

Friday, November 9, 2018

Volume 33, Number 40



www.warrenweeklyindiana.com

Warren Weekly

Your Hometown Newspaper

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Thought for the Week: Success usually comes to those who are too busy to be looking for it. Henry David Thoreau



SECOND SATURDAY

Have you been to the Second Saturday Flea Market/Craft Show in Warren!

The monthly market is held in the Knight Bergman Center Auditorium & Gymnasium.

Market doors are open 9am to 3pm with doors opening to vendors for set-up at 7:30.

Outdoor vendors can begin set-up at 6:30.

The next Second Saturday Market will be Saturday, November 10. Come out for a fantastic day of shopping for unique and fun gifts!

There are still a few tables, booth and outdoor spaces left for November - so if you're a vendor get your space reserved as soon as possible.

Vendor spots are \$15 per 8ft table in the auditorium or \$20 for a 9x12 booth space in the gymnasium. To reserve your space you may register at www.2ndsaturdaymkt.com or contact nicki@2ndsaturdaymkt.com for more information.

We have vendors of all types - flea market items, handcrafted items, direct sales items and more. Come check it out!

PAINT FUNDRAISER

The Van Buren Popcorn Festival committee has started planning for next year! Our theme for 2019 is "Free to POP because of the BRAVE" - Honoring our active military and veterans.

We are looking forward to a fun festival but in order to do

that we have to start raising money!

We are kicking off our fundraising for the 2019 Van Buren Popcorn Festival with the popular Open Paint fundraiser Painting for Popcorn! Come to the Van Buren Fire Station on Saturday November 10th from 1-5pm and paint a picture of your choosing!

Cost: 16x20 - \$30, 12x12 - \$20
Supplies, snacks and drinks will be provided!

All proceeds from this event will go towards the 2019 Popcorn Festival!

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

HOMESPUN SPOTLIGHT

Homespun Market is featuring two of their vendors this week.

Spotlight:

Jeanie Larkey- She is no stranger to this community.

She was a Huntington County bus driver for 41 years. Jeanie has been married to Dan Larkey for 50 years. They have 3 children and many grandchildren. She loves to share her talent with her knitted hats and scarves. Homespun Market has many different colors and styles....baby snuggles too. Come in and check out what Jeanie has made.

Heather Caley- (Also known as DH Soaps) loves to create all natural products. She has been married 5 years to

Brent Caley and have 3 children. Heather makes Bath Bombs (in a variety of scents), foam soap, lotions (using Young Living Oils) and bars of Goatmilk soap.

Homespun Market will soon have Bath Bombs with toys and jewelry hidden inside too! Heather also loves to sew baby items. She has a variety of baby bibs she has made. Check out her homemade natural products.

We are so excited that so many of you have dropped by Homespun Market at 1125 Huntington Avenue (across from Dollar General) and appreciate all your kind comments.

Open Wednesday 10 a.m. - 1:30 p.m. and 5-6:30 p.m.

Friday 10 a.m. - 6:30 p.m.

Saturday 10 a.m. - 3 p.m.

We will spotlight other vendors next week!

VETERANS PERFORMANCE

Riverview Middle School Concert Choir will present a free concert in honor of our local Veterans.

When: November 9, 2018 10:00 AM

Where: Heritage of Warren in Applegate Chapel

What: Riverview Middle School's 7th and 8th Concert choir's Veterans Day Special Community Concert
Riverview Choirs are under the direction of Danielle Webb. Please come out and enjoy some great patriotic music presented by our students.

HOLIDAY WALK & FESTIVAL OF TREES - NOVEMBER 16

We had a wonderful response from those businesses and organizations in the community wanting to participate in this year's Holiday Walk and Festival of Trees; we are so excited for this event!

The Holiday Walk will involve area organizations and businesses that will be opening their doors to the community during this event from 5pm-8pm on November 16. This year we have 25 organizations & businesses participating in the Holiday Walk. The participating businesses will be providing shopping incentives, day of event deals and even treats for those who join us in Warren on November 16th. Those organizations/businesses participating are:

At the Corner Salon, Bippus State Bank, Bravo's Restaurant,

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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.

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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.

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 <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



Harvest time is usually a busy time for me, between working and helping at the mill I try to find something constructive to do. So I started on the books to the Woodlawn Cemetery making sure they are all correct and that all information has been entered correctly. Someone noted in the history of the cemetery that it is one of the finest and best managed cemetery in Huntington County and I really tend to agree.

