



**HighlandGriffith**  
CHAMBER OF COMMERCE

*Promoting Good Business*

# *Member Happenings*

HIGHLANDGRIFFITHCHAMBER.COM

Highland Community Crime Watch  
Highland Police Department  
3315 Ridge Road  
Highland IN 46322  
838-3184



Dear Business Owner,

This letter is being sent on behalf of the Highland Police Department's Community Crime Watch coordinators, Officer Brandon Norris and Officer Shawn Anderson. The Crime Watch program has been in existence with the Highland Police Department since the early 70's with various meetings being held and activities such as the Night Out Against Crime. Officer's Norris and Anderson took over the Crime Watch Program in 2008 after the program appeared to lose interest. Presently, the Crime Watch Program coordinators hold meetings every other month (January, March, May, July, September, and November) on the second Wednesday. Meetings have been held at the Highland Branch library however, beginning in March they will be held at our new public safety facility. Each meeting consists of discussing current crime statistics and hearing citizen concerns. Also, included in each meeting is a special topic or guest speaker. Previous topics included identity theft, burglary prevention, and drugs/gangs. Also as part of the meeting coordinators hand out door prizes to those in attendance. We as coordinators are asking if your business would be willing to issue a gift certificate in a small monetary amount (\$5.00 for example) to be used as a door prize at our remaining meetings. We would greatly appreciate any gift certificates you would be willing to donate in any monetary amount. We as coordinators would also announce at the meeting your business as a supporter of the Crime Watch Program. If your business would be able to donate you may contact either of us at 838-3184 or via email at [bnorris@highland.in.gov](mailto:bnorris@highland.in.gov) or [sanderson@highland.in.gov](mailto:sanderson@highland.in.gov).

Thank you again for your continued support!

Sincerely,

Shawn Anderson

Brandon Norris



We are once again going to sell the **SimpleQPon Books** for a Fundraiser. The books are still selling for \$20 each. Treasured Friends gets to keep \$10 from the sale of each book. The coupon book is full of restaurant coupons and some other miscellaneous coupons for Northwest Indiana. They are good until December of 2017. We can accept cash, personal checks made payable to Treasured Friends or a credit card at Petsmart only with a \$1 service fee. If you would be interested in buying one or selling some, please let me know. Call or text Melisa at 219-743-7322 or email [treasuredfriendsrescue@gmail.com](mailto:treasuredfriendsrescue@gmail.com).

Please help us raise some money to help our furry friends!

Treasured Friends Animal Adoption and Rescue  
P.O. Box 9234  
Highland, IN 46322

# Win a Fitbit Flex 2!

## DON'T WAIT UNTIL YOU ARE SICK

See your doctor annually to help prevent illness including getting your flu shot each year and annual mammograms for women.

## DRINK PLENTY OF WATER

Water not only keeps us hydrated but also keeps a normal body temperature, lubricates and cushions joints, protect our spinal cord and other sensitive tissues and eliminates waste.

## GET ENOUGH SLEEP


Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression. Lack of sleep causes mental and physical stress and also increases cortisol and insulin, promoting fat storage and making it harder to lose weight.

## EAT BETTER

Avoid bad eating habits such as eating too fast, always cleaning your plate, eating when not hungry, eating while standing up or rushed, always eating dessert, and skipping meals especially breakfast. Stick to foods that keep you full and always get at least 5 servings of fruits and vegetables a day.

## KEEP YOUR TEETH HEALTHY

Poor teeth and gum health can also affect our overall physical health. Remember 2, 2, 2. Brush 2 times a day for 2 minutes and go to the dentist 2 times a year.



NorthShore can help you achieve these and more of your healthcare goals. Schedule your appointment in January and receive a chance to win a Fitbit Flex 2.

## WALK MORE

The CDC recommends 2 hours & 30 minutes of moderate-intensity aerobic activity each week. If you don't care for the gym, 10,000 steps a day is equivalent to approximately 5 miles or 30 minutes of exercise a day. Take a walk on your break, choose a farther parking spot, get up every hour to take a quick walk around the office or walk up and down every aisle at the grocery store even if you are only stopping for a few things.

Locations in Portage, Lake Station,  
Chesterton, Hammond, and Merrillville

219-763-8112 or toll free: 888-313-8557

[www.northshorehealth.org](http://www.northshorehealth.org)



# Give Kids A Smile Day!



**January 30<sup>th</sup> - February 2<sup>nd</sup> from 8am-7pm\***



NorthShore Health Centers along with thousands of dentists across the country take time to help underserved children get the oral health care they need.

