

TRACTOR MEETING

Warren Area Antique Tractor Club meeting Sunday, January 7, 2007, at 2:00 p.m. at Richard Brubaker's, 7426S - 300E, Warren, IN. Might bring a chair with you if you have one. An insurance representative will be present to answer any questions we might have about insurance problems. There will be some decisions made about the new year, please plan to attend.

FREE STUDENT LIBRARY CARDS

Students at Lancaster School who will be attending Salamonie Middle School and Salamonie students who live outside of Salamonie Township may now apply for a student library card at the Warren Library.

As per Indiana Law (1C 20-1-2-8 and 1C 20-14-7-L2) people living outside a library's taxing district must pay a non-resident fee comparable to the taxpayer's yearly assessment to check out library material. The Warren Public Library's taxing district Is Salamonie Township.

However 1C 3642-2-25(d) addresses the issue of free or reduced cards for students attending school in a library's district. Based on this citation, the Warren Public Library Board has passed a resolution allowing Salamonie and Lancaster School students who will be attending Salamonie Middle School to have a card at no cost. This card will allow checkout of books only and these books need to be age appropriate (no adult fiction, nor movies).

To apply for a library card, students should be accompanied by a parent and bring some form of school identification (school id or yearbook with picture). Cards will be updated yearly.

The Library is located at 123 E. Third Street, Warren. Hours are 1.00-6:00 Monday through Thursday, 10:00 - 6:00 Friday and

10:00 - 2:00 on Saturday. If you have questions, stop by or call 375-3450.

Recess Items Needed

Salamonie School is looking for donations of slightly used or new games/activities that could be used during indoor recess this winter. Your help is greatly appreciated. Please bring all items to the front office.

WAMA Invites You

The Warren Area Minister's Association (WAMA) invites the area churches and anyone else interested in the ministry of translating the Bible into languages of unreached people groups to join us for a meeting at the Fults Rec Room of Heritage Pointe, Warren, on Tuesday evening, January 16 at 7:00 P.M.

Kent Hirschelman of The Seed Company, an organization linked to Wycliff Bible Translators, will be present to share with us about a project we hope will unite the Warren area in the goal of giving a "Bibleless" people group THE WORD OF GOD for the first time. A power point presentation will be given and the project explained in an evening we know will be challenging and exciting for all who come. Just think of the joy these people can have in receiving their own copy of the Bible in their own language?! We in America have numerous copies of the Bible in our homes and personal possession.

The ministers of the area churches are excited about what a "joint effort like this" could mean to our community of believers and lovers of the Word of God. We are calling this a night of "The celebration of the Word". We believe there should be enough interest in this "common cause" to get our churches and other interested business and community folks to pull together in the support of this project. We just want everyone to come and

learn what it's all about at this special meeting January 16 at 7:00 P.M. at the Fults Rec Room at Heritage Pointe. Hope to see you there. Area churches will be promoting this in their services the next two Sundays as well. Let's unite on our love of the Word of God and for people to have the opportunity to have a copy like we have here in America.

Thank you in advance, The WAMA ministers

PROS LUNCHEON

January 28, 2007 11:00 a.m. -1:00 p.m.

Salamonie PROS group will be sponsoring a luncheon at the Knight Bergman Center in Warren. The menu for that day will consist of: ham, beef & noodles, chicken & noodles, lasagna, meatballs, hot dogs, mashed potatoes, rolls, corn, green beans, applesauce, assorted salads and desserts. Cost for the meal is: Adults - \$7.00, Kids 6-12 - \$3.00, 5 & Under - Free

SALAMONIE'S WEB PAGE

Check out Salamonie's web page. You can find school information, teachers' newsletters, and the Sun Times all on the site.

To find the site go to www.hccsc.k12.in.us. At this site, click on "Visit our schools." Then click on Salamonie School. This opens the corporation's page for Salamonie. Under the picture of the school, click on the red text that says, "Salamonie School Web Page." This will take you to our web page. To read a teacher's newsletter, click on the grade level and then that teacher's name. That teacher's newsletter will then open. The information and pictures on our web page will be updated regularly. You may also access our athletic schedules from this website.

TRANSFER OF WEALTH STUDY

Huntington County-A new study projects \$412 billion will be transferred among Indiana generations by 2055, with \$66 billion changing hands by 2015. Commissioned by the Indiana Grantmakers Alliance, the study includes county-by-county projections showing the transfer of wealth from one generation to the next. If just 5 percent of the projected wealth transfer for Huntington County is captured in donations to the community foundation, there is the potential for \$8.5 million in grants for improvements to the county in the next 10 years. The Indiana Grantmakers Alliance calls this a historic opportunity for charitable investments. Community leaders hope the results will inspire people - at all income levels-to consider making a charitable investment to enhance our quality of life and strengthen communities.

Building a Stronger Huntington Countv

"This study will start conversations and make people think about what is most important to them her in Huntington County. We hope they'll consider making a charitable investment through their community foundation to enhance the quality of life and encourage sustainability in Huntington County," said Marcia McClelland, executive director of the Huntington County Community Foundation.

The study follows the work of Boston College researchers who reported that the United States was at the beginning of a \$41 trillion transfer of wealth from one generation the next (Havens & Schervish; Boston College, 1999). The Center for Rural Entrepreneurship in Lincoln, Nebraska, conducted the Indiana study and has conducted similar research in Nebraska, South Dakota and Wisconsin.

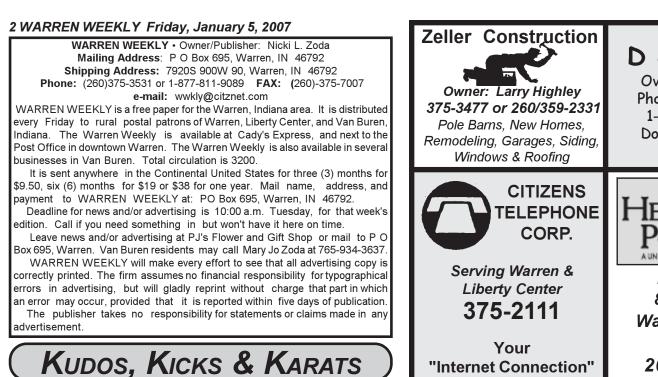
Battling 'Brain Drain' Like Indiana, those states face swiftly changing demographics, an aging population and the loss of young people to metropolitan areas and the coasts. Indiana is currently battling 'brain drain' the loss of college graduates to other Midwestern states and beyond - and a changing business climate that has seen corporate headquarters move outside the state. These are among the top concerns residents have about quality of life.

"This is an opportunity to think about charitable giving in a new way," said Marcia McClelland. "This is about charitable investments that will help our community survive and thrive."

About Indiana Grantmakers Alliance and Huntington County **Community Foundation Indiana** Grantmakers Alliance is a membership organization of grantmaking staff and Board members, dedicated to advancing philanthropy in Indiana by promoting legal, ethical, effective and efficient grantmaking. As part of the Alliance, the GIFT program (Giving Indiana Funds for Tomorrow) provides technical assistance to the statewide network of community foundations. For more information go to www.indianagrantmakers.org. The Huntington County Community Foundation administers and serves more than \$9,860,000 in charitable funds, helping Huntington County residents make good things happen in our community. For access to the complete Transfer of Wealth report, contact the Huntington County Community Foundation at 260-356-8878 or www.hccfoundation.com

Bread of Life Food Pantry Hours Wednesday 4-5:30 p.m. Saturday 10 to 11:30 at Knight Civic Center or Call for an appointment 375-2381





THANK YOU

We would like to thank everyone for their prayers, cards and food during our surgeries and recovery.

