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Warren Weekly

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Thought for the Week: A bully is not reasonable - he is persuaded only by threats. Marie De France

WPL BOARD MEETING

The September 2020 board meeting of the Warren Public Library is changing dates. It will be moved one day later to Tuesday, September 8th at 7:00 PM at the library. The public hearing for the 2021 budget will occur directly prior to the September meeting. Both meetings are open to the public.

FISH & CHICKEN

Dan's Fish Fry Service and HCCOA – Fish and Chicken Dinner – Friday, September 4, 4:00-7:00 pm - \$10.00 per dinner – Senior Center (Central Christian Church) 500 MacGahan St., Huntington. Drive Thru Only. Proceeds to Huntington County Council on Aging.

HOMESPUN MARKET

A big Thank YOU to our customers who shopped our sidewalk sale! Some of the sales will continue until Labor Day.

Blue Poppy Design is offering fresh flower bouquets for \$15.00 cash and carry.

Mark your calendar for Homespun's Second Anniversary Open House. It will be held Saturday, October 24!

Hours are Wednesday and Friday 10-4 and Saturday 10-1. There is hand sanitizer upon entry and we ask that you social distance. Call us at 260-375-3200 if you prefer an

appointment to shop. We want to accommodate you!

Come visit us at 427 North Matilda Street for all of your gift and floral needs. Don't forget we deliver!

SWITCHUP DINNER

The SwitchUp Youth Center, Van Buren, 100 First St, is having a fundraiser to help with food for the kids and building repairs.

The dinner will be September 19th, 4-7 pm for free will donations! Dinner will include Fried Fish, Applesauce and baked beans. Drive thru or walk-in orders only.

SWINE BOOSTERS

The Huntington County Swine Boosters will meet on Tuesday September 8 at 7:00 pm in the First Federal Savings Bank 4-H Community Building at Hier's Park. The discussion items are: election of officers, selection of 2020 judge, proposed changes to swine project in 4-H Fair book, and other old/new business.

Note that anyone with a nomination for a 2020 4-H swine project judge should submit a short biography to the Executive Committee prior to the Sept. 8 meeting.

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

SUICIDE PREVENTION WEEK

September 6 – 12 is National Suicide Prevention Week. During this week, people nationwide will host vigils, seek education, and offer resources to those struggling with suicidal thoughts. Purdue Extension Huntington County is offering 4 virtual programs during this week: Tuesday at 3:00pm – Virtual Trivia Game; Wednesday at 5:00pm – Virtual Art Class; Thursday at 5:00pm – Virtual Recovery Panel; and Friday at 3:00pm – Virtual Self Care Party. The link to join the virtual program can be accessed on the Purdue Extension Huntington County Facebook page or by contacting Caroline Everidge at cneverid@purdue.edu

There are people fighting a very personal battle in the midst of the collective dangers of this unprecedented pandemic – people who are questioning whether to continue to live through the emotional pain they are experiencing. Some people who were “on the fence” – ambivalent about life versus death before – may find hope and resolve to live, motivated by the fear of having the choice to live or die taken away. Others' pain may increase, fueled by fear, isolation, anxiety, and loss.

Although our face to face interactions may be limited it is more important than ever to be vigilant for those around us to know the signs.

Staying connected with regular check-ins is essential so we can recognize the warning signs. If you are worried that someone is having thoughts of suicide, the next step is to find the words and reach out. It's important to talk openly about suicide, and to ask directly: “Are you having thoughts of suicide?” or “Are you having thoughts of ending your life?” The website SuicidelsPreventable.org offers information about how to Know the Signs, Find the Words and Reach Out.

Each of us can support someone while they find their reasons for living by sharing hope and letting them know they are not alone. Our role is less about “fixing the problem” or convincing them to stay, and more about being present and listening as they search for their own reasons for living.

You are not alone. If you are thinking about suicide or are concerned about someone else, call the National Suicide Prevention Lifeline (1-800-273-8255). Skilled and trained counselors are available 24/7 to talk, answer questions, and help you navigate this challenging situation. You are not alone, and help is a phone call or chat away.

HOLIDAY HOURS

All Indiana Bureau of Motor Vehicle (BMV) branches are

closed Saturday, September 5 through Monday, September 7 in observance of the Labor Day holiday.

Branches resume regularly scheduled business hours on Tuesday, September 8.

WELLS CO EVENTS

Upcoming events announced by the Wells County Extension Office are as follows.

September 17 - 4-H Livestock Committee Meeting, 7pm, Wells County Community Center, 4-H Park

September 21 - 4-H Association Meeting, 7 pm, Wells County Community Center, 4-H Park

INDOT HIRING EVENT

The Indiana Department of Transportation will host open interviews for over 100 winter seasonal positions on Tuesday, September 15 and Thursday, October 15 at eleven locations around the state. Hiring events will take place from 10 a.m. to 3 p.m. (local time).

Winter seasonal positions run from November through March at a starting pay of \$16 per hour. INDOT offers \$250 sign on and \$500 retention bonuses for eligible candidates. Candidates should have a valid driver's license and commercial driver's license (CDL). A high school diploma or GED is preferred but not required.

CONTINUED PAGE 3



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Phone: (260)375-6290 **e-mail:** editor@warrenweeklyindiana.com
 WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Circle K in Van Buren. Total circulation is 3000.
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Kudos, Kicks & Karats



A couple of weeks ago we had a 70's day at work and just thinking about what actually was going on in the 70's. It was a groovy time in many lives, which I was pretty young, but I still remember a lot of it. Many things that were hot items in the 70's have changed or just faded away. Then of course there are things that have been around ever since. The first showing of the movie Star Wars came out in 1977 and to this day you can still catch it on the movie channels along with all the other Star Wars movies that came out after. Harrison Ford is my fav, always has and always will.

