Hometown News from Warren, Liberty Center, & Van Buren

Friday, February 10, 2012

Volume 27, Number 1



Var Hometown Newspaper

PRESRT STD SCRWSS U.S. POSTAGE PAID PERMIT NO. 51 WARREN, IN 46792



www.warrenindiana.com

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: An optimist is a person who believes a housefly is looking for a way out. Nathan

SSF PLANNING MEETING

The Salamonie Summer Festival committee will be meeting Monday, February 13, at 6:30 at the Sportsman Club. The main focus of the meeting will be planning the main events. If you have an event and would like to get it in the schedule please come to the meeting. Your attendance is encouraged.

TRACTOR CLUB

The Grant County 4-H Tractor Club will have their call-out meetings on Sunday February 12 and February 26 at 2:00 p.m. in the small room at the 4-H Community Building.

For questions, please call Faith Worl, 765-661-1178.

POPCORN FESTIVAL PLANNING

Thursday, Feb 16th at 6pm, Van Buren Lion's Club

Any and all are invited to attend and be a part of the planning process. Volunteers are needed in all areas.

This will be the 40th year. It is August 9, 10, 11, 2012

ATHLETIC FUNDRAISER

The Southern Wells Athletic Department is having a fundraiser for the Transportation Fund on Friday, February 24th. The fundraiser will be taco potato bar from 5-7pm. We will need volunteers to help serve in three shifts from 4:30-5:45pm, 5:30-6:45, and 6:30-7:45pm. We will need sour cream, mild salsa, tortilla chips, shredded lettuce

and shredded cheddar cheese donated. Donations of hamburger in 2 lb increments and a dozen cookies will be needed. Please verify with us if you would be able to donate/help with this fundraiser at jbiberstine@swell.k12.in.us or by calling 765-728-5534.

KBC WORK DAY

Volunteers will be working in the Auditorium of the Knight Bergman Center on Feb 11, 18 & 25. Work will begin at 8 a.m.

Any and all help would be appreciated. Anyone interested in helping - please call 375.2293.

MASTER **G**ARDENERS

The Wells County Master Gardeners will meet on Thursday, February 16th at 7:00 PM at the 4-H Park at Bluffton. The program for the evening will be presented by Wayne Fox, former owner of Huntington Nursery and Horticulture Specialist with over 40 years experience in landscape design, plant culture, soil composition as well as other garden related information. The forum is open to the public at no charge. Wayne has spoken at many Master Gardener training seminars, and always brings something of interest to his sessions, as well as allowing for questions from the audience. This meeting will count as Educational credit to those Master Gardeners attending.

SCHWOB FIELD

A fund has been started at the Warren City Building for the replacement of the Schwob Field infield fence. Amy Minnich and Tiffany Loftis, a couple of Warren gals, had a fundraiser sellingholiday items and made a \$230.00 profit towards the fence. All of the kids and adults who play at the park would like to thank them for all their hard work.

Also, the Warren Baseball & Softball League is planning a fundraiser for sometime in May in which all money collected, will go directly into the same fund. Some of the events that are being considered are the Coaches softball playoff, kickball games, carnival type games and face painting. All events would cost a minimal \$ amount with all going into the fund. If you interested in helping with this event please contact the league. We already have some volunteers, two of which are Tiff and Amy, of course, but can always use more.

Be watching for more information to come!

TACK AUCTION

The Wells County 4-H Horse & Pony Club will host a Tack Auction on Saturday, February 18 at the Wells County Community Center, 4-H Park, Bluffton. Doors will open at 5:00 PM and the auction will begin at 6:00 PM. Paul Wyss will be the tack vendor and consignments are available. Donated items are encouraged for the silent

benefit auction.

Food and beverages will be available. All proceeds to benefit the Wells County 4-H Horse & Pony Club. For more information and consignment details, contact Lisa Toliver, 708-224-7030 or Rhonda Phillips, 260-557-4745.

WELLS Co 4-H

The annual 4-H Sign-Up Day and Open House will be held Saturday, February 18, 8:00 AM to 12:00 Noon at the Wells County Community Center at the 4-H Park in Bluffton. 4-H members and families are encouraged to stop by to fill

out membership forms, meet with your club leaders (pick up last year's record notebooks), pay your membership fees, and pick up this year's manuals and meeting schedules. 4-H volunteers will answer questions and get you signed up for 2012.

The club schedule for the event will be: 8:00 to 10:00 AM — Hurryin' Harrisons (Bluffton); Jackson Jaguars; Liberty Happy-Go-Lucky; Rockcreek Rollers; PATRIOTS and Junior Leaders.

10:00 AM to 12:00 Noon – Chester Chargers; Jefferson

CONTINUED PAGE 3



GEOGRAPHY **W**INNERS

On Tuesday, January 31, 2012, the Northeast Lakes Middle School Conference held its annual Geography Bee Competition at Indian Springs Middle School. Students from Riverview competed against schools in the conference on questions about Sub-Saharan Africa. Congratulations to the Riverview team for placing first, led by Cassidy Moriarity with a perfect score. This is Riverview's first championship since joining the conference. Other team members include Johanna Ashley, Jessica Bartrom, Chazz Bruce, Bethany Brunner, Brendan Henry, Bailey Irick, Colton Jagger, Josh Rakoczy, Sophie Smekens, Emily Willard, and Kyle Winterrowd. They were coached by Riverview 7th Grade Social Studies teacher, Mr. Hoffman.

☐ Clothing Available at D&D Bike Shop

375-3828 ♦ 1-800-356-4440 ♦ www.deweeseappliance.com

\$10 OFF any purchase of \$100



WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda Mailing Address: P O Box 695, Warren, IN 46792 Shipping Address: 7920S 900W 90, Warren, IN 46792

Phone: (260)375-3531 or 1-877-811-9089 FAX: (260)-247-2426

e-mail: wwkly@citznet.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 the Warren Market, Huggy Bear Ice Cream, Dollar Genera and next to the Post Office in downtown Warren. The Warren Weekly is also available in several businesses in Van Buren. Total circulation is 3000.

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

Deadline for news and/or advertising is 10:00 a.m. Tuesday, for that week's edition Call if you need something in but won't have it here on time.

Leave news and/or advertising at PJ's Flower and Gift Shop, mail to P O Box 695, Warren, fax to 260.247.2426 or email to wwkly@citznet.com. Van Buren residents may call Mary Jo Zoda at 765-934-3637.

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

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

KUDOS, KICKS & KARATS

THE DIFFERENCE BETWEEN GROWNUPS AND CHILDREN

by V Neil Wyrick

Grownups bear grudges. They wear chips on their shoulders, and when they get angry, they too often stay angry. On the other hand, children have good forgetters. They can be fighting like tigers one minute and playing together like kittens the next.

