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South Lake  
County and all  
of the



# New Year, a New Look!



Proud to be **FREE**

A welcome guest in 57,000 homes!

January 2025

219/689-6262



"A Local Family Owned and  
Operated Business Since 1980"

## WINTER SAVINGS! SAY HELLO TO A FRESH CLEAN HOME AND CELEBRATE HEALTHIER IN THE NEW YEAR!

**1(800) STEEMER®**  
(783-3637)  
[www.stanleysteemer.com](http://www.stanleysteemer.com)

### GET YOUR AIR DUCTS CLEANED

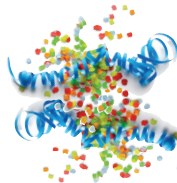
Air Duct Cleaning by Ron Cochran of Stanley Steemer

Furnace cleaning is invaluable to the way your home breathes and performs. NADCA recommends you should clean your air ducts every 3-5 years. Depending on the situation of your home, that number can change. Air ducts are the lungs of your home - whatever they breathe in, you breathe in too. If you're not convinced air duct cleaning is necessary, check out these 5 reasons why the investment is worth it.

1. It also gets rid of dirt, dust mites and allergens.
2. Reduces air pollution in your home.
3. Helps increase the efficiency of your HVAC system.
4. Refreshes a home you may be buying, selling or renovating.
5. Helps save money on repairs and utility expenses.

To learn more check out our blog at:  
<https://www.stanleysteemer.com/blog>

For more information and to have your air ducts cleaned contact 1-800-783-3637.



**\$35 OFF**  
**\$55 OFF**

AIR DUCT  
CLEANING SERVICE **OR**  
AIR DUCT & DRYER VENT  
COMBO CLEANING SERVICE



\*MUST BE CLEANED SAME SERVICE DAY.  
EXPIRES 03/31/25. MINIMUM CHARGES APPLY  
Valid on residential services.

Residential Cleaning Services Only; Physical coupon must be presented to crew at time of service and cannot be combined with other offers. COUPON CANNOT BE ACCEPTED AFTER PAYMENT HAS BEEN TAKEN. Not eligible for water emergency services. Valid at participating locations only. Combined living areas, L-Shaped rooms & rooms over 300sqft are considered 2 areas. Baths, halls, steps, large walk-in closets, and area rugs are priced separately. Hard surface cleaning may require additional fees for extra cleaning. Sectional sofas may not be separated, sectionals over 14ft, sofas over 7ft and certain fabrics may incur additional charges. Valid on residential services.



CARPET | TILE & GROUT | HARDWOOD  
UPHOLSTERY | AIR DUCT  
24 HOUR EMERGENCY WATER SERVICES

CALL NOW  
AND SAVE!



COUPON

### CARPET CLEANING

Valid on residential services.

**\$20 OFF** ..... \$175 +

### CARPET CLEANING & PROTECT

3 + ROOMS ..... ONLY **\$77** PER ROOM

4 + ROOMS ..... ONLY **\$72** PER ROOM

**BEST VALUE!**

Cleaning Completed by 03/31/25

Coupon applies to carpet cleaning services only. Minimum charges apply.



COUPON

### UPHOLSTERY CLEANING

Valid on residential services.

**\$15 OFF** ..... \$165 +

### CLEAN & PROTECT SERVICE

Cleaning Completed by 03/31/25

Coupon applies to upholstery cleaning services only. Minimum charges apply.



COUPON

### TILE & GROUT OF HARDWOOD, VINYL, LAMINATE CLEANING

**\$25 off** ..... \$195 +

Cleaning Completed by 03/31/25

Coupon applies to tile & grout, hardwood cleaning services only. Minimum charges apply. Valid on residential services.



# “Happy New Year 2025”

We hope EVERYONE had a great Holiday Season!

In this month’s Family Flyer we bring you “New Year Review 2025.” Local businesses letting you know how long they have been serving you. Please shop The Family Flyer advertisers first!

We continue to bring you important information in 2025: 25 years bringing you What’s Goin on Happenings in your Communities, 25 years bringing results to our advertisers, thanks to you our readers, 25 years and continue to announce our High School Sports Schedules, 25 years for you to win our many contests.

We will be back in your mailbox on Thursday, February 6th.

Have a GREAT month and a *Happy New Year!*



“Every year you make a resolution to change yourself. This year, make a resolution to be yourself..” unknown



Sincerely,  
The Family Flyer Team

*Call Today...219/689-6262*

\*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.

## Why Eenigenburg Water?

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- ~ Professional Aqua Systems
- ~ Sales, Rentals & Service
- ~ Express Drive Thru for Salt and Bottled Water
- ~ Family Owned for 50 Years



AQUA SYSTEMS™



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**219-365-4500**

[www.eenigenburgwater.com](http://www.eenigenburgwater.com)



*Love Your Water!*



# Winter is a great time for tree care

Northwest Indiana-I spent a lot of time this past spring and summer watching one of the regions top residential tree service at work. Day in and day out they were booked with many customers to service sometimes even taking 3 to 4 weeks to get them to the top of the schedule. While its a good thing to be in high demand and very busy, but it can have its draw backs too. I thought to myself, why do so many people fail to consider trimming and removing trees in the wintertime when the prices are lower and the trees are dormant. At least when you go to the doctor and have a procedure done they give you some sort of "anesthetic" to numb the pain. This makes me think of trimming and cutting the trees in the spring and summer when the tree has no kind of "anesthetic" and its wounds just sit open prone to insects and infections. This is why I am a firm believer in wintertime is the best time. When you trim the trees while they are dormant you have a much better result in the spring when it's growth is in full swing. Not to mention the costs will be less in the winter as opposed to the other 3 seasons. Equipment can do a significant less amount of damage to the yard when the ground is frozen and the clean up can be easier too. It makes much more sense to have your trees removed and trimmed in the winter.

Priced-Rite Tree Service is Northwest Indiana's highest rated tree service according to the many sites on the web. They provide complete and professional tree care services in the winter and offer free estimates 6 days a week.



Yard protection mats used by Priced-Rite Tree Service



Priced-Rite loading logs in the cold temperatures.

## HOME AND GARDEN

by Roy Brant of ERB DESIGN Solutions



Large tree removal by Priced-Rite Tree Service

***"It makes much more sense to have your trees removed and trimmed in the winter."***

### A Few Techniques for Trimming Trees in the Winter

Crown Thinning-by removing branches within the crown this will provide a better shape and increase the trees overall health by providing more light and air movement. Dead and weak brances will be removed. Younger trees respond to this technique very well in the winter when it is dormant.

Crown Raising-by removing low branches of the tree this allows more height clearance under the tree.

Crown Cleaning-by carefully selecting and removing of the dead, dying and diseased branches from the trees crown you will have a healthier, stronger, safer and all around better looking tree.

### Want To know more?

For more information about winter service rates visit: [www.NorthwestIndianaTree.com](http://www.NorthwestIndianaTree.com)

# WINTER TREE SALE

**20% OFF**  
**TRIMMING & REMOVAL**

Help us keep the guys working this winter. We will even chip away that stump for FREE if you do!



**PRICED RITE**  
Tree Service

**219-712-4582**  
[www.NorthwestIndianaTree.com](http://www.NorthwestIndianaTree.com)

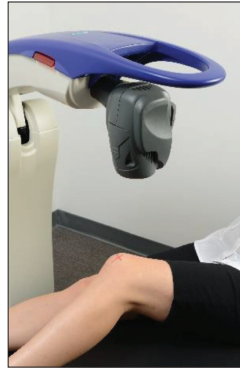


### The Experts in

**TREE REMOVAL**  
**TRIMMING**  
**STUMP GRINDING**  
**LOT CLEARING**  
**LARGE TREES**  
**ASH TREE REMOVAL**

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- Fast Results
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- Affordable Fees



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[www.NWILaser.com](http://www.NWILaser.com)

SCAN ME



### Do You Suffer from Chronic Pain?

Your solution is just a call or click away.



