

Friday, November 22, 2019

Volume 34, Number 42



www.warrenweeklyindiana.com

Warren Weekly

Your Hometown Newspaper

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



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

Thought for the Week: You cannot depend on your eyes when your imagination is out of focus. Mark Twain



HOLIDAY WALK & FESTIVAL OF TREES GINGERBREAD HOUSES

The 8th Annual Holiday Walk & Festival of Trees + Gingerbread Houses in downtown Warren has arrived! Join us for this community event hosted by Historic Warren Main Street on Friday November 22nd from 5 pm – 8 pm.

The downtown area will be buzzing with holiday music and the community businesses will be welcoming you. There are 29 participating businesses, churches, organizations & families that will be opening their doors to offer holiday goodies, activities, shopping and fellowship.

Businesses will also serve as hosts for decorated tree entries in the Festival of Trees.

There will be 41 decorated trees throughout the downtown this year. Trees will be decorated by businesses, individuals, families and adult/youth organizations. Historic Warren Main Street invites you to start your evening at one of the three locations that will provide visitors with a map & information for the evening. Maps will be located at the Town of Warren Hall Annex, The Warren Library, and at the Soup Supper located at the Knight Bergman Center.

We encourage you to visit each of the 41 Festival of Trees entries and the 18 Gingerbread House entries. Place your vote as they are vying for one of the 3 winning spots in each the tree contest and the gingerbread house contest.

Each winner in the Festival of Trees will be receiving \$50 in Warren Chamber Gift Certificates. Each winner in each category in the Gingerbread House Contest will be receiving \$25 in Warren Chamber Gift Certificates.

To vote for your favorite tree and your favorite gingerbread house, stop at the Warren Town Hall Annex during the event to place for vote. Voting will be a penny a vote. We will also have a special award in the tree contest selected by 2019 Miss Warren Jade Stuber, along with a special award in the Gingerbread House Contest selected by Junior Miss Warren Kendal Zavattaro and Little Miss Warren Holly Pearson. This year the community has set a record for entries in the Festival of Trees & Holiday Walk and we are very excited to see the 18 Gingerbread House entries in our 1st contest. We look forward to a wonderful evening and hope you'll plan to join us!

UAV SIGNATURE PROGRAM

Interested in becoming a Commercial Unmanned Aerial Vehicle (UAV) remote pilot or already flying without the required Federal Aviation Administration (FAA) certification?

You're in luck! The Purdue Cooperative Extension Service is piloting a UAV Signature Program teaching individuals UAV technology legal requirements, FAA Part 107 Remote Pilot Knowledge Test preparation, and useful UAV applications.

Every participant will get hands-on experience flying manual and planned UAV flights.

Course topics are:

UAV Introduction
Camera Settings
Sensors and Artificial intelligence

FAA Part 107 Test Preparation

Flight Plans & Record Keeping

Free Flight Instructions
Planned Flight Instructions
Use of third party applications/processing software

Data Management

Image Quality &

Troubleshooting

Emergency Preparation

This program will be held at the Wayne County Fairgrounds, 861 S Salisbury Rd, Richmond, IN 47374.

December 6, 2019 8am to 5 pm and December 13, 2019 8am to 5 pm. Cost is \$200 per person.

Registration required by December 4, 2019 at 4 p.m.

Please direct your questions to: Mark Carter, 111 W Washington St, Hartford City, IN 47348, 765.348.3213 or Carte264@purdue.edu

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution. If you need a reasonable accommodation to participate in this program, contact Mark Carter at the info listed above.

SOUP FOR THE ARTS

Warren Creative Arts Outreach will be hosting their annual Soup for the Arts this Friday, November 22 from 4:30-7:00 p.m. The supper will be held at the Knight Bergman Civic Center.

Stop in during your stroll of the Annual Holiday Walk and Festival of Trees for a selection of four soups (i.e. potato, chicken & noodle, vegetable and chicken ranch).

Free will donation includes soup, breadstick and dessert.

If you prefer to eat your soup from a handmade potter's bowl the price for the bowl and meal is \$12.00.

A big Thank You to Bippus State Bank for sponsoring this event!

As you enjoy soup and fellowship your children can be entertained by The Stevens Puppets at 6 p.m.

The program is Goldilocks and the Three Bears. All the puppets are handmade from

CONTINUED PAGE 3

DeWeese
Soft Water & Appliance

Sales ♦ Service ♦ Rentals

1-800-356-4440

www.deweeseappliance.com



WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda
Mailing Address: P O Box 695, Warren, IN 46792
Shipping Address: 11850 W 900S 90, Marion, IN 46952
Phone: (260)375-6290 **e-mail:** editor@warrenweeklyindiana.com
 WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Circle K in Van Buren. Total circulation is 3000.
 It is sent anywhere in the Continental United States for three (3) months for \$12.50, six (6) months for \$24 or \$48 for one year. Mail name, address, and payment to WARREN WEEKLY at: PO Box 695, Warren, IN 46792. Or you can request a digital copy (by e-mail) at a cost of \$24 per year.
 Deadline for news and/or advertising is 10 a.m. Tuesday, for that week's edition. Call if you need something in but won't have it here on time.
 Leave news and/or advertising at Town Hall or mail to PO Box 695, Warren or email to editor@warrenweeklyindiana.com.
 WARREN WEEKLY will make every effort to see that all advertising copy is correctly printed. The firm assumes no financial responsibility for typographical errors in advertising, but will gladly reprint without charge that part in which an error may occur, provided that it is reported within five days of publication.
 The publisher takes no responsibility for statements or claims made in any advertisement.

Kudos, Kicks & Karats

KUDOS

On behalf of all the veterans, we want to thank Gina Canady and all of her Solid Rock church members for another wonderful evening of honoring the local veterans.

Kudos also to all those who entertained with a wonderful patriotic program, A Few Good Men, VFW Post 2689 and Barry Jamison Woodwinds. It was a very enjoyable and inspirational evening.

Wendell Brown

NOT LETTING THAT FAMILY GATHERING OVERWHELM YOU

from the American Counseling Association
 The holiday season is coming which for many can mean family get-togethers. It would be wonderful if every family gathering was a Norman Rockwell-type scene but, unfortunately, most families are a little less than Rockwell perfect.

If a big family event is approaching, there's a good chance that while you may be looking forward to it, it may also be producing stress and anxiety. There are a number of reasons for such feelings, but there are ways to lessen that stress.

One common problem is that you've changed. You're no longer the image of you that parents, siblings and other family members may still carry with them. Some might still see you as that little kid or immature teen and find it hard to recognize how you've grown and matured. When others can't recognize all the changes that have made you who you are today, it can be annoying. And it can be difficult in a short holiday visit to really communicate much since often the person still underestimating you is more interested in himself or herself than in learning how you're now a different person.

