

Friday, January 9, 2009

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# Warren Weekly

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Thought for the Week: *Welcome to the New Year and all it's potential!!!*

## ANGEL FOOD MENU

As the new year rolls in, Warren Angel Food Ministry is ready to help you keep those grocery bills low with great food and good service. We are so glad the truck brings our orders right to our door steps at the Warren Church of Christ. We've appreciated the community spirit from churches and town folks who have helped make this a great thing for Warren and surrounding area. It's a joy to see the volunteers and workers each month. If you'd ever like to get involved and help just call Janice Jordan at 375-2293 or 358-6783 and she'll line you up to help. This is a 16 church area wide effort, so we'd love to have you participate.

Here's the January Menu and Specials that will be delivered on January 24th...

Regular Box for \$30 is: 1.5 lb. Ribeye Steak (4 x 6 oz.), 4 lb. Leg Quarters, 1.5 lb. Beef Patties (4 x 6 oz.), 18 oz. Cheese Filled Manicotti, 2 lb. Pork Rib Strips, 1 lb. Chicken Breast Fajita Strips, 1 lb. Ground Turkey, 1 lb. Broccoli, 1 lb. Peas, 6 ct. Oatmeal Variety Box 2 each-Regular, Maple Brown Sugar and Apple Cinnamon, 32 oz. 2% Shelf Stable Milk, 8 oz. Blueberry Muffin Mix, 12 ct. White Corn Tortillas, 1 lb. Pinto Beans, 7 oz. Chicken Flavored Rice & Vermicelli, Dozen Eggs, Dessert

The Senior Box for \$28.00 is: Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit. The 10 choices this time are: New Orleans Style Chicken, Grilled Chicken Strips & Penne Pasta, Beef & Bowtie Pasta, Flame-Broiled Salisbury Steak, Cheesy Chicken and Broccoli Casserole, Classic Chicken Tetrazzini, Country Fried Steak, Spaghetti

with Meatballs, Chicken Parmesan, Flame-Broiled Beef Patty, and 10 Desserts included with Senior/Convenience Meals. A new vendor has been used to bring better meals to those of you on the go. Try them!!!

5 Specials are offered for January and they are:

Special #1 for \$22.00 is: 6 lb. Assorted Combo Box 1.5 lb. Bone-In New York Strips (2 x 12 oz.), 1 lb. Sirloin Strips (2 x 8 oz.), 1.5 lb. Boneless Pork Chops -Thick Cut (4 x 6 oz.), 2 lb. Hamburger Steak (4 x 8 oz.).

If you order just one of the Regular Box you may also order one or any of the following Specials...

Special #2 for \$21.00 is: 4.5 lb. Bacon-Wrapped Meat Combo; 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.), 1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.), 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

Special #3 for \$21.00 is: 3.75 lb. T-Bone Special; 3.75 lb. T-Bone Steaks (5 x 12 oz.)

Special #4 for \$20.00 is: 10 lb. Chicken Combo Box; 4.5 lb. (avg.) Whole Perdue Chicken, 2 lb. Wings, 2 lb. Chicken Nuggets, 2 lb. Breaded Chicken Tenders

Special #5 for \$21.00 is: Fresh Fruit and Veggie Box; 4 lb. New Crop Idaho Baking Potatoes, 3 lb. New Crop North Carolina Sweet Potatoes, 2 lb. Western Grown Medium Yellow Onions, 4 lb. Tree Ripened Navel Oranges, ½ lb. New Crop Georgia Grown Pecan Halves, 2 ea. Tree Ripened Florida Red Grapefruit, 1 head New Crop Florida Green Cabbage, 1 lb. Western Grown Carrots (cello packed), 4 ea. Tree Ripened Florida Tangerines, 4 ea. Washington State Bosc Pears

Ordering days at Warren Church of Christ is Thursday, January 8 from 3:00-7:00 pm. You may also order at participating churches and most of them allow ordering after church services. We hope you will use

Angel Food as your primary source of food supplies. Thank you.

## PUBLIC MEETING HELD

On Tuesday evening, December 30 a Public Meeting was held in the Van Buren Council Room at Town Hall. Only one citizen showed up at the meeting.

Purpose of the meeting was to discuss Local Option Income Tax.

Local Council voted in favor of the tax. It was reported Council did not want to pass in favor of the tax, but felt the need due to property tax cuts.

Grant County Council also passed in favor of the tax, but Marion City Council did not.

In order for the tax to pass in Grant County, Marion City Council will need to vote in favor of the issue between April and June 2009, for the tax to go into effect for 2010.

## MCDONALD'S BENEFIT

Kids Kampus child care center of Huntington is partnering with McDonald's of Huntington to hold a McDonald's benefit night on Thursday, January 22nd from 5:00 P.M. until 8:00 P.M. at the Huntington McDonald's located at 60 Home Street in Huntington.

20% of the total sales collected will go directly towards Kids Kampus. Kids Kampus volunteers will be working the cash register, preparing food, taking orders and bussing tables.

To find out more information, please call Kids Kampus at (260) 356-0123, or contact Kids Kampus via e-mail at [vkorreck@pathfinderservices.org](mailto:vkorreck@pathfinderservices.org)

Kids Kampus, Huntington, offers child care and preschool services to children from infancy to age 12. Kids Kampus is the only licensed child care center in Huntington County. Kids Kampus can be found on the web at [www.kidskampus.org](http://www.kidskampus.org) and is a

division of Pathfinder Services, Inc., a not-for-profit human services organization based in Huntington.

## GENERIC'S & ALZHEIMER'S

The Alzheimer's Association has released its position statement on generic drugs and Alzheimer's disease which indicates that the use of generic medications may be appropriate for some patients with the advice of a physician.

The patent on Razadyne, a frequently prescribed cholinesterase inhibitor for patients with Alzheimer's, has recently expired, making it the only commonly prescribed Alzheimer drug now available in its generic form, called galantamine. Because generic drugs are less expensive than brand name drugs, consumers may question whether they can stop their current Alzheimer's medication and take galantamine instead. Medication changes should not be made without first consulting a physician.

Generic galantamine may be most appropriate for those individuals currently taking Razadyne and for those who cannot tolerate other forms of cholinesterase inhibitors. While generic galantamine has the same active ingredients as Razadyne, it is not entirely identical and the patient may notice a difference in effectiveness with the generic product.

Another potential candidate for galantamine is the individual newly diagnosed with Alzheimer's who has no history of cholinesterase inhibitor use. The generic product, due to its reduced price, is an appropriate first-choice therapy.

Four drugs to treat the symptoms of Alzheimer's commonly prescribed: (Generic name - Brand name - Drug class) Galantamine - Razadyne™ -

Cholinesterase inhibitor; Rivastigmine - Exelon™ - Cholinesterase inhibitor; Donepezil - Aricept™ - Cholinesterase inhibitor; Memantine-Namenda™ - NMDA receptor antagonist

The Alzheimer's Association is the world leader in Alzheimer research and support. Having awarded more than \$150 million to nearly 1,300 projects, the Alzheimer's Association is the largest private funder of Alzheimer research. The Association's vision is a world without Alzheimer's disease. For more information about Alzheimer's disease, call Jeff Johnson at 317-575-9620.

## EAGLE WATCH

Enjoy the majesty of bald eagles in Indiana this winter with the Salamonie Bird Club's Eagle Watch field trip, Jan. 17.

The trip runs from 9 a.m. to noon, starting from the Salamonie Interpretive Center in the Lost Bridge West Recreation Area. A carpool will travel along the Wabash and Mississinewa rivers near Peru.

Dress for the weather and remember your binoculars. Bring your own snacks, sack lunches and drinks. The planned travel route is about 30 miles, so be sure to have plenty of gas in your vehicle.

Register by calling Upper Wabash Interpretive Services at (260) 468-2127, or by visiting the Salamonie Interpretive Center.



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WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Huggy Bear Ice Cream, and next to the Post Office in downtown Warren. The Warren Weekly is also available in several businesses in Van Buren. Total circulation is 3200.

