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Thought for the Week: *The truth is the kindest thing we can give folks in the end. Harriet Beecher Stowe*



Van Buren (100 N Main St). \$8.00 dine in or carry out, \$4.00 for children ages 4-10. Menu includes baked potato with assorted topping and drink. Desserts available for a donation.

Meet our new YFC Directors, Director Sarah McLeester and Asst. Director Lydia Davis.

HOMESPUN MARKET

Cheryl Alevizon's students that created alcohol ink greeting cards had so much fun! There is still space for more of you to sign up for the third class being held Saturday, February 15 from 12-2. Contact Cheryl at 260-917-0122 if you are interested. You are guaranteed to have a great time making greeting cards, a bookmark and meeting new friends.

Extended hours the week of Valentines' Day are as follows: Wednesday, February 12 from 10:00 a.m. – 5:00 p.m. Thursday, February 13 from 10-5, and Friday, February 14 from 10-5 with regular Saturday hours from 9-2.

A variety of fresh flowers will be available from Blue Poppy Design. If you would like a special arrangement for your loved one pre-orders are preferred. Delivery is available.

It's Girl Scout Cookie Time! Aryanna will be at Homespun this Saturday with a table full of cookies!

If you live locally or far away we can deliver your

purchase to a loved one in the city limits including Heritage Pointe. We also deliver to funeral homes.

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

Homespun Market at 427 North Matilda Street in Warren.....Hours are Wednesday and Friday from 10-5 and Saturday from 9-2. Phone 260-375-3200.

MASTER GARDENER FORUM

The Huntington County Master Gardeners will hold a public forum on Wednesday February 5 at 6:30 p.m. at in the Huntington City-Township Public Library Conference Room located at 200 West Market St. in Huntington. Wayne Fox, a local horticulturalist, will be

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THANK YOU

WAMA would like to thank our local churches and donors for their continued support and contributions. Thanks to the giving hearts of others, WAMA Pastors were able to purchase Bibles for children at Crossroads Child and Family Services. Chaplain Christina Perkins will be using these 64 bibles in their "Godly Play Program". In addition, we were able to provide coats, hats and gloves to the nearly 65 kids (6-18 yrs old) in residence at Crossroads. We continue to pray for their ministry.

ASSESSMENT REMINDERS

The assessment forms for Business & Farmers Personal Property are due to the County Assessor's Office on May 15, 2020, this includes Churches & Exempt Entities.

The forms may be picked up in the County Assessor's Office Monday through Friday from 8-4:30. The blank forms can also be accessed from the county website www.huntington.in.us through the Assessor's page, or from the Department of Local Government Website www.in.gov/dlgf/4971.htm. All forms must be completed, signed, and mailed to the County Assessor's Office on

or before May 15, 2020. No extensions will be granted. If you need assistance filling out these forms, someone from the County Assessor's Office will be available to help you. Questions, please call 260-358-4800.

Mailing/Location Address: Huntington County Assessor, 201 N Jefferson St, RM 102, Huntington, IN 46750

Hours: Monday-Friday 8:00 am – 4:30 p.m.

POTATO DINNER

Please join us for Switchup Youth Center's Baked Potato Dinner. Saturday, February 22nd 4:30 to 7:00 p.m. at Switchup Youth Center in



MEN'S LUNCHEON

On January 17th, Heritage Pointe of Warren hosted a men's community luncheon. We had a total of 34 business men and resident join us in fellowship. Thank you to East Of Chicago Pizza for helping us make this a successful community partnership.

Regardless of one's physical address, every person is a valued member of our Warren community! The next luncheon is scheduled for Friday, May 15th at noon. Please email Diane Johnson, HC Activities Supervisor @ djohnson@ummh.org to RSVP by May 13th. All men are welcome to join us!

Founded more than a century ago on the philosophy of service and compassion, Heritage Pointe Communities has a proud and long-standing tradition of supporting the local communities that surround each of their three campuses. To learn more about Heritage Pointe Communities, please visit www.LifeAtHeritage.org.



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Phone: (260)375-6290 **e-mail:** editor@warrenweeklyindiana.com
 WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Circle K in Van Buren. Total circulation is 3000.
 It is sent anywhere in the Continental United States for three (3) months for \$12.50, six (6) months for \$24 or \$48 for one year. Mail name, address, and payment to WARREN WEEKLY at: PO Box 695, Warren, IN 46792. Or you can request a digital copy (by e-mail) at a cost of \$24 per year.
 Deadline for news and/or advertising is 10 a.m. Tuesday, for that week's edition. Call if you need something in but won't have it here on time.
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Kudos, Kicks & Karats



Well I have tried to write this column two times but my laptop seems to find a way to whisk it away, so I'll try the big computer and see where I get.

This week I thought I would write a little about my hobby and yes I do have other things I like to do that's not jeep related. lol. I do a lot of genealogy. I have always been a history kinda person so looking up my family roots has been my thing since about 7th grade. I have completed my paternal grandmothers side, the Beck family, my maternal grandfathers side, the Forst family, and I am still working on my maternal grandmothers side, the Swindell family. the Herring side has been done by my cousin and now it is to the point of keeping it all updated. I also inherited all my dads work on his grandmothers family, the Gorsythe branch.

The Herring family is a very large family. My grandpa, Norval Herring, was one of 18 children. I was amazed at how many children there were in that family. Now granted, some didn't live into childhood but back then huge families were common. 1) They didn't have a good source of birth control and 2) the more kids you had the easier the farming was. I always wondered how big their garden was to be able to feed all them kids all winter long and until the next garden was ready. I am thinking a 40 acre field just for the garden. lol Believe it or not, we do have a Herring family picture that was taken back in the 1950's before great grandma passed away. It is like a big senior class picture. The family spread was so big that it had to be taken in 2 shots then they put the two halves together to make the picture.

