

Friday, January 5, 2001

Volume 15, Number 48



Warren Weekly

"Your Hometown Newspaper"

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WARREN, IN 46792



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Thought for the Week: *The greatest waste of money is to keep it.* Jackie Gleason

NEW POSTAGE RATES

Effective January 7, 2001 postage for a one-ounce First-Class letter will increase one-cent to 34¢. This is the first increase since January 1999.

Postage for additional ounces will decrease to 21¢ for each additional ounce. Rates to mail a standard post card will remain unchanged at 20¢. Books and coils of 34¢ stamps are already on sale at all post offices as are 1¢ stamps.

Other changes include: Priority Mail will now have a one-pound rate, \$3.50. However mail placed in the FLAT RATE PRIORITY MAIL ENVELOPE will be charged the two-pound rate, \$3.95. Express Mail will be \$12.25 for up to 8 ounces and \$16.00 over 8 ounces and up to two pounds.

Certified Mail will be charged \$1.90 in addition to postage; return receipts will be \$1.50 when requested at time of mailing. Return Receipt for Merchandise will cost \$2.35. Certificate of Mailings will now be 75¢ and Insurance for parcels and merchandise will start at \$1.10.

Stamped envelopes purchased at the post office will cost 42¢ and already stamped postal cards purchased at the post office will be 22¢. Delivery Confirmation will cost 40¢ for Priority Mail and 50¢ for Parcel Post. A new service, Signature Confirmation, will also be offered. The fee for money orders will decrease to 75¢ and the inquiry fee for money orders will be \$2.75.

Qualifications for No-Fee Post Office boxes will remain the same however there will be an increase in box rent fees for customers who pay rent. Post Office Box key deposits will also see a change — the first two keys will remain \$1 but additional keys will be charged a \$5 deposit/fee; keys turned in when the box is closed will be refunded at \$1 each.

For other rate information, contact your local post office or

call 1-800-ASK-USPS or check the web site at www.usps.com.

MEETING WITH PARENTS

The counselors at Huntington North will be meeting with 8th grade parents on the following dates:

Tuesday, January 9th at Crestview at 6:30 p.m.

Thursday, January 18th at Salamonie at 6:30 p.m.

Thursday, January 25th at Riverview at 6:30 p.m.

Parents may attend any session that fits their schedule. The counselors will discuss graduation requirements, CORE 40, Academic Honors Diploma, the Graduation Qualifying Exam, vocational classes, scheduling for next year, and answer any questions.

The counselors will be at each middle school during the school day in February to schedule each individual 8th grade student. Parents are welcome to attend their child's individual scheduling appointment. The dates and times are as follows:

Riverview — Wednesday, January 31st and Thursday, February 1st

Crestview — Monday, February 5th and Tuesday, February 6th

Salamonie — Thursday, February 8th.

Parents are encouraged to discuss what classes their child is planning to take next year and to sign the copy of the student's class selections when they receive them. Any questions may be directed to the Huntington North Guidance Department at 219/356-6104, extension 1021.

FINANCIAL AID WORKSHOP

The annual financial aid workshop for seniors who will be attending any kind of college next fall is Monday, January 8th. Sharon Woods from Huntington College will be in the cafeteria at Huntington North from 6:30 that evening to discuss financial aid options and help parents understand the

FAFSA form. Information will also be given concerning scholarships and the application process. This is a very important meeting for parents and all seniors who are intending to go to school next fall.

4-H FAIR SET

Plans are underway for the 2001 Wells County 4-H Fair which will be Saturday, July 14 through Thursday, July 19, 2001.

This year's fair will include some unique events to highlight the 50th Anniversary of the Wells County 4-H Park.

Many of the popular activities will again return such as the chicken and pork chop barbecues, 4-H Talent Contest, Miss Wells County Queen Pageant, country music concerts, livestock shows and all of the numerous 4-H exhibits.

For more information about 4-H or how to become a part of the annual 4-H Fair, contact any 4-H Association Director or the Wells County Office of the Purdue Cooperative Extension Service, 219-824-6412.

DISTANCE LEARNING CLASSES AVAILABLE

What do the following university classes all have in common? Educational Finance, Circuit Analysis, Health Care Systems Management and Topics in Special Education.

They are all offered locally through the distance educational program IHETS (Indiana Higher Educational Telecommunications System) at the Wells County Community Center at the 4-H Park in Bluffton.

Many classes are offered on IHETS through the state universities. Some of the classes are for credit, while others are non-credit or seminar classes.

Students are encouraged to check with their university to see if some of their classes are offered via IHETS. This unique distance education program allows students to watch the

class on television and ask/respond to questions on a special telephone response unit located at the class site.

For more information about the IHETS program, contact Bill Horan, Wells County Extension Educator, 824-6412 or by email at bill.horan@ces.purdue.edu or stop by the Purdue Cooperative Extension Office located in the Community Center at the 4-H Park in Bluffton.

ANIMAL ID'S

Identifying, weighing, nose printing and ear tagging of all 4-H beef and dairy steers and 4-H beef heifers (non-registered) for the 2001 Huntington County 4-H Fair will take place on Saturday, January 13, from 10:00 am. to 1:00 p.m. at the Beef Barn, Fairgrounds, at Hier's Park.

Members should come at the appointed time in the following schedule:

10:00 to 10:45 am - Dallas, Huntington & Union Townships

10:45 to 11:30 am - Warren, Clear Creek & Jackson Townships

11:30 am to 12:15 pm - Polk, Lancaster & Rock Creek Townships

12:15 to 1:00 pm - Wayne, Jefferson and Salamonie Townships

Animal Identification forms for all steers, market heifers, and breeding heifers should be completed prior to the time the animals are identified and weighed at the fairgrounds. If possible, a parent or guardian needs to be present to sign the animal identification form. Forms are available in the Extension Office.

The animal enrollment deadline for registered beef females is May 15. A steer eligible for the County Bred Steer Class must be designated as "County Bred" on ID Day. County bred is explained as the dam bred and calf born in Huntington County.

Any youth in grade 3 or older is eligible to join 4-H for 2001 and enroll in 4-H projects of

their choice.

For additional information on 4-H Beef ID Day or joining 4-H, contact the County Extension Office at 358-4826.

It is the policy of the Purdue Cooperative Extension Service that all persons shall have equal access and opportunity to its programs and facilities with regard to race, religion, color, sex, handicap or national origin.

ELECTED TO BOARD

The votes have been counted, and Indiana soybean farmers elected seven incumbents and one newcomer to represent them as directors for the Indiana Soybean Board. According to ISB Executive Director Steve Ludwig, 112 farmers voted at their county extension offices, November 13 through December 1.

In District 3, Jim Schriver of Wells County was re-elected. His goal is to help others understand agriculture better.

Schriver is a past president of Wells County Farm Bureau and a member of the Indiana Soybean Growers Association. He has served on the Indiana Soybean Board since 1998. During his tenure he has served as board treasurer and as a member of the research committee. Schriver received his bachelor's degree from Ohio State University in 1964 and has nearly 30 years of farm experience.

Schriver will represent farmers in LaGrange, Steuben, Noble, DeKalb, Whitley, Allen, Huntington, Wells and Adams counties.

