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Welcome!! It's All about MOM...

Welcome to our Spring Home Improvement, Spring Car Care and Mother's Day Family Flyer. Thanks to all our MOM readers, we appreciate you! We also bring you Gardening Tips, Here's What's Cookin', What's Goin on and more.

A special request to all of you, mark your calendar for Saturday, May 10th, this is the Letter Carriers Food Drive. Please join in helping to stamp out hunger, just put your grocery bags (non-perishable) by your mailbox

and your mail man or lady will deliver it to a local food bank.

Thank You U.S. Postal Workers.

Thanks for holding on to your Family Flyer and for shopping with our advertisers. Be sure to check out our NEW Website on line FamilyFlyer.com. We will see you next month on June 5th.

The Family Flyer Staff



"A mother's love is like no other. It knows no boundaries and transcends all obstacles." - Unknown

"A mother is one who can take the place of all others but whose place no one else can take."
- Cardinal Mermillod

*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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Outdoor Observations

by Tom Berg

Surf Scoter: Sea Duck of the North



"The surf scoter
is a strange
looking duck!
Photo by
Tom Berg."

Of all the duck species in North America, the Surf Scoter is one of the most unusual-looking. It is a medium-sized sea duck, and the males are completely black except for small white patches on the back of their head, on their forehead, and at the base of their bill. They also have a bright white eye. Their most unusual feature, however, is their large, colorful bill. It is a combination of white, orange, pink and black.

Like most sea ducks, the surf scoter spends much of its time along the sea coasts – both on the Atlantic and the Pacific sides of the USA. Their name of "surf" scoter is quite appropriate, since they feed in the relatively shallow surf of northern coastlines. Although they often feed in the shallow surf zone, these ducks are capable of diving down to depths of 75 feet or more.

Since surf scoters are expert divers, they routinely dive down to the bottom in search of shellfish like clams, mussels, snails and small crabs. They can even use their large bills to pry clams off of underwater rocks while diving. They swallow the clams and other shellfish whole, and rely on their strong gizzards to crush the shells and digest the shellfish.

Male surf scoters are sometimes called "old skunkhead" since they are mostly black with a flash of white. American coots are also mostly black, so surf scoters are also called "skunk-headed coots." Weird names! During their annual migration, surf scoters can sometimes be seen on the Great Lakes as they are heading north. The male pictured here was photographed on southern Lake Michigan in early February.

Family Flyer Road Trip!



Friends Forever, Mimi Neaves, Renee Williams and Barb Harrell met up for lunch while Barb was here visiting from Florida.

HAVE YOUR VACATION PHOTO FEATURED IN THE FLYER!

It's easy, just send us a picture of you reading your Family Flyer in the most unlikely place you can think of. Take The Family Flyer "on the road", wherever it leads, get your picture taken (no copies please original photo only!) and send it along with your name, address and location of photo to:
The Family Flyer Road Trip P.O. Box 1004, Crown Point, IN 46308.
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Gardening Tips

by Jackie Kubiak #12



“May” we start planting flowers?

Yes you MAY!...finally no worries of any frost.

It's a great time to plant many warm-season vegetables and flowers.

Plant frost-tender plants after the danger of frost has passed for your area. This includes warm-season vegetables (such as tomatoes, peppers, eggplant, and vine crops) as well as most annual flowers and tender perennials (such as cannas, gladiolus, dahlias, tuberous begonias, and caladiums).

Now it's time to up the ante by filling your outdoor space with a vibrant vegetable garden. Tomatoes, zucchini, eggplant, and peppers are just a few of the delightful veggies we dream of, and May is the perfect time to start planting all annuals, shrubs and perennials.

Plant Seedlings Outdoors: When to put small seedlings that you grew indoors (OR starter plants that you bought at a garden nursery) in the outdoor soil.

Start Seeds Outdoors: When to plant seeds directly into the outdoor soil. In May, tropicals and annuals need to wait until after risk of frost and evening temps are not dipping too low, its rare we get a frost in May but usually by mid-May we are safe as temps start to even out. Make sure you find out if plants have been “hardened off” that you are purchasing. *Please Shop Local, see ya next month!*

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"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.