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*Kitchen Remodel?  
Create a Suite Retreat?  
Basement Makeover?*

**MAKEOVERS**

**Call Doppler Construction, Inc.**

To Get The WOW FACTOR For Your New Renovation!  
We are here for all your home improvement needs.

**219-661-1011**

1027 E. Summit St., Crown Point  
**DopplerConstruction.com**

## “What’s Goin’ On”

**January 26th - Annual Winter Seed Sowing Workshop**  
With Horticulturist & Master Gardener Dolly Foster SPECIAL PRESENTATION - FREE AND OPEN TO THE PUBLIC LIMITED PARTICIPATION - SIGN UP PROMPTLY!

lakecountymastergardeners.org. Sunday, January 26, 2025, 1:00p.m. - 3:00p.m. Niemeyer's Landscape Supply New Greenhouse, Corner of Summit St. & Indiana Ave., Crown Point. Please contact LCMGA at 219-755-3240 TO SIGN-UP!

**February 7th through Good Friday April 18th - Fish Fry Fridays 3pm - 7pm**, Descent of the Holy Spirit Church Hall, 545 E.77th Ave. /Seberger Rd. Schererville IN. Eat In or Carry Out (219) 864-1529 Online: holyspiritschererville.com

**February 9th - ANNUAL HOMEMADE SAUSAGE SALE.** Zion United Church of Christ will be making our homemade pork sausage again this year! Cost is 5 lb. Bulk Pork Sausage package for \$25. We are taking pre-orders at 219-365-5288, **the order deadline is Feb. 9th, 2025.** Sausage pickup and The Women’s Guild Bake Sale is Sunday, Feb. 23rd from 11:30am thru 2:30pm., Zion United Church of Christ, 14804 W. 113th Ave., Dyer, IN.

219-365-5288

**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.

Continued on page 28

# Happy New Year!

2025



Together  
lets drive®



Sales: (219) 400-0110  
1550 E. 61st Ave, Merrillville, IN  
Open 9 AM-7:30 PM

*Stop In Today!*

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Electric Vehicles, Quality Collision  
Center & Auto Repairs***

When it comes time for car maintenance or auto repairs down the line, it's important to turn to a team you can trust -- Like the factory-trained technicians at Mike Anderson Chevrolet of Merrillville.

# "Puppy Love!"



"Patches, Cinnamon, Jinxy & Finn"

2 months old. ShihTzu/Poodle, owner Tom Bakken of Schererville.

"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.

## PRINT/COPY/DESIGN



1620 E. Summit St. Crown Point, IN 46307 terry.acmeprint@gmail.com

(219) 661-0060 Cell (219) 241-4702 Fax (219) 661-0090

## TREE SERVICES

**AMERICAN  
TIMBER**

**TREE SERVICE LLC**

**219-987-TREE 8733**

Free Estimates

# NEW YEAR - CLEAN AIR!

## Protect Your Family in 2025!



**\$75 off**  
Any Fully Installed  
AprilAire Humidifier

Previous Sales Excluded.  
Expires 1/31/2025



**\$200 off**

Duct Mounted or Portable Unit

The Air Scrubber by Aerus removes contaminants like odors, dust and pet dander. Tested to be proven effective on bacteria, viruses, mold and fungi on surfaces and in the air you breathe. Creates a cleaner and safer environment for your family, *Call TODAY to schedule!*

Expires 1/31/2025 Mention this ad when scheduling



**AIR DUCT CLEANING**  
Provide cleaner and healthier air for your family to breathe! Call us with the number of cold air returns and heat registers with a price! (we don't do the dryer ducts)

**\$100 off** Duct Cleaning  
Expires 1/31/2025

**NEED A NEW SYSTEM?**  
Estimates on **NEW EQUIPMENT** are always **FREE!**  
Financing is available. See dealer for details.



[www.illianaheating.net](http://www.illianaheating.net)  
**219.627.1419**



## Outdoor Observations

### The Common Buckeye Butterfly



“Buckeye butterflies are very beautiful with their multi-colored wings. Photo by Tom Berg.”

Fall is only a memory and winter is here. But not long ago some of our most beautiful butterflies were still active. These are the Buckeye butterflies. Their range includes most of the eastern half of the United States, the warm southwestern states, most of California and much of southern Canada. They are common sights in the Midwest from late-summer through October, and many buckeye butterflies from Indiana actually migrate south as colder weather arrives.

Buckeye butterflies are a nice chocolate brown color, with many other colors on their wings, too. Orange, white, blue, pink and black are all present, and several distinct eyespots really grab your attention. Those cool eyespots are multi-colored, as well. It is thought that the large eyespots help to ward off predators and keep the butterfly safe. Of course, it is not a foolproof defense!

Another defensive mechanism of these butterflies is that as caterpillars, they ingest certain types of glycosides from the plants they eat. These glycosides taste bitter to predators like birds, ants and other predatory insects, which makes the buckeye a less desirable meal. As a side benefit to the buckeye caterpillar, eating glycoside-rich plants stimulates their growth, too!

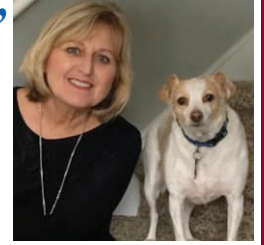
Buckeyes, as they are commonly called, can be found in a variety of habitats. They prefer open, sunny areas with plenty of vegetation and mixed trees. Parks, gardens and pastures are good places to find them, along with creek banks that are not too overgrown. These butterflies are beautiful and unforgettable, and many people believe they are a symbol of good luck. Consider yourself lucky the next time you see one!

## Here's what's Cookin'

By Phyllis Hays, #11 with Trixie

### Chicken Barley Soup with Vegetables

Makes 6 servings



- 8 cups chicken stock
- 4 cups water
- 1 teaspoon marjoram
- 1 tablespoon fresh rosemary, chopped
- 2 tablespoons fresh parsley, chopped
- 1 medium onion, sliced
- 1 cup carrots, sliced
- 2 cups cooked chicken breasts, diced
- 1 russet potato, peeled and cubed
- 1 cup broccoli, chopped
- 1/2 cup barley
- Salt, to taste, Pepper, to taste



1. In a large pot, combine chicken stock, water, marjoram, rosemary, and parsley. Simmer for 15 minutes.
2. Add onion, carrots, cooked chicken, potato, broccoli, and barley. Add salt and pepper to taste. Simmer over low heat for 35 to 45 minutes, stirring occasionally. Serve.

• DINE-IN/CARRY-OUT/DELIVERY • WE CATER • DINE-IN/CARRY-OUT/DELIVERY • WE CATER • DINE-IN/CARRY-OUT/DELIVERY

## CARRIAGE COURT PIZZA



211 South East St.,  
Crown Point, IN  
219-663-6551  
CarriageCourtPizza.com



Buy a Snowman Pizza from  
Now until February 28th  
& Get a **FREE**  
Pizza Cutter!



We've been delivering a long time!



### GAME DAY/SUNDAY SPECIAL

Extra Large Pizza for the Price of a Large Pizza!

