From a proud father

Megan and Colleen

It was love at first sight. For some people, 13 is an unlucky number. For me, the 13th of December was one of the best days of my life. It was on that day in 1980 that I became a father to the most beautiful child this creations. To my absolute joy, it happened again in 1990 when my second daughter was born. All I can say is that God did a pretty good job on those miraculous occasions when I first met Megan and Colleen.

I read somewhere recently that it does not matter what a person says to you that is remembered but how they made you feel that lingers on after the sound of voices is forgotten. For me, I thought in belief in God, in creation, in Jesus and in the whole Bible story. But up until I was forty, they were mostly words and a hope that there was even a little truth in what the words were saying. Up to that point, evolution and creation were possible explanations for how we got here but I was more concerned with my selfish world. Get up, go to work, and come home to my wife. That was my world, and it was OK. I was good with the routine because I loved spending my free time with her.

Then my new position as father was born the day that my Megan took her first breath, and I knew. I followed her growth from month to month and from chapter to chapter. I was now “having a baby for new dads’ tutorials.” I could have told you that after four weeks my baby (son, not my wife and my baby) was the size of a poppy seed and that her brain and spinal cord was developing in a little cluster of cells. At five weeks, her tiny heart began to beat. Six weeks in and she went from the size of a poppy seed to the size of a lentil with little nubs that would become arms and legs. At eight weeks her hands could bend at the wrist and her taste buds (for pizza, salad and beer?) were forming. At the end of the first trimester there was so much happening in my wife’s belly, according to my book learning, that any thoughts I could have entertained about evolution were completely expunged from my brain.

Strange how having a baby can cause one to become so introspective. Before wife it was all about me. Before baby, life was all about surviving each challenge faced with the sureness of seeing things through together. . . . good or bad with my wife at my side. Being blessed with the right person as your partner is in itself a miracle since there are billions of people on this planet. Somehow we found each other. And we found my real calling in life—being a father.

It seems to me that everything since December 13, 1988 has been about these three girls. I am proud of the fact that all I do is for them. But I will let you in on a secret: a smile. . . a laugh. . . takes on a special meaning when shared with someone whom you deeply love and respect. I have been paid more handsomely than any Oprah or Michael J. or Tiger has ever been paid as I have been paid in reciprocated love and kindness. What is the going rate for a butterfly kiss in the morning and a hug goodnight?

When my girls were born, my true trust and faith in God came to the surface. With the twinkle of some of the bleakest eyes I have ever seen, God tells me of His greatness and He makes me feel a presence that exceeds all presents. Oh, I could go on and on and tell you, the reader, of the ups and downs of parenthood—of the first steps and first words—of the many Santa stories with my girls and the Easter baskets stuffed with goodies—of the first dances and of the first rejections and tears. Anybody who has children knows these things.

What I will share with you is that my wife and I accepted the responsibility of leading the hospital on those two occasions with our babies and we somehow made a success of parenthood. The girls are fine young adults who are educated and ready to make their own marks in the world, in spite of our fumbling our way through being parents with no experience. And I can truthfully say that all of the years we shared under one roof will always be the best years of my life. The feelings that well up in my heart and fill my soul when I hear my girls say “Dad” goes way beyond anything that mere words could ever express.

For those who truly love, you know of which I speak. For all others, well... I am sad for you. There are so many events in all of our lives that add sort of a blemish page book mark to our existence. For me, my real life began when I said I did in an apple orchard almost 29 years ago, and continues even as I write this story each time I plug my phone into my iPhone.

So, I am taking this opportunity to wish all fathers out there a happy father’s day. It is my favorite holiday because that is the day I first truly saw God when I met my first baby. Ever since, I have seen people differently because each and every one of us is a walking and talking miracle. I have heard that God makes no mistakes, but I will let God judge how He is doing as I go about my business as one of billions of people that walk this planet because of His love. But I can say with all certainty that my Megan and my Colleen are so unique, are so special in their existence they could only be made by someone far greater than the greatest among us.