Through my travels in the family history I really haven't found anyone famous or any high dignitaries but there are a few rebels out there that got a little wild and crazy. My uncle Don's wife Anne, the one that I am named after, is actually first cousins with Andy Griffith. So now the saying is, everytime John watches the Andy Griffith show, I ask him if he is watching "cousin" Andy. We are no connection to them but it's just the saying we all say just because.

I have started the Flemming side and the McDonald side for John's family. There is a lot of people there too. John was the youngest of 12 kids, 8 sisters and 3 brothers. The saying goes that his dad was raised an only child because rumor has it that his only brother was 20 years older than him, but Marion always said there would be more than one child in his family and there was, darn near a whole football team of

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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>Check out all the details at www.mitiparty.com</p>
<p>CITIZENS TELEPHONE CORPORATION 375-2111 <i>"Your Hometown Connection Partner"</i></p>	<p>HERITAGE POINTE COMMUNITIES P O Box 326 801 Htgn Ave Warren, IN 46792 LifeAtHeritage.org 260-375-2201</p>	<p>This Space Available. Call the Warren Weekly for more info.</p>

<p>ASBURY CHAPEL UNITED METHODIST 8013W 1100S -90, Montpelier Phillip Freel Jr, Pastor Worship 9:30 a.m. Sunday School 10:30 a.m. Wed Carry-in & Fellowship .. 6:30 p.m. BANQUO CHRISTIAN CHURCH 8294S 900W 35 Harold Smith, Pastor Sunday School 9:30 a.m. Worship 10:30 a.m. Bible Study 6:00p.m. BOEHMER UNITED METHODIST Chad Yoder, Pastor Denise Heiniger, S.S. Supt. Sunday Worship 9:30a.m. Sunday School 10:45a.m. CENTRAL CHRISTIAN CHURCH Van Buren, Indiana 765-934-2199 Worship 9:30 a.m. Youth Group 4:30-7:30pm at SwitchUp Handicap Accessible Little Panther Preschool 765.934.2099 HEALING WATERS MINISTRY — 5811 W 600 S, MT ETNA Pastor Wayne Couch 260/515-2517 Sunday Prayer 9:15 a.m. Sunday School 9:30 a.m. Worship Service 10:30 a.m. Wednesday Bible Study 6:00 p.m. Sunday Evening Service 6:00 p.m. Daycare provided during Worship DILLMAN UNITED BRETHREN 8888S 1100W-90, Warren 375-2779 Matt Kennedy, Pastor Worship Service 9:00a.m. Sunday School 10:00a.m. HANFIELD UNITED METHODIST 101 N 400 E - Marion 765/664-8726 Timothy Helm, Senior Pastor 1st Worship..... 8:30 a.m. Sunday School 9:45 a.m. 2nd Worship..... 11:00 a.m. THE NEW BEGINNING SR 218, 2 1/8 mile west of Poneto Steve Sutton, Pastor 765/728-2065 for more info Sunday Worship..... 10:30a.m. Thursday Prayer Meeting 7:00 p.m. HERITAGE POINTE Chaplains Gerald Moreland, Ginny Soultz & Dick Case Sunday Morning Worship 9:30 a.m. OTHER SERVICES BY ANNOUNCEMENT Monday thru Friday Chapel Services 9:00 a.m. WARREN 1st BAPTIST CHURCH 727 N Wayne St, Warren 260-375-2811 office@warrenfirsbaptist.net Pator Rusty Strickler Youth Dir: Peter & Mindy Fairchild Sunday School 9:00 a.m. Sunday Worship 10:00 a.m. Youth Group: Grades 5-12 ...Sun 11:30 Ekklesia Sun 6:30pm</p>	<p>HILLCREST CHURCH OF THE NAZARENE 375-2510 Bus Service 375-2510 www.hillcrestnazchurch.org Sunday School 9:30 a.m. Worship 10:30 a.m. Evening Worship..... 6:00 p.m. Youth Group (Wed.)..... 6:00 p.m. Wed. Midweek Service..... 6:30 p.m. SOLID ROCK UNITED METHODIST 485 Bennett Dr, Warren, IN 375-3873 Paul Burris, Pastor Sunday School 9:00 a.m. Worship Service 10:00 a.m. LANCASTER WESLEYAN 3147 W 543 S, Huntington 468-2411 Doug Sharrard, Pastor Pam Thompson, S.S. Supt. Sunday School 9:30 a.m. Worship 10:30 a.m. Wednesday: CYC/Teen/Adult Meetings 7:00 p.m. LIBERTY CENTER BAPTIST CHURCH 694-6622 Aaron Westfall, Pastor Sunday School 9:15 a.m. Fellowship 10:00a.m. Worship 10:15a.m. Tues. Bible Study 7:00 p.m. Wed. Choir 6:30p.m. Monthly Meetings 1st Mon Ministry Team 7:00 p.m. 3rd Sat Mens Prayer Breakfast 8:00 am 4th Mon ABW 1:30 pm LIBERTY CENTER UNITED METHODIST CHURCH Pastor Diane Samuels Morning Worship 9:30 a.m. Sunday School 10:45 a.m. THE CHURCH AT MCNATT 375-4359 Bill VanHaften, Pastor Lois Slusher, Supt. Brittney Miller, Youth & Family Dir. Coffee Fellowship..... 8:30 a.m. Worship 9:15 a.m. Sunday School 10:30 a.m. Bible Study - Wed. 7:00 p.m. MT. ETNA UNITED METHODIST 260/468-2148 Sr 9 & 124 Rev. Michael Gallant - "Pastor Mike" Multi-Generational Worship 9:30 a.m. Fellowship 10:30 a.m. Sunday Youth 4-6 p.m. Everyone is Welcome SALAMONIE CHURCH OF BRETHREN 468-2412 Mel Zumbrun, Pastor Worship 9:30 a.m. Church School 10:45a.m.</p>	<p>UNITED CHURCH OF CHRIST 375-2102 Pastor Scott Nedberg Youth Pastor Troy & Mindy Drayer Sunday Worship..... 9:30 a.m. Contemporary Service - Wed 6:30 p.m. Sunday School all ages 10:45 a.m. Youth Group-Wed 6:30 p.m. Communion 1st Sunday of the Month VB CHURCH OF THE NAZARENE 765/934-3321 Parsonage Jeff Slater, Pastor Jim Knight, Superintendent Sunday School 9:30 a.m. Adult Worship 10:30 a.m. Children's Church 10:30a.m. Evening Praise Hour..... 6:00p.m. Hour of Power (Wed) 7:00p.m. VB UNITED METHODIST CHURCH 765-934-1431 Pastor Cindy Osgood Worship Service 9:30 am Sunday School 10:30am Not Home Alone - Wed 3:00 pm Prayer-Bible Study (Thur) 7:00 pm UMW 2nd Wed 7:00 pm Little Ones Book Club 1st Tue 10:00 am Just Older Youth 3rd Tue 12:00 pm www.vanburenumc.org WARREN CHURCH OF CHRIST 375-3022 Ethan T Stivers, Senior Minister Andrew Fisher, Youth Minister Liz Richardson, Childrens MinistryAsst. Tara Bower - Secretary www.warrenchurchofchrist.org Fellowship 9:15 a.m. Worship & Communion 9:30 a.m. Sunday School 11 to 11:50 a.m. Youth: K-6th grade, Mon 6:15-7pm Jr/Sr Hi, Sunday 6-8pm WARREN WESLEYAN CHURCH 375-2330 6th & Nancy Sts. Warren Rev. Allen Laws, Pastor Wesley Welch, Supt. Sunday School 9:30 a.m. Worship 10:15 a.m. Wed Bible Study 6:00 p.m. FARRVILLE COMMUNITY CHURCH 11044 E 200 N, Marion, IN 765-934-3609 Pastor Al Soultz Sunday Worship..... 10:30 am Sunday School Classes 9:30 am Sunday Adult Bible Study..... 6:00 pm Thurs. Bible Study 7:00 pm</p>
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Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

