



# 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 6, Issue 2  
February 2012

## Hebron Winterfest—Rain, Snow, or Sun

# 2012

This winter has been extraordinarily mild, the mildest in over 80 years in Chicagoland. As such, the **Annual Hebron Winterfest** has made some plans for any weather eventuality.

Dance Contest, and bouncy house indoors for all kids to enjoy. Outside, starting at 1 pm, there will either be snow angel contests, or 3-legged races, if



Saturday, February 11th, our Winterfest is back with an afternoon of fun and games for kids and adults from 1 to 4 pm at Hebron Middle School. Most outside events will take place in the Middle School's south parking lot and the inside events in the Middle School Cafeteria. Parking is available in the Elementary Lot or the High School lot, if needed. This year is as packed with fun as 3 hours can be; with Little Obie (the miniaturized train with the awesome stereo system with seating to ride in) there for free train rides, Chris Pavlou from Pav's will again be serving his most awesome hot dogs with chips (free), the Hebron Library will be reading stories for the

there is no snow. At 1:20 pm, the accuracy games begin with either snowball throwing or softball throwing (weather dependent) going on. Outside skill contests will continue at 2:20 pm with sack races, moving to Sledding Races or Soccer Ball Toss at 2:40, concluding with a huge tug-of-war before 3. There will be **many prizes given to the winners, also!** So, get the kids out Saturday for their chances to win some very cool stuff. This year, Hebron Middle School Teacher and National Junior Honor Society Sponsor has lined up over 20 Middle School volunteers to help all the kids get to the events and assist with anything people will need. This event is put on by the Hebron Redevelopment Commission, with the cooperation of the Hebron Middle School, and the assistance of so many volunteers, and we are very proud that Hebron has so many people willing to help to make this event the annual success it has become.



little kids, serious dance moves will be made at the new Dance Revolution Xbox Kinect

So, join us and have a blast, eat some great food, watch kids having a blast, ride in a train, or just people watch; we've certainly setup enough events to suit anyone's taste. *See our flyer on page 5 and in the Advertiser for more information.*

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### Coming up

**EMPTY BOWLS AT HHS (PAGE 3), THURS, FEB 9TH, 4 TO 7 PM**

**WINTERFEST—SAT, FEB 11TH, 1 TO 4 PM, AT HEBRON MIDDLE SCHOOL**

*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

**Snow Parking Rules—**  
Anytime a 2" snow is expected, it is illegal to park on any main or side streets of the Town of Hebron. Your vehicle could be towed at your expense. It's just a good idea not to park on streets anytime any snow is expected.

The Town of Hebron's Public Works Department currently has a full-time opening. If interested in employment, please send a resume and cover letter to the attention of Hebron Town Council, PO Box 478, Hebron, IN 46341 or fill out an application at the Hebron Town Hall, 106 E. Sigler, Hebron.



*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, January 10, 2012 at the Heritage Inn in Hebron. Guest Speaker was Attorney Theodore Fitzgerald who explained Estate Planning.

At the meeting, the members discussed upcoming events for 2012. The Hebron Chamber will sponsor a Health Fair in May, 2012. The committee is in the planning stages and more information will be finalized within the next two months. In addition, the 4th Annual Meet the Chamber Night will be held in April, 2012. Again, that committee is busy organizing this event.

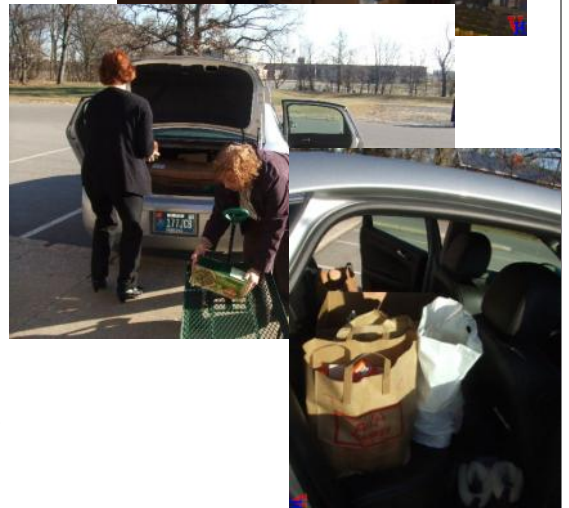
For more information on any of the Hebron Chamber of Commerce upcoming events or membership, please visit our website at [www.hebronchamber.org](http://www.hebronchamber.org).

