

FREE

February 2020

HOMELIVING

Indoor + Outdoor

Love your
HOME



HOME
tlc

LAKE
season

TRANSFORMING
beloved antiques

www.homeindooroutdoorliving.com

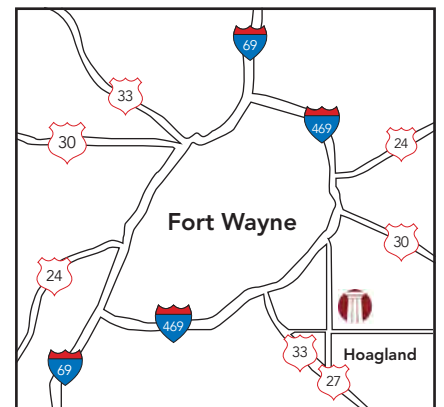
**Specializing in Natural Stone Surfaces:
Granite | Quartz | Marble | Soapstone**

**View and select material for
your residence or office space.
Locally Owned and Operated
Large in-stock inventory**

*Cabinets provided by
D.S. Woods Custom Cabinets*

 **CLASSIC**
MARBLE & STONE
SURFACES IN MARBLE, GRANITE, QUARTZ

10450 BRUICK DRIVE | HOAGLAND, IN 46745
(260) 639-3872 | CLASSICMARBLEANDSTONE.COM





Country Mill Cabinet Co.

Creators of Fine Wood Cabinetry



260-693-9289

7590 E. 400 S.

LaOtto, IN 46763

www.countrymillcabinet.com

countrymillcabinet@gmail.com

PO Box 188 • 206 South Main St.
Milford, IN 46542
800.733.4111/Fax 800.886.3796
Editorial, Ext. 2491 • Advertising, Ext. 2362
homeindooroutdoorliving.com

PUBLISHER
Ron Baumgartner
rbaumgartner@the-papers.com

PUBLICATION MANAGER
Bill Hays
bhays@the-papers.com

EDITOR-IN-CHIEF
Deb Patterson
dpatterson@the-papers.com

EXECUTIVE EDITOR
Amber Bouthot
ambouthot@the-papers.com

ACCOUNT EXECUTIVE
Rebecca Boone
rboone@the-papers.com

BUSINESS MANAGER
Carrie Goralczyk
cgoralczyk@the-papers.com

DIRECTOR OF MARKETING
Kip Schumm
kschumm@the-papers.com

GRAPHIC DESIGNER
Mary Lester
mlester@the-papers.com

MARKETING ASSISTANTS
Darlene Eichelberger
darlene@the-papers.com

Trina Hoy
thoy@the-papers.com

DIRECTOR OF CIRCULATION
Jerry Long
jlong@the-papers.com

CONTRIBUTING WRITERS
Stacie Ball, Ray Balogh,
Mary Jane Bogle, Lauren Caggiano,
Jaclyn Youhana Garver, Deborah C. Gerbers,
Rod King, Cathy Shouse, Barb Sieminski,
Haiden Steingass

Home Living Indoor + Outdoor is a news magazine with emphasis on home decor, design and remodeling. Home Living does not knowingly accept false or misleading advertising or editorial content, nor does Home Living or its staff assume responsibility should such advertising or editorial content appear in any publication.

Home Living reserves the right to determine the suitability of all materials submitted for publication and to edit all submitted materials for clarity and space.

Home Living has not independently tested any services or products advertised herein and has verified no claims made by its advertisers regarding those services or products. Home Living makes no warranties or representations and assumes no liability for any claims regarding those services or products or claims made by advertisers regarding such products or services. Readers are advised to consult with the advertiser and/or other home repair and renovation professionals regarding any such claims and regarding the suitability of an advertiser's products.

No reproduction of Home Living Indoor + Outdoor is allowed without express written permission.

Mailed subscriptions are available, prepaid with order at \$44.00 for one year; and \$75.00 for two years. Mail the order form, along with your check to Home Living Indoor + Outdoor, P.O. Box 188, Milford, IN 46542. Your cancelled check will serve as your receipt.

Copyright © Home Living Indoor + Outdoor
All rights reserved, 2020



Cover photo shutterstock.com

a division of
The Papers
INCORPORATED
Milford, Indiana
the-papers.com

welcome! from the editor

I am one of those keep-your-Christmas-decorations-up-until-February kind of gals — I went through all that effort of putting them up, so why shouldn't we enjoy them a little bit longer? As I write this, I have just taken them down, and while I adore my holiday décor, having a fresh, uncluttered holiday-free home is pretty nice, too. Unpacking my year-round décor is always fun — even though it has been just two months since I've seen it, it's like everything is new again. Sometimes that's all it takes for us to find a new appreciation for our home and its décor — a quick change up to keep things fresh.

We have a few features this month to help you keep the love for your home alive — from Valentine's Day décor ideas and Home TLC to transforming beloved family heirlooms and more.

The Transforming Beloved Antiques feature includes a photo of one of my own transformed pieces. The white buffet belonged to my grandparents. It housed the family photos at their house, and going through them was one of my favorite things to do when visiting them. When they passed away, the only thing I wanted was that buffet. When I received it, it matched the décor in my historic home perfectly, but when I moved into a new home in 2017, it just didn't go. I love it so much I couldn't bear to put it in storage so I had it redone in white, and now it fits in perfectly in my dining area, and I can keep on loving it for years to come. It's where we keep our family photos, so I hope my daughters develop fond memories of this piece like I did.

I know the winter months can be hard for some, so be sure to read our Well Being feature on Seasonal Affective Disorder to learn about ways to combat the blues.

As always, we planned this issue for you. We hope you enjoy it. If you have story ideas, please don't hesitate to email me anytime at ambouthot@the-papers.com. 🏠



Amber Bouthot



Shutterstock.com

contents

February 2020
Vol. 11 No. 10

trends ~

trends	6
Valentine's Day décor ideas	
HOME room	8
saunas: a hot trend	

features ~

main feature	10
show your home some TLC	
main feature	12
breathing new life into beloved antiques	
how to	14
prepare for lake season	
well being	16
seasonal affective disorder	

at HOME ~

plant this	18
plant propagation	
landscape	20
beat the winter blues	
reader diy	22
colorful glass display	

community ~

event	23-25
Fort Wayne Boat Show & Sale	
event calendar	26
day trips	28
Wabash County	
company spotlight	29
LTC Ombudsman Program	

essentials ~

I am HOME	30
Hetty Arts	



Shutterstock.com

welcome editor-in-chief

A native of the Milford-New Paris area, Deb Patterson, has accepted the position of editor-in-chief of The Papers Incorporated, according to an announcement by Publisher Ron Baumgartner. She assumed the position on Monday, Jan. 20.



Deb Patterson

Patterson was named interim editor-in-chief, filling the vacancy left by the death in November 2019 of Jeri Seely, long-time editor-in-chief.

Patterson has been employed full time at the company since May 22, 1978. She began her tenure during her senior year at Fairfield High School through an intern program, working half-days.

"Deb grew up in this business and has the solid support of her co-workers in our editorial department as she takes on this new challenge. Through years of honing her reporting and photographic skills under the tutelage of Jeri and my father, Arch, I have every confidence she will continue to carry our standard forward for solid coverage of local news and events," said Ron Baumgartner, publisher.

Over the years, Patterson has covered all aspects in the reporting field from sports photography, to town council/school board meetings and general news, not only in Syracuse, Milford and North Webster, but throughout Kosciusko and Elkhart counties as well. She has spent most of her years with the company covering police, fire, courts, political and specialty organizations.

"I am grateful to have the support, encouragement and backing of the staff and publisher," she said. "I had great mentoring from former publisher Arch Baumgartner and gained invaluable knowledge from Jeri working under her for all the years at the company.

"The staff at The Papers is unbelievable and fun to work with. Being in their shoes for over 40 years, I know some of the difficulties they face when doing stories and hope to help them maneuver around those in their endeavors to bring local news to our readers.

"The entire staff takes pride in their work and the news they want to share with readers. I want to help them in any way I can," she added. Patterson does not plan any changes in the operations of the editorial department and will continue to provide needed support.

"My goal is to continue bringing hometown news and local issues to our readers through our print publications and online through InkFreeNews," she said.

Over the years, Patterson has won a number of awards in photography and reporting through the Hoosier State Press Association. She was editor of the four northern Indiana Senior Life publications from their inceptions until taking on a position as editor of InkFreeNews. She returned to various duties in the main office editorial department.

Patterson, whose father Dallas Fox, grew up in Milford, is no stranger to the majority of the communities served by The Papers. She grew up in New Paris and moved to Milford in 1983 with her husband Tom. He died in June 2007. She has three children Ollievia Sigsbee, Milford; Cody (Jen) Patterson, North Webster; and Travis (Kristen) Patterson, St. Peters, Mo; and eight grandchildren with the ninth grandchild due to arrive Feb. 17. 🏠



6040 Innovation Blvd.
Fort Wayne, IN 46818
(260) 423-9577
shopwkbw.waynepipe.com

Get a fresh start to 2020 at Collier's



Collier's Fireplace Shoppe is your one-stop home for the latest in home hearth and outdoor living innovation.

