



# 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 9  
September, 2011**

## Town Block Party coming up

*September  
2011*

Mark the date in your calendars; Saturday, October 1st, from 2 pm to 9 pm is Hebron's 3rd Annual Block Party.

Come celebrate the closing of another great year to be in Hebron with us. Each year, almost every town civic group and organization helps put on this great event. This year is no exception.



On top of the vendor booths, the food, the fun for the kids, this year, there will be a Beatles tribute band from 6:30 to 8:30 at the main band area downtown. Thanks goes to NITCO for sponsoring them and that is sure to be one of the many highlights this year.

At 8:45 pm, at the main downtown inter-



section, the laser light show will be held again. If you haven't experienced it, you don't know what an amazingly cool event this is. Everyone gathers, the lights are turned off, and the lasers illuminate the buildings downtown in a very amazing light show. It really sometimes takes your breath away with the beauty of it all.

We still have room for more vendors, more food, more games, more everything. If you are interested in that, or would like to



help us and volunteer your labor, we can sure use the help. Contact Town Clerk-Treasurer Terri Waywood at 996-4641, during regular office hours and sign up to help.

Without the donations of time and talents of our people, this event could never happen or continue year after year. Please make some time to walk downtown and experience the best that Hebron has to offer. It does your heart good to see all of Hebron gathering,



sharing of the blessings we are all given, and having fun with each other.

Hebron may not have big box stores, 4 lane super highways, huge crowds you can get lost in, but, actually, that's why we love this town. Come out and see why Hebron is the best place to live, work, and raise a family. Come spend the day with us!

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### Coming up

- **Sat, Oct 1st, 2 to 9 pm TOWN BLOCK PARTY** in downtown Hebron; bands, games, food, and fun.
- **Throughout September Thursdays from 3 to 7 pm, Farmer's Market fresh produce sales and other goods across from the Clock Tower.**

*See our calendar online for more events at [www.visithebron.org](http://www.visithebron.org) 219-996-4641*



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

## Hebron Chamber of Commerce News

### Town Updates

The Hebron Country Food Pantry is open the first and third Monday of each month from 9 am to 9:45 am and is located in the Hebron United Methodist Church building. You will need to provide proof of residency in Boone Township and your monthly income. Please enter the south-east door closest to the picnic shelter in the park. Plan to be picking up your items by 9:45 am. If there is a Monday holiday, please call the church to check if the pantry will be open that Monday or the following Tuesday. If you have questions, please call the Church Office at 219-996-7161.

Love



*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 8:00 am at Pav's. Our guest speaker was Ricco Semento of Speed Limit Media (our chamber website designer).

The Hebron Chamber of Commerce Golf Outing was held on Tuesday, August 30, 2011 at Sandy Pine Golf Course in DeMotte. The proceeds from this Golf Outing will benefit the Hebron Chamber Alice P. Komisarck Scholarship and the 2012 Hebron 4th of July Celebration. It was a beautiful day for golf, and everyone had a wonderful time. We would like to thank everyone who volunteered, participated, planned, or donated to the event. *See our pictures on pages 6 and 7.*

On Tuesday, September 6, 2011, the Chamber will be organizing a Facebook for Business Seminar. This seminar will be hosted by NITCO. You will learn how to set up and maintain your Facebook Pages to help market your business. The cost is \$20 for Non-Chamber Members and \$10 for Chamber Members. For more information or to register, visit the Hebron chamber website: [www.hebronchamber.org](http://www.hebronchamber.org).

### Upcoming Events:

Tuesday, Sept. 6, 2011 Facebook for Business Seminar hosted by NITCO and organized by Hebron Chamber of Commerce, 6:00 pm at NITCO, \$20 for Non-Chamber Members and \$10 for Chamber Members.

**Tuesday, Sept. 13, 2011** General Membership Meeting Noon at Hebron High School, RSVP by Friday, September 9, 2011. Guest Speaker: Robert Wichlinski, Porter County Auditor

**Tuesday, October 11, 2011** General Membership Meeting at Noon, Location: TBD. Guest Speaker: JoElla Depra, First Source Bank



## Downtown Farmer's Market

In case you haven't noticed it yet, every Thursday from 3 pm to 7 pm, the Hebron Redevelopment Commission has started a really neat Farmer's Market downtown at the corner of Highway 8 and Highway 231 (across from the Clock Tower).

