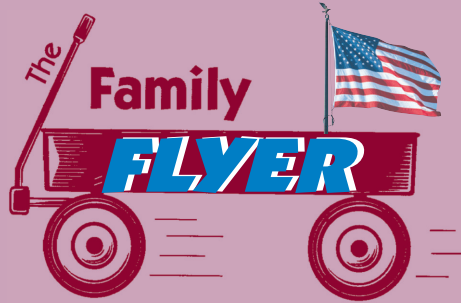


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# Welcome Spring



This months edition of The Family Flyer has plenty of opportunities for you to spring into action. Whether it is taking advantage of great deals on Spring Home Improvement, Car Repairs, Tree Services, Heating & A/C you can find our local merchants throughout our April pages.

As always, thanks for reading and using The Family Flyer advertisers, as they make The Family Flyer Happen!! See you again next month.



Call Today...219/916-4728

Sincerely,  
The Family Flyer Staff

"Happiness is waking up to a sunny day in the springtime. The flower of tomorrow is the seed of today. Spring reminds us how beautiful change can be, year after year." —unknown

\*The Publisher has made every effort to ensure the accuracy of all information in this Family Flyer. The Publisher, however, can not accept responsibility for any error that may occur.

## Outdoor Observations

by Tom Berg

### The Ebony Jewelwing – Streamside Beauty



"Ebony jewelwings are often seen along the banks of forested creeks. Photo by Tom Berg."

Dragonflies and damselflies are common sights along the shorelines of streams, rivers, lakes, ponds and other bodies of water. Most of them are very colorful and downright beautiful, and the Ebony Jewelwing Damselfly is no exception. Found throughout most of eastern North America, males of this stunning member of the damselfly family have a shiny metallic blue-green body and jet black wings. It is a sight you won't soon forget.

Although the male ebony jewelwing has the distinctive black wings and iridescent blue-green bodies, the females are not quite as bright and have more of a metallic greenish-bronze body. Their wings are mostly brown rather than black, too. The females also have a white spot near the tip of each wing. There are four other species of jewelwings in North America, but none of the others have totally black wings like the males of this species. Not surprisingly, these are also called the black-winged damselfly.

Ebony jewelwings are delicate little fliers, usually found fluttering around the shady, wooded edges of streams and rivers. They typically don't fly very fast like most dragonflies; they tend to meander and flutter from place to place as they hunt tiny insects like gnats and mosquitoes. They also eat many other small insects like aphids, flies and beetles, keeping those populations in check, as well.

The ebony jewelwing is one of our most beautiful flying insects. Their scientific name is Calopteryx maculate, and Calopteryx means "beautiful wing" which is fitting, indeed!



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*Here's what's Cookin'*

By Phyllis Hays, #11 with Trixie



**Pork Sliders**

Makes 24

- 1 1 1/2-pound boneless pork loin roast, trimmed
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- 1 cup water
- 1 cup fat-free, lower-sodium chicken broth
- 1/2 cup vertically sliced shallots (2 large)

- 1 tablespoon chopped fresh rosemary
- 4 garlic cloves, minced
- 3/4 cup canola mayonnaise
- 2 teaspoons prepared horseradish
- 24 wheat slider buns, split and toasted
- 2 cups arugula

1. Sprinkle pork with pepper. Heat a large skillet over medium-high heat. Add pork; cook 3 minutes on each side or until browned. Transfer pork to a 3-quart slow cooker coated with cooking spray. Add 1 cup water and next four ingredients to slow cooker. Cover and cook on low for 8 hours or until tender.
2. Remove pork from slow cooker; place in a bowl. Shred pork with 2 forks. Pour cooking liquid through a sieve into a bowl, reserving shallots and garlic. Add 3/4 cup of strained cooking liquid, shallots and garlic to pork; toss well. Discard remaining cooking liquid.
3. Combine mayonnaise and horseradish in a small bowl. Spoon about 2 tablespoons pork mixture on bottom half of each bun. Top evenly with arugula. Spread 1 1/2 teaspoons mayonnaise mixture on cut side of each bun top. Cover sliders with bun tops.



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## Gardening Tips

by Jackie Kubiak #12

### Essential Spring Gardening Tasks



April will bring good and bad weather to the Midwest, so do not miss out on getting your gardening tasks done on the good days.

- Finish spring cleaning the flower beds.
- Direct sow cool-season vegetables and flowers once you can work the soil easily.
- Start to harden off cool-season seedlings that you will transplant at the end of the month.
- Divide perennials as needed.