On this Father’s Day, remember your own fathers and if you can, let them know that you appreciate them. And to all of you who are fathers, thank your kids for the chance to find meaning in your life and if you squint just a little... find God in each one of His finest creations. Go hug your kid or your dad, or make that call and make every day a special day for those you love. The effort to say Happy Father’s Day is so small. Forgettting to say it is so costly to your spirit and to his. So, to all of you fathers, I sincerely wish you a Happy Father’s Day.
Summer Fest is June 13-15

The third annual Portage Township Summer Fest will be held Friday, June 13 through Sunday, June 15 at Portage Community Park, 330 W. 700 North in South Haven.

The festival includes a carnival, 11 bands, beer garden, inflatables, craft vendors, giveaways, food and more. There will be a Portage County Sheriff Department with child ID and fingerprint kits on Saturday; most and greet with the comfort dogs on Saturday; and the Portage Summer Fun Zone on Saturday and Sunday from 11 a.m. to 4 p.m. Festival hours are Friday 5 to 11 p.m.; Saturday, 11 a.m. to 11 p.m. and Sunday 11 a.m. to 6 p.m. There will also be a carnival preview on Thursday, June 12 from 3 to 11 p.m.

Admission is $5; children under 10 years and younger are free. Free admission on Sunday, Father's Day until 2 p.m.

Carnival tickets are also available for $5 until 12:15 p.m. on Thursday, June 12 at the Portage Township Trustee's Office, 3484 Airport Road, Portage or on site.

For more information, call the Portage Chamber at 219-762-3300 or Terry Hardin at 219-762-5005.

Portage Summer Music in the Park features Wolfgang

Wolfgang, a select vocal music group from Hobart High School, will perform at the Portage Summer Music in the Park on Tuesday, June 17 at 6 p.m. at Woodland Park, Sycamore Hall, 2100 Willowcreek Road.

The group's repertoire focuses on popular music from the 1930s through 60s and also includes more limited amounts of patriotic, country and sacred music.

As an ongoing group, Wolfgang is currently in its 22nd year. The group is an extra-curricular function of the Hobart High School Chorus.

Portage Summer Music in the Park concerts are free and open to the public. The concert series is presented by Portage Parks and Recreation, Portage Chamber of Commerce and Portage Live Entertainment.

For more information, call the Portage Chamber at 219-762-3300 or Terry Hardin at 219-762-5005.
A Dad’s influence

As I was preparing for June’s article, I thought about Father’s Day and the important role of the Father. Shortly after, I read a post by a friend of PATHS that we often work with and I asked her if we could share her thoughts with you. Below is the article thanks Britta for allowing us to share it now.

by Britta Neinast
LSCW Counselor and Certified Trainer

Over the last several decades, there has been a steady decline in the number of fathers participating in the rearing of their children. A portion of children living in two parent homes has dropped significantly where 1 in 3 children in the United States live with just their mother.

There is no doubt that the presence of a father makes a significant difference. Statistics show improvement in grades as well as a decrease in sexual promiscuity, teen pregnancies, juvenile delinquency and incarceration.

But just because a dad is physically present in the home does not necessarily mean the children are in his care. What about the dad who is present but unavailable? When this happens, several conflicting and even destructive patterns surface. First, there is a huge burden placed on mothers. When fathers are absent or unavailable to their children, mom feels the burden of meeting their children’s emotional needs and can easily become overwhelmed.

Adding to this struggle is the dangerous tendency for a mom to seek emotional comfort in her children or in one particular child, more often her son. This is referred to as “parentification” which the child feels the extraordinary pressure of meeting her or his mother’s emotional needs. Now a parented child does not necessarily have to be a bad thing, it can help them develop resilience and skills for success into adulthood. Where it becomes a problem is when the demand to meet family needs is greater than the child can developmentally handle. Although it can happen with her daughter, it is not uncommon for a mother to find emotional connection with her son whose role develops into a type of “surrogate” father or friend.

