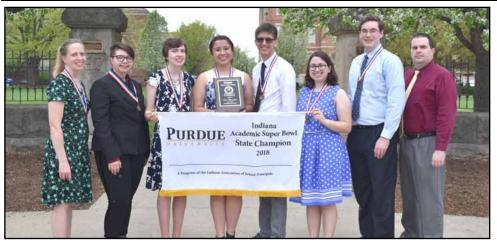
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Vol. 17, **Issue 839**

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July is National Ice Cream Month!

Pictured are Deborah Price, Beth Azcona, Miranda Price, Kathryn Strimbu, Paul Maicher, Elizabeth Cooley, Tom Pampalone, and John Price.

Andrean High School team wins Academic

As the recent school year was coming to a close, the Andrean High School Interdisciplinary Team won the state title at a competition that took place at Purdue University.

Andrean was recognized for qualifying in all three competitions and was the only team to be recognized in all three areas.

The team is comprised of Beth Azcona, Kathryn Strimbu, Elizabeth Cooley, Paul Maicher, Tom

Pampalone, and Miranda Price.

Strimbu, Cooley, and Azcona were honored for being on the state qualifying teams for all three competitions. This is the second honor Cooley and Azcona have been recognized and third for Strimbu.

Indiana Association of School Principals has been recognizing 'Triple State Finalists' since the 2003-04 school year, and Andrean achieved that status for the

12th time. Only 16 Indiana schools were able to enter teams in all three competitions for high schools this school year: the Indiana Academic Spell Bowl. Indiana Academic Decathlon, and Indiana Academic Super Bowl. Of those teams, Andrean was the only school to qualify for State Finals in all three contests.

Andrean has been competing in the Super Bowl since 1985. The Super Bowl com-



THE PERSON NAMED OF THE PE

Students experienced outdoor wi

Before school let out for the summer, students at St. Mary School in were treated to a visit from an organization called 'Wildlife Educational Exhibit of Northwest Indiana'.

The entire library was turned into somewhat of a museum, complete with dozens of animal mounts that students were able to see up close and to touch.

The owner and president (See Andrean Pg. 3) of this traveling exhibit,

Timothy Ferguson, said, "there are so many wonderful and exciting things just outside in the woods, streams, rivers, beaches, and in your own back yard. We aim to introduce wildlife to youngsters that is just outside their windows."

"The students really loved this opportunity to learn. Education is so much more than what can be found in books," said fourth grade teacher Kim Hise.

To learn more about St. Mary's School or schedule a tour, call 219-663-0676 or visit www. stmarycp.org/ school.

Pictured are Lupita Vaca, Sophia Gallego, Johnathan Nguyen, Caleb O'Donnell, Brett Beardsley, Thomas Cipowski, Ella Katsaros, Jayden Valdivia, and Gianna Zembillas, with Kim Hise in the background.

O Deadliest Days' ving teen driv vers kill 10 people per day

At roughly the halfway mark of the '100 Deadliest Days' - the period between Memorial Day and Labor Day – it's worth noting that an average of ten people a day are killed in vehicle crashes during this time. More than 1,050 people were killed in crashes involving a teen driver in 2016 - a 14%

rest of the year, according to data analyzed by the AAA Foundation for Traffic Safety. With school out for summer, AAA stresses the importance of preparing and educating inexperienced teen drivers for some of the most dangerous driving days of the year.

"The number of fatal crashes involving teen drivincrease compared to the ers during the summer is an we can help our young driv-fatalities involving teen driv-

important traffic safety concern and research shows that young drivers are at greater risk and have higher crash rates compared to older and more experienced drivers," said Dr. David Yang, AAA Foundation for Traffic Safety executive director. "Through education, proper training, and involvement of parents, ers to become better and safer drivers, which in turn keeps the roads safer for everyone."

Speed and nighttime driving are significant factors contributing towards the number of crashes, and subsequently fatalities, involving teen drivers during the 100 Deadliest Days:

• 36% of all motor vehicle

ers occurred between 9 p.m. and 5 a.m.

