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Warren Weekly

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Thought for the Week: Misery no longer loves company. Nowadays it insists on it. Russell Baker

FESTIVAL NEWS

The Festival Committee met Jan 10, 2023. We are busy planning for a wonderful, fun festival this year!

Mark your calendars now for the SSF 1st Annual Arts & Craft Market Place being held on Saturday, November 11, 2023 from 9am – 2pm at Knight Bergman Center, more details at a later time.

We are discussing the possibility of a Spring Fund Raiser, if we do have one, we need everyone's support on this as the money raised helps pay for the fireworks (rumor has it we have the best fireworks around). Please help support your festival!

There are a couple new events in the works this year that we think you will enjoy.

The SSF theme for this year is "Hand Picked - Locally Grown".

Next Festival Meeting is Tuesday, Feb. 14th at 6:30pm at Knight Bergman Center.

The Parade entry form is available online now at: www.warrenweeklyindiana.com/parade, the sooner you get your entry in, the closer you will be in line up.

Why don't you volunteer to help out this year at the festival, we only have 10 people on our committee, we need you!

MASTER GARDENER

FORUMS

The Huntington County Master Gardeners will hold two public forums on Thursday February 2 at 6:30 p.m. and Thursday March 2 at 6:30 p.m. in the Huntington City-Township Public Library Conference Room located at 200 West Market St. in

Huntington. Dan Ernst and Nathan Pugh will each share different presentations regarding their work with Earth Source, Inc.

Ernst is involved with a variety of efforts such as native plant design, stormwater management and conservation-based projects. Pugh works in establishing pollinator areas in rugged terrain. He will share best practices in sowing seed and transplanting native plants.

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

AG APPLICATOR

WORKSHOP

An agricultural applicator workshop is set for Wednesday February 8 from 8:30 a.m. to 11:15 a.m. The location is First Merchants Heritage Hall at the Huntington Co. Fairgrounds.

Huntington Co. Farm Bureau is sponsoring a hot breakfast for workshop attendees from 8:00 a.m. to 8:30 a.m.

The workshop will include the following:

- * Procedures for tie-downs and trailer towing laws with Jason Ward and Bart Stouffer, IN State Police Officers.

- * Anhydrous ammonia safety by Ann Kline, Purdue Extension – Noble Co.

- * Pesticide drift by Geoff Schortgen – Wabash Co.

Ed Farris, Purdue Extension – Huntington Co., will also share an update on pesticide rules and regulations.

RSVP by Monday February 6 @ 260-358-4826 or e-mail emfarris@purdue.edu

This workshop is approved as an Indiana Private

Applicator Recertification Program.

Commercial Applicator credits (CCHs) and Certified Crop Advisor Credits (CEUs) have been requested. Attendees who wish to obtain credit are reminded to bring their Indiana Private Pesticide Applicator license number with them. There is no cost for private applicator credits thanks to the sponsorship of the Indiana Soybean Alliance & Indiana Corn Marketing Council.

If you have questions, contact Ed Farris, Agriculture and Natural Resource Educator, Purdue Extension – Huntington County Office, 1340 S. Jefferson, Huntington by calling 260-358-4826.

HISTORIC PRESERVATION

MONTH PHOTO CONTEST

Get out your cameras and find your favorite historic destination because the DNR Division of Historic Preservation & Archaeology's annual preservation photo contest has begun.

The contest has been held since 2005 to promote Indiana's historic resources. It is open to photographers of any age and skill level. All subjects of photos must be at least 50 years old and in Indiana. They do not have to be fully restored. Photos of exclusively natural elements will not be accepted.

Photos can be black and white or color and must have been taken within the last two years. Each

photographer may enter up to three images, and an entry form is required for each photo. Images should be emailed to aborland@dnr.IN.gov and must be JPEG files that are 10

MB or smaller. Participants will only be able to send one photo and one entry form per email.

For complete rules and guidelines and for the required entry form, see on.IN.gov/preservationmonth. The contest deadline is April 7.

Follow the DNR Instagram account (@indianadnr) in May. The DNR Division of Historic Preservation & Archeology will be taking over the account for a week and featuring selected photos along with contest winners to celebrate National Historic Preservation Month.

VITAMIN DEFICIENCIES

Winter is here: Vitamin D is the most searched supplement by Hoosiers, reveals study.

- * Hoosiers are also deficient in vitamins A and C.

- * 43 other states are also deficient in vitamin D.

- * Research page with in-depth insights into the study.

Hoosiers are overwhelmingly deficient in vitamin D, according to a comprehensive study carried out by drug and medication information site, DrugGenius.com. They analyzed Google search trends data over 2022 to identify which supplements people have searched for the most over the year, which revealed some interesting results...

Overall, the most popular supplement to be searched for by Hoosiers was vitamin D, with 33% searching for the 'sunshine' vitamin. This was followed by supplements for vitamin C (26%), and vitamin A (17%).

It is perhaps not surprising why Indiana and 43 other states searched for vitamin D the most. Supplements for vitamin D became more popular over the pandemic – when people were confined to their homes throughout lockdowns, people were getting less sunlight as a result and therefore began lacking in vitamin D. Known as the 'sunshine vitamin', it is also found in oily fish, egg yolks, cheese and beef liver – it's a fat-soluble vitamin which helps the body absorb calcium and phosphorus, two elements which are essential for building bones. Studies have also found that Vitamin D is effective in reducing cancer cell growth and helps control infection as well as inflammation in the body. A lack of vitamin D can result in fatigue, bone pain, muscle weakness, muscle aches or muscle cramps.

The study yielded other interesting observations which broadly correlate with public health data:

- Interestingly, 5 states in America including California, Florida, Hawaii bucked the national trend and searched more for vitamin C than vitamin D. Given they receive more sunshine than most other states, residents in these states have less requirements for vitamin D.

