



# HEBRON, INDIANA

A Community Working Together Since 1890

*Sit down and take a minute to find out what Hebron is made up of*

**Hebron, Indiana  
46341**

**Volume 5, Issue 4  
April, 2011**

## Rebuilding Together 2011—10 years of serving Hebron

Just over 10 years ago, it started as an idea that began with a simple phone call with one of those “Why don’t we do this?” ideas between a Town Councilman and a local Pastor. That call sparked what began as Christmas in April and became Hebron Rebuilding Together. That simplifies what has been a true labor of love for all of the board members, sponsors, and volunteers over the years, though. The amount of work it takes to coordinate this project alone is almost staggering. The work day is hard for most of us couch potatoes, but rewarding in your heart.

Hebron Rebuilding Together is gearing up for their annual work day, **Saturday, April 30th, 2011**. Every year, homeowners apply for help from the group and the board tries to help those in need with the resources they have. Over the years, through the help of generous donations and volunteer labor, they’ve helped homeowners get new windows and doors installed, kitchens improved, living spaces made safe, found resources to help homeowners get grants for major roof con-

struction, replaced roofs and siding, and made Hebron people’s houses into warm and safe homes.

As a board member until recently and a volunteer, I’ve seen some wonderful things happen for people and their homes, we have all made new friendships, and there is a common bond between homeowner, volunteer, and sponsor—one of the concern for each other and the willingness to help others that is special.

You do not have to be an experienced carpenter to help; we have many jobs that require no special training or abilities. Most of us have no special construction training, but there are always things that need to be done at the houses.

So, make this the year that you do it, get a friend and sign up together to work together. We’ll outfit you, clothe you for the day, and introduce you to some fun people. We will see you there, 7 a.m., at the Community Center on the 30th.

To make it simple to volunteer, we’ve included the form to sign up on pages 6 and 7.

**April  
2011**

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### Coming up

- **Wednesday, April 6th, RDC Meeting, 6 p.m.**
- **Tuesday, April 19th, Regular Town Council Meeting, 7 p.m.—Community Center**
- **Tuesday, April 26th, 5:30 p.m. Meet The Chamber Night at the Gathering Place (free)**
- **Saturday, April 30th, Rebuilding Together Workday, 7 a.m., Community Center**

See our calendar online for more events at [www.visithebron.org](http://www.visithebron.org)

219-996-4641



**The 2010 Volunteer Crew**

## Hebron Chamber of Commerce News

### Town Updates

Jim Shelhart, our Public Works Director, wanted to let us know that limb and leaf pickup will be on the first Mondays of April and May, that's April 4th, and May 2nd. Jim especially wanted me to tell you that they do NOT want you to tie up the limbs together, the nylon rope messes up our chipper. Place all limbs that are no more than 2" round and 6' long by the curb for pickup. Please ensure that there aren't any rocks, construction debris, or such in your leaf piles please. This can be dangerous for our workers. Thank you for the help.



*This is who we are; proud and strong people who care about and for each other.*

# Hebron

The Hebron Chamber of Commerce held its monthly meeting at 8:00 am at Dairy Queen. The breakfast meeting was catered by Becky's Cake & Floral. Our guest speaker was Jonathan Nalli from Porter Hospital. Mr. Nalli discussed Porter Hospital's future plans to serve the residents of Porter County.

Save the Date! Our 4th Annual Meet the Chamber Night is scheduled for Tuesday, April 26, 2011 at 5:30pm at the Gathering Place in Hebron. Our guest speaker will be from the Small Business Development Association of NW Indiana. If you are interested in helping plan or sponsor this event, please contact the Hebron Chamber. Pam Ferber, Hebron Public Library, is the chairperson of this event.

The Hebron Chamber Golf Outing is scheduled for Tuesday, August 30, 2011 at Sandy Pines Golf Course in DeMotte. Chad Franzman, Russ' Print Shop, is the chairperson of this event. If you are interested in help plan this fun event, please contact him.

The 4th of July Celebration committee is working hard on planning the parade and fireworks. The fireworks will be on July 3rd at dusk at Hebron Schools. The parade will take place at 10:00 am. The Flag Raising and Turtle Derby will be held at the Community Center. The committee is still presently working on choosing the parade theme and Grand Marshall. Also, pre-registration for the parade is encouraged as the committee will be assigning your parade location this year. The sooner you register—the better your position in the parade!