EXECUTIVE SESSION

The Warren Town Council shall meet in a Special Meeting called as an Executive Session on Monday, January 8, 2001 at 5:45 p.m. in the meeting room of the Warren Fire Station, 1103 Huntington Avenue, Warren for interviewing prospective employees.

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WARREN WEEKLY - Owner/Publisher: Nicki L. Zoda
 Mailing Address: P O Box 695, Warren, IN 46792
 Shipping Address: 8616S 900W 90, Montpelier, IN 47359
 Phone: (219)375-3531 or 1-888-471-4982 FAX: (219)-375-7007
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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 Morrison's Restaurant, Cady's Express, and Gene's Market in Warren. The Warren Weekly is also available in several businesses in Van Buren.

It is sent anywhere in the Continental United States for three (3) months for \$9.50, six (6) months for \$19 or \$38 for one year. Mail name, address, and payment to WARREN WEEKLY at: PO Box 695, Warren, IN 46792.

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

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

WARREN WEEKLY will make every effort to see that all advertising copy is correctly 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

THANK YOU
 I would like to thank everyone for all the cards, calls, flowers, visits and food while I was in the hospital and recuperating from my surgery. Your kindness is especially appreciated.

Carolyn Sparks

THANK YOU
 On behalf of the many youth and families served this year, I would like to thank the community for their support. This came through in not only financial support for the agency, but through many cards, notes and phone calls of support given to the staff and Board members. Without the caring support of civic groups, local government, sororities, local foundations and individuals we would not have been able to provide the programs and services to over 2000 people, as we did in 2000.

Yes, we are living in stressful times. Yes, our young people are being exposed to things at a very early age. Our young people are also experimenting with drugs, tobacco and sex before they are able to really realize their impact. This is pointed out to us through the media on almost a daily basis. But do not, for one minute underestimate the power of community or the power you each have to make a difference in our young people's lives.

The Youth Services Bureau strongly believes that we all have within our power the ability to be the seed that can change a child's life or the one who can provide the "safety net" to a family in crisis. But, we also believe that YOU too have that power and together our resources, talents and desire will only be strengthened.

As we look at the close of 2000 and the beginning of 2001, we want to seek the community's thoughts and ideals, as well as their continued support. Please make a New Year's resolution to get involved in the lives of our young people and their families! To learn more about the Youth Services Bureau, its programs or how you can get involved contact the office at 723 Warren Street or phone 219/356-9681.

Jan Williams - Executive Director

BLOOD BANK NEEDS YOUR DONATION IN JANUARY
 Blame it on the weather or on the holidays, but not enough people visit blood donation sites in January. Each year the problem is the same: A high demand for blood and a low number of donors. In some areas, emergency conditions prevail and some surgeries must be postponed.

Could you save a child who has been in an auto accident? Would you help a person who needs blood for treatments or surgery?

Giving blood is as important as taking an injured person to the hospital or finding medical help for someone who has collapsed on the street.

Please help.

14 YEARS AGO - WEDNESDAY, JANUARY 7, 1987
 Tim Glass was the new Assistant Marshal with the Warren Police Department.

Markle Health Care had opened with seven residents.

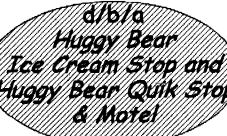
Exchange Bank held a Christmas party at Knight Civic Center. Ben Good presented service awards to: Ardith Shideler, Sharon Arivett, Sharon Williams, Claudia Zeller and Jane Souers.

Read all the Advertisements in the Warren Weekly. They're full of all kinds of useful information.

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VB CHURCH OF THE NAZARENE
 765-934-4074
 Mike Helms, Pastor
 Sunday School 9:30 a.m.
 Adult Worship 10:30 a.m.
 Children's Church 10:30 a.m.
 Youth Hours 6:00 p.m.
 Evening Praise Hour 6:00 p.m.
 Hour of Power (Wed) 7:00 p.m.

WARREN WESLEYAN CHURCH
 375-2330
 www.hows.net/46792WCT
 Rev. Bill Barlow, Pastor
 Wesley Welch, Supt.
 Sue Brown, Children's Ministry
 Sunday School 9:30 a.m.
 Worship 10:15 a.m.
 Children's Church 10:15 a.m.
 Evening Worship 6:00 p.m.
 Thursday Bible Study 7:00 p.m.

WARREN 1st BAPTIST CHURCH
 Corner of N. Wayne & Matilda Sts.
 Pastor Rebecke Bookout
 Joe Wiley, S.S. Supt.
 Sunday School 9:30 a.m.
 Sunday Worship 10:30 a.m.
 Youthquake (grades 7-12) 6:30 p.m. Sun
 Wednesday Prayer Mtg 6:30 p.m.
 Exercise Class (Tues/Thurs) 7:00 p.m.

CENTRAL CHRISTIAN CHURCH
 Van Buren, Indiana
 765-934-2199
 Todd Lamkin, Pastor
 Worship 9:30 a.m.
 Sunday School 10:40 a.m.
 Bible Study, Monday 9:00 a.m.
 Bible Study, Wednesday 6:30 p.m.
 Youth Night, Thursday 7:30 p.m.

LIBERTY CENTER BAPTIST CHURCH
 694-6622
 Pastor Jeff McNicholas
 Sunday School 9:00 a.m.
 Fellowship 9:55 a.m.
 Worship 10:15 p.m.
 Mon. Bible Study (women) 9:00 a.m.
 Wed. Bible Study 6:30 p.m.

VB UNITED METHODIST CHURCH
 765-934-2031
 Pastor Blake J. Neff
 Worship Service 9:30-10:45 a.m.
 Sunday School 10:45-11:30 a.m.
 MYF 5:30 p.m.
BOEHMER UNITED METHODIST
 Rev. Barry Humble, Pastor
 Carol Irick, S.S. Supt.
 Sunday Worship 9:30 a.m.
 Sunday School 10:30 a.m.

MT. ETNA UNITED METHODIST
 219/468-2148
 Rev. Tim Prowse - Pastor
 Worship 9:00 a.m.
 Sunday School 10:00 a.m.

BUCKEYE CHRISTIAN CHURCH
 758-2085
 Nathan Doyle, Minister
 Sandy Keplinger, Supt.
 Worship 9:30 a.m.
 Sunday School 10:30 a.m.

HANFIELD UNITED METHODIST
 101 N 400 E - Marion, IN
 765/664-8726
 Timothy Helm, Senior Pastor
 Dan & Patsy Bryant, Assoc. Youth Pastor
 1st Worship 8:30 a.m.
 Sunday School 9:45 a.m.
 2nd Worship 11:00 a.m.
 Evening Service 6:00 p.m.
 Kids Klub (3rd/4th grade) 6:00 p.m.
 Klub 56 (5th/6th grade) 6:00 p.m.
 Cornerstone (youth 7-12 gr.) 5:45 p.m.
 Thur. Terrific Thursday (Bible study, choir, kids activities) 6:30 p.m.
 Nursery Available

JEFFERSON CENTER UNITED METHODIST
 Corner of 900S & 300W
 Kathie Jones, Pastor
 Sunday School 9:00 a.m.
 Worship Service 10:00 a.m.

