



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 8
August, 2011**

Hebron is having the best summer yet!

Oh, the weather certainly has been frightful, that's for sure. Somehow, we have still found the way to pack summer fun into it, though. Summer Fun Fest in June was rained out a couple of nights and just about as hot as it could be the other nights.



Summer Fun Fest was held in June and was much better than last

year, although attendance was down due to weather this year. The carnival company brought some bigger rides and there was more food available than last year. The location, by the Bowling Alley, was much better for the carnival's location, but a bit more confusing for



where to park (something that will be addressed in the future). We

spent a lot of time there, with the Fire Department Volunteers watching over everyone, and had a really great time. It's less expensive than the county fair and certainly easier to get to. Now, if only we could invent a perfect weather generator...

The 4th of July festivities weekend really couldn't have been much better, though. The weather was absolutely perfect for the Soapbox Derby (see page 3) on Saturday, the 2nd. The fireworks at the school on the 3rd were very well attended this year (over 2,000) and everyone agreed they were better than before and very enjoyable. The parade on the 4th at 10 a.m. was on the most perfect summer day, with low humidity and temps in the mid-80's.

It was great to see everyone out there cheering and waving to all the entries. We had a very



good parade entry turnout as the parade went almost 90 minutes, 10 more than in previous

years. The Turtle Derby afterward was, again, very well attended and the hot dogs and drinks from the Methodist Church was pretty welcome at that part of the day.

Thank you to the Chamber of Commerce for putting on a fantastic 4th Celebration



again, the Park Board for sweating it out at the Soapbox Derby, and Hebron for being the greatest place to live and raise a family.



August 2011

Inside this issue:

Chamber News	2
Indiana Educations of the Year from Hebron	2
Hebron News	3
Hebron Library News	4
Our Life in Pictures	5-7
Calendar	8
Porter Hospital News	9

Coming up

- **Sat, August 6th, 10 a.m.—2 pm Lion's Club Port-A-Pit Chicken sale (Community Center)**
- **Throughout August—Thursdays from 3 to 7 pm, Farmer's Market fresh produce sales at the Clock Tower.**

See our calendar online for more events at www.visithebron.org

219-996-4641



<http://www.facebook.com/Hebron.Indiana>

Hebron Chamber of Commerce News

Town Updates
Farmer's Market opens
for the summer
Something new for you to try out is the Farmer's Market that will be happening all summer on Thursday afternoons from 3 to 7 pm at the downtown corner of Main and Sigler Streets; the Clock Tower.
The Redevelopment Commission has been wanting this for years and they worked hard to set this up. If you're interested in being a vendor, contact them at 996-7800 and leave a message. Save money and eat organically; it's a win for everyone!



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 on Tuesday, July 12, 2011 at noon at the Heritage Inn.

The Hebron Chamber wishes to thank everyone who helped make the 4th of July celebration a success. We had approximately 90 vehicles, floats, etc. participate. Pre-registration for the parade made it easy for the entries. We would like to thank MSD of Boone Township and DeMotte State Bank for letting us use their properties for the staging areas.

Over 190 residents of Boone Township donated funds to help offset the costs of the fireworks and parade. Also, the following businesses helped sponsor the event: AnyTime Fitness, C & A Auto, Dairy Queen, DeMotte State Bank, Dr. Peter Blank, Dr. Carla Brink, First Source Bank, Geisen Funeral Home, Healing Arts Center, Healing Garden & Spa, Heritage Inn, Hebron Lions Club, Mobile Systems, Inc, NITCO, Petry, Fitzgerald, & Les, Russ' Print Shop, Subway, and Vista Cielo Farm. Thank you so much to all the volunteers who came out early in the morning to help set up for the parade. Thank you to Jerry & Jayme Fieser for organizing the Turtle Derby. Without all of you, we could not continue this Hebron Celebration each year.

The Hebron Chamber of Commerce Golf

Outing will be held on Tuesday, August 30, 2011 at Sandy Pine Golf Course in DeMotte. Tee off will be at Noon. The proceeds from this Golf Outing will benefit the Hebron Chamber Alice P. Komisarck Scholarship and the 2012 Hebron 4th of July Celebration. We hope to see you at the golf outing! For more information, please contact Chad Franzman at 219-808-3525 or email at print@netnitco.net. You can also download the application at our website: www.hebronchamber.org.