 **FREE Examination**

 **FREE X-Rays**

 **FREE Cleaning**

 **FREE Electric Spin Brush  
& Toothpaste**

**Children Ages 3 - 16**

Must Be Uninsured &  
New Dental Patient to NorthShore



Appointment required. Space is limited.

**\*Hours Vary By Location:**

6450 US Highway 6, Portage  
3099 Central Ave., Lake Station  
6091 Broadway, Merrillville  
6920 Indianapolis Blvd, Hammond

**(219) 763-8112 or**

**Toll free: (888) 313-8557**

[www.northshorehealth.org](http://www.northshorehealth.org)







# **JOB FAIR**



**Comfort  
Keepers®**

**TUESDAY**

**January 31st, 2017**

**9AM-1PM**

**8715 Kennedy Avenue**

**Highland, IN**

**219-838-0808**



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We provide a place of safety and security where everyone is treated with love, compassion and dignity.

## *OPEN HOUSE*

Saturday, February 4 ~ 10:00a to 2:00p

RSVP: 219-525-4123

Northwest Indiana's best kept secret in **MEMORY CARE**. Conveniently located behind the Star Plaza Theater in Merrillville, Indiana.

Journey Senior Living of Merrillville is a Christian Memory Care Community. Our loving and caring staff will recognize what individuals with memory loss and dementia truly need: activity, security, and unconditional support in a homelike neighborhood setting.

### *AMENITIES*

- Private studio apartments
- Executive Chef prepared meals
- Medication monitoring & administration
  - Personalized activities
- Respite Care, Adult Day Care



7900 Rhode Island St | Merrillville, IN 46410 | 219-525-4123 | [jsl-m.com](http://jsl-m.com)

SAT FEBRUARY 4, 2017

NOON - 3 PM

LANGEL'S PIZZA

HIGHWAY AVE

HIGHLAND, IN

Come join local  
pet-businesses and  
Langel's Pizza help  
the Humane Society  
Calumet Area with  
our Pizza For Paws  
fundraiser!

Bring the family, have  
some fun (and pizza!)  
and help the shelter  
animals!

# Pizza for Paws



A portion of the  
proceeds will  
benefit the  
Humane Society  
Calumet Area



Sponsored by:

Langel's Pizza (Highland)

The Hydrant (dog grooming)

Pooch's Palate (dog bakery)

The Pet Parlor (pet sitting)

Fetch Portraits (pet photography)

Laurie Tuttle DogTraining



20 | RW | CODY BEACH

**Sponsored by Frank J. Mrvan  
North Township Trustee**

**CHICAGO WOLVES**

# **HUNGRY FOR MORE**



**Allstate** | arena

**Saturday, February 4th**

**Game starts @ 7 p.m.**

**\$35 per person** (includes game ticket & bus ride)

**Coach Bus from Wicker Park Clubhouse  
Highland, IN @ 5:00 p.m.!!**

**For ticket info, call 219-932-2530 x331. Space is limited so call now!!**





## *Friends and Family Sweetheart Dance*

*Mothers, Fathers, Daughters, Sons, Brothers, Sisters, Uncles, Aunts, Nieces,  
Nephews, Grandparents, Cousins, Friends or Neighbors are welcome*

*Saturday, February 11, 2017*

*4-6 p.m.*

*Wicker Memorial Park Clubhouse*

*2215 Ridge Road, Highland, IN*

*For Children Ages 3-12 years old*

*Admission-\$5 per couple/\$3 each additional child*

*Admission includes food, soft drinks, dancing, craft, games & prizes*

*Reservations are required by calling 219-932-2530 x331*

*Hosted by North Township Trustee, Frank J. Mrwan*

*Happy  
Valentine's  
Day*

*Happy  
Valentine's  
Day*

Contact: Joshua Halpern, President  
219-322-2700  
Joshua@Albertsjewelers.com

### **FOR IMMEDIATE RELEASE**

#### **Local Jeweler offers free wedding ceremonies on Valentine's Day.**

For over a century, future newlyweds in northwest Indiana and the Chicagoland area have gone to Albert's Diamond Jewelers to choose their wedding rings. But now engaged couples go to Albert's not only to pick out their rings, but also to celebrate their wedding day. Each year on Valentine's Day, Albert's invites 20 to 30 engaged couples to conduct their wedding ceremonies free of charge inside the flagship store at 711 Main Street. Every couple receives their own wedding ceremony, complete with wedding cake, music, a bouquet of flowers, and champagne for the newlyweds and their guests. A professional wedding photographer and videographer are also on hand to capture the memorable day.

