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Boone Grove, In 46302
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202 E. Sigler St., Hebron, IN 46341
219-996-2271 www.ccoh.org
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753 N. Calumet Ave. Valparaiso, IN 46383
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www.faitervalpo.org
office@faithmemorial.net – email

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The advertisers in this month Family Flyer bring you a Business Card Directory. Be sure to keep this years October Family Flyer in a place where you can use it throughout 2025.

You never know when you need your Auto repaired, New Carpet/Flooring, Garage Doors, Heating Services, Tree Trimming or Windows and more! Just refer to your Business Card Directory!

Enjoy the Fall Festivities, craft fairs and more promoted in this months Family Flyer. Enjoy the season of refreshing cool mornings and awesome fall colors!

Have a **GREAT October** and a safe and spooktacular Halloween.

Watch for us next month on line Thursday, November 7th.

Sincerely,
The Family Flyer Staff



Call Today... 219/916-4728

"The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider."

—Jane Hirshfield

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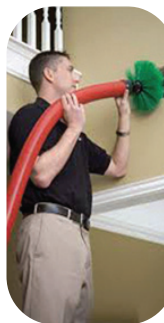


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Gardening Tips

by Jackie Kubiak #12



October is Here... still more to do!

Take care of your leaves

Accumulating fallen leaves can damage your lawn, and present a slip hazard for your walkways, deck, and driveway. Collect them with a rake, cut them into small pieces with a leaf vacuum or lawn mower, and then use them in your compost pile or as a mulch.

Planting spring bulbs

Mid-October is a great time to begin planting bulbs that will flower in the spring. You can keep this up until the middle of November (or later if the ground isn't frozen).

Putting hoses away for the season

Make sure you drain the water from them before they freeze, then coil them up and store them in a shed, garage or basement during the winter. You should also drain your outdoor faucets and close their shut-off valves.

Plant shrubs and trees during this time of year

Their roots will grow until the ground begins to freeze. Unless you're in the midst of a fall drought, cut back on watering your landscape plants. If rains are scarce, then you'll naturally want to keep to your watering schedule.

Continue to mow the lawn as long as the grass keeps growing, but with the mower blades at their highest level.

Mums, pumpkins and gourds are abundant right now buy them early. Please Shop Local, see ya next month! Happy Halloween.

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

“What’s Goin’ On”

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

NEW 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

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 — Monday's and Wednesday - St. Elijah Event Center, 8700 Taft St., Merrillville. Doors open at 5pm, early bird 6:00, regular games 6:30. Food and drinks available for purchase.

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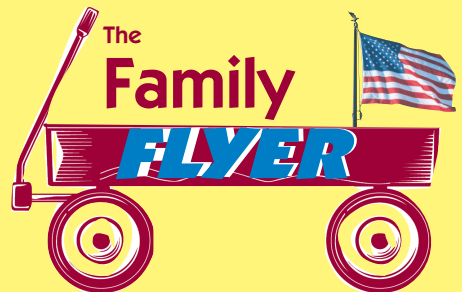


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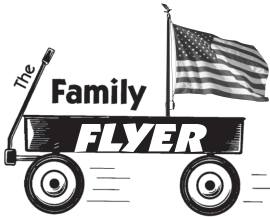


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Here's what's Cookin'

By Phyllis Hays, #11 with Trixie



Spinach Balls

- Makes about a dozen
- 1 10-ounce box frozen chopped spinach
 - 3 eggs, beaten
 - 1 tablespoon extra virgin olive oil
 - 1 cup shredded sharp cheddar cheese
 - 2/3 cup gluten-free breadcrumbs
 - 1/4 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 teaspoon dried parsley
 - 1/4 to 1/2 teaspoon garlic powder
 - 6 shakes Tabasco sauce (6 shakes more if you like it hotter!)



1. Place the spinach box in the microwave for 2-3 minutes until defrosted. Set aside to cool.
2. In a large bowl mix together the cheese, bread crumbs, salt, pepper, parsley, and garlic powder.
3. Squeeze excess water out of the spinach. Place the spinach into the cheese mixture. Mix.
4. Add oil, eggs and Tabasco sauce.
5. Form into balls and place on a parchment-lined baking sheet.
6. Bake at 375 F for 18 to 22 minutes.
7. Serve with garlic aioli.

Outdoor Observations

by Tom Berg



"An adult crawfish frog, photo courtesy of the Indiana DNR."

The Subterranean Crawfish Frog

Of all the different frog species in North America, one of the most unusual and interesting is the Crawfish Frog. These shy frogs spend most of their lives underground, so few people ever see them. Their populations have been decreasing in many areas, too, so they are even harder to find. In fact, crawfish frogs are on the endangered species list in Indiana.

