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Lake County Fair Days Are Here!



Yay, The Lake County Fair is going on now thru August 10th. August also brings the start of another school year, be sure to shop our advertisers for incredible back to school savings! Thanks again for shopping with the Family Flyer Advertisers first as they make The Family Flyer Happen. Have a great Labor Day Weekend and be safe.

Watch for us again in your mailbox on Thursday, September 4th!

Sincerely,
The Family Flyer Staff

"Yellow butterflies look like flowers flying through the warm summer air." – Andrea Willis



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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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Parents & Town _____

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Name & Phone # of person placing announcement _____

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

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Aug. 9th - 10th - Gary Air Show

Marquette Park 1 North Grand Boulevard, Gary, IN. Come see aerial acts perform along the south shore of Lake Michigan at the beautiful Marquette Park! The park is located just outside of the Indiana Dunes National Park.

Aug. 16th Kielbasa Fest

2:00 PM to 8:00 PM, Kosciuszko Park, 151st Street and Indianapolis Blvd, East Chicago, IN Join the City of East Chicago for delicious Polish food, music and beer.

Sept. 1st - 4th - Lowell Labor Day Festival, Town of Lowell 501 E. Main Street, Lowell, IN. For more than 75 years, the Lowell Labor Day Festival has been a part of the Labor Day weekend festivities. For 103 years the Lowell Labor Day Festival has been a part of the Labor Day weekend festivities held August 30 – Sept 1st 2025. The Labor Day weekend in Lowell is a tradition of the state as it incorporated the longest running Labor Day Parade in the state and the Festival has always kicked off the weekend with family fun. www.lowelllabordayfestival.com/schedule



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Here's what's Cookin'

By Phyllis Hays, #11 with Trixie

Pecan-Stuffed Pork Chops

Serves 7-8

1 large rack of pork chops, bones in
4 tablespoons butter
1/2 yellow onion, chopped
2 ribs celery, chopped
5 cloves garlic, minced
1 1/2 cups chicken stock
1 teaspoon kosher salt
1/4 teaspoon cayenne pepper
2 cups panko bread crumbs
2 cups roasted pecans, chopped
More kosher salt and pepper, to taste

Clean the rack of pork well and cut in between the bones to get thick individual pork chops. Cut a large slit down the back side of each chop and insert the tip of a knife 2 to 3 inches inside the chop to create a pocket for the stuffing. Do not poke completely through the pork or the stuffing will not stay in. In a large saucepan, melt the

butter and sauté the onion, celery and garlic until the onion has slightly softened. Add the chicken stock, salt and cayenne and bring to a light simmer. Pour the contents into a mixing bowl and add the panko bread crumbs and pecans. Mix together and let cool to room temperature. Stuff as much of the mixture into each pork chop as will fit (overstuffing is okay, too). Sprinkle both sides of each chop with salt and pepper to taste, then roast in a preheated 400 F oven for 12 minutes. Turn the chops over once and roast an additional 15 minutes. Check for doneness with a meat thermometer. Cook to medium, or 135 to 140 F.



Your GIFT is waiting for you at the 2025 Indiana State Fair.

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

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Coupon

FAMILY MEAL DEAL #3

1 Large Pizza with Cheese and up to 3 extra Toppings

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

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FAMILY MEAL DEAL #4

1 Large Pizza with Cheese and up to 3 extra Toppings

- Plus Cheese Sticks
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- Plus Cookies

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Gardening Tips

by Jackie Kubiak #12

The best fruits and vegetables to harvest in August

After all your hard work over the summer, you don't want to miss out on the most important and exciting part of gardening: harvesting. Almost all your summer garden plants will be ready to harvest at some point in August; it can quickly become overwhelming to try and harvest them all before they go bad.

Warmer weather crops will be at peak deliciousness in August. This includes beans, corn, cucumbers, melons, okra, tomatoes, and summer squash. These iconic summer veggies will be tender and juicy and taste great when harvested in August.

There are also a lot of cooler weather plants that can be grown and harvested during the hotter months. These plants include beets, cabbage, kale, radishes, turnips, carrots, lettuce, onions, peas, spinach, and swiss chard. While these taste their best when grown and harvested in cooler months, you can still enjoy a good harvest during August.

Growing your own herbs at home is rewarding and can save you a lot of money. August-ready herbs include basil, chamomile, chives, cilantro, fennel, lavender, lemon balm, oregano, peppermint, rosemary, sage, and thyme.

