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Warren Weekly

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Thought for the Week: Truth is the only safe ground to stand on. Elizabeth Cady Stanton

THANK YOU

On behalf of the families the Bread of Life Food pantry serves. I would like to express how great full we are to Salamonie School. The students, school staff,, and students for taking the time to collect items for the pantry during this crisis time. ..Students families for your help purchasing the donations. Citizens Telephone for delivering the boxes, and boxes of items to the pantry.

Thank you for the donation of nutritious non perishable food, personal hygiene items , and household cleaning products. These products will be distributed into the homes of families coming to the pantry on Wednesdays 2:00 P.M. to 4:00 P.M.

Your donation has made a incredible difference on the variety of items we can offer to the families we serve weekly .

Thank you Salamonie Rebels and Citizens Telephone for caring and helping the Bread of Life Food Pantry fill its mission. "Neighbors Helping Neighbors"

Gratefully,
Rose Broyles

will be doing a live question 6:00 p.m. You can message me for more information or if you have any questions.

As soon as we get the pandemic under control, we will begin meeting again each week at Solid Rock United Methodist Church in Warren, Indiana.

Hope to see you soon!

LIVE NATIVITY

Southern Wells Community Church will be hosting their Live Nativity Walk this weekend. Sunday December 6 from 5:30 - 8:00 p.m. at the SWCC Ministry Center, 9450 S 300 W, Poneto IN 46781.

They will have room for bus/van parking for groups.

FORT WAYNE INTERNSHIPS

Today, Congressman Jim Banks (IN-03) announced he is accepting applicants for the spring and summer internship programs in his Fort Wayne office.

"I've been fortunate to have the assistance of many outstanding interns this year who helped my staff and I better serve northeast Indiana," said Rep. Banks. "I am excited to continue this program in 2021 and look forward to welcoming new interns to our Fort Wayne office."

Congressman Jim Banks (IN-03) currently has full-time and part-time internship opportunities available. College students or recent college graduates are

preferred. These internships are designed to give students an inside view of how a congressional office functions on a day-to-day basis. This program is a great opportunity for students seeking a deeper understanding of the various branches of government and how they interact.

These positions will also allow students to work with congressional staff to support daily office functions. Interns will interact with constituents, answer phones, and perform administrative work such as filing, emailing, researching federal regulations and legislation and word processing. All work is performed in an office environment and requires interaction with staff members and the public.

While priority is given to residents of Indiana's Third District, all applicants will be considered. Candidates must be highly motivated, self-starters, detail-oriented, and possess excellent communication skills. They also must demonstrate a strong work ethic, positive attitude, the ability to manage multiple tasks on a deadline, and a strong desire to learn about the legislative branch.

Students interested in an internship should send a resume, writing sample, and cover letter to: IN03.Internships@mail.house.gov.

MANAGING YOUR RETIREMENT PLAN UNDER A NEW EMPLOYER

Your employer-sponsored retirement plan is a valuable asset. But sometimes things happen that can affect the status of your plan. So, for example, if you work for a hospital that changes ownership, and you have been participating in a 403(b), 457(b) or 401(k) retirement plan, what should you do with it now?

Basically, you have four options:

* Cash out your plan. You can simply cash out your plan and take the money, but you'll have to pay taxes on it, and possibly penalties as well. So, unless you really need the funds and you have no other alternative, you may want to avoid liquidating your account.

* Roll your account into your new employer's plan. If it's allowed, you can roll over your old 403(b), 457(b) or 401(k) plan into your new employer's plan. Before making this move, you'll want to look at the new plan's investment options (which should be numerous) and fees (which should be low). If you move the money directly to the new plan, you won't be taxed at the time of the transfer, and your funds can continue to grow tax-deferred.

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A LOCKDOWN SOLUTION

by Master Rodney L Howard
The pandemic has left us feeling closed in and isolated. People are gaining weight because of inactivity! Martial arts can help you! It will help you achieve short-term, mid-term, and long-term goals. And you can socialize and make friends with the people in your class! Plus, you can make friends with other martial arts students all over the United States!

Nearly 23 years ago my son and I started taking classes together. One of the things we learned in those early days was to have goals. Right now people need goals to help them get through the uncertainty of the pandemic.

We're going to make it through this, but it may be a while. So, what can you do right now? Would you like to lose a little weight? Would you like to learn something new? Have you always wanted to learn about martial arts, but never had the time? I offer both in-person and Zoom classes.

Why don't you get some friends together and join my class. You'll feel better and you can start accomplishing goals right away!

We are called Christian Martial Arts Ministries. Right now we are meeting online. If you are interested, check us out on Monday nights on Facebook at Christian Martial Arts Ministries @CMAMtkd I



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Kudos, Kicks & Karats



Treva's
Recipe Box
 by Treva Flemming

This week I'll share with you the meal I will be fixing tonight for supper. Meatloaf has always been a quick and easy dish for me to make. My mom made meatloaf quite often, in fact I never really liked meatloaf, I'm not sure why, just never cared much for it. But as time goes on I'm learning to choke it down more often.

The best part about meatloaf is you can change a few ingredients and it will alter the whole flavor. You can add salsa and cheese and make a Mexican meatloaf, or stuff it with slices of cheese and some fresh spinach, or you can just change the herbs in it and the topping. I am sure there are many, many ways to fix meatloaf, even the filler, some use crackers crumbs, oatmeal, and bread crumbs which makes a whole different texture and flavor.