#### Upcoming Events:

Tuesday, February 14, 2012 Monthly Chamber Meeting at Noon. Location: Hebron High School, Guest Speaker: Allison Cox, Porter County Drug Court

Tuesday, March 13, 2012 Monthly Chamber Meeting 8:00 am Guest Speaker: Sylvia Graham, Porter County Council

Below are some pictures from the Chamber of Commerce Food Drive in December.



## Rebuilding Together Notes

Another donator gave \$1,250 to Hebron Rebuilding Together to help them purchase materials for this year's project. REMC presented the check and we thank them for their active participation in helping Hebron people.

Your participation gets you a fun day of lots of laughs, awesome food, and a very stylish T-shirt. It does a heart good to help others.

It's not too late to volunteer to help us. The work day is Saturday, April 28th, 2012 and we still need more people to volunteer to help us. If you can paint, scrap, hammer, dig, clean, you are the perfect helper. Of course, skilled tradesmen are always needed, but many of the jobs just take a willing person and a big smile.

Please visit their website at <http://www.rebuildingtogetherhebron.org> and fill out an application to send in.



If you have any questions about helping or if you need help, contact President Brent Harting at 996-5666 or VP Mike Spicer at 996-2796.



## Hebron News and Happenings

# 2012

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



# family



# Hebron

## Empty Bowls at Hebron High School

Empty Bowls is an international effort of The Imagine/Render Group to fight hunger. All of the proceeds from this event are given to the local food pantry, the Hebron Country Pantry.

Empty Bowls is designed to remind people of those less fortunate with nothing to eat. Ceramic bowls were made for this event by members of the Hebron High School student body and community in January. Each bowl is unique, reflecting the interests and thoughts of the different bowl creators. Everyone who attends will select one bowl and take it home with them as memorabilia from the event.



Krista Cheek and Travis Ziegler prepare bowls for the event.

Empty Bowls is taking place on Thursday, February 9, 2012 from 4 - 7 p.m. Everyone is invited to attend the chili dinner



Angie and Diane Hall make bowls for the event.

for the price of \$10 for adults and \$5 for children 10 and under. Everyone who attends receives a bowl of chili (not served in the handmade bowl), cornbread, dessert, and a drink. A silent auction runs during the dinner, with all of the proceeds also going to the food pantry.

Those who attend are encouraged to stay for the Hebron boys' junior varsity and varsity basketball games against Kankakee Valley. The junior varsity game begins at 5:30 p.m., the varsity

game begins at 7 p.m. A 50/50 drawing will be held during the games with all the proceeds going to the food pantry.

For more information, please visit our website at <http://emptybowls2012.weebly.com> or call the Hebron High School main office at 219-996-4771, select option 7 in the directory, and enter extension 100 for the main office. The event coordinator, Mrs. Karen Jania, can be e-mailed at [janiak@HebronSchools.k12.in.us](mailto:janiak@HebronSchools.k12.in.us).

**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](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  
[don.ensign@visithebron.org](mailto:don.ensign@visithebron.org)  
Dave Peeler, Vice President  
[Dave.peeler@visithebron.org](mailto:Dave.peeler@visithebron.org)  
Pete Breuckman, Councilman  
[pete.breuckman@visithebron.org](mailto:pete.breuckman@visithebron.org)  
Travis Gearhart, Councilman  
[Travis.gearhart@visithebron.org](mailto:Travis.gearhart@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**

Tax season is here. The library is offering free tax preparation for senior citizens and low income residents by appointment only through the AARP Tax Aide program. A limited number of appointments are available on Tuesdays and Thursdays through April 12. Please call the library at 996-3684 to schedule a time. The library's ability to provide this service is dependent on the availability of trained volunteer preparers who have passed the required examinations.



The library also stocks frequently used federal and Indiana state tax forms and booklets. If you can't find what you need, you can use the library's Internet computers to find and print forms for 10 cents per page. The library has two copy machines for public copying at 10 cents per page, too. The library staff can provide telephone numbers for ordering forms or give you the locations of the IRS and Indiana Department of Revenue Offices in Merrillville for additional forms or assistance. What the library staff can't give you is tax advice, because its members are not trained in tax preparation procedures.

More than tax preparation is going on at the library in February. Please see the calendar below for upcoming programs.