Local vendors come every week to offer their produce, custom handmade jewelry, candles, and other wares. The prices are incredibly low and the selections are amazing.

Events like this are Hebron's ways to attract new vendors, and introduce you to a new way to gather with friends, do



some fresh air shopping, and enjoy the various products to be found.

We hope you find this simple project fun and useful. Any improvements or suggestions you have are very welcome. Contact the Redevelopment Office at 996-7800.

More pictures on page 6.





## Hebron News from around Town

# 2011

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

### School Start Times

Reminder that starting 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 for Monday, Tuesday, Thursday, and Friday are Hebron High School at 7:45, Middle School at 7:50, and the Elementary at 8:20.

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

### Lt. Col. Andrew J. Fitzgerald

The U.S. Army has announced that Andrew J. Fitzgerald has been promoted to the rank of Lieutenant Colonel. Lieutenant Colonel Fitzgerald is presently on active duty as an engineer at Camp Atterbury. Fitzgerald has served in Afghanistan in the capacity of a combat engineer officer and has received numerous decorations and medals including: Combat Action Badge, Combat Patch, Meritorious Service Medal, Army Commendation Medal (twice), and Army Achievement Medal.

In civilian life, he is a licensed professional civil engineer. He has over twenty-four years of service with the Indiana National Guard. He has a B.S. Degree in Psychology and Philosophy from Valparaiso University, a B.S. Degree in Civil Engineering from Purdue University and a Master's Degree in Management from Indiana Wesleyan University.

Andrew is the son of Nan and Ted Fitzgerald. Ted is an attorney in Hebron who has represented the Town of Hebron and Lakes of the Four Seasons Property Owners Association, Inc. For many years. Andrew is married to Lillian and his two sons, Daniel and Brian, who pinned on their dad's new insignia



of rank at a promotion ceremony at Camp Atterbury held on August 22, 2011.

### Soccer Opening Day Parade

Saturday, August 27th, at 9 a.m. Hebron awoke to the sounds of sirens. Fire trucks and Police cars not racing to an emergency but leading a rambunctious group of kids down Washington Street from the Post Office to Hebron Schools for the annual Hebron Soccer Opening Day Parade. Approximately 120 kids, coaches, and parents cheered and marched down the road in their colorful uniforms to a very appreciative early morning crowd. Afterwards, the kids played their first games at the Buchanan Soccer Fields on 1000 South. See more pictures on page 5.



# family



# Hebron

**Local Contact Info:**

The Town of Hebron  
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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  
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[jeff.grogan@visithebron.org](mailto:jeff.grogan@visithebron.org)  
Joyce Kazmarski, Councilwoman  
[Joyce.kazmarski@visithebron.org](mailto:Joyce.kazmarski@visithebron.org)

**Clerk-Treasurer's Office**

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

## Hebron Library News

September is Library Card Sign-Up Month. The Porter County Public Library System wants everyone in the family—mom, dad, and children—to have access to books, movies, computers, CDs and more for the bargain price of FREE! Observed since 1987, Library Card Sign-Up Month is a time when the American Library Association and libraries across the country remind parents that a library card is the most important school supply of all. Getting a library card is easy! Simply bring current photo identification and proof of Porter County address to any branch of the Porter County Public Library System in Hebron, Kouts, Portage, South Haven or Valparaiso.

PCPLS offers many free and low-cost educational and entertaining programs for all ages. Introduce your child to books and the library by enrolling them in story hours or craft programs. Take advantage of health screenings. Join a book discussion group or learn how to paint a beautiful oil painting. Hebron Library's programs for September are listed below. A complete listing of events for all libraries in the PCPLS system is at our website: [www.pcpls.lib.in.us](http://www.pcpls.lib.in.us). Don't delay! Call 996-3684, or visit Hebron Public Library at 201 West Sigler Street to find out how to get your FREE library card. Already have a card? Come on in! Reserve books online. Follow us on Twitter and Facebook.

**Calendar of Events**

Mon., Sept. 5 All PCPLS libraries closed in observance of Labor Day.