It is sent anywhere in the Continental United States for three (3) months for \$12, 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.

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

Leave news and/or advertising at PJ's Flower and Gift Shop, mail to P O Box 695, Warren, fax to 260.375.7007 or email to [wwkly@citiznet.com](mailto:wwkly@citiznet.com). Van Buren residents may call Mary Jo Zoda at 765-934-3637.

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

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

## KUDOS, KICKS & KARATS

### COMMUNITY Did It AGAIN!

It truly is a Small Town with a Big Heart! You are always so faithful and ready to help the less fortunate; especially at holiday time, always willing to help in times of need. You take time to help with donations and needed items for our shelves.

We extend special thanks to the churches, organizations, Salamonie School, Boy Scouts and the many volunteers and individuals who have pulled together to make this year a better one for many families who are in need.

You are definitely a loving, caring community. May God bless each and everyone for making a big difference for all the families we help and for making it a happier Christmas for all.

With deepest thanks to all,  
 Phyllis Harness  
 Bread of Life Food Pantry

### THANKS TO CITIZENS OF WARREN

I'm writing to let the citizens of Warren know how much I appreciate their warm hospitality during an unexpected hardship that recently occurred to me.

I was driving in the Warren area and my car broke down. The repairs would take several days and I was stuck with little money and no place to stay. The great people of Warren pitched in to help me, a complete stranger. Thanks to Motel 6 and Dave's Auto Service for all their help. Special thanks to Randy Witkamp and his family for the wonderful meals at their home. I live in a large city where no one seems to care for others, thank God my time of need was in Warren.

Ron Oliver  
 Las Vegas, Nevada

### NEW VETERINARY IN TOWN

Shortly after opening their business in Warren I took the opportunity to meet Dr Kerrick A Deardorff and his staff. Anyone with a veterinary degree can treat an animal and I quickly could tell this man not only "treats" animals, he truly cares for animals. The December 19 severe ice storms created a few problems for me – rush to get ready for Christmas. Christmas Day I find myself running out of medicine which is critical for my dog "Molly" (many folks know we drive a few thousand miles a year and spend several dozen hours in nursing homes and hospitals, trying to spread a little joy to the folks there). Dr Deardorff knows I am not a regular client at his time, but, without hesitation or hassle, he sold us the medication Molly needed, Friday December 26 when it was too dangerous to try to make a trip out of town. I cannot express my gratitude for his immediate response to our need and am very grateful we have a veterinary in Warren that cares for all.

Paul Craig

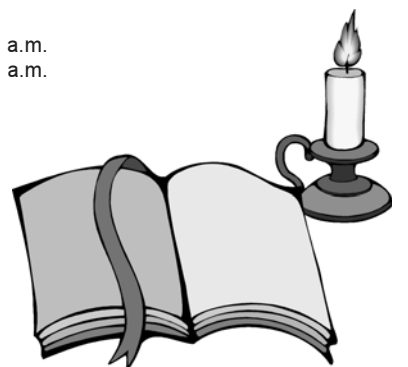
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<p><b>ASBURY CHAPEL UNITED METHODIST</b>  <b>8013W 1100S - 90, Montpelier</b>  <i>Phillip Freel Jr, Pastor</i></p> <p>Worship ..... 9:30 a.m.          Sunday School ..... 10:30 a.m.          Wed Evening Carry-in &amp; Fellowship ..... 6:30 p.m.</p> <p><b>BANQUO CHRISTIAN CHURCH</b>  <b>8294S 900W 35</b>  <i>Gary Riley, Pastor</i></p> <p>Sunday School ..... 9:30 a.m.          Worship ..... 10:30 a.m.          Youth Choir Practice ..... 5:00 p.m.          Wed. Bible Study ..... 6:30 p.m.          Thurs. Kings Kids ..... 6:30 p.m.          BYG Youth Svc. (2&amp;4Sun.) .. 6:00 p.m.          CWF Ladies (3 Tue) ..... 6:00 p.m.          1st Sun. (Qtrly) Praise Hour.. 6:30 p.m.</p> <p><b>BOEHMER UNITED METHODIST</b>  <i>Rev. Barry Humble, Pastor</i>  <i>Jerome Markley, S.S. Supt.</i></p> <p>Sunday Worship ..... 9:30a.m.          Sunday School ..... 10:30a.m.</p> <p><b>CENTRAL CHRISTIAN CHURCH</b>          Van Buren, Indiana 765-934-2199  <i>Pastor - William Shelor</i></p> <p>Youth Leaders - Heath &amp; Kelly Jones          Worship ..... 9:30 a.m.          Sunday School ..... 10:40 a.m.          Adult Bible Study ..... Sun 6:30p.m.          Youth Group ..... Sun 6:30p.m.          Handicap Accesible</p> <p>Little Panther Preschool 765.934.2099</p> <p><b>WORD OF LIFE — MAJENICA</b>  <i>Rev. Malcolm &amp; Jackie Howell</i>          260/356-1246</p> <p>Sunday Evening Service ..... 6:00 p.m.          Tuesday Eve. Bible Study ..... 6:30 p.m.</p> <p><b>DILLMAN UNITED BRETHREN</b>  <b>8888S 1100W-90, Warren 375-2779</b>  <i>Dick Case, Pastor</i></p> <p>Sun - 1st Worship Service..... 8:15a.m.          Sunday School..... 9:30a.m.          2nd Worship Service .... 10:30a.m.          Youth Group (6th-12th) 6:00p.m.</p> <p>Wed - Circle of Friends          (3yrs old - 5th grade) . 6:30-8p.m.</p> <p><b>HANFIELD UNITED METHODIST</b>  <b>101 N 400 E - Marion 765/664-8726</b>  <i>Timothy Helm, Senior Pastor</i></p> <p>1st Worship..... 9:00 a.m.          2nd Worship..... 10:30 a.m.</p> <p><b>HERITAGE POINTE</b>          Sunday Morning Worship ..... 9:30 a.m.          OTHER SERVICES BY ANNOUNCEMENT          Tues, Thurs, Fri &amp; Sat          Chapel Services ..... 9:00 a.m.</p> <p><b>THE NEW BEGINNING</b>          SR 218, 2 1/8 mile west of Poneto  <i>Steve Sutton, Pastor</i>          765/728-2065 for more info          Sunday Worship..... 10:30a.m.          Thursday Prayer Meeting ..... 7:00 p.m.</p>	<p><b>HILLCREST CHURCH OF THE NAZARENE</b>  <b>375-2510</b>  <i>Rev Mark Davis</i>          Bus Service 375-2510  <a href="http://www.hillcrestnazchurch.org">www.hillcrestnazchurch.org</a></p> <p>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.</p> <p><b>SOLID ROCK UNITED METHODIST</b>          at Warren location for January &amp; February  <i>Kathy Newton, Pastor</i></p> <p>Sunday School ..... 9:00 a.m.          Worship Service ..... 10:00 a.m.</p> <p><b>LANCASTER WESLEYAN</b>  <b>468-2411</b>  <i>Doug Sharrard, Pastor</i>  <i>David Thrift, S.S. Supt.</i></p> <p>Sunday School ..... 9:30 a.m.          Worship ..... 10:30 a.m.          Wednesday:          CYC/Teen/Adult Meetings .... 7:00 p.m.</p> <p><b>LIBERTY CENTER BAPTIST CHURCH</b>  <b>694-6622</b>  <i>Pastor Dan Sommer</i></p> <p>Sunday School ..... 9:00 a.m.          Fellowship ..... 9:55a.m.          Worship ..... 10:15a.m.          Wed. Bible Study ..... 7:00 p.m.</p> <p><b>LIBERTY CENTER UNITED METHODIST CHURCH</b>  <i>Rev. Dale Lilnhart, Interim Pastor</i>          Morning Worship ..... 9:30 a.m.          Sunday School ..... 10:45 a.m.</p> <p><b>McnATT UNITED METHODIST</b>  <b>375-4359</b>  <i>Bill VanHaften, Pastor</i>  <i>Lois Slusher, Supt.</i></p> <p>Coffee Fellowship..... 8:30 a.m.          Worship ..... 9:15 a.m.          Sunday School ..... 10:30 a.m.          Bible Study - Wed. .... 7:00 p.m.</p> <p><b>MT. ETNA UNITED METHODIST</b>          260/468-2148  <i>Tony Johnson - Pastor</i></p> <p>Trad. Worship ..... 9:00 a.m.          Mdrn Worship ..... 10:30 a.m.          Fellowship ..... 10:00 a.m.</p> <p><b>MOUNT ETNA WESLEYAN</b>  <i>Rev. Charles Dederick, Pastor</i></p> <p>Sunday School ..... 9:30 a.m.          Worship ..... 10:30 a.m.          Sunday Evening ..... 6:00 p.m.          Mid-Week (Wed) ..... 6:00 p.m.</p> <p><b>PLUM TREE UNITED CHURCH OF CHRIST</b>  <b>375-2691</b>  <i>Dr. Jeane Spoor, Pastor</i></p> <p>Sunday School ..... 9:30 a.m.          Worship ..... 10:30 a.m.</p>	<p><b>SALAMONIE CHURCH OF BRETHREN</b>  <b>468-2412</b>  <i>Mel Zumbrun, Pastor</i></p> <p>Worship ..... 9:30 a.m.          Church School ..... 10:45a.m.</p> <p><b>UNITED CHURCH OF CHRIST</b>  <b>375-2102</b>  <i>Rev. Rick Pulling, Interim Pastor</i></p> <p>Sunday Worship..... 9:30 a.m.          Junior Church ..... 10:00 a.m.          Sunday School ..... 10:30 a.m.          Communion 1st Sunday of the Month          Fun Factory 1st/3rd Sundays ... 6:00p.m.</p> <p><b>VB CHURCH OF THE NAZARENE</b>  <b>765/934-3321 Parsonage</b>  <i>Jeff Wass, Pastor</i></p> <p>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.</p> <p><b>VB UNITED METHODIST CHURCH</b>  <b>765-934-1431</b>  <i>Pastor Blake J. Neff</i></p> <p>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.  <a href="http://www.vanburenumc.org">www.vanburenumc.org</a></p> <p><b>WARREN CHURCH OF CHRIST</b>  <b>375-3022</b>  <i>Gerald O. Moreland, Minister</i>  <i>Janice Jorden, Angel Food Director</i>  <i>Ruth Moreland, Secretary</i>  <i>Shanna Fortney, Bible School Supt.</i>  <i>Nathan Ratcliff, Youth Minister</i>  <a href="http://www.warrenchurchofchrist.org">www.warrenchurchofchrist.org</a></p> <p>Fellowship ..... 9:15 a.m.          Worship &amp; Communion ..... 9:30 a.m.          Sunday School ..... 10:45 a.m.</p> <p><b>WARREN 1st BAPTIST CHURCH</b>  <b>Corner of N. Wayne &amp; Matilda Sts.</b>  <i>Rev. Bill Fisher, Pastor of Preaching and Discipleship</i>  <i>Rev. Robert Bothast, Pastor of Family Life</i>  <i>Lori Buzzard, S.S. Supt.</i></p> <p>Sunday School ..... 9:00 a.m.          Sunday Worship ..... 10:00 a.m.          Sunday Evening Service ..... 6:00p.m.</p> <p><b>WARREN WESLEYAN CHURCH</b>  <b>375-2330 6th &amp; Nancy Sts. Warren</b>  <i>Rev. Andy Trowbridge, Pastor</i>  <i>Wesley Welch, Supt.</i></p> <p>Sunday School ..... 9:30 a.m.          Worship ..... 10:15a.m.          Wednesday Prayer Service.. 7:00p.m.  <a href="http://www.warrenwesleyan.com">www.warrenwesleyan.com</a></p>
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Please  
 Attend the Church of  
 Your Choice





