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February 15, 2019

Record high 3.28 million Hoosiers were working in 2018

More Hoosiers were working than ever before, as Indiana ended 2018 by reporting record employment numbers for the year and job gains in every major sector measured by the state.

The Indiana Department of Workforce Development reported that the total number of employed Hoosiers in December preliminarily reached 3,284,190, while private employment hit 2,731,60 – both new highs for the state. Total preliminary private employment in 2018 grew by 42,700 people from the previous peak in December 2017, according

to DWD.

Dating back to July 2009, Indiana has gained 408,400 private jobs since state employment bottomed out during the Great Recession. That translates to private sector job growth of 17.6% -- better than the Midwest region, which registered 13.4% employment growth during that period. Also, Indiana's labor force participation rate in December stood at 65.1%. The rate has now outperformed the national average (63.1%) for 55 consecutive months.

Indiana's unemployment (See *Record* Pg. 3)

Local school's chess club sends a record number of qualifiers to regional tournament

St. Mary School's Chess Club recently competed in the Scholastic Chess of Indiana individual regional tournament at Morton High School in Hammond. Those who reached the highest levels qualified for the state tournament.

In a good year, the school in Crown Point typically has five students or so advance to the state tourney. This year St. Mary's had 19 qualify.

School Principal Tom Ruiz said, "We're proud of all our chess club members and all the parents who help provide this opportunity for our students, especially Dr. Lisa Mullally who heads up the club. Considering so many of our state qualifiers were



from the lower grade levels, this may be a dynasty in the making!"

Pictured are, first row: Tramel Raggs, Grace Jamrosz, Elijah Horton, Jessica Berns, Mia Horton, and Mary Mumaugh; sec-

ond row: John Mouser, Jacob Jen, Joseph Mullally, Lucas Raloff, Rachel Mumaugh, Gabriel Rosado, James Zembillas, Daniel Rosado, Jaxon Frogia, and James Raggs; and back row: Doug Gutjahr, Emily Jen, Gabby

Wagner, Aundrea Munoz, Eli Wagner, Will Huffman, Will Mouser, Gianna Zembillas, Connor Grceovich, James Mullally, Julian Wagner, Avery Hinojosa, Nathan Jamrosz, Danny Shea, and Hailey Basista.

Indiana students to get free FAFSA filing help at 39 sites during 30th year of 'College Goal Sunday'

Financial aid professionals will be volunteering at 39 sites throughout Indiana to help college-bound students and their families open the door to financial aid during College Goal Sunday. The event is set for 2 p.m. (local time) on February 24.

The free program assists Indiana students in filing the Free Application for Federal Student Aid (FAFSA). The FAFSA form is required for

students to be considered for federal and state grants, scholarships and student loans at most colleges, universities and vocational/technical schools nationwide.

The FAFSA must be filed by April 15 to be eligible for Indiana financial aid. College Goal Sunday is so important since completing this required form correctly and by the deadline is sometimes perceived to be complicated

and time consuming. In less than one afternoon at a College Goal Sunday event, students and their families can get free help and file the form online.

Now in its 30th year, College Goal Sunday has helped more than 94,000 Indiana students and families complete the FAFSA properly and on time. College Goal Sunday is a charitable program of the Indiana Student

Financial Aid Association (ISFAA).

"The event on February 24 will be the second College Goal Sunday ISFAA is offering this FAFSA filing season," said Bill Wozniak, co-chair of College Goal Sunday. "We hope all Hoosiers who have not filed already, take advantage of College Goal Sunday events across Indiana, file the FAFSA, and get one step

closer to fulfilling their educational goals."

According to the Indiana Commission for Higher Education, programs like College Goal Sunday are reaching first-generation college students. In recent years, according to CHE statistics, more single-parent Hoosier families have filed for financial aid, indicating programs like College Goal Sunday are reaching high-risk students

and their families.

"Students who don't complete their financial aid paperwork properly and on time are often very disappointed when they find out how much financial aid they lost," said Wozniak. "This is why the Indiana Student Financial Aid Association not only continues to provide College Goal Sunday, but offers two events dur-

(See *FAFSA* Pg. 2)

Boys & Girls Clubs will be stirring it up thanks to a tasty treat from Tri-Kappa, Iota Chapter

If you happen to be walking by the Valparaiso Boys & Girls Club, you may catch cooking scents emanating from the building, thanks to Tri-Kappa, Iota Chapter's tasty treat of a \$1,500 grant for members to participate in a new cooking Club.