Hebron Public Library, 201 West Sigler Street, is a branch of the Porter County Public Library System. For

more information about the library, call 996-3684, go to [www.pcpls.lib.in.us](http://www.pcpls.lib.in.us), or visit Hebron Public Library or Porter County Public Library System pages on Facebook.

**Calendar of Events**

Feb. 6—Free Blood Pressure/Blood Sugar/BMI Screenings, 10 AM-noon. Porter Health System will conduct screenings on a first come, first serve basis. Call 763-7203 for information.

Feb. 9—Novel Ideas Book Discussion Group, 1:30-2:30 PM. "The Girl with the Dragon Tattoo" by Steig Larsson will be discussed. Free program open to any interested reader.

Feb. 9—Sweet Valentine Fun, 4:00-5:00 PM. A snack, crafts and bingo for students K-grade 5. Cost: \$2.00 per child. Registration required. Contact the youth services department.

Feb. 11—Second Saturday Cinema, 2:00-4:00 PM. This is a family program for parents and children. Free. Bring your own snack & pillow or blanket. Call the youth services department for info.

Feb. 15—Understanding Fibromyalgia, 7:00-8:00 PM. Dr. Casey Walker will explain natural ways to restore one's health & unleash the nervous system's ability to heal and function. Free. Registration requested by calling the adult services department.

Feb. 20—All libraries in the Porter County Public Library System will be closed in observance of President's Day.



# Hebron Winter Festival



**When:** Saturday, February 11<sup>th</sup> 2012  
Weather **Snow** or **Sun**



**Activities:** 11:00 AM – Ice Skating Rink

(If Ice Rink is open)

Some skates will be available to borrow.



**1:00 PM - 4:00PM** Hebron Middle School/Cafeteria  
Games, Activities & More  
(For various age groups)  
Food, Hot Cocoa & Coffee



**1:00 PM – 3:00PM** Little-OBIE  
Miniature Canadian National Train



*Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> for each age group.  
(Kids, bring Mom & Dad)*

**\*\* Food & drink provided by Pav's Restaurant\*\***



Recycling & Waste Reduction District of Porter County

219-465-3694 \* [info@ItMeansTheWorld.org](mailto:info@ItMeansTheWorld.org)

[www.ItMeansTheWorld.org](http://www.ItMeansTheWorld.org)

## 2012 Hours, Holidays & Closings

### Administrative Office

155 Indiana Ave. Suite #314, Valparaiso; Phone: 219-465-3694

Hours: Mondays–Fridays, 8:30 a.m.–4:30 p.m.

### Holiday office closings

- Martin Luther King Jr. Day:  
Monday, Jan. 16
- Presidents Day: Monday, Feb. 20
- Good Friday: April 6
- Primary Election Day:  
Tuesday, May 8
- Memorial Day: Monday, May 28
- Independence Day:  
Wednesday, July 4
- Labor Day: Monday, Sept. 3
- Columbus Day: Monday, Oct. 8
- Election Day: Tuesday, Nov. 6
- Veterans Day: Monday, Nov. 12
- Thanksgiving Day holiday week-  
end: Thursday–Friday, Nov. 22-23
- Christmas Day: Tuesday, Dec. 25

### Compost Sites \*\*

Call 219-465-3694 to determine materials available at compost sites and whether compost sites are operational during days of inclement weather.

- **Valparaiso Compost Site**, 2150 W. Lincolnway (Hwy. 130 – 1 mile west of intersection with Joliet)  
**Regular hours, April 9-Dec. 1:** Mondays–Fridays, 9 a.m.–5 p.m.; Saturdays, 9 a.m.–4 p.m.  
**Off-season hours Jan. 7-April 7:** Saturdays, 9 a.m.–2 p.m.
- **Boone Grove Compost Site**, 546 South 400 West (Hwy. 8 to 400 West, head north to 550 South)  
**Regular hours, April 23-Dec. 1:** Mondays, Wednesdays and Fridays, noon–5 p.m.;  
Saturdays, 9 a.m.–4 p.m.

### Holiday site closings

- Memorial Day weekend: Satur-  
day and Monday, May 26 and 28
- Independence Day: Wednesday,  
July 4
- Labor Day weekend: Saturday  
and Monday, Sept. 1 and 3
- Thanksgiving Day weekend:  
Thursday-Saturday, Nov. 22-24

**\*\* All services are for residential use. Restrictions and fees may apply.**

## Northwest Indiana Earth Day Celebration

**Saturday, April 21, 9 a.m.-4 p.m.**  
**Porter County Expo Center/Fair Grounds**  
 215 East Division Rd., Valparaiso  
 Largest FREE environmental event in the area. Family fun, activities, products, education and entertainment await you!