In 1972 the first Atari game came out called Pong. You sat and watched a little white ball bounce between two lines, now you have games that take you right to the battle field. I am just amazed with today's games and they wonder why we have so much hate and killings in the world. But I guess back in the 80's you had to navigate an electronically imaged frog across an obstacle course of highways and other detouring things to get him to safety on a lily pad and if you didn't navigate just right you would either get the frog ran over by a vehicle or if you missed the lily pad you plopped into the pond. Where do these people come up with this stuff. Lol

Oh and disco fever was the thing. From the Hustle to Saturday Night Fever to the Y.M.C.A. The 70's had all the good tunes. We set out every weekend on the front porch and listen to them playing at the Lighthouse. I miss those days and wish they were still around, but you know me, I'd be right there dancing on the Lighthouse dance floor while the legendary Paul Russell would be turning out the tunes. Who knows just maybe I'd even wear my bell bottoms with the super comb in the back pocket and my button down shirt with my mood ring on my finger... ok well maybe I just better stay at home and put in a 8 track and listen to my music and read my Tiger Beat magazine. You never know they might repeat the Shaun Cassidy center fold again. Woowoo.

Television came along way from the black and white to the color picture. Some even came with a hifi stereo system with them. It was the thing in the day. Lay down on the shag carpet in the tv room and watch all the good shows, Charles Angel's, Starsky and Hutch, Happy Days and Laverne and Shirley. Get the munchies and you go make you some snacks and put them in the hip colored Tupperware containers to eat out of while watching your favorite show. Yep those

CONTINUED PAGE 8

<p>ASBURY CHAPEL UNITED METHODIST 8013W 1100S -90, Montpelier Phillip Freel Jr, Pastor Worship 9:30 a.m. Sunday School 10:30 a.m. Wed Carry-in & Fellowship .. 6:30 p.m.</p> <p>BANQUO CHRISTIAN CHURCH 8294S 900W 35 Harold Smith, Pastor Sunday School 9:30 a.m. Worship 10:30 a.m. Bible Study 6:00p.m.</p> <p>BOEHMER UNITED METHODIST Chad Yoder, Pastor Denise Heiniger, S.S. Supt. Sunday Worship 9:30a.m. Sunday School 10:45a.m.</p> <p>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</p> <p>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</p> <p>DILLMAN UNITED BRETHREN 8888S 1100W-90, Warren 375-2779 Matt Kennedy, Pastor Worship Service 9:00a.m. Sunday School 10:00a.m.</p> <p>HANFIELD UNITED METHODIST 101 N 400 E - Marion 765/664-8726 Curtis Banker, Senior Pastor 1st Worship..... 9:15 a.m. Sunday School 9:45 a.m. 2nd Worship..... 11:00 a.m.</p> <p>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.</p> <p>HERITAGE POINTE Chaplains Gerald Moreland, Ginny Soultz & Dick Case Sunday Morning Worship 9:30 a.m.</p> <p>OTHER SERVICES BY ANNOUNCEMENT Monday thru Friday Chapel Services 9:00 a.m.</p> <p>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</p>	<p>HILLCREST CHURCH OF THE NAZARENE 375-2510 Bus Service 375-2510 www.hillcrestnazchurch.org Sunday School 9:30 a.m. Worship 10:30 a.m. Evening Worship..... 6:00 p.m. Youth Group (Wed.)..... 6:00 p.m. Wed. Midweek Service..... 6:30 p.m.</p> <p>SOLID ROCK UNITED METHODIST 485 Bennett Dr, Warren, IN 375-3873 Paul Burriss, Pastor Sunday School 9:00 a.m. Worship Service 10:00 a.m.</p> <p>LANCASTER WESLEYAN 3147 W 543 S, Huntington 765.524.3390 Rev. Robert S Hallett, Pastor Sunday School 9:30 a.m. Worship 10:30 a.m. Wednesdays: Bible Study & Prayer 7:00 p.m.</p> <p>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</p> <p>LIBERTY CENTER UNITED METHODIST CHURCH Pastor Diane Samuels Morning Worship9:30 a.m. Sunday School 10:45 a.m.</p> <p>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.</p> <p>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</p> <p>SALAMONIE CHURCH OF BRETHREN 468-2412 Mel Zumbrun, Pastor Worship9:30 a.m. Church School 10:45a.m.</p>	<p>UNITED CHURCH OF CHRIST 375-2102 Interim Pastor Troy Drayer Youth Pastor Troy & Mindy Drayer 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</p> <p>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.</p> <p>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</p> <p>WARREN CHURCH OF CHRIST 375-3022 Ethan T Stivers, Senior Minister Andrew Fisher, Youth Minister Liz Richardson, Childrens MinistryAsst. Tara Bower - Secretary www.warrenchurchofchrist.org 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</p> <p>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.</p> <p>FARRVILLE COMMUNITY CHURCH 11044 E 200 N, Marion, IN 765-934-3609 Pastor Al Soultz Sunday Worship..... 10:30 am Sunday School Classes9:30 am Sunday Adult Bible Study..... 6:00 pm Thurs. Bible Study7:00 pm</p>
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Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

Visit INDOTjobs.com to learn more and register. Registration is not required to attend the event, but INDOT recruiters will contact pre-registered participants directly with additional instructions and details prior to the event. Please email careers@indot.in.gov with questions.

