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The end of labor is to gain leisure.
~ Aristotle

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August 30, 2024

Crown Point Community Foundation awards over \$133,000 in grants to south Lake County

The Crown Point Community Foundation (CPCF) recently announced the awarding of \$133,212.40 in grants during its June Grant Cycle. These 14 grants are set to enrich the lives of residents across South Lake County, benefiting communities such as Winfield, Crown Point, Cedar Lake, and Lowell (Tri-Creek Townships). The grants cover a range of impactful projects, from supporting Catholic Charities, Diocese of Gary's Homeless Prevention Program, which aids residents in avoiding homelessness by providing financial assistance to prevent evictions and mortgage defaults, to assisting The Humane Society of Hobart's

Project H.O.P.E. (Helping Our Pets Effect), which ensures resource equity for pet families through affordable veterinary care and other pet-related resources.

Included in the funding of the June Cycle, the CPCF awarded a \$4,000 proactive grant to the City of Crown Point to support the 4th of July Parade, featuring a performance by the Jesse White Tumblers. The Crown Point Community School Corporation also received a \$28,000 proactive grant to launch a new elementary STEM Program, support early learning preschool by providing gross motor equipment and early literacy supplies, and provide equipment

for the 18-22 year-olds transition programs.

Community grants are made possible by donors who create Unrestricted Endowment Funds to support South Lake County causes and entrust the CPCF to al-

- American Cancer Society - \$1,000.00 -- Support for the Relay For Life event which unites communities to support the vision of ending cancer for everyone.
- Catholic Charities, Diocese of Gary - \$25,000.00

mortgage defaults, and utility disconnections.

- Chasing Dreams - \$5,700.00 -- Funding for the Summer Camp providing educational and life experiences to individuals with disabilities, helping them transition into independent and productive community members.
- First Presbyterian Church of Crown Point - \$2,500.00 -- Funds will expand the food pantry/free meal program.
- Girls Scouts of Greater Chicago and NWI - \$5,000.00 -- Support for a series of seasonal outdoor activities, including a lake-front campfire, ice skating, and horseback riding, to

engage and support current and prospective Girl Scouts in South Lake County.

- Jacob's Ladder Pediatric Rehab Center - \$8,000.00 -- Funding for the Little Listeners Road Show program, which screens children's hearing in daycare programs and monitors language progression to ensure age-appropriate language acquisition.
- Meals on Wheels of NWI - \$15,000.00 -- Funding provides nutritious meals, wellness checks, and friendly visits to primarily low-income seniors and vulnerable individuals unable to shop or prepare healthy meals.
- Pack Away Hunger -

(See CPCF Pg. 2)



CROWN POINT
community
foundation

locate those funds to a broad range of community projects and needs.

Below are the recipients of the June Grant Cycle:

-- Helping the Homeless Prevention Program assist residents in avoiding homelessness through financial support to prevent eviction,

PNW redesignated as a National Center of Academic Excellence in Cyber Defense

Purdue University Northwest, through its College of Technology, has again earned redesignation as a National Center of Academic Excellence in Cyber Defense (CAE-CD) by the U.S. National Security Agency and the Department of Homeland Security.

"This is the third time PNW earned the CAE-CD designation by DHS and NSA, affirming the quality and rigor of our cybersecurity curriculum that meets the national standard," says Keyuan Jiang, chair of the PNW Computer Information Technology and Graphics department. "We are proud to be a CAE-CD institution producing graduates to meet

the growing demand of the cybersecurity workforce."

The redesignation, valid through 2029, underscores PNW's sustained commitment to a well-established cybersecurity program and high standards for education, research and future workforce development.

"Our Computer Information Technology program at PNW has a well-designed course curriculum with heavy emphasis on hands-on learning and faculty expertise in cybersecurity," says Michael Tu, professor of Computer Information Technology and director of the Center for Cybersecurity at PNW. "We are also very active in cybersecurity re-

search, education outreach and community engagement."

As a CAE-CD designated university, PNW students have the opportunity to compete for prestigious scholarships, conduct research on real-world problems, participate in nationwide competitions and attend dedicated cybersecurity job fairs. This designation ensures the program is endorsed by the NSA and DHS and provides professional development and job placement opportunities for students.

Criteria set by the NSA and DHS for earning redesignation include a well-established and sustaining cybersecurity education degree

program, quality curriculum, faculty expertise, hands-on experiences and a well-documented continuous improvement plan and assessment evidences. The criteria have expanded and increased in rigor over time with advancements in the fields of technology and cybersecurity.