Children don't get all put out when they get mud on their clothes or shoes. Fact is they sometimes walk in the water with or without their shoes.

Children laugh more easily and get enthusiastic more easily. Children wear a cloak of curiosity and never take it off.

Children aren't ashamed to show their love. They'll hug your neck. They'll hug your knee cap or any available appendage. When they love you, they don't keep it a secret.

Children are sponges; they constantly absorb what we spread around to be absorbed. They listen to our loves and our hates and our angers and our prejudices.

They regularly attend the University of Mom and Dad and Grandmother and Grandfather.

The story is told of one who was just a young boy, but he was already working long hours in a factory in Naples. He had a dream and that dream was to be a singer. When he was 10 years, old he took his first lesson. His teacher told his mother she was wasting her money.

"His voice sounds like the wind blowing through shutters." Nevertheless, the little boy's mother had faith in her son, and she shared his dream and his dream became their dream. Throughout his childhood, she taught him the monumental lesson of never giving up.

Ultimately, her understanding of him, her confidence in him paid off, and the world was gifted with Enrico Caruso.

Few parents have a child who will become an Enrico Caruso, but what better gift to give to a child than the gift of faith in himself or herself

Children follow the leadership of adults...of parents. Therefore. where are you leading all the children who are watching where you are going and what you are doing?

Announce your · Engagement · Wedding · Anniversary · Birth in the Warren Weekly for FREE Email: wwkly@citznet.com Fax: 260/375-7007

Mail: PO Box 695 Warren

Zeller Construction



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

Pole Barns, New Homes, Remodeling, Garages, Siding, Windows & Roofing

CITIZENS TELEPHONE CORP.

Serving Warren & Liberty Center 375-2111

Your "Internet Connection"

D & D BIKE

Over 200 in Stock Phone 375-3828 or 1-800-356-4440 Downtown Warren

HEYDE OIL INC.

d/b/a Huggy Bear Ice Cream Stop and Huggy Bear Motel



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



Warren Community Banking Center 450 Bennett Dr.

260-375-4550 or 888-758-3111

Strong & Secure Since 1947 www.marklebank.com

ASBURYCHAPEL UNITED METHODIST

8013W 1100S - 90. Montpelier

BANQUO CHRISTIAN CHURCH				
Wed Carry-in & Fellowship 6:30 p.m				
Sunday School 10:30 a.m				
Worship 9:30 a.m				
Phillip Freel Jr, Pastor				
001311 11003 30, montpener				

8294S 900W 35

Brad Kelly, Pastor						
Sunday School	9:30 a.m.					
Worship	. 10:30 a.m.					
Wed. Bible Study	6:30 p.m.					
Thurs. Kings Kids	6:30 p.m.					
BYG Youth Svc. (2&4Sun.)	6:00 p.m.					
CWF Ladies (3 Tue)	6:00 p.m.					

BOEHMER UNITED METHODIST

Rev. Barry Humble, Pastor					
Jerome Markley, S.S. Supt.					
iday Worship 9:30a.m					
day School 10:30a.m					
CENTRAL CHRISTIAN CHURCH					

Van Buren, Indiana 765-934-2199 Pastor - Heath Jones

Youth Leaders - Kelly Jones					
Worship	9:30 a.m				
Sunday School	10:40 a.m				
Adult Bible Study	Sun 6:30p.m				
Youth Group	Sun 6:00p.m				
Handicap Accessible					
Little Panther Pres	chool 765.934.2099				

HEALING WATERS MINISTRY -MAJENICA

Pastor Richard Evans 260/224-3376 Sunday Service 10:30 a.m. . 7:00 p.m.

DII I MANUNITED BRETHREN 8888S 1100W-90, Warren 375-2779 Dick Case, Pastor 1st Worship Service 8:15a.m. 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..... .. 10:30 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 Sunday Worship...... 10:30a.m. ThursdayPrayer Meeting 7:00 p.m.

NEW HOPE MINISTRIES

9019 E 300 S - Warren Indiana Jim Graham, Pastor 260/494-6753 260/489-1456 260/375-4224

Sunday School Morning Worship 10:30am

HILLCREST CHURCH OF THE NAZARENE 375-2510

Bus Service 375-2510

www.hillcrestnazchurch.org Sunday School Worship 10:30 a.m. Evening Worship... 6:00 p.m. Youth Group (Wed.). Wed. Midweek Service.. 6:30 p.m. SOLID ROCK UNITED METHODIST 227 N Main St, Warren, IN

Kathy Newton, Pastor

... 9:00 a.m. Sunday School

LANCASTER WESLEYAN

468-2411

Doug Sharrard, Pastor David Thrift, 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 9:00 a m Fellowship 9:55a.m. 10:15a.m. Wed. Bible Study 7:00 p.m. LIBERTY CENTER

UNITED METHODIST CHURCH

Pastor Devin Cook9:30 a.m. Morning Worship Sunday School . 10:45 a.m.

MCNATT UNITED METHODIST 375-4359 Bill VanHaften, Pastor

Lois Slusher, Supt. Coffee Fellowship..... ... 8:30 a.m. Worship Sunday School ... 10:30 a.m. Bible Study - Wed. 7:00 p.m.

MT. ETNA UNITED METHODIST

260/468-2148 Sr 9 & 124 Rev. Sam Padgett - Pastor Trad. Worship 9:00 a.m. Fellowship 10:00 a.m. Mdrn Worship 10:30 a.m 6-7:30 p.m. Sunday Youth ... **MOUNTETNA WESLEYAN**

Pastor Brian Holland

Sunday School 9:30 a m Worship 10:30 a.m. Mid-Week (Thurs) **PLUM TREE**

UNITED CHURCH OF CHRIST 375-2691

Dr. Jeane Spoor, Pastor9:30 a.m. Sunday School10:30 a.m. Worship ..

SALAMONIE **CHURCH OF BRETHREN**

468-2412 Mel Zumbrun, Pastor

Worship9:30 a.m. 10:45a.m. Church School ...

UNITED CHURCH OF CHRIST 375-2102

Pastor Scott Nedberg

Youth Pastor - Rev Harold Smith Jr Sunday Worship..... ... 9:30 a.m. 11:30 a.m. 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

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 Blake J. Neff

Worship Service 9:30 a.m. Sunday School 10:30a.m. Jr/Sr High FLOCK (Sun)...... Prayer-Bible Study (Thur)..... 7:00 p.m. UMW 2nd Wed

www.vanburenumc.org WARREN CHURCH OF CHRIST 375-3022

Ethan T Stivers, Minister

Nathan Ratcliff, Youth Minister Tara Bower and Melinda Havnes -Secretaries

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

WARREN 1ST BAPTIST CHURCH Corner of N. Wavne & Matilda Sts.