Let's not forget the sweeter cousins to veggies: fruits. While fruits are less commonly grown in backyard gardens, there are still those who have dedicated strawberry beds, and now is the time to harvest those plump strawberries, figs, and plums. Check your garden often!

Please Shop Local, See ya next month!



Timothy Grzych 6th Annual Memorial Golf Outing

Friday, August 22, 2025

@ WHITE HAWK COUNTRY CLUB

12:00 pm registration - 1:00 pm shotgun start

\$600 Per Foursome (includes Golf, Skins, Lunch, Dinner & Drinks)

\$100 Hole Sponsorship.

All proceeds go to the Timothy J Grzych Memorial Scholarship held by the Crown Point Community Foundation.

**To sign up your
foursome please contact**

Karen Grzych

@ 219-644-9284

(no later than August 14th)



FESTIVAL GUIDE 2025

Sept. 5th - 15th - Indiana Dunes Outdoor Adventure Festival
Indiana Dunes National Park Visitor Center, 1215 N Indiana 49, Porter, IN . The festival starts on Friday, September 6th, and continues through Sunday, September 15th.

More than 75 events will take place during the festival at parks and preserves throughout Northwest Indiana. There are events for visitors of all ages and activity levels include hiking, biking, photography, yoga, birding, geocaching, and many more for visitors of all ages and activity levels. There is no charge for the festival and no pre-registration is required for most events. Indiana Dunes National Park has an entrance fee of \$25 per car for a 1-7-day pass. A \$45 annual pass for the national park is also available. Please purchase passes or pay the entrance fee at the Indiana Dunes Visitor Center, West Beach Entrance Station or at www.recreation.gov/sitepass/indu.

Sept. 6th - Popcorn Festival

Festival Hours: 8:00 a.m. - 6:30 p.m. Parade: 10:00 a.m.

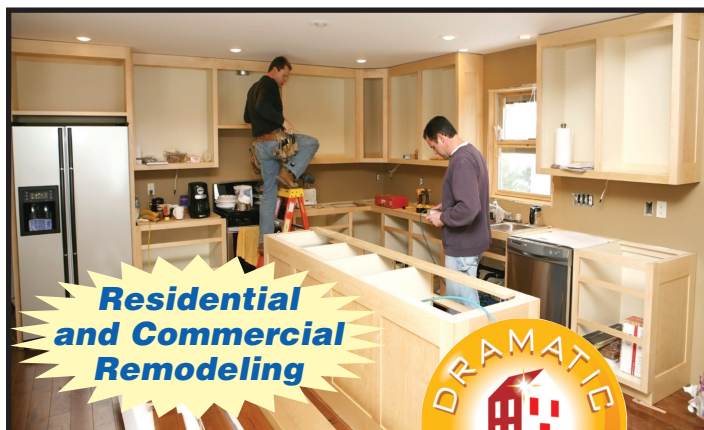
You won't want to miss this long-standing Valparaiso tradition, that all started with Orville Redenbacher in 1979, as it returns for its 46th year! After watching the Popcorn Parade, explore 300+ vendors lining Downtown Valpo's streets, Main Stage Music performances in Central Park Plaza, the Ultimate Poppin' Play Zone, Beer Garden, and so much more for fun no matter what age! Pop onto our website and social media throughout the year for updates on the festival, including the 2025 Popcorn Festival theme announcement, vendor lists, maps, Main Stage music lineup, parade information, and more!

www.valparaisoevents.com/event/valparaiso-popcorn-festival

Sept. 26th - Brewfest Biergarten

Free, Time: 4:30 PM to 9:00 PM

Central Park Plaza, 68 Lafayette St, Valparaiso, IN Kick off Valpo Brewfest weekend with live entertainment and imported German beer at this relaxing evening event. Food and beverage available for purchase.



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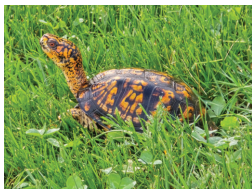


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Outdoor Observations

by Tom Berg

The Eastern Box Turtle



"Box turtles can be beautiful and very colorful. Photo by Bill Keaton."

Although most people think of lakes and ponds as normal turtle habitat, the relatively small eastern box turtle is a bit different. These box turtles are more commonly found in meadows, woodlands and grassy fields – although they are also known to live near ponds and marshes at times. Adults are usually only 5-7 inches long.

