

Hometown News from Warren, Liberty Center & Van Buren

Friday, November 23, 2018

Volume 33, Number 42



www.warrenweeklyindiana.com

Warren Weekly

Your Hometown Newspaper

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Thought for the Week: The greatest pleasure in life is doing what people say you cannot do. Walter Bagehot



OPENS FRIDAY

"Best Christmas Pageant Ever" which opens on Friday. Performances are scheduled for November 23, 24, 25, 30, December 1, 2, 7, 8, 9. Tickets are \$15 for general admission and \$5 for children 12 and under. Friday and Saturday shows are at 8:00 p.m. Sunday shows are at 4:00 p.m. Reservations may be made online at www.pulseoperahouse.org or by leaving a message at 260-375-7017. Those attending the Sunday show can get \$1 off the East of Chicago Sunday adult buffet following the performance.

LIGHTING CONTEST

Do you think you have the best outdoor Christmas decorations and live in Van Buren or surrounding area? Then enter the Van Buren Popcorn Festival's Christmas Light Contest!

The cost to enter is \$10. Registration for the contest is from November 17th-December 8th. There will be two prizes awarded Judges' Choice - \$100 and People's Choice - \$50. Judging will take place on December 12th.

People's Choice will be voted on during our Cocoa

with Santa event on December 15th from 3-7 pm at the Van Buren Fire Station. Santa and Mrs. Claus will visit from 3-5p and there will be a 50/50 drawing, and Crafts!

Winners will be announced at 7pm. People's Choice will be determined by a penny-a-vote system. Photos of the entries will be taken during the judging and will be displayed to vote on December 15th.

Checks can be made out "Van Buren Popcorn Festival" and can be mailed with your

name, address and phone number to:

Popcorn Festival Committee
PO Box 528

Van Buren, IN 46991

Please be sure to give us your physical address.

Questions - contact Jen Plummer call or text 765-251-0513 or email donnieandjenplummer@yahoo.com

Thanks to our sponsors for this event - Modern Machine and the Van Buren American Legion Auxiliary.

FREE SOUP SUPPER

The annual Free Soup Supper at the Warren Sportsman's Club will be Wednesday, December 5th from 5:00-7:00pm. Please come out and enjoy 9 kinds of soups with lots of desserts. Please bring a nonperishable food item for the Bread of Life Food Pantry. Money donations will also be accepted. All food and money will be given to the Food Pantry. The Sportsman's Club will match all money donations to the Food Pantry. We look forward to seeing you at The Sportsman's Club on Wednesday, December 5th, 2018.

VENDOR SPOTLIGHT

Homespun Market vendors for this week are true Artisans!

Cheryl Alevizon - loves art and isn't afraid to try many different art media. Cheryl is retired from Heritage Pointe and has 1 child and 2 granddaughters. Her Eco-Printing is an asset to Homespun Market. Cheryl's mini journals, bookmarks, postcards and blank greeting cards are gorgeous; all eco-printed by her! It's a wonderful process that produces beautiful art.

Cheryl is also one of the founders of Warren Creative Arts Outreach. Check out her unique product.

Karen Wehr - is a registered Indiana Artisan. She has been married to Danny Wehr

for 24.5 years and has 3 children and many grandchildren. Her love of sewing has produced many beautiful items. Karen has waxed canvas and leather purses that are to die for! The quality of construction is amazing! She also has clutch purses and leather bracelets.

I'm sure if you don't find what you need (or want) in the store she will make it for you.

We at Homespun Market are so pleased on how many have checked out the store.

Vendors are added weekly so there is always something new each week. Our store hours are Wednesday and Friday 10:00 a.m. - 6:00 p.m. Saturday 9:00 a.m. - 2:00 p.m. at 1125 Huntington Avenue in Warren of course.

Hope to see you soon.

We will spotlight other vendors next week!

SANTA AT KBC

We would like to thank all the people who came and ate at the KBC luncheon.

Friday November 23 Santa will be at the KBC after he turns on the lights up town. We are only having him one night and not Saturday. Santa is very busy this year checking his list and working on toys so come in Friday night and have a talk with him.

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WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Circle K and Time Out Tavern in Van Buren. Total circulation is 3000.

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

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

Leave news and/or advertising at Town Hall or mail to PO Box 695, Warren or email to editor@warrenweeklyindiana.com.