presenting at the forum. Fox is a former owner of Huntington Nursery with over 50 years of landscaping, gardening and nursery experience. Attendees are encouraged to write down questions in advance and bring them to the forum.

Please RSVP by calling the Purdue Extension – Huntington County Office – 1340 South Jefferson St. at 260-358-4826.

FARM BILL WORKSHOP

Purdue University has scheduled a February workshop related to the upcoming Farm Bill decisions for producers throughout Indiana. The Farm Bill 2020 Decision Making workshop will take place on February 12th from 10:30 a.m. to 2:30 p.m. EST at the Huntington County Fairgrounds, First Merchants Heritage Hall, 631 E. Taylor Street. Indiana Farm Bureau will provide a complimentary lunch for attendees that pre-register.

"During the Farm Bill workshop, farmers and landowners can work through examples to help them make the best decisions for their individual circumstances ahead of the USDA's March 15 program sign-up deadline," said James Mintert, director of the Center for Commercial Agriculture and Purdue professor of agricultural economics. Mintert is a presenter at the Farm Bill workshops along with Purdue's Michael Langemeier and Kaitlin

Meyers from the Indiana Farm Service Agency. During lunch, Megan Ritter from Indiana Farm Bureau will provide a presentation entitled Farm Bureau Health Benefit Plan.

Registration is free, but preregistration is required. For more information or to register, visit <https://purdue.ag/farmbillworkshop20>.

WOMEN IN AG CONFERENCE

Attendees at Purdue Extension's 2020 Midwest Women in Agriculture Conference will explore a variety of personal, family and farm issues that affect their lives and businesses. The conference returns to Muncie at the Horizon Convention Center on Feb. 19-20.

Speakers from Purdue Extension, Farm Credit Mid-America and Indiana Soybean Alliance will present breakout sessions. Topics include diversified agriculture, hemp, leadership, succession planning, farm life and business management.

The 2019 Purdue Women in Agriculture Award Winners Natasha Cox and Bec Wicker will share their leadership advice during the Feb. 19 keynote address. Jolene Brown, a farmer in Eastern Iowa and contributor to Successful Farming magazine, will address behaviors of successful legacy businesses on Feb. 20. Brown will continue sharing her life experiences and lessons in

the afternoon keynote address, titled "Harvest the Humor: A Celebration of Life on the Farm."

The pre-conference session on Feb. 18, "Becoming the Employer of Choice," will help current and future farm managers and owners improve their human resource management skills. The session will teach effective leadership styles, hiring best practices and methods for addressing conflict.

Details of the entire Midwest Women in Agriculture Conference agenda are available in the conference brochure.

The cost for the pre-conference session is \$75 or \$40 with conference registration. Conference registration for a single day is \$90 or \$125 for both days.

A registration discount is available to high school and college students. Conference registration increases after Feb. 7. Visit <https://ag.purdue.edu/extension/WIA/Pages/default.aspx> to register or for more information.

GARDENER TRAINING

Purdue Master Gardener intern training will be at the Huntington County Courthouse Annex on Monday and Thursday evenings from 6:00 p.m. to 9:00 p.m. starting February 10 and ending April 16. There will be a wide range of

subjects covered in the training including soil and plant science, diagnosis of plant problems, pesticide safety, and culture of vegetable, flower, landscape, and fruit plants. The deadline for submitting applications is January 31.

There are many projects, in which individuals can volunteer, once they have completed the Master Gardener intern coursework.

Some examples are providing gardening education at community events, teaching youth, and speaking to local clubs and organizations. Huntington County Master Gardeners also spend many hours working at display gardens at the Salamonie Interpretative Center and the Forks of the Wabash. Many more possibilities for volunteer service exist for those willing to help teach others through their knowledge of taking the class.