From service to installation to financing, we can do it all. This month, stop by our NEW state-of-the-art showroom at 2315 N. Shelby Drive, Warsaw, behind Smith Tire, and take **up to \$500 off in-stock 2019 model-year wood stoves**. Hours are 8 am to 5 pm Monday through Friday and 9 am to noon on Saturdays.



LENNOX

Resolve to give yourself and your family a more comfortable home this year with Collier's and Lennox. Visit TrustColliers.com for our February offer.



574-269-3393

Find details at TrustColliers.com

what's trending

trends

Valentine's Day décor ideas



By Lauren Caggiano

Love is in the air this month. Why not show your home some love, too, with some elevated Valentine's Day decor? One local expert shares how to add a special romantic touch to your abode.

Annette Shively with A. Shively & Co. said Valentine's Day is as good a reason as any to give your home décor some love. (As if you needed an excuse, right?)

"Since Valentine's Day lands in the dreary part of winter, decorating for the holiday can be a great way to add some color to your décor," she said. "The norm of red and pink is just fine, if that fits your style. The bright colors will add to your home while we anticipate the colors of spring."

Not into traditional? Don't sweat it. Her advice: "For those who don't dig the bright colors, opt for muted colors in the shapes of the holiday. For example, instead of a pink and red heart garland over your fireplace, use creamy whites or neutrals."





Beyond personal taste, budget can be another factor. Don't stress, Shively has you covered.

"For those who don't want to spend a ton of money but don't want to skip over decorating for the holiday, use the opportunity to make a Valentine's Day centerpiece on your island or table," she said.

The specific object of attention is up for interpretation, though Shively has some suggestions.

"Use a wooden bowl, or a tray to keep the décor in one area," she said. "Grab inexpensive items to fill in and around the centerpiece. Decorating the most lived in spaces will help you enjoy the holiday without having to decorate ALL the spaces in your home."

Another hot trend is to make an artificial mini tree a conversation piece. (This is good news for gals who feel saddened by taking down Christmas decorations.) Use the tree as your base and add heart/love-themed ribbons, bows, ornaments, doilies, etc. to the limbs. You can even spray paint the tree to add another dimension. Whichever route you take, your Valentine tree is bound to be one worthy of an Instagram story.

Lastly, don't forget about details that can pack a mean punch. For example, a simple bouquet of fresh-cut flowers on your table can brighten up a room. Roses are, of course, the Valentine's Day go-to, but don't be afraid to deviate from this classic.

After you're done decorating, enjoy a glass of wine, indulge with your favorite chocolate or soak your cares away in a warm bath. After all, love comes in all forms. Don't forget to love yourself this Valentine's Day! 🏠



All image Shutterstock.com

Resource:

A Shively & Co., Columbia City, 260.503.5181, ashivelyandco.com

COPP FARM SUPPLY

954 West Dowell Road - Columbia City, IN 46725

(260) 244-6465 or (260) 244-4482 Fax: (260) 244-2989

We carry the supplies you will need to keep your lawn, garden, and pond looking their best! We stock fertilizer, grass seed, certain garden seeds, lawn & garden herbicides, insecticides, and fungicides, hoses, sprayers, repellants, home décor, bird seed & feeders and many more items for your home, lawn, and garden.

Don't just day dream about your spring pond and lake care, make your list today and come to Copp Farm Supply for all of your colorant, herbicides, and algicides!!



REAL ESTATE Professionals

Promote your message here and reach Home Living's 40,000+ readers.

Home Living is available at more than 300 newsstand locations and digitally on our website at HomeIndoorOutdoorLiving.com.

Your guide to everything HOME

Have a house that needs sold?

We can help you with that!



We can help those dreams come true



BANKING COMPANY

RIFT TITLE
FAST, EFFICIENT REAL ESTATE
INVESTOR TITLE WORK

sample ads

CONTACT Rebecca Boone to learn more.
rboone@the-papers.com | 260-503-5013

Saunas: a hot trend

By Cathy Shouse

During the winter, enjoying the comforts of home can be extremely appealing. However, the extra time you spend inside may have you looking within your own walls for ways to be more comfortable and mix it up. Instead of adding some throws or changing up your décor, consider getting your inspiration from a European influence: saunas. They are a popular trend, and we've done some research to get you started on your next potential home upgrade.

Saunas have been around for a long time and are easy to install in the home. But the options have ratcheted up in recent years, partly because saunas are being credited with additional advantages for your health. According to a September 2019 story by Cory Stieg, a health reporter for CNBCMakeIt, saunas are one of the top five wellness trends. In recent years, infrared saunas have become all the rage.



"Infrared saunas have been hot since 2014, per a Yelp survey," Stieg wrote. "While a traditional sauna heats the air, infrared saunas use lamps that emit far-infrared waves that heat your body from the inside out. Research suggests that using this type of sauna can reduce pain, help your heart and possibly improve your mood."

Want the best of both worlds in a sauna? David Perkins, general manager of Olympia Pools and Spas, said his customers get a sauna that combines the older technology with the new.

"Hybrid saunas are a new thing, when it's a traditional sauna and an infrared sauna," Perkins said. "Putting the two technologies together is pretty new. Men tend to like a more traditional sauna and women go for the infrared."

Saunas can fit anywhere there is a sufficient electrical outlet, including in a closet, a basement or under a stairwell. You turn them on for up to 60 minutes, some using only half a gallon of water, and steam doesn't escape to require ventilation. If you want to go custom, the upgrades are nearly limitless.

Some have full rock column heaters and built in diffusers that dispense essential oils. "It's quite an experience," Perkins said.

Installing a sauna in your home allows you to enjoy it daily and reap the related health benefits. The average cost for an 8 by 5 foot custom-built cedar sauna that seats 4 people is \$3,000 to \$6,000. One of the key deciding factors in the final cost of the sauna is the heating source.

If you have an older sauna, you can upgrade it with different heaters, and get new controls with a touch screen, possibly letting you turn on your sauna from work so it's ready when you get home.

The heat settings are variable and it's always a good idea to get your doctor's permission. Perkins has copies at the store of long-term studies showing the health advantages.

"A sauna is good for relaxation and detoxing, and can help with pain. It's a great place to spend a few moments with your spouse to review the day," he said. 🏠

Resource:

Olympia Pools & Spas, Fort Wayne, 260.482.7665 olympiapoolsandspas.com



Enhance your outdoor living space
with a modular fireplace



Building Relationships ...One Brick at a Time

NOB

Brick & Fireplaces

www.nobbrick.com

HEAT & GLO

No one builds a better fire

ENJOY THE CONVENIENCE OF A HIGH-EFFICIENCY GAS INSERT

- furnace-rated inserts are extremely efficient and clean burning—good for the home and the environment.
- instant warmth starts with a flip of a switch.
- after venting and gas line are run, it slides right in the existing fireplace opening.

Call us at 260-483-2126

Visit us at 4936 Nob Road, Fort Wayne

INTRODUCING 103.9 WAYNE FM!



YOU'LL HAVE TO MAKE YOUR OWN DRUM ROLL SOUND.

Show your home some TLC

Jaclyn Youhana Garver

When Nora Schwartz bought her 40-year-old home in Auburn three years ago, she knew it was going to need some tender loving care. Only two families had lived there previously, and nearly everything (even the bannisters, which were no longer up to code) was original to the home.

"I've painted every single thing in the house—the ceiling, the walls, the trim," said Schwartz. "We completely gutted our kitchen, blew out a wall and doubled its size. Added doors where there were windows. Took out doors. Redid a whole laundry space and took out closets that didn't make sense. All our floors are new."

And that's not even the full list.

Home improvement projects are important because, Schwartz said, she wants to live in a space she likes. But huge projects aren't the only way to show your home some TLC. There are a variety of ways to refresh your house, ranging from updates that take less than a day to longer term projects.

The simple stuff

Perhaps the simplest way to refresh a room or space is by updating décor like throw pillows, blankets, wall hangings and picture frames.

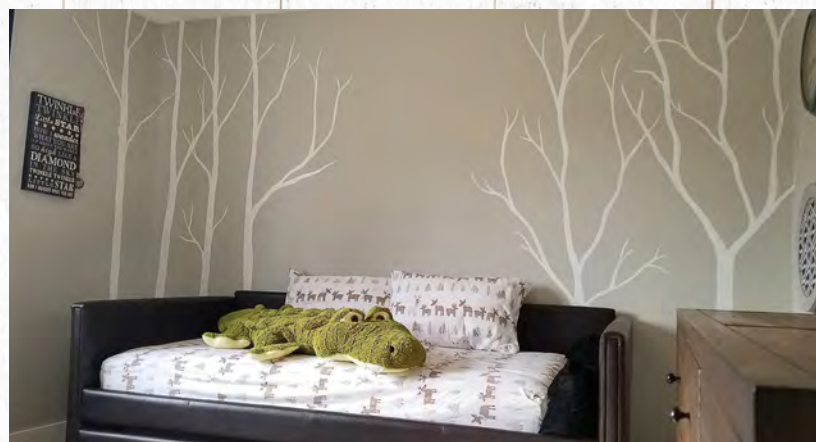
But don't necessarily adhere to trends, Schwartz warned. Instead, go with a pattern or color scheme that feels like you and your family. Just because a particular color is popular now doesn't mean it's a good fit for your home—especially if you don't like the trend.