Second, fathers reflect to their children what marriage and relationships look like. Mothers may find themselves reflecting their father every men she will meet. Many women from emotionally distant dads will often gravitate toward men who reflect this same pattern of emotional distance. Boys may find themselves reflecting their father every men they will meet. Many women from emotionally distant dads will often gravitate toward men who reflect this same pattern of emotional distance. Boys may find themselves

On the other hand, dad’s example models for sons how to treat their

wives and children. Either way, the pattern is passed down. Neither daughters nor sons have learned the skills it takes to be in and maintain a healthy, deeper, and more intimate relationship with another person.

So why do some men have such a difficult time maintaining intimacy with women? I say “some” because not all men struggle with this as much as one might think. As you probably might have guessed, however, it is complicated. One thought is the fact that men, like all of us, are imperfect. They have been wounded by their own experiences too. They likely came from a home where their own dads were either physically gone or emotionally distant. Without having learned the skills themselves, they simply cannot pass on what they don’t know.

Another issue is the stereotypes and negative messages men today. In the media, men are often portrayed in a negative light. For example, they are shown as stupid, liar, sexist, bumbling bullies, self-centered, lazy, or horny. If you don’t believe it, watch the sitcoms that have been out for the last few decades and even many commercials. Pay closer attention to the way men are portrayed, it’s quite eye opening.

Unfortunately, this message gives girls the false belief that men are not valuable or “worthy of my time,” while boys internalize a sense of shame and guilt, feeling inadequate and “less than,” all of which is perpetuated into adulthood and the cycle continues.

But you can break the cycle in your family. The beginning of changing that cycle starts when you begin to see it clearly for what it is and can then learn the tools of change.

If you have struggled with any of these issues in your family growing up or maybe you find yourself repeating this pattern, consider learning more about your own family dynamics. A genogram is a great tool to help understand better what has happened. It helps reveal the many false messages we accept as truth.

However, whatever you decide to do, try to remember that this is not about hating your father or bashing mom and dad. Rather, it is about trying to understand, which leads to acceptance and forgiveness, and then we are free. We all struggle with different issues in our families. If this article struck a nerve, make sure you stop and think, or even if you found it surprising or you disagree, feel free to contact Britta or the PATH office for more information.

Learn more about Britta and the work she does by visiting her website http://brittanainest.com and feel free to visit our site as well www.pathklaaz.org.

Happy Father’s Day to you all Dads From Donna & the PATH team

MR. DONALD D. MONGOLD

Mr. Donald D. Mongold, 76, Crawfordsville, passed away peacefully Saturday morning, June 7th, at 2:30 AM in his home. He was born February 9, 1938, in Salina, Kansas, to Clyde and Opal (Gripal) Mongold. He married Janice J. Samuelsen, September 30, 2002, in Bartow, Florida. She survives. Mr. Mongold retired after 30 years as a Telephone Installer- Riserman for GTE, he was a 1955 graduate of Fortage High School and a United States Army Veteran.

In addition to his wife, he is survived by his sons: Donald (Joanna) Mongold, Jr., Winterhaven, Daryl Mongold, Winterhaven; Phillip (Lisa) Mongold, Merrillville Indiana; his daughter, Dawn Walker, Winterhaven. Also surviving are his sisters: Peggy Sue (Ron) Lowry, Chesterton, Indiana, and June Mills, Chicago; and his grandchild represents every men he will meet. Many women from emotionally distant dads will often gravitate toward men who reflect this same pattern of emotional distance. Boys may find themselves reflected in their father every men they will meet.

Cremation was chosen with a Memorial Service being planned by the family at a later date. There will be no any visitation services. In lieu of flowers, memorials may be sent to the American Cancer Society, 5535 W. 96th St., Ste. 100, Indianapolis, IN 46278.