The eastern box turtle can be found in a variety of colors, although brown, orange and yellow are some of the most common colors. Both the shell and the turtle's skin have similar coloration. The shell, or carapace, of the box turtle is very tall and forms a high dome. Males have red eyes, while females typically have brown eyes. But a sure-fire way of determining the sex of a box turtle is to examine its plastron – the underside of the turtle. Females have a flat plastron; males have a concave plastron so the male can easily climb up on the female's shell during mating.

Speaking of the turtle's plastron, eastern box turtles are unlike most other turtles because they have a hinged plastron. While most turtles simply retract their head and legs inside their shell when danger approaches, eastern box turtles can do the same and then pull their hinged plastron up tightly against their carapace. This is very effective for protecting themselves from almost all predators.

Eastern box turtles are common in many areas, but are actually endangered in some states like Maine. They are a "species of special concern" in Indiana, and they cannot be legally collected from the wild. The photo of the eastern box turtle shown here was taken by Indiana resident William Keaton as this beautiful turtle meandered through his yard.

"What's Goin' On"

Tuesday, August 12th, "Functional and Fantastic Plant Choices" with Wayne Gruber at 6:00 p.m. Purdue Extension - Lake County, 2293 N. Main Street, Crown Point Choosing the right plant(s) for the garden can be difficult. Join Wayne as he simplifies the sustainable & pollinator trends and inspiring and innovative choices of new and underused plants. The more informed you are, the easier it is to be successful with your plant choices in the garden. Go to Purdue Extension online to signup.

August 28th - Preserve It Now...Enjoy it Later Purdue Extension-Lake County Offers Workshop. Crown Point – Join Purdue Extension Master Home Food Preservation instructors to learn the basics of boiling water bath canning through education and a hands-on workshop. Participants will prepare and process a recipe to take home after the workshop. This workshop is perfect for beginners or anyone looking to refresh their skills in home food preservation. Boiling Water Bath Canning – Jams & Jellies Workshop 10 AM - 1 PM CT Purdue Extension-Lake County, 2291 N. Main St., Crown Point, IN Cost: \$30.00. Register by calling 219-755-3240 or email dmcook@purdue.edu. Class size limited to: 6 participants. For workshop specific questions, contact: Linda Curley, lcurley@purdue.edu or 219-755-3240.

Lake County Master Gardener Association is a 501(c)(3) corporation.

September 8th - The new year of bell ringing for Harmony Handbells begins on Monday, September 8. We are looking for children between the ages of 8 and 17 who would like to learn to ring handbells. We will teach basic handbell techniques and music theory from 2:30 - 3:30 every Monday afternoon in Crown Point. The classes are free and provide a great opportunity to learn in a stress-free environment as well as make new musical friends. Please contact Linda at handbellover@gmail.com if you are interested or have any questions. Thanks!

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.

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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

2nd Saturday- Bingo! The Lowell American Legion, at 108 E Commercial Ave. holds Bingo on the 2nd 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.

BINGO — Tuesday and Fridays - 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.

Continued on page 14

Lake County Fair

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"The Aisle Seat"

by Tim Fealy

The family continues to have family movie nights this summer. It is an easy way to share an experience and gives us much to discuss afterwards.

"Aunt Mary" is available on Amazon Prime and was a 1979 Hallmark movie for television. Starring Jean Stapleton who was Edith on "All in the Family," it tells the story of a disabled woman living on welfare who has a passion for baseball. She begins teaching the game to disadvantaged kids in the neighborhood, first forming a team and then a league. Based on a true story, Mary Dobkin helped over 50,000 kids through her efforts. A few went on to play in the Major Leagues. While the movie feels dated and is a bit slow, this inspiring story is a great film to watch with the entire family. Most of the scenes are based on actual situations. **On my scale as to what I would pay to see this film, "Aunt Mary" gets \$7.**



One more family film is the 1988 film, "Big" with Tom Hanks available on Disney+. If you have seen it before, you will love watching it again. For the new viewers, you are in for a treat! Josh is a kid who cannot wait to grow up and makes a wish at a Zoltar fortune telling machine at a carnival. Unbeknownst to him, his wish is granted. He wakes up the next morning in an adult sized body! As an adult, he forms new relationships that he does not want to leave behind. Yet, he misses his family and former life. This is a funny, touching, wonderful film & Tom Hanks is perfect at playing an adult with the mind of a kid. **On my scale, "Big" gets \$10.**