## AREA NEWS

### OPEN HOUSE/CALL-OUT

Huntington County 4-H Open Houses & Call Out meetings scheduled.

The 2009 Huntington County 4-H program has a number of call-out meetings scheduled to help families learn more about the county 4-H program during the next two weeks. Following are the scheduled dates, times and locations to gain information about 4-H in Huntington County:

4-H Dog Program Call-out - Sunday, January 11, 2:00-3:00 pm, Heritage Hall, Hier's Park - 4-H Dog leaders will share information about the program, required paperwork and enrollment details, and show a short video highlighting different obedience skills gained in the program.

4-H Open Houses - Information about the 4-H Shooting Sports program will be presented, along with an overview of the required paperwork for each of the five offered disciplines (archery, muzzleloader, pistol, rifle, shotgun). Additional information about the general 4-H program and 4-H clubs in the area will be shared from 4-H club leaders, along with samples of 4-H project manuals will be available for review. Similar 4-H information will be shared at each of the following sites:

\* Sunday, January 18, 2:00-3:00 pm, Sportsman Club, 816 E 3rd Street, Warren - Tuesday, January 20, 6:30 - 7:30 pm, Family Living Bldg, Hier's Park, 547 South Briant Street, Huntington

\* Thursday, January 22, 6:30-7:30 pm, Roanoke Elementary School cafeteria, 423 West Vine Street, Roanoke

Printed information about the Huntington County 4-H program will be distributed through the elementary schools and township libraries in Huntington County during the week of January 6th to all 3rd & 4th grade students. Families are encouraged to read through the Parent's Guide to 4-H to learn some basic information about the 4-H program and to respond about their child's interest in the 4-H program through the "Join 4-H" brochure. The interest form may be returned to the respective elementary school office, mailed to the Purdue Extension - Huntington County office or brought to of the scheduled 4-H open houses / call-out meeting as noted above.

For more information, the Purdue Extension - Huntington County office at 358-4826, located in the County Courthouse Annex Building, 354 N Jefferson - Suite 202, Huntington or contact Linda Aldridge, Extension Educator 4-H Youth, at [laldridge@purdue.edu](mailto:laldridge@purdue.edu).

### 4-H NIGHT

Huntington County 4-H members are invited to attend a special 4-H Night at Huntington University Men's Basketball game on Saturday, January 10, 3:00 pm. All 4-H members and their immediate family members will be admitted free of charge to this basketball game to watch Huntington University play Goshen College. During halftime, 4-H members will have a chance to shoot a free throw and receive an HU t-shirt. Coach Ty Platt, a 10 year member of Huntington County 4-H, is encouraging youth to attend and celebrate the beginning of a new 4-H program year.

### BEEF ID DAY

Huntington County will hold its 4-H Beef Identification Day on Saturday, January 10 at the cattle barns, Hier's Park. 4-H members planning to exhibit beef steers and/or non-registered breeding heifers must bring their animals for weighing, identification and ear-tagging from 9:00 am - 12:00 noon on January 10. If 4-H members plan to exhibit their animals at the state fair, then retinal eye scans will be taken as required for state fair entry.

For more information, contact Linda Aldridge, [laldridge@purdue.edu](mailto:laldridge@purdue.edu) or 260-358-4826 at the Purdue Extension - Huntington County office at 358-4826, located in the County Courthouse Annex Building, 354 N Jefferson - Suite 202, Huntington.

### BOB THE BUILDER

Bob the Builder Live - Spud's Big Mess will bring Bob, Wendy, Scoop, Lofty, Dizzy, Scrambler, and the rest of the gang to the Ford Theater stage on January 14 at 7:00 p.m. The friends will pull together to save Sunflower Valley from Spud's old tricks. Based on the popular television show, Bob The Builder Live is an exciting, interactive performance. The show is sponsored by First Merchants Bank, with media sponsorship provided by Eagle Outdoor.

Tickets are \$32, \$27, and \$22, with a \$5 discount for kids. Tickets may be purchased by visiting the box office from 8 a.m. to 5 p.m. Monday through Friday, by calling (260) 563-1102, visiting [www.honeywellcenter.org](http://www.honeywellcenter.org) or by dialing \*tix from your Centennial Wireless phone.