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

The publisher takes no responsibility for statements or claims made in

 <p>Zeller Construction</p> <p>Owner: Larry Highley 375-3477 or 260/359-2331 <i>Remodeling, Siding, Windows & Roofing</i></p>	<p>This Space Available. Call the Warren Weekly for more info.</p>	 <p>Let's Have a MiTi Party!</p> <p>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>

Kudos, Kicks & Karats

Life in a Small Town

by Treva Flemming

We are just a few days away from the start of the holiday season. I've been sitting here thinking about, as a child, some of the memories of the Thanksgiving dinners.

We always had Thanksgiving with my dads family, because we were at my moms parents on Wundays for dinner a lot. Can't seem to think but we never really celebrated with them any holidays. We all had our plans with our families and there was a lot of us, I was the youngest of 13 grandkids.

To this day we can't seem to get together cause we are spread out across the country. I am sure though my Grandma Forst made my Grandpa a wonderful meal that both of them could enjoy. She was a wonderful cook, I must get it from her, well the cook part, I don't know about the wonderful part. lol

We were pretty well traditional on the food for my dads side of the family. Turkey that roasted all night long, bread dressing and oyster dressing, green beans, mashed potatoes and giblet gravy and the glorious desserts, all kinds, and my aunts cranberry salad, the best I might add. We ate and ate and ate all that good food, talked and talked and ate some more. I guess that is what it's all about, family, good food and good conversation. That was us!!

Unfortunately it was too hard for all of us to get together and we haven't for many years, but the memories of the Thanksgiving holidays are always near to my heart. We now just celebrate with our immediate family, which this year I am off for the holiday so I get to cook!! This year we are doing a Texas BBQ ribs, brisket, and all the fixins. I love doing different types of food. So when I cook we go off the grid. When my sister cooks she goes traditional. So I can't wait to get the food started. It shows my southern heritage that I must get from my great great grandparents that came from North Carolina.

In the past several years we have had all Amish food, all Italian, and one year we did a German Christmas clear down to the pickle in the tree. I have so much fun planning the meal and trying some of the different recipes and traditions. Some recipes have been good and some were not so great and shoo fly pie was one of them, that stuff was nasty. I don't know how they can eat that stuff.

Then the clock strikes 5 and you better have your list and sales flyers in hand cause out the door we go. It's officially Black Friday and I am ready to shop!! Yea I am a crazy .. I go

CONTINUED PAGE 6

ASBURY CHAPEL UNITED METHODIST
 8013W 1100S -90, Montpelier
 Phillip Freel Jr, Pastor
 Worship 9:30 a.m.
 Sunday School 10:30 a.m.
 Wed Carry-in & Fellowship .. 6:30 p.m.

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

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

CENTRAL CHRISTIAN CHURCH
 Van Buren, Indiana 765-934-2199
 Pastor - Ken Thompson
 Worship 9:30 a.m.
 Youth Group 4:30-7:30pm at SwitchUp
 Handicap Accessible
 Little Panther Preschool 765.934.2099

HEALING WATERS MINISTRY —
5811 W 600 S, MT ETNA
 Pastor Wayne Couch
 260/515-2517
 Sunday Prayer 9:15 a.m.
 Sunday School 9:30 a.m.
 Worship Service 10:30 a.m.
 Wednesday Bible Study 6:00 p.m.
 Sunday Evening Service 6:00 p.m.
 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
 Corner of N. Wayne & Matilda Sts.
 Pator Rusty Strickler
 Youth Directors
 Peter & Mindy Fairchild
 Sunday School 9:00 a.m.
 Sunday Worship 10:00 a.m.
 Youth Group: Grades 3-5 4-5:30p
 Grades 6-12 5:30 - 7p

HILLCREST CHURCH OF THE NAZARENE
 375-2510
 Bus Service 375-2510
www.hillcrestnazchurch.org
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Evening Worship..... 6:00 p.m.
 Youth Group (Wed.)..... 6:00 p.m.
 Wed. Midweek Service..... 6:30 p.m.

SOLID ROCK UNITED METHODIST
 485 Bennett Dr, Warren, IN
 375-3873
 Paul Burris, Pastor
 Sunday School 9:00 a.m.
 Worship Service 10:00 a.m.