"The Life List" is a 2025 film available on Netflix. Alex is a young woman with little direction in life. When her mom dies of cancer, her inheritance depends on Alex accomplishing a bucket list of goals from her childhood. After each goal is accomplished the executor of the will gives her a DVD with a message from her mom. Each task sets her on a journey of growth and self-discovery. Yes, some of the movie is predictable. There is no surprise as to who she will end up with. But this feel-good film will have you cheering Alex on while reflecting on your own goals and cherishing the people in your life who matter most. **On my scale, "The Life List" gets \$8.**



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Lowell Labor Day Festival
 American Legion Grounds
 10:00am - 11:00am | Rain or Shine | Bring Lawn Chairs

Happy RETIREMENT

DR. NANCY ALBRIGHT

After more than 30 years caring for children with compassion, insight, and dedication, Dr. Albright is ready to begin a new chapter. She and her husband, Dr. Dave Albright, are excited to embark on their next adventure—enjoying retirement together!

We will miss her dearly & know you will too! Schedule a visit before August 12 to say goodbye and celebrate her incredible career.



kidsfirstNWI.com



We invite you to share a special memory, kind word, or photo. Simply scan the QR code to leave a message on Dr. Albright's Kudoboard before 8/10—a virtual card full of love from our community.



Sept. 26, 27, Oct. 3, 4, 5, 10, 11, 12, 17, 18, 19, 23, 24, 25, 26, 30, 31, 11/1. **Haunted Hills Haunted Attractions** 7:00 PM. 7611 E Lincoln Highway, Merrillville, IN. Indiana's #1 Halloween event, Haunted Hills Haunted Attractions returns with even more fear, terror and insanity! During the dark, chilly nights in October, Haunted Hills brings you the rock show environment you've come to know and love with the insanity that overruns the entire park! Haunted Hills Haunted Attractions has continued to create movie quality haunted attractions that are a "must-see" horror experience. Detailed sets, terrifying actors, and more all come together to bring Indiana an intense, heart-pounding haunted attraction experience. With three Haunted Attractions, an entire night of terror awaits you!

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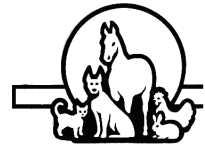
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Semi-Annual Sale Gleaners Resale Shop

Everything in store
is 1/2 Price

on these days only

Friday August 29th, Saturday August 30th,
Tuesday September 2nd and
Wednesday September 3rd.

Fill a BAG DAY is
Thursday September 4th
a bag is provided by the store
for \$10⁰⁰ + tax

Closed for restocking on
September 5th and 6th
Fall/Winter/Halloween Items
will be available on
Wednesday September 9th!

Gleaners Resale Shop is a non-profit organization that has been operating in Cedar Lake since 1982. The shop is run as a mission that returns all of its profits back to the community. Accepting donations of good clean clothing and household items during business hours only. A tax receipt can be given, please ask cashier for a form. We are located at: 13131 Lake Shore Dr. Cedar Lake, IN (next to Dollar General)

For information please call 219-374-5266.

Hours: Closed Sunday and Monday.

Open Tues, Wed & Thurs 9-4, Friday 11-6 and Sat 10-4.

Hole In One!

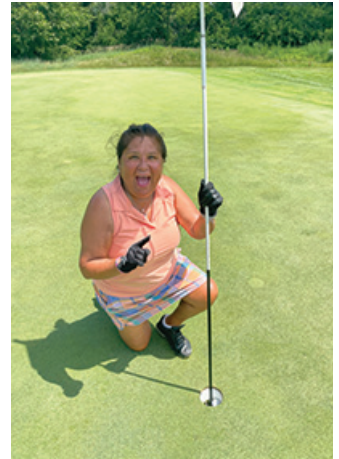
Congratulations
Phyllis VanOver

of Crown Point, IN.

Grey-hole #6, ping driver,

June 22, 2025.

White Hawk Country Club,
Seniors Club Championship.



"Airing himself out after a hot day"

**DOG
DAYS
of
SUMMER**



"Bisbee"

(Owners Vanessa
& Bryce of
Sun City West, AZ)

"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.



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Enjoy great fishing or just relax in our heated or air conditioned 2 bedroom lake front cottages. Pontoon boat rentals are available along with a child friendly swimming area for your enjoyment.