If you'd like an application for the 2020 class or if you have questions about the program, contact Ed Farris, Agriculture and Natural Resource Educator, Purdue Extension – Huntington County Office, 1340 S Jefferson, Huntington by calling 260-358-4826 or by e-mail: emfarris@purdue.edu.

Note that class size may be limited depending on the number of applications that are received. Materials and expenses for the series of

classes cost \$150 per participant.

MASTER NATURALIST CLASSES

Do you love our natural world and sharing it with others? If you would like to learn more about nature in an indoor/outdoor hands-on setting at a State Park then this Master Naturalist Program is for you.

Ouabache State Park has partnered with Friends of Ouabache State Park and Wells County Purdue Extension to host an Indiana Master Naturalist class from March 11 through May 6 on Wednesdays from 9 a.m. - noon. The Indiana Master Naturalist Program (IMNP) is an educational/volunteer program developed by the Indiana Department of Natural Resources and Purdue University Extension to provide Hoosier's who love experiencing and then sharing nature with others by learning through hands-on educational opportunities. Class sessions include bats, reptiles, plants, rivers and more.

The mission of the IMNP is to bring together natural resources specialists with adult learners to foster an understanding of Indiana's plants, water, soils and wildlife and to promote volunteer service in local communities.

The fee for the class is \$75.00. Registrations will be due by February 28. To get a registration or to learn more about the program, contact Jody Heaston, Indiana State

CONTINUED PAGE 4

Community Calendar

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

Feb 2	GROUNDHOG DAY
Feb 5 Noon	W - Chamber Luncheon at KBC
Feb 5 7 pm	V - Town Council Meeting
Feb 10 5 pm	W - Town Council Meeting
Feb 11 6:30pm	W - SSF Meeting at KBC
Feb 14	VALENTINE'S DAY
Feb 17	PRESIDENT'S DAY
Feb 19 7 pm	V - Town Council Meeting

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

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PAID ADVERTISING

AREA NEWS CONTINUED

MORE PAGE 3

Parks Volunteer Coordinator, at jheaston@dnr.in.gov or 463-203-6562 or visit Wells County Purdue Extension located at 4-H Park in Bluffton.

The standard park entrance fee will be waived for students during class times.

Ouabache State Park (stateparks.IN.gov/2975.htm) is at 4930 E. St. Road 201, Bluffton, 46714.

ZERO TO HERO

WHO: American Red Cross—Indiana Region, Northeast Chapter

WHAT: “Zero to Hero” is a free weekend training program for new and existing volunteers, preparing them to be a Red Cross Disaster Action Team (DAT) member. DAT members respond to community crises such as home fires or natural disasters. They assist and guide the victims and provide them with resources for recovery.

WHERE: American Red Cross—Indiana Region, Northeast Chapter, 1212 E. California Road, Fort Wayne, IN 46825

WHEN: Sat., February 15, 9 am-5 pm Sun., February 16, 1 pm-6 pm *Lunch will be provided Saturday, snacks on Sunday, and breaks throughout the program.

WHY: “Zero to Hero” helps volunteers with “zero” training become a Red Cross Disaster Action Team (DAT) “hero.” DAT is a group of volunteers dedicated to helping their community during a crisis. The content of this training course, which includes both instructor- and video-led courses, is usually covered in a six-week period, but the Red Cross has created a fast-track program so more volunteers can be certified and ready to respond to communities in need. Participants can register at the event as a new volunteer and receive basic skills training to respond to local disasters, such as fires.

No prior registration is necessary.

IT'S TIME TO SALVAGE THOSE NEW YEAR'S RESOLUTIONS

from the American Counseling Association No, those New Year's resolutions you made weren't a bad idea. The fact that you haven't been successful in reaching those goals may seem a problem, but the reality is that it's also a very fixable problem.

The middle of January is about when most people give up on those resolutions that, back on January 1st, they swore they were going to succeed at this year. So what went wrong? In most cases, a variety of things.

The most common is that we often promise ourselves too much. We want to lose twenty pounds, or stop smoking, or get that job promotion. And we want it to happen fast. But in most cases, fast isn't really possible. Weight loss, real weight loss, is a slow process. Experts report that stopping smoking can sometimes take as many as eight attempts before someone is success. And working hard, impressing the boss, and getting that work promotion? Yeah, that might happen over months or years, but not by next week.

So how to approach change, reduce the stress and avoid the negative feelings that not achieving a New Year's resolution can sometimes bring? Start by accepting that you haven't failed, but just that you need to approach the accomplishments you desire from a slightly different direction.

A better attitude for life changes is not by starting out believing you need to fix a negative (something that is wrong with you), but instead

focus on your goals as “positive” steps forward to a better and happier you.

Secondly, develop a plan that will move you in the direction of your goal in small, easy to achieve steps. Your final objective may be to stop smoking, but it doesn't have to happen overnight. Maybe it means one or two less cigarettes every day to the point where finally stopping is a much easier thing to do.

Losing weight doesn't have to mean setting a goal and then blaming yourself when you don't reach it. Instead, focus on the process of making small changes toward healthier eating and congratulating yourself as you take positive steps in the desired direction.

Don't blame yourself that you haven't achieved those New Year's resolution goals. And don't give up on working toward positive achievements. Keep on trying, but do it in small, positive steps, and you'll find you'll eventually get to the positive results you desire.

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

6 WAYS TO FOCUS ON YOURSELF IN THE NEW YEAR

(BPT) - When setting New Year's intentions, it's easy to get caught up in career or physical health achievements. You strategize to work extra hours or get to the gym a certain number of days per week, but that's not always the right mindset for success.

The key to external success starts within. Learning how to focus on yourself means

putting self-care first to properly prepare yourself to take on your goals. Start with these tips as a guide to self-improvement in 2020.

1. Try new things

Each year, make a commitment to trying something new to avoid getting stuck in a rut. Take up a new hobby - something creative to keep you energized and enrich your life. Try a new language, a new craft or a new sport, focusing on the fun and joy it brings you.