The Honeywell Center is north central Indiana's premier arts and entertainment facility with more than 3,000 events and 150,000 visitors annually. Concerts, conferences, charity galas, art exhibits, and educational outreach programs are among

the diverse events held at the Honeywell Center. All programs and activities are supported by gifts from individuals, businesses, Arts United of Greater Fort Wayne, the Indiana Arts Commission (a state agency) and the National Endowment for the Arts (a federal agency). For a complete program listing, visit the Honeywell Center Web site at [www.honeywellcenter.org](http://www.honeywellcenter.org) or call (260) 563-1102.

### NEW AT LIBRARY

New books received at the Warren Public Library include the following.

Adult fiction - Indigo Christmas by J Dams; The Fourth Time is Murder by S Haniel; The Irish Rose by J Hill; Where Do I Go? By N Jackson; Show No Fear by O'Shaughnessy; Fire and Ice by J Garwood; Running Hot by J Krontz; Black Ops by W Griffin; A Promise for Spring by Sawyer; Yada Yada Prayer Group Gets Rolling by Jackson; The Centurions Wife by Bunn & Oke; Hidden by S Gray; Finding Father Christmas by R Gunn.

Non-fiction - The 1,500-Calorie-A-Day Cookbook; Rex: A Mother, Her Autistic Child and Music; The Lincolns: A Scrapbook Look; Super Parenting for ADD; Occupational Outlook Handbook 2009; How to Pay Zero Taxes; How Americans Can Buy American; Street Gang: Complete History of Sesame Street; The Gift of Change.

### CHAUTAUQUA MEETS

President Betty Yoder welcomed 19 members of the Chautauqua Literary Club, Jan. 2, 2009, at Heritage Pointe. Alice Whitmore and Ann Miles served as hostesses.

After repeating the Collect and Roll Call, a short business meeting was conducted. A Thank You note from McKenzie's Hope was read.

Jane Ruble provided a very interesting, and appropriate at this time, "Democracy's Big Day, The Inaugurations of our Presidents 1788-2009", by Jim Bendat.

Historically, the Inauguration Day is divided into 4 parts.

I - President's last duties, thank you's, Church services, welcoming the President-elect and wife to the White House, and finally traveling to the Capitol. This transition of duties is truly a model for all nations.

II - The ceremony - Originally the Inauguration Day was held in March, but was moved to January 20 in 1933. George Washington spoke 135 words, but Wm. Henry Harrison spoke for 2 hours!!

III - Parade - 1909 was the 1st time the wife rode with her

husband.

IV - Inauguration Balls - It was noted that President Lincoln shook 6000 hands in 3 hours!!

Among all the interesting tidbits given, it was noted that during the Parade, all the former pictures in the White House were replaced, the furniture rearranged, and all the walls, including the Oval Office, were painted and ready for the new President.

Those attending: Janet Beavens, Lucille Beavens, Sue Blair, Nancy Bonham, Freddie Couch, Sharon Gebhart, Linda Howell, Phyllis Hubbard, Georgina Laymon, Ann Miles, Lu Ellyn Pond, Jane Ruble, Peggy Schweikhardt, Martha Shafer, Carolyn Sparks, Alice Whitmore, Betty Yoder, Oma Zent, and Ruth Alice Christner.

### DAMES MET

How we - Warren's Real Elegant Dames - look forward each year to our traditional Christmas Tea! Dee Pattison never disappoints us; just opens the door of her lovely decorated home where we are welcomed by the fragrance of her special tea. We were greeted by the tasty little sandwiches, delicious baked treats (she bakes every one of them!) and of course, the special tea. What a delightful time we had, snacking and chatting. As we were gazing at the window, we couldn't believe who was gazing back at us... Santa Claus himself! To our

delight, he made himself quite at home as he strode thru the door, calling out "Merry Christmas" to all. Due to the ice covered roads, our group was considerably smaller than usual, but what a lovely time we had. Present were Freddie Couch (who co-hosted with Dee), Jo Chatham, Shirley Combs, Joyce Shepard, Willie M., Lilly Nutter and of course, Santa. What a happy, festive occasion and how we appreciate Dee treating us like this each Christmas.

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## Community Calendar

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

Jan 7	Van Buren Town Council 7 p.m.
Jan 12	Warren Town Council, 6:30 p.m., Assembly Hall
Jan 15	Warren Recycle Day
Jan 19	<b>Martin Luther King Day</b>
Jan 19	KBC Board Meeting, 5:30 p.m.
Jan 21	Van Buren Town Council, 7 p.m.
Jan 26	Warren Town Council, 4 p.m.
Jan 29	Warren Recycle Day
Feb 2	<b>Groundhog Day</b>
Feb 4	Chamber of Commerce, 12 noon, Assembly Hall
Feb 4	Van Buren Town Council, 7 p.m.
Feb 8	Sunday Lunch at KBC sponsored by PROS 11-1
Feb 9	Warren Town Council 6:30 p.m., Assembly Hall
<b>Bread of Life Food Pantry - Wed 2 - 5:00pm at KBC or by appointment - Call 375-2381. Bargain Basement - Friday &amp; Saturday 9 - 4 at KBC</b>	
<b>Depression Support Group 2nd &amp; 4th Thurs at Hope Missionary Church, Bluffton 6-7:30</b>	
<b>Cancer Support Group - 3rd Tuesday 6:30-8p.m. at Bluffton Regional South Campus</b>	
<b>Farmers Market Saturdays 8-noon in Daugherty Parking Lot.</b>	



## AREA NEWS CONTINUED

### EAGLES EXCEL

The Varsity Eagles and Varsity Lady Eagles played 3 games in the Cougar Classic Tournament, Friday & Saturday 1/2-3/09 at Lakeland Christian Academy, Warsaw. This is a great opportunity to play Christian Schools that regularly play other IHSAA Public Schools and are listed on the IHSAA website.

The Eagles won this tournament for the first time in seven years, and the Lady Eagles were 2nd. Kolby Shultz was named to the Boys All-Star team and Colin Featherston was voted the Tournament Most Valuable Player. Rebecca Weaver was named to the Girls All-Star team and Rebecca Daniels was voted the Tournament Most Valuable Player. These selections were made by the coaches of each team ranking players on the three opposing teams, no coach voted for their own players.

The 12 & Under Boys and the Junior High Boys host the Saint John the Baptist Eagles at the Lincoln Elementary Gym on Thursday 1/8/09. The Varsity Lady Eagles will play the Hoosier Christian Classic at Granger Christian School Friday & Saturday.

### OPENS OFFICE

Resource Connection, the Employment Division of Pathfinder Services, Inc., has been providing services since 1987. Resource Connection recently opened their newest office in Allen County at 227 East Washington Boulevard Suite 305 in downtown Fort Wayne.

Resource Connection specializes in assisting clients with disabilities and others in finding and retaining employment. Specific assistance retained by clients include career preparation, job development, resume writing along with job coaching as needed once placed.

In October of 2007, Resource Connection began offering Benefit Counseling, which is a service available to individuals who would like to understand how becoming employed or returning to work may affect their Social Security Disability Insurance or Supplemental Security Income (SSI) cash benefits and Medical Insurance. The counseling informs the individual how employment will impact their current benefits, allowing them to work to their fullest potential.

Holly Hiple is Resource Connection's Allen County Employment Specialist bringing nearly three years of expertise in finding people jobs that fit their needs. Marla Fahl, Benefit Counselor will also be spending time in the Resource

Connection's Allen County office.

Resource Connection Director Christina Borton stated, "The move of Resource Connection into Allen County allows us to serve many people in this trying economic time." Borton added, "Through our outstanding partnership with Vocational Rehabilitation we can assist employers and employees alike in finding employment partnerships for years to come."

In 2008, Resource Connection assisted 51 people in achieving employment through Vocational Rehabilitation. Over 96% of Employers surveyed reported being satisfied with Resource Connection's customer service in 2008.