A little paint

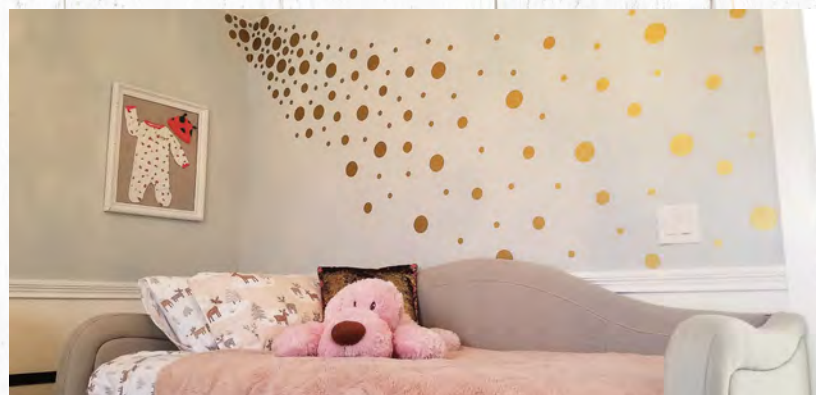
"Something as simple as a coat of paint can go a long way in updating a room," Schwartz said, and it's an easy way to get kids involved. She let them choose their own wall décor: a tree mural in her son's room and adhesive gold dots she purchased on Etsy for her daughter's room.

The kids were even able to participate a bit: Schwartz let her kids paint whatever they wanted in their closets.

"It's something cute and little, and they love it," she said.



Photos provided by Nora Schwartz



Do-It-Yourself

One way to save funds on larger projects is to do as much as possible on your own. Schwartz knew she wanted her new closets to have professional shelving organizers, so she measured and designed what she wanted before getting a quote.

"We went from a single shelf with hanging bar to professional storage design that is adjustable as my children grow and our needs change," she said. "We replaced every closet in the home, and it was a very reasonable cost for the function and storage we now have."



Photo provided by Nora Schwartz

Baby steps

Despite all she's currently done to her home, Schwartz isn't finished. A pergola for the yard is already drawn up, but they couldn't afford to finish the project this summer. Instead, they built planter boxes and strung Edison bulbs across. This cost \$300 instead of requiring a loan from the bank, and they built it over a weekend. While the family saves up the funds to complete the project, they have a space that's still beautiful and functional.

"The last family lived here for 35 years, but those memories didn't hold true for us," she said. "We wanted a space we could create our own memories in, and this home truly feels like us. You have to be in a space that brings you joy." 🏠



Quality • Tradition • Service

ROSE

3000 N. Wells St.
Fort Wayne, IN
260-373-1919

Visit our newly-remodeled showroom and let our professionals answer all your questions

Come see us at the
Home and Garden Show.

Booths 1109, 1111, 1113, 1212



Come see our new

Moistureshield
COMPOSITE DECKING

INSTALL AT OR BELOW GRADE

including under water without voiding the warranty. Maintenance free, natural wood-grain texture on both sides.

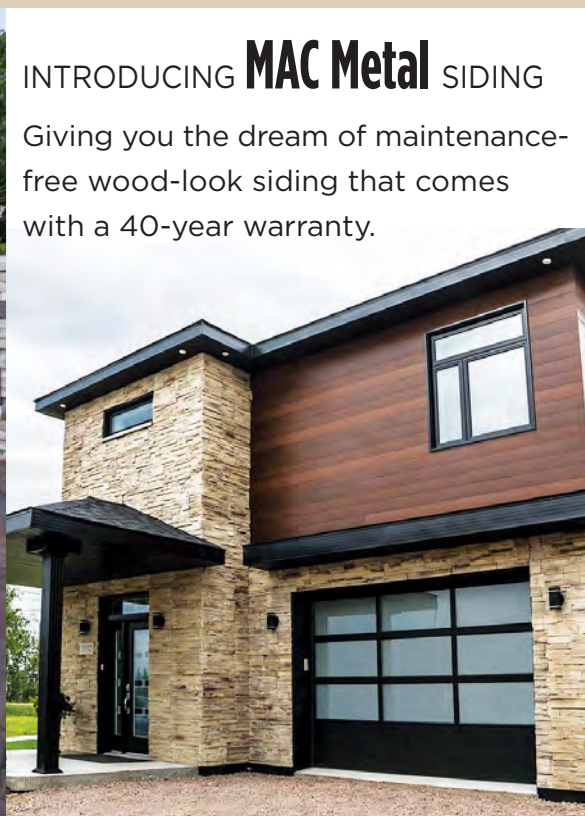


See us on Facebook
**Rose Brick, Hardscape
and Fireplaces**

rosebrick.com



**BRICK
FIREPLACES
NATURAL STONE
HARDSCAPES
MANUFACTURED STONE
OUTDOOR LIGHTING**



INTRODUCING **MAC Metal** SIDING
Giving you the dream of maintenance-free wood-look siding that comes with a 40-year warranty.

Breathing new life into beloved antiques

By Lauren Caggiano

Everything old is new again, as they say. For good or bad, clothing and hairstyle trends come and go. The same can be said of home furniture. Maybe you inherited your great-grandma's desk or your grandfather's 1920s bar cart.

You might be tempted to keep these treasures in storage because they don't gel with a modern home, but experts suggest you think again. It is possible to integrate heirlooms into a contemporary interior design vibe — and love it. Sounds like an opportunity if you ask us.

Just ask Nancy Riesterer of The Tiny Shed in Fort Wayne. Riesterer has a few tricks up her sleeve when it comes to meshing old and new at home and grabbing attention. The first one relates to maximizing the item's visual appeal. The piece may be structurally ideal but may require some TLC to really pop. Pro tip: "Add new hardware to dressers, side tables, etc. to bring in a more trendy look," she said. Paint is another decorative element that can work to your advantage. And as Riesterer reminds us, "white and black paint are classic updates, always."

You can also mix and match modern dining chairs with an antique table or antique chairs with a more modern dining table for an Instagram-worthy combination. Another



Photo provided by The Tiny Shed



Photo provided by Amber Bouthot

idea? "Sand down an antique piece, leaving it unfinished and raw for a modern rustic look," she said.

When in doubt, lean into the fact that you're pulling in pieces from different eras. For example, she said to "use antique end tables/nightstands, even if they aren't matching, on the sides of your bed and use all-white bedding for a cozy, modern-cottage look."

Speaking of bedding, Riesterer said this is one element that allows for some artistic license, so don't be shy. For example, you could curate your bedding to reflect old and modern sensibilities. She recommends an antique bed frame with pretty modern bedding from West Elm, Pottery Barn, TJ Maxx, etc.

This is the occasion to embrace the power of detail, vertically speaking. "Use a combination of antique photos, paintings, clocks, mirrors mixed with more modern art, clocks, etc. for an interesting gallery wall," Riesterer said.

Repurposing is another way to go. Take a cue from Riesterer and "use an antique door or tabletop with metal legs to make a coffee table. You can even give new life to an antique desk, table or cart for a kitchen island and add a butcher block, granite, quartz or stainless-steel top and add caster wheels to the legs," she said.

When in doubt, remember you're the master of your interior design, so don't try to be something you're not. (That usually never ends well anyway.) Authenticity wins the day.

"Your home should tell a story about you," she said. "Those pieces collected over time are what make your décor more interesting and will open up conversations about those beautiful heirloom treasures and where they came from. There really are no rules, so be creative and have fun with it." 🏠



Photo provided by The Tiny Shed



Photo provided by The Tiny Shed



Photo provided by The Tiny Shed

Resource:

The Tiny Shed, Fort Wayne, tinyshedfw.com

Prepare for Lake Season



By Rod King

It may be hard to think about lake season when outside temperatures are hovering around freezing, but it's not that far away. There are a lot of things that have to be done to open a lake cottage and this is a good time to start making some lists.

Long-time lakers Norm and Libby Cox of Fort Wayne have had a cottage on Coldwater Lake for the past 25 years. Their first place was strictly a summer cottage that needed to be winterized and then summerized again in the spring. It was torn down in 2007 when Norm retired and replaced by a year-round home.

Cox still recalls turning on the water and carefully checking the pipes for leaks, making sure the toilets flushed properly and drains were not clogged. Making sure the heating system was working properly came next. Then it was important to check the siding and the roof to locate any damage that might have occurred during the winter.

"We spent several weekends just picking up all the yard debris that had fallen out of the trees, digging up flower beds, mulching and planting," said Cox. "My wife would uncover the furniture in front of the windows that she had protected so the fabric wouldn't fade and then got busy doing spring cleaning. It was a lot of work! Since building the year-round home, we can now go to the lake and spend a week or however long it takes to get things ready.

"Putting in the dock was a really big deal," he said. "It usually involved filling a cooler or two with beer and inviting friends and neighbors to a dock party. Of course they retaliated when it was time to put in their docks and we went to their parties. Now we hire someone to put in the pier."

The people at The Pier Place in Angola, experts in installing piers, say they can put in a normal length dock that is anchored on pods or sockets along with all its accessories within an hour. Add 30 minutes to that if it's on augers. The company charges \$25 per section on pods and sockets and \$50 per section if it's on augers.

The full-service pier and lift company is open all year, and as soon as the ice has melted away on area lakes in early March, they get started making installations. Their goal is to have all their client's piers in by Memorial Day.