Saturday, May 10th

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Sunday, May 11 - Kansas Speedway

Sunday, May 18 - North Wilkesboro Speedway
- All Star Series

Sunday, May 25 - Charlotte Motor Speedway

Sunday, June 1 - Nashville Superspeedway



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"What's Goin' On"

June 3rd, 4th, 5th and 6th - Greyhound Yard Sale

8:00am - 3pm, 13136 Fairbanks Street, Cedar Lake All proceeds benefit the care of rescued greyhounds. This is a huge sale with hundreds of new and gently used items!

May 17th - Harmony Handbells will be celebrating the end of our program year with a concert on Saturday. It will be held from 2:00 - 3:30 p.m. at Emmanuel Lutheran Church at 5375 Harrison St. in Merrillville, Indiana. The musical pieces presented by 3 different choirs will take you from the highest of heights to the depths of the sea. Our theme is "On the Move" and there will be a few surprises for the audience throughout the program. There is no charge; we will take a free will offering to help defray our cost to purchase new music and supplies. We would love for you to join us to celebrate the hard work put in by these ringers. Looking forward to seeing you!

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

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

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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.

Continued on page 15



Prayer Gathering
THURSDAY | MAY 29TH | 7:00 PM
EVERYONE IS WELCOME!



June 8th, 10:30am
OUTDOOR SERVICE & Picnic
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 > Bring Lawn Chairs
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After Evil — Comes Peace

Many hope for a day when evil will end and the world will live in peace. Has evil been a curse to mankind, or has it served a higher purpose in God's plan for man's school of life lessons?

Those who have considered the topical Bible Study — *The Permission of Evil and Its Relation to God's Plan* — found the sound wisdom of God for his delayed Day of Peace announced by the angels at Jesus' birth.

We invite you to use the links below to this study. You can email / write to us for the details to get the book *The Divine Plan of the Ages* for this and 15 other topical studies.

Para leer en línea / To read:

www.blessedbible.com/linked/study7.pdf

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Here's what's Cookin'

By Phyllis Hays, #11 with Trixie

Mint Chocolate Mousse

Serves 4

5 ounces dark chocolate (60 to 70 percent cocoa solids), chopped or broken up into smaller pieces

4 to 6 chocolate covered dinner mints, chopped

4 eggs, separated

2 tablespoons sugar

4 tablespoons heavy cream

1 teaspoon powdered gelatin

2 tablespoons chopped chocolate mint sticks, or frosted mint leaves and 1 cup heavy cream, to decorate

4 pots or dessert cups, for serving



Melt the chocolate with the dinner mints over a double boiler or in the microwave. Let cool slightly. Using an electric mixer, beat together the egg yolks and sugar in a large bowl until thick and mousseline, then beat in the melted chocolate-mint mixture.

Sprinkle the gelatin over 4 tablespoons water in a small, heatproof bowl and let soak and swell for 2 to 3 minutes. Put the bowl in a pan of simmering water and stir until the gelatin has dissolved. Beat into the chocolate-mint mixture.

Working quickly, beat the egg whites in a clean, dry bowl until stiff but not dry, then fold into the chocolate mixture with a metal spoon.

Divide the mousse between the pots. Scatter with the chopped mint sticks, then refrigerate until set. Alternatively, whip the 1 cup cream and use to decorate the mousses, along with the frosted mint leaves. Leave at cool room temperature for about 20 minutes before serving.

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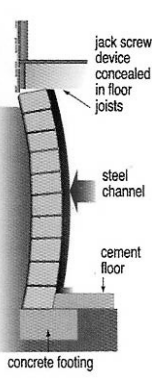


