

Friday, January 22, 2016

Volume 30, Number 47



www.warrenweeklyindiana.com

# Warren Weekly

Your Hometown Newspaper

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WARREN IN 46792



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**Thought for the Week:** The problem with political jokes is they get elected. Henry Cate VII

## EXECUTIVE SESSION

The Warren Town Council has scheduled a meeting to be called as an Executive Session on Monday, January 25th at 3:30 pm in the Council Meeting Room, Assembly Hall, 131 N. Wayne St. The agenda item is: Discussion of strategy with respect to initiation of litigation or litigation that is pending or has been threatened in writing (IC 5-14-1.5-6.1 (b)(9)). That meeting will be immediately followed by a meeting called as a Special Session but that meeting shall not commence prior to 4:30 pm. Main agenda topic will be budgetary review for 2016 and any/all matters which could come before Council.

## TREE PRUNING CLASS

Purdue Extension Grant County will be hosting a Basic Tree Pruning Class on Tuesday, February 2nd. This class will cover general information related to pruning ornamental and woody trees and shrubs. It will not cover fruit trees. In addition, resources and information for proper pruning will be addressed. The program will be offered at 1 pm at the Grant County Fairgrounds.

RSVP's are requested by January 29th to 765.651.2413 or cluppers@purdue.edu.

There is no charge for this program.

## BLOOD DRIVE

The American Red Cross urgently needs blood donors to make an appointment to give this winter. Eligible blood donors of all types are needed,

especially those with O, AB, B negative and A negative.

Blood is needed to respond to emergencies large and small, across the country every day. For Heather Von Glahn, it was a personal emergency – her 8-year-old daughter's leukemia diagnosis – that inspired her to make the commitment to give blood regularly. "I've seen blood save her life at least 10 times," said Von Glahn. "When friends and family ask what they can do for my daughter, I tell them to donate blood. It matters so much!"

Blood donations are urgently needed now and throughout the winter to maintain a sufficient blood supply for patients in need. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Locally February 11 from 2 p.m. - 6 p.m., Knight-Bergman Center, 132 S. Nancy St.

## PROS SCHOLARSHIP AVAILABLE

Applications are now available at the Huntington North High School office for the PROS (Parents Reaching Out At Salamonie) Scholarship. To be eligible, one must be a senior at HNHS, must have attended Salamonie Elementary (K-5) for at least 4 years, and must be planning a course of post-secondary study. Application deadline is April 15, 2016.

### Pioneer Scholarship

To promote outstanding scholarship, research, and writing about Hoosier history, The Society of Indiana Pioneers

will award a \$5,000 first prize and two other prizes of lesser amounts to individuals who publish the most significant contributions to the state's pioneer history. These must be published in 2013, 2014, 2015, or early 2016. An entry may be a book, article, essay or original work in digital format on a disk or permanent website.

Authors, producers, and others who wish to nominate a work can download the nomination form

at [www.indianapioneers.org](http://www.indianapioneers.org) and select the SIP Centennial/Indiana Bicentennial tab or can contact the Society's Office Manager at the Indiana State Library, 140 North Senate Avenue, Indianapolis, IN 46204.

([www.societyofindianapioneers@yahoo.com](mailto:www.societyofindianapioneers@yahoo.com)) A panel of judges will consider works with cutting edge scholarship, advances in knowledge, and superior or new research techniques. The deadline for nominations is March 1, 2016.

Dr. James P. Fadely, President of The Society of Indiana Pioneers, explains the mission of the group is "to honor the memory and the work of the pioneers of Indiana." Award checks will be presented on June 27, 2016, at Conner Prairie Interactive History Park during a centennial celebration of The Society of Indiana Pioneers in collaboration with the Friends of the Indiana Archives and descendants of the signers of the 1816 Constitution. These awards, known as the John Hampden Holliday Prize, are named for the founder of The Society of Indiana Pioneers and the former owner of the Indianapolis News newspaper.

The Society was founded in 1916 and will celebrate its centennial as the state of Indiana marks its bicentennial in 2016. This competition is an official Legacy Project endorsed by the Indiana Bicentennial Commission.

## CATTLEMEN TO MEET

The Huntington County Cattlemen are scheduled to meet on Tuesday January 26th at 7:00 p.m. at the Huntington County Courthouse Annex Conference Room (Health Dept.). Topics for discussion include planning for the 2016 Preview Show, 4-H Beef ID Day and officer elections.

For more information, contact Purdue Extension – Huntington County Office, 1340 South Jefferson, Huntington or call 260-358-4826.

## STATE PARK PASS

Warren Public Library now has one Indiana State Park Pass for you to check out. These passes were made available, free of charge, to all public libraries in Indiana from the Indiana State Library and the Indiana Department of Natural Resources, State Parks Department. These passes celebrate Indiana's Bicentennial and the State Parks' Centennial and will only be available during the 2016 calendar year.

The pass at Warren Public Library may be checked out for 1 (one) week, with no renewals. This pass will not be holdable and will have a late fee of \$1. per day. If lost or not returned to the library, your account will be assessed a replacement fee of \$50. Our hope is that many families in the

Warren area will take advantage of this gift pass to enjoy our beautiful state parks this spring and summer.

## FREE CHILI SUPPER

There will be a FREE CHILI SUPPER in the Southern Wells High School cafetorium on Saturday, January 23rd from 4:30-7:00 p.m. just before the Southern Wells and Jay County basketball games. Sponsored by Southern Wells Community Church.

## FARM ESTATE PLANNING

Local farmers are invited to attend an educational program on Farm Estate Planning. Learn the three biggest problems when transferring farm wealth, how to manage those problems, and basic farm estate planning considerations. The program is scheduled for Wednesday, February 3rd at 10am at the Marion Library. Reservations are requested as lunch will be provided. RSVP to the Grant County Extension office at 765.651.2413 or cluppers@purdue.edu by January 29th.

## PUBLIC MEETINGS

Notice of Public Meetings for Purdue Extension Grant County. January 21 – 7p.m.  
March 17, 7 p.m.  
May 19 7 p.m.  
October 20 7 p.m.  
November 15 6:30 p.m.  
All Meetings held at the Grant County Fairgrounds.