I have always been told you can over mix meatloaf and it won't turn out, well I don't really look at it that way, but you need to have the right amount of filler with the eggs and the milk. All three of us cooks at Heritage Pointe make our meatloaf different. One uses cracker crumbs, the other uses oatmeal and one uses bread crumbs. I'll be honest, me and the cracker crumbs don't get along, but give me bread crumbs and I got it mastered, but at home I use oatmeal as my filler.

John likes meatloaf well enough, I think he could eat it once a week, and he would never blink an eye on it, but I have to watch the red meat and try to cut a lot of red meats out for his sake and mine. It's the age thing if you know what I mean. So here is my recipe for meatloaf, hope you enjoy it.

MEATLOAF

1 egg ½ tsp. thyme
 1 c. oatmeal ½ tsp. basil
 ¼ c. milk ½ tsp salt
 ¼ c. onion chopped ¼ tsp pepper
 2 tbsps. Parsley 1 lb. hamburger

Mix all together till well combined and put into a small loaf pan or form your own loaf in a baking dish. Bake 350 degrees for 45 -50 minutes or till done in the center. Make a topping of ketchup and a little brown sugar and put on top the last 5 to 10 minutes of baking time. Let set a few minutes and cut into slices.

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 <p>Owner: Larry Highley 375-3477 or 260/359-2331 <i>Remodeling, Siding, Windows, General Contractor</i></p>	<p>This Space Available. Call the Warren Weekly for more info.</p>	 <p>Let's Have a MiTi Party! Check out all the details at www.mitiparty.com</p>
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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
 Chad Yoder, Pastor
 Denise Heiniger, S.S. Supt.
 Sunday Worship 9:30a.m.
 Sunday School 10:45a.m.

CENTRAL CHRISTIAN CHURCH
 Van Buren, Indiana 765-934-2199

Worship 9:30 a.m.
 Youth Group 4:30-7:30pm at SwitchUp
 Handicap Accessible

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
 Curtis Banker, Senior Pastor
 1st Worship..... 9:15 a.m.
 Sunday School 9:45 a.m.
 2nd Worship..... 11:00 a.m.

THE NEW BEGINNING
 SR 218, 2 1/8 mile west of Poneto
 Steve Sutton, Pastor
 765/728-2065 for more info
 Sunday Worship..... 10:30a.m.
 Thursday Prayer Meeting 7:00 p.m.

HERITAGE POINTE
 Chaplains Gerald Moreland, Ginny Soultz & Dick Case
 Sunday Morning Worship 9:30 a.m.
 OTHER SERVICES BY ANNOUNCEMENT
 Monday thru Friday

Chapel Services 9:00 a.m.
WARREN 1st BAPTIST CHURCH
 727 N Wayne St, Warren
 260-375-2811
 office@warrenfirsbaptist.net
 Pator Rusty Strickler
 Youth Dir: Peter & Mindy Fairchild
 Sunday School 9:00 a.m.
 Sunday Worship 10:00 a.m.
 Youth Group: Grades 5-12 ..Sun 11:30
 Ekklesia Sun 6:30pm

HILLCREST CHURCH OF THE NAZARENE
 375-2510
 Pastor Steven Spencer
 Bus Service 375-2510
www.warrennaz.org

Worship 10:30 a.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
 765.524.3390
 Rev. Robert S Hallett, Pastor

Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Wednesdays:
 Bible Study & Prayer 7:00 p.m.

LIBERTY CENTER BAPTIST CHURCH
 694-6622
 Aaron Westfall, Pastor
 Sunday School 9:15 a.m.
 Fellowship 10:00a.m.
 Worship 10:15a.m.
 Tues. Bible Study 7:00 p.m.
 Wed. Choir 6:30p.m.
 Monthly Meetings

1st Mon Ministry Team 7:00 p.m.
 3rd Sat Mens Prayer Breakfast 8:00 am
 4th Mon ABW 1:30 pm

LIBERTY CENTER UNITED METHODIST CHURCH
 Pastor Diane Samuels
 Morning Worship 9:30 a.m.
 Sunday School 10:45 a.m.

THE CHURCH AT MCNATT
 375-4359
 Bill VanHaften, Pastor
 Lois Slusher, Supt.

Brittney Miller, Youth & Family Dir.
 Coffee Fellowship..... 8:30 a.m.
 Worship 9:15 a.m.
 Sunday School 10:30 a.m.
 Bible Study - Wed. 7:00 p.m.

MT. ETNA UNITED METHODIST
 260/468-2148 Sr 9 & 124
 Rev. Michael Gallant - "Pastor Mike"
 Multi-Generational Worship 9:30 a.m.
 Fellowship 10:30 a.m.
 Sunday Youth 4-6 p.m.

Everyone is Welcome
SALAMONIE CHURCH OF BRETHREN
 468-2412
 Mel Zumbrun, Pastor

Worship 9:30 a.m.
 Church School 10:45a.m.