Though The Pier Place does sell wood piers, they're a thing of the past. Today's material of choice is vinyl or aluminum. 🏠



Lake Cottage Opening Checklist

Before you head to the lake:

- ☐ Call the electric company and have power restored to the property.
- ☐ Check that all insurance documents are up to date on the cottage, boat and trailer.
- ☐ Organize your keys, cleaning supplies and food.
- ☐ Put a tool kit together, including duct tape.
- ☐ Check the weather forecast.

When you arrive at the lake:

- ☐ Survey the property—check for any damage to power lines, phone lines, the chimney, the deck, the dock, windows, screens, and under the cottage at the posts, pads and beams
- ☐ After surveying your property, head inside and check cupboards and counter tops for signs of mice or other animals.
- ☐ Look for any water damage that may have occurred over the winter.
- ☐ Replace batteries in smoke alarms and carbon monoxide detectors.
- ☐ Replace batteries in any flashlights.
- ☐ Clean the eaves troughs.
- ☐ Clear any large branches off the building and trim any that may have become too close to your cottage over the winter.
- ☐ Replace any filters that may need to be changed.
- ☐ Turn on the taps—if you have a land-based pump, there is a fairly involved process to follow.
- ☐ Go through your pantry and throw out any expired food, as well as anything that looks like it may have been the subject of a critter invasion.
- ☐ Check that you're stocked up on sunscreen and bug spray.
- ☐ Check the stock of your bathroom toiletries.

Resource:

The Pier Place, Angola, 260.665.0026, thepierplace.com



MASTER GARDENER SEMINARS
featuring Melinda Myers, host of Melinda's Garden Moment on radio / TV!



HOME & GARDEN BUILD

A portion of ticket proceeds goes to Habitat for Humanity to raise money for a Home & Garden Show sponsored build!

FREE ANTIQUE APPRAISALS

Dr. Lori's Appraisal Comedy Show is back! Bring 1 antique per show, per person!

GRILLOLOGISTS MAD DOG & MERRILL

These guys want nothing more than to make everyone a better griller and have a ton of fun doing it! Learn how easy it is to be creative and entertain in your own backyard!

GARDEN GALLERY

Unique garden accessories, gifts, plants, fairy gardens, patio and landscape displays and hundreds of spring flowers!

FAMILY FUN

Petting zoo
Adoptable pets
Martial arts demos
Balloon art
Face-painting

HUNDREDS OF EXPERTS! THOUSANDS OF IDEAS!

LEARN MORE AT
HOME-GARDENSHOW.COM

The Fort Wayne

HOME &

GARDEN

SHOW

FEB 27–MAR 1 **MEMORIAL COLISEUM**

Th–Fr 11a–9p | Sat 10a–9p | Sun 11a–5p

\$10 | Seniors 62+ **\$6** | Kids 0–15 **FREE**

Thursday after 5p: **only \$5!**

GET \$2 OFF

one \$10 general admission price with this coupon. No cash value.

May not be combined with Thursday \$5 after 5pm offer.

Valid for 2020 show only. TP-HLM

presented by



media sponsor



SEASONAL AFFECTIVE DISORDER

Jaclyn Youhana Garver

At some point during a Midwestern winter, we've likely looked out our windows, seen that same dull gray sky we've seen for the last two and a half months, and released a little sigh.

Not again.

When is this weather going to end?

Can we go to Aruba tomorrow?

When days are shorter and cold weather gets even colder, those winter blues might be more than the blues. They might be Seasonal Affective Disorder. It's a lack of vitamin D—which we get from the sun—compounded with all the things that are winter's little side-kicks: We're outside less often. The air quality is down. We feel more stressed, especially around the holidays. We eat more.

"Whether your winter blues are actually a disorder, though, can be tough to tell," said Dustin Sherman, owner of and physician at Chiropractic Sports Medicine in Huntertown. One way to be diagnosed is to receive a micronutrient test, which is a blood test, to show your vitamin D levels, which are directly linked to Seasonal Affective Disorder.

"Outside of that," he said, "it's all about personal behavior. People can have good days and bad days, but for those affected by the disorder, all days are bad.

"They're pretty much out for the entire season," he continued. "Their energy (decreases), their willingness to be part of society or their family (is gone). Some people, literally, shut down."

Geography plays a large role in the disorder. Sherman shared a post on his practice's blog showing that those who live above the 37th parallel—the line of latitude bisecting the United States from above San Francisco, across the top edge of the Texas panhandle, and just south of Richmond, Virginia—cannot get enough vitamin D from the sun during the winter. It's simply not possible.

As a result, Sherman guesses the disorder's prevalence in the States is pretty high. If the disorder could be scaled from zero to 100, he said no one would be a zero; many people would be at the 20 mark and many would be at the 80 mark.

"I truly believe it is almost ubiquitous," he said. "I think almost everybody has it. It's just a severity issue.

To combat Seasonal Affective Disorder, stay active and get fresh air—which, admittedly, can be tough with so few hours of sunlight and frigid temperatures.

Sherman also suggests eating well and not giving in to cravings. Foods high in vitamin D can help, including salmon, tuna, orange juice, milk and fortified breakfast cereals. To optimize vitamin absorption, the blog post recommends eating a healthy fat when loading up on vitamin D: Think avocados, eggs, cheese, dark chocolate and nuts.

Social support and talking is also helpful.

"Once you realize the problem (isn't) just you, it's easier to talk about," Sherman said. 🏠

Other things that can help

1. Exercising
2. Sleep
3. Avoiding processed foods
4. Optimizing your gut health
5. Increasing high-quality, animal-based omega-3 fats

Resource:

Chiropractic Sports Medicine, Huntertown, 260.637.4392,
chirospportfortwayne.com

Arnold Lumber Co.

Your Complete Building Center!



- Full Service Lumberyard
- Kitchens – New Homes and Remodels
- Garages and Complete Pole Barn Packages - Erected or Materials Only
- Doors, Windows and Decks – Repair or Replacement
- Free Roof Top Delivery with Shingle Purchase

FREE
designing
& estimates



*We Can Provide All Material and Labor For **ALL** Your Building Needs*

425 S. Winchester St., Decatur, Indiana
260-724-3108 • Fax 260-724-4505

FABRAL[®]
METAL WALL AND ROOF SYSTEMS

1-800-903-4206 | Check us out on Facebook

Hours: M-F 7AM-5PM • Sat 7AM-Noon

Everything You Need to Know About Plant Propagation

By Haiden Steingass

If you have any experience with gardening or caring for houseplants, you may have come across the term “plant propagation,” which is essentially the practice of duplicating an already-existing plant with its stems, roots and seeds. Sound bizarre? We’ll admit, this is one of the more advanced gardening techniques we’ve covered. But if you carefully follow a few key steps and have the proper products, you’ll be able to reproduce your favorite plants in no time. Let’s jump right in to the basics.

You can propagate plants in different ways, from cutting off a piece of the plant like the stem to dividing a full-grown plant into two. And while there are more complex ways to do it, we will focus on the three methods that are the simplest and most common for basic houseplants.



Cutting plants at the stems –

One way to propagate plants is by cutting off part of the plant at the stem. This works best when you cut plenty of the stem off and dip the end of the freshly-cut stem into rooting powder. Put the stem into a potting mix like perlite or vermiculite. Then, wait up to two months for the stems to grow new roots. Once they do, you can replant them, and the plant will continue to grow as usual.

For succulents, you can typically just pull the individual leaves off, and they will grow roots naturally (cutting them works, too).



Dividing the plants in two –

This technique is one of the easiest ways to propagate a plant. If you have a fully-developed potted houseplant, all you have to do is take it out of the planter and divide it in two parts down the center. Do this gently to avoid damaging the roots. If you need to, you can use a knife to cut down the middle. Replant both parts as soon as they are completely separate. Once the roots recover, the plants will begin to grow again.

You can also follow this same practice of division with bulbs. Certain bulbs will grow additional bulbs onto them, so you can separate those from the original and plant them.



Planting pups –

Certain plants are ideal for propagation because they produce “plantlets” or “pups.” These are smaller plants that are offspring from the original plant and can grow attached or separate from each other. Plantlets and pups are quite common with succulents. They are extremely simple to propagate because they grow their own set of roots, so all you have to do is dig them up and replant them as desired.

Some of the most popular plants to propagate include succulents, tuberous begonia, Dieffenbachias, African Violet, carnations, snake plants, and pyracantha. 🏡



Tapestry

GIVE YOURSELF THE DAY!

APRIL 24, 2020

7:30 a.m.–4 p.m. | Allen County War Memorial Coliseum
4000 Parnell Avenue, Fort Wayne, IN 46805



KEYNOTE SPEAKER

ASHLEY JUDD

A celebrated box office star, Ashley Judd is a Golden Globe and Emmy-nominated actress, a humanitarian with a focus on gender equality, and a widely published author. Fiercely committed to social justice, Judd is a global voice for women around the world.

Help us raise funds for scholarships while you celebrate the fabric of women in a day of inspiration, renewal, and education.

REGISTRATION OPENS
MARCH 2, 2020

Visit pfw.edu/tapestry or contact us at tapestry@pfw.edu or 260-481-6854.



Come visit us at the
Home & Garden Show
Booths: 469, 471, 570, 572

Jonathan Green
Jonathan Green Premium
grass seed, lawn products,
and organic insect control
and weed preventer.

THINK SPRING!
Stop in now to plan your next project!