• 1 in 10 of all motor vehicle nighttime crash fatalities involved a teen driver

 Data show a 22% increase in the average number of nighttime crashes per day involving teen drivers during the 100 Deadliest Days compared to the rest of the year

speed-related fatalities involved a teen driver

• 29% of all motor vehicle deaths involving a teen driver were speed-related

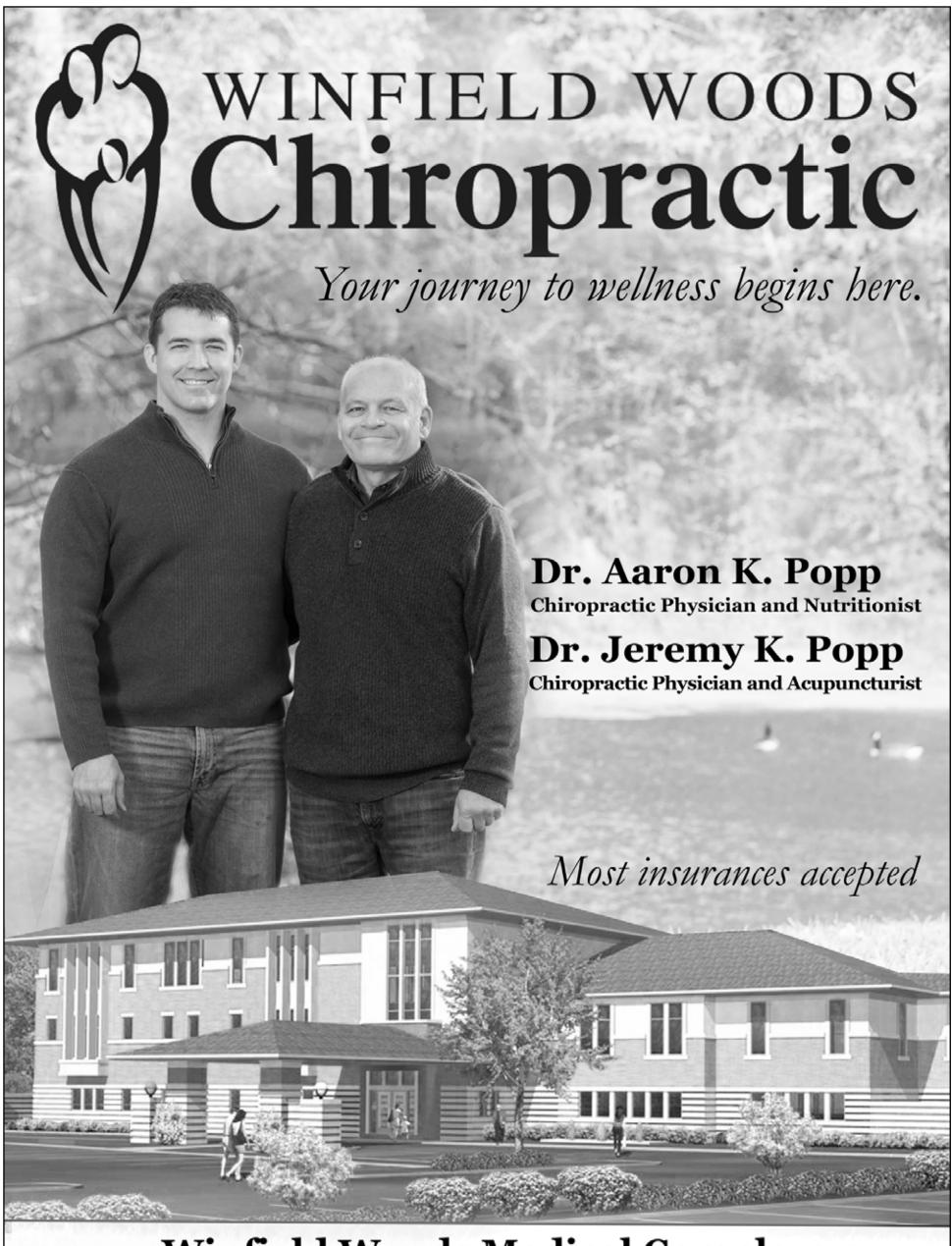
"Not only are risks, like nighttime driving, a particular danger to young drivers, nearly every state also has a law restricting how late teens may be out on the roads,"





