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Weekdays 9am-5pm: Sat. 10am-4pm
Sun. & evenings by appointment.

Gardening Tips

by Jackie Kubiak #12



Garden Check List

General landscape

- Keep newly established shrubs, trees, perennials, ground covers and grass well watered during dry spells. New plants should receive an inch of rain every seven to 10 days.
- Don't fertilize woody plants now. It stimulates green growth that will not have time to harden off before winter.
- Be on the lookout for bagworms on evergreens and deciduous trees.
- Begin seeding new lawns or bare spots in established lawns in late August or, preferably, September. Fall is the best time to repair or start a new lawn.
- Order spring-flowering bulbs for fall planting. Store in cool, dry place. Plant in late fall and early winter.
- Sow seeds for biennials or transplant seedlings for blooms next year.
- Spade or till soil for fall bulb planting; add a moderate amount of fertilizer.

Vegetables and fruits

- Complete fall vegetable planting by directly sowing seeds of carrots, beets, kohlrabi, kale and snap beans early this month. Lettuce, spinach and green onions can be planted later in August and early September. Thin seedlings as required.
- Harvest onions after tops yellow and fall. Cure them in a warm, dry, well-ventilated area. The necks should be free of moisture when fully cured, usually about a week.
- Pick beans, tomatoes, peppers and squash often to encourage more production.
- Harvest watermelon when the underside ground spot turns from whitish to creamy yellow; the tendril closest to the melon turns brown and shrivels. **Please Shop Local, see ya next month!**

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Lake County Fair Days Are Here!

Yay, The Lake County Fair is going on, and it starts August 2nd!

August also brings the start of another school year, be sure to shop our advertisers for incredible back to school savings! Thanks again for shopping with the Family Flyer Advertisers first as they make The Family Flyer Happen.

Watch for us again on line Thursday, September 5th!

Sincerely,

The Family Flyer Staff

Call Today...

219/916-4728



"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." — Henry James

*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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COMING IN SEPTEMBER!

45th Annual Valparaiso Popcorn Festival/Parade
Saturday, September 7, 2024



This long-standing community tradition will return in 2024 for its 45th year!

The Valparaiso Popcorn Festival continues to offer family-fun activities for all ages. Over 250 arts & crafts booths, 50 food booths, the Ultimate Poppin' Play Zone, Popcorn Panic races, live music, a beer tent, and the nation's first Popcorn Parade are only the beginning of the excitement of this incredible festival.

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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 – 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

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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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.faithvalpo.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!



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

They Named the Baby

"Maverick Higinio Tabares"

born April 9, 2024, 7 lbs. 6 oz. Parents Ryann Scheller & Dylan Tabares of Cedar Lake, IN, big sister Penelope Josephine. Grandparents Deanna Blatt & Chuck "Cochise" Tabares both of Cedar Lake, IN, Valerie Fasano of Crown Point, IN and Kurt Scheller of Valparaiso, IN.



Enjoy your Summer!
Please do not litter.



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 for full details on events, entertainment, pricing and more.

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!

Your GIFT is waiting for you at the 2024 Indiana State Fair. Come and see us!

While you enjoy a day at the State Fair, we invite you to stop at the Mercantile Building to see us at booth AGH107. We have a gift that will last long after the fair.

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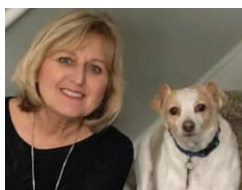
<http://www.blessedbible.com>

NWI Bible Students • P.O. Box 767 • Hebron, IN, 46341

Contáctenos / Contact: questions@blessedbible.com

Here’s what’s Cookin’

By Phyllis Hays, #11 with Trixie



Taco Salad

- 1 pound ground beef
- 1 can (15 ounces) black beans
- 1 can (15 ounces) corn
- 2 cans (14 ounces each) diced tomatoes with chilies
- 1/2 cup half-and-half or milk
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons mesquite seasoning
- 1 tablespoon black pepper salt, to taste

- 1 lime, juice only
- 1 cup chopped cilantro
- romaine lettuce
- 2-3 cups shredded cheese
- 1 tub (16 ounces) sour cream
- crushed tortilla chips