Due to the COVID-19 pandemic, face masks are required and social distancing will be observed at INDOT hiring events.

SENIOR GOLF

Thursday August 27th Golf League Results :

1st Place : Ez Harris, Larry Trout, Gary Sutton, Don Bauer posted a -6 score 30 (Backed up from #4 hole for tie breaker, 1st place scored a Eagle on #4)

2nd Place : Dave Scheib, Howard DeHaven, John Morrison also posted a -6 score 30

Closest to #3 pin winner : Richard Batterson

Closest to # 6 pin winner : Stan Reed

Longest Drive on #7 (over 70) winner : Ez Harris

Longest Drive on #8 (under 70) winner : John Morrison

Thanks to "First Merchants Bank of Warren" for sponsoring the golf ball prizes. There were 30 players this week with Ez Harris, Stan Reed, and Dean Lemler winning the sign-in door prizes. Sign up begins @ 8:30 with tee-off @ 9:00. Everyone is Welcome !

A TRIP TO QUEBEC DAY # 3

by Larry Ryan
After a breakfast of French Toast(I made that up), but sounds appropriate for a French speaking city, we met our local tour guide, Ron. You were expecting a name like, Jacques? Our guide spoke English today.

The city of Montreal is actually on an island! It is named for a 750 foot hill in the middle of the island named, "Mount Royal." Our guide reported the city had a population of 1.8 million. "Google" listed the number at 3.5 million. Ron must have taken a "Rip Van Winkle"-like slumber before our connection.

St. Joseph's Cathedral is the tallest structure on Mount Royal. No other building is permitted to be constructed higher. Montreal is actually a middle class city. Its social atmosphere is comparable to New York City. A middle class home here costs \$350,000; whereas it would cost 1 million in Toronto and 2 million in Vancouver.

We toured the Notre-Dame Basilica. The very colorful interior was made up of 70% wood construction. The Epcot Center in Florida borrowed Montreal's sphere design from their 1967 "World Fair" structure.

The St. Lawrence Seaway starts in Montreal. Ships traveling west from here endure a system of "locks" before reaching the Chicago area. A man-made island was formed in the river from rocks, etc. during the

construction of their subway system. Another sprouting island! Currently, an underground, electric train pathway is under construction to link the city to the airport.

Antoine Laumet de La Mothe Cadillac, a French soldier and explorer, who was the founder of Detroit, lived in Montreal for a while. The Molsom Brewing Company owner is the richest family in the city. The University of Montreal and McGill University are the largest, higher education institutions in the area.

We had an outdoor lunch at La Grande Terrasse Restaurant. The bus crossed part of the St. Lawrence River upon leaving Montreal on Provincial Highway # 20. Saw a sign: "Indiana Jeans." I felt right at home!

The bus passed exits to Saint-Hyacinthe, Drummondville, Victoriaville, and Plessisville as we approached Quebec City. We spent the afternoon traveling east and parallel with the St. Lawrence River.

Somewhere near our destination the bus stopped at a farm market where we sampled fresh strawberries. Yes, it was August 10th. We were told that they were fresh. They tasted fresh! We purchased a maple taffy and nut bar, to deviate from our peanut butter obsession, and an iced cider drink. Both

were a welcomed treat. We even briefly considered bringing a "Cyprus Giganeus" plant home on the bus. That brief thought was vetoed quickly.

Afterward, we rode a cable car up to "Parc de la Chute-Montmorency" for a meal at a restaurant. From this vantage point we had an excellent view of Montmorency Falls and its river.

After that sightseeing experience, the bus crossed the St. Lawrence River, entered Quebec City and we checked into the Hotel Chateau Laurier. During our free time in the afternoon, we walked a gradual downhill, eight blocks to a plaza overlooking the river which was adjacent to the Le Hotel Champlain. This century old landmark was the tallest hotel in Canada in 1967.

A statue of Samuel de Champlain and one of an "Elephant of the Bastille" stand next to the hotel on the plaza appropriately. On one occasion we were treated to entertainment there by a Mexican street performer. A large crowd assembled and appreciated the performance. Of course, there was a donation bucket available. Yes, American money was accepted!

Dinner that night was enjoyed at the Café de Paris in Old Quebec City. We were

bussed uphill afterwards to the Hotel Chateau Laurier because we did not want to work off the delicious meal by walking.

More tomorrow.

CONNER PRAIRIE CORN MAZE

This year, Conner Prairie's award-winning corn maze won't just challenge puzzle-hungry guests, it will serve up some screams, too.

The maze -- named one of the 10 best in the nation by USA Today in 2019 -- transforms into a scare-filled haunt after dark. Families will enjoy navigating the 22,160-foot corn maze during the day. But from sunset to 10 p.m. on select nights during the Headless Horseman Festival, the Haunted Maze interactive attraction brings the legend to life in a terrifying new way.

This year's design -- sponsored by Corteva Agriscience -- is a nod to the event's literary heritage. In celebration of the 200th anniversary of Washington Irving's The Legend of Sleepy Hollow, the maze depicts a sword-wielding headless rider leaping out of an open book, surrounded by bats in flight.

The maze features three adventure paths full of twists and turns:

Puzzle Maze: Test your wits in our family-friendly puzzle maze.

Kids' Maze: Younger guests will love this shorter maze that's perfect for little ones.

