

Friday, May 10, 2024

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Warren Weekly

Your Hometown Newspaper

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Thought for the Week: It is our choices...that show what we truly are, far more than our abilities. J. K. Rowling

AWARDS

- Best of Show
- Best Ford
- Best Mustang
- Best Chevy
- Best GM (Non-Chevy)
- Best Truck
- Best Mopar
- Best Foreign
- Best Rat Rod
- Miss Warren Queen Choice
- + Top Ten
- + Club Award

THANK YOU TO OUR SPONSORS:

4th Annual

Historic Warren Main Street Car Show

Saturday, May 18, 2024
11:00 A.M. - 5:00 P.M.

HERITAGE POINTE OF WARREN
801 N. Huntington Avenue
Warren, IN 46792

Registration 11:00-2:00 p.m. \$15
Prize Raffle Drawing at 4:00 p.m.
Car Awards at 5:00 p.m.

- MUSIC
- FOOD TRUCKS
- 50/50 DRAWING
- MERCHANDISE BOOTHS \$25 Call or Text Courtney (740) 398-2543
- DOOR PRIZES
- PRIZE RAFFLE

FOR INFORMATION CONTACT (260) 375-6199

Follow our Facebook page: [Historic Warren Main Street](#)

4TH ANNUAL HISTORIC WARREN MAIN STREET CAR SHOW

Historic Warren Main Street is bringing a day full of fun to the Warren Community! Cars, Music, Food, Tours, Shopping & Giveaways! Mark your calendars and join us at Heritage Pointe of Warren on their beautiful front lawn Saturday, May 18th from 11:00 A.M. - 5:00 P.M. Car registration will be from 11:00 A.M. - 2:00 P.M.

Food Trucks from D & D Fish and Tenderloin and JB's "Cuisine Machine" will be providing food at the event and will be set up in the front parking lot. Also set up in the front area will be Merchandise Booths that will provide a shopping experience.

Enjoy live music from Karen Wehr & Friends Band 1:30-5:00. Bring your chairs and enjoy the day while viewing 100 cars & trucks!

Also available will be tours of Heritage Pointe of Warren Villas, Town Houses, Apartments & Assisted Living Apartments 12:00 -4:00. Take a tour and be entered into a drawing for prizes from Heritage Pointe of Warren!

Historic Warren Main Street will have raffles and drawings through-out the day. The raffle is open to everyone and you don't want to miss out on a chance to win some great prizes! Raffle drawing will be held at 4:00 PM with Show Awards at 5:00 PM

We want to thank our event sponsors, Crain Ford, Hy-Line North America, Glancy Funeral Homes, Mandy Surfus Realtor-Mike Thomas Associates Relators and Heritage Pointe of

CONTINUED PAGE 6

3 WAYS TO PROTECT YOUR HEART AND BRAIN THIS AMERICAN STROKE MONTH

The American Stroke Association encourages everyone to be a bold advocate for their health

Every 40 seconds someone in the U.S. has a stroke, and 1 in 4 stroke survivors will have another one[2]. During May, American Stroke Month, the American Stroke Association, a division of the American Heart Association, is raising awareness nationwide that stroke is largely preventable, treatable and beatable.

Here are 3 ways you can act now to beat stroke:

- 1) Learn how to spot a stroke F.A.S.T. If you see Face drooping, Arm weakness or Speech difficulty, it's Time to call 911.
- 2) Know your blood pressure numbers and keep them in a healthy range. High blood pressure is a leading cause and controllable risk factor for stroke and heart disease. Lowering your blood pressure reduces your risk of stroke.
- 3) Prevent another stroke – Be a bold advocate for yourself by talking to your doctor about managing risk factors to help prevent a second stroke.

A stroke happens when normal blood flow in the brain is interrupted. When parts of the brain don't get the oxygen-rich blood they need, those cells die. Quick identification and treatment of stroke equals a higher chance of survival and recovery. Having a stroke puts you at a higher risk for a second one. There are things you can do to reduce your risk, starting with identifying what caused your stroke and

uncovering your personal risk factors.

A stroke can happen to anyone at any time. However, the burden and risk of stroke is higher among Black and Hispanic adults in the U.S. This is in part due to unmanaged risk factors including high blood pressure, obesity and diabetes.

A large majority of strokes can be prevented through education and lifestyle changes such as moving more, eating smart and managing conditions like atrial fibrillation (AFib) and high blood pressure.

This American Stroke Month, be a bold advocate for yourself and others by learning the signs of a stroke and talking to your health care team to manage your risk factors. Stroke is an emergency. If someone is having a stroke, they must get medical attention right away.

Spot a stroke F.A.S.T.:

- * Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- * Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- * Speech Difficulty - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."
- * Time to Call 911 - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Test your knowledge and skills with the F.A.S.T. Experience, a digital series of

games and activities designed to educate users on what the warning signs of a stroke look, feel and/or sound like.

Prevent stroke now, so you can be there later. Learn more at Stroke.org/StrokeMonth.

The HCA Healthcare Foundation is a national sponsor of the American Stroke Association's Together to End Stroke® initiative and American Stroke Month.

OPINION: TAX REFORM IS ESSENTIAL FOR THE FUTURE OF INDIANA AGRICULTURE

by: Randy Kron, president of Indiana Farm Bureau
It's finally that time of year when temperatures are getting warmer and farmers are in the fields trying to get a crop in the ground. That also means it's time for property tax statements to hit mailboxes. How closely do you examine your property tax assessment each year?

I challenge you this year to really investigate how much your taxes went up and to which unit of government those increases are being allocated. On your bill, there will be notations on which areas have increased the most. If they increase by more than 27% overall from the previous year, something besides the base value is impacting your bill.