BANQUO CHRISTIAN CHURCH
 8294S 900W 35
 Gary Riley, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Youth Choir Practice 5:00 p.m.
 Wed. Bible Study 6:30 p.m.
 Thurs. Kings Kids 6:30 p.m.
 BYG Youth Svc. (2&4Sun.) 6:00 p.m.
 CWF Ladies (3 Thu) Noon
 1st Sun. (Qirly) Praise Hour 6:30 p.m.

PLUM TREE UNITED CHURCH OF CHRIST
 375-2691
 Charles Dye, Jr., Pastor
 1st Worship 9:45 a.m.
 Church 11:00 a.m.
LANCASTER WESLEYAN
 468-2411
 Doug Sharrard, Pastor
 David Thrift, S.S. Supt.
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Evening Service 6:00 p.m.
 Wednesday:
 CYC/Teen/Adult Meetings 7:00 p.m.

DILLMAN UNITED BRETHREN
 8888S 1100W-90, Warren
 375-2779
 Lynn Mefferd, Pastor
 Sun - Pastor's Prayer Closet 7:30 a.m.
 1st Worship Service 8:15 a.m.
 Sunday School 9:30 a.m.
 2nd Worship Service 10:30 a.m.
 Youth Group (Jr/Sr) 5:30 p.m.
 Prayer Service 6:30 p.m.
 Wed. Bible Study 9:00 a.m.
 Adv. Club (4yr-6th) 6-7:30 p.m.

LIBERTY CENTER UNITED METHODIST CHURCH
 Steve Bard, Pastor
 Morning Worship 9:30 a.m.
 Sunday School 10:45 a.m.
HILLCREST CHURCH OF THE NAZARENE
 375-2510
 Keith Bateman, Pastor
 Curtis Allen, Supt.
 Bus Service 375-2510
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Evening Worship 6:00 p.m.
 Youth Group (Sun.) 6:00 p.m.
 Wed. Midweek Service 7:00 p.m.

UNITED METHODIST MEMORIAL HOME SUNDAY:
 Morning Worship 9:30 a.m.
 OTHER SERVICES BY ANNOUNCEMENT
 Tues, Thurs, Fri & Sat
 Chapel Services 9:00 a.m.
MOUNT ETNA WESLEYAN
 Wayne Wright, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Sunday Evening 6:00 p.m.
 Mid-Week (Wed) 6:00 p.m.

MENATT UNITED METHODIST
 375-4369
 Bill VanHatten, Pastor
 B. Morton, Supt.
 Coffee Fellowship 8:30 a.m.
 Worship 9:15 a.m.
 Sunday School 10:30 a.m.
 Bible Study - Wed. 7:00 p.m.

UNITED CHURCH OF CHRIST
 375-2102
 Charles Dye, Jr., Pastor
 Sunday Worship 9:30 a.m.
 Junior Church 10:00 a.m.
 Sunday School 10:30 a.m.
 Communion 1st Sunday of the Month
 Fun Factory 1st/3rd Sundays 6:00p.m.

ASBURY CHAPEL UNITED METHODIST
 8013W 1100S - 90, Montpelier
 Pastor - Steve Gray
 Sunday School 9:45 a.m.
 Worship 10:45 a.m.
 Wed Evening Carry-in & Fellowship 6:30 p.m.

Attend the Church of your choice

AREA NEWS

SCHOLARSHIP PROGRAM TARGETS FUTURE AGRICULTURE PROFESSIONALS

The Monsanto Company and the American Farm Bureau Foundation for Agriculture have announced the details of the third annual Commitment to Agriculture Scholarship program. Open to high school seniors from all 50 states, 100 one-time awards of \$1,500 will be given.

In Indiana, county and district woman leaders have scholarship applications and information. For details contact your county Farm Bureau. Applications are also available from Monsanto dealers and on www.farmsource.com and www.agfoundation.org.

To be eligible, students must be high school seniors from farm families who plan to pursue careers in agriculture. Students must have a strong academic record and plan to enroll as a full-time student in an agriculture-related academic major in an accredited school.

"We are pleased to partner with Monsanto to give students an opportunity to further their education in agriculture," said Marsha Purcell, managing director of the American Farm Bureau Foundation for Agriculture. "These scholarships will help prepare the next generation of farm producers and leaders."

In 1999, the program awarded 50 scholarships to students in 28 states. In 2000, the program was expanded to 100 scholarships for students in all 50 states. Eight students from around Indiana received the scholarship last year. The scholarship program is supported by funds received through settlements involving seed stewardship violations.

Applicants will be evaluated on their high school records, standardized test results, extracurricular activities and personal essays submitted as a part of the application process.

Employees and their immediate families of Monsanto Company, the American Farm Bureau Federation and its affiliates, state and county Farm Bureau organizations and their affiliates are not eligible.

SCHOLARSHIP FORMS AVAILABLE

4-H members across Indiana are encouraged to apply for various scholarship opportunities offered through the 4-H program.

According to Carl Broady, Purdue University 4-H Specialist and coordinator of 4-H scholarships, the Indiana 4-H Foundation scholarship is one of the state scholarships being offered. A minimum of \$250 will be awarded, based on achievements in 4-H, to a minimum of 200 high school seniors with any post secondary educational plans.

The Indiana 4-H Congress Accomplishment Scholarship is another state scholarship in which a total of 26 scholarships, one for each 4-H category, at a minimum of \$500 will be awarded to 4-H'ers. Applicants must submit a cover letter and a 1-2 page resume' addressing the life skills learned through their specific 4-H projects.

Another scholarship opportunity is the "State 4-H Club Scholarship". This award will be presented to 46 students who will attend a Purdue campus and study in the School of Agriculture or Consumer and Family Sciences. The scholarship will cover the cost of 8 semesters. Students attending Indiana Purdue University Forty Wayne are eligible.

A 4-H workshop will be held Tuesday, January 9th, 2001 from 7 - 8:30 pm at the Community Center at the 4-H Park

in Bluffton.

Forms will be returned and assistance and tips will be given. Dave Addison, Whitley County Extension Educator will lead the workshop.

Applications for all of the scholarships are available at the Wells County Extension Service located at the 4-H Park, 1240 S. 4-H Road, Bluffton. State scholarship applications are due January 29th at the County Extension Office.

EASTBROOK MENUS

Breakfast
Each meal includes milk and fruit or juice

January 8

Waffles w/butter & syrup

January 9

Bacon, toast w/butter

January 10

Breakfast pizza

January 11

Toast w/butter & honey

January 12

Peanut butter/jelly bar

Lunch

Each meal includes milk

January 8

Ham/cheese sandwich, mixed vegetables, sliced pears, cookie

January 9

Nachos w/chili & cheese, buttered corn, fruit crisp

January 10

Smokey links, scalloped potatoes, spiced apples, bread/butter

January 11 & 12

End of semester - 1/2 day of classes - No lunch served

SALAMONIE MENUS

Lunch

Each meal includes milk. Each MS meal includes choices of a chef salad and fruit basket.

January 8

Beef ravioli w/cheese (breaded tenderloin), mixed fruit, orange

wedges, bread stick, brownies
January 9

H a m b u r g e r / b u n (quarterpounder w/cheese, sub sandwich), tator tots, corn, baked apples

January 10

Shaved turkey/bun (rib-b-q bun), baby carrots w/dip, applesauce, white cake & strawberries

January 11

Macaroni/cheese with peanut butter sandwich (quarterpounder w/cheese), peaches, broccoli, elfin graham

January 12

Footlong/bun w/coney (beef & cheese), pears, potato wedges, rice krispy treats



REALLY OVER THE HILL AND NOT EVEN PART WAY BACK!