UNITED CHURCH OF CHRIST
 375-2102

Interim Pastor Troy Drayer
 Youth Pastor Troy & Mindy Drayer
 Sunday Worship..... 9:30 a.m.
 Contemporary Service - Wed 6:30 p.m.
 Youth Sunday School during Worship Service

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 Brad Hensley
 Worship Service 9:30 am
 Sunday School 10:30am

Not Home Alone - Wed 3:00 pm
 Prayer-Bible Study (Thur) 7:00 pm
 UMW 2nd Wed 7:00 pm
 Little Ones Book Club 1st Tue 10:00 am
 Just Older Youth 3rd Tue 12:00 pm
www.vanburenumc.org

WARREN CHURCH OF CHRIST
 375-3022
 Ethan T Stivers, Senior Minister
 Andrew Fisher, Youth Minister
 Liz Richardson, Childrens MinistryAsst.

Tara Bower - Secretary
www.warrenchurchofchrist.org
 Fellowship 9:15 a.m.
 Worship & Communion 9:30 a.m.
 Sunday School 11 to 11:50 a.m.

Youth:
 K-6th grade, Mon 6:15-7pm
 Jr/Sr Hi, Sunday 6-8pm

WARREN WESLEYAN CHURCH
 6th & Nancy Sts. Warren
 260-228-9084
 Rev. Allen Laws, Pastor
 Wesley Welch, Supt.

Sunday School 9:30 a.m.
 Worship 10:15 a.m.
 Wed Bible Study 6:00 p.m.

FARRVILLE COMMUNITY CHURCH
 11044 E 200 N, Marion, IN
 765-934-3609
 Pastor Al Soultz

Sunday Worship..... 10:30 am
 Sunday School Classes 9:30 am
 Sunday Adult Bible Study..... 6:00 pm
 Thurs. Bible Study 7:00 pm



Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

* Leave your plan with your old employer. If your account balance is above a certain level, you may be able to leave your plan with your old employer's plan administrator. You won't be able to contribute any more money to the plan, but if you like the investment options you've chosen, keeping the money in your old plan might be a viable choice.

* Move your account into a traditional IRA. One possible advantage to moving your 403(b), 457(b) or 401(k) into a traditional IRA is you'll open up a world of new investment options, because you can fund your IRA with virtually any type of vehicle, including stocks, bonds, mutual funds, certificates of deposit (CDs) and exchange-traded funds. And if you already have a traditional IRA, you can combine the new funds with the old ones, making it easier to track your holdings. As is the case with leaving your money in your old employer's plan or transferring it to a new plan, you'll continue to benefit from tax-deferred growth. Keep in mind, though, that IRAs have costs, too, possibly including transaction costs to buy or sell new investments. (One more thing to keep in mind: When you want to move a retirement plan to an IRA, you may want to make a direct rollover, so the old plan's administrator moves the money directly into the IRA, allowing you to avoid immediate taxes. If you were to make an indirect rollover,

you'd get the money yourself, but your old employer would have to deduct 20% for federal taxes, and you'd have to deposit the entire balance, including the withholding, into your IRA within 60 days.)

Which of these choices is best for you? There's no one "right" answer for everyone. You'll want to consider all the options and possibly consult with your tax advisor and financial professional. But do all you can to protect your retirement plan – you've worked hard to build it, and you'll need to rely on it to help you pay for your years as a retiree.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Nicole Johnson.

FINANCIAL PLANNING TIPS TO MAXIMIZE YOUR GIVING

(NewsUSA) – Everyone believes in a good cause. Especially now, when individuals and organizations are struggling in the wake of the ongoing coronavirus pandemic.

People want to support causes they care about, whether through volunteering, donating goods or services, or making a financial contribution. The ability to make a financial contribution to a cause that matters to you will likely vary throughout your lifetime.

As a younger person starting out, your financial resources may be more limited or spread across areas including home purchase, student

loans, starting a business, or starting a family. The financial planning profession recognizes that people want to support organizations that are meaningful to them without compromising other financial goals, such as repaying debt or planning for retirement. The CFP Board, a non-profit organization dedicated to supporting professional standards in personal financial planning, can help individuals assess their financial positions and plan for how much they can budget for charitable giving.

"A CFP professional can help you clarify your financial objectives and determine which charitable giving options are best suited to help you meet your goals," says Marguerita Cheng, CFP®, a CFP Board Ambassador. Some factors to consider in your planning include putting your personal situation first. Don't shortchange your regular monthly expenses for housing, loans, or other essentials, then consider giving money to charity. Other tips to make the most of charitable giving: Maximize your money. Some employers match charitable contributions. Also, writing a check directly to a charity lets you deduct the full amount vs. paying to attend a fundraising event.

Do your research and find out what percentage of donations directly support

the organization's mission. Stick to your plan. It's easy to blow a budget for charitable giving, especially during difficult times when everyone is asking for help. Set priorities, choose your favorite organizations, and send your money there, rather than spreading your funds thin.

Also consider whether monthly or yearly contributions make sense depending on the consistency of your income. Think outside the checkbook. You don't have to give from your regular salary to make an impact. If you have an interest or skill that you can use as a side business, donate those profits. Sell time at a vacation home when you aren't using it and donate that money. Visit letsmakeaplan.org for more information about the CFP Board and for tips and advice on how to make charitable giving part of your financial planning strategy.

HELPFUL WINTER WEATHER TIPS FROM THE METEOROLOGISTS

(StatePoint) Preparing for unpredictable winter weather? Take stock of your home, vehicle and planning tools to ensure your family stays safe and warm all winter long.

Luckily, AccuWeather's expert meteorologists know

a thing or two about predicting the unexpected. They shared their top winter tips.