- North Dakotans searched for vitamin A more than anywhere else in America. According to data from the Centers for Disease Control and Prevention (CDC), heart disease is a leading cause of death in North Dakota. There is some evidence to suggest that vitamin A may be beneficial for heart health as

WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda
Mailing Address: P O Box 695, Warren, IN 46792
Phone: (260)375-6290 **e-mail:** editor@warrenweeklyindiana.com
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Kudos, Kicks & Karats



This past weekend we had the joy of celebrating the birthday of our granddaughter Klyynn. Her birthday was actually Jan. 12th but we ended up having her party this past Saturday. Klyynn decided she wanted to do an 80's birthday party, so Kendra made arrangements at the Putt Putt Golf and Games in Fort Wayne. So we all dressed in our best 80's dress and showed up at the arcade to play those games. Now let me tell you, this granny still has it when it comes to the arcade games. Lol The only one that was even near what I used to play at the Space Station was space invaders, so Tara and I duked it out and of course she beat me but oh my gosh it was fun.

I found out though Klyynn can kill it on Guitar Hero, dang that girl is good. She was playing Joan Jett's song I Love Rock-n-Roll and she didn't miss a beat and I was dancing all around her singing and she still hit every note. So I think I have a rocker in the makings. Lol I suppose I'll have to buy her an electric guitar now.

I know now I'll have to make a return visit this summer, cause they are making a room that has all the "old" games that I used to play and you know me I gotta go back and at least try.

Back in the day we had a couple of arcades in town and that was the place to be. The Space Station, the 8 Ball Arcade, and Edwards Arcade was all fun to play games at. I just can't imagine how many quarters I used just playing games. I can remember the first time I walked into the Space Station, my sister just left for California and life was a bit boring so I walked down and when I went in the door, they were still moving in games but had a few up and running. So I dropped a quarter in the Pac-Man machine and went broke from there on. Lol I had Pac-Man fever!!!!

My favorite games were Pac-Man, Asteroids, Robotron (which is in the up and coming room at Putt Putt), and Centipede, which I could kill it on that machine. Then of course I went on to play pool which I got pretty good at and still don't do too bad at it. Pinball machines were pretty fun too and John was pretty good at those along with the foosball and pool table.

It's amazing what keeps us occupied. We went from board games at home, to arcade games, to home gaming systems, to handheld gaming systems, to games on our phones and now that we are older it's easier to drop a few dollars and play the lottery games and gambling one armed bandits. Take all the money I invested in the list of games above and I probably would have been a millionaire already. Lol But it's all in fun entertainment at an expense of course, and yes

CONTINUED PAGE 8

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 Nick Miller, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
- BANQUO CHRISTIAN CHURCH**
 8924S 900W 35
 Harold Smith, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
- BOEHMER UNITED METHODIST**
 Steve Nevius, Pastor
 Denise Heiniger, S.S. Supt.
 Sunday Worship 9:30a.m.
 Sunday School 10:45a.m.
- CENTRAL CHRISTIAN CHURCH**
 Van Buren, Indiana 765-934-2199
 Worship 9:30 a.m.
 Youth Group 4:30-7:30pm at SwitchUp
 Handicap Accessible
 Little Panther Preschool 765.934.2099
- HEALING WATERS MINISTRY —**
5811 W 600 S, MT ETNA
 Pastor Wayne Couch
 260/515-2517
 Sunday Prayer 9:15 a.m.
 Sunday School 9:30 a.m.
 Worship Service 10:30 a.m.
 Wednesday Bible Study 6:00 p.m.
 Sunday Evening Service 6:00 p.m.
 Daycare provided during Worship
- DILLMAN UNITED BRETHREN**
 8888S 1100W-90, Warren 375-2779
 Matt Kennedy, Pastor
 Worship Service 9:00a.m.
 Sunday School 10:00a.m.
- HANFIELD UNITED METHODIST**
 101 N 400 E - Marion 765/664-8726
 Curtis Banker, Senior Pastor
 Worship..... 10:30 a.m.
 Sunday School 9:15 a.m.
- THE NEW BEGINNING**
 SR 218, 2 1/8 mile west of Poneto
 Steve Sutton, Pastor
 765/728-2065 for more info
 Sunday Worship..... 10:30a.m.
 Thursday Prayer Meeting 7:00 p.m.
- HERITAGE POINTE**
 Chaplains Gerald Moreland, Ginny Sultz & John Moyer
 Sunday Morning Worship 9:30 a.m.
 OTHER SERVICES BY ANNOUNCEMENT
 Monday thru Friday
 Chapel Services 9:00 a.m.
- WARREN 1st BAPTIST CHURCH**
 727 N Wayne St, Warren
 260-375-2811
 office@warrenfirsbaptist.net
 Pator Rusty Strickler
 Youth Dir: Peter & Mindy Fairchild
 Sunday School9:00 a.m.
 Sunday Worship10:00 a.m.
 Youth Group: Grades 5-12 ..Sun 11:30
 Ekklesia Sun 6:30pm
- HILLCREST CHURCH OF THE NAZARENE**
 375-2510
 Pastor Steven Spencer
 Bus Service 375-2510
 www.warrennaz.org
 Worship 10:30 a.m.
 Wed. Midweek Service..... 6:30 p.m.
- SOLID ROCK UNITED METHODIST**
 485 Bennett Dr, Warren, IN
 375-3873
 John Boyanowski, Pastor
 Sunday School 9:00 a.m.
 Worship Service 10:00 a.m.
- LANCASTER WESLEYAN**
 3147 W 543 S, Huntington
 765.524.3390
 Pastor Trevor O'Dell, Pastor
 Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Wednesdays:
 Bible Study & Prayer 7:00 p.m.
- LIBERTY CENTER BAPTIST CHURCH**
 694-6622
 Aaron Westfall, Pastor
 Sunday School 9:15 a.m.
 Fellowship 10:00a.m.
 Worship 10:15a.m.
 Tues. Bible Study 7:00 p.m.
 Wed. Choir 6:30p.m.
 Monthly Meetings
 1st Mon Ministry Team 7:00 p.m.
 3rd Sat Mens Prayer Breakfast 8:00 am
 4th Mon ABW 1:30 pm
- LIBERTY CENTER COMMUNITY CHURCH**
 Pastor Diane Samuels
 Fellowship Time9:00a.m.
 Morning Worship9:30 a.m.
 Sunday School 10:45 a.m.
- THE CHURCH AT MCNATT**
 375-4359
 Bill VanHaften, Pastor
 Lois Slusher, Supt.
 Brittney Miller, Youth & Family Dir.
 Coffee Fellowship..... 8:30 a.m.
 Worship 9:15 a.m.
 Sunday School 10:30 a.m.
 Bible Study - Wed. 7:00 p.m.
- MT. ETNA UNITED METHODIST**
 260/468-2148 Sr 9 & 124
 Rev. Michael Gallant - "Pastor Mike"
 Multi-Generational Worship 9:30 a.m.
 Fellowship 10:30 a.m.
 Sunday Youth 4-6 p.m.
 Everyone is Welcome
- SALAMONIE CHURCH OF BRETHREN**
 468-2412
 Mel Zumbrun, Pastor
 Worship9:30 a.m.
 Church School 10:45a.m.
- UNITED CHURCH OF CHRIST**
 375-2102
 www.warrenucc.net
 Troy Drayer, Senior Pastor
 Sunday Worship..... 9:30 a.m.
 Contemporary Service - Wed 6:30 p.m.
 Youth Sunday School during
 Worship Service
 Youth Group-Wed 6:30 p.m.
 Communion 1st Sunday of the Month
- VB CHURCH OF THE NAZARENE**
 765/934-3321 Parsonage
 Jeff Slater, Pastor
 Jim Knight, Superintendent
 Sunday School 9:30 a.m.
 Adult Worship 10:30 a.m.
 Children's Church 10:30a.m.
 Evening Praise Hour..... 6:00p.m.
 Hour of Power (Wed) 7:00p.m.
- VB UNITED METHODIST CHURCH**
 765-934-1431
 Pastor Brad Hensley
 Worship Service 9:30 am
 Sunday School 10:30am
 Not Home Alone - Wed 3:00 pm
 Prayer-Bible Study (Thur) 7:00 pm
 UMW 2nd Wed 7:00 pm
 Little Ones Book Club 1st Tue 10:00 am
 Just Older Youth 3rd Tue 12:00 pm
 www.vanburenumc.org
- WARREN CHURCH OF CHRIST**
 375-3022
 Mickey Strong, Senior Minister
 Andrew Fisher, Youth Minister
 Liz Richardson, Childrens MinistryAsst.
 Tara Bower - Secretary
 www.warrenchurchofchrist.org
 Fellowship9:15 a.m.
 Worship & Communion9:30 a.m.
 Sunday School11 to 11:50 a.m.
 Youth:
 K-6th grade, Mon 6:15-7pm
 Jr/Sr Hi, Sunday 6-8pm
- WARREN WESLEYAN CHURCH**
 6th & Nancy Sts. Warren
 260-228-9084
 Rev. Allen Laws, Pastor
 Wesley Welch, Supt.
 Sunday School9:30 a.m.
 Worship 10:15 a.m.
 Wed Bible Study 6:00 p.m.
- FARRVILLE COMMUNITY CHURCH**
 11044 E 200 N, Marion, IN
 765-934-3609
 Pastor Al Sultz
 Sunday Worship..... 10:30 am
 Sunday School Classes9:30 am
 Sunday Adult Bible Study..... 6:00 pm
 Thurs. Bible Study7:00 pm