PNW offers four-year degree programs in Computer Information Technology and Cybersecurity. The program emphasizes hands-on, application-oriented learning with extensive activities and lab practice. PNW's Cybersecurity program is one of the first to include courses on artificial intelligence (AI), better preparing students for future workplace demands.



The CAE-CD designation represents the highest standard of university cybersecurity programs and is awarded to regionally accredited academic institutions offering cybersecurity-related degrees or certificates that meet es-

tablished comprehensive and rigorous criteria. The program's goal is to promote and support academic programs of higher learning that help produce the nation's cyber workforce.

(See PNW Pg. 7)

I-65 pavement restoration project begins; work to last to June 2025

Indiana Department of Transportation contractor Rieth Riley Construction will begin a pavement restoration project on I-65 between State Road 14 and U.S. 231 (mile marker 223 to 246) this month.

Sections of I-65 will be resurfaced, with lane closures from the hours of approximately 8 p.m. to 7 a.m. the following morning. Lane closures will be in place in one direction at a time and will be only a few miles in length at a time.

Work will be ongoing

through June 2025. Motorists should be alert for lane closures and road crews overnight and prepared for changing traffic patterns as the work zone location changes.

INDOT encourages drivers to allow extra time when driving through this area and to follow traffic directions carefully. Motorists should slow down, exercise caution and drive distraction-free through all work zones.

INDOT continues to solidify the Hoosier State as the Crossroads of America through delivery of Gov.

Eric J. Holcomb's \$60 billion Next Level Roads plan. With six district offices and 3,500 employees, the agency is charged with constructing and maintaining more than 29,000 lane miles of highways, more than 5,700 bridges, and supporting 4,500 rail miles and 127 aviation facilities across the state. For the eighth consecutive year, Indiana has placed within the top ten in the nation for infrastructure in CNBC's "America's Top States for Business" rankings. Learn more about INDOT at www.in.gov/indot.

Buckle Up Phone Down is a safety initiative adopted by the Indiana Department of Transportation in late 2023. Unrestrained motorists and passengers, as well as distracted driving continue to be contributing factors in fatal and serious injury crashes on Indiana roadways. Buckle Up Phone Down is one of many efforts to change driver behavior and improve roadway safety across Indiana.

The actions are simple: when you get into a vehicle, buckle up. If you are the



driver, put the phone down more and accept the challenge at www.BUPDIN.com. Every trip. Every time. Learn

Financial Focus: How to be a 'seasonal' investor

As we transition from summer to autumn, change is all around us — leaves are taking on new colors, temperatures are dropping, and the days are getting shorter. But you can also experience different seasons in various aspects of your life — including when you invest. What are the seasons of an investor's life? And how should you respond to them?

The first such season may happen when you are in your 20s and just starting out in the working world. At this stage in your life, it's especially important to prioritize your financial goals. At the top of your mind may be a

short-term goal, such as saving for a down payment on a house. To help achieve this goal, you'd generally want to save in "cash" accounts and invest in fixed-income vehicles that offer preservation of principal. At the same time, you don't want to disregard a longer-term goal — in particular, saving for retirement. While you may not be able to afford to put much away, every amount helps. And you'll want to invest for growth.

Now, as the seasons of your life progress, let's consider your early middle years. At this point, you've moved past the down payment on your home and you're well into

paying a mortgage regularly. And you might even have retired your student loans. But now, you may have another major goal — helping build resources for your children's college education or other post-secondary training. For this objective, you could consider several options, one of which is a 529 education savings plan, which can provide federally tax-free earnings and withdrawals if the money is used for qualified educational expenses. But you're also moving closer to retirement, so, if you can afford it, you may want to increase your contributions to your IRA and your 401(k)

or other employer-sponsored retirement plan.

As the seasons continue to move on, and you find yourself in your later middle years, your financial situation may have changed significantly. Now, your children may be out of school, your earnings may have grown to their highest level, and you might even have paid off your mortgage. Given these factors, you may now be able to devote more of your resources toward your retirement by ramping up your IRA and 401(k) contributions even further, and possibly also considering other investment vehicles. And you may

want to inject more balance into your portfolio, possibly lowering its overall risk level somewhat, especially in the years immediately preceding your retirement.

