

Quarterly Issues Programs List for WXRD-FM
 First Quarter
 January 1, 2024-March 31, 2024

WXRD-FM provides coverage of community issues in newscasts at regularly-scheduled times Monday through Friday. WXRD-FM newscasts run approximately 90-to-120 seconds in length at the top of the hour, 5a-6p Mon-Fri, approximately 90-to-120-seconds bottom-of-hour 5:30a-6:30p. Community issues are chosen by assessing the various topics of concern that are evident in our listening area.

Description of Issue	Date	Approx. Length	Content of Program/Segment (news story) Providing Issue Coverage:
Environment			
	01/04/24	:24	<p>Portions of the Region – all of Lake County, the western half of Porter County, and a small part of northern Newton and Jasper counties -- are the only areas in Indiana not currently in any drought classification. That’s according to the latest U-S Drought Monitor which still shows much of Northwest and northern Indiana as Abnormally Dry, most of the state in Moderate Drought, and some counties in south central Indiana in Severe Drought. The next map update is today (Thu Jan 4).</p>
	01/04/24 01/05/24	1:44	<p>A closer look... In environmental news...</p> <p>From Green Zone under the community dropdown menu at our websites... In Valparaiso, the Recycling & Waste Reduction District of Porter County has announced its third Fix-It Fair. The district says volunteers and professionals will repair items and educate attendees on how to make their own repairs at home; a variety of services are available including simple sewing, jewelry, small appliances, IT: computer and electronic, clocks, small furniture assembly/repair, and glasses. The event is Saturday January 27th at the Valparaiso Public Library. Items must be registered by January 20th and attendees will need to check in before noon.</p> <p>There is a big move from the federal government to provide trees and forested areas to communities that don't have many greenspaces as a way of saving lives. Brenda Mallory, Chair of the White House Council on Environmental Quality, says everyone should have access to parks and natural environments.</p> <p>TreesAndGreenSpaces1a_1 :14 ...jobs.</p> <p>Forest Service researcher Michelle Kondo says scientists asked people to rate their mood in and out of nature.</p> <p>TreesAndGreenSpaces2a_1 :10 ...some trees.</p> <p>Agriculture Secretary Tom Vilsack says the USDA Forest Service will spend \$1 billion dollars in federal funds for 385 project to plant trees and increase access to green spaces for millions of Americans living in urban areas. He says a tree canopy can reduce temperatures as much as 19 degrees, lower energy costs, improve mood, and soak up pollutants in the air.</p>
	01/30/24	:34	In Gary, state environmental officials host a meeting this week

			to hear from community members on how to best use funds from the U.S. E-P-A's Climate Pollution Reduction Grant Program. IDEM (eye-dem) says it was awarded \$3 million in initial planning funds to conduct a greenhouse gas emissions inventory and develop a Priority Climate Action Plan to provide to the U.S. EPA by March 2024. IDEM Office of Air Quality Staff and agency representatives will be at a public meeting to gather input on Thursday, Feb. 1, 6-7:30 p.m. at the Gary Public Library & Cultural Center on West 5th Avenue.
	02/14/24	:61	From Animal Corner and Green Zone at our websites... A sandhill crane treated by Humane Indiana Wildlife in northwest Indiana has a new home on the Eastern Seaboard - Sandy is now a permanent resident of the Smithsonian National Zoological Park in Washington, D.C. Laura Waluszko has more: <i>SandySandhillCrane-lwvoicer-021324</i> :45 ...lw. A news release says Sandy suffered an injury to her wing and had been in rehabilitation for five years at another wildlife center before being admitted to Humane Indiana Wildlife late last year and it was determined the past injury resulted in her being unable to fly again. The Region-based nonprofit said Sandhill cranes have extremely specific needs, a special diet and a yearning to be around other cranes, and the "optimal permanent home" they said needed to be found since she was unable to be released to nature. Members of the Humane Indiana team traveled ten hours to personally escort Sandy to her new home she'll be sharing with two other sandhill cranes, among turkeys and geese, in an enclosure that has a pond and a stream. You can read more about her journey and see photos from Humane Indiana at our websites.
	02/23/24 02/26/24	:58	From Animal corner and green zone at our websites... With more and more sunlight and warmer temperatures Region residents may get the urge to start cleaning up yards and gardens, but experts urge everyone to please wait. Laura Waluszko has more: <i>WaitforPollinatorssake-lw voicer</i> :49 ...lw. Save the Dunes says it is extremely important to hold off on tidying up, like cutting back last year's growth, removing leaves, raking, or mulching, until we've had seven consecutive days above 50 degrees Fahrenheit. The nonprofit says it's "truly a matter of life and death for the pollinators who have spent the winter in your garden." They say many of them survive the winter months by burrowing into standing dead flower stalks or taking cover in leaf or brush piles in garden beds, and they say several bee species burrow underground and rely on the leaf litter above them for insulation against the cold. Disturbing these protective areas before the pollinators have had a chance to emerge means you're disposing of more than just old leaves and twigs, and waiting a little longer Save the Dunes says gives our pollinating friends time to emerge and live on to support your garden and the Earth throughout the year.
	03/18/24	:34	For the ninth consecutive year, NIPSCO is accepting applications for its Environmental Action Grant to support local nonprofit organizations with environmental restoration and education projects throughout northern Indiana. Since 2016,