Farmers will experience that 27% increase in their farmland taxes this year after a 16% increase in 2023. Some farmers' bills are increasing 60 to 70% due to their local school district's debt obligations.

But this is more than just a farmer problem.

CONTINUED PAGE 3

WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda
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Phone: (260)375-6290 **e-mail:** editor@warrenweeklyindiana.com
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Kudos, Kicks & Karats



Spring has sprung and I am glad it did. This weekend I got some spring cleaning done and still have more to do but right now it's on the back burner. I threw my back out doing something I should have known not to do myself. I tried to pick up a window air conditioner and put in the window. That was stupid. Like my momma said, one day you will learn you're not young anymore. Well I've known that for quite some time, just don't abide by the fact I am getting older.

Several years ago I slipped at work and fell and ever since then I have really struggled with back issues. I thought I broke my tailbone and the doctor said if you think that's what you did, then there really isn't much I can do for you. So I went on my way, no x-rays or exams and hoped for the best. Years later when I was in for issues, the doctor took x-rays and he asked me, I thought you said you broke your tailbone, cause right there is your tailbone in complete shape, but if you look here, you will see that you broke your back. So there you have it. So if you ever get injured always have it thoroughly checked, regardless if you think you're tough and can hold your own. I thought I could, when years later, I cant and 16 injections later, it shows. Now I can't have injections cause all the insurance companies decided that if they go in and burn the nerves in your back it will be a cure all, wrong, it didn't cure me!! So hopefully with life changes and etc I can get through this. I'm sure they will do them but you have to get through the criteria before they will do them.

Upcoming events for the Salamonie Summer Festival is May 17th is the Fish and Tenderloin Supper by Dans from 4:30 to 7. This will be a drive thru only. Then the golf outing at the Dogwood Glen golf course will be June 1st watch for more information and Don't forget the Rock A Thon at Dollar General on June 15th where our very own Bonnie Boxell will be rocking to collect funds for the festival. So if you would like to make a donation towards the festival you can drop off at Dollar General on June 15th with Bonnie or you can also drop off any donations with Cheryl DeWeese at the DeWeese Soft Water during business hours.

It sounds like Warren will be rockin this summer. Kicking off the summer concerts at Riverside Park will be Hubie Ashcraft Band on May 31st (I hear there is going to be free ice cream to enjoy along with the band). Then on Thursday night June 13th Soulshot band along with the Cannonball Brass will be on the stage, then June 28th Jai Baker will be doing a combo of country and alternative rock, then the Salamonie Summer festival weekend, Friday night will be Cooke and Bell with Saturday night bringing Attaboy back to town for another great concert. Then the last three Final Friday concerts will be July 26th Sweetwater Sound, August 30 Whoa, Man and

CONTINUED PAGE 6

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 Warren IN
 260-375-4505

TC
CITIZENS TELEPHONE CORPORATION
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 to all your non-internet friends. The Warren Weekly can be read at the Warren Public Library!

Drop off your news and advertising for the **Warren Weekly** at Town Hall Downtown Warren

ASBURY CHAPEL UNITED METHODIST
 8013W 1100S - 90, Montpelier
 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 CHURCH OF WARREN
 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 COMMUNITY LIFE CHURCH
 260/468-2148 Sr 9 & 124
 Rev. Michael Gallant - "Pastor Mike"
 Good Morning Church (Sunday School for all ages9:00 - 9:45
 Worship Service10:00 - 11:00
 Everyone is Welcome

SALAMONIE CHURCH OF BRETHREN
 468-2412
 Mel Zumbrun, Pastor
 Worship9:30 a.m.
 Church School 10:45a.m.

1st CHRISTIAN CHURCH OF WARREN
 375-2102
 www.firstccw.net
 Troy Drayer, Senior Pastor
 Takarra Myers, Youth Director
 office@firstccw.net
 Sunday Worship..... 9:30 a.m.
 Wednesday Bible Study 6:00 p.m.
 Youth Sunday School during
 Worship Service
 Youth Group-Wed 6:00 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 CHURCH OF THE VINE
 765-934-1431
 Pastor Brad Hensley
 vanburenchurchofthevine@gmail.com
 Worship Service 9:30 am
 Sunday School 10:45am
 Not Home Alone - Wed 3:00 pm
 Prayer Group (Thur)..... 6:30pm
 Men Serving God Group ... 4th Sat. 9am
 Little Ones Book Club 1st Tue 10:00 am
 Just Older Youth 3rd Tue 12:00 pm

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

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



Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

The Indiana State and Local Tax Review Taskforce met on April 17 and heard testimony from House Ways and Means Chairman Representative Jeff Thompson (R-Lizton). He shared information about farmland tax increases and the elements of the farmland formula that impact the base value. He emphasized how school tax levies have escalated tax bills tremendously.

Chairman Thompson intends to focus on reducing the complexity of the property system, addressing some tax base problems - like farmland values - and closely examining how to effectively and fairly control the growth of tax levies. He has predicted that it will take multiple legislative sessions to accomplish the breadth of tax reforms being discussed.

In the meantime, Indiana Farm Bureau formed its own tax taskforce and is taking a deep dive into what's impacting a farmer's tax burden. Many different elements will be reviewed by our internal taskforce, and we'll continue to work with legislators and other stakeholders to find solutions.

How can you help? Start asking questions and having conversations at the local level with your county assessor or auditor. Talk to your state legislators about your personal stories and how your tax bills have increased. They've already started having conversations about legislation for the 2025 session, so we encourage you to have those conversations now so tax issues can be at the forefront.

If you have ideas on how the system can change for the better, reach out to your county Farm Bureau or a member of INFB's public policy team. We'd love to hear from you as we work with the state's financial leaders in crafting effective tax reform.