2. Save time, do more

Before you set goals for the new year, make sure you have time for them. No matter how busy you are, there's always room to clear something off your schedule. Simplify your life by asking your family for more help around the house or investing in tools that will help save you time on household tasks, like the new LG TurboWash 360 washing machine. This will help you take on large laundry loads in less than 30 minutes without sacrificing quality, so you'll have more time for yourself. LG Styler, an at-home steam closet that reduces light wrinkles, odors and sanitizes fabric items in 20 minutes, is another effective way to save yourself time when

freshening up around the house.

3. Take time to self-reflect

Self-reflection is an important part of putting yourself first. Reflect on the past year. Where were you a year ago and where are you today? How does this compare to where you want to be? Answering these questions truthfully is a crucial part of growth. Writing in a journal will help you organize your thoughts and emotions to feel more in control of your life path.

4. Just say no

If it doesn't bring you joy or add to your life, let it go. Cut out activities that drain your energy and don't give anything back. Saying “no” might be uncomfortable for you, but it isn't mean. It's a way to save you from spending too much physical and mental energy and burning out.

5. Limit screen time

It's so easy to become addicted to your devices, spending way too much time on your phone or computer. Make a point to power down electronics by a certain time each night and wind down before you go to bed. You'll sleep better and have more energy to take on the next day.

6. Live in the present

Avoid getting caught up in

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Lisa M. Garrott

Attorney at Law
Estate Planning &
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GENEALOGY REPORT

PURDOM

A life of quiet service has ended, a soldier of the Cross has gone home.

Wallace R. "Bud" Purdom, age 92, of Marion passed away on Tuesday, December 31, 2019 at Heritage Pointe of Warren.

Bud was born on May 27, 1927 in Grant County, Indiana the son of the late Thomas and Anna (Morgan) Purdom.

Bud met his future wife, Lillie Kerr a registered nurse who also worked at the VA.

They married on March 10, 1947. Bud was a loving husband and father and the couple was blessed with over 67 years of marriage. Bud retired from the VA Medical Center with 38 years of service to his fellow veterans.

Over the next 36 years, he continued as an excellent care giver and support for many during his retirement including his mother, brother-in-law, daughter Teresa Cunningham and later his wife.

Bud had many passions including deer hunting until the age of 80 and fishing from which he never retired.

He enjoyed many summer vacations with his family in Northern Wisconsin and Minnesota. When it came to professional sports, he was a big fan of the Detroit Tigers. During his stay over the past 5 years at Heritage Pointe, Bud enjoyed playing Euchre and pool, where he was very competitive in the Friday afternoon tournaments.

Bud learned to value education from his life's choices. He dropped out from school after the 8th grade and when seeking advancement in his work, he earned his GED. He was an avid reader and stressed the importance of education to his family.

Most importantly, Bud was a dedicated disciple of Christ for more than 60 years and was a member of the Woodland Hills Church of Christ. He was a good Bible student and strove to be Christ-like and he loved others. Bud faithfully attended worship services accompanied by his sister,

Doris Kelly until November of this year, when his declining health did not permit him to attend any longer.

He is survived by a son, Tim (Christine) Purdom of Marion; a daughter, Carolyn "Cari" (Rex) Keene of Elwood; a sister, Doris Kelly of Warren; 9 grandchildren, Kelly (Keene) Wallace, Ryan and Jason Keene, Koren (Purdum) Seago, Jared Purdom, Chad and Corey Cunningham, and Casey (Cunningham) Newby; and 11 great-grandchildren.

Wallace was also preceded in death by his wife, Lillie; a daughter, Teresa "Terri" Cunningham; 2 brothers, Gene & Walter; 2 sisters, Marie & Josephine; one grandson, Joshua Purdom; and one great-grandson, Peyton Cunningham.

Friends and family may call from 11:00 a.m. to 1:00 p.m. on Friday, January 3, 2020 at Raven-Choate Funeral Home, 1202 W. Kem Road, Marion, Indiana. Funeral Services will begin at 1:00 p.m. with Elders Jack Wiley and Galen Miller officiating.

Burial will immediately follow funeral services in Grant Memorial Park Cemetery, Marion, Indiana.

Memorial contributions may be made to the Woodland Hills Church of Christ, 2718 N. Wabash Road, Marion, Indiana 46952.

DAUGHERTY

Lynn L. Daugherty, 78, of Warren, IN, passed away at 11:38 PM on Wednesday, January 22, 2020 at Parkview Regional Medical Center in Fort Wayne, IN.

He was born on Wednesday, September 03, 1941, in Huntington County, IN to Garl O. & Isabelle (Holmes) Daugherty. He married Mary Cunningham on Saturday, December 30, 1961 in Oklahoma City, OK; she survives. Lynn was a 1959 Putnam City high school graduate. He attended Oklahoma State University

for 3 years to pursue a degree in education engineering. He formerly worked at Daily Express as an OTR truck driver, was a former member of the Warren Kiwanis Club and worked for 5 years at The Daugherty Companies, Inc. in Warren. Lynn was an avid NASCAR fan and especially loved watching Dale Earnhardt Sr. & Dale Jr. race.

Loving survivors include his Wife of 59 years - Mary Daugherty, Warren, IN, Son - Chris (Tammi) Daugherty, Bluffton, IN, Daughter - Chrystal (Fiancé, Ed Eltzroth) Collett, Warren, IN, Brother - Lanny Reese Daugherty, OK, Brother - Kenton Daugherty, OK, Grandchildren-Stephanie (Brian) VanHouten, Churubusco, IN, Amanda (Derick) Wilburn, Huntington, IN, Todd (Taylor) McClain, Warren, IN, and 7 Great Grandchildren.

He was preceded in death by his Parents and Grandson-Derek Daugherty.

Family and friends may gather to share and remember at Heritage Pointe-Applegate Chapel on Monday, January 27, 2019 from 11:00 AM to 3:00 PM. A service to celebrate Lynn's life will follow at 3:00 PM with his brother Kent Daugherty officiating. Interment will follow in the Woodlawn Cemetery in Warren.