Kessler Family Dental and Associates recently held their Grand Reopening. Dr. Kessler will be continuing to provide his dental services to Winfield, and has bettered his practice by adding more doctors, more services, including being a part of the Mini Dental Implant Centers of America, and longer hours for the community. Dr. Kessler's office is located at 9161 East 109th Street in Four Seasons Plaza, just outside the LOFS main gate. For more information call their office at 219-661-5085.





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8:00 AM - 7:00 PM

Across the street from Lakes of the Four Seasons

Annual sand sculpture contest at Indiana Dune State Park this Saturday

Watch the sand come alive or participate with friends and family at the 21st annual sand sculpture contest at Indiana Dunes State Park this Saturday, July 14.

Registration begins at 9 a.m. on the west end of the pavilion and continues through 11 a.m. or until the

(Crashes from Pg. 1)

said Richard Romer, AAA Manager of State Relations. "This is a timely reminder for parents to be actively involved in their teen's learning-to-drive process, understanding the risks and to be educated on their state's teen driving law."

AAA encourages parents to educate their teens and themselves about risky driving behavior. Parents should:

- Discuss with teens early and often the dangers of risky driving situations, such as speeding and nighttime driv-
- Teach by example and minimize your own risky behavior when behind the wheel.
- Make a parent-teen driving agreement that sets family rules for teen drivers. Consider setting driving limits that are stronger than a

(Andrean from Pg. 1)

petition consists of squads of three-to-six students who work together answering subject related questions. A student can be on up to three

field of participants is full. Judging begins at noon, followed by awards at 1 p.m. Teams wanting a jump start may begin as early as 7 a.m.

This year's theme is movies. Sculptures that follow the theme will earn extra points from judges.

Thanks to the support

state's law, and enforce those

www.TeenDriving.AAA. com has a variety of tools, including licensing and state law information, to help prepare parents and teens for not only the dangerous summer driving season, but also all year long. The site also features new interactive widgets highlighting teen driving risks, as well as a social host quiz.

Strengthening teen driving laws to increase roadway safety is a top priority for AAA. The Association's advocacy efforts are helping to protect teens by working to pass graduated driver licensing laws, including seat belt requirements, wireless device bans and nighttime driving and passenger restrictions, in states across the country.

squads. Those squads are science, fine arts, social studies, English, math and the interdisciplinary team.

of the Friends of Indiana Dunes, prizes will be awarded in two categories, one for teams of children ages 15 Award. and younger, and another for individuals and families

numbering fewer than eight. Between noon and 1 p.m.,

observers can vote for their favorite under the category of the Viewer's Choice

"With a broader theme like movies, the sky's the limit," said Marie Laudeman, interpretive naturalist. "This will be a fun opportunity for visitors to hike our beach and see if they can guess the movie characters or scenes that the contestants have depicted."

Participation in the contest is free after paying the standard gate fee of \$7 per in-state vehicle and \$12 per out-of-state vehicle.

For more information, call 219-926-1390. Indiana Dunes State Park is located at 1600 North, 25 East in Chesterton.



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The Nurse Practitioners of Winfield Family Medicine

Winfield Family Medicine, owned by Brent A. Jacobus, DO, FACOFP and Brett A. Brechner, DO, has proudly served the Winfield community for over a decade by providing high quality primary healthcare. Over the years, Winfield Family Medicine has continued to grow, and in order to ensure patients continue to receive quality care, welcomed three Nurse Practitioners to the provider staff.