Senior Pastor Rev. Bill Fisher Asst Pastor for Youth Greg Casserino Lori Buzzard, S.S. Supt.

.....9:00 a.m. Sunday School Sunday Worshin10:00 a.m. WARREN WESLEYAN CHURCH

375-2330 6th & Nancy Sts. Warren Rev. Allen Laws, Pastor

Wesley Welch, Supt. 9·30 a m Sunday School10:15 a.m. Wednesday Prayer Service..7:00p.m.

www.warrenwesleyan.com FARRVILLE COMMUNITY CHURCH

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

Sunday Worship... 10:30 am Sunday School Classes Youth Group6:00 pm Sunday Adult Bible Study...... 6:00 pm Thurs. Bible Study

Please Attend the Church of Your Choice

NEWS AREA

More Page 1

Knightriders; Lancaster Achievers; Nottingham Nobles and Junior Leaders. Information and enrollment forms will also be available on tables for Archery, Horse & Pony, 4-H Dog Obedience Club, 4-H Shot Gun Safety and Mini 4-H.

If the date is not convenient, families are welcome to stop by the Purdue Extension Service Office located at the 4-H Park where they can pick up a 4-H membership form. The membership form can also found www.extension.purdue.edu/ wells 4-H membership forms for Wells County are due April 1, 2012.

Youth may become 4-H members when they enter third grade and may continue their membership through the completion of grade 12. Each individual may continue membership for a maximum of ten (10) consecutive years. Mini 4-H forms will also be available for youth in grades 1

If you have questions about any project, please call your 4-H Club Leader or the Wells County Extension Office, 1240 4-H Park Road, Bluffton, IN 46714, 260-824-6412 or email rsherer@purdue.edu

SHROVE TUESDAY SUPPER

The Warren United Church of Christ will be having a pancake and sausage supper on Feb 21 from 5 pm - 7 pm. The meals will consist of pancakes. sausage, fruit and drink. The supper will be held in the basement dining room of the church located at 202 E 2nd

Street. There will be a free will donation for a meal.

COUNCIL NOTES

The Van Buren Town Council met on Wednesday evening, January 25. The meeting was held in the Council Room at Town Hall. President Marvin Surber called the meeting to order at 7 p.m. attendance repeated the pledge to the American Flag. Council appointed Mark Gray to the Grant County Area Plan. He replaced Tony Manry who had served in that capacity for a number of years.

A citizen in attendance was concerned about all the run down properties in Van Buren. He was interested in what Council could do to help the situation.

Another citizen in attendance asked about placing a sign on West Main Stsreet because of a child living in the area that is legally blind.

Council will check the procedure to have a sign put

Officer Pat Collins presented the police report.

In the absence of Superintendent Jim Webb, Rob Reeder gave a report on employee activities. Webb will be retiring in March and Reeder will become Superintendent at that time. There was a discussion on the lift station on South Second Street.

Council reported that a lot of trash is being dumped at the recycling station. They report that if this continues the station will be taken out.

At the February 1 meeting ... Officer Pat Collins gave the police report. He asked

Calendar

Council for permission to update procedures for the Police Department.

Superintendent Jim Webb reported that January water bills were estimated because of snow.

Webb also presented a quote for a gas sensor. The matter was discussed and Council approved the purchase.

Webb also reported there is a serious problem with people dumping computers, TV's, etc, back of the fire station.

Kevin Hicks reported the ambulance is back. It is hoped that it will be in service more. Also more drivers are to be

The next Council meeting will be February 15.



Joins Law Firm

Bowers, Brewer, Garrett & Wiley, LLP is pleased to announce that Davin G. Smith became an Associate with the law firm on January 3, 2012. Mr. Smith earned his bachelor's degree from Indiana University Kelley

School of Business and his J.D. degree from Indiana University Robert H. McKinney School of Law - Indianapolis. He has been in practice for the past 8 years as corporate counsel for Brotherhood Mutual Insurance Company. Mr. Smith's areas of practice include, estate planning, family law, criminal defense, real estate, commercial and civil litigation, and personal injury. Mr. Smith is also a Registered Civil Mediator in the State of Indiana. Other members of the firm are David L. Brewer, Robert S. Garrett, Joseph K. Wiley and Matthew G. Grantham. Mr. Smith resides in Huntington with his wife, Ella, and their three children.

BY DENNIS STROUD

A record school attendance. not likely to be equaled since, was chalked up by five sons and two daughters of Mr. and Mrs. Charles Douglas who lived on east Third Street. It began back in the fall of 1937 when Charles Jr., Richard, Roger, Wilma and Harold Dean started to school. When the term ended each of the five had a perfect attendance. That was rather remarkable for five children to go through winter without missing a day of school. But that was only the beginning

performance, for the next year the five repeated the act.

In the fall of 1939, Carl, a younger brother, joined his brothers and sisters on their daily walks to school and all six had a perfect attendance. Again in 1940-41 all six came through with a perfect record. Then in 1943, Ruth Ann, having reached the mature age of six made her debut and again the family maintained a perfect attendance, this time seven family members.

The total attendance of all seven children without a single break during six terms of school amounted to 5,600 days. That a family of this size was able to go through six successive years without any one of them being to sick to go to school on any single day is almost beyond belief, but the records speak for them.

FISH FRY

A Fish Fry sponsored by the Blackford County Fairboard, Inc. and the Knights of Columbus on Friday. February 10, starting at 4:30 p.m. until 7 p.m. at the Blackford County 4-H Building, 310 E Park Avenue, Hartford City IN.

Cost: \$8.00 adults (13 years and older), \$4.00 youth (5-12 years) and Children 4 and under - FREE!

If you need further information, please call the Purdue Extension Office at 765-348-3213.

TACK AUCTION

Tack Auction and Chili Supper proceeds are for the Blackford County 4-H Horse and Pony Club. The Chili Supper begins at 5:30 p.m. and the Tack Auction starts at 6:00 p.m. at the Blackford County 4-H Building, 310 E Park Avenue, Hartford City IN.

If you need further information, please call Tammy McCowan 765-748-6187 or Sue Weeks 765-396-3503.