We are doing great and want to say Bless You all, and have a safe and healthy New Year.

> Love to All, John and Ann Miles McCammon

FOOD PANTRY BENEFITS FROM CHRISTMAS RAOK

Two rather large families in the area (who prefer to remain anonymous) chose to treat the Bread of Life Food Pantry this year in place of their normal gift exchanges.

These two families gave enormous donations that are very much appreciated and welcome.

What a terrific way to celebrate the season, and each other.



Zeller Construction Owner: Larry Highley 375-3477 or 260/359-2331 Pole Barns, New Homes, Remodeling, Garages, Siding, Windows & Roofing CITIZENS TELEPHONE CORP. Serving Warren & Liberty Center 375-2111 Your	D & D BIKE Over 200 in Stock Phone 375-3828 or 1-800-356-4440 Downtown Warren	HEYDE OIL INC. d/b/a Huggy Bear Ice Cream Stop and Huggy Bear Quik Stop & Motel
TELEPHONE CORP. Serving Warren & Liberty Center 375-2111	POBox 326 801 Htgn Ave Warren, IN 46792 UMMH.org	Bridging the Gap MEMBER FDIC Warren Community Banking Center 450 Bennett Dr.
Liberty Center 375-2111	801 Htgn Ave Warren, IN 46792 UMMH.org	Banking Center 450 Bennett Dr.
	UMMH.org	260-375-4550 or 888-758-3111
	260-375-2201	Strong & Secure Since 1947
"Internet Connection"		www.marklebank.com
Worship Service	Worship 10:15 a.m. Wednesday Prayer Service 7:00p.m. LIBERTY CENTER BAPTIST CHURCH 694-6622 Pastor Dan Sommer Sunday School Sunday School 9:00 a.m. Fellowship 9:55a.m. Worship 10:15a.m. Wed. Bible Study 7:00 p.m. SALAMONIE CHURCH OF BRETHREN 468-2412 Mel Zumbrun, Pastor Worship 9:30 a.m. Church School 10:45a.m. BUCKEYE CHRISTIAN CHURCH 758-2085 Kyle Dahlquist, Pastor Sandy Keplinger, Supt. Worship 9:30 a.m. Sunday School 10:45 a.m. BANQUO CHRISTIAN CHURCH 8294S 900W 35 Gary Riley, Pastor Sunday School Sunday School 9:30 a.m. Worship 10:30 a.m. Youth Choir Practice 5:00 p.m. Wed. Bible Study 6:30 p.m. Thurs. Kings Kids 6:30 p.m. Youth Svc. (2&4Sun.) 6:00 p.m. CWF Ladies (3 Tue) 6:00 p.m. UNITED METHODIST CHURCH Dan Helm, Pastor <t< td=""><td>VB UNITED METHODIST CHURCH 765-934-1431 Pastor Blake J. Neff Worship Service 9:30 a.m. Sunday School 10:30a.m. Jr/Sr High UMYF (Sun) 6:30 p.m. Prayer-Bible Study (Thur) 7:30 p.m. UMW 2nd Wed 7:00 p.m. www.vanburenumc.org BOEHMER UNITED METHODIST Rev. Barry Humble, Pastor Joe Kober, S.S. Supt. 9:30a.m. Sunday Worship 9:30a.m. Sunday School 10:30a.m. HANFIELD UNITED METHODIST 10:30a.m. Kev. Barry Humble, Pastor Joe Kober, S.S. Supt. 9:30a.m. Sunday Worship 9:30a.m. Sunday School 10:30a.m. Yorship 9:00 a.m. Sunday School Children & Youth Programs 9:00 a.m. PLUM TREE UNITED CHURCH OF CHRIST 375-2691 0:30a.m. Dr. Jeane Spoor, Pastor 10:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. <</td></t<>	VB UNITED METHODIST CHURCH 765-934-1431 Pastor Blake J. Neff Worship Service 9:30 a.m. Sunday School 10:30a.m. Jr/Sr High UMYF (Sun) 6:30 p.m. Prayer-Bible Study (Thur) 7:30 p.m. UMW 2nd Wed 7:00 p.m. www.vanburenumc.org BOEHMER UNITED METHODIST Rev. Barry Humble, Pastor Joe Kober, S.S. Supt. 9:30a.m. Sunday Worship 9:30a.m. Sunday School 10:30a.m. HANFIELD UNITED METHODIST 10:30a.m. Kev. Barry Humble, Pastor Joe Kober, S.S. Supt. 9:30a.m. Sunday Worship 9:30a.m. Sunday School 10:30a.m. Yorship 9:00 a.m. Sunday School Children & Youth Programs 9:00 a.m. PLUM TREE UNITED CHURCH OF CHRIST 375-2691 0:30a.m. Dr. Jeane Spoor, Pastor 10:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. Worship 9:30a.m. <
Gerald O. Moreland, Minister Todd Winkler, Youth Minister Ruth Moreland, Secretary & BS Supt. Fellowship9:15 a.m. Worship & Communion9:30 a.m. Sunday School10:45 a.m. DILLMAN UNITED BRETHREN 8888S 1100W-90, Warren 375-2779 Dick Case, Pastor Sun - 1st Worship Service 8:15a.m. Sunday School9:30a.m. 2nd Worship Service10:30a.m. Youth Group (6th-12th).5:30p.m. Wed - Circle of Friends	NAZARENE 375-2510 Clyde Gunn, Pastor Bus Service 375-2510 Sunday School	CYC/Teen/Adult Meetings 7:00 p.m. UNITED METHODIST MEMORIAL HOME SUNDAY: Morning Worship9:30 a.m. OTHER SERVICES BY ANNOUNCEMENT Tues, Thurs, Fri & Sat Chapel Services9:00 a.m. MOUNT ETNA WESLEYAN Rev. Charles Dederick, Pastor Sunday School9:30 a.m. Worship

BEEF ID DAY

Huntington County will hold its 4-H Beef Identification Day on Saturday, January 6 at the cattle barns, Hier's Park. 4-H members planning to exhibit beef steers and non-registered breeding heifers must bring their animals for weighing, identification and ear-tagging from 9 am - 1 pm on January 6.

4-H youth planning to exhibit their beef animals at the Indiana State Fair are required to have their animals identified through retinal eye scans. These animals need to be haltered to assist in this process on ID day. Animals not planned for state fair exhibit will be identified through noseprints, as in previous years.

Animal enrollment forms were mailed in mid-December to all 4-H Beef members enrolled in the beef project for 2006. The Extension Office has additional copies of the necessary paperwork for any interested youth who has not yet received the forms. All paperwork must be completed during the January 6th ID day.

4-H Dog Club

The Huntington County Canine Capers 4-H Dog club will start their weekly meetings on Monday, January 8, 6 pm at Heritage Hall, Hier's Park. Members must complete the appropriate paperwork and veterinarian certification forms prior to bringing their dog to any of the club meetings. Parents should also plan to attend this call-out meeting to learn about the program and sign copies of the enrollment forms and supplemental paperwork.