I moved from a small town to the farm in March of 2000. We live back off the main road about one half a mile. Back a long lane. Needless to say this is quite different than what I was used to for 70 plus years. I have grown used to the quiet and tranquility in the country. I must say it is nice and peaceful and the sunrises and sunsets are out of this world. One of the features of Mother Nature that I am not used to is being "snowed in." And as I write this, that is exactly what has happened. Two days now!

Snow has been blowing hither and yon and our entrances and exits are not to be found. When I lived in the town the employees of that town would take

care of the excess snow and place it at least where you could move around. Here, let me tell you it is a lot different. We had to force a door open to get the dog out and when she hit the snow, she was gone, and her short legs were swallowed up by the white stuff. We had our family Christmas on the night before the storm, for this I am thankful.

When you read this you might think I am making a big thing out of nothing. Let me explain. I am a man of routine. I arise, drink a cup of coffee to get me started, and at that very moment I want a newspaper. I am used to going to the garage to get the car out and go to town (about 3 miles) for a paper. This is an important part of my doing and let me tell you it is trying not to be able to do what you are used to doing for these many years.

I get on my coat, sock cap, and gloves and attempt to get to the garage. Snow is knee deep to a giraffe, I soon find out it is useless to even think about going after the paper. I move some snow around, what for, its back where it was in 10 minutes. Wind is blowing so hard it even blows up the legs of my sweats! This might be an exaggeration since sweats usually have puckers on the legs. Anyway my efforts are futile. What to do - I retreat to the house.

What am I going to do until I can get out! I have now played all the Christmas tapes three times. I have counted pictures on the walls. I played solitaire

CONTINUED PAGE 4

Fresh/Silk Flowers **Music Boxes**
Green/Blooming Plants **Stuffed Animals**
Gifts/Greeting Cards **Balloons/Party Supplies**
and much more!

PJ's Flower & Gift Shop
M-T-W-F 9-5, Th & S 9-12
114 N Wayne St. Warren
(219)375-2702

Fish & Chicken Supper

January 13, 2001

4:30 - 7 p.m.
All You Can Eat

at Majenica Conservation Club

Adults \$6.00 Kids 5-12 \$4.00 Under 5 Free

Warren Automotive

128 N. Wayne • Warren, IN

219-375-3401

Wishing
Terry
A
Happy
18th
Birthday

from
Grandma & Grandpa
Stanley

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 cancelled, please notify WW.) Only event, place, time, and sponsor, for events in Warren, and the surrounding area will be included.

Jan 3	Van Buren Town Council, 7 p.m.
Jan 8	Warren Town Council, 6:30 p.m., Firestation
Jan 12	Warren Recycle Day
Jan 13	KCC Board Meeting, 8 a.m., KCC
Jan 17	Van Buren Town Council, 7 p.m.
Jan 22	Warren Town Council, 6:30 p.m., Firestation
Jan 26	Warren Recycle Day

Bread of Life Food Pantry - Wed 4 - 6pm, Sat 10 - noon at KCC or by appointment - Call 375-2381. Bargain Basement - Friday & Saturday 9 - 4 at KCC STORYTIMES: Warren 10:00 Friday, Van Buren 2:45 Walking In the Gym 6-Noon Monday -Friday

AREA NEWS CONTINUED

MORE PAGE 3

until I'm seeing all the cards in my sleep. I have watched TV until I feel like a critic. I found myself counting toothpicks while eating lunch. I feel stressed, I don't mean a little stressed, I mean stressed out to the limit! This is one situation that I have never had to endure. I may need counseling after this, who knows.

Anyway, I figure it's just another bump in this road of life. I think I will be able to make it through. This is the third day I have been confined. One thing I am most sure, as long as we have food in the house, and water to drink, and the snow is outside of our house, we can make it.

If you might be interested in a game of Scrabble or Uno, book a helicopter and come on out!

KIWANIS NEWS

The Warren Area Kiwanis sang at the Methodist Home during the evening of December 16, and then meet in the Shafer home for socializing.

After a busy 2000 year, the group is looking ahead to a very busy 2001. During the January 6th meeting, the Lt. Governor of Kiwanis will visit. The Roanoke Club will also attend this meeting.

At the January 20th meeting, Ted Bendall, a Huntington attorney, will be speaking on wills and trusts. He plans to bring an associate with him.

The group has been donating hours at the Knight Civic Center during the basketball games. Members will continue to assist in the early months of the new year.

HOLIDAYS WITH FAMILY

The Terry and Melinda Daniels family spent Christmas day in Warsaw, IN with the family of Mindy's sister Shelly & Denny Reeve. Then over the New Year weekend they drove to Ithaca, NY and visited Terry's family. Although it did snow in Ithaca, the worst snow on the trip was right here in Warren.

AUTHORS GIVE ADVICE ON MAKING, KEEPING NEW YEAR'S RESOLUTIONS

In any given year, it is estimated that about half the population makes New Year's resolutions. The occasion prompts people to think about who they want to be, what values they want to emphasize in their lives, and what their legacy will be.

Self-improvement author Stephen Covey puts it even more simply. The new year makes people ask the larger

question: What are their lives about?

Since the days of Ben Franklin's *Poor Richard's Almanac* (1732) and Dale Carnegie's *How to Win Friends and Influence People* (1936), books, seminars, and CDs on self-improvement and personal coaches have created an entire industry.

Psychologists give this advice on resolutions:

- Resolve to do something you can achieve in one year. For example, rather than saying you will retire at 50, set a goal of investing \$100 more per month.

- Make a timetable for the resolution with certain steps to be achieved by certain times. Check with yourself each month to see if you are on stream.

- Don't try to achieve too many things at once. You probably can't stop smoking, lose weight, get to be the boss, and spend more quality time with the kids all at once.

- Make a small but important resolution that you can achieve, like getting a fireproof box for important papers and organizing them there.

Need more? One of the most famous personal advisors and authors is Anthony Robbins. At 6 feet 7 inches, he stands before an audience and has them chant, "I am the voice. I will lead, not follow..."

Spiritual counselor Iyanla Vanzant's message: "Forgive yourself. Love yourself. Honor the Divine with truth, trust, prayer, creativity, and simplicity."

Fans of John Gray's book, *Men Are from Mars, Women Are from Venus* (Harper Trade), learn to "fill their 'love tanks,' overcome emotional blocks, and learn the secrets to getting along."

FORGET THE BAR SCENE: BETTER DATING FROM THE VIRTUAL COMFORT OF HOME

(NAPS)-For singles, finding the right person has never been an easy task. If you're single, you know the "blind date" as the bane of your Saturday nights.

And don't be surprised if the latest fix-up from your mother is another three-time loser.

But the Internet is changing that. At least 15 million people, according to leading online dating Web site AmericanSingles.com, are giving Internet dating a whirl-and not only are many finding success and love, but thousands are finding marriage.

Take Lehua Harris, for example. Harris met her husband Erik through AmericanSingles.com, the largest global independent relationship Web site, which has seen tens of thousands of marriages through its service.