Online condolences may be sent to: powerspiefbeth.com

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the chronicle

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First Wednesday

- Retirement. 
- Grandparents Day Adventure 
- Funeral Planning

Second Wednesday

- POSC

Third Wednesday

- This is Not The Career I Ordered 
- Dependable Charities

Fourth Wednesday

- Blaine Snow - Your Consultant in Estate Planning 
- Porter County Recycling 
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The history of Father’s Day

On July 19, 1910, the governor of the U.S. state of Washington proclaimed the nation’s first “Father’s Day.” However, it was not until 1972, 58 years after President Woodrow Wilson made Mother’s Day official, that the day became a nationwide holiday in the United States.

Mother’s Day: Inspiration for Father’s Day

The Mother’s Day we celebrate today has its origins in the peace-and-reconciliation campaigns of the post-Civil War era. However, Mother’s Day did not become a commercial holiday until 1908, when inspired by Jane’s daughter Anna, who wanted to honor her own mother by making Mother’s Day a national holiday—the John Wanamaker department store in Philadelphia sponsored a service dedicated to mothers in its auditorium.

Thanks in large part to this association with retailers, who saw great potential for profit in the holiday, Mother’s Day caught on right away. In 1909, 45 states observed the day, and in 1914, President Woodrow Wilson approved a resolution that made the second Sunday in May a holiday in honor of “that tender, gentle army, the mothers of America.”

Origins of Father’s Day

The campaign to celebrate the nation’s fathers did not meet with the same enthusiasm perhaps because, as one florist explained, “fathers haven’t the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation’s first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December’s explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time Commemoration and not an annual holiday.

The next year, a Spokane, Washington woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother’s Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful. Washington State celebrated the nation’s first statewide Father’s Day on July 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraphic signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father’s Day. However, many men continued to disdain the day.

As one historian writes, they “scoffed at the holiday’s sentimental attempts to domesticate manliness with flowers and gift-giving, or they considered the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself.”

Father’s Day: Controversy and Commercialism

During the 1920s and 1930s, a movement arose to scrap Mother’s Day and Father’s Day. Propaganda in favor of a single holiday, Parent’s Day.

Every year on Mother’s Day, pro-Parent’s Day groups rallied in New York City’s Central Park—a public reminder, said Parents’ Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.”

Paradoxically, however, the Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to build the Father’s Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods and greeting cards.

When World War II began, advertisers began to argue that celebrating Father’s Day was a way to honor American troops and support the war effort. By the end of the war, Father’s Day may have lost its federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father’s Day a federal holiday at last.

Today, economists estimate that Americans spend more than $1 billion each year on Father’s Day gifts. (The preceding article was taken from the History Channel website. For more information, visit www.history.com)

Building bonds between dads and kids

by Family Features

For many adults, the times spent with their fathers are among their most treasured memories. However, today as many as one in three children in America live in a home where a biological father is not present.

The reasons for paternal absence can vary. For example, fathers may stay distant from a child out of fear of being inadequate or failing the child. Despite difficult circumstances, in many cases there are solutions that allow fathers to maintain an important presence in their children’s lives.

The following are many of the common reasons for fathers’ absences along with guidance on how to help resolve the situation, provided by Dr. Janet Taylor, an author and community psychiatrist.

Many fathers have guilt for not having the financial means to buy things for their kids. Fathers need to understand their children love them because they are their father and not because of the “things” they can buy.

“A father’s time and involvement in a child’s life is a true gift,” Taylor said. “Give the gift of your time and it will mean the world to them.”

Family Conflict

Disputes among family members may also keep a father away. When conflicts arise with a mother, grandparents or other family members, a child往往 says “she is not the problem.” Taylor cautions that the advocate does not have a right to child’s feelings.

Taylor advocates for fathers... continued on page 6
Fatherhood balancing act takes toll on men’s health

Take time this father’s day to help dad de-stress

Balancing work and family life can leave many men feeling as if they’re drowning in a sea of work, bills and the responsibilities of being a father. As Father’s Day nears, take the time to recognize the challenges that dads face and help them take a break from their usual daily stressors.

The American Psychological Association’s (APA) 2013 Stress in America survey found that men are less likely than women to recognize that their stress has a strong or very strong impact on their physical health (26 percent vs. 34 percent of women) and their mental health (29 percent vs. 36 percent of women). The survey also found that top sources of stress are money, work and the economy.

