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Vol. 18, Issue 880

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April 19, 2019

Adopt-a-Beach Spring kick-off cleanup events to be held through April 28 on all five Great Lakes

The Alliance for the Great Lakes' Adopt-a-Beach program mobilizes thousands of volunteers who give back to their local beaches each year. April, especially Earth Day, marks the unofficial beginning of the beach season around the Great Lakes as many groups host their first Adopt-a-Beach events of the year. Cleanup events will be happening on all five Great Lakes through April 28.

Last year, more than 14,000 Adopt-a-Beach volunteers picked up 35,606 pounds of litter as part of 900 cleanups around the region. In addition to cleaning up beaches, volunteers collect valuable data, which is shared with beach

managers and scientists. The results: cleaner beaches and data on pollution sources that can be used to develop solutions to pollution problems. This month's spring kick-off cleanups are the first wave of events of the 2019 season.

Data collected by Adopt-a-Beach volunteers gives insight into the most common and problematic types of litter. In 2018, the majority of trash picked up by Adopt-a-Beach volunteers (87%) was plastic, which includes items like cigarette butts, water bottles, or food containers. In addition to being an eyesore, plastic pollution can harm the lakes and animals that live in

(See *Adopt* Pg. 3)

Colonel John Wheeler Dance Team awarded third place in IHSDTA state Pom competition

The Colonel John Wheeler Dance Team was recently awarded third place in JH AA Pom at the IHSDTA state competition in Lafayette, Indiana.

The team is comprised of 12 new dancers and only two returners. The team's scores improved every competition, sometimes by five or more points.

"They showed me by working hard and by training that they could accomplish anything," said Coach Tamara Betz.

The team is comprised of Manager Emily Florence, Nikki Georgiefski, Abigail Wehle, Ashleigh Youngbloom, Ava Trpeski, Grace Tiernan, Hannah



Walters, Isabella Torres, Libby Smith, Lydia Bir, Meghan Clark, Milly Olenik,

Mya Ryan, Reese Rettig, and Taryn Hurysz.

For more information con-

tact Coach Betz at 219-671-4921.

Nearly 100 million Americans will embark on family vacations this year

From coast to coast, families are gearing up for another year of exciting travel adventures with their loved ones. According to a recent AAA Travel survey, nearly 100 million Americans – 4 in 10 U.S. adults – are planning to take a family vacation in 2019, slightly more than last year. Spring and summer road trips will top many of these families' vacation plans.

Two-thirds of all family travelers (68%) will embark on a summer getaway, while just under half (45%) are making plans to travel as a

family this spring.

Regardless of the season, the great American road trip remains a major draw for these families; about half of traveling families (53%) expect to pack up their cars for a road trip this year.

Travelers in the South are more likely to be making plans for a family trip this year (62%) than travelers in the Northeast (35%).

A welcome gift to road trippers, gas prices have averaged nearly a quarter cheaper so far in 2019 compared with the first few months of last year. While gas prices are in-

creasing now, summer prices are expected to be cheaper than last year. Another recent AAA survey found that 33% of Americans would go on at least one additional summer road trip if gas prices remain low.

"The great American road trip is still one of the best ways for families to relax and reconnect with one another," said Stacey Barber, executive director, AAA Travel Information & Content. "This is quickly shaping up to be another busy year for family travelers, both on the roadways, as well as other

popular travel destinations and attractions. To make the most of their vacations, AAA recommends families plan and research as far ahead as possible to avoid missing out on popular activities and fun."

To help inspire would-be road trippers, AAA's travel editors have curated more than 450 pre-planned road trips. The top five routes for summer travel according to AAA member road trip routing data are as follows:

- *Las Vegas to National Parks* – Any road trip through the desert southwest

is full of unique twists and turns, regardless of whether you remain on the interstate or head off along enticing back roads. Long the destination for gold prospectors and other dreamers, the mountains and valleys of the Arizona, Nevada and Utah deserts today provide a glimpse of mankind's historical interaction with the area's fantastic natural landscapes.

