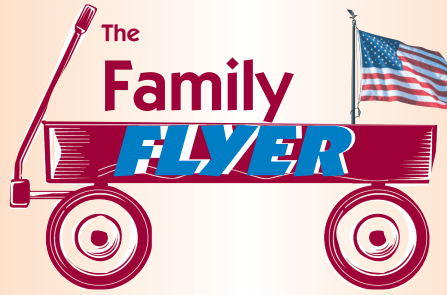


# PORTER COUNTY FAMILY FLYER



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## Festival Guide

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June 2024

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# Welcome to your Fest Flyer

Be sure to hold on to your June Family Flyer the next few months. We have schedules and information of all the Summer Fun, Fairs, Festivals, Parades and more.

Don't forget to wave your Flag on June 14th "Flag Day."

Have a great month, we will be back in your mailbox on Thursday, July 4th. Thanks again for shopping *LOCAL* and with the Family Flyer Advertisers first!

Sincerely, The Family Flyer Staff



Call Today...  
219/916-4728

"Liberty is the breath of life to nations."  
-George Bernard Shaw

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

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"Carly" and "Mitsy" Owners Mimi & Bill Shireman of St. John.

"Pet Contest" Send an original photo of your pet with a caption and if we publish it, you win a check in the mail. Send photos to: Pet Photo Contest P.O. Box 1004, Crown Point, IN 46308  
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## 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 morning Service: 10:15am, Wednesday Evening Service: 6:30pm. Transportation Available For Services! Home of Tree of Learning Child Academy, age 3 to kindergarten.

### 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 – 830 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

Worship, Fellowship, Communion & Teaching. Sunday School for children Sunday – 10:30 am  
Men's Prayer, Bible Study & Fellowship Monday – 7:00 pm

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#### Cross of Christ Lutheran Church

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99 S County Line Rd., Crown Point, IN 46307 (Lake of the Four Seasons)  
(219) 988-3650 Sunday Services 10:00am  
Reverend Tamera 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.faitervalpo.org  
office@faithmemorial.net – email

### NON-DENOMINATIONAL

#### Full Gospel

**The Faith Mission Church**  
Sunday Morning Worship - 10:00am;  
Pastor: Chris Hicks (219) 851-0088.  
1/4 mile south of US Hwy. 6 on 500 E (Jackson Township) Everyone Welcome!



## FESTIVAL GUIDE 2024

**June 5th - 9th - Dyer Summer Fest.** Rides, Food, Games, Beer Garden, Wristbands, Fireworks. more info [www.townofdier.com](http://www.townofdier.com)

**June 7th - 9th - Singing Sands Festival.** Recurring daily. Washington Park, 115 Lakeshore Dr., Michigan City, IN. The 3rd annual Singing Sands Sand Sculpting Festival will be held on Washington Park Beach. The worlds most talented sand sculptors compete over the 3-day festival, creating beautiful works of art in the famous "singing sands" of Lake Michigan. The festival includes live music, full bars and a wide variety of food, crafts and merchandise, as well as a Kid's Sand Zone.

**June 15th - Get ready to jam! Mayor Anthony Copeland kicks off the summer events with the Rhythm & Soul Fest** on Saturday, at Washington Park 1615. 142nd St. East Chicago. Attendees can look forward to a vibrant atmosphere with food vendors offering delicious treats, fun-filled activities, and a variety of crafts for people of all ages. Admission to the festival is free, and parking will be available at Block Stadium. Guests are encouraged to bring their lawn chairs for a comfortable and enjoyable experience.

**June 28th - Get ready for a night of sizzling fun and explosive excitement at the Schererville Fireworks event on Friday, June 28th!** Join us at Rohrman Park from 5pm-10:30pm for an unforgettable evening packed with entertainment galore! Over 25 food trucks, serving up everything from savory bites to sweet treats! Browse through a diverse selection of unique crafts and goodies from our talented vendors, perfect for finding that special something to take home! And as the sun sets, get ready to groove to the beats of a live band, setting the stage for an electrifying atmosphere! Thirsty? No worries! Dive into the refreshing oasis of our beer garden, hosted by Region Ale, where you can sip and savor your favorite brews!