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AREA NEWS

MORE PAGE 1

it may play a role in reducing inflammation in the body. Inflammation has been linked to an increased risk of heart disease, and reducing inflammation may help to protect against heart disease. On the other hand, searches for vitamin E supplements were the lowest in Alaska, which also correlates to levels of heart disease in the state. Alaska ranks as one of the most 'heart healthy' states in the U.S.

- Vitamin B was most searched in Wyoming (11% of their searches). Wyoming has one of the highest rates of depression when compared to all other states. There is some evidence to suggest that vitamin B deficiency may be associated with an increased risk of developing depression. A deficiency in vitamin B can lead to a range of symptoms, including fatigue, weakness, and mood changes.

- Vitamin C was most searched in Hawaii (33% of their searches) - Hawaii has some of the highest rates of periodontal disease. Vitamin C is a powerful antioxidant that can help to protect the gums and other tissues in the body from damage caused by free radicals. It is also necessary for the production of collagen, a protein that is important for the structure and strength of the gums.

"Vitamins are important to health because they play a vital role in maintaining the normal functioning of the body's cells, tissues, and organs. They are necessary for growth, development, and the maintenance of good health" says a spokesperson for DrugGenius.com.

"There are 13 essential vitamins that the human body needs in order to function properly. These include vitamin A, vitamin C,

vitamin D, vitamin E, vitamin K, and the B vitamins (thiamin, riboflavin, niacin, pantothenic acid, biotin, vitamin B6, vitamin B12, and folate). Each of these vitamins has specific functions in the body, and a deficiency in any of them can lead to serious health problems."

DrugGenius.com has created a research page with in-depth insights of the study.

FREE PACKING/SHIPPING

MATERIALS

The Warren Pharmacy has plenty of extra materials for packing boxes and shipping your packages. Bubble wrap, bags of air, brown wrapping paper, Styrofoam peanuts and empty small, medium and large sized boxes are available FREE at the Warren Pharmacy.

We even have some small and medium Styrofoam or insulated boxes, designed for refrigerated items, along with freezer packs.

HONOR ROLL

Students achieving Honor Roll status at Southern Wells Junior Senior High School for the 2nd Quarter of the 2022-2023 school year are as follows:

12th Grade High Honor - Faith Blair, Hannah Duncan, Kamryn Leas, Meet Patel, Kailey Reed, Gage Roberts, Ella Rockwell, Kedrik

Sonnigsen, Caleb Stevens, Brooke Tonner, and Jady Yencer.

12th Grade A/B Honor - Cole Banter, Hailey Duncan, Allison Emery, A. Colin Green, DaKodah Hartley, Desiderio Horner, Kayleigh Jones, Lucas Lyons, Katelyn McMillan, Grace Meeks, Avah Miner, Brooklyn Moore, Zoe Needler, Jenson Nusbaumer, Lauren Okeley, Ashley Renner, Zoey Solga, Raigen Tarr and Cy Westfall.

11th Grade High Honor - Malaina Culbertson, Brayden Jackson, Caleb Johnson, Ella Lahr, Peyton Long, Tessa Maul, Gabe McElhaney, and Emma Peterson.

11th Grade A/B Honor - Allison Barger, Isabella Bradley, Case Boxell, Joshua Bricker, Jaxon Heath, Kammy Miller, Andrew Pearson, Evan Pennington, Keith Pluimer, Karlee Warner and Tristen Worster.