For more information on Resource Connection's services in Fort Wayne, please call them at (866) 892-0513 or (260) 750-8258. Resource Connection is the Employment Division of Pathfinder Services, Inc. specializing in Vocational Rehabilitation services to adults with disabilities and others in Allen, Huntington, Miami, Wabash and Whitley counties.

### OUT WITH THE OLD; IN WITH THE NEW

by The FlyLady, Marla Cilley  
Every year we have a clean slate on New Year's day! In our book *Body Clutter*, Leanne and I told you that you can make any day, your New Year's day! We just need change on our heart and we can do it!

Eventually the CHAOS takes us down to a point to where we are just DONE! We don't know what else to do! It is when we are at our bottom that we reach out for help. This is when we realize that what we have been doing is not working.

With our perfectionism we think that we have to do everything at once to gain the peace that we are so desperate for. We don't realize that each baby step we take will get us to the big picture that we see in our heads. In our perfectionism we don't see how taking one baby step of shining our sink could make a difference. This is exactly where I started!

On January 1st of 1999, a decade ago, I was so tired of living in CHAOS. I wanted more to life than just feeling guilty about a messy house! I wanted to live and be surrounded by peace! I wanted a home that would bless me and my family! I wanted peace! I had no idea that what I discovered that day would change my life and yours.

I know that you are wondering what my discovery was! It was that because of my perfectionism I expected change to be immediate and when it was not,

I beat myself up because I was not changing fast enough. That day I realized that I was mean to myself and that it was not nice of me to expect too much too fast. I also realized that I had never established a habit. The process was simple now that I look back at it! I decluttered two bad habits and added one good habit.

Decluttered — Perfectionism and Being Mean to myself  
Added — Shining my Sink!

As I caught myself allowing perfectionism to be the excuse to be mean to me; I recognized it and turned it around to love me and build myself up! I don't have to be perfect; I just have to be kind to me! Then I would go shine my sink. I didn't pile on by trying to do too many habits at one time. All I had to do was keep my sink clean and shiny. As one habit was established after a month; I picked another one. The decluttering process for perfectionism and beating myself up will never stop for me. That is because I am not perfect! Every day I recognize my perfectionism and every day I am kind to myself. My consistency is the key the peace in my life!

For more help getting rid of your CHAOS; check out her website and join her free life coaching at [www.FlyLady.net](http://www.FlyLady.net), listen to her channel <http://www.blogtalkradio.com/channels/flyladyshow> or read her books, *Sink Reflections* published by Bantam and her *New York Times Best Selling* book, *Body Clutter* published by Fireside. Copyright 2008 Marla Cilley Used by permission in this publication.

### CONFUSED BY YOUR MEDICARE OPTIONS?

Would you like to have a Medicare plan that works with your local Pharmacy and Doctors? There is still time to CHANGE plans for this year. You may still sign up for a Medicare Advantage plan, which INCLUDES DRUG COVERAGE and Medicare Part A & B coverage for one LOW premium. On Wednesdays, Brian Snow is making appointments to meet with people at the Warren Pharmacy to help answer questions about enrollment in a Medicare Advantage plan called Today's Options. Brian is a certified Senior Market Specialist and will review the changes in Medicare Parts A, B, C and D, and how it affects you. Appointments are available between the hours of 9AM & NOON. Call the Warren Pharmacy at 375-2135.

### RESOLUTIONS FOR MEN'S HEALTH

(StatePoint) Most men's New Year's resolutions sound the same: we all want to get healthier and make or save more money.

This year, why not get a little more specific in ways that delve beyond simply trying to quit smoking, drink less or exercise more? This year, resolve to get healthier by developing a plan for keeping your prostate healthy and preventing prostate cancer. The shocking truth is that a man is 35 percent more likely to get prostate cancer than a woman is to get breast cancer - yet it's a topic most men and their families never address before they are diagnosed. And it's not just an old man's disease. While 75 percent of new cases occur in men over 50, many younger men have had to face prostate cancer as they approached their 40th birthdays.

The good news is there are many ways to keep your prostate healthy, especially if you buckle down and get proactive about it.

"There are a number of easy things you can do, ranging from getting annual screenings to developing the right eating and lifestyle habits that can help promote good prostate health," says Dr. Jonathan Simons, CEO and President of the Prostate Cancer Foundation.

For starters, speak with your doctor about when to get tested. Early detection and treatment are the best weapons against prostate cancer. With early treatment, the five year survival rate is more than 90 percent - among the highest of all types of cancers.

The American Cancer Society recommends all men over 50 get checked yearly and those with family histories begin at 45. In short: all men over 40 should speak with their doctors to develop proactive prostate health plans that are right for them.

But visiting the doctor is only one thing that should be on your agenda.

"There are strong indicators in our research that diet and lifestyle are very important with this particular form of cancer," said Dr. Meir Stampfer, Professor of Epidemiology and Nutrition, Harvard School of Public Health.

"When we look at men from other cultures like in Asia, the rates of prostate cancer are significantly lower than in the U.S. Yet when these same men move here, within one generation, the rates increase very rapidly. We believe there is a clear correlation to how we live and eat."

Here are some things you can resolve to do in your daily life:

\* Eat prostate-healthy foods. Eat more broccoli and drink pomegranate juice. The science may be complicated, with talk of antioxidants, compounds and electrons. But the conclusions are clear: consuming broccoli and pomegranate juice or pomegranate extract is good for the prostate.

\* Don't char meat. Charring meats at high temperatures can produce cancer-causing carcinogens that lodge in the prostate. These may cause errors in reading and replicating DNA, resulting in mutations that contribute to prostate cancer formation. Flip meat often so the outside does not burn, marinate meat in ingredients that don't create crusts, precook burgers in the microwave, and scrape off charred material. Try broiling or stir-frying meats instead of grilling them.

\* Eat less meat. You don't need to become vegetarian, but consider replacing chicken, beef, veal or lamb with soy protein or

**CONTINUED PAGE 6**



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# GENEALOGY REPORT

## SHAFFER

The brother of a Bluffton resident, Randy Shafer, 54, of Spring Harbor, Mich., died Monday, Dec. 22, 2008, at his residence.

Mr. Shafer was born in Huntington County on Aug. 31, 1954, to Louis Bonham and Cecelia Esther (Campbell) Shafer. He served in ministry for more than 30 years, beginning with Youth For Christ, and continuing at various churches in Canada and the Midwest.

Surviving relatives include his wife, Beth Shafer; three children, Jennifer, Ian and Emma Shafer; and four brothers, Bruce Shafer of Bonita Springs, Fla., Reed (Mary) Shafer of St. Louis, Barry Shafer of Columbia City and Kelly (Linda) Shafer of Bluffton.

Funeral services were held at the Westwinds Community Church in Jackson, Mich. Cremation followed with a private burial to be held at a later date at Spring Arbor Cemetery.

Preferred memorials are to the Shafer Children Education Fund or the church. The J. L. Watson Funeral Chapel in Jackson, Mich. was in charge of arrangements.

## SMITH

Rhonda Kay Smith, 56 of rural Huntington passed away at 6 p.m. on Tuesday, December 23, 2008 at her home.

She was born on August 24, 1952 in Grant County, to Ferris and Bonnie (Camper) Small. She was united in marriage to Thomas Blane Smith on May 6, 1972 in Roanoke. He preceded her in death on May 27, 1995.

She was a 1970 graduate of Huntington North High School. She drove a school bus for 27 years with the Huntington County Community School Corporation and had previously worked as a milk hauler. She volunteered as a 4-H leader with The Mighty Few Club for 6 years. She enjoyed all sorts of handmade crafts, quilting, sewing and woodcrafts. She attended the Banquo Christian Church.

Survivors include her father and stepmother, Ferris Small and wife Mary June, LaFontaine; three sons, Brandon Smith and wife Delilah, Huntington, Justin Smith and wife Nikki, Warren, and Tristen Smith, Andrews; a daughter, Miranda Smith and fiancé Heath Collins, Huntington; and a sister, Patlyn Small, LaFontaine; four brothers. Perry Small and wife Beverly, LaFontaine, Roger Small and wife Debbie, Warren, Russell Small, Wabash, and Kyle Small and wife Dawn, LaFontaine.