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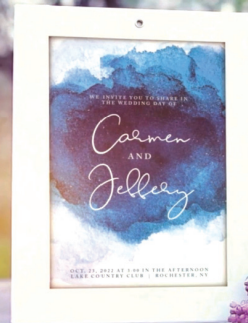
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“What’s Goin’ On”

Continued from page 9

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

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

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

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

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

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>



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



 **August Is**
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Play The Game Rules:

Find the hidden "High School" License Plate on page 16 & 17. 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 **all winners must be 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.

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Friends of the Library

NatureFest

VENDORS WANTED!

We're currently accepting applications for vendors who offer information, services or products related to nature, conservation or gardening.

Vendors will have the opportunity to reach new customers, increase membership, provide information and sell products at the event.

It is \$20 for a space/table ~ 2'Wx6'L. Indoor & outdoor space is available. Visit the Lowell Public Library or their Facebook Page for more details.

Have a food truck?
Let us know if you want to rent a space in the parking lot!

**SATURDAY, SEPT. 13th
10 AM - 3 PM**

Lowell Public Library
1505 E. COMMERCIAL AVE., LOWELL IN, 46356
For more information call the library at 219-696-7704 and speak with Bethany.





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High School Football Schedule

ANDREAN 59er's
HIGH SCHOOL BOYS FOOTBALL
8/22.....@ Merrillville7:00pm
8/29.....vs Ft. Wayne Bishop ..6:30pm
9/5.....vs Kankakee Valley ...7:00pm

CROWN POINT BULLDOGS
HIGH SCHOOL BOYS FOOTBALL
8/22.....@ Lowell7:00pm
8/29.....@ Pike7:00pm
9/5.....vs Merrillville7:00pm

HANOVER CENTRAL WILDCATS
HIGH SCHOOL BOYS FOOTBALL
8/22.....@ Michigan City 7:00pm
8/29.....vs Bishop Chatard ..7:30pm
9/5.....@ Highland7:00pm

LAKE CENTRAL INDIANS
HIGH SCHOOL BOYS FOOTBALL
8/22.....@ Munster7:00pm
8/29.....vs Catholic Central ..7:00pm
9/5.....vs Portage7:00pm

LOWELL RED DEVILS
HIGH SCHOOL BOYS FOOTBALL
8/22.....vs Crown Point7:00pm
8/29.....vs La Porte7:00pm
9/5.....@ Griffith7:00pm

MERRILLVILLE PIRATES
HIGH SCHOOL BOYS FOOTBALL
8/22.....vs Andrean7:00pm
8/29.....vs Loyola Academy ...6:30pm
9/5.....@ Crown Point7:00pm

Play The Game Win The Game

Family Flyer Play The Game Entry Form

Name _____

Address _____

Phone _____

Advertiser with license plate _____

All winners must be willing to have your picture in the paper. Entry must be postmarked by August 15, 2025.

**Mail to: The Family Flyer Play the Game,
P.O. Box 1004, Crown Point, IN 46308**

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Not valid with any other offers or discounts. Expires 9-6-25.

Fit & Healthy Family Guide

5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental wellbeing. **They can:** help you to build a sense of belonging and self-worth give you an opportunity to share positive experiences provide emotional support and allow you to support others. If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together. Arrange a day out with friends you have not seen for a while. Visit a friend or family member who needs support or company. Volunteer at a local school, hospital or community group.

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life—

Try learning to cook something new. Find out about eating a healthy, balanced diet.

Try taking on a new responsibility at work, such as mentoring a junior staff member or improving your presentation skills.

Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint.

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

cont. on next page



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FamilyFlyer.com**

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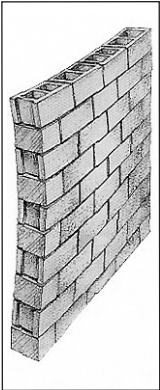
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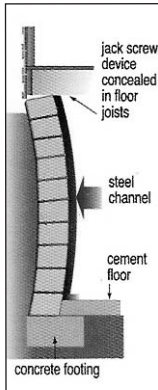
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Fit & Healthy
Family Guide

**5 steps you can take to improve
your mental health and wellbeing-
cont...**

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you.
- asking friends, family or colleagues how they are and really listening to their answer.
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living "in our heads" – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions.

An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means paying attention to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment.