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**WARREN WEEKLY** • Owner/Publisher: Nicki L. Zoda  
**Mailing Address:** P O Box 695, Warren, IN 46792  
**Shipping Address:** 7920 S 900 W 90, Warren, IN 46792  
**Phone:** (260)375-3531 or 1-877-811-9089 **FAX:** (260)247-2426  
**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 Hemmick's Hardware, Circle K and Time Out Tavern in Van Buren. Total circulation is 3000.

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

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

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

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

The publisher takes no responsibility for statements or claims made in any advertisement.

<p><b>Zeller Construction</b></p>  <p><b>Owner: Larry Highley</b>  <b>375-3477 or 260/359-2331</b>  <i>Pole Barns, New Homes, Remodeling, Garages, Siding,</i></p>	<p><b>D &amp; D BIKE</b></p> <p>Over 200 in Stock  Phone 375-3828 or  1-800-356-4440  Downtown Warren</p>	<p><b>This Space Available.</b>  <b>Call the Warren Weekly for more info.</b></p>
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## Kudos, Kicks & Karats

### IS STRESS AFFECTING YOUR CHILD'S HEALTH?

from the American Counseling Association

We like to imagine that the lives of our children are relatively stress free. Oh sure, things like that upcoming math test or who to take to the prom may cause them stress, but it's not the same kind of stress we face at work or over financial issues... or is it?

Actually, stress affects each of us, regardless of age. Stress is a combination of two things. The first is the "stressor," the situation that triggers the physical and emotional reactions we feel. For adults it can be anything from serious financial issues to something as temporary as this morning's traffic jam.

The second part of stress is our "stress response," our natural reaction to a stressor. Stress causes our bodies to release chemicals that increase our breathing, heart rate, alertness and muscle response. It's all a natural reaction that we inherited from our ancient ancestors. Back then, their survival meant reacting quickly to the threats they met.

That natural response happens to everyone, whether we're a 40-year old man facing a possible job loss, or a 10-year old boy facing that school bully coming toward him on the playground.

When the source of stress is a temporary situation, it usually isn't a big deal in terms of our overall health and well-being. But when someone faces stressful situations repeatedly, the result can be that the person feels constantly nervous or exhausted, and it can result in very real physical and emotional ailments.

How can you recognize if your child is facing high levels of stress? Often the warning signs will include changes in both behavior and physical well-being.

You may see stress-related behavioral changes such as anger or impatience over relatively minor things. Your child may seem constantly anxious, unable to relax and perhaps sleeping poorly or excessively. You might notice changes in eating behavior through either a loss of appetite or suddenly overeating. Frequent headaches or physical pain can also be stress-related.

Excessive stress is not a problem to be ignored. Try talking to your child in a non-judgmental way about what may be bothering him or her. Be kind but persistent if there is a reluctance to share information. Seeking help from an experienced professional is often needed to help the child. Your school counselor or a professional counselor specializing in children can often help address the underlying issues causing the stress.

"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 .

**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  
Brad Kelly, Pastor  
Sunday School ..... 9:30 a.m.  
Worship ..... 10:30 a.m.  
Wed. Bible Study ..... 6:30 p.m.  
Thurs. Kings Kids ..... 6:30p.m.  
BYG Youth Svc. (2&4Sun.) ..... 6:00p.m.  
CWF Ladies (3 Tue) ..... 6:00 p.m.

**BOEHMER UNITED METHODIST**  
Rev. Barry Humble, Pastor  
Denise Heininger, S.S. Supt.  
Sunday Worship ..... 9:30a.m.  
Sunday School ..... 10:45a.m.

**CENTRAL CHRISTIAN CHURCH**  
Van Buren, Indiana 765-934-2199  
Pastor - Heath Jones  
Youth Leader - Kelly Jones  
Worship ..... 9:30 a.m.  
Sunday School ..... 10:40 a.m.  
Adult Bible Study ..... Sun 6:30p.m.  
Youth Group ..... Sun 6:00p.m.  
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 Service

**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.

**HILLCREST CHURCH OF THE NAZARENE**  
375-2510  
Rev Mark Davis  
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 ..... 9:00 a.m.  
Fellowship ..... 9:55a.m.  
Worship ..... 10:15a.m.  
Wed. Bible Study ..... 7:00 p.m.

**LIBERTY CENTER UNITED METHODIST CHURCH**  
Pastor Chad Yoder  
Morning Worship .....9:30 a.m.  
Sunday School ..... 10:45 a.m.

**McNATT UNITED METHODIST**  
375-4359  
Bill VanHaften, Pastor  
Lois Slusher, Supt.  
Coffee Fellowship..... 8:30 a.m.  
Worship ..... 9:15 a.m.  
Sunday School ..... 10:30 a.m.  
Bible Study - Wed. .... 7:00 p.m.

**MT. ETNA UNITED METHODIST**  
260/468-2148 Sr 9 & 124  
Rev. Michael Gallant - "Pastor Mike"  
Multi-Generational Worship 9:30 a.m.  
Fellowship ..... 10:30 a.m.  
Sunday School ..... 10:45-11:30a.m.  
Sunday Youth ..... 6-7:30 p.m.  
Come as you are for all services

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

**SALAMONIE CHURCH OF BRETHREN**  
468-2412  
Mel Zumbrun, Pastor  
Worship .....9:30 a.m.  
Church School ..... 10:45a.m.

**UNITED CHURCH OF CHRIST**  
375-2102  
Pastor Scott Nedberg  
Youth Pastor - Pastor Heather Parsons  
Sunday Worship..... 9:30 a.m.  
Contemporary Service - Wed 6:30 p.m.  
Junior Church ..... 10:00 a.m.  
Sunday School ..... 10:30 a.m.  
Youth Meetings-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  
The Highway (2nd Service) .... 11:00 am  
Sunday School ..... 10:30am  
Not Home Alone - Wed ..... 2:30 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, Minister  
Ben Renkenberger, Youth Minister  
Tara Bower and Melinda Haynes - Secretaries  
www.warrenchurchofchrist.org  
Fellowship .....9:15 a.m.  
Worship & Communion .....9:30 a.m.  
Sunday School .....11 to 11:40 a.m.  
Youth: (Start back up in the fall)  
K-5th grade, Mon ..... 6-7pm  
Jr/Sr Hi, Sunday ..... 6-7:30pm