LANCASTER WESLEYAN
 3147 W 543 S, Huntington
 468-2411
 Doug Sharrard, Pastor
 Pam Thompson, S.S. Supt.
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Wednesday:
 CYC/Teen/Adult Meetings 7:00 p.m.

LIBERTY CENTER BAPTIST CHURCH
 694-6622
 Aaron Westfall, Pastor
 Sunday School 9:15 a.m.
 Fellowship 10:00a.m.
 Worship 10:15a.m.
 Tues. Bible Study 7:00 p.m.
 Wed. Choir 6:30p.m.
 Monthly Meetings
 1st Mon Ministry Team 7:00 p.m.
 3rd Sat Mens Prayer Breakfast 8:00 am
 4th Mon ABW 1:30 pm

LIBERTY CENTER UNITED METHODIST CHURCH
 Pastor 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 School 10:45-11:30a.m.
 Sunday Youth 6-7:30 p.m.
 Come as you are for all services

PLUM TREE UNITED CHURCH OF CHRIST
 375-2691
 Jill Miller, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.

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 and Melinda Haynes - Secretaries
www.warrenchurchofchrist.org
 Fellowship 9:15 a.m.
 Worship & Communion 9:30 a.m.
 Sunday School 11 to 11:50 a.m.
 Youth:
 K-5th grade, Mon 6-7pm
 Jr/Sr Hi, Sunday 6-8pm

WARREN WESLEYAN CHURCH
 375-2330 6th & Nancy Sts. Warren
 Rev. Allen Laws, Pastor
 Wesley Welch, Supt.
 Sunday 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

SPAGHETTI LUNCH

The SwitchUp Youth Center in Van Buren will sponsor an All you can eat Spaghetti Lunch, Sunday, December 2, 2018.

The meal will be held from 11 am to 2 pm at The SwitchUp Youth Center.

Tickets are \$7.00 for adults (11 & up), \$4.00 for Children (5-10) and 4 and under eat Free.

Menu includes spaghetti, garlic bread, salad, desserts and drink. Dine-In or carryout.

Profits will benefit the SwitchUp Youth Center.

SWINE BOOSTERS

The Huntington County Swine Boosters will meet on Tuesday December 4 at 7:00 p.m. in the Huntington County Courthouse Annex.

The discussion items include 2019 open swine shows and other old/new business. For more information, contact Purdue Extension – Huntington County Office, 1340 South Jefferson St., Huntington by calling 260-358-4826.

HOLIDAY COOKIES, CANDY & CRAFTS

The Huntington County Extension Homemakers are sponsoring their Annual "Holiday Cookies, Candy and Craft Sale on Friday, December 7th at the First Merchants Heritage Hall located at 631 Taylor St. in the Huntington County Fairgrounds. The sale begins at 9:00 am and goes till 1:00 pm (no early sales please). We are including a Craft Sale

again this year. Some of our Extension Clubs will be setting up tables to offer items that will make wonderful Christmas gifts.

This year we will have our popular "Tray of Cookies" available again. Only by pre-ordering, you will be able to purchase a "Tray of Cookies".

A tray will include an assortment of 3 dozen cookies in a sealable tray for \$15. These must be pre-ordered by November 30.

Orders can be made by calling Earlynn Worster at 260.359.6282. The trays will be available for pick-up during the sale hours.

Our regular sale will work the same as years past.

When you arrive, you are given a Styrofoam container and allowed to choose the cookies you wish to purchase.

It will work the same for buying the candy.

Prices this year will be: Cookies/\$4.00 per dozen and Candy/\$4.50 per 1/2 pound.

This year, proceeds will go to Community Service Projects.

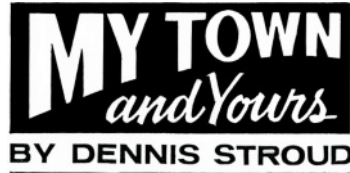
Extension Homemakers is a nonprofit group whose purpose is to reach out to all segments of society in an effort to nurture families and homes across the state with compassion and without prejudice. We teach basic life skills and develop partnerships with other groups and organizations.

Warren Weekly
archives can be
found at
www.warrenweeklyindiana.com

FREE POSTERS AVAILABLE

The Warren Pharmacy has a few of the current Posters of the PURDUE Men's and Women's Basketball teams for the 2018-2019 season.