- *Northern California and Southern Oregon Coast* – The trip begins in California's Central Valley, meanders through high el-

elevation forests and snakes up the awe-inspiring Pacific coast. Not to be rushed, this extraordinary route is winding, narrow and flanked by the ocean and majestic redwood trees. As you make your way past beach towns and shifting sand dunes, you'll find constant stops are necessary to photograph the stunning terrain.

- *Northern New England* – You'll travel the backroads of New England on this trek through the Berkshires of Massachusetts and the Green Mountains of Vermont.

(See *Vacation* Pg. 4)

Earth Day and beyond: practical, easy ways to help the environment

Climate change continues to draw attention globally, from governmental debates on 'pollution solutions' to people protesting against a lack of action.

Those engaged in environmental issues say that while there is strength in numbers, the difference often starts with individuals doing the right things daily for clean air and water – when no one is watching.

"Creating awareness on a massive stage is wonderful, but how many realize the responsibility each of us has in this critical battle and how it

can't be won unless we all make the necessary changes?" asks Leslie Landis, author of 'Chendell: A Natural Warrior', a novel with environmental themes.

Landis hopes her novel will expand awareness of climate change and inspire young people to work together and foster environmental improvements. The characters in her book have a special relationship with nature and that leads to a superhero who fights for environmental issues.

"Anyone can be a hero in the fight against pollution;

anyone can step up for any of the environmental problems that plague us and be a natural warrior," Landis says. "From everyday habits to small lifestyle changes, doing those things daily can make a huge difference."

Landis lists five ways to be a natural warrior for the environment:

- *Take a tote.* "Ditch the plastic shopping bag and opt for a more versatile alternative like a reusable tote bag," Landis says. "States like California are already doing their part to reduce the use of plastic bags, and you can help carry that

movement forward by keeping a handful of reusable bags in your house and car."

- *Think before you drink.* "Say goodbye to plastic water bottles by getting a reusable canteen or thermos," Landis says. "Not only do these items help Mother Nature by cutting down on plastic waste, they also reduce your exposure to BPA and help keep your beverages insulated."

- *Get thrifty.* "The fashion industry creates a lot of unnecessary waste," Landis says. "But you can help slow it down by giving discarded clothes a second chance.

Shop at thrift stores, second-hand shops and vintage boutiques. By sporting looks from the past, you'll actually be helping the environment in the future."

- *Don't put the pedal to the metal.* Environmental experts talk about how we all leave carbon footprints by the modes of transportation we use. "It's a lot larger than you think," Landis says. "Fortunately, there are many alternative means of transportation. Whether you ride your bike to work, carpool to school, or walk, you'll be saving yourself from the high price of gas

while helping reduce carbon emissions in our air."

- *Go Green.* Whether you're planting trees to combat the carbon emissions or planting an edible garden to cut back on store-bought waste, Landis says, "Putting your green thumb to good use will always have a positive effect on the government."