10th Grade High Honor - Ava Adkins, Alyssa Green, Hana McClain, Alaina Nusbaumer, Matthew Pearson, Dominic Ramirez, Collena Reeves, Caroline Ripperger, and Derek Rockwell.

10th Grade A/B Honor - Harley Barton, Lydia Baumgartner, Colten Clark, Quinten Darling, Avery Gaskill, Tyler Grover, Isabelle Harlan, Colter Kiel, Owen King, Raigyn Leas, Nickolas Lee, Hallie Mounsey, Ashlie Needler, Kenzie Paxson,

Brandon Reed and Carson Smith.

9th Grade High Honor - Sydney Alstoft, Jady Bannister, Kolbie Beavans, Peyton Bertsch, Peyton Ellis, Korbin Eltzroth, Lexie Fiechter, Keith Gartin, Addison Gaskill, Shaylann Geesaman, Jazlyn Gillum, Lucas Goodrich, Mylia Horner, Gracie Reeves, Taylor Rogers, Adeline Sabinske, Dannicka Sorensen, Emily Steffen and Braden Yencer.

9th Grade A/B Honor - Laura Benbow, Levi Blake, Connor Bronnenberg, Cambree Coleman, Chloe Enochs, Jarin Frauhiger, Miles Garrett, Lilly Gartin, Caleb Gates, Levon Goodnight, Wyatt Harker, Kane Jenkins, Gage Lowe, Isabella Maul, Jonathan McMillan, Miley Michael, Anthony Mills, Hayden Morgan, Emma Parks, Lillian Pence, Trey Slusher,

MacKenzie Taylor, and Emiigen Walden.

8th Grade High Honor - Kinley Allred, Rhily Bouvier, Aliah Carroll, Gavin Howell, and Sophia Meeks.

8th Grade A/B Honor - Joshua Aulbach, Cash Banter, Kelton Barr, Kyah Boots, Dirk Frauhiger, Sylvie Gilbert, Miranda Holloway, Landon Johnson, Samantha Kahn, McKenna King, Carson Liddy, Chanie Mounsey, Reagan Needler, Lillia Paxson, Elisabeth Penrod, Catalina Ramirez, Delinda Schortgen, Kila Shelley, and Bailey Trosper.

7th Grade High Honor - Adam Aulbach, Harlie Durham, Sophie Heckman, Isabelle Homan, Olivia Kahn, Violet McClain, Sarah McFarren, Addison Miller, Laren Schneider, Drew Steffen and Abrielle Zigler.

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Community Calendar

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

Feb 1	Noon	W - Chamber Luncheon @ KBC
Feb 1	7:00p	V - Town Council Meeting @ Town Hall
Feb 2		Groundhog Day
Feb 12		Lincoln's Birthday
Feb 13	6:00p	W - Town Council @ Assembly Hall
Feb 14		Valentine's Day - Don't forget your Sweetie!
Feb 14	6:30p	W - SSF Meeting @ KBC
Feb 15	7:00p	V - Town Council Meeting @ Town Hall
Feb 20	6:30p	W - KBC Baord Meeting @ KBC

Bread of Life Food Pantry - Wednesdays - 2 - 4:00pm at KBC;
Bargain Basement - Friday & Saturday - 9 - 4 at KBC
These Events Can Also Be Found at www.warrenweeklyindiana.com



Weekly Specials

Jan 26 - Feb 1

SHOP LOCAL AND SAVE!

- Cinnamon Sugar Cookie Ice Cream - \$4.29
- Kraft BBQ Sauces 3 for \$2.00
- Walnut Ck Sausage & Brats 1# pk \$4.99 ea.

Outside Stand Closed for the Season Inside Store Open Daily

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Sunday	1pm-5pm	Thursday	11am-7pm
Monday	4pm-7pm	Friday	11am-6pm
Tue-Wed	11am-6pm	Saturday	9am-5pm

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AREA NEWS CONTINUED

MORE PAGE 3

7th Grade A/B Honor - Kaleb Boots, Kaylee Davis, Ellie DeWeese, Hunter Durham, Briggs Fiechter, Allie Frauhiger, Madison Grover, Jacob Hahn, Kameron Hawkins, Mary Huffman, Bailey Jenkins, Kenleigh Kratzer, Drew Lahr, Bryson Michael, Marianne Pease, Evelyn Peterson, Milee Rickard, Clayton Runkle, Lanilie Simpson, Mia Vanover and Kendal Zavattaro.

GOVERNOR'S STEM TEAM

Gov. Eric J. Holcomb, Secretary of Education Dr. Katie Jenner and Treasurer of State Daniel Elliott invite Indiana high school students to apply for the 2023 Governor's STEM Team. Gov. Holcomb developed the competition in 2017 to highlight Indiana's top high school students for their achievements in science, technology, engineering and math (STEM).

"Across Indiana, schools and industry leaders are working together like never before to connect students to high-quality STEM experiences that will lead to incredible advancements for our communities, our state and most importantly, our students," said Dr. Katie Jenner, Indiana Secretary of Education. "We're excited to honor our top students in STEM through the 2023

Governor's STEM Team, and I encourage all interested students to apply."

This program honors four high school students for their outstanding efforts and accomplishments in one of the STEM disciplines. Winning students each receive a \$1,000 deposit into an Indiana CollegeChoice 529 Direct Savings plan, administered by Treasurer Elliott and letterman jackets identifying them as members of the Governor's STEM Team.

The submission period for the program is now open, and applications may be submitted via this JotForm. The deadline for applications is 11:59 p.m. ET on Friday, February 3.

"It's an incredible honor to award each STEM Team winner with a \$1,000 CollegeChoice account deposit in support of their future education," said Treasurer Elliott. "These students represent the best of Hoosier hard work and innovation, and we are humbled to help them have a bright future with less student loan debt."

The Governor's STEM Team program will recognize the top high school STEM students in the state with consideration for coursework, extracurricular activities, work/research projects, leadership roles and community service.

Winners will be announced at a Statehouse ceremony in early May.

Indiana is known as a state that prioritizes STEM education. This includes -

- * More than 100 Indiana STEM-Certified schools. These schools exemplify a great deal of inquiry, project-based learning, community engagement, entrepreneurship, student-centered classrooms, integration into humanities and related arts and out-of-school STEM activities.