Family visits also bring with them family history. There may be old disagreements or awkward relationships that now come up again. Past family arguments or misunderstandings may resurface.

You can also feel stressed that you haven't met family expectations. Recent job problems, financial issues or relationship difficulties can leave you feeling insecure knowing you aren't presenting the image or results that the family had expected of you.

So how to deal with all this? Start by recognizing that the stress you're feeling, whatever the source, is a very normal reaction. Next, identify what about that family gathering is making you feel anxious, then plan ways to avoid those anxiety-producing issues. Are there certain situations or people that you want to avoid? Maybe you simply have to

CONTINUED PAGE 8

 <p>Owner: Larry Highley 375-3477 or 260/359-2331 <i>Remodeling, Siding, Windows, General Contractor</i></p>	<p>This Space Available. Call the Warren Weekly for more info.</p>	 <p>Let's Have a MiTi Party! Check out all the details at www.mitiparty.com</p>
 <p>CITIZENS TELEPHONE CORPORATION 375-2111 <i>"Your Hometown Connection Partner"</i></p>	 <p>HERITAGE POINTE COMMUNITIES P O Box 326 801 Htgn Ave Warren, IN 46792 LifeAtHeritage.org 260-375-2201</p>	<p>This Space Available. Call the Warren Weekly for more info.</p>

ASBURY CHAPEL UNITED METHODIST
 8013W 1100S - 90, Montpelier
 Phillip Freel Jr, Pastor
 Worship 9:30 a.m.
 Sunday School 10:30 a.m.
 Wed Carry-in & Fellowship .. 6:30 p.m.
BANQUO CHRISTIAN CHURCH
 8294S 900W 35
 Harold Smith, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Bible Study 6:00p.m.
BOEHMER UNITED METHODIST
 Chad Yoder, Pastor
 Denise Heiniger, S.S. Supt.
 Sunday Worship 9:30a.m.
 Sunday School 10:45a.m.
CENTRAL CHRISTIAN CHURCH
 Van Buren, Indiana 765-934-2199

Worship 9:30 a.m.
 Youth Group 4:30-7:30pm at SwitchUp
 Handicap Accessible
 Little Panther Preschool 765.934.2099
HEALING WATERS MINISTRY —
5811 W 600 S, MT ETNA
 Pastor Wayne Couch
 260/515-2517
 Sunday Prayer 9:15 a.m.
 Sunday School 9:30 a.m.
 Worship Service 10:30 a.m.
 Wednesday Bible Study 6:00 p.m.
 Sunday Evening Service 6:00 p.m.
 Daycare provided during Worship
DILLMAN UNITED BRETHREN
 8888S 1100W-90, Warren 375-2779
 Matt Kennedy, Pastor
 Worship Service 9:00a.m.
 Sunday School 10:00a.m.
HANFIELD UNITED METHODIST
 101 N 400 E - Marion 765/664-8726
 Timothy Helm, Senior Pastor
 1st Worship..... 8:30 a.m.
 Sunday School 9:45 a.m.
 2nd Worship..... 11:00 a.m.
THE NEW BEGINNING
 SR 218, 2 1/8 mile west of Poneto
 Steve Sutton, Pastor
 765/728-2065 for more info
 Sunday Worship..... 10:30a.m.
 Thursday Prayer Meeting..... 7:00 p.m.
HERITAGE POINTE
 Chaplains Gerald Moreland, Ginny Soultz & Dick Case
 Sunday Morning Worship 9:30 a.m.
 OTHER SERVICES BY ANNOUNCEMENT
 Monday thru Friday
 Chapel Services 9:00 a.m.
WARREN 1st BAPTIST CHURCH
 727 N Wayne St, Warren
 260-375-2811
 office@warrenfirsbaptist.net
 Pator Rusty Strickler
 Youth Dir: Peter & Mindy Fairchild
 Sunday School 9:00 a.m.
 Sunday Worship 10:00 a.m.
 Youth Group: Grades 5-12 ...Sun 11:30
 Ekklesia (2nd Svc) Fri 7pm

HILLCREST CHURCH OF THE NAZARENE
 375-2510
 Bus Service 375-2510
www.hillcrestnazchurch.org
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Evening Worship..... 6:00 p.m.
 Youth Group (Wed.)..... 6:00 p.m.
 Wed. Midweek Service..... 6:30 p.m.
SOLID ROCK UNITED METHODIST
 485 Bennett Dr, Warren, IN
 375-3873
 Paul Burris, Pastor
 Sunday School 9:00 a.m.
 Worship Service 10:00 a.m.
LANCASTER WESLEYAN
 3147 W 543 S, Huntington
 468-2411
 Doug Sharrard, Pastor
 Pam Thompson, S.S. Supt.
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Wednesday:
 CYC/Teen/Adult Meetings 7:00 p.m.
LIBERTY CENTER BAPTIST CHURCH
 694-6622
 Aaron Westfall, Pastor
 Sunday School 9:15 a.m.
 Fellowship 10:00a.m.
 Worship 10:15a.m.
 Tues. Bible Study 7:00 p.m.
 Wed. Choir 6:30p.m.
 Monthly Meetings
 1st Mon Ministry Team 7:00 p.m.
 3rd Sat Mens Prayer Breakfast 8:00 am
 4th Mon ABW 1:30 pm
LIBERTY CENTER UNITED METHODIST CHURCH
 Pastor Diane Samuels
 Morning Worship 9:30 a.m.
 Sunday School 10:45 a.m.
THE CHURCH AT MCNATT
 375-4359
 Bill VanHaften, Pastor
 Lois Slusher, Supt.
 Brittney Miller, Youth & Family Dir.
 Coffee Fellowship..... 8:30 a.m.
 Worship 9:15 a.m.
 Sunday School 10:30 a.m.
 Bible Study - Wed. 7:00 p.m.
MT. ETNA UNITED METHODIST
 260/468-2148 Sr 9 & 124
 Rev. Michael Gallant - "Pastor Mike"
 Multi-Generational Worship 9:30 a.m.
 Fellowship 10:30 a.m.
 Sunday Youth 4-6 p.m.
 Everyone is Welcome
SALAMONIE CHURCH OF BRETHREN
 468-2412
 Mel Zumbrun, Pastor
 Worship 9:30 a.m.
 Church School 10:45a.m.

