



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 1
January, 2011**

2010; The (quick) Year In Review

January—Brent Harting wins a \$15,000 grant for the Hebron Rebuilding Together work that he has coordinated and done to help his community.

February—Winterfest 2010 had around 150 participants at the Community Center. The Hebron Redevelopment Commission did a great job coordinating it this year.

March—The Hebron Art Club raised \$2,000 for our local food pantry at their beautiful Empty Bowls Project.

April—The Easter Egg Hunt by the Park Board drew an estimated 500 children this year and packed the park. The fastest egg disappearing act you've ever seen.

May—Rebuilding Together Hebron group took on 15 homes/projects and helped homeowners turn houses into homes.

June—The 25 year Planning Group met and set Hebron's future growth patterns and preferences. Hebron is facing challenges of spacing, growth, and progress; not bad things to have to deal with. Hebron Summer Fun Days kicked off June 24th thru the 27th with a carnival, rides, and fun for the entire town and all ages.

July— Our Annual 4th of July parade was held on one of the most perfect days the parade has had in quite some time. Afterwards, the newly restored carnival was a HUGE hit with everyone.

August—The Hebron Little League Softball Girl's Senior Team won the Indiana State Softball Championship for the 2nd year in a row! The Town wide Garage Sale packed them in again.

September—The Lion's Club Circus was well attended and fun for the whole family again this year!

October—The biggie of the year; 2ND ANNUAL BLOCK PARTY was a huge success; weather notwithstanding. There was a huge participation by local merchants and the crowds were presented the new CLOCK TOWER in downtown. A day of community, family, friends, concluding with an amazing laser light show downtown at the end. Main Street is officially open permanently.

November—Our new gateway signs into town were installed and are a resounding welcome to town. Lighting for them is coming.

(Pictures from 2010 on pages 5&6)

All of our newsletters are on the website: www.visithebron.org

*January
2011*

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Coming up

- **January 11th, 7 pm, Planning Commission Meeting**
- **January 18th, 7 pm Town Council Regular Monthly Meeting**

*See our calendar online for more events at www.visithebron.org
219-996-4641*

Hebron Chamber of Commerce News

Town Updates



Sign up for automatic weather and community alerts to your phone. Visit our website for details.

There is no parking on the streets of Hebron within 12 hours of any predicted 2" snow event, and for 12 hours directly afterward. This time determination is made by our Public Works Director. Please keep the streets clear so that our snow removal crews can do a safe and thorough job removing the snow!



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 noon at Martie's Place. This was our Annual Christmas Meeting and Food Drive. In addition, we announced our 2011 Chamber Officers and Board of Directors.

At the chamber meeting, we collected at least eight bags of non-perishable food items. During the week of December 14th to December 17th, chamber members continued to drop off additional food items. These items plus a check for \$100 from the Hebron Chamber were delivered to the Hebron Food Pantry.

Also, at the meeting, we discussed the updating of our chamber website. We have chosen Speed Limit Media to redesign the website. The site will offer more opportunities for free advertising for our members. Jeanne Steinhilber will be in charge of this project and all future updates to the website. We hope to have the new website in place after January 1st, 2011.

Finally, we discussed our 2011 projects with potential dates. In January, we will be starting the planning process for both the Chamber Golf Outing and 4th of July Fireworks and Parade. Anyone interested in helping with these projects, please contact the Chamber. (Chad Franzman is in charge of the Golf Outing and Donna Paulk is

in charge of the 4th of July Fireworks & Parade).

The Hebron Chamber of Commerce continues 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. Thank you!

UPCOMING EVENTS:

January 11, 2010 Chamber Monthly Meeting
Location: Hebron Public Library Time: Noon
(Please RSVP) Guest Speaker: Mark Zaranski, Eastwind Acupuncture

2011 Hebron Chamber of Commerce Board of Directors/Officers

Donna Paulk—President Catherine Koschal—
Vice-President Rebecca Gibson—Treasurer
Jeanne Steinhilber—Secretary

Members-at-Large Dale Tuck, Robert Burt,
Tina Wiltfang, Elizabeth Moran

Lion's Club Breakfast with Santa

Sunday, December 5th, the Hebron Lion's Club held their winter Breakfast with Santa at Hebron High School. Lots of parents brought their children out to have a great breakfast of pancakes, sausage, and gravy and to get their pictures with Santa (and maybe a wish list or two).



The Lion's Club holds events like this raise funds to purchase medical equipment that they freely loan out to our community to help those in need. The Lion's Club in



Hebron has been there to help families in crisis and need for well over 40 years. Your attendance supports efforts like these to help the needy around you and they appreciate your financial support.