Total time: 30 minutes Servings: 6

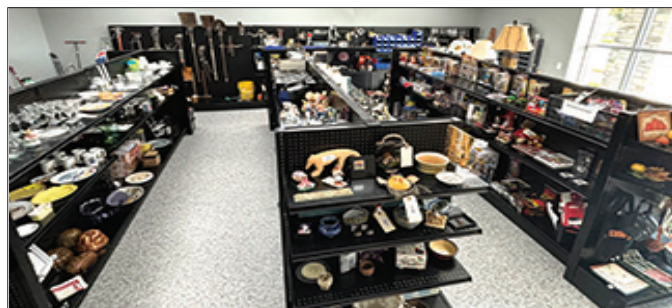
In pan over medium heat, brown beef until cooked through; drain. Add black beans and corn. Stir in tomatoes with juices and half-and-half. Add onion powder, garlic powder, mesquite seasoning and pepper. Season with salt, to taste. Bring to simmer. Add lime juice; stir. Sprinkle with cilantro. Wash and chop lettuce. Place cheese and sour cream in bowls for toppings. On plates, top crushed tortilla chips with meat sauce, lettuce, cheese and sour cream, as desired.

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“What’s Goin’ On”

Upcoming Cedar Lake Happenings

Senior Gathering- Monday September 9th @ 12pm. Guest speaker is from the Cedar Lake Police Department. BINGO starts @ 1pm. Cedar Lake Parks Department hosting at the Monastery Clubhouse – 9800 West 129th Ave., Cedar Lake, Free to attend but must RSVP before -by phone (219)374-7000 x 7

MAKE SLIME WITH CEDAR LAKE PARKS: Wednesday September 18th, 5:30-7pm @ Monastery Clubhouse. Ages: 5-12. Fee is \$5 for resident and \$7 for non-resident. **2024 CEDAR LAKE PARKS NERF BATTLES:** We are having 3 battles:

- September 21st age group: 14-17
- September 28th age group: 10-13
- October 5th age group: 6-9

All 3 battles will start at 1pm on Town Grounds. The fee is \$5 for residents and \$7 for non-residents. Registration is open on RecDesk. We are also looking into adding an adult Nerf battle.

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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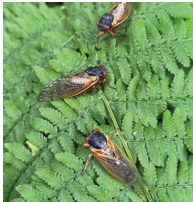
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www.affordabledoorinc.com
 info@affordabledoorinc.com

BINGO BINGO - Mondays and Wednesdays Doors open at 4pm with 1st Early Bird at 5:45pm and Regular Bingo at 6:30pm. St. Elijah 8700 Taft St. Merrillville, IN 219-769-4375 (after 3pm). Play all night long for \$19 set-up. \$300 5 Regular games, \$600 total 2 in 1 Picture Frame and \$1300 total for 3 in 1 Coverall. Free birthday set-up "week of" only. Delicious homemade food available for purchase. Permanent seating available.

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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

Outdoor Observations by Tom Berg



"Periodical cicadas appear in huge numbers every 13 or 17 years. Photo by Tom Berg."

The Strange Periodical Cicada

The Periodical Cicada is a fairly large insect that emerges en masse – or in huge numbers – in the eastern half of the USA in certain years. The adult insects of many of these species have black upper bodies with orange legs and orange underparts. They also have bright red eyes that are hard to forget. They are called periodical cicadas because they don't emerge every year. They emerge from the ground "periodically".

Of the seven species of periodical cicadas, four species have 13-year life cycles and the other three have 17-year life cycles. That means they spend almost their entire lives (13 or 17 years, respectively) living underground, feeding on fluids from tree roots.

Then during the springtime of their synchronized emergence year, they come forth in almost unbelievably large numbers.

Periodical cicadas can emerge in groups of more than a million individuals per acre. It really is a spectacle of nature! This mass emergence is a good strategy for survival, too. With so many cicadas on the ground and in the trees, they easily overwhelm hungry predators with far more food than they can possibly eat. Almost everything likes to eat them, too, including birds, raccoons, opossums, skunks, squirrels, foxes, coyotes, bats and spiders. Pets like dogs and cats eat them, too.

When these cicadas emerge from the ground, they molt into their adult form and fly up into the treetops to find a mate. The males sing up in the tree branches with a loud, high-pitched ticking or buzzing call in an attempt to attract a female. Their life as an adult is very short; usually only a few weeks. After they mate, the females lay eggs in the bark of those tree branches and both males and females die.

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Fit & Healthy Family Guide

There is no single test for osteoarthritis. Diagnosing the condition may include the following:

- Providing to a doctor a medical history that includes your symptoms, any other medical problems you and your close family members have, and any medications you are taking.
- Having a physical exam to check your general health, reflexes, and problem joints.
- Having images taken of your joint using:
 - X-rays, which can show loss of joint space, bone damage, bone remodeling, and bone spurs. Early joint damage does not usually appear on x-rays.
 - Magnetic resonance imaging (MRI), which can show damage to soft tissues in and around the joint. Generally, MRI helps health care providers evaluate a joint that is locking or giving out.
- Having blood tests to rule out other causes for symptoms.
- Taking joint fluid samples to look for other causes of joint pain, such as infection or gout.