Harris never thought she'd actually find someone interesting online-until she received an e-mail from Erik. Initially she was curious, simply because of his wit and the sensitive manner in which he wrote to her-all through completely confidential and anonymous screen names set up by the site. Soon she discovered that they shared similar writing styles, and when Erik left town, they continued to correspond, this time revealing their true names and addresses.

"While he was on his trip, I realized that I definitely had a strong interest in him. I later found out that I was the only person with whom he was sharing the details of his trip," says Harris.

By the time Erik returned, they could hardly wait to meet. They were engaged within a month. Serious online dating Web sites require their members to fill out lengthy personal profiles and write essays. AmericanSingles.com, with more than 1.5 million registered members, asks a total of 225 different questions. The result is a large, qualified base of singles that can have anonymous "e-dates," chat-room chance meetings, and e-mail flirtations, all carried out in the privacy of home.

"Singles are drawn to the emotional safety of Internet dating," says Joe Shapira, founder of the most popular and largest Jewish dating site for professionals, JDate.com. "They are at ease in their own environ-

ment and therefore tend to reveal more intimate details about themselves. This allows for deeper connections, and usually by the time they meet, they feel like they already know each other. The key is to find the right Internet site with a large group of qualified singles."

For many, part of the magic of cyber-dating is that spontaneity is not lost through the wires. Web sites like JDate.com and AmericanSingles.com both offer instant ice breakers too, such as tips on virtual flirting, how to handle dating issues and how to say no gracefully.

They also offer many offline events and activities, including parties and trips. JDate.com, for example, has brought its online community together with singles trips to Nepal, Alaska and Paris.

If you're not sure if virtual dating is for you, you can give it a free test run by visiting www.AmericanSingles.com.

MS TRIAL SHOWS

SUSTAINED BENEFITS

(NAPS)-An estimated 350,000 Americans live with a chronic disease called relapsing remitting multiple sclerosis (MS). MS is a chronic, degenerative disease of the central nervous system that strikes adults, mostly women, between the ages of 20 and 50. A recent six-year study is giving hope to those who want to fight the progression of this disease.

One such person is Sue Rebstock, who was first diagnosed in her mid-30s. She had developed a blurred spot in one eye and initially consulted her optometrist. It wasn't until she was referred to a neurologist, however, who performed an MRI scan, that she found out her symptoms were due to MS-specifically the slowly debilitating form of the disease known as relapsing-remitting MS.

Through her research, Rebstock found out that, on average, she could expect to have some sort of permanent disability within 10 years of diagnosis. Even more discour-

aging, she read that within 15 years of diagnosis, half the people living with MS require assistance in walking.

Fortunately for Rebstock, in 1993 she qualified to participate in a clinical study of a new drug for the treatment of relapsing-remitting MS. After six years, the results of that ongoing study show that sustained use of the drug Copaxone significantly reduces the relapse rate and delays disability.

Of the 101 patients who received daily injections of Copaxone over the six years of the study, 77 had three or fewer relapses, and 26 of those patients experienced no relapses. Doctors believe that, with fewer relapses, the disease progresses more slowly.

"Within one month of starting Copaxone, I noticed a big difference in how I felt," says Rebstock. "I had much more energy, and was able to cook and take my daughters to outside activities after work, which I couldn't do for a long time. When I was diagnosed with MS, I believed that it would take complete control of my life."

Instead, Rebstock no longer has blurred spots in her vision, and she recently started taking aerobics classes again.

"I feel good about helping doctors advance the treatment of the disease, and giving hope to others with MS," she says. "However, for me, what is most important is that Copaxone has made me feel like a normal person again."

The study is scheduled to continue for a total of 10 years. The findings are important to advance what scientists know about preventing attacks and changing the course of MS. Copaxone was approved by the U.S. Food and Drug Administration in 1996.

To learn more, visit the Web site at www.copaxone.com.



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GENEALOGY REPORT

SCHOEFF

Ernest L. Schoeff, 80, 2383S-300E, Huntington, died at 12:20 p.m. Tuesday (Dec. 26, 2000) at his home.

Mr. Schoeff was a 1937 graduate of Roanoke High School.

He served as a tech sergeant in the United States Army from 1941 to 1945. His service was primarily in the Pacific Theater of Action, where he was awarded two Purple Hearts and the Bronze Star. Mr. Schoeff was employed for 20 years at Caswell Runyan in Huntington. He then worked as a welder at American Hoist and Derrick in Fort Wayne for 26 years, retiring in 1982.

Mr. Schoeff was born Dec. 31, 1919, in Huntington County, to John F. and Mary Bertha Smith Schoeff. He married Ruth Pinkerton March 12, 1949, in Huntington; his wife survives.

Additional survivors include a two sons, Terry G. Schoeff and Michael W. Schoeff, both of Huntington; three daughters, Mrs. Dennis (Janell M.) Brubaker of Huntington, Mrs. Michael (Cheryl A.) Okuly of Andrews, and Mrs. Paul (Teresa K.) Daniels of Huntington; nine grandchildren; three brothers, Clarence Schoeff of Syracuse, John Schoeff and Eldon Schoeff, both of Huntington; and two sisters, Zelda Alford of Huntington and Mrs. Guy (Betty) Fullhart of Warren.

He was preceded in death by three brothers, Christy Schoeff, William Elmer Schoeff and Dwight Schoeff, and one sister, Mildred Schoeff.

Services were held at the Myers Funeral Home Huntington Chapel, with Rev. Bill Rapp officiating.

Burial was at Star of Hope Cemetery, Huntington.

Preferred memorials are to Huntington County 4-H or to Huntington Home Health Care and Hospice, in care of Myers Funeral Home, 2901 Guilford St., Huntington IN 46750.

PERDIEU

Delbert R. Perdieu, 73, Marion, died at 6:15 p.m. Wednesday (Dec. 20, 2000) at the Manatee Memorial Hospital, Bradenton, Fla.

Mr. Perdieu was retired in 1982 from Utrad, Huntington. He was a U.S. Army veteran of World War II, serving the the South Pacific.

He was born on July 23, 1927, in Dayton, Ohio, to Pearl and Rosetta Nell Jett Perdieu. On March 24, 1951, he married Dorothy G. Alexander. They lived in Marion most of their married lives. She died on Jan. 4, 1998.

Survivors include a son, Delbert Perdieu Jr., Argos; two daughters, Sherry Ailstock, Van Buren, and Mrs. William (Rebecca) Pepper, Andrews; a brother, Raymond Gordon, Bradenton, Fla.; three sisters, Mrs. Jerry (Wanda) Sherritze, Converse, Bessie Costillo, Marion, and Frances Riddle, Montpelier; 10 grandchildren; and six great-grandchildren.

Services were held at the Needham-Storey-Wampner Funeral Service, North Chapel, 1341

N. Baldwin Ave., Marion, with Rev. Tom Mansbarger officiating.

Burial was at the Red Men's Cemetery, Warren.

Preferred memorials are to the Cancer Services of Grant County, in care of Needham-Storey Funeral Service, 1341 N. Baldwin Ave., P.O. Box 506, Marion, IN 46952.

BINEGAR

P. Shirlene Binigar, 60, Pennville, died at 2:30 p.m. Thursday (Dec. 28, 2000), at the Caylor Nickel Medical Center, Bluffton.