In addition to her husband she was preceded in death by her mother, Bonnie Small, and a brother, Daniel Small.

Services were held at the Myers Funeral Home Huntington Chapel with Pastor Gary Riley officiating. Interment was in the Lancaster Cemetery in Huntington County.

Memorials are to Visiting Nurse and Hospice Home or to the American Diabetes Association both in care of Myers Funeral Home, 2901 Guilford Street, Huntington, IN 46750.

## HOWARD

Verlin B. Howard, 81, of Van Buren, IN, died at 3:20 AM on Wednesday, December 24, 2008 at V.A. Northern Indiana Health Care System in Marion, IN.

He was born on Thursday, August 11, 1927, in Palestine, IN. He married Joan (Dakin) Howard on February 14, 1976 in Van Buren, Indiana, and he was the son of the late Clair N. Howard and the late Iva A. (Lowman) Howard.

Mr. Howard had worked as a truck driver for Weaver Popcorn Co. in Van Buren for 17 years, retiring in 1991. He had formerly lived in Florida prior to working for Pop Weaver. Mr. Howard had served in the United States Air Force from 1951 to 1957 and was a member of the Van Buren American Legion post #368.

Survivors include Daughter-Sabra V. (Howard) Miller of Nashville, Tenn., Step Son-Ronnie (wife, Hope) Dakin of Marion, Ind., Step Daughter-Peggy (husband, Charles) Alter of Kokomo, Ind., Step-Daughter-Pamela (husband, Robert) Kelley of La Fontaine, Ind., Step Daughter-Cathy (husband, Paul) Herring of Jacksonville, Fla., 11-Grandchildren, 17-Great Grandchildren and 1 Great Great Grandchild.

He was preceded in Death by: Wife-Joan (Dakin) Howard, Father-Clair N. Howard, Mother-Iva A. (Lowman) Howard and Sister-Lois Turner.

Services were held at Ferguson & Glancy Funeral Home, 201 W. Main Street, Van Buren, with Dr. Tom Mansbarger officiating.

Interment was at Van Buren Cemetery in Van Buren, Ind.

## CLOUSE

Martha Jane Clouse, 91, of Warren, IN, died at 11:45 AM, on Thursday, January 1, 2009 at Heritage Pointe in Warren, IN.

She was born on Tuesday, June 12, 1917, in Van Buren, IN, and she was the daughter of the late Orvis Breedlove and the late Edna (Powers) Breedlove. She married John P. Clouse on January 2, 1936 in Warren, Indiana. He preceded her in death on June 5, 2001.

Mrs. Clouse was a 1935 graduate of Warren High School.

She had been a resident of Warren for the past 40 years. She had formerly been a resident of Muncie, IN before entering Heritage Pointe in Warren, IN.

Mrs. Clouse had been a homemaker. She attended Warren United Methodist Church, Warren, IN.

Survivors include: Son-Jack (wife, Evelyn) Clouse of Muncie, Ind., Daughter-Jill (husband, Gerald) Clark of State College, Pa., Brother-Phillip Breedlove, 3 sisters- Barbara Campbell, Betty Lytle and Rebecca Briggs and 4 grandchildren and 9 great grandchildren.

She was preceded in Death by: Husband-John P. Clouse, Father-Orvis Breedlove, Mother-Edna (Powers) Breedlove, Sister-Mary Helen Huffman and Brothers- Jim Breedlove and Franklin Breedlove.

Glancy - H. Brown & Son Funeral Home, 203 N. Matilda St., Warren, Ind., was in charge of arrangements. Services were held at Heritage Pointe - Warren with Rev. Carol Schroppe Scott officiating. Interment was at Woodlawn Cemetery in Warren, Ind.

Memorials to Heritage Pointe Library 801 Huntington Avenue Warren, IN 46792

## DYNES

Ruth E. Dynes, 94, of Berne, IN, died at 12:25 AM, on Saturday, January 3, 2009 at Chalet Village Health Care Center in Berne, IN.

She was born on Friday, October 16, 1914, in Adams County. She was married to Lawrence H. Dynes on September 18, 1953 in Jay County. She was the daughter of the late Adolph Reinhard and the late Lydia Myers.

Mrs. Dynes was a former resident of Bluffton and Geneva prior to moving to Chalet Village in Berne. She was a registered nurse and a graduate of Parkview School of Nursing. She formally worked at Wells Community

Hospital in Bluffton and Jay County Hospital in Portland. She attended the New Corydon United Methodist Church.

Survivors include: Step Son-Richard K. Dynes of Geneva, Ind., Step Son-Ronald L. (wife Sandy) Dynes of Monroe, Ind., Step Granddaughter-Vicki Beer of Singer Island, Fla., Step Granddaughter-Kathy Teeple of Liberty Center, Ind., Step Great Grandchildren-4, Step Great Great Grandchildren-4 and several Nieces & Nephews.

She was preceded in Death by: Husband-Lawrence H. Dynes, Father-Adolph Reinhard, Mother-Lydia Myers, Sister-Grace Nussbaum, Sister-Esther Lehman, Sister-Alice Reinhard, Sister-Mary Reinhard, Brother-Howard Reinhard, Brother-Henry Reinhard, Brother-Harry Reinhard, Brother-Carl Reinhard, Brother-Arnold Reinhard, and one Great Grandson.

Services were held at Downing & Glancy Funeral Home, 100 N. Washington Street, Geneva, Ind., with Pastor Marvin Taylor officiating. Interment was at Riverside Cemetery in Geneva, Ind.

Memorials to: Donors favorite mission.

## WILKERSON

Pauline Wilkerson, age 77, Bluffton, died at 3: 30 a.m. Tuesday December 30, 2008 at her daughter's home in Bluffton.

Pauline was born on July 18, 1931 in Huntington County, the daughter of Ira and Ruth (Nunemaker) Walters. She married Richard E. Wilkerson on April 15, 1950 in Huntington and he preceded her in death on December 19, 1996.

Pauline retired in 1999 as a homemaker for the Dupont Family in Bozman, Maryland where she worked for over 22 years. She was a member of the Salvation Army and Home League for the Salvation Army both in

Huntington.

Survivors include seven sons, Stephen Wilkerson, Huntington, Richard (Delila) Wilkerson, Jr., Greensboro, South Carolina, Eldo (Debbie) Wilkerson, Huntington, Tony Wilkerson, College Park, Maryland, Alan Wilkerson, Parker, Colorado, Patrick Wilkerson, Parker, Colorado, and Kevin Wilkerson, Parker, Colorado; four daughters, Sharon Helms, Bluffton, Diana Meyers, Fort Wayne, Nadine (Eric) Wilkerson, Seaford, Delaware, and Connie (Rick) Wilkerson, Woodside, Delaware; three brothers, Ronald (Kathy) Walters, Wabash, Eugene (June) Walters, Kansas, and Gary (Cheryl) Walters of Texas; two sisters, Florence Crago, Warren, and Helen Simmons, Huntington; nineteen grandchildren and thirty great-grandchildren.

A son - Kenneth Wilkerson, six brothers, Jason Lewis Walters, Jerry Lee Walters, Donald Walters, Robert Walters, Jack Walters and Terry Walters; and four sisters, Margaret Henline, Beatrice Richley, Geraldine Stephens and Rosemary Walters preceded her in death.

A memorial service was held at the Salvation Army, 1424 East Market Street, Huntington, with Captains Tim and Sally Sell officiating.

Memorials may be made to the Huntington Salvation Army in care of Bailey-Love Mortuary, 35 West Park Drive Huntington, IN.

## MOORE

Jean L. Moore, 67, of Hartford City, IN, died at 7:50 AM, on Tuesday, December 30, 2008 at her daughter's residence in Montpelier, IN.

She was born on Friday, June 20, 1941, in Wabash, IN. She was the daughter of the late Roy and Beatrice (Brindel) Hippensteel.