CONTINUED PAGE 4

Community Calendar

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

- Aug 28 5:30p Princess & Super Hero Event at Riverside Park
- Aug 28 7 pm El's Angels Concert @ Riverside Park
- Aug 29 4 p SSF Cornhole Tourney @ Tower Park
- Aug 29 7-9p SS - Rock Bottom Boys of Madison Co. At Tower Park
- Aug 29 Dusk SSF Fireworks at Tower Park
- Aug 30 5 pm Community Worship Service @ Riverside Park
- Sep 25 7 pm Cook & Belle Concert @ Riverside Park
- Oct 30 Scarecrow Festival Downtown Warren


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



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PAID ADVERTISING

AREA NEWS CONTINUED

MORE PAGE 3
 Haunted Maze: Inspired by real ghost stories of the region, explorers should prepare to be scared when they enter this maze during the Headless Horseman festival in October.

Social distancing will be maintained, with staff pacing guests as they enter the maze, and limits placed on the number of guests who can explore the maze together. Masks must also be worn at all times, in accordance with the State of Indiana and City of Fishers mandates.

"We're so happy to preserve this fall experience for families who have had so many traditions disrupted due to COVID-19," said Norman Burns, president and CEO of Conner Prairie. "We've taken safeguards to ensure we're providing a safe event for our visitors and employees, and doing all that we can to deliver the same thrills and family fun guests have come to expect."

The maze is open Tuesday-Sunday from 10 a.m. - 5 p.m. beginning Saturday, Sept. 26. Paid museum guests and members can enter the maze for \$5 per guest and \$3 per member. Children under two are free.

Visitors can also explore the corn maze during the Headless Horseman festival on select dates from Oct. 1-30. Gates open for Headless Horseman at 6 p.m. and close

at 9 p.m. Activities and hayrides may run until 10 p.m. or later.

Explore an aerial view of this year's maze design by visiting connerprairie.org/explore/things-to-do/corn-maze/ to learn more.

NATIONAL PREPAREDNESS MONTH REMINDS HOOSIER FAMILIES TO PLAN FOR UNEXPECTED DISASTERS

Like an uninvited guest, disasters have a way of showing up when we least expect them. In recognition of National Preparedness Month, the Indiana Department of Homeland Security (IDHS) encourages Hoosiers to spend the month of September talking with their friends and family about planning and preparing for all of Indiana's potential disasters.

"It is now more important than ever to actively prepare for all types of disasters, be it natural or man-made," said Erin Rowe, director of emergency management for IDHS, the state agency that coordinates disaster response from the State Emergency Operations Center. "Indiana is now experiencing more frequent and intense severe weather throughout the year. Taking the time to talk with loved ones about disaster preparedness is crucial to reducing the anxiety and

losses that accompany disasters, especially during these trying times."

This year's National Preparedness Month theme, "Disasters Don't Wait. Make Your Plan Today," emphasizes the importance of creating a family emergency communications plan, assembling a disaster preparedness kit and identifying the different types of disasters that can happen locally. Most of all, parents and guardians should use this month as an opportunity to talk with children about preparing for emergencies and getting them involved in the disaster planning process.

Some helpful safety tips to consider when creating a disaster plan are:

Emergency plans should always be tailored to the specific needs of the household.

Create a list of emergency contacts, and share it with family members and friends.

Discuss possible emergency scenarios with family members. Include events such as fires, natural disasters and man-made disasters.

Establish an evacuation route that can be used in the event of a disaster, and make sure all family members are aware of them.

Hoosiers should follow IDHS on Twitter, Facebook and Instagram during September to learn more best practices on how to be prepared before a disaster strikes. For more information and disaster planning resources, visit <https://dhs.in.gov/4485.htm>.

A comprehensive collection of safety and preparedness resources can be found at GetPrepared.in.gov.

NEW THERAPY PROGRAM EMPOWERS BREAST CANCER SURVIVORS

When a person is diagnosed with breast cancer, it's the beginning of a journey. And while each individual's journey is unique to them, exercise can provide significant benefits in recovery and wellness regardless of the type of breast cancer involved.

In a collaborative effort with the Parkview Cancer Institute's Breast Care Team, Parkview Huntington Hospital's (PHH) Holly D. Sale Rehab and Wellness Center is now offering breast cancer survivors an exercise program specifically designed to alleviate some side effects of cancer treatment. Strength After Breast Cancer, or Strength ABC, is a targeted effort to counteract or prevent lymphedema, an uncomfortable and debilitating condition experienced by many survivors.

"Breast cancer-related lymphedema after surgery and radiation can be devastating for our patients," said Linda Han, MD, Parkview Cancer Institute. "This Strength ABC program not only addresses early treatment that can reverse lymphedema, but more importantly, provides simple and effective interventions to prevent this potential complication from ever occurring. We are fortunate to have a great prevention program led by our certified lymphedema specialists that can significantly improve the lives of our cancer patients."

Dr. Han has worked with Lynn Merrill, certified lymphedema specialist at PHH, and Carol Molitor, certified lymphedema specialist at Parkview Regional Medical Center, to help implement the program, and will refer her patients for participation. Both experienced physical therapists are already very familiar with the frustrations of lymphedema patients, and have received additional certification to provide this program.

"It's very exciting to be able to offer Strength ABC here in Huntington," said Merrill, who's been providing expert guidance for physical therapy patients at PHH for nine years, and lymphedema care for four years. "We've designed it to equip patients with a toolkit of exercises they can adapt to their own needs. This is going to help a lot of people take charge of their well-being and feel better about themselves."