The 4-H Canine Capers Dog program will meet each week on Monday evenings for youth to practice for obedience and drill team activities. The dog agility program will begin in late February for those eligible 4-H dog club members.

New Books

New books received at the Warren Public Library include:

Adult fiction - Hundred-Dollar Baby by R. Parker; Bake Sale Murder by Meier; Ride a Painted Pony by Eagle; Hannibal Rising by Harris; The Letter Killeth by McInerny; Hush Little Baby by Davies; Yellow Rose Bride by Copeland.

Nonfiction - Suze Orman's Financial Guidebook; Decision Time: A Guide to Career Enhancement

Teen – Valentine Princess by Cabot; Eragon by Paolini

Children's-Black? White! Day? Night!; Rex; Some Pig



Memorial Ribbons

Listed below are the names that were on the ribbons on the 2006 downtown Christmas Tree. White ribbons were placed in remembrance of those who are no longer with us, while red (*) were placed to honor those still here. Money from the ribbons goes toward the downtown lighting. Ribbons are donated by PJ's Flower & Gifts. Ribbons were placed for: Nancy Alberhart; Frank and Alice Alexander; Mary Anders; Ella Anders; Jacob Arnold; Mary Arnold; Dee Baker; Ruth Baker; Oscar & Berlie Banter; George Bergman; Garnet Bergman; John Webster Bolinger; Herb Bolinger John Paul Bolinger; Elizabeth Bolinger*; Lois Booher; Dr John Border; Mr and Mrs Albert Border; Todd Bowers; Bonnie Boxell; Johnina Boxell; Earl Boxell; Kent Boxell; Megan Boxell; Irene & Ernest Boxell; Ron & Shelley Boxell*; Chris & Brittinia Boxell*; Ron & Bonnie Boxell *; Ron & Judy Bradford *; Donnie Brill; Devon Brown; Thelma Brown; Kyndall Brown; Barbara Brown; Jesse J Brown; Alberta Brown; David Butler; Tom Butler; Patty Stanton Butler; John Buzzard; Charles' Mom & Dad; Daisy Clayborn; Roy Clayborn; Daniel Clayborn; Bill Collins; Mike Coolman; Loren Craig; Ivan & Elizabeth Decker; Don Ditzler; Mayme Ditzler; Vier Ditzler Sr;

Have a

Нарру

New Year

Bowers, Brewer

Garrett & Wiley LLP

Attorneys at Law

and

Carl Jake Douglas; Harold & Zilpha Dungan; M Eckman; G Eckman; Bill Eckman; Jerry Eichhorn; Harry Eltzroth; Barbara Falk; Glen Falk; Fay's Mom & Dad; Clyde Fiock; Uncle Ran & Pauline Flurher; Bob Franze; Kenny Freck; Lenora Freck; Grandpa & Grandma Freck; Bud Furnish; Burton & Elizabeth Gebhart; Clint Glessner; June Glover; Ben Good; Ed Haggerty; Anna Haggerty; Phil Heddrick; Robert C Hemmick Sr; Larry Hess; Ralph Opal Highley; Fred & Hippensteel; Ellen Howell; Donald Jervis; Mark Knight; Margaret Knight*; Ovid Lahr; Sybil Lashley; Ruskin Laymon; Bruce E Laymon; Mason Lee; Lorine Lines; Vane Lines; Brady Lloyd; Ina Love; Lloyd & Gwen Mains; Kenneth Marsh; Thanamae McCammon; Roger & Rosene Meese: Members WVFD *; Meredith Miles; Cathy Kay Miller; Jenna Miller; Elwood & Lula Miller; Austin Miller *; Alexis Miller *; Harlen Moriarity; Lloyd Morrison; Martha Morrison; Leander Morrison; Elsie Morrison; Linc Murray; Jackie Craig Murray; Chester & Ellen Myers; Norval Neel; Jack & Bud Neff; John Neff; Imy Nicholson; Marvin Nicholson; Claudia Nicholson; Nipper/Doc/ Pete; M Osborn; R Osborn; Delight Parker; Glen Perry; Daniel Perry; Tom Perry; Ralph & Evelyn Poling; Forrest & Alice Pond; Ira

Area News

Pond; Bertha Pond; Jack Ramseyer; Brandi Lynn Reece; Brandon Reece *; Bruce Reece II*; Bernard Rennaker; Ada Richison; Emily Richison; M/M Alva Roberts; Glen Robinson; Martha Robinson *; Paul Ruble; Ada Ruble; Marcus Ruble; Jackie Ruble; Clifford Ruble; Rosa Ruble; Peg Ruble; Bob Ruble; Cecil Schwob; Edith Schwob; Catherine Sell; Vic Sell; Dwight Shafer; Roger Shaw; Betty Shaw*; Gerald Sheets; Maxine Sheets; Merritt & Grace Shideler; Robert (Bob) Shideler; Shirley Shultz; Galen Shultz; Michael Shuttleworth; Don Shuttleworth; Jerry Shuttleworth; James A Shuttleworth; Mary Shuttleworth*; Jerry Slagle; George & Mary Snow; Gracie Snow *; Isabel Snow *; Lester & Cleo Souder; Philip Souder; Gene & Pat Souder*; Bentley & Gene Spears; Tom & Kathy Sprunger *; Aaron & Rebecca Sprunger *; Emma Spurgeon; Rick Stanton; Dorthea Stetzel; Dana Stevens; Lisa Stockman; Pat Stroud; Roy & Cleo Stuber; Erle & Doris Stuber; Robert Stucky; Shirley Stucky;

Harry & Myretta Sumwalt; Don & Wilma Suter; John W Thompson; Mildred Thompson; Webster Thompson; Ned Thompson; Elijah Thompson; Dorthea Thompson; Gene Thompson; Clayton Treat; John Tuell; USS Salamonie; USS Salamonie*; Harold Vetch; Maro Wall*; Lois Walter*; Jerry Walter*; Dorothy Wamsley; Rex Wamsley; Joe Wilkerson; Mary Willaimson; Francis "Butch" Williamson; Elbridge Worster; Ruth Yount; Mory Zeller; William & Irene Zeller

CHRISTMAS PARTY

Twenty children were at the Van Buren Public Library after school story time on Friday December 15h to celebrate Christmas.

The children were able to sign in and take a Christmas Picture to color and a game to do. These pictures will be put on display in the windows of the library.

Amy Smith read the book "The First Christmas" this is a Nativity book. The children enjoyed the

CONTINUED PAGE 4



Area News Continued

MORE PAGE 3

reading and the illustrations. We then surprised the children by playing Christmas Bingo. The children were able to take home prizes again this week.

Refreshments were cookies and cool-aid.

Those attending were: Olivia Wetherington, Alie Gray, Jacob Clupper, Elizabeth Bryant, Olivia Bryant, Autum Smith, Cathryne Anderson, Emily Webb, Kaylee Morgan, Emilee Morgan, Jarren Griffith, Eddie Quick, Nixon Smith, Autumn Harmon, Caitlin Imhoff, Chelsea Cason, Zariah, Emilee Henning Apollo and Olivia Bryant.

Next after school story time will be Jan. 5th, 2:30 - 3:30 we will have a New Year Celebration. Hope to see you! The library staff wants to wish you a Very Happy New Year.