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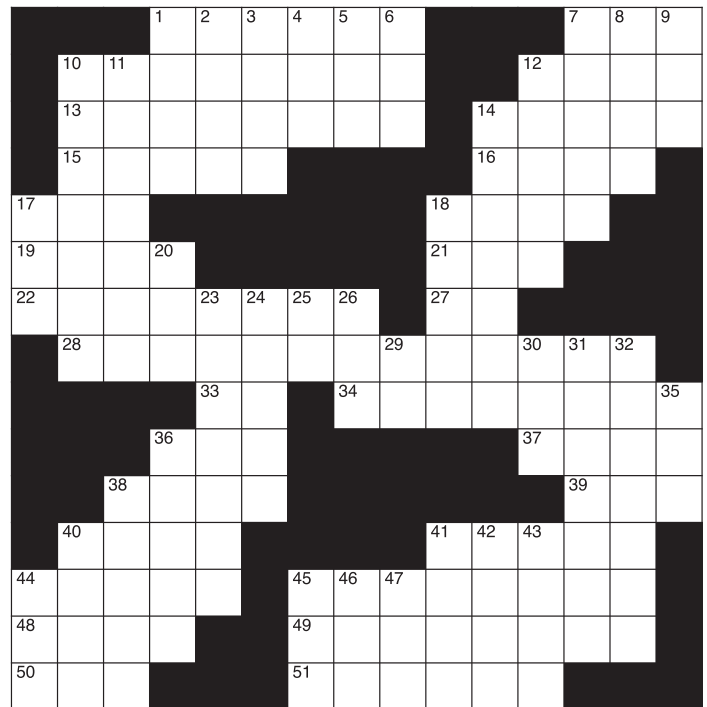
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12. Bangladeshi currency
13. Burial site
14. In the lead
15. Large recesses in a church
16. Count on
17. Defunct phone company
18. Golf scores
19. Afflicts
21. Defensive nuclear weapon
22. Prominence
27. "The Great Lakes State"
28. SoCal ballplayer
33. Location of White House
34. Magnificence
36. Hip hop songstress
37. Capital of Yemen
38. ___ Blyton, children's author
39. Bomb
40. Pancake made of buckwheat flour
41. Pinkish-violet color
44. A way to make right
45. Monument to one buried elsewhere
48. Region south of Dead Sea
49. Acts out against
50. Harsh cry of a crow
51. Formal title for a woman

DOWN

1. Kitchen devices
2. Wings
3. Mythological birds
4. Everyone has one
5. Matchstick game
6. Bar bill
7. Weights
8. Satisfactorily
9. Small amount
10. Tree types
11. Small protuberances
12. Equivalent of 100K BTU
14. Type of horse
17. More (Spanish)
18. Argentinian province
20. A bad act
23. Moving in a circular way
24. Battery type
25. Atomic #58
26. Popular breakfast food
29. An alternative
30. Tooth caregiver
31. A way to conform
32. Disfigured men
35. Cool!
36. Genus of mosses
38. Body part
40. Kashmiri people
41. Round water pot
42. Something to purchase
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44. Indicates 10
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"What's Goin' On"

Continued from page 12

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 hospitality. 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.

Continued on page 26



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Fit & Healthy Family Guide

Benefits of Yoga for men and women

Some of yoga's many potential benefits include improved flexibility, strength, and body awareness. It may also help relieve stress and anxiety.

The word "yoga" comes from the Sanskrit root word "yuj," which means "to yoke" or "to bind." The word itself has numerous meanings, from an astrological conjunction to matrimony, with the underlying theme being connection.

The practice originated in Ancient India as a means to further spiritual growth and the mind and body connection. Yoga can be beneficial to our overall well-being.

Yoga improves flexibility and balance

A key part of yoga involves stretching your muscles, which can help to improve Trusted Source flexibility and balance.

Flexibility is an important component of physical health. Yoga offers many styles to choose from, varying in intensity from high to moderate to mild.

Yoga seems to be especially helpful for improving flexibility in adults ages 65 and older.

Yoga helps with stress relief

The reports are that 84% of American adults feel the impact of prolonged stress. A regular yoga practice may help you to manage your stress levels and improve your overall quality of life.

It is important to remember that physical practice is just one aspect of yoga. Meditation, breath work, and auditory rituals, like chanting and sound baths, have also been shown to significantly lessen tension and relieve stress.

Yoga improves mental health

Major depressive disorder (MDD) is thought to be one of the most common mental health disorders in the world.

As of 2017 looking at the effects of yoga-based treatments on depressive symptoms overwhelmingly concluded that yoga can now be considered an effective alternative treatment for MDD.

Both movement-based yoga therapies and breathing-based practices have been shown to significantly improve depressive symptoms.

