



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

# 3rd Annual Block Party ROCKS!

Hebron went all out this year for our 3rd Annual Block Party and it was a great success.

This year, thanks to the support of NITCO, they brought in Abbey Road, a Beatles Tribute band, to cap the day's worth of entertainment and everyone agreed that they were one of the highlights of the entire event.



Thankfully, the weather was very cooperative and it was a beautiful, sunny, mid-50's October day.

The crowd has been estimated over 1,000 throughout the day and the night events but it never felt too crowded or jammed up. Thanks to very good planning, everything was located with enough room for people to not only eat, shop, and dance to the music, but, more importantly, to socialize with each other. After all, this event is as much about us



being together and enjoying each other's company as it is the entertainment Hebron provides. This year, they achieved success in everything they tried.

Walking the Main Street, one had a feeling that you had been taken back to Hebron's better days of old when businesses were all up and down Main Street and people walked downtown for shopping and meeting friends. We were much less of a car society just 30 years ago, so this event reminds one of those days. You walk past the Fire Department, who were conducting their Open House and exhibitions and everyone says Hi as you walk

by. We saw Police Chief Steve Sibbrell taking pictures for safety identifications of the kids and spoke to him for a bit. His big smile was almost plastered on as he seemed very happy with the turnout. Steve does so much



for our kids here, not just as Chief, but as Park Board President and member for almost 10 years. It is sometimes easier to see where

we could complain about our town servants when we don't know what



good these same people are doing everyday. Watching our volunteer Firemen working so hard and yet smiling at the same time reminds one of how fortunate we all are that these folks give up their own free time, risking their lives at times, so that we sleep safe and sound in our beds at night. Sure, this side note isn't truly Block Party related, but events like this remind us all of why small town people are the best. They give without asking for thanks.

So, after snacking at the Fire Department Open House, it was time for some serious eating at the Hebron Little League's Pulled Pork tent. We can only say the following, "mmmmm", in regards to their faire. Then, between the Elephant ears and the Pierogi, we could barely walk the rest of the way down Main Street.

The story continues on page 3.

*October  
2011*

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**Coming up**

- **Saturday, October 8th from 9 am to 3 pm, 31st Annual Hebron Arts & Crafts Fair at Hebron Elementary.**
- **Town Council Meeting, Tuesday, October 18th at 7 p.m.**
- **Hebron Middle School National Junior Honor Societies' Haunted House - see page 2**
- **Hebron Schools Fall Break, Thurs and Fri, Oct. 27 & 28**

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

**219-996-4641**



## Hebron Chamber of Commerce News

### Town Updates

Halloween Trick or Treating Hours, Monday, October 31st, from 5 to 7 p.m.



Town Clerk's Office will be closed for Columbus Day, Monday, October 10th, and again on Veteran's Day, November 11th.

Saturday, October 8th, is the 31st Annual Hebron Arts and Crafts Fair at Hebron Elementary School from 9 to 3 p.m.



*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, September 13, 2011 at Hebron High School. Our Guest Speaker was Robert Wichlinski, Porter County Auditor.

The Chamber has formed a Membership Committee. They will be contacting local businesses to discover what these businesses want from their Hebron Chamber of Commerce. We will use this information in planning events for 2012.

Elections for Officers and Board of Directors will be held in November. Nomination forms will be handed out at the next meeting. If anyone is interested in serving on the board or as an officer for the Chamber, please contact Donna Paulk, Chamber President.

For more information on any of our chamber members or our chamber, please visit our website at [www.hebronchamber.org](http://www.hebronchamber.org).

### Upcoming Events:

Tuesday, October 11, 2011  
 General Membership Meeting at Noon.  
 Location: Gathering Place, **RSVP NEEDED BY OCTOBER 6, 2011 TO RESERVE YOUR LUNCH AT \$8/PERSON**  
 Guest Speaker: JoElla Depra, First Source Bank.

Tuesday, November 8, 2011  
 General Membership Meeting at Noon.  
 Geisen's Funeral Home/Reception Center in Crown Point, Guest Speaker: Larry Geisen.



## Hebron NJHS' Haunted House coming soon

This is an event you cannot miss! The Middle School's Junior Honor Society puts on a haunted house inside Hebron Middle School every year and it is possibly one of the best you've ever been to. They decorate almost the ENTIRE Middle School to make a scary walking tour of frightful sights and sounds.