Karen S. Campbell, CSA CAMPBELL DYE INSURANCE



121 N Wayne St PO Box 41 Warren IN 46792 rkc@citznet.com Phone (260) 375-2424 Toll Free (888) 750-8879 Fax (260) 375-2423 campbellanddyeins.com

Individual Health, Group Health, Cancer - Accident, Long Term Care, Life Insurance & Annuities, Medicare Supplement Advantage Plans, Prescription Plans



114 N Wayne St, Warren

(260)375-2702

Donate Blood! The Life you save may be your own.

and sponsor, for events in Warren, and the surrounding area will be listed. Feb 13 6:30 p.m. Warren Town Council, Assembly Hall Feb 13 6:30 p.m. Salamonie Summer Festival Meeting.

Sportsmans Club Valentine's Day

Community

Feb 14 Feb 15 7:00 p.m. Van Buren Town Council Feb 20 President's Day

Mar 24 4:30-7 p.m. Mt Zion Fish Fry, Twin Bridge Conservation Club Apr 14 Noon Four Zs Miniz Annual Wether Sale, 7920S 900W 90, Warren IN (McNatt)

Items listed here are open to the public. If there is an admission

charge or items are for sale or a donation is necessary, there is a one-

time \$5 fee to be listed. Events can be listed for as long as 6 months.

(If an event is cancelled, please notify WW.) Only event, place, time,

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

AREA NEWS CONTINUED

BEAT THE WINTER BLUES

During the winter it can be easy to get so busy with work and your kids' activities that by the time you go to bed you've barely seen the sun. The lack of exposure to the sun, shorter days and colder weather can cause some people to feel the winter blues, known medically as seasonal affective disorder.

If you think you suffer from a major attitude change during the winter months, use these tips from USA.gov to learn the symptoms of seasonal affective disorder and possible treatment options.

Recognize the symptoms:

Some of the most common symptoms of seasonal affective disorder are feelings of sadness or emptiness, hopelessness or extreme pessimism. Fatigue, difficulty concentrating and changes in weight could also be possible signs of the winter blues.

When It's Not Just a Bad Day: Everyone has had days from time to time and may feel sad and depressed or even extremely pessimistic. It's normal for these feelings to come and go. However, if your mood doesn't change over a period of two weeks, it's time to talk to your doctor to see if suffering vou're from depression or seasonal affective disorder. You can use the Mood Tracker mobile app to help you track when and how long you've been feeling depressed.

Treatment Options:

There are several different treatment options for seasonal affective disorder. Your doctor may want you to try light therapy. Being exposed to sunlight or a fluorescent light box for an extended period of time could help to improve your mood. However, for many people, light therapy isn't enough.

In that case there are many different medicines you and your doctor could discuss. Before your appointment read the guide Depressions -Medicines to Help You to learn about all your different options and possible side effects so you can make an informed decision.

Don't let the winter blues

keep you down. Use this Illinois, Indiana, Oklahoma, information to help you take the steps you need to begin to feel better.

EARTHQUAKE DRILL

More than 2 million people across the central United States in schools, businesses and homes registered to participate in an earthquake drill this morning, including more than 525.000 participants from Indiana, the most among the nine states. The second Great Central United States ShakeOut was held today to mark the 200th anniversary of the 1812 New Madrid Earthquakes.

The earthquake drill is an encouragement for Hoosiers to learn about all types of earthquake safety response, including drop to the floor, take cover under a table or desk, and hold onto the furniture because it may move due to the vibrations caused by an earthquake. This technique is known as "Drop, cover and hold on."

Indiana Department of Homeland Security

"The Great ShakeOut in Indiana was tremendously successful." IDHS said Executive Director loe Wainscott. "Our two objectives to raise awareness about the threat of earthquakes and promote preparedness were met as hundreds of thousands of students, businesses and families across the state were educated about earthquake safety measures.'

Indiana Geological Survey

"The Indiana Geological Survey is pleased that so many Hoosier residents took part in the Great Central US ShakeOut. Even if we don't experience а serious earthquake in the very near future. earthquake preparedness plans and supplies can protect citizens against other natural disasters such as floods and tornadoes. said Indiana Geological Survey Educational Outreach Coordinator Walter Gray.

The event was organized by the Central United States Earthquake Consortium and involved the states of Alabama, Arkansas, Kentucky,

Mississippi, Missouri, and Tennessee.

For more information about being prepared for earthquakes and other disasters. visit www.GetPrepared.in.gov<http:/ /www.getprepared.in.gov/>.

TREND TO CONTINUE

Larry DeBoer, Purdue Extension Ag Economist, was a featured speaker at the Fort Wayne Farm Show held a few weeks ago. The topic of his presentation was farm property taxes.

DeBoer was clear with his bottom line in that the trend of higher farmland property taxes will continue in future

Indiana farmland is assessed based on its use value rather than its market value - a practice not uncommon among other states. For example, farmland that borders commercial or residential development is not assessed based on selling price but rather only on the income it can earn from farming. DeBoer said.

When determining property taxes, the government uses a formula that takes into account the base rate, productivity factor and influence factor.

The productivity factor is based on soil productivity for growing corn. Subtracted from that for some acreage is an influence factor, which is a percentage reduction in the dollar amount based on conditions such as frequent flooding, grade or forest cover. Changes in the assessed value come into play because of the way the base rate is calculated each year. Indiana's assessed values change each year based on several factors, including land rents, commodity prices, costs and interest rates. Increasing land rents, high commodity prices and low interest rates have combined to create a trend of increase.

"The base rate is a six-year rolling average," DeBoer said. That means the base rate for 2011 was based on figures from the years 2002-07. The base rate for 2012 was calculated from the years

Because corn and soybean prices in 2002 were relatively low and interest rates were high, those numbers combined to help keep the average lower in 2011's assessments. Now numbers from 2002 have been replaced with the high commodity prices and lower interest rates of 2008. resulting in an increase in assessed value.

"Here's where a new quirk in the formula comes in. The Department οf Local Government Finance drops the highest value of the six from the average," DeBoer said. "The General Assembly changed the formula for 2011 taxes to make the increases in the base rate a little smaller."

Another factor mentioned by DeBoer that could slow down the rate of farm property tax increases is a possible improvement in other real estate markets. Presently the lack of consumer spending is still holding back the U.S. economy. Per DeBoer outside threats including the shaky European Union economies may affect the U.S. economic recovery in the coming year.

DeBoer has recently written a column about farm property taxes. The column along with the podcast version, are available on the Web at http:/ /www.ag.purdue.edu/ agcomm/pages/ Newscolumns.aspx.

For more information, contact Ed Farris, Agriculture and Natural Resource Educator, Purdue Extension -Huntington County Office, 354 N Jefferson - Suite 202, Huntington by calling 260-358-4826.

4-H PHOTOGRAPHY

The 4-H Photography project continues to grow each year across Indiana. Much of this is due to the popularity of the digital camera. The digital technology now makes it easier and faster to create great photographs.