Once you move into your retirement season, you may need to continue, and possibly accelerate, the movement toward a more balanced portfolio — one that provides you with more income-producing opportunities. Some investments provide current income, while others provide it in the future, but all of them can contribute to your ability to enjoy your retirement lifestyle. However, you still need some growth-oriented investments to help keep you ahead of inflation. Plus, it's a good

idea to keep at least a year's worth of living expenses in cash and another few years' worth in short-term, fixed-income investments. By doing so, you can help avoid having to sell assets in a down market.

The seasons of your life may come and go more quickly than you realize — but you can be prepared for them by making the appropriate investment moves.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Pat Hedge 10618 Randolph St., Winfield, IN 46307; 219-662-5999.

Edward Jones, Member SIPC

The Northwest Indiana Symphony Orchestra returns for its 83rd anniversary season

Join the Northwest Indiana Symphony Orchestra and Music Director/Conductor Kirk Muspratt for their 83rd season. The 2024-25 season kicks off with a night of Broadway music with two performances October 24 and 25 at 7:30 p.m. The Symphony will be joined by the Symphony Chorus as well as guest singers Alisa Jordheim, Kimberly E. Jones, Lorenzo Parnell, and Jonathan Wilson. The concert will feature favorite tunes from classic musicals like Sound of Music, Oklahoma, South Pacific, and The Music Man, and contemporary musicals like Mamma Mia!, A Chorus Line, Chicago, Les Miserables, and Phantom of the Opera, plus many more.

The beloved Holiday Pops, a South Shore Holiday Tradition, will have two per-

formances in two special locations. Bring your friends and family to our new venue, the Hard Rock Casino of Northern Indiana, where you can enjoy an array of dining and cocktail options. This show will be for ages 21 and over only. Our all-ages family show will be on December 7 at Valparaiso High School. Both shows will be at 7:30 p.m.

On March 21, at 7:30 p.m., art, literature and music meet in Musical Masterpieces which will feature Mussorgsky's virtuoso suite Pictures at an Exhibition, Weber's Oberon Overture based on Shakespeare's A Midsummer Night's Dream, and our own principal trombonist Thomas Stark playing the contemporary Bourgeois Trombone Concerto.

Fresh from her appearance

with the Chicago Symphony Orchestra, violinist Esme Arias-Kim returns for our tribute to Tchaikovsky on April 25 at 7:30 p.m. The concert will feature his Violin Concerto and his hauntingly beautiful Symphony No. 4.

The season will conclude on May 15 and 16 with a salute to the greatest American film composer of all time, John Williams. He has written some of the most popular, recognizable and critically acclaimed scores in cinematic history. Hear selections from Star Wars, Indiana Jones, Far & Away, The Patriot, Superman, and more.

Additionally, the Symphony has introduced the Spotlight Series of Sunday afternoon concerts at 2:30 p.m. in Munster: Piano Trio, Sunday, November 10

in the Center for Visual and Performing Arts Gallery; Choral Valentine, Sunday, February 2 in the Theatre at the Center; and String Bass Ensemble, Sunday, April 6, in the Theatre at the Center.

Concerts are performed at Living Hope Church, 9000 Taft Street, Merrillville/Crown Point, unless stated otherwise.

Tickets range from \$45 to \$79 for the season concerts, and \$30 general admission for the Sunday af-

ternoon concerts. Students are just \$10 for all concerts. Subscriptions are available for the five season concerts at a 10% discount off regular ticket prices, or you can supersize your season by purchasing all eight concerts and receive a 15% discount. Subscriptions are available until October 24. Group sales are available at a discount beginning at ten people.

This Symphony Gala, Big Band, will feature Doug Home and the Rhythm

Makers Orchestra. Join the Symphony for dancing, cocktails, dinner, entertainment and silent auction, September 27 at 6pm. Tickets are \$175 per person, and tables of ten start at \$1,750.

Call the Symphony office at 219-836-0525 or visit the website at www.NISOrchestra.org for more information or to order tickets.

(CPCF from Pg. 1)

\$10,000.00 -- Support for a service event at Crown Point High School on Oct. 5, 2024 where 250 community volunteers will package 100,000 nutritious, shelf-stable meals for distribution throughout Lake County.

• Second Life Resale Shoppe - \$6,012.40 -- Funds will be used to purchase secure donation drop-off bins.

• South Lake County Agricultural Historical Society - \$8,000.00 -- Funding to purchase an additional accessible people mover for various events in NW Indiana.