Many patients are already familiar with Deborah L. Wickenden, NP-C, Michelle E. Hoover, NP-C, and Brittney E. Owen, NP-C, however, if you are currently looking for a primary care provider, we encourage you to consider setting your next appointment with one of these Nurse Practitioners.

Deborah L. Wickenden, NP-C began her career in the medical field as a nurse at St. Margaret's Hospital, working for a cardiologist. As this doctor prepared to retire, she encouraged her to continue her education, and she did just that. She enrolled with the intent of getting her bach-

elor's degree, but continued on to earn her degree as a Nurse Practitioner by 2007. Then, in 2009, she joined Winfield Family Medicine, and in addition to providing primary care, also sees patients who need annual CDL physicals in order to maintain their credentials. Deborah has a wealth of knowledge and stays calm under pressure. She says what she likes most about being part of the Winfield Family Medicine team is that it is a Christian faith based practice, that the physicians are down to earth, and she is able to treat a wide variety of patient needs.

Michelle E. Hoover, NP-C graduated from Purdue University in 2003 and began her medical career at Lurie Children's Hospital in Chicago in the pediatric intensive care unit. During that time, she met and married her husband, David who is a fireman, and together they have three children, currently under the age of five. After working at Lurie's for 9 years, Michelle desired a transition, and joined the Winfield Family Medicine team in 2012. She is personable, enthusiastic, and bubbly. No matter what might be happening in the office, Michelle maintains her efficiency and cheerful demeanor.

Brittney E. Owen, NP-C attended Indiana Wesleyan University, graduating as a registered nurse in 2010. She began working at St. Mary's Hospital in the emergency room for 3 ½ years and then in the cardiac unit for 18 months. During this time, she returned to Indiana Wesleyan University and graduated as a Nurse Practitioner in 2015. Since that time, she has joined the Winfield Family Medicine team, where she is able to work side by side with her dad, Dr. Brent Jacobus. Brittney enjoys performing minor procedures, as well as the family practice atmosphere, which allows her to build relationships with her patients and their families, establish trust, and educate patients on prevention of health conditions.

Each of these Nurse Practitioners bring unique skills, qualities, and personalities to the practice. They are well



Pictured from left to right are Deb Wickenden, Brittney Owen, and Michelle Hoover.

liked and respected, not just by their peers, but more importantly, by their patients. Each regularly receives feedback from patients about the high level of care they offer, that they are good listeners, and that they truly care about their patient's health concerns.

Dr. Brent A. Jacobus and Dr. Brett A. Brechner agree, "It is the mission of Winfield Family Medicine to offer quality healthcare for every stage of life. As we journey with our patients, we will utilize our gifts and talents

from God to help heal the body, mind, and spirit. We will strive to provide wellness to our community and also restore health to the nations." This mission statement is made possible by all the staff at Winfield Family Medicine, but especially by the Nurse Practitioners, who play an integral role within the practice. We encourage you to get to know them by scheduling an appointment with them soon!

South Shore Roller Girls will celebrate 5th birthday with doubleheader this Saturday evening

Northwest Indiana's roller derby team, the South Shore Roller Girls, will be hosting a doubleheader and celebrating their fifth birthday on Saturday, July 14.

The doubleheader will be held at the Hammond Civic Center, located at 5825 South Sohl Avenue in Hammond.

The night starts at 6 p.m. featuring Lake Effects Junior Roller Derby in a mixer bout. This is the first time junior roller derby is being showcased in Northwest Indiana.

Then, at 7:30 p.m., the SSRG will take on the Southern Illinois Roller Girls.

Doors open at 5:30 p.m. Tickets may be purchased at the door at \$10 per adult or \$5 for children age 6 to 10. Kids under 5 years old are admitted for free.

SSRG strives to improve individual athleticism, character, and community. They are dedicated to community outreach through philanthropy and local events. A portion of the proceeds from the 5th Birthday Bout will go to charity.

To learn more, search for South Shore Roller Girls on Facebook or visit their website at www.southshoreroller-girls.com.