“Men in particular respond to stress by feeling irritable, angry or having trouble sleeping,” Carrie Cadwell, Psy.D., HSPH, Indiana Psychological Association (IPA) Public Education Campaign coordinator said. “The stress fathers and men face is just as real and gets far less attention than women’s stress. And as research shows, stress can be bad news for their health. So, it’s important that men take action to manage their stress in healthy ways to avoid developing health problems.”

APA and IPA offer these tips to fathers under stress:

- **Identify the causes of your stress.** Everyone experiences stress differently and it is important to learn your stress signals. What events or situations trigger stressful feelings for you? Are they related to your family, health, financial decisions, work, relationships or something else?

- **Recognize how you deal with stress.** Determine if your stress management strategies are healthy or harmful. Does your approach to managing your stress ultimately do more harm than good? Avoid risky behaviors such as gambling, excessive drinking and smoking, which are often used to temporarily alleviate stress.

- **Adopt healthy ways to manage stress.** Consider healthy stress-reducing activities such as exercising, playing sports or talking things out with a supportive friend or family member. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Don’t take on too much at once. Focus on changing one behavior at a time.

- **Take care of yourself.** No matter how hectic life gets, make time for yourself. Carve out 10 minutes a few times each week to do something you like to do. Also be sure to get enough sleep, eat healthy, exercise and drink plenty of water. Paying attention to your basic needs will go a long way to reducing your stress.

- **Ask for support.** Accepting a hand from supportive friends and family can help you persevere during stressful times. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist who can help you manage stress and change entrenched, unproductive behaviors. “No one can be the perfect father. It is essential to maintain balance between the ‘Super Dad’ fantasy and the realistic and attainable aspects of fatherhood,” Cadwell said. “Stress management is not a race to the finish line—don’t take on more than you can handle. Instead, set goals and focus on changing one behavior at a time.”

To learn more about stress and mind/body health, visit www.apa.org/helpcenter and follow @APAHelpCenter on Twitter. To find out more about the Indiana Psychological Association, visit www.indianapsychology.org.

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INTEGRATIVE MEDICINE

Integrative medicine seeks to combine the benefits of western medicine with natural healing. Understand the nature of illness, healing and wellness of the body, mind, and spirit.

FREE SEMINAR

Wednesday, June 18 at Noon
Valparaiso Health Center
Main Entrance, Community Room
3800 St. Mary Drive, Valparaiso

Learn about different techniques and treatments in Integrative Medicine and Medical Acupuncture and find out how you may benefit. Family Medicine practitioner, Karin Patterson, DO, will provide an overview of Integrative Medicine and the benefits it may offer. Following will be a presentation on Medical Acupuncture by acupuncturist, K. Doshi, MD, which will include an overview and demonstration of acupuncture procedures and applications.

Register for this free seminar call: 219-836-3477 or 1-866-836-3477.

LIVING with, through, and beyond Cancer!

CANCER SURVIVORSHIP SERIES

Inaugural Event:

**EAT WELL, LIVE WELL**

Saturday, June 28
9 am to Noon
Valparaiso Health Center of St. Mary Medical Center
3800 St. Mary Drive, Valparaiso, IN

Presented by St. Mary Medical Center

St. Mary Medical Center’s new Cancer Survivorship Series offers informative presentations and useful resources for anyone whose life has been impacted by cancer. The goal of the series is to focus on the issues of living with, through and beyond cancer for those who have been newly diagnosed, long-term survivors, as well as family members, loved ones and caretakers.

Eat Well, Live Well – Cancer survivors often find it challenging to eat well and maintain a healthy lifestyle through diagnosis and treatment. Keynote speaker David Grotto, RD, LDN, bestselling author of “The Best Things You Can Eat”, radio host, and president/founder of Nutrition Housecall, LLC, will offer his take on healthy eating and living well.