ORDER A DOZEN AND HAVE THEM DELIVERED



We Deliver Beer

Coupon

#### FAMILY MEAL DEAL #1

1 Large Pizza with Cheese and up to 3 extra Toppings

- Plus Bread Bullets
- Plus Cheese Sticks
- Plus 2 Liter of Pop/Pitcher

**ALL FOR ONLY**

**\$32.95**

Not valid with any other offer. Please present coupon when ordering. Valid thru 2-28-25. CPFF

Coupon

#### FAMILY MEAL DEAL #2

1 Large Pizza with Cheese and up to 3 extra Toppings

- Plus Bread Bullets
- Plus Fried Pickles
- Plus 2 Liter of Pop/Pitcher

**ALL FOR ONLY**

**\$32.95**

Not valid with any other offer. Please present coupon when ordering. Valid thru 2-28-25. CPFF

Coupon

#### FAMILY MEAL DEAL #3

1 Large Pizza with Cheese and up to 3 extra Toppings

- Plus Cheese Sticks
- Plus Chicken Nuggets
- Plus Fried Pickles

**ALL FOR ONLY**

**\$32.95**

Not valid with any other offer. Please present coupon when ordering. Valid thru 2-28-25. CPFF

Coupon

#### FAMILY MEAL DEAL #4

1 Large Pizza with Cheese and up to 3 extra Toppings

- Plus Cheese Sticks
- Plus Garlic Bread
- Plus Cookies

**ALL FOR ONLY**

**\$32.95**

Not valid with any other offer. Please present coupon when ordering. Valid thru 2-28-25. CPFF

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Jewelry and Coin Exchange

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**WANTED!**  
FINE WATCHES  
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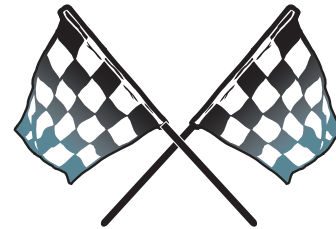


www.thegolddepotstore.com  
MONDAY - FRIDAY: 10:00 AM - 6:00 PM • SATURDAY: 9:00 AM - 2:00 PM  
WE BEAT ANY LEGITIMATE OFFER!  
219-226-4073 516 N. Main St., Crown Point, IN 46307

# Nascar Noise Contest It's Easy... Play and Win \$50

Looking Ahead...Nascar 2025 1st Race!

Daytona 500 - Sunday, February 16, 2025



ENTRY

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Advertiser with Checkered Flag as shown above

\_\_\_\_\_

**Contest Rules:** It's easy - just find the Checkered Flag as shown here in one of the Advertisers. Fill in the entry, and mail. One entry per family. A random drawing will take place and one lucky winner will be announced in next months Family Flyer. All checks made payable to participating advertisers to be spent at their establishments. Good luck! Must be 18 or older to enter. This Entry Form **MUST** be postmarked by January 15th. Send all entries to: Nascar Noise Contest, P.O. Box 1004, Crown Point, IN 46308

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# Nascar Noise Contest It's Easy...

# Play and Win \$50

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**Any Service Call**  
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 Expires Feb. 15, 2025




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 Come Visit our Showroom

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[info@affordabledoorinc.com](mailto:info@affordabledoorinc.com)

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Affordable firewood delivered direct to your door. Premium Seasoned hardwood firewood for indoor burning or cooking.



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219-712-4582 - Firewood-Direct.com

### OAK ~ HICKORY ~ CHERRY

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Happy New Year!

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 421 E Goldsborough St, Crown Point  
*East of Army Tank*  
 Hours: Mon-Fri 8-4:30

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Family FLYER



New Year Review 2025

Your Source to Local Business!

Established 2000 Thank You to ALL of our readers, we are Celebrating 25 Years!

We present to you this Special Chronology Section in The Family Flyer!

The following Businesses have a chance to tell you how many years they have served you in 2025 and to let you know they plan to continue their services to you!

PLEASE SHOP LOCAL!

Established 1899



126 years...

Crown Feed & Supply, Inc.

Located on Rt. 231; just East of the old Court House 1000 E. Joliet St., Crown Point, IN 46307 (219) 663-0139 CrownFeedsupply.com

Established 1938



87 years...

GRUEL BROS., INC. Sales • Service Parts • Rentals



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1601 N. Main St., Crown Point, IN 46307 219-663-0076 GruelBrothers.com email: service@gruelbrothers.com Open Daily, closed Sunday

Established 1939



Vacuum Cleaners Sales & Service

86 years...

MERRILLVILLE 6 blks. N. of US 30; 7530 Broadway 219-769-7099

HAMMOND Hessville Store; 6547 Kennedy 219-845-4080

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CROWN POINT - 219/662-1111 10740 Broadway, Ste B, 46307 HAMMOND - 219/932-8283 7114 Calumet Ave., 46324 Rosenwinkelinsurance.com Our Family Insuring Yours Since 1939!

*Established*  
**1946 & 2017**



**79 years...**

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**219.663.0131** FAX  
corey@lisscarstar.com

**8 years...**

**New Location - Now Open**  
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*Established* **1949**

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*Established* **1951**



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*Established* **1952**



**Welch's  
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*Meats, Groceries & Produce*

**73 years...**

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**WelchsMeats.com**

*Established* **1954**



**Religious Supply, Inc.  
And Gift Shop**

**71 years...**

10951 Thiel St.,  
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(next to the Post Office)

**(219) 365-4386**

**Visit Our Gift Shop Today!**

Tues.-Fri. 9:30-4:00, Sat. 9:30-3:00

*Established* **1968**

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**Garden Center**

15 Acres of Gardening  
& Landscape Supplies

**57 years...**

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**www.hubingers.com**

*Established* **1969**

*"Love Your Water"*



**56 years...**

9759 Wicker Ave.  
St. John, (Rt. 41)  
**(219) 365-4500**  
**www.eenigenburgwater.com**

*Established* **1969**



**www.SummersPHC.com**  
**219-213-9950**

**56 years...**

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• Plumbing • Heating  
• Cooling • Air Filtration

Financing Options Available  
**24/7/365**

*Established* **1971**



**54 years...**

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Lansing, IL  
Lansing, IL 60438 - 708-474-4650  
**LansingHeating.net**



*Established* **1972**

**Hair Shapers  
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Beverly Baacke James

**53 years...**

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*Established* **1975**

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COMPETITIVE OFFERS!**

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*Established* **1980**



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**CARPET | TILE & GROUT  
HARDWOOD | UPHOLSTERY  
AIR DUCT | 24 HOUR  
EMERGENCY WATER SERVICES**

*Established* 1983

baums   
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**42 years...**

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*Established* 1984

*Carriage Court Pizza*



**41 years...**

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 Crown Point, IN  
 219 663-6551  
 www.carriagecourtpizza.com

*Established* 1984



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- Grass Seed & Fertilizer
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- Water Softener Salt
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- Water Softeners & RO Systems

*Established* 1984

**THE BUTCHER BLOCK, INC.**

"You've Tried The Rest  
 Now Try The Best"

**41 years...**

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**Color the picture and you could win  
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PLEASE PRINT

Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Send to: Family Flyer Kids Coloring Contest,  
P.O. Box 1004, Crown Point, IN 46308.

Must be postmarked by the 15th of the month.