Sigma Phi

The monthly social of the Beta Delta chapter of the Sigma Phi Gamma Sorority was held Tuesday evening, Dec. 19th at the KB Center. The committee for the evening was Suzette Gephart, Peggy Sue Clark, and Opal Brubaker.

The evening was spent visiting and playing dominoes.

A Secret Sister Gift Exchange was held with many lovely gifts being shared.

Those attending besides the committee include the following: Jennie Plummer, Sharon Gebhart, Carol Irick, Betty Yoder, Sondra Zabel. Beth Ostermeyer, Mandy Maddock, Shelly Stafford, Georgia Poulson, Sandy Eichorn, Tara Korporal, Sandy Booher, and Susan Ralston. One guest from Texas, Carol Fair, also attended.

PIZZA & HATS

The Van Buren Happy Red Hatters met at 'Brook's Upper Crust Pizza' in Marion on Dec 14. They were joined there by Gloria Osbourne and daughter, with 'Gloria's Red Hat Boutique' from Gas City.

A really fun time was had by all. After enjoying a delicious meal, it was fun time, shopping in the boutique for all the Red Hat needs and accessories that a Red Hat Lady must have.

Also in Dec. the Red Hat Ladies baked specialty breads for the Christmas Food Baskets that were given out at the Harvest House Food Pantry in Van Buren.

The next meeting will be Jan. 25th at 'The Pickle Lounge' Restaurant in Hartford City.

Donate Blood! The Life you save may be your own.

TOBACCO-FREE CAMPUS Bluffton Regional Medical Center

will join other hospitals from the Lutheran Health Network and Parkview Health to implement policies making all three of Bluffton Regional's campuses tobaccofree on May 31, 2007. The May 31 date was chosen to coincide with the annual observance of World No Tobacco Day. The decision to become a tobaccofree campus was reached by unanimous vote of the Bluffton Regional Board of Trustees at its November meeting.

The ban on all tobacco products within the entire boundary at each campus will apply to employees, volunteers, patients, medical staff members, visitors and vendors. Currently, smoking is not allowed inside any of the healthcare facilities.

"Every day our clinical staff treats persons who are ill as a result of tobacco use," said Tom Clark, Bluffton Regional CEO. "As a hospital, we have a responsibility to this community to take a proactive step in promoting healthy living and providing a healthy environment to all who visit our campuses."

To help make the transition smoother, tobacco cessation support and classes will be offered to Bluffton Regional employees.

The tobacco-free policy will be in effect at all properties owned and leased by Bluffton Regional, including the Bluffton Regional North Campus, 1935 N. Main St.; the Downtown Campus, including the main hospital at 303 S. Main St.; and at the South Campus and Medical Arts Building, located at 1100 S. Main St. and 1026 S. Main St.

YMCA TO BUILD

The Huntington Family YMCA, which has been building healthy spirits, minds and bodies in the Huntington County community since 1913, will continue its long tradition as a gathering place in the community thanks in part to a generous gift from Parkview Huntington Hospital.

A gift of \$2 million from Parkview Huntington community benefit dollars and Parkview Health in early December, as well as gifts from other capital resources to the YMCA's ongoing capital campaign initiative, guarantee that a new YMCA facility will be built. Also, the new, full-service facility will be built on seven acres located at Parkview Huntington Hospital Health Park, and groundbreaking will take place in spring 2007. The facility is scheduled to open in 2008, and will be named Parkview Huntington Family YMCA.

Dan Akeley, YMCA executive director, along with the board of directors of the YMCA, the local YMCA foundation and a group of key community supporters, began a dedicated planning program for a new YMCA in 2002. A building site location had been a challenge to the YMCA, and several sites in the county were investigated. The area of the hospital campus has always been a target location and is now a reality thanks to an intense, collaborative effort with the local leadership of Parkview Huntington.

The new Parkview Huntington YMCA will be built on acreage that lies between the hospital and county road 500 North, which runs between the hospital and Crestview Middle School.

"The YMCA is very pleased and excited to partner with Parkview Huntington Hospital on this project, which will have a positive impact on the county community for many years to come," said Akeley. "I am also excited about potential program collaborations that will come out of this partnership as we work together to improve the overall health of our community," he added.

"In the last three years, YMCA membership has grown 67 percent, and as membership and programs continue to grow, a new facility will be necessary to keep up with demand," he said. The YMCA's capital campaign initiative to raise funds to build a new facility began this year, he added, and gifts from individuals, corporations and organizations continue to be accepted.

Ryan Warner, Parkview Huntington Hospital board of directors chairman, said of the partnership, "Parkview Huntington Hospital is very pleased to be partnering with the YMCA on this worthwhile project. Physical fitness and wellness are key components to staying healthy, and as Huntington County's leading

healthcare provider it only makes sense to partner with an organization that promotes physical fitness and a safe environment, and believes in helping a community build strong children and strong families. Parkview Huntington's mission is to work to improve the health of our communities, and this partnership fits our mission perfectly."

Parkview Hospital board vice chair Marj Hiner also praised the partnership between the two entities. "This is a very exciting venture for both Parkview Huntington and the YMCA, and beneficial for the county community as well," she said. "The hospital and YMCA are setting a wonderful example for other communities to follow."

Steve Zahn, YMCA Capital Campaign chairman, reported that the YMCA has already received contributions and pledges for more than 70 percent of its capital fund-raising goal of \$8 million. "This project has received broadbased community support and is definitely on the upswing, but there is still much to do," said Zahn. "The YMCA is continuing to give individuals, businesses and other groups the opportunity to become a much-needed part of the capital campaign to continue the heritage and mission of the YMCA in Huntington County," he added.

When construction is completed, the community will be able to choose from two indoor pools, one of which will handicapped-accessible. The second pool will be large enough for swim teams to host meets. Also, a two-court gymnasium will be large enough to expand the Kim League basketball program and to allow for youth and adult volleyball programs.

New cardio machines and new free weight equipment will also be added to the new fitness area, and a suspended one-tenth-mile



track will be available to members. In addition, there will be a racquetball court, a studio for dance and aerobics, an area for community programs, a party room, a kids zone, child-watch area, collaborative space, a preschool area, new locker rooms, a steam room and a sauna.

The YMCA is currently located in downtown Huntington at 607 Warren Street. Anyone wishing to invest in the capital campaign is encouraged to call Dan Akeley at 356-4200.



CROUCH

James Alfred "Jim" Crouch, Jr., 75, of Tucson, Ariz., formerly of Dillman died at 1 p.m. on Saturday, Dec. 23, 2006 at the Casa De La Luz Hospice in Tucson, Ariz.

Mr. Crouch was a truck driver for the Kroger Company and retired in 1990 with 42 years of service. He and his late wife Wilma owned and operated the Dillman Upholstery Shop for 15 years. He was an army veteran of the 501st Transportation Unit, and was a member of the American Legion Post #202 in Butler. He was a member of the Dillman United Brethren in Christ Church, where he enjoyed singing and playing his guitar.

He was born in South Bend on Oct. 27, 1931, a son of James A. and Belva (Dunlap) Crouch, Sr. He attended Arcola High School. He served in the U.S. Army from 1948 through 1952. He was married in Fort Wayne on June 2, 1973 to Wilma (Palmer) Crouch, who preceded him in death on Feb. 9, 2005.

