

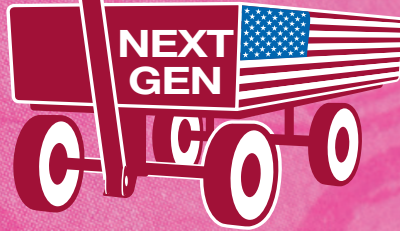
Direct Mail  
Delivered  
Monthly to:  
South Lake  
County and all  
of the



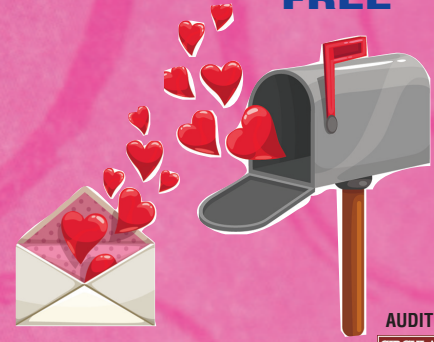
Stores in Lake and  
Porter County

25  
YEARS!

# Family FLYER



Proud to be  
**FREE**



AUDIT BY  
CIRCULATION  
VERIFICATION  
COUNCIL

A welcome guest in 57,000 homes!

February 2025

219/689-6262



"A Local Family Owned and  
Operated Business Since 1980"

## LOVE THESE SAVINGS! SAY HELLO TO A FRESH CLEAN HOME

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

AND CELEBRATE  
HEALTHIER IN THE  
NEW YEAR!

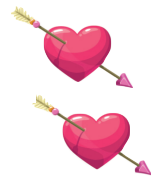
### GET YOUR AIR DUCTS CLEANED

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 OR 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.



## Spring is Near!

It's hard to believe 25 years have passed since the very first Family Flyer was direct mailed in your mailbox. Thank You for making The Family Flyer Number "1" in your market area.

Be sure to keep your Family Flyer all month long and our New Year Review section handy all year in case you need services from our many businessse in this months Family Flyer, we also bring you Nascar Noise Contest, What's Goin On, Play the Game and more. We will be back in your mailbox on March 6th.

*Happy Valentines Day,  
The Family Flyer Staff*



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

"Love is not what the mind thinks, but what the heart feels." - Greg Evans

\*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.

**Over 30 Years!**  
Mon-Sat 8 am to 5 pm

**WICKER 41**  
**AUTO**  
**REPAIR**

**(219) 613-2374**

**On US 41 - 13630 Wicker Ave.,  
Cedar Lake, IN**

# GRANITE INNOVATIONS

18178 Clay St., Hebron, IN

219-690-1081

GraniteInnovationsin.com

email: graniteinnov@netnitco.net

*We are countertop specialists serving  
Hebron and surrounding areas since 2006.*

Hours: M-F 7am to 4pm, Sat 8am to 12pm  
other hours by appointment

### Services Available

- Outdoor Grilling Area Tops
- Kitchen Countertops
- Bathroom Vanity Tops
- Fireplace Hearths and Surrounds
- Showroom

**February  
is Kitchen and  
Bath Month...  
Call Today!**

**Granite • Quartz**



**Maria Runyon**  
Independent Associate  
219-227-9313



*Easy/affordable access  
to the Legal System*

*Multi award winning  
identity theft & personal  
cyber security plan*

- Legal Plans for Individuals & Families (includes COMPLIMENTARY Estate Planning)
- Self Employed & Small Business Plans
- Gun Owner Plan
- Ride Share & Delivery
- Commercial Drivers Plan (CDL)

**IDShield**

- Mobile App
- Continuous Credit Monitoring
- Advice / Support & Full Restoration by Licensed Investigators
- Trend Micro Multi Device Protection
- Password Manager
- Unlimited Service Guarantee
- Much, Much More!

*"Always Connected, Always Protected with our Mobile Apps"*  
info/Enrollment: [www.SeekHelp.info](http://www.SeekHelp.info)

Call this Accountant for professional service at 1/2 the cost of tax stores!

**\$15 OFF**  
(new clients)



Authorized IRS e-file Provider

**Tax Solutions**

Sue Stone

12626 Grant Crown Point, IN

Call for Appointment

**219-661-1473**

**Coupon**

*Home Decor, Gifts,  
Garden Decor,  
Seasonal Decor*



611 N Indiana Ave., Crown Point

**(219) 333-2200**

[practicallymagicgardenandevents.com](http://practicallymagicgardenandevents.com)

Hours: Tues - Fri 10 to 5, Sat 10 to 4

Closed Sunday & Monday



**\$5.00 Off**

**Any purchase of \$20 or more**

Must present coupon, not good on previous purchases. Expires March 8, 2025.

# Why Eenigenburg Water?

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



**AQUA SYSTEMS™**



9759 Wicker Ave., St. John, (Rt. 41)

**219-365-4500**

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



*Love Your Water!*

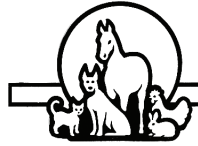




# Crown Feed & Supply, Inc.

(219) 663-0139

CrownFeedsupply.com



Mon - Fri. 8 to 5, Sat. 8 to 4:00 Located on Rt. 231; just East of the old Court House, 1000 E. Joliet St., Crown Point

## February 17\* Presidents' Day



COUPON

40 lb.  
Special Blend Bird Mix  
**\$18<sup>99</sup>**



With Coupon No Limit  
Expires 3-8-25  
Crown Feed & Supply, Inc

COUPON

Case of Suet  
**\$16<sup>99</sup>**



Mix or match 12 different flavors  
With Coupon. No Limit  
Expires 3-8-25  
Crown Feed & Supply, Inc

COUPON

25 lb.  
Peanuts in the Shell  
**\$39<sup>99</sup>**



With Coupon Only. No Limit  
Expires 3-8-25  
Crown Feed & Supply, Inc

COUPON

50 lb.  
Sunflower Kernels  
**\$59<sup>99</sup>**



No Waste!  
With Coupon Only. No Limit  
Expires 3-8-25  
Crown Feed & Supply, Inc

COUPON

Straw Bales

**\$7.95 ea.**



With Coupon Only. Expires 3-8-25  
Crown Feed & Supply, Inc



**VALPARAISO**  
(219) 462-8811

361 Morthland Drive (US 30)

**10% off**

With this ad. No other discounts apply.  
(Excludes tires and batteries.)

### Mufflers Guaranteed

For As Long As You Own Your Car

- Converters • Coils
- Custom Bending • Shocks
- Springs • Brakes
- Tune-ups • Batteries
- Cooling Systems
- Starters • Alternators
- Light Mechanical
- Wheel Alignments
- Front Wheel Drive Service
- Four Wheel Drive Service
- Free Estimates
- Free Diagnostics
- Fleet Accounts Welcome
- All types Performance Exhaust

Family Owned and Operated for 30 Years

## “What’s Goin’ On”

**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.

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

**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.

**February 12th - Purdue Extension-Lake County** is excited to invite young people in grades 3-12 to join us on February 12 to learn how they can be part of the 4-H Urban Agriculture program!

This fun and interactive event will feature:

- Delicious pizza • Hands-on activities (like composting and making dirt pudding!)
- Information on upcoming urban farm tours and more! No prior agriculture or 4-H experience is needed—all are welcome!
- Register today at <https://urbanag2-12-2025.4honline.com> or call the Extension Office at 219-755-3240.

A huge thank you to Faith Farms/Faith CDC, Hidden Acres Family Farm, and Gary Community Partnership for hosting our site visits!

**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](http://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

**ST. ELIJAH Homemade strudels and nut rolls PRE ORDER** EMAIL: [playitagain31@outlook.com](mailto:playitagain31@outlook.com) or phone 219-942-9762. St. Elijah Serbian-American Hall, 8700 Taft Street, Merrillville

Continued on page 10

**Northwest Indiana's #1 Source for Quality Firewood... FOR LESS!**

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



**Firewood Direct, LLC**

219-712-4582 - Firewood-Direct.com

**OAK ~ HICKORY ~ CHERRY**

Outdoor boiler wood, chunks, ends and pieces and shorts in bulk for a lower price! We are a full service firewood supplier offering seasoned firewood with firewood delivery services.

**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

**LOW PRICES**

- 18 Faces-\$16
- 24 Faces-\$19
- 30 Faces-\$22
- 36 Faces-\$25
- 42 Faces-\$28
- 48 Faces-\$31
- 54 Faces-\$34

COVERALL INCLUDED in package

Monthly 2nd Chance draw!  
Winner must be present to win.  
3 Winners

Hot Balls! Seal Cards!  
Pull Tabs!