A random drawing will take place and you could be the Lucky  
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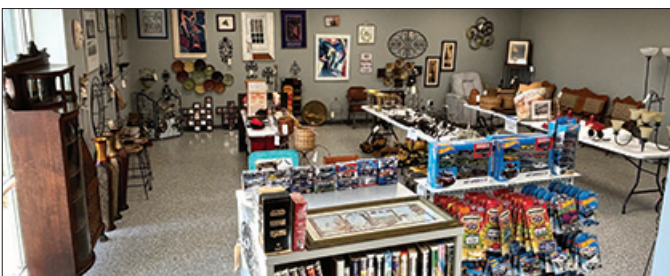
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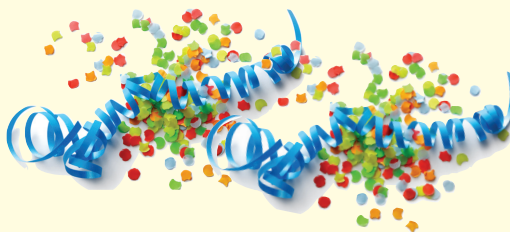
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# Happy New Year 2025



## You're a **WINNER** of our December contests!

## Great Job Readers!

Coloring Contest: Faith Didonna age 9 of Crown Point.

Nascar Noise Winner: Jeff Garrett of Cedar Lake.  
(Advertiser with checkered flag was in Collins Automotive)

Pet Photo Contest: Tom Bakken of Schererville.  
(Pictured in this months Family Flyer)



Nancy of Lowell chose to spend her \$\$ at Top Nails and Welch's Stop and Shop



Autumn of Lowell chose to spend her \$\$ at The Hen and Welch's Stop and Shop

### This Months Play The Game Winners:

Anna Weglewski of Crown Point

Maureen Carroll of Crown Point

Call **219-689-6262** to claim your **\$\$**

**Congratulations Winners, Keep Playing!**

(The hidden license plate was in Top Nails)

**Tuesday & Friday**  
**Cedar Lake Eagles #2529**  
**\$1000 if 50 or more, \$500 if less**  
**DAUBER BINGO**

**Early Birds**

- B & O-Free Bird
- Letter X-Winner Take All
- Small I - Split Pot
- Mickey Mouse-Split Pot

- Regular -\$100
- Regular-\$100
- Letter Y-\$125
- Pic Frame Progressive-\$500
- Regular -\$100
- Regular-\$100
- Kite-\$125
- Regular-\$100

- Intermission
- Regular-\$100
- Hardline-\$125
- Regular-\$100
- Crazy L-Split Pot
- Regular-\$100
- Six Pack-\$125
- Eight Pack-\$100
- Cross-\$100
- Coverall-\$1,000
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**LOW PRICES**

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- 30 Faces-\$22
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- 42 Faces-\$28
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*Para leer en línea | To read:*

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 Not Valid with any other offer,  
 Expires 2-8-25



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**A 16" FAMILY PIZZA**  
**OR ANY 18" GIANT PIZZA**

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 Expires 2-8-25



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**\$50 OR MORE**  
**BEFORE TAXES ARE ADDED**

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 Additional toppings available at menu price.  
 Not Valid with any other offer,  
 Expires 2-8-25



# Fit & Healthy Family Guide

## Stress Free Techniques to Start the New Year 2025

### Forget the same old resolutions and aim to live more peacefully instead

Around the first of the year, most of us begin focusing on improving our lives. While resolutions often center on developing new habits that will get us into better physical shape—eating more nutritious foods and getting exercise generally top most people’s lists of goals for the new year— reducing stress and getting into better mental and emotional shape can provide huge rewards.

This year, consider incorporating new habits to reduce stress and increase happiness and overall life satisfaction. Here are some important steps you can take to be happier, healthier, and more relaxed in the new year.

### Sleep Better

Being sleep deprived can be both a cause and an effect of being stressed. While stress can keep people up at night, continually operating on too few hours of sleep can increase your risk of a variety of health problems such as high blood pressure, diabetes, and obesity. It can also lead to you being less productive.

### Pick Up a Stimulating Hobby

While you may have been involved in sports and other fun activities as a child or young adult, it’s important to keep learning, growing, and doing things you enjoy throughout your adult life.

### Invest in Your Social Circle

The company you keep can significantly impact your quality of life. Good friends and close family can celebrate with you during your best times and support you through your worst. A social network of healthy relationships can be a buffer against stress and provide many other benefits.

### Get More Music in Your Life

Listening to music is an easy way to elevate your mood and change your energy. Music with a slow tempo—especially slow, quiet classical music—is known for its relaxing effects. Not only can it quiet your mind and relax your muscles, but it can also lower your body’s levels of the stress.

### Cull Your Clutter

Without some regular purging, your drawers and closets can get so jam-packed that it becomes almost impossible to find the items you actually want and need. Living in a cluttered space may also be causing you more stress than you realize. Not only does it decrease productivity, but it also drains your wallet and robs you of time.

cont on page 23

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Hours: M-F 7am to 4pm, Sat 8am to 12pm  
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- Outdoor Grilling Area Tops
- Kitchen Countertops
- Bathroom Vanity Tops
- Fireplace Hearths and Surrounds
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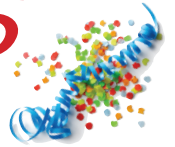
- Seamless Siding
- Seamless Gutters
- Windows • Doors



We specialize in siding, gutters, windows, doors.  
For all your siding needs, contact Quality Gutters, Inc

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# Savings! 2025



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## Stress Free Techniques to Start the New Year 2025

### Reduce Job Stress

Regardless of what kind of work you do, workplace stress can negatively impact your emotional and physical health. One of the best things you can do for yourself is to examine your work situation and see what changes you can make to your work life a little easier. This may include finding ways to increase your productivity, changing certain aspects of your job, adding to your life outside of work, or even examining whether you're in the right field.

### Make a Plan for the Future

When you're feeling stressed, thinking beyond today and into the future can be overwhelming—but it doesn't have to be. In fact, taking some time to think about your goals and dreams for your future can give you more to look forward to and inform the resolutions you make this year and next.

Do you have a strong financial plan in place? Are you expressing yourself as fully as you'd like? Are you on the path to where you'd really like to be with your relationships and personal growth?

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**Family Flyer Play The Game Entry Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Advertiser with license plate \_\_\_\_\_

Entry must be postmarked by January 15 2025.  
Mail to: The Family Flyer Play the Game,  
P.O. Box 1004, Crown Point, IN 46308

### Play The Game Rules:

Find the hidden "High School" License Plate on page 24 or 25. Tell us which advertiser has the hidden license plate in their ad and you could WIN THE GAME! A random drawing of all correct entries will take place and two lucky winners will be announced in the Next Months Family Flyer. Those winners will each win \$50 to choose two or more of the participating advertisers on these 2 pages. Must be 18 years of age and willing to have your picture in the paper to play, by entering this contest, contestant grants permission for their name to be used on any other promotional materials. GOOD LUCK! Only one entry per household.

Find the license plate shown here hidden inside one of the participating advertisers!