Treatment of Osteoarthritis

The goals of your treatment for osteoarthritis include:

- Reducing pain and other symptoms.
- Improving joint function.
- Stopping the disease from progressing.
- Maintaining a health-related quality of life to help prevent disability.

Treating osteoarthritis usually begins with:

- Learning about osteoarthritis. Your doctor may recommend classes that you can attend or online programs you can join.
- Exercising, which can reduce joint pain and stiffness and increase flexibility, muscle strength, and endurance. Remember to start any exercise program slowly and take the time to adjust to the new level of activity. You should speak to your doctor or physical therapist about a safe, well-rounded exercise program, which may include:
 - Range-of-motion and stretching activities to keep your joints limber.
 - Strengthening exercises performed with weights or exercise bands to strengthen muscles that support joints affected by arthritis.
 - Exercises in the water to help lower the stress on the joints while exercising.
 - Balance and agility exercises to help you maintain daily living skills.
- Low-impact activities that give you a moderate level of activity without putting stress on the joints. These may include walking, cycling, swimming, tai chi, water aerobics, or a low-impact aerobics class.
- Managing your weight can help reduce the stress on joints. In addition, if you are overweight or obese, losing weight can help to reduce pain, prevent more injury, and increase mobility in the joints. This can be especially helpful for weight-bearing joints such as your knees or hips.

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Fit & Healthy Family Guide

Osteoarthritis & Rheumatoid Arthritis

Rheumatoid Arthritis

Rheumatoid arthritis is a type of arthritis where your immune system attacks the tissue lining the joints on both sides of your body. It may affect other parts of your body too. The exact cause is unknown. Treatment options include lifestyle changes, physical therapy, occupational therapy, nutritional therapy, medication and surgery.

What is rheumatoid arthritis?

Rheumatoid arthritis (RA) is an autoimmune disease that is chronic (ongoing). It occurs in the joints on both sides of your body, which makes it different from other types of arthritis. You may have symptoms of pain and inflammation in your:

Uncontrolled inflammation damages cartilage, which normally acts as a "shock absorber" in your joints. In time, this can deform your joints. Eventually, your bone itself erodes. This can lead to the fusion of your joint (an effort of your body to protect itself from constant irritation).

Specific cells in your immune system (your body's infection-fighting system) aid this process. These substances are produced in your joints but also circulate and cause symptoms throughout your body. In addition to affecting your joints, rheumatoid arthritis sometimes affects other parts of your body.

The exact cause of rheumatoid arthritis is unknown. Researchers think it's caused by a combination of genetics, hormones and environmental factors. Normally, your immune system protects your body from disease. With rheumatoid arthritis, something triggers your immune system to attack your joints. An infection, smoking or physical or emotional stress may be triggering. RA usually starts to develop between the ages of 30 and 60. But anyone can develop rheumatoid arthritis.

**To Advertise in our Flyer Business Listing
in The Family Flyer
please call 219/916-4728**

"Can You Guess the Imposter?"



"Kipolee"

(Owner Guiomar Garibay 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
Sorry, we cannot accept scanned photos.

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Cub Cadet Riding Lawnmower, #CC30E Battery Operator, (Battery & Charger) > \$2300 or best offer. Call or Text: 219/789-9871.

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Weightlifting bench w/lat, legs ,curl \$150, Microwave cart \$10, Schwinn-needs chain \$30, 219/226-1445.

Winegard Pathway X2 satellite receiver, with Wally receiver and support stand. Originally over \$800. Automatically finds satellite based on location. For RVers can use DISH pay as you go. Used only once so like new. \$300 OBO. Contact Brad at 270/217-3663. Located in Cedar Lake.

Schwinn Adult Bike, 19 inch M Frontier, Original tires and seat Excellent condition. Asking \$65. Call 219/769-4016.

Yamaha PSRE373 Electronic Keyboard. Played once in my home. Paid \$220. Asking \$175. Includes case and song book. Call 219/718-6592.

SG Pro Honda Echo Bear Cat Stump Grinder Never used \$5000. 2019 Suzuki Dual Sport Motorcycle. Low Mileage \$6500 Firm. 219/365 2696.

4' x 8' Harbor Freight Trailer. 1200 lb. capacity. \$350, OBO. 15807 Hilltop Drive, Lowell, IN (Lake Dale Area). 219/696-0236. Please leave message.

Cub Cadet Mower, needs work, bad transaxle, asking \$300. Call 219/696-0236. Lake Dale Area.

Help Wanted:

Part time wrapper, full time butcher, apply in person. The Butcher Block. 17918 Grant St. Lowell, IN.