He is survived by his daughter Cindy (Fred) Brooks of Tucson, a son Rick (Joann) Crouch of Tucson, a brother Kenneth (Myra) Crouch of Angola, a sister Rayola (Thomas) Mindock of Lancaster, Calif., a step-son Davis (JoAnn) of Bristol, Ind., a step daughter Donna Runkle of Warren, along with 15 grandchildren, 22 greatgrandchildren, and 3 step-grandchildren.

He was preceded in death a son James, a daughter Virginia, a step-son Timothy Lacey and a step grandson Mark Runkle.

Services were held at the Glancy Funeral Homes - H. Brown and Son Chapel in Warren with Pastor Dick Case officiating. Burial was in Van Buren Cemetery. Memorials may be made to Van Buren Cemetery.

LANE

David J. Lane, 39, of Markle passed away at 12:01 a.m. on Tuesday, Dec. 26, 2006, at his home.

Mr. Lane had been a foreman for Midwest Electric for two years and had worked as a high-power lineman for 10 years. He was a member of the International Brotherhood of Electrical Workers Union 1393 and was a member of the Chester Volunteer Fire Department for five years. He was a 1986 graduate of Huntington North High School.

Born on Nov. 8, 1967, in Huntington, he was a son of Ron N. and Carolyn R. (Kaness) Lane. His marriage on Nov. 1, 1987, at Central Christian Church in Huntington was to Lila A. Hall, who survives. Other survivors include a daughter, Rachel F. Lane of Huntington; a brother, Charles B. Lane of Markle; a sister, Teresa K. Shelley of Warren; his mother and stepfather, Carolyn and Mark Hamilton of Markle; his grandmother, Irene Lane of Huntington; two stepsisters, Lesli Hamilton of Detroit, Mich., and Ashley Hamilton of Chicago; and his step-grandmother, Jane Hamilton of Bluffton.

Services were held at Myers Funeral Home, Markle Chapel with Pastor Kathie S. Jones officiating. Interment was at the Star of Hope Cemetery in Huntington County.

In lieu of flowers, preferred memorials are to the Rachel F. Lane Trust Fund in care of the funeral home.

Brown

Pauline D. Brown, 90, of Warren died at 9:25 a.m. on Wednesday, Dec. 27, 2006 at Heritage Pointe in Warren.

She was a homemaker and had worked in the housekeeping department at the United Methodist Memorial Home in Warren for 15 years, having retired in 1988. She was a member of the United Church of Christ in Warren.

She was born in Grant County on Nov. 18, 1916, a daughter of Warren and Bertha (Tomlinson) Pancoast. She was a 1934 graduate of Warren High School. She was married in Warren on Mar.ch 28, 1937 to J. Edward "Archie" Brown, who preceded her in death on Oct. 1, 1964.

She is survived by her son Wendell (Shari Sue) Brown of Warren, and a daughter Dixie (Bill) Click of Rock Hill, S.C., along with three grandsons and two great-grandsons. She was preceded in death by her sisters Hazel Schweikhardt and Mildred Murray, and a great-granddaughter Kyndall Brown.

Graveside services were held at Woodlawn Cemetery in Warren, with the Rev. Clyde Gunn officiating. Funeral arrangements were handled by Glancy Funeral Homes - H. Brown and Son Chapel in Warren. Memorials may be made to Family Hospice of Northeast Indiana.

Davison

A former Wells County resident, Ralph E. Davison, 78, of Columbia City died at 2:35 a.m. Friday, Dec. 29, 2006, at Parkview Whitley Hospital.

Mr. Davison owned and operated Rustic Relics from 1975 to 1999. Since 2000, he has operated The Antique Shed where he continued to refinish and restore antique furniture. His memberships included the Columbia City Church of the Nazarene.

Born on Nov. 11, 1928, in Fort

Genealogy Report

Wayne, he was a son of Harry and Helen (Clark) Davison. He grew up in Liberty Center and graduated from Liberty Center High School.

His marriage on May 1, 1948, was to Joann Davison, who survives. He and his wife made their home on a farm in Wells County until 1960 when they moved to the Columbia City area.

Survivors include four sons, Kent (Jari) Davison of Sturgis, Mich., Keith Davison of Naples, Fla., Tim (Lisa) Davison of Valparaiso, and Mark (Karen) Davison of Columbia City; two half sisters, Sharon Gentis and Jone Oman, both of Bluffton; a half brother, John Gregg of North Webster; 10 grandchildren; and six greatgrandchildren.

Calling hours were held at Smith & Sons Funeral Home, Columbia City. Services were held at Columbia City Church of the Nazarene with Rev. Thomas Beers officiating.

Burial was in South Park Annex Cemetery. Preferred memorials are to the Juvenile Diabetes Association.

Gunn

Robert C. Gunn, 69, Gas City, died Friday, December 29, 2006 in Twin-City Community Nursing Home, Gas City.

He was born on Saturday, January 2, 1937 in Van Buren; son of the late Charles Gunn and the late Hazel (Wilson) Gunn.

Mr. Gunn was a graduate of Van Buren High School, class of 1955. He was a life resident of the Van Buren area.

He is survived by his three sons, Martin (Deborah) Gunn, Van Buren; Michael Gunn, Marion; Thomas Gunn, Swayzee; daughter, Cindy Plasterer, Warren; nine grandchildren, five great-grandchildren; brother, Rev. Clyde (Phillis) Gunn, Marion; four sisters, Joan Strahm, Marion; Mary Mosley, Deland, Fla.; Virginia (Marshall) Hart, West Palm, Fla.; Catherine (Jim) Longshore, Timmonsville, S.C.

He was preceded in death by his mother and father; brother, James Gunn, and brother-in-law, Roy Strahm.

Service will be at 3pm, Wednesday, January 3, 2007 at Ferguson & Glancy Funeral Home, 201 W. Main St., Van Buren, with Rev. Clyde Gunn officiating.

Burial will be at the Van Buren Cemetery, Van Buren.

OSWALT

Debra Clara Oswalt, 45, Van Buren, died at 6:05 a.m. Sunday (Dec. 24, 2006) at her home.

Ms. Oswalt was an independent truck driver. She enjoyed the outdoors, fishing, camping and working in her garden. She liked watching her favorite team, the Indianapolis Colts play. She loved to cook and bake for her family and friends. She was a 1979 graduate of Marion High School and a member of St. James Lutheran Church in Marion.

She was born Nov. 11, 1961, in Guthrie, Okla., to Curtis Leon Oswalt Jr. and Eudora Clark Oswalt.

Survivors include her mother and stepfather, Mark David and Eudora Clara Taylor, Van Buren; a daughter, Delta Clar Oswalt Benge, Van Buren; and three brothers, Curtis Leon Oswalt, Ponca City, Okla., Allen Dale Oswalt, Okemos, Mich., and Gregg Louis Oswalt, Grove, Okla. Calling hours were held at the Ferguson and Glancy Funeral Home, 201 W. Main St., Van Buren. Services were held at St. James Lutheran Church, 1206 N. Miller Ave., Marion, with Rev. Mark Carlson officiating. Burial was at Grant Memorial Park.

Preferred memorials are to the family in care of the Ferguson and Glancy Funeral Home, 201 W. Main St., Van Buren, IN 46991.