**WARREN 1st BAPTIST CHURCH**  
Corner of N. Wayne & Matilda Sts.  
Youth Directors  
Peter & Mindy Fairchild  
Sunday School .....9:00 a.m.  
Sunday Worship .....10:00 a.m.  
Youth Group: Grades 3-5 ..... 4-5:30p  
Grades 6-12 ..... 5:30 - 7p

**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**  
Pastor Richard Ladouceur  
11044 E 200 N, Marion, IN  
765-934-3609  
Sunday Worship..... 10:30 am  
Sunday School Classes .....9:30 am  
Youth Group .....6:00 pm  
Sunday Adult Bible Study..... 6:00 pm  
Thurs. Bible Study .....7:00 pm

**Forms are Available at [www.warrenweeklyindiana.com](http://www.warrenweeklyindiana.com) for Birth, Wedding, Anniversary, & Engagement Announcements, and Classifieds and Subscriptions.**

Please Attend the Church of Your Choice



# AREA NEWS

## COUNCIL NOTES

The newly elected Van Buren Town Council held their first meeting on Wednesday evening, January 6. The meeting was held in the Council Room at Town Hall.

Tony Manry was named president of Council. Other officials were named to various offices as follows: Jerry Caudill and Terry Dickmann, Fire Board; Terry Dickmann, Grant County EMA Board; Terry Dickman, Grant County EMA Board; Jerry Caudill, ECT Development; Tony Manry, Grant County Area Plan.

Manry announced the Council is planning to make some changes.

Citizens in attendance were still concerned about cleaning up various properties.

One citizen was concerned about speeding on State Road 5 through town.

Officer Pat Collins will be retiring in April. They will be advertising at the end of January for a new Town Marshal.

Alleys are to be checked for repairs needed. The work will be done in the spring.

The next Council meeting will be January 27.

## MODEL TRAIN SHOW

Saturday, February 6th from 9 a.m. to 3 p.m., R&R Mania will be sponsoring a Model Train Show and Sale.

And on Sunday, February 7th from 9 a.m. to 4 p.m., an Antique/Vintage Resale Show and Sale, both at the Horizon Christian Academy Campus at 2000 North Wells Street, Fort Wayne, IN (the old YWCA/St Vincent's Villa Orphanage).

Admission at the Train Show is \$5.00 for adults, children (12 and under) are Free, no

admission for the Antique/Vintage sale.

Saturday we will have a large display of model railroad/toy train/train memorabilia, and several model railroad layouts; and on Sunday there will be many booths of great antique/vintage and resale finds. Good Food & Beverages will be available and parking is free. A portion of the proceeds received from these events benefit Horizon Christian Academy, a not for profit organization.

The public is welcome and invited.

## HONOR ROLL

The following students have attained Honor Roll status at Salamonie School for the first quarter.

Fifth Grade - All A's - Kimber Cobbs, Cadence Crouse, Zoe Erickson, Summer Jackson, Joshua Justice, Emily Manry, Abagayle Wright, Charlie Zehner.

Fourth Grade - All A's - Clayton Bell, Rehryn Brooks, Asher Chipchosky, Dalton Davis, Aiden DeWeese, Devin Downey Spencer, Tessa Maul, Ava Poulson, Brooklyn Scalf, Blake Sheward, Julia Spitler

Third Grade - All A's - Jackson Barlow, Mia Bustos, Evan Clabaugh, Emma Dickson, Cole Eltzroth, Seth Gilbert, Javin Gray, Lily Hall, Marcus Linker, Caden Moore, Cameron Moore, Kayda Newman, Jonah Renkenberger, Paige Russell, Molly Schindler, Joseph Shively, Haley Smith, Lola Ann Smith, Anna Spitler, Brodee Swaidner, Maleah Warpup, Allen Yohe

Second Grade - All A's - Emma Alford, Todd Baker, Lily Ballenger, Donovan Cain, Anna Lucile Clampitt, Olivia Crouse, Lillian Ellis, Raylynn Eltzroth,

Blaine Freiburger, Izabella Gareri, Hannah Helms, Taylor Jackson, Kendra Killen, James Llinker, Ava Markley, Isabella Maul, Gunnar McCutcheon, Jayden Rittenhouse, Kirah Sheward, Dalton Stephan, Garrett Yohe.

Fifth Grade - A/B - Blaine Brown, Erica Dickson, Emma Helvie, Cassandra Imel, Savannah Johnson, Keaden Justice, Gabrielle Leichty, Matthew Martin, Cole McCarver, Christian McGuin, Michael Moehring, Emma Mounsey, Alexandria Raab, Hailey Rains, Rebecca Spitler, Brooke Swaidner, Lucas Trickle, Samantha Wildey

Fourth Grade - A/B - Jason Brown, Trinity Cain, Vincent Carboni, Kelsey Chaney, Jay Clampitt, Devon Davis, Izaya Dunno, Parker Ellenburg, Noah Gallegos, Samantha Langston, Emily Livers, Jillian Loftis, Kahlen Lows, Riley Mautz, Isaak McCord, Aschton Michaud, Avian Reed, Christian Smith, Shaylyn Suchcicki, Hanna Surfus

Third Grade - A/B - Kayla Brown, Brenna Cady, Brayden Cantrell, Kinzie Cobbs, Bailey Davis, Landon Green, Savannah Harman, Alyssa Imel, Ayden Jackson, Aiden Justice, Isabella Leas, Cale Minnich, Jaziah Norman.

Second Grade - A/B - Mackenzie Brown, Lola Crawford, Kaitlynn Gardner, Ava Green, Tristen Helvie, Keaton Jones, Abigail Michaud, Jakira Morris, Wyatt Morris, Reese Nightenhelser, Hailey Pursifull, Hunter Snyder, Blake Stucky

## SENIOR MONDAY

People age 50 and older are invited to the monthly Senior Monday Carry-in Luncheon on Jan. 4 at Salamonie Interpretive Center, Lost Bridge West State Recreation Area, Andrews.

After the noon meal, "Gettysburg: Touring the Battlefield" will be presented.

Attendees should bring their table service, a prepared dish to share and \$1 donation to help defray costs of the provided main dish.

To register, or for more information, call Upper Wabash Interpretive Services (UWIS) at (260) 468-2127.

Upper Wabash Interpretive Services (dnr.IN.gov/uwis) is at 3691 S. New Holland Road, Andrews, 46702.