#### Plant your spring containers and borders.

Though most annual flowers need the soil to warm up a bit before planting, some cool weather loving plants like pansies, nemesia, and osteospermum daisies won't mind if you plant them in the garden early. Fill your spring containers with sweet alyssum, lobelia and Supertunia petunias, too.

Be ready to take cover if freezing temperatures are in the forecast.

If you garden in an area where late spring frosts and freezes are a possibility, (YES THAT'S US) be prepared to cover up plants that have tender emerging buds or foliage if freezing temps are in the forecast. Old sheets and towels that are in your rag pile are a good option, and professional row cover is available for purchase, too. DO NOT cover tender plants with plastic sheeting or tarps. The foliage will magnify the cold's effect, rather than mitigate it.

Please Shop Local, see ya next month!

## Porter County Church Directory

### BAPTIST

**Emmanuel Baptist Church**  
769 West 800 South Hebron, IN 46341  
219.996.3737 www.connectebc.org  
Sunday School 9:00am, Sunday Afternoon  
Service: 12:30pm, Sunday Evening  
Service: 5:00pm, Wednesday Evening  
Service: 6:30pm. Transportation Available  
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### CHRISTIAN

**Boone Grove Christian Church**  
(Disciples of Christ)  
356 West Groveland Ave.  
Boone Grove, In 46302  
Pastor Jim Norris Services: 10:30am

**Christian Church of Hebron**  
202 E. Sigler St., Hebron, IN 46341  
219-996-2271 www.ccoh.org  
Sunday School - 8:30 a.m. Worship -  
9:30 a.m.  
Ladies Bible Study - Tues. 9:00 a.m.  
Wed. Bible Studies & Youth activities -  
7:00 p.m. Everyone Welcome!

**Flint Lake Church of Christ**  
1702 Crescent Road, Valparaiso, IN 46383  
219-309-4708  
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46307 (Lake of the Four Seasons)  
(219) 988-3650 Sunday Services 10:00am  
Reverend Tamara Jacobi "Pastor Tam"  
email: office@crossofchristlofs.com  
www.crossofchristlofs.com  
like us on Facebook

**Faith Lutheran Church**  
753 N. Calumet Ave. Valparaiso, IN 46383  
(219) 462-7684. Sunday Service: 9:00am  
Adult Bible Study and  
Sunday School: 10:30am.  
www.faithvalpo.org  
office@faithmemorial.net - email

### NON-DENOMINATIONAL

**Full Gospel  
The Faith Mission Church**  
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Contactenos | Contact: [questions@blessedbible.com](mailto:questions@blessedbible.com)

## “What’s Goin’ On”

**April 25th 26th & 27th, Rummage Sale Lowell Public Library**  
April 25th and 26th - 9-5, April 27th - 9-12. Lowell Public Library  
1505 E. Commercial Ave., 219-696-7704.

**KARAOKE - every Friday at 7:00 pm. and BAR BINGO every 1st and 3rd Wednesday of every month. VFW Auxiliary Post 6841, Lowell.**

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**The St. Vincent DePaul food pantry at St. ED's Catholic Church,** serving the Tri-creek area, is open from 10:00am - 11:30am weekly. 216 S. Nichols St, Lowell, IN

**BINGO — Bingo is at the Lowell American Legion** on Route 2 Jan. through Nov. on the 2nd and 4th Saturday. Dec. is only on the 2nd Saturday. Doors open at 5pm, first early bird starts at 6pm. Food is available, and the bar is open.

**BINGO — Tuesday and Fridays.** With state restrictions lifted, the Cedar Lake Eagles Aerie, 2529 have opened their doors again to weekly bingo. Bingo will be held in their hall at 13140 Lake Shore Drive on Tuesdays and Fridays with the Early Bird starting at 5:30p.m and regular games starting at 6:30p.m. The cost is \$16.00 for 12 games. When there are over 50 players, the winner of the last game wins \$1000.00. As many of you know, the profits support the local aerie and local charities.

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To announce your baby in The Family Flyer, please fill out the form below "FREE OF CHARGE".

All announcements must be in The Family Flyer's office by the 15th of each month to appear in next month's issue.

Baby's Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Weight \_\_\_\_\_

Parents & Town \_\_\_\_\_

Grandparents & Town \_\_\_\_\_

Name & Phone # of person placing announcement \_\_\_\_\_

Mail to: They Named the Baby  
P.O. Box 1004, Crown Point, IN 46308

# They Named the Baby

"Caleb Joseph Traina"  
born March 8, 2024, 7 lbs. 13 oz. Parents Nicole Cerda & Frank Traina of Crown Point, IN. Grandparents Frank & Michele Traina of St. John, IN. and Dolly Cerda of Gary, IN.