Mrs. Binigar was a homemaker and formerly employed at the Dollar General, Montpelier; the Torchlight Restaurant, Fiat; and the Kit-Co and Franklin Electric, both in Bluffton. She was a member of the Union Chapel Church of the Nazarene.

She was born on June 10, 1940, in Kingsport, Tenn., to Sam and Dovie Sanders. Her mother, Mrs. Harmon (Dovie) Begley, survives in Montpelier. On Dec. 14, 1958, in Penn Township, Jay County, she married John H. Binigar. He survives in Pennville.

Other survivors include two daughters, Mrs. Ed (Sheila) Welsh, Liberty Center, and Mrs. Mark (Tammy) Davis, Pennville; a son, Gary Binigar, Dunkirk; a sister, Mrs. Dewey (Marie) Zent, Warren; and five grandchildren.

Services were held at the Glancy Funeral Homes, Walker Chapel, 109 W. Windsor St., Montpelier, with Pastor Wilbur Taylor and Rev. Dewey Zent officiating.

Burial was at the Pennville IOOF Cemetery.

HUSBAND

Services for Wanah A. Husband were held at the United Methodist Memorial Home, Warren.

Mrs. Husband, 84, Warren, died at 10:50 a.m. Saturday (Dec. 30, 2000).

Mrs. Husband was formerly a resident of rural Roanoke. She was a homemaker and a 1934 graduate of Roanoke High School who attended Manchester College for three years. She was a member for more than 60 years of Christ United Methodist Church, Roanoke, where she was a member of the United Methodist Women.

She was born July 23, 1916 in Wabash County to Walter D. and Rena Gilbert Humke. Her marriage was Nov. 23, 1937, in Roanoke, to Russell G. Husband. He died May 13, 1994.

She is survived by two sons, Max L. Husband, Roanoke, and Myron Husband, Huntington; give grandchildren and one great-grandson; and a sister, Dorothy Cartwright Spice, Roanoke.

She was preceded in death by a sister, Charlotte Hatter.

Rev. Martha Troyan Lyon and Rev. Jim Sluss officiated at the funeral service, which was held at Myers Funeral Home Huntington Chapel.

Interment was at Glenwood Cemetery, Roanoke.

Preferred memorials are to Christ United Methodist Church,

Roanoke, or to the Fort Wayne Alzheimer's Association, c/o Myers Funeral Home, 2901 Guilford St., Huntington, IN 46750.

MUSSELMAN

Paul J. Musselman, 64, Poneto, died at 7:30 p.m. Sunday (Dec. 31, 2000) at Caylor-Nickel Medical Center, Bluffton.

Mr. Musselman was a retired clerk with Norfolk Southern Railroad. He worked for the Nickel Plate Railroad, later Norfolk Southern, for 44 years prior to his retirement in 1998. He attended Hillcrest Church of the Nazarene in Warren.

He was born Jan. 11, 1936, in Poneto, to Paul W. and Ethel Bernice Murray Musselman. His marriage was Sept. 4, 1966, in Warren, to the former Lena M. Wilson. She survives.

Also surviving are a daughter, Michele R. Hampton, Warren; three grandchildren; and two sisters, Mrs. Joe (Carol) Leitner, Bluffton, and Mrs. Judy Canady, Poneto.

He was preceded in death by a brother, Dale Musselman.

Calling is from 2-8 p.m. Wednesday at Thoma/Rich, Hewitt & Chaney Funeral Home, 308 W. Washington St., Bluffton, where services will be held at 11 a.m. Thursday with Rev. Keith Bateman officiating.

Burial will be at Woodlawn Cemetery, Warren.

Preferred memorials are to Hillcrest Church of the Nazarene, Warren.

PARKER

Earl E. Parker, 86, died at 9:15 a.m. Saturday (Dec. 30, 2000) at Community Care Center.

Mr. Parker had been a resident of Evergreen Road before moving to Community Care.

He was a self-employed contractor and had owned Parker Construction for 30 years. He had also worked at Wayne Metal in Markle for five years.

He was born Sept. 1, 1914, in Huntington County, a son of Elvin H. Parker and Nellie Kohr Parker. He married Helen O. Ulrich Aug. 14, 1934, in Columbia City; his wife died Oct. 9, 1980.

Surviving are a daughter, Janet E. Smith, Huntington; a son, Larry J. Parker, Beaumont, Tex.; a brother, James R. Parker, Fort Wayne; a sister, Lou Ann Shafer, Warren; seven grandchildren, 11 great-grandchildren, and two great-great-grandchildren.

He was preceded in death by a daughter, Lynda Olinger; a sister, Lucille Todd; a brother, Russell Parker; and a grandson.

Services were held at Deal-Robbins & Van Gilder Funeral Home, Huntington Chapel. Burial was at Gardens of Memory Cemetery.

Memorial contributions may be made to St. Peter's First United Church of Christ or Cancer Services of Huntington County, in care of Deal-Robbins & Van Gilder Funeral Home, Huntington Chapel, 338 E. Washington St., Huntington IN 46750.

SCHOREY

Clarence E. Schorey, 95, a resident of the United Methodist Memorial Home, Warren, died at 11:04 a.m. Saturday (Dec. 30, 2000) after a long illness.

Mr. Schorey was formerly a resident of Hartford City, where he was retired as the owner and operator of Schorey's Men's Wear On the Square. He had been a resident of the United Methodist Memorial Home since April 1995.

He was a former member and past president of the Hartford City Kiwanis Club, and a life member of Elks Lodge 625, Hartford City. He was also a member of First Presbyterian Church, Hartford City.

He was born Dec. 9, 1905 in Liberty Center to Charles Albert and Mary Matilda Goldner Schorey. His marriage was July 2, 1927, in Bluffton, to Catherine I. Stahl. She survives.

Also surviving are a son, James R. Schorey, Trophy Club, Texas; a daughter, Nancy Sue Schorey, Richmond, Va.; a granddaughter and two great-grandchildren; two brothers, Charles Schorey, Phoenix, Ariz., and Lauren Schorey, Missouri; and a sister, Hazel Grove, Bluffton.

He was preceded in death by a daughter, Doris J. Schorey; three brothers, Howard Schorey, Harold Schorey and Orval Schorey; and a sister, Eva Steward.

Calling is from 4-8 p.m. Wednesday and two hours prior to the 11 a.m. funeral services Thursday at Keplinger Funeral Home, 509 N. High St., Hartford City. Rev. David Smith will officiate at the funeral service.

Burial will be at Elm Grove Cemetery, Bluffton.

Preferred memorials are to First Presbyterian Church, 117 W. Franklin St., Hartford City, IN 47348.

BIRTHS

Mr. and Mrs. Doug (Jennifer Dunn) Roller of Bluffton are the parents of a daughter, Kendyl Darlene, born at 1:40 pm, Monday, Dec. 25, 2000 at Wells Community Hospital. She weighed 8 pounds, 4 ounces and measured 20 inches. She joins siblings Colling, age 4 and Kaylee, age 2.