• The Humane Society of Hobart - \$10,000.00 -- Funding for Project H.O.P.E. (Helping our Pets Effect) which provides affordable veterinary care and resources to keep pet families together.

• White's Residential & Family Services - \$5,000.00 -- Supports the Family Services programming, focusing on Foster Care in South Lake County.

The Crown Point Community Foundation awards grants from the CPCF Unrestricted Endowment Funds three times a year.

The three application cycles close on February 1st, June 1st and September 1st. Only one grant application per organization or agency will be eligible within a 12-month period. The CPCF Grant Committee reviews all applications. The Crown Point Community Foundation is accepting grant applications online. To apply for a grant, visit www.cpcfgrants.communityforce.com. For more information about the CPCF, please visit the Crown Point Community Foundation's website, www.thecpcf.org.

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Sinai Forum at Purdue Northwest announces 2024 speakers

The Sinai Forum at Purdue University Northwest (PNW) announced the lineup of notable speakers to be featured in its 2024 season. The series will feature renowned personalities who will engage in topics from politics and constitutional law to conservation, comedy and mental health.

Liz Cheney, who formerly served as the U.S. representative for Wyoming's at-large congressional district from 2017 to 2023, opens the season on Sept. 15. Her program will take place at Stardust Event Center, Blue Chip Casino, Hotel & Spa, Michigan City, Indiana. Cheney served as Vice Chair of the Select Committee to Investigate the January 6 Attack on the United States Capitol. She is a recipient of the John F. Kennedy Presidential Library's prestigious Profile in Courage Award, with commendation for her "consistent and courageous voice in defense of democracy."

Jim Gaffigan, a seven-time Grammy nominated comedian, actor and author who grew up in Chesterton, Indiana, returns to the region as a part of the Sinai Forum at Purdue Northwest on Nov. 24 at Stardust Event Center, Blue Chip Casino, Hotel & Spa. Gaffigan grew up in a large family, which often serves as inspiration for his jokes. Beyond stand-up, he's a dedicated husband and father of five, often weaving his family's antics into his routines. Gaffigan's approachable everyman persona, combined with his witty insights on daily life, has endeared him to audiences worldwide.

Additional speakers featured in the 2024 season will include Briana Scurry, Hall of Fame U.S. Soccer Goalkeeper and two-time Olympic gold medalist; Jonathan Turley, the Shapiro Professor of Public Interest Law at George Washington University; and Joel Sartore, National Geographic Explorer, photographer and conservationist.

Program tickets, as well as dates, times and location information, are available at www.pnw.edu/sinai-forum. College and high school students can attend programs for free by registering on the PNW Sinai Forum website and presenting their student IDs at program check-in.

Liz Cheney — Sunday, Sept. 15, 2024

"Defending Democracy: A Conversation with Liz Cheney"

Liz Cheney served as the U.S. representative for Wyoming's at-large congressional district from 2017 to 2023. She chaired the House Republican Conference from 2019 to 2021 and served as the Vice Chair of the Select Committee to Investigate the January 6th Attack on the United States Capitol. Cheney is the author of the memoir



Liz Cheney

"Oath and Honor" and co-authored "Exceptional: Why the World Needs a Powerful America" with her father, former Vice President Dick Cheney. In 2022, Cheney, along with Ukrainian President Volodymyr Zelensky, received the John F. Kennedy Presidential Library's prestigious Profile in Courage Award.

Jonathan Turley — Sunday, Oct. 6, 2024

"The Indispensable Right: Free Speech in the Age of Rage"

Jonathan Turley is the Shapiro Professor of public interest law at George Washington University. Professor Turley has written extensively in areas ranging from constitutional law to legal theory to tort law. He is the author of *The Indispensable Right: Free Speech in an Age of Rage* (Simon & Schuster 2024). Turley is currently the legal analyst for Fox News. He is a columnist for USA Today, The Hill, and other newspapers including the New York Times, Washington Post, USA Today, Los Angeles Times and Wall Street Journal.

Joel Sartore — Sunday, Nov. 3, 2024

"Building The Photo Ark: One Man's Quest to Document the World's Animals"

Joel Sartore is a National Geographic Explorer and photographer, as well as a noted speaker, author, teacher and conservationist. His hallmarks are his sense of humor and Midwestern work ethic. Sartore is the founder of the National Geographic Photo Ark, a multiyear effort to document every species — big or small, common or rare — living in the world's zoos, aquariums and wildlife sanctuaries in order to inspire



Jonathan Turley

people to help protect biodiversity before it's too late.