According to Merrill, 35 to 58 percent of breast cancer survivors develop arm or shoulder issues as a result of surgery to remove cancerous tissue and lymph nodes, or from radiation treatments. These issues include stiffness of the shoulder, loss of strength, rotator cuff problems, difficulty reaching overhead and behind the back, and lymphedema, which involves swelling, pain and discomfort of the hand, arm, breast or trunk. Strength ABC can help prevent and overcome these frustrating conditions, which affect both women and men.

"Men can get breast cancer, too," Merrill noted. "It's less common, but it can still profoundly affect their lives."

CONTINUED PAGE 6



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GENEALOGY REPORT

HERON

James William Heron, 81, of Montpelier, passed away on Sunday morning, Aug. 30, 2020, at Heritage Pointe in Warren.

William was born in Exeter, VA, on Mar. 17, 1939, to John and Bessie (Fritz) Heron. He married Elizabeth J. Brickley on May 10, 1971, in Fort Wayne. She preceded him in death on Aug. 30, 2018.

Survivors include two sons, John (Trina) Heron of Liberty Center, and Jeff Reiff of Fort Wayne; a daughter, Sherry Heron of Montpelier; a stepson, Dave Sharpe of Montpelier; a brother, Bob Heron of Decatur; along with sixteen grandchildren, several great-grandchildren, and two great-great-grandchildren.

In addition to his parents and wife, he was also preceded in death by a stepson, Michael Brickley, and a brother, Ron Heron.

Private family services are being held at Mossburg Cemetery in Liberty Center, with Rev. Chad Clark officiating.

Goodwin – Cale & Harnish Memorial Chapel in Bluffton has been entrusted with the arrangements.

COOPER

George Lloyd Cooper, 77, went to be with the Lord on Sunday, August 30, 2020.



He was born May 22, 1943, in Wabash, to the late George Dale and Mary Alice (Keafauver) Cooper. George graduated from La Fontaine High School in 1961. He proudly served our country for six years in the National Guard. George was married to the love of his life for 53 years, Darlene "Dee" (Kelley) Cooper, they were married on January 28, 1967, at La Fontaine Christian Church. He attended Sunnycrest Baptist Church. George was a truck driver for over 30 years. He retired from R&L Carrier after 15 years of service.

George loved his kids and grandkids more than anything and enjoyed spending time with them. He was a fun, caring person that loved to be a jokester. He was quick-witted and always had a comeback. George loved Jesus and was an inspiration to many.

George always looked forward to going to the car shows and loved NASCAR. He was an auctioneer for 10 years. George enjoyed his CB for over 50 years and was a Ham Radio member.

George is survived by his wife, Darlene "Dee" (Kelley) Cooper, Marion; children, Dawn (Brian) Conwell, Van Buren; Kelly (Jason) Jones, Marion; and Brian Cooper, Marion; brother, Dale (Carol) Cooper, Lagro; sister, Alice Loreen Longfellow, Wabash; grandchildren, Meagan (Jeremy) Davis, Lyndi Cooper, Kessid Cooper, Brayden Bowlds, Nekia Conwell, Bergon Conwell; Great-grandchildren, Ashton, Kade, and Aria Davis.

He was preceded in death by his parents, George Dale and Mary Alice (Keafauver) Cooper.

Arrangements for George have been entrusted to College Park Chapel of Armes-Hunt Funeral Home and Cremation Services, 4601 S. Western Avenue, Marion, IN 46953. All services for George will be held at Sunnycrest Baptist Church, 2172 W. Chapel Pike, Marion, IN 46952. On Thursday, September 3, 2020, the family will have a visitation from 5:00 P.M. to 7:00 P.M. On Friday, September 4, 2020, the family will have a visitation from 11:00 A.M. to 12:00 P.M., with the Funeral Service beginning at 12:00 P.M., with Pastors' Troy Bishop, Tim Helm, and Brian Cooper officiating. Burial will follow at La Fontaine Cemetery.

The family would like to give special thanks to Marion General Hospital & Rehab nurses, Dr. Vahid-David Sedaghat, and Heart to Heart Hospice for the wonderful care they provided for George, as well as the

support they all offered to the family.

Memorial contributions may be made in honor of George to Heart to Heart Hospice at <https://www.htohhfoundati.on.org/donation/> or at 1385 N. Baldwin Avenue, Marion, IN 46952.

GILLUM

Barbara J. Gillum, 84, of Warren, IN, and formerly of Bluffton, IN, died Tuesday, Aug. 25, 2020, at Heritage Pointe in Warren, IN.

Mrs. Gillum graduated from Pennville High School and received her degree in nursing from Northwestern in Chicago. She received her Bachelor of Science in nursing at Purdue Fort Wayne. She worked as a registered nurse and director of education at Caylor-Nickel for 38 years and was a longtime member of Hope Missionary Church.

She was born on Sept. 16, 1935, in Richmond, to Irl and Wilma Petro Walker. She married Jerry C. Gillum on May 11, 1957, in Bluffton. He preceded her in death on April 26, 2018.

Survivors include four children, Tamara (Donny) Wall, of Huntington, Jeffrey Gillum, of Lancaster, OH, Michael (Karen) Gillum, of Florida, and Tonya (Ed) Birkey, of Leo; six grandchildren; and eight great-grandchildren.

A funeral service was held on Monday Aug. 31, 2020, at 10 a.m. at Hope Missionary Church in Bluffton, with Rev. Gary Aupperle officiating. Entombment followed at the Northridge Mausoleum at Fairview Cemetery in Bluffton.