Yoga will likely increase your strength

While most people associate yoga with stretching and flexibility, some types of yoga classes can also be considered strength-building. It just depends on the class level, approach, and teacher. This makes yoga asana a multimodal form of exercise.

In 2021 they have found yoga to be an effective strength-building practice that may help to target both upper and lower limbs.

cont. on next page 29



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Find the hidden "High School" License Plate on page 18, 19 or 21. 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.

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 5/5.....@ Lowell4:45pm
 5/6.....vs Lowell4:45pm
 5/10.....vs Lincoln-Way East ..10:00am
 5/10.....vs Zionsville3:00pm
 5/12.....@ Munster5:00pm
 5/13.....vs Munster5:00pm
 5/14.....vs Nazareth Academy 5:00pm
 5/16.....vs Illiana Christian ...4:30pm
 5/19.....vs Hanover Central ..4:30pm
 5/20.....@ Hanover Central ..4:30pm
 5/26.....vs St. Laurence4:30pm

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5/2.....vs Lowell4:30pm
 5/6.....@ Chesterton4:30pm
 5/7.....vs Chesterton4:30pm
 5/10.....vs Homewood-Flossmoor11:00am
 5/13.....vs Lake Central4:30pm

5/14.....@ Lake Central4:30pm
 5/16.....vs Morgan Township ..6:00pm
 5/20.....vs Michigan City4:30pm
 5/21.....@ Michigan City4:30pm
 5/24.....vs NorthWood10:00am
 5/24.....vs Northridge2:30pm

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5/5.....vs Munster5:00pm
 5/6.....@ Munster5:00pm
 5/10.....@ New Prairie10:00am
 5/15.....@ Valparaiso4:30pm
 5/16.....@ Griffith5:00pm
 5/17.....vs Brebeuf Jesuit ...12:00pm
 5/17.....vs Shakamak4:00pm
 5/19.....@ Andean4:30pm
 5/20.....vs Andean4:30pm
 5/26.....vs Lake Central4:30pm

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5/2.....@ Munster7:00pm

5/3.....@ Lincoln-Way Central 10:00am
 5/6.....@ Portage4:30pm
 5/7.....vs Portage4:30pm
 5/13.....@ Crown Point4:30pm
 5/14.....vs Crown Point4:30pm
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 5/16.....vs Cathedral7:00pm
 5/16.....vs South Bend Adams 7:30pm
 5/20.....@ Merrillville4:30pm
 5/21.....vs Merrillville4:30pm
 5/24.....vs Northridge10:00am
 5/24.....vs NorthWood2:30pm
 5/26.....@ Hanover Central ..4:30pm

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5/2.....@ . Crown Point4:30pm
 5/3.....vs Morgan Township 10:00am
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 5/6.....@ Andean4:45pm
 5/8.....@ Portage4:30pm

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 5/13.....@ Kankakee Valley ...4:30pm
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 5/20.....vs Hobart5:00pm
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 5/23.....vs North Newton ...4:30pm

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PRUDENTIAL ADVISORS.....219/308-6338
 9800 Connecticut Dr. Crown Point, IN 46307 Fax: 877-844-7826
 Maurice Lounds, CFP/Financial Planner Chicagoland Financial Group
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advertising with results!**



Call today to
start your
**Advertising
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Pre-Spraying & Spotting • Deodorizing
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10 Years
Experience!

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**CARPET CLEANING
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\$30⁰⁰

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2 ROOM
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(up to 150 sq. ft.
per area)