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**ANDREAN 59er's  
HIGH SCHOOL BOYS BASKETBALL**  
1/10 .vs Hanover Central .7:00pm  
1/25 .vs Highland .7:00pm  
1/30 .vs Griffith .7:00pm  
2/1 .@Marquette Catholic .2:00pm

**CROWN POINT BULLDOGS  
HIGH SCHOOL BOYS BASKETBALL**  
1/10.....vs Michigan City .7:00pm  
1/11.....vs Hammond Central .7:00pm  
1/18.....vs Griffith .7:00pm  
1/31.....vs Laporte .7:00pm  
2/1.....@SB Washington .6:00pm  
2/6.....@Portage .7:00pm

**ANOVER CENTRAL WILDCATS  
HIGH SCHOOL BOYS BASKETBALL**  
1/10.....@Andrean .7:00pm  
1/14.....@Bishop Noll .7:00pm  
1/17.....vs Hobart .7:00pm  
1/21.....vs Griffith .7:00pm  
1/25.....vs Lake Station Edison 7:00pm  
1/31.....vs Morgan Township .7:00pm  
2/1.....@Chesterton .7:00pm

**LAKE CENTRAL INDIANS  
HIGH SCHOOL BOYS BASKETBALL**  
1/10.....vs Laporte .7:00pm  
1/10.....vs La Porte .7:00pm  
1/17.....vs Portage .7:00pm  
1/29.....vs Century Charter .7:00pm

**LOWELL RED DEVILS  
HIGH SCHOOL BOYS BASKETBALL**  
1/11.....@Highland .7:00pm  
1/31.....@Munster .7:00pm

**MERRILLVILLE PIRATES  
HIGH SCHOOL BOYS BASKETBALL**  
1/18 .@Munster .7:00pm  
1/24 .@Portage .7:00pm

**HIGH SCHOOL GIRLS BASKETBALL**

**ANDREAN 59er's  
HIGH SCHOOL GIRLS BASKETBALL**  
1/7 .vs Bishop Noll .7:00pm  
1/11 .@ Lowell .2:30pm  
1/18 .@ Valparaiso .7:00pm  
1/21 .vs Lake Station Edison 7:00pm  
1/24 .vs Kankakee Valley .7:00pm  
1/25 .@ S. Bend St. Joseph .2:00pm  
1/31 .vs Chesterton .7:00pm

**CROWN POINT BULLDOGS  
HIGH SCHOOL GIRLS BASKETBALL**  
1/9.....vs Michigan City .7:00pm  
1/14.....@ Munster .7:00pm  
1/18.....@ Merrillville .7:00pm  
1/23.....@ Chesterton .7:00pm  
1/30.....@ Hanover Central .7:00pm

**HANOVER CENTRAL WILDCATS  
HIGH SCHOOL GIRLS BASKETBALL**  
1/10.....vs Hammond Bishop .7:00pm  
1/18.....@ Griffith .7:00pm  
1/21.....@ Munster .7:00pm  
1/23.....vs Hobart .7:00pm  
1/27.....@ Lake Station Edison 7:00pm  
1/30.....vs Crown Point .7:00pm

**LAKE CENTRAL INDIANS  
HIGH SCHOOL GIRLS BASKETBALL**  
1/11.....vs La Porte .2:30pm  
1/16.....vs Portage .7:00pm  
1/20.....vs Hinsdale South .4:15pm  
1/24.....@ Valparaiso .7:30pm  
1/29.....@ Hammond Morton 7:00pm  
1/30.....vs Washington Township 7:00pm

**LOWELL RED DEVILS  
HIGH SCHOOL GIRLS BASKETBALL**  
1/11.....vs Andrean .2:30pm  
1/16.....@ Hobart .7:00pm  
1/18.....@ Culver Academies 10:00am  
1/21.....vs Illiana Christian .7:00pm  
1/25.....@ La Porte .7:00pm

**MERRILLVILLE PIRATES  
HIGH SCHOOL GIRLS BASKETBALL**  
1/10 .@ Chesterton .7:00pm  
1/17 .@ Harrison .7:30pm  
1/18 .vs Crown Point .7:00pm  
1/21 .@ Hobart .7:00pm  
1/24 .vs Portage .5:30pm  
1/30 .vs Highland .7:00pm

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- Practices Friday 5:00 p.m. - 6:00 p.m.
- U6: 3v3, No Goalie
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- Saturday Mornings
- Select and Premier Divisions
- 7 Games and End of Session Tournament
- 7v7, 5 Players and a Goalie
- Max Roster Size of 13

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- Sunday Nights
- Team Registration Only
- A & B Divisions
- 7 Games and End of Session Tournament
- 42 Minute Games
- 7v7, 6 Players and a Goalie
- Max Roster of 13

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4 - 6 Division

- ▼ Sunday Mornings
- ▼ 30 Minute Games
- ▼ 20 Minute Practice Before Each Game
- ▼ 7v7
- ▼ Parent Coaches
- ▼ Registration includes
  - Jersey
  - Belt with flags

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- ▼ Saturday Afternoons
- ▼ 20 Minute Practice Before Each Game
- ▼ 42 Minute Games
- ▼ Parent Coaches
- ▼ Registration Includes:
  - Jersey
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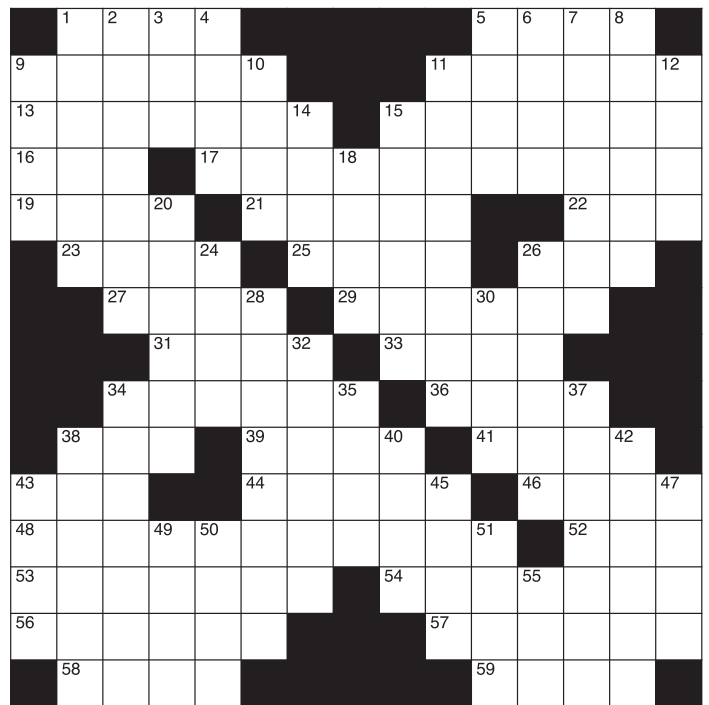
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**ACROSS**

1. "Loser" rocker
5. Partner to relaxation
9. Mixing
11. Winged nut
13. Expression of blame
15. Vast ocean
16. Comedienne Gasteyer
17. Multiply
19. Meat from a pig (French)
21. Related
22. Rocker Stewart
23. Surprise completely
25. Loon
26. Canister
27. Large, deep-bodied fish
29. Takes forcefully
31. Oil cartel
33. Palmer and Hepburn are two
34. More than one
36. Places down purposefully
38. Pitching statistic
39. Type of sword
41. Witnesses
43. Body part
44. Mixes slowly
46. Satisfy
48. Strong belief
52. One's physique (slang)
53. More frightening
54. Soup cracker
56. Teaches
57. One who carries something
58. Actor Sean
59. Changes

**DOWN**

1. \_\_\_ Aires, city
2. Coarse grass
3. Type of gene
4. Door handle
5. Competition
6. Muslim ruler title
7. Hunting expeditions
8. Large mollusk
9. Bind securely
10. Former U.S. presidential candidate
11. 2-point plays in football
12. Breezed through
14. Type setting
15. Felt for
18. Codified rules
20. Small dome
24. Chevrotain
26. Male reproductive gland
28. Controversial beliefs
30. Z Z Z
32. One who confines another
34. Bishop
35. Garlands
37. Bird that flies by the coast
38. Optical device
40. Greek goddess of discord
42. Some are "Rolling"
43. Formerly (archaic)
45. Thrust a knife into
47. German river
49. Atomic #26
50. Make a grotesque face
51. Primordial matter of the universe
55. Chinese philosophical principle