**June 28th - Valpo Blues and BBQ Festival.** 5:00 PM to 9:00 PM The 2nd Annual Valpo Blues & BBQ Festival will feature a lineup of professional blues artists and BBQ from some of the tastiest spots in Valpo and the Region. Bring a blanket or chairs to relax and enjoy a summer night of soulful sounds and mouthwatering food. Visit our website for more information, including the musician lineup and BBQ vendor announcements. \$38 per person. 21+. [www.valparaisoevents.com](http://www.valparaisoevents.com)

**July 3rd - The Town of Merrillville will kick off Independence Day celebrations with a free fireworks show starting at 9 p.m.** You can view the display from the Dean and Barbara White Community Center, 6600 Broadway, or at Merrillville High School, 276 E. 68th Place.



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We invite you to supplement your home lessons by using the link below. Or email / write us for the details to get the book and workbook.

*Para leer en línea | To read:*

[www.blessedbible.com/linked/adam-to-zion.pdf](http://www.blessedbible.com/linked/adam-to-zion.pdf)

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Contactenos | Contact: [questions@blessedbible.com](mailto:questions@blessedbible.com)

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Sun. & evenings by appointment.



Come One Come All... Cicada Picture Contest at the Conservation Building at this year's Lake County Fair Aug. 2-11, 2024

Bring in your BEST Cicada Picture for a FREE Fishing Pond Ticket

1. Must be your own photo
  2. Must be a printed picture
  3. Must be 16 years old or younger
- One Ticket per picture per day  
Superintendent: Terry DeVries

## They Named the Baby

"Denahi River Rose"

born March 25, 2024, 7 lbs.

5 oz. Parents Mercedes Sierra & Brian Rose of Osh Kosh, WI.  
Grandparents Papa Frankie & Timaniki Trejo of Valparaiso, IN.



# Collins Automotive Inc. Alignment Specialist



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info@affordabledoorinc.com

**“What’s Goin’ On”**  
June 5th, 6th and 7th -  
Greyhound Yard Sale, 8:00am-  
3:00pm 13136 Fairbanks St.  
Cedar Lake. All proceeds benefit  
the care of rescued greyhounds.  
This is a huge sale with  
hundreds of new and gently  
used items! Information email:  
saveagrey@sbcglobal.net

## They Named The Baby!

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

## Gardening Tips

by Jackie Kubiak #12

### Lots To Do’s... In June!

- Mulch to control weeds and conserve soil moisture after soil has warmed. You can use many materials, including straw, chopped corncobs, bark chips, shredded paper, and grass clippings.
- Control weeds. They’re easier to pull when they are still young.
- Start seeds of cabbage, Brussels sprouts, broccoli, and cauliflower for fall garden transplants.
- Remove cool-season plants, such as radish, spinach, and lettuce, because they will bolt (that is, form seed stalks) and become bitter during hot summer weather.
- Continue planting carrots, beans, and sweet corn for successive harvests.
- For staked tomatoes, remove suckers (branches that form where the leaf joins the stem) while they are 1 to 1.5 inches long to allow easier training. No need to remove suckers on caged plants.
- Remove the spent blooms of peony, iris, delphiniums after they fade.
- Pinch the shoot tips of chrysanthemums, impatiens, petunias, and coleus to promote bushier growth.
- Remove the tops of spring-flowering bulbs only after they have yellowed and withered.
- Continue planting gladiolus for a succession of bloom.
- Protect ripening strawberries from birds by covering with netting.

Please Shop Local, see ya next month!



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219/916-4728*

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20% of all mens clothing



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\*some exclusions apply

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FREE Petting Zoo

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PEPSI FAMILY Value Day

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**August 2nd - 11th**

**Lake County Fairgrounds CROWN POINT, IN**

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## FESTIVAL GUIDE 2024

### June 21st - June 23rd Hoosier Vet Fest, 2701 Ripley St, Lake Station, IN,

A Festival to honor our Veterans. We have a great lineup of veterans organization vendors. A special flag raising ceremony Saturday morning. Kids activities, multiple food trucks, lots of vendors for your shopping pleasure, bands Friday and Saturday night, DJ, beer garden and a special Saturday afternoon kids events.