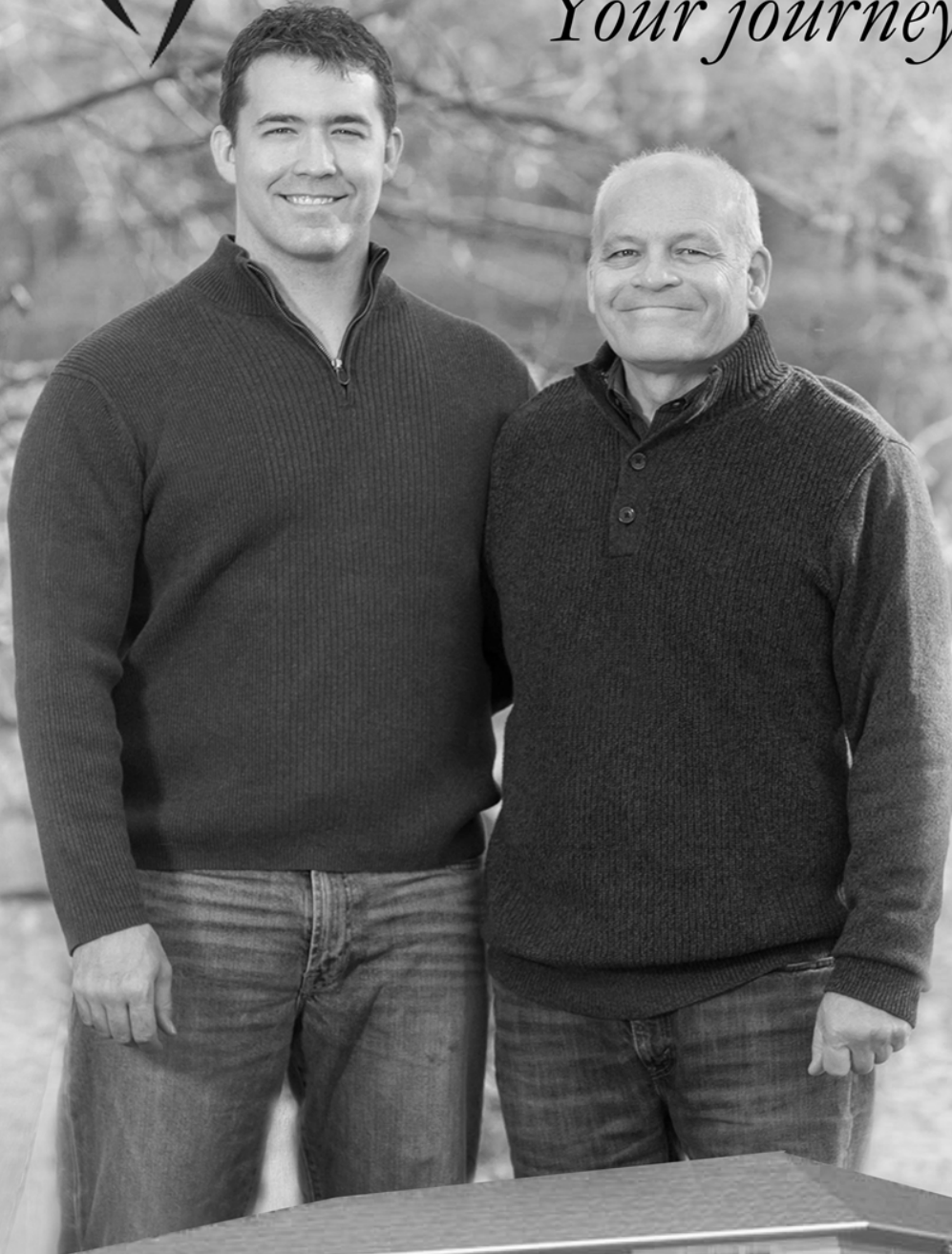
"It's great to see young people in particular get involved in large numbers regarding climate change," Landis says. "But it's amazing how simple it is for everyone to get involved to save our most precious resources."

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Early detection of colon cancer is focus of seminar on Tuesday in Munster

Board-Certified Gastroenterologist Harsh Dalal, MD, will present a free seminar on the early detection of colon cancer on Tuesday, April 23, at Franciscan Health Cancer Center Munster, located at 701 Superior Drive in Munster.

The seminar will be from 6

to 8 p.m. and will include refreshments, giveaways and a \$100 Visa gift card as a door prize. Registration is required by calling 800-931-3322.

Dr. Dalal is medical director of the endoscopy unit at Franciscan Health Cancer Center Munster. The facility, which opened last year, pro-

vides comprehensive oncology and hematology services with state-of-the-art treatment technology, an infusion center, oncology lab services, a full-service women's center offering breast cancer screenings, and an on-site pharmacy.

First 'Free Fishing Day' of the year is tomorrow, April 20

Bring the family to your local fishing hole tomorrow, Saturday, April 20, the first of four Indiana Free Fishing Days this year.