Stay Safe on the Road If you're among the 74% of Americans planning to travel for the holidays, the AccuWeather app's MinuteCast forecast can help you predict when to hit the road. It provides a constantly updating minute-by-minute look at precipitation over the next two hours (soon to be expanded to four) locally and at your destination.

AccuWeather meteorologists make sure they're prepped for the road before leaving. "If your car's snow accessories have been sitting for a long time, it may be wise to make sure they're in proper working order," recommends senior meteorologist, Paul Pastelok. This may include checking whether it's time for an oil change.

In snowy climates, outfit your car with winter tires, which can withstand winter weather more effectively than all-season tires. Whether or not you're traveling, ready your car by monitoring tire pressure, testing your car battery, keeping an eye on windshield and wiper blades and adding a coat of wax if you can.

Get Cozy at Home Channel your inner meteorologist to keep the house safe. AccuWeather meteorologists have some simple hacks for preventing messes such as frozen pipes, broken radiators, flooding and leaks.

"Replace worn out weather stripping around windows and doors," says AccuWeather senior meteorologist, David H. Dombek. "Also, ensure your rain gutters are cleared of leaves and other debris. Clogged gutters can lead to problems when it comes to snow, ice and below freezing temperatures."

To prevent clogged drains, you can make a simple, environmentally-friendly

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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 20	5pm	W - 9 th Annual Holiday Walk & Festival of trees
Nov 26		THANKSGIVING
Dec 6	5:30-8p	Live Nativity SWCC Ministry Ctr, 9450S 900W Poneto
Dec 25		CHRISTMAS
Jan 1		NEW YEARS

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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AREA NEWS CONTINUED

MORE PAGE 3

mixture of salt, baking soda, and cream of tartar, then pour it into drains once a week. Opening cabinet doors in the kitchen and bathroom can help circulate warmer air around plumbing. In frigid conditions, let a bit of water drip from faucets, especially where pipes aren't insulated. You can also unhook garden hoses before the first hard freeze to prevent busted pipes.

For older furnaces that may need replacing, schedule a tune-up. Senior meteorologist Alan Reppert also makes sure to clear leaves and snow away from his heat pump to ensure air flow. "Anything in the way of air flow can affect your heating system's efficiency," he notes.

To track rain, snow, cloud cover and potentially dangerous conditions so you can get the house winterized, use the mapping features on AccuWeather.com and on the app.

Plan Ahead to Dine Outside With COVID-19 cases on the rise and restrictions on indoor dining in effect nationwide, dining out can require advanced planning. When eating outdoors, factor in the variables associated with unpredictable winter weather. AccuWeather's forecast provides info needed to plan a week out—plenty of time to make that reservation.

Meteorologist and emergency preparedness specialist Becky DePodwin also recommends checking AccuWeather's RealFeel Temperature to determine what it's actually going to feel like tableside. This can help you decide whether to venture outside, bring a blanket or opt for takeout. "Oftentimes in winter, especially if there's any amount of wind going on, the temperature's not going to be an adequate indication of what it feels like outside," she says.

Get an Insider View A one-size-fits-all weather report isn't sufficient when it comes to planning. AccuWeather's Winter Center page provides detailed winter weather predictions just like a meteorologist would, with everything from the newly added ice accumulation tracker to the wind speed calculator. You can also find forecasts designed for specific interests and needs, including the outlook for holidays, snow sports and longer-range looks at the months ahead.

All of AccuWeather's winter prep resources are available at AccuWeather.com/en/us/Winter-Weather. No matter what your winter plans are, you can plan with confidence like a meteorologist, for a safe, warm winter.

DEMENTIA RELATED

PSYCHOSIS: FOUR

CAREGIVER FACTS YOU NEED TO KNOW

(StatePoint) Approximately 2.4 million people or 30 percent of people living with dementia in the U.S. may experience hallucinations and delusions associated with dementia-related psychosis. These symptoms might include seeing something that isn't there or believing something that isn't true and can be frequent, persistent and recur over time.

According to advocates, improving management of these troubling symptoms starts with recognizing and understanding what patients are experiencing. To learn more, UsAgainstAlzheimer's, the Lewy Body Dementia Association (LBDA) and Acadia Pharmaceuticals, surveyed patients and their caregivers. Findings highlighted important, infrequently discussed, considerations for caregivers:

1. Symptoms can happen frequently: The most common symptoms of dementia-related psychosis reported by surveyed patients were visual hallucinations (89 percent), auditory hallucinations (54 percent) and distortion of senses (54 percent) and such symptoms can happen frequently. Of patients who reported recent visual hallucinations, 61 percent indicated they occurred at least weekly. In addition, the majority of care partners (77 percent) reported paranoid

delusions as occurring at least weekly.

"Given their potential frequency, being prepared to recognize, report, and manage these symptoms is critical," says Theresa Frangiosa of UsAgainstAlzheimer's, one of the survey authors. "My mom experienced these kinds of symptoms associated with her Alzheimer's disease and in talking with other caregivers, many people think this could never happen to their family until it does."

2. Dementia-related hallucinations and delusions greatly impact a patient's overall health and quality of life: Most surveyed patients said their activities of daily living (75 percent), sleep (63 percent), family life (56 percent), and safety (about 56 percent) were affected by dementia-related hallucinations and delusions. Care partners reported that symptoms make it difficult for their loved ones to know what is real and what is not real, contributing to their anxiety, and impacting their personal relationships.