Supplies are limited, but they are FREE!



Pearl Huff Bartholomew was born in 1878 to Frank M. Huff and Sarah J. Sprowl/Huff. Pearl started teaching, in 1906, at the Monument City Schools. In 1908, she left there to teach at Marion College. She, also, taught in the college at Muncie and during World War 1 she was engaged in government work.

Between 1931 to 1951 she served as attendance officer for Huntington County. During that time, she attended George Washington University and was licensed in English, Geography, Elementary Principal, High School Principal and Superintendent.

She was a charter member of Tri Kappa Sorority, The Sew Club and Chautauqua club of Warren. She operated the Hat Shop, established by her mother, and was active until 1968. She passed away in 1970 and is buried in the Masonic Cemetery.



NEW ASSOCIATE

Bowers, Brewer, Garrett & Wiley, LLP is pleased to announce that Haley D. Spafford became an Associate with the law firm on October 16, 2018.

Ms. Spafford earned her bachelor's degree from Indiana University in 2015, and she earned her J.D. degree from Indiana University Maurer School of Law in Bloomington in May of 2018, graduating cum laude.

During law school, Ms. Spafford served as a Managing Editor for the Indiana Journal of Law & Social Equality in her third year. Ms. Spafford also served as the Vice President of the Labor and Employment Law Society during her second year. Ms. Spafford has worked with the U.S. Equal Employment Opportunity Commission, U.S. Department of Homeland Security, Indiana University Student Legal Services, and Purdue University Office of Legal Counsel. Ms.

Spafford's areas of practice include estate planning, elder law, family law, criminal defense, real estate, and civil litigation. Ms. Spafford resides with her husband, Adam. Other members of the firm are David L. Brewer, Robert S. Garrett, Joseph K. Wiley, Davin G. Smith and Mark J. Wiley.

FREE ADMISSION

Tired of Black Friday in shopping malls? Why not get outside instead?

Indiana State Parks can help. The DNR is offering free admission to any state park, reservoir or state forest recreation area that charges gate admission on that day, including state off-road riding areas. You can also get 20 percent off a meal at an Indiana State Park Inn that day by downloading a coupon from Indiana State Parks Special Events page at stateparks.IN.gov/3282.htm.

There's more – you can get annual passes, lake permits and camping gear, among other items, just by choosing to #optoutside. By sharing your experiences on social media on Black Friday, you can win prizes just by sharing your experiences on social media. Here's how to participate:

- Post a photo to the Indiana State Parks Facebook page or to the DNR Instagram page and you'll be entered into a drawing for annual passes, lake permits and more. Include the hashtag #optoutside or

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Community Calendar

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

Nov 21	7pm	V - Town Council meeting
Nov 22		THANKSGIVING DAY
Dec 3	5pm	Veteran's Banquet at Banquo Church
Dec 5	Noon	W - Chamber Luncheon
Dec 5	7pm	V - Town Council meeting
Dec 7	9-1	Holiday Cookies @ Htgn Co Fairgrounds
Dec 10	5pm	W - Town Council Meeting
Dec 17	6:30p	W - KBC Board Meeting @ KBC

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



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PAID ADVERTISING

AREA NEWS CONTINUED

MORE PAGE 3

#optoutsideIN when you post your photo.

- Camp at a state park or state forest recreation area, or stay at an Indiana State Park Inn on Black Friday, and you'll be entered in a drawing for camping or inns gift cards. The first 20 people to post a photo to the Indiana State Parks Facebook page of their camping trip or inns visit will receive a logoed #OptOutside Indiana State Parks winter knit cap. Include the hashtag #optoutside, #optoutsideINN or #optoutsideCAMP with your post.

- Complete the #optoutside scavenger hunt at stateparks.IN.gov/3282.htm and return it to the email or address on the page to be entered in a separate drawing for 2019 annual passes. The first 20 scavenger hunts returned will receive a logoed #OptOutside Indiana State Parks winter knit hat.

Everyone who posts a photo or participates in the scavenger hunt will be entered into a grand prize drawing for a gift pack from the outdoor gear retailer REI in Castleton. REI is a supporter of the Indiana Natural Resources Foundation and Indiana State Parks.