UNITED CHURCH OF CHRIST
 375-2102
 Pastor Scott Nedberg
 Youth Pastor Troy & Mindy Drayer
 Sunday Worship..... 9:30 a.m.
 Contemporary Service - Wed 6:30 p.m.
 Sunday School all ages 10:45 a.m.
 Youth Group-Wed 6:30 p.m.
 Communion 1st Sunday of the Month
VB CHURCH OF THE NAZARENE
 765/934-3321 Parsonage
 Jeff Slater, Pastor
 Jim Knight, Superintendent
 Sunday School 9:30 a.m.
 Adult Worship 10:30 a.m.
 Children's Church 10:30a.m.
 Evening Praise Hour..... 6:00p.m.
 Hour of Power (Wed) 7:00p.m.
VB UNITED METHODIST CHURCH
 765-934-1431
 Pastor Cindy Osgood
 Worship Service 9:30 am
 Sunday School 10:30am
 Not Home Alone - Wed 3:00 pm
 Prayer-Bible Study (Thur) 7:00 pm
 UMW 2nd Wed 7:00 pm
 Little Ones Book Club 1st Tue 10:00 am
 Just Older Youth 3rd Tue 12:00 pm
www.vanburenumc.org
WARREN CHURCH OF CHRIST
 375-3022
 Ethan T Stivers, Senior Minister
 Andrew Fisher, Youth Minister
 Liz Richardson, Childrens MinistryAsst.
 Tara Bower - Secretary
www.warrenchurchofchrist.org
 Fellowship 9:15 a.m.
 Worship & Communion 9:30 a.m.
 Sunday School 11 to 11:50 a.m.
 Youth:
 K-6th grade, Mon 6:15-7pm
 Jr/Sr Hi, Sunday 6-8pm
WARREN WESLEYAN CHURCH
 375-2330 6th & Nancy Sts. Warren
 Rev. Allen Laws, Pastor
 Wesley Welch, Supt.
 Sunday School 9:30 a.m.
 Worship 10:15 a.m.
 Wed Bible Study 6:00 p.m.
FARRVILLE COMMUNITY CHURCH
 11044 E 200 N, Marion, IN
 765-934-3609
 Pastor Al Soultz
 Sunday Worship..... 10:30 am
 Sunday School Classes 9:30 am
 Sunday Adult Bible Study..... 6:00 pm
 Thurs. Bible Study 7:00 pm



Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

wood and will be demonstrated after the show.

Everyone is welcome to come to the show whether they eat at the soup supper or not!

Although Warren Creative Arts Outreach provides many activities for children during the year such as Backpack Palooza, Boys & Girls Club, Salamonie Summer Festival, and holds various art classes at a minimal fee at the Knight Bergman Center, this soup supper is their main fundraiser. Thanks for your support.

If you would like to donate to the WCAO at any time, please send your donation to 10715 South Meridian Road, Warren.

HOMESPUN MARKET

We can't wait to see you this Friday at the Annual Holiday Walk and Festival of Trees!

Homespun Market will be the home of several decorated Christmas trees.

Stop in from 5-8 to see firsthand the creativity of some of our vendors and to shop at your leisure. We're pleased to have True Envy Boutique, Blue Poppy Design, Created Décor and More and Custom Home Services display their trees.

Weekly many new items arrive at Homespun!

Remember us for gift ideas and Holiday décor. Bring your list and have fun crossing off items for your loved ones.

Next Saturday, November 30 is Small Business Saturday.

We hope to see many of you spending your day in Warren. Hours are 9-2 each Saturday.

Don't forget Tamara Spahr is available to help you decorate for the holidays. If you live locally or far away we can deliver your purchase to a loved one in the city limits including Heritage Pointe. We also deliver to funeral homes.

Visit our Facebook page as we share updated photos of our products.

Homespun Market at 427 North Matilda Street in Warren.....Hours are Wednesday and Friday from 10-6 and Saturday from 9-2. Phone 260-375-3200.

POSTERS AVAILABLE

The Warren Pharmacy has a few of the current Posters of the PURDUE Men's and Women's Basketball teams for the 2019-2020 season.

Supplies are limited, but they are FREE!

CHRISTMAS CRAFTS

The Montpelier Chamber of Commerce is sponsoring Hometown Christmas Crafts on December 7th at the Montpelier Civic Center.

There will be 40+ vendors booths and food booths from 9-3. Food will include biscuits & gravy, breaded tenderloin, fish, chili, hot dogs, and pulled pork.

There will be entertainment throughout the day - Ava Milholland at 10 a.m., Jennifer Cagle at 11:00 a.m., Bob Bothast at 1:00 p.m. and A Few Good Men at 2:00 p.m.

Come and browse, shop, eat and enjoy our Christmas Entertainment.

\$1 entry fee for adults over 18. Fee includes a free raffle ticket. Raffle tickets are \$1 or 6/\$5. Raffle items donated by Vendors and local merchants. Must be present to win! Drawings every half hour.

Call 765.728.2246 for booth rental.

LET THEM EAT PIE

"Let them eat cake" is a phrase attributed to Queen Marie Antoinette. But we want turkey, mashed potatoes and gravy, and all the tantalizing trimmings on the annual celebration of giving thanks for food.

I want a traditional feast on Thanksgiving. It's just sooo wrong for food to masquerade as the read deal during the season of gratitude.

Pleease! No canned cranberry sauce on the Thanksgiving dinner table. Ugh. The jiggly, jellied stuff is yucky. It's a blob of gross. In fact, around 50 percent of Americans say canned cranberry sauce is 'disgusting' according to an online survey conducted by The Harris Poll.

Pleease! No tofu turkey baking in the oven. Enough said.

Pleease! No instant mashed potatoes piled high with melting margarine. Use authentic butter—not some

imposter. Respect the spud on this annual day of honoring the Pilgrims and the Indians.

Pleease! No boxed stuffing. You'll upset the tender turkey.

And serve green bean casserole with crunchy onions on top. Cousin Clevis will call for a food fight without the creamy mushroom soup ingredient. Aunt Wilma will take her deviled eggs and amble home in a huff. And no gravy means war.

"I come from a family where gravy is considered a beverage."—Erma Bombeck

Naysayers to traditional holiday foods need to put a sock in it. Aah! It's okay to eat tasty treats once per year. Sweet potatoes, pecan pie, fruity punch. A little high fructose corn syrup won't kill you. A dollop of whipped cream on your pumpkin pie won't send you into a glucose coma. It's the flagship dessert at many Thanksgiving dinners. A serving of glazed carrots won't rot your teeth, either.

"To be a good cook you have to have a love of the good, a love of hard work, and a love of creating."—Julia Child

Grandma welcomes health food fanatics to her table, but you better not criticize her high calorie dishes. She'll shun you and exile you to the children's table.