Grandparents are Nick Dunn of Lafayette, Mr. and Mrs. Kevin Smith of Fort Wayne and Mr. and Mrs. Jim Roller of Bluffton. Great-grandparents are Mr and Mrs Everett Dunn of Liberty Center, Mr. and Mrs. Bill Lyons of Roanoke, Mr. and Mrs. Wayne Haggard of Bluffton, Mr. and Mrs Dallas Roller of Uniondale and the late Darlene Roller.



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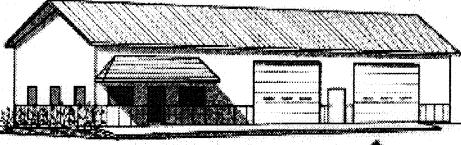
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AREA NEWS CONTINUED

AMERICANS LOSING BILLIONS IN TRADITIONAL SAVINGS ACCOUNTS

(NAPS)-A new survey sponsored by Consumer Federation of America, AARP and Providian Financial Corporation shows that Americans are losing at least \$30 billion dollars in interest income each year by keeping their money in low-yielding savings accounts. According to the survey, many Americans stick with low-yield accounts because they don't have the funds needed to open money market accounts or because they don't want to tie up their money for the period required by CDs and savings bonds. Consumers say they simply aren't aware of better options.

But a new account created by Providian in response to these findings offers savers an attractive new option.

The bank's new "Planned Savings Account" pays regular savers a variable interest rate that is currently three points higher than traditional savings accounts-but without tying the money up or requiring a large initial deposit like certificates of deposit or money market accounts.

"Financial institutions should help their customers save wisely," Providian Chairman and CEO Shailesh Mehta said. "Study after study shows Americans don't save enough, and too many of those who do save aren't getting the best returns available. Providian is removing many of the more common barriers to savings."

The survey also found that older Americans tend to hold the largest sums in low-yield savings accounts. The survey shows that nearly half (41.7 percent) of the six million Americans who hold accounts of \$25,000 or more are older Americans.

"Providian's new account gives seniors a chance to earn more and also allows access to their money in an account that looks a lot like the traditional savings account they are accustomed to," said Mehta.

Assuming a five percent interest rate, an individual who put \$500 in a Planned Savings

Account and added \$50 a month for 10 years, would have \$8,500 at the end of that period-about \$1,200 more than in traditional savings accounts. Consumers who deposit at least \$50 by electronic transfer in their account each month, or keep a minimum balance of \$1,000, can avoid monthly fees. Deposits placed in the Planned Savings Account, like all deposits placed with Providian National Bank and Providian Bank are FDIC-insured up to \$100,000.

Planned Savings Accounts can be opened either over the phone at 1-800-414-9692 or online at www.deposits.providian.com.

CRM PROGRAMS

(NAPS)-Customer Relationship Management programs, also known as CRM, let companies identify and connect with their best customers, not only with their standard services but also to help when things go wrong. According to the CRM Division of NCR Corporation, one example is that frequent flier plans can now advise passengers of flight delays and offer such options as another flight or a hotel reservation.

Some of the most popular exercise equipment around and a way to combat exercise plateaus and boredom are elliptical machines that combine low impact stairclimbing, skiing and cycling, like Life Fitness' X-Series Total-Body Cross Trainers.

Multiposition plows such as the Boss Power-V Plow, are quickly gaining in popularity because of their versatility and ability to push through drifts and hard-packed banks of snow.

One out of five Americans now uses a personal digital assistant to organize their busy lives. Experts at IEEE, the global association of some 350,000 engineers, scientists and allied technical professionals, predict more people will start using these pocket-sized computers as their prices continue to fall-and their functionality increases.

According to a recent study,

conducted by Roper Starch Worldwide for the Grocery Manufacturers of America, nearly half of all Americans can be described as National Brand Loyalists, consumers who usually buy national brands when making a food, beverage, health or beauty care purchase.

CREATIVE WAYS TO SHOW YOU CARE

(NAPS)-For people looking for a fun and creative way to stay in touch with friends and family the world over, the answer may be in the cards.

It's been fifteen years since the development of software packages such as The Print Shop" and PrintMaster" led to the introduction of desktop publishing.

Modern, sophisticated publishing software means creating family newsletters, sharing online photos and producing cards that look like they were prepared by the pros, can be fun and easy for just about anyone.

Web sites such as ExpressIt.com provide online creative and technical services to home printmakers.

Visitors to the site can access and send 3-D animated greetings for almost any occasion, edit, store and share photos, download any of over one million images from the art gallery, customize print projects and download free software.

In addition, the site provides an opportunity for users to learn and share creative hints and tips with other creativity-buffs.

"The service is designed to help save amateur publishers time and money," says one industry source.

Today's desktop publishing software and services help make it easier than ever to show someone you care, in a unique and personal way, and it's a lot more fun than buying someone else's creation.

The next time you want to reach out to family or friends, grab a mouse and get creative.

For more information on Internet desktop publishing services, visit www.expressit.com.

WINTER DRIVING SURVIVAL KIT

(NAPS)-Winter weather is on the way, which means another season of dangerous road conditions. No matter how automakers improve safety technology, the snow-covered, icy roads will always present a threat. Getting prepared in advance of the first storm is the best thing drivers can do to keep their families safe on the roads.

The survival team at Rubbermaid" Home Products has developed a survival kit to help simplify your preparations. Your car should have a survival kit in the trunk. Keeping all of these items in a durable lidded container, such as an Action Packer®, will help protect the items and keep them organized and within easy reach should you run into trouble.

The survival kit should contain the following items:

- ¥ Warm blankets
- ¥ High calorie, non-perishable food
- ¥ First aid kit
- ¥ Knife
- ¥ Antifreeze
- ¥ Flat tire repair in a can
- ¥ Windshield washer fluid
- ¥ Flashlight and extra batteries
- ¥ Shovel
- ¥ Ice scraper and brush
- ¥ Bag of sand or salt
- ¥ Bright colored flag to indicate that you need help
- ¥ Tool kit
- ¥ Jumper cables
- ¥ Tow rope
- ¥ Flares
- ¥ Battery operated lanterns
- ¥ Compass
- ¥ Road maps
- ¥ Extra clothing, boots and gloves

Even before you get out on the road this winter, have your car serviced and always keep your gas tank full to prevent fuel line freeze up and to avoid dangerous breakdowns.

If you would like to learn more about protecting your family from the elements, visit www.survivewinterdriving.com.

NEW PERSPECTIVES ON CAFFEINE AND HEADACHE

(NAPS)-Caffeine has been enjoyed by millions of people around the world for centuries. In one form or another, the average American consumes about 200 to 300mg of caffeine per day, and many say caffeine helps energize them and perform at their peak. What many people may not know is that caffeine has been used to help treat headaches for many years. Caffeine has also been added to prescription and over-the-counter pain relievers to boost their efficacy.

But how much caffeine is too much? Can people who regularly consume caffeine in the form of coffee or cola still use a "caffeinated" pain reliever without overdoing it? To help answer questions like these, the National Headache Foundation, a nonprofit organization that provides information to headache sufferers and promotes headache research, asked a panel of medical experts to examine the published material on the relationship between caffeine and headache. This panel agreed with published studies that show caffeine, when combined with aspirin and acetaminophen, enhances the pain-relieving power of these over-the-counter headache medicines-by up to as much as 40 percent. In addition, the panel reviewed safety data and concluded that caffeine, when used properly, is not addictive and poses no health risk for most people.