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

Memorials may be made to Heritage Pointe or Alzheimer's Association.

SMITH

Phyllis L. Smith, 92, of Brownsburg, a former resident of Bluffton and Hartford City, passed away at 10:10 p.m. Friday, August 21,

2020, at Hendricks Regional Hospital in Danville, Ind.

She was born April 26, 1928, in French Township of Adams County. She married Lawrence E. "Gene" Smith Nov. 6, 1954, in Bluffton. Her husband preceded her in death May 14, 2012.

Phyllis attended the Kirkland Township High School in Adams County. She spent her early years in Bluffton and met Gene on the Bluffton courthouse square where he shared his popcorn with her.

She worked various jobs at the early age of 16 and her favorite work memories were as an operator for Indiana Bell Telephone and as a nurse's aide at the Bluffton Clinic. She also worked at Montpelier Glove Factory, ARMCO, and Hartford Novelty.

Phyllis lived in Hartford City for 60 years. She was an active member of the First Church of the Nazarene in Hartford City, and an avid genealogist who traced generations of her families as far back as the 1600's.

Phyllis was devoted to her family and will be sadly missed by her son, Lester R. (Shonda) Smith of Marion; her daughter, Rhonda S. (Jerry) Orem of Brownsburg; three sisters, Nilah (Robert) Fischer of Morton, Ill., Fern Kaehr of Lynden, Wash., and Dema Hackenjios of Monroe, Ind.; a sister-in-law, Evelyn Hackenjios of Monroe, Ind.; a brother, Myron Hackenjios of Fort Wayne; four grandchildren, Daniel (Kelsey) Smith of Osceola, Ind., Jennifer (Nick) Hanson of Colorado Springs, Colo., and Andrea Orem and Jenna Orem, both of Brownsburg; one great-grandchild, Caspian Hanson; and 16 nieces and nephews.

She was preceded in death by her father, Andrew Hackenjios; her mother, Silvia (Kohler) Hackenjios; her husband, Lawrence E. Smith; two brothers, Glenn Hackenjios and Carl Hackenjios; two sisters-in-law, Kathryn Hackenjios and Lorine Hackenjios; and a brother-in-law, Ronald Kaehr.

Family and friends may gather to share and remember at the Walker & Glancy Funeral Home, 109 W. Windsor St. in Montpelier, from noon to 2 p.m. on Friday, Aug. 28. A service to celebrate her life will follow at 2 p.m. Friday at the funeral home with Rev. C. Steven High officiating. Interment will follow in the Woodlawn Cemetery in Warren.

WILSON

Margaret A. "Peg" Wilson, 86, of Montpelier, died Sunday, April 12, 2020, at Heritage Pointe, Warren.

She was born March 26, 1934, in St. Joseph, Mich. She married David D. Wilson Feb. 2, 1957, in Notre Dame.

Survivors include her children, Diane (Mike) Reardon of Carmel, Elizabeth "Betsy" (Ed) Sipes of Marion, Mary Wilson of Montpelier, David D. (Kim) Wilson Jr. of Marion, and Janet (Steve) Rogers of Hartford City; a brother, Robert (Linda) Kennell of Grand Rapids, Mich.; and nine grandchildren and six great-grandchildren.

She was preceded in death by her father, Harris Kennell; mother, Dorothy (Bash) Kennell; husband, David D. Wilson; infant son, Joseph E. Wilson; and brother, Phillip Kennell.

There will be a funeral mass held at the St. John's the Evangelist Catholic Church in Hartford City at 5 p.m. Tuesday, Sept. 1, with a dinner following at the American Legion Hall in Montpelier. Arrangements are being handled by Walker & Glancy Funeral Home in Montpelier.

SHORT

Milton C. "Mel" Short, 79, of Bluffton, passed away Sunday afternoon, Aug. 30, 2020, at Lutheran Hospital in Fort Wayne.

Mel was born June 30, 1941, in Adams County, to Cecil J. Short and Helen N. Myers Short. He married Shirley A. Settle in Ossian on Feb. 25, 1961; his wife survives.

CONTINUED PAGE 6

AREA NEWS CONTINUED

MORE PAGE 5

A 1959 graduate of Liberty Center High School, Mel worked as a meat cutter for Kroger for 40 years, retiring in 2002. After retiring from Kroger, he worked part-time for Ossian Meats and Troyer's Market. Mel attended Murray Missionary Church. In his spare time, he enjoyed golfing, fishing, and attending his grandchildren's sporting events.

In addition to his wife, Mel is survived by a daughter, Laura (Mike) Nelson of Bluffton; a son, Gary (Kelly) Short of Markle; a brother, Harvey Short of Indianapolis; four grandchildren, Ashley (Conor) Jackson, Jennifer (Michael) Schaffner, Nicole (Jordon) Knox, and Justin (Jessica) Short; and two great-grandchildren, Isobel Jackson and Mia Knox.

Aside from his parents, Mel was preceded in death by a brother, Paul Short.

Visitation will be from 4 to 8 p.m. Wednesday, Sept. 2, at the Goodwin - Cale & Harnish Memorial Chapel in Bluffton. Services will be held at 11 a.m. Thursday, Sept. 3, at the Murray Missionary Church, with one hour of visitation prior to the service at the church. Pastor Mike Gilbert will officiate. Burial will be at Elm Grove Cemetery in Bluffton at a later date.

Memorial contributions may be made to Cancer Services of Northeast Indiana.

MORE PAGE 4

We want them to know this program isn't just for women who've had breast cancer."