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Registration now open for Indiana Dunes State Park summer camp

Students ages 6 through 11 can participate in a naturethemed day camp this summer at Indiana Dunes State Park.

Two sessions of the Dunes State Park Explorer Camp will be offered, each tailored to different age groups. The camps explore the dunes, its plants and animals, and people's connection to the land.

Registration is required. Space is limited for each session. Each camp costs \$29 per camper. The fee includes snacks, lunch on Friday, crafts, and park entrance fees.

The session for campers ages 6 to 8 runs July 16-20. The session for campers ages 9 to 11 runs July 23-27.

Camps meet Monday through Thursday, 9 a.m. to noon, and on Fridays from 9 a.m. to 3 p.m.

"This is a fun and affordable opportunity for families to get their kids outdoors," said Marie Laudeman, interpretive naturalist. "Sometimes summer camp costs can be prohibitive for many families. We want all children to be able to explore and discover this gem of a



nark"

Campers wishing to register can e-mail mlaudeman@ dnr.IN.gov for an electronic copy, or pick up a camp flyer

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and registration form at the park office or nature center.

Funding for this summer camp comes from the Friends of Indiana Dunes.

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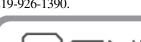
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on form at the For more information call nature center. 219-926-1390.





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Attended St. Mary's School and graduated from Crown Point High School in 1984

Graduate of the Purdue University School of Management in 1988

Member of the Crown Point Rotary Club and Board Member of the Crown Point Community Foundation

Enjoys coaching baseball and basketball, playing golf and spending time with wife Kim, children Alle, Anthony and Nicholas



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NWI Symphony Orchestra announces free summer concert dates throughout Region

The South Shore Summer

The Northwest Indiana Symphony Orchestra and Music Director-Conductor Kirk Muspratt announced the 2018 South Shore Summer Music Festival. The public is invited to the festival, beginning July 21 and concluding on August 11, which will feature free concerts by the Northwest Indiana Symphony in six communities across Northwest Indiana. Come early, bring your lawn chairs and blankets and, relax and enjoy the

"I think our concerts in the

park are a special place where families and friends from our community can join us for an evening of wonderful music, friendship and relaxation under the stars, said Maestro Kirk Muspratt, creator of the Music Festival. "Plus, it give me the opportunity and pleasure to spread the word that exciting, moving symphonic music for everyone!"

The concerts will have something for everyone, with the orchestra featuring light classical and patriotic music as well as music from Broadway musicals, movies.

Festival will be appearing at: • Cedar Lake, Saturday, July 21, 7:30 p.m. at the Town

Complex Grounds at 7408 Constitution Avenue. Rain location: Hanover High School, 10120 West 133rd Avenue.

- Crown Point, Saturday, July 28, at 7:30 p.m. on the lawn at Franciscan Communities on the corner of Main and Franciscan. Rain location: Crown Point High School, 1150 South Main Street.
- Indiana Dunes, Friday,

August 3 at 7:30 p.m. at West Beach located at 376 North County Line Road. Rain location: Chesterton High School, 2125 South 11th Street in Chesterton.

- · Griffith, Saturday, August 4, at 7:30 p.m. at Central Park, located at 500 North Broad Street. Rain location: Griffith High School, 600 North Wiggs Street.
- Hammond- Wolf Lake, Friday, August 10, at 7:30 p.m. at Wolf Lake Pavilion located at Calumet Avenue at Sheffield Avenue. Rain location: Calumet College of

St. Joseph Athletic Center, 2400 New York Avenue. Whiting.

• Schererville, Saturday, August 11, at 7:30 p.m. at Redar Park, located on Austin Street, North of US 30. Rain location: Lake Central High School 8400 Wicker Avenue in St. John.

Summer concert information is available by calling the symphony office at 219-836-0525 or by visiting the website at www.nisorchestra.org.