"Bennett Tyler Krajci"  
born Feb. 28, 2024, 7 lbs. 9 oz. Parents Carly & Jordan Krajci of Crown Point, IN. Grandparents Dawn & John Krajci and Cathy & Scott Kiran all of Crown Point, IN.

"Lexi Marie Wilbourn"  
born Dec. 9, 2023, 7 lbs. 5 oz. Parents Nathan & Janny Wilbourn of Lowell, IN. Grandparents Barry & Debra Wilbourn of Lowell, IN and Dave & Nancy Kleine of Cedar Lake, IN.

"Miller Knight Brown"  
born Feb. 5, 2024, 7 lbs. 11 oz. Parents Emily & Dylan Brown, big sister Sophie 3 1/2 years of Atlanta, GA. Grandparents Laura Urbanski of Dallas, GA, Joe Urbanski of Atlanta, GA, Marcia & David Ford of Winder, GA and Kyle Brown of Horn Lake, MS. Great Grandparents Judy & Gary Williams of Cedar Lake, IN and Gail & Walt Spodeck of Shalimar, FL.

"Giavana Antonia Betz"  
born Feb. 20, 2024, 8 lbs. 3 oz. Parents Jeffrey & Sarah Betz of Morocco, IN. Grandparents Cheri Gibson of Lake Village, IN and Jerry & Julia Betz of Lake Village, IN.



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# Fit & Healthy Family Guide

**Ready to reap the benefits of walking? Here's how to get started — and stay motivated.**

Can you really walk your way to fitness? Get started today.

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

## Benefits of Walking!

### Proper walking technique

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.

continued on next page

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# Fit & Healthy Family Guide

## Benefits of Walking!

As you start your walking routine, remember to: **Get the right gear. Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock.**

Wear comfortable, loose-fitting clothes and gear appropriate for all types of weather, such as layers in cooler weather. Aim to wear moisture-wicking fabrics, which will keep you more comfortable. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility. Wear sunscreen, a hat and sunglasses if you're going out during the day.

Some people choose to use an activity tracker, app or pedometer. These can be helpful to track your time, distance, heart rate and calories.

- Choose your course carefully. If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.
- If the weather isn't appropriate for walking, consider walking in a shopping mall that offers open times for walkers.
- Warm up. Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- Cool down. At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.
- Stretch. After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

## Family Flyer Road Trip!



Visiting family in North Fort Myers, FL we took our Family Flyer to Sanibel, FL for 2 days. That area was devastated by Hurricane Ian in Spetmeber of 2022, but they are slowly building back up!

(LoR Sarah Jackson, her son Otto, Tina Jackson, Jill Crilley and Jackie Kubiak.)

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**The Family Flyer Road Trip P.O. Box 1004, Crown Point, IN 46308.**  
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## “What’s Goin’ On”

**Lowell Adult Learning Center can help change your future.** Call or stop in to find out how you can earn your HSE or qualify for FREE job training. 219-696-6777, Lowell ALC 151, North Fremont, Wednesdays 10-4, Thursdays 1-7. We plan many activities and trips. Information call 219-365-8746.

**Monday through Thursday. FREE GED** prep classes at the Tri-Town Adult Learning Center in Schererville. Open registration is Mondays and Wednesdays 3-7pm and Tuesdays and Thursdays 10am to 3pm. We also offer to our GED students, career/job counseling and some free job/skills training programs through Work One. Information: 219-322-6700--1515 Lincoln Hwy (St. John Township Community Center) Schererville

**2nd & 4th Saturdays - Bingo! The Lowell American Legion**, at 108 E Commercial Avenue holds Bingo on the 2nd and 4th Saturday of each month. Doors open at 5, first early bird game begins at 6, with regular Bingo following. There are 3 other special games spaced within the 12 regular games. The Auxiliary prepares food and drinks for a minimal price.

### MONTHLY:

**Monday Nights - BINGO! The Valparaiso Moose 108 Indiana Ave Valparaiso IN has Bingo on Monday Nights.** Bingo starts at 6:30pm. It's a non-smoking establishment.

**4th Monday each month - Bookends Book Discussion Group**, 7 pm. Call to reserve a copy of the current month selection. South Haven Public Library, 403 W. 700 North, Valparaiso. Information: 759-4474.