## SECOND SATURDAY

Salamonie Second Saturday will be held in conjunction with the Eagle Watch program, Feb. 13.

Meet at the Salamonie Interpretive Center at or before 3 p.m.

Participants will hear a short overview of Indiana's eagles and then caravan to the largest documented winter eagle roost in Indiana.

Bring binoculars, cameras and spotting scopes, and dress for the weather.

Those who need the available handicapped parking should request it upon registration.

The program is free. For more information and to register, call (260) 468-2127.

Upper Wabash Interpretive Services (dnr.IN.gov/uwis) is at

3691 S. New Holland Road, Andrews, 46702.

## DID A STORM DAMAGE YOUR TREE?

Winter storms cause tremendous stress and severe damage to trees in the urban forest. Snapped or downed trees should be removed, but what about a tree that only suffers minor damage? How can a homeowner tell if a tree is safe enough to keep?

Assessing the damage

Minor damage - with only the smallest branches of the tree being injured - usually results in little or no permanent injury to the tree. All that is required is cleanup of the broken twigs and branches and perhaps a crown cleaning to restore a pleasing shape.

More severe damage - large broken branches, split crotches, removal of bark and splitting or splintering of the trunk - can be caused by strong winds and heavy ice storms and require more maintenance. When a tree is severely damaged, homeowners must ask: "Is this tree safe, and in good enough condition to keep?" A tree care professional should be consulted to answer this question.

"Most arborists will take the time and effort to save a tree only if the tree will still be healthy, attractive and of value to the property owner after repairs," explains Tchukki Andersen, BCMA, CTSP and staff arborist for the Tree Care Industry Association (TCIA). "A tree care expert may recommend removal of a tree that has brittle wood, or if the branch structure makes it vulnerable to damage from future storms. Trees that have been topped by storms, for example, can be prime candidates for removal," says Andersen.

Other factors to consider when determining if a tree is worth saving:

\* Species - Is this type of tree prone to pests and other problems?

\* Age - Is the tree mature or over-mature?

\* Vigor - What health condition was the tree in before the damage?

\* Value it adds to the property - Does the tree still have value, even if partially damaged?

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.

Jan 20	7:00p	V - Town Council Meeting
Feb 3	Noon	W - Chamber of Commerce, Assembly Hall
Feb 3	7:00p	V - Town Council Meeting
Feb 3	7:00p	V - Town Council Meeting
Feb 8	5:30p	W - Town Council, Assembly Hall
Feb 12		Lincoln's Birthday
Feb 14		Valentine's Day
Feb 15		President's Day
Feb 15	6:30p	W - KBC Board Meeting at KBC

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



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***AREA NEWS CONTINUED***

***MORE PAGE 3***  
\* Sentimental value - Is the tree a living monument?

If a tree is not worth saving, remove it as soon as possible. If it is not removed and the tree dies, it could become a hazard tree. Removal of hazard trees is dangerous to the tree care crew and requires special techniques, adding to the cost.

## Treating the tree

If the homeowner decides to save the tree, the next question is: "Am I capable of repairing the damage myself, or should I seek professional help?" Major repair will undoubtedly require the use of a chain saw and climbing equipment. Unless one is experienced in the use of such equipment and comfortable working off the ground, it is best to have the work performed by a competent professional.

Inspect your trees for damage after a storm. If a tree has hazards, such as broken, hanging limbs or a split branch union (sometimes called a branch fork), you should have a reputable tree care company give an assessment. This is important because you could be held liable if the hazard branch or tree falls and damages property or causes personal injury.

## ***PORK DINNER***

Blackford County 4-H Fairboard will be hosting a Pork Chop or Pork Burger dinner on Friday February 19 from 4 to 7 p.m. in the Blackford High School Cafeteria. The school is located at 2932 N SR 3 Hartford City.

The Pork Chop Dinner will be \$8 and the menu includes a Pork Chop, potato chips, green

beans, roll, dessert and beverage.

Or you can order a Pork Burger Dinner for \$6 for a pork burger, potato chips, green beans, roll, dessert, beverage.

## ***JANUARY IS CERVICAL***

## HEALTH AWARENESS

## MONTH: WHAT TO KNOW

## ABOUT CANCER SCREENING

(StatePoint) More than 12,000 women are diagnosed annually with cervical cancer and 4,000 women die each year. However, innovations in diagnostics and prevention could help reduce that number, while also giving women a better understanding of their health.

- The basics: Woman 21-65 years old should have a Pap smear every three years according to new health guidelines, along with a Human Papillomavirus (HPV) test in some cases -- not annually as most women were taught. The Pap smear detects changes in cervical cells caused by persistent HPV infections, and the HPV test improves detection. After an abnormal result, doctors may perform a colposcopy exam by applying a solution to the cervix and watching for areas that turn white (acetowhitening), which can indicate abnormal cells. Certain women may need more frequent screening or treatment to remove pre-cancerous areas.

- Computer-aided detection: Historically colposcopy has been a very subjective exam, and accurately identifying biopsy sites is a challenging task. DySIS colposcopy, a clinically-proven,

FDA-cleared device, adds Dynamic Spectral Imaging to objectively quantify acetowhitening, and displays the results in a color-coded map.

"Its ability to help me to select biopsy sites has resulted in me finding an increased number of significant pathologies," says Dr. John Patterson of Wheaton Franciscan Healthcare of DySISmap.

- **Reduced anxiety:** Receiving news from your doctor that your Pap smear result is abnormal is frightening for any woman. However, the new computer-enhanced imaging offers more clarity for both the clinician and the patient.

"It was really good to be able to see the screen and feel a little more in control and understand what was happening," says Heather Holyoak, a medical student who had three colposcopy procedures and a biopsy over the past three years. "For me, it wasn't remotely painful or uncomfortable, and it could be something that puts your mind at ease."

- **Prevention:** Two FDA-approved vaccines are highly effective in preventing infections of high-risk HPV types that cause the majority of cervical cancers. The HPV vaccine is recommended to be given to pre-teen girls and boys at 11-12 years old before they are sexually active, but can be given up to age 26 for women and 21 for men.

For more information on screening, diagnosis and prevention, visit [cancer.org/cancer/cervicalcancer](http://cancer.org/cancer/cervicalcancer) and [www.DySISMedical.com](http://www.DySISMedical.com).