Moderation and portion sizes are up to each dinner guest. A polite 'no thankful you' suffices for declining second helpings for the dieting crowd. Gorging is not expected or required. Besides, most relatives and friends want to carry home a few leftovers. So, don't chow down on the plum pudding.

"Thanksgiving brings a lot of great things, like the four Fs: family, friends, food, and football."—Hadley Mendelsohn

Of course, the Thanksgiving menu is focal, but the holiday is much more than platefuls of goodies. It's a time for gratitude for living in the USA. For religious freedom and blessings. For liberty and democracy. For the goodness of humankind to be extended to those in need.

Melissa Martin, Ph.D., is an author, columnist, educator, and therapist. Contact her at melissamcolumnist@gmail.com.

AN ICE CREAM MYSTERY TRIP

Day #5 by Larry Ryan
Our return trip from Lake Placid began at 9am via Highway 86 west. The bus passed the NY State Police Horse Patrol facility and Saranac Lake village where Highway #3 angled southwest. A road sign declared, "No U-Turns," which was an impossibility on this highway!

Our tour director had a rest stop planned in the village of Tupper Lake, NY at the "Wild Center." This was an opportunity to become further acquainted with nature in the Adirondacks. It was built on 31 acres and included a natural history museum, a "Wild Walk" which was a treetop, boardwalk trek to view birds, especially a life-sized, bald eagle's nest for exploration. Another unusual attraction was a large, man-made, synthetic spider's web especially suited for kids to bounce upon for entertainment. I learned

CONTINUED PAGE 4

Community Calendar

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

Nov 20	7pm	V - Town Council
Nov 22	5-8pm	W - 8 th Annual Holiday Walk/Festival of Trees
Nov 28		THANKSGIVING
Dec 4	Noon	W - Chamber Luncheon @ KBC
Dec 4	7 pm	V - Town Council
Dec 9	5 pm	W - Town Council
Dec 18	7 pm	V - Town Council
Dec 20		LAST ISSUE OF THE WARREN WEEKLY FOR THE YEAR

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



Campbell & Dye Insurance Inc.

Karen Campbell

Lisa Campbell



* Long Term Care
* Medicare
Supplements

* Advantage Plan
* Prescription Drug
* Life Insurance Plan

* Individual and
Small Group
Health

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



Heating & Propane Gas

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

Celebrating 70 Years of serving the Warren Area

AREA NEWS CONTINUED

MORE PAGE 3

that different spiders create their own individual type of web material. There are seven different types of web composition! Don't ask me to explain them. Information about hummingbirds caught my attention. The male birds have red throats; hummingbird wings beat 60 times each second; their flying speed can reach 80 mph, and they consume 3 times their body weight each day. Who can count to sixty in one second??

The bus left the village on Highway #30 southward and then onto Highway #28 south. This completely confounded me as I had been informed somewhere, somehow, and some time that even numbered roads traversed east and west while uneven numbered roadways were longitudinally north and south! These New York highways were a challenge in logic and defiance to normalcy.

Before stopping in Old Forge, NY for lunch and browsing, I saw a business sign that read, "Schuller's Sled Shed." It was realistically closed for the summer! My wife spotted a house as we entered Old Forge whose business sign

read, "Dough-A-Deer Café."

The name sounded melodious so we walked the 2 and 1/2 blocks back from the bus location and enjoyed a sandwich and blueberry iced tea. Before departing the village, a Farmer's Market was located. A small sack of Sweet/Bing Cherries found its way into my possession. Snack time all the way home.

The bus traveled onward and southward until it exited onto Highway # 365, a normally numbered north/south road. Before long, we were past Rome, NY and entered I-90 west. I saw one deer and thought a moose was spotted, but it turned out to be just a large, dark, tree stump however. Still no cookie!

We traveled past a Lockheed-Martin facility, a Budweiser distributorship, Camping World, and a Price Chopper store near Syracuse, NY. Much of the land west of there was marshy and untillable. However, in a small, high, ground spot between the trees and marsh land was the LAGO Casino. Obviously, gamblers have a secret, waterproof avenue to the building since the parking lot was full of cars. Luck of the dice?

We stayed overnight in Victor, NY, a suburb of Rochester. Since it had been 24 hours without an ice cream fix and no moose-spotting today, I spent a large portion of my sleep period dreaming of Moose Tracks-the Ice Cream variety.

Will be home tomorrow!

NATURAL HOLIDAY BAKING TIPS

Recipe: Chocolate Bundt Cake with Peppermint Glaze (BPT) - What are the benefits of baking from scratch? Mostly, it's fun, and your whole family can join in. On top of that, nothing tastes as good as fresh baked treats right out of the oven. For another bonus, it makes the whole house smell great. But perhaps the most important reason to bake from scratch is that you'll know exactly what's going in everything you make.

Even when baking delicious treats, you can savor all the flavor while also looking out for your family's well-being. Choosing ingredients carefully makes all the difference. If you want to reduce your family's consumption of artificial ingredients, here are tips for baking more natural treats this holiday season.

1. Choose natural sugar

Skip the refined white sugar and substitute the same amount of Sugar In The Raw, made exclusively from natural sugarcane grown in the tropics. The hearty, golden crystals are made from the first pressing of sugarcane and never bleached, so they keep the rich flavor and color of natural molasses. Available in bulk, the 2lb box or 24oz, 4lb or 6lb bags of granulated Sugar In The Raw will keep you prepared for your holiday baking blitz. The product is Non-GMO Project Verified, Certified Vegan, naturally gluten free and Kosher certified.

Try this recipe for Chocolate Bundt Cake with Peppermint Glaze:

Prep time: 20 minutes Cook Time: 65 minutes Servings: 16

Ingredients

Cake:

Softened butter for greasing pan

2 cups Sugar In The Raw, plus more for sprinkling in cake pan

2 cups all-purpose flour

3/4 cup Dutch process cocoa powder

1 teaspoon fine sea salt

3/4 teaspoon baking powder

1/4 teaspoon baking soda

1 cup strong brewed coffee

3/4 cup sour cream

3/4 cup vegetable oil

2 large eggs

1 teaspoon vanilla

Glaze:

1/4 cup heavy cream

1 cup white chocolate chips or 6 ounces white chocolate, chopped

1 teaspoon peppermint extract

Crushed peppermint candies (optional)

Directions

1. Preheat oven to 350 F. Liberally butter a 10" Bundt pan. Place some sugar inside pan and rotate to coat evenly. Shake out excess.