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Shakespeare to visit Gabis Arboretum this Sunday

This Sunday, July 15, director Jemma Alix Levy helms this year's Touring Company production of "The Merchant of Venice," premiers at Gabis Arboretum.

Join the Notre Dame Shakespeare Festival's Touring Company in its sig-

conducting open registration

nature ensemble style under the open sky, and explore the plight of the mistreated "other" in a time when Shakespeare's comic and dramatic dilemmas are as relevant as ever.

Levy's new staging of

"The Merchant of Venice" **Crown Point Adult Learning Center**

The Crown Point Adult Learning Center, an affiliate of the Center of Workforce Innovations, is having open registration on Mondays and Wednesdays from 9:30 a.m. to 12:30 p.m., 1 p.m. to 4 p.m., and 5:30 p.m. to 7:30 p.m. 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.

For more information call 219-314-9904 or stop in at 122 North Main Street inside the Crown Point Community Library.



engages audiences through both hilarious comedy and a villain who elicits great sym-

All performances are free beginning at 4 p.m.; bring pack chairs and a picnic to experience "The Merchant of Venice".

In case of rain, Young Company performances will go on as planned unless lightning is sighted. If the event is cancelled, guests are invited to see future performances.

Visit www.taltree.org for more information.

This day in history

July 13,1943

The Battle of Kursk, involving some 6,000 tanks, two million men, and 5,000 aircraft, ended with the German offensive repulsed by the Soviets at heavy cost to both sides

In early July, Germany and the USSR concentrated their forces near the city of Kursk in western Russia, site of a 150-mile-wide Soviet pocket that jutted 100 miles into the German lines.

The German attack began on July 5, and 38 divisions, nearly half of which were armored, began moving from the south and the north. However, the Soviets had better tanks and air support than in previous battles, and in bitter fighting Soviet antitank artillery destroyed as much as 40 percent of the German armor, which included their new Mark VI Tiger tanks.

After six days of warfare concentrated near Prokhorovka, south of Kursk, the German Field Marshal Gunther von Kluge called off the offensive, and by July 23 the Soviets had forced the Germans back to their original positions. In the beginning of August, the Soviets began a major offensive around the Kursk salient, and within a few weeks the Germans were in retreat all along the eastern

In under a year the Allies would invade the Nazi empire and relentlessly push east toward Berlin, while the Soviet armies continued to drive west toward the same city, with the Nazis trapped in between.

www.history.com

General Classifieds

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Crown Point, Indiana. Beautiful 1.89-acre Lot with pond in Trees Subdivision in Crown Point, Indiana \$25,000. Please call: John 219-661-8212 (840)

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Seasonal Help Wanted - Winfield Ace

Winfield Ace Hardware is looking for part-time seasonal help for our greenhouse. Looking for a person who has experience taking care of plants. We are also looking for part time seasonal sales associate help. Please stop into the store at 11702 Randolph Street to fill out an application or fax vour resume to 219-663-7679. (840)

Help Wanted – Home and Office Cleaning

Crown Point and Munster. Permanent positions available with an established home and office cleaning company. We have openings for home cleaning positions weekdays from 8 a.m. to 3 p.m. and office cleaning positions early evenings and Saturdays. Low stress, easy dress code, active relaxed work. Valid drivers license, reliable car required. Must agree to a criminal background and drug test. Earn \$9 to \$12 per hour with possible advancement to trainer, estimator, and field supervision. We are hiring for our Crown Point and Munster locations. For details call Constant Clean Maid Service in Crown Point at 219-662-6243 or in Munster at 219-836-2650. (855)

Help Wanted - Automotive Technician

In an effort to increase our level of service to our customers, Crown Point Auto Repair is adding technicians to our team. If you know of, or have friends or family that you feel would be a good addition to the Crown Point Auto Repair team, have them stop in at 1510 N. Main Street, Crown Point, IN, and talk to Bill or Tim. Or call the shop at 219-663-1847 or Bill's cell at 708-305-3666 for an appointment. (855)

Fire Force Volunteers Needed

• Tree trimming

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South Shore Line celebrates teachers with free rides and field trip prize

for their hard work, SSL created Teacher Appreciation Week, where educators are invited to ride the SSL for free from July 23 to 29, on all off-peak weekday and all weekend trains. To ride, educators will need to present a valid school ID.