			NIPSCO says its grant program has helped 124 projects and last year there were 15 including ones focused on Monarch butterflies and habitat restoration. Grants are available in the amount of \$500 to \$5,000 each. NIPSCO says applications will be accepted thru April 5 th and grant awards announced the week of April 22 nd in celebration of Earth Day. More details at our websites.
	03/19/24	:30	In Merrillville, for the 14th year, the town has been named a Tree City USA community. Merrillville also secured the Arbor Day Foundation's Growth Award which recognizes tree care practices and strides in environmental enhancement. Town Council President Rick Bella said upcoming spring projects will see the planting of hundreds of fruit-bearing trees -- an endeavor that will not only enrich the landscape but also offer residents the opportunity to one day pick fresh produce from town-owned trees, and he added stay tuned for forthcoming details.
	03/19/24	:39	In Northwest Indiana, a relatively mild day ahead of the start of Spring tonight (Tue Mar 19)... Wintz_gusty :11 ...very gusty wind. Region news team meteorologist Matt Wintz also explained why there's a fire risk again today: Wintz_firedanger :16 ...quickly. Your forecast for the Region coming up.
	03/20/24	:34	In Porter County, the Recycling and Waste Reduction District says it's offering an opportunity for residents to pre-order rain barrels from Upcycle Products and pick them up at the district's Northwest Indiana Earth Day Celebration. They can also be shipped for an additional fee. Mail-In orders due: April 12 th ; Online orders due: April 17 th . The Northwest Indiana Earth Day celebration is 9 am-1 pm Saturday, April 20, at the Porter County Expo Center. We have a link for details at Green Zone at our websites.
	03/22/24	:37	In Porter County, Region residents can "celebrate the migration of birdlife through the Indiana Dunes region" May 16 th -19 th at the 10th annual Indiana Dunes Birding Festival, organized by Indiana Audubon in collaboration with the national park, Indiana Dunes State Park, and Indiana Dunes Tourism, a news release said. Keynote speaker will be recently retired Indiana Dunes National Park superintendent Paul Labovitz, whose talk is entitled, "From City Kid to National Park Superintendent: An Accidental Birder Story." The festival features nearly 180 trips, events, and workshops this year. We have details on registration and more at Green Zone and Animal Corner at our websites.
	03/20/24	:20	In Florida, sea turtle nesting season is getting underway. The Florida Fish and Wildlife Conservation Commission says beachgoers can do their part to help protect turtles by giving them space, keeping beaches clear of any obstacles, holes, and trash, and turning off lights. Sea turtles start nesting in March along the southeast coast and return to Gulf Coast and north Florida beaches in April or May.