- **Cooking demonstrations**
- **Laughter Yoga**
- **Health Screenings**
- **Information Booths**
- **Refreshments**
- **Giveaways**

Free. Space is limited. Register by calling 866-836-3477.
Area briefs

Rebuilding Together
Rebuilding Together of Hobart/Lake Station is now accepting homeowner referral applications. The group offers a one-day program in which volunteers repair the homes of residents who are unable to do the work themselves due to low income and/or disabilities.

There is no charge to the homeowner for labor or materials. Volunteers work for eight hours and may not be able to complete all requested repairs to qualify, the resident must reside within Hobart or Lake Station city limits, own and occupy the home, have homeowner's insurance and meet income requirements. No mobile homes will be considered.

Home repairs that meet these requirements will be inspected by a team from Rebuilding Together to further determine if they qualify. Application deadline is July 1. For more information, call the Hobart Chamber of Commerce at 219-942-5747, email secretaryst@hobartkstacion@gmail.com or visit www.rebuildingtogetherhobartlakestation.com

Healthy vending at Valpo YMCA
The YMCA of Valparaiso, 1201 Cumberland Crossing, recently announced its partnership with HUMAN Healthy Vending that will bring a wide array of healthful and delicious snacks and drinks to its location.

The new machine will be delivered June 13 and gives members healthy choices of drinks and foods to sustain wellness before or after a workout. It also teaches children about another kind of vending machine with healthy options.

HUMAN (Helping Unite Mankind and Nutrition) is the innovative vending machine that offers healthy foods and drinks in schools, hospitals, gyms and businesses. HUMAN’s eco-friendly vending machines feature 23” LCD screens that educate the consumer on the products within the machine before a purchase is made. For more information, visit valpoymca.org

June Adoption Promotions
During June, adopt any black and white or (black with a little white) cat or kitten for $45 from the Independent Cat Society (ICS). Also, adopt a companion cat or kitten of any color for $65.

Also, in partnership with the Best Friends Network, the ICS will hold an extra adoption promotion, 9 Lives for $9. June 14-22. Adopt any cat nine months or older for only $9 each. This promotion includes spay or neuter, flea treatment, current vaccinations and free initial vet visit within two weeks.

ICS will have extra adoption hours during the 9 Lives for $9 promotion only: Monday, June 16 through Friday, June 20, 12 to 3 p.m. and 4 to 7 p.m. Regular adoption hours are Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m.

ICS shelter is located at U.S. 6 and County Line Road in Westville. For more information, call 219-785-4906, email shelter@catsociety.org or visit www.catsociety.org

Neighbors of the World reading program
Children ages 2 through grade 5 are invited to Neighbors of the World, Westchester Public Library’s 2014 summer reading program for children.

The program, which runs June 15 through July 26, takes place at Thomas Library, 200 W. Indiana Ave., Chesterton, and Hageman Library, 100 Francis St., Porter.

When each child registers, he or she will receive a reading record passport. Record the books read and turn in the ticket stub for that week for a chance at the weekly drawing.

For more information, call the children’s department at Thomas Library, 219-926-7696 or Hageman Library, 219-926-9080. A calendar of events is available at either library.

VU Academic Enrichment Program
Valparaiso University will offer an academic camp for elementary and middle school students June 16-27.

The camp, Summer Smart, Summer Fun, helps children learn to know about the world in an environment full of fun and exploration. Participants will create special projects, science experiments and original stories to take home and share with parents and friends. Faculty from Valparaiso University and teachers from the local area will lead topics. Interactive courses include robotics, Spanish, creative writing, geography, history, physics, chemistry and astronomy.

Cost is $300 per child and scholarships are available. For more information or to apply, visit valpo.edu/camp or email youthcamp@valpo.edu. Space is limited on a first-come, first-served basis.

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Another Community by Great Lakes Development, Inc.
Mini Events

June

Wednesday, June 11th

Mad About Mysteries
2 p.m. Mad About Mysteries will take place at the Westchester Township Historical Museum, 700 W. Parker Ave. in Cheselton. Museum volunteer Nancy Hakensen will discuss the Mearie Dobb book series by Jacqueline Winspear. Refreshments will be served. For more information, call the museum at 219-983-9715.