Jo Anne, 70, from Maryland, was surprised by her husband's hallucinations. "Before Ed was diagnosed with Lewy body dementia, he would tell me that he saw mice or insects in the house so, of course, I'd go check! When these experiences increased in frequency, I knew that we needed to talk to his doctor about why he was having persistent hallucinations."

Research shows that these kind of neuropsychiatric symptoms may pose challenges. For example, studies show that presence of psychosis in Alzheimer's

patients was also associated with 1.5 times increased likelihood of death.

3. Care partners are affected too: Dementia-related hallucinations and delusions are symptoms that can be associated with all forms of dementia such as Lewy body dementia, Alzheimer's disease, Parkinson's disease, vascular dementia, and frontotemporal dementia. Unfortunately, caregivers of people with dementia compared to non-caregivers can experience high rates of emotional and physical stress as well as depression, an increased likelihood of comorbid conditions, hospitalizations, and doctor visits. In fact, caregiver burden is associated with increased desire to place people with dementia in long-term care.

4. Getting help as early as possible is key: Living with dementia-related hallucinations and delusions takes a toll on both patients and caregivers. That's why advocates urge caregivers to get educated about what to expect from dementia-related psychosis and find support.

"If you see your loved one exhibiting new symptoms, then take the initiative to tell their health care provider, who can offer advice on how to cope," urges Frangiosa.

For more information, visit usagainstalzheimer.org. UsAgainstAlzheimer's is an advocacy and research-focused organization pushing for expanding treatments and research for Alzheimer's disease. Additional education is available from LBDA at www.lbda.org.

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GENEALOGY REPORT

MILLER

Trent D. Miller, 49, of Huntington passed away unexpectedly at his home on November 24, 2020.



Trent was born April 2, 1971 to Ronnie Lee and Sabra Miller. Trent served in the United States Air Force from 1989-1993 during Operation Desert Shield/Storm. He was a former journeyman at CenturyLink. He enjoyed cars and toys, like 4 wheeling and dirt bikes. Above all, Trent loved his family.

Trent was preceded in death by his father, Ronnie.

Loving survivors include his daughter, Britny Miller of Marion, IN, son, Broc Miller of Marion, IN, mother Sabra Miller of Marion, IN, brother, Shane (Kim) Miller of rural Warren, IN, 3 grandchildren, 2 step siblings and many close friends.

Interment will be at Marion National Cemetery.

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

FOREMAN

Bertrand "Ted" Foreman, 78, of Bluffton, IN, passed away at 5:45 PM on Friday, November 27, 2020 at Dupont Hospital in Fort Wayne, IN.



He was born on Wednesday, August 5, 1942, to Max & Mary (Daugherty) Foreman.

He married Becky Pond Bennett on Monday, August 8, 1994 in Bluffton, IN, she survives. Ted was a 1960 graduate of Bluffton High School. He worked at Franklin Electric for 42 years, retiring in 2004. He formerly attended Prairie Friends Church in rural Travisville. Ted loved to be outdoors. He enjoyed planting and mowing his yard, and plowing snow. He was a member of the Moose Lodge 242 in Bluffton and was an

avid IU Basketball Fan; GO HOOSIERS!

Loving survivors include: Wife - Becky Pond Bennett Foreman, Bluffton, IN, Son - Troy (Sherri) Foreman, Poneto, IN, Daughter - Teresa Foreman, Bluffton, IN, Son - Stephen Foreman, South Bend, IN, Step Daughter - Julie Korporal, Warren, IN, Step Son - Ben Bennett, Warren, IN, 10 Grandchildren and 14 Great Grandchildren.

He was preceded in death by his parents and brother, Donald Foreman.

Ted's family will be having a private graveside service at Woodlawn Cemetery in Warren, with Pastor Troy Drayer officiating.

Preferred memorials: Wells County 4-H Association, 1240 4-H Park Rd. Bluffton, IN 46714.

Arrangements are being handled by Glancy - H. Brown & Son Funeral Home in Warren.

MORRIS

Phyllis A. Morris, 88, of Huntington, died Wednesday, Nov. 25, 2020, at Visiting Nurse and Hospice in Fort Wayne.

Mrs. Morris was a 1950 graduate of Roanoke High School. She had worked at McCombs Card & Party Shop in Huntington from 1964 to 1976. She later worked as a buyer at the Rustic Hutch at Glenbrook Mall, retiring in 1995. She was a member of Emmanuel Community Church and was a counselor for Children of Faith Youth Group at College Park Church.

She was born on May 16, 1932, in Fort Wayne, to Earl and Pauline Gurley Weaver Sr. She married Donald Morris on Aug. 26, 1951, at the First Church of the Nazarene. He preceded her in death on Aug. 3, 2010.

Survivors include a son, Steve (Cindy) Morris, of Huntington; a daughter, Ann (Christopher) Carmien, of Huntington; 12 grandchildren, Josh Morris of Markle, Nellie (Aaron) Miller, of Adrian, MI, Joel (Kristin) Morris, of Huston, TX, Jeff (Leslie)

Morris, of Warren, Emily (Ernie) Castle, of Roanoke, Katie (Tyler) Brown, of Roanoke, Ashley (Andy) Thompson, of Roanoke, Natalie (Seth) Miller, of Austin, TX, Jenny (Dave) Davis, of Fort Wayne, David (Ruthie) Carmien, of Valparaiso, Matt (Betsy) Carmien, of Claypool and Becca (Brandon) Burnworth, of Fayetteville, NC; and 29 great-grandchildren.