Description of Issue	Date	Approx. Length	Content of Program/Segment (news story) Providing Issue Coverage:
Police/Public Safety			
	01/03/24	:41	<p>In Merrillville, the Town Council has approved a budget of up to 150-thousand dollars toward cutting-edge equipment for the police department. A news release said state-of-the-art drones will bolster the ability to fight crime and find missing persons. Merrillville Police Chief Kosta Nuses says they get a lot of calls for missing people, especially in the evening, and the drones will have thermal imaging cameras that can help locate endangered people especially in dark wooded areas. Additionally, part of the budget will be dedicated to procuring an advanced accident and crime scene reconstruction tool. Nuses said the Faro System can take thousands of pictures at different angles and once the scan is completed, it can generate a 3D image of the area being investigated with laser accurate measurements.</p>
	01/26/24	:31	<p>The Indiana Department of Natural Resources awarded more than \$454,000 in Volunteer Fire Assistance grants to 101 rural and volunteer fire departments from 58 counties, including several in Northwest Indiana. The awards will be used to fund training or purchase necessary firefighting equipment and gear to combat wildland fires. Fire departments receiving the grants in 2023 include Lowell and Lake Dalecarlia in Lake County; Kouts, Morgan Twp, and Porter in Porter County; Cass-Clinton, Lacrosse, and Noble Twp in LaPorte County; and Monterey in Pulaski County.</p>
	01/31/24 02/01/24	:35	<p>In Indianapolis, a bill authored by Democrat Chesterton State Senator Rodney Pol Jr to provide emergency rescue equipment along Lake Michigan, passed unanimously out of committee this week (Jan 29). Pol said Senate Bill 253 is a group effort with community leaders, “has tons of bipartisan support”, and will provide life-saving equipment for all beach visitors and members of the public. Citing statistics from Great Lakes Surf Rescue, Pol said in 2023, there were 39 deaths due to drowning in Lake Michigan, adding “Precious seconds matter when a person gets caught in a rip current or loses the ability to swim. Lake Michigan, one of the most beautiful parts of the state, can be very dangerous.”</p>
	02/13/24	:31	<p>In Porter County, Sheriff Jeff Balon has announced a program called Project Safe Roads. The program will partner with citizens in the county to help identify roadways in Porter County that need extra traffic enforcement. The Sheriff says citizens will be able to identify those roadways and intersections on the force’s website and those suggestions will then be sent to personnel at the Sheriff’s office for further enforcement in that area. Balon noted in a news release, there are over 800 miles of roadway in unincorporated Porter County and even though Patrol Officers actively look for traffic violations, they cannot always be everywhere all of the time.</p>
	02/15/24	:28	<p>In Valparaiso, the Valparaiso Police Department says it is seeking interested participants for the 2024 Citizens’ Police Academy, returning for the first time since 2019. It’s designed for attendees to meet police officers and learn about their assignments, specialties, and daily operations. The academy</p>

			will meet on Tuesdays, beginning April 2nd, for six weeks, 6-to-9 pm. To be considered you must be at least 18 years of age and have your interest submitted no later than March 15 th , a news release said.
	03/05/24	1:17	In Lowell, the Indiana State Police is looking for the next generation of troopers at a hiring seminar March 14 at 5pm at the Lowell Post. Sargent Glenn Fifield... 3-4-24_isphiring1 :30 oc: trooper Fifield explains the age ranges of 21 to 40 but you can be 20 to apply... 3-4-24_isphiring2 :23 oc: cut-off The hiring event is Thursday March 14 at 5pm at the new Lowell Post just west of I-65 on state road 2.
	03/07/24	:41	In West Lafayette, analytics organization Academic Influence, made up of academics and data scientists, places Purdue at Number 1 on its list of America's 15 safest colleges. The ranking looked at a variety of elements, including low crime statistics. Purdue says its University Police Department plays a critical role in the ranking as officers not only patrol campus 24/7, but also offer a number of community services, including a Safe Walk program and crime prevention initiatives. A news release from Purdue also said other factors include the nearly 300 emergency telephone call boxes across the West Lafayette campus, mental health services offered through Purdue Student Health Service and a partnership with CityBus to provide free rides for anyone with a Purdue ID.
	03/18/24	1:18	In Lake County, the Indiana state police hosted prospective recruits last week as Mike Bonaventura reports... 3-15-24_ispwrap_MB 1:11 oc: standard In Lowell, the Indiana State Police hosted a hiring seminar Thursday evening (March 14) at the new post building on State Road 2. Sargent Glenn Fifield... 3-15-24_fifieldrecruit1 :20 oc: what to expect The seminar was offered to about 30 recruits and covered everything from pay and benefits, written and physical testing and answered questions. Commander Lieutenant Terry Gose ... 3-15-24_goserecruit1 :25 oc: sacrifice recruits can apply before April 28 at Indiana-trooper-dot-com
	03/21/24	:42	In Crown Point, an event coming up to help purchase A-E-D units for Crown Point first responders and the community. First United Methodist Church presents "Bears and Badges", a fundraising dinner Friday April 5 th at On the Square Sports Academy. Mark Wilkins, Senior Pastor, First United Methodist Church Crown Point: Wilkins_AEDfundraiser :12 ...necessary. The event features special guests Jim Miller and Dennis McKinnon and a silent auction of Bears memorabilia. We have more information at Adams Radio Cares at our websites.

