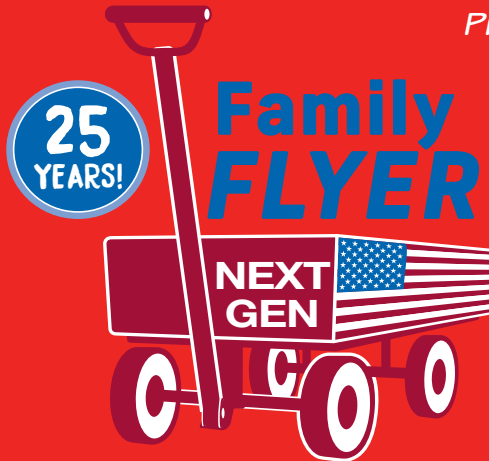


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Be sure to keep your Family Flyer all month long and our New Year Review section handy all year in case you need services from our many businessse in this months Family Flyer, we also bring you Here's Whats Cookin', What's Goin On, Pet Photo and more. We will be back on line on March 6th.

*Happy Valentines Day,
The Family Flyer Staff*



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

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Thank you Family Flyer!

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



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Porter County Church Directory

BAPTIST

Emmanuel Baptist Church
769 West 800 South Hebron, IN 46341
219.996.3737 www.connectebc.org
Sunday School 9:00am, Sunday Afternoon
Service: 12:30pm, Sunday morning
Service: 10:15am, Wednesday Evening
Service: 6:30pm. Transportation Available
For Services! Home of Tree of Learning
Child Academy, age 3 to kindergarten.

CHRISTIAN

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

Christian Church of Hebron
202 E. Sigler St., Hebron, IN 46341
219-996-2271 www.ccoho.org
Sunday School - 8:30 a.m. Worship -
9:30 a.m.
Ladies Bible Study - Tues. 9:00 a.m.
Wed. Bible Studies & Youth activities -
7:00 p.m. Everyone Welcome!

Flint Lake Church of Christ
1702 Crescent Road, Valparaiso, IN 46383
219-309-4708
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Teaching. Sunday School for children
Sunday - 10:30 am
Men's Prayer, Bible Study & Fellowship
Monday - 7:00 pm
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46307 (Lake of the Four Seasons)
(219) 988-3650 Sunday Services 10:00am
Reverend Tamara Jacobi "Pastor Tam"
email: office@crossofchristlofs.com
www.crossofchristlofs.com
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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

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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!



February Savings!





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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.

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“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

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 or phone 219-942-9762. St. Elijah Serbian-American Hall, 8700 Taft Street, Merrillville
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.



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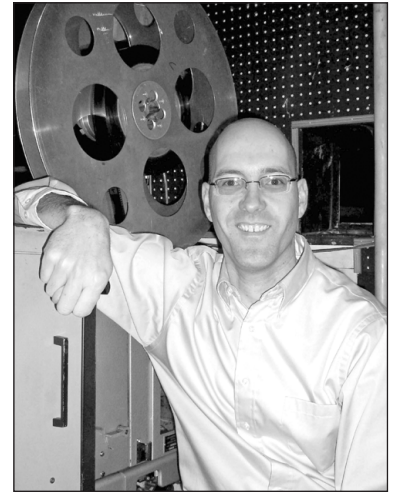
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"The Aisle Seat"

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.**



“What’s Goin’ On”

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.

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.

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!*

They Named The Baby!

To announce your baby in The Family Flyer, please fill out the form below “FREE OF CHARGE”.

All announcements must be in The Family Flyer’s office by the 15th of each month to appear in next month’s issue.

2 A
4 *
6 H
8 P
10 T
20 Z
2 V
4 F
6 H
8 A
10 T
20 A

Baby’s Name _____

Birthdate _____ Weight _____

Parents & Town _____

Grandparents & Town _____

Name & Phone # of person placing announcement _____

20 A

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

Adam to Zion Home Bible Study

One of the greatest blessings as parents is to follow God’s guidance towards our Children: “And ye shall teach them [God’s Words] to your children...” (Deut. 11:19)

The book, *Adam to Zion*, and its accompanying workbook contain 93 valuable Bible lessons for parents and their children of all ages to read and discuss. The accounts recorded in the Bible can become powerful teaching tools to guide them through their life experiences.

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

Para leer en línea | To read:

www.blessedbible.com/linked/adam-to-zion.pdf

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

Contáctenos / Contact: questions@blessedbible.com



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.

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

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.

BUY FOR LESS

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



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!



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...

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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.

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219-663-0076
GruelBrothers.com
email: service@gruelbrothers.com
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Established 1939



Vacuum Cleaners
Sales & Service

86 years...

MERRILLVILLE

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7530 Broadway
219-769-7099

HAMMOND

Hessville Store; 6547 Kennedy
219-845-4080

Established 1939




86 years...

CROWN POINT - 219/662-1111
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HAMMOND - 219/932-8283
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79 years...

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Established **1952**



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73 years...

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Established **1954**



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



Established **1972**

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 www.carriagecourtpizza.com

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-Work Boots	-Water Softener Salt
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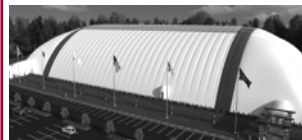


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Please keep these New Year Review 2025 pages all year long.



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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

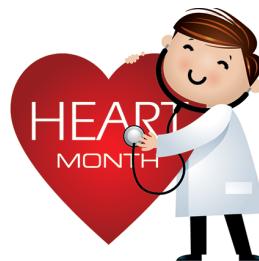


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Warning Signs and Symptoms of Heart Disease

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.

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19-POINT TUNE-UP SPECIAL!

\$69

HEATING TUNE-UP

SUMMERS
Plumbing Heating & Cooling

Restrictions may apply. May not be combined with other offer. Must present coupon at time of service. Expires February 28, 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 February 28, 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 February 28, 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 February 28, 2025 • FF

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FREE

SERVICE CALL

With Paid Repair

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SAVE \$99



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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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