Doors open 4pm. EB's 5:30pm  
Regular 6:30pm

13140 Lake Shore Dr. • Cedar Lake  
For more information call  
**(219) 374-9873**  
Bingo Lic# 001087 • Raffle# 135078

- 
- Intermission
  - Regular-\$100
  - Hardline-\$125
  - Regular-\$100
  - Crazy L-Split Pot
  - Regular-\$100
  - Six Pack-\$125
  - Eight Pack-\$100
  - Cross-\$100
  - Coverall-\$1,000
  - Payout based on 100 people

**LANGEL'S PIZZA**

We have pizza, sandwiches, appetizers, salads and more!  
Check Out our Website at:  
[www.Langelspizza.com](http://www.Langelspizza.com)



**Happy Valentine's Day**

Langel's Pizza on 30.  
Scherverville,  
RT 30, 342 E. Highway 30  
**219-865-0333.**

In the Deer Run Plaza - Carry-out - Delivery,  
Serving Dinner at Buddy N Pals

Rodney's Sports Bar /Langel's Pizza  
Highland 2833 Highway Ave.  
**219-923-4900**

Located in Downtown Highland  
Great new menu! Carry-out - Delivery



**"CARRY OUT ONLY"**

**\$2<sup>00</sup> off**  
**Any Size Pizza**

Physical coupon required at checkout!  
Additional toppings available at menu price.  
Not Valid with any other offer,  
Expires 3-8-25



**"CARRY OUT ONLY"**

**\$3<sup>00</sup> off**  
**A 16" FAMILY PIZZA**  
**OR ANY 18" GIANT PIZZA**

Physical coupon required at checkout!  
Additional toppings available at menu price.  
Not Valid with any other offer,  
Expires 3-8-25



**"CARRY OUT ONLY"**

**\$5<sup>00</sup> off**  
**ANY ORDER OF**  
**\$50 OR MORE**  
**BEFORE TAXES ARE ADDED.**

Physical coupon required at checkout!  
Additional toppings available at menu price.  
Not Valid with any other offer,  
Expires 3-8-25





We have just begun our relationship with the Family Flyer. However, it feels like we have worked with them for years. They are generous and helpful. The design and consideration for our business is well thought out. They are timely and create a relationship based on face-to-face interaction.

The Family Flyer has brought new customers into our business and we look forward to meeting more as we continue to utilize this wonderful community communication system.

Thank you Family Flyer!

To start your advertising campaign with The Family Flyer please call 219/689-6262 or 219/916-4728



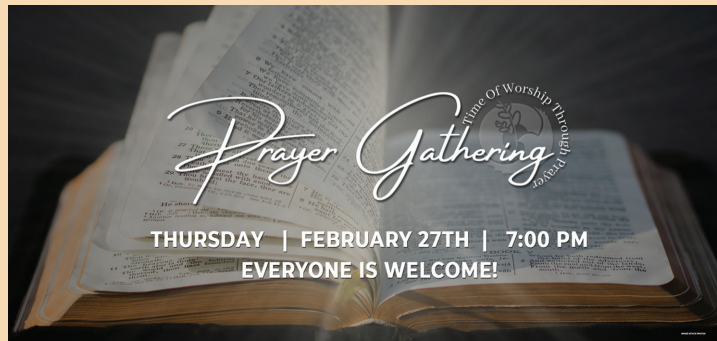
Practically Magic Garden & Events
611 N Indiana Ave.,
Crown Point, IN
practicallymagicgardenandevents.com
(219) 333-2200

Follow us on Facebook & Instagram



EVERYONE IS WELCOME!
HopeChurchLowell.com
@HopeChurchLowell

Pastor Ryan Smith:
Ministry of The Alliance of
Reformed Churches



We have Two Services
9:00 am & 10:30 am
every Sunday

KIDS Church
10:30am service only.
Nursery available
for both services



COMMUNITY CHURCH
219.690.8889
10505 W. 181st Ave., (Rt. 2) Lowell

Worship gatherings
In-Person or Online. Kids Church ages 4 years
through 5th grade.
Nursery Available 0-3 year old.

Youth Group advertisement with 'EDGE' logo and schedule: 1st & 3rd Sunday | 10:30am, 6th-12th grade.

Mother's For Hope advertisement with circular logo and schedule: First Tuesday @ 10 am, Last Tuesday @ 6 pm.

### Custom Designed Granite Monuments

- Markers & Mausoleums
- Silk Wreaths
- Pet Markers
- Saddles
- Remembrance Lights

## KOVENZ MEMORIAL

2404 Roosevelt Rd., Valparaiso, IN

219-531-2717 [KovenzMemorial.com](http://KovenzMemorial.com)



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

*Lake County 4-H*

**New 4-H Project!**  
**URBAN AGRICULTURE**  
**CALL OUT MEETING**  
**& PIZZA PARTY**

Grades 3-12 are welcome!

Composting  
Hands-On Activities  
Dirt Pudding  
Info on upcoming Farm Tours

**FEBRUARY 12TH**  
**5:30PM-7:00PM**  
**PURDUE EXTENSION-LAKE COUNTY**  
**2291 N. MAIN STREET CROWN POINT**

REGISTER AT [HTTPS://URBANAG2-12-2025.4HONLINE.COM](https://urbanag2-12-2025.4honline.com)  
OR CALL (219) 755-3240

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

## Beautify & Protect Your Home!



18178 Clay St. Hebron, IN  
**(219) 690-1647**

Showroom 1 Mile East of the Intersection of I-65 and SR 2  
Hours: M-F 7am to 4pm,  
Sat 8am to 12pm other hours by appointment  
**Licensed • Bonded • Insured**

### Call QG Seamless Gutters & Seamless Siding

#### Services

- Seamless Siding
- Seamless Gutters
- Windows • Doors



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

**HAPPY VALENTINES DAY**



**WELCH'S STOP & SHOP**  
Meats, Groceries & Produce.

Freshest Meat, Friendliest People At Your Service!  
11333 W. 95th St., St. John  
**219-365-8190**

- RIBS • BRATS • STEAKS
- SAUSAGE • CHICKEN

We make **Homemade Sausage!**  
www.welchsmeats.com

# Play The Game Win The Game

Family Owned & Operated for over 68 Years!

Fred C. **Doppler** & SONS, INC.

**Interior and Exterior Remodeling**  
Roofing, Windows  
Room Additions, Decks  
Commercial Work & More!

Call us today for your **Free Estimate**

305 N. Colfax, Griffith IN  
219-**662-2270**

**AFFORDABLE \$10 Off**  
Any Service Call  
With this coupon.  
Expires March 15, 2025.



**GARAGE DOOR INC.**



Improve Your Home's Curb Appeal  
Come Visit our Showroom

**AFFORDABLE GARAGE DOOR INC.**  
1250 W. 180th Lane, Lowell  
(219) **696-4279**  
www.affordabledoorinc.com  
info@affordabledoorinc.com

**It's Time to Come Clean!**  
Pre-Spraying & Spotting • Deodorizing  
Pet Odor Control Included



10 Years Experience!  
No Travel Charges!  
Senior Discounts!

<b>CARPET CLEANING SPECIAL</b> <b>\$30<sup>00</sup></b> PER ROOM 2 ROOM MINIMUM (up to 150 sq. ft. per area) JOHNSON CLEANING SERVICE 219-696-7778 • 219-793-6446	<b>UPHOLSTERY CLEANING SPECIAL</b> <b>CHAIR \$40<sup>00</sup></b> <b>SECTIONAL \$140<sup>00</sup></b> <b>LOVESEATS \$50<sup>00</sup></b> <b>SOFA \$60<sup>00</sup></b> Oversize Furniture, Extra Cushions & Velours Additional Charges. JOHNSON CLEANING SERVICE • 219-696-7778 • 219-793-6446
---	--

**JCS Johnson Cleaning Service** **CARPET & UPHOLSTERY**  
219-696-7778 or 219-793-6445  
Affordable Quality Service

## HIGH SCHOOL BOYS BASKETBALL

**ANDREAN 59er's HIGH SCHOOL BOYS BASKETBALL**  
2/14 .@Hobart .....7:00pm  
2/21 .vs Munster .....7:00pm  
2/25 .@Hammond Central .7:00pm  
**CROWN POINT BULLDOGS HIGH SCHOOL BOYS BASKETBALL**  
2/6.....@Portage .....7:00pm  
**HANOVER CENTRAL WILDCATS HIGH SCHOOL BOYS BASKETBALL**  
2/6.....@Highland .....7:00pm  
2/11.....@Gary West Side ...7:00pm  
2/14.....vs Lowell .....7:00pm  
2/18.....@Kouts .....7:00pm  
2/21.....vs Kankakee Valley ...7:00pm  
2/25.....vs Munster .....7:00pm