Youth in 4-H can exhibit a wide range of photography that include black and white prints, color prints, and salon prints in color or black and white. Members can also

exhibit creative/experimental salon prints and videos. The 4-H Photography manual provides information about the project and how to create special and unique photographs.

Youth in grades 3 through 12 may join 4-H and exhibit at the Wells County 4-H Fair, scheduled for July 14-19, 2012. Youth may sign up for 4-H at the Wells County Open House, Saturday, February 18, 8:00 AM to 12:00 Noon. Forms are also available at the Wells County Extension Office located at the 4-H Park in Bluffton. Families may also enroll online at www.extension.purdue.edu/ wells

Enrollment for 4-H for Wells County is due April 1st

4-H SWINE

The 4-H Swine Project remains the most popular animal project in Indiana and in Wells County. Each year nearly 300 animals are exhibited by 4-H members at the Wells County 4-H Fair. Many of the animals that will be exhibited at this year's fair are now being born (January-February) in order to make the market weight for the fair.

In Wells County, there are classes for Market Barrows, Market Gilts and Breeding Gilts. Like all 4-H livestock projects, youth will complete a feed record sheet and a swine project sheets which tests their knowledge of the 4-H Swine Handbook that is utilized by 4-H members. In addition, members must also attend a Pork Quality Assurance (PQA) workshop in order to sell their animals.

Youth may become 4-H members when they are in third grade and may continue their membership for a maximum of ten (10) years or through their final year in high school. 4-H members are reminded that membership enrollment forms are due April 1st to 4-H Leaders or the County Extension Office. The form is also available at www.extension.purdue.edu/

For more information about

CONTINUED PAGE 6

GENEALOGY REPORT

THANK YOU

No words could ever express our appreciation for the prayers, love, and support everyone has shown to us during the sickness and passing of our loved one, Curtis Allen. We are deeply grateful.

> With love. Garnet Allen and family.

On February 8, 2011

One year ago you were taken from us The seasons have come And seasons have gone But our love for you Is now and forever.

> Sadly missed Mary Herr Ben Herr Jody Cooper & family

SLIGER

W. George Sliger, 80, of North Webster, IN, and a former resident of



Warren, IN, died Saturday, Feb. 4, 2012, at 6:18 p.m. at the Kosciusko Community Hospital, Warsaw.

Mr. Sliger was a 1949 graduate of Warren High School and also graduated from International Barber and Beauty School, Indianapolis. He served in the United States Army from 1952 to 1954. In 1955, he moved from Warren to North Webster, where he owned and operated George's Barber Shop from 1957 until his retirement in 2008. He was a member of the North Webster Church of God and American Legion Post 253 in North Webster.

He was born Sept. 27, 1931, in Wells County to Frank E. and Lula A. Cole Sliger. He married Norma J. Schwob on Sept. 2, 1952, in Warren. His wife survives.

Additional survivors include two daughters, Lori (Randy) Hickman, of North Webster, and Jill (Rob) Hasker, of Platteville, WI; and four grandchildren.

A memorial service was held February 8, 2012 at the Owen Family Funeral Home, Ind.-13 and CR 500N, North Webster. Rev. Dennis Judy officiated. The family held a private burial

at the North Webster **STROUP** Cemetery, Mock Addition.

Preferred memorials are gifts to the Wawasee Camp of Gideons International, PO Box 101, Syracuse, IN 46567 or to the North Webster Church of God, PO Box 313, North Webster, IN 46555.

STEWART

Robert C. Stewart Jr., 72, of Marion, IN, and a former resident of Warren, IN, died Sunday, Feb. 5, 2012, at 12:50 p.m. at his home.

Mr. Stewart graduated from Warren High School in 1958. He was employed by Dana in Fort Wayne for 44 years, retiring in 2004.

He was born Dec. 2, 1939, in Huntington County to Robert C. Sr. and Gaynelle I. Lindley Stewart. He married Toni Fox on June 4, 1972, in Alexandria. His wife survives.

Additional survivors include a son, Ronald Stewart, of Fort Wayne; two daughters, Dudding, Rhonda Bargersville, and Renee Welch, of Fort Wayne; two sisters, Mary Smith, of Fort Wayne, and Sandra (John) Glancy, of Roll; a sister-in-law, Kristy Gerhart, of Hartford City; five grandchildren, Joshua Moles and Tamarah Welch, both of Fort Wayne; Ashley Claude Jones and Candice Ramirez, both of Greenwood; and Thomas Welch, of Louisville, and KY: greatgranddaughter.

Calling is Friday, Feb. 10, 2012, from 5 p.m. to 7 p.m. at Walker & Glancy Funeral Home, 109 W. Windsor St., Montpelier. A service will be held at the funeral home on Friday, Feb. 10, 2012, at 7:30 p.m., with Rev. Henry Favorite officiating.

Preferred memorials are gifts to Oncology of Marion, Family Hospice and Palliative Care or the Blackford County Animal Shelter.

Check the Classifieds



N. Claudine Stroup, 89, formerly of rural Wells County, died Sunday, Jan. 29, 2012, at Somerford Place in Columbia, Md.

Claudine was born on June 16, 1922, in Wells County. She grew up in rural Wells County, and graduated from Jackson Center High School in 1940.

Claudine had been living in Columbia. Maryland for the past 10 years. Claudine had been a member of the Grace United Methodist Church in Hartford City and an administrative assistant at the Overhead Door Corporation in Hartford City for many years.

Claudine married Rolland E. Stroup on Feb. 3, 1940, in Wells County. Rolland passed away on June 8, 2001.

Survivors include a daughter, Kathleen (Fritz) Brosien of North Canton, Ohio; a son, Rolland (Marlyd) Stroup, Jr. of Bridgeville, Del.: granddaughter, Mara Schurdell of Cleveland, Ohio; grandsons, Kevin Stroup of Brunswick, Ohio, Alex Stroup of Seaford, Del., Randy Stroup of Columbia, Md., Jonathan Stroup of Baltimore, Md.; 5 great-grandchildren; brother, John (Kate) Gilbert of Warren; and several nieces and nephews.

Claudine was preceded in death by her husband, Rolland E. Stroup; her father, Claude Gilbert; and mother, Cecil (Burklo) Gilbert.

Arrangements were handled by Walker and Glancy Funeral Home, 109 W. Windsor St., Montpelier, Ind., where family

and friends gathered to share and remember from 6 to 8 p.m. Thursday, Feb. 2, and from noon to 2 p.m. Friday, Feb. 3. A service to celebrate Claudine's life was held at 2 p.m. Friday, at the funeral home, with the Rev. Dick officiating. Frederick Interment was at I.O.O.F. Cemetery in Montpelier.