"We are very excited for the grant that Tri-Kappa, Iota Chapter provided to our Club," said Kristina Balog, director of the Valparaiso Club. "Our staff has been wanting to provide our Club members with the opportunity to learn how to cook for quite a while. Our programming focuses on healthy lifestyles. Teaching kids how to cook, what ingredients go into a meal, and using the freshest



Pictured from left to right are Tri Kappa Iota Chapter members Julie Gaskell and Kaye Frataccia presenting Kristina Balog, Club Director and Madison Bellorodo, with a \$1,500 grant to start a Cooking Club to teach healthy habits and lifestyles.

of foods is one step in building habits of eating well and nourishing bodies guarantee-

ing the adoption of healthy habits now, and long into (See *Club* Pg. 2)

Campground hosts needed at Indiana Department of Natural Resources properties

Several of Indiana's state parks, state-forest and state-recreation properties are looking for volunteers to serve as campground hosts in exchange for free camping during their service.

Hosts work a minimum of 20 hours per week. The volunteer period length varies at properties based on the number of applicants and on the amount and type of work required.

Properties are looking for dedicated campers who enjoy working outdoors, as well as with people and DNR staff. A complete list of site availability and detailed information about hosting duties is at www.stateparks.IN.gov/2404.htm



or you can contact the property where you would like to serve as a host.

Completion of a volunteer application is required

to be eligible. Download a volunteer application form at www.stateparks.IN.gov/2443.htm

www.winfieldamerican.com

'Reflections of Italy' tour presentation with the Friends of the Crown Point Library

A special presentation for the Reflections of Italy tour that will take place from October 7 to 16, 2019, is scheduled for Wednesday, February 27 at 6 p.m. at the Crown Point Library.

A Collette Tour representative will discuss the details of this tour including the highlights and the itiner-

ary. Special discounts will be given for booking your trip at the presentation.

Register for this special travel presentation at the Crown Point Library front desk, online, or call 219-306-4599. For more information visit www.gateway.gocollette.com/link/921444.

Spring planting is near; Join the Arbor Day Foundation in February and receive ten free trees

Joining the Arbor Day Foundation is an ideal way to get in the mood for spring planting. Anyone who joins the Foundation in February 2019 will receive ten free Colorado blue spruce trees or 10 free redbud trees to plant when the weather turns warm.

The free trees are part of the Foundation's Trees for America campaign.

"These trees will help beau-

tify your home for many years to come," said Matt Harris, chief executive of the Arbor Day Foundation. "The trees will also add to the proud heritage of your state's existing Tree City USA communities."

The Tree City USA program has supported community forestry throughout the country for the past 40 years.

The trees will be shipped postpaid at the right time for

planting, between March 1 and May 31, with enclosed planting instructions. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge.

Members also receive a subscription to the Foundation's colorful bi-monthly publication, Arbor Day, and The Tree Book, which contains information about planting and care.

To become a member of the Foundation and receive the free trees, visit www.arborday.org/February or send a \$10 contribution by February 28, 2019 to: Ten Free Colorado Blue Spruce Trees or Ten Free Eastern Redbud Trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, Nebraska 68410.

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(FAFSA from Pg. 1)

ing the year. If our assistance gives students a better chance at higher education and less debt, we're fulfilling our mission."

Students should attend College Goal Sunday with their parent(s) or guardian(s), and parents' should bring completed 2017 IRS 1040 tax returns, W-2 Forms, and other 2017 income and benefits information. Students who worked last year should bring their income information as well. Students 24 years of age or older may attend alone and bring their own completed 2017 IRS 1040 tax return, W-2 Form, or other 2017 income and benefits information. Students and parents are encouraged to apply for their U.S. Department of Education FSA IDs at fsaid.ed.gov before coming to the event.

Volunteers will walk

through the online form line-by-line and answer families' individual questions as needed. All sites offer FAFSA online capabilities and many have Spanish interpreters. A complete list of sites is available at www.CollegeGoalSunday.org.