- SOILS
- MULCHES
- DECORATIVE STONE
- NATURAL HARDSCAPES

Gift
Certificates
Available

PROUD DISTRIBUTOR OF
BELGARD, UNILOCK & ROSETTA
COMMERCIAL PAVERS
LION PREMIUM BBQ GRILLS &
HEARTLAND PERGOLAS



9912 Valentine Road
Fort Wayne, IN 46818

Quality
Landscape
Materials
Since 1953



www.felgerspeatmoss.com

Pick Up &
Delivery Available

(260) 693-3134

**Enhance your outdoor living space
with a modular fireplace**



Building Relationships ...One Brick at a Time

NOB

Brick & Fireplaces

www.nobbrick.com

HEAT & GLO

No one builds a better fire



ENJOY THE CONVENIENCE OF A HIGH-EFFICIENCY GAS INSERT

- furnace-rated inserts are extremely efficient and clean burning—good for the home and the environment.
- instant warmth starts with a flip of a switch.
- after venting and gas line are run, it slides right in the existing fireplace opening.

Call us at 260-483-2126

Visit us at 4936 Nob Road, Fort Wayne

Beat the Winter Blues

By Mary Jane Bogle

Indiana has many wonderful qualities, but winter weather typically isn't one of them. Gray skies and shorter days can give even the cheeriest person a bad case of the winter blues. But you can chase away that seasonal depression with a change in focus. For home and garden enthusiasts, what's better to think about than the great outdoors in spring? Whether you're hoping to build that perfect pergola or grill island, add a few raised beds to your back yard or just brighten your front door with a fresh coat of paint, now is the perfect time to get started.

We recently spoke with area businesses to get their best suggestions for spring planning. Here's what they said:

Gather Design Ideas

A quick trip to your local supplier can yield far more than just a list of products and pricing. Most offer a wide range of displays and can hook you up with a variety of catalogs, too, complete with beautiful color photos for all kinds of summer projects. And with the Fort Wayne Home & Garden Show just around the corner, it's best to attend the show with at least a general idea of what you're looking for.

According to Stephanie Felger at Felger's Peat Moss, "With so many options, home and garden shows can get overwhelming. Having design ideas in hand gets you one step ahead of the process. That way, you can hit up exhibitors with all your questions at once."

Hire That Contractor

For exterior paint and landscaping, our experts agreed that sooner is better when it comes to scheduling contractors, especially for hardscape projects. "Get in touch with a contractor now," said Denise Herman at Maumee Paint & Supply. "Some are still finishing last summer's

by Dreaming of Spring Outdoor Projects



Shutterstock.com

projects, so the sooner you get in touch with them, the more likely your project will be completed before the end of summer or early fall."

Winter is also a great time to tackle interior paint jobs, when professional painters are on a bit of a break.

Sharpen Your Tools

Beat the early spring rush and sharpen your tools now. Gayle Shuster at Crescent Avenue Gardens recommends scheduling routine maintenance on all lawn mowers over the winter months, too. "If you wait until the first of April," she said, "you could be waiting 4 to 6 weeks for us to fit you in."

Changing the oil, spark plugs and air filters in addition to sharpening mower blades is also a good idea.

Take Advantage of Frozen Ground

Think you can't work on your garden in February? Think again. Adding compost blends or topsoil is a great winter project, especially for deliveries. "Our trucks can access the garden much easier when the ground is frozen" said Dan Buesching of Bueschings Peat Moss & Mulch.

Mulching before perennials emerge is also a great idea, helping you spread the mulch without working around all the foliage that is sure to appear later.

Whether you're planning a complicated hardscape project or just sprucing up the yard, you can chase away the winter blues by planning now—and then sit back and enjoy a completed project come spring. 🏠

Resources:

Bueschings Peat Moss & Mulch, Fort Wayne, 260.625.3358, bueschings.com
Crescent Avenue Gardens, Fort Wayne, 260.483.0911, crescentavenue.com
Felger's Peat Moss, Fort Wayne, 260.693.3134, felgerspeatmoss.com
Maumee Paint & Supply, Fort Wayne, 260.490.8656, maumeepaint.com



Benjamin Moore

**MAUMEE PAINT
& SUPPLY**

M&F 7-5; T-Th 7-6; Sat 8-1
302 Stone Pointe Drive,
Fort Wayne, IN 46825
(260) 490-8656



**TOP SOIL • POTTING SOIL • DIRT MIXTURES
MULCHES - MANY VARIETIES
DECORATIVE STONE • FLAGSTONE • BOULDERS
ALSO A WIDE VARIETY OF LANDSCAPE SUPPLIES**

Build A Better Backyard With Buesching's

**BUESCHING'S
PEAT MOSS & MULCH**

*Serving the Fort Wayne Area Since 1947
Family Owned & Operated*

PICK UP OR DELIVERY

9134 W. Cook Road, Fort Wayne, IN 46818
(Just 2.3 miles west of Hwy 33)

QUESTIONS? Give us a call: **260.625.3358**



www.bueschings.com



Residents are MORE than a Room Number!



**Support the 10th Annual
Ombudsman Pajama Drive!**

Donate a NEW Pajama or Gown
Any size – Any gender

Our Pajama Drive kicks off with a Brunch.
Join us on Feb 8, 2020
10 to noon at Parkview Field
Suite Level Lounge

Keynote Speaker is Author & Motivational Coach,
Christie Browning

Music Entertainment provided by
Leigh Roberson of Actual Leigh

FREE tickets on Eventbrite.
A pajama donation is welcomed.

Additional Donation Boxes located at:
Purdue University FW - Human Services Dept. NF 142
Look for the wrapped heart box
And
The NIIC, 3201 Stellhorn Road
enter door, Coleman Conference

Thank you
to our
sponsors:

LTC Ombudsman Program
Resident Driven Advocacy



**THRIVENT
FINANCIAL**



**FOELLINGER
FOUNDATION**

COSS (Council on Senior Services)



Do It Yourself

Colorful Glass Display

By Amber Bouthot

Every month, we highlight projects our readers have completed. We want to see your projects and share them within the pages of our magazine. It can be something as simple as a craft project or as large as a home addition. If you did it yourself, it can be featured. Email Amber at ambouthot@the-papers.com.

This month's Reader DIY project comes from Emily Carroll who searched high and low for the perfect pieces for her glass display.

What was your inspiration for the project?

My inspiration for the project was a Pinterest photo that used colored glassware to create a similar effect. I've always loved vintage glass and thought this would be the perfect way to display a variety of pieces.

How long did it take from start to finish?

The project took me about 6 months. I had been collecting some glass pieces prior but really got serious about it when I bought my new house and figured out exactly where it would go. Hello, sunroom!

Was it easier or harder than you anticipated?

It was harder than I expected, because as you find really cool pieces you have to think about the display as a whole and whether or not that particular piece was going to work. I passed on some great pieces just because they weren't right for this. The other thing that was difficult was really knowing how much I had and what colors I needed more of. For example, the dark purple amethyst glass is the hardest to find and the most expensive. I'm still on the look out for a couple more of those pieces.



Photo provided by Emily Carroll

What was the total cost of the project?

I found the floating shelves at Crate & Barrel. To buy them and have them installed was approximately \$250. I have between \$250-300 in glass. So around \$500.

What did you like best about the undertaking?

I love the final outcome of the project but my favorite part was hunting for the glass pieces. My mom (Suzanne Carroll) and friend (Meridith Weedman) are glass fanatics. My mom has always collected the pink Depression glass, while Meridith has several collections. This project gave me the opportunity to hunt flea markets and antique stores (something I haven't done in the past) with these women and really learn about the different types. They are both pretty thrifty too so they were quick to tell me if something was priced too high. They definitely kept me focused.

What was the most challenging aspect?

The most challenging aspect was deciding what pieces were going to work and which ones weren't in the moment (when buying them).

Where did you source the materials?

I sourced the glass from flea markets, Facebook Marketplace, antique shops and my mom's storage cupboards. The two places that I found the bulk of my pieces were right here in the Fort Wayne area: Vintage Treasures Antique Mall and Rod's Rustics (in Ossian). 🏠

VISIT US AT THE
FORT WAYNE BOAT SHOW



MAIN CHANNEL MARINA
LAKESIDE DRIVE & STATE ROAD 13
2 LOCATIONS

Malibu BENNINGTON **4XIS** WAKE RESEARCH
Sweetwater **COBALT BOATS** **SEA DOO**
REGAL **Aqua Patio** **Hurricane**

WE CARRY THE BEST BRANDS ON THE WATER!



WWW.MAINCHANNEL.COM
LAKESIDE DRIVE & HUNTINGTON STREET • SYRACUSE, IN

event | community

Fort Wayne BOAT SHOW & SALE

Thursday - Sunday
February 13-16

Radiant Floor Heat
Warm, Silent & Efficient



260-668-8836
800-700-8830



Slabs – Wood Floors – Geothermal
Solar – Tankless Hot Water
See us at www.indianawarmfloors.com

HIT THE ROAD

Street Legal
Carts Available



Full Service

- Golf Carts
- Accessories
- Repair
- Customizing



935 N 275 W, ANGOLA

260-668-5588

www.HotRodGolfCarts.com



2020 Models Now In Stock



Find our booths
at the



Fort Wayne
**BOAT SHOW
& SALE**



800-701-8419

www.marshbrothersonline.com

Fort Wayne

BOAT SHOW & SALE

"Southern Michigan's Premier Fishing Boat Headquarters"



517-238-4651
888-210-3118

LAKE DRIVE Marine **South Bay** **YAMAHA** **OUTDOORS** **PHOENIX** **LUND** **MERCURY**

500 WARREN ROAD • COLDWATER, MICHIGAN
www.lakedrivemarine.com

By Ray Balogh

Nearly 60 exhibitors, including marine dealers from Indiana and Michigan, will offer products, services and financing at the 39th Fort Wayne Boat Show and Sale, Thursday through Sunday, Feb. 13-16, at the Allen County War Memorial Coliseum.