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

CHAMBERS

Norma Gale Chambers, 80, a lifetime resident of Warren, IN, passed away at 1:26 PM on Friday, January 24, 2020 at her home in Warren, IN.

She was born on Tuesday, June 27, 1939, in Warren, IN. She married Donald Dee "Tony" Chambers on Saturday, January 06, 1962 at the United Church of Christ in Warren, IN.; he preceded her in death on February 23, 2014. Norma was a 1957 graduate

of Warren High School. She was a member of the Warren Church of Christ. Mrs. Chambers was a school bus driver for Huntington County Schools for 22 years, a nurses aid for 20 years at U.M.M.H., was former owner/operator at Majenica Grocery, and also assisted her husband in the operation of Tony's Lime & Stone.

She will be sadly missed by her Nephews - Doyle (Charleen) Ruble, Warren, IN, Tony (Lauvonnia) Conrad, Fort Wayne, IN, Jerry (Angie) Conrad, AR, Nieces - Jean (Jim) Durkin, Dayton, OH, Phyllis Conrad, Bradenton, FL, Great Nieces & Nephews - Melissa Parker, Fort Wayne, IN, Brooke Worley, Warren, IN, Roger Ruble, Haughton, LA, Mark Durkin, Dayton, OH, Tom Durkin, Baltimore, MD, Dave Durkin, Dayton, OH, Marcy McNutt, Minneapolis, MN, Lori Dawkins, Clovis, NM, Tim Conrad, Bradenton, FL, and Jeff Conrad, Fishers, IN.

She was preceded in death by her Father - Holland E. Ruble, Mother - Esther (Thompson) Ruble, Husband - Donald Dee "Tony" Chambers, Brother - Roger Ruble, Redkey, IN, Sister - A. Kathern Conrad, and Nephew - Dick Conrad.

Family and friends may gather to share and remember at Glancy - H. Brown & Son Funeral Home 203 N Matilda St. Warren on Wednesday, January 29, 2020 from 10:00 AM to 4:00 PM.

A service to celebrate her life will be at Glancy - H. Brown & Son Funeral Home 203 N Matilda St. Warren at 11:00 AM on Wednesday, January 29, 2020 with the Pastor Scott E. Nedberg officiating. Burial will take place at a later date.

Memorials may be made to Helping Paws Pet Haven 2242 S. Marion Rd. Huntington, IN 46750 or Lilly Bear's Rescue 160 S. Wayne St. Warren, IN 46792.

NEWHOUSE

Harold "Dean" Newhouse, 86, of Naples, FL, and having family in Huntington County, IN, died Wednesday, Jan. 22, 2020, at 4:15 a.m.

Mr. Newhouse was a farmer throughout his life and owned and operated Newhouse Farms. He was a member of the National Guard and Banquo Christian Church.

He was born Sept. 26, 1933, in Marion to Clifford and Nettie (Draper) Newhouse. Dean He married Nancy Holt on Nov. 22, 1953, and she survives.

Survivors include three daughters, Linda (Jim) Schroeder, of Warren; Debbie Long, of Huntington; and Kathie (Todd) Mower, of Markle; a brother, Garry (Sharon) Newhouse, of Marion; a sister, Waneta Stevens, of LaFontaine; and seven grandchildren, Christi (Nick) Tackett, of Fredericksburg, VA; Heath (Amber) Eppard, of Huntington; Bryan (Ericka) Mower, of Roanoke; Luke (Brittney) Eppard, of Warren; Blake (Rachel) Eppard and Darren Kratzer, both of LaFontaine; Evan (Liz) Mower and Derek (Jocelyn) Kratzer, both of Fort Wayne; and Chad (Chandra) Eppard of Bluffton.

Calling is Sunday, Jan. 26, 2020, from 5 p.m. to 7 p.m. at Needham-Storey-Wampner Funeral Service, North Chapel, 1341 N. Baldwin Ave., Marion. A funeral service will be held Monday, Jan. 27, 2020, at 10 a.m. at the funeral home, with Harold Smith officiating. Burial will follow at Gardens of Memory, in Marion.

Memorials are to Alzheimer's Association, 50 E. 91st St., Ste. 100, Indianapolis, IN 46209-4830.

MCCORMICK

David D. "Foot" McCormick passed away early Wednesday evening, Jan. 15, 2020.

David was born Nov. 20, 1957, in Bluffton, to Kenneth D. and Alberta Colleen Compton McCormick. He was a 1976 graduate of Norwell High School. He was involved in the trucking business as a driver and dispatcher for a total of 30 years.

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AREA NEWS CONTINUED

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David "Foot" is survived by his mother, Alberta Colleen McCormick; two sons, Nick (Jennifer) McCormick of Henrico, Va., and Douglas McCormick of Liberty Center; a daughter, April (Chris) Steffen of Bluffton; three grandchildren, Noah, Hannah, and Elizabeth; his siblings, Bob (Penney) Burns of Bluffton, Jon (Robin) Burns of Van Wert, Ohio, Debbie McCormick of Bluffton, Tim (Lisa) McCormick of Bluffton, Tammy (Andy) Wenning of Craigville, and Cindy Bates of Ossian; along with his loving nieces and nephews.

He was preceded in death by his father, Kenneth D. McCormick.

Calling hours will be from noon to 4 p.m. Sunday, Jan. 26, at Thoma/Rich, Lemler Funeral Home in Bluffton. A memorial service will be held at 4 p.m. Sunday at the Funeral Home, with Tony Garton officiating. A private burial will occur at a later date.

In addition to flowers, memorials may be made to the family.

Funeral arrangements have been entrusted to the care of the Thoma/Rich, Lemler Funeral Home in Bluffton.