In lieu of floral arrangements, memorials should be made to the Alzheimer's Association or the church or charity of your choice.





By: Dr. Kevin J Deakyne DDS

KIDS, SODA POP & TOOTH DECAY

We have become a "Soda Junkie" Society. In 2000 15 billion gallons were sold. That works out to at least one 12-ounce can per day for every man, women and child. How does the soda give you cavities? Sugar in your soda plus bacteria in your mouth equals acid. Acid attacks your teeth. Each attack last about 20 minutes. Statistics for soda with acidity (lower number is worse) and sugar content.

Top 7 Acidity (ph) 7 is neutral 1. Pepsi 2.49

2. Coke 2.53 3. Orange Minute Maid 2.80

4. Hawaiian Fruit Punch 2.82 5. Sauirt 2.85

6. Diet Pepsi 3.05

Top 7 Highest Sugar 1. Grape Minute Maid 11.9 tsp Orange Slice 11.9 tsp.

2. Orange Minute Maid 11.2tsp 3. Mountain Dew 11.0 tsp

4. Barq's Root Beer 10.7 tsp 5. Hawaiian Fruit Punch 10.2tsp 6. Pepsi 9.8 tsp

7. Coke 9.3 tsp

60% of all public and private middle schools and high schools nationwide sell soda pop (Elem. Schools?). This has led to drastic increases in tooth decay in kids (and adults) along with other possible health problems including obesity, caffeine dependence, and weakened bones. We can reduce the chances for tooth decay by drinking soft drinks in moderation. No sipping for extended period of time. Ongoing sipping prolongs sugar and acid attacks on your teeth. Use a straw to keep sugar away from your teeth. Drinking more water to dilute sugar and acid. (It's better for you anyway!) Some other ways to help reduce decay is good brushing and flossing habits with regular checkups and cleanings at your dentist.

Compliments of Dr. Kevin J. DeaKvne DDS 470 Bennett Dr Suite A • Warren, IN (800)236-0891

A MetLife and Delta Dental Provider

GLANCY FUNERAL HOMES

Montpelier • Warren • Van Buren • Geneva www.glancyfuneralhomes.com



H BROWN & SON • Warren 260-375-3110 Jeff Glancy, Funeral Director



FERGUSON & GLANCY • Van Buren 765-934-2211 **David Ferguson, Funeral Director**

Bob Heaston Charles Boxell Ron Boxell John Pontius David Harriett Joe Pickett

PrePlanning Monuments **Cemetery Lots**

AREA NEWS CONTINUED

More Page 4

the 4-H Swine Project, contact Kent Ulmer or the Wells County office of the Purdue Extension Service, 260-824-6412.

RECEIVES GRANT

Christmas City Chorus received a matching grant of \$3500 from the Community Foundation of Grant County with which to purchase new choral risers. The risers arrived Thursday and the chorus will have their first rehearsal with the new risers Monday. The matching funds were met through generous donations from Walmart Distribution Center and Suite Living as well as chorus fundraisers and performances. Suanne Jefferies, Danielle and Alaina Ellenburg, Van Buren are members of the chorus.

Christmas City Chorus is one of 600 choruses worldwide in Sweet Adelines International, largest singing organization for women in the world. Currently the chorus is the 2nd place Division A medalists in a 4 state region and ranks 14th in the world among Division A Small Choruses drawing members from 7 counties in east central Indiana. The chorus provides access to leading experts in the areas of vocal production, choreography, arranging, directing and more and encourages every member to take advantage of the unlimited training opportunities as well as rewarding performance and entertainment possibilities in order to reach their full singing potential. Guests are always welcome at rehearsals Mondays, 7 – 9:30pm, 2302 S. Geneva, Marion.

For additional information v i s i t www.christmascitychorus.org or call Dawn at 765-677-SING.

TALK TO AN EXPERT

Facebook followers of the Indiana DNR can "talk" online with different people from the Department of Natural Resources once a month, during a new program starting Feb. 9.

The "Talk to an Expert" series

features DNR experts on scheduled topics for one hour a month on the DNR Facebook page. Topics and experts will change every 3-4 weeks. The series is an opportunity to ask DNR personnel questions. Those who don't have a specific question will have the chance to learn from others or clear up misconceptions.

The first program on Feb. 9, from 2 to 3 p.m., will feature two conservation officers: Lt.William Browne (public relations) and Lt. Larry Morrison (outdoor education). These conservation officers will answer questions about DNR conservation laws.

Future topics, instructions on how to join a conversation on Facebook and commenting guidelines are posted at dnr.IN.gov/7315.htm.

To join in the chats, go to the Indiana Department of Natural Resources Facebook wall, facebook.com/INdnr, and click "like" (if you are not already a "friend"). You may begin typing in questions during the hour and the DNR experts will answer questions as time allows.

11 TIPS FOR FRUGAL LIVING

by Tawra Kellam www.LivingOnADime.com Frugal living is all about making the most with what you already have. Here are 11 tips from LivingOnADime.com to help you get started:

- 1. Barter for services when possible. For example, we exchanged lawn mower repair from our neighbor for a table (garage sale find) that he was looking for.
- 2. Learn to fix things for yourself. These days, with the Internet making information so easily available, you can fix most things yourself. We do 95% of the repairs around our house and we aren't that handy. We just keep looking for the information about how to do it and keep working until we get it fixed!
- 3. Stop eating out. I know you hear it all the time but STOP!!! The "average" family spends \$300-\$500 a month just eating out! Eating out truly is one of the biggest causes of debt! I am always amazed how

features DNR experts on someone can be "totally scheduled topics for one hour a month on the DNR Facebook page. Topics and experts will change every 3-4 weeks. The

- 4. Study nutrition information and find out what you need to eat to have a healthy and balanced diet. Then stop eating the junk and eat healthy inexpensive meals at home. We have a lot of menu ideas here at LivingOnADime.com that can help you get started.
- 5. If something breaks and you don't have the money to fix or if you are out of something and you don't have the money to buy more, figure out a way to live without it. If the lawn mower breaks, can you borrow a friend's lawn mower? If your washer breaks, go to the laundromat. If you break your tea kettle, use a saucepan to heat water. In most instances, you can find a way to make do or do without something until you have the cash saved up.
- 6. Do things for free. Go to the library, have a picnic or read a book. Kids are just as happy playing with mom and dad in the backyard as they are going to the zoo. If you can't pay cash for the "fun stuff" you can always have fun at home.
- 7. Buy items used. We buy 90% of the items for ourselves used. Going to yard sales and thrift stores does not take any longer than going to a retail store but you can save 90% off the retail price!
- 8. Just say no...to your kids. Let kids buy their own toys and extras! Our kids pay for all their own soda, candy, treats like nail polish, their own computers and extras. You are not the Bank of Mom so just say no!
- 9. Find a cheaper way to do things. Go to a beauty school to get your hair colored (or don't have your hair colored at all it isn't something you need to survive). Go to a mechanic school to get your car fixed. Hire a kid instead of a lawn service to mow your yard (only if you can't do it yourself for medical reasons.:-) Paint your own house instead of hiring someone, cut the cable and the cell phone (gasp!), and have birthday

parties at your house. There is almost always a cheaper way to do things so try to find the cheapest way and save some money!

