], which is found in great abundance in coffee, but also in other fruits and vegetables like apples, pears, tomatoes and blueberries."

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AREA NEWS CONTINUED

Gотсна!

Most bad guys haven't a clue that police now have access to technology that can provide a "Snapshot" of those who commit crimes even if there were no witnesses, according to the Association of Mature American Citi-

Parabon Nanolabs located in Reston, VA developed the "Snapshot" process, which is already in use by several police departments in the U.S. and abroad. The police provide a DNA sample found at a crime scene and the company puts it through a process known as phenotyping.

"Snapshot translates this raw genetic code into predictions of physical traits. These are combined to create a highly accurate composite profile, or 'digital mugshot' of an unknown suspect," according to the company.

FEAR OF AGING

Perhaps it is a fear of growing old that induces some younger people to have a negative perception of the elderly around them, says the Association of Mature American Citizens.

Anne Karpf, who wrote the book, How to Age, said in a recent New York Times Opinion Article: "Ageism has been described as prejudice against one's future self. It tells us that age is our defining characteristic and that, as midnight strikes on a milestone birthday, we will become nothing but old - emptied of our passions, abilities and experience, infused instead with frailty and decline."

Be that as it may, a number of recent studies have shown that the older folks among us are happier and more content than melon or several sprigs of fresh those youthful offenders, says AMAC.

As Karpf, who is 64, put it: "old people simply care less about what others think, but also, I think, that our sense of what's important grows with age. We experience life more intensely than before, whatever our physical limitations, because we know it won't last forever."

THREE EASY CHANGES YOU CAN MAKE TODAY TO MFFT YOUR LONG-TERM **DIET GOALS**

(StatePoint) The biggest hurdles to sticking to a new diet are convenience and flavor. Who wants to eat food that doesn't taste good or is hard to make? You and your family are more likely to stick to your commitments if the changes you make suit your schedule and your palate.

Here are three easy changes you can make to your diet today: Hydrate Yourself

Water reigns supreme as the health drink of choice among nutritionists and dieticians. Most diet plans include the following crucial advice: Stay hydrated, but avoid sugary beverages.

In addition to all of the critical functions water performs in your body, staying hydrated will help you feel fuller so you eat less over the course of the day.

But water doesn't have to be tasteless to bestow benefits. There are many virtually caloriefree ways to dress up water and add a hint of nutritional value: Add slices of strawberry or cucumber, wedges of lemon, lime or orange, chunks of watermint or basil. Refrigerate until you're ready to drink. Or get hydrated with green tea, which is loaded with antioxidants.

Snack on Bold Flavors

Whether you're on the go or at home, snack time can be a dieter's downfall. Rather than buying full-sized bags of high-fat snacks like chips, which are easy to binge on, opt for single-serving snacks that are wholesome and full of flavor. For example, olives in ready-to-go cups are a fuss-free way to punch up the flavor profile of a meal or snack.

Pearls Olives to Go! singleserving Black Pitted Olives in a cup can be just as satisfying as a serving of chips, but they're gluten-free, dairy-free, sugar-free, cholesterol-free, trans-fat-free, GMO-free and vegan. They're easy to open and stay fresh until you're ready to eat them, which makes them perfect to stow in a gym bag or desk drawer.

Pearls recently added three new flavors to their Olives to Gol portion-controlled cup line, including Kalamata Pitted Greek Olives, Pimiento Stuffed Spanish Green Olives, and Sliced California Black Ripe Olives. Add to salads or sandwiches for bold flavor without a lot of extra calories. Read more about incorporating olives into a healthy Mediterranean diet at www.Olives.com.

Make Friends with Fat

A major mistake many dieters make is trying to cut all of the fat from their diet. Fat is a necessary component of any healthy diet. Monounsaturated fat, polyunsaturated fat and Omega-3 fatty acids should comprise the majority of the fat you eat. Great sources of healthy fat include

olive oil, salmon, tuna, avocado, olives, seeds and nuts. Olives and avocados are fruit, so they also boost your fruit intake.

Try tossing olives, canned tuna or avocados into a salad; sprinkle almonds or walnuts over oatmeal: swap commercially made salad dressings and marinades with good-quality olive oil and flavorful herbs and spices.

To make your commitment to healthy eating a long-lasting one, be sure the changes you make are sensible, sustainable and, above all, delicious.

COST-CUTTING SHOPPING HABITS CAN HELP YOU SAVE MONEY

(StatePoint) No one wants to spend more money than he has to on purchases like household supplies and groceries. But without planning ahead, you may be letting your good money go to waste.

Smart shopping habits, which can be easy to adopt, can go a long way toward reducing your

Plan Weekly/Monthly Meals

Instead of impulsively buying produce and other perishable items while grocery shopping, try to make a plan for all your meals that week or month. By only buying what you need, you can save money at the grocery store and limit the opportunity for food to go to waste.

Private Brands

Another simple way to save money is to make the switch to private or store brands. Many items can be purchased at a fraction of the name brand price. and there is often little or no difference in product quality. For instance, Dollar General offers many private brand items at affordable prices with a satisfaction guarantee, which can help you to cut back on expenses without sacrificing quality.

Digital Coupons

You can score truly great deals by clipping coupons, but doing so can be a time consuming process. New digital alternatives can make the process less painstaking. One example is Dollar General's digital coupon program, which lets users create a profile where they can pin the coupons most relevant to them. You can have instant savings on your cell phone or computer for items you use the most, without ever touching a newspaper or pair of scissors.

With a few small changes to your shopping habits, you can create big savings in the long run!

More Page 2

If you think that Valentine's Day is more fun spent with friends, then you have a playful platonic personality. You don't need all the mushy over-the-top romanticism - you know the true loves of your life are your friends and you want to use this day to celebrate everything they mean to you.

For example, you might meet with your favorite buds for happy hour or spend the evening at home swapping manis and pedis with your best girlfriends. This is the perfect time to flip through some pictures and take a trip down memory lane. Make your home a festive oasis by filling a candy dish throughout the night with HERSHEY'S HUGS Candies in red, pink and silver foils.

No matter your Valentine's Day personality, there are simple ways to make the day extra special. From yummy treats to sweet gestures, you'll show the loved ones in your life you care - today and every day of the year.





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