Friday 4-11:00 pm  
Saturday Noon-11:00 pm  
Sunday Noon-6:00 pm

**June 25th - Hometown Jams Presents: Chris Janson, 5:00 PM** at Bulldog Park, 183 S. West Street, Crown Point, IN Chris Janson is a "live legacy in the making" (Rolling Stone). Breakout country star Janson is a platinum-selling recording artist, high-octane entertainer, multi-instrumentalist, award-winning singer/songwriter and Grand Ole Opry member. The ACM award-winner has collected prestigious accolades that place him among country music greats. His debut single, "Buy Me A Boat," was recognized as the iHeartRadio Music Awards "Country Song of the Year," and MusicRow named his poignant single, "Drunk Girl," their "Song of the Year" winner. Bobby Bones named Janson

### June 30th - Schererville Parks and Recreation's fireworks celebration has come again!

5:00 pm - June 30 10:30 pm at 6750 Rohrman Rd, Crown Point, Enjoy the day and night with family, friends, and loved ones. Live entertainment, Beer Garden, Food Trucks, Crafters & Vendors and more! This event is a town favorite, so the earlier the better. Don't forget the chairs and blankets! Rain date = Saturday July 1st (Dusk)

### July 4th - 7th - Cedar Lake Summerfest

Family fun festival, carnival, bingo, entertainment, food vendors, cardboard boat race, car show and rides along with two nights of fireworks. Parking: \$10 per vehicle, \$5 per motorcycle. Thurs. July 4th Noon to 11:30pm, Fri. July 5th 5pm to 11:30pm Sat. July 6th Noon to 11:30pm, Sun. July 7th Noon to 8:30pm [www.cedarlakesummerfest.com](http://www.cedarlakesummerfest.com)

### July 6th - 13th - 178th Annual LaPorte County Fair

Recurring daily, LaPorte County Fairgrounds 2581 W state Rd 2, LaPorte, IN, Great Music & Entertainment, Fantastic Food, Lots of Family Fun!

**July 17th - 21st - Festival of the Lakes.** Join Festival of the Lakes for five nights of fun on Wolf Lake! Festival includes rides, live entertainment, Polka Party, fishing derby, vendors, games and more.

### July 18th - 27th - Porter County Fair, Porter County Fairgrounds, 217 E Division Road, Valparaiso, IN.

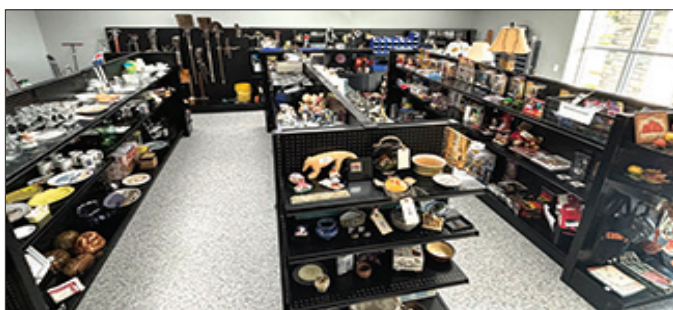
The Porter County Fair brings a great combination of fun rides, delicious food, 4-H exhibits and activities and some great entertainment including the demolition derby and bull riding!  
Visit [www.portercountyfair.com](http://www.portercountyfair.com)



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**COUPON**

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## Your Total Purchase

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## FESTIVAL GUIDE 2024

**July 20th - 27th - Jasper County Fair.** Jasper County Fairgrounds 2671 W. Clark St., Rensselaer, IN. The fair has a lot of fun and exciting things planned for the whole week! Come out and enjoy all your favorites. Food, rides, games, entertainment, 4-h exhibits, 4-h animal shows and lots of other great things to do with the family! A fun filled week with lots to do for the whole family! Infield events, free stage entertainment, ground acts, 4-H shows, carnival and lots of yummy fair food! Visit [www.jaspercountyfair.weebly.com](http://www.jaspercountyfair.weebly.com)

**July 26th - 28th - Pierogi Fest ®**  
**City of Whiting, 119th St., Whiting, IN.** Pierogi Fest®, the pride of Whiting, is an opportunity for the residents to celebrate their heritage while poking a little fun at themselves at the same time. Besides lots of pierogi and an array of food vendors, you'll find a one of a kind parade featuring women dressed in housecoats and babushkas like grandmothers (or bushas), the lawnmower brigade in sandals and socks, plus Mr. Pierogi and Ms. Paczki. This is a truly unique event, so be sure not to miss the Pierogi Parade on Friday night! Other special events include the Mr. Pierogi Songfest, the Pierogi Toss and Pierogi Eating Contest.