The cemetery was laid out on January 12, 1895 under the direction of Levi I. Simmons, Marquis McCord and William F. Swaim, Trustee of Salamonie Lodge No. 392 Independent Order of the Odd Fellows and the plat was filed with the county recorder's office on January 25, 1895.

The cemetery is situated in the northeast corner of section 29 east of the town of Warren. It had been used as a burial place for several years before the Odd Fellows lodge acquired possession. When platted in 1895 it was divided up into 326 burial lots. Part of the ground was replatted in August of 1904 by L.I. Simmons, Morgan Ware, and Alpheus T. Good at the time the trustees.

Fast forward to current year, the Woodlawn Cemetery is currently 12 1/2 acres and well over 4,000 burials and there is still plenty of space for burials available and another 2 acres still being farmed. The cemetery has an eleven member volunteer board which consists of Guy Jackson, Robert Sliger, Treva Flemming, Sharon Williams, Ned Ruble, Larry Poulson, Kevin Jackson, Mark Stucky, George Kreigbaum, Bruce Souers and currently one vacant spot which has been assigned. These board members oversee the grounds keeping, record keeping, clean up, burial preparation, selling of burial spaces and whatever is in need to be done to keep it in tip top shape. The summer mowing is hired out to a professional company as well as the preparations of grave sites and foundation work for the tombstones. There is also a board member that is trained in stone restoration and also a genealogist.

The Woodlawn is a final resting place for many veterans of our armed services. The circle drive is home to the grave of the revolutionary war veteran Elijah Mitchell and Vietnam veterans, the Bustos Boys, who were killed in Vietnam. Throughout the cemetery you will find many civil war vets, Korean, Vietnam, World War 1 and 2 vets. Just by driving by you will see the many flags dotted all around the cemetery of those who served.

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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

SSF MEETING

Salamonie Summer Festival Meeting

Come join us for our last meeting of this calendar year as we put on the final touches on our schedule. The meeting will be on November 13th, at 6:30pm at KBC. We will not be meeting in December but will meet again in January.

Mark your calendars for this year's SSF - Starting with fireworks on July 3rd and going through Sunday, July 7th. We will be bringing back some favorites from last year, including the Horse and Pony Pull, Movie on the Hill and the Art Show. Check out our event on Facebook and come join the meeting if you have any questions!

HONORING ALL VETERANS

As a small token of thanks for your service, all Veterans and Active Military eat FREE Buffet on Sunday, November 11 from 11 am – 2 pm and 5 pm – 8 pm at East of Chicago in Warren.

FOOD PANTRY

"Come to the table" Food Pantry, 5811 West 606 South, Huntington, In (Mt. Enta)

The pantry is open a week early this month.

We are blessed at Healing Waters Ministry to be able to offer a community free food pantry, open to all from 4pm - 7pm on November 15th.

FREE CALENDARS FOR 2019

The Warren Pharmacy has received Calendars for 2019.

There are two choices of 2019 Appointment/Wall Calendars. The Art of the Holy Land and Journey of Faith. They are available as a FREE GIFT at the Warren Pharmacy. Each Calendar starts with December 2018 with room on each day to write the important events that affect you and your family. Each day has a Bible verse to meditate on, so you can start your day with one piece of Good News! These complimentary calendars are provided at NO CHARGE by your Healthcare professionals at the Warren Pharmacy.

POOL & WI-FI

Winners of the Pool Tourney at Heritage Pointe last week (11.01.18) were Bob Slusser and Dick Lintner. Runner-ups were Marion Meyer and Jim Ottjes. There were 12 players. Good luck for next week.

Wi-Fi bowling last week was Bub Lee with 166, Floyd Minnich with 158, and George Pond 113. Best of luck to all.

TAI CHI FOR WELLNESS

In recent years, the ancient practice of Tai Chi has gained popularity as a beneficial activity for body and mind. Early in 2019, Parkview Huntington Hospital's (PHH) Rehab and Wellness Center will offer Tai Chi as a wellness class.

Exercise specialist Katie Cunningham will serve as the instructor for Tai Chi, having recently earned her certification in Tai Chi for Rehab. She currently leads the popular Senior Exercise Class at the hospital on Friday mornings.

"I'm excited to be able to bring Tai Chi to Huntington County residents," she says. "It's a great overall exercise for mind and body alike. It focuses on diaphragmatic (think 'belly') breathing and posture with slow, deliberate movements, making it challenging and relaxing at the same time."