Calling will be held on Monday, Nov. 30, 2020 from 3 to 6 p.m. at Emmanuel Community Church, 12222 US-24 West, in Fort Wayne. A private family funeral service will be held following visitation at 6 p.m. Those in attendance are asked to follow the CDC's guidelines for social distancing and social gathering limits.

Interment will be at the Glenwood Cemetery in Roanoke at a later date.

Memorials may be made out to Emmanuel Community Church or Visiting Nurse and Hospice, both in care of Myers Funeral Home, 2901 Guilford St., Huntington, IN 46750.

GASS

W. Louise Gass, 99, passed away Saturday afternoon, November 21, 2020 at Heritage Pointe Communities in Warren.

Louise was born in Jay County Nov. 19, 1921 to Arthur and Nellie (Stout) Sloderbeck. She graduated from Bluffton High School and was employed with John A. Morris and JC Penney Company in Bluffton for many years. Louise was a member of First Reformed Church of Bluffton. She enjoyed gardening, playing cards and dominoes, she especially enjoyed cooking and baking for her family.

She married her first husband; John Daniels on Dec. 31, 1938, he passed away on April 19, 1960. Her second husband; Leo Gass, passed away on August 7, 1993. In addition to her parents, she was preceded by her two children, John Daniels and Carolyn

Kleinknight; a stepdaughter, Dorothy Policello; and a brother, Dean Sloderbeck.

Survivors include her stepchildren; Earl (Deb) Gass of Iowa, Caroline Beeler of Arizona, Rita Couture of Kendallville, and Erna (Dave) Springer of Ossian; a sister, Jean Mowery of Warren; 30 grandchildren; 90 great-grandchildren; and 67 great-great-grandchildren.

A public graveside service will be held Friday, Nov. 27, 2020 at 3 p.m. at the Stahl Cemetery, 3179 East 700 South, Petroleum. Dr. Bryson (Gene) Bell will officiate services.

Due to the Covid-19 pandemic and health restrictions in our community, masks are required at the graveside service. We appreciate your cooperation.

Memorials in Louise's memory may be made to the family in care of the Goodwin - Cale & Harnish Memorial Chapel, Bluffton.

MILLER

J. Stuart "Stu" Miller, 85, of Bluffton, passed away Wednesday morning, Nov. 25, 2020, at Christian Care Retirement Community.

He was born on May 8, 1935, in Adams County to Walter Carl and Vera Corinne (Smith) Miller. Stu lived in Warren until the eighth grade, when he and his family moved to Berne.

He was a 1954 graduate of Berne French High School and attended Butler University. Stu served in the U. S. Army from 1958 to 1962. He was stationed in Germany and served during the Berlin Crisis.

Stu and Elaine Ann Gould were married on November 18, 1962, in Berne. After marriage, the couple moved to Bluffton. Stu worked for Dunbar Furniture and for Smith Brothers of Berne upholstering furniture. Stu continued to operate his own reupholstering business out of his home for many years.

Stu was a member of the First United Methodist Church of Bluffton.

Survivors include his wife of 58 years, Elaine of Bluffton, and children Andrea (Richard) Bussert of Carroll, Ohio, and Jason (Sharon) Miller of Delaware, Ohio, along with granddaughters Audrey Elaine Bussert and Lauren Annetta Bussert.

Stu is preceded in death by his parents.

Private family celebration of Stu's life will be held at the Thoma/Rich, Lemler Funeral Home in Bluffton with Pastor Sherrie Drake officiating. Burial will follow at MRE Cemetery in Berne.

Friends wishing to watch Stu's service can do so from the safety of their home, utilizing a Zoom Meeting. You can login using the Zoom Meeting I.D. # 865 7150 7215 and you can login after 12:45 p.m. on Saturday, Nov. 28, 2020.

Memorials may be made in Stu's memory to First United Methodist Church or Christian Care Retirement Community.

OWEN

Diane Marie Betz Owen, 72 of Bluffton, passed away Friday, Nov. 27, 2020, at her home with her family by her side.

She was born on June 20, 1948, in Bluffton to Robert Lyle Betz, Sr. and Mary Eileen (McGough) Betz. Diane graduated from Bluffton High School in 1966 and graduated from Taylor University in 1970 with a degree in elementary education. She later went on to earn her Masters degree in special education from the University of St. Francis and a subsequent endorsement in visual impairment. She taught special education for more than 40 years at Warren

CONTINUED PAGE 6

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AREA NEWS CONTINUED

MORE PAGE 5

Elementary School, Poplar Grove Elementary School and for the Adams-Wells Special Services Cooperative. While at the Co-op, she taught students in six different school districts in Adams and Wells Counties. She retired from teaching in 2013, but continued to serve as a substitute teacher in Adams and Wells Counties until the early part of 2020.

Diane was a member of Park Community Church.

Diane and Larry Wayne Owen were married on June 21, 1974, at Park United Brethren in Christ Church in Bluffton. He preceded her in death on March 21, 2017.