Strength ABC empowers breast cancer survivors to reduce their risk of developing lymphedema, reduce worsening of lymphedema, and improve function of the arm. The goal is early intervention, because the earlier lymphedema is addressed, the better the outcome.

"Lymphedema patients' lives are complicated by having to apply and reapply compression wraps to keep fluid from accumulating in the affected area," said Merrill. "Daily activities are made so much harder by stiffness, pain, and loss of strength and range of motion. Even for people who are determined not to let these obstacles stop them, their quality of life is impacted. This program can make such a difference for them."

The Strength ABC program is straightforward. In Huntington, the patient makes an appointment for a physical therapy evaluation with Merrill. After the evaluation is completed, Merrill and the patient have an educational session on lymphedema: what it is, signs and symptoms, how it's prevented, and how it's treated. Then the patient begins learning the exercises, working one-on-one with Merrill, typically in four sessions.

The sessions are spaced one to two weeks apart so patients can go home and try

the customized exercises. Each week involves learning new exercises and how to advance them until the full progressive weightlifting program is covered. Once patients are comfortable with the home program, they graduate and continue the exercises on their own. If at any time they have difficulty or concerns, they can return to physical therapy for additional assistance.

"Learning proper form and weight progression for each exercise gives patients the flexibility to choose how they'd like to work out," said Merrill. "They can keep exercising at home with hand weights or, if they prefer going to a gym or fitness club, they can use free weights or weight machines in that type of setting."

Patients who have gone through the Strength ABC program experience these benefits: reduced onset or reduced worsening of lymphedema, reduced arm dysfunction, improved strength and energy, reduced body fat, improved body image and general reduction in side effects of cancer treatment.

An added benefit is that exercise is associated with a reduced recurrence of cancer.

"A cancer diagnosis, treatment and side effects can really turn people's lives upside down," said Juli Johnson, president of PHH. "We wanted to offer this follow-up care locally so patients don't have to travel far for the therapy sessions and so they have a resource close by as they work on regaining strength and a

sense of well-being. Lynn will take great care of them."

Any breast cancer survivor -- with or without lymphedema -- is eligible for the Strength ABC program, regardless of whether their treatment occurred recently or years ago. Patients can self-refer; no physician referral is needed.

Strength ABC is covered by insurance, depending on the carrier, under the same rules as physical therapy treatment. Patients pay co-pays or deductibles according to their insurance plans.

Due to COVID-19 precautions, patients should remember to wear a mask during their appointments.

To schedule an evaluation, or for more information on the program, call the PHH rehab team at 260-355-3240.

RESERVE A SPOT FOR PUT AND TAKE PHEASANT HUNTS, SEPT. 5

Hunters can purchase a reservation for put and take pheasant hunts online starting on Sept. 5 at 6 a.m. ET.

Put and take hunts are no longer available on a first-come, first-served basis at fish & wildlife areas (FWAs). To reserve a spot, click "Apply for a reserved hunt" at on.IN.gov/reservedhunt.

Hunters do not need to log in to an online account to reserve a spot if they have a valid hunting license. Instead, hunters can access the reserved hunts using only their Customer ID number and date of birth. Use one of the latest versions of Microsoft Edge, Internet Explorer, Firefox, Safari, or

Google Chrome. Other browsers, such as Brave, will not work. Browsers will need to allow the use of cookies.

The cost is \$30 per reservation. Reservations purchases are non-refundable; however, they can be transferred to another person. Upon completion of their reservation, registrants will receive an email notification that includes their hunt registration ID, date reserved, and property name. Individuals should keep this confirmation for their records.

FWAs participating in put and take hunts this year are Atterbury, Glendale, J.E. Roush Lake, Pigeon River, Tri-County, Willow Slough, and Winamac.

All hunters are required to have a current Indiana Hunting License and Gamebird Habitat Stamp to participate in this hunt. Hunters must check in between 8 a.m. - 3:30 p.m. ET (8 a.m. - 2:30 p.m. CT for Willow Slough due to limited daylight hours) on the day of the hunt. Hunting starts at 9 a.m. Hunters should bring their hunt registration paperwork and a valid hunting license on the day of their hunt.

Individuals participating in put and take pheasant hunts at FWAs are prohibited from harvesting game animals other than pheasants on days when pheasants are released and hunted.

To learn more about reserved hunts visit on.IN.gov/reservedhunt.

TIPS FOR FUELING UP FOR OUTDOOR FALL CHORES

(StatePoint) Along with the fall season comes a range of outdoor chores for homeowners nationwide, from clearing trees and branches after wicked weather strikes to gathering autumn leaves. Here are a few things to consider as you go about fueling your chainsaws, leaf blowers and other lawn care equipment:

Proper Fuel Storage
CONTINUED PAGE 8

Obituaries, Birth Announcements, Wedding & Anniversary Announcements are always FREE in the Warren Weekly!

Lisa M. Garrott
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SALE

Fri Sat Sun Sept 4 to 6th. Fri and Sat 8-5 Sun 10-4pm
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11902 S 600 W 35, Marion, IN 46952 Huntington/grant co line. 9.4

YARD SALE

Friday, Sept 4th & Saturday, Sept 5th, 9 to 5, 122 W 4th Street, Warren. 9.4

MOVING SALE

Monday, Sept 7, 9am-5pm
115 N Wayne Street, Household and Seasonal Decorations, Blankets, Vases, Baskets, Trays and Platters, Drink Dispensers, Punch Bowl sets, Coolers, Serving Bowls and Utensils, Small Chafers and much more!