2. In large bowl, whisk to combine sugar, flour, cocoa powder, salt, baking powder and baking soda.

3. Add coffee, sour cream, oil, eggs and vanilla. Whisk to combine.

4. Scrape batter into prepared pan and bake until toothpick inserted in cake comes out clean or with moist crumbs attached, 50-60 minutes.

5. Let cake cool in pan 15 minutes, then invert onto rack, removing pan. Let cake cool completely.

6. In small saucepan bring cream to a boil. Take off heat, add white chocolate, cover and let sit 5 minutes.

7. Stir until smooth, then stir in peppermint extract. Let cool 15 minutes.

8. Pour glaze over cake, letting it drip down sides. If desired, sprinkle cake with peppermint candies.

2. Use natural food coloring For recipes needing colored icing or colored batter, you can now find natural food coloring on the market that uses 100% natural vegetable juices, rather than relying on artificial additives.

3. Try butter alternatives

While regular dairy butter provides a unique texture that other products can't always duplicate, you can substitute at least part of the standard butter in many recipes with other choices like vegetable oils, cultured organic butter, grass-fed butter, clarified butter (or ghee), or even coconut oil as more healthful alternatives.

Experiment with a favorite recipe first to see what ingredients work best.

4. Bake with fresh produce

When you're baking pies or making other dessert recipes that contain fruit, opt for the best quality fresh produce you can find in your area. You, your family and guests will all notice the difference in taste.

Make your holiday baking tasty and wholesome this year by using the best natural ingredients available. You and your family will love your baked goods as much as you enjoyed making them.



NAPA AUTO PARTS

WARREN AUTOMOTIVE

128 N Wayne St ~ Warren

375-3401

It pays to Shop at the

Warren Pharmacy

260/375-2135

Ananda Professional

C.B.D. products

Liquid Tincture
in two strengths!
Easy to swallow

SoftGels

External **Salve**

GOOD or BAD?

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

Is it worth it?

PAID ADVERTISING

It's getting to be that time of year.

Contact the Warren Weekly today to get your

Christmas Greeting

ordered for the December 20 issue of the Warren Weekly!

Contact us at

editor@warrenweeklyindiana.com
or 260.375.6290 (leave message)
or www.warrenweeklyindiana.com

GENEALOGY REPORT

BYER

Vernon, a long-time resident of Ossian and Markle, died peacefully at home on Nov. 6, 2019.

Born on Feb. 8, 1927, in Fort Wayne, he graduated from South Side High School in Fort Wayne and then received a degree in pharmacy from Purdue University in 1952.

Vernon was preceded in death by his wife of 64 years, Joann A. Byer. He was a devoted husband, family man and very proud of his three daughters Michelle, Tamera and Teresa.

Vernon was a likeable and friendly guy who was well loved by the Ossian Community. He was especially known for his sense of humor and he had a special gift of making everyone feel welcome. He could take any situation and see the fun side of life and make people laugh and was known as a "ham".

He was very active in Ossian where he owned Byer Drug Store for many years. It was much more than the corner drug store. It was a popular soda shop and a gathering place for students and people of all ages. Many people over the years reminisced about the camaraderie and time spent enjoying milkshakes, green rivers, malts and ice cream sodas.

Many weren't aware, but Vernon always made sure that his community was cared for with his giving

nature and service to others. If someone was in need, he would help and provide them with the medication they desperately needed at a cost they could afford. He cared about people and their health more than the bottom line of his store.

After moving from Ossian, Vernon also owned the Markle Pharmacy and the Warren Pharmacy and continued his support of those communities as well.

In addition, Vernon loved nature and originally studied Forestry at Purdue. He had a passionate love for the outdoors which often took him hunting, fishing, boating and more.

He is survived by his eldest daughter, Michelle Borthwick, and twin daughters Teresa Byer and Tamera Byer-Kinnaird. Also surviving are his grandchildren Hans Winterhalter, Liam Kinnaird, and Shanah McLaughlin.

Vernon served in the 8th U.S. Army during World War II as a staff sergeant of the 304th Signal Battalion in the Pacific and Japan.

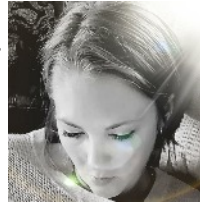
Vernon was an avid lover of all animals, and at the time of his death was caring for his adored five cats. Memorial gifts, in lieu of flowers, may be made to Helping Paws Pet Haven, P.O. Box 5261, Huntington, IN 46750. Donations can also be made online at hphph.org

There will be a short service by Pastor Rick Smalling followed by a commemorative military

graveside ceremony at 1 p.m. Nov. 16 at the Oaklawn Cemetery in Ossian. This is a public event and those who knew Vernon are invited to come and pay their respects.

SCALF

Nicole C. Scalf, 36, a loving mother and wife, passed away



unexpectedly on Sunday, November 10, 2019 at her home in Warren, IN.

She was born on Wednesday, September 28, 1983, in Marion, IN. She married her lifelong boyfriend Cody Scalf on Tuesday, September 10, 2002 in Huntington, IN. Nicole was a 2001 graduate of Marion High School. She was currently enrolled in college finishing her nursing degree and was employed at Heritage Pointe in Warren as a QMA. She enjoyed reading and could light up any room with her smile.

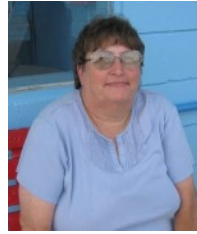
Loving survivors include: Husband - Cody Scalf, Warren, IN, Son - Dylan Scalf, Warren, IN, Son - Mason Scalf, Warren, IN, Daughter - Brooklyn Scalf, Warren, IN, Mother - Michele Sands, Marion, IN, Mother-in-law - Kathy Martin, Warren, IN, Brother-in-law - Carl Scalf, Warren, IN, Sister-in-law - Amber Wine, Huntington, IN, several Brothers, Sisters, Nieces & Nephews.

Family and friends may gather to share and remember at Heritage Pointe Applegate Chapel 801 Huntington Ave. Warren on Friday, November 15, 2019 from 11:00 AM to 3:00 PM. A memorial service will follow at 3:00 PM with Pastor & Chaplain Dick Case officiating.

In lieu of flowers please consider donating to National Alliance for Mental Illness, <http://donate.nami.org>, 3803 N. Fairfax Dr, Suite 100, Arlington, VA 2203

KIMES

Roxie L. Kimes, 76, of Van Buren, IN, passed away at 4:32 AM on Tuesday, November 19, 2019 at Colonial Oaks Health & Rehabilitation Center in Marion, IN.