On Free Fishing Days, Indiana residents can fish public waters without a fishing license or a salmon/trout

stamp. Free Fishing Days are a great opportunity for families to learn to fish together because adults do not need a fishing license on those days. Children 17 and younger do not need a license on any day. A number of fishing events will be held on April

20. You can find a list of State Park events at www.bit.ly/2GaZGcX.

Specific information about all Free Fishing Day events can be found at www.dnr.IN.gov/fishfree.

(Adopt from Pg. 1)

them. Over time, plastic litter breaks down into small pieces which can be eaten by birds, fish, and other wildlife. Tiny plastic pieces have also been found in bottled water, beer, and even tap water around the region.

"Keeping Great Lakes beaches and shorelines beautiful is no small task, and it couldn't be done without the incredible efforts of volunteers all over the region," said Joel Brammeier, Alliance for the Great Lakes president and CEO. "Each cleanup, when combined with hundreds of similar events across the Great Lakes, makes a big difference for the lakes."

Volunteers interested in

participating in Adopt-a-Beach can find events in their community, or start

their own cleanup, by visiting www.greatlakesadopt.org.

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Fire Auxiliary hosting Crazy Bunco fundraiser next Friday night

The public is invited as the LOFS Fire Auxiliary hosts their Spring ‘Crazy Bunco Mardi Gras’ next Friday evening, April 26, at Station

#3500, located at 745 West 275 South in Hebron. Doors will open at 6 p.m. for food, raffles, \$5 gift baskets, and games will start at

7:30 p.m. This year is special as the LOFS Fire Department is celebrating its 50th year, and the LOFS Fire Auxiliary will be

selling anniversary t-shirts. Tickets are \$15 and you must be 18 to play. Tickets can be bought at the door or by calling Cathy at 219-746-

6827, or by sending an e-mail to cwaitk@aol.com to make a reservation and receive a Bunco Buck back to play with. “It’s a lot of fun and we do

make a lot of noise, especially if you roll those ‘3s’”, said Cathy Waitkus. “So get you family and friends together and come for a fun evening with great food.”

(Vacation from Pg. 1)
Quaint country inns, steeped churches and weathered barns—some predating the Revolutionary War—dot the roadside.
• *Blue Ridge Parkway in North Carolina* – If any drive merited the term “scenic,” it’s the Blue Ridge Parkway. Begun in 1935 to create a transportation link between Shenandoah National Park and Great Smoky Mountains National Park, it was finally completed in 1983. This winding road was designed to maximize enjoyment of the mountainous terrain, so heed the posted speed limit.
• *Black Hills, South Dakota* – This picturesque route winds through South Dakota’s Black Hills, taking you from one of America’s best-known landmarks, Mount Rushmore, past granite spires and into historic mining towns nestled in valleys thick with Ponderosa pine. The area packs so much scenery into a small area that it’s become a mecca for motorcyclists and anyone else who loves the outdoors.

For more destination recommendations, travel tips and expert advice from AAA inspectors and travel editors, visit www.aaa.com/traveltips. AAA’s travel experts offer these top tips for a perfect family road trip:
• *Be prepared* – For passengers, pack books, games, or music for the ride, and a

pillow. Bring information on your destination to keep kids and other passengers entertained. Pack healthy snacks for kids, especially if you can’t stop for a full meal while traveling.
• *Safety first* – Drivers should plan frequent stops, about every 100 miles or two hours, to remain alert. Make sure everyone is restrained by seat belts or a child safety seat to prevent injury in case of a sudden stop, swerve or crash. AAA members who are renting a car through Hertz can request a complimentary infant car seat or toddler booster seat.
• *Pack your patience* – Be prepared for busy roads and long airport security lines throughout the summer. If hitting the road during a holiday weekend, consider leaving earlier or later than the typical holiday travel times to avoid heavy traffic. Same goes for air travel, and be sure to arrive at the airport at least two hours before scheduled take-off.
• *Do your research* – To make the most of your trip, map out your route in advance, using a tool like AAA’s TripTik Travel Planner. For extra guidance, seek the advice of a knowledgeable travel agent. And be sure to download the AAA Mobile app to find AAA Diamond Rated hotels and restaurants, gas prices

and fun stops along the way.
• *Be road trip ready* – Take your vehicle to a trusted repair facility to perform any needed maintenance before heading out on a road trip. In case of an emergency, always carry a flashlight, extra batteries, warning devices such as flares or reflective triangles, jumper cables, a first-aid kit and extra water.
Passengers are one of the most precious cargo on a trip, be it 5 or 50 miles down the road. AAA recommends drivers keep their attention on the road by pre-programming GPS devices and adjusting seats and mirrors before driving. To help a driver remain focused safely on driving, enlist the help of passengers and don’t use handheld or hands-free cell phones while driving.