Cervical cancer is completely preventable and the best prevention is being regularly tested to detect abnormalities

early. With these new tools, cervical cancer can be eradicated in our lifetime.

## TIPS TO PREVENT AND TREAT COLD SORES THIS WINTER

(StatePoint) Did you know that the cold sore virus is very common? In fact, eight out of 10 people have it. And, if you've ever had one, you already know that an outbreak can be painful and unpleasant. Itching, burning, tingling, and blisters are some of the symptoms associated with cold sores, and many people are especially susceptible to them during cold and flu season.

Blisters or sores usually appear when your body's defenses are down -- when you are stressed, or your immune system is weak, making you especially vulnerable this time of year. There is no cure for cold sores, but you can take steps to prevent an outbreak and manage the symptoms. Here is what to know:

## Prevention

Among other harmful effects to skin, excess sun exposure can trigger cold sores, no matter what the temperature is outdoors. In the cooler months, take steps to limit sun exposure as you would during summer. This includes wearing a lip balm with SPF protection.

Work to keep your immune system strong all season. Eat a well-balanced diet, exercise and get sufficient rest every night.

A lot of stress can also be a trigger for a cold sore. Whether it's a bubble bath, yoga session, or an evening on the couch

watching TV, make sure your schedule includes some quality down time.

Treatment

Most symptoms go away in seven to 12 days. Before a blister appears, you may feel tingling or burning on your upper or lower lip. This is called a “prodrome,” a signal that a cold sore is imminent. This is the best time to make sure you have a trusted cold sore treatment on hand.

You can help to ease symptoms at the site of the sore with a fast-acting formula such as Carmex Cold Sore Treatment. Ten percent benzocaine relieves pain and itch, while its patented Triplex formula works to smooth and fill in the sores to make it less noticeable. Keep dry, cracked lips moisturized with a medicated lip balm, such as those available from Carmex.

Remember, the cold sore virus is contagious, particularly during the open sore stage, so wash your hands regularly in order to prevent spreading the infection to others. Also avoid sharing glasses or utensils that may spread the virus. Sadly, kissing is also on the list of things to avoid.

In the winter, take extra precautions to prevent cold sore outbreaks. And if you do suffer from these painful symptoms, remember, there are many ways to ease discomfort.

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# GENEALOGY REPORT

## JAMES

Lewis F. James, 90, of Monroeville, IN, passed away at 4:48 AM on Tuesday,



January 12, 2016 at Adams Heritage in Monroeville, IN.

He was born on Thursday, December 31, 1925 in Van Buren. He married Phyllis Ann (Heideman) James on Friday, May 02, 1947 in Van Buren, IN. Lewis graduated from Van Buren High School. He was a member of the Van Buren United Methodist Church and had retired from Anaconda Wire & Cable in Marion, In. He had served in WWII and was in the 82nd Airborne Div. where he was an Air Trooper. He was a Private 1st class, in the 504th parachute infantry, in the European Theatre.

Loving Survivors Include: Sons - David (Mary) James, Fort Wayne, IN., Dennis (Cindy) James, Decatur, IN., Randall (Rita) James, Van Buren, IN., Daughter-in-law - Tami James, Decatur, IN., Brother - Orval James, Van Buren, IN., 11 Grandchildren, and 20 Great Grandchildren.

He was preceded in death by his Parents- Elmer W. and Mae (Yoars) James, Wife - Phyllis Ann James and son Dana James.

Family and friends may gather to share and remember at Ferguson & Glancy Funeral Home 201 W. Main St. Van Buren, IN. on Saturday January 16, 2016 from 11:00AM to 3:00PM.

A service to celebrate Lewis's life will be at Ferguson & Glancy Funeral Home on Saturday,

January 16, 2016 at 3:00PM with Cindy Osgood officiating.

Interment will be at a later date. Military rites will be conducted by the National Guard 293rd infantry division of Fort Wayne, IN.

Preferred memorials: Van Buren United Methodist Church 105 S. 2nd St. Van Buren IN 46991 or the Adams Co. Council on Aging, Decatur, IN.

## MORIARITY

Deanna Kay Moriarity, 33, of Warren, IN, passed away at 5:26 AM on Saturday, January 16, 2016 at Dupont Hospital in Ft. Wayne, IN.



She was born on Saturday, July 17, 1982, in Bluffton, IN. Deanna was a 2000 graduate of Huntington North High School and a graduate of the University of Phoenix, where she obtained her bachelor's degree in Criminal Justice. Deanna formerly worked at Subway in Warren and Markle, McDonalds in Warren and Peyton's in Bluffton. She enjoyed reading, playing games on her computer and especially spending time with her son Chase.

Loving survivors include: Mother - Sharon (Douglas) Baker, Bluffton, IN, Father - Ora. P Moriarity, Jr., Ossian, IN, Son - Chase Moriarity, Warren, IN, Brother - Patrick Moriarity, Bluffton, IN, Maternal Grandmother - Treva Douglas, Bluffton, IN and several Nieces, Nephews, Aunts, Uncles and Cousins.

She was preceded in death by her: Maternal Grandfather - Richard Douglas and Paternal

Grandparents - Ora P. Sr. & Anna Mae Moriarity.

Family and friends may gather to share and remember at Glancy - H. Brown & Son Funeral Home 203 N Matilda St. Warren on Tuesday, January 19, 2016 from 10:00 AM to 11:00 AM. A service to celebrate Deanna's life will follow at 11:00 AM on Tuesday, January 19, 2016 with Tom Brodbeck officiating. Interment will take place at a later date.

Preferred memorials: The Family-c/o Glancy Funeral Homes PO Box 366 Warren, IN 46792

## DEEMER

Philip Dale Deemer, 73, of Warren



(Lancaster), IN, passed away at 3:55 PM on Monday, January 11, 2016 in Huntington, IN.

He was born on Saturday, March 28, 1942, in Lancaster, IN to Herbert Dale & Greta Fern (Tharp) Deemer. He married Joyce C. Rowland on Monday, April 28, 1975. Philip served in the United States Army from 1966-1968 during the Vietnam War. He worked for 39 years at General Motors in Marion before retiring. He was a member of the Church of God.