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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 Appelhantz
970-417-9051.
joseph.appelhantz@gmail.com

St. Matthias Catholic Church

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

St. Michael the Archangel National Catholic Church

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

CHRISTIAN

Faith Church

Faith Church is a Bible-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. Pastor Tom Clark
Sunday: Prayer Service 10:15am. Free Breakfast 9:00am. Project Love Food Pantry is for Lake County 9-11:30am Every Wednesday. Narcotics Anonymous Solo and Family Every Thursday 7pm. Now open to the public, in person worship church 10:15am or on line service, find us on facebook. email:cedarlakeinmcc.org

First United Methodist Church

352 S. Main St., Crown Point, 219-663-1515. Sunday Services: Traditional 8:00 am & 11:00 am; Contemporary 9:30 am, Holy Communion on first Sunday of the month. Coffee & Fellowship 9 am & 10:45 am, Sunday School 9:30 am.

NON-DENOMINATIONAL

Sunday morning nursery Provided.

E-mail: admin@fumccp.org

Web: <http://www.fumccp.org>

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

NON-DENOMINATIONAL

church for the first time or coming back to church, we think you'll find a safe place to get a fresh start. We gather for worship on Sundays at 10:00am, 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

ORTHODOX CHRISTIAN

activities at various times throughout the month. Visit our website at momentumindiana.org

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.

PRESBYTERIAN

Sunday Divine Liturgy 9:30 am & Holy days as scheduled. Services in English. "Come and See" the True Faith!"
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

REFORMED

Communion Sundays. For more info contact Church office: 219-996-8746.

Crown Point Christian Reformed Church

909 E. Greenwood Ave., Crown Point, IN (at the corner of Greenwood & Indiana)
Office: 219/663-3643;
Email: office@cpcrc.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.oakglenurc.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

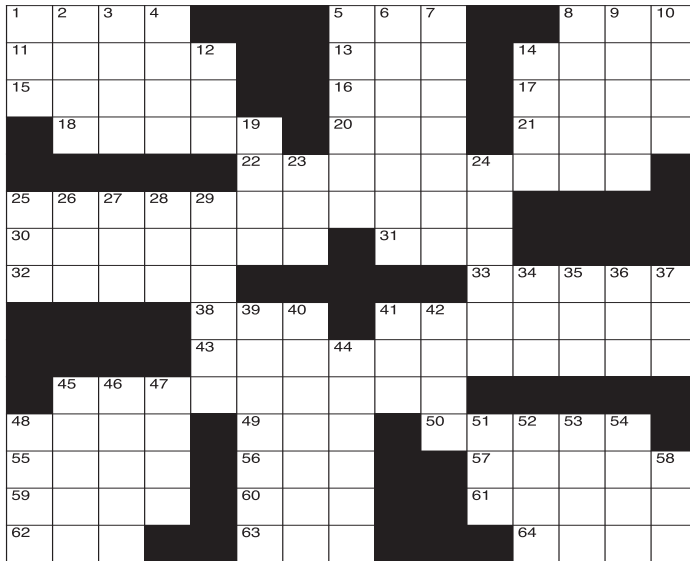
A noncreedal, liberal religious experience
5th and Main St., Hobart, IN 219-942-1611
Sunday service 11:00 a.m.
To view livestream go to
<http://www.facebook.com/FirstUnitarianHobart/>
Contact office for information on participating on Zoom during service. Website www.firstunitarian-hobart.org
We welcome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

UNITED CHURCH OF CHRIST

Zion United Church of Christ

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



**ACROSS**

1. Taxis
5. Space Systems Command
8. Plant seed by scattering
11. Alliances
13. Fiddler crabs
14. Heroic tale
15. Yemen capital
16. Misleading gesture
17. Cain and ___
18. Simple shoe
20. Hundredweight
21. Children's toy in the snow
22. Gets rid of
25. Free of deceit
30. Performed a dance
31. Chinese philosophical principle
32. Exaggerated
33. Refrain from inflicting
38. A doctrine
41. Can be subdued
43. A place to bathe
45. Land used for pasture
48. Curved piece of iron
49. Automobile
50. Fencing sword
55. Breezes through
56. Child
57. NBA legend Iverson
59. Horsley and Iacocca are two
60. Midway between northeast and east
61. Spiritual leader of a Jewish congregation
62. U.S. leader during much of WW2
63. Lair
64. Fibrous material