In addition to free rides, essay applications will be accepted from educators for a chance to win free field trip transportation for their classes. For a chance to win free

To thank local educators field trip transportation, educators are asked to submit an essay focusing on what they did on the day they utilized the free train service.

> All essays must be submitted by August 6, and the winner will be contacted via email and announced on social me-

The essay contest guidelines are:

- Submission must include educator's name, email address, school and grade(s) currently taught.
- The essay must include a 1-3 paragraph(s) description of your trip and what you did for the day. Photos are encouraged and may be shared on SSL social media.
- Email essays to mysouthshoreline@gmail.com with the subject "Teachers Ride Free Essay"
- Only one submission per educator is allowed.
- The field trip must occur during the 2018-19 school

Diabetes education classes offered on Tuesdays, Wednesdays at Franciscan Crown Point

Franciscan Health-Crown Point offers an ongoing series of diabetes classes on Tuesdays and Wednesdays. Classes will help provide participants with individual meal plans designed to meet specific needs along with information in accordance with the American Diabetes Association Standards.

Sessions take place from 1 to 3 p.m. on Tuesdays and 6 to 8 p.m. on Wednesdays. There are typically four sessions for each class. Topics

covered include medication management, blood glucose monitoring, exercise, complication prevention, and nutrition with emphasis on carbohydrate counting, sodium, and fats.

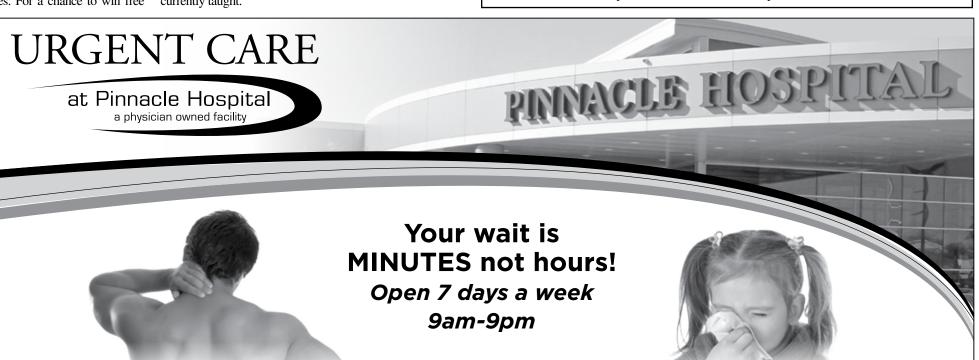
Classes take place weekly every month in the Burrell classrooms, which are located on the hospital's lower level.

Individual appointments are also available in case classes aren't convenient or for those who have specific

Registration and a physician's referral are required prior to class. Program fees are covered by most insurance companies; interested persons should check before calling.

Diabetes Education is covered by Medicare, Indiana Medicaid, and most insurance plans. Contact your insurance company to verify coverage.

For more information, call 219-757-6268.



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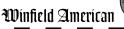




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Mega close-up photos from state parks featured in new Outdoor Indiana magazine

Outdoor Indiana maga- ple coneflower taken at zine's July-August issue features a cover photo essay on macrophotography, the art clude the Buffalo Trace, an of taking photos extremely close to the subject, and includes tips for those who want to try it.

The cover photo is an extreme close-up of pur-

Prophetstown State Park. Other feature subjects inancient highway American bison took through southern Indiana, and the Miami Indians' historic account of the Battle of Mississinewa during the War of 1812.

Outdoor Indiana is available now at Barnes & Noble stores in Indiana for \$4. Subscriptions are \$15 for one year and \$28 for two years.