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'Safe Kids Day' will be held April 27 at expanded Southlake YMCA in Crown Point

Community members will have a chance to celebrate kids, prevent injuries and save lives as they get a glimpse of the new, expanded Southlake YMCA during the Safe Kids Day event from 9 a.m. to noon on Saturday, April 27.

The annual event will take place in the new gymnasium of the Dean and Barbara White Southlake YMCA at 1450 South Court St. in Crown Point. It will feature games, activities, giveaways, refreshments and children's services, including child ID cards issued by the Lake County Sheriff's Department, dental care, along with information about Crown Point Public library programs and summer camp programs sponsored by the YMCA.

"This is a fun and engaging event for families to learn about keeping those they love safe and a great example of agencies working together to improve the overall health of the community," said Jennifer Homan, trauma coordinator at Franciscan Health Crown Point.

Safety demonstrations will include bicycle and helmet safety, child passenger safety, fire safety, home safety, medication safety, pedestrian safety, pet safety and water safety. Franciscan Physician Network pediatrician Samuel S. Khairkar, MD, will be on hand to answer healthcare questions.

Entertainment will include Rockin' With Leonardo, an interactive concert of music and movement, and BeeGiggles providing face painting, temporary tattoos, balloon twisting and magic.

This is a free event, but registration is required. Register online at www.FranciscanHealth.org/SafeKidsDayNWI or by calling 800-931-3322.

The Safe Kids Day event is a project of Safe Kids Northwest Indiana. This event is sponsored by Franciscan Health Crown Point, Southlake YMCA, the Crown Point Community Foundation and ArcelorMittal.

Trivia Night fundraiser to be held Friday, May 3

On Friday night, May 3, with doors opening at 6 p.m., St. Mary's Orthodox Center, located at 8600 Grand Blvd in Merrillville – about 5 minutes from Winfield-LOFS – will be holding a Trivia Night fundraiser benefitting Meals on Wheels of NWI.

The cost is \$15 per person or \$120 for a team of eight. There will be raffles, a cash bar, and cash prizes for the winners.

For more information call 219-682-6823.



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This day in history

April 19, 1975

With divorce rates skyrocketing and the sexual revolution in full bloom, it seemed like dark days were in store for American marriages in the mid-1970s. Even Sonny and Cher, America's favorite husband and wife, split up on national television, making the institution of marriage look very vulnerable.

Then along came Captain and Tennille, at a moment when it seemed America needed reminding that such a thing as wedded bliss might actually exist. Like a singing advertisement for the rewards of monogamy, C&T burst onto the scene with their debut single, "Love Will Keep Us Together," which began its rapid climb up the U.S. pop charts on April 19, 1975.

Toni Tennille and Daryl Dragon were not yet married when their first hit ascended the charts. They made their arrangement legal and went on to notch seven Top 10 singles including "The Way I Want To Touch You," "You Never Done It Like That," "Muskrat Love," and "Do That To Me One More Time."

