



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 3
March, 2011**

WINTERFEST CHILLS AND THRILLS



Winterfest 2011 had a great turnout this year at its new location. This year, to better suit the growing attendance, it was held at the Hebron Middle School Gymnasium and in their front lawn.

It all began in the cafeteria with food being served by Chris Pavlou of Pav's Restaurant. The hot dogs were perfect on a sunny and cold day, such as it was. The cafeteria was filled with kids busy taking part in coloring contests, watching movies, being read stories (thanks to the Hebron Library again for that wonderful service), and salivating over the myriad of prizes at the prize tables.

Once again, Little Obie, the miniature train from C&N Railroad, was on hand to give very chilly rides around the school grounds with their very awesome stereo putting out great tunes to warm your heart and get your feet going. As stated, it was chilly, but the crowd put on their bravest face to have a chance to ride on the train.

After everyone fueled up, it was time for the outside events, thanks to the

assistance of the HHS Honor Society members. The kids competed in sled pulling, snowball toss, snow angels, and other fun events.

The Hebron Redevelopment Commission has worked very hard to make this event the success it is, and Mike Reick, Shawn Ensign, Mike Mantai, Brian Peters, and Alan Kirkpatrick deserve a special mention for the time it takes to put this on.

Needless to say, the kids were very, very excited about the prizes; thanks to the shopping expertise of Mike Spicer and Mike Reick. It takes a whole bunch of people to do this event this well, and apologies to anyone we missed, but your help is appreciated by the kids and us.



(Coloring is hard work)

See more pictures on pages 5-6

*March
2011*

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Coming up

- **Library Book Sale 3/3 thru 3/5 at the Library**
- **Friday, March 11th, 4 to 6 pm, Larry Melvin Retirement Party at the Community Center**
- **Tuesday, March 15th, Regular Town Council Meeting, 7 p.m.— Community Center**

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

Hebron Chamber of Commerce News

Town Updates

Public Works Employee Larry Melvin's Retirement Party— Everyone is invited on March 11th from 4 to 6 pm at the Community Center.

One last reminder we hope you don't need. 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.

You have done a great job this year and the Town appreciates the efforts made during February's record snowfall.



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 Hebron High School. Our guest speakers were John and Lorella Rouster of Every Child Ministries.

Our chamber website is complete. The site will offer more opportunities for free advertising for our members. Also, visitors to the site will be able to view information about our members and see any special events in the community. Jeanne Steinhilber will be in charge of this project and all future updates to the website.

Our 4th Annual Meet the Chamber Night is scheduled for Tuesday, April 26th, 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.

The Chamber is still in the planning stages for the Chamber Golf Outing and 4th of July Celebration. Anyone who wants to help with either of these projects, please contact the chamber.

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:

- March 8, 2011 Monthly Chamber Meeting at 8 am at Dairy Queen, RSVP req'd
Guest Speaker: Jonathan Nalli, Porter Hospital
- April 12, 2011 Monthly Chamber Meeting at Noon at Heritage Inn
Guest Speaker: Lorelei Weimer, Porter County Tourism
- April 26, 2011 Meet the Chamber Night at 5:30 pm at The Gathering Place

Record snowfall in February

Well, after almost 150 years of records, the snowfall total for February set a new record in Chicago at over 28 inches. We told you before this has been a cloudy winter, and those clouds just kept pouring it on.

There isn't exactly an official station for Hebron, but we can tell you with certainty that Hebron garnered more than 28 inches. One storm packed nearly that at the beginning of the month, as you can see in the pictures.



Hebron Elementary was nearly buried under the drifts on the south side after the storm, with drifts measuring 7 feet on the walls.

The Town's Public Works Department did a PHENOMENAL job of keeping our streets open. At many times, you couldn't leave Hebron, but our roads were all open. When you see the guys working, how about a kind word for the many hours and hard work they put in for us all?

Pictures on page 7



Hebron News from around the Town

2011

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

The Empty Bowls Project, held at Hebron High School on February 25th, was a huge draw this year. The Art Department, led by High School Art Teacher Karen Jania, did a great job setting up the event.



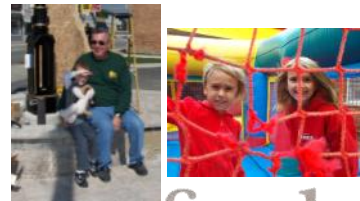
Every year, Hebron High School holds this event to raise money for our local food banks and the Red Cross. The community showed overwhelming support, to the tune of 200 people in attendance.

The Foods Department served great chili, with a big thank you to Patz for donating the meat, Carol Roy's High School Choir sang and entertained, the bowls made by the kids and community members were a big hit with everyone.

Over 35 students volunteered their time - making bowls, setting up, selling tickets, working that evening serving chili, cleaning up, setting up, packing up the bowls for people to take home and many teachers/staff also volunteered their time to help that evening.