**LAKE CENTRAL INDIANS HIGH SCHOOL BOYS BASKETBALL**  
2/11.....vs East Chicago .....7:00pm  
2/14.....@Michigan City .....7:00pm  
2/18.....@Hammond .....7:00pm  
**LOWELL RED DEVILS HIGH SCHOOL BOYS BASKETBALL**  
2/11.....vs Whiting .....7:00pm  
2/14.....@Hanover Central ...7:00pm  
2/22.....@Kouts .....7:00pm  
**MERRILLVILLE PIRATES HIGH SCHOOL BOYS BASKETBALL**  
2/14...vs Laporte .....7:00pm  
2/15...vs Culver Academies 4:00pm  
2/21...vs Michigan City ....7:00pm  
2/22...vs Hobart .....7:00pm  
2/28...vs Penn .....7:00pm

**We Guarantee To Find Your Solution!**  
We have a Water System for Your Water Needs!

SALES / RENTAL / SERVICE

**Eenigenburg Quality Water**

9759 Wicker Ave.,  
St. John,  
**219-365-4500**  
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"Better Water, Better Service"



**EXPRESS DRIVE-THRU FOR SALT & BOTTLED WATER**

**WALLS BOWED? SEVERE CRACKING?**

**Basement Wall Problems?**

Install the **SUPERIOR™** Wall Bracing System




Manufactured by:  
**ENGINEERED PRODUCTS CORPORATION**  
**219-662-2080**  
www.superiorwallbrace.com

**FREE ESTIMATES** **FULLY INSURED**





**the HEN**  
Convenience Mart

Under New Management  
**Your ONE STOP**  
For everything on your list!

524 N Main St. Crown Point  
(219) 213-2050

**Snacks and Beverages**

**COUPON**  
**Buy 2 Soft Drinks**  
Get the 2<sup>nd</sup> 1/2 Off  
One coupon per person. Expires March 8, 2025.

**Play The Game**  
**Win The Game**

**Win one of two \$50 checks!**



**Now Open in St. John**

**10% OFF All Services**  
Please present coupon at time of service. Expires March 8, 2025.

**Top Nails**  
10033 Wicker Ave. St. John  
Call Today (219) 558-0009

or book appointments online! Scan Here.

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



**Family Flyer Play The Game Entry Form**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Advertiser with license plate \_\_\_\_\_

Entry must be postmarked by February 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 8 or 9. 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.

**trusted propane gas**

- > competitive gas prices
- > safety-trained local team
- > keep-full programs
- > budget/prepay options
- > 50' tubing/2 regulators free
- > no hassle, no hidden costs
- > we make switching easy



**solutions**



Call the experienced team at (219) 866-2801 or (800) 828-7516

> Free gallons with qualified referrals!

**COUPON**

**Enhance Your Health With Baum's Natural Foods!**



**Baums has the heart health products you need!**  
*Do it for yourself, do it for your family!*

- Vitamins from A-Z
- Juice & Smoothie Bar
- Ion Cleanse Detox Foot Bath
- Bulk Organic Herbs & Spices

**baums natural foods**

Merrillville, Ross Plaza  
411 W 81st Ave.  
**219-769-3140**  
www.baumsnaturalfoods.com

**20% Off Any ONE Supplement or Body Care Item**

Regular prices apply. Cannot be combined with any other discount offers. Limit one coupon per customer per day. **Merrillville location only!** Expires 3-8-25.



**Residential  
and Commercial  
Remodeling**



**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”**

Continued from page 4

**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)

**CONSIDER VOLUNTEERING! The Humane Society of Northwest Indiana** is always in need of good people who love animals to volunteer their time helping around the shelter, walking dogs, assisting at our fundraising events, etc. If you are interested, please call (219) 938-3339 and leave your contact info with Sandy or the voice mail. All volunteers must be at least 18 years old.

**Habitat for Humanity ReStore.** We need your donations! Habitat for Humanity ReStores are nonprofit home improvement stores and donation centers that sell new and gently used furniture, appliances, home decor, cabinets and more to the public at a fraction of the retail price. Call the donation hotline today (219) 972-3000.

**Mondays and Wednesdays - The Crown Point Adult Learning Center** (an affiliate of the Center of Workforce Innovations) is having open registration Mondays and Wednesdays 9:30-12:30, 1-4, for individuals wanting to attain their high school equivalency and to learn to speak, read, and write English. Learn about the skill training available in welding, certified nursing assistant, CDL, entry level manufacturing, emergency management technician, pharmacy technician, and hospital-ity. Information: 219-314-9904; 122 N. Main St., (inside the Crown Point Library) Crown Point.

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

**Monday through Thursday. FREE GED** prep classes at the Tri-Town Adult Learning Center in Schererville. Open registration is Mondays and Wednesdays 3-7pm and Tuesdays and Thursdays 10am to 3pm. We also offer to our GED students, career/job counseling and some free job/skills training programs through Work One. Information: 219-322-6700--1515 Lincoln Hwy (St. John Township Community Center) Schererville  
**2nd & 4th Saturdays - Bingo! The Lowell American Legion**, at 108 E Commercial Avenue holds Bingo on the 2nd and 4th Saturday of each month. Doors open at 5, first early bird game begins at 6, with regular Bingo following. There are 3 other special games spaced within the 12 regular games. The Auxiliary prepares food and drinks for a minimal price.

**MONTHLY:**

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

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

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

**Every Tuesday and Thursday - Easy Does it Fitness Class-** 9am. \$5 per class. Cedar Lake Parks Department hosting at the Monastery Clubhouse – 9800 West 129 th Avenue in Cedar Lake, Indiana.

Continued on page 25

where sport never stops

www.spartadome.com

**SPARTA DOME** AT CROWN POINT SPORTSPLEX

Space is limited so REGISTER ONLINE NOW  
Fun, exciting indoor winter leagues "without boards".  
Play the game the way it was meant to be played on larger fields, no rain delays, or cancellations!

219-224-3663

**Soccer Leagues**

<p><b>U6 - U12 Individual</b> Saturday Mornings Free T-shirt Practices Friday 5:00 p.m. - 6:00 p.m. U6: 3v3, No Goalie 7 Games and End of Season Tournament</p>	<p><b>U8 - U14 Team Registration</b> Saturday Mornings Select and Premier Divisions 7 Games and End of Session Tournament 7v7, 5 Players and a Goalie Max Roster Size of 13</p>	<p><b>High School, Men's, &amp; Women's</b> Sunday Nights Team Registration Only A &amp; B Divisions 7 Games and End of Session Tournament 42 Minute Games 7v7, 6 Players and a Goalie Max Roster of 13</p>
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**FLAG FOOTBALL**

<p><b>4 - 6 Division</b></p> <ul style="list-style-type: none"> <li>Sunday Mornings</li> <li>30 Minute Games</li> <li>20 Minute Practice Before Each Game</li> <li>7v7</li> <li>Parent Coaches</li> <li>Registration includes                     <ul style="list-style-type: none"> <li>Jersey</li> <li>Belt with flags</li> </ul> </li> </ul>	<p><b>7-9, 10-11, 12-14, &amp; 15-17 Divisions</b></p> <ul style="list-style-type: none"> <li>Saturday Afternoons</li> <li>20 Minute Practice Before Each Game</li> <li>42 Minute Games</li> <li>Parent Coaches</li> <li>Registration Includes:                     <ul style="list-style-type: none"> <li>Jersey</li> <li>Belt with flags</li> </ul> </li> </ul>
---	---

Ask about our Birthday Parties

1355 E. North Street  
Crown Point, IN 46307  
www.spartadome.com

**SPARTA DOME**  
219.224.3663



The Original

# Old Mill Pizza

## Crown Point

1198 E. Summit St., Crown Point



### Is now Delivering:

Pizza - Italian Beef - Meatball Sandwich  
Stuffed Banna Pepper - Spinach Artichoke Dip  
Perch Sandwich - Ruben - Cheeseburger  
Mozzarella Sticks - Extra-Large Wings  
Buffalo Chicken Dip - and Much More,  
*Fresh and Hot to Your Door*

### Crown Point Kitchen Hours:

Monday-Thursday 11:00am to 10:00pm  
Friday & Saturday 11:00am to 11:00pm  
Sunday 11:00am to 10:00pm

## Now Serving Breadsticks!

*Call Crown Point*

To place your order!