Outdoor gear retailer REI started the #optoutside initiative in 2015, announcing it would close its stores on Black Friday to encourage

people to experience nature instead of waiting in long lines at cash registers. For more information, visit rei.com/opt-outside.

The Indiana State Parks Facebook page is facebook.com/INdnrstateparksandreservoirs. The DNR Instagram page is instagram.com/indianadnr. For more information, visit rei.com/opt-outside.

To read an REI blog about the benefits of being outdoors, visit rei.com/blog/news/a-dose-of-the-outdoors.

VESTIBULAR REHAB

At some point in their lives, millions of Americans will experience dizziness, disorientation, balance issues or even unexplained nausea.

The culprit will likely be the vestibular system, a group of small organs also known as the inner ear. The inner ear helps the brain assess movement and spatial orientation, and when it malfunctions, it can make a person feel really lousy. Symptoms such as headaches, dizziness and nausea can make it hard to function, and can even lead to fall injuries.

Parkview Huntington Hospital's (PHH) Rehab and Wellness Center offers relief in the form of vestibular therapy. A combination of positioning maneuvers and simple exercises can help patients regain normal

function, or become accustomed to functioning differently if nerve damage has occurred.

Now, a quick anatomy lesson: The vestibular system consists of the semi-circular canals and the cochlea. The semi-circular canals are interconnected tubes filled with fluid that contains tiny crystals. As a person moves, the crystals move in the fluid and stimulate minute "hairs," which sense the movement. The cochlea converts sound vibrations into nerve impulses that are also received by the brain.

"These ear structures convert sensory input into your sense of how you move, and where you are positioned in space," says PHH Physical Therapist Molly Sittler. "For instance, I sense that I'm bent over, or I'm moving forward, or my head is turning. Being delicate, these structures can be easily upset, and the crystals inside the semi-circular canals can get displaced and accumulate in one spot. So the semi-circular canal is constantly getting input, being told, 'We're moving, we're moving,' but actually, the head is still. This disconnect between what the brain perceives and what the body is doing is what triggers dizziness and other symptoms."

Sittler, who has an interest in neurological issues as a physical therapist, earned

her certification this summer to provide vestibular therapy. She explains that a variety of causes can make the vestibular system go haywire.

Vertigo, or BPPV (benign paroxysmal positional vertigo), can result from a head trauma, or even from something as simple as having a raging head cold and lying in the same position for a number of days. Concussion can cause a misalignment between the input the brain receives from the eyes and the input from the inner ear. Labyrinthitis is an inflammation of the inner-ear organs that is similar to an ear infection and can persist even after medication. Ménière's disease, a chronic inner-ear disorder, can manifest in episodic bouts of dizziness, tinnitus (a roaring or ringing), severe nausea, and hearing loss that recurs and then clears up but can ultimately become permanent, and a feeling of pain or pressure in the ear.

These conditions can affect people ranging in age from their teens to their 80s.

"After a stroke, some people can have difficulty with regaining balance, and that can be because of the damage to the nerves," says Sittler. "We work on balance and creating a 'new normal.' After a stroke, someone may not even know they're dizzy; they just know they're having a hard time transferring. For instance, their body may be sitting up, but their brain is receiving input to indicate something different, and they don't understand why they don't feel right. It doesn't have to be that way. We can help."

Motion sickness that doesn't resolve can also cause dizziness.

"Sometimes people think you can't do anything about motion sickness, but that again, is a lack of coordination between brain and head position, or between brain and vision, that causes the symptoms," says Sittler. "We can give the patient exercises to coordinate that better and get the brain to either

CONTINUED PAGE 5

Happy 80th Birthday Mom
20 Years Old 80 Years Young



20 to 80

Still a BEAUTIFUL
& AWESOME LADY
Come Wish
Betty Yoder

a Happy 80th Birthday
What: Birthday Card Party
When: November 25, 2018
Time: Sunday 2pm-4pm
Where: Warren Church of Christ

Visit With SANTA



IN WARREN
111 E 1st (at the Light)
260-375-2000

Friday, Nov 30
5-8 p.m.

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GENEALOGY REPORT

GILLENWATER

Tony E. Gillenwater, 61, of Montpelier, died Tuesday, Nov. 13, 2018, at his residence in Montpelier.