Diane is survived by her children; Sarah Anne Owen of Washington, D.C., Julie Marie (Rev. Duane) Modlin and Mark Robert (Rachel) Owen, both of Bluffton, along with four grandchildren Sophie Marie and Emma Rose Modlin, and Judah Michael and Isabelle Virginia Owen. She is also survived by two sisters-in-law; Luana (Owen) Walker and Judith (Anderson) Owen, both of Albion.

She is preceded in death by her parents, her husband, Larry, a brother Robert Lyle Betz, Jr., and a sister Deborah Jane (Betz) Reinhard.

A private service will take place on Wednesday, (Dec. 2, 2020) at Park Community Church in Bluffton, with Pastor Dennis Wood and Rev. Duane Modlin officiating. Burial will follow at Six Mile Cemetery in Bluffton.

Public visitation will take place on Tuesday, (Dec. 1,

2020) from 5 p.m. until 8 p.m. at the Thoma/Rich, Lemler Funeral Home in Bluffton.

Memorials may be made to Park Community Church (please designate for general fund or for FoodFight!) or Visiting Nurse.

BUTLER

Rebecca A. Butler, 61, of Warren, IN, passed away at 8:40 PM on Sunday, November 29, 2020 at Heritage Pointe in Warren.



She was born on Wednesday, May 27, 1959, in Southern Indiana. Becky graduated from Huntington North High School. She was a long time member of the Warren United Church of Christ. She was employed at Heritage Pointe of Warren, formerly the United Methodist Memorial Home, for many years. Throughout her lifetime Becky enjoyed assisting her parents at their family owned funeral home, "Butler Funeral Home" in Warren. Where she proudly helped serve the people of the Warren Community in their time of need.

Becky is survived by several cousins.

She was preceded in death by her, Parents - Thomas A. &

Patricia A. (Burns) Butler and Brother - David Butler.

Family and friends may gather to share and remember at Warren United Church of Christ 202 E. 2nd Street Warren on Friday, December 04, 2020 from 11:00 AM to 12:00 PM. A service to celebrate her life will follow at 12:00 PM on Friday, December 04, 2020 with Pastor Troy Drayer officiating. Interment will follow in the Woodlawn Cemetery in Warren.

Memorials may be made to, Pathfinder Services, Inc. 1152 E. State Huntington, IN 46750 or to the Donor's Choice.

Arrangements are being handled by Glancy - H. Brown & Son Funeral Home in Warren.

KLEINKNIGHT

John L. Kleinknight, 71, of Geneva, IN, passed away at 4:00 PM on Monday,

November 30, 2020 at Lutheran Hospital in Fort Wayne, IN.

He was born on Sunday, January 9, 1949, in Bluffton, IN.

He married Bernadine (Gentis) Kleinknight on Saturday, July 21, 1990 in Geneva, IN. John was a 1967 graduate of Southern Wells High School and he

formerly attended the Phoenix United Methodist Church. Mr. Kleinknight retired from Franklin Electric after 44 years of service. John was the former Geneva Fire Chief at the Geneva Volunteer Fire Department. He was a member of the Indiana Volunteer Firefighters Association. He enjoyed John Deere Tractors & Mowers. John loved his dog Noodle.

John will be sadly missed by his Loving Wife - Bernadine (Gentis) Kleinknight, Geneva, IN., Son - Jamie (Mandy) Kleinknight, Decatur, IN., Daughter - Stephanie (Jim) Boggs, Bluffton, IN., Step Son - Corey (Jessica) Sparks, Bluffton, IN., Brothers - Micheal (Gwen) Grimm, Keystone, IN., David (Cherry) Grimm, Bluffton, IN., Timothy (Tina) Kleinknight, Bluffton, IN., Larry Kleinknight, Bluffton, IN., Sisters - Susan (Bill) Warren, Geneva, IN., Beverly (Marvin) Saylers, Bluffton, IN., Sister-in-law - Yvette (Randy) Runkle, Bluffton, IN., Brother-in-laws - Tom (Kim) Gentis, Petroleum, IN., Tracy (Rhonda) Gentis, McNatt, IN., Grandchildren -

Daniele Thomas, Decatur, IN., Courtney Byrd, Fort Wayne, IN., Tazza Moser, Berne, IN., Loren Sparks, Berne, IN., Brennen Sparks, Berne, IN., Lincoln Sparks, Bluffton, IN., and Great Grandson - Hunter Hanni, Berne, IN.

He was preceded in death by his Father - Charles Edward Kleinknight, Mother - Mildred Irene (Clanin) Grimm, Step Son - Lucus Sparks, and Sister-in-law - Debbie Kemerly.

Family and friends may gather to share and remember at Downing & Glancy Funeral Home 100 N Washington Street Geneva on Thursday, December 3, 2020 from 4:00 PM to 8:00 PM.

A service to celebrate his life will be at Downing & Glancy Funeral Home at 11:00 AM on Friday, December 4, 2020 with Rev. Steve Sutton officiating.

Interment will follow in the Stahl Cemetery in Wells County.

Memorial may be made to the Geneva Volunteer Fire Department 200 E. Line St. Geneva, IN. 46740.

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AREA NEWS CONTINUED

MORE PAGE 4

While the symptoms of dementia-related psychosis can be hard to recognize at first, reporting symptoms is the first step to finding support.