COLLINS

Lois Christine Collins, 74, Van Buren, died on Friday December 29, 2006 in Marion General Hospital.

She was born on Saturday, April 2, 1932 in Saltville, Va.; the daughter of the late Eugene Walter Cregger and the late Cora L. (Moore) Cregger. She married her husband, Marty Collins on August 27, 1976.

She worked as a Practical Nurse for Marion General Hospital, retiring in 1992. Chris and her husband had lived in Van Buren for 30 years.

She is survived by her husband, Marty Collins, Van Buren, three daughters, Oma (Mark) Shuttleworth, Van Buren; Mona (Ben) Cash, Fairmount; Vicki (Gene) Roush, Warren; two sons, Timothy (Denise) Cameron, Warren; Christopher Cameron, Warren; granddaughter, Amanda (John) Storer, Elkhart; two grandsons, David Shuttleworth, Landess; Tyler Shuttleworth, Landess; brother, John Cregger, Saltville, Va.; two sisters, Billie Jean Havens, Chilhowie, Va.; Sadie Arnold, Richmond, Va.: Several nieces and nephews.

She was preceded in death by her mother and father; son, Michael Eugene Cameron; sister, Daphne Lineard; brother, Jimmy Davidson.

Service were held at Ferguson & Glancy Funeral Home, 201 W. Main Street, Van Buren, with Rev. Phil Hurd officiating.

Burial was at the Grove Cemetery, Poneto, Ind.

RICE

C. Alexander "Alex" Rice, 19, Huntington, died late Thursday evening (Dec. 21, 2006) at his home.

Mr. Rice was a member of St. Mary Catholic Church and had attended ITT in Fort Wayne. He enjoyed music, playing cards, and motorcycles.

He was born Feb. 25, 1987, in Adams County. He is survived by his father, Christopher Rice of Huntington; his stepfather and mother, Tom and Kathleen Lynch Rice Smith of Huntington; a brother, Chad Rice of Casselberry, Fla.; his grandparents, Robert and Mary Rice of Warren and Sue Kelsey of Huntington; and a great-grandmother, Freida Pitha of Bloomington.

Calling hours were held at the Myers Funeral Home, Huntington Chapel. A funeral Mass was held at St. Mary Catholic Church, with Father John Pfister officiating. Interment will be at the Mt. Etna Cemetery at a later date.

Gifts may be made to the family, earmarked "Alex's School Expenses," in care of Myers Funeral Home, 2901 Guilford St., Huntington IN 46750.

Online condolences: www.myersfuneralhomes.com.



50[™] ANNIVERSARY

Mr and Mrs Charles "Chuck" Shideler of 8853S 1100W 90, Warren IN 46792, will celebrate their 50th wedding anniversary with an open house January 14, 2007 from 2 to 5 p.m. at Dillman United Brethren Church at 8888S 1100W 90 Warren.

Charles and the former Ardith Banter were married December 29, 1956 at Dillman United Brethren Church by Rev. Raymond Gant.

They have two children, Mark E Shideler of Warren and Mel A Shideler of rural Marion. They also have seven grandchildren and one great-grandchild.

Chuck is retired from the Wells County Sheriff Department. Ardith retired from National City Bank. She currently works parttime with the North IN United Methodist Foundation in Marion. The couple requests that gifts be omitted.

Area News Continued

The following article is a reprint from the July 1992 issue of the Warren Weekly.

A TRIP DOWN MEMORY LANE

Via Jones Avenue and Nancy Street by Berneice A. Shideler If you are lucky enough to know somebody who has lived on Jones Avenue, you know there is a special bond between them. To reach the school and downtown from Jones Avenue you have to travel Nancy Street, so of course these people are special also.

Time and distance used to be measured from Schemerhom's, to Jones Farm, to Slifers corner, then to Mott's hill and the school house corner.

If you started out anywhere between these points you could be sure of having at least 20 walking companions. You did not worry about who they were, what their parent's occupation was or where they lived. You just knew that you had somebody to walk to school with in the morning, or home and back for lunch, and after any activity at night.

I'm not saying that everything was always peaceful. We had fist fights, girl and boy spats, romances that lasted from one day to the next, hate trips because somebody wasn't at the right corner at the right time and even feuds between families. They resolved themselves over night and the next day they were waiting to start all over again.

Once in a while we took the scenic route and followed the creek. This was okay if you could get by Frank Canada/s apple orchard without getting shot at or if some-body just happened to fall in the creek or fall through the ice. If this happened, you knew that every-body was in big trouble. We really didn't steal apples though. Honest! Only the green ones and the ripe ones.

Eva Mae and Grace Schemerhom lived the farthest away. Their father farmed the 300 acres of the Jones farm with a mule team and cared for a herd of dairy cattle. They had a neat croquet court in their yard. This was a favorite meeting place. Harold Stepp had a bakery in his home. The smell was delicious. He did the baking and hired somebody to deliver for him.

Vern Bardsley was one of the best when it came to plastering and hanging wallpaper. They also raised rabbits for sale and dogs for the war. They were one of the only neighbors who was lucky enough to have a telephone.

Otis Krieg and his father, who spoke German, sold plants in the spring and produce in the summer. You could buy fishworms and mousies there in later years.

Another special person was

Mamie Zent. She was a piano teacher and dedicated church leader in the Wesleyan Church. Most of us received our early religious training in this small white church on Nancy Street. Who could forget Elmer Keller

who was the milkman and delivered ice. He was a real treat for all of us. Also George Shull and his huckster wagon were a regular sight on the streets.

Several of the fathers were employed by the W.P.A. They built a lot of sidewalks, dug ditches and built roads. It was hard work but at least they were employed and didn't have to rely completely on county aid. As soon as you were old enough, there were odd jobs to do. There were yards to mow, coal and corn cobs to carry for elderly people, houses to clean, babysitting, paper routes, helping mothers after the birth of a child and buying and carrying groceries for people who were not able to walk to town. Since no food could be wasted, there were always gardens to be planted and tended in the spring, fruit to be picked and food preservation in the fall.

During this period was when they had the Warren Fair at the fairgrounds across the railroad tracks. This was a big event for our town. People came from far and near. This was situated around the race track. Horse racing was a big sport and involved a lot of people.

I believe Arthur Smith and Dale Gardner were two persons who were closely associated with horse racing.

John Lynn's stockyards was quite a large operation. It caused us to be aware of the stock wagon and trucks that used our street.

The coal yards, elevator and train station were farther down the railroad tracks. Because of all of these businesses, there were several trains that traveled the Nickel Plate sys-tem. The trains always stopped in our vicinity. We had our share of tramps and hobos. I never did figure out the difference between them. I've been told that tramps just wanted handouts and stayed with the trains but hobos were travelers who often stayed over in such places as hobo valley, along the Salamonie river at the flowing well.

The large Standard Oil bulk plant was located in this area. If you were lucky, you could find a seat on their fence to watch the horse races without charge.

The tomato factory provided employment for a great number of people during the canning season. It also helped the farmers by providing a profitable crop for which several hundreds of acres were contracted each year. Of course there were health rules that had to be followed so there had to be a clean up crew that had to clean all of the equipment while the factory - worked two and three shifts. It also took several Mexican families and families from out of state to come in from the planting and harvest seasons. Some of these families also became part of our gang.