He was born Sept. 21, 1957, in Blackford County. He married Sheila D. Hummer Gillenwater April 10, 1993, in Pennville; she survives in Montpelier.

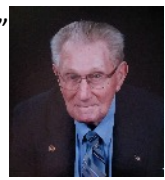
Survivors include his daughters, Stacy Monroe of Warren, Joni (Curt) Lyons of Portland, Kimberly Gillenwater of Muncie, and Chea Davis of Montpelier; sons, Kenneth Gillenwater of Montpelier and Tory Gillenwater of Kokomo; a sister, Sandra (Mike) Chandler of Muncie; a brother, David (Stacey) Gillenwater of Upland; and nine grandchildren.

He was preceded in death by his parents, Jonah E. Gillenwater and Nancy Lou Sanders Gillenwater.

Calling hours are from 2 to 8 p.m. Sunday, Nov. 18, at Walker & Glancy Funeral Home, Montpelier. A Masonic service will be held at 7 p.m. A service will be held at 10:30 a.m. Monday, Nov. 19, at the funeral home. Interment will follow in the Woodlawn Cemetery in Montpelier.

BENEFIEL

James "Artie" Benefiel, 94, of Warren, passed away at 12:24 a.m. on Tuesday, Nov. 13, 2018, at Heritage Pointe in Warren.



He was born on Tuesday, March 18, 1924, in Madison County. He married Ruth E. (Plummer) Benefiel on Saturday, July 1, 1944, in Van Buren Township; she passed on Dec. 6, 2017, after 73 years of marriage. James "Artie" was a 1943 graduate of Van Buren High School. He served his country in the U.S. Army from 1943-1946 serving during WWII. He had worked for DeWeese, Wayne Metal, and was a retired farmer. Artie was a member of the

Van Buren United Methodist church, Van Buren American Legion No. 368, and Mt. Etna Masonic Lodge No. 333.

Loving survivors include his sons, Glen (Rita) Benefiel of Warren, John (Connie) Benefiel of Sun City, Ariz., Howard Benefiel of Bluffton; daughter, Carol Sector of Marion; grandsons, Tony (Donna) Benefiel of Warren and John (Hope) Benefiel of Phoenix, Ariz.; granddaughters, Tracie Benefiel of Phoenix, Ariz., Michele (Noel) McDonald and Hartford City, Lora (Ron) Clarke of Hartford City; nine great-grandchildren; two great-great-grandchildren; sister, Mary Newland of Anderson; sisters-in-law, Martha Plummer of Warren and Glenna Plummer, Bluffton; and many nieces and nephews.

He was preceded in death by his father, Harry J. Benefiel; mother, Sara (Bronnenburg) Benefiel; wife, Ruth E. (Plummer) Benefiel; brother, Earl Benefiel; brother, Forrest Benefiel; sister, Orpha Brooks; and brothers-in-law, John Plummer and Howard Plummer.

Family and friends may gather to share and remember at Heritage Pointe Applegate Chapel, 801 Huntington Ave., Warren, from 2 to 4 p.m. Sunday, Nov. 18, and from 10 to 11 a.m. Monday, Nov. 19.

A service to celebrate his life will be at Heritage Pointe Applegate Chapel at 11 a.m. on Monday, Nov. 19, with Pastor Lucinda Osgood and Pastor Dick Case officiating. Interment will follow in the Gardens of Memory in Marion. Military rites will be conducted by the U.S. Army.

Preferred memorials: Van Buren United Methodist Church 105 S. 2nd St., Van Buren, IN, 46991 or Heritage Pointe Chaplains, 801 Huntington Ave., Warren, IN 46792.

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

VANAUKEN

Ellen M. VanAuken, 88, passed away Sunday November 18, in Auburn, Indiana.

She was born in Auburn, Indiana to the late Howard L. and Mina P. (Mitchell) Carper. She was a member of Emmanuel Lutheran Church Ft Wayne and the manager of Nobbson's Clothing store in 1983. She loved her family and many friends; was active at the church, an avid quilter and eager to help anyone with a sewing project. Ellen and her husband Orval volunteered at Wellspring and Community Corrections.

Survivors include, children Robert (Pat) VanAuken, Mack "Bud" (Brenda) VanAuken, Bill J. (Tisha) VanAuken, Linda (Tom) VanAuken-Fisher, Catherine (George) Kariger, Renee Albright, Jennifer (Russ) Lichtsinn; sister Sally Carper-Martin and many grandchildren; great-grandchildren and great-great-grandchildren.