If you are interested in joining the Lion's Club, contact any member at our events for details.

(See more pictures on page 7)

“It is not length of life, but depth of life.” - Ralph Waldo Emerson



Hebron News from around the Town



2011

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

Hebron NJHS's Fundraiser Buys Gifts for Families in Need

Hebron's National Junior Honor Society went shopping at the Wal-Mart in Valparaiso right before Christmas break with over \$3500 to spend on families in need from our community. The money was raised through their Haunted House fundraiser in October, as well as from a few donations they received. The families they bought for were from the Lions Club's Angel Trees in town. Overall, the students bought for 16 different kids, as well as the town's food pantry and new clothing center at the Methodist Church.

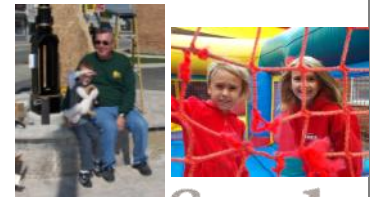


The students that were selected to go were either from the group that was voted the scariest in the haunted house, or they could have been voted as the most productive member of their group from their group members.

This year the following students went shopping: Katie Clemens, Krysten Wiegus, Amber Wolfe, Daniel Clemens, Mike MacNeill, Ryan Witt, Natalie Kaczmariski, Sydney Marrs, Nikki Fieser, Jewel Elam, Payton Schatz, Lexie Schatz, Jourden Bixenman, Darlene Chenault, Rachel Nellet, Jordan Keehn, Katie Vaughan, Sara Jen, Brooke Phelps, Jordan Hanaway, Laura MacNeill, and Rachel Young.



When the students were all done shopping, they returned to the school and met any of the other members of NJHS to help wrap all the presents. Within an hour all the presents were wrapped and picked up by members of the Lions Club. (more pictures on page 7)



family
Love



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



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

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Pete Breuckman, Vice President

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Jeffery Grogan, Councilman

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Clerk-Treasurer's Office

996-4641

Terri Waywood

treasurer@visithebron.org

Hebron Library News

Winter days are short and cold, and winter nights are long and colder. The library can help you pass the time inside with books, magazines, audio books, music CDs, and movies available for check out.



Use this month to read your favorite author's new book, read about a subject of interest, listen to an audio book or music CD, or watch a movie. The library has all kinds of movies from new releases to classic films and even some old television shows. Come to the library and surf the Internet, if you don't have it at home. Whether you have never visited the library or haven't visited for awhile, make it a new year's resolution to stop by the library and see what is offered. You'll be glad you did!

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 for a visit, call 996-3684, visit our website at www.pcpls.lib.in.us or check our Facebook page.

Calendar of Events

January 1—The library will be closed for New Year's Day.

January 13—Novel Ideas Book Discussion Group will talk about "The Story of Edgar Sawtelle by David Wroblewski at 1:30 p.m. Free.

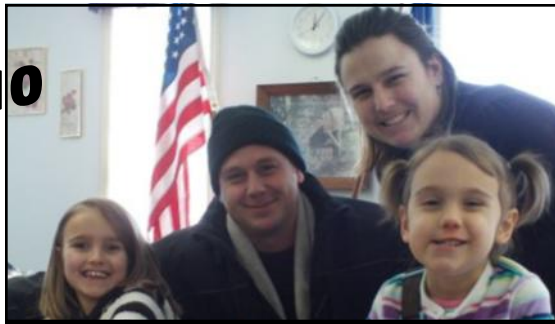
January 19—Porter County Health Department Immunization Clinic will administer shots by appointment only. Call 465-3525 to schedule a time.

February 2 & 9—Beginner's Oil Painting Class, 5:30-8:30 p.m. Fee: \$55. Students must attend both nights to complete project. Sample painting is on display at library. Pre-registration & pre-payment required.



See ya 2010

Our Life in Pictures



The Mantai family at Winterfest; January



Joe Toth, Park Board Member, and daughter, Courtney Toth at the Easter Egg Hunt; March



Rebuilding Together Hebron crew; April



Summer Fun Days; June



Hebron Teacher David Walker, leaving Hebron High School on his last day of school after 37 years. He will be missed.



Anytime Fitness opens; June.