10. Cut kids' activities. Most kids are in way too many activities and they're often expensive. I know families who pay \$175 a month for gymnastics lessons but can't pay the mortgage. There is a problem with this kind of thinking! Kids won't die if you don't give them all the lessons and activities you can't afford.

11. Get it for free. When the landscapers were laying sod in our new neighborhood, I asked for the scraps and we were almost able to put in our entire backyard for free. When they were building houses, I asked for the 2x4's that were going into the dumpster and got enough wood for our shed. When they were pouring concrete patios, I asked for the leftover concrete and they just poured our entire cement pad for our shed for free!! If friends have kids older than your kid s, ask if you can have their hand me downs when they are done.

Get as much as you can for free and you can save thousands of dollars!

Too Much of a Good Thing

by The FlyLady Marla Cilley

I got up in the middle of the night with this one thought on my mind, "Too much of a good thing is a bad thing!" The example that came to mind was my assistant Michele. A couple of years ago she got addicted to her daily walk. She could not wait to get home and jump in her workout clothes and head to the park. Eventually she was doing five miles all because she could not stop herself. It was feeling so good. We have all heard about a runner's high. When those endorphins kick in we do not feel any pain. This is when we get hurt. Michele's over enjoyment of her daily walk soon hurt her so that she could not walk without pain. She has spent eighteen months going to doctors, physical therapy, and exercising to relieve the

ain.

Did you know that there is a balance to everything in our lives. With our "all or nothing" personalities we tend to go to the extremes on most everything we do. I have realized that when someone reads my messages that this "all or nothing" attitude clouds their vision and they read exactly what they want to see or the direct opposite. What I am striving for is a balance in all things. Too much of a good thing can be as bad as a bad thing. Try eating a whole chocolate cake and you will see what I mean.

This all comes back to haunt us in our perfectionist attitude toward our home. If we think we don't have enough time to do something right; we do nothing and our messy homes are the result of that attitude. The reverse is also a problem; Cleaning till it is perfect or until you drop dead because the inlaws are coming. This is our crash and burn perfectionist attitude.

Balance is the key in all things; Work a little and rest a little! This goes for your mind too. If you are continually angry then you expend your energy on this anger. When it comes time to really be angry then you have nothing left. We have a tendency to be an adrenaline junky! You know how we have always prided ourselves in being at our best when we are on a deadline. This is not a good way to live. The continual

CONTINUED PAGE 8



CLASSIFIEDS

BARGAIN BASEMENT \$5 Bag Sale!

Open 9am-4pm Fridays and Saturdays.

Come check us out.

DEWEESE SOFT WATER AND APPLIANCE

A Technetic dealer 375-3828

WARE-BRANDON **MONUMENTS**

Serving the Warren Area with markers and monuments since 1888. Owner, Pete Sorg 375-2705. Associate Mark Vickrey, 375-3804

AMISH CREW

will do all types construction -Additions, garages, homes, log homes, roofing, siding, pole barns, flooring, drywall, painting, windows, concrete 260-701-1976

NEED GIFT IDEAS?

Call me about Custom T-Shirts, Sweatshirts & More. Custom Greeting Cards - made with your photos. Lots of Custom items - call me with your ideas and we'll see what we can do! 260.375.3531 or

260.375.6290 NickiZ Designs t* RECYCLE

those old cell phones and any rechargeable batteries (under 11 pounds) - keep 'em out of the landfills! Drop them off in the Warren Weekly box at PJ's Flower & Gifts.

FOR RENT

Downstairs downtown Warren, 2 bedroom, no smoking, no pets, very neat and clean Call 375-3559

It pays to visit the

Warre X Pharmacy 260/375-2135

Your Home Health Care Specialists

Windmill Vitamins & **Nutritional Products** Save \$100

WANTED TO BUY

Guns Any Condition 765-934-2647

TOP MONEY PAID

\$150 up to \$1000 running, not running, cars, trucks, tractors, machinery. 765-251-0670

0304



Stop In For Gas, Pizza & Deli 230 N WAYNE • WARREN 260-375-4766

260/375-3777 Lawn Fertilizing, New Lawns, Lawn Rolling, Driveway Repair, Post Hole Digging, Landscaping, Lawn Mowing

Ben's Lawn Service

Ben Herr

CALL FOR QUOTES

Cell: 260/417-2740

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

Center



INDIANA FARM B.BUREAU INSURANCE

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 Email: adam.stroup@infarmbureau.com

This size ad is always

specially priced at ... Tell everybody in Warren, Van Buren and

Liberty Center about your product or ser-

vice. 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.

More than Just a Newspaper!



Get business cards, brochures, newsletters and more printed for your organization, business or club.

Need Custom T-Shirts for your club or business? We can do them too!

Call 260-375-3531 Today or email wwkly@citznet.com for more information!

Warren Weekly Subscription Order Form

Address
City, State, Zip Code
1 Year \$48.00 6 Mo. \$24.00 3 Mo. \$12
Renewal or New Subscription
(Subscriptions mailed 1st Class)
OR
Email address
1 Year Digital Subscription \$24.00
Send form and payment to:
WARREN WEEKLY • P O Box 695, Warren, IN 46792
or Email information to wwkly@citznet.com
Credit Card payments accepted through
www.Paypal.com to wwkly@citznet.com
All subscriptions must be paid in advance

Send in your ad today!

Please PRINT your ad and Phone Number carefully.						
Name:						
Yourad:						
Phone Number:						
	times	Enclosed is \$				

Payment must accompany order.

20 words \$3.50. Each word over 20 words is \$.10 per word. Each additional insertion is the same price as the first time. Send in your ad -- include name, address, and phone number (for our

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

RATES

EXAMPLE

For S	ale -	- 1986	Ford F	airlan	e, 4 c	door,	power	steering	and	brakes
1	2	3	4	5	6	7	8	9	10	11
1032	1 N.	Victory	, Warr	en. Pł	one	260-	000-000	0.		
12	13	14	15	;	16	17	18			

AREA NEWS CONTINUED

More Page 6

pumping of adrenaline into our bodies is harmful to our immune systems. When we do need that extra boost it will be gone. Our immune systems are stressed to the max, this is why we are sick a lot.