Description of Issue	Date	Approx. Length	Content of Program/Segment (news story) Providing Issue Coverage:
Education/Jobs/ Workforce/Business			
	01/03/24	:20	In Porter County, Valparaiso University says it is among the recipients of a Lilly Endowment implementation grant for the Advancing Science of Reading in Indiana initiative. A news release said Valparaiso University will receive \$750,000 over the course of three years to better enhance literacy instruction and align the methods taught with those supported by Science of Reading.
	01/03/24	:20	The Indiana Department of Education says the 2023 state graduation rate is the highest since 2016 and second-highest on record since Indiana began collecting data in 2012. The rate went up by nearly 2-and-a-half percentage points with data showing 88-point-98-percent of Indiana students in the Class of 2023 earning a high school diploma, a news release said.
	02/02/28	:20	A bill seeking to address third grade reading scores in the Hoosier state is advancing at the Indiana Statehouse. The measure would change when all students take the IREAD exam, having it happen for everyone in second grade instead of third. The proposed measure would have students who fail the test get help in summer school before taking the test again in the third grade. The bill passed in the Senate Thursday and now advances to the House for consideration.
	02/13/24	:31	In Porter County, Valparaiso University says Congressman Frank J. Mrvan visited the campus Monday (Feb 12) to discuss the impact of \$1 million in federal funding he helped secure for the College of Nursing and Health Professions. Mrvan said the funds will go toward modernizing the Skills Lab and Simulation Center. A news release from V-U said the center puts students through simulated scenarios that require on-the-spot decision making with simulators that can exhibit a wide range of symptoms. The scenarios also require students to develop skills such as conversing with patients and listening to feedback.
	02/23/24	:58	In Indianapolis, the Indiana Youth Institute celebrated the 2024 State of the Child Monday February 19 at the Statehouse. It was in advance of their new data book, Kids Count. I-Y-I President and CEO Tami Silverman... 2-21-24_tami1A :10 oc: the future Silverman listed the state's rankings... 2-21-24_tami1 :31 oc: right direction you can find county by county data around the State at I-Y-I-dot-org, and you can hear more Region newsmakers at news audio on demand at our websites.
	02/26/24	:58	The Indiana Youth Institute is out with their latest data about children in the state. I-Y-I President and CEO Tami Silverman... 2-21-24_tamigrad1 :19 oc: graduated She says there are, however, gaps in proficiency... 2-21-24_tamigrad2

			:21 oc: at this point You can find county by county data around the State at I-Y-I-dot-org, and you can year more region newsmakers at news audio on demand at our websites.
	02/26/24	:34	Ivy Tech Community College today (Mon Feb 26) announced it is a finalist for an Award of Excellence from the American Association of Community Colleges, which represents more than 1,000 institutions and nearly 12 million students. Ivy Tech says it has been recognized in the Outstanding College/ Corporate Partnership category for its collaboration with the Indiana Hospital Association and IU Health system to address the state’s critical nursing workforce shortage. Ivy Tech President Dr. Sue Ellspermann said in a news release hundreds more skilled nurses are serving in Indiana hospitals and health care settings each year thanks to the partnership. The winner will be announced in April (April 8).
	03/19/24	:19	The nation’s steel production has dipped 20-thousand net tons the past week. The American Iron and Steel Institute reports 1-million-714-thousand net tons of raw steel was produced for the week ending March 16, 2024. Midwest mills, with the help of region producers, produced 580-thousand net tons which was a loss of 6-thousand net tons from the previous week.
	03/19/24	1:34	A closer look... A local college is throwing a fundraising party next month. Ivy Tech Foundation’s 20th annual Spring Scholarship fundraising event is scheduled for Friday April 12th at Aberdeen Manor in Valparaiso. as Mike Bonaventura reports... 3-18-24_ivytechspringwrap_MB_edit 1:12 oc: standard Laura: the audio is ready for upload –uploaded Cindy Hall Executive Director of Resource Development at Ivy Tech says you’ll have a blast and help students... 3-18-24_cindy1 :24 oc: deficit She says the event features live music... 3-18-24_cindy2 :24 oc: this band Buy tickets at link-dot-ivytech-dot-edu-forward slash_Spring2024 Tag; There will also be an online auction. We have details on the event at Region News at our websites, and you can hear more region newsmakers at news audio on demand at our websites.