We all have a vested interest in easing our tax burden. This is especially true for our farmers and rural communities who are grappling with predictions of

lower farm income in 2024. Success in agriculture means greater food security and a stable economy in Indiana, of which the ag industry is a primary driver. Call your legislators and share your stories to help build a foundation for the 2025 legislative session.

JACKSONVILLE & TREASURE ISLAND TRIP DAY 5

by Larry Ryan
An 8:30 breakfast of eggs, bacon, etc. was not a rushed meal. We chose not to take the 9:45 bus across the parkway to the Town Center to shop, but rested in the hotel room instead. I started reading an Amish novel, but was interrupted by requests from family members to send pictures of our visit to St. Augustine.

Moe's Southwest Grille was selected for lunch since it was the closest eatery. I observed and helped choose the items for the burrito as the employee carefully mixed the ingredients and folded a tortilla around them. While it was being warmed in a small oven, various self-served salsas were scooped into small plastic cups. Of course, corn chips accompanied the meal.

Due to the forecast of rain for the next day, our tour director was able to flip-flop the next two afternoon

schedules. This meant that the catamaran cruise was going to happen today. The temperature was 69 degrees but cloudy when the bus left for that adventure. It was snowing back home at the same time.

Upon leaving via the Town Center Road, the driver turned onto I-295 South towards St. Augustine again. A highway sign stated that Miami was only 332 miles ahead. Luckily we did not have to travel that far! After turning at Four Mile Road and skirting a round-about, I noticed Spanish Moss on most trees except palm and pine. Why? We passed a small house named, Ruby's Place which featured two front doors and Hand & Stone Massage Parlor before entering St. Augustine's city limits.

As we motored into the Carefree Boat Club parking lot, our tour guide announced the 2628 code to gain entrance to the boat dock rest rooms. Thankfully I did not have to remember it as one person ahead of me manned the door.

The "Sabrage" catamaran left the dock at 2:10. The name was derived from an olden year's activity of opening a champagne bottle using a sabre and people shouting, "Sabrage!" We cruised past the Cat's Paw Marina and a moored boat named, The Salty Peanut." A lighthouse was visible to the east as we sailed under the Lions Bridge

and past the Spanish Fort. It was once manned by the British but they gave it back to the Spanish because of the unbearable, mosquito infestation. In passing Anastacia National Park and Island, we thought that a naked sunbather was spotted. False alarm! Back to photographing a pirate ship loaded with kids and make-believe pirates.

The bus left for the hotel at 4:05 and passed Winn Dixie grocery and signs for "Five Star Pizza" and "Dunkin Donuts." Yes, I was thinking about the next meal. We arrived back at the Hyatt Place Hotel at 5:20 and ordered a "Five Star Pizza" to be delivered from the nearby eatery. The first person to answer the phone call did not know where we were located. My wife made the second call and got results--A pizza with everything except anchovies. It provided two meals.

We watched "Shark Tank" and some of the Rising Stars, pro basketball game.

YOUR WORDS MATTER

by Bryan Golden
You are usually conscious of what you say to others. The things you say are based on what you want to achieve. You know from experience that the words you chose have a big impact. When you use the wrong words, the reaction of others is not what you intended.

What you say to yourself is just as important as what you say to others. Yet, too many people are not fully aware of

the impact their self-talk has on their own wellbeing. Your words to yourself program your mind.

Your mind follows whatever commands you provide. It doesn't question the directives it receives. It dutifully obeys whatever it is told to do. Your attitude, your actions, the way you feel, your perception, and your outlook, are all impacted by your words.


You talk to yourself constantly. Too often you say negative things. You find fault with yourself. You put yourself down. You diminish your accomplishments. You focus on what you feel you can't do. You tell yourself how many things are impossible. You justify failures with a never-ending string of excuses.

If there are areas of your life you want to improve, you must begin by changing what you tell yourself. Your self-talk changes your thoughts. Nothing in your life changes until your thoughts change.

There are various flawed strategies which people employ instead of striving to say the right words to themselves. For example, waiting for conditions to improve leaves you waiting a long time. Rather than passively waiting for things to change, you have to make things change.

Hoping for circumstances to change is also ineffective. Although there is nothing wrong with hope, it must be combined with action in order to have a positive impact.

CONTINUED PAGE 8



**Weekly Specials
May 9 - 15**

MOTHER'S DAY HANGING BASKETS

- Garden Fresh Rhubarb
Only \$2.00 lb
- Turkey Pot Pies
Save at 89¢ ea.
- Malt-O-Meal Cereals
2 for \$6.00

Outside Stand - Daylight to Dusk Inside Store Open Daily

Open Daily

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

We accept EBT and SNAP
609 E. 1st St. Warren
www.jeffsfarmmarket.com

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.

May 13	6:00p	W - Town Council Meeting @ Assembly Hall
May 14	6:30p	W - SSF Meeting @ KBC
May 15	7:00p	V - Town Council Meeting @ Town Hall
May 20	6:30p	W - KBC Board Meeteing @ KBC
May 31	7-9pm	W - Hubie Ashcraft Band @ Riverside Park
Jun 5	Noon	W - Chamber of Commerce Luncheon @ KBC
Jun 5	7:00p	V - Town Council Meting @ Town Hall
Jun 10	6:00p	W - Town Council Meeting @ Assembly Hall
Jun 11	6:30p	W - SSF 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

GENEALOGY REPORT

SINCLAIR

Phyllis Sinclair, 87, passed away on Tuesday, April 16, 2024, at home with family by her side.

She was born in Marion to parents Wilber and Opal Chapman on February 14, 1937.

Phyllis was a 1955 graduate of Marion High School.