**(219) 662-9999**

Or... go to [TheOldMillPizza.com](http://TheOldMillPizza.com)

Or... scan the QR Code below to order online



Order any pizza and  
get an order of breadsticks for  
**1/2 Price**

through February 28th.

Includes: Dine-In • Take Out • Delivery



The Original

# Old Mill Pizza

## Winfield

10685 Randolph St. Winfield



### Is now Delivering:

Pizza - Italian Beef - Meatball Sandwich  
Stuffed Banna Pepper - Spinach Artichoke Dip  
Perch Sandwich - Ruben - Cheeseburger  
Mozzarella Sticks - Extra-Large Wings  
Buffalo Chicken Dip - and Much More,  
*Fresh and Hot to Your Door*

### Winfield Kitchen Hours:

Monday-Thursday 3:00pm to 10:00pm  
Friday 3:00pm to 11:00pm • Saturday 11:00am to 11:00pm  
Sunday 11:00am to 10:00pm

## Now Serving Breadsticks!

*Call Winfield*

To place your order!

**(219) 661-0088**

Or... go to [TheOldMillPizza.com](http://TheOldMillPizza.com)

Or... scan the QR Code below to order online



Order any pizza and  
get an order of breadsticks for  
**1/2 Price**

through February 28th.

Includes: Dine-In • Take Out • Delivery



# February Savings!



## Cedar Lake Resale



Check out our  
**Johnson's Sports  
Memorabilia!**

*Fabulous Finds  
at the number one  
resale store in South  
Lake County*

12834 Wicker Ave. (Rte. 41)

Cedar Lake, IN

**219-390-7729**

THUR & FRI 10-2  
SAT & SUN 10am to 3pm

Furniture, Lamps, Clothes,  
Home Goods & More



Place your orders  
early for the  
**BEST  
CORN BEEF!**  
St. Patrick's Day is  
March 17th

Order our other Fine  
Meats for all of your  
Gatherings. Locally  
Raised Beef & Hogs -  
Halves or Whole.  
Call Today!

**THE BUTCHER  
BLOCK, INC.**

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

17918 Grant St. - Route 2 & 55 (nine mile stretch)  
Lowell, IN Open Mon-Fri. 8 to 5, Sat. 8 to 12



**EASTER HAMS**

BONE-IN OR BONELESS, HICKORY  
SMOKED NO WATER ADDED,  
FULLY COOKED

EBT

## "Double Trouble!"



"Sam and Ella Jellema"  
(aka) "No No" and "Get Down"  
(Sent in by the Jellema Family of Cedar Lake)

"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

**219-987-TREE 8733**  
Free Estimates



with a \$10,000 Minimum.

**Total Savings of up  
to \$2,000 off!**

**Old Pricing with No  
No Payments until  
2027!**

**FREE ESTIMATES  
CALL TODAY  
IN - 219.365.2837  
IL - 708.606.5913**



**Restoring Quality,  
One Project at a Time!**

**21 Years in Business!  
Family Owned & Operated  
www.eburgexteriors.com**



**Quality work at  
a fair price!**



**Licensed, Bonded and  
Insured in Illinois  
and Indiana**

- Roofing • Siding • Soffit • Fascia
- Gutters • Windows • Doors



# February Savings!



## Kids First Pediatrics on 30

Pediatrics & Pediatric Endocrinology

Recognized in 2024 as one of the **Best Pediatric Care Facilities** and honored to be among the top choices

At Kids First Pediatrics on 30, our dedicated pediatricians and staff strive to deliver exceptional care for children from birth through age 20. We're here for you 24/7, 365 days a year!

Thank you for believing in us as much as we believe that every child deserves the best possible care!

1160 Joliet St., Suite 103 Dyer, IN (219) 322-8534 KidsFirstNWI.com

Meet our NEW providers!

Nicole Sutowski, MSN, FNP-C

Erica Yamout, DO, FAAP

16 Years In A Row!

**PRESIDENTS' DAY DEAL**

**YOU'RE ONE SET OF TIRES AWAY FROM \$100.**

**UNIROYAL**

Copyright © 2025 MNAL. All rights reserved.

Get up to \$100\* total savings via Reward Card for Virtual Prepaid Card after online submission\* with the purchase of four (4) new select Uniroyal passenger or light truck tires.

\$100 tire rebate on the Uniroyal Laredo family of tires only. (\$50 tire rebate on all other tire lines.)

Offer valid 2/13/25 - 2/26/25  
\*Terms & Conditions apply. Click here for details.  
Copyright© 2025 MNAL. All rights reserved.

**LEGENDARY TOUGHNESS. MADE TOUGHER.**

GET UP TO \$**80**+

Get up to \$80\* via Reward Card or Virtual Prepaid Card after online submission\* on purchases of four (4) or more new BFGoodrich passenger, light truck, or UTV tires totaling \$900.00 or more. (Tire purchases totaling \$899.99 or less get \$60). Offer valid 2/13/2025 - 2/26/2025.

INCLUDING THE BFGOODRICH ALL-TERRAIN T/A KO3 TIRE

**BFGoodrich**  
Tires

WHAT ARE YOU BUILDING FOR?

\*See www.BFGoodrichTires.com/Promotions-and-Rebates for complete details. Void where prohibited. Copyright© 2025 MNAL. All rights reserved.

### SERVICES

**MECHANICAL REPAIR**

- ▶ BATTERY & ELECTRIC SYSTEMS
- ▶ BRAKE REPAIR
- ▶ COOLING SYSTEMS
- ▶ ENGINES & TRANSMISSION
- ▶ EXHAUST
- ▶ HEATING & A/C SERVICE
- ▶ SUSPENSION SYSTEMS
- ▶ TUNE UPS

**TIRES**

- ▶ ALIGNMENTS
- ▶ FLAT REPAIR
- ▶ TIRE REPLACEMENT
- ▶ TIRE ROTATIONS

## DWR TIRE & AUTO

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

1498 N Main St. Crown Point, IN  
Hours: Monday – Friday: 8:00 am – 6:00 pm,  
Saturday: 7:00 am – 2:00 pm, Sunday: Closed  
**219-661-9200**

## \$20 OFF Alignment

No appointment necessary. Coupon must be presented at time of service. Limit 1 coupon per customer. Cannot be combined with other offers. Expires March 8, 2025 Code "5.20align"

**DWR TIRE & AUTO**



## Here's what's Cookin'

By Phyllis Hays, #11 with Trixie

### Gourmet Fish and Chips



Makes 4 servings  
**For the fish:**  
 4 large white fish fillets, approximately 2 lbs., such as cod or haddock, skinless, pin-boned  
 1 cup flour  
 1 large egg, beaten  
 12 fluid ounces beer, chilled  
 Salt to taste, Pepper to taste

Fish: Heat the oil in a large, heavy-based saucepan to 355 F; use a kitchen thermometer to accurately gauge the temperature. In the meantime, season the fish with salt and pepper. Combine the flour, egg, 1 teaspoon salt, and some freshly ground black pepper in a large mixing bowl. Whisk briefly to combine before slowly whisking in enough of the beer to make a thick, smooth batter. Working one by one, drop the fish fillets into the batter, turning to coat evenly. Let the excess batter drip off the fish before carefully lowering into the hot oil. Deep-fry until golden-brown and crisp, about 4 minutes. Remove from the hot oil and drain on paper towel, covering loosely with aluminum foil. Repeat steps for the remaining fish. Serve with fries and mushy peas!



Lincoln Elementary School - 12245 W. 109<sup>th</sup> Ave., Cedar Lake, IN 46303  
 219-374-3600 ext. 3601

SAVE THE DATE – 3/19/25, 6:30 P.M.

Please share with any friends and/or neighbors who may need this important information.

#### Informational Kindergarten Parent Meeting

An informational parent meeting is scheduled for March 19<sup>th</sup>, at 6:30 p.m. for all families who have an incoming kindergarten student attending Lincoln for the 2025-2026 school year. Students must turn 5 years old on or before August 1, 2025. Please mark this important meeting on your calendar. We strongly encourage all new incoming kindergarten parents to attend. The meeting will be held in the gym at Lincoln Elementary. You may enter the school through Door F at the southeast corner of the building. If you are unable to personally attend, please send someone in your place to obtain all the important information that will be presented. Information will also be shared on how to schedule your child's registration appointment for either April 24<sup>th</sup> or 25<sup>th</sup>, so it is very important for you to attend. The incoming kindergarten student(s) are not required to be at the parent meeting on March 19<sup>th</sup>, but they must attend the actual registration appointment on April 24<sup>th</sup> or 25<sup>th</sup>.