She was born on Tuesday, July 13, 1943, in Marion, OH to John & Vaughnada (Conaway) Jenkins. She married Richard L. Kimes on November 03, 1979, at Unity Christian Church in Marion. Roxie retired from Foster Forbes after 31 years of service. She was a member of the Eastern Star in Swayzee and enjoyed word searches, cooking and going to the movies.

Loving survivors include: Husband - Richard L. Kimes, Van Buren, IN, Daughters - Robin (Vern Quinn) Eastes, Gas City, IN, Kristi (Bud) Harrold, Marion, IN, Kathi (Rick) Baker, Van Buren, IN, 7 Grandchildren, 14 Great Grandchildren, 1 Great Great Grandson, Brothers - John Jenkins, Marion, OH, Paul (Sandy) Jenkins, Marion, OH, Sisters- Renee (Dave) Allen, Marion, OH & Sandy Jarrett, Goshen, IN.

She was preceded in death by her: Mother - Vaughnada (Conaway) Blanton, Father - John Jenkins, Step Mother - Hazel Jenkins & Daughter - Rhonda Boone.

Family and friends may gather to share and remember at Unity Christian Church 140 S. Pennsylvania St. Marion on Thursday, November 21, 2019 from 4:00 PM to 8:00 PM and from 10:00 AM to 11:00 AM at Unity Christian Church on Friday, November 22, 2019, one hour before the service.

A service to celebrate Roxie's life will be at Unity Christian Church at 11:00 AM on Friday, November 22, 2019 with Minister Kevin Greenlee officiating. Interment will follow in the Van Buren Cemetery in Van Buren.

Preferred memorials: Unity Christian Church, 140 S. Pennsylvania St. Marion, IN 46952

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

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

Email:

wwkly@citiznet.com

Fax:

260/247-2426

Mail:

PO Box 695 Warren

**Support the businesses who
bring you your Hometown News!**

**There's no time like now
to plan your future.**



Nicole Johnson
Financial Advisor

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

Edward Jones®
MAKING SENSE OF INVESTING
edwardjones.com



Be Unforgettable!

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

**Call or email today to get your
ad in for next week!**

260.375.3531 or

editor@warrenweeklyindiana.com

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

AREA NEWS CONTINUED

5 EASY WAYS TO SAVE DURING THE HOLIDAY SEASON

(BPT) - The holiday season is a time of family, friends and ... spending. In the process of hosting and attending large or intimate holiday gatherings, the inevitable costs of travel, presents, decorations and food tend to stack up. With thousands of Americans celebrating holidays in November and December, it is no surprise that according to the National Retail Confederation the holiday season is the largest consumer spending time of the year. So, instead of starting the New Year with a nasty credit card bill, here are five simple tips to protect your finances during the holiday season:

* DIY festive wrapping paper: Use the brown paper from grocery store bags when wrapping gifts by cutting the bag at its corners and removing the handles to become a flat piece of paper. If you feel the minimalist kraft paper look is too plain for your liking, decorate the paper using markers or cotton swabs dipped in paint. For a more festive touch, try stringing a pinecone or stick of cinnamon to the package using twine.

* Use the NEW Exxon Mobil Rewards+™ app: Before making the trek to your holiday gathering, download the new Exxon Mobil Rewards+ app to start earning points on your journey over the river and through the woods. By paying through the new app, you avoid having to battle the elements at the pump and from now to February 2020, you can earn 5 cents per gallon when you pay through the app to be used at later fill-ups. If you are an existing Exxon Mobil Rewards+ member with Premium Status, you can earn up to 10 cents per gallon!

* Shop holiday décor at a thrift store: Over the past few years there has been an uptick in online thrift stores,

such as LetGo or The RealReal, that sell high-end secondhand items. Score vintage pieces for your next holiday party or decor to style your home for the season.

* Book holiday travel smart: The holidays are one of the most expensive times to fly, but if your holiday feast is waiting for you a plane ride away don't fret, as there are still ways to save on travel. While there is speculation around savings on the day you book, it is true the day you fly can drastically change the price tag. According to CheapAir's 5th annual Airfare study, you can save if you fly in or out on a Tuesday or Wednesday. Apps like Hopper monitor and track trends in flights prices, with helpful notifications of when the best time to buy is.

* Make your Friendsgiving a potluck: Instead of catering or cooking your Friendsgiving feast, invite your pals to participate in the fun. Potluck dinners take out the pain of hours of preparation, giving you the chance as the host to spend more time with your guests. You can even make it themed by having each person bring a dish they grew up eating around the holidays, which can spark interesting conversations about family history and sentimental story telling.

4 FESTIVE TRICKS TO MAKE A HOLIDAY MEAL WORK FOR EVERYONE

(BPT) - The holidays are full of family, friends - and lots and lots of food. And while we love getting together with all our loved ones, the thought of coming up with a meal that pleases everyone can be a bit frightful. But with a little prep work, planning, and new healthy takes on cooking and baking staples, making meals that satisfy everyone is now joyfully easier.

Make Everyone Happy

The not-so-secret ingredient that brings a rich, creamy taste to any dish - is butter, of course. But when

your not-eating-dairy-this-week cousin and more-butter-the-better sister are both coming to dinner, you need to come up with the one dish that makes them both happy. Give yourself a gift by swapping out dairy butter for Country Crock® Plant Butter. It tastes like butter, but is dairy-free, plant-based and has less saturated fat than dairy butter. Now everyone's happy - including you!

Twist-up A Classic

Mashed potatoes without heaps of butter? Never! Here's to holiday indulgence all your dinner guests can enjoy by adding an extra dollop (or two) of dairy-free Plant Butter. To sneak in some extra veggies, try this delicious twist on the holiday classic, garlic mashed cauliflower and potatoes.

Veggies Not Just for Vegans

Giving your grandmother's timeless (but let's be honest - sometimes tasteless) green

bean casserole a dairy-free edge for your vegan guests is great, but who says veggies are for vegans only? Add more holiday shine to your table with a veggie side dish such as roasted Brussels sprouts with a maple balsamic glaze. It's made with Plant Butter that features oils from olives, avocados and almonds so everyone gets to enjoy flavorful, rich, and nutritious veggies.

Dairy-free Dessert

Face it, desserts are the true stars of the holidays, and where there is a traditional cake, cookie, or pie recipe, there's butter. Sticks of Country Crock® Plant Butter taste, cook and bake like butter, meaning holiday baking just got easier because you can swap it one-to-one for dairy butter in any recipe! Now you don't need to give up that time-tested, family favorite recipe in search of a dairy-free

dessert! This dairy-free apple cranberry crostata is great for everyone to enjoy after a delicious holiday meal.