She married her beloved husband of 65 years, David "Dave" C. Sinclair, on January 26, 1957.

They have two children together, Jeani and Charles "Chuck."

Phyllis retired from Auto Owners Insurance, Sweetser, after working 30 years as an underwriter.

She was a member of Morris Chapel Church, Marion, and Tall Sycamore Campground Church.

Phyllis and Dave took their children and later, their grandchildren, on mission trips to Oklahoma every summer through the United Methodist Church.

She and her husband enjoyed camping and were members of Good Sam's Club Camping Club for many years. They were full time RV'rs and spent winters in Lake Placid, Fla., and summers in Logansport.

Phyllis was caring, witty and sweet, always putting others first and her children never saw her angry. She made the most delicious Oreo cookie dessert. Phyllis passed her

time with plastic canvas crafts, crocheting, crossword puzzles, logic problems and painting. In later years, you could find her watching old westerns, Little House on the Prairie and John Wayne movies while playing her electronic Skip-Bo game.

Phyllis is survived by her daughter, Jeani Pendleton, of Van Buren; son, Chuck (Nanette) Sinclair, of Marion; five grandchildren, Renee Pendleton, of Marion, Ryan (Chelsie) Pendleton, of Van Buren, Jenifer Meyer, of Indianapolis, David L. Sinclair, of Marion, and Carmen (Stephen) Stoffel, of Poinciana, Fla.; seven great-grandchildren; brothers, Tim Chapman, of Wisconsin, and Ed Chapman, of Wisconsin; many nieces and nephews; her wonderful caregivers, Dawn and Mindy.

She was preceded in death by her husband, David, parents, Wilber and Opal Chapman, siblings, Janet Byer and Larry Chapman, and a great-grandchild, Jeremiah Liam.

A Memorial service will be on Monday, May 13, 2024, at 2 p.m. with Pastor Tony Manis officiating at Hanfield Global Methodist Church, 101 N. 400 E., Marion.

Friends may call one hour before the service.

Phyllis will be interred at Gardens of Memory Cemetery, 11201 S. Marion Rd., Marion, in a private service.

Memorials can be made to the Alzheimer's Association.

MURPHY

Danny M. "Murf" Murphy, 71, of Warren, passed away on Tuesday, April 23, 2024, at Lutheran Hospital, Fort Wayne.

He was a long-time semi driver and muscle diver. He enjoyed both of his jobs.

Danny loved the outdoors, cooking, fishing, camping, gardening, football, especially the Colts, Harley Davidson and, most of all, being with his grandchildren every day.

He was a loving and caring son, father, grandfather, brother, uncle and a friend to many.

Danny is survived by his children, Danielle (Scott Yeargan) Brennan, Jennifer Murphy, Gregory Brennan and Jonathon Brennan; a brother, Kenny (Laura) Murphy; a sister, Cyndie (Charlie) Shaw; ten grandchildren, Bentley Smith, Jazzlynn Yeargan, Jordyn Yeargan, Jaspyn Yeargan, Jasmynn Yeargan, Jacklynn Yeargan, Jaxyn Yeargan, Paisley Craft, Jamie Marsee, Dillion Marsee and Casey Murphy.

He was preceded in death by his mother, Ruth E. (Parker) Ingle, his father, Richard W. Murphy, a son, Jason Murphy, and three brothers, William "Bill" Murphy, Greg Murphy and Rick Murphy.

A graveside service for Danny will be on Thursday, May 9,

2024, at 11 a.m. at Hillcrest Cemetery, Huntington.

Pallbearers will be Gregory Brennan, Jonathon Brennan, Scott Yeargan, Jaspyn Yeargan, Jordyn Yeargan, Chad Shaw, Cody Grunden and John Grunden.

ROUSE

Gracie Michelle Mason Rouse, 23, left this life on Saturday, April 27, 2024, at her residence from a sudden illness.

She was born on February 20, 2001, in Muncie the daughter of David Rouse and Laurel Rosinski.

Gracie graduated from Muncie Central High School in 2019.

She later became a homemaker.

Gracie really enjoyed being a Mommy!

Survivors include her son, Chance James Spencer, of Muncie; parents, David Rouse (Tuesday Morrison), of Muncie, and Laurel Rosinski, of Muncie; three brothers, Hunter Burns, of Albany, David "Doc" Rouse, of Eaton, and Peyton Rouse, of Albany; one sister, Danica Myers, of Muncie; maternal grandmother, Shirley Rosinski, of Muncie; paternal grandparents, Dave and LouAnn (Watkins)Rouse, of Eaton; her boyfriend, Alex Jones, of Van Buren; several aunts, uncles and cousins.

She was preceded in death by her maternal grandfather, Dwight Rosinski.

Funeral services will be on Wednesday, May 8, 2024, at Parson Mortuary, 801 W. Adams St., Muncie, at 5 p.m. with Aunt Sonni Stevenson officiating.

Cremation is to follow. Parson Mortuary Cremation Center is entrusted with these arrangements.

Friends may call at Parson Mortuary, Muncie, on Wednesday, May 8, 2024, from 4 p.m. until the time of the service.

Memorial contributions may be made to the family for future educational opportunities for Gracie's son, Chance James Spencer.

HOLLISTER

Gail Elaine Hollister, 71, of Wolcottville, Indiana, died at her home on May 1, 2024.

Mrs. Hollister was born on March 6, 1953, in Bluffton, to Clarence Albert and Mary Lou (Hankins) Mossburg; they preceded her in death.

Mrs. Hollister taught at Wolcott Mills Elementary School in Wolcottville. She taught 5th grade for most of her career but had also taught 4th grade, Reading Recovery and Gifted and Talented Class.