Subscribe at www.innsgifts.com or call 317-233-3046. To read article excerpts and learn more, go to www. outdoorindiana.org.



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Dizziness Discussed Here. Also Fear of Falling. Vertigo. And Unsteadiness.

YOU OR A LOVED ONE SUFFERING FROM THE ABOVE? FREE WORKSHOP REVEALS THE SINGLE BIGGEST #1 MISTAKE BALANCE AND DIZZINESS SUFFERERS MAKE, AND HOW TO **OVERCOME IT**

Dear Fellow NW Indiana Resident,

There's suffering. There's coping. And then there's overcoming—

-what Nicolas Cage, a star of the movies like Con Air and The Rock, managed to overcome to the point where he has appeared in at least 1 film every year, totaling over 80 movies so far.

--Lebron James, the best basketball player on the planet, overcoming his condition, and winning three NBA Championships.

-- and former Indiana Senator Richard Lugar, overcoming, and not allowing his condition to stop him from becoming the longest serving Indiana Senator in history.

Have you ever been out on the streets or maybe just at home enjoying your day when -boom- all of a sudden you feel your equilibrium is off and suddenly feel like you're going to fall?

You get a bit dizzy, unsteady, and you have to sit down.

It's those moments when you look around the people around you and feel like no one else understands what you're going through.

I understand. I know I do. My mom has a bad case of it and I have it too...to the point where I have...

...disappointed my children because I can't attend their volleyball and basketball games because of it...

...missed celebrating my anniversary with my wife because I just didn't feel steady enough to go out...

...felt frustrated because I just didn't feel like myself...

...gotten so concerned because my mom started falling...

But my mom and I overcame. Just like Nicholas Cage, Lebron James, and Sen. Lugar did.

My name is Dr. Arlan Alburo. I am the Founder of Orthopedic and Balance Therapy Specialists.

When patients can't get out there and enjoy the simple things of daily life... they are here at my office attending my Balance and Dizziness Workshop... learning how to overcome their condition.

When patients feel-

...unsure of themselves...unsteady and can't walk a straight path...

...afraid that they might fall...or fall again...

...exasperated due to dizziness when they move their head quickly...

...scared because their world spins as they move or lay a certain way...

...resigned...and hopeless...thinking that they can't be helped...they are here at my office attending my Balance and Dizziness Workshop.

Share my expertise and the expertise of my small army of Balance and Dizziness Specialists. During the workshop--

I will reveal the single biggest #1 mistake most balance and dizziness sufferers make...and how to not make this mistake...and if you make this mistake...learn how to overcome it.

You will learn the 3 most common causes of balance problems...dizziness...and unsteadiness.

I will show you a **sure fire way to pick the right treatment** for the cause of your condition.

And most importantly, you will see what successful treatment looks like...including one amazingly simple treatment that gets you feeling steadier on your feet in no time.

Call my office now 219-213-9009 in Crown Point or 219-386-4488 in Valparaiso and secure your spot for my Balance and Dizziness Workshop..

- Crown Point office Tuesday July 24th from 6-7 PM located at 11055 Broadway Suite E (just south of Tech Credit Union).
- Valparaiso office Thursday July 26th from 6-7 PM located at 3125 Calumet Ave. Suite 8 (next to the YMCA).

This workshop is **ABSOLUTELY FREE** but I am only taking 30 attendees for each location...so call 219-213-9009 in Crown Point or 219-386-4488 in Valparaiso NOW to reserve your spot.

Sincerely,



Arlan Alburo

Orthopedic and Balance Therapy Specialists

P.S. Call 219-213-9009 in Crown Point or 219-386-4488 in Valparaiso now to secure your spot for my Balance and Dizziness Workshop on July 24 Tuesday 6-7 PM in Crown Point or July 26 Thursday 6-7 PM in Valparaiso.

P.P.S. This workshop is ABSOLUTELY FREE but I am only taking 30 attendees. Learn how to overcome dizziness, fear of falling, vertigo, and unsteadiness in this must-attendworkshop!

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