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Think Spring, Think Green



Welcome to the South Lake County direct mailed edition of The Family Flyer. We have **\$avings of the Green** on every page. With spring right around the corner, be sure to check out all the home improvement opportunities. Spring your clocks ahead on Sunday, March 9th @ 2am, daylight savings time begins. As always, thanks for reading and using the local advertisers in your communities, as they make The Family Flyer Happen! We will be back on line on April 3rd.

The Family Flyer Sisters
219-916-4728



"You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way." Walter C. Hagen

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

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Here's what's Cookin'

By Phyllis Hays, #11 with Trixie

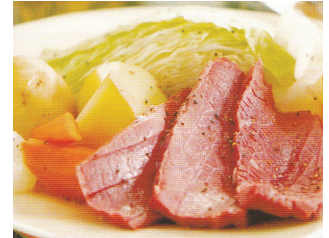


Corned Beef and Cabbage

St. Patrick's Day began as an opportunity to honor St. Patrick, the patron saint of Ireland, who was credited with bringing Christianity to this island nation. Through the years, St. Patrick's Day has transformed into a celebration of Irish culture as well as a day for fun and fanfare. Of course, no celebration would be complete without delicious food.

Makes 6 to 8 servings

- 12 new red potatoes, quartered
- 4 carrots, sliced
- 1 corned beef brisket (about 4 pounds)
- 2 onions, sliced
- 3 whole bay leaves
- 8 whole black peppercorns
- 1 head cabbage, cut into wedges



1. Place potatoes and carrots in bottom of slow cooker. Add brisket, onions, bay leaves, and peppercorns. Add enough water to cover brisket. Cover; cook on low 4 to 5 hours or on high 2 to 2 1/2 hours.
2. Add cabbage. Continue cooking on low 4 to 5 hours longer or on high 2 to 2 1/2 hours longer. Slice brisket against the grain, and serve with vegetables.

Porter County Church Directory

BAPTIST

Emmanuel Baptist Church

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

CHRISTIAN

Boone Grove Christian Church

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

Christian Church of Hebron

202 E. Sigler St., Hebron, IN 46341
219-996-2271 www.ccoh.org
Sunday School – 830 a.m. Worship – 9:30 a.m.
Ladies Bible Study – Tues. 9:00 a.m.
Wed. Bible Studies & Youth activities – 7:00 p.m. Everyone Welcome!

Flint Lake Church of Christ

1702 Crescent Road, Valparaiso, IN 46383
219-309-4708
Worship, Fellowship, Communion & Teaching. Sunday School for children Sunday – 10:30 am
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Reverend Tamera 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.faitervalpo.org
office@faithmemorial.net – email

NON-DENOMINATIONAL

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Cancer Benefit for Colleen Nagle

Saturday, April 5, 2025

3pm to 9pm
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Outdoor Observations

by Tom Berg



“Starlings have beautiful feathers, but these birds are bullies. Photo by Tom Berg.”

The Aggressive European Starling

European starlings are one of many non-native bird species that can be found just about everywhere in America, and they range throughout much of Canada, too. They were introduced into the United States from Europe in the 1890s, and today there are more than 200 million starlings in North America.

Starlings are a dark bird when viewed from afar, looking almost completely black. But when seen up close, they are actually very beautiful. Their feathers have a bluish-green iridescent sheen during the summer, and in the fall and early winter their feathers are tipped with white, making them look spotted. Their tail is short and their beak is long and slender.

Since they are not native to the USA, European starlings are considered a pest by most people. This thought is reinforced by the fact that they are noisy and very aggressive, and often travel in large flocks. They are well-known for mobbing back yard bird feeders and driving away other birds, including native species.

Starlings are at home almost everywhere, and especially around people and towns. They prefer areas with vegetation that is cropped close to the ground, like grassy neighborhood lawns. They walk through the grass slowly, looking for insects and invertebrates. Worms, caterpillars, beetles, moths and spiders are eaten regularly during the summer. In the winter they switch to grains, small fruits and even garbage.

One other reason that most people consider starlings to be pests is because these birds often harass native birds and even drive them from their nests. Once they drive those birds off, the starlings use those nesting sites for themselves. Talk about invasive!