Gail was a member of the Open Door Community Church in Wolcottville, where she was involved in outreach

CONTINUED PAGE 5




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GENEALOGY REPORT

MORE PAGE 4

and membership, was the social secretary, and helped with Bible school and Kids Club Youth Group. She was also an essay reader for the LaGrange County Community Foundation, enjoyed visiting friends and family, traveling, reading, doing puzzles, playing Wordscapes and Sudoku, and watching Hallmark movies. She liked to watch birds, especially hummingbirds and cardinals, and loved to be around flowers.

On Aug. 6, 1977, in Bluffton, she married Jeryl Wright Hollister; Jerry survives in Wolcottville.

Also surviving is a son, Nathan (Stephanie) Hollister of Lafayette; a sister, Christine Mossburg of Wolcottville; brothers, Steven (Dona) Mossburg of Wolcottville, Bruce W. Mossburg of Grand Rapids, and Brian K. Mossburg of Bluffton; and a close family friend, Marsha Bartrom of Wolcottville, .

Visitation will take place from 3-7 p.m. on Tuesday, May 7, 2024, at Frurip-May Funeral Home, 309 W. Michigan St. in LaGrange.

Funeral services will take place at 10 a.m. on Wednesday, May 8, 2024, at the funeral home.

Graveside services will take place at 1 p.m. at Woodlawn Cemetery in Warren.

RYBOLT

Michael L. "Mike" Rybolt, 76, of Berne, Indiana, passed away on Thursday, May 2, 2024, at Stillwater Hospice in Fort Wayne, Indiana.



Mike was born on December 3, 1947, to Ernest A. and Mabel Marceil (Maddock) Rybolt in Bluffton, Indiana. He graduated from Salamonie Township High School in 1965.

After high school, Mike served in the United States Army in the 5th battalion 68th armor division as a sharpshooter, and personal driver to the colonel during his service at HHC in Germany. He formerly owned Rybolt Appliance in Warren, Indiana

and retired from LICA construction as a dump truck driver.

Mike loved the outdoors, including fishing, bird hunting, tractor pulls, farming, or tending his garden. Mike loved his cars, loved keeping them clean, and especially loved the fast ones. He was a proud SAL member at American Legion Post #468 in Berne, Indiana. Mike was loyal to John Deere, loved people and was a social butterfly. He truly was a friend to all.

Mike was preceded in death by his parents, Ernest and Mabel Marceil Rybolt, and brother-in-law, Chuck Booher.

Loving survivors include his children, Jared (Star) Rybolt of Warren, IN, Jenni (Keith) Felton of Huntington, IN, Josh (Paige) Rybolt of Boise, ID, and Josie (Levi Albertson) Rybolt of Andrews, IN, grandchildren, Lillie Felton, Naomi Rybolt, Lydia Felton, Olivia Rybolt, Mason Albertson, Lane Felton, Morgan Maser, Lucille Felton, Pheona Rybolt and Jackson Rybolt, siblings, Sandy Booher, Linda (Barry) Hammel, and Vickie (Jerry) Grim.

Friends and family may gather to share and remember on Thursday, May 9, 2024, at Glancy-H. Brown & Son Funeral Home located at 203 N Matilda St. Warren, IN 46792, from 4pm to 8pm. A funeral service will be held on Friday, May 10, 2024, at 11am, with visitation one hour prior. Pastor Barry L. Humble will officiate and military rites will be performed by American Legion Post #468 of Berne, Indiana.

In lieu of flowers, memorial contributions can be made to: American Legion Post #468, 524 Berne St. Berne, IN 46711.

STEWART

Judith A. Stewart, 80, of Poneto, passed away Thursday evening, May 2, 2024, at Lutheran Hospital in Ft. Wayne, IN.

Judy was born in Bluffton, on Nov. 14, 1943, to Earl J. and Della M. (Murray) Murray, both parents preceded her in death. She married Donald "Gean" Stewart in Wells County on Aug. 15, 1959, he

preceded her in death on April 21, 2024.

Judy worked as a meat packer for various grocery stores in Bluffton and was a bartender with the Elk's Lodge, Bluffton Moose Lodge and the American Legion Post 111 in Bluffton in addition to managing the Parlor City Country Club restaurant and bar for many years. She enjoyed dancing to the music performed by the Mountain Dew Boy's Band and bowling with her local league in Bluffton.


She is survived by two daughters, Carol (Bruce Smith) Nestleroad of Craigville and Rhonda Stewart of Berne; two grandchildren, Michael (Kris) Nestleroad and Adam Stewart both of Bluffton; five great-grandchildren and one great grandchild; two sisters, Pat Coleman of Foley, Ala., and Mary Taylor of Bluffton; a brother, Rick Murray of Bluffton; and a daughter-in-law, Alicia Stewart of Bluffton.

In addition to her parents and husband, Judy was preceded in death by two sons, Ronald Stewart and Larry Stewart; a brother, John Murray; and a great-grandchild, Braden Nestleroad.

As Judy requested, there will be no formal service at this time. A private family graveside will take place at the Mossburg Cemetery, Liberty Center.

In lieu of flowers, memorials can be made to Heart to Heart Hospice, in care of the funeral home.

ABENATH

 Jack D. Abenath, Sr., 76, of Bluffton, passed away on Saturday evening, May 4, 2024, at his residence surrounded by his family.

He was born on Oct. 8, 1947, in Cedar Lake, Indiana, to Theodore and Blanch (Jones) Abenath. Jack served our county in the U.S. Army during the Vietnam War. He worked for many years at Wayne Metals and retired from KITCO Company in Bluffton. Jack enjoyed fishing, working with his hands, and riding his motorcycle. Most of all, Jack

enjoyed spending time with his family. He was a long-time member of the American Legion Post #111 of Bluffton.