Mon., Sept. 12. Natural Solutions for ADD/ADHD, 7:00-8:00 p.m. Dr. Casey Walker will explain how diet, exercise, and supplements can help children with ADD/ADHD. Side effects of common ADD/ADHD medications will be discussed. Free, but registration is required.

Thurs., Sept. 15. Novel Ideas Book Discussion Group, 1:30-2:30 p.m. "The Last Stand" by Nathaniel Philbrick will be discussed. Copies of the book are available at the library prior to the program. Free.

Tues., Sept. 20 All PCPLS libraries closed for Staff Training Day.

Wed., Sept. 21 Porter County Health Dept. Immunization Clinic. Immunizations will be administered by appointment only. Please call 465-3525 to schedule a time.

Contact the youth services department today to register for toddler time (ages 2-3) and story time (ages 4-5). These programs will begin the last week of September.





# Our Life in Pictures



Soccer



Hebron Soccer's U12 Girls Team getting ready to march.

Hebron Varsity Girls' Soccer Coach and Hebron Soccer League Coach, Jim Schmidt and Asst. Coach Chris Stalbaum



# Our Life in Pictures

# Farmers Market



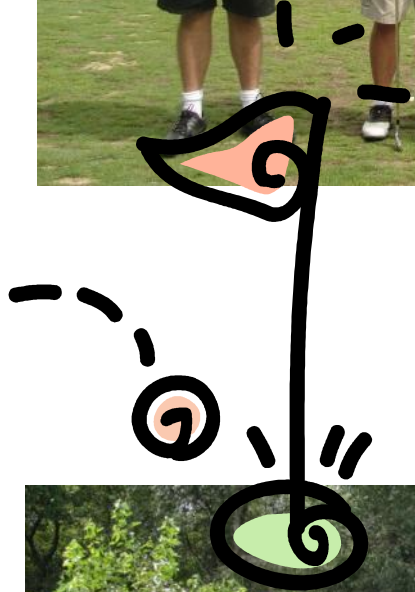
# Chamber of Commerce Golf Outing August 30th, 2011





# Our Life in Pictures

## Chamber of Commerce Golf Outing August 30th, 2011



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

# Town of Hebron Indiana - Official Calendar of Events

## September 2011

Updated 9/1/2011

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. 3-7 pm Farmer's Market in down- town lot	2 Senior Activi- ties; 8 a.m.	3 Sewer Plant gates open for brush and limb drop-off
4	5 <b>Labor Day— Town Offices are closed</b>	6 Senior Activities; 8 a.m. <i>Tornado Siren Testing, 11 a.m.</i> <b>American Legion Meeting, 7 p.m.</b>	7 <b>Garbage &amp; Recy- cling Pickup; 6 a.m. HOLIDAY SCHEDULE</b> Senior Activities; 8 a.m.	8 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in down- town lot <b>Park Board Meeting, 7 p.m., Stagecoach Inn Historical Soci- ety Meeting, 7 p.m. Railroad Depot Museum</b>	9 Senior Activi- ties; 8 a.m.	10
11	12 Senior Activities; 8 a.m. <b>7 pm Hebron Re- development Com- mission Meeting</b>	13 <b>Garbage &amp; Recycling Pickup; 6 a.m.</b> Senior Activities; 8 a.m. <b>12 noon —General Chamber of Commerce (page 2) 7 pm Planning Comm. 7 pm School Board Mtg. at Hebron Elem. 7:30 Hebron Stormwa- ter Meeting 8 pm Town Council Workshop</b>	14 Senior Activities; 8 a.m.	15 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in down- town lot	16 Senior Activi- ties; 8 a.m.	17
18	19 Senior Activities; 8 a.m.	20 <b>Garbage &amp; Recycling Pickup; 6 a.m.</b> Senior Activities; 8 a.m. <b>7 pm Town Council Meeting</b>	21 Senior Activities; 8 a.m.	22 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in down- town lot	23 Senior Activi- ties; 8 a.m.	24
25	26 Senior Activities; 8 a.m.	27 <b>Garbage &amp; Recycling Pickup; 6 a.m.</b>	28 Senior Activities; 8 a.m.	29 Senior Activities; 8 a.m. 3-7 pm Farmer's Market in down- town lot	30 Senior Activi- ties; 8 a.m.	October 1 2 to 9 pm <b>BLOCK PARTY</b>

All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted



**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.