Students may also win one of five \$1000 scholarships. Students who attend any of the College Goal Sunday sites and submit a completed evaluation form will automatically be entered in a drawing for a \$1,000 scholarship. The winners will be notified in April, and prizes will be sent directly to the higher education institution selected by the winning students.

21st Century Scholars are income-eligible students who sign a contract in the seventh or eighth grade promising they will graduate from high school, meet grade point re-

quirements, fulfill a pledge of good citizenship, and apply for college financial aid. Upon high school graduation, scholars who have fulfilled the commitment receive state funds to help cover their college tuition and fees for eight semesters at eligible Indiana colleges. To fulfill their pledge, scholars must submit a completed FAFSA form on time. College Goal Sunday can help.

College Goal Sunday originated right here in Indiana and is now a national model. Following Indiana's example, College Goal Sunday events organized by more than 34 states have opened doors to higher education for hundreds of thousands of students all over the country.

For more information about College Goal Sunday visit www.CollegeGoalSunday.org.

(Clubs from Pg. 1)

their futures. At the end of our cooking program, we will produce a cookbook that our Club members can take home and cook with their families, teaching their parents and/or

siblings what they learned in our Club."

For more information on Valparaiso Boys & Girls Club's new Cooking Club, contact Balog by emailing kbalog@bgcgreaternwi.org.

For information on membership, volunteer opportunities, or to make a tax-deductible donation, please contact your local Club by calling 219-464-7282 or visiting www.bgcgreaternwi.org.

Got stuff for the paper?

News and Event Submissions

Community events and news items should be submitted through our website at www.winfieldamerican.com. News and event items are published free-of-charge as editorial space and time permits. **Submission does not guarantee placement.** For guaranteed placement of your community event promotion please visit our website at www.winfieldamerican.com or call our office at 219-662-8888 to place a paid advertisement.

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This day in history

February 15, 1970

The trial for eight antiwar activists charged with inciting the violent demonstrations at the August, 1968, Democratic National Convention took place in Chicago. On this day in 1970, defense attorneys William Kunstler and Leonard Weinglass and three of the defendants were sentenced to prison for contempt of court.

The defendants included Rennie Davis and Thomas Hayden of the Students for a Democratic Society (SDS), Abbie Hoffman and Jerry Rubin of the Youth International Party (Yippies), Bobby Seale of the Black Panthers, and David Dellinger, Lee Weiner, and John Froines.

The trial, presided over by Judge Julius Hoffman, turned into a circus as the defendants and their attorneys used the court as a platform to attack President Nixon, the Vietnam War, racism, and oppression. Their tactics were so disruptive that Judge Hoffman ordered Seale gagged and bound to his chair.

As the trial ended, Judge Hoffman found all the defendants and their attorneys guilty of 175 counts of contempt of court and sentenced them to prison terms. Although declaring the defendants not guilty of conspiracy, the jury found all but Froines and Weiner guilty of intent to riot.

None served time because a 1972 Court of Appeals decision overturned the criminal convictions; eventually, most of the contempt charges were also dropped.

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Lake County Extension Homemakers Association scholarship deadline nears for applications

The Lake County Extension Homemakers Association is accepting applications for the Lucile Smith Memorial Scholarship, which is offered annually. In addition to this scholarship, applications for the Indiana Extension Homemakers Association (state level) Career Advancement Scholarship are also available through the Indiana Extension Homemakers Association. To be eligible for the Lucile Smith Memorial Scholarship, applicant must be an Indiana (See *Homemakers* Pg. 7)

(Record from Pg. 1) rate remained at 3.6% and lower than the national rate of 3.9%. The state’s jobless rate has decreased 7% since July 2009 – the high point of unemployment in Indiana.

In addition, most major sectors measured by DWD saw job gains last year.

“It’s always exciting to see job growth across so many sectors, knowing that more Hoosiers are working and finding employment opportunities than ever before,” DWD Commissioner Fred Payne said. “It’s a tribute to Indiana employers and their diligent efforts to recruit and train Hoosiers to fill open positions. And, as we forge ahead into 2019, it is imperative that programs like Gov. Holcomb’s Next Level Jobs initiative continue to grow and provide the skilled training that employers so critically need, and Hoosier workers are seeking.”