- * Indiana STEM Cadre. The STEM Cadre develops and implements collaborative professional development for educators.

- * New science and computer science standards. Last year, Indiana approved new science and computer science standards that increased focus on supporting active student engagement in science learning.

NEW YEAR, NEW TECH: TOP 5 UPGRADES YOU NEED IN 2023

(Statepoint) 2023 is off to a roaring start, and according to a recent YouGov poll, 37% of Americans have set a goal to accomplish this year. Whether you made a resolution or not this year, upgrading your tech can help you be more productive. Here are several ways to refresh and update the tech in your life this year.

1. Reset Passwords: With cyber fraud and security threats always present and ever changing, it's a good

periodic practice to set new passwords on all your accounts. From social media accounts to bank accounts, make it a habit to reset your passwords every few months to prevent fraudulent activity.

2. Upgrade Your Smartphone: The average American is forecasted to keep their smartphone for more than two and a half years, according to Statista. However, more regular upgrades may benefit you. Upgrading your smartphone will allow you to utilize enhanced security features, better battery life, faster performance and the latest 5G network. And with T-Mobile, you can get the best of both worlds without breaking the bank: America's largest, fastest and most reliable 5G network, and the full potential of the latest Samsung Galaxy A14 5G smartphone. Samsung's most affordable device yet, it packs a punch with a 5000mAh battery, 15W fast charging, 13 megapixel front-facing camera and triple-lens rear camera. Check out an unboxing video at www.youtube.com/watch?v=wXx-S7xHo74! Also, for a limited time, new and existing T-Mobile customers can get the Samsung Galaxy A14 5G for free with 24 monthly bill credits when adding a line on a qualifying plan in stores and online at www.t-mobile.com/cell-phones/brand/samsung.

3. Purge and Delete: If a new smartphone isn't in the budget quite yet, there are a few ways you can refresh your phone to give it new life and improve performance. First, remove all large files taking up space. Next, clear your storage and internet browser history to speed up your phone. Apps that track your activity tend to drain your battery life. Delete apps you haven't used in more than six months. If you're still at full storage, try uploading items to a cloud provider or your computer and reset your smartphone.

4. Enhance Your Network Experience: The network your phone uses may need a major upgrade, and now there's a way to test out another wireless provider's network before making the switch. T-Mobile's Network Pass allows you and your family to keep your current wireless provider, compatible phone and phone number and try out T-Mobile's network free for three months. You'll get access to T-Mobile's largest 5G network and the ability to compare your network performance to pick the best carrier for you. The best part, it all can be done online via an app, without having to go into a store.

5. Revamp Your Workspace: Whether your workspace is a traditional desk from home or the office, on your feet or in a vehicle, make sure you have all the necessary tools to help you work smarter, not harder this year. Upgrade your workspace setup to be more ergonomically friendly – making sure your head and neck are straight, you have a chair with lumbar support and your computer monitor is about an arm's length away. Invest in a Bluetooth headset and get your work apps connected to your smartphone so you can take calls and send important documents on the go.

Give your tech an upgrade and you'll see success throughout the year.

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GENEALOGY REPORT

HUFFMAN

 Thomas Rowe Huffman, 92, of Fort Wayne, passed away peacefully on Sunday morning, Jan. 15, 2023.

Tom was born in Bluffton on Sept. 24, 1930, to the late Wayne and Martha (Rowe) Huffman of Liberty Center. He graduated from Liberty Center High School in Wells County in 1948. He worked on the family farm before enlisting in the United States Marine Corps, where he served from 1951 until 1954, during the Korean War.

After his military service, Tom returned to farming while attending Ball State University. He earned his Bachelor of Science degree in education in 1966 and moved his family to Fort Wayne, where he started his teaching career at Northcrest Elementary School. Tom earned his Master of Science degree from Indiana University Purdue University Fort Wayne in 1971. He completed his teaching career at Shawnee Middle School and retired from Fort Wayne Community Schools in 1992 after 26 years of service.

Tom married Jo Ann Schmoll in Bluffton on Nov. 8, 1952. They enjoyed raising their four children in Fort Wayne, spending time with family at Irish Lake, and attending Purdue football games. After retirement, Tom and Jo Ann enjoyed spending time with their grandchildren, traveling, gardening, cooking, and reading. He was a member of St. Charles Borromeo Catholic Church in Fort Wayne and a past member of American Legion Post 47 of Fort Wayne.

In addition to his loving wife of 70 years, Tom is survived by a son, Mike (Cindy) Huffman of Columbia City; three daughters, Sara (Bob) Whitaker of Canton, Ga., Beth (Bob) Niedermeyer of Noblesville, and Ruth Ann Myers of Fort Wayne. He is also survived by six grandchildren; one great-grandchild; and a brother, Tim (Shelley) Huffman of Warren.

Aside from his parents, Tom was preceded in death by an infant son, along with a sister, Jackie Smith.

Visitation will be Monday, Jan. 30, 2023, from noon until 2:00 p.m., at Goodwin – Cale & Harnish Memorial Chapel, 3220 East State Road 124, Bluffton, IN. A memorial service will immediately follow the visitation at 2:00 p.m., officiated by Fr. David Violi. Military rites will follow the service at the funeral home, conducted by the American Legion Post 111 of Bluffton in conjunction with the United States Marine Corps honor guard. Private family burial will be at Six Mile Cemetery in Bluffton.

Memorial contributions may be made to Parkview Home Health & Hospice.

CLOSE

Teresa E. Close, 51, of Huntington, passed away at 8:30 pm Monday, January 16, 2023, at her residence.

Teresa was born on June 22, 1971, in Huntington, IN, the daughter of David Watts and Starr (Dilts) Watts. She graduated from Huntington North High School with the class of 1989. Teresa went on to receive her Bachelor's of Science degree from Ball State University and began her nursing career in 2006 at Lutheran Hospital as a Critical Care Nurse. She then went on to receive her Master's of Science degree from Ball State University leading her to become a Primary Care Provider at the VA Medical Center in Marion, IN where she served for the past 7 years. She married Adam L. Close on April 3, 2004, at the United Methodist Calvary Church in Bippus, IN.