Henry Company needs part-time help. Some repair, some phone and computer work. Send Resume to: The Henry Company P.O. Box 2045 Hammond, IN 46323.

Now accepting applications for full-time Salt/Water Delivery Driver. Must be 21 with a good driving record. Apply in Person. Eenigenburg Quality Water. St. John, IN.

Help Wanted:

Gleaners in Cedar Lake is looking for the right person to work. Requires heavy lifting of boxes and stairs. Opportunity for the right person to advance with our growing non for profit Resale Store. Apply in Person.

Now hiring full-time industrial shop help for electro lifting magnet systems. Must be mechanically inclined and willing to work! Welding and electrical experience are a huge plus. Will train. Check out our website at www.siebsales.com. Health insurance and 401k offered. Call Sieb Sales & Engineering (Highland, IN) at 219-924-3616, 8-5 M-F.

Help Wanted
Experienced Remodeling
Carpenter. Call 219/661-1011
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John@DopplerConstruction.com

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LAMP REPAIR & Screen and Storm Window Repair. Knesek Screen and Window Repair. 562 N. Indiana Avenue. Crown Point. Call 219/663-4425.

Need Clock Repair? Specializing in Cuckoo and Mantle Clocks. Member of NAWCC. Call Jim for Quality Clock Repair. Call 219/662-1523

Screen & Storm Window Repair Service. Lamp Repair. Call or Drop off at Knesek, we MOVED to 562 N. Indiana Ave. Crown Point. Call 219/663-4425.

4 to 6 hours per week, light cleaning and general office work in Crown Point, 219/730-3028.

Holy Name St. Vincent DePaul is having a Drive up food pantry, Aug. 22nd, 11 am. Must show Indiana Drivers License or Indiana State I.D. East Side of Holy Name in Cedar Lake, IN

House Cleaning: Basic, Call 219/669-4108.

Services Offered:

Morris Transportation Corp Provides Non-Emergency Medical Transportation Services
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Services Offered:

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HARMONY HANDBELLS

Lake County: Harmony Handbells, Inc. is forming an intermediate handbell choir. We will meet at Hillside Community Church in Crown Point on Monday evenings from 6:30-8:00 beginning Sept 9, 2024. Anyone 10 years old or up who has at least 1 year of experience ringing bells is welcome to join us. We will learn learn basic music theory, handbell techniques and group music skills through the use of games and team-building. There is no charge for the class; the joy of teaching is our reward! Contact Linda at handbellover@gmail.com to register or ask questions.

Porter County: Harmony Handbells, Inc. would like to invite anyone 8 years old or older to join us learn to make music with handbells at Portage United Methodist Church. Join us at 2637 McCool Road from 6:30-8:00 every Thursday evening beginning September 12, 2024. Everyone is welcome to learn the basics of music, handbell ringing, and group music skills through the use of games and team-building. There is no charge for the class; the joy of teaching is our reward! Contact Linda at handbellover@gmail.com to register or ask questions.

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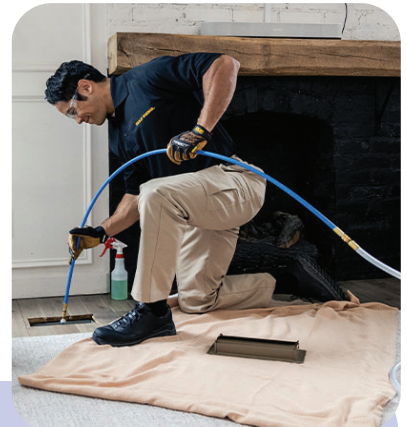




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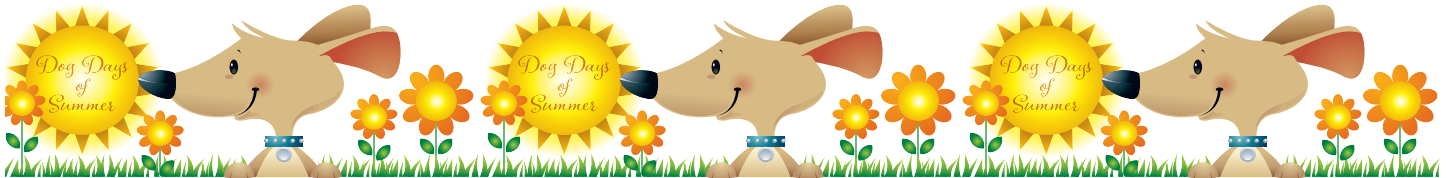
2 ROOMS ONLY **\$88** PER ROOM

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4 + ROOMS ONLY **\$70** PER ROOM



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