



**HighlandGriffith**  
CHAMBER OF COMMERCE

*Promoting Good Business*

# *Member Happenings*

HIGHLANDGRIFFITHCHAMBER.COM

# *Is Your Family Concerned About Obesity?*

**Join us in a 6 week nutrition course  
tailored towards families and children!**

## **COURSE DESCRIPTION:**

- Stretch your food dollars
- Plan fast and healthy meals
- Cook and sample different recipes
- Increase physical activities
- Free participation gift
- Enter to win raffle (Crockpot or George Foreman grill)
- Earn certificate of completion
- Fun and interactive



Space is limited so RSVP today to:

**Erin Dickinson**

**(219)763-8112 Ext: 5171**

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

## **WHEN:**

June 1st, 8th, 15th, 22nd, 29th,  
and July 6th

6 week course

Meeting weekly at 10:30am

## **WHERE:**

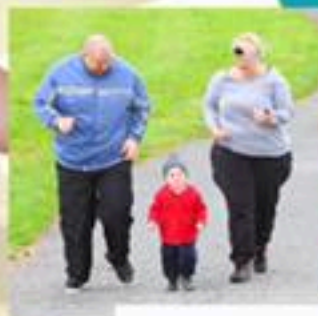
Hammond Public Library

564 State St.

Hammond, IN 46320

Hosted by:

**PURDUE**  
**EXTENSION**





# **\$75 Health Screenings for Men**

**The Entire Month of June!**  
**(\$50 without PSA)**

## **HEALTH SCREENING INCLUDES:**

**COMPLETE PHYSICAL EXAM**

**HEART DISEASE RISK EVALUATION**

**BLOOD & HEALTH ASSESSMENT**

**BLOOD TEST TO CHECK  
FOR COLORECTAL CANCER**

**OPTIONAL PROSTATE CANCER  
RISK EVALUATION (PSA)**



*Everybody deserves quality  
health care... EVERYBODY*  
**(219) 841-5154**

### **Locations in:**

- Chesterton
- Lake Station
- Hammond
- Merrillville
- 2 Portage Locations

**VISIT US!**





Midweek



# Music & the Market



## Wednesdays at Main Square Park

May 31-Sept. 27 (off 6/28, 7/5, 7/26, 8/2)

Market 4-8pm, Musical Entertainment 5-9pm.

\*Beer garden available on dates notated with an asterisk!

Warm-up acts provided by Highland Main Street. Held in Lincoln Center Fieldhouse if inclement weather. Bring a lawn chair.

**MAY 31**

LACEY

Community Band

**JUNE 7 \***

Almond Grove

The Neverly Brothers

**JUNE 14 \***

Michelle Josephine Velez

Fast Eddie & the Corvettes

**JUNE 21 \***

Gerry Hundt

Tropixplosion

**JULY 12 \***

Robert Rolfe Feddersen

Mason Rivers

**JULY 19 \***

Dennis, Andrew, & Michelle

New Odyssey

**AUGUST 9**

The Influence

The Class of '68

**AUGUST 16**

Michelle Josephine Velez

Flat Cats

**AUGUST 23**

The Sky at Night

Oscar & The Majestics

**AUGUST 30**

David Blixt

Danny Mateja & IPA Tribute Band

**SEPT. 6 (5-7pm)**

Dennis, Andrew, & Michelle

**SEPT. 13 (5-7pm)**

Robbing Selsdon

**SEPT. 20 (5-7pm)**

Dominic Ruffalo

**SEPT. 27 (5-7pm)**

JD Kostyk



Shopping opportunities may include fruits, veggies, organic herbs, spices, artisan breads, sweets, Mexican foods, gourmet coffee, cheese, jewelry, honey, etc..

To inquire about being a vendor, call 219-838-0114 or visit [highlandparks.org](http://highlandparks.org)



# Healing Limbs, Saving Lives

**Do you find yourself experiencing tired, cramping legs or have a leg wound that won't heal?**

Peripheral vascular disease or peripheral arterial disease happens when the arteries in the legs become narrowed or blocked by plaque. Blockages in the arteries can result in not enough blood being delivered to the leg to keep the tissue alive. If left untreated, PAD can lead to severe pain, limited physical mobility, non-healing leg ulcers, and amputation.