Description of Issue	Date	Approx. Length	Content of Program/Segment (news story) Providing Issue Coverage:
Health			
	01/02/24	1:44	Spotlight on Health... New Harvard research finds some low-carb diets may actually make you gain a few pounds. A new study out this week looked at results from over 120-thousand adults across several decades. It found those on low-carb diets that emphasize

			<p>healthy fats and plant-based proteins have a better chance of keeping off excess weight, while those on low-carb diets that include meat and unhealthy fats gained an average of five pounds over four years. The senior author of the study says the key takeaway is that "not all low-carb diets are created equal when it comes to managing weight in the long-term."</p> <p>A new study is suggesting a direct link between COVID infections and heart attacks. COVIDHeartAttack1_1 :05 ...inflammation Baylor infectious disease expert Dr. Peter Hotez says this is different from the arrhythmias that have widely been reported. COVIDHeartAttack2_1 :07 ...older Americans. Dr. Hotez does not believe this is a new phenomenon. COVIDHeartAttack3_1 :07 ...understanding it. Research at the NYU School of Medicine found the risk goes up among those with pre-existing conditions and those who have had a heart attack before.</p> <p>A new study is recommending issues to tackle to prevent young-onset dementia. The condition can begin as early as age 30, and a 2021 study estimated nearly four-million people globally between 30 and 64 have the condition. Key risk factors include being socially isolated, having low vitamin D levels, and living with hearing loss. The analysis, published in the journal JAMA (jah-muh) Neurology, also found a lot of similarities between late-onset and early-onset dementia, with other risks including alcohol abuse, heart disease, diabetes, and depression.</p>
	01/02/24	:42	<p>In Lake County, the public will have an opportunity to see the new Franciscan Health Crown Point hospital at U.S. 231 and I-65 before it opens. An open house 11 am to 2 pm Saturday, January 13th will feature tours, health screenings, ice sculpture demonstrations, live entertainment, and more. Michigan City-based Tonn and Blank broke ground on the seven-story building in September 2020. The hospital opens on January 28th replacing the current Franciscan Health Crown Point on South Main Street.</p> <p>A news release also said the building project included the latest in virtual construction design. Patient bathrooms and medical office exam rooms were built and fully furnished at Tonn and Blank's offsite facility before being delivered and installed in the building at the construction site.</p>
	01/03/24	:37	<p>As 2023 came to a close, an asthma medication many patients are familiar with was about to leave pharmacy shelves. Drug company GSK said it was discontinuing its Flovent (FLOH-vent) inhaler and replacing it with a generic version. Dr. Diego Maselli with the University of Texas Health System says there are a number of generic versions of this medication.: AsthmaMedChange2_1 :05 ...with asthma. Dr. Maselli also said this change will affect a lot of people: AsthmaMedChange3_1 :08 ...regular basis. The changes started January 1st.</p>
	01/24/24	:97	Spotlight on health...

			<p>Eating dark chocolate could reduce the risk of high blood pressure, a new study says. Michael Castner reports. IDDChocolateBloodPressureVoicer_1 :23 soq</p> <p>More than half of the rural hospitals in the U.S. lack maternity care. That's according to a recent report from the Center for Healthcare Quality and Payment Reform, which found that labor shortages and economic troubles are causing rural facilities to stop offering labor and delivery services. According to the report, more than 200 rural hospitals across the country have stopped delivering babies within the past decade. Researchers say mothers and babies in communities that don't have access to local maternity care services are at a greater risk of complications and death.</p> <p>The World Health Organization says the number of adult tobacco users is on the decline. Tobacco0116Krech1_1 :11 ...such a decline. The W.H.O.'s Dr. Rudiger Krech Krech also says not all smokers have quit the habit. Tobacco0116Krech2_1 :07 ...still smoking. The stats are from the organization's latest global tobacco trends report.</p>
	02/08/24	1:15	<p>In California, scientists at Stanford University are working on a blood test they say could potentially save millions of lives by detecting cancer much earlier than before. The test could also reportedly tell when patients are