The biggest job gains in 2018 were in:

- Construction, +13,900 jobs
- Trade, Transportation & Utilities, +10,900 jobs
- Professional & Business Services, +8,800 jobs
- Private Education & Health

Services, +6,300 jobs

- Financial Activities, +4,500 jobs
- Manufacturing, +3,100 jobs

As part of the governor’s NextLevel Jobs initiative, more than 10,000 Hoosiers last year enrolled in high-wage, high-demand

Workforce Ready Grant programs at Ivy Tech Community College, Vincennes University, or local training providers. Also, more than 450 Hoosier employers are training nearly 7,000 workers under the Employer Training Grant program.

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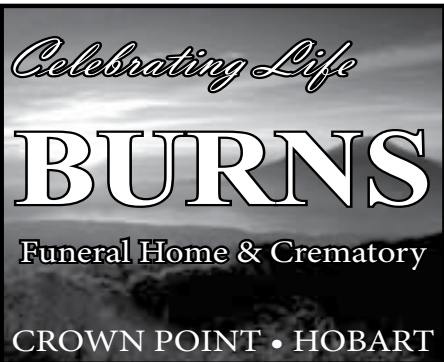
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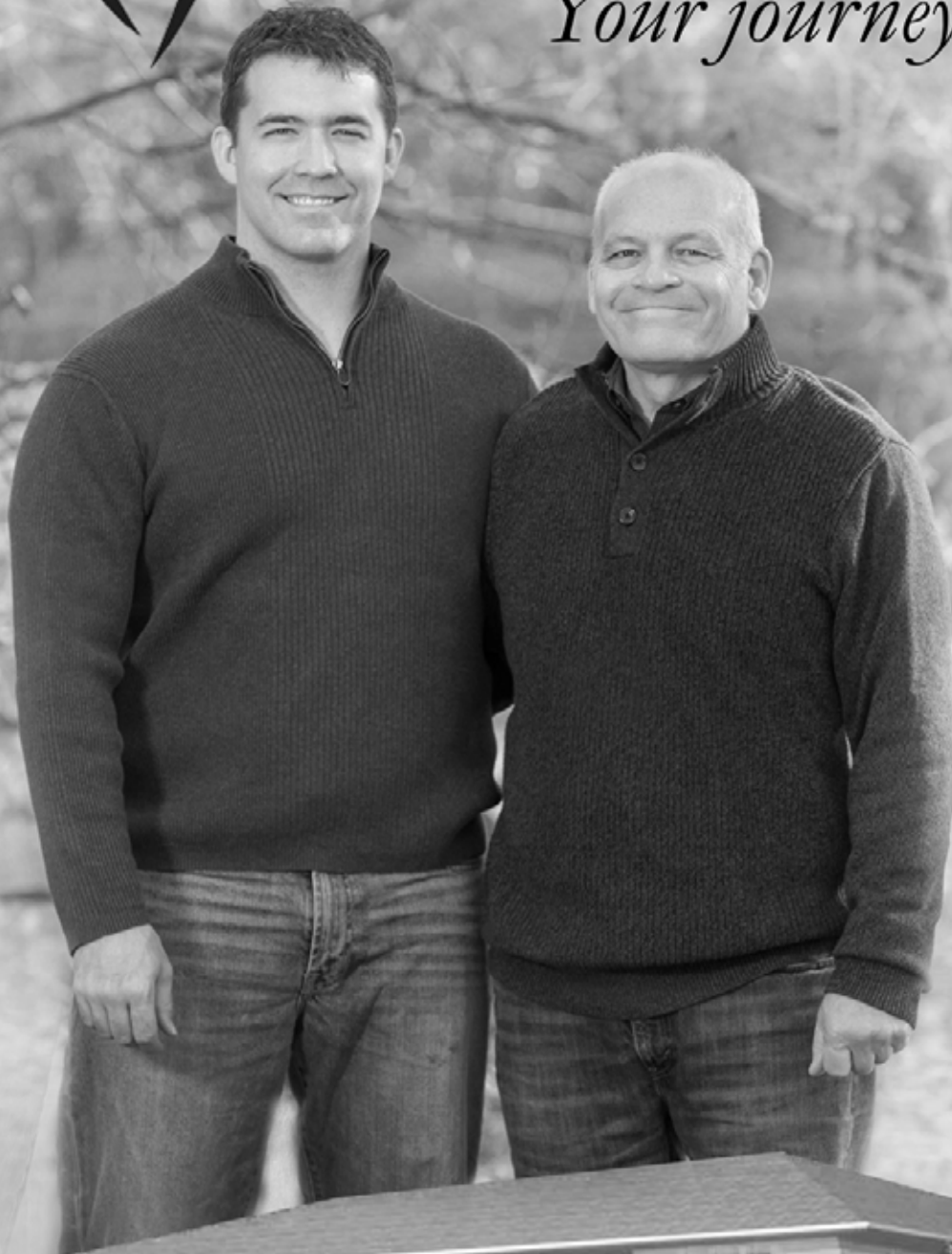
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Friends of the Crown Point Library plans March 20 bus trip to Chicago Flower Show