Survivors include his companion of over 20 years, Nina Stultz of Bluffton, a sister Cindea (Fred) Frantz of Liberty Center and many nieces and nephews.

Jack is preceded in death by a son, Daniel E. Abenath on March 27, 2011, and eight brothers and sisters.

Visitation will be held from 3-7 p.m. on Tuesday, May 7, 2024, at the Thoma/Rich, Lemler Funeral Home in Bluffton and for one hour prior to the service on Wednesday.

Funeral services will take place at 10 a.m. on Wednesday, May 8, 2024, at the funeral home with Pastor Alan Crull officiating. Burial will follow at Fairview Cemetery in Bluffton with military honors by the U.S. Army Honor Guard and American Legion Post #111 Honor Guard of Bluffton.

Memorials may be made to the American Legion Post #111 of Bluffton.

SHADY

Joyce A. Smith – Shady, 92 of Bluffton, passed away Saturday morning, May 4, 2024, at Christian Care Retirement Community in Bluffton.

She was born Nov. 14, 1931, in Wells County, to Clifford and Nellie (Pinney) Fryback. Joyce was a 1949 graduate of Liberty Center High School and worked as a respiratory therapist at the Caylor-Nickel Clinic for 12 years, retiring in 1994. She was a longtime member of the First Church of Christ, was active in the P.T.A at school, Girl Scouts, Cub Scouts and served as a Democratic Committeeman in Wells County.

On March 21, 1949, in Huntington County, Joyce and Ralph Smith were married and he preceded her in death Nov. 12, 1994. On Oct. 24, 1996, she married Donald E. Shady in Bluffton, and he preceded her in death on Nov. 14, 2021.

Survivors include two sons, Don (Jackie) Smith of Bluffton,

and Neal (Vickie) Smith of Lanesville, Ind.; and two daughters Judy Thompson and Sherri (Charlie) Smiley of Bluffton; along with nine grandchildren. She is also survived by son-in-law Joe Poffenberger of Bluffton; and a sister, Pat Mossburg of Bluffton.

Joyce is preceded in death by her parents; husbands; a loving daughter, Cynthia Poffenberger; and two grandchildren, Corey Poffenberger and Ted Smith.

Funeral Services will take place at 3 p.m. Wednesday, May 8, 2024, at the Thoma/Rich, Lemler Funeral Home in Bluffton with Dave Schultz officiating. Burial will follow at Elm Grove Cemetery in Bluffton.

Visitation will be held from 1 p.m. to 3 p.m. Wednesday, prior to the service at the funeral home.

Memorials may be made to the First Church of Christ.

JOHNSON

Duane Howard Johnson, 56, was born in Marion on August 16, 1967. He came into this world kicking and screaming, covered in blood. Duane was born to Thomas and Sarah Johnson.

He passed away on Sunday, May 5, 2024. Duane led a fruitful life.

After having graduated from Madison-Grant High School, Fairmount, he met and married Pam Allen. They had two wonderful children, Brittany (Adam) Marvin and Nathan (Gabby) Johnson. But, the marriage was not meant to be.

Duane then met and married the love of his life, Lizette Johnson, which brought him two more wonderful children, Timothy (Lauren) Pauley and Laura (Nick) Ashba.

Over the years, his children gave him the greatest gifts imaginable - his grandchildren, Isla Pauley, Hannah Pauley, Scarlett Marvin, Cato Marvin, Axel Marvin, Lakelynn Marvin, Luke Ashba and Amelia Ashba.

Duane so enjoyed the family gatherings, either at the lakes or on the farm.

CONTINUED PAGE 6

AREA NEWS CONTINUED

MORE PAGE 5

We as a family have had many wonderful pets. But towards the end of his life, Duane found and got the most wonderful and bestest boy in the world, Scottie Samuel Johnson. "Scott" was supposed to be a labradoodle but turned out to be a dorky derpy dog that loved to chase squirrels. But he loved that dog like no other.

After high school, Duane chose not to continue his formal education, but rather dabble in the automotive industry. He started his career at Matthews Buick GMC on December 14, 1987. He worked his way up from the delivery driver and every position in the parts department till he became the parts manager in June of 2005.

When the dealership changed owners, he continued until his death with Greg Hubler Buick GMC. He met and worked with a lot of wonderful people, too many to list.

When he wasn't with family, friends, or at work, Duane met with many of his fraternal friends. He was a long-time member and Past Master of McCulloch Lodge #737 F & AM. He also was a 32 degree Scottish Rite member in the Valley of Fort Wayne.

One of Duane's most fond memories was when he was presented with his Legion of Honor collar and medal from DeMolay International for his service to the organization. In these organizations he has met many friends and brothers and made lifelong friendships - Dewayne and Kelly Jones and David, Erika and Kacie Devine are among his most special ones.

Long Lake Resort, yes, that was his happy place. He loved spending time at the lake, riding on the golf cart, boating, swimming and cooking out for friends and family.

But not fishing - Duane couldn't catch a fish for anything there.

He was preceded in death by many a family member, his mother, Sarah Johnson, youngest son, Nathan Johnson, and a man that was dear to

his heart, his father-in-law, Big Jim Gross.

Duane is survived by many friends and family, his father, Tom (Mary) Johnson; older brother, David Johnson; mother-in-law, Danna Gross; sister-in-law, Kim (Dan) Wall; brother-in-law, Jimmy (Danielle) Gross; too many to list of aunts, uncles, cousins, nieces and nephews.

He was quiet about his religious views. But, trust me, he is kneeling at the throne, reunited with his son, Nathan.

