



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 1
January 2012**

NJHS raises over \$5,500 for gifts for children of Hebron

Dan Pastrick, Hebron Middle School Teacher and NJHS sponsor, the entire Middle School students and staff, have really done Hebron proud again this year.

are what makes Hebron better than anywhere else in this United States. Our people care more and work harder than anyone to bring joy to others.



In October, they sponsored their annual Haunted House and raised a total of \$5,511 that they recently used to go Christmas shopping for kids in need in Hebron. The group, the National Junior Honor Society, is made up of our best and brightest Heb-

ron Middle School children, and they worked very hard this year to raise so much money for those in need and we wanted to raise them up for it. This has been a very hard year for Hebronites. The economy struggled again for the 3rd year in a row and many families around us were very hard hit by its prolonged stagnancy. Projects like this and the Angel Tree



Special mention must go to Hebron Middle School Principal Lori Pavell for her efforts to encourage, support, and promote projects like this in our Middle School. There is a reason people chose to live here, stay here, and raise families here and she is a recent addition that really makes a difference to our community.

Enjoy the pictures filling pages 5-7 and, please, write Dan Pastrick at pas-trickd@hebronschools.k12.in.us and express your thanks to him and the kids for all of their efforts. I know they will appreciate your words of kindness.

2012

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Coming up

**Monday, January 9th,
7 pm Redevelopment
Commission Meeting at
the Community Center**

**Tuesday, January 17th,
7 pm, Town Council
Meeting at the Com-
munity Center**

*See our calendar online
for more events at
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.

Donated Wreaths:
Our Town welcome signs got a special Christmas decoration of wreaths donated by **Rex & Janet Veach of Rex Veach Trucking & Vista Cielo Farm.** They were beautiful and really made the signs look festive. Thank you!



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, December 13, 2011 at Martie's Place. Guest Speakers were Renee Kimberling and of Healing Arts Center in Hebron.

The Hebron Chamber will hold a Health Fair in Spring, 2012. The committee is in the planning stages and more information will be finalized within the next two months.

The Hebron Chamber of Commerce held its Annual Food Drive to benefit the Hebron Food Pantry at the meeting. All monetary and non-perishable items collected were delivered to the food pantry to help local families in need. The chamber also donated \$100 to the Food Pantry.

For more information on any of our chamber members or our chamber, please visit our website at www.hebronchamber.org.

Congratulations to our 2012 Chamber Board & Officers:

President Donna Paulk, DeMotte State Bank

Vice President Cathy Koschal, Subway

Treasurer Becky Gibson, DeMotte State

Bank

Secretary Andrea Mortimer, First Source Bank

Members-at-Large Dale Tuck, Anytime Fitness, Chad Franzman, Russ' Print Shop, Beverly Huber, Geisen Funeral Home, Crystal Ruffner, First Source Bank

Upcoming Events:

Tuesday, January 10, 2012 Monthly Chamber Meeting, Noon, Location: Heritage Inn, Guest Speaker: Atty. Ted Fitzgerald

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



First Source donates to Rebuilding Together Hebron

The year closed out with even more generosity to Hebron people in need. First Source Bank, <http://www.1stsource.com>, came through in a big way for our Rebuilding Together team with a \$1,000 donation.

Rebuilding Together Hebron is a volunteer group that helps Hebron people fix up their homes; new windows, insulation, doors, light carpentry, and landscaping. They are accepting applications for homeowners in need now



at their website below. Also, we can always use more volunteers; if you can paint, sweep, hammer, clean, organize, and just want to have fun helping others—you're who we are looking for.

Thank you for First Source and all of the donors who make this project work. This project is 100% donation funded.

Follow the link below to find out more and join us.

<http://rebuildingtogetherhebron.org>





The Year in Review—2011

2012

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



January—Winterfest brings out everyone to play in the snow, eat, and laugh. It was a great day this year and was attended by over 200. Little Obie, the miniature train that people can ride in was a big hit with the kids; big and small.