Ellen was preceded in death by her first husband H. Mack VanAuken in 1967, second husband Orval R. Shryock in May 2018 and son-in-law Gregory Albright.

Funeral Service is 11:00 am, Wednesday, November 21, 2018, with calling two hours prior to the service at Emmanuel Lutheran Church, 917 West Jefferson Blvd Ft Wayne, Rev. Thomas Eggold officiating. Burial at

Concordia Cemetery Gardens. D.O. McComb & Sons Lakeside Park Funeral Home, in charge of arrangements.

Memorials may be made to Emmanuel Lutheran Church. To sign the online guest book, go to www.domccombandsons.com.

MORE PAGE 4

increase its sensory reception or not to be as aware of the images going by."

For BPPV or labrynthitis, treatment consists of a repositioning maneuver, to coax the displaced inner-ear crystals back into their normal location. Sittler says many patients can experience improvement from their symptoms after one to two treatments. She cautions that patients should be aware that temporary severe nausea can occur immediately after the maneuver.

"When we get the crystals repositioned, it's a lot of sensory input, so sometimes a patient might be down for the rest of the day," she says. "We suggest they just lie low and take it easy for 24 to 48 hours. But it really can be one- to two-time fix."

Patients who have chronic and recurring inner-ear issues can be taught a modified version of the repositioning maneuver so they can do it at home for faster relief the next time they have a recurrence.

"In other cases, we use exercises for coordination and habituation of the brain," is referred for vestibular Sittler explains, "so we're teaching the vestibular system and the eyes to

coordinate better, and to a point, we're also teaching the brain to be less sensitive, not to take in everything the person is seeing."

The exercises start off very basic, such as keeping your head steady and moving your eyes only to look back and forth 30 times between two objects. Then the therapist builds on that by adding different combinations of staying still or moving and shifting your focus between two points. Through repetition and increasing the amount of time the exercises are done, a patient can build stamina, but Sittler advises that the progression be slow. Dizziness and eye fatigue is natural at the beginning.

Sittler says that, as a therapist, she has to be a bit of an investigator, too, asking questions and observing each patient so she can accurately determine the cause of the symptoms and provide the appropriate treatment or suggested follow-up with a specialist. Patients should allow one hour for the evaluation at the first appointment. Most insurance will cover the therapy partially or completely when the patient is referred for vestibular therapy by a physician.

CONTINUED PAGE 6

KNIGHT-BERGMAN CENTER BASKETBALL 2019

It is time to start another year of basketball at the KBC gym. The KBC Basketball program will provide basketball for K-8 grades both girls and boys. Entry fee is \$30.00 per child.

Please make check payable to KBC and mail to

KBC

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Warren Indiana 46792

Registration forms will be taken from Nov 1 to Dec 8. Please get your forms in on time.



(Please print & complete one form per player)

Player's Name: _____ M ☐ F ☐

Birthdate: _____ Grade in School: _____

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 help coach: Yes ☐ No ☐

Denny Stroud, KBC Basketball Director 1.260.228.1617



AREA NEWS CONTINUED

MORE PAGE 5
“Our goal is to help patients get back to their normal routine, or something approaching that, as quickly and comfortably as possible,” says Sittler.
For more information, call 260-355-3240.

DONOR DRIVE
The Milk Bank and Lutheran Children’s Hospital are hosting a breast milk donor drive Nov. 26 from 3 to 7 p.m. Mothers who have extra milk are invited to visit the third floor conference room at Lutheran Children’s Hospital, 7950 W. Jefferson Blvd., to drop off their supply, fill out a medical history form and have their blood drawn for testing. Anyone interested in learning more about this

process is also welcome to stop by.
In 2008, LCH teamed with The Milk Bank to open Indiana’s first hospital-based Milk Depot, encouraging mothers with excess milk to bring it to the hospital for others in need. Carefully screened donors deliver their extra human milk, where it is stored until transport to The Milk Bank in Indianapolis. After the milk is pasteurized and frozen, it is distributed back out to ill or premature infants throughout the U.S. The Milk Bank is the state’s only provider of human milk.
“We continue to be inspired by mothers willing to donate their breast milk for NICU babies,” said Holly Romary, RN, internationally board-certified lactation consultant,

Lutheran Children’s Hospital. “It’s a generous gift and so important to helping improve outcomes. This drive is our chance to increase Indiana’s supply and spread the word.”
Research supports that human milk boosts immune systems and is often prescribed for babies struggling with premature development, malabsorption, feeding intolerance, immunologic deficiencies, congenital abnormalities and postoperative nutritional needs.
Those interested in donating milk should be healthy women who delivered an infant within the past two years. Candidates must be willing to complete a medical history form and blood test.