Duane attended many different churches in his lifetime, but finally landed at LaFontaine Christian Church, where he and Liz were members for many years.

Arrangements have been entrusted to College Park Chapel of Armes-Hunt Funeral Home and Cremation Services, 4601 S. Western Ave., Marion.

A private graveside service will be at a later date for family and close friends.

In closing, I found it very interesting to have composed my own obituary. I want to wish everyone well and see you on the other side. Love you!

ARIVETT

Darrell Arivett passed away on May 6, 2024 in Fort Wayne, Indiana at the age of 79.

He was born in Langley Arkansas on February 7, 1945 to Lancy and Lessie Arivett. He graduated from Jefferson High School in 1964. He married Sharon Clements in 1966.

He has a daughter, Malinda (Keith) Wood of Houston, TX, and a son, Mitchell Arivett of Warren, IN. He has 4 grandchildren, Paige and Kody of Houston, TX, and Tate and Drew of Van Buren, IN.

To honor Darrell's wishes, there will be no services held at this time.

PLASTERER

Lola M. Plasterer, 94, of Warren, passed away on Monday, May 6, 2024, at Heritage Pointe of Warren.



She was born on January 27, 1930, in Roanoke to John and Gladys (Yoquelet) Wilcoxson.

Lola graduated from Warren High School in 1948.

She married Paul A. Plasterer on September 3, 1950, in Huntington. He preceded her in death in 2004.

Lola was an avid bowler. She was involved in many activities at her church, Salamonie Church of the Brethren, Warren. Lola loved to play cards, especially Euchre. She also was a former member of Sympathy Club of GM, Marion.

Lola was preceded in death by her parents, John and Gladys Wilcoxson, husband, Paul Plasterer, sons, Gary Plasterer and Roger Plasterer, brothers, Carl Wilcoxson and Larry Wilcoxson, and granddaughters, Rebecca Chu and Rachel Chu.

Loving survivors include her son, Harold (Linda) Plasterer, of Warren; daughters, Carolyn (Steve) Redding, of Huntington, and Lois Plasterer, of Encinitas, Calif.; siblings, Doris (John) Souers, of Warren, Esther Bartrom, of Huntington, Carol Riley, of Huntington, and Maurice (Norma) Wilcoxson, of Lancaster, Ky.; 11 grandchildren; 21 great-grandchildren with another on the way.

Friends and family may gather to share and remember on Friday, May 10, 2024, at Salamonie Church of the Brethren, 2662 W. 600 S., Warren, from 10 a.m. to 1 p.m.

A funeral service will begin at 1 p.m. with Pastor Mel Zumbrun officiating.

Burial will follow at Gardens of Memory Cemetery, Marion.

In lieu of flowers, memorial contributions can be made to Salamonie Church of the Brethren, 2662 W. 600 S., Warren, IN 46792.

MORE PAGE 2

September 27th the Time Travelers. There will be a few other concerts throughout the year with the Mountain Dew Boys playing on July 5th at the tractor show and if you miss this one they will be playing at Tower Park before the fireworks to close out the festival. Karen Wehr and friends will be playing during the Historic Warren Car Show at Heritage Pointe on May 18th and then Warren will host a Worshipfest on August 4th at 2 p.m. at the Riverside Park stage.

You know I have worn many hats in my time but I think my favorite one of all is when John and I would DJ parties. I love music and we would go and play all kinds of music and we could fit in any time era from the 1950's and up to the latest hits. It was a lot of work tearing down and setting up, but so worth it. Would I do it again, you bet I would but with lighter equipment. Now days they have a computer and a speaker. When we were doing it we had 4 tower speakers, a mixing board, receiver, turntable, dual cassette deck, 6 disc cd player a microphone and the crate of records, and all the boxes of cd's and cassettes. Talk about old school. Every record, tape or cd had an index card of every song on it so I had a quick reference to look at if someone made a request, just to make sure I had that song and which album it was on. Now days all you have to do is type it into the computer and away we go. Today I'm sure its more profitable to DJ than it was back then. To keep up with the latest greatest hits you had to buy the cd, cassette or album at lets say \$10.00 a pop (back then) and of course there was all kinds of music coming out all the time. I would almost hate to know how much I have spent in just buying music cause I'm sure now that I have been trying to get rid of all the albums, cd's and cassettes since we sold all our equipment, I am definitely not getting that out of them. lol.

Well I best get on with the day and try to be a little productive, I'm sure I'll feel better if I get up and move, I just won't overwork myself so I can get to work tomorrow. Have a great week and next week I will have a great new recipe to share with you that we or should I say I enjoyed for Cinco de Mayo, John wasn't too cracked about it, but it is one of my new favs.

MORE PAGE 1

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AREA NEWS CONTINUED

MORE PAGE 3

Blaming others for your situation puts your fate in someone else's hands. You are responsible for your life. Although you can't control the actions of others, you do control your thoughts, emotions, and responses.

Doing the same things over and over, while expecting a different result, is one definition of insanity. In order to alter your results, you must change what you are doing. Remember, there is always a cause-and-effect relationship between what you do, and the results you obtain.

Don't justify negative self-talk as being realistic. This is another excuse. While you are figuring out reasons for not succeeding, others are doing exactly what you claim is unrealistic.

You can make self-talk a powerful, positive tool which propels you towards your goals. Here are some steps to guide you through this process. Begin with a constant awareness of the words you use when speaking to yourself. Each negative word must be replaced with a positive one.

You want a zero-tolerance policy for negative self-talk. There is no room for any discouraging words. Each negative word, or phrase, has a corresponding positive one. You must fill your mind with positive instructions.