DENTAL VISITS ARE ESSENTIAL HEALTH CARE, HERE'S WHY

(StatePoint) If maintaining good health is top of mind these days, as it is for many, be sure to factor dental hygiene into the equation. Medical experts say that a healthy mouth is critical to whole-body health, and warn that during the COVID-19 pandemic, certain stress-related oral health concerns are on the rise.

"Dental health and overall health are intrinsically linked. Beyond teeth and gums, the mouth serves as a window to the rest of the body, providing clues about health related issues that may be brewing," says Dr. Alice Boghosian, American Dental Association (ADA) spokesperson.

Dr. Boghosian reminds the public that dental visits have always been an essential part of health care and are safe during the COVID-19 pandemic. Thanks to ADA and Centers for Disease Control and Prevention guidance, dentists have increased their already strong infection control and office sterilization protocols when treating patients.

"Routine dental exams during the pandemic can help keep your mouth and body healthy. In addition, dentists can sometimes spot signs suggestive of medical issues, alerting you to the need for medical follow-up," says Dr. Boghosian.

According to the ADA, here's why you should be seeing your dentist regularly, and insights into how oral and overall health are connected:

The COVID-19 pandemic has been a tremendous source of anxiety and stress, which makes it no surprise that since its onset, a majority of dentists in an ADA Health Policy Institute survey report

a rise in stress-related oral health conditions in their patients. If you are waking with a tired or sore jaw, find you're grinding your teeth or have a chipped or cracked tooth, a dentist can help.

Dentists' areas of care extend beyond teeth, gums and supporting bone to include the muscles of the head, neck and jaw, the tongue, salivary glands and the nervous system of the head, neck and other areas. When appropriate, dentists can take samples of tissue to screen for chronic or infectious diseases, and even oral cancer. Catching oral cancer early reduces the risk of your being among the 10,030 people nationwide whose lives are claimed annually by the disease.

For the 29.1 million people in the U.S. living with diabetes, and those at high risk of developing the disease, dental visits are especially important. Untreated diabetes can take a toll on your mouth in numerous ways your dentist can detect. What's more, people with diabetes are more prone to periodontal disease, a chronic, inflammatory disease that can destroy gums, all the tissues holding your teeth and even bones. Research suggests that treating gum disease and then practicing good oral hygiene can help improve blood sugar control in people living with diabetes.

With pregnancy come changes in your body, including an increased risk of the gum disease called gingivitis. Keeping up with regular dental cleanings during your pregnancy can help keep this issue at bay.

For more dental health tips and resources, visit MouthHealthy.org. To find a dentist near you, visit FindaDentist.ada.org.

"Dentists, along with your physician and other healthcare professionals, are part of your health care team," says Dr. Boghosian. "Your oral and overall health are our top priority."

5 FLU SEASON TIPS TO KEEP YOUR HOUSEHOLD HEALTHY

(StatePoint) Flu season is here, and amid the COVID-19 pandemic, it's even more important than usual to take steps to avoid getting sick. Here are five top tips to help your household stay healthy:

1. Wash hands regularly: Make sure every member of the household washes their hands regularly with soap and water for at least 20 seconds each time. This is especially important to do after getting home, before preparing food and after using the bathroom. Even with regular hand-washing, it's still important to avoid touching your mouth, nose and eyes.

2. Guard against germs: Cold and flu viruses can survive on household surfaces long enough for germs to spread. However, cleaning surfaces with an effective disinfectant can help put a stop to germ transfer. The good news is that you don't need harsh chemicals.

Inspired by nature, ARM & HAMMER Essentials Disinfecting Wipes, a citrus-based disinfectant, can be used around kids and pets and cleans without harsh chemicals. Safe for use on a range of surfaces, including stainless steel, sealed granite, hardwood, tubs, shower walls, classrooms and gym surfaces, use these wipes to disinfect kitchens, bathrooms, pet areas, non-porous surfaces car interiors and other frequently-touched areas of your home.

In the never-ending battle against germs, this is an invaluable tool to have on hand, as the wipes kill 99.9% of viruses (including cold and flu viruses and human coronavirus), 99.9% of bacteria, MRSA, streptococcus, staphylococcus, E. coli, salmonella and klebsiella pneumoniae. To learn more, visit armandhammercleans.com.

3. Load up on veggies: A nutritious diet can help keep you vital during flu season.

Pack a range of immunity-boosting vitamins, minerals and antioxidants into just one meal with a hearty stew of potatoes, carrots, green leafy vegetables, broccoli, beans and lentils. To eliminate pesticides, wax and soil from produce, include a vegetable wash in your meal prep routine, which can be more effective than water alone.

4. Supplement your diet: Consider incorporating a dietary supplement into your family's daily routine that

contains vitamin C, zinc and other immunity-boosters.

5. Practice healthy habits: Getting regular exercise, staying hydrated and getting plenty of shut-eye are all proven ways to protect your health. Be sure to practice these healthy habits.

As COVID-19 continues to place substantial demands on hospitals and healthcare resources, staying healthy and protected against the flu is especially vital. Take steps to boost your immunity and stop the spread of germs.

MORE PAGE 2

You can also make mini meatloaves by dividing the meat mix into 4 mini loaves and it will cut the time down for an even quicker meal. Serve with mashed potatoes and gravy or wild rice and some carrots, I prefer fresh whole baby carrots steamed. There are never any leftovers and like my mom says if so, have a cold meatloaf sandwich the next day, which I definitely pass on.



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