**July 27th - Crafts at the Crossroads Craft Show, 9:00 AM to 3:00 PM,** Schererville Community Center 500 E. Joliet St., Schererville, IN. Join us for a day filled with creativity and fun as we showcase a fabulous array of handcrafted wonders from talented vendors both inside and outside the community center! From unique jewelry to stunning home decor and everything in between, you're sure to find treasures galore! And that's not all - tantalize your taste buds with delicious treats from our fantastic lineup of food trucks!  
 Best of all, admission and parking are both FREE! Plus, don't miss out on your chance to win amazing prizes with over 100+ free raffles throughout the day!

**Aug. 2nd - Aug. 11th - Lake County Fair.** Lake County Fairgrounds, 889 S. Court St., Crown Point, IN. Family-oriented annual county fair in Crown Point, Indiana with more than 30 rides, horse shows, contests, live entertainment and motorsports as well as tons of exhibits and all types of food!!  
 Enjoy free entertainment performing across two stages nightly with acts ranging from gospel to rock and even doo-wop oldies. Take a gander at the schedule for yourself and slate out the best nights. Visit their website at [www.lake-county-fair.com](http://www.lake-county-fair.com) for full details on events, entertainment, pricing and more.

**Aug. 2nd - 4th FUSIC Fest**  
 Jeorse Park, 3501 Aldis Avenue, East Chicago, IN. Fusic Fest, A fusion of food, fun & music August 2nd, 3rd & 4th at Jeorse Park Beach in East Chicago. Music TBA  
 Free admission, parking \$20. VIP Available at [eastchicago.com](http://eastchicago.com)  
 No coolers allowed. For general info on Fusic Fest call 219-391-8206.

# RECYCLING CENTER

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## Happy Father's Day



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## FESTIVAL GUIDE 2024

### Aug. 9th - 11th, Broad Street Blues and BBQ Festival

Central Park, 600 North Broad St., Griffith, IN The Broad Street Blues and BBQ Festival is a 3-day festival that takes place in Griffith Central Park. It features a main stage with plenty of lawn seating and a sheltered pavilion stage. We feature some of the best traditional blues artists. Fantastic BBQ including a judging competition. Firework show on Saturday. Wide selection of craft and domestic beers plus a variety of bottled wines and other beverages. Plenty of lawn seating! You are encouraged to bring your chairs and blankets. Table and pavilion seating available on a first-come, first-serve basis. All ages. No outside coolers allowed.

### Aug. 17th- Kielbasa Fest

2:00 PM to 8:00 PM, Kosciuszko Park, 151st Street and Indianapolis Blvd, East Chicago, IN Join the City of East Chicago for delicious Polish food, music and beer.

### Aug. 17th - 18th - 42nd Annual Lubeznik Arts Festival.

**Lubeznik Center for the Arts 101 W. 2nd St, Ste 100, Michigan City, IN.**

Join us this summer for our 42nd Annual Lubeznik Arts Festival (LAF)! LAF is one of the highlights of summer in Northwest Indiana! It takes place on LCA's grounds (just steps away from Lake Michigan) to connect festivalgoers to the organization's dynamic programming and exhibitions. During this year's festival, we'll have all sorts of artists, local food vendors, indoor exhibitions, family activities, demos and a live mural competition. LCA's summer blockbuster exhibition, "Vivian Maier: In Color" will also be on display during the festival.