Jim Gaffigan — Sunday, Nov. 24, 2024

"Beyond Humor: An Afternoon with Jim Gaffigan"

Jim Gaffigan, a seven-time Grammy nominated comedian and actor, is known for his unique brand of humor which largely revolves around his observations on life. Raised in Chesterton, Indiana, Jim grew up in a large family which often serves as inspiration for his jokes. Recently, he starred alongside Jerry Seinfeld in the movie "Unfrosted," showcasing his versatile talent in both comedy and acting.

Briana Scurry — Sunday, Dec. 8, 2024

"From Gold to Grit: A Champion's Journey Through Traumatic Trials and Mental Health Triumph"



Joel Sartore

Briana Scurry is a pioneering American soccer goalkeeper and one of the most accomplished players in women's soccer history.



Jim Gaffigan

Scurry was a key figure in the U.S. Women's National Team, winning two Olympic gold medals (1996, 2004) and the 1999 FIFA Women's World



Briana Scurry

Cup. After suffering a career-ending concussion in 2010, Scurry faced a challenging mental health journey, battling depression and anxiety.

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DIRECTOR SPOTLIGHT

SALLY SZUMSKI

Sally has been a funeral director since 2007. In her spare time, Sally is a proficient seamstress, and she enjoys sewing gifts for her grandkids, especially. She also enjoys traveling and spending time with her husband, children and grandkids.

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Nine organizations receive \$20,000 grants to support arts programming for older adults

The Indiana Arts Commission today that nine arts organizations have received training and grant funding through Lifelong Arts for Arts Organizations, a program that promotes arts and creativity services for adults ages 65 and older. Nine organizations from around the state will each receive \$20,000 to host programming for older adults, supported by the Indiana Arts Commission in partnership with the Family and Social Services Administration, and made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy.

“We are proud to deepen our work in creative aging thanks to the partnership of the National Assembly of State Arts Agencies, Aroha Philanthropies, and the Family and Social Services Administration,” said Miah Michaelsen, IAC Executive Director. “Meaningful, professional arts experiences are a proven tool to improve the psychological, physical, and emotional health of older adults, and it is a privilege to work with arts organizations to provide these benefits to Hoosiers.”

The organizations receiving funding, and the projects they will support, include:

- South Shore Arts (Munster, IN) - Every Generation: Without Limitations

- Art Barn School of Art, Inc. (Valparaiso, IN) - Art Within Reach: Drawing and Creative Watercolor
- The Jack & Shirley Lubeznik Center for the Arts (Michigan City, IN) - 2D Art and Design
- The Honeywell Foundation, Inc. (Wabash, IN) - Senior Perspectives: Observational Art Class
- Iibada Dance Company (Indianapolis, IN) - Seasoned Feet
- Fort Wayne Dance Collective, Inc. (Fort Wayne, IN) - Apple City Dance Project
- Civic Theatre of Greater Lafayette, Inc. (Lafayette, IN) - Playback: Moving Through Our Memories

- Heartland Sings Inc. (Fort Wayne, IN) - Timeless Tunes for All Singers
- ArtMix Inc. (Indianapolis, IN) - Narrating with Colors
- Fort Wayne Dance Collective will be working with the Renaissance Pointe YMCA on the Apple City Dance Project, which will provide 8-week dance sessions designed specifically for adults ages 55 and up. Each dance session will be focused on creating a welcoming and fun environment where participants will learn a variety of basic dance steps in different styles, while having input on music selection, and the chance to work as a group to create movement inspired by their lives.

ArtMix’s program, “Narrating with Colors”, is an introductory painting class designed to combat social isolation and build community for aging adults with and without disabilities. Throughout the eight-week session, attendees will learn foundational painting skills while engaging in weekly group discussions about the story of their life. The culmination of the class will be a collaborative mural that weaves the artists’ stories together.

Learn more about each of the funded projects on the IAC website at www.in.gov/arts/programs-and-services

Participating organizations were selected through an application and panel process and have attended three days of training hosted by Lifetime Arts, a national leader in best practices of creative aging.

Lifelong Arts for Arts Organizations is an expansion of the IAC’s portfolio of opportunities for the state’s older adults. The program joins existing programs for artists and aging services providers in partnership with the Indiana Family and Social Services Administration.