Upcoming Events:

Tuesday, August 9, 2011 General Membership Meeting 8:00 am at Pav's Restaurant in Hebron, Please RSVP, Guest Speaker: Ricco Semento, Speedlimit Media (Website Designer)

Tuesday, August 30, 2011 Hebron Chamber of Commerce Golf Outing, Noon at Sandy Pines Golf Course DeMotte

Tuesday, Sept. 13, 2011 General Membership Meeting, Noon at Hebron High School, Please RSVP, Guest Speaker: To Be Announced

Winners Hebron 4th of July Parade

Best Overall Float---Pack 926 Cub Scouts

Best Motorized Entry---Batman

Best Non-motorized Entry---Vista Cielo Farm

Best Commercial Float---NITCO

Best Non-Commercial Float---Hebron Town Council

Educators of the Year—Right here at Hebron

Peg Huber and Carol Noland; teachers you should know. Peg has been teaching at Hebron Elementary for over 30 years and Carol has been teaching our special needs Middle and High Schoolers for nearly 10 years.

Speaking from experience, these two are amazing, warm, and wonderful teachers who focus on helping our children learn in the way that gets the best out of each child.

Well, it turns out that we aren't the only ones who know about the quality of Hebron School's teachers around here, as both Carol and Peg were just named Educators of the Year by the American Legion at their 93rd Annual Indiana American Legion Department Convention in Indianapolis.

It is not known when the last time that 2 educators from one school district and/or the same Post (Hebron is Legion Post #190) had won both Educator of the Year awards.

Peg Huber teaches 2nd Grade at Hebron Elementary and Carol and her specially trained therapy

dog, Razzle, work with our kids who have extra needs.

We are so proud of them both, our schools, and our Legion Post for sponsoring them. Hebron Schools have always been the best place to get a high quality education; this is just the latest proof of that.



L to R: Steve Nethery, Lori Pavell/MS Principal, Razzle, Carol Noland, Peg Huber, Jim Martin/Elem Principal, Don Fry



Hebron News from around Town

2011

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

The Hebron Park Board's 6th Annual Soapbox Derby was on Saturday, July 2nd, on Bates Street. This year, we had approximately 30 brave young racers go down the hill in head-to-head competition. If it hadn't been such a humid and hot day, it would have been perfect. We had 3 1/2 hours of exciting and sometimes very hilarious racing. Just like any racing, it seems



(Our Racers)

the thing you remember the most are the spectacular, off-road escapades of some of our young drivers. Hey, the Park Board didn't just start doing this this year, they are old pros at this now. The course was lined with hay bales (thank you to Wolfe Brothers Farms for the use of them) to catch errant cars down the hill. This year, they actually were put to the least amount of work; a testament to the hard work of our pit crews to get the cars ready and to the skills of our drivers. Many of these kids have been doing this event every year and you can tell in their driving skills; they have it down cold now. With the generous help of the residents of Bates Street (who let spectators use their yards to watch the races), Russ' Print Shop for the advertising, the Joe Toth family who serve as our volunteers, and some excited kids, we are able to hold this event every year. Pictures and video are on our website and Facebook sites. (Some pictures on page 5 also)

School Start Times

Hebron Schools will begin on Wednesday, August 24th with the following times:

Hebron High School at 7:45, Middle School at 7:50, and the Elementary at 8:20.

But, this year, the Schools are adding teacher and staff training on every Wednesday AFTER opening day. So, on Wednesdays ONLY starting August 31st, the start time will be:

High School—8:05 am Middle School—8:10 am Elementary School—8:30 a.m.

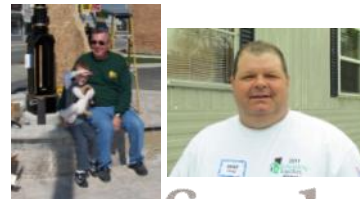
The regular times mentioned first will be for Monday, Tuesday, Thursday, and Friday.

Please make sure you understand this, if not, contact the school at 996-4771.

Townwide Garage Sale

Saturday, August 6th, Hebron turns into a parking lot. No, we're just kidding. It very well might seem like it in Park Place Subdivision, though. It's our Annual Townwide Garage Sale. On this day, you'll find more garage sales per square block in Hebron than ever. It is a phenomenal day to get great sales on many things; furniture, kids clothing, toys, and electronics. Check the Hebron Advertiser for locations.