Fine Art Craft: Discover artist and artisan-made creations at every price point. Contemporary Art Galleries: Regional art galleries are invited to exhibit inside LCA's facility to represent current trends in contemporary art. Family Art Activities: We are family friendly! Fun art-making opportunities for all ages are available. Food vendors and area restaurants offer a delicious array of food for all tastes. Saturday Admission: \$5

LCA Members: Free, Children 16 & Under: Free

Active Military Personnel and Veterans: Free Sunday Admission: Free (Thanks to McDonald's of LaPorte County)

Free off-site parking is available.

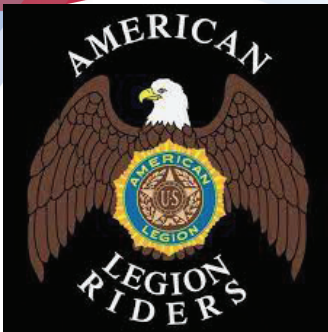
### Aug. 17th - 18th - Gary Air Show

Marquette Park 1 North Grand Boulevard, Gary, IN. Come see aerial acts perform along the south shore of Lake Michigan at the beautiful Marquette Park! The park is located just outside of the Indiana Dunes National Park.

### Aug. 24th - 25th - Johnson's Raspberry Festival

8:00 AM to 6:00 PM, Johnson's Farm Produce, 8960 E. Ridge Rd., Hobart, IN Anyone else have Raspberry Fever? It's just about time to kick off our Raspberry Festival and this year we are only offering one weekend of Raspberry Festival Fun! Head over to Johnson's to enjoy UPICK raspberries & tons of delicious raspberry treats & not to mention the fun farm activities!

**American Legion Riders Post #261 Presents  
Annual Car, Truck  
& Bike Show  
Sunday July 21, 2024**



**@ American Legion Post #261  
13050 Washington St. Cedar Lake, IN**



**THEY SUPPORT YOU!**



**50/50 RAFFLE\*\*\* RAFFLE ITEMS**

**Vendors \$10 per spot (1st come 1st serve) Vendor apps available at  
Post #261 Canteen, or on facebook at American Legion Riders  
Post 261 or Jim Johnston@ 219-805-1113 or email rjohnston64@att.net**

**All Proceeds Go To Veteran Programs**

**Registration: 8 am to 12 noon,  
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**1st 100 registrants receive a Dash  
Plaque. This will be judged in class  
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**OPEN TO THE PUBLIC**

## Here's what's Cookin'

By Phyllis Hays, #11 with Trixie

### Sweet and Savory Sweet Potato Salad



This recipe proves that russet, red or yellow potatoes are not the only ones that make delicious potato salads. Change the flavor profile and even the nutritional benefits with this sweet potato version. Makes 6 servings,

- 4 cups cubed, peeled, cooked sweet potatoes (about 4 to 6)
- 3/4 cup chopped green onions
- 1/2 cup chopped fresh parsley
- 1/2 cup dried tart cherries
- 1/4 cup plus 2 tablespoons rice wine vinegar
- 2 tablespoons coarse mustard
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced, 1/2 teaspoon salt, 1/4 teaspoon pepper



1. Combine your cooked sweet potatoes, green onions, parsley, and cherries in a large bowl; gently mix.
2. Whisk vinegar, mustard, oil, garlic, salt, and pepper in a small bowl until well blended. Pour over sweet potato mixture; gently toss to coat. Serve immediately or cover and refrigerate until ready to serve. You can cook the sweet potatoes in boiling water or in the oven.

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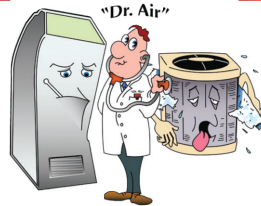
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## Outdoor Observations

by Tom Berg



"Male brook darters are extremely colorful and beautiful.  
Photo by Tom Berg"

**Sept. 2 - 4th - Lowell Labor Day Festival,** Town of Lowell  
501 E. Main Street, Lowell, IN. For more than 75 years, the Lowell Labor Day Festival has been a part of the Labor Day weekend festivities. The Festival is a three-day event that is proudly held at The American Legion Post 101. The grounds are located on the west side of town on State Rd. 2. The Festival brings the community together with activities for the whole family. A variety of local vendors that bring to you the best of woodworking and crafts to top notch direct sales. Some of the best food vendors from Indiana and Illinois. Kids rides and inflatable attractions. Three days of music. Beer Garden. Visit [www.lowelllabordayfestival.com/schedule](http://www.lowelllabordayfestival.com/schedule)