Between their fondness for each other and their irresistible image, Captain and Tennille made marriage look and sound fun. And far from being an act for the public's benefit, their marriage lasted four decades after their musical breakthrough, until 2014. The Captain died January 2, 2019, with Tennille by his side.

www.history.com

DIRECTOR PROFILE: KEVIN KNAGA



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Nipsco recognizes ‘Safe Digging Month’ and stresses importance of calling 811 at least two business days before digging

In recognition of National Safe Digging Month, Nipsco urges customers and contractors to call 811 at least two business days prior to starting any digging project. Calling 811 is not only crucial for your safety and the safety of others — it’s the law. Digging without knowing the approximate location of underground utilities can result in damage to gas, electric, communications, water and sewer lines, which can lead to service disruptions and serious injuries. In addition to the risk of serious injury, not calling 811 could result in fines up to \$10,000 and the cost to re-

pair any damages. Last year, NIPSCO reported about 900 instances where diggers struck their gas lines. Of those, 28% occurred because the person digging failed to call 811. Safe Digging Month is dedicated to increasing awareness of safe digging practices across the country and promoting the use of 811, the free, national call-before-you-dig phone number. Once a call is made, a trained utility line locator will visit the dig site to mark the approximate location of underground public utility lines with paint or flags. Whether you’re installing

a mailbox, planting trees, or performing any other outdoor digging project, Nipsco encourages you to take the following steps. • Always call 811 or enter a request online at www.811NOW.com two business days before the start of any digging project. • Tell neighbors, coworkers, family and friends about 811 if they discuss their plans for an outdoor home improvement project with you. • Plan ahead – Indiana 811 is always open. Just make sure you call at least two business days in advance of your project start date. • Avoid starting projects

until you’re sure all lines have been marked. When you call 811, you will hear a list of companies that should respond. • Choose another location on the property for a project if the original planned site is near utility line markings. • If your excavation is within two feet of any marked facility, only use hand tools or vacuum excavation with extreme caution. • If you have hired a contractor to complete your project, confirm that he or she has made a call to 811 before doing any digging. Don’t allow work to begin if the lines aren’t marked.

• After the site has been accurately marked, it is safe to begin digging carefully around the marked areas. Nipsco utilizes two outside companies to assist with marking underground facilities for customers — Utiliquist and Consolidated Infrastructure Group, LLC. Thanks to an enhanced offering, Nipsco customers will now receive an electronic confirmation that their requested project area has been located. Visit www.nipsco.com/811 for more information about 811.

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February housing starts down 9% in Indiana from February 2018, but up 8% from January 2019

The U.S. Census Bureau recently released statewide totals for building permits issued in February of 2019 and shows 920 single-family permits were pulled. This number is up 8% from January of 2019, when 854 permits were pulled. The 920 permits pulled in February of 2019 are down 9% from 2018. “The statistical decrease in permit numbers is nothing to be alarmed about yet,” says Indiana Builders Association President Don Thieneman. “However, if a solution to our housing affordability issues is not addressed soon, builders will simply not be able to meet the growing demand for new construction.”

Housing affordability has been cited as the dominant factor in builder confidence this season by the National Association of Home Builders. Excessive regulations, a scarcity of buildable lots, persistent labor shortages and tariffs on lumber and

other key building materials are all factors in the ability for builders to create housing at affordable and competitive price points. “While the decrease in permits for February is a little

deceiving, we are still taking caution for 2019 as affordability factors continue to pose a threat to our builders,” says IBA Chief Executive Officer Rick Wajda. “We will continue to monitor housing

permit data closely, understanding that it is still too soon to tell if a construction downturn looms.” For more information visit www.buildindiana.org.

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Purdue Extension program provides home food preservation education and the tradition of canning

Gone the way of the horse and buggy are the old canning equipment and techniques. And safe home food preservation skills are not always passed down from generation to generation or taught in the home. The Mastering Home Food Preservation Program fills a local need for education on safe food preservation practices. Sponsored by Purdue University Extension, the program focuses on USDA approved canning techniques. "Canning is still a tradition in some families, but it isn't always taught by grandma or even taught in the home anymore. It is important to have the most up-to-date knowledge available on the latest canning techniques to assure a safe product," says Atina Rozhon, Health and Human Sciences educator with Purdue Extension Jennings County. "Through research, we now have information about food safety that we have never had before. We need to keep up with the new food preservation techniques, new equipment and new canning products." The program features units on food safety, freezing, boiling water canning, pressure canning, pickling fruits and vegetables, preserving jams and jellies and drying fruits, vegetables, and meats. Each unit consists of instruction including lecture, multimedia, and hands-on laboratory food preservation activities. Training involves taking 40 hours of course work and exams. The training series will be held daily from 9 a.m. to 4:30 p.m. EST from June 3 to 7 at Purdue University, 745 Agriculture Mall Drive, Nelson Hall of Food Science – Skidmore Lab, located (See *Purdue* Pg. 8)