Indiana Chamber’s Wellness Council receives grant for Big Hoosier Well-Being Project

With mental health challenges on the rise for many Hoosiers, helping Indiana companies promote well-being among their workforces has become imperative. Now a key grant from the Anthem Blue Cross and Blue Shield Foundation to the Wellness Council of Indiana (WCI), a subsidiary of the Indiana Chamber of Commerce, will enable key research for WCI’s Hoosier Well-Being Data Project (HWDP). The grant is slated to provide \$360,000 over a two-year period.

Through the HWDP, participating employers will access and analyze employee data to gain insights into workforce mental health. The data-driven approach allows each organization to implement evidence-based

strategies to create a supportive workplace environment and provides expert guidance to develop a mental health strategy tailored to its unique needs.

“As a cornerstone of our community, the Anthem Blue Cross and Blue Shield Foundation is deeply committed to advancing mental health awareness and solutions,” says Beth Keyser, president of Anthem Blue Cross and Blue Shield in Indiana. “The grant for the Hoosier Well-Being Data Project is an investment designed to promote not just physical health but the overall well-being of Hoosiers.”

“We firmly believe in the power of data-driven insights to shape impactful mental health strategies customized to the needs of each organi-

zation,” she adds. “Our mission is to empower employers to create understanding and supportive work environments, yielding healthier communities and stronger economies.”

HWDP highlights for leaders and wellness strategy decision-makers include a one-on-one mental health consultation to assess current practices and identify needs. Training sessions are also featured on mental health strategy, communications and engagement, and mental health first aid.

“Support from the Anthem Blue Cross and Blue Shield Foundation enables us to analyze this crucial mental health data,” shares Jennifer Pferrer, WCI executive director. “Leveraging this data enhances our understand-

ing and treatment of mental health conditions, aligning strategies and resources. Education plays a vital role by breaking down stigma, promoting early intervention and empowering individuals to manage mental well-being.”

WCI and the Indiana Chamber are prioritizing the health of Hoosier individuals, workplaces and communities through Indiana Prosperity 2035, its recently released long-term visioning plan for the state.

For more on WCI’s upcoming offerings and trainings for employers and the workforce on mental health and other health-related initiatives, visit www.wellnessindiana.org/events.

Department of Revenue’s customer portal keybot now available

The Indiana Department of Revenue’s customer portal INTIME now features a keybot that helps taxpayers with some frequently asked questions regarding how to navigate INTIME.

Ask Indy is a Keybot that allows customers to type in simple questions and receive guidance on where to find what they need in INTIME.

(PNW from Pg. 1)

PNW’s Center for Cybersecurity, located on the Hammond campus, provides students with state-of-the-art, hands-on learning opportunities. Dedicated to advancing the security of the nation’s critical cyber infrastructures through research, education and outreach, the center’s mission is to improve security and resiliency in cyber systems, develop strategies to mitigate cybersecurity incidents and promote high-quality education for future

Customers can access Indy by selecting the racecar on the INTIME log in page at www.intime.dor.in.gov/eServices

Customers who may have specific tax questions can message DOR directly by sending a secure message using INTIME at www.intime.dor.in.gov/eServices

workforce training. The curriculum is designed to follow the Institute of Electrical and Electronics Engineers/Association for Computing Machinery guidelines, mapped to the National Initiative for Cybersecurity Education Cybersecurity Workforce Framework and accredited by Accreditation Board for Engineering and Technology.

For more information, visit www.pnw.edu/cybersecurity.

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Planting a garden in the shady areas of your landscape

Submitted by Melinda Myers

It is possible to brighten up those shady spots in your landscape. It is all about proper plant selection, planting, and care.

Start by evaluating the sun and shade patterns in your gardens. Monitor the amount of sunlight different areas receive throughout the day and at various times of the year. You may be surprised the space gets more sunlight than you thought.

Make a list of plants you have successfully grown and those that failed in the shady location you are landscaping. Use this information to help you select other plants with similar light requirements.

As always, select plants that thrive in your climate and tolerate the amount of sunlight, moisture, and soil in the proposed garden location. Look for plants that provide attractive foliage all season long and flowers at various times.

When planting under or near trees be careful not to kill the tree when creating your shade garden. Plant a foot or more away from the tree trunk and don't cut or re-

move surface roots that create entryways for insects and diseases. Dig as small as possible planting holes to avoid disturbing the roots and for easy planting. Avoid adding soil over the tree roots and against the trunk as this can lead to tree decline and even death. Skip deep cultivation that damages the roots, the majority of which grow within the top 18 inches of soil with 50% of them in the top six inches.