**Sept. 5th - Popcorn Festival Kick-Off Concert - The 1985**  
Price: Free, Time: 7:00 PM to 9:00 PM. Celebrate the start of Popcorn Festival weekend by teleporting to the '80s and enjoying a rad performance by The 1985 at the Kick-Off Concert. Tease your hair, pull the neon spandex and shoulder pads out of your closet, and get ready for a poppin' evening and weekend in Valpo!

**Sept. 7th - Don't miss the 45th Annual Popcorn Festival!** 8:00 AM to 6:30 PM. Pop onto our website and social media throughout the year for updates on the festival, including the 2024 Popcorn Festival theme announcement, vendor lists, maps, the Mainstage music lineup, parade information, and more!  
Central Park Plaza, 68 Lafayette St, Valparaiso, IN.  
[www.valparaisoevents.com/event/valparaiso-popcorn-festival](http://www.valparaisoevents.com/event/valparaiso-popcorn-festival)

**Sept. 6th - 15th - Indiana Dunes Outdoor Adventure Festival**  
Indiana Dunes National Park Visitor Center, 1215 N Indiana 49, Porter, IN . Spend a weekend in nature at the Indiana Dunes Outdoor Adventure Festival. There will be more than 50 events taking place at Indiana Dunes National Park and other parks and preserves throughout Northwest Indiana. The festival runs from Friday, September 6 through Sunday, September 15. Take part in hiking, kayaking, biking, geo-caching, photography, birding, and more. There are activities for people of all ages and physical abilities. For the full list of programs, times, and locations visit [www.dunesoutdoorfestival.com](http://www.dunesoutdoorfestival.com). Admission fees to Indiana Dunes National Park are waived on September 10th and 11th, but other parks or properties may still charge a fee.

**Sept. 27th - Brewfest Biergarten**  
Free, Time: 4:30 PM to 9:00 PM  
Central Park Plaza, 68 Lafayette St, Valparaiso, IN Kick off Valpo Brewfest weekend with live entertainment and imported German beer at this relaxing evening event. Food and beverage available for purchase.

**Oct. 13 - 14 - Hunt & Gather Market,** Lake County Fairgrounds  
889 S. Court St, Crown Point, IN.  
This quarterly pop-up market features more than 150 BRILLIANT vintage/antique curators & one of a kind artisan goods.  
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### The Colorful Brook Darter

In the United States there is an obscure group of very small freshwater fish that most people have never heard of – and certainly never seen. These fish are called darters, and they are in the perch family. There are at least 225 species of darters in North America, and most of them sport dazzling colors during the spring spawning season. One of the most stunning of these is the Brook Darter.

Although Indiana is home to more than two dozen darter species, brook darters can only be found in the Black River basin in Missouri. These tiny, minnow-sized fish measure only 2-3 inches long, and they inhabit clear, rocky creeks. During the springtime, male brook darters develop bright colors to attract females. Vivid blue, orange and red colors make the males a spectacular sight at this time of year.

Darters often move along the stream bottom's pebbles and rocks by quickly darting from one spot to the next. That is likely how they got the name "darter". They tend to dash out from behind a rock to grab some food that is drifting past in the stream's current. Their favorite foods include mosquito larvae, aquatic midges, nymphs of stoneflies and mayflies, and other tiny aquatic critters.

Brook darters, like most other darter species, typically only live in clean streams that are very clear and silt-free. They also do not tolerate polluted waters. So when you find them, you can be sure that the creek or stream where they are living has very good water quality. That's good for them and all of the other creatures that live there, too.



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Car bike rack \$20, Rose of Sharon plants \$3, large Rubbermaid cooler \$15, picnic basket \$10, 3 x 5 Flags \$10. Call 219/226-1445.

## Garage Sale:

June 13 & 14, Thurs & Fri 9 to 3pm at 14001 Wheeler St, Cedar Lake. Variety of items: clothes- baby, toddler, adult. Home decor, tools, & misc.