The Hebron Lion's Club is holding a Port-A-Pit Chicken Sale in the parking lot of the Community Center the same day from 10 a.m. to 2 p.m. In case the name doesn't make it clear, what it is 1/2 chickens grilled to perfection and the dinner is sold to you, in drive-up fashion, by Lion's Club members in the parking lot. The funds raised DIRECTLY go back into our community in the form of scholarships, loaner medical equipment and supplies, and helping the people of Hebron when they need it most.



family
Love



Hebron

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
Website: www.visithebron.org

We make Hebron the
great town it is together.



Visit us on the web:
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

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

Dave Peeler, Vice President

dave.peeler@visithebron.org

Pete Breuckman, Councilman

pete.breuckman@visithebron.org

Jeffery Grogan, Councilman

jeff.grogan@visithebron.org

Joyce Kazmarski, Councilwoman

Joyce.kazmarski@visithebron.org

Clerk-Treasurer's Office

996-4641

Terri Waywood

treasurer@visithebron.org

Hebron Library News

When people think about libraries, books are the first items that come to mind. However, the library offers far more than books. You can check out videos, DVDs, music CDs, audio books, and magazines for use outside the library.



The library offers other services as well. There are copy machines, a scanner, Internet PCs with word processing programs, and WI-FI so you can bring in your laptop to use the Internet. There are rooms that organizations can reserve for meetings. The library offers a wide variety of programs for all ages from pre-schoolers through senior citizens. The library staff will even proctor examinations for distance learners or fax your information to its destination. Stop by today and see what the library can offer you!

Hebron Public Library, 201 West Sigler Street, is a branch of the Porter County Public Library System. Please call 996-3684, go to www.pcpl.lib.in.us, or find us on Facebook for more information.

August Calendar of Events

August 10, 5:30-8:30 p.m.—Beginner's Oil Painting class. Students must also attend session on August 17 at same time to finish painting. Project is a lighthouse scene that is on display at library. Instructor is Susan Young. Cost: \$55; includes instruction & all painting supplies. Pre-registration & pre-payment required.

August 11, 10:30-11:30 a.m.—A Question and Answer with "The Amish's Cook's" Editor Kevin Williams. Williams will talk about the history of the column and answer audience questions about Amish

cooking and culture. Free.

August 11, 1:30-2:30 p.m.—Novel Ideas Book Discussion. "Home Safe" by Elizabeth Berg will be discussed. Copies of the book are available at the library prior to the discussion. Free.

August 15, 7:00-8:30 p.m.—"Stay Fit While You Sit: Ergonomics for A Healthier You."

Learn how to reduce back and neck problems while sitting for long periods of time, how to sit properly, maintain good posture, and avoid carpal tunnel and repetitive motion injuries. Dr. Casey Walker of Priority Wellness is presenter. Free.

August 22, 6:00-7:00 p.m.—"Rules of the Road" investing seminar. Learn how to avoid common investing mistakes, investment strategies to reach long term goals and how to prepare for retirement. Brenda L. Goeken, a financial advisor for Edward Jones, is the presenter. Free, but registration is required by calling the library at 996-3684.





Our Life in Pictures



2011 Soapbox Derby



Whoops!!

3 group winners



So close!!



4th of July Parade

Our Life in Pictures



AWWWW!!!