Loving survivors include: Wife - Joyce C. (Rowland) Deemer, Warren, IN, Daughter - Lisa (Brett) Kindler, Boiling Springs, NC, Daughter - Traci (Dave) Casper, Indiana, IN, Grandchildren - Jayson Buzzard, OK, Caleb & Mattie Kindler, Boiling Springs, NC and Corporal Chase Eckert, Hawaii, Brother - Dick (Joann) Deemer, Bradenton, FL, Brother - John Deemer, Huntington, IN, Sister - Ruth Ann (Larry) Berryhill, Warren, IN, Sister - MaryLou (Rex) Larkey, Roanoke, IN,

Several Brother and Sister-in-laws and Nieces and Nephews.

He was preceded in death by his: Father - Herbert Dale Deemer, Mother - Greta Fern (Tharp) Deemer, Sister - Joanne Deemer and Sister-in-law - Dorothy Deemer.

Family and friends may gather to share and remember at Glancy - H. Brown & Son Funeral Home, 203 N Matilda St., Warren on Thursday, January 14, 2016 from 9:00 AM to 11:00 AM. A service to celebrate Philip's life will follow at 11:00 AM with Rev. Ben Murphy, Wise, VA., officiating, assisted by Patrick Rowland, Ortonville, MI. Interment will be in the Roselawn Cemetery in Bardwell, KY at a later date.

Preferred memorials: Riley Children's Foundation, 30 South Meridian St. Suite 200, Indianapolis, IN 46204

## PATTERSON

Georgina "Maude" Patterson, 95, of Warren, IN, died Friday, Jan. 15, 2016, at Heritage Pointe, in Warren.

Mrs. Patterson earned a music degree from Trinity College of Music, in London, England, and taught piano in Ireland. She was a homemaker. She was a member of College Wesleyan Church and a former member of Westminster Presbyterian Church. She was also a member of P.E.O. Sisterhood, Conversation Club, Lyric Club and L&G Investment Club.

She was born Feb. 29, 1920, in Newry, County Down, Northern Ireland to Thomas and Amy Reid Moore. She married William Patterson on Aug. 6, 1941, and he preceded her in death on June 17, 2007.

Survivors include a son, Derek W. (Susan) Patterson, of Swayzee; a daughter, Carolyn A. (Dr. Ed) Brown, of Marion; five grandchildren, Douglas (Tabatha) Patterson, of Higginsville, MO; Denny (Sara) Patterson, of Hockley, TX; Erin (Ryan) Vermilion, of Marion; Patrick Brown, of Lafayette; and Kayla Brown, of Greenwood; and five great-grandchildren.

Burial will be at Grant Memorial Park Cemetery, Marion, at a later date.

## BUZZARD

Mary Ellen Buzzard, 85, of Huntington, IN, died Friday, Jan. 15, 2016, at 7:05 a.m. at Heritage Pointe, in Warren.

Mrs. Buzzard graduated from Huntington High School in 1948. She retired in 1998 from First National Bank, in Huntington, where she had worked for 27 years as a teller. She had also worked at the Huntington Public Library for eight years. She was a member of Pleasant Grove United Methodist Church and a long-time member of Bethel United Methodist Church, both in Huntington.

She was born March 13, 1930, in Huntington to George Henry Sr. and Mae Ella Finley Frewer. She married Russell D. Buzzard on March 31, 1951, in Huntington, and he survives.

Additional survivors include a son, Mark Alan Buzzard, of Huntington; a daughter, Jill (Ken) Brumbaugh, of Huntington; a sister, Barbara Ann (Clarence) Bell, of Huntington; nine grandchildren; and 13 great-grandchildren.

Calling is Monday, Jan. 18, 2016, from 3 p.m. to 7 p.m. at Evangelical United Methodist Church, 1000 Flaxmill Rd., Huntington. A service will be held at the church on Tuesday, Jan. 19, 2016, at 10 a.m., with calling one hour prior to the service. Rev. Charles Gast will officiate. Burial will be at Pilgrims Rest Cemetery, Huntington.

## SHIDELER

Roy D. Shideler Jr., 97, of Huntington, IN, died Saturday, Jan. 16, 2016, at 8 p.m. at the Visiting Nurse Hospice Home, Fort Wayne.

Mr. Shideler graduated from Jefferson High School, Huntington County, in 1937 and worked as a farmhand until joining the United States Army. He served in the European-African-Middle Eastern Theater during World War II, earning a Purple Heart and two Bronze Stars. He worked as a nursing aide at the Veterans Administration Hospital, in Marion, for 30 years and later at Huntington Hospital, while also working as a farmhand. He retired in 1980 and volunteered at the hospital in Huntington for 20 years after his retirement. He served as maintenance supervisor at Lancaster Cemetery for 11 years and was a member of American Legion Post 7 and Veterans of Foreign Wars Post 2689.

He was born March 25, 1918,

CONTINUED PAGE 6



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## AREA NEWS CONTINUED

## MORE PAGE 5

in Huntington County to Roy D. Sr. and Nellie M. Neff Shideler.


He married Hazel Lucille Lynch Miller on June 5, 1946, in Huntington County, and she preceded him in death on Dec. 15, 1993.

Survivors include two sons, Phillip L. (Barbara) Shideler, of Lubbock, TX, and Dennis M. (Cindy) Shideler, of Huntington; two daughters, Mary L. "Pinky" Dalrymple and Joanna J. (Roger) Grassl, both of Huntington; eight grandchildren, Jean (David) Collins, Jill (James) Owens, Troy (Dawn) Irick, Todd (Darla) Irick, Susan Shideler, David (Sarah) Shideler, Travis (Kasey) Shideler and Kathleen Shideler; 19 great-grandchildren; and seven great-great-grandchildren.

Calling is Friday, Jan. 22, 2016, from 2 p.m. to 8 p.m. at Deal-Rice Funeral Home, Huntington Chapel, in Huntington. A service will be held at the funeral home on Saturday, Jan. 23, 2016, at 10 a.m., with calling one hour prior to the service. Dr. Daryl Yost will officiate. Burial will be at Lancaster Cemetery, with military honors by Veterans of Foreign Wars Post 2689.

Memorial gifts may be made to the Visiting Nurse Hospice Home in care of Deal-Rice Funeral Home, 338 E. Washington St., Huntington, IN 46750.

## ANDREWS

Senior Master Sgt.  Paul E. Andrews, 82, of Ossian, went to be with his Lord on Wednesday, Jan. 13, 2016.