## “What’s Goin’ On”

Continued from page 4

### ST. ELIJAH Homemade strudels and nut rolls PRE ORDER

EMAIL: playitagain31@outlook.com or phone 219-942-9762. St. Elijah Serbian-American Hall, 8700 Taft Street, Merrillville

**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.

**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.

**Tri Town Tuesday, Wednesday, Thursday -** The Tri Town Adult Learning Center (an affiliate of the Center of Workforce Innovations) is having open registration Tuesday (9-12 or 2-5), Wednesday (3-7) or Thursday (12-3) for individuals wanting to attain their high school equivalency diploma. Learn about the free skill training available in welding, HVAC, CNA, CDL, EMT, Phlebotomy & EKG Tech, Certified Production Technician, Pharmacy Tech, Para Professional Certification, Retail Sales Certification, Medical Assistant Training and Hospitality Certification. Information: 219-322-6700, tritownalc@cwicorp.com; 1515 E Lincoln Hwy Schererville IN (inside the TriTown Community Center)

### CEDAR LAKE PARKS/ BOYS & GIRLS CLUB NERF BATTLES:

We are having 2 battles:

*Wednesday, January 22nd age group: adults*

*Friday, January 24th age group: 6-10*

The 2 battles will run from 6-8pm at the Cedar Lake Boys and Girls Club gym. The fee is \$10. Registration is open now on our Cedar Lake Parks Department RecDesk website.

### Programs with the Purdue Extension: Tuesday, February 4th

Rebecca Koetz, an educator from the Purdue Extension is speaking on Permaculture 101 from 5:30-6:30pm. Go to our RecDesk website to sign up.

**Easy Does it Fitness Class: Every Tuesday and Thursday** at 9am. Cedar Lake Parks Department hosting at the Monastery Clubhouse – 9800 West 129 th Avenue in Cedar Lake, Indiana. Contact the parks office to join the fun (219)-374-7000 x 7.

**Senior Gathering:** Monday, January 13th @12pm. Guest speaker is Janet Knox the new fitness instructor for Cedar Lake Parks.

**BINGO** starts @ 1pm. Cedar Lake Parks Department hosting at the Monastery Clubhouse – 9800 West 129 th Ave. in Cedar Lake, Free to attend but must RSVP before by calling (219) 374-7000 x 7

Continued on page 31

## Gardening Tips

by Jackie Kubiak #12



### Here are some tips for gardening in the Midwest in January:

#### Plan and order seeds

January through March are good months to plan, order seeds, and start plants indoors.

#### Start seeds indoors

January is a good time to start growing vegetable and flower seeds indoors. You can use a seed-starting kit and a grow light.

#### Plant root vegetables

Root vegetables like carrots, turnips, radishes, and parsnips can be planted in January and early spring.

#### Consider the moon phase

When the moon is waxing, it's a good time to plant seeds that yield fruit above ground. When the moon is waning, it's a good time to plant root crops.

#### Work back from the last frost date

To develop a timeline, work back six weeks from the last frost date in your area. In Indiana, this is typically mid-May or Rule of Thumb, Mother’s Day Weekend.

#### Use the right media

Don't use regular potting soil or garden soil to sow seeds. These can be too heavy for small seeds and garden soil may contain diseases.

*Please Shop Local, see ya next month! Happy New Year!*

## 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

## We Invite You to Worship at these Area Churches

### BAPTIST

#### Hillside Community Church

5201 W. 109th Ave. Crown Point, IN 46307  
219-663-0312; hillsidecp@sbcglobal.net  
Sunday: Adult Bible Studies @ 9am;  
Coffee & Fellowship @ 9:40am;  
Worship @ 10:15am; Livestream Available  
Nursery & Kids Church @ 10:15am  
Wed: Jr./Sr High Youth Group @ 6:30pm  
Thurs: AWANA (PreK - 5th) @ 6:30pm  
www.hillsidecrownpoint.org

#### Lake Hills Baptist Church

9209 W. 85th Ave., Schererville - 365-4747  
Sunday School all ages 9:45 am - 10:45  
Services 8:30am and 11:00am;  
Wednesday Night Activities 6-8pm  
website: www.lakehillsonline.org

### CATHOLIC & ROMAN CATHOLIC

#### Holy Name Catholic Church

11000 W. 133rd Ave., Cedar Lake, IN 46303. Fr. Patrick Gawrylewski O.F.M.  
Pastor 219-374-7160. Services:  
Saturday 5 pm, Sunday 7, 9 & 11 am.  
holyname4884@att.net  
www.holynamecl.org

#### Our Lady Queen of Apostles Mission

Roman Catholic Tridentine Latin Mass  
Contact Information for Mass times and locations: Fr. Joseph Appelhantz  
970-417-9051.  
joseph.appelhantz@gmail.com

#### St. Matthias Catholic Church

101 W. Burrell Dr. Crown Point, IN 46307  
Phone: 219-663-2201  
Pastor: Fr. James Wozniak. Confession:  
Wednesday 6:00 p.m. & Thurs. 8:30 a.m.  
Mass Times: Saturday 4:00 p.m.  
Sunday 8:00 a.m. 10:30 a.m. & 7:00 p.m.  
www.stmatthiasparish.net  
www.facebook.com/stmatthiasparish  
Many spiritual and educational activities available.

#### St. Michael the Archangel National Catholic Church

6629 W 133rd Avenue, Cedar Lake, IN 46303. Pastor: Fr John Kowalczyk  
Mass Times: Sunday 9:30 a.m.  
Tues, Wed, Thurs 9:00 a.m.  
219-374-7621. smapncc@sbcglobal.net  
www.stmichaelpncc.org  
We welcome you to come back

### CHRISTIAN

#### Faith Church

Faith Church is a Bible-believing, outreach-oriented, community of believers committed to changing the world one relationship at a time. We have locations in Cedar Lake, Dyer, Highland and Munster, Indiana, and Beecher, Illinois, as well as an online ministry at WeAreFaith.tv. We don't have a dress code or an expectation of you - we just want to know you and serve you! Visit WeAreFaith.org/locations for services times, including Faith Kids (infant-5th grade) and our special needs ministry. Call (219) 864-0300 for additional information.

### CHRISTIAN

#### Southlake Christian Church Of Crown Point

501 Pratt, Crown Point, IN 46307  
219-663-1010 - Pastor Perry McLemore.  
Sunday Adult Bible Study 8:45 a.m.  
Sunday Worship Service 10:00-11:00 a.m.  
Sunday Dive Deeper 11:30 am  
Wed. Midweek Fellowship 5:00 pm  
Wed. Midweek Bible Study 6:00 pm  
southlakechristianchurchcp.com

### LUTHERAN

#### Gloria Dei Lutheran Church

Evangelical Lutheran Church in America  
"Making a difference in your life with Jesus"

3711 Ridge Road Highland, IN 46322  
219-838-5313. Services: Saturday 5:00pm / Sunday 10:00am. The Rev. David Adams - Pastor. email: gdcl3711@sbcglobal.net  
website: <http://www.gloriadeihighland.com>  
[www.facebook.com/gloriadeihighland](http://www.facebook.com/gloriadeihighland)

#### Trinity Lutheran Church & School

Lutheran Church-Missouri Synod  
250 S. Indiana Avenue, Crown Point, IN 219-663-1578. Services: Sunday 8:00am Traditional and 10:30am Contemporary.  
Monday 6:30pm Traditional.  
Pastor: Hal Toenjes  
email: [info@trinitycp.org](mailto:info@trinitycp.org)  
website: [trinitycp.org](http://trinitycp.org)