Tai Chi traces its origins to martial arts practiced in China thousands of years ago. Although the art may still be associated with powerful, explosive movements, many other styles of Tai Chi have been developed that are much slower and gentler.

"Anyone can try Tai Chi!" says Cunningham. "Because it's a gentle activity, it can be done when recovering from an injury or illness, and it is an exercise that can be practiced throughout a lifetime. The movements can be done standing, sitting or even lying down, and can be adapted to physical limitations."

Cunningham explains that the mental and physical benefits of Tai Chi are many.

"It can improve balance, mobility, concentration, memory, flexibility and

muscle strength. Performed consistently, Tai Chi can decrease pain, increase energy level, and promote relaxation and calmness or inner peace. I think the gentle nature of it adds to its therapeutic properties."

Cunningham notes that while people might want initially to draw comparisons to yoga – with the emphasis on breathing, relaxation and flexibility – the most common forms of yoga tend to encourage holding poses, whereas Tai Chi is about fluid, constant motion.

The big-picture goal of the Tai Chi class at PHH will be to improve a participant's health, whether physical, mental or both. Participants will follow along with Cunningham as she instructs them how to perform safely many of the different movements. Another goal of the class will be to get the participants to a point where they can practice a routine at home, as well as learn techniques that they can use at home if they seek another option for stress reduction or, for example, to ease pain related to arthritis. Much of the movement is lateral, or away from the body and then back toward it, compared to forward and backward, which is the way many people are accustomed to moving. The lateral movement provides opportunity to strengthen balance and coordination.

Cunningham says the growing popularity of Tai Chi may be due, in part, to the fact that more people are embracing the philosophy of mindfulness to help them de-stress and to experience life more fully.

"My favorite aspect of Tai Chi is that it asks us to tune in to our bodies and be more reflective," she explains. "So many of us live our everyday lives in high gear, or in fast-paced environments, and we try to get as much done in as little time as possible. This also tends to be the case for the goals behind most physical activities – how far can we run in a certain amount of time, or how far can we throw, or how many points can we score? Tai Chi challenges us to slow down and be in the moment, and it makes us more aware of the movements our bodies are making."

To find out about reserving a spot in the upcoming Tai Chi class, call the Parkview Huntington Hospital Rehab and Wellness Center at 260-355-3240.

FREE ADMISSION

All veterans and active-duty military personnel, and everyone in their vehicle, will be admitted free to DNR state parks, reservoir properties, state forest recreation areas and state off-road vehicle riding areas on Veterans Day, Nov. 11.

Because Falls of the Ohio State Park is open only during the afternoon on Veterans Day, that park will

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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 7	7pm	V - Town Council Meeting
Nov 10	9-3	Second Saturday Market, at KBC
Nov 11		VETERAN'S DAY (observed Nov. 12)
Nov 16	5pm	W - Festival of Trees - Downtown
Nov 19	5pm	W - Town Council meeting at Assembly Hall
Nov 19	6:30pm	W - KBC Board Meeting at KBC
Nov 21	7pm	V - Town Council meeting
Nov 22		THANKSGIVING DAY

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

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offer free admission to its interpretive center for veterans and active-duty military on both Sunday, Nov. 11 and Monday, Nov. 12.

"We appreciate the sacrifices and service of our veterans and active-duty military and look forward to recognizing them with a day to explore some of the best outdoor places in our state," said Dan Bortner, director of Indiana State Parks.

Veterans and military personnel should present ID or evidence of military service where entrance gates are in operation.

For proof of military status, gate attendants will accept:

—Discharge papers (veteran's DD Form 214)

—Veteran license plates: Ex-POW, Purple Heart, Disabled Hoosier Veteran, Pearl Harbor Survivor. Veteran license plates also include:

- Air Force Veteran
- Army Veteran
- Coast Guard Veteran
- Marine Corps Veteran
- Merchant Marine Veteran
- Navy Veteran

—U.S. Department of Veterans Affairs Disability Award Letter

—Veterans hunting and fishing license

—Documents showing veteran benefits with veteran's name on document

—Any other certificate or verification letter or form that establishes past or present military service

For general information about state park, reservoir and forest properties, visit dnr.IN.gov.

3 COMMON DIABETES MYTHS DEBUNKED

(StatePoint) November is American Diabetes Month, and a good time to sort fact from fiction regarding this serious disease.