He was born May 20, 1933, in Toledo, Ohio, to the late Lowell and Lucille (French) Andrews.

He served as an air traffic

controller in the United States Air Force. He served in both the Korean and Vietnam wars. He retired after 26 years of honorable service to our country. He won the Air Traffic Controller of the Year Award from Aug. 15, 1973, thru Aug. 31, 1974.


After retirement, he worked at Bluffton High School and First Missionary Church. He enjoyed crossword puzzles, camping, traveling, bowling, and golfing. Surviving family including his loving wife of 60 years, Elizabeth Andrews; children, Gregory (Rhonda) Andrews, Pamela (Tom) Ruble, Suzette (Dean) Grote, Rebecca (Jeff) Ruble, and Thomas (Tammy) Andrews; 14 grandchildren; and 16 great-grandchildren.

Besides his parents, he was preceded in passing by his brother, Leroy Andrews; and sister, Gretchen Steward.

Funeral service will be 11 a.m. Monday, Jan. 18, at First Presbyterian Church, Ossian, 123 S. Jefferson St., with visitation one hour prior. Visitation will also be from 1 to 4 p.m. and 6 to 8 p.m. Sunday, Jan. 17, at Elzey-Patterson-Rodak Funeral Home, 120 W. Mill St., Ossian. Burial will be in Horeb Cemetery.

Memorials may be made to American Alzheimer's Association, Family Life Care, or First Presbyterian Church, Ossian.

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archives can be found at  
[www.warrenweeklyindiana.com](http://www.warrenweeklyindiana.com)



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## WHY BETTER UNDERSTANDING

### YOURSELF CAN HELP YOU SET GOALS

(StatePoint) When many of us think about making goals and keeping them, we think about external items, such as our bank accounts or our waistlines. But some experts believe that it's best to turn inward when making positive changes.

"Your entire body, down to the tiniest part of you, is truly a bundle and expression of energy, expressed through digestion, thinking patterns, metabolism and lifestyle choices," says Maria É Garre, a teacher and therapist of yoga and Ayurveda. "Understanding your energy type can help you set and maintain your goals."

Garre says the first step toward understanding your life in a more connected way is to appreciate the qualities and functions of the elements and how they relate to body and mind. She recommends a simple energy quiz from Gaia, a streaming-media provider, offering guidance on living a more conscious life, found at [www.gaia.com/quiz2016](http://www.gaia.com/quiz2016). The quiz is based on ancient Eastern teaching to help people discover which of the five basic elements—space, air, fire, water and earth—is most influential in them.

With those teachings in mind, Garre offers a bit of information about each of the elements and their energetic qualities:

- **Space:** Space represents freedom and healing. It is clear, subtle and vast. In our bodies it represents the space between our joints, organs, cranium, cavities and so forth. It is also the space between thoughts and cycles. Space brings mental freedom and possibility, but an overly spacey mind will easily forget and be up in the clouds.

- **Air:** All that moves in the body, from nerve impulses to the movement of eyes, lungs

and digestive track, is air. Air also represents the movements of thoughts, ideas and inspiration. In the mind the air element brings creativity and ideas, but in excess, can have us thinking too much.

- **Fire:** All of our metabolic, enzymatic reactions and transformative processes in the body represent the fire element. In the mind, this fire mediates our ability to learn, comprehend and analyze. It is our passion for life. The fire of intelligence is rewarding, but too much can make us critical, impatient and irritable.

- **Water:** The water element brings moisture to the whole body, allows for smooth movement and circulation of nutrients. It offers softness, compassion and immunity. In the body, it is the lubrication of the joints, digestive track, and sinuses. Water holds emotion and hence we cry when we are emotional. Too much water element in the mind can make us overly emotional.

- **Earth:** Earth is the element we hold in the skin, muscles, bones, hair, teeth and nails. It is solid and firm and thus gives us density, stability, fortitude and strength. Earth helps the mind relax and be calm and steady. Excess of earth in the mind can leave us heavy, stuck or depressed.

More content, including streaming videos and blog posts, about conscientious living can be found at [www.Gaia.com](http://www.Gaia.com) and [www.MariaGarre.com](http://www.MariaGarre.com).

"As you embark on new goals, start by looking at the basic elemental types to help you understand yourself," says Garre.

## TIPS TO HELP YOU WEATHER THE SNOWY WINTER

When snow is in the forecast, a fully stocked shed and plan of attack can help you weather the storm. Regardless of the predicted snowfall totals, it's

best to have the appropriate tools on hand for your home, your car and yourself.

The driveway

To clear snow from large, flat areas, a snow blower is the best tool. The innovative Snow Joe iON Hybrid Snow Blower eliminates the need to run out for gas during a storm and operates on both battery and corded electric power, giving you extended clearing time. Begin by using the rechargeable battery to clear the areas furthest away from your home and utilize the corded electrical power for extended use as you get closer to your house. Clear a path as it snows, if possible, to avoid a bigger end job. Once all of the snow has been removed, cover any slippery patches with salt or sand.

Sidewalks and pathways

Clearing sidewalks and pathways is not only courteous to your neighbors, but in many areas it's the law. For lighter snow, putting down ice melt a few hours before a storm can melt snow up to 2 inches deep and keep ice from forming. For larger storms, it's advised to remove smaller amounts of snow several times instead of waiting until the snow stops falling. This results in less strenuous activity and also allows the sun to warm up the pavement, preventing ice from forming.

The car

It's important to keep your car stocked up for an emergency, just as you would your home. Fill your trunk with a small survival kit, including a blanket, water, flashlight and extra batteries. Another important tool to keep in your car in the winter is an ice scraper. The Snow Joe illum-n-Broom is equipped with an ice scraper and snow broom to push snow off the car without scratching the paint. The all-in-one unit also features a flashlight and emergency blinker, so you can address hazards and drive safely.

Yourself

While removing snow may make you work up a sweat, it's still important to dress warmly and keep your body covered, especially parts of the body that are vulnerable to frostbite, such as your fingers, toes and face. Make sure that you are

CONTINUED PAGE 8

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## AREA NEWS CONTINUED

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equipped with a warm jacket, thick gloves and socks, and a hat that covers your ears. Dress in layers so that you can take off pieces of clothing as your body warms up.