Flower tales: The Story Grows On', is the theme for the 2019 Chicago Flower & Garden Show located at Navy Pier. This event showcases products like flowering potted plants, green plants, vegetables, nursery plants, perennials, palm trees, and cut flowers.

Forget about the stress of driving to the city, the expense of parking, relax and take a chartered bus to the show with the Friends on Wednesday, March 20. The cost for the round-trip ride and admission to the show is \$45 per person or \$40 for Friends members.

Tickets can be purchased at the Crown Point Library at 122 North Main Street. The bus will leave the Crown Point Sportsplex promptly at 9 a.m. and depart from Navy Pier at 3 p.m. There will be no refunds after March 6. Those who are not a 'Friend of the Library' can

join at the time you sign up for a ticket to receive the discount.

For more information about the Friends events and bus trips visit www.crownpointlibrary.org/about/library-friends/ or call 219-306-4599.

Area Artists Association of the Lubeznik Center 'Narrative' on display at Indiana Welcome Center through April 21

The Area Artists Association of the Lubeznik Center for the Arts will display a collection of narrative works at the Indiana Welcome Center. The exhibition, 'Artist's Narrative' will be displayed through April 21.

The Area Artists will feature an eclectic collection of narrative works that bespeak their diverse membership. Most works are visual and some tactile. Other works will connote human emotion directly and some subtly. Visitors to the exhibit can expect to see experimentation and find awe in a least one narrative.

"Narratives are stories. Art comes in narratives; some as simple as a landscape, like a short story; some as complex as a Rembrandt, like a Russian novel. Our artist stories may come in a barrage of color, in a mood snapshot, in a tangled abstraction," said Larry Jensen, Area Artists Association.

The Indiana Welcome Center is located at 7770 Corinne Drive in Hammond. The Indiana Welcome Center

is open daily from 8 a.m. to 5 p.m.

The Area Artists Association of the Lubeznik Center for the Arts was founded in 1978 and is an organization of juried artists who live and work primarily in Northwest Indiana.

The purpose of the AAA is to increase the appreciation and recognition of local and regional member artists through exhibitions and promotion of their art. To learn more about the association, visit the 'About Us' section at www.lubeznikcenter.org.

IDEM offers free interactive Earth Day presentations to Hoosier students

To help Indiana schools celebrate Earth Day 2019, the Indiana Department of Environmental Management is offering free hands-on classroom presentations to students across the state. Every year, IDEM staff visit schools to talk about their careers and share STEM-based lessons on air, land, water and recycling.

Registration is open and teachers can request a presentation by visiting www.idem.in.gov/iee/index.htm. The deadline to register is February 22.

Earth Day presentations are available for elementary schools and vary in length from 30 to 50 minutes. The interactive presentations of-

fer activities such as reduce, reuse, recycle your trash or a demonstration on how water flows through a watershed. Teachers who participated last year commented on how much they enjoyed the "hands-on way of learning" and "visual aids that were used to enhance the lesson."

Presentations are available on a first-come, first-served basis throughout the month of April, and each school may request up to four presentations.

Educators may direct questions to Jennifer Helrigel, IDEM's Environmental Education outreach coordinator, at education@idem.in.gov or by calling 800-988-7901.