Here are three common diabetes myths -- debunked, with the help of Nutrisystem Certified Diabetes Educators (CDEs) and Courtney McCormick, dietitian for Nutrisystem.

Myth: I'm a healthy weight -- I can't get diabetes.

Fact: Although there's a clear connection between being overweight or obese and developing type 2 diabetes, genetics and other lifestyle factors can also play a role.

Prediabetes can sometimes be an early-stage development of type 2 diabetes, and its risk factors (other than weight) include:

- Polycystic ovary syndrome: Fairly common in women, stay attuned to symptoms such as increased hair growth, weight gain and an inconsistent menstrual cycle.

- Older age: Prediabetes risk increases after age 45, according to the Mayo Clinic.

- Family medical history: A family history of blood sugar-related health complications increases prediabetes risk.

- Gestational diabetes: Women who experience gestational diabetes (diabetes developed during pregnancy) are more likely to develop prediabetes. Additionally, if your baby weighed more than nine pounds at birth, you're at greater risk, according to the Mayo Clinic. Men, aren't off the hook. This increased risk extends to the children of women who had gestational diabetes.

- Inadequate sleep: Certain conditions causing sleep disruptions can be a recipe for insulin resistance.

Myth: People develop diabetes because they eat too much sugar.

Fact: Although consuming excess calories can contribute to being overweight, which is associated with type 2 diabetes, sugar is not the singular cause of diabetes. Type 1 diabetes is the result of genetics and additional unknown factors and type 2 diabetes is the result of a combination of genetics and lifestyle factors.

Myth: If I have diabetes, I can't have carbs or dessert.

Fact: Generally speaking, individuals with diabetes can follow the same healthy diet recommended for the general public and can even enjoy sweet treats in small portions on special occasions.

Carbs are a necessary part of a healthy meal plan. Just pay attention to portions. Optimal carbohydrate counts will vary by person, but the American Diabetes Association recommends starting with 45-60 grams per meal, and tweaking depending on how your body responds.

Some good carbs to consider? Whole grain breads, pastas, rice and cereals, plus starchy vegetables like potatoes, peas and corn. Fruits, beans, milk and yogurt also count toward daily carbohydrates. On the Nutrisystem D plan, which is designed for people living with type 2 diabetes, milk and yogurt are considered "PowerFuels," even though they provide some carbohydrates. Many

people are advised to enjoy these foods with fruit to prevent nocturnal hypoglycemia.

It's important to have a good understanding of the risks, causes and precautions associated with diabetes. Although preventative measures can't be taken against type 1 diabetes, according to the American Diabetes Association, research suggests that you can lower your risk for type 2 diabetes by 58 percent by:

- Losing seven percent of your body weight
- Exercising moderately 30 minutes a day, five days a week

Eat well, be well and know your risk factors for diabetes, this month, and every month of the year!

IT'S TIME TO UNDERSTAND DEPRESSION

from the American Counseling Association
People commonly say, "I don't know, I'm just a little depressed today." We all have days when things seem off and we're feeling a little

blue. But, in most cases, the sun shines the following day, what was bothering us has disappeared and we're feeling fine again. However, in some cases, those feelings of sadness don't just go away. It's important to be able to recognize what true depression is and to get it treated.

Why does it matter? For starters, untreated depression greatly increases an individual's risk of suicide, and suicide is this nation's 10th leading cause of death and the 2nd leading cause of death among young people ages 15 to 24. Almost half a million people visited U.S. hospitals last year due to self-inflicted harm.

So while it's obvious that serious depression can be a health problem not to be ignored, far too few people recognize depression in themselves, or someone close to them, and seek treatment. That's unfortunate because most serious depression is highly treatable and, unlike a cold or the flu, is not simply going

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AREA NEWS CONTINUED

GENEALOGY REPORT

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to away on its own.

What is depression? Actually, it can come in several forms, some more serious than others. Around this time of the year, for example, many people will experience "seasonal depression," those sad or blue feelings that accompany the coming of autumn, shorter days and cooler weather. It's usually a mild form of depression and one that's relatively easy to treat.

"Postpartum depression" is a common problem for many women after giving birth. They tend to experience stress, sadness, loneliness and exhaustion, especially during the first couple of weeks after the new baby's arrival. Again, it's a form of depression that can be treated.