Life wasn't all work. There were a lot of good times. There was a ballgame in the street nearly every day and night, a game of marbles, tag for anybody that wanted to join, tea parties with water and crackers under a nice shade tree, hide and seek for the whole neighborhood at night and when the nice, warm, summer rains came you could use nearly anybody's porch for an af-ternoon of reading or story telling if you provided your own blanket and book. You could usually find a friend to roller skate with either at Bardsley's or Krieg's. They were the only ones with smooth cement sidewalks.

There was a great ball diamond at Cline-Click Lumber yard where everybody learned to play baseball. The piles of new lumber made great bleachers and Eric Click never had to worry about tall grass in those days like Denny Stroud does today because the grass didn't have a chance to grow.

A favorite pastime on a Sunday afternoon was to walk to other parts of town to see friends and relatives. There were very few houses that you didn't know who lived in them. You could even follow the railroad tracks from our neighborhood to the river road. The only difficulty was to get across the railroad bridge at Second street without a train coming. I don't know of anybody that didn't make it. You just knew that if a train came, you would have to hang on with your fingertips until the train passed. At least that's what the big kids told me.

In the winter there was always sledding at our house. We were the only ones that had a hill that was high enough to slide down. This always drew a big crowd. Often a big snowball fight would develop. Yes, somebody usually got hurt. The big coal baseburner in the house was always a welcome sight after a few hours of sledding and playing in the snow.

As we grew older some were allowed to go to town on Wednesday night for the town drawing and the band concert. The town was also open on Saturday nights so people could do their trading and shopping.

This started a whole new era when part of the gang became employed by several of the businesses. They were very lucky to get a job where often times they worked from 8:00 in the morning until 6:00 at night and until 10:00 on Wednes-day and Saturday with an hour off for lunch and supper. It made it all worth while when you got that paycheck for \$15.00 at the end of the week.

The first person that I can remember to get a job was Eva Mae Schemerhorn. When the new theater was built over the sunken gardens, they included a small shop on each side. One was Dee's Sandwich Shop and the other was Brown's Photo Shop. She worked at the photo shop.

My family was fortunate to find employment over the years. Colleen worked at the Ben Franklin 5 & 10, Doris at Bert Denton's Hamburger stand, then McFarren's 5 & 10, then Ben Franklin, E. M. at Myers Department Store as shoe clerk, Paul at Kroger's. I started very young as a babysitter and domestic worker for Dean & Mary Helen Huffman while they helped herfather at Breedlove's Grocery. In my high school years I worked at the Methodist Memorial Home, which was only the Chopson building, then at The Exchange Bank where I am still employed. Bob had a paper route and was attendant at Crispen's Marathon Station, and Carolyn, Barbara and Joyce were all at Bonifield's Rexall Drug Store. In 1953 my parents, Earl and Erma Crispen, moved from Jones Avenue to his family's home place in the country. For this reason, Dick and Ron were not employed in town but worked at Scott's Flying Feathers Resort.

Then came graduations, marriages, World War II and other wars which caused a lot of us to leave the old neighborhood. All five of my brothers, along with a lot of other boys went to the ser-vice, older men and young women went to factories and oth-ers sought employment in larger cities.

When my husband Bob returned from service after serving in the regular army and in the airforce we moved to Nancy Street. Our daughters, Marcia and Jane Ann, were reared there in a time that they could still enjoy some of these pleasures and memories of walking to school and downtown with their neighbors and friends.

These times ended for them when they started being bused to the larger schools of Salamonie Junior High and Huntington North.

We still live on Nancy Street, not far from my roots. Each morning when I see the school bus stop at nearly every corner and see the kids get on for their long ride to school, I have to think of all the fun, friends and memories they are missing. I'm sure their memories of Jones Avenue and Nancy Street will be far different from the ones expressed in this ac-count from the Crispen brothers and sisters.

The Jones Avenue Friends for these twenty some years were: Grace and Eva Mae Schemerhom, Bonnie Stepp, Dessell Beavans, Hubert, Norma, David DesMoine and Nancy Beavans, Bob, Jane and Joan Card, Dale, Doris and

Elaine Bardsley, Colleen, Doris, E.M., Paul, Berneice, Bob, Carolyn, Barbara, Joyce, Dick and Ron Crispen, Garl and Roger Worster, Paul, Betty, Mary Ann, Jim, Ivan and Allen Krieg, Harold and Harry Stroud, Bill Williams, Glenn Richard, Helen, Mary Ellen and Freda Follis, Olive, Jocile and Harold Click, Virgil Jr., Lois, Bob, Richard and Ron Ruble, David and Helen Opal Zent, Kenneth, Glen, Celesta and Charles Perry, Betty Slifer, Max, John, Jerry, Ruth Ann, Bob, Bill and Richard Brubaker, Jim and Bob Coy, Gary Shultz, Roger, Gene, Jerry, Shirley, Sondra and Sonja Williams, Ron, Carol, Joyce and Deb Sheets, Mike, Sandy, Linda and Vickie Rybolt, Robert, Sandra and Mary Stewart, Carolyn and Richard Cloud, Dick and Jean Conrad, Jack Myers, Vance Hiatt, and Etta Jane Schemerhorn.

Joining us from adjacent streets were: Ward and Dale Elliott, June Long, Jimmy Whitacre, Bob and Mary Katherine Mossburg, Ann Ruble, Ellen and Herman Smith, the Gardner family, Peg and Jerry Ruef, Jim, Evelyn, Bruce and Max Bardsley, Donald, Marvin and John Kindley, Kathem, Roger and Norma Gale Ruble, Kenneth, Doris and Larry Campbell, Dorrell Wyatt and family, Ted Williams, and Bob and Sandy Taylor.

Meeting us at Slifer's corner or Nancy Street were: Claribel Hart, Lois Jane Tarn, Mary Louise Deal, Wallace, Dean, Doris and Harold Carroll, Wesley, Donald Floyd, Harold, Wajter, Doris and Barbara Smith, James and Violet Martin and brothers and sisters, Edna Mae Apple, Betty McElhaney, Margaret Ann and William Fox, Rex, Jack and Laura Tobias, Wayne Lantis, Rebecca Mott, Richard and Robert Doversberger, Tom and Becky Musser, Jack and Jill Clouse, Diana Christner, George and Sarah Fleck, Juen Gaye and Sheri Sue Thompson, and Bob Irwin.

Joining in at Mott's Hill were: Tom, Paul and Harold Parker, Betty and Junior Breedlove, Lucille Doon, Alton, Louise, Sarah, Barbara Sue, Phyllis, Gerald and George Nafe, Norma, Dale and Shirley Schwob, David Yount, Charles and Marshall Griffith, Lillian and Betty Richardson and Mary Alice and Tom Dun-woody. Ralph Eltzroth also came to walk with us, even though he lived at the end of Wayne Street.

At the school house corner with not farto go were: Sam and Martha Good, Jean, Joan and Carolyn Dyson, Jim and Louis Jane Harrold and Norman, Naoma and Nancy Minton.

I am sure that we have forgotten some very important persons, places and memories. If so, this will give them a challenge to tell their story.



Area News Continued

Progress NOT Perfection

by The FlyLady, Marla Cilley Here we are again embarking on a brand new year with all the joys and anticipation that it brings. In 1999 I woke up on New Year's Day determined to get organized. That determination is what made it happen! The reasons behind that purpose had more to do with fear that people would find out my dirty little secret.