We look forward to meeting you and welcoming the Hanover graduating class of 2038!

• 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

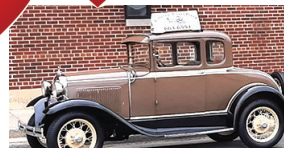


Get your sweetheart a heart shaped pizza this Valentine's Day starting Today!



### GAME DAY/SUNDAY SPECIAL

Extra Large Pizza for the Price of a Large Pizza!  
 ORDER A DOZEN AND HAVE THEM DELIVERED



We've been delivering a long time!



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 3-15-25. 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 3-15-25. 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 3-15-25. CPFF

Coupon

### FAMILY MEAL DEAL #4

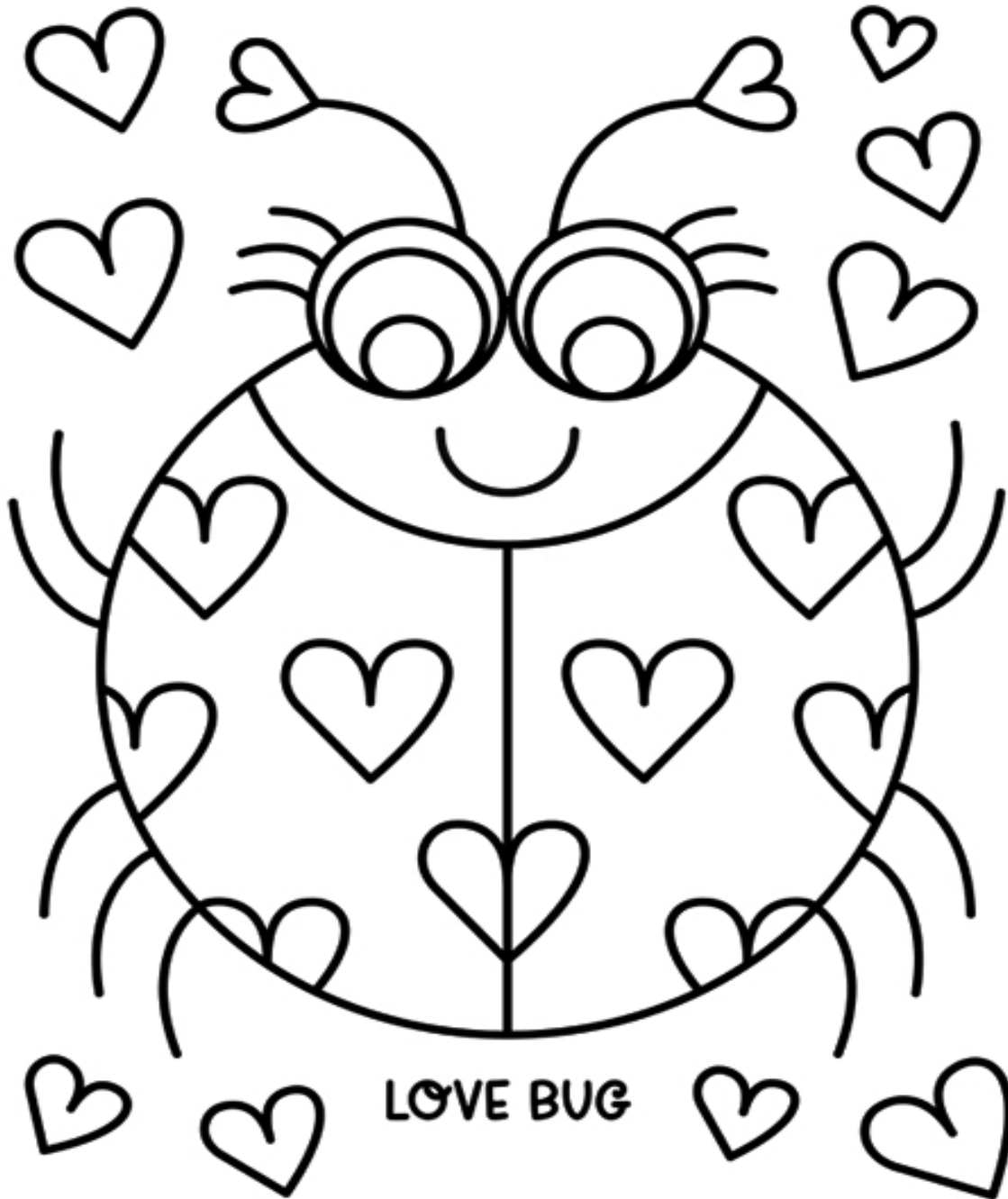
1 Large Pizza with Cheese and up to 3 extra Toppings

- 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 3-15-25. CPFF

### Hey Kids... Coloring Contest



Compliments of:



10501 W. 133rd Ave.  
 Cedar Lake, IN  
 (Behind Casey's)  
**219-374-8700**  
[www.midwestpgm.com](http://www.midwestpgm.com)  
 email: [midwestpgm@sbcglobal.net](mailto:midwestpgm@sbcglobal.net)

Color the picture and you could win  
 a special Family Flyer Prize!!

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  
 Winner. Contest open to all children age 12 and under.



# Choose Mike Anderson for

New Cars, Trucks, SUVs, Electric Vehicles,  
Quality Collision Center & Auto Repairs!

Full Service Body Shop, we work on all makes and models!



Chevy Traverse



Chevy Trax

*Fall in Love*

WITH THE CHEVY SILVERADO 1500



Together  
lets drive®

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. **WE HAVE IT ALL!**



Sales: **(219) 400-0110**

1550 E. 61st Ave,  
Merrillville, IN

Open 9 AM-7:30 PM

**COUPON**

**FREE Oil Change**

With purchase of  
any repair or  
maintenance over \$150.

Not valid with any other offers.  
Expires 2/28/25.



Certified Service

\* Driveability      \* Tune-Ups  
\* A/C Repairs      \* Suspension  
\* Brakes            \* Towing

**KUBIAK'S**  
*Service*

**(219) 365-5573**  
10749 Wicker Ave. St. John, IN

*"Since 1986" ~ Indiana Certified Emission Repairs*

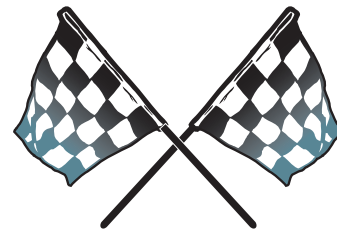
**Nascar 2025**

Daytona 500 - Sunday, February 16th  
 Atlanta Motor Speedway - Sunday, February 23rd  
 Austin, TX - Circuit Of The Americas Sunday, March 2nd

# Nascar Noise Contest

## It's Easy...

### Play and Win \$50



**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 February 15th. Send all entries to: **Nascar Noise Contest, P.O. Box 1004, Crown Point, IN 46308**

ENTRY

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Advertiser with Checkered Flag as shown above

\_\_\_\_\_

**We Guarantee Your Water will Taste Great!**

We have a Water System for Your Water Needs!

**SALES / RENTAL / SERVICE**

**Enigenburg**  
Quality Water

9759 Wicker Ave.,  
St. John,  
**219-365-4500**  
[www.eenigenburgwater.com](http://www.eenigenburgwater.com)

**"Better Water, Better Service"**

**EXPRESS DRIVE-THRU FOR SALT & BOTTLED WATER**

**THE GOLD DEPOT**  
*Jewelry and Coin Exchange*

**WANTED TO BUY!**  
JEWELRY • ANTIQUES • COINS

<p><b>WANTED!</b> GOLD JEWELRY <b>WANTED!</b> JEWELRY &amp; DIAMONDS <b>WANTED!</b> GOLD &amp; SILVER BULLION</p>	<p><b>WANTED!</b> FINE WATCHES <b>WANTED!</b> COLLECTIBLES <b>WANTED!</b> STERLING SILVER</p>
---	---

[www.thegolddepotstore.com](http://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



### Race to the Finish Line!!

Advertising with The Family Flyer  
= Results!



Call today to start your  
Advertising Campaign 219/689-6262  
or 219/916-4728



**SHOP LOCAL** for  
*Valentine's Day*



**GRUEL BROTHERS, INC.**  
1601 N. Main St., Crown Point, IN  
219-663-0076 • GruelBrothers.com  
email: service@gruelbrothers.com  
Sales • Service • Parts • Rentals

Gruel Bros. Inc. - GBI



FOLLOW US ON  
**facebook**

**Snow Equipment  
in Stock!**







# Collins Automotive Inc.

## Alignment Specialist






**219-663-4423**  
421 E Goldsborough St, Crown Point  
*East of Army Tank*  
Hours: Mon-Fri 8-5:00

**SERVICES OFFERED:**  
Brakes Oil Change Water Pumps  
Tune-Ups Ball Joints Tie Rods  
Shocks & Struts Belts & Hoses

**Visit Us Online @**  
[www.collinsautorepair.com](http://www.collinsautorepair.com)

For additional savings  
And other services offered!