Photography for Beginners
From 5:30 to 7:30 p.m. A beginner’s photography workshop with professional photographer Mary Dole. Coxe will be held at the South Haven Library, 403 W. 700 North in Valparaiso. Learn tips and tricks to making your eyes catch photos. Bring your camera. For registration required. To register or for more information, call 219-759-4474 or visit www.pcpl.org.

Summer Concert
7 p.m. The Valparaiso Community University Band, directed by Jeff Davis, will perform at the Hawthorne Park Gazebo, 505 Ackerman Drive. As part of Westchester Public Library’s summer concert series. Attendees are invited to bring lawn chairs and picnic. In case of rain, the concert will be held indoors. Free and open to the public. For more information, call Hegeman Library at 219-629-9000.

Thursday, June 12th

3-Dune Challenge Kickoff
The 3-Dune Challenge course kicks off today at Indiana Dunes State Park at the park’s Nature Center. To complete the challenge, you must climb the three highest dunes in the Indiana Dunes as part of a 1-mile course. Guided tours are available or people can do the course on their own. There is no cost to do the 3-Dune Challenge and it can be done any day of the week. Indiana Dunes State Park is located at 1500 North 25 East in Chesterton. Standard entry fees apply to the park. For more information, visit www.3DuneChallenge.com.

Learn about Joint Replacement Surgery
6 p.m. Orthopedic Surgeons Drs. Anthony Levandos and Michael Lohman will discuss chronic joint pain and joint replacement surgery. The event will be held at Strongbow Inn, 2405 E. U.S. 30 in Valparaiso. Refreshments provided. Porter Regional Hospital’s community wellness program is free but pre-registration is required. To register or for more information, call 1-800-541-1881.

Friday, June 13th

Concert and Family Film
7 p.m. Westchester Public Library’s summer concert and family film series will continue at Thomas Park, located at the corner of Broadway and Calumet in Chesterton, with the Valparaiso Community University Band followed by the film “Tropical.” Free and open to the public. Attendees are invited to bring lawn chairs and picnics.Popcorn and soda will be sold. In case of rain, both events will be held in the Library Service Center. 100 Indiana Ave. For more information, call 219-926-7899.

Summer Fest
From 11 a.m. to 6 p.m. Join Opportunity Enterprises for its first Summer Fest at its main building at 2001 Evans Ave. in Valparaiso. Everyone is invited to come out to this block party-style festival and enjoy Nelson’s Port-a-Pita chicken, Valpo Velvet ice cream, listen to some summer tunes and support a great cause. Second chance offer free document shredding and the Simply Amazing Market and Art Program will sell market products and ceramics. Nelson’s Chicken and free shredding will also be offered at the Valparaiso K-Mart, located at 2001 Calumet Ave. For more information or to purchase pre-sale tickets, contact Development Associate Lindsay Ellis at 219-456-9621, ext. 239 or email lindsay.ellis@oppent.org or visit www.oppent.org.

Family Science Friday
3 p.m. Bring the whole family to the South Haven Library, 403 W. 700 North in Valparaiso for fun science experiments and activities. All ages welcome: adults, teens, and kids. Children under 12 must have an adult present to participate. Cost is $2 per person for supplies. Registration required. To register or for more information, call 219-759-4474 or visit www.pcpl.org.

Learn Mental First Aid
From 8 a.m. to 5 p.m. What does depression look like? Or anxiety? Mental Health First Aid is an eight-hour training course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The course is delivered by certified Mental Health First Aid instructors and will be held at Porter-Stark Services, 701 Wells St. in the Community Room in Valparaiso. Cost is $25. Lunch is not included. Class size is limited to 25. To register or for more information, email arcd@porterstark.org, contact Porter-Stark Services at 219-531-3600 or visit www.porterstark.org or www.mentalhealthfirstaid.org.


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