The tradition of holding free wedding ceremonies at Albert's began in 1998 when owner, Fred Halpern and his bride Donna, renewed their wedding vows on Valentine's Day at the Albert's store. Since then, the Halpern family extends an invitation for local engaged couples to do the same. As Halpern explains, "we're in the love business, and what better way to help our customers share their love than to offer free wedding ceremonies on the national day of love, Valentine's Day." Area couples interested in holding their weddings at Albert's Diamond Jewelers this Valentine's Day are invited to call 219-322-2700 for more information.

Albert's Diamond Jewelers is a family owned jeweler serving northwest Indiana and the Chicagoland area for over a century. The company's flagship store at 711 Main Street in Schererville, Indiana is one of the largest jewelry stores in the United States. For more information, visit [www.albertsjewelers.com](http://www.albertsjewelers.com).



# FUNDRAISING FUN 2017



## BOWLING

BENEFITING TRADEWIND'S  
RESIDENTIAL SERVICES

GRAB A THREESOME & HEAD TO

# STARDUST II

FOR A FUN-FILLED EVENT

3925 EAST LINCOLN HIGHWAY | MERRILLVILLE, IN

**MONDAY, FEBRUARY 13th**  
**6:00 pm to 9:00 pm**



\$125

**INDIVIDUAL**

\$300

**THREESOME PLUS  
TRADEWINDS PARTICIPANT**

REGISTER TODAY! Contact Deb Kiefer today! Call (219) 945-3128 or email [events@tradewindservices.org](mailto:events@tradewindservices.org)



# FUNDRAISING FUN

## 2017



# BOWLING

BENEFITING TRADEWIND'S  
RESIDENTIAL SERVICES

**MONDAY, FEBRUARY 13th 6:00 pm to 9:00 pm**

Since the 1940s, TradeWinds has empowered individuals with special needs to realize their full potential. Help us fulfill our mission by supporting this fun-filled event benefiting our Residential Services for our adult participants.

### **Turkey Package**

**\$1000**

- Two teams of threesomes receiving all benefits listed in Lucky Strike Package below
- Enhanced signage at the event – your name or logo appearing on promotional materials plus prominently displayed throughout the event
- Listing on TradeWinds website, appearing on the homepage's animated slider and click-thru event registration page.
- Logo on official event T-shirt

### **Lucky Strike Package**

**\$300**

- Each team has three bowlers and one TradeWinds Participant
- Team name signage on your lane
- Each bowler receives an event T-shirt
- Food and one drink ticket will be provided



REGISTER BY FEBRUARY 1, 2017

**SPONSORSHIP QUESTIONS?** Contact Deb Kiefer today! Call (219) 945-3128 or email [events@tradewindservices.org](mailto:events@tradewindservices.org)



# FUNDRAISING FUN

## 2017



# BOWLING

BENEFITING TRADEWIND'S  
RESIDENTIAL SERVICES

☐ I'm in! Count on me as a supporter of  
TradeWinds' Annual Bowling Fundraiser.

**MONDAY FEBRUARY 13, 2017 6:00 - 9:00 PM**

Contact Name \_\_\_\_\_

Phone Number ( \_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

**Names of Bowlers in Threesome:**

1. \_\_\_\_\_ Shirt Size \_\_\_\_\_

2. \_\_\_\_\_ Shirt Size \_\_\_\_\_

3. \_\_\_\_\_ Shirt Size \_\_\_\_\_

☐ We cannot attend, but please accept this gift of \$ \_\_\_\_\_  
and list us as an underwriter for the event.

☐ Enclosed, please find my check made payable to:  
TradeWinds Services / 3198 East 83rd Place / Merrillville, IN 46410

☐ Please charge \$ \_\_\_\_\_ to the following credit card:

☐ MasterCard ☐ Visa Credit Card Zip Code \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVC Code \_\_\_\_\_

Signature of Card Holder \_\_\_\_\_

**\$125**

INDIVIDUAL

**\$300**

THREESOME  
+TRADEWINDS PARTICIPANT



TradeWinds Services, Inc. is exempt from Federal Income Tax under section 501(c)(3) of the Internal Revenue code and contributions are tax deductible to the extent of the law.

**REGISTER BY FEBRUARY 1, 2017** Contact Deb Kiefer today! Call (219) 945-3128 or email [events@tradewindservices.org](mailto:events@tradewindservices.org).