Master Certified Technician 

**Used Cars For Sale**

**We Accept Competitors Coupons**

**Happy Valentines Day**

**10% Off**

On Any Service  
Cannot be used in conjunction with  
any other Coupon expires 03/15/2025

**Alignment W/Free  
Tire Rotation**

**\$129.95**

Most Cars & Light Trucks  
Balancing Extra  
Cannot be used in conjunction with any other  
Coupon expires 03/15/2025



# 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



Follow us on Facebook

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

*Established 1939*



*86 years...*

**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...**

**CARSTAR Liss Auto Body**  
1020 East Summit Street  
Crown Point, IN 46307  
**219.663.0989** PH  
**219.663.0131** FAX  
corey@lisscarstar.com

**8 years...**

**New Location - Now Open**  
2233 US-41, Schererville, IN 46375  
**(219) 558-0279**

*Established* **1949**

### Hub Bootery

From Family Shoes to  
Community Solutions

**76 years...**

Market Place - 1198 N Main St,  
Crown Point, IN 46307  
Info@barneyshubbootery.com  
**219-663-0463**

*We Carry an Amazing Selection of  
Men's, Women's and Childrens  
Shoes and Boots...*  
**HANDS-ON-SERVICE!**

*Established* **1951**



**Interior and  
Exterior  
Remodeling**  
Roofing  
Replacement Windows  
Room Additions

**74 years...**

305 N. Colfax, Griffith, IN  
**219-662-2270**

*Established* **1952**



**Welch's**

**Stop & Shop**  
Meats, Groceries & Produce

**73 years...**

11333 W. 95th St., St. John  
219**365-8190**  
**WelchsMeats.com**

*Established* **1954**



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

**71 years...**

10951 Thiel St.,  
St. John, IN 46373  
(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**

### HUBINGER Garden Center

15 Acres of Gardening  
& Landscape Supplies

**57 years...**

210 E. 113th Ave.  
Crown Point, IN 46307  
**219-662-9911**  
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...**

**Available Services**  
• Plumbing • Heating  
• Cooling • Air Filtration

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

*Established* **1971**



**54 years...**

St. John, IN  
8016 US Hwy 41 - 219-365-3050  
Lansing, IL  
Lansing, IL 60438 - 708-474-4650  
**LansingHeating.net**



*Established* **1972**

### Hair Shapers Salon, Inc.

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**53 years...**

MOVED TO  
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Crown Point, IN 46307  
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*Established* **1975**

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**CARPET | TILE & GROUT  
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baums   
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**42 years...**

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 219-769-3140   
 www.baumsnaturalfoods.com

*Established* 1984

*Carriage Court Pizza*



**41 years...**

211 A. South East St.  
 Crown Point, IN  
 219 663-6551  
 www.carriagecourtpizza.com

*Established* 1984



403 W. Commercial Ave., Lowell  
 219-696-6054    
 Monday - Friday 8 to 6,  
 Saturday 8 to 4, closed Sunday

**41 years...**

- Work/Safety/ Casual Clothing
- Work Boots
- Pet Food & Animal Feed
- Grass Seed & Fertilizer
- Pool Chemicals
- Water Softener Salt
- Bottled Water & Coolers
- Water Softeners & RO Systems

*Established* 1984

**THE BUTCHER BLOCK, INC.**

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

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 Open Mon-Fri. 8 to 5, Sat. 8 to 12

*The BEST Prime Rib, Crown Roast, and Over 25 flavors of Homemade Sausage!*

*Established* 1986

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 HEATING & COOLING, INC.  
*Over 35 Years of Service*



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 AIR CONDITIONING, INC.  
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**Demotte (219) 987-2107**  
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*Established* 1989

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- Seamless Siding
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- Windows • Doors
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*Established* 1989

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 SCREEN • WINDOW • LAMP  
 Repair Service



**36 years...**

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**Crown Point, IN 46307**  
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*Established* 1991

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Lessons, Retail, Repairs,  
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 appointment today...  
 for a more active life!

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*32 years...*

We are a COMPLETE  
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*Established 1996*



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Call Today (219) 696-8800

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Saturday: 9:00 am-2:00 pm, Sunday: Closed

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Call for Appointment!

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*Established 1997*



*28 years...*

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Sales, Service and Installation  
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Operators.

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Crown Point, IN 46307  
[www.higginsoverheaddoor.com](http://www.higginsoverheaddoor.com)

*Established 1997*

# Holly's Grooming



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Cedar Lake, IN 46303

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Saturday 8 to 3

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Over 28 years"*

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*27 years...*

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Complete Lawn  
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and Landscape  
Services

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ASH TREE REMOVAL  
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Complete Commercial &  
Residential Remodeling

*25 years...*

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*25 years...*

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Book Your Relaxation Today

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Dyer, IN

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graniteinnovationsin.com

*Established* **2006**



**19 years...**

**219-662-5986**  
1600 E. Summit St.  
Crown Point, IN 46307

*Established* **2007**



**18 years...**

1640 E. Summit St.  
Crown Point, IN 46307  
**(219) 226-9999**  
BeggarsPizza.com

**We Cater...**  
PIZZA, WINGS & MORE!

*Established* **2008**

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Top Rated Service  
in the Area!




**17 years...**

10501 W. 133rd Ave.  
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Cedar Lake, IN 46303  
**219-374-8700**  
www.midwestpgm.com

*Established* **2014**


Where Sport never Stops  
**SpartaDome**



**11 years...**

1355 E. north Street  
Crown Point, IN 46307  
**219.224.3663**  
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13212 Wicker Ave. Unit B,  
Cedar Lake, IN  
(Just north of Harry O's)  
All credit cards accepted.  
Monday through Friday 9 to 5  
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Thank You Readers, Please continue to Shop Local!  
Please keep these New Year Review 2025 pages all year long.



Looking ahead... Advertise this Spring and  
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Let us cook for you for the Big Game on Feb. 9th! PIZZA, WINGS & MORE!

**COUPON**

**\$3.00 OFF** Family Size One Topping Pizza

Total must be met before tax or delivery. Not valid with any other offers. Valid at Crown Point Location. Coupon expires 2/28/25. FF5050

**Outdoor Observations** by Tom Berg

**The Wetland-Loving White Ibis**



“The White Ibis finds its food in shallow water and even in the mud. Photo by Tom Berg.”

The American white ibis is a wading bird of the southeastern United States, and especially of the Gulf Coast. As their name implies, they are mostly white in color, although the tips of their wings are black. The black wingtips are most easily seen while they are in flight. Their long legs and curved bill are reddish-pink, and they have a patch of red skin on their face around their eyes. The white ibis is strange-looking, indeed, with its extremely long, curved bill.

The ibis uses this long bill to probe the sand and mud of the shallows where it hunts for crabs, worms, snails and small fish. Surprisingly, when newborn white ibises hatch, their bills are actually straight. But by the time they are two weeks old their bills start to curve downward, just like the bills of their parents.

Groups of white ibises can be seen wading in shallow water almost year-round along beaches in Florida and other Gulf states. They also search for food in freshwater wetlands and marshes, ponds and even flooded agricultural fields. When their bill touches a potential food item underwater, they quickly snap it up. They are adept at distinguishing between edible and inedible items, even when it is buried in the mud!

White ibises nest in colonies in trees, and they build their nests out of sticks and tree branches. The male brings the majority of the nesting materials to the female and she does most of the nest-building. The male white ibis is very protective of his mate and of their nest. If other ibises get too close, the male will try to scare off the intruders or even attack them. Luckily, attacks are not necessary very often.

**We Invite You to Worship at these Area Churches, Porter County**

**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.

**LUTHERAN**

**Cross of Christ Lutheran Church**  
Evangelical Lutheran Church in America  
“Growing in Christ, loving our neighbor!”  
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

**CHRISTIAN**

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

**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

**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!

**NON-DENOMINATIONAL**

**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  
We invite you to come and visit us. We are an Independent New Testament Christian Church for the 21st Century right here in your neighborhood. We believe you will find us to be a loving and caring community of Christians

**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!



**“What’s Goin’ On”**

Continued from page 10

**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

## 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. Reach out meetings every Friday at 10am at 8910 Grace St. in Highland, Please contact Barb @ 219-742-3397.