June 13th and 14th from 8 to 3pm 3 family garage sale lawn mower household items, material and much more, 1836 Evergreen, Crown Point.

June 20 & 21, Thurs & Fri 9 to 3pm at 14001 Wheeler St, Cedar Lake.

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- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
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## The Tree Huggers Book Club

We are looking to welcome new members! All meetings are free of charge and open to the public. The club meets quarterly on Thursdays from 7:00-8:30 p.m. at One Best Life @Tinker's Attic in Highland, Indiana.

The Tree Huggers Book Club is a subgroup of Highland Neighbors for Sustainability and is halfway through its third year. The Club reads environmental works in multiple genres, discussing each one and associated issues. Different members volunteer (optional) to be the next "Ranger", which entails choosing the next read and leading the conversation. Chosen books can be found on our Goodreads account. A couple of our interesting conversations revolved around the novel, "The Seed Keeper," by Diane Wilson, and nonfiction work, "From What Is to What If," by Rob Hopkins. Our next book selection is "Galápagos" by Kurt Vonnegut Jr.

"Every book we've read so far has taught me a lot – about things like how to talk to people about climate change, the dangers of a warming planet to Monarch butterflies, and how imagination can help us out of our problems. Our discussions are deep and full of laughter and joy, even when we are reading about serious problems in our world. Everyone should have a Tree Huggers Book Club!" said Connie Wachala, who co-founded the group with Janine Harrison.

The last two meetings of the year will take place on June 20th and October 10th. We look forward to welcoming all our newest Tree Hugger members!

# Fit & Healthy Family Guide

## Keep Cool and Healthy This Summer

Summer is all about fun in the sun, but don't let that distract you from staying healthy and hydrated. As the summer approaches, the sun rays are getting stronger, and the days are getting longer. You are going to be exposed to more heat and UV rays, so do not forget to apply your sunscreen and protect your skin. With June being Skin Cancer Awareness and Prevention month, you should look out for your skin's health! Here are some tips to keep you and your skin healthy and vibrant:

### Drink Plenty of Fluids to Prevent Dehydration:

Summer days can be hot, and dehydration can occur quickly. Carry a reusable water bottle with you to quench your thirst as you move through the day. You can get creative and give your water some flavor by adding some fruits or veggies such as lemons, limes or cucumbers! Keep in mind, though, that water isn't the only way to replenish your body's water reserves. Eating fruits or veggies with a high water content can keep you feeling refreshed. You can even freeze them so they last longer and so you can eat them later as a refreshing snack.

**Keep Your Food Safe This Summer:** Food safety is key during the hot summer days, especially when planning for a beach day or a day in the sun. Don't leave your food out

of the fridge or freezer for too long in order to prevent bacterial growth that could cause foodborne illness. You don't want to be laying sick in bed when you can be enjoying the beautiful summer days!

**Have a Colorful Palette:** Take advantage of seasonal fruits and veggies and eat a rainbow in a variety of ways. Add a pop of color to every meal. Not only does it look more appetizing, but it will provide you with more vitamins and minerals to keep you in tip top shape during the summer! Some good seasonal fruits to try are watermelons, blueberries, apricots, mangoes, peaches, and strawberries.

**Obtain your Vitamin D Safely:** Vitamin D is an essential vitamin for a healthy immune system and strong bones. Although you can obtain vitamin D from the sun, you don't want to overdo it, as too much UV exposure can be dangerous. Don't forego sun protection in order to get your daily dose of vitamin D; instead, get your vitamin D from food sources. Salmon, egg yolk, fortified cereals, and fortified juices are foods that provide your body with vitamin D.

**Put on sunscreen like a pro.** Some spots on the body are easy to overlook, like the tops of the feet. Use a sunscreen marked "broad spectrum." and with an SPF 30 or higher. Before you head outside, make sure you've covered your whole body. Include these easy-to-miss spots:

- Lips & Ears
  - Scalp/hairline (If you don't want to use sunscreen on your scalp, wear a hat instead)
  - Eyelids
  - Hands
- The area between the inner corner of your eye and the bridge of your nose

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