Add seasonal color and vertical interest with shade-tolerant annuals like impatiens, begonias, and coleus. Avoid damaging the tree roots by planting these in containers and setting the pots on the soil surface amongst perennial shade-tolerant groundcovers or on mulched beds under the trees.

Once you've planted your garden, adjust the care to compensate for the limited light conditions. Plants growing under large trees or overhangs must be watered more often, especially during the first year or two until the plants become established. The dense canopy of many trees and impervious over-



hangs prevent rainfall from reaching the ground below. Plus, the extensive root systems of trees and shrubs absorb much of the rainfall that does make it through, so check soil moisture several times a week and water thoroughly as needed.

Spread a layer of organic mulch over the soil surface and away from the tree trunk and crowns of the plants. Organic mulches help conserve moisture, suppress weeds, and improve the soil as they decompose.

Tree and shrub roots also compete with plantings for nutrients. Use a low-nitrogen, slow-release fertilizer that promotes balanced above-

and below-ground growth. Apply it at planting and early each spring as needed.

Avoid high nitrogen, quick-release fertilizer that promotes lush succulent growth that is more susceptible to insects and diseases. Plus, limited light is a potential plant stressor that can further increase the risk of problems.

Sometimes there is just too much shade to grow even shade-loving plants. Consider mulching the area to suppress weeds, support the tree's health and protect the soil. Then relax and enjoy the shade on hot sunny days

What are some "nature-based solutions" to fight climate change?

Submitted by the editors of E-The Environmental Magazine

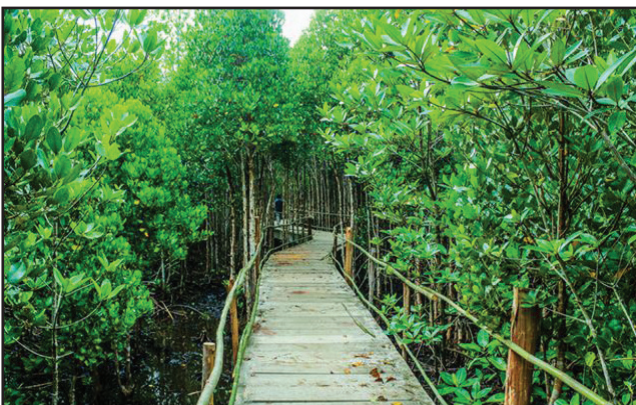
As we come to terms with the growing effects of climate change, many are turning to so-called nature-based solutions, which are holistic approaches that promote biodiversity and ecosystem preservation. Nature-based solutions harness natural processes to address problems rooted in climate change. Countries such as Africa, the Philippines and Brazil are at the forefront of using nature-based solutions.

One example of a nature-based solution is reforestation, the replanting of native trees in areas subject to deforestation. Many initiatives are underway to restore regions of the world negatively affected by logging, burning and land use change. For example, Africa's Great Green Wall project aims to restore 100 million hectares of degraded land across 20 coun-

tries. This is already dramatically reducing atmospheric carbon in the region while providing a livelihood for local communities.

Mangroves are a lesser-known climate champion, essential for both carbon storage and coastal protection. The Zoological Society of London (ZSL) is spearheading an extensive mangrove restoration program in the Philippines where over 50 percent of mangrove habitats have been lost. By regrowing the mangroves that line the islands, they are building a defense against rising sea levels.

Urban greening is perhaps one of the most easily accessible nature-based solutions and is most advantageous in areas with little to no nature already present. An example of this is New York City's High Line, a 1.5-mile long track that was previously abandoned before it was transformed by Friends of the Highline who now use it as



a community space to grow native plants, host events and display local art. Urban greening is highly effective, easy, and beneficial to communities.

Agroforestry integrates trees and native brush into farms to mimic natural environments. In Brazil's Atlantic Forest, agroforestry has been instrumental in transforming disrupted land into systems that support biodiversity without costing communities who rely on farms. Such projects promote soil health, improve water retention and

support the spread of nutrients. Planting trees around farmland or introducing wildflower seeds at the edge of a property can be instrumental in promoting ecosystem health.

Nature-based solutions may often be presented as large-scale initiatives, but such solutions are still vital and more accessible in a smaller context. Consider joining an ongoing project in your area, or starting one yourself, taking inspiration from other established programs around the world.