According to Jerome Goldstein, MD, director of the San Francisco Headache Clinic and chair of the expert panel, caffeine offers another benefit. "Because medications that contain caffeine work faster, there is less likelihood that people will need to take more of the medicine, and the risks of unwanted side effects are reduced."

To help consumers understand these findings, the National Headache Foundation has developed a new information brochure, "New Perspectives

CONTINUED PAGE 8

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12 13 14 15 16 17 18

AREA NEWS CONTINUED

MORE PAGE 7

tives on Caffeine and Headache," that offers new ways to help people understand the relationship between caffeine and headache and help them make a well-informed decision about treatment. Consumers can also learn ways to measure their caffeine consumption and gain a better understanding of the role caffeine plays in treating headaches.

"We wanted to bring consumers the opinions of experts to help them make the right decisions about treating their headaches," says Suzanne Simons, executive director of the National Headache Foundation. "Our hope is that the findings of this panel and the information in the brochure will help eliminate any confusion headache sufferers may have regarding what triggers their headaches and how to treat them."

The "New Perspectives on Caffeine and Headache" brochure addresses the science behind caffeine's headache-fighting properties. By increasing the production of stomach acid, caffeine helps the body absorb headache medicines more quickly. Caffeine also constricts certain blood vessels, which reduces blood flow and eases pressure associated with certain headaches, such as painful migraines. The brochure offers a quiz that helps people determine how much caffeine they consume on a daily basis, a list of the most common sources of caffeine and a chart to gain a better idea of their weekly caffeine intake. Common questions about caffeine are also addressed, such as:

- ✘ Can I become addicted to caffeine?
- ✘ What happens when I stop consuming caffeine?
- ✘ How can I avoid rebound headaches and caffeine withdrawal?

To order a copy of "New Perspectives on Caffeine and

Headache," call the National Headache Foundation at 1-888-NHF-5552.

PERFECT GIFT FOR RUNNERS

(NAPS)-When a gift idea hits, run with it. Making that easier is the arrival of a moving collection of short, inspiring accounts of the support and camaraderie that runners share. The book, *Running For The Soul* (Road Runner Sports, \$19.99), edited by Claudia Piepenberg, is filled with stories of how people's determination to run has affected their determination to live.

Critics report that these wide-ranging stories will uplift and rekindle the runner's spirit. Like the tale of a former alcoholic and drug addict who turned his life around and became an ultra-runner despite the challenges of fighting cancer. Or, the middle-aged woman who saw the words "morbidly obese" on her medical records and made a complete change in her life, becoming a triathlete.

"Although each runner trains for a different reason, all runners need to hear about these outstanding real-life stories," says Piepenberg. "We reinforce our goals-and each other-by sharing these successes." *Running for the Soul* is available at Roadrunnersports.com or through Amazon.com.

KNOWLEDGE: THE BEST MEDICINE FOR SURVIVING STROKE

(NAPS)-Improving early recognition of stroke, reducing the time to treatment and controlling the risk factors are the best defenses in the war against stroke. It is also crucial for both patients and hospital staff to know the warning signs of stroke and act immediately.

Therefore, in an effort to strengthen the chain of survival for stroke patients, the American Stroke Association, a division of the American Heart

Association, has created the Acute Stroke Treatment Program based on recommendations from the Brain Attack Coalition.

The program, which works to increase the number of early diagnoses of stroke in hospitals, is designed to guide hospitals through a step-by-step process for establishing primary stroke center operations.

Less than 34 percent of hospitals surveyed as part of a recent study have stroke protocols in place, and less than 18 percent have rapid identification for patients experiencing acute stroke.

Stroke requires immediate treatment to help prevent death and disability, but many hospitals do not have the infrastructure necessary to triage and treat stroke patients in the rapid manner required to get the maximum benefit from treatment.

The stroke centers are expected to help doctors and healthcare professionals identify and treat the condition more effectively.

Stroke is the third leading cause of death and a leading cause of disability in the United States. So, the more you know, the better your chances are of surviving.

Get more information Arm yourself in the fight against stroke. Contact the American Stroke Association at 1-888-4STROKE or visit their Web site at www.StrokeAssociation.org to learn more about stroke and the Acute Stroke Treatment Program.

BEYOND REHAB: "WELLNESS" PROGRAM HELPS BURNED CHILDREN

by David N. Herndon, M.D. (NAPS)-The care of severely burned children has advanced so much, youngsters can now survive deep burns over almost their entire bodies.

The Shriners Hospital for Children in Galveston, Texas, closely follows such survivors to determine how to help them achieve the best possible quality of life. This has led to a new program that adds strength and endurance training and hor-

monal therapy to traditional physical and occupational therapy, psychological education and therapy, nutritional education and traditional education.

The struggle toward independence and a productive life is difficult for children with burn injuries over 50 percent of the body or more. In response to the injury, the body runs at about three times its normal rate, even when the child is resting.

This can last several months after the initial injury. During this time, the child needs enormous amounts of nutrients to keep up with the energy expenditure. Children in this state lose muscle mass and bone density. Their growth slows. They fatigue easily. The children often have difficulty concentrating and may be irritable and emotional.

Scientific study of these problems led to the new "wellness" program.

First, doctors found that certain hormones could counter some of the effects of the hypermetabolic response. Children who received these drugs maintained their growth, muscle mass and bone density; and were better able to benefit from their other therapies.

Second, medical staff supervised a program of aerobic and resistance exercises. These children were more than twice as strong and could walk farther and faster than the children in the traditional program.

These elements became part of a rehabilitation program called the "Wellness Program." Children in this program have two hours each day of physical therapy, skin care and academic work in the hospital school. For three hours each week, they have supervised strength and endurance training, psychotherapy, music therapy, nutrition counseling and, of course, play time.

This program may be the next great contribution of the Shriners to helping burned children.

Shriners Hospital for Children is made up of 22 technologically advanced hospitals, delivering family-centered care

and specializing in orthopaedic problems, severe burns or spinal cord injury rehabilitation. If you know a child Shriners Hospitals might be able to help, you can call toll-free 1-800-237-5055 in the United States or 1-800-361-7256 in Canada, or visit their Web site at www.shrinershq.org. All care at Shriners Hospitals is given totally free of charge.

DO YOUR INVESTMENTS MATCH YOUR VALUES?

(NAPS)-Thousands of people strive to live out their values each day in their careers, home life and among family and friends. Yet under the guise of corporate stability in the investment world, these same people often unwittingly invest in companies that produce products or support causes that run contrary to these beliefs.

Today, a growing number of people are investing with their values in mind. Known as social or values-based investing, this approach now accounts for \$2.6 trillion or 13 percent of all money invested in the United States.

But how do you begin to align your investments with your values? Fortunately, Stephen Bolt, a leading authority on financial planning for the socially conscious, offers much needed advice for the average investor in his new book *Money For Life* (Values Financial Network, \$20.00).

Bolt describes how to invest with a purpose, how to choose a financial planner who uses a values-based system and how to select investments that both reflect your values and are profitable.

Bolt is President and CEO of Shepherd Financial Services and Executive Director of Values Financial Network, the resource center for values-conscious financial service professionals.

You can learn more about values-based financing or order *Money For Life* at www.vfn.net.

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