Pav's opens; June



4th of July Parade



2010 in review

Our Life in Pictures



4th of July Carnival; July



Soapbox Derby; July



Lion's Club Port-A-Pit Chicken sale; August



New Clock; September



Lion's Club Circus; August



Gateway Signs; October



Block Party; October

Lion's Club Breakfast with Santa

Our Life in Pictures



Hebron NJHS's Fund-raiser Buys Gifts for Families in Need



Town of Hebron Indiana - Official Calendar of Events

January 2011

Updated 12/31/2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3 Senior Activities; 8 a.m.	4 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.	5 Senior Activities; 8 a.m. 6 pm Hebron Redevelopment Commission Meeting	6 Senior Activities; 8 a.m.	7 Senior Activities; 8 a.m.	8
9	10 Senior Activities; 8 a.m.	11 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 12 noon Chamber of Commerce Meeting 7 pm Planning Comm. 7 pm School Board Mtg. at Hebron Elem. 7:30 Hebron Stormwater Meeting	12 Senior Activities; 8 a.m.	13 Senior Activities; 8 a.m. Park Board Meeting, 7 p.m., Stagecoach Inn Historical Society Meeting, 7 p.m. Railroad Depot Museum.	14 Senior Activities; 8 a.m.	15
16	17 Senior Activities; 8 a.m.	18 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 7 pm Town Council Meeting	19 Senior Activities; 8 a.m. 6 pm Hebron Redevelopment Commission Meeting	20 Senior Activities; 8 a.m.	21 Senior Activities; 8 a.m.	22
23	24 Senior Activities; 8 a.m.	25 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m.	26 Senior Activities; 8 a.m.	27 Senior Activities; 8 a.m.	28 Senior Activities; 8 a.m.	29
30	31 Senior Activities; 8 a.m.	<i>All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted</i>				



Know Your Numbers: It's A Great Healthy Resolution

Keeping your scores in the right range adds up to good health

Provided by Porter Health System

If you're beginning the New Year armed with healthy resolutions, it may be a good idea to start off knowing your numbers. Good health, however, is more than a low reading on the bathroom scale: it involves many other variables. Bone up on your health IQ and learn the scores that make the difference in how your health measures up.

Blood Sugar/Glucose

Your blood sugar measurement reflects your body's capability of converting the food you eat into energy. A high blood sugar reading – which indicates a problem processing nutrients – can point to the possibility of diabetes. The three types of diabetes are:

- 1) **Gestational Diabetes** – which can develop during pregnancy;
- 2) **Type 1 Diabetes (now known as Insulin-Dependent Diabetes)** – formerly called Juvenile Diabetes since it affects children, teenagers or young adults; and
3. **Type 2 Diabetes (now known Non-insulin Dependent Diabetes)** – formerly called Adult-onset Diabetes since it is more and more prevalent among overweight children and adolescents.

And, if your blood sugar is elevated, but not within the range that qualifies as full-blown diabetes, you're considered to have **Pre-Diabetes** – which can be managed with good lifestyle choices like eating right, losing weight and staying active; and doesn't necessarily progress to diabetes.

BMI

Maintaining a healthy weight range for your age is good, but your body mass index (BMI) reveals more about your health. BMI is the ratio of your weight adjusted for your height. Your BMI is an important number because it is considered to be a more accurate definition for overweight and obesity than weight alone.

A BMI value of 18.5 to 24.9 is considered the ideal range for good health. Numbers ranging from 25 to 29.9 place you in the "overweight" category, and a BMI of 30 or greater is considered "obese."

The Thyroid

The thyroid gland works in conjunction with the pituitary gland – which produces thyroid-stimulating hormone (TSH) to help make two thyroid hormones: thyroxine (T4) and triiodothyronine (T3). These hormones ensure the proper growth and development of the brain in children, and in adults they regulate the way the body uses energy.

When thyroid hormone levels are out of kilter, our bodies do not process energy properly. This can affect our metabolism (and therefore our weight), energy level, sleep patterns, heart rate, digestion and menstrual cycle. A simple blood test can tell if the thyroid gland is working properly and diagnose thyroid problems.

Many of these tests are routine parts of an annual physical; others are introduced as you age or have health issues that indicate that a screening is needed. Your personal physician will know which routine tests you should have based on your age, gender and health.

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

For any array of quizzes and health assessments for BMI, healthy weight, diabetes, dietary obesity, thyroid – and more, visit the Health Resources link on our website, www.porterhealth.com.

Calculate your BMI

(Weight in pounds) / (Height in inches squared) x 703

Example for a 130 lb. person who is 5 feet, 5 inches tall:

(130 lbs.) / (65x65) x 703 =

(130 / 4225) x 703 =

.0307 x 703 = **21.6 BMI**

Or simply go to www.porterhealth.com, click on Health Resources > Interactive Tools > Calculators > Adult BMI or Child BMI Calculator.