The family-oriented event will feature incredible prices, low financing and special incentives on boats, personal watercraft, accessories, piers and other items like wetsuits, skis, water toys, lifts, docks, boat covers and upholstery, boat repair, scooters, golf carts and patio furniture.

Director of the Fort Wayne Boat Show & Sale, Tracey Sweeney said, "This is the only boat show in northeast Indiana and you will find more than 100 boats on display. You can take the opportunity to sit in the boats and talk to all the dealers."

An additional highlight of the boat show includes representatives of HOME Living who will be on hand to greet visitors and hand out free issues of the monthly magazine.

Show hours are 3 p.m. to 9 p.m. Thursday and Friday, 11 a.m. to 9 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

The state department of natural resources will conduct water safety classes, free to the public aged 13 and older, from 9 a.m. to 3 p.m. Saturday. Doors open at 8:30 a.m. The classes will "provide instruction in general information concerning boats and maintenance, what to do in emergencies, how to make your experience safe and enjoyable, and the laws pertaining to watercraft operation," according to www.dnr.in.gov. Attendees under 18 years of age must give the instructor a signed, completed liability release form signed by a parent or guardian. Participants may register at the DNR booth at the show. For more information, call the DNR office at (260) 244-3720.

"We will have giveaways every day," Sweeney said. "On Thursday we will have free parking with the coupon printed from our website. On Friday we are giving away a Paradise pad, a 9-foot by 12-foot floating foam pad valued at \$700. On Saturday we will give away 10 Yeti 20-ounce insulated cups and on Sunday we will give free sunglasses to the first 500 people in the door."

The cost for the event is \$10 per adult, free for children 12 and under. Special admission pricing is available at www.fortwayne-boatshow.com/discount-coupons. Patrons can attend for free with a downloadable coupon or pay \$2 admission from 3 p.m. to 6 p.m. without a coupon. A physical copy of the coupon must be redeemed. No digital coupons will be honored.

Area's Largest Marina and Still Growing....

Since 1929



WAWASEE BOAT CO.

Full Service Marina since 1929

- ♦ Sales
- ♦ Service
- ♦ Storage
- ♦ Pontoon Rental
- ♦ Pier Rental

Large Selection of new and used:

- ♦ Wakeboard/Surf/Ski Boats
- ♦ Pontoon/TriToons
- ♦ Personal Watercraft/WaveRunners
- ♦ Runabout Bowriders

www.wawaseeboat.com - wawaseeboat@wawaseeboat.com
6521 East Cornelius Rd. - Syracuse, IN 46567 - 574.457.4404



Thanks to our customers for
voting us #1, 3 years in a row,
in FW Newspaper's
Reader's Choice

**We sell and install
piers and boat lifts.**

- Expert design and waterfront layout
- Brock vinyl maintenance-free piers
- ShoreStation boat lifts - the original since 1959
- Seasonal installation and removal of piers and lifts
- Parts and service for all makes and models of piers and lifts

THE **PIER** PLACE
OF
ANGOLA,
IND.

- Showroom is open all year and staff is always available to assist
- Serving Steuben County and surrounding area lakes for over 20 years



thepierplace.com
260.665.0026

From I-69 take exit 350 (Lake James exit), turn south on County Rd. 200 W. Turn right (west) at the first stop sign, County Rd. 100 N. Cross over I-69 to the first building on the left.

**Come see us upstairs
at the Fort Wayne
Boat Show**

39th Annual Fort Wayne **BOAT SHOW & SALE**

**FEBRUARY
13-16**

FORT WAYNE
ALLEN COUNTY MEMORIAL COLISEUM

Don't miss our **AMAZING** giveaways!!



FREE BOATING & SAFETY CLASSES!
Ages 13 - Adult
Saturday, February 15th

\$ SAVE \$

Visit our website
fortwayneboatshow.com
for Money Saving
Coupons



Thursday and Friday 3PM-9PM • Saturday 11AM-9PM • Sunday 11AM-5PM



By Ray Balogh

Botanical Conservatory

- "Dog Days of Winter" garden exhibit (through April 12), regular admission
- Saturday, Feb. 8, Doggie Daze Craze, 10 a.m.-3 p.m., regular admission Adults \$5, children (3-17) \$3, children (2 and under) free. 10 a.m.-5 p.m. Tuesday, Wednesday, Friday, Saturday; 10 a.m.-8 p.m. Thursday; noon-4 p.m. Sunday; closed Monday. 1100 S. Calhoun St., Fort Wayne. 260.427.6440, botanicalconservatory.org.

Embassy Theatre

- Wednesday, Feb. 5, "Fiddler on the Roof," 7:30 p.m., \$70/\$50/\$35
 - Thursday, Feb. 13, Pink Droyd, 7 p.m., \$39/\$25
 - Wednesday, Feb. 19, The Metta Quintet, 7:30 p.m., \$15
 - Wednesday and Thursday, Feb. 26 and 27, "Star Wars: A New Hope" in concert, 7:30 p.m., \$75/\$55/\$45/\$25
- 125 W. Jefferson Blvd., Fort Wayne. 800.745.3000, fwembassytheatre.org.

Memorial Coliseum

- Thursday-Sunday, Jan. 30-Feb. 2, Fort Wayne RV and Camping Show, 11 a.m.-9 p.m. Thursday through Saturday, 11 a.m.-5 p.m. Sunday
 - Tuesday, Feb. 4, Korn & Breaking Benjamin with special guest Bones UK, 7 p.m., \$89/\$79/\$69/\$59/\$39
 - Saturday, Feb. 8, WMEE Baby Fair & Family Expo, 9 a.m.-3 p.m., free admission
 - Thursday-Sunday, Feb. 13-16, Fort Wayne Boat Show, 3 p.m.-9 p.m. Thursday and Friday, 11 a.m.-9 p.m. Saturday, 11 a.m.-5 p.m. Sunday
 - Thursday, Feb. 20, Winter Jam Tour Spectacular 2020, 7 p.m., \$15 donation at the door
 - Saturday, Feb. 22, Fort Wayne Women's Expo, 10 a.m.-5 p.m.
 - Thursday-Sunday, Feb. 27-March 1, Fort Wayne Home & Garden Show, 11 a.m.-9 p.m. Thursday through Saturday, 11 a.m.-5 p.m. Sunday
 - Thursday-Sunday, Feb. 27-March 1, Disney on Ice presents "Dream Big," 7 p.m. Thursday and Friday; 11 a.m., 3 p.m., 7 p.m. Saturday; 1 p.m. and 5 p.m. Sunday, \$50.50/\$40.50/\$35.50/\$30.50/\$15.50
- Parking \$6 main lot, \$10 preferred lot. Allen County War Memorial Coliseum, 4000 Parnell Ave., Fort Wayne. 260.482.9502, memorialcoliseum.com.

Honeywell Center

- Friday, Feb. 7, The Simon & Garfunkel Story, 7:30 p.m., \$45/\$35
 - Sunday, Feb. 16, Northeast Indiana Premier Bridal Spectacular, 1 p.m.-4 p.m., \$5
 - Tuesday, Feb. 18, "Riverdance" 25th Anniversary Show, 7:30 p.m., \$100/\$60/\$50
 - Wednesday, Feb. 19, "Dog Man the Musical," 10 a.m. and noon, \$10
 - Friday and Saturday, Feb. 28 and 29, "The Invention of Morel," an opera composed by Stewart Copeland, 7:30 p.m., \$20 general admission
- Ford Theater, 275 W. Market St., Wabash. 260.563.1102, honeywellcenter.org.

Niswonger Performing Arts Center

- Saturday, Feb. 1, Winter Dance Party, 7:30 p.m., \$35/\$30/\$25
 - Friday, Feb. 14, "The Greatest Love of All: A Tribute to Whitney Houston" starring Belinda Davids, 7:30 p.m., \$55/\$45/\$35
 - Sunday, Feb. 23, An Evening of Love Songs with Jim Brickman & Melissa Manchester, 7:30 p.m., \$65/\$55/\$45
 - Saturday, Feb. 29, Little Texas, 7:30 p.m., \$45/\$40/\$35/\$30/\$25/\$20
- 10700 SR 118, Van Wert. 419.238.6722, npacvw.org.