Being Sam and Charlie's mother was her glory, Teresa was a loving mother and caretaker for her family. She always loved cooking meals for her sons and their friends. She enjoyed gardening and canning. She loved to watch her sons while they participated in baseball, wrestling, football, and 4-H. Teresa was so proud to serve

the veterans who she cared for at the VA hospital. She worked tirelessly to take care of her patients while she was going through her cancer treatments.

Survivors include her Husband, Adam L. Close of Huntington, IN; Two Sons, Sam Close of Huntington, IN, Charlie Close of Huntington, IN; Mother, Starr Watts of Warren, IN. She is preceded in death by her Father, David S. Watts.

Visitation will be from 10:00 am – 2:00 pm Friday, January 20, 2023, at Evangelical United Methodist Church, 1000 Flaxmill Rd, Huntington, IN 46750. Funeral services will be held at 2:00 pm, Friday, January 20, 2023, at Evangelical United Methodist Church with Rev. Chris Lantz officiating. Burial will be in Lancaster Cemetery in Huntington.

Preferred memorials to the Disabled American Veterans, in care of Bailey-Love Mortuary, 35 West Park Drive, Huntington, IN, 46750.

BARGER

Jennie Barger, 69 of Bluffton, passed away on Tuesday afternoon, January 17, 2023, at her residence, surrounded by her family.

She was born on January 15, 1954, in Bluffton, Indiana to Gerald Dwight & Frances Joan (Ulmer) Ramseyer. Jennie was a 1972 graduate of Southern Wells High School and earned her degree in medical transcription from Indiana Business College. She worked at Blackford County Hospital for 17 years and retired in July of 2021, as the Medical Staff Coordinator for Bluffton Regional Medical Center, where she worked for 17 years. She attended Life Community Church and enjoyed quilting and spending time with her family.

Survivors include her children; Chris (Christina) Barger of Bluffton, Joe (Michelle) Barger of Decatur and Renee Powell of Fort Wayne. Jennie was a loving grandma to 12 grandchildren; Hailey (Dylan Call) Barger of

Decatur, Ashlyn (Tyler Knipp) Barger of Commerce City, CO., Noah (Alyssa Silva) Barger of Decatur, Emma Barger of Decatur, Makena (Dawson Essig) Carmichael of Goshen, Brevin Carmichael, Brogan Powell & Bradyn Powell all of Fort Wayne, Alison Barger and Preston Hopkins of Poneto, Lexi Eckelbarger and Jordan Eckelbarger of Bluffton., along with 2 great-grandchildren, Cooper Knipp of Commerce City, CO and Adleigh Call of Decatur.

Jennie is also survived by siblings; Nancy (Ernie) Smelser of Flora, Tim (Arda) Ramseyer of Phoenix, AZ, Rick (Connie) Ramseyer of Poneto, Tom (Companion Sandy) Ramseyer of Poneto, David (Carrie) Ramseyer of Poneto, Rebecca (Dennis) Runkle of Warren, Jeff (Janey) Ramseyer of Poneto and Sandy (Steve) Rogers of Dunkirk. She is also survived by two sisters-in-law: Pam Ramseyer of Montpelier, Pam Ramseyer of Bluffton. Jennie is also survived by her companion, John Jackson of Bluffton, and several nieces and nephews.

She is preceded in death by a son Richard Wayne Barger, Jr. in 1973, her parents, two brothers: Paul & Gary Ramseyer and a sister-in-law, Neva Ramseyer.

Funeral services will be held at 3 P.M. on Sunday (Jan. 22, 2023) at the Thoma/Rich, Lemler Funeral Home in Bluffton with Pastor Steve Surbaugh officiating. Burial will follow at Miller Cemetery in Poneto.

Calling hours will be held from 11 A.M. to 3 P.M. on Sunday, at the funeral home, prior to the funeral service.

Memorials may be made in Jennie's memory to Promedica Hospice Group.

SOUERS

Velma F. Souers, 86 of Liberty Township, Wells County, Indiana, passed away on Tuesday, January 17, 2023, at Parkview



Hospital on Randallia in Fort Wayne.

Velma was born on November 24, 1936, in Liberty Township, Wells County, to Virgil and Audra (Bardsley) Jones. She graduated from Warren High School in 1954 and married Sebert L Souers on March 21, 1954 in Warren.

She started working at Heritage Pointe as a teenager and also worked at Schultz Café. She would later work as a cook at Liberty Township and then at Southern Wells when they were consolidated and then at Caylor Nickel as the business account manager. Velma was the office manager at Sun Control Center for 10 years, before retiring in May of 2002. She was also a charter member of the Captain William Wells Chapter D.A.R. and a charter member of the Blackford-Wells Genealogical Society. Velma was a 71 year member of Warren First Baptist Church, where she was the organist for decades. Velma was a remarkable historian. She enjoyed puzzles, crocheting, and keeping in touch with family and friends on Facebook. She worked with the family on the farm. Velma considered her time camping with Sebert as some of the best times in her life.

Velma was preceded in death by her parents, Virgil and Audra Jones, husband, Sebert Souers, daughter, Marsha Werling, sister, Naomi Martin, and brothers, Harold Jones and Dean Jones.

Loving survivors include her children, Emily (Bob) Bothast of Keystone, IN, and Bruce Souers of Warren, IN, grandchildren, Brad (Elizabeth) Bothast of Uniondale, IN, Sarah (fiancee Gradey Hicks) Bothast of Winona Lake, IN, and Nathan (Amanda) Helms of Calera, AL, and great-grandchildren, Hannah Helms, Riley Helms and Avery Helms.

Friends and family may gather to share and remember at First Baptist

CONTINUED PAGE 6

AREA NEWS CONTINUED

MORE PAGE 5

Church located at 727 N. Wayne St. Warren, IN 46792, on Friday, January 20, 2023, from 3pm to 8pm and again on Saturday, January 21, 2023, from 10am to 11am. A funeral service will be held on Saturday, January 21, 2023, at the First Baptist Church at 11am with Pastor Rusty Strickler officiating.

Burial will follow at Woodlawn Cemetery in Warren, Indiana.

In lieu of flowers, memorial contributions can be made to: First Baptist Church of Warren

CURTIS

Marsha Curtis, 81 of Marion, Indiana, passed away on Wednesday, January 18, 2023, at Wesleyan Health Care Center in Marion.