Use the same approach which works when taking a vacation. Start by selecting a destination. Next, figure out how to get there. The way you accomplish any goal is to start with positive self-talk. You tell yourself all of the reasons you can, should, and will succeed. You tell yourself all of the benefits of reaching your goal. You tell yourself how you will feel once you have arrived at your destination.

Clearly, the words used when speaking to yourself matter. They are the difference between success and failure. They lead to happiness or produce frustration. Since you have total control over which words you use, choose only words

which lead to positive outcomes.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columnist.com or visit www.DareToLiveWithoutLimits.com Copyright 2024 Bryan Golden

GETTING TOMATOES TO GROW

by Daris Howard

My cousin Becky loves gardening about as much as I do. We often compare notes on what works and what doesn't.

"How do you do on your tomatoes?" she asked.

"Oh, I do okay," I said.

"Do you do anything special?"

"Not really," I replied. "I do usually plant them in tires, so the tires heat up during the day and keep the tomatoes warm at night."

"Do you get a big crop?" Becky asked.

"I get an okay crop," I replied.

"My biggest problem is I get them going well, I keep them weeded for about half the summer, but then everything hits at once. As a scoutmaster, I have scout camps, then the berries need picking, and the peas need shelling. The tomatoes grow weedy. They still produce well, but not as well as they could."

"Do you ever talk to your tomatoes?" she asked.

"Not intentionally," I replied.

"Why do you ask?"
"As a girl growing up, my mother would swear that plants did better if you talked to them and praised them. I keep my tomatoes weeded, watered, and I talk to them."

"What do you say to them?" I asked.

"I tell them they are very good tomatoes, and that I love them. I also tell them, thank you for giving me food. But they still don't produce very well. Everything they give me is green and undersized."

"Do you fertilize them?" I asked.

"Yes. I get a load of fertilizer from the dairy farm that is just down the road."

"Maybe that's the problem," I said.

"What?" she asked.

"You tell them how beautiful and wonderful they are, then you dump a load of cow poop all over them. I think the problem is that after you tell them all those wonderful things, and then do that to them, they don't believe a word you say."

"Don't you use manure on yours?" Becky asked.

"Sure," I teased. "But I don't go extolling all the plants' virtues before I douse them in it. I just do it."

Becky's daughter, Kaley, said, "He's probably right, Mom. Let me take over raising the tomatoes and see if they do better."

"Yeah, Becky," I joked. "Maybe you smashed your green thumb with a hammer and turned it purple."

The subject changed, and we got talking about other things. The summer went by, and I forgot all about our visit about gardening and tomatoes. But in the fall, I invited Becky and her family up for a cookout. We were finishing up roasting hot dogs and marshmallows when the conversation turned to the harvest.

"So, how did your garden turn out this year?" I asked.

"Quite well," Becky said. "Especially the tomatoes."

That was when I remembered our previous conversation.

"So, did Kaley take over the tomatoes like she said?"

Becky nodded. "She did, and they turned out incredibly well."

"Did she talk to them, too?" I asked.

"Yes," Becky said. "I think it's part of our family heritage to talk to our plants."

"So, what did she do differently?" I asked.

"Nothing, really. Same water, same weeding, and same manure. The only difference was what she said to them. She said I was killing them with kindness, and that needed to change."

"What did your daughter say to them?" I asked.

"She said, 'You tomatoes better get your act together and produce lots of fruit, or I'm pulling you out by your roots.' Boy, did they produce!"

(Daris Howard, award-winning, syndicated columnist, playwright, and author, can be contacted at daris@darishoward.com; or visit his website at http://www.darishoward.com, to buy his books.)

HOW WORKPLACES CAN CONTRIBUTE TO COPD RISK

Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, is a long-term lung disease that makes it hard to breathe. Impacting 11.7 million people in the United States, many people think of it only as a disease that impacts people who smoke and use tobacco products, but long-term exposure to dust, chemicals, fumes and vapors from the workplace are also risk factors.

In fact, work-related exposures account for 10-20% of either respiratory symptoms or lung function impairment consistent with COPD.

To help people understand the many facets of COPD risk, the American Lung Association is launching a campaign to raise awareness of occupational COPD. As part of the campaign, they are sharing patient insights, along with information to help people identify workplace risk factors and signs of disease progression.

Knowing the Risk Factors
Mary Cohen, who lives with COPD, started having symptoms when working at a nail and hair salon.

"I did not realize that working in a hair and nail salon doing nails would put me at risk for lung disease, COPD," says Cohen.

The leading industries and job types that increase risk for COPD include agriculture,


mining and manufacturing, however many types of workplaces, from construction to welding, can potentially expose workers to harmful irritants that can contribute to developing COPD. Workplace exposures include:

- Secondhand smoke
- Mineral dusts like silica, coal and asbestos
- Organic dusts like cotton, wood and grains
- Metal or welding fumes like cadmium
- Diesel or exhaust fumes
- Asphalt, tar fumes, or vapor in roads or roofing
- Smoke from fires

Recognizing the Signs
While there is no cure for COPD, it is often preventable and once diagnosed, can be managed and treated. That's why recognizing the symptoms as early as possible is so important. These symptoms include shortness of breath, a cough that may bring up sputum (mucus or phlegm), wheezing, tiredness or fatigue, or repeated lung infections like bronchitis or pneumonia. Perhaps a person notices they are taking the elevator instead of the stairs because of shortness of breath, or that they develop a lingering cough every time they sweep sawdust. Unfortunately, people often attribute these changes to their health to aging or because they have gained weight or are out of shape.

If a person has been exposed to risk factors for occupational COPD or has symptoms, the American Lung Association recommends that they speak to their healthcare provider. Learn more at Lung.org/workplace-COPD.

The workplace is where people spend hours of their day and years of their life. Learning more about how to protect the lungs at work is critical.



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