Fort Wayne Museum of Art

Exhibitions

- Glass Sculpture from the Collection (ongoing)
- Planes, Trains & Automobiles: Classic Toys and Americana (ongoing)
- More Than Four Walls: Photographs by Lucy Bell Seaton (through Feb. 16)
- David Shapiro: Transcendent Abstractions (through Feb. 16)
- Margaret Burroughs: Faces of My People (through Feb. 23)
- Theotokos: Contemporary Visions of Mary by Elly Tullis (through March 8)
- Beginning Saturday, Feb. 22, Woolgatherers: Paintings by Heather Day (through May 31)

Adults \$8, students (pre-K through college) \$6, seniors (65 and older) \$6, families \$20, free admission for veterans and veterans' families, free general admission 5 p.m.-8 p.m. every Thursday. 10 a.m.-6 p.m. Tuesday, Wednesday, Friday, Saturday; 10 a.m.-8 p.m. Thursday; noon-5 p.m. Sunday (closed Mondays), 311 E. Main St., Fort Wayne. 260.422.6467, fwmoa.org.

Shipshewana Blue Gate Theatre

- Saturday, Feb. 1, Mylon Hayes Family, 2 p.m., \$19.95 show, \$37.95 dinner and theater
 - Friday, Feb. 7, Darryl Worley, 7 p.m., \$44.95 show, \$62.95 dinner and theater
 - Saturday, Feb. 8, The Return — The Ultimate Beatles Experience, 2 p.m. and 7 p.m., \$34.95 show, \$52.95 dinner and theater
 - Thursday-Saturday, Feb. 13-15, Valentines Celebration with Ken Davis, 7 p.m. each night, \$139.50/couple dinner and theater
 - Friday, Feb. 21, Doug Kershaw, 7 p.m., \$39.95 show, \$57.95 dinner and theater
 - Saturday, Feb. 22, Mark Schultz, 7 p.m., \$29.95 show, \$47.95 dinner and theater
 - Friday, Feb. 28, Karen Peck & New River, 7 p.m., \$24.95 show, \$42.95 dinner and theater
 - Saturday, Feb. 29, Mark Trammell Quartet, 4 p.m., \$24.95 show, \$42.95 dinner and theater
- 175 N. Van Buren St., Shipshewana. 888.447.4725, thebluegate.com.

1-March 1: ANGOLA: Pokagon Toboggan Run

Quarter-mile refrigerated run. Sleds available first-come, first-served. \$13/hr. per toboggan; \$7 entrance fee (in-state), \$9 (out-of-state). 5:30 p.m.-9 p.m. Friday, 10:30 a.m.-9 p.m. Saturday, 11 a.m.-5 p.m. Sunday. Open 11 a.m.-5 p.m. President's Day, Monday, Feb. 17. 450 Ln 100 Lake James. 260.833.2012, tobogganrun.com.

HAPPY
Valentine's
DAY

2 FORT WAYNE: Mather Sunday Lecture Series

Anthony L. Conley "War as a Tool for Group Uplift: African Americans and War, Part II, 1941-1975." Free admission. 2 p.m. Sunday, The History Center, 302 E. Berry St. 260.426.2882, fwhistorycenter.com.

2 DECATUR: Flea Market

Nearly 100 indoor vendors, hot food available. Sponsored by the Adams County Coin Club. 8 a.m.-3 p.m. Sunday, Riverside Center, 231 E. Monroe St. (Highway 224 East). Contact Carla at 260.517.8182, facebook.com/decaturingianafleamarket.

4, 11, 18, 25 FORT WAYNE: "Little River Ramblers"

Hike and explore the interesting plants and wildlife of Eagle Marsh. Bring binoculars for a close-up view. Sponsored by Little River Wetlands Project. Free admission. 9 a.m.-11 p.m. Tuesday, Eagle Marsh barn, 6801 Engle Road. 260.478.2515, info@lrwp.org, lrwp.org.

6 FORT WAYNE: Volun-beer

Help Little River Wetlands Project clean seeds collected from the marsh. 6 p.m.-8 p.m. Thursday, Hop River Brewing Company, 1515 N. Harrison St. 260.478.2515, lrwp.org.

7 WABASH: First Friday

Live entertainment, food, kid's activities, shopping, evening specials and more. Free admission. 5 p.m.-8 p.m. Friday, downtown. 260.563.0975, wabashmarketplace.org.

8 DECATUR: Artisan Craft Market

Local artisans, professional artists, gourmet cupcakes, handmade items, more. 9 a.m.-1 p.m. Saturday, Riverside Center, 231 E. Monroe St. 260.724.7171, decaturin.org.

8 DEFIANCE: Cinema at the Stroede

"To Catch a Thief." Free admission, concessions available. 7:30 p.m. Saturday, Stroede Center for the Arts, 319 Wayne Ave. 419.784.3401, defiancearts.org.

8, 15 ANDREWS: Eagle Watch

Listen to a short program on Indiana's bald eagles and caravan to Indiana's largest documented winter roost and watch the eagles come in for the evening. Free admission. 3 p.m. until dark, Saturday. Meet at the Upper Wabash Interpretive Center, Salamonie Lake, 3691 S. New Holland Road. 260.468.2127, in.gov/dnr/parklake.

13 FORT WAYNE: "Breakfast on the Marsh: Through the Eyes of Doc and His Carvings"

Guest speaker: Little River Wetlands Project's longtime friend, Dr. Lawrence Wiedman, who has been carving for more than 37 years. For 50 years and older. A light breakfast will be served. Call to preregister. Free admission. 8:30 a.m.-9:45 a.m. Thursday, Indiana Wesleyan Education & Conference Center, Room 102/104, 8211 W. Jefferson Blvd. Register with Aly Munger at a.munger@lrwp.org or 260.478.2515, lrwp.org.

13 FORT WAYNE: "Homespun Fun: Rag Dolls and Teddy Bears"

Hand arts program. \$20 includes project materials. 9 a.m.-11:30 a.m. registration and refreshments 9 a.m.-9:30 a.m. Thursday. \$20 includes project materials. Swinney Homestead, 1424 W. Jefferson Blvd., Fort Wayne. Reservations at 260.432.7314 or 260.747.1501, settlersinc.org.

15 FORT WAYNE: "Public Hike: Winter Hike"

Join Beth Ricketts and Indiana Native Plant Society to experience the winter season in the wetlands. Dress for the weather, waterproof boots recommended. Free admission. 2 p.m.-3:30 p.m. Saturday, meet at Boy Scout office parking lot, 6801 Engle Road. 260.478.2515, lrwp.org.

15 FORT WAYNE: "ECK Wisdom on Soul Travel"

First class of a three-month book discussion (second class March 14, third class to be announced). Where do you go when you dream or daydream? Learn about Soul Travel, a natural process that opens the door to the incredible universes where we truly live and have our being. Presented by Eckankar. Free admission, free book while supplies last. 11 a.m.-12:30 p.m. Saturday, Meeting Room B, Allen County Downtown Library, 900 Library Plaza. 260.466.3823, eckankar.org.

15 DEFIANCE: Big Band Sound

Music of Glenn Miller, Duke Ellington, others. \$10. 7:30 p.m.-9 p.m. Saturday, Stroede Center for the Arts, 319 Wayne Ave. 419.784.3401, defiancearts.org.

19 FORT WAYNE: "Short Hikes for Short Legs: Animals in Winter"

Learn about all the animals that tough out cold Indiana winters. Free admission, open to children 3-5 accompanied by responsible adult. 9 a.m.-10 a.m. Wednesday, Eagle Marsh barn, 6801 Engle Road. 260.478.2515, lrwp.org.

20 DEFIANCE: Town and Gown: Presentations about Defiance History

"Friends in High Places: Highlights from the Correspondence of DC President Kevin McCann," presented by Barb Sedlock, Defiance College archivist. Free admission. 7 p.m.-8 p.m. Thursday, Schomburg Auditorium, Defiance College, 701 N. Clinton St. 419.782.0746, defiance.edu. 🏠

Looking for a Lake James getaway?



Two lakefront homes on first basin of Lake James in Angola for weekly rental. Fully furnished, sandy beach, private dock, WiFi, air conditioning, plenty of parking, beautiful sunsets and the great outdoors!



For more information contact us at: cottagesoflakejames.com; lakejamescottages@gmail.com or call 260-316-6003.



The Romance of Wabash County

By Stacie Ball

Winter almost guarantees the arrival of snow flurries and cold winds. This February, defrost by experiencing the warm romance of Wabash County.

One of the most fantastic places to spend an evening or weekend is the delightful Charley Creek Inn. Kari Highley, director of Marketing & Sales, for the Inn, said, "Take a step back in time and enter a world of grandeur and sophistication at our boutique downtown Wabash hotel."

From the stunning original artwork to the antique furniture, this gorgeous inn provides all the nostalgia of the 1920's without feeling robbed of 21st century technology.

"For Valentine's Day, we will be offering carriage rides through downtown Wabash," Highley explained, "In addition, our wine shop will host its annual Wine and Chocolate-Tasting event, featuring seven wines and chocolates artfully paired. It takes approximately 30 minutes."

Whitney Millspaugh, Marketing Director of Visit Wabash County, recommended booking the "Romance Package" at Charley Creek Inn. Millspaugh said, "The package includes a free bottle of wine, chocolates, a single rose, dinner for 2 at the upscale hotel restaurant, Twenty, and a complimentary wine tasting at the hotel's Wine and Cheese Shoppe."

For those wishing to spare no expense, Highley suggested a private dinner with breathtaking views of downtown Wabash in the intimate rooftop venue, the Cloud Club, as well as an over-night stay in the Lutz Honeywell Romantic Deluxe Suite. She described, "This honeymoon suite, offering gracefully balanced charm and ornamentation, includes a furnished galley kitchen, fireplace and jetted tub."