**FRANK LYMAN®**  
DESIGN



*Elizabeth Woodbury*

OWNER OF:

*Elizabeth Fashions*



AND



**invite you to our 1st Spring 2017 Trunk Show:**

**Exclusively featuring styles from:**

**FRANK LYMAN DESIGN**

**Wednesday, February 15th to Wednesday, February 22nd**

**12:00 Noon to 6:00 P.M.**

**at our Office:**

**2927 Jewett Avenue**

**Highland, Indiana 46322**

**219-237-2342**

**(Refreshments will be served.)**

**ALL proceeds from this event go to help fund NWI Parkinsons' locally sponsored support groups, classes and educational symposiums.**



Dr. Kenneth J. Schoon

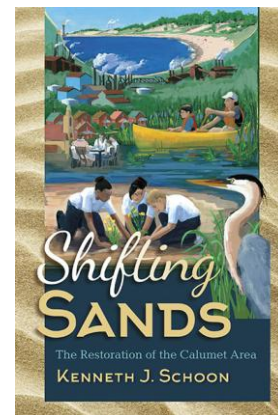
## **The Highland Historical Society**

*will host*

### **Dr. Kenneth J. Schoon**

**Region Professor, Historian and Author  
for his presentation, discussion  
and book signing**

## **"Shifting Sands, The Restoration of the Calumet Area"**



**Thursday, February 23rd, 2017 at 7:00 p.m.**

**The Lincoln Center, Rm. 116-118 - 2450 Lincoln St. - Highland**

Ken Schoon, a Northwest Indiana native and professor of science education, has a bachelor's degree in geology, a master's in secondary education, and a Ph.D. in curriculum and instruction. In 1990, after 22 years as a middle and high school teacher, he joined the faculty at Indiana University Northwest, retiring 23 years later. Dr. Schoon's research interests center around science misconceptions and local studies. His book, *Calumet Beginnings*, came out in October, 2003 and *Dreams of Duneland* in 2013.

He is a founding board member and past president of the Dunes Learning Center and a member of the Munster Education Foundation and the IU Northwest Science Olympiad steering committee.

*Shifting Sands*, his recently released book and the television documentary, "Shifting Sands: On the Path to Sustainability" is about the historical environmental battles along the Lake Michigan shore. It has aired on 240 public Television networks and was nominated for a 2016 Chicago/Midwest Regional Emmy Award by the National Academy of Television Arts & Sciences.

*Shifting Sands*, the documentary and the book, tell the story of the remarkably successful efforts to clean up the air and waterways of one of the worst polluted areas in North America.

Because the northwest corner of the state was the last in Indiana to be settled, by 1860 the land and its rivers were still largely untamed and clean. However, being located at the south end of Lake Michigan, a perfect location for heavy industry, once it started the area quickly industrialized resulting in a century of pollutants being released into its air, dumped into its rivers, and piled up on its land. By 1960, Northwest Indiana was one of the most polluted areas on the continent. However, since the 1960s, a remarkable change in attitude, in this area as well as across the country, has resulted in a remarkable series of restorations. Citizens banded together to lobby Congress to create a national park in the dunes while governments at all levels began to take seriously their responsibility for their environment. Whereas the Northwest Indiana region used to be known for smog and grime, it is now gaining a reputation for biological diversity and beautiful greenways and blue ways. The work continues but there is much to celebrate.

*Please join us for an interesting evening. Refreshments served at the end of the evening.*

*Public is invited to attend. Dr. Schoon will hold a book signing.*

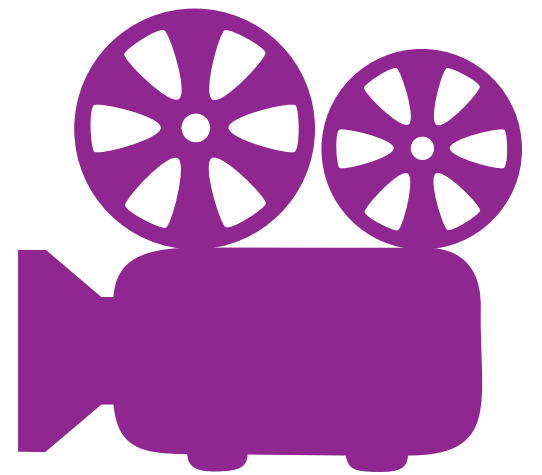
**"Shifting Sands, The Restoration of The Calumet Area" book will sell for \$30**

**"Shifting Sands, On the Path to Sustainability" documentary DVD will sell for \$20**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POP ON OVER FOR A FREE MOVIE NIGHT



## Family Movie Night HAMMOND FAMILY YMCA

Join us as we show 'The Princess Bride' on Friday, February 24th at 6pm in our gym. Limited seating will be available but everyone is welcome to bring a blanket or chair. Snacks will be available for purchase.

**WHEN:** Friday, February 24  
**TIME:** 6pm  
**FEE:** Free to the community  
**LOCATION:** HAMMOND FAMILY YMCA  
7322 Southeastern Ave.  
Hammond, IN 46324  
[hammondareaymca.org](http://hammondareaymca.org)