"Clinical depression" can be a very serious problem. It's not only feeling sad, but is usually characterized by a lack of energy to do even routine tasks. It can make ordinary life difficult or impossible to live successfully.

Seek help if you, or someone close to you, and especially if that someone is a young person, is experiencing feelings of sadness, worthlessness and loss of interest in normal life, and it has been going on for several weeks. A counseling professional can offer a wide

range of techniques and tools to help overcome the problems that depression brings, and to help the person return to a happy, productive life.

"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.

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Going through the books I found it very interesting some of the entries in the books. Many family plots were purchased in years past and yet today, my husband, my sister and I will be buried in our family plot along side of my grandparents and parent.

My sister and I have discussed the many ways that are available now for end of life. I am amazed at the choices there are available. Full burial or cremation, donor options such as full body donation to science, and of course the latest, buried in a pod that will eventually grow a tree. I haven't grasped the whole idea of that yet but hey it must work.

We both have our decisions made, I prefer the traditional burial where she is donating her body to science and cremation to follow. She

would like to have her ashes spread over the mountains in North Carolina, I the joker of the family volunteered to see that that got done and was willing to push my sister off the mountain. lol!! But in reality I would be crying my eyes out doing it.

So whatever your final wishes are, I am sure I, or any of the board members would be willing to help see that your final resting spot is taken care of. Any questions about the Woodlawn Cemetery can be addressed to me by calling me. My number is posted at the East and West drive of the cemetery or you can find me in the phone book.

Hope you have a great start to the holiday season and a Happy Veterans Day to all who served and thank you for your service.

Send a friend the Hometown News

or better yet ... Send them a Subscription

CAMPBELL

Charles Edwin "Bud" Campbell, 88, of Huntington, IN, died Thursday, Nov. 1, 2018, at 7:25 a.m. at his home.

Mr. Campbell attended Warren High School and graduated through his Korean War service from 1952 to 1954 in the United States Army. He co-owned Hall's Trucking in Fort Wayne and retired after 40 years as an over-the-road truck driver for Teamsters Local 414. He also drove school buses and buses for sports teams for Huntington County Community Schools. He worked in construction and as a driver for Niswander. He shuttled patients for Parkview Hospital as a volunteer and was part of the hospital guild from 1997 to 2018. He was a member of Central Christian Church in Huntington.

He was born March 26, 1930, in Jefferson Township, Huntington County, to Chester O. and Ila V. Wamsley Campbell. He married Charlotte Williams on Nov. 2, 1952, at Huntington Church of the Brethren, and she survives.

Additional survivors are a son, Clifford Dean (Debi Caton) Campbell, of Stephenson, VA; a daughter-in-law, Debra Sue Campbell, of Stockbridge, MI; a sister, Janet L. Simmons, of Huntington; two grandchildren, Vanessa (Mike) Haight and Leah Simone (Jessi) Spring; and three great-grandchildren.

He was preceded in death by a son, Charles Edwin Jr. "Chuck" Campbell.

Calling is Monday, Nov. 5, 2018, from 3 p.m. to 7 p.m. at Bailey-Love Mortuary, 35 W. Park Drive, Huntington. A funeral service will be held Tuesday, Nov. 6, 2018, at the mortuary, with Rev. Chris Hayden and Dr. Sam Young officiating. There will be one hour of visitation prior to the service. Burial will be in Star of Hope Cemetery in Huntington County, with military graveside rites performed by VFW Post 2689 of Huntington.

Memorials are to Central Christian Church or Parkview Hospice, in care of Bailey-Love Mortuary, 35 W. Park Drive, Huntington, IN 46750.

FOREMAN

Marilyn "Kay" Foreman, 81, of Liberty Center, passed away peacefully Sunday morning, Nov. 4, 2018, at Signature Healthcare of Bluffton surrounded by her loving family.

Kay was born June 14, 1937, in Bluffton to Howard and Audrey (Noe) Onweller. She graduated from Petroleum High School with the class of 1955. Kay worked at Seyferts Company in Fort Wayne, at Warren United Methodist Home and at Walmart as a greeter for some time.

Kay married Norman Elston on Oct. 29, 1955, and he preceded her in death in 1963. In summer of 1965, she married Allen R. Haddix and he preceded her in death. In 1980, Kay and Harry G. Foreman were married and he preceded her in death in 1994.