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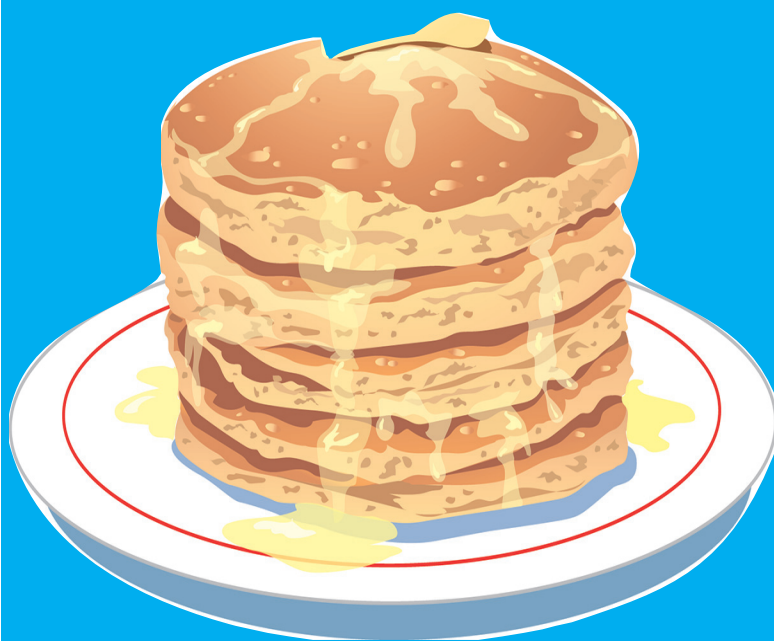
CARPET & UPHOLSTERY

219-696-7778 or 219-793-6445

Sea Cadets Stars and Stripes Division 5th ANNUAL **PANCAKE BREAKFAST**

Saturday May 17th

8am to 11 am



\$10 PER PERSON
KIDS UNDER 3
EAT FREE

- Door prizes and raffles
- Our favous toppings bar
- Assortment of beverages
 - Bacon or sausage
 - Whipped toppings
 - Pictures wim mom

LOWELL VFW - 17401 MORSE ST. LOWELL, IN 46356



SEA CADETS
CHOOSE ADVENTURE

You're a **WINNER** of our April contests!

Great Job Readers!

Coloring Contest: Abby Burton age 3 of Crown Point.

Nascar Noise Winner: Louise Chyko of Schererville.
(Advertiser with checkered flag was in DWR Tire and Auto)

Pet Photo Contest: The Villasenor Family of Crown Point.
(Pictured in this months Family Flyer)

Easter Egg Hunt Contest Winners: Ray Rogalski & Adrienne Vraniskoski both of Crown Point. Total Count was 26 eggs.



Leonard of Schererville chose to spend his \$\$ at Welch's Stop and Shop and The Hen



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

This Months Play The Game Winners:

June Jarosz of Crown Point

Don Davis of Crown Point

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

Congratulations Winners, Keep Playing!

(The hidden license plate was in Top Nails)

Attention: Cedar Lake, Lowell and St. John Residents Pick up your June 5th Family Flyer at:

Cedar Lake

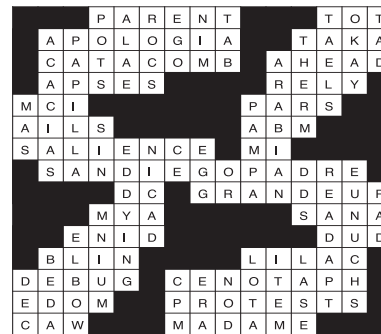
Hoosier Postal Plus
Lake Liquors
Luke Gas Station
Harry O's
Strack & Van Til
Sandbar Restaurant
Casey's
Rise N Roll Bakery
C.L. Kitchen

Lowell

The Butcher Block
Handy Spot Liquors
East & West
The Little Store

Lowell cont

Casey's
Family Express
Strack & Van Til
St. John
Kennan Liquors
North & South
Welch's Stop & Shop
Great Clips
Citgo
Essential Nutrition
Strack & Van Til
Centier Bank
BMO Bank



Answers to
this months
Crossword

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



Granite • Quartz

"The Aisle Seat"

by Tim Fealy

Do you accept your friends no matter what? What if your best friend wrote you a letter saying that they were transitioning to become a woman? Instead of being Andy, she will now be known as Harper. The same friend also wants you to accompany them on a road trip across America. As a man, she enjoyed visiting truck stops and local dive bars. But, now as a woman, she worries if she will be accepted or harassed and would feel better if you made the cross-country trip with her? Such is the letter that Will Ferrell receives from his best friend Harper in 2021. His response is a resounding yes to both accepting his friend and to accompanying her on the road trip. They film their cross-country adventure in the documentary, **"Will & Harper"** now available on Netflix. What follows is a very heart-felt, inspiring story about two friends who never give up on each other. Along the way, you become fast friends with both of them and their triumphs and tragedies become your own. In one scene, Harper decides she will walk into a local bar like she would have done countless times as a man. Now, will she be accepted or harassed? You feel the stress and anxiety of the situation. Moments like these, along with all the laughs, make you feel a part of their road trip. I have been thinking about this film long after seeing it. **On my scale as to what I would pay to see this film, "Will & Harper" receives \$9.**