MORE PAGE 4

the past or future and live life in the present. Whether you're spending time with loved ones, enjoying your favorite activity or simply cleaning the kitchen, your current activity should be the most important thing in your life at that moment.

As you enter the new year, follow these tips to focus on making yourself happy. When you prioritize and make time for you, success will follow.

5 TIPS FOR HOSTING A TOP-NOTCH BIG GAME PARTY

(BPT) - It's the height of football season, and you're looking forward to hosting the big game this year. No matter which team you're cheering for, it's all about prepping your home for the big event. But there's no need to stress. Here are a few simple tips to make sure your party is the talk of the town.

Have fun with the commercials

The big game is one of the only times people enjoy watching ads on TV, so make the most of it. After each commercial, have everyone rate it on a scale of one to ten. Tally up the scores, and at the end of the game announce the best and worst ad, according to your group. You could also make up a bingo game - creating a board with spaces for each company name.

Go for the big screen

It's not just any game - it's the big game. Make sure you and your guests are watching on the highest quality TV. With intense color display and over eight million pixels that can be individually controlled, the LG OLED B9 Series is one of your best options. Now at its lowest price ever, easily control your LG smart TV with built-in Amazon Alexa and Google Assistant using just your voice while never taking your eye off the game! Immerse yourself in the game with available 55- or 65-inch models.

No matter which team you're rooting for, follow these tips to help you plan the party of all parties. Find out about more viewing options at lg.com and you'll bring the big game action to life for all your friends and family.

Do some strategic dusting

Once you have the top technology in place, be sure to keep it clean. During the game, everyone's eyes will be glued to the screen, and you won't want any dust or smudges to affect their view. Before your guests arrive, wipe down your screen with a microfiber cloth and remove any buildup on your speakers or sound bar.

Don't skimp on snacks

Great food is one of the most important parts of an epic big game party. Go all out with game-day football favorites like wings, sliders, pizza, chili and more. Make it easier on yourself by declaring your party a potluck. Tell your guests to each bring their specialty or favorite dish to share. Just make sure you know what friends are bringing ahead of time, so you don't end up with too many pots of chili or trays of wings!

Make space for your crowd

The big game is known to bring out the rowdiness in people, so make sure you have plenty of space for your friends to cheer. Do some decluttering and remove any extra furniture. Consider adding extra seats to your living room or wherever you

plan to watch the game. And don't forget to pack away any breakable items, just in case your crowd gets a little too excited.

No matter which team you're rooting for, follow these tips to help you plan the party of all parties. Find out about more viewing options and tips at lg.com.

GIVE YOUR BACKSIDE A BREAK: 4 TIPS IF YOU SIT FOR EXTENDED PERIODS

(BPT) - Sitting is nearly impossible to avoid. Whether during your daily commute, working hard at your desk or watching your favorite TV show on the couch, sitting can provide relief and give you the opportunity to relax.

However, sitting for a long period of time can lead to some adverse health effects. According to a recent survey commissioned by Preparation H, 63% of Americans admit that staying seated for an extended period has resulted in butt pain or discomfort.

While sitting may be one of our favorite positions, the following tips will help you diminish the harmful, but common, side effects of sitting and highlight how to give your backside the break it deserves.

1. Move bad posture out of the way

Sitting down at a desk for eight hours at work each day is common for many professions, in addition to sitting during the commute to the office. For many, this is the preferred position, as one in four employed Americans would not show up to work if they could not sit down the entire time. However, sitting can have significant effects on our backs and spines, causing pain and discomfort. To avoid bad posture and a stiff neck or back, take a quick walk around the office, find a longer route to the water cooler or grab a coworker for a few laps around the parking lot during lunch. If your office allows it, opt for a

standing desk to get you off your butt and onto your feet.

2. Improve poor circulation

Let's face it - we all want to get home, kick off our shoes and get lost in our couch cushions for the rest of the night. However, sitting for too long causes your blood to remain in your feet and lower legs due to lack of movement, causing your body's circulation to slow down and resulting in numbness and tingling. To break up your sitting marathon, try to perform a few simple bodyweight exercises during commercial breaks or use the time to get up and tidy your living room space.

3. Leave backside discomfort in the past

Everyone uses the bathroom throughout the day, but some may spend a little too much time on the porcelain throne. The time spent sitting, as well as the habits associated with the activity, can ultimately contribute to the causes of hemorrhoid flare-ups, like constipation and straining. When hemorrhoids do strike, Preparation H is the #1 doctor-recommended OTC hemorrhoid brand formulated to soothe, cool, cleanse and care for your backside. To help shorten the time spent on the toilet, avoid digital distractions, like your phone, that can lead to spending extended time sitting in the bathroom.

4. Bring the power back to your brain

Your physical health isn't the only thing suffering from sitting - your mental health is affected as well. Sitting for extended periods can slow down brain function, leading to memory loss and a foggy brain feeling. If you're feeling distracted or can't seem to accomplish a task at hand, try getting up and going for a quick walk to help improve concentration and keep blood flowing to your brain so the next big idea is right around the corner.

Whether it's getting in an extra couple of steps or banishing your phone from

CONTINUED PAGE 8



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AREA NEWS CONTINUED

MORE PAGE 6

the bathroom, these small changes can be beneficial in reducing the negative effects of staying seated for too long. Sitting will inevitably be a part of your day, but by implementing these tips, you can give yourself a pat on the back for putting your health first.

For more information on hemorrhoid relief, visit preparationh.com.

JIGSAW PUZZLES - PERFECT FOR 'ME' AND 'WE' TIME

THIS WINTER

(BPT) - During the blustery cold days and cozy nights at home this winter, there's no better time to rediscover the simple pleasures and quiet joys of indoor activities that help you relax and reconnect with family. Over the holidays, through winter break and beyond, families everywhere are eager to unplug, get away from screens, and spend quality time together.