Millspaugh also urged visiting The Honeywell Center, located just one block from Charley Creek Inn. Watch a mainstream performance at the center and/or take in a meal at the elegant Eugenia's restaurant. On February 15, they are offering a 4-course gourmet meal for \$39.95 per couple. Each patron has a choice between four delicious main dishes, as well as a couple of choices of appetizers, soup or salad, and dessert.

Another special option is the "Not-So-Newlywed Trolley No. 85 Tour," happening on February 1. Couples will listen to live music as they ride the trolley to Greek restaurant, Roann's Little Cathedral. Couples will be served an authentic Greek meal and a bellyful of laughs while watching live couple's trivia with special guest, Mayor Scott Long.

A budget-friendly option is to take a casual stroll around downtown Wabash. Stop by the Wine and Cheese Shoppe for a wine flight and a gourmet cheese board, admire the restored architecture of the boutiques and antique shops, and visit the largest used bookstore in Indiana. Drive through the county to experience one or more of the 7 gorgeous waterfalls.

This year, forego the long-distance travel, and see what romance awaits right around the corner. Visit www.visitwabashcounty.com for additional info. 🏠



Charley Creek Inn



Honeywell Center



Twenty Restaurant

LTC Ombudsman Program

Aisha R. Arrington

By Barb Sieminski

Acting as a voice for vulnerable people is absolutely what drew Aisha Arrington to her job at LTC Ombudsman Program.

"In my years of work at Aging and In-Home Services, working in the call center, I learned about the challenges that families face when a loved one is in a nursing home and when residents called needing help," said Arrington. "I was grateful at the time to be able to refer them to the LTC Ombudsman Program. And when I can stand beside a nursing home resident and help them be heard about their concerns and ultimately then receive better care; I find it very fulfilling."

There are several kinds of ombudsman working in the field but LTC (Long-Term Care) Ombudsman Program is, "solely here to advocate for residents residing in our area nursing homes," stressed Arrington, who added that "ombudsman" is a Swedish word meaning "citizen representative."

"We are currently gearing up for our 10th Annual Ombudsman Pajama Drive and it is my favorite time of year here. I remember the first year, when we were delivering pajamas to one of our residents and she refused to take them until her roommate was able to receive a gown, too. We had never considered that. But some residents really become like family to each other – and that resident was surely looking out for her roommate. We were able to serve both residents in that room. But it taught me a great lesson. We now make sure that both residents are served at the same time."

Arrington, who earned her M.S. in Organizational Leadership from Indiana Tech, participated in their Go For IT! Campaign; she was featured on billboards, radio ads, and was able to complete a commercial with them.

She also serves as a Commissioner for the Metro Human Relations Board for the City of Fort Wayne and was appointed by Mayor Tom Henry.

Other jobs she has held include her first job at Wendy's Restaurant downtown followed by several retail jobs, 7 years with Aging and In-Home Services, and she will have been working at the Ombudsman Program for 12 years this May.

Married to her husband, Fred, with five kids and 4-year-old Buddy, the family dog, Arrington is excited that their first grandson just celebrated his first birthday in January.

Advice that has stayed with the Fort Wayne native is, "Work hard. It is difficult to fail at almost anything if you are working diligently and giving it your best."

Arrington admitted that she is easily moved to tears by anything to do with someone being mistreated.

"I believe at the very least, we can be kind to one another," said Arrington. "Kindness is probably one of the easiest things we can practice; it does not cost anything, but a willingness to be patient, serve when and where we can, and to listen."

The Ombudsman Program serves nine counties of northeast Indiana. Visit the website at www.doingthegood-ombudsman.org for more information and / or on Facebook under LTC Ombudsman Program. 🏠



I am HOME

Hetty Arts

By Deborah C. Gerbers

Hetty Arts Pastry in Fort Wayne was created by owner Hetty Arts herself, a local entrepreneur, originally from the Netherlands. Arts specializes in small batch, locally made doughnuts, wedding and special occasion cakes, French macarons and custom pastries.

Settling in Northeast Indiana allows Arts to utilize the bounty of locally sourced ingredients as much as possible in her creations.

"We work with lots of other small local businesses to both purchase ingredients and sell our treats," she said. "Up to this point, we've not had a traditional brick and mortar storefront and have used our pastry truck as our mobile storefront. We've loved every minute of re-shaping the mold a bit when it comes to how we operate."

Arts' pastry business had very humble beginnings but has since grown to be a booming local favorite.

"We operated out of the immaculate CookSpring shared kitchen here in Fort Wayne to prepare doughnuts for the YLNI farmers markets on Saturdays and a wedding cake here and there," she explained. "We quickly grew and picked up local accounts, including Ted's, Conjure Coffee, Mocha Lounge, Tolon, Brewha Coffee House and quite a few more on a special occasion basis. In addition to providing lots of cool local spots with our doughnuts and French macarons, we've also grown our wedding cake and desserts business significantly each year."

As a business owner, Arts says the biggest upside is "by far all of the lovely people I've gotten the chance to get to know over the past four years, and continue to meet every day. Seeing the business grow only broadens this network for me and I feel tremendously fortunate to have so many very talented, selfless and kind people surrounding me. Without the sweet people of Fort Wayne and its surrounding area we would not be where we are today!"

Yet Arts admits owning and operating her own business does come with its challenges. "The most challenging part is for sure wearing all of the different hats a small business requires you to wear," she said. "Up to this point, I continue to do all communications for Hetty Arts Pastry, including all inquiries for orders, social media accounts and public outreach. In addition, I handle all of the accounting and bookkeeping for the business (a great area of growth for me!), while spending an equal amount of time baking and finishing our pastries with the most wonderful team of pastry ladies I could possibly wish for. While it is a whole lot to have on my plate, I thoroughly enjoy each and every part



Hetty Arts

of my business and feel grateful that I've been able to handle it all independently thus far."

Arts is committed to not only baking super tasty treats, but to running a sustainable and successful business, as well. "It's very easy to get carried away using the best ingredients and making extravagant things, but it is equally important to make sure these items are sold at a price that allows us to stay in business," she said. "We purposely pick up our eggs from Seven Sons Farms all the way Southwest and then drive across town to pick up fresh apples at Cook's Orchard. It's a healthy challenge to then find ways to be savvy in other areas like labor and expenses so that in the end, Hetty Arts Pastry has the opportunity to continue to grow and thrive. I believe this is most challenging and important- how can we continue to use the products we believe in and want to support while maintaining a healthy growing business."

"My own biggest mantra is to always stay humble and kind. Growth is exciting and exhilarating, but it should not affect how or who you interact with. It's important to understand that each small local business has its own needs and quirky things and respecting that in our community of small business I think is super valuable," she said.

Locals can look forward to some possible growth in the future for this local business as well. "While I can't share all of the details yet, I can say that Hetty Arts Pastry has received a wonderful opportunity to expand and grow in the most responsible way, and it will allow our clientele to access our products more easily and more often." 🏠

Sanborn's

...for your home
Your Indoor-Outdoor Living Store



We have the largest selection of furniture, bedding, flooring, outdoor furniture and grills in the Tri-State area. Our everyday low prices, and huge in-stock, ever-changing inventory selection are sure to get your home ready for the months ahead.

Quality. Selection. Value.

Furniture | Flooring | Bedding | Patio | Grills

1990 W. Maumee, US 20 & 200 W., Angola, IN 46703
260.665.9799 • sanbornsfurniture.com

Windows, Doors & More

Bringing You **MORE** Than Ever Before



SAVE \$110 **WINDOWS***
OFF PER WINDOW
when purchasing (5) or more
Grabill made windows
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

SAVE \$1000 **SIDING***
OFF ON
20 SQUARE OR MORE
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

SAVE \$500 **ROOFING***
OFF ON
18 SQUARE OR MORE
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

SAVE \$100 **PATIO DOORS***
OFF
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

WHAT'S YOUR NEXT PROJECT?

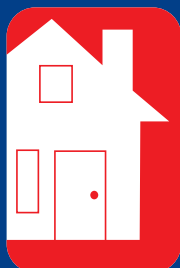
FREE FLOORING **ROOM ADDITION***
A \$750 VALUE!
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

SAVE \$250 **KITCHEN***
OFF A TILE BACKSPASH WITH A
PURCHASE OF A FULL KITCHEN REMODEL
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

\$200 WORTH **BATH***
OF ACCESSORIES WITH A
FULL BATH REMODEL
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

SAVE \$250 **DECKS*** **SAVE \$250**
OFF COMPOSITE OFF WOOD
*Installation by Windows, Doors & More required. Previous purchases excluded. New purchases only. Minimum purchase required. See store for details. Expires 2/29/2020.

1 YEAR NO PAYMENTS,
NO INTEREST OR
6.9% FINANCING



Windows
Doors
& More

260-399-6038
TOLL FREE 888-493-2636

FREE CONSULTATIONS

www.wdmfactorystore.com
1121 W. Washington Center Rd.
Mon. - Thurs. 9-7 • Fri. 9-5
Sat. 9-4 • Closed Sun.

Weather permitting / asphalt shingles.
*Offers not good when combined. New Purchases Only.
Previous purchases excluded. Offers expire 2/29/2020. See store for details.