#### Trinity Memorial Lutheran Church

Trinity Memorial Lutheran Church (Lutheran Church - Missouri Synod)  
Pastor Brian J. Nygaard  
7950 Marshall St. (Corner of US 30 & Marshall) Merrillville, IN 46410  
219.769-5376. Sunday Services: 9 a.m. traditional [tmlchurch.com](http://tmlchurch.com)

### METHODIST

#### Cedar Lake United Methodist

7124 W. 137th Place, Cedar Lake, 374-7312. Rev. Ken Puent, Pastor  
Sunday: Prayer Service 8:30 am Free Breakfast 9:00 am. Now open to the public, in person worship church 10:00 am or on line service, find us on facebook.  
email: [cedarlakeinnumc.org](mailto:cedarlakeinnumc.org)

#### First United Methodist Church

352 S. Main St., Crown Point, 219-663-1515. Sunday Services: Traditional 8:00 am & 11:00 am; Contemporary 9:30 am, Holy Communion on first Sunday of the month. Coffee & Fellowship 9 am & 10:45 am, Sunday School 9:30 am. Sunday morning nursery Provided.  
E-mail: [admin@fumccp.org](mailto:admin@fumccp.org)  
Web: <http://www.fumccp.org>

### NON-DENOMINATIONAL

#### Church of Christ

204 Prairie St., Lowell, IN 46356;  
219-696-2436. Preacher: Henry Gilliana  
Sunday Worship 10:15 am & 6 pm.  
Sunday Bible Study 9:30 am

#### Momentum Church

2200 N. Main St., Crown Point, IN 46307  
(219) 779-9104. We are a non-denominational church focused on helping people from all backgrounds "move forward" in faith. We all get stuck in life and need some help to navigate through difficult and challenging times. cont...

### NON-DENOMINATIONAL

We are a Bible-centered church with a strong emphasis on building encouraging and supportive relationships! If you are trying out church for the first time or coming back to church, we think you'll find a safe place to get a fresh start. We gather for worship on Sundays at 10:00am. Tues. 6:30pm Nursery and children's ministry are offered at both times. We also offer a wide variety of group meetings and other activities at various times throughout the month. Visit our website at [momentumindiana.org](http://momentumindiana.org)

### ORTHODOX CHRISTIAN

#### Descent of the Holy Spirit Orthodox Church

(A parish of the Ecumenical Patriarchate of Constantinople) 545 East 77th Avenue Schererville (between Austin Ave. & Cline Ave. (next to Chapel Lawn Cemetery) Rev. Fr. Lev Holowaty-Pastor; Rectory: 219-864-4342 Church: 219-864-1529. Sunday Divine Liturgy 9:30 am & Holy days as scheduled. Services in English. "Come and See" the True Faith!"

### PRESBYTERIAN

#### Immanuel Presbyterian Church

140 W. US 30, Schererville, IN  
Sunday: Adult Bible study 9 a.m.;  
Worship 10 a.m. with nursery and Children's Sunday School provided.  
Communion on the first Sunday of every month. For more information call the church office at (219) 865-2686

#### Range Line Community Presbyterian Church

18095 Clay Street, Hebron IN (Route 2, 1 mile east of I-65)  
Sunday Worship Service at 10am  
Everyone is welcome. Come meet our new Minister! Communion on the first Sunday of every month. Sunday School for children ages 6 - 12 during Church on non Communion Sundays. For more info contact Church office: 219-996-8746.

### REFORMED

#### Crown Point Christian Reformed Church

909 E. Greenwood Ave., Crown Point, IN (at the corner of Greenwood & Indiana)  
Office: 219/663-3643;  
Email: [office@cperc.org](mailto:office@cperc.org)  
Sunday Services 9 am & 10:30 am every week. 5pm Gathering on 3rd Sunday of each month. Childcare available at all services!  
RADIATE...RAISE...REACH...  
We really look forward to seeing you!

#### Hope Community Church of Lowell

The Alliance of Reformed Churches. Our church values offering meaningful times of worship, outreach and fellowship. We are adding ways for you to connect, learn, serve and grow at Hope Community Church of Lowell. Be a part of our vibrant church community. Come as you are and join us Sunday's at 9:00am & 10:30am 10505 West 181st Ave., Lowell, IN 46356 \*Nursery Available infant - 3 years old \*Children's Worship age 4 years - 5th grade. Facebook & Instagram @hopechurchlowell.com [www.hopechurchlowell.com](http://www.hopechurchlowell.com) 219-690-8889.

### REFORMED

#### Community United Reformed Church

8405 Alexander St. Schererville, IN  
[www.communityurc.org](http://www.communityurc.org)  
219.365.9260. We welcome you to worship with us! Our worship centers on the simple elements that the Bible itself provides: singing psalms and hymns, confessing our sins, hearing words of forgiveness and grace, praying together, listening to Christ-centered preaching, giving offerings of gratitude, and celebrating the sacraments. God nurtures our growth in the grace and knowledge of Jesus Christ by joining us together to serve and edify one another in loving fellowship. Our life together is centered around our common identity in Christ and around His Word. We offer ministries and activities for men, women, and children of all ages.  
Sunday Worship: 9:30 am and 5:00 pm  
Nursery is available.

#### Oak Glen United Reformed Church of Lansing, Illinois

2244 Indiana Avenue Lansing, IL  
Come join us for Worship!  
We are a confessional church which affirms the historic truths of the Protestant Reformation: namely, that we are saved from our sins by grace alone through faith alone in Jesus Christ alone which then changes us inwardly so that the aim of our life is to bring glory to God alone. Worship times: 9:30 AM and 5:00 PM  
Nursery is provided. Facebook: Oak Glen United Reformed Church  
Or on the web: [www.oakglenurc.org](http://www.oakglenurc.org)

#### Redeemer United Reformed Church

10681 Park Place, St. John, IN 46373.  
Pastor Steve Swets,  
(219) 384-8061 • [redeemerurc.com](http://redeemerurc.com)  
Sunday Worship: 9:00 a.m. and 5:00 p.m.  
We invite you to join us for worship. We are located in the Gates of St. John. Redeemer is a church that seeks to be Christ centered, grace filled, and people loving. We have ministries for every age of child or adult. Nursery is provided. Come and join us!

### UNITARIAN

#### First Unitarian Church

A noncreedal, liberal religious experience  
5th and Main St., Hobart, IN 219-942-1611  
We welcome our new Pastor,  
Tom Bozeman! Sunday service 11:00 a.m.  
To view livestream go to  
<http://www.facebook.com/FirstUnitarianHobart/>  
Contact office for information on participating on Zoom during service.  
Website [www.firstunitarian-hobart.org](http://www.firstunitarian-hobart.org)  
We welcome those of all religious backgrounds, races, ethnicities, sexual orientation and economic situations.  
Follow First Unitarian on Facebook and Instagram!

### UNITED CHURCH OF CHRIST

#### Zion United Church of Christ

14804 W. 113th Ave., Dyer, IN 46311.  
365-5288. Hanover Township S. of 231, W. of Calumet. Sunday Worship Service after Labor Day 10:30am. We welcome non members for weddings, funerals and baptisms. [www.dyerzionucc.org](http://www.dyerzionucc.org)

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## For Sale:

Weightlifting bench w/leg extension, lat, curl, dips. \$125, Schwinn 26" bike \$40, 219-226-1445.

Adams XTD3 Irons 3 thru wedges, Spalding Sandwedge, Ram Lobwedge, Warrior putter, 3/5/7 woods, Taylor Driver. Covers for woods/irons, ball retriever, bag w/stand/hood cover. New golf balls. \$190 for all. Call 219/308-9042.

New Air Fryer \$55. Christmas Tree prelit, \$150. Captain Bed Complete, full size. \$350. Call 219/663-8544.