"Greed & Gold: The Hunt for Fenn's Treasure," also on Netflix, tells the true story of a real-life treasure hunt. Forrest Fenn is a successful art dealer diagnosed with terminal cancer. He decides to hide a treasure worth millions somewhere in the Western United States. He publishes a cryptic poem that offers clues to the treasure's location. Fenn ends up surviving cancer and is alive to see the treasure hunt unfold. We meet the various treasure hunters who explain the clues and take you along on their quest. Some of this is heartbreaking, as people sacrifice their life's fortune and, in some cases, their lives for this treasure. It is a fascinating tale that will easily sweep you up in the adventure. **On my scale, "Greed & Gold: The Hunt for Fenn's Treasure" gets \$8.**



Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair com-



pany does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

Autos/Misc
Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

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VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$119.00! Shipped discreetly to your home. 100% guaranteed. 24/7 CALL NOW! 800-709-3080

Miscellaneous!! OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277



Miscellaneous
Inflation is at 40 year highs. Interest rates are way up. Credit cards. Medical bills. Car loans. Do you have \$10k or more in debt? Call National Debt Relief and find out how to pay off your debt for significantly less than what you owe! Free quote: Call 1-844-955-4930
Miscellaneous
We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833

Miscellaneous Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595



REACH 2 MILLION HOUSEHOLDS! Do you have a product, service, or business that would be helped by reaching over 2.7 million households throughout Iowa and the surrounding states? The Midwest Classified Network will allow you to reach these potential customers quickly and inexpensively. For more information concerning a creative classified ad call this publication or Midwest Free Community Papers at 800-248-4061 or get information online at www.mcn-ads.com

AUTOMOBILES
GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET
AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount +, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

FINANCIAL
Inflation is at 40-year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

Do Not Run In OR & WA
Miscellaneous
Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951

Miscellaneous
Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 6/30/25. 1-844-501-3208

Miscellaneous
MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936

Service Directory
AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 Have zip code of property ready when calling!

HEALTH & MEDICAL
ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-650-5916. (mcn)
DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES
Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971(mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4410. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1480. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS
LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6323. (mcn)

HAPPY MEMORIAL DAY!

Kids
Coloring
Contest



Compliments of:



17645 Morse St.
Lowell, IN 46356
219-300-2148

lowellanimalhospital.com

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.

..“What’s Goin’ On”

Continued from page 15

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.

4th Tuesday each month - Young at Heart Seniors BINGO Free! Begins at 1:00 pm with dessert. Come for fun and fellowship. Selection of prizes, no cash. Lower level of First United Methodist Church. 520 E. Commercial Ave., Lowell. Use east (parking lot) entry. Elevator available. Call 219-696-9219.

KEENagers every second Tuesday of the month meeting at the Lowell bowling alley at noon. If you want to enjoy a good meal and have fun playing bingo this senior group is for you cost of meal is only \$11 please join us you will not regret it.

1st Wednesday of each month unless otherwise stated. Christian Womens Connection Luncheon at Suzie's Cafe, CWC which is Christian Women's Connection in Valparaiso Indiana. Womens encouraging one another as we enjoy a delicious lunch meal. 1050 Southpoint Dr., Valparaiso. Inspirational Speaker, Charlotte Hubrich “So What Do You Think?” Serving begins at 12:15, Cost is \$20. Call either Kay 219-926-6935, Natalie 219-762-5869 or Arlene 219-929-8031. Seating limited

Every Wednesday Pinochle at the Eagles Post in Cedar Lake at 1 PM please join us everyone welcome!