For additional snow removal products that will help you weather the winter, visit <http://www.snowjoe.com>

### NEW YEAR BOOSTERS FOR BODY AND MIND

(Family Features) A new year is the perfect time to commit to making personal improvements to your body and mind. Fortunately, there are plenty of resources available to bolster and guide you for nearly every self-improvement effort you can imagine.

If you're seeking inspiration, these ideas will put you on track to better yourself inside and out during the coming year.

Eat well with ease. Eating better tops many New Year's resolution lists, but the demands of a busy schedule can quickly derail your plans. Take the guesswork out of portion control and calorie counting with complete, freshly prepared meals you can pick up or have delivered to your home. Seattle Sutton's Healthy Eating offers a range of calorie plans, as well as vegetarian meal options. Based in Illinois, the freshly prepared meal company conveniently serves up weekly plans consisting of three meals per day or 21 meals per week. Learn more by calling 1-800-442-3438 or visiting [seattlesutton.com](http://seattlesutton.com).

Banish stress. Find ways to ease your mind and reduce tension and anxiety like a pro. Although an ultra-connected life can be the source of your stress, it can also give you some handy tools to help keep pressure and worries from mounting. Whether you tend to journal away your aggression, need some quiet time with soothing music or want a mindless distraction while you take a break, you can find dozens of apps to help keep stress in check.

Learn a language. Keep your mind active by challenging yourself to learn a new language. With courses designed by a professional team of linguists, authors and teachers, Babbel tailors lessons to help you become conversational in as little as 10

hours. The interactive lessons are available in 14 different languages and use real vocabulary for real situations. With cloud-based content, you can seamlessly learn at your desktop, laptop, smartphone or tablet, whether you're at home, taking a break or on the go. Learn more at [Babbel.com](http://Babbel.com).

Energize your exercise. When weight loss or a more sculpted shape is the goal you're pursuing, it can be tough to stay motivated. Keep the long-term prize in sight by celebrating short-term victories. Wearable devices help track your movement and activity, as well as numerous health indicators, so you can watch your progress on a daily and weekly basis as you work toward the finish line.

Fuel yourself. Smoothies are a popular source of vital nutrients and energy - and, luckily, you can make them part of your daily diet with just one machine. The Nutri Ninja Auto-iQ Compact System, which is available at retailers nationwide, provides nutrient and vitamin extraction with high-performance blending to take drink customization to a whole new level. But it doesn't stop at drinks - the system also helps prepare appetizers, meals and desserts. Accessories include multiple cups, blending and prepping tools and a 30-recipe guide. Additionally, the system offers the first-ever coffee and spice grinder blender attachment (sold separately). For more information, visit [ninjakitchen.com](http://ninjakitchen.com).

Putting the right tools and resources in place helps ensure your New Year's resolutions are within reach, so you can focus on working toward a better version of yourself all year long.

### AN EXTREME CRASH COURSE IN GRATITUDE

15 EXTREME things to do to remember how blessed you are. Why not start the New Year out with a resolution to be more grateful? November was the month of gratitude, but let's don't take ourselves off the hook for being grateful until next Thanksgiving.

What if we made a New Year's Resolution to be thankful every day in 2016?

You don't need a gratitude journal to do this. Hey, you're busy! Who has time to write in a gratitude journal when you

barely have time to write a To Do List. How does Oprah do it? She must be the busiest woman in the world yet she's always talking about her gratitude journal and how she starts and ends her days being thankful. If you've got a gratitude journal (or two) and you're a SHE (Sidetracked Home Executive), it's probably like any journal-type pretty book you've ever owned. It has enthusiastic entries from January 1 to about the 15th and then it went on a shelf if it's pretty or in a drawer if it was just a Spiral.

Now you see them and either feel guilty or you shift into "I should," mode. STOP.

It only takes thinking about what you're thankful for to lift your spirits. If it has been a while since you had a little rampage of gratitude, here are some thoughts to jumpstart your gratitude. You could actually execute the EXTREME actions, but really just being thankful is all you really need to do.

So THANK AWAY!

1. Hold your breath for a minute, or just be thankful you can breathe.
2. Put a blindfold on for an hour, or just be thankful you can see.
3. Put your arm in a sling for an hour, or just be thankful both your arms work.
4. Shut the electricity off for an hour, or just be thankful you have all the blessings that go with having electricity.
5. Scotch tape your eyes open, or just be thankful for your eyelids.
6. Sleep on the floor, or just be thankful you have a bed.
7. Lock yourself out of your house, or just be thankful you have a home.
8. Tape your mouth shut, or just be thankful you can eat and talk.

9. Shut off the water to the house, or just be thankful you have pure, running water.

10. Turn a book you're reading up-side-down and try to read it, or just be thankful you can read.

11. Walk around the block barefooted or just be thankful you have shoes.

12. Wear mittens for an hour, or just be thankful you have fingers that work.

13. Plug up your nose holes with cotton, or just be thankful you can taste.

14. Turn the television volume up too loud, or turn it off and be thankful for the silence.

15. Think how the world you know (your world) today would be different if you'd never been born. Be thankful for YOU.

Just think of the million things your body does to keep you alive and being you! It's stuff you don't even know about unless you've got a doctorate in anatomy. Right now, some part of you is monitoring the stars and the tides. Right now, something in you is keeping your potassium balanced and is turning your food and water into energy to run you.

Be still and be thankful you're a freakin' miracle!

Oh and Happy New Year!

### BEAT THE WINTER BLUES

(SPM Wire) If you have been feeling down lately, you're not alone. The mid-winter blues are a common phenomenon.

When clinically diagnosed, it is formally referred to as Seasonal Affective Disorder (SAD). The National Institutes of Health characterizes SAD as a type of depression that can leave those

who suffer from it with less energy and feelings of sadness and anxiety.

While light therapy, talk therapy and medications are often prescribed to those diagnosed with SAD, there are also some lifestyle measures anyone can take to beat the blues.

- Exercise regularly. Exercise is not only great for your physical health, it can also be beneficial to your mood, boosting endorphins and raising self-esteem.

- Make plans. When the weather outside is frightful, it may be tempting to spend every night curled up indoors. However, making a conscious effort to stay connected with friends and family can combat feelings of loneliness.

- Take a vacation. Plan a vacation somewhere sunny and warm, to get a dose of summer fun during the long, cold winter.



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