Now I share my shortcomings with the world because if I am having a problem then many of you are too. I am not ashamed of who I am or how I got here. Every bad thing that has ever happened to me has made me who I am today! I am very proud of how I have taken those things from my childhood and not continued to abuse myself with those thoughts and actions. I can't change those years of growing up; but I can see when I allow that shame to enter back into my life and delete it.

I use every thing that happens these days to help teach me a lesson to help others. I look at the situation and say to myself. What am I supposed to learn from this and usually an essay comes from it and maybe even the theme of a new book. Life is too short to just skating from one problem to the next and not use those lessons to teach ourselves how to not repeat them and help others.

Skating is what we do best. Do you remember when you were in school and you did just enough to get by. Instead of reading a chapter that was our homework assignment and answer the questions at the end; we would skip the reading part and go straight to the questions. There we go skating at an early age. We were proud of ourselves for finding a shortcut to getting our homework finished. We were just too stubborn to understand that we were really making more work for ourselves in the long run.

If we had read the chapter, processed the words in a quiet environment and listened in class instead of day dreaming; we could have answered those questions easily. Instead we picked and skimmed the reading looking for the answer. This kind of piecemeal learning robbed us of our education. Did you everthink this is why you can't remember any thing from high school? You were skating to just get by not feeding your hungry brain the knowledge it was starving for. Then came test time; you had to cram instead of using the babysteps of your homework to be able to pass! We thought we were so smart

This happens today. We are good at hiding it from others. We

skate at home and in our work life. At work when you skate you will eventually be found out and your job is at stake. You don't have that problem at home or do you! You really know the truth and that truth makes you feel guilty. The guilt manifests itself in many ways; weight gain, financial problems, clutter taking over and relationship problems. When we are confronted with our skating; we deflect the attention on us to the problems around us. It doesn't work; you are found out! When we skate through life we

have our heads down and we don't see what is going on around us. We are skating as fast as we can and as a result we go round and round in circles; doomed to repeat the mistakes and stay stuck in our ruts. How do we stop this vicious circle that we have created for ourselves?

You join FlyLady to try to get your house in order but you start skating all over again. You just want to jump to the end of the chapter and start answering questions without allowing the process of FLYing to help you find the peace I have promised you. There are no short cuts.

When ever someone complains that FlyLady is not working for them we ask have you started to declutter your home. Are you getting dressed to lace up shoes? Have you shined your sink? You see you just can't skip to the end without going though the babysteps that help you get there.

Don't make it harder than it really is! Take your babysteps and enjoy the process! Progress Not Perfection in 2007! Let's get out of our ruts, raise our heads and open up our eyes to focus on the prize of peace in our lives!

For more help getting rid of your CHAOS; check out her website and join her free mentoring group at <u>www.FlyLady.net</u> or her book, Sink Reflections published by Bantam and her new book, Body Clutter published by Fireside. Copyright 2007 Marla Cilley Used by permission in this publication.

BODY CLUTTER ASSESSMENT

by The Dinner Diva, Leanne Ely The end of the year is an excellent time to make an assessment of how you've done with your goals. For me, keeping the body clutter off that I lost in 2005 was one my goals (okay, truth be told, I wanted to take a little bit more off, -isn't that typical?). Anyway, I didn't accomplish that goal. I've noticed that I am (unfortunately) one of those people who has to regularly attends the School of Hard Knocks. I think I'm earning my doctorate, to be honest.

You see, I've gained a little of my body clutter back. The reason? I got lazy and let go of some of my previous "rules" for myself. I know my body, I know what I can and cannot do, so why do I think I can somehow fool myself? So here it is, the top 10 lessons I learned in the food department of life that I hope you'll just take my word on without having to go through them yourself!

1.-Everything counts. Yes, even a bite. Our bodies run on simple math, -too much will show up on your body.

2. -Everything counts, number 2. Standing over a sink eating, eating in the car, eating in front of an open refrigerator, all adds up when it comes time to a morning of reckoning on the scale.

3. -"Just this once" or other such similar phrase usually means I am setting myself up for a downward spiral in eating and it will take a few pounds gained before I address it to knock some sense into me.

4. -Good for me food doesn't mean it's a free for all. Portions matter and I don't need as much as I think.

5. -Being "good" in a restaurant means not finishing everything on my plate. I still think clean plate and I don't need to do that!



Restaurants typically give you enough to feed 3-4 people - -bag it up and take it home!

6. -The only "free" food is water. Everything else has something in it and will ultimately count when I step on the scale, including a glass of wine or a nip of eggnog!

7. -The scale is my friend. If the numbers have gone up, it's a wake up call to fix whatever it is that I am doing to cause them to go up. Getting on it every morning keeps me honest.

8. -Movement is not optional. If I don't exercise, the numbers go up--even if I eat like a bird. I have a thyroid issue. The only way to keep it in check for me is to exercise daily, eat small meals and take my medication everyday.

9. -It's okay to be hungry. I've been so paranoid about being hungry (that's when I overeat) that I've taken to eating too many times a day and inadvertently, putting on a few pounds because of not being aware. Becoming friends with hunger keeps my food in check - -a little bit hungry

u is okay.

10. A food diary is essential! It's way too easy to get lax, forget and eat unconsciously. Food is an issue for me- - I need to stay aware by making sure what I write down is the same thing that has gone in my mouth!

Our Body Clutter (Fireside) book is the beginning of my journey and FlyLady's. We have discovered one year later that understanding and dealing with one's body clutter is a never-ending process. Vigilance and perseverance is the key!

For more help putting dinner on your table check out her website). <u>www.SavingDinner.com</u> or her Saving Dinner Book series published by Ballantine and her new book Body Clutter, published by Fireside.. Copyright 2007; Leanne Ely Used by permission in this publication.



Healthy Connection

SwimFit Tuesdays and Thursdays 7 - 8 p.m.

Bluffton-Harrison Middle School Pool

Cost is \$25 for 8 sessions For more information contact Louise Reynolds,

(260) 692-6905.

Weight Management Information Sessions

Mondays • 5 - 6 p.m. Fridays • 8 - 9 a.m. South Campus

Learn about our weight management program! The Bluffton Regional Weight Management Center offers free information sessions for interested persons. To register for one of the sessions, call Scheduling at (260) 919-3830.

Colon Cancer Awareness Day - Bluffton

Thursday, January 9 4 - 6 p.m. Bluffton Walgreen's

• Free educational

- materials
- Free colon cancer home screening kit

First & Foremost

No appointment necessary. Bluffton Regional Medical Center is at Walgreen's the first Tuesday of every month. Go to our Web site and click on "Community Calendar" for a complete list of events. For more information, contact Lisa Geiger, (260) 919-3859.

Diabetic Share Group

Tuesday, January 16 5 - 6 p.m.

Downtown Campus 4th floor conference rooms Stress management

Ashley Stinson, AAS, MH, COTA, will be discussing stress management.

This group shares the latest on diabetes management, answers questions and provides special speakers. All diabetic patients, family members and friends are welcome.

For additional information, call Sue Schwyn, diabetic educator, at (260) 919-3427.

Bluffton Regional & Medical Center

303 S. Main St. ♦ Bluffton, IN 260.824.3210 ♦ 888.919.3557 www.blufftonregional.com