February—Hebron Art's and Crafts Empty Bowls project raises thousands to help the local food pantry stock up on food to help the poor with.



March—Hebron suffers a record snowfall in the end of February into March that shatters records for 150 years of record keeping, bringing Hebron to a virtual standstill for many days as road crews dug us all out.



April—Rebuilding Together Hebron helps homeowners with new windows, painting, doors, and other projects to make living easier for the needy.



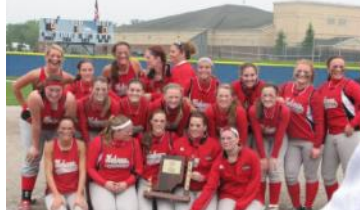
family



May—Hebron Park Board's Annual Easter Egg Hunt was the fastest 45 seconds of watching over 7,000 plastic eggs getting removed from Cohen Park's grass. Every year, it makes you laugh to watch the kids race and grab. The Park Board gave out thousands of dollars in donated gifts to the kids with winning numbers.



June—Hebron Summerfest came back with rides and fun for everyone in the sun. The crowds were great this year even though the weather didn't cooperate much. The American Legion dedicated a new war memorial for Hebronites from past wars. Hebron suffered a near tornado on June 4th that thankfully didn't hurt anyone but did a large amount of property damage.



July—The parade and fireworks again were beyond compare for any town this size. It is becoming the huge event it used to be thanks to the Council and Chamber's hard work and sheer determination to make it successful. The Park Board's Soapbox Derby still isn't getting the attendance hoped for, but is growing every year in competitors and hilarity.



August—Hebron had 2 of the Educators of the Year for Indiana right here! Hebron teachers Peg Huber and Carol Noland were awarded these honors by the American Legion at their convention and we couldn't be prouder of them for it and Hebron Schools.



September—The new Farmer's Market downtown was a welcomed new addition from the Redevelopment Commission. Fresh fruits and vegetables and crafts were available downtown to help spur more interest in downtown again.

October saw the 3rd installment of the Annual Block Party and it was a beautiful day for it. Many exhibitors, games, bands, and food booths populated downtown Hebron and entertained nearly 1,000 people. The laser show at the end was the talk of the town for some time after. The NJHS Haunted House raised over \$5k for the poor.



November—Interestingly, floated by without much in the news except the mild weather.

December—The Pancake Breakfast with Santa and the Lion's Club had a great attendance. Santa and Mrs. Claus entertained many kids throughout the month at their cute cottage.



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
don.ensign@visithebron.org
Dave Peeler, Vice President
Dave.peeler@visithebron.org
Pete Breuckman, Councilman
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Travis Gearhart, Councilman
Travis.gearhart@visithebron.org
Joyce Kazmarski, Councilwoman
Joyce.kazmarski@visithebron.org

Clerk-Treasurer's Office

996-4641
Terri Waywood
treasurer@visithebron.org

Hebron Library News

Make a new year's resolution to visit the Hebron Public Library. The library offers something for people of all ages. A library card holder can check out books, magazines, audio books, music CDs, videos, DVDs, and use the Internet. Anyone can visit the library to use its resources. The library has photocopying machines and Wi-Fi, offers a faxing service, has meeting rooms for community groups, and proctors examinations for students. Programs offered include pre-school story times, craft classes, book discussions, movies, and health screenings. See our calendar below for a list of upcoming events.

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

For more information, please call 996-3684, visit us at www.pcpls.lib.in.us, or follow us on Facebook.

Calendar of Events

Jan. 2—All PCPLS Libraries are closed in observance of New Year's Day.

Jan. 3—Free Bone Density Screenings, 10 AM-noon & 1-3 PM. Porter Health System will conduct screenings on first come, first serve basis. Call 763-7203 for information.

Jan. 10---Registration for Toddler Time (ages 2-3) &



Story Time (ages 4-5). Programs begin Jan. 27. Cost is \$2.00 per child for program series. Contact youth services department.