**CONTINUED NEXT PAGE**

## GLANCY FUNERAL HOMES

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## AREA NEWS CONTINUED

### MORE PAGE 5

Mrs. Moore had formerly worked at Richards Restaurant in Hartford City for many years and then at Taylor University in the Dining Commons for several years. She enjoyed spending time with her children and grandchildren. She was a 1959 Graduate of Manchester High School at North Manchester, IN. and had attended the First Baptist Church in Montpelier.

Survivors include 3-Daughters-Angela (husband, Bill) Semon of Warren, Ind, Amy (husband, John) Pontius of Montpelier, Ind, Ann (husband, Karl) Moyer of Anderson, Ind, Sister-Joyce Holmes of Peru, Ind, Grandsons-Andrew McNamara and Benjamin Pontius, Granddaughters-Mary McNamara, Lauren Pontius and Jenna Pontius all of Montpelier, Ind. 2 Nieces and 2 Nephews.

She was preceded in Death by: Father-Roy Hippensteel, Mother-Beatrice (Brindel) Hippensteel, Son - David Moore, Granddaughter-Kaitlin Pontius and Twin Sister-Jane George.

Services were held at Walker & Glancy Funeral Home, 109 West Windsor Street, Montpelier, Ind., with Pastor Mike Armstrong officiating.

Interment was at I.O.O.F. Cemetery in Montpelier, Ind.

Memorials to: Family Hospice of Northeast Indiana, 265 W. Water Street, Berne, IN 46711.



### MORE PAGE 4

fish, taking a page from the Asian diet.

\* Keep fat off your middle. Research indicates men with more belly fat are at a higher risk for prostate cancer. So consult your doctor and start an exercise plan and maintain an active lifestyle.

For more information on prostate cancer prevention, detection and treatment visit [www.pcf.org](http://www.pcf.org).

### RESOLUTIONS TO SAVE MONEY

(StatePoint) It's no surprise that resolving to save more money is on the top of many families' lists, as they continue to feel the effects of a tight economy.

But often it seems overwhelming to tackle this challenge. However, there is room in almost every household or personal budget to cut back without sacrificing very much.

"You make many small daily decisions about how to spend your hard-earned cash. Whether you're grocery shopping, driving to work, paying bills or just watching TV, there are several small things you can do to spend less," said Michael McAuliffe, president of Family Credit Management Service (FCMS), a non-profit consumer credit counseling agency.

With the goal of helping families meet their resolutions to spend less and save more, FCMS is offering free advice online at [www.stopthinksave.org](http://www.stopthinksave.org), where consumers can peruse tips and order a free booklet, entitled "100 Small Ways to Save BIG."

Here are some easy steps you can incorporate in your own daily routine:

\* Review all cell phone, home

phone, and cable services, and inquire about better deals. Cancel added services you don't need (caller ID, three-way calling, call waiting).

\* Replace light bulbs with compact florescent bulbs. Replace showerheads with low-flow models and save 30 percent on hot water bills.

\* Glass cookware will allow you to reduce your oven temperature by 25 degrees, saving energy costs.

\* Wash clothes in cold water; 85 percent of the energy used by your washing machine is from warming the water. Only use your dishwasher when it is full. Setting your dishes to "air dry" will also save energy costs.

\* Always compare prices online for large purchases to save money and sales tax. Search for online coupons for everything from restaurants to grocery stores to family outings.

\* Check with your lender to see if you can make half your mortgage payment every two weeks - it saves on interest. Do not pay a service to do this for you.

\* You probably have many items around your house you would return if you could. Selling them on eBay is a great way to earn extra money while eliminating clutter.

\* Stop the daily latte fix and save up to \$1800 per year. If you must buy coffee, cut your consumption in half. Stop smoking; \$5 per pack per day is \$1800 yearly. Eat before you go to the movies or sporting events to avoid expensive snacks at concession stands.

\* Drive the speed limit to save on speeding fines and gasoline. Properly inflate tires to save on gas mileage. If your car is going to idle for more than 15 seconds, turn it off.

\* If your bank charges fees, get

a free checking account with another bank. If you ever pay ATM fees, switch to a bank with more local ATMs. Use online banking to pay bills and avoid postage, cost of checks, envelopes, and late fees.

\* Watch credit card statements closely for added fees and increasing interest rates. Prioritize debt repayment, paying the highest interest first. Call creditors to request reduced interest rates on credit cards.

"When you save money on your daily expenses, you'll soon be able to purchase things that really matter to you and your family," said McAuliffe. "Pretty quickly you can save real dollars, but you have to stick with it!"

### FINDING SCHOLARSHIPS

(NewsUSA) - As economic conditions prompt consumers to cut back on spending, scholarships are an ever-more important way to help pay for college. Unlike other forms of financial aid, scholarships do not have to be repaid.

Sallie Mae's recent study on How America Pays for College, conducted by Gallup, found that 17 percent of students used scholarships to pay for college last year and that the average family covered 15 percent of the cost of college using a combination of grants and scholarships.

"In tough economic times like these, now is not the time to overpay for anything, particularly college," said Martha Holler, spokeswoman, Sallie Mae. "With a little bit of extra effort, students will find that scholarships can help them keep more of their money in their own pocket."

Scholarship awards range from a few dollars to a full tuition bill and are offered by private sources in addition to federal and state governments. Students and

parents can quickly identify the scholarships they may be eligible for by using Sallie Mae's free online Scholarship Search, which includes information about more than 2.9 million scholarships worth more than \$16 billion. The Scholarship Search is available at [www.SallieMae.com/scholarships](http://www.SallieMae.com/scholarships) and through a new "widget" that allows any organization - including high schools, colleges and other community organizations - to easily make the free tool accessible on the organization's own Web site. Organizations can visit [www.SallieMae.com/widget](http://www.SallieMae.com/widget) and simply copy and paste the code into any page on their own Web site.

Families can see the value of scholarship contributions by using Sallie Mae's Education Investment Planner ([www.SallieMae.com/plan](http://www.SallieMae.com/plan)) to customize their own pay-for-college plan. Using the Planner, families may estimate the total cost of a college degree, build a plan to pay for college and estimate the salary a graduate would need to keep repayment of student loans manageable. The Planner helps families understand the total cost of college and how to pay for it without going beyond their means.

### REDUCE CANCER RISK

(NewsUSA) - Cancer and its treatment can sometimes generate other health problems in survivors, including the risk of secondary cancers. The National Cancer Institute (NCI) and the American Cancer Society (ACS) both recommend that cancer survivors lead healthy lifestyles to reduce their risk. In addition to cancer survivors, now is a good time for all people to incorporate healthy habits into their lives.

The National Children's Cancer Society, a nonprofit organization that works to improve the quality of life for children with cancer and their families, offers these tips for a healthy lifestyle:

- Don't smoke. Avoid using any tobacco product. Tobacco use, especially smoking, is the largest cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, quit. Also, avoid secondhand smoke. Nonsmokers who live with smokers are 30 to 50 percent more likely to develop lung cancer.

- Eat right. The National Cancer Institute has found that 35 percent of adult cancers are linked to diet, so eating your fruits and vegetables can make a big difference in your long-term health.

**CONTINUED PAGE 8**

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## EVALUTION REAL ESTATE

See what is For sale in the area @ www.EvaSOLD.us 888-701-0156 T\*

## PUBLIC NOTICE

This is a public notice required by the state of Indiana to let you know that the Warren Church of Christ, 302 N. Wayne St. will be having our Annual Congregational meeting on January 25th for the purpose of any business and to elect two trustees to serve to represent the church in it's legal and official business. The meeting will take place following the morning worship service at 10:45 a.m. 1.16\*

## SNOW & ICE REMOVAL

Snow & Ice removal, also ice melt and firewood for sale. Call 260.402.9131 (cell). 1.30

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## EXAMPLE

For Sale -- 1986 Ford Fairlane, 4 door, power steering and brakes,

1 2 3 4 5 6 7 8 9 10 11

10321 N. Victory, Warren. Phone 260-000-0000.

12 13 14 15 16 17 18



# AREA NEWS CONTINUED

## MORE PAGE 6

You should eat five or more servings of fresh produce every day, especially dark green, yellow and orange fruits and vegetables.