Purdue University Northwest to offer Applied Artificial Intelligence master's degree

Purdue University Northwest (PNW) will begin offering a new Master of Science in Applied Artificial Intelligence degree program, with the first students expected to begin courses in spring 2025.

PNW's master's degree in Applied Artificial Intelligence (AI) will prepare accepted graduate students with AI knowledge, hands-on experiences and advanced practical skills, including the design, development and implementation of AI applications to real-world challenges and responsive uses of AI technology.

"As the premier metropolitan university in our region,

we need to address the needs of the industry by developing innovative programs," said Mohammad Zahraee, interim dean of PNW's College of Technology. "Our M.S. in Applied Artificial Intelligence will accomplish this goal by cultivating graduates to fill the gaps of much needed skills for our regional industry, as well as innovate in today's technology-driven world."

Applied Artificial Intelligence graduates will be qualified to step into several fields as savvy computer programmers and data analysts. Graduates will become transformative leaders in the technology sector who can in-

vestigate complex scenarios, make data-informed recommendations for action, and deliver workable solutions to real-world challenges.

AI is a flourishing technology that can impact and benefit several sectors, including health care, manufacturing, transportation, agriculture, construction, education, cybersecurity, finance and more. Applied Artificial Intelligence students will learn how AI can be harnessed for challenging real-world problems, data analysis, task automation and process efficiencies in these fields and beyond.

Prospective students can learn more by emailing tech-

grad@pnw.edu or by visiting pnw.edu/technology. Additional information about graduate studies at PNW can be found at pnw.edu/graduate-studies.

Purdue University Northwest is a premier metropolitan university dedicated to empowering transformational change in our students and in our community. Located in Northwest Indiana, near Chicago, PNW values academic excellence, supports growth, and celebrates diversity. For more information about PNW, visit www.pnw.edu.

LOFS Lions Club looking for more volunteers to help serve Winfield and surrounding areas

Our chapter is LOFS LIONS and our motto is 'WE SERV'E. We serve the communities of LOFS (Lake and Porter County), Winfield Township, and West Porter Township.

Consider joining our chapter. We welcome you to visit us at our general meetings, which are usually held 6:30 p.m. the second Wednesday of each month at the LOFS Lakehouse Restaurant.

Board Meetings are held the first Wednesday and a social gathering is usually held the fourth Wednesday of the month.

Contact any Lion member or one of the present officers: Yolanda Hernandez, President. Tom Snowden 1st Vice. Danny Moynihan,

2nd Vice. Jeanette Titoff, Secretary. Chuck DeLasCasas, treasurer.

We hold several fundraisers throughout the year and donate to community food banks, women's shelters, scholarships, Cancer, Leader Dogs for the Blind, Camps for the Blind, Fire Stations and more.

Consider entering 4th of July parade (Becky Wright, Lions parade chairperson 219-779-7215. This year we received enough funds to offer six \$1000 scholarships to students from Crown Point and Boone Grove High Schools! We also presented Winfield Cub Scouts Pack 406 a \$500 check so they could purchase a popcorn machine.

Our aim is To Serve!

This week in history

August 31, 1959

Brooklyn Dodgers left-hander Sandy Koufax struck out 18 batters, setting a new National League record for most strikeouts in a single game.

Despite his promising talent, Koufax won just 36 games to 51 losses from 1955 to 1961, and was inconsistent, blowing hitters away one game and walking runs in the next. Advice from veteran catcher Norm Sherry turned Koufax around.

On August 31, Koufax and the Dodgers faced the San Francisco Giants. Koufax's total of 18 strikeouts in the game broke Dizzy Dean's 26-year-old National League record, and tied the major league record held by Cleveland Indian ace Bob Feller. Koufax also broke the record for strikeouts over two consecutive games, fanning 31 men combined, having struck out 13 batters in his previous start. That year, the Dodgers went on to win the National League pennant.

From 1962 to 1966, Koufax executed what are arguably the five greatest seasons by a pitcher in baseball history. He threw no-hitters in 1962, 1963, and 1964, and led the Dodgers to World Series wins in 1963 and 1965 and the National League pennant in 1966. He won four World Series games, with a .95 earned run average. Koufax won three Cy Young Awards (1963, 1965, and 1966), all of them unanimous. In 1965 he struck out 382 men, breaking Rube Waddell's 1904 record of 350 by 32.

www.history.com



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