Survivors include her children, Debra (Dale) Sutton of Poneto, Stephen (Dee Ramos) Elston of Bluffton, Brian (Kamie) Elston of Bluffton, William (Melinda) Elston of Portland and Julie (Rodd) Bunch of Decatur. She was a loving grandma to 15 grandchildren, 24 great-grandchildren and two great-great-grandchildren. She is also survived by three sisters, Eileen Hatch, Irene Kirkwood and Dianne Kummer, all of Bluffton.

She was preceded in death by her parents; a brother, Terry Onweller; and a sister, Mona Bowman.

Funeral services will be held at 10 a.m. Wednesday, Nov. 7, at the Thoma/Rich, Lemler Funeral Home in Bluffton. Paula Hunnicutt will officiate. Burial will follow at Stahl Cemetery in rural Wells County. Calling hours will be held Tuesday, Nov. 6, from 3 to 8 p.m. at the funeral home.


Memorials may be made in Kay's memory to Friends of the Wells County Animal Shelter or American Cancer Society.

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AREA NEWS CONTINUED

MORE PAGE 1
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Arts Outreach, Warren Individual/Family: Jorden Pharmacy, Warren Public Bennett Family, and Kylynn Library, and the Warren Slusher.
United Church of Christ. Youth Organization: Girl

The Festival of Trees will have 31 decorated trees throughout the downtown area. Those attending the Holiday Walk & Festival of Trees will vote for their favorite trees during the evening of the festival and cast their votes at the Town of Warren Annex after walking through downtown admiring the joyous sights and sound of the holidays. The trees will be divided into three categories:
Adult Organization/Business: Bippus State Bank, Bravo's Restaurant, Citizens Telephone, DeWeese Soft Water & Appliance, East of Chicago Pizza, First Merchants Bank, Gebhart's Floral Barn, Homespun Market, JH Pottery, Jones Auto and Ag LLC, Kim's Katered Affair, Lancaster DeWeese Soft Water & Appliance, East of Chicago Pizza, Gebhart's Floral Barn, Homespun

Memorial Bows from the Town of Warren to decorate the town Christmas Tree. We hope you make plans to visit downtown Warren as there are so many great activities for the whole family during the Holiday Walk and Festival of Trees on Friday, November 16 from 5-8pm. You will find maps to start your walk at 3 different locations. Maps will be located at the Warren

Creative Arts Outreach Soup businesses in our 'Small Supper at the KBC, the Town with a Big Heart'. Warren Public Library and the Town Annex. After you enjoy viewing all of the trees, remember to stop by the Town Annex to vote for your favorite tree during the event. Historic Warren is pleased to host this evening. Please visit our small town and join us for the evening to start your holiday shopping season by supporting the



STOP DROP & ROLL

Members of the Warren Fire Department recently visited Small World Nursery School and Salamonie school in conjunction with October being fire safety month. They discussed the importance of knowing what to do in case of a home fire, not to play with fire, and if cloths catches fire to "STOP-DROP & ROLL" Every year the department participates in safety month to impress upon the children the importance of fire safety.

A reminder to everyone to check your smoke detectors and replace the batteries with a new fresh one.

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
PO Box 146
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

Second Saturday Market

November 10
9 to 3
At Knight Bergman Center

Vendor Spots Available
Call 260.375.6290
or visit
www.2ndsaturdaymkt.com
Or on Facebook @ Second Saturday Market

Things You Can Find at
WWW.WARRENWEEKLYINDIANA.COM

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

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AREA NEWS CONTINUED

Red Ribbon Rally/March Salamonie School

On Friday, November 2, 2018, Salamonie School staff and students participated in a Red Ribbon Rally and Mayor's March. Dressed in red from head to toe, students celebrated the importance of living drug free lives.

Students met in the gym which was decorated with backdrops and banners. Everyone recited the drug free pledge led by the Salamonie Just Say No Club.

The students also watched a Drug Free Rap performed by the Just Say No Club.

Special visitor, Huntington Mayor Brooks Feters, spoke about the importance of making good choices and being a leader. His message was well received, and very important for our students.



Students then went on a march around the school led by the mayor to "stomp out drugs in the community". Students continued their march to the track outside where students enjoyed the spirit of the day, and pledged to continue their commitment of a drug free life by chanting, "The Best Me is Drug Free!". Students also signed a banner that was presented to the mayor for his office.

Students enjoyed dressing up for different spirit days all week and looked forward to prize winners being announced at the end of each day. We appreciate the effort of everyone involved in making it a great week!