### Free Compost Loading \*\*

International Compost Awareness Week, May 7-12, at Valparaiso Compost Site, 2150 W. Lincolnway. More information available in April on [www.ItMeansTheWorld.org](http://www.ItMeansTheWorld.org). *For residential use only.*



### Adult Workshops

#### Rain Barrels, 6 p.m., \$45

Registration begins Feb. 1 on [www.ItMeansTheWorld.org](http://www.ItMeansTheWorld.org).

- March 19, Woodland Park Blue Spruce Room, 2100 Willowcreek Rd., Portage
- March 20, 28 and 29, Sunset Hill Farm County Park Interpretive Center, 775 Meridian Rd., Valparaiso
- April 5, Hebron Community Center, 611 N. Main St.



#### Backyard Composting, 6 p.m., \$13

Registration begins April 1 on [www.ItMeansTheWorld.org](http://www.ItMeansTheWorld.org).

- May 14: Woodland Park Blue Spruce Room, 2100 Willowcreek Rd., Portage
- May 15, 23 and 24: Sunset Hill Farm County Park Interpretive Center, 775 Meridian Rd., Valparaiso
- May 30, Hebron Community Center, 611 N. Main St.

### Waste Collection Events \*\*

*For residential use only. Restrictions and/or fees may apply.*

**ONE STOP DROP**, Saturday, May 19, 9 a.m.-2 p.m.

**Appliances, electronics, tires and household hazardous waste**

Porter County Expo Center/Fair Grounds, 215 East Division Rd., Valparaiso

**Household Hazardous Waste only**, 9 a.m.-2 p.m.

- Saturday, July 7: Westchester Intermediate School, 1050 S. 5th St., Chesterton
- Saturday, Aug. 11: Portage High School, 6450 U.S. Highway 6
- Saturday, Nov. 3: Old/closed Pine Elementary School, 1594 N. 500 E.



Recycling & Waste Reduction District of Porter County

219-465-3694 \* [info@ItMeansTheWorld.org](mailto:info@ItMeansTheWorld.org)

[www.ItMeansTheWorld.org](http://www.ItMeansTheWorld.org)

*\*\* All services are for residential use. Restrictions and fees may apply.*



# Town of Hebron Indiana - Official Calendar of Events

## February 2012

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Senior Activities; 8 a.m.	<b>2</b> Senior Activities; 8 a.m.	<b>3</b> Senior Ac- tivities; 8am	<b>4</b>
<b>5</b>	<b>6</b> Senior Activities; 8 a.m.	<b>7</b> <b>Garbage &amp; Recycling Pickup; 6 a.m.</b> Senior Activities; 8 a.m.	<b>8</b> Senior Activities; 8 a.m.	<b>9</b> Senior Activities; 8 a.m. Hebron Empty Bowls Fundraiser 4-7 pm Hebron High School Cafeteria <b>Park Board Meeting, 7 p.m., at Town Hall</b> <b>Historical Soci- ety Meeting, 7 p.m. Railroad Depot Museum</b>	<b>10</b> Senior Ac- tivities; 8 a.m.	<b>11</b> <b>Winterfest at Hebron Middle School 1 pm to 4 pm</b>
<b>12</b>	<b>13</b> Senior Activities; 8 a.m. Redevelopment Commission Meet- ing ; 7 pm	<b>14</b> <b>Garbage &amp; Recycling Pickup; 6 a.m.</b> Senior Activities; 8 a.m. <b>12 noon —Chamber of Commerce (page 2)</b> 6:30 BZA Meeting 7 pm School Board Meeting at Heb. Elem <b>7 pm Plan Commis- sion Meeting</b> <b>7:30 pm Storm water Meeting</b> <b>8 pm Town Council Workshop</b>	<b>15</b> Senior Activities; 8 a.m.	<b>16</b> Senior Activities; 8 a.m.	<b>17</b> Senior Ac- tivities; 8 a.m.	<b>18</b>
<b>19</b>	<b>20 President's Day</b> Senior Activities; 8 a.m. <b>OFFICES ARE CLOSED</b>	<b>21</b> <b>Garbage &amp; Recycling Pickup; 6 a.m.</b> Senior Activities; 8 a.m. <b>7 pm Town Council Meeting</b>	<b>22</b> Senior Activities; 8 a.m.	<b>23</b> Senior Activities; 8 a.m.	<b>24</b> Senior Ac- tivities; 8	<b>25</b>
				<i>All meetings are held at the Hebron Community Center, 611 N. Main Street, unless otherwise noted</i>		
<b>26</b>	<b>27</b> Senior Activities; 8 a.m.	<b>28</b> <b>Garbage &amp; Recycling Pickup; 6 a.m.</b> Senior Activities; 8 a.m.	<b>29</b> Senior Activities; 8 a.m.			

your life. better.