Russ Franzman, Master of Ceremonies



Our Judges

©2011, www.visithebron.org

©2011, www.visithebron.org

©2011, www.visithebron.org

©2011, www.visithebron.org

©2011, www.visithebron.org



4th of July Parade

Our Life in Pictures



See more on our photos page online at <http://www.visithebron.org>



Town of Hebron Indiana - Official Calendar of Events

August 2011

Updated 7/31/2011

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Senior Activities; 8 a.m.</p>	<p>2 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. <i>Tornado Siren Testing, 11 a.m.</i> American Legion Meeting, 7 p.m.</p>	<p>3 Senior Activities; 8 a.m.</p>	<p>4 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in downtown lot</p>	<p>5 Senior Activities; 8 a.m.</p>	<p>6 Townwide Garage Sale 10-2 Lion's Club Port-A-Pit Chicken Sale</p>
<p>7</p>	<p>8 Senior Activities; 8 a.m. 7 pm Hebron Re-development Commission Meeting</p>	<p>9 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 8 am—General Chamber of Commerce Membership Meeting at Pav's Restaurant 6:30 pm BZA Meeting 7 pm Planning Comm. 7 pm School Board Mtg. at Hebron Elem. 7:30 Hebron Stormwater Meeting 8 pm Town Council Workshop</p>	<p>10 Senior Activities; 8 a.m.</p>	<p>11 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in downtown lot Park Board Meeting, 7 p.m., Stagecoach Inn Historical Society Meeting, 7 p.m. Railroad Depot Museum</p>	<p>12 Senior Activities; 8 a.m.</p>	<p>13</p>
<p>14</p>	<p>15 Senior Activities; 8 a.m.</p>	<p>16 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 7 pm Town Council Meeting</p>	<p>17 Senior Activities; 8 a.m.</p>	<p>18 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in downtown lot</p>	<p>19 Senior Activities; 8 a.m.</p>	<p>20</p>
<p>21</p>	<p>22 Senior Activities; 8 a.m.</p>	<p>23 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m.</p>	<p>24 Senior Activities; 8 a.m. Hebron Schools first day of school</p>	<p>25 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in downtown lot</p>	<p>26 Senior Activities; 8 a.m.</p>	<p>27</p>
<p>28</p>	<p>29 Senior Activities; 8 a.m.</p>	<p>30 Garbage & Recycling Pickup; 6 a.m. 12 noon—Chamber of Commerce Golf Outing at Sandy Pines Golf Course</p>	<p><i>All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted</i></p>			



your life. better.

Managing the Aches of Aging- New arthritis treatments focus on restoring mobility, joint health

Provided by Porter Health System



Arthritis affects more than 46 million Americans – and while there is no single cause or cure for the disease, there are several known risk factors for the most common type, known as osteoarthritis: age, obesity, injury, overuse, and heredity. Only about 1 percent of the population is afflicted with rheumatoid arthritis, a type of chronic arthritis and autoimmune disorder that causes joint breakdown.

Treatment for arthritis has historically focused on pain management and preserving mobility. Newer therapies seek to slow the progression of the disease and repair joint damage. While no cure is on the horizon, some exciting strides have been made in arthritis research and treatment – providing arthritis sufferers with some usable strategies, relief and hope.

Some of these new therapies are as simple as nutritional supplements, and others involve injections. Pain that's not relieved by tried-and-true pain relievers such as aspirin, ibuprofen or naproxen, may respond to natural supplements such as glucosamine or chondroitin. Glucosamine is a substance produced naturally by the body which helps form and repair cartilage and other body tissues important to joint health. As we age, our bodies produce less of this joint-protecting substance. Most doctors recommend the use of these supplements as part of a traditional treatment approach for arthritis that includes education, exercise, physical therapy, and weight loss.

While steroid injections into the painful joints have been used for years to reduce inflammation, injections that replace the synovial fluid – the fluid that lubricates and cushions the joints – are among the newer therapies for arthritis. Several studies are examining the value of injections of hyaluronic acid, a lubricant for the joint made from rooster cartilage cells, to lubricate the joint, postpone surgery, and possibly, repair cartilage.

One of the most significant advances in treating rheumatoid arthritis is a class of drugs known as biologic response modifiers, or biologics. These drugs, delivered through an injection, block the action of a substance produced in the body called tumor necrosis factor (TNF) which triggers inflammation.

By doing so, this reduces pain, stiffness and fatigue, and joint damage.

Aside from anti-inflammatory medications and steroid injections, a structured program of rehabilitative therapy to strengthen the area surrounding the joint helps control pain and inflammation. A rehabilitation therapist can work with your doctor to design an exercise routine that strengthens the affected area – and the surrounding muscles.

You can also choose certain low-impact exercises on your own, or to accompany a physician-ordered treatment plan. Yoga, Pilates, walking,

biking, or swimming are good choices of gentle exercise that avoids stress on inflamed joints.

To learn more, visit www.porterhealth.com and click on the Health Resources link to take an interactive quiz on arthritis risk, types of arthritis, and treatments. To find a doctor to discuss any pain or limitation in movement you're experience and to discover which treatment options are best for you, contact Porter Health System's free physician referral line at 1.800.541.1861.