“What’s Goin’ On”

March 17th - The Lowell VFW Post 6841 is having a St. Patrick's Day Dinner. Monday, March 17. Starts at 4PM till 8PM, Corned Beef and cabbage Dinner, Reuben Sandwiches, Carry Out Available VFW, 17401 Morse St. Lowell. Call for price VFW 219-696-8121

March 21st - REVERSE RAFFLE at Lowell VFW Post 6841 1st and every 25th ticket wins \$150, 247th ticket wins \$250, 248th ticket wins \$750, 249th ticket wins \$1000, 250th ticket wins \$5000. Only 250 tickets will be sold, \$50 a ticket public invited. Drawing on Friday, March 21st, 2025, 17401 Morse St., Lowell, Indiana See bartender for tickets VFW 219-696-8121

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

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

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

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 Only. 216 S. Nichols St, Lowell, IN

BINGO — Bingo is at the Lowell American Legion on Route 2 Jan. through Nov. on the 2nd and 4th Saturday. Dec. is only on the 2nd Saturday. Doors open at 5pm, first early bird starts at 6pm. Food is available, and the bar is open.

BINGO — Tuesday and Fridays. With state restrictions lifted, the Cedar Lake Eagles Aerie, 2529 have opened their doors again to weekly bingo. Bingo will be held in their hall at 13140 Lake Shore Drive on Tuesdays and Fridays with the Early Bird starting at 5:30p.m and regular games starting at 6:30p.m. The cost is \$16.00 for 12 games. When there are over 50 players, the winner of the last game wins \$1000.00. As many of you know, the profits support the local aerie and local charities.

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

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

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.

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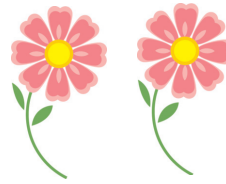
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“Saige Lynnor”
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Baby's Name _____

Birthdate _____ Weight _____

Parents & Town _____

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Name & Phone # of person placing announcement _____

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Fit & Healthy Family Guide

Find better ways to prevent and treat colorectal cancer

Colorectal cancer is the second leading cause of cancer death in the United States, behind only lung cancer. The National Cancer Institute estimates that 152,810 people in the United States received a diagnosis of colon or rectal cancer in 2024, and approximately 53,010 died of it.

Colorectal cancer awareness is important because many cases of cancer of the colon or rectum are preventable. Screening by colonoscopy can help prevent this cancer because precancerous polyps found during the procedure can be removed at the same time. Furthermore, colonoscopy can also detect the cancer at early stages, when treatment is more likely to be successful.

The five-year relative survival rate for cancer localized to the colon or rectum is 91.1%, according to the National Cancer Institute. The survival rate drops significantly as the cancer spreads beyond those organs. Considering all cases, the five-year survival rate is 65%.

Cancer of the colon or rectum is more common in men than women. It is also more common among American Indians/Alaska Natives than people of other races. The median age of diagnosis in the United States is 66 years, while about 78% of newly diagnosed patients are aged 55 and older.

Early-Onset Colorectal Cancer

Colorectal cancer is increasingly being diagnosed in people under the age of 50, which is called “early onset.” The incidence of early-onset colorectal cancer has increased about 2% per year since 1994. Cancer Research Catalyst, discusses this trend here: Seeking Clues to Early-onset Colorectal Cancer.

Factors contributing to an increase in early-onset colorectal cancer, according to the Cancer Progress Report 2024, include:

- Unhealthy diet and the microbiome
- Obesity
- Chemicals in the environment
- Use of antibiotics
- Consumption of alcoholic beverages
- Sedentary behaviors

Colon cancer is a growth of cells that begins in a part of the large intestine called the colon. The colon is the first and longest part of the large intestine. The large intestine is the last part of the digestive system. The digestive system breaks down food for the body to use.

Colon cancer typically affects older adults, though it can happen at any age. It usually begins as small clumps of cells called polyps that form inside the colon. **cont. on next page**

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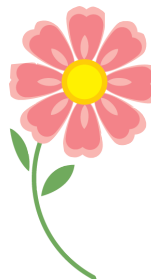
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Fit & Healthy Family Guide

March is Colorectal
Cancer Awareness
Month



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Polyps generally aren't cancerous, but some can turn into colon cancers over time. Polyps often don't cause symptoms. For this reason, doctors recommend regular screening tests to look for polyps in the colon. Finding and removing polyps helps prevent colon cancer.