Scholarship Applications for the Hebron Chamber of Commerce Alice P. Komisarck scholarship will be available April 4, 2011 in the Hebron High School Guidance Counselor's office. This is a \$500 scholarship given to one Hebron High School senior pursuing secondary education. Application deadline is April 22, 2011.

The Hebron Chamber of Commerce looks to continue to grow and expand its programs for the business community and residents of Hebron. If you would like to join the Hebron Chamber of Commerce or would like more information on any Chamber events, please contact us at 219-996-5678 or visit our website at [www.hebronchamber.org](http://www.hebronchamber.org). Thank you!

### UPCOMING EVENTS:

April 12, 2011 Monthly Chamber Meeting at Noon

Heritage Inn

Guest Speaker: Rebuilding Hebron Together

Debbie McKay

April 26, 2011 Meet the Chamber Night 5:30 pm Gathering Place

May 10, 2011 Monthly Chamber Meeting at Noon

Martie's Place

Guest Speaker: Lorelei Weimer, Porter County

Tourism



## Hebron News from around the Town

# 2011

Family, community, and dedication to others makes our town great.

### Hebron Police Department ready for extreme emergencies

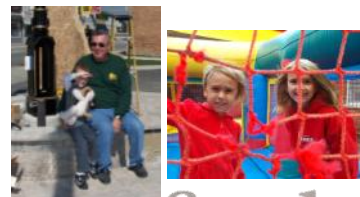
This couldn't be a more timely addition to our emergency equipment with what is happening in Japan. No, we aren't in danger of a tsunami wiping out our town, but the question was; how can we get to people in need when the worst-case scenario happens?

Chief Steve Sibbrell found an answer. Through his diligent work, he found 3 U.S. Military Humvee trucks for free, we just had to transport them here. The U.S. military will loan out equipment like this to Police Departments, but most larger departments have the money for special utility vehicles like these; we don't.



Chief gave us a tour in one recently and explained the advantages to us. In extremely bad winter weather, these Humvees could be the difference between life and death for travelers stuck on the highways and roads around Hebron. During severe tornado outbreaks, these vehicles might be the only vehicle that could climb over debris to get to you.

So, if you see them on the streets, give a friendly wave to the men and women in blue that are thinking of how to keep you safe 24/7. Thank you to Chief for the hard work in getting them here. We all hope we'll never NEED them, but we're sure glad that we have them.



family  
Love



Some of the volunteers for the Rebuilding Together Hebron project in 2010.



# Hebron

### Hebron School News

The school is seeking a bond issue to replace the aging computers and infrastructure at all 3 schools this summer. The new computers, servers, handheld devices, and software purchases will make Hebron Schools one of the most technologically advanced in our area and ready to serve the digital citizens (students) of the 21st century.

Hebron hosted "Circle The State With Song" for the 6th straight year. The festival began in 1989 and has grown to include concerts at only 12 different sites each year and we were proud to host it. This year's concert was attended by **over 2,500** people! There were almost 500 students, 38 of them Hebron's, in the Elementary and Middle School Choirs. Hebron has been selected for the 2012 host again based upon our superior staff and facilities we have to offer. We are pretty proud of our music department and our new High School.

The Hebron American Legion will be working together with the Hebron Drama Club on May 7th for a little dinner theater experience. The Legion will be offering a Chili Supper at the High School before the performance for \$5 (\$6 at the door). See any Legion Member or contact Town Hall for details. After, the Hebron High School Drama Club will be presenting their spring production. Dinner Theater in Hebron? You bet!

The Empty Bowls project in February, by the High School and the Art Club, raised over \$2,500 this year to be donated to the Hebron Food Pantry and the Red Cross.

**Local Contact Info:**

The Town of Hebron  
PO Box 478  
106 E. Sigler Street  
Hebron, Indiana 46341  
Phone: 219-996-4641  
E-mail: [info@visithebron.org](mailto:info@visithebron.org)  
Website: [www.visithebron.org](http://www.visithebron.org)

We make Hebron the  
great town it is together.