It takes all different perspectives to make this world run. I am very thankful for our diversity in all things. All I really want for you to do is follow your heart and stay balanced. This means not to let the events take over your life and terrorize you and your babies. Let's do what we can. where we are, with what we have; If you choose to protest on either side then so be it. But don't disrupt the peace that is in your home with any kind anger. Life is too short. And this is not sticking my head in the sand either!

I want for you what I have found, Peace from having a balance in my life. When I catch myself out of balance I have to stop everything and ask myself these questions. H.A.L.T. Don't get too Hungry, Angry, Lonely, or too Tired or too Thirsty. This is when I let go and take care of me. Let's face it: If you don't take care of you; Who will? Are you ready to FLY with me?

For more help getting rid of your CHAOS, check out her website and join her free mentoring group at www.FlyLady.net or her book, Sink Reflections published by Random House and her New York Times Best Selling book, Body Clutter published by Simon and Schuster. Copyright 2012 Marla Cilley Used by permission in this publication.

HEART HEALTH MONTH: KNOW THE SIGNS OF HEART FAILURE

(StatePoint) It's possible you or a loved one could be suffering from one of the most common and often misdiagnosed heart conditions, and not know it. According to the Heart Failure Society of America, five million Americans are affected by heart failure and many more may have the condition but are unaware. February is National Heart Health Month

and it's a great time to learn about heart failure and its symptoms, and what to do to stay heart healthy.

Heart failure occurs when the heart is unable to pump enough blood. Blood can back up in areas of the body and vital organs eventually shut down.

Common Causes

The most common cause of heart failure is coronary artery disease, a narrowing of vessels that deliver blood to the heart, therefore reducing oxygen levels and impairing the heart's functionality.

Other contributors include infection in the heart muscle, valvular heart disease, high blood pressure, obesity, diabetes and age. Adults over 65 are more at risk, as well as those with a history of heart attack or cardiac arrest.

Know the Symptoms

Heart failure symptoms vary by age, population and gender, and can start gradually or suddenly. Common symptoms include shortness of breath while active or at rest, fatigue, persistent coughing, heart palpitations, and swelling of the ankles, feet or abdomen. Symptoms become more prominent as the condition advances.

Men typically have a higher incidence rate, but it is common for women to downplay symptom severity, leading doctors to under-treat them.

"It's important to report any symptoms or changes in health status to your physician, no matter how minor you feel they may be," says Dr. Kevin R. Campbell, a cardiac electrophysiologist who cares for a large population of heart failure patients at Wake Heart & Vascular in North Carolina. "You may not see a correlation between symptoms, but they can signal worsening heart failure to a physician which

could be life threatening."
Reduce Risks

Simple lifestyle changes can help reduce your risks. Daily exercise, a diet high in fruits, vegetables, whole grain and low-fat proteins, quitting tobacco, and regular health screenings are all helpful.

When lifestyle changes aren't enough, medicine may help treat symptoms and prevent heart failure from worsening. In some cases, a medical device may help improve a patient's quality of life. Certain kinds of pacemakers can resynchronize a failing heart to improve heart function, while implantable defibrillators can prevent sudden death. As a last resort, a heart transplant may be necessary.

"Heart failure is the most common cause hospitalization for patients over age 65 in the U.S. and is the first-listed diagnosis in 875,000 than more hospitalizations each year," said Dr. Mark Carlson, chief medical officer in the Cardiac Rhythm Management Division at St. Jude Medical. "Current device therapy and future devices will improve quality of life for patients, and address an important clinical and health economic problem."

St. Jude Medical is a leading manufacturer of devices that treat heart failure, including cardiac resynchronization therapy (CRT) pacemakers and implantable cardioverter-defibrillators (ICD). A CRT pacemaker helps each side of the heart contract simultaneously to restore pumping ability. An ICD sends an electrical pulse to stop life-threatening heart rhythms and prevents cardiac arrest.

If you believe you have heart failure, make a doctor's appointment to start monitoring symptoms and determine treatment.

can signal worsening heart failure to a physician which determine treatment.

INPA AUTO PARTS

128 N Wayne St · Warren 375-3401

Thanks for Shopping in Warren

TEACH KIDS TO BE HONEST

(StatePoint)Intoday'sfast-paced, wired world, all that separates us fromsharingourguiltiestthoughts and darkest secrets with the rest of the planet is a single mouse click or finger stroke across a smartphone screen.

And kids today need to be taught early-on the difference between being honest and sharing too much, say experts.

"Amid the din of oversharing, we mistake spasms of self-revelation for honesty. And in a time of constant confessional disclosures, we are losing our ability to self-reflect and be truly honest," says Paul Wilkes, a filmmaker, religion and spirituality writer, and author of "The Art of Confession," a new book that seeks to redefine confession for a multicultural, contemporary world.

But honesty is still the best policy. And here are some ways to teach this concept to those born after the advent of a social networking culture:

- Foster good communication: Your child is more likely to be truthful with you if you have a great relationship. You can strengthen that relationship by being approachable, not judgmental. Talk regularly. Make a family dinner a routine part of your life. Schedule game nights, movie nights and other enjoyable activities do with your children.
- Lead by example: Lying can be convenient, but resorting to dishonesty when talking to your children is always a mistake. You'll risk normalizing deceit for an impressionable young person. Worse yet, your kids will have

good reason to distrust you after you promise that the flu shot doesn't hurt a bit.

• Encourage a culture of confession: If your child admits to wrongdoing, first be grateful for the honesty. While you must discipline him or her, the punishment shouldn't be a deterrent for future confession. Hitting, shaming, and generally making your child feel bad will only inspire him to lie in the future. But instead of sending your children to their rooms to play video games, you can help them reflect on how to do better next time.

"Confession is not merely a clearingout of that which is wrong in us," says Wilkes. "It is a realignment of what is best in us and an intention to live a better life."

- Nip it in the bud: Bad habits can start early and are often hard to shake, so it's never too early to correct dishonest behavior in your child. And you can help kids avoid lying by giving them fewer opportunities to do so. For example, if you know who made the mess, don't ask "Did you do this?" Confront him or her directly about it instead.
- Use literature: There are many excellent fiction and non-fiction books that deal with ethical issues and honesty. Your librarian can help you find something ageappropriate to read and discuss with kids.

Though there may be no portion of the school day devoted to it, honesty can be taught. Make sure you don't let your kids skip this lesson.









Heating - Geothermal

Plumbing • Cooling • Propane • Generators
Since 1948 • 375-3010