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Obituary ~ JoAnn S. Saliek

JoAnn S. Saliek, age 71 of Winfield, formerly of Merrillville passed away February 5, 2019. JoAnn was preceded in death by her daughter-Rebecca Saliek; mother-Regina Watroba. She is survived by her daughters- Jennifer Saliek, Cynthia (Michael) Kosmicke; grand-

children- Alyssa, Dylan, Kayla, Rocco, Isiah, and Aliyah; great - granddaughters- Sophia, and Bella; two sisters - Regina Adamczyk, Patti Epperson (Daruss); and many nieces and nephews. She was employed at AHEPA. She was involved in the Chamber of Commerce

and volunteered in many community clubs. She will be missed by all who knew and loved her. Visitation was held on Thursday, February 7, 2019 from 2-7 p.m. at Burns Funeral Home, 10101 Broadway, Crown Point, IN. Prayers began at Burns Funeral Home, Crown

Point, on Friday, February 8, 2019 at 11:15 a.m. and proceeded to a 12 p.m. Mass of Christian Burial at St Joan of Arc Church, 200 E. 78th Ave, Merrillville, IN. Entombment Calumet Park Cemetery. www.burnsfuneral.com

Lake County Master Gardeners scholarship program for 2019-20 academic year deadlines next week

The Lake County Master Gardeners are continuing their scholarship program for the 2019-20 academic year.

Although the LCMGA has been awarding scholarships for the past thirteen years, this will be the first year that scholarship applications will be available through the Crown Point Community Foundation website, and the first-year

incoming freshmen attending a four-year institution are eligible to apply.

Scholarships will be awarded to undergraduate college and university students, who are residents of Lake County, Indiana. In addition to the majors of Horticulture and Landscape Architecture, majors of Forestry, Botany (Horticulture Equivalent),

Plant Pathology, Agricultural Education, and Entomology are eligible as well. Other majors that benefit consumer gardening may be considered.

The 2019 application will be available through February 22, through the Crown Point Community Foundation website at www.thecpcf.org/scholarships. html

The scholarships are funded by donations made to the Lake County Master Gardener Association in support of the annual Plant Sale, Garden Walk, Symposium, and from donations from donors such as the NW Indiana Beekeepers Association. The Lake County Master Gardener Association work in cooperation with Purdue Extension-Lake County.

INTERNSHIP OPPORTUNITY

Indiana Native American and Indian Affairs Commission (undergraduate or graduate students)

The selected interns will assist the Director of INAIAC in planning, coordinating and executing the implementation of three major events for the commission. Organizing and marketing "Talking Leaves Sessions" that are town hall meetings throughout the State of Indiana. Creating brochures and display boards for upcoming events such as conferences, pow wows and Native American Days at the Statehouse, INAIAC Veterans Ceremony, educational conferences on Native American culture, traditions and health. Proficiency in MS Office Suite required. Interest or experience in creating lesson plans, marketing skills, and program development is preferred.

Must be able to communicate professionally to all levels in corresponding to tribal members, public, and tribal department's personnel.

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Library happenings in Winfield and Crown Point during the last weeks of February

Visit the Winfield branch library during the month of February and let us know why you love your library by filling out an 'I Love My Library Because...' card. Join the library for these upcoming programs. Programs are

free unless otherwise noted and registration is required. To sign up for a program call 219-662-4039 or register online at www.crownpointlibrary.org/calendar.

Programs for Adults

- Holistic Practitioner

Nutritionist Mary Holt will present a series on Health and Wellness on Mondays, February 18 and 25 at 1:30 p.m. Each week is a different topic.

- Color Your Stress Away every 1st Friday of the Month

from 10:30 – 11:30 a.m. All materials are provided.

Programs for Kids

- Pokémon fans in grades K-8 can join other fans on Thursday, February 28 at 5 p.m. to watch the Pokémon movies while working on

a Pokémon related activity. Pokémon trainers can also share, battle, and trade (with parents' permission) their collected cards.

- The T-Rexplorers invite readers of all ages to discover authentic dinosaur fossils

and more at Dino Discovery on Saturday, February 16 at 4 p.m. at the Crown Point Library. Registration is not required. This program is presented free to the public by the generous sponsors of Library Mini Golf.

Ball State University study shows regular lifelong exercise keeps the body decades younger

Exercising on a regular basis over a lifetime may help keep the body decades younger, says new research from Ball State University.

Cardiovascular and Skeletal Muscle Health with Lifelong Exercise, an analysis of septuagenarians who have been exercising for decades, found that they have heart and lung capacities and muscle fitness like healthy people in their early 40's.