### 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: Sunday 10:00am.  
email: gdlc3711@sbcglobal.net  
website: http://www.gloriadeihighland.com  
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  
website: 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

### 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:cedarlakeinmcc.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  
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. We are a  
Bible-centered church with a strong

### NON-DENOMINATIONAL

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

### 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@cpccr.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  
219-690-8889.

### REFORMED

#### Community United Reformed Church

8405 Alexander St. Schererville, IN  
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

#### Redeemer United Reformed Church

10681 Park Place, St. John, IN 46373.  
Pastor Steve Swets,  
(219) 384-8061 • 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  
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# "The Aisle Seat"

by Tim Fealy

I am not the biggest Bob Dylan fan, but I really enjoyed, "A Complete Unknown." Let's start with Timothee Chalamet who learned to play guitar and harmonica for the role as Bob Dylan and sings all the songs in the movie. The acting is phenomenal. The movie follows 19-year-old Bob who travels from Minnesota to New York to meet an ailing Woody Guthrie. While visiting Woody in the hospital, he also meets folksinger Pete Seeger who introduces him to the world of folk singing, including the clubs and fellow musicians. No one is prepared for the genius of Bob Dylan and the poetry of his lyrics. He soon rockets to fame. With that, of course, comes its share of problems. Bob wants to follow his own creative path and that does not always sit well with those who have stood by him. **On my scale as to what I would pay to see this film, "A Complete Unknown" gets \$9.**



"My Old A\*\*\*" is a bit edgier than the normal films we review. And yes, I had to edit the movie title. Elliott is an 18-year-old woman who goes on a camping trip with her friends where they try mushrooms. While hallucinating, she meets her 39-year-old self. 39-year-old Elliott tells her to spend more time with Mom, start hanging out with her brothers and, at all costs, avoid anyone named Chad. "Why hang out with Mom? Is Mom going to die?" asks the 18-year-old. The 39-year-old explains that you do not realize how important family is until you are older. Post hallucination, the two selves are able to stay in touch via cell phone. Yes, some things about this movie you just have to accept. And what about Chad? Of course, 18-year-old Elliott does not heed the advice. And yes, there are ramifications, but they may not be what you expect. This is a wonderful film about living in the moment, not taking people for granted and getting the most out of the brief time we are alive. **On my scale as to what I would pay to see this film, "My Old A\*\*\*" gets \$9.**



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## Great Job Readers!

Coloring Contest: Liam age 9 (Hope Church Group)

Nascar Noise Winner: Jara Jankowski of Cedar Lake.  
(Advertiser with checkered flag was in The Gold Depot)

Pet Photo Contest: The Jellema family of Cedar lake.  
(Pictured in this months Family Flyer)



Maureen of Crown Point chose to spend her \$\$ at Top Nails and The Hen



Anna of Crown Point chose to spend her \$\$ at The Hen and Welch's Stop and Shop

## This Months Play The Game Winners:

Sandy Sailer of Lowell

Jamie Gill of Cedar Lake

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

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(The hidden license plate was in Johnson Cleaning Service)



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### LOFS/Winfield Area

- Strack & Van Til
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# Fit & Healthy Family Guide

## Warning Signs and Symptoms of Heart Disease

### Chest Pain

Chest pain is discomfort or pain that you feel along the front of your body, between (and including) your neck and upper abdomen. There are many causes of chest pain that have nothing to do with your heart.

But chest pain is still the most common symptom of poor blood flow to the heart or a heart attack. This type of chest pain is called angina.

Chest pain can occur when the heart is not getting enough blood or oxygen. The amount and type of pain can vary from person to person. The intensity of the pain does not always relate to how severe the heart problem is.

- Some people may feel a crushing pain, while others feel only mild discomfort.
- Your chest may feel heavy or like someone is squeezing your chest or heart. You may also feel a sharp, burning pain in your chest.
- You may feel the pain under your breastbone (sternum, so the pain is called substernal) or in your neck, arms, stomach, jaw, or upper back.
- Chest pain from angina often occurs with activity or emotion, and goes away with rest

or a medicine called nitroglycerin. Bad indigestion can also cause chest pain.

Women, older adults, and people with diabetes may have little or no chest pain. Some people have symptoms other than chest pain, such as:

- Fatigue
- Shortness of breath
- General weakness
- Change in skin color or greyish pallor (episodes of change in skin color associated with weakness)

Other symptoms of a heart attack can include:

- Extreme anxiety
- Fainting or loss of consciousness
- Lightheadedness or dizziness
- Nausea or vomiting
- Palpitations (feeling like your heart is beating too fast, too strongly, or irregularly)
  - Shortness of breath
  - Sweating, which may be very heavy

### Shortness of Breath

When the heart can't pump blood as well as it should, blood backs up in the veins that go from the lungs to the heart. Fluid leaks into the lungs and causes shortness of breath. This is a symptom of heart failure.

You may notice shortness of breath:

- During activity
- While you're resting
- When you're lying flat on your back -- it may even wake you from sleep

cont on next page

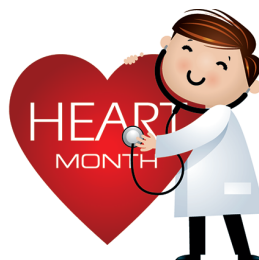


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**Fit & Healthy**  
*Family Guide*

**Warning Signs and Symptoms of Heart Disease**

**Swelling in the Legs, Ankles, or Feet**

Swelling (edema) in your lower legs is another sign of a heart problem. When your heart doesn't work as well, blood flow slows and backs up in the veins in your legs. This causes fluid to build up in your tissues. You may also have swelling in your stomach or notice some weight gain.

**Poor Blood Supply to Extremities**

Narrowing of the blood vessels that bring blood to other parts of the body is not the same as heart disease but it may mean you have a much higher risk for heart attack than you otherwise would. It can occur when cholesterol and other fatty material (plaque) build up on the walls of your arteries.

**Poor blood supply to the legs may lead to:**

Pain, achiness, fatigue, burning, or discomfort in the muscles of your feet, calves, or thighs.

Symptoms that often appear during walking or exercise, and go away after several minutes of rest.

Numbness in your legs or feet when you are at rest. Your legs may also feel cool to the touch, and the skin may look pale.

A stroke occurs when blood flow to a part of the brain stops. A stroke is sometimes called a "brain attack." Symptoms of stroke can include difficulty moving the limbs on one side of your body, one side of the face drooping, loss of sensation on one side of your body, difficulty with speaking or understanding language.

9			6			3		
					8		9	2
	5	6						
						2		
1	3							5
8		9		4			1	
	9		5					
3				2				9
5			4				6	

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle! **answers on page 33**

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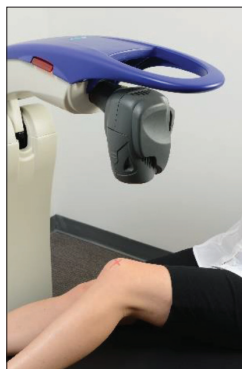


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## Gardening Tips

by Jackie Kubiak #12



### When to Fertilize Your Houseplants

Houseplants respond to fertilizer during periods of active growth. This is usually from March until October. Reduced light and temperatures throughout the winter months often render a plant inactive and it is generally recommended that plants not be fertilized during dormant periods.

The labels on most water-soluble fertilizers recommend monthly applications. Since these nutrients are easily leached from the potting mix, your plants may benefit from more frequent dilute applications. If one teaspoon per quart of water is recommended for monthly feedings, you could feed bimonthly using only one-half a teaspoon per quart or weekly using a quarter teaspoon per quart. This gives the plant a steady, continuous supply of nutrients. This type of regime is often recommended for flowering plants like African violets.

When fertilizing houseplants always follow the directions on the label. More is not better and excess nutrients can harm roots and leaves. Always apply fertilizer to an already moist potting soil to avoid root damage.