DOWN

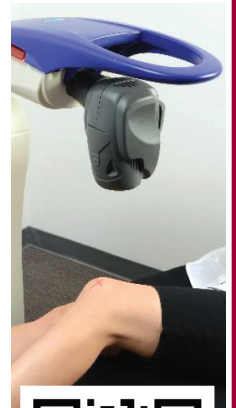
1. Home of "60 Minutes"
2. Expression of sorrow or pity
3. ___ fide: legitimate
4. Immune response
5. Assistance and support
6. Glared
7. Spanish saloon
8. Pitch black
9. S-shaped lines
10. Statistical test
12. ___ Paulo, city
14. Graduation garb
19. A way to record
23. Not good
24. Weather events
25. A pituitary hormone
26. Jamie Foxx film
27. Rocker's accessory
28. One point east (clockwise) of due north
29. One who obtains pleasure from another's pain
34. Consume
35. Licensed for Wall Street
36. Sick
37. Israeli city ___ Aviv
39. Removed the husk
40. Mass of rocks and sediment
41. Two-year-old sheep
42. Area units
44. Prison overseer
45. Walked
46. Wartime escort aircraft carrier
47. Tax
48. 50 percent
51. Swiss river
52. Tattle
53. Actor Idris
54. Resist authority (slang)
58. Egg of a louse

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

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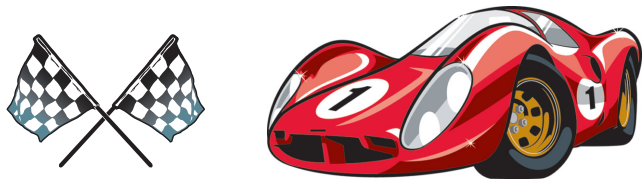
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ENTRY

Name _____

Address _____

City, State and Zip _____

Advertiser with Checkered Flag as shown above

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Nascar 2025

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Saturday, August 16 - Richmond Raceway

Saturday, August 23 - Daytona International Speedway

Sunday, August 31 - Darlington Raceway



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Kids Coloring Contest



Compliments of:



Tyler's Tender
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(219) 322-5590

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.

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Holy Name Parish Cedar Lake, IN



Drawing September 27, 2025,

tickets are \$50 each

Grand Prize - \$10,000

2nd - \$1,500 3rd - \$700 4th - \$500 - 5th \$250

Early Bird Drawing is August 16th,

2 - \$100 prizes

Tickets can be purchased after weekend

Masses 7am - 9am - 11am Sunday
and Saturday 5pm or in Parish Office

Mon - Thurs 8:30 to 4:00.

Please mail order form to:

Holy Name Parish 11000 W. 133rd Ave.

Cedar Lake, IN 46303

**Send form with check or money order only, make
check payable to Holy Name Parish**

Name_____

Address_____

City/State/Zip_____

Number of Tickets \$50 each_____

Amount Enclosed_____

Email:_____

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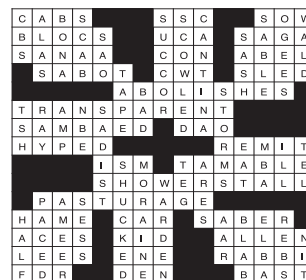
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Answers to this
months Crossword

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

Great Job Readers!

Coloring Contest: Mackenzie Townsend age 4 of St. John.

Nascar Noise Winner: Jeff Garrett of Cedar Lake.

(Advertiser with checkered flag was in The Gold Depot)

Pet Photo Contest: Vanessa & Bryce of Sun City West, AZ.

(Pictured in this months Family Flyer)



Debra of Cedar Lake
chose to spend her \$\$ at
Welch's Stop and Shop
and Top Nails



Ellen of Lowell chose
to spend her \$\$
at Welch's Stop and
Shop and La Quesadilla
Mexican Restaurant

This Months Play The Game Winners:

Ivy McMurtrey of St. John

Ann Viviano of St. John

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

Congratulations Winners, Keep Playing!

(The hidden license plate was in Engineered Products Corporation)

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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.

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Help Wanted
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Thursday, August 28th,

10 am: Save the date!

Drive thru Mobile Food Pantry at Holy Name Parish, East side Parking lot. 11000 W. 133rd Ave. Cedar Lake, IN.

Must have Indiana State I.D.

Sunday, September 14th-

Music and Fashion of the Past Show - Starts at 1:00pm, lunch is included.