Symptoms

Many people with colon cancer don't have symptoms at first. When symptoms appear, they'll likely depend on the cancer's size and where it is in the large intestine.

Symptoms of colon cancer can include:

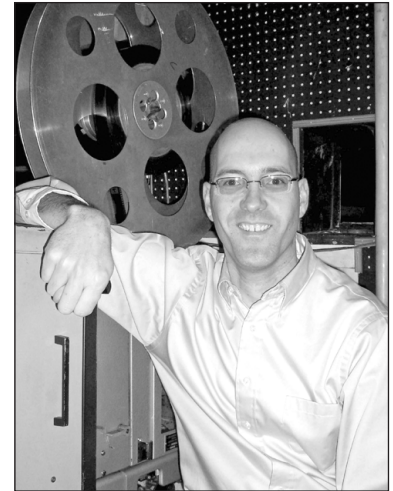
- A change in bowel habits, such as more frequent diarrhea or constipation.
- Rectal bleeding or blood in the stool.
- Ongoing discomfort in the belly area, such as cramps, gas or pain.
- A feeling that the bowel doesn't empty all the way during a bowel movement.
- Weakness or tiredness.
- Losing weight without trying.

If you notice lasting symptoms that worry you, make an appointment with a health care professional.

"The Aisle Seat"

by Tim Fealy

I try to find a faith-based movie for the Easter season. Again, this year, I am recommending a favorite film of mine since I first saw it in college. **"Romero"** tells the true story of Oscar Romero, a priest who is appointed Archbishop of San Salvador in El Salvador in 1977. It is a time of civil unrest as the military dictatorship that rules the country uses death squads to torture



and kill anyone who speaks out against the government. The Church feels Romero is a safe choice and that he will maintain the status quo. Oscar even admonishes a priest friend for being too radical. The friend asks Oscar if Jesus would be on the side of the poor or those who oppress the poor? Over the course of the film, and in real life, Oscar transforms from someone who is most comfortable on the sidelines to someone who will risk his life to protect the innocent. The film will have you evaluating your own faith and your willingness to act upon it. If you are looking for a film to challenge and inspire you, **"Romero" is a must. On my scale, "Romero" receives \$10.**

Keeping with the faith-based theme, friends have been recommending **"The Chosen,"** a historical drama based on the life of Christ. In one episode, two different groups of people are celebrating the Shabbat dinner. High priests and wealthy friends gather at the one meal. At the other is a former prostitute who is celebrating the meal for the first time. She worries about doing it correctly and if her guests will enjoy the food she has prepared. Among her friends are a blind woman and a beggar. When everyone is seated, there is an unexpected knock on the door. It is Jesus who has come to join her. So many moments like this are heartfelt and beautiful. What sets the series apart is that Jesus and his followers are portrayed like real people. They joke and tease each other. Matthew is portrayed as being quirky. This is on purpose as the writers wanted to show that disciples did not need to be perfect to follow Christ. This would be a wonderful series to watch with the family. **On my scale at to what I would pay to see this, "The Chosen" gets \$10.**

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March 6th - Bag Sale
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Detailer, apply in person at Liss Body Shop. Crown Point.

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

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 NWI

Services Offered:

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St. Patrick's Day Party

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Lake County Extension Homemakers Association

Application for Lucile Smith Memorial Scholarship

Offered by: The Lake County Extension Homemakers Association, Inc.

ELIGIBILITY

- An Indiana resident 21 years of age or older (at time of application) and a resident of Lake County for at least six months.
- Has financial need
- Shows ability to complete education or upgrade vocational skills.
- Is a full time student at an academic, education, vocational school including which is state licensed or accredited.
- Copy of current letter of admission and a transcript verifying enrollment.
- Must be currently in undergraduate study.

CONDITIONS

- The scholarship will be paid up to the amount of \$1000.00, paid jointly to recipient and school.
- The scholarship is to be used for books, tuition costs and other school related expenses.
- Selection will be based on a person studying at an undergraduate level.

SELECTION

- Those selected to receive the scholarship will be notified by mid April.
- The selection committee will represent the Lake County Extension Homemakers Association, Inc. The scholarship will be award on Achievement Day during May and awardee will be introduced by the chairperson of the scholarship Committee. a brief statement will be requested from the recipient.
- Scholarship applications must be submitted by April 1, 2025.



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