#### Choosing a Fertilizer:

This will depend on the types of plants being grown, cultural conditions and your schedule. In general, foliage houseplants appreciate fertilizers high in nitrogen while flowering plants respond best to those with higher phosphorus analysis. Purchase a water-soluble powder or liquid concentrate if plants are to be fertilized on a weekly, biweekly or monthly basis. These can be applied at intervals from 2 to 9 months and will provide houseplants with a steady supply of nutrients. *Please Shop Local, see ya next month!*

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*Para leer en línea | To read:*

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# 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 \_\_\_\_\_

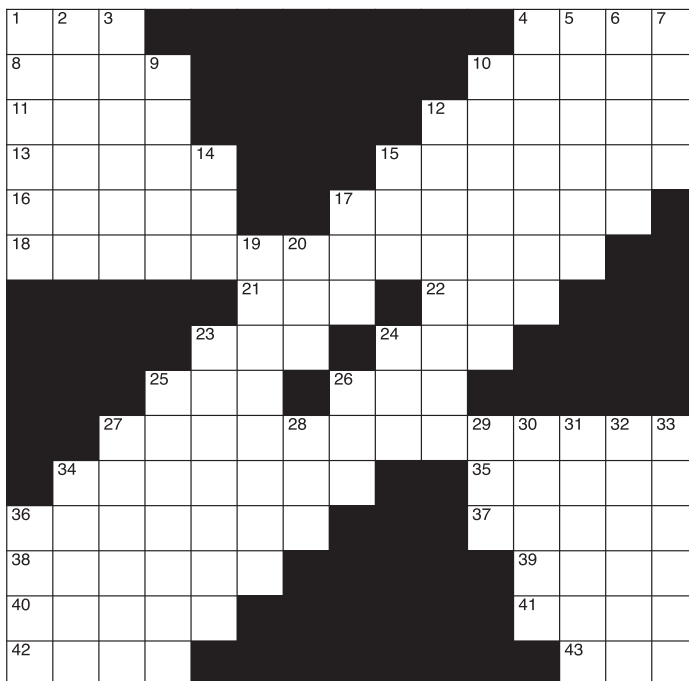
Birthdate \_\_\_\_\_ Weight \_\_\_\_\_

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

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

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

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



**ACROSS**

- 1. Racquet sport group (abbr.)
- 4. Norse god of thunder
- 8. Russian industrial city
- 10. What's good for the \_\_\_
- 11. Round-ish shape
- 12. Baltimore MLBer
- 13. French modernist painter
- 15. Burned with water
- 16. Intestinal issue
- 17. Take the lead
- 18. Prove oneself worthy
- 21. None
- 22. Tax collector
- 23. Swiss river
- 24. Canadian beer distributor
- 27. Iconic American tourist destination
- 34. More expensive
- 35. Alert
- 36. Popular boots Doc \_\_\_
- 37. Showings
- 38. Conclusion
- 39. Share a common boundary
- 40. Shooting sport
- 41. Popular side dish
- 42. Global energy firm
- 43. Chronicles (abbr.)

**DOWN**

- 1. Type of bomb
- 2. Polynesian island country
- 3. Heavenly body
- 4. Hard workers
- 5. Covered
- 6. Johns Hopkins Hospital founder
- 7. Plant of the grass family
- 9. Island person of the Bering Sea
- 10. Storehouse
- 12. Scarlet-flowered desert shrub
- 14. A pituitary hormone
- 15. Female sibling
- 17. Monetary unit of Afghanistan
- 19. Empowering
- 20. Space station
- 23. Disorder
- 24. State of fuss
- 25. Footwear for babies
- 26. Nuclear reactor (abbr.)
- 27. Drove
- 28. Affirmative
- 29. Male parent
- 30. Utter obscenities
- 31. Type of verse
- 32. Unpleasant person
- 33. One who settles down
- 34. Founder of source-based history
- 36. A way to snarl

# They Named the Baby

"Nicholas Richard Recupito"

born December 31, 2024, 7 lbs. 6 oz. Parents Nick & Kathryn Recupito of Cedar Lake, IN. Grandparents Tony & Linda Recupito of Crete, IL and Linda Califello of Cedar Lake, IN.

"Ellie Mae Hawn"

born Aug. 26, 2023, 8 lbs. 7 oz. Parents Marley & Justin Hawn of Lowell, IN. Grandparents Dan Borowski of Lowell, IN, Jackie Borowski of DeMotte, IN, Tammy Hawn of Ashtabula, OH and Charlie Hawn of Conneaut, OH.

## Answers to this months Crossword

9	8	1	6	7	2	3	5	4
4	7	3	1	5	8	6	9	2
2	5	6	9	3	4	1	8	7
6	4	5	7	1	9	2	3	8
1	3	7	2	8	6	9	4	5
8	2	9	3	4	5	7	1	6
7	9	8	5	6	3	4	2	1
3	6	4	8	2	1	5	7	9
5	1	2	4	9	7	8	6	3

A	T	P					T	H	O	R									
T	U	L	A				G	O	O	S	E								
O	V	A	L				O	R	I	O	L	E							
M	A	N	E	T			S	C	A	L	D	E							
I	L	E	U	S			P	I	O	N	E	E	R						
C	U	T	T	H	E	M	U	S	T	A	R	D							
							N	I	L	I	R	S							
							A	A	R	A	L	Y							
							B	I	B	B	D	L							
							H	O	L	L	Y	W	O	O	D	S	I	G	N
							R	O	O	M	I	E	R		A	W	A	R	E
							M	A	R	T	E	N	S		D	E	M	O	S
							E	N	D	I	N	G			A	B	U	T	
							S	K	E	E	T				R	I	C	E	
							H	E	S	S					C	H	R		

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**Gleaners Semi-Annual Sale**

*Save the Dates*

**February 28th-March 5th - Everything in the store is 1/2 Price**

**March 6th - Bag Sale**  
fill a bag provided by the store for \$10.00 + tax.

**March 7th & 8th CLOSED for restocking.**

Starting on Tuesday March 11th all of our Spring/Summer items will be available! St. Patrick and Easter items also available.

Gleaners is a non-profit organization with all proceeds going back to the community since 1982. We accept donations of good clean clothing and household items. Ask cashier for a tax receipt. We are located at: 13131 Lake Shore Dr. Cedar Lake, IN (next to Dollar General) For information please call 219-374-5266



**CENTIER BANK CONTRIBUTES OVER \$54,000 TO UNITED WAY**

Valparaiso, Indiana – 1/24/2024 – Centier Bank has made a significant contribution of over \$54,000 to United Way, demonstrating its commitment to community impact through its annual workplace campaign. The check presentation ceremony took place at Centier's Corporate Office, underscoring the partnership's shared mission of creating opportunities for individuals and families across the region.

The funds, raised through the hard work and generosity of Centier Bank employees across the state of Indiana, will help power United Way Northwest Indiana's flagship programs, including Level Up, which provides essential resources, education, and support to individuals striving for a better future.



“Centier Bank’s dedication to our community goes far beyond banking—it’s about building a brighter tomorrow for everyone,” said Chris White CEO of United Way Northwest Indiana. “This generous contribution will empower our efforts to drive measurable change in Northwest Indiana and beyond.”

United Way Northwest Indiana is committed to advancing education, financial stability, and access to essential resources for families in need. Contributions like Centier Bank’s workplace campaign donation play a vital role in sustaining these efforts.

**For more information about United Way Northwest Indiana and its mission, visit [www.unitedwaynwi.org](http://www.unitedwaynwi.org).**

United Way Northwest Indiana  
951 Eastport Center Drive  
Valparaiso IN, 46383

**Crab and Lobster Stuffed Mushrooms**



- 3/4 cup unsalted butter, melted and divided
- 1 pound fresh mushrooms, stems removed
- 1 pound lobster tail, cleaned and chopped
- 1 1/4 cups shredded mozzarella cheese divided

- 1 cup crushed seasoned croutons
- 1 (6 ounce) can crabmeat, drained
- 3 tablespoons minced garlic

Preheat the oven to 375 degrees F (190 degrees C). Brush a large baking sheet with about 1/4 cup melted butter.

Arrange mushroom caps, gill sides up, in a single layer on baking sheet.

Combine lobster, 1 cup mozzarella cheese, crushed croutons, remaining 1/2 cup melted butter, crabmeat, and garlic. Spoon into mushroom caps.

Bake in the preheated oven until lightly browned on top, 10 to 12 minutes. Sprinkle with remaining 1/4 cup mozzarella cheese; serve hot. May substitute your favorite meat or seafood. Great for the big game!

**St. Patrick's Day Party - Villa Cesare Events & Banquets, 900 Eagle Ridge Dr, Schererville, IN**  
**SATURDAY, MARCH 15TH DINNER • OPEN BAR • DJ • RAFFLES 6:30PM TO MIDNIGHT • \$55 PER PERSON • RSVP at 219-322-3011 • Tickets MUST be purchased in advance** Menu: Corned Beef Cabbage, Celery & Carrots, Italian Meatballs, Pasta with Marinara, Roasted Baby Red Potatoes, Baked Chicken, Salad, Italian Bread & More

**The St. Patrick's Day Parade in Crown Point:** will be held at dusk Monday, March 17, in the downtown square. The original nighttime St. Patrick's Day Parade in Northwest Indiana.

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