Jan. 11---Five Secrets to Permanent Weight Loss, 7-8 PM. Dr. Casey Walker will explain healthy ways to lose and maintain weight. Free. Registration requested.

Jan. 12—Novel Ideas Book Discussion Group, 1:30-2:30 PM. "The Help" by Kathryn Stockett will be discussed. Free.

Jan. 14—Second Saturday Cinema, 2 PM. This is a family program for parents and children. Free. Bring your own snack. Contact youth services department.

Jan. 19—Penguin Party, 4 PM. Children can have a snack, play penguin games, make a penguin and more! Cost: \$2. Registration required. Contact youth services department.

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





NJHS Shopping

Our Life in Pictures



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Our Life in Pictures



NJHS Shopping





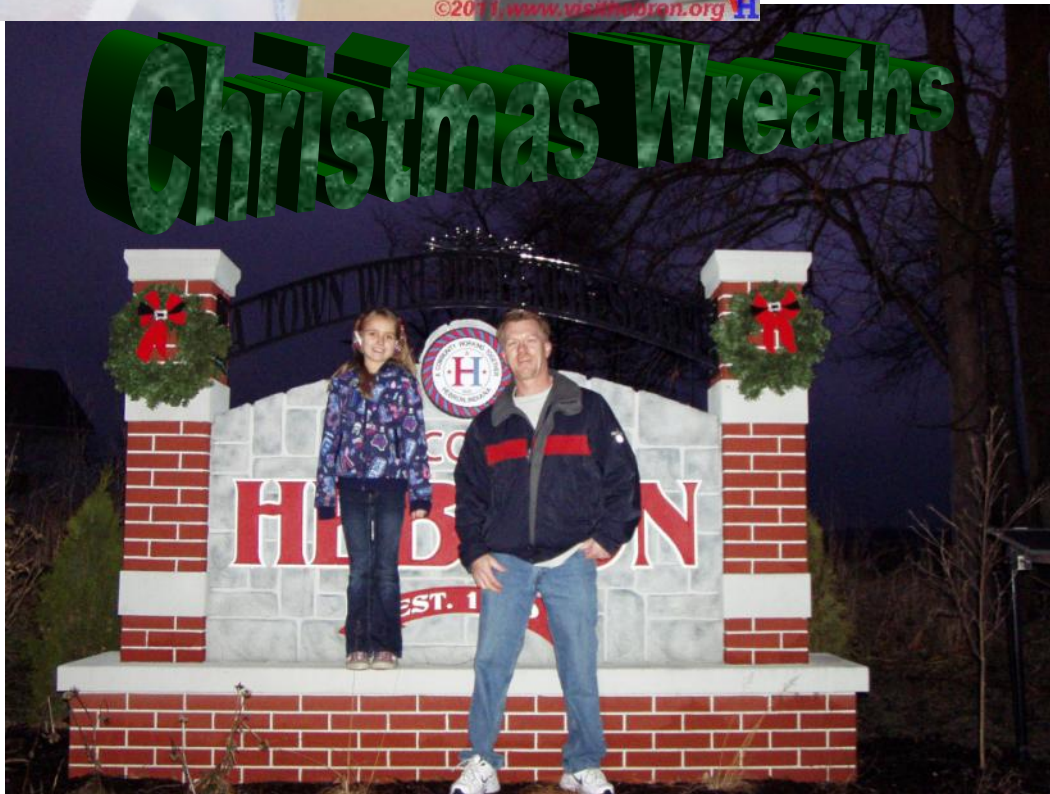
NJHS Shopping

Our Life in Pictures



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Christmas Wreaths



Rex & Janet Veach
of Rex Veach
Trucking & Vista
Cielo Farm. 716 W,
1014 South
Hebron, IN 46341
donated the beautiful
wreaths you saw
adorning our Town
welcome signs and
we thank them.