# The Beat Goes On at Porter

February is American Heart Month. Join Porter Health System as it celebrates by offering new heart health awareness programs.

According to the American Heart Association, heart disease remains the leading cause of death for both men and women. "But there's so much good news when it comes to our hearts," said Allen Miller, Director of Porter's Cardiology Service Line. "In fact, heart disease is largely preventable because so many risk factors are within our control. In many ways, our hearts are in our own hands," he stated.

Yet many people don't make heart healthy changes in time because they don't know they're at risk. "For instance, if you quit smoking, you can cut your risk for heart disease by up to 75 percent. Getting your blood pressure under control or reducing your cholesterol are also great ways of improving your heart health," said Miller.

"Every day we meet people who are surprised by the results of heart tests. They're surprised to learn they have problems with their blood pressure, their arteries, their cholesterol or other parts of their cardiovascular system. We often think that if we don't have chest pain, we're heart healthy. Yet we've learned that close to half of us are missing opportunities to improve our heart health because of undiagnosed conditions."

To learn more about cardiovascular disease and ways to be heart smart, register for Porter's upcoming heart healthy programs today by calling 1.800.541.1861.

Porter's Speakers Bureau brings education and insight that can be customized to clubs, churches and other organizations in and around our community utilizing experienced health professionals. If you would like to schedule a free presentation, please contact us 6-8 weeks ahead of your desired date. Topics can be customized and include sleep disorders, living with diabetes, healthy lifestyles, striving for optimal health, carpal tunnel, incontinence, say good bye to back pain, hypertension, breast health, beat the bug (flu & cold), heart health, health screenings, arthritis/joint pain and many others.

Call 219.263.7128 or email [bonny.hilbrand@porterhealth.com](mailto:bonny.hilbrand@porterhealth.com) to schedule your talk today.

## PORTER HEALTH SYSTEM CELEBRATES AMERICAN HEART MONTH



### The Good, The Bad & The Ugly

Knowing your numbers is the first step to healthy cholesterol. Join Cardiologist Dr. Daniel Linert to learn what your numbers – total cholesterol, LDL (bad cholesterol) and HDL (good cholesterol) – mean and how to reduce your risk for heart disease.

**February 9 • 6 pm • ERC**

Refreshments provided. Free. Register by calling 1.800.541.1861.



### PAD is Bad

It is estimated that by the age of 65, up to 20% of the population will have peripheral artery disease (PAD), a circulatory problem in which there is partial or total blockage of an artery in a leg or arm. Join Cardiologist Dr. Sandeep Sehgal to more about how PAD is diagnosed and the best treatment options.

**February 16 • 6 pm • ERC**

Refreshments provided. Free. Register by calling 1.800.541.1861.



### Get Back in Rhythm

Atrial fibrillation, commonly called A-fib, is a very common heart rhythm disorder that affects about 2 million people annually. Join Cardiologist Dr. Mark Dixon to learn how A-fib is diagnosed and when to seek medical treatment.

**February 23 • 6 pm • ERC**

Refreshments provided. Free. Register by calling 1.800.541.1861.

Porter Presents Emmy Award Winning Actress and Comedienne:

## Tracey Conway

A HEART DISEASE SURVIVOR STORY  
*Drop Dead Gorgeous!*

Join Emmy winner Tracey Conway as she inspires both belly laughs and tears when she relates how she literally dropped dead from sudden cardiac arrest at age 38.

**February 29 • 6 pm**

Sand Creek Country Club  
1001 Sand Creek Drive, Chesterton  
Cost: \$15\*

Registration is required.  
Visit [porterhealth.com](http://porterhealth.com) to reserve and pay for your space today!



\*As a special one-time promotion: Anyone age 50 and over will receive a complimentary Senior Circle annual membership (value \$15) – making the program pay for itself.