Marsha was born on September 3, 1941, in Marion, IN, to Marshall Thomas "Tommy" and Colleen V. (Titus) Harrigan. She graduated from Marion High School and worked at JC Penny for many years as a cashier. She was a member of the Moose Lodge. Marsha had a love of the Smurfs and chocolate, but her biggest love and joy in life was her family. She enjoyed Christmas and all that went along with it, especially anything with snowmen. Marsha enjoyed watching the birds and chipmunks. Anyone who was lucky enough to try her amazing fudge would forever know her as the "fudge lady".

Marsha was preceded in death by her parents, Tommy and Colleen Harrigan, daughter, Kelly Thomas Davis, and grandson, Thomas "Dallas" Davis.

Loving survivors include her sons, Wesley Curtis of Marion, IN, and John (Jodi) Thomas of Brown Summit, NC, grandsons, Dillon Davis, Evan and Ethan Curtis, granddaughters, Chloe Curtis

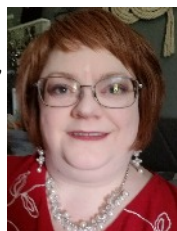
and Emily Pinney, great grandson Raiden Pinney, and sisters, Janet Davis of Indianapolis, IN, and Dee (Bud) Weicking of Marion, IN.

To honor Marsha's wishes, there will be a family celebration service at a later date. Internment will be at Grant Memorial Park in Marion, IN.

Arrangements have been entrusted to Ferguson & Glancy Funeral Home in Van Buren, IN.

CLAYBORN

Amy Kathleen Clayborn, 52, Marion, passed away at 10:01 pm on Friday, January 20, 2023, at Parkview Hospital Randallia in Fort Wayne.



She was born in Marion, Indiana, on Saturday, September 12, 1970, to John and Daisy (McCracken) Clayborn.

Amy graduated from Huntington North High School, Indiana University, Indiana Wesleyan University (IWU), and Bellevue University. She worked at IWU for almost ten years as the computer lab director and at Western Governors University, where she was a faculty program mentor. She was also the former tech directory/Spanish and computer teacher at Lakeview Christian School for eight years. Amy enjoyed going to concerts and shows with her sister, and her favorite musician was Clay Aiken. She loved watching TV, especially Bob's Burgers, Buffy, Angel, and Charmed. She loved her animals and her family, especially her great-nieces and her great-nephew. She will be remembered as a quirky, intelligent, and loving woman who will be missed greatly by those who knew her.

Survivors include her sister, Janet (Dan) Moriarity of Fort Wayne; nieces, Amber (Clarence) Holmes of Marion and Catherine (Kyle) Konz of

Fort Wayne; nephew, Russell Moriarity of Uniondale; four great-nieces; one great-nephew; several friends; and her beloved cats, Buddy, Georgie, Tabby, and Punkin.

She was preceded in death by her parents; brothers, Roy Daniel (Lora) Clayborn and John W. (Paula) Clayborn; sister, Sharon Elizabeth Clayborn; nephews, Daniel Clayborn, Steven Clayborn, and Garry Weston Clayborn; and niece, Kristy Clayborn.

A Celebration of Life service will take place at 10:30 am on Saturday, February 4, 2023, at First Baptist Church, 727 N. Wayne St., Warren, IN 46792. Rusty Strickler will be officiating. A meal and time of fellowship will follow.

Arrangements have been entrusted to Needham-Storey-Wampner Funeral Service, North Chapel, 1341 N. Baldwin Ave., Marion, IN.

ARE YOU IN A WEIGHT LOSS PLATEAU? 5 REASONS WHY THE SCALE IS STUCK

(StatePoint) So, you took the leap and signed up for a weight loss program. But once you got started, it was a whole different story. While you may feel like you're doing everything to a T, the scale is stuck and you can't figure out why. Plateaus are a normal part of any weight loss journey, but there are many reasons for them. Check out these six reasons why the scale may be stuck:

1. Overeating. Weight loss is dependent on "calories in" being lower than "calories out." Eating too much for your current activity level and weight could be a reason why the scale is stuck. "Meal delivery programs can help eliminate any guesswork," says nutrition expert Chris Mohr, PhD, RD. "Plans like Nutrisystem are perfectly portioned to provide the right balance of nutrients at every meal. The program boasts SmartAdapt science,

which provides personalized plans that adapt to your unique metabolism and weight loss goals and help minimize plateaus."

2. Not Keeping Track. Overeating, skipping meals and portion control can all be eased if you get more diligent with food tracking.

Take it from the experts: According to research published in the journal "Obesity," self-monitoring your diet is the number one predictor of weight loss success, and it takes less than 15 minutes each day.

Try tracking your diet at least 80% of the time or at least five to six days of the week. Be sure to include all eating occasions (even nibbling), portion sizes and ingredients. This way, when the scale is stuck, you can evaluate where you may be overdoing it. The NuMi app by Nutrisystem is a useful tool to keep your meal plan organized.

3. Skimping on Protein and Fiber. Try maximizing protein and fiber in your diet. "Protein helps preserve lean muscle mass while losing weight to help maintain metabolic rate. Also, protein and fiber keep you feeling full longer. What's more, protein is more thermogenic than carbohydrates and fats -- meaning you'll burn more calories digesting and absorbing high-protein foods. Fiber isn't fully digested, so the calorie contribution from fiber is less than other carb sources," adds Mohr.

4. Increasing Muscle. If you've been hitting the gym and putting on muscle, you might also experience a stall on the scale. Find other measures of success in the meantime. For example, your jeans may be fitting better or you may have more energy. These non-scale victories are just as valuable as a number on the scale.

5. Other Lifestyle Factors. Lack of sleep can disrupt weight loss. The National Sleep Foundation recommends sticking to a regular sleep schedule. Limit

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AREA NEWS CONTINUED

MORE PAGE 6

caffeine and screen-time in the hours before bed. The light emitted by screens on electronic devices reduce your body's production of melatonin, the hormone that regulates your sleep and wake cycle, according to Harvard Health. You can also try a before bed exercise routine.

Did you know that chronic stress can halt weight loss? Address your stress with self-care. Try meditation, daily exercise and breathing techniques. You should also seek out a support system and engage in your community. Feeling overly stressed? Be sure to speak with your doctor.