Visit us on the web:  
[www.visithebron.org](http://www.visithebron.org)

**For Emergencies: 911****Hebron Fire Department**

109 N. Washington St.  
Hebron, In 46341  
Tel. 219-996-2550

**Hebron Police Department**

P.O. Box 38  
106 Sigler Street  
Hebron, IN 46341  
Tel. **219-996-2111** Contact an officer  
**219-996-2747** Business Line

Fax 219-996-2144  
[hebronpd@netnitco.net](mailto:hebronpd@netnitco.net)

**Hebron Redevelopment Commission**

611-1 North Main Street  
Hebron, IN 46341  
Tel. 219-996-7800 Fax 219-996-7900

**The Town Council**

Donald Ensign, Council President  
[don.ensign@visithebron.org](mailto:don.ensign@visithebron.org)  
Pete Breuckman, Vice President  
[pete.breuckman@visithebron.org](mailto:pete.breuckman@visithebron.org)  
Jeffery Grogan, Councilman  
[jeff.grogan@visithebron.org](mailto:jeff.grogan@visithebron.org)  
Joyce Kazmarski, Councilwoman  
[Joyce.kazmarski@visithebron.org](mailto:Joyce.kazmarski@visithebron.org)  
Dave Peeler, Councilman  
[Dave.peeler@visithebron.org](mailto:Dave.peeler@visithebron.org)

**Clerk-Treasurer's Office**

996-4641  
Terri Waywood  
[treasurer@visithebron.org](mailto:treasurer@visithebron.org)

## Hebron Library News

In commemoration of Youth Art Month, the library held its annual Hebron Elementary School Community Art Exhibit in March. This display marks the end of winter for many library patrons, who enjoy this colorful exhibit that showcases the work of young Hebron artists. The library thanks Hebron Elementary School art teacher Mary Drazer for her work in making this display available to the public.



Several events are scheduled at the library this month. Please see the calendar of events for details.

Hebron Public Library, 201 West Sigler Street, is a branch of the Porter County Public Library System. For more information about the library, stop by, call 996-3684 or check out our website at [www.pcpls.lib.in.us](http://www.pcpls.lib.in.us). The library is on Facebook, too.

Calendar of Events  
From now through April 4—Registration for Toddler Times (ages 2-3) and Story Times (ages 4-5). Contact Youth Services Department for details.

April 6 & 13, 5:30-8:30 p.m.—Beginner's Oil Painting Class. Paint a covered bridge in just two evenings. Participants must attend both sessions to complete the project. Cost: \$55; includes all painting supplies. Pre-payment & pre-registration required.

April 7, 1:30-2:30 p.m.—Novel Ideas Book Discussion Group. "The Lost Symbol" by Dan Brown is this month's book. Free. Open to any interested reader.

April 14, 1:30-2:15 p.m.—History of Chinese Traditional Medicine. Laura Zaranski from East Wind Acupuncture is presenter. Learn how acupuncture works and for what ailments it is used to treat. Free. Space is limited, so registration is recommended.

**April 23—Spring Holiday. All branches of the Porter County Public Library System are closed.**

April 29, 3:30-4:30 p.m.—Magic School Bus "Busasaurus" Program. Grades 3-5. Pre-registration required. Contact Youth Services Department for details.





# Our Life in Pictures

## Rebuilding Together Hebron— Pictures from the 2010 Work Day





**Our Life in Service to Others**

**Volunteer Sign-up Form**  
(All volunteers must be at least 14 years of age.)

I would like to participate in Rebuilding Together –Hebron on April 30, 2011.

Your Name	Telephone or Cell Number
Home Address	City, State, Zip

Check if you are a high school student

E-MAIL ADDRESS: \_\_\_\_\_

T-SHIRT SIZE (mens sizes M to 3XL): \_\_\_\_\_

If you have a special request to work with a friend or relative on the same project, please indicate his/her name so we can make arrangements:

\_\_\_\_\_

*Please check any of the following that may apply:*

Definitions: Skilled: trained tradesman Unskilled: Performs this work when needed, not professionally trained