This year is no exception. Thursday and Friday, October 27th and 28th, they will be holding the kids' time (lights will be on and it is much less scary) from 4:30 pm to 6 pm. Then, they turn the lights off and the scary up from 7:30 to 10 pm for the big kids

and adults. The cost during kid time is \$1 and during big kid time is \$5. All of the proceeds go to purchasing Christmas presents for local Hebron children in need, so you can help a really great cause and get your heart racing at the same time; good exercise for the heart.



This event has received 1 out of only 5 National Service Awards and we are all quite proud of it, so you need to make the effort to come this year and see all the hard work the kids put into this.





# Block Party continued from page 1

So many Hebron groups were set up along Main; Lion’s Club, First Source Bank, the 4th club, the Boy Scouts, the local politicians (serving airy cotton candy; insert your own joke here), the square dancers, the arts and crafts folks, that it was almost exhausting looking at everything.



Of course, then we got to the air-filled bounce houses. After the food we had sampled, we were in no shape whatsoever to try them out, but the gaggle of kids jumping and laughing in there convinced us that they were indeed having fun.

We did stop for the caramel apples from First Source Bank and must mention that they were exquisite on a day like that. Of course, the 4H Bake Sale caught us up in the purchasing excitement of the day and we just had to sample their wares.

At the Clock Tower, the Boy Scouts had put up a rope bridge for everyone to try.

Fearing the snacks had put on a weight overload, we had to pass on that event, but we did tire ourselves watching kids cross it. Watching is exhausting work when you have 5 pounds of food in your stomach.



The local bands took the main stage after the Wrong Way Squares put on their awesome square dancing exhibition again this year and they rocked the crowd all afternoon long. Abbey Road took the stage at 6:30 and was a crowd favorite this year. Again, thank you to NITCO for sponsoring their appearance this year and we hope that continues.

The Redevelopment Commission put on their pride and joy Laser Show at 8:45 downtown again this year and the comments ranged from mostly “Wow” to “That was cool”. Interviewing teenagers doesn’t always produce the most profound statements, just the most passionate. It is quite a sight to see all of downtown lit up in an eerie green light during the show. It is truly amazing what



they can do with those little boxes that emit the light.

The Town thanks everyone who took part in the planning, execution, volunteering, and cleanup of this year’s Block Party. There are too many people to thank, but we especially want to thank those of you who attended and showed your support for Hebron. Every year, this event gets even better, and we can’t wait for 2012!

Please visit our website [www.visithebron.org](http://www.visithebron.org) for a slideshow of all of the pictures, which can also be found on our Facebook page—[www.facebook.com/Hebron.Indiana](http://www.facebook.com/Hebron.Indiana). Click LIKE at the top and you can keep up to date on all of our events.

(More pictures on pages 5-7)

# 2011

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



# family



# Hebron

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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**

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

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**Hebron Redevelopment Commission**

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**Clerk-Treasurer's Office**

996-4641  
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## Hebron Library News

Are you looking for something to do? Hebron Public Library has a wide variety of activities planned for this month. Check out our calendar of events below to find just the right program for you and your family.

**Calendar of Events**

Visit the youth services department to register for Toddler Time (ages 2-3) and Story Time (ages 4-5) now through October 8. Programs will be held once a week during October. Cost is \$2.00 for the program series that includes stories, crafts, and snacks.

Bone Density Screenings—Monday, October 3, 10:00 a.m.-noon; 1:00-3:00 p.m. These free, first come, first serve screenings will be conducted by Porter Health System. Participants need to remove shoes and socks for the test.

Beginner's Genealogy Workshop—Wednesday, October 5, 6:15-8:45 p.m. Genealogy Librarian Larry Clark will describe the library resources available for tracing your family tree. Designed for both beginning and more experienced researchers, this program is free. Due to limited space, registration is required. Call 996-3684 to register.

An Evening with the Paranormal—Monday, October 10, 6:00-8:00 p.m. Cher Wright from Paranormal Sciences will talk about the tools used on ghost hunting expeditions. The pro-

gram is free, but registration is recommended due to limited space.