The ACS and the NCI also recommend eating fish three times a week, reducing salt and fat, choosing low-fat dairy products and eating very little cheese, choosing beans over red meat and cooking food in olive or canola oil instead of butter.

Adequate fiber intake also helps reduce cancer risk. Men ages 50 and under should eat 38 grams of fiber a day. Women in the same age range should eat 25 grams. If you eat the recommended amounts of whole grains, fruits and vegetables, you should be getting enough fiber. If not, increase fiber slowly and drink plenty of water. Try switching white bread for whole grains and replace red meat with beans. Taking a fiber supplement does not have the same health benefits as eating fiber-rich foods.

- Exercise. Studies show that regular exercise reduces the risk of colorectal cancer, heart disease, osteoporosis, diabetes and maybe breast cancer. Follow the U.S. Department of Agriculture (USDA) guidelines and aim for 60 minutes of moderate activity almost every day.

For more information, or to learn how to help children with cancer and their families, visit [www.nationalchildrenscancersociety.org](http://www.nationalchildrenscancersociety.org).

## BAD BREATH?

### COULD BE YOUR HEART

(NewsUSA) - If you're popping mints, yet still find your breath less than morning-fresh, you might want to consider a doctor's appointment - poor oral health can indicate serious disease.

According to the Mayo Clinic, researchers have linked poor oral health, including periodontitis (gum disease) and tooth decay, to heart disease, diabetes, HIV/AIDS, osteoporosis, certain cancers, eating disorders and sexually transmitted diseases. In some cases, like that of HIV/AIDS and osteoporosis, symptoms may show up in the mouth first. In other cases, such as heart disease, poor oral health may cause disease elsewhere in the body.

How does gum disease lead to heart attacks? The human mouth teems with bacteria. Some

bacteria are supposed to be there - they keep the mouth healthy. Other, "bad" bacteria cause disease when they overpopulate. In gum disease, bad bacteria can enter the blood stream, where they travel to other parts of the body.

"Research recently published in the Journal of the American Dental Association confirms what dentists have likely known all along - some of the bacteria that thrive in your mouth contribute to systematic inflammation, increasing the risk of several life-threatening conditions," says Dr. Jeffrey Hillman, D.M.D., Ph.D. and chief medical officer for ONI BioPharma. "Logically, improving the health of your teeth and gums should substantially lower your odds of facing certain diseases."

Having begun his research of probiotics 25 years ago at the Harvard-affiliated Forsyth Institute in Boston and later at the University of Florida, Hillman believes that he has found a way to promote oral health by replenishing specific "good bacteria" in the mouth. This replenishment can be as simple as putting a probiotic mint in your mouth with a product like EvoraPlus.

"Daily use of a product such as EvoraPlus is an easy way to naturally maintain oral health," says Hillman. "The good bacteria inhibit the growth of the damaging bad bacteria, leading to better health and breath."

PLEASE READ  
& RECYCLE

## THE UPTOWN GARDENER

by Ruth Herring



Welcome to the New Year, where has the past year gone, certainly flew by for me. I thought when you retire time slows down, it sure hasn't for us at the

Herring house.

The holidays were very nice for us this year, I did no shopping, gave the grandkids money to do their own shopping and the girls and their husbands and Wayne and I spent a day in Indianapolis had a nice dinner out and took in the Soldiers monument and the World War building which I have wanted to do for several years. In the War memorial building lists the men and women who served in World War 1. My dad's name is listed among the many others. His name was at the top of a very long flight of stairs and I knew I couldn't make it all the way up and down so the girls took pictures. It is a very interesting building. If you have never been there it is worth the time. Also the soldiers monument has a very nice Civil War museum worth your time to see. So we had a very nice time and it was our way to spend our Christmas together.

At our house the decorations are put away for another year and the seed catalogs have come, so I have been memorizing the pages and thinking of spring even though I know I will be planting a much smaller garden come spring. Several new varieties of vegetables are in the catalogs and the pictures look great. I still may need to try at least one new one.

In the sunroom the geraniums are blooming, it's refreshing to

see them. I am thinking of starting a couple tomato plants and perhaps get a head start on them ripening early. In the meantime I have been struggling with a picture puzzle I received from Treva and John, they think I need something to keep me busy this winter. Little do they realize I may end up in the "lock up room" before I get the crazy but beautiful thing put together. Also been doing some quilting (a note to someone - the longer the puzzle takes the longer it will be before YOUR quilt is done). Wayne and I trying not to strangle one another from being confined to the house is also a priority. With this big ole house we should be able to lose one another for a while.

I looked at the Farmers Almanac and the daylight time is getting longer, by the end of January we

will have gained about 1/2 hour of daylight. I think we all can handle that.

Another pastime is reading thru cook books, I have one I acquired that is called the Victory Cookbook the War Time Edition published in 1943. This recipe might make a good crockpot meal.

### Smothered Beef

3 pounds beef cubes, flour with salt and pepper enough to coat the meat, 3 large onions sliced, 2 tablespoon prepared mild mustard, 1 teaspoon celery seed, 1 cup tomato juice or 1/2 can tomato soup.

Dredge meat in flour and brown, add onions, mustard, celery seed and tomatoes. Simmer on low heat for 3 hours. Serves 6.

To all I wish you a very good new year, stay warm and think of spring.



## Healthy Connection

First & Foremost

### SwimFit

Tuesdays and Thursdays

7 - 8 p.m.  
Bluffton-Harrison Middle School Pool  
1500 Stogdill Rd.  
Cost is \$30 for 8 sessions

January & February's focus will be on pregnancy water exercises. Keep fit and healthy during this important time in your life.

You are invited to join SwimFit if you're interested in improving arthritis, enjoying general exercise, strengthening arms, legs & trunk.

Classes are small and open primarily to adults.

For more information, contact Louise Reynolds at (260) 919-3910.

### Weight Management Information Sessions

Mondays • 5 - 6 p.m.

Fridays • 8 - 9 a.m.  
Downtown Campus • 303 S. Main St.  
4th floor

Learn about our weight management program and our new offerings for pediatric patients!

The Bluffton Regional Weight Management Center offers free information sessions for interested persons.

To register for one of the sessions, call Chad Shirar at (260) 919-3140.

### Is Stress Making You Sick?

Monday, January 12

8 - 9:30 a.m. & 4 - 6 p.m.

Curves, 116 E. Dustman Rd.

• FREE stress self-assessment  
Learn how stress impacts both physical and mental health. Find out how stress is affecting your life. Learn ways to more effectively manage stress.

This event is only open to women, but a Curves membership is not required.

No appointment necessary. For more information please see Betsy at Curves.

### Diabetic Share Group

Tuesday, January 13

6 - 7 p.m.  
Downtown Campus • 303 S. Main St.  
4th floor conference rooms  
Ashley Stinson will talk about reducing your stress.

For more information call Lori Kerns at (260) 919-3035.

### Sleep 101: What is a Sleep Disorder?

Tuesday, January 20

5 - 6 p.m.  
Downtown Campus • 303 S. Main St.  
4th floor conference rooms  
This seminar, the first in a three-part series, will:

- Define sleep disorders
- Discuss common sleep disorders
- Teach ways to improve sleep
- Reveal medical problems and issues that affect sleep

FREE sleepiness scale screenings will be offered

Registration preferred. Refreshments will be provided.

To register call Lisa Beck at (260) 919-3859 or e-mail Lisa at [lisa.beck@blufftonregional.com](mailto:lisa.beck@blufftonregional.com).

### Stroke: Recognize the Symptoms

Tuesday, February 10

10 a.m. - noon

Bluffton Walgreen's

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• FREE educational materials

Trained healthcare professionals will be available to answer your questions.

No appointment necessary. For more information call Lisa Beck at (260) 919-3859.

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