Every Wednesday - Bingo, 6pm Early Bird, 6:30pm Regular Bingo, \$1000 Jackpot. Kouts American Legion Post 301, 959 W. Indiana St. (Rt. 8). Food for purchase by Ladies Auxiliary. Information: 766-9919.

"Smoking and Non-Smoking now available"

Every Wednesday - BINGO, Crown Point Moose Lodge #260, 1200 N. Indiana Ave. Early birds-9am; regular games-10am. Information: 663-1302.

Every Wednesday - Parent Chat Support Group! 6:30-7:45pm. For parents challenged by the complexities of raising children ages birth to eighteen years. Lively discussions on a variety of topics, including age appropriate discipline, conscious/unconscious parenting, bullying, truancy prevention, and aggressive behaviors, also includes personal and professional relationship improvement. \$10/class. Purdue Tech Center, Crown Point. Call Rosemarie Grabowski 886-1111 to register. Space limited. No walk-ins.

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

Every Thursday - TOPS (Take Off Pounds Sensibly) Group meets every Tuesday morning at Faith Church 6729 W. 133rd Ave., Cedar Lake. Weigh in begins at 9 am and meeting starts at 930 am Contact Millie 219-776-1200 for more information.

Every Thursday - Alateen, ages 11-19, if you are affected by someone else's drinking Alateen can help. 7:00 p.m. Free To Be ME St. Peter's Lutheran Church 6540 Central Ave. Use entrance off parking lot unless otherwise instructed. 8:00 p.m. T.G.I.T. Trinity Lutheran Church 250 S. Indiana Ave. Crown Point Entrance E Upstairs Library Information: 219-769-1133 <http://www.nwialanon.org>

Every Thursday - TOPS (Take off pounds sensibly). Group meets every Thursday evening at First Presbyterian Church 218 S. Court St. Crown Point, IN Rear entrance next to resale shop. Weigh in begins at 6 pm, Meeting begins at 6:30 pm. Contact June at 219-545-4145 for more information.

Continued on page 27



Speed Boat For Sale

With Trailer. Good Condition, \$6,700 or best offer, text or call 219/682-4350.



**Don't miss it...
The Family Flyer's
Festival Flyer Coming
June 5th!**

**We will list your Church Bazaars, Fairs,
Festivals, Craft Shows and More!**

Festivals and Fairs will be listed through December
Subject line: Festival info 2025 toemail: debbie@familyflyer.com

Call today 219/689-6262 or 219/916-4728

**To Start Your Spring/Summer 2025
Ad Campaign!**

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

Seal Coating • Crack Repairs
Striping • Pot Hole Repairs

Quality That Lasts!

Seal-It-Up, LLC
Call **219-669-3795**
Crown Point, IN

**Trust the Experts to
give you a driveway
that looks great today
and down the road.**

We Invite You to Worship at these Area Churches

BAPTIST

Hillside Community Church
5201 W. 109th Ave. Crown Point, IN 46307
We aim to create deeper connections between God and His People, by authentically sharing our lives and the Gospel of Jesus Christ with others. At Hillside, our FOCUS is on being a Christ centered church that ministers to unashamed of the truth of the gospel of Jesus Christ, and we strive to be continually growing in our spiritual walk with the Lord. Join us for Worship on Sundays at 10:15am; Nursery and Kid's Church Available. Coffee & Fellowship at 9:40am. For info and events visit www.hillsidecrownpoint.org (219) 663-0312

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 Appelhanz
970-417-9051.
joseph.appelhanz@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-believe, 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. 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 service times, including Faith Kids (infant-5th grade) and our special needs ministry. For info call (219) 864-0300

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: gdcl3711@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: cedarlakeumc.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 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

NON-DENOMINATIONAL

Sundays at 10:00am, Wed. Bible Study @ 6:30pm, life groups available throughout the week. 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

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.oakglennurc.org

Redeemer United Reformed Church

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

UNITARIAN

First Unitarian Church
A noncreedal, liberal religious experience
5th and Main St., Hobart, IN 219-942-1611
Sunday service 11:00 a.m.
To view livestream go to
<http://www.facebook.com/FirstUnitarianHobart/>
Contact office for information on participating on Zoom during service. Website www.firstunitarian-hobart.org
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Hole in One!



Congratulations!