Holidays are a wonderful time of the year to make everyone at the table happy. Whip up these delicious dishes to make meals that all your loved ones can enjoy. Whether keeping up time honored traditions or starting new ones, with a little planning and preparation, it's easy to manage the dietary needs and desires of everyone - and that's the best gift of all.

5 TIPS TO HELP KEEP KIDS HEALTHY DURING COLD AND FLU SEASON

(BPT) - It's here again - that time of year when everyone seems to unwittingly pass colds and other illnesses around. As every parent knows, kids can bring germs home from school and share

CONTINUED PAGE 8

Larry Jennings

Auction

Sat., Nov. 23 10 am
397 W. 800 S., Warren, IN

www.METZGERAUCTION.com

**DUMP TRUCK
CASE TRACTOR
BOAT - SHOP TOOLS**

1984 Ford F-70 Dump Truck;
Case 930 NF Tractor; 1979/80 Pro-craft Fishing Boat with Evinrude 115 HP Motor; Cultivator Rolling Shields; 3-Wheelers for Parts; Tractor Tires; Wheel Weights; Co-Op Engines & Parts; Engine Stands; Transmission Jack; Shop Press; Vises; Porta Power; DeWalt Miter Saw; Porter Cable Table Saw; Floor Model Drill Press; New, Fl. Md. 16 Speed Drill Press; Planer; Combination Sander; Black & Decker Scroll Saw; Skil Sander; Lg. Milwaukee Grinder; Lg. Band Saw; Milwaukee Sawzall; Table Saw; Roofing Nailers; Graco Magnum LTS 17 Paint Sprayer; Sockets; Wrenches; Pipe Wrenches; Power & Hand Tools; DeWalt & Craftsman Cordless Tools; Iron Force Cordless Tools; Angle Grinder; Lg. Assortment of Hardware: Bolts, Nuts, Screws, Fasteners; Bit Indexes; Drill Bits; Tape Measures; Saw Blades; Grease Guns; Clamp Asst.; Wiring; Electrical & Plumbing Supplies; Sharpening Stones; Waterloo Roll-Around Toolbox; Toolboxes; Tool Belt; Scaffolding; Scrap Metal; Iron Pieces; Asst. Lumber; Plywood; Roller Stands; Jacks; Jack Stands; Floor Jacks; Maxx Air Industrial Roll-Around Fan; Heaters; Shop Vacs; Hitch; Storage Cabinets; Shelving; Truck Toolbox; Trusses; Alum. Ext. Ladder; Fiberglass Ladders; Garden Tools; Farm & Vehicle Manuals; Chrysler Boat Motor; Fishing Poles, Tackle & Reels; Camp Stoves; Coolers; Porch Swing; Lawn Chairs; Grill; Bicycles;

APPLIANCES - FURNITURE - HOUSEHOLD - ANTIQUES

Frigidaire Chest Type Freezer; Whirlpool Estate Refrigerator; White Westinghouse Refrigerator; Pedestal Table & Chairs; Sofa; Recliners; Glass Front Hutch; Straight Chairs; Ent. Center; Coffee & End Tables; Lamps; Trunk; Desk; 2 Dr. File Cabinet; Emerson Flatscreen TV; TVs; CB Radios; Ice Cream Freezer; Owl Figurine Collection; Home & Holiday Décor; Christmas Lights; ANTIQUES: Baggage Cart; Barn Lanterns; Canning Jars; Boat Motor;





Metzger
Property Services LLC

• Farm Sales • Real Estate
• Auctions • Appraisals

Chad Metzger, CHS, CMAA
Larry Evans, Rod Metzger
Tim Holmer, Brent Rockman
Tim Pitts, Jason Conley
Brenda Rose, Rainelle Shockhouse
Gary Spangle, Brian Evans

260-982-9050
AZ 5360015

CLASSIFIEDS

**** NOTICE ****

Personals type ads will not be accepted for the Warren Weekly

BARGAIN BASEMENT

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

DEWEESE SOFT WATER AND APPLIANCE

A Technetic dealer 375-3828 T

AMISH CREW

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

MITI PALLET PARTIES

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

APARTMENT FOR RENT

Cozy and Clean upstairs one
bedroom apartment overlooking
Downtown Warren.
260.375.2556 T

FORD CERTIFIED TECHNICIAN.

Kerlin Motor Co has an opening
for a master certified
technician. Apply in person at
9944 S State Road 15 Silver
Lake, IN 46982. 260 352-2162
0131

HOOSIER CABINET WITH

Flour Mill, wood dresser, small
china cabinet and other
furniture. Plus tons of crafts
items, clothes and other holiday
items. Also, let your children
pick their own gifts. \$1-\$2
ornaments, bagged, and
tagged, all ready to give. Visit
Home Spun Market in Warren.
We will be open later on Friday
for the Holiday Walk. *Coming
Soon - Painted cedar
lined hope chest * 11.22

MARATHON WARREN MARKET

**Stop In For
Gas, Pizza & Deli**

230 N WAYNE WARREN
260-375-4766

**Bread of Life
Food Pantry**

Hours
Wednesdays
2 - 4 pm & 6 - 8 pm
at
Knight Bergman
Center

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

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

Shoemaker Construction

**Cory Shoemaker
Owner**

PO Box 265
Warren IN 46792
FREE ESTIMATES

(260)388-5558
INSURED

INDIANA FARM 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

www.infarmbureau.com 2011

WARREN WEEKLY SUBSCRIPTION ORDER

Name _____

Address _____

City, ST, Zip _____

Email _____

☐ New or ☐ Renewal

☐ 1 Year \$48 ☐ 6 Mo. \$24 ☐ 3 Mo \$12

☐ 1 Year Digital \$24 (emailed)

Send Form & Payment to: WARREN WEEKLY, PO Box 695, Warren
IN 46792 Or email info to editor@warrenweeklyindiana.com.
Credit card payments accepted through www.paypal.com to
editor@warrenweeklyindiana.com.
ALL SUBSCRIPTIONS MUST BE PAID IN ADVANCE.

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



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

NickiZ designs
www.nickizdesigns.com

Specializing in Customizing

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

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

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

**Contact me at
nickiz@nickizdesigns.com**

See samples of my work at www.nickizdesigns.com

SEND IN YOUR AD TODAY

CLASSIFIED ADS \$5 FOR 50 WORDS

Please PRINT your ad and Phone Number carefully (if phone number is to be included in ad, please write it that way).

Your Ad: _____

Classified advertising will run at a cost of \$5 for 50 words per weekly insertion. Send in your ad – include your name and phone number (for our records) and number of times you wish ad to run. Mail to: Warren Weekly, PO Box 695, Warren IN 46792, or drop off at Town Hall, Downtown Warren by 10 a.m. On Tuesday for the Friday edition. You may include your ad on a separate piece of paper if you wish, as long as the information below is included. You may also submit Classified advertising through the website at www.warrenweeklyindiana.com. Click on the Forms tab.

Name: _____ Phone: _____ # Weeks to run: _____

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

AREA NEWS CONTINUED

MORE PAGE 6

them with the entire family, spreading illness at warp speed. In fact, 60 million school days are missed every year by children nationwide due to preventable illnesses like cold and flu.

What can you do to fight the spread of illness and help keep your kids - and you - healthier during cold and flu season this year? It's all about practicing healthy habits and making sure you have the right tools. Lysol's Here for Healthy Schools campaign is working with schools, educators and parents to help reinforce healthy practices and curb the spread of illnesses in the classroom.

As part of the program, Here for Healthy Schools spokesperson, actress and parent Sarah Michelle Gellar shared five tips for keeping your kids healthy during cold and flu season, and beyond:

1. Model healthy habits

"Your children pay closer attention to smaller things than you'd expect," says Gellar. She advises modeling the habits you want your children to follow. Demonstrate how you use a tissue to cover your mouth and nose when you sneeze. And be sure that they see you washing your hands often, especially before eating a meal. Actions do speak louder than words, so practicing what you preach

can go a long way to instilling these healthy habits in your kids.

2. Reinforce healthy habits with caregivers

Gellar explains how important it is that caregivers and others who spend time with her children follow the same healthy habits she wants to teach her children.

"I truly rely on my village to help me," says Gellar. "This means my children interact with many different people within their day-to-day activities, and inevitably come in contact with even more germs."

She makes sure everyone who spends time with her children understands the vital role these healthy habits play in helping to avoid preventable illnesses.

3. Involve kids in preparing healthy meals

"Food is so important in our family," says Gellar. "Most of our fondest memories take place in the kitchen." By making her children part of the process of planning, preparing and serving meals, she stresses, they are constantly learning not only how to eat healthy, balanced meals, but also how to create one for themselves.

4. Get a flu shot

Gellar insists that everyone in her household get a flu shot each year, at the beginning of flu season, to help her family stay flu-free throughout the year. This

also helps prevent spreading the flu to anyone else who might be vulnerable.

5. Keep kids home when they're sick

"While we want to limit the number of days out of school for children to ensure they're thriving and growing," Gellar explains, "it's important as parents to understand when to keep them home." Because colds, flu and other illnesses are easily spread, sending children to school when they're clearly under the weather will likely lead to more children in the classroom getting sick and missing school.

Following these healthy habits will help keep everyone's sick days to a minimum this year, so children can learn, grow and thrive at school.

STAY HEALTHY DURING THE HOLIDAYS

(BPT) - Holiday travel, endless parties and hours waiting in long shopping lines can take a toll on your health. As the season ramps up, it's a great time to take some steps to support your immune system for extra protection. These common-sense health tips can go a long way toward keeping yourself healthy this holiday season.

Wash (and watch) your hands

Something as simple as hand-washing is one of the most effective ways to stop the spread of germs. Hands - especially when they are used to muffle a sneeze or a cough - can spread germs to people and things.

A good wash requires at least twenty seconds of vigorous rubbing, using soap and warm water. If you can't get to a sink, a backup is hand sanitizer with alcohol in it. It's also best to keep your hands away from your eyes, nose and mouth.

Emphasize healthy habits

Drink plenty of water and get your sleep and exercise. Studies show that all of these activities help prevent our bodies from getting run down. And when you're run down, you are more susceptible to illness. Make time to:

* Stay hydrated by drinking six to eight glasses of fluid -

preferably water - daily.

* Getting enough sleep is crucial to a healthy body and immune system. For most adults, eight hours of sleep is considered the norm. You'll need all the rest you can get in between ugly sweater parties.

* Exercise regularly. Pop into that new spin studio, stream a yoga workout from your living room or take a brisk walk. Research shows a link between moderate, regular exercise and a strong immune system.

Add supplements to your routine

For an extra level of protection year-round, supplement your diet with a personalized vitamin regimen.

"Most people don't eat right 100 percent of the time, which makes it hard to get the nutrition they need. Supplementation can help you

fill those nutrient gaps," said Kerry Grann, principal research scientist, Amway Research & Development.

Nutriline developed individual MyPack supplement packets to provide the optimal blend of vitamins, minerals and phytonutrients. They offer a personalized, simple and convenient experience to help you fill nutrient gaps with men's and women's packs or address specific needs, such as immunity, focus and energy. The Immunity Pack is especially helpful this time of year.

Use these tips to help you stay healthy this season so you can enjoy the holidays - and try making it a New Year's resolution to keep these healthy habits all year.

MORE PAGE 2

accept that you won't be having a wonderful time with everyone there.

Instead, try to seek out people and situations that will make your visit more enjoyable. Don't bring up old problems or current issues you'd prefer kept quiet. Your goal is to make the visit as pleasant and stress-free as possible.

And if such a goal seems impossible, consider making the visit shorter or avoiding it all together. Some issues simply may not be fixable. Don't let old problems ruin the holiday enjoyment for the current you.

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

KNIGHT-BERGMAN CENTER BASKETBALL 2020

It is time to start another year of basketball at the KBC gym. The KBC Basketball program will provide basketball for K-12 grades for both girls and boys. Entry fee is \$30.00 per child and there will be no fundraiser.

Please make checks out to KBC and mail to KBC

PO Box 146

Warren Indiana 46792

Forms will be taken now to Dec 7, 2019.

(Please print & complete one form per player)

Player's Name: _____ M ☐ F ☐

Grade in School: _____ Parent's Name _____

Address: _____

Phone #: (____) _____ Team Last Yr _____

Name of Brother/Sister on same team _____

Shirt Size:

YOUTH S ☐ M ☐ L ☐

ADULT S ☐ M ☐ L ☐ 1X ☐ 2X ☐

Parent's Signature _____

Are you willing to coach or referee?: Coach ☐ Referee ☐

Denny Stroud, KBC Basketball Director 1.260.228.1617



**LEAS
CONCRETE
CONSTRUCTION, LLC**

(317) 710-1305 • Cell

(812) 212-7127 • Office

LeasCC@outlook.com

›Epoxy Floors

›Small Commercial Concrete

›Decorative Stamp

›Plowing

›Pole Barns

...and more!

MICK & KATIE LEAS, OWNERS

**THORNE
INSURANCE**

"Insurance
that
Insures."



Scott Shrader

(260) 468-2953

877-464-1044

Call today for a

FREE quote.