Join Interventional Cardiologist David Stewart, MD as he explains the signs, symptoms and treatments available for peripheral vascular disease and critical limb ischemia.

Find out about the new Limb Ischemia and Vascular Excellence (L.I.V.E.) program at the hospitals of Community Healthcare System.

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David Stewart, MD  
Interventional  
Cardiologist

Wednesday, June 21  
David Stewart, MD  
6 pm - 7 pm  
Hartsfield Village  
Main Entrance  
10000 Columbia Avenue  
Munster, IN



**L.I.V.E.**  
**LIMB ISCHEMIA &  
VASCULAR EXCELLENCE**

*A Service of Community Healthcare System®*

**This program is FREE.**  
To register, call 219-836-3477  
or 866-836-3477.

ACTIVE SHOOTER WORKSHOP - JUNE 22nd, 7:00 PM

PRESENTATION BY GARY MCKAY, LOGISTICS SECTION CHIEF, INDIANA DISTRICT  
1 TASK FORCE INDIANA DEPARTMENT OF HOMELAND SECURITY

- How to respond when an active shooter is in your vicinity.
- How to respond when law enforcement arrives on the scene.
- Recognizing signs of potential workplace violence.

Admission is free. Church leaders are especially encouraged to attend. Please RSVP with the  
GLC church office.

GRIFFITH LUTHERAN CHURCH

1000 N. BROAD ST.

GRIFFITH, IN 46319

(219) 838-1626

[GLC1000@griffithlutheran.org](mailto:GLC1000@griffithlutheran.org)





**NORTH TOWNSHIP**

# **2017 FREEDOM 5K**

**REGISTER ONLINE BEFORE JUNE 15th to get a TShirt!!**

**<https://runsignup.com/Race/IN/Highland/NorthTownshipTrusteesRunforFreedom5K>**

**What: 5K Run/Walk**

**To benefit American Cancer Society**



**When: Thursday, June 22, 2017**

**Where: Wicker Memorial Park Pavilion  
2215 Ridge Road, Highland, IN**

**Time: Race starts @ 6:30 p.m.  
Registration starts @ 5:30 p.m.**


**Fees: Advance registration \$20 per entrant  
Day of Race \$25 per entrant**

- **Prizes will be awarded to the top 3 finishing men and women runners and first place men and women walkers.**
- **Post Race Celebration @ the Social Center Gazebo.**
- **Your race bib number will give you admittance to the concert for those 21 and over**

**LIVE MUSIC BY AC/DC TRIBUTE BAND **BONFIRE**  
FULL CASH BAR & FOOD AVAILABLE FOR PURCHASE**

**2017  
Sponsors**

*Strack & Van Til*

Frank J. Mrvan  
  
**NORTH TOWNSHIP TRUSTEE**  
BUILDING A STRONGER COMMUNITY

**CHRISTENSON**  
*Superscore*



*Frank J. Mrvan, North Township Trustee*

# 2017 WICKER PARK SUMMER CONCERT SERIES



6/15 Crawpuppies 6/22 Bonfire 6/29 Infinity 7/6 Gone 2 Paradise

7/13 Dick Diamond & The Dusters 7/20 Rumours

7/27 Five Guys Named Moe 8/3 Kashmir

8/10 Echoes of Pompeii 8/17 Deacon Blues

9/7 Mexican Independence Concert with Together

Doors open @6:30pm/Show 7:30-10:30pm

Rain or Shine! Cash Bar/Food available for purchase

Wicker Park Social Center Gazbo, 2215 Ridge Rd, Highland, IN

No Coolers Allowed!!

219-932-2530 x331 or 324  
www.wickermemorialpark.com

Table reservations available

Season Pass  
\$50

\$7 per concert  
cash only

21 & Over!!!

21 & Over!!!



# CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Fair Haven Center for Women. Come in to the Chipotle at **10343 Indianapolis Blvd Ste 101** in Highland on **Monday, June 26th** between **4:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Fair Haven Center for Women.



MEXICAN GRILL

If placing an order online during your fundraiser, please note you must choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.