**4th Monday each month - AARP Chapter 35110**, Crown Point meet at 12:30 pm at the Crown Point Civic Center. Informational speakers & programs. Dues are \$5.00 per year, refreshments served. Contact: Sue Mick 219-689-9168.

**1st Tuesday every month, BINGO!** 6:00p.m. Christ Presbyterian Church, 7416 E. 109th Ave. Winfield., Pull tabs, 50/50 raffle, Food available

**4th Tuesday each month - Young at Heart Seniors BINGO Free!** Begins at 1:00 pm with dessert. Come for fun and fellowship. Selection of prizes, no cash. Lower level of First United Methodist Church. 520 E. Commercial Ave., Lowell. Use east (parking lot) entry. Elevator available. Call 219-696-9219.

**KEENagers every second Tuesday of the month** meeting at the Lowell bowling alley at noon. If you want to enjoy a good meal and have fun playing bingo this senior group is for you cost of meal is only \$11 please join us you will not regret it.

**1st Wednesday of each month unless otherwise stated. Christian Womens Connection Luncheon at Suzie's Cafe**, CWC which is Christian Women's Connection in Valparaiso Indiana. Womens encouraging one another as we enjoy a delicious lunch meal. 1050 Southpoint Dr., Valparaiso. Inspirational Speaker, Charlotte Hubrich "So What Do You Think?" Serving begins at 12:15, Cost is \$20. Call either Kay 219-926-6935, Natalie 219-762-5869 or Arlene 219-929-8031. Seating limited

**Every Wednesday Pinochle at the Eagles Post in Cedar Lake at 1 PM** please join us everyone welcome!

**Every Wednesday - Bingo**, 6pm Early Bird, 6:30pm Regular Bingo, \$1000 Jackpot. Kouts American Legion Post 301, 959 W. Indiana St. (Rt. 8). Food for purchase by Ladies Auxiliary. Information: 766-9919. "Smoking and Non-Smoking now available"

**Every Wednesday - BINGO**, Crown Point Moose Lodge #260, 1200 N. Indiana Ave. Early birds-9am; regular games-10am. Information: 663-1302.

**Every Wednesday - Parent Chat Support Group!** 6:30-7:45pm. For parents challenged by the complexities of raising children ages birth to eighteen years. Lively discussions on a variety of topics, including age appropriate discipline, conscious/unconscious parenting, bullying, truancy prevention, and aggressive behaviors, also includes personal and professional relationship improvement. \$10/class. Purdue Tech Center, Crown Point. Call Rosemarie Grabowski 886-1111 to register. Space limited. No walk-ins.

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**Every Thursday - TOPS (Take Off Pounds Sensibly)** Group meets every Tuesday morning at Faith Church 6729 W. 133rd Ave., Cedar Lake. Weigh in begins at 9 am and meeting starts at 930 am Contact Millie 219-776-1200 for more information.

**Every Thursday - Alateen, ages 11-19**, if you are affected by someone else's drinking Alateen can help. 7:00 p.m. Free To Be ME St. Peter's Lutheran Church 6540 Central Ave. Use entrance off parking lot unless otherwise instructed. 8:00 p.m. T.G.I.T. Trinity Lutheran Church 250 S. Indiana Ave. Crown Point Entrance E Upstairs Library Information: 219-769-1133 <http://www.nwialanon.org>

**Every Thursday - TOPS (Take off pounds sensibly)**. Group meets every Thursday evening at First Presbyterian Church 218 S. Court St. Crown Point, IN Rear entrance next to resale shop. Weigh in begins at 6 pm, Meeting begins at 6:30 pm. Contact June at 219-545-4145 for more information.

**Every Thursday - Bridge**, 11:45am, Hanover Trustee's office, 13330 Parrish Ave., Cedar Lake. Interested parties call Lois K. 374-5538.

**Every Thursday - Crown Point Lions Club** meets the first and third Thursdays monthly from 6:30pm-7:45 pm (Sept.-May) at Sportsmen Club in Crown Point. This 80 year old service oriented club is just waiting for YOU! Volunteerism at its finest. Our motto: "We Serve" For more information: MaryJane@McColly.com

**Every Thursday - Crafting Circle**, 10-12am. Work on quilting, yarn, embroidery, or any other craft projects. Make new friends and share techniques! All crafts welcome. South Haven Public Library, 403 W. 700 North, Valparaiso. Information: 759-4474.

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