<u>Skilled</u>	<u>Unskilled</u>		<u>Skilled</u>	<u>Unskilled</u>	
<input type="checkbox"/>	<input type="checkbox"/>	Painting	<input type="checkbox"/>	<input type="checkbox"/>	Carpentry
<input type="checkbox"/>	<input type="checkbox"/>	Drywall hanging/plastering	<input type="checkbox"/>	<input type="checkbox"/>	Electrical
<input type="checkbox"/>	<input type="checkbox"/>	Fencing	<input type="checkbox"/>	<input type="checkbox"/>	Roofing
<input type="checkbox"/>	<input type="checkbox"/>	Heating/AC	<input type="checkbox"/>	<input type="checkbox"/>	Laying Floor Tile
<input type="checkbox"/>	<input type="checkbox"/>	Carpet Laying	<input type="checkbox"/>	<input type="checkbox"/>	Plumbing
<input type="checkbox"/>	<input type="checkbox"/>	Cleaning/yard work	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____

I am also interested in volunteering to help on one of the following committees or assignments:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Food Committee | <input type="checkbox"/> Publicity Committee | <input type="checkbox"/> Fundraising Committee  |
| <input type="checkbox"/> House Captain  | <input type="checkbox"/> Board Member        | <input type="checkbox"/> Event day Registration |

We are also looking for volunteers who are willing to work on the food committee to help feed our workers. Contact Jeanne or Jo Marie at 219-996-2981 Mon-Fri 9 am to 5 pm

Please complete waiver of liability form on back.

On Saturday, April 30<sup>th</sup>  
Please meet at 7 am at the Hebron Community Center, 611 Main Street – yellow building – registration and refreshments



**Our Life in service to others**



**WAIVER OF LIABILITY FORM**

**COMPLETE IF 18 or OLDER**

**REBUILDING TOGETHER - HEBRON AREA HOME REPAIR PROJECT**

In consideration of the opportunity afforded me to assist on a voluntary basis in the Rebuilding Together – Hebron Project, a project in which homes of disadvantaged persons will be repaired by volunteers, and in light of the aims and purposes of the community service provided by Rebuilding Together Hebron, Inc. in organizing this project, I hereby waive any right or cause of action arising as a result of my participation in said project from which any liability may or could accrue against Rebuilding Together, Inc. or its Officers and Directors collectively or individually. Without limiting the generality of the foregoing, I agree that this waiver shall include any rights or causes of action resulting from personal injury to me, or damage to my property sustained in connection with my activities for the Home Repair Project.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_  
VOLUNTEER SIGNATURE

\_\_\_\_\_  
PRINT VOLUNTEER'S NAME

\_\_\_\_\_  
WITNESS SIGNATURE

\_\_\_\_\_  
PRINT WITNESS'S NAME

In case of emergency, please contact:

NAME: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

\*\*\*\*\*

**PARENTAL PERMISSION and WAIVER OF LIABILITY  
COMPLETE IF BETWEEN THE AGES OF 14 AND 18**

**PARENT'S OR GUARDIAN'S SIGNATURE REQUIRED  
REBUILDING TOGETHER - HEBRON, INDIANA PROJECT  
Home Repair Project**

In consideration of the opportunity afforded my child to assist on a voluntary basis in the Rebuilding Together - Hebron, Indiana Home Repair Project, a project in which the homes of disadvantaged persons will be repaired by volunteers, and in light of the aims and purposes of the community service provided by Rebuilding Together Hebron, Inc. in organizing this project, I (we) give my (our) permission for my (our) child to participate in the Home Repair Project, and I (we), on behalf of my (our) child and myself (ourselves), waive any right or cause of action arising as a result of my(our) child's participation in said project from which any liability may or could accrue against Rebuilding Together Inc. or its Officers and Directors collectively or individually. Without limiting the generality of the foregoing, I (we) on behalf of my (our) child and myself (ourselves), agree that this waiver shall include any rights or causes of action resulting from personal injury to my (our) child or damage to my (our) child's property sustained in connection with my (our) child's activities from the Home Repair Project.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_ Child's age: \_\_\_\_\_

\_\_\_\_\_  
PARENT'S SIGNATURE

In case of emergency, please contact:

Name: \_\_\_\_\_ Relationship \_\_\_\_\_ Phone: \_\_\_\_\_

**Mail form to:  
Rebuilding  
P. O. BOX 825  
Hebron IN  
46341  
OR  
Drop off at  
NITCO  
205 Washington**

# Town of Hebron Indiana - Official Calendar of Events

## April 2011

Updated 3/31/2011

Visit our website calendars for the year at <http://www.visithebron.org/calendar.htm>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Senior Activities; 8 a.m.	2
3	4 Senior Activities; 8 a.m. <b>Limb and leaf pickup town wide</b>	5 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. <i>Tornado Siren Testing, 11 a.m.</i> <b>American Legion Meeting, 7 p.m.</b>	6 Senior Activities; 8 a.m. <b>6 pm Hebron Redevelopment Commission Meeting</b>	7 Senior Activities; 8 a.m.	8 Senior Activities; 8 a.m.	9
10	11 Senior Activities; 8 a.m.	12 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. <b>8 am Chamber of Commerce Meeting at Heritage Inn</b> <b>7 pm Planning Comm.</b> <b>7 pm School Board Mtg. at Hebron Elem.</b> <b>7:30 Hebron Stormwater Meeting</b>	13 Senior Activities; 8 a.m.	14 Senior Activities; 8 a.m. <b>Park Board Meeting, 7 p.m., Stagecoach Inn Historical Society Meeting, 7 p.m. Railroad Depot Museum. Town Hall/ Water Dept Closed for Training</b>	15 Senior Activities; 8 a.m.	16
17	18 Senior Activities; 8 a.m.	19 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. <b>7 pm Town Council Meeting</b>	20 Senior Activities; 8 a.m. <b>6 pm Hebron Redevelopment Commission Meeting</b>	21 Senior Activities; 8 a.m.	22 Senior Activities; 8 a.m.	23 <b>Hebron Library is Closed today</b>
24	25 Senior Activities; 8 a.m.	26 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 5:30 p.m. Meet The Chamber Night at the Gathering Place	27 Senior Activities; 8 a.m.  <i>All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted</i>	28 Senior Activities; 8 a.m.	29 Senior Activities; 8 a.m.	30 <b>Rebuilding Together Workday, see Page 1</b>



your life. better.

## Lung Cancer Today.

Porter  
porterhealth.com

### Provided by Porter Health System

When Dana Reeve died of lung cancer in 2006, the disease, its effects on women and lung health as a whole were brought into the spotlight. Although smoking is the number one cause of lung cancer, other causes are often overlooked. However, understanding the other causes is important, particularly as awareness grows about this number one cancer killer in America.

As many people learned when Reeve died, non-smoking women are twice as likely as non-smoking men to get lung cancer. Researchers are unsure why this is the case, despite more studies being conducted on the topic. All that has been determined is that cancer is molecularly different in women and men, and the groups respond to different treatments.

While much is still being researched regarding women and lung cancer, the role of the environment is more understood, particularly when it comes

to radon. In fact, after smoking, radon, a tasteless, colorless and odorless gas, is the second leading cause of lung cancer. Radon, which causes 15,000-22,000 lung cancer deaths each year, can enter homes through cracks in the foundation, basement floors, walls and other openings. It can also contaminate private water wells. Every state has radon, though in some states, it is much more prevalent. People who are concerned about radon can have a trained contractor test homes, or purchase at-home tests that can be conducted on their own.

Other factors that can lead to lung cancer include pollution, radiation exposure and asbestos exposure. Yet, despite a variety of known risk factors, particularly smoking, a single test is not available as part of a routine check-up regarding lung disease. Moreover, symptoms often do not show up in someone who has lung cancer until it

has begun to spread to other parts of the body. In fact, only about 15 percent of lung cancers are discovered before the disease spreads to other parts of the body.

Some symptoms of lung cancer include: a cough that doesn't go away, chest pain often made worse by deep breathing, shortness of breath, new onset of wheezing, hoarseness, recurring infections, such as bronchitis and pneumonia, weight loss and loss of appetite, bloody or rust-colored phlegm and/or unexplained fever. If you experience these symptoms, contact your physician.

To learn more about lung cancer, and how it's diagnosed and treated, go to Health Resources at [www.porterhealth.com](http://www.porterhealth.com). To find a physician, contact Porter Health System's free physician referral line at 800.541.1861.