GARAGE SALE

Sep 5, 6 & 7, 9-5, 4448 E 700 S, Warren, IN 46792
260-450-6764
Barious vintage chairs, tools & collectibles, new shoes, purses & hats w/labels. French & Storm door, colorful art glass, glass blocks & etched glass. Colorful garden art wheel ornaments made from vintage John Deere rotary hoe wheels & much more. Cash only. 9.4

HUGE YARD SALE

Thur, Sept 10 5-8, Fri 11th 8-6, Sat 12th 8-6
106219S 500W, Warren
Furniture, baby clothes/items, antiques, collectibles, Christmas, Halloween, car dolly, tools, tents, mobility scooter, men/women clothes XL-2X, fabric, luggage, housewares, JD Mower, gas grill, place settings, vinyl records, candles, bedding.
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AREA NEWS CONTINUED

MORE PAGE 6

If you have messy or bulky fuel containers, it's time for an update. Proper fuel storage can make the task of fueling equipment safer, cleaner and ultimately more efficient and affordable. For starters, be sure to purchase only fuel containers approved by federal or state authorities that have a flame mitigation device (FMD) and a child safety feature.

Then, consider ease of use. The best containers not only exceed recognized safety standards, they help you avoid messy, costly spills. To that end, look for a user-controlled flow valve, such as those featured on Scepter SmartControl containers. Available in 1-, 2- and 5-gallon sizes for gasoline, diesel and kerosene, these rugged storage containers which are made of five layers of safe high-density polyethylene for long-time use, feature an innovative, hassle-free spout controlled and operated by squeezing. And, because they are stored with the spout on, hands stay clean. For usage and safety tips, check out the videos and resources available at www.scepter.com.

Proper Fuel
While you're updating your fuel containers, be sure to restock your fuel too. Keep in mind that fuel sitting unused for many months should be safely discarded, as gas components can deteriorate over time. Changing gasoline out with the seasons keeps it fresh.

Having plenty of fuel on hand is not only a key element to powering through yard work and chores, but an important part of extreme weather preparedness. During power outages and in the aftermath of storms,

you'll be able to fuel generators, chainsaws and other gas-powered equipment without worrying about your supply. So don't wait until a storm is in the forecast to stock up on this essential.

This fall, equip your shed or garage with the fuel and fuel storage solutions you need for a safe and productive season.

FOOT CARE TIPS FOR THOSE WITH DIABETES

(StatePoint) For those with diabetes, a seemingly insignificant foot problem can produce dangerous consequences. Experts say that managing this risk is an important part of diabetes care.

"Living with diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage and poor circulation," says Dr. Brett Sachs, DPM, FACFAS, a Denver foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). "However, you can play a vital role in prevention."

To avoid serious foot problems that could result in losing a toe, foot or leg, follow these guidelines from ACFAS foot and ankle surgeons:

- Inspect feet daily. Diabetes may cause nerve damage, which takes away the feeling in your feet, so a daily visual inspection is important. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your foot and ankle surgeon if you notice any issues.

- Bathe feet gently. Wash your feet daily with a soft washcloth or sponge using only lukewarm water. Dry by blotting carefully.

- Moisturize. Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes -- that could encourage a fungal infection.

- Cut nails carefully. Cut nails straight across and file the edges. Don't cut too short, as this could lead to ingrown toenails.

- Never treat corns or calluses yourself. Don't perform "bathroom surgery" or use medicated pads. Visit your doctor for appropriate treatment.

- Wear proper socks. Always wear clean, dry socks. You may want to consider those made specifically for patients living with diabetes, which have extra cushioning, no elastic tops, are higher than the ankle and are made from moisture-wicking fibers.

- Shake out your shoes. Remember, your feet may not be able to feel a pebble or other foreign objects, so always inspect shoes before wearing them to help prevent blisters and sores that could lead to an infection or non-healing wound.

- Keep feet dry. Change your socks if they get wet. You may also consider using an antiperspirant on the soles of your feet.

- Never walk barefoot. It can be tempting to go barefoot in warmer weather. Never do so, not even at home. Always wear shoes or slippers to avoid getting scratched, cut or even burned from hot surfaces.

- Be active. Staying active is important. Just be extra careful, particularly if you play sports, to monitor your feet for related injuries.

- Treat your diabetes. Keep your blood sugar levels under control. Untreated diabetes can result in other conditions affecting the feet, including diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.

- Don't smoke. Smoking restricts blood flow in your feet.

- Get periodic foot exams. Your foot and ankle surgeon works with your other healthcare providers to prevent and treat complications from diabetes.

See your foot and ankle surgeon regularly, or as soon as you notice any problems, to help prevent the foot complications of diabetes.


For more resources and tips regarding foot and ankle health and conditions, visit the ACFAS patient education website, FootHealthFacts.org.

"When it comes to diabetes care, don't neglect your feet. Proper preventive care with the help of a foot and ankle surgeon can help keep your whole body healthy," says Dr. Sachs.

MORE PAGE 2

were the days...then mom yells get out there an play outside while its nice so you hop on your chopper bike with the banana seat and cruise the streets and meet up with some friends and play till the street lights came on.

Then in the night after Saturday Night Live was over with, the t.v. channel would play the Star Spangled Banner and tell you good night and we all turned in to bed. That folks was great living and I know cause I lived it. Ok well maybe not the chopper bike and the shag carpet but I did have the Tiger Beat centerfold on the wall and that's all I needed!! Till next week..peace and love!!



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