6. Illness or Injury. A recent illness or injury can cause increased inflammation that results in water retention. Additionally, injury or illness can decrease daily activity and overall calories burned. Some medications may also stall weight loss. Keep in mind that your overall health should always take precedence over the number on the scale. Consult your doctor. It may mean modifying your weight loss program temporarily. This setback is not the end of your journey though. Once you've recovered, you should be able to start where you left off, pending your doctor's approval.

"Ultimately, your goals should be realistic. Don't expect the pounds to fall off instantly. Have patience and give yourself some grace. If you're doing the work, that's all that matters," says Mohr.

WOMEN BUSINESS

OWNERS ARE OPTIMISTIC

ABOUT THE FUTURE

(StatePoint) Even as they ride out inflationary pressures, supply chain disruptions and economic uncertainty, women owners and executives of small and mid-size majority-women-owned businesses have an optimistic outlook about the near-term future of their businesses, according to a recent survey.

The PNC Bank survey found that women business owner (WBO) expectations for their own companies remain strong, with 41% feeling highly optimistic -- up from 29% in the fall of 2020 but down from 67% in the fall of 2021 -- while the share of those feeling pessimistic has held constant at just 1%.

The survey also indicated that more than eight in 10 women business owners are very confident about their future success and nearly half say it comes from their own hard work and drive. Similarly, 79% of WBOs are very satisfied with their role as a business owner or leader compared to 67% of men business owners (MBOs).

"We are seeing a new pattern of self-empowerment among women business owners that is very encouraging," said Beth Marcello, director of PNC Women's Business Development. "Their own hard work to survive the pandemic is the source of their confidence and optimism today."

The survey suggests that women have a take charge, can-do attitude. When it was difficult to find employees, 49% of WBOs versus one-third of MBOs say that they

or their managers stepped in to cover open staff hours themselves. Additionally, they're focused on growth: 81% surveyed are Woman Business Enterprise-certified, 73% market their certification, and 88% say that certification has been a helpful business development tool.

"For the first time, we have evidence of increased financial confidence among women business owners. They are two times more likely than men to say they're considering a new loan or line of credit to support business growth," said Marcello. "They are monitoring their cash position and have a cash reserve, but they're investing excess cash rather than stockpiling it; they are continuing to leverage the increased efficiency of the digital financial tools they migrated to during the pandemic; and they are confidently increasing pricing as the economy allows for it."

Meeting the Challenges While WBOs have concerns about inflation, profitability and the supply chain, they believe they're prepared for these challenges. Although similar portions of WBOs and MBOs experienced supply chain issues in the past year, 79% of WBOs believe they have the right amount of inventory they need to succeed.

WBOs also intend to maintain or expand on policies they initiated during the pandemic, including allowing flexible work arrangements (48%), increasing compensation (38%) and implementing employee health or safety enhancements (33%). WBOs are more likely than MBOs to adopt Corporate Social Responsibility policies or practices, including gender pay equity (34% vs. 9%) and diversity and inclusion (29% vs. 14%). These disparities could be an indication of why fewer WBOs (30%) than MBOs (43%) are finding it harder to hire new staff compared to six months ago.

Identifying and addressing challenges faced by women financial decision makers is a component of PNC's Project 257: Accelerating Women's Financial Equality, an initiative to help close the 257-year economic gender gap. More information about these efforts as well as helpful resources for women financial decision makers can be found at pnc.com/women. To connect with Project 257, follow PNC on social media: Facebook, Instagram, LinkedIn and Twitter.

While the pandemic created new economic challenges, many with lasting effects, women business owners largely overcame these obstacles, taking away lessons that have inspired their optimism and confidence today.

6 THINGS TO CONSIDER DOING IF YOU CAN'T PAY RENT THIS MONTH

(StatePoint) The average national rent surpassed \$2,000 for the first time ever in 2022, which has made keeping up with rent payments challenging for millions of people across the United States. In fact, a recent Freddie Mac survey found that 70% of renters are concerned about making their rent payment in the short term.

If you're among those struggling to pay rent, there is good news: many resources exist to help renters remain in their homes.

Here are six actions you can take to help keep you in your rental:

1. Contact Your Landlord. If you know you will be unable to pay your rent, contact your landlord in writing to explain your situation. Your landlord may be able to offer you such options as changing the date rent is due each month, lowering rent payments or creating a repayment plan.

2. Consider More Affordable Apartments. Finding a less expensive apartment may be the right solution if you anticipate having regular trouble paying your rent.

However, with rents on the rise everywhere, this can be a challenge. As you start your search, remember to factor in the fees and moving expenses you might incur. Moving within your building or to another property managed by the same company may be one way to avoid onboarding fees.

3. Find a Roommate. If you have the space, taking on a roommate can significantly reduce your monthly rent and utility expenses. Make sure to follow the terms of your lease when adding a roommate to any apartment. This could include having them sign a formal lease.

4. Access Short-Term Rental Assistance. Local housing authorities and some national organizations have short-term rent relief funds you can apply for to help cover the cost of rent while you get back on your feet. The Consumer Financial Protection Bureau (CFPB) has a list of assistance programs for renters.

5. Understand Eviction Protections. Be aware of the eviction protections you're eligible for should you be unable to pay rent. The CFPB has a list of states with protections in place that prevent landlords from evicting renters for failure to pay rent.

6. Work with a Renter Resource Organization. There are many nonprofit Renter Resource Organizations throughout the country that can assist you if you are facing a housing-related challenge. These entities provide services and resources to help you maintain housing, including eviction prevention and landlord-tenant mediation. They also can assist you in locating alternative housing and provide financial planning advice. Services offered may vary by provider. To find an organization that can help you with your situation, contact Freddie Mac's Renter Hotline at 800-404-3097.

For more information about renting, including resources to help you determine how much you can afford, visit My Home by Freddie Mac at myhome.freddie.com.

MORE PAGE 2

Las Vegas is on my bucket list.

Hope you all have a great week and be safe, as you are reading this we are to get a snow storm and who knows how much snow we will get. But keep in mind it's the 45th anniversary of the blizzard of '78 this week. Still too early to determine how much but some snow that is wet and heavy is to be coming down. Go build that snowman!!!!