Depts. involved - Art Dept/Art Club, Family and Consumer Sciences, Honors Freshmen English classes (responsible for flyers and auction items), NHS, Business Department, BPS

List of donors: Anytime Fitness, Chicago Bears, Harley Davidson of Valparaiso, Indianapolis Colts, Kauffman chiropractic, Menard's, Moolenaar Supreme Lawn Care, Northwest Furniture Service, Pepsi, Wal-Mart. (More pictures on page 7)



family
Love



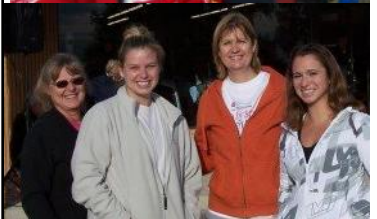
Some of the volunteers for the Rebuilding Together Hebron project in 2010.

Indiana State Department of Education Superintendent Dr. Tony Bennett gives presentation at Hebron High School

On Monday, February 28th, our community welcomed Dr. Tony Bennett to Hebron High School's Gymnasium to present his ideas for evaluating school and student achievement. Lately, there have been discussions, some very heated, between the Department of Education and the Teacher's Union regarding the future spending cuts in some Bills on the floor of the Indiana House and Senate, so there was quite a charged atmosphere in the room. This was an event to do professional growth for teachers at its heart though and Dr. Bennett was able to present his ideas to the teachers in attendance. Attendance was estimated around 500. The people who attended were very patient and respectful, even in these very trying times. The questions posed



from the audience were thorough and insightful; trying to get to the heart of the matter at hand. Dr. Bennett answered as many as time allotted. Our community enjoyed hosting him and the school did a great job preparing and taking the opportunity to "show-off" our fabulous gymnasium and school facilities. This was the first time that many teachers and administrators from others schools had seen our new High School and they were quite impressed.



Hebron

Local Contact Info:

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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

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The Town Council

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Dave.peeler@visithebron.org

Clerk-Treasurer's Office

996-4641
Terri Waywood
treasurer@visithebron.org

Hebron Library News

The Friends of the Porter County Public Library are holding their annual Hebron Book Sale on March 2-5. Please see the calendar below for details. This is always a great sale, and proceeds will benefit the library.



As you get ready for warmer weather, remember that the library can provide you with the information you need for those spring chores. Library books can tell you how clean your house better and faster, organize your possessions, de-clutter your space, plant a flower or vegetable garden, landscape your house, build a shed or deck, or fix up your car. Stop by today, and see what the library has for you.

Hebron Public Library is a branch of the Porter County Public Library System. For more information, call 996-3684, visit the library at 201 West Sigler Street, or go to <http://www.pcpls.lib.in.us>.

Calendar of Events

Wed., March 2, 6:00-8:30 p.m.—Friends Book Sale Preview Night. Open to Friends members only. Buy a membership at the door.

Thurs., March 3 & Fri., March 4, 10:00 a.m.-5:00 p.m.—Friends Book Sale. Open to the public. Free admission.

Sat., March 5, 9:00 a.m.-3:00 p.m.—Friends Book Sale. Bag Day--\$2/Bag all day.

Thurs., March 10, 1:30-2:30 p.m.—Novel Ideas Book Discussion. "The Wrecker" by Clive Cussler is this month's book. Free.

Fri., March 11, 3:30-4:30 p.m.—Fancy Nancy Party. Pre-registration

required. Contact Youth Services Department for information.

Mon., March 14, 6:00-7:00 p.m.—"Become an Expert Caregiver." Presented by The Alzheimer's Association. Free. Register by calling 996-3684.

Wed., March 16, 10:00 a.m.-4:00 p.m.—Porter County Health Department Immunization Clinic. Shots administered by appointment only. Call 465-3525 in advance to schedule a time.

Wed., April 6 & April 13, 5:30-8:30 p.m.—Beginner's Oil Painting Class. Cost: \$55; includes all painting supplies. Pre-registration & pre-payment required. Sample picture on display at library.