Doors open at noon. Musical Decades of Fashions VIII presented by Lowell VFW Memorial POST 6841 Auxiliary, 17401 Morse St. Lowell, IN 46356. Supporting Fallen Heroes and VFW Post 6841. Tickets \$20, contact Phyllis @ 219-781-7988

Attention: Crown Point, Winfield and LOFS Residents Pick up your September 4th Family Flyer at:

Crown Point

Citgo 231 & West St.
Old Courthouse Shops
Main Street Cafe
Centier Bank South
Jewel
Horizon Bank
Family Express North St. and Indiana Ave.
Family Express 101st & Broadway
Casa Balbina on North St.
County Seat Liquors

Strack & Van Til
Broadway and South
Schoops
True Value

LOFS/Winfield Area

Strack & Van Til
Walgreens
Family Express
CVS
Marathon Station

2025 Summer Home Protection Event!

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End Cleaning Out Gutters!
Zero Clogged Gutters Guaranteed

Without LeafFilter (X) With LeafFilter (✓)

Promo Code: 285

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*Promotional offer includes 20% off plus an additional 10% off for qualified veterans and/or seniors. One coupon per household. No obligation estimate valid for 1 year. *See Representative for full warranty details. See website for all license and registration numbers AZ: 36692923, AZ: ROC: 344027, CA: 1035795, CT: HIC0671520, FL: CBC056678, IA: C127230, ID: RCE-51604, LA: 559544, MA: 176447, MD: MHIC111225, MI: 262300173, 262300318, 262300338, 262300329, 262300330, 262300331, MN: IR731804, MT: 228192, ND: 47304, NE: 50145-22, 50145-23, NJ: 13VH0995300, NM: 408693, NV: 86990, NY: H-19114, H-52229, OR: 218294, PA: 179645, 069283, RI: GC-41354, TN: 10881, UT: 10783638-5501, VA: 2705169445, WA: LEAFENW822JZ, WV: WV056912.

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40% OFF*

Minimum purchase of 4

+ \$200 OFF

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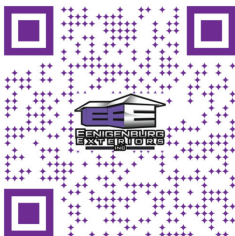
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UNTIL 2027**

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Not valid after
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Plan includes seasonal cleanings,
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no overtime rates.



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Plan includes seasonal
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emergency service
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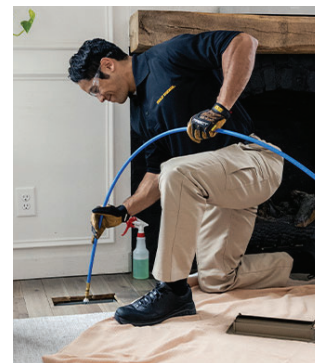
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***MUST BE CLEANED SAME
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EXPIRES 9/27/25
MINIMUM CHARGES APPLY**

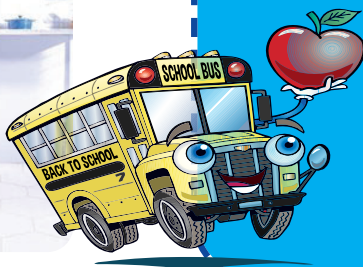
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services.



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

HARDWOOD | TILE & GROUT

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Residential only; cannot be used for water emergency services. Not valid with other offers. Valid at participating locations only. Combined living areas, L-shaped rooms and rooms over 300 sq. ft. are considered 2 areas. Baths, halls, large walk-in closets and area rugs are priced separately. Offer not applicable on natural stone flooring. Offer not applicable on certain types of wood flooring. Sectional sofas may not be separated, sectional over 14 ft., sofas over 7 ft. and certain fabrics may incur additional charges. Offer not applicable to leather furniture. Offer does not include protector. Coupons must be presented to crew at time of payment and not after final payment has been completed.

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CARPET CLEANING

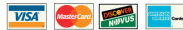
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\$20 OFF **\$195 +**



Cleaning Completed by 9/27/25

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



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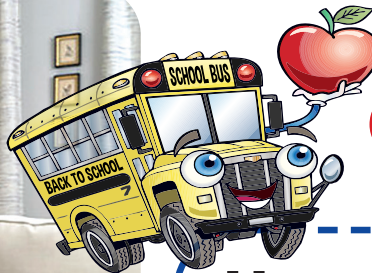
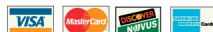


Cleaning Completed by 9/27/25

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



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BEYOND CARPET CLEANING

COUPON

UPHOLSTERY CLEANING

Valid on residential services.

\$15 OFF **\$185 +**

CLEAN & PROTECT SERVICE

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WATER SERVICES**