NEW PRO air fryer with all attachments and books. Only \$65. Call 219/663-8544.

6 drawer dresser w/mirror & matching twin bed with 1 drawer at foot \$350.00. 2 bikes- Glacier Point 12 speed \$70 and Mongoo ten speed \$100. call or text 219/798-8718.

## Help Wanted:

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

**Help Wanted**  
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.

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.

Meat Counter and Deli, Part-Time and Full Time positions available. Apply in Person. Welch's Stop and Shop. St. John, IN

Detailer, apply in person at Liss Body Shop. Crown Point.

Experienced Part Time Small Engine Repair Mechanic. Join our team, apply in person. Gruel Bros. Inc. (GBI) Crown Point.

## 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.

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

## Services Offered:

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.

Wonder Walls Call for a free quote: Chad Wonder 219/677-9845  
Drywall repair/finishing  
Paint interior/exterior  
Basement/bathroom remodel

**Buying Junk/Running Cars & Trucks Call anytime 7 days a week 219/613-0838 TJ's Towing.**

**Will clean your home or office. References available. Please call Emily at 219/707-2038 or 219/462-6501.**

**Carpet, Ceramic Tile and Laminate Installation. Carpet re-stretching, FREE Estimates. Bonded & Insured. 35 years experience. Call 219/796-7830.**

**Garlic Parmesan Baked Shrimp:** Grab some shrimp - fresh or frozen, doesn't matter as long as they're peeled and deveined. Whip up the recipe in a snap, pop it in the oven for 15, and you've got a healthy dinner that people will devour!

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley

- 1 teaspoon lemon zest
- Salt and pepper to taste
- For Garnish (Optional):**
- Lemon wedges
- Additional chopped parsley

**Preheat the Oven:** Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper for easy cleanup.

### Prepare the Shrimp:

In a large mixing bowl, combine the peeled and deveined shrimp with olive oil, minced garlic, Parmesan cheese, chopped parsley, lemon zest, salt, and pepper. Toss until the shrimp are evenly coated.

### Arrange on the Baking Sheet:

Spread the seasoned shrimp in a single layer on the prepared baking sheet, ensuring they are not crowded. This allows for even cooking and a delightful texture.

### Bake to Perfection:

Place the baking sheet in the preheated oven and bake for approximately 12-15 minutes or until the shrimp turn opaque and are cooked through.

**Garnish and Serve:** Once baked to perfection, remove the shrimp from the oven. Garnish with additional chopped parsley and lemon wedges for a fresh burst of flavor.



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## “What’s Goin’ On”

Continued from page 28

**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.

**Every Thursday** - **ST. ELIJAH BAKED GOODS** Homemade nut rolls Apple, cherry, cheese strudels, St. Elijah Serbian-American Hall, 8700 Taft Street, Merrillville. ORDER EMAIL: playitagain31@outlook.com or phone 219-942-9762.

**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

## “The Aisle Seat”

by Tim Fealy

In the new Netflix film directed by Tyler Perry, “**Six Triple Eight**”, Lena is grieving over the loss of her romantic interest, Abram, who goes off to fight in World War II. He had promised to write but she never receives his letters. Lena joins the war effort herself and enlists in the only all black, all female battalion in the Army. She is under the command of Major Charity Adams who makes these everyday

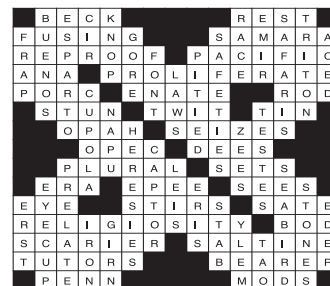


women into soldiers. Adams is extra tough as she knows the prejudice her soldiers will face. When their orders finally come, they are given the nearly impossible task of sorting the mail. There are hangars full of letters that have never made it to loved ones. Imagine the anguish on both sides, never hearing from a loved one? There are many in the Army who believe they will fail and thus confirm the Army is no place for black women. But history will prove otherwise in this true story that you never knew happened. The story is well told and inspiring and, **on my scale as to what I would pay to see this film, the “Six Triple Eight” receives \$8.**

Sticking with the theme of inspiring movies, our next film introduces us to an aspiring writer who, early in his career, rents a local theater for one night for a play he had written. There was a snowstorm, and no one showed up. This was just one of many setbacks he would endure and eventually he would end up homeless on the streets of Atlanta. But, the time would come when he would have five number 1 movies in four years and own his own production studio. His name is Tyler Perry and the documentary that tells his story is “Maxine’s Baby”, available on Amazon Prime. This film will leave you feeling incredibly inspired. Like our own lives, not everything in his life is perfect. His story teaches us that while we cannot always control what happens in our lives, we can do our best to make the most of it, both for ourselves and those around us.

**On my scale as to what I would pay to see this film, “Maxine’s Baby” gets \$10**

Answers to this months Crossword



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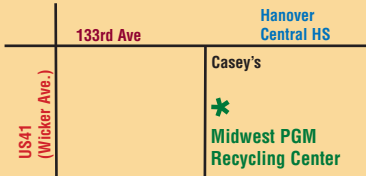
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10501 W. 133rd Ave.  
Cedar Lake, IN (Behind Casey's)

**(219) 374-8700**

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Coupon

**5¢ lb. Extra**  
On Copper & Brass  
Must present coupon.





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# FIGHT THE FREEZE

**Schedule Your Furnace Tune-Up Now!**

READY FOR WINTER?

**\$69 HEATING TUNE-UP**



WE SERVICE & REPAIR ALL MAKES & MODELS • FINANCING OPTIONS AVAILABLE  
24/7/365 EMERGENCY SERVICE • AN EMPLOYEE-OWNED COMPANY



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19-POINT TUNE-UP SPECIAL!

**\$69**  
**HEATING TUNE-UP**

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Restrictions may apply. May not be combined with other offer. Must present coupon at time of service. Expires January 31, 2025 • FF

NO PAYMENTS FOR 6 MONTHS  
with Approved Credit

**\$69**  
**PER MONTH**

ON A HIGH EFFICIENCY FURNACE

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Offer subject to credit approval. Must present coupon at time of service. Expires January 31, 2025 • FF

**\$50 OFF**  
**WHOLE HOUSE HUMIDIFIER**

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Includes flush. Restrictions may apply. May not be combined with other offer. Must present coupon at time of service. Expires January 31, 2025 • FF

**\$99**  
**DRAIN CLEANING**

Includes Camera Inspection

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Restrictions may apply. Drain must have outside clean-out. Must present coupon at time of service. Expires January 31, 2025 • FF

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**Don't Risk a Winter Breakdown.  
Save on a Furnace Tune-Up!**

**FREE**

**SERVICE CALL**

With Paid Repair

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## ASK ABOUT OUR SAFETY & COMFORT AGREEMENT

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AVAILABLE SERVICES

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### SAFETY & COMFORT AGREEMENT

- Save \$40 OFF Diagnostic Charge
- Receive 20% OFF Any Repair
- Regular Tune-Ups

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## Save Energy & Money this Winter from **SUMMERS™**

### WHY HAVE A TUNE-UP?

There are a few important things you can do to ensure that your heating and cooling systems run efficiently to keep utility bills down and your comfort up:

- **Change your air filters at least twice a year so your family is breathing cleaner air and your HVAC system is not being overworked.**
- **Install a programmable thermostat.**
- **Have yearly system tune-ups.**

**CALL THE EXPERTS AT SUMMERS TODAY!**

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19-POINT TUNE-UP SPECIAL!

# \$69

## HEATING TUNE-UP

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