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

Town of Hebron Indiana - Official Calendar of Events

January 2012

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 Senior Activities; 8 a.m. —Town Offices are closed—	3 Senior Activities; 8 a.m. American Legion Meeting, 7 p.m.	4 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m.	5 Senior Activities; 8 a.m. Hebron Schools resume	6 Senior Activities; 8 a.m.	7
8	9 Senior Activities; 8 a.m. 7 pm Redevelopment Commission Meeting at their Offices at the Community Center	10 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 12 noon —Chamber of Commerce (page 2) 6:30 BZA Meeting 7 pm School Board Meeting at Heb. Elem 7 pm Plan Commission Meeting 7:30 pm Stormwater Meeting 8 pm Town Council Workshop	11 Senior Activities; 8 a.m.	12 Senior Activities; 8 a.m. Park Board Meeting, 7 p.m., Stagecoach Inn Historical Society Meeting, 7 p.m. Railroad Depot Museum	13 Senior Activities; 8 a.m.	14
15	16 Senior Activities; 8 a.m.	17 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m. 7 pm Town Council Meeting	18 Senior Activities; 8 a.m.	19 Senior Activities; 8 a.m.	20 Senior Activities; 8 a.m.	21
22	23 Senior Activities; 8 a.m.	24 Garbage & Recycling Pickup; 6 a.m. Senior Activities; 8 a.m.	25 Senior Activities; 8 a.m.	26 Senior Activities; 8 a.m.	27 Senior Activities; 8 a.m.	28
29	30 Senior Activities; 8 a.m.	31 Garbage & Recycling Pickup; 6 a.m. 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.

A Healthy Commitment

BE HEART SMART



Porter
porterhealth.com

Close to half of us are missing opportunities to improve our heart health because of undiagnosed conditions. The arrival of the New Year is a perfect time to reevaluate and take charge of your own health with Porter Health System's comprehensive cardiac & stroke screening. The screening includes six heart assessments that can help reveal underlying abnormalities in time for patients to make lifesaving changes. Here's the scoop on what you can expect from the following six assessments to help evaluate your risk for cardiovascular disease and stroke:

Peripheral Arterial Disease (PAD) Screening

What it reveals: Narrowing or blockages of arteries -- also known as hardening of the arteries -- that distribute blood to your extremities. If problems are revealed with the circulation in your legs or arms, there is an increased risk that the same problems are present in the arteries that supply blood to your heart.

Echocardiogram

What it reveals: An echocardiogram shows how your heart is beating and pumping blood, identifying any abnormalities in the heart muscle and valves.

Carotid exam

What it reveals: The presence of plaque in the artery as well as an idea of the degree of plaque, giving some indication of whether it may obstruct the flow of blood.

Abdominal Aortic Aneurysm (AAA) exam.

What it reveals: The presence of an aneurysm, which is a blood vessel dilated to larger than normal size.

Electrocardiogram (EKG or ECG)

What it reveals: Any irregular heart rhythms (arrhythmias).

Lab Work (lipid, CRP, blood sugar)

What it reveals: In the lab, blood can be tested for C-reactive protein (CRP), which indicates inflammation. The lipid test measures cholesterol in the blood, both High Density Lipoprotein (HDL) or "Good cholesterol" and Low Density Lipoprotein (LDL) "Bad cholesterol." The blood sugar test reveals any elevated levels of sugar in the blood, which may indicate diabetes.

Porter's \$85 Comprehensive Cardiac

Screening includes:

- PAD (peripheral artery disease) screening of lower extremities
- Echocardiogram to evaluate cardiac structure and function
- Carotid exam to examine any plaque buildup in the carotid arteries which can lead to strokes
- AAA (abdominal aortic aneurysm) screening
- Single-lead EKG strip to assess heart rhythm abnormalities
- Laboratory tests to reveal cardiovascular health, including lipid screening, CRP (C-reactive protein) screening, and blood sugar screening

Schedule your appointment at

219.263.LIVE (219.263.5483)

So don't become a statistic. Schedule your screening today by calling **219.263.LIVE (219.263.5483)**.