One great activity to help you do that is puzzling, which you can enjoy alone or with friends and family. Did you know that 1 in 2 Americans puzzle at least once a year? A study conducted by Ipsos on behalf of Ravensburger found that American adults puzzle for a number of different reasons - from millennials looking for an escape from their digital world to seniors who like activities that help them stay mentally fit. Perhaps also not surprisingly, 3 in 4 of those surveyed said that they puzzle most during the winter months.

Here are a few of the benefits of taking a little time in your day to work on a jigsaw puzzle.

"Me" time

It's easy to get caught up in the hustle and bustle of daily life, especially after the holiday season has wrapped and the coldest winter months set in. This time of year, it's more important than ever to be checking in on your self-care habits and creating a sense of wellness in your life. Jigsaw puzzles provide a relaxing, tactile and meditative outlet that is sure to keep the winter blues at bay. You can choose a picture that is sure to bring you joy once it's completed - from a beautiful piece of art or a cultural icon such as a 3D replica of a double-decker London bus -

puzzling gives you the opportunity to bring your favorite things to life in a fun new way.

The results are all positive - puzzling helps you de-stress, improves your memory, and boosts your problem-solving skills.

Puzzling on your own lets you choose how often and for how long you enjoy the activity. Leaving a puzzle in progress on a kitchen or dining room table lets you complete your puzzle at your own pace and reminds you to pause and take a moment to slow down every so often.

"We" time

In the Ipsos study, 7 out of 10 (69%) respondents who puzzle saw it as a family tradition activity, and 59% said that they like to do puzzles while they're on vacation or over holiday break.

Jigsaw puzzles can be a fun and effortless way to reconnect with family and friends of all ages. When everyone gathers around the table to puzzle together, it offers opportunities for relaxed conversations and connection with each other, away from the formality of a meal or structured activity. You may learn something special and new from one of your loved ones during a casual "side conversation" while working on a jigsaw puzzle together. From piecing together the riddles in an "escape the room" puzzle to your own customized puzzle of a treasured family photo - Ravensburger offers collaborative puzzles that are perfect for family time.

Working on puzzles allows everyone to unplug from technology, slow down and live in the moment together. In fact, 84% of those surveyed said that they usually puzzled together with others.

Why do people like to puzzle, whether alone or together? Those who regularly puzzle said that their main reasons are relaxation (59%), fun (57%), stress relief (47%), and brain boosting (42%) - all of which are especially important to maintain during the short, cold winter days.

No matter your age, you can open up the experience of puzzling to your friends and family this winter and beyond to take a break from your tech-fueled lives and enjoy spending time together. Kids, teens, parents and grandparents can all puzzle together - no user

manual, batteries or complicated directions required!

HOW PHYSICAL THERAPY CAN HELP YOU MANAGE PAIN

(BPT) - Movement is crucial to a person's health, quality of life and independence. For some people, pain makes movement a challenge. Pain is one of the most common reasons people seek health care. A physical therapist can help people move better and safely manage their pain.

Who are physical therapists?

PTs are movement experts who improve quality of life through prescribed exercise, hands-on care and patient education. They treat people of all ages and abilities and empower them to actively take part in their own care.

Physical therapist assistants (PTAs) work with patients under the direction of a PT and teach and demonstrate exercises that help improve mobility, strength and coordination.

To ensure the best possible care, physical therapists often work with other members of a patient's health care team. After performing an evaluation, they create personalized plans of care that can help you:

- * Improve mobility and function
- * Manage pain and chronic conditions
- * Avoid surgery
- * Reduce the use of opioids and other prescription drugs
- * Recover from injury
- * Prevent future injury and chronic disease

Here are three tips to manage pain:

Tip 1: Work with your PT to understand your pain. They offer valuable patient education, including setting realistic expectations for recovery with or without opioids. This allows

you to take a proactive approach to pain management.

Tip 2: Keep moving. An active lifestyle that is appropriate for your condition can help manage symptoms and decrease or eliminate pain. The body was built to move and doing so regularly can help improve quality of life. PTs prescribe exercise specific to your condition, needs and goals.

Tip 3: If you experience an injury or develop the onset of pain, seeing a PT early on can help address and manage your symptoms.

When and where do you see a physical therapist?

Pain management is just one reason to work with a PT. They can also help you prevent future injury or chronic conditions. You do not need a physician's referral to make an appointment with a

PT for an evaluation.

PTs can specialize in a variety of areas, including geriatrics, neurology, oncology, orthopedics, pediatrics, sports and women's health. They provide treatments in:

- * Hospitals, outpatient clinics or offices
- * Inpatient rehabilitation facilities
- * Skilled nursing, extended care or subacute facilities
- * Schools, education or research centers
- * Fitness centers and sports training facilities
- * Hospice settings
- * Your workplace
- * Your home

How can you take the next step?

For more information and to find a PT near you, visit ChoosePT.com.

MORE PAGE 2

them all in a span of just under 20 years. I am sure Marion and Vivian would be quite proud of their family. 12 kids, 29 grandkids, 40 great grandkids and 6 great great grandkids and 8 in-laws. It's a shame we all can't get together under one roof but if we did it would be a little crowded.

So one of these days I am going to just make time to get all my genealogy updated and finished up. I have many newspaper clippings to get added in, new births and deaths to get recorded and a few pictures to add. I might as well plan on making next winter my catch up time for that.

So if anyone is wanting to get started on their family history, give me a call I am always willing to give you some pointers on how to get it started. It is interesting to learn about your family and where they come from. One of these days I'm going to do the DNA test and see what I come up with just for fun.

Have a great week and keep thinking spring!!

Warren Family Dentistry will be hosting "Give Kids a Smile Day" Saturday, February 8th 8AM-Noon



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All children ages 4 to 16 who are not covered by dental insurance and whose families are without adequate financial means are welcomed! We will offer cleanings, examinations and the most urgent dental work at **NO COST!** Due to the overwhelming response to this special event, **appointments are necessary and limited!** All children must be accompanied by a parent or guardian. **Please call today!**



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