The study provided a unique opportunity to assess the physiological benefit of lifelong exercise by comparing exercisers in their 70s with their younger counterparts and sedentary people their own age. The study was published in August in the Journal of Applied Physiology.

"Exercise wins" is the

take-home message," said Scott Trappe, director of Ball State's Human Performance Laboratory and leader of the 11-person research team. "We saw that people who exercise regularly year after year have better overall health. These 75-year-olds — men and women — have similar cardiovascular health to a 40- to 45-year-old."

With the average study participant, characterized as a lifelong exerciser, working out is a hobby. On average, each exercised about five days a week for about seven hours in total.

The cardiovascular health was gauged by having participants cycle on an indoor bike to determine VO2 max, which measures the maximum amount of oxygen a person can use during intense

exercise and establishes aerobic endurance. Each participant also had a muscle biopsy to determine how capillaries formed and aerobic enzyme activity.

VO2max typically declines by about 10% per decade after age 30. The age-related reduction in VO2 max is directly associated with an increasing risk of multiple chronic diseases, mortality and loss of independence.

Researchers also broke the male subjects into two groups: the performance group and the fitness group. The performance group's training revolved around competition. The fitness group's revolved around simply exercising.

"For some of the variables, the performance group had

some metrics that were superior to the fitness people, and cardiovascular capacity was one of those," Trappe said. "But things like muscle health and capillaries to support blood flow, they were equivalent between the two groups. Higher intensity didn't necessarily take them to a higher place."

HPL researchers have been studying athletes since its creation in the 1960s. For this latest project, Ball State researchers recruited people who have been regularly training for decades by running, biking, swimming or whatever exercise they enjoyed.

"When we started this project, I didn't know if we'd find enough of these lifelong exercisers, and once we got into it, I was signing up for local races and introducing myself," he said. "But then what would happen is they would recruit — they'd bring in their training buddies. We had a husband and wife team who rode a tandem bicycle together. They've ridden 4,000 to 5,000 miles together outdoors since the mid-1980s. There's tons of people like this out there."

Trappe acknowledged that while younger adults can handle more intense exercise, many septuagenarians have managed to find new ways to stay in shape at a fairly high level.

Trappe said the benefits of

the study should be obvious for the average person: 30 to 60 minutes of exercise a day may be the key to a healthy life.

"If you want to put 30 to 45 minutes of walking in one day, the amount of health benefit you are going to get from that is going to be significant and substantial," he said. "Will it equal the person training for competitive performances? No. But, it will outdo the couch potato. In basic terms, 30 to 45 minutes of any type of exercise a day is beneficial."

(Homemakers from Pg. 3)

resident twenty-one (21) years of age or older, and a resident of Lake County for at least six months. Lucile Smith Memorial Scholarship applications must be received by March 1, 2019.

To be eligible for the Indiana Extension Homemakers Association Scholarship, applicant must be a homemaker twenty-five (25) years of age or older, and a resident of Indiana. Indiana Extension Homemakers Association Scholarship applications must be postmarked by

March 15, 2019.

Both scholarships require that the applicant has been admitted or cleared for admission to an academic or vocational school that is state licensed or accredited. Preference will be given to a person studying at an undergraduate level.

For more information, or to request an application, contact the Lake County Purdue Extension at 219-755-3240 or e-mail Diana at dmcook@purdue.edu.



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Deadline nears for Lake County Master Gardeners Association grants up to \$500

The Lake County Master Gardeners Association is offering grants from \$100 to \$500 to Lake County, Indiana, businesses, churches, schools and other organizations that need monies for new and existing gardening projects in 2019; an educational aspect is preferred, but not required.

The purpose of the Lake County Master Gardeners Association's Grant Program is to promote the objectives of the organization by providing these grants within the borders of Lake County, Indiana. Awards are dependent on funds available and the number of applicants during any given award year.

There are certain eligibility requirements stated in the Grant Application and the application process is clearly defined for applicants. The project description, project cost and materials required are listed in the application. The application form is available on our LCMGA website or

through the Extension office. For more information, contact the Lake County Master Gardeners Association at www.lcmgain.org, or call

the Purdue Extension Office 219-755-3250.

Grant applications are due March 1 and will be awarded before April 1.



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