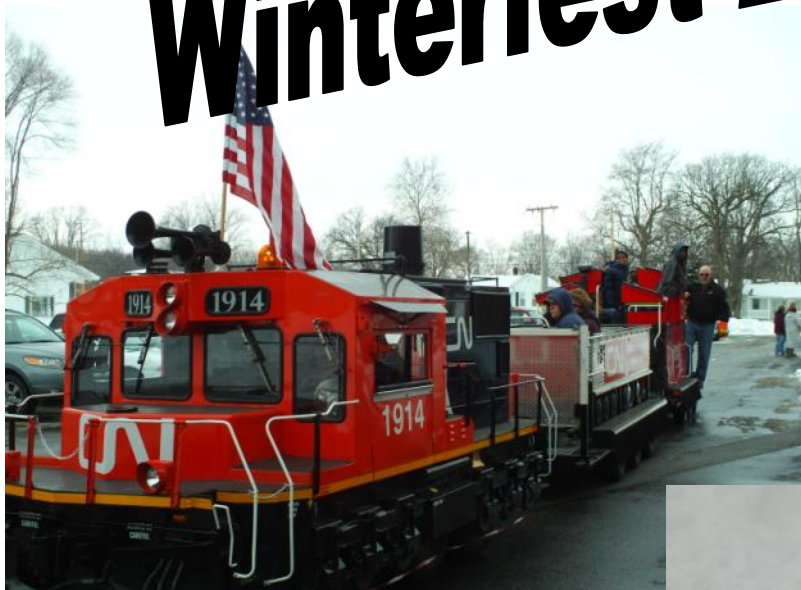
Winterfest 2011

Our Life in Pictures



Winterfest 2011

Our Life in Pictures

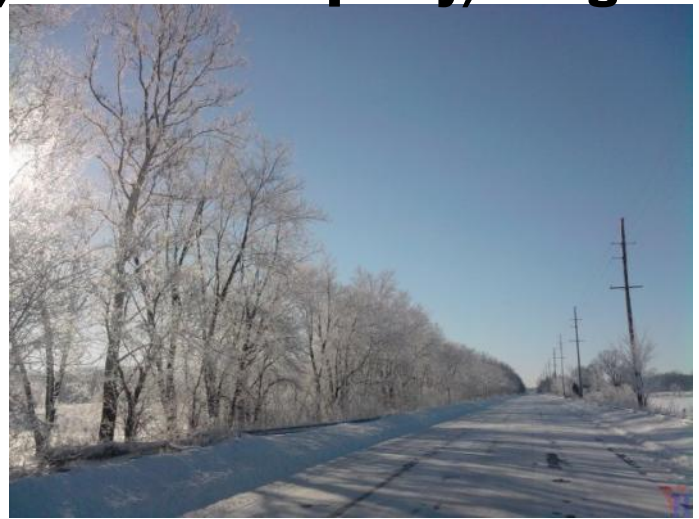




Our Life in Pictures



When the sun finally came out, it was sort of pretty, though.



Empty Bowls 2011





Town of Hebron Indiana - Official Calendar of Events

March 2011

Updated 3/2/2011

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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.	2 Senior Activities; 8 a.m. 6 pm Hebron Redevelopment Commission Meeting	3 Senior Activities; 8 a.m. 10am-5pm Library Book Sale	4 Senior Activities; 8 a.m. 10am-5pm Library Book Sale	5 10am-5pm Library Book Sale
6	7 Senior Activities; 8 a.m.	8 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 8 am Chamber of Commerce Meeting at Dairy Queen, RSVP req'd 7 pm Planning Comm. 7 pm School Board Mtg. at Hebron Elem. 7:30 Hebron Stormwater Meeting	9 Senior Activities; 8 a.m.	10 Senior Activities; 8 a.m. Park Board Meeting, 7 p.m., Stagecoach Inn Historical Society Meeting, 7 p.m. Railroad Depot Museum. Town Hall/ Water Dept Closed for Training	11 Senior Activities; 8 a.m. 4 to 6 pm— Retirement Party for Larry Melvin, Public Works, after 31 years— everyone is invited	12
13	14 Senior Activities; 8 a.m.	15 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 7 pm Town Council Meeting	16 Senior Activities; 8 a.m. 6 pm Hebron Redevelopment Commission Meeting	17 Senior Activities; 8 a.m.	18 Senior Activities; 8 a.m.	19
20	21 Senior Activities; 8 a.m.	22 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m.	23 Senior Activities; 8 a.m.	24 Senior Activities; 8 a.m.	25 Senior Activities; 8 a.m.	26
27	28 Senior Activities; 8 a.m.	29 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m.	30 Senior Activities; 8 a.m.	31 Senior Activities; 8 a.m.	<i>All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted</i>	



your life. better.

Turning 50? The Time is Now.

Porter
porterhealth.com

You Wore Bell Bottoms, Listened to Disco and Did the Hustle ... A Colonoscopy Should Be A Cakewalk

It's normal to be uncomfortable at the thought of a colonoscopy. But staying healthy is nothing to be squeamish about, and a colonoscopy is key in diagnosing and even preventing colorectal cancer - which is the third most common cancer in the United States - and, if caught early, one of the most curable.

So when should you have your first colonoscopy?

According to the American Cancer Society, healthy people with an average risk should have a colonoscopy every 10 years, beginning at age 50. Those with an added risk, such as a close relative with colon disease, should begin having regular colonoscopies even sooner.

What happens during a colonoscopy?

During a colonoscopy, your doctor uses a colonoscope to visualize the entire length of your colon from the inside, making it possible to find small growths of tissue - called polyps - that can lead to cancer. A colonoscope is a thin (about the thickness of a finger), flexible, hollow, lighted tube that has a tiny video camera attached.

As tiny amounts of air are puffed into the colon to keep it open, the colonoscope is able to send pictures to a screen for the doctor to view. The exam itself takes about 30 minutes. Patients are usually given medicine to help them relax and sleep during the procedure.

Are there things I can do to help prevent colorectal cancer?

Yes. Recent research suggests that a high fiber, low-fat diet plays a role in prevention as fiber helps move waste through the colon and may even protect cells in the lining of the colon from developing into polyps. An average adult should consume at least 25 to 35 grams of fiber daily, equal to about five half-cup servings of fruits and vegetables. Staying active and drinking at least eight full glasses of non-caffeinated fluid daily also is good for digestive health.

Talk to your doctor about the best time to schedule a colonoscopy, or contact EndoLabs at Porter at 219.548.9990 for more information.