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Asian Longhorn Beetles found near Cincinnati; Hoosiers asked to check trees for other invasive species as well

"There are several invasive species causing significant damage to Indiana's natural resources at this time" said State Entomologist Megan Abraham, director of the DNR Division of Entomology & Plant Pathology. "Emerald ash borer, Callery pear, gypsy moth, kudzu, hydrilla, and purple loosestrife, to name a few."

Abraham says several more invasive species are close enough to Indiana's borders to concern Hoosiers. One is Asian long-horned beetle (ALB), which has

been found as close as Cincinnati.

ALB attacks hardwood tree species. It has the potential to cause significant economic and environmental impacts if allowed to establish and spread throughout the United States. ALB has been confirmed in Bethel, Ohio, near Cincinnati. Signs of ALB start to show about three to four years after infestation. Tree death occurs in 10 to 15 years.

Adult beetles are 1 to 1.5 inches in length with long antennae. Their bodies are black with small white spots,

and their antennae are banded in black and white. More information is at www.dnr.IN.gov/entomolo/4527.htm.

Adults can be seen from April to December. Trees with round exit holes, approximately 3/8 of an inch in diameter, are signs of ALB presence. Sawdust-like material can be found at the trunk and branch bases of infested trees. Signs of ALB start to show about three to four years after infestation.

"It's the species that we have not spotted in Indiana that we need help from the public to keep an eye out for,"

Purdue Northwest's Center for Early Learning partners to host award-winning children's author

Purdue University Northwest's Center for Early Learning invites children of all ages to a special reading by Newbery Medal award winning children's author Matt de la Peña from 3 to 6 p.m. on Saturday, April 27, at Bellaboo's Play and Discovery Center, located at 2800 Colorado Street in Lake Station – about a 20-minute ride from Winfield-LOFS.

De la Peña is a New York

Times best-selling author of seven young adult novels and five picture books. His books include 'Last Stop on Market Street' and 'Love', the latter of which he will read.

The event is part of the Center for Early Learning's ongoing effort to promote early childhood literacy. After the reading, students from PNW's School of Education and Counseling will invite families to consider their own

stories of love, family, and community. Families can also add their own stories to a collection, which will remain on display through spring.

Free and open to the public, the event called 'Stories Frame Out Future' is co-hosted with Bellaboo's, North Shore Health Centers, and the Lake County Public Library.

For more information visit www.pnw.edu.

Grant applications now being accepted for the Crown Point Community Foundation's next award cycle

The Crown Point Community Foundation is accepting grant applications. Grants from the CPCF's community grantmaking funds will be made to nonprofit organizations and community projects which serve the South Lake County communities of Winfield, Crown Point, Cedar Lake, and Lowell.

Areas of interest that will be considered for funding include education, health and human services, civic affairs, preservation, conservation, youth development, arts, and culture.

"The Crown Point Community Foundation is interested in funding projects that will improve the quality of life for citizens throughout South Lake County," said Mary Nielsen, president of the CPCF.

Eligible 501(c)(3) organizations may download an

(Purdue from Pg. 7) at West Lafayette, Indiana; about a 75-minute drive from Winfield-LOFS.

The cost of the program is \$200 which covers the Mastering Home Food Preservation notebook, lab activities, and food preservation examples from the five sessions.

For registration or more information about Mastering Home Food Preservation training contact Karen Richey at 574-935-8545 or Atina Rozhon, 812-352-3033. Registration deadline is Friday, May 24, 2019. Lodging and accommodation information is available. Lunch time will be allotted, lunch cost is the responsibility of the participant. Parking is adjacent to the Nelson Hall of Food Science; participants will be provided a free daily parking pass.




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