Crawfish frogs are relatively small, ranging in size from 2-4 inches in length. They are a brownish-tan color, with a complex pattern of dark spots and blotches with light-colored outlines. They have a white belly and a large head and mouth which allows them to eat fairly large prey. They eat mostly insects and arthropods like beetles, millipedes and spiders, but they also eat small crayfish and juvenile reptiles and amphibians.

Crawfish frogs live in grasslands and meadows in the central and south-central USA. In Indiana they only live in the southern part of the state. They also only live in grasslands where upland crayfish burrows are present. Burrowing crayfish are essential to the survival of crawfish frogs, since the frogs spend most of their lives (10-11 months of the year) underground in crayfish burrows. During the spring, the frogs emerge from their burrows and make their way to temporary wetlands to mate and lay their eggs.

After the breeding season they return to their home burrows and stay there or very close to it for most of the rest of the year. Once they find a crayfish burrow that fits their body, they usually keep using it for the rest of their life. These home burrows help them escape predators like owls, herons, foxes and raccoons, and they are even safe from prairie grass fires while underground. They are real survivors!

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.

2 A

4 *

6 H

8 P

10 I

20 Z

2 V

4 F

6 H

8 A

10 T

20 A

Baby's Name _____

Birthdate _____ Weight _____

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Name & Phone # of person placing announcement _____

Mail to: They Named the Baby
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Fit & Healthy

Family Guide

Cycling is an enjoyable way to stay healthy, including helping you lose weight, lower your cholesterol and strengthen your legs.

Cycling is a low impact aerobic exercise that offers a wealth of benefits. It also varies in intensity, so it's suitable for all levels. You can cycle as a mode of transportation, for casual activity, or as an intense, competitive endeavor.

Cycling is a wonderful workout that keeps you active. It can help shape a healthy lifestyle, both physically and mentally. Cycling will help strengthen your legs

Cycling improves overall function in your lower body and strengthens your leg muscles without overstressing your joints. It targets your quads, glutes, hamstrings, and calves.

Cycling may lower cholesterol
The health-enhancing effects of cycling may help improve cholesterol levels, which can boost your cardiovascular health and lower your chances of stroke and heart attack.

Cycling boosts mental health and brain power It can ease feelings of stress, depression, or anxiety. Focusing on the road or your cadence when cycling can help you develop concentration and awareness of the present moment. This may help take your focus away from the mental chatter of your day.

Cycling can help people with cancer

Cycling is a fantastic addition to your care plan if you have or are recovering from cancer. However, many cancer patients experience low energy and pain during treatment, so be sure to work with your care team, listen to your body, and exercise only if you're up for it.

Cycling may reduce the risk of cardiovascular disease

Cycling is a fantastic way to raise your heart rate, improve cardiovascular function, and enhance your overall fitness level.

Cycling is a low impact option

Cycling is easy on your body, providing a gentle, low impact option for people who want an intense workout without stressing their joints and is a great option for people who have joint concerns or overall stiffness, especially in the lower body.

Cycling drawbacks and safety

There are a few drawbacks to cycling to consider. These mainly apply to outdoor cycling, which involves variables outside your control.

When possible, ride in lanes reserved for cyclists or on neighborhood streets.

cont. on next page

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Fit & Healthy
Family Guide

**Benefits of Cycling,
Plus Safety Tips**

Cycling drawbacks and safety cont

Always follow traffic laws. Use caution while going through intersections and busy areas, even if you have the right of way. Invest in a quality helmet and any other protective gear you may need.

Avoid wearing any loose clothing that could get caught in your bike chains. Use bike lights and reflective gear for nighttime cycling or early morning cycling before the sun comes up.

If bike-commuting a long way to work, consider bringing a change of clothes to freshen up. Inclement weather can also be an obstacle. On days when it's not possible to cycle outside, you can ride a stationary bike or choose another activity.

If cycling is your mode of transportation, invest in rain and cold weather gear and have a backup transportation plan for when conditions are unsafe for riding.

For extended daytime rides, use sunscreen on all exposed skin. Reapply every 2 hours, especially if you're sweating. Wear UV-protective sunglasses and a hat. Consider investing in UV-protective clothing.

Cycling is an enjoyable way to stay healthy and in touch with the world around you!



**2024 Oktoberfest -
The City of Crown Point
Saturday, Oct. 5th
Noon to 10 p.m.**

The City of Crown Point Oktoberfest is a fun festival offering a variety of local and traditional German meals.

This free, family friendly event features something for everyone, including live music, local food vendors, a beer garden, face painting, hayrides, a bean bag tournament, contests and more!

**Griffith Oktoberfest
October 4, 5 and 6 2024
Central Park | 600 N
Broad St. Griffith, IN**

The Griffith Oktoberfest is held annually in the beginning of October at Central Park. Festival-goers can enjoy German food, a pumpkin patch, live authentic German music, and a wide variety of German beers and wines! No outside coolers or alcohol allowed.



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