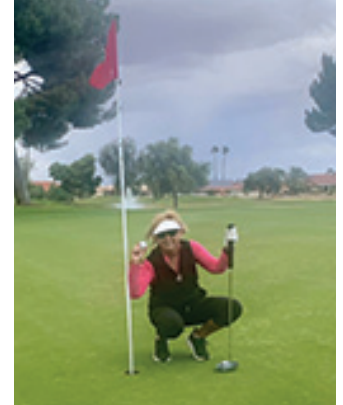


Cardinal Creek Golf Course, in Beecher, IL hole # 7, 101 yards North Course. April 15, 2025. Glenn Plant of Lowell, IN. This is Glenn's 1st Hole in One!



Stardust Golf Course, hole #12, 166 yards used a 5 wood, April 2, 2025. Debbie Hodnett #9 in Sun City West, AZ. This is Debbie's 3rd Hole in One!

Hole in One!



Fit & Healthy Family Guide

Benefits of Yoga for men and women

Yoga may improve quality of life

There are several factors that can affect quality of life (QOL), such as relationships, learning opportunities, health, and material comforts.

For decades, researchers have viewed QOL as an important predictor of people's longevity and likelihood of improvement when treated for a chronic illness or injury.

Its a promising potential for yoga to improve QOL in people with chronic pain. If you experience chronic pain, consider speaking with a healthcare professional about lifestyle measures that may help. They may be able to suggest an individualized yoga routine that could help you manage symptoms.

Yoga may reduce anxiety

The Anxiety and Depression Association of America suggests that anxiety disorders may be the most common mental health disorders in the United States. Numerous studies suggest that yoga asana may be effective as an alternative treatment for anxiety disorders, though further research is still needed to confirm this. Yoga nidra, which is a body scan meditation, has been shown to reduce symptoms Trusted Source of anxiety.

Yoga may help improve sleep

When measuring sleep, researchers look at a person's ability to fall and stay asleep. Insomnia can affect one or both of these aspects. Yoga has been shown to improve both how quickly people fall asleep and how deeply they stay asleep. This is partly due to the after-effects of exercise and the mental calming and stress relief provided by yoga specifically.

SAVE THE DATE

Saturday May 31st

the Hobart Garden Club is having their Annual Plant and Treasure Sale at the Chamber of Commerce Parking Lot, 1001 Lillian St. Hobart, IN from 9am to 1pm

Hometown Mother's Day Market

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Sunday, May 11th, 9a - 2p

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For Sale:

Office desk with hutch 52-1/2" wide x 19-1/2" deep x 53-1/2" tall. Credenza 47" long x 23" deep x 28-1/4" tall. Cabinet 53-1/2" tall x 22-3/4" side x 18-1/4" deep with 1 drawer, 1 pull-out shelf and 2 adjustable shelves. Laminated oak look with blackish gray top on desk and credenza. Excellent condition. \$100. Call 708/243-4680 for more details & pictures.

For Sale: Shop Vac \$20, Ski Poles \$10, Basic Weightlifting Set, \$30. Call 219-226-1445.

Sectional couch brown in color \$350. Living room set: coffee table, end table and sofa/tv table. \$150 for all. 6 drawer dresser w/mirror & matching twin bed complete with 1 drawer at foot of bed good condition only \$300.00. 2 bikes- Glacier Point 12 speed \$45 and Mongoose ten speed \$80. Cedar Lake, text 219/798-8718.

Women's Golf Clubs & Bag \$40, Nordic Track \$30, Metal Shelving Unit \$25, 219/226-1445.

9 X 12 Beautiful, red, wool area rug. Excellent condition, real showpiece. Was 2K, now \$200. Call 219/256-3966.

40 inch card table and 4 chairs to match. Good condition. Call Terry. 219/374-7425.

Help Wanted:

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

Henry Company needs part-time help. Some repair, some phone and computer work. Send Resume to: The Henry Company P.O. Box 2045 Hammond, IN 46323.

Meat Counter and Deli, Part-Time and Full Time positions available. Apply in Person. Welch's Stop and Shop. St. John, IN Detailer, apply in person at Liss Body Shop. Crown Point.

Help Wanted:

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

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