Novel Ideas Book Discussion Group—Thursday, October 13, 1:30-2:30 p.m. South of the Border by Pat Conroy will be discussed. Copies of the book are available at the library prior to the program. The session is free and open to any interested reader.

Beginner's Oil Painting Class—Wednesday, October 19 & 26, 5:30-8:30 p.m. No prior painting experience is required. Participants must attend both sessions in order to complete the fall scene currently on display at the library. Cost is \$55, which includes instruction and all painting supplies. Instructor is Susan Young. Pre-registration & pre-payment is required.

Flu Shot Clinic—Thursday, October 20, 2:00-4:00 p.m. Walgreen's will administer flu shots on first come, first serve basis. Cost is \$31.99 cash; free for Medicare Part B participants. Bring Medicare and/or insurance card to clinic.





# 2011 3rd Annual Block Party

## Our Life in Pictures



Many thanks to Peg Lukas of Lukas Photography 996-3355 for taking such wonderful pictures of the Block Party.

# 2011 3rd Annual Block Party

## Our Life in Pictures



Go to our website to see all of the images from the Block Party. <http://www.visithebron.org>



# Our Life in Pictures



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



# Town of Hebron Indiana - Official Calendar of Events

## October 2011

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

| Sunday | Monday  | Tuesday  | Wednesday                       | Thursday   | Friday   | Saturday  |
|--------|---|--|---------------------------------|--|--|---|
|        |   |  |                                 |  |  | October 1<br>2 to 9 pm<br><b>BLOCK PARTY</b>  |
| 2      | 3<br>Senior Activities; 8 a.m.  | 4<br><b>Garbage &amp; Recycling Pickup; 6 a.m.</b><br>Senior Activities; 8 a.m.<br><i>Tornado Siren Testing, 11 a.m.</i><br><b>American Legion Meeting, 7 p.m.</b>   | 5<br>Senior Activities; 8 a.m.  | 6<br>Senior Activities; 8 a.m.<br><b>Park Board Meeting, 7 p.m., Stagecoach Inn Historical Society Meeting, 7 p.m. Railroad Depot Museum</b> | 7<br>Senior Activities; 8 a.m.   | 8<br><b>Hebron Schools' Arts and Crafts Fair at Hebron Elementary from 9 am to 3 pm</b> |
| 9      | 10<br>Columbus Day<br><b>Clerk's Office/ Water Department Office is closed</b><br>Senior Activities; 8 a.m.<br>7 pm Redevelopment Commission Meeting at their Offices at the Community Center | 11<br><b>Garbage &amp; Recycling Pickup; 6 a.m.</b><br>Senior Activities; 8 a.m.<br><b>12 noon —General Chamber of Commerce (page 2)</b><br><b>7 pm Planning Comm.</b><br><b>7:30 Hebron Stormwater Meeting</b><br><b>8 pm Town Council Workshop</b> | 12<br>Senior Activities; 8 a.m. | 13<br>Senior Activities; 8 a.m.  | 14<br>Senior Activities; 8 a.m.  | 15  |
| 16     | 17<br>Senior Activities; 8 a.m.   | 18<br><b>Garbage &amp; Recycling Pickup; 6 a.m.</b><br>Senior Activities; 8 a.m.<br><b>7 pm Town Council Meeting</b>   | 19<br>Senior Activities; 8 a.m. | 20<br>Senior Activities; 8 a.m.  | 21<br>Senior Activities; 8 a.m.  | 22  |
| 23     | 24<br>Senior Activities; 8 a.m.   | 25<br><b>Garbage &amp; Recycling Pickup; 6 a.m.</b>  | 26<br>Senior Activities; 8 a.m. | 27<br><b>NO SCHOOL</b><br>Senior Activities; 8 a.m.<br><b>Hebron NJHS Haunted House at Hebron Middle School (see page 2)</b>                 | 28<br><b>NO SCHOOL</b><br>Senior Activities; 8 a.m.<br><b>Hebron NJHS Haunted House at Hebron Middle School (see page 2)</b> | 29  |
| 30     | 31<br>Senior Activities; 8 a.m.<br>Halloween 5-7 pm<br>Trick or Treating  | <i>All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted</i>  |                                 |  |  |   |



**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](http://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 experiencing and to discover which treatment options are best for you, contact Porter Health System's free physician referral line at 1.800.541.1861.