Donors are not paid for their milk. Mothers are encouraged to call Lutheran’s lactation team at (260) 435-7330, or visit TheMilkBank.org/donate-milk, for more information.
About The Milk Bank
Founded in 2005 as the Indiana Mothers’ Milk Bank, The Milk Bank was established to improve health outcomes for premature and ill infants, foster better health for children and decrease health care expenditures. The Milk Bank receives human milk from carefully screened donors, pasteurizes, freezes and distributes it throughout the United States. As a non-profit, community-supported entity, The Milk Bank is the first and only donor human milk bank in Indiana. The

Milk Bank is a proud member of the Human Milk Banking Association of North America.
TOY DRIVE
Make sure to stop in at the local Dollar General and participate in the Toy Drive. All toys donated stay local. Toys will be collected until December 9 and then taken to the Bread of Life Food Pantry for distribution.

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[warrenweekly
indiana.com](http://warrenweeklyindiana.com)

MORE PAGE 2
shop from 6 to probably 10:00 the next morning. This year it will be just Kendra and I. Gayle started a new position at work and they have to work Black Friday. I was kinda bummed. We have so much fun, but that won’t stop me from shopping.
So whatever you choose to do for your Thanksgiving holiday, enjoy it with your family and friends. Make those memories so you can share with generations to come. Don’t be afraid to try something different, like my sister said if the food is not good we can always cook frozen pizzas and have ice cream. Sometimes I wonder why we don’t. lol
Happy Thanksgiving and if you have to travel or choose to do the black Friday thing, travel safely and enjoy quality time with those you love.

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AREA NEWS CONTINUED



ABOVE

1st Place in the Adult Organization/Business Category is Nutrien Ag Solutions! If you missed seeing this tree, it is located next to NAPA . 1st Place received \$50 in Warren Chamber Gift Certificates.

BELOW

1st Place in the Youth Organization Category is awarded to the Girl Scouts of Huntington-Wabash Counties. Their tree is located at the Warren Library. The Girl Scouts received \$50 in Warren Chamber Gift Certificates.



2018 Miss Warren Rachel Ervin Queen Choice Award went to Nutrien Ag Solutions! \$50 in Warren Chamber Gift Certificates was awarded for this honor.



1st Place in the Individual/Family Category was the Sunderman Girls. They won \$50 in Warren Chamber Gift Certificates. Their tree is located at the Warren Library.

THANK YOU

A sincere thank you to all the volunteers who made the 2018 Holiday Walk and Festival of Trees such a success!

This was the 7th year for the event and it could not have been held without the work from Historic Warren board members and community volunteers. Without you donating your time and dedication working on this event it would not have been possible and certainly wouldn't have been such a success. Your willingness to serve your community is appreciated!

We would also like to thank Brady Smekens & Smekens Education for the design and printing of the maps and advertising materials. A thank you to the Town of Warren for helping prepare the downtown and the Knight Bergman Center for opening the Museum and sharing the building with the community. This was the 2nd year for the Warren Creative Arts Outreach to host a soup supper and the Gingerbread House contest at the KBC.

We are thankful that the weather allowed music on the new stage at Riverside ark and want to thank Troy and Mindy Drayer and Barry Jamison.

We also want to thank Neil Laymon and his group of horn players that blessed us downtown with their talent.

Again, we are so grateful for a community that loves to pitch in and make events like this a success. To everyone who participated with us by having your business open, hosting something special for the evening or decorating a tree to adorn our downtown - we thank you and wish you a blessed Christmas season. And to those who joined us downtown for the event, we hope you enjoyed it!

Sincerely,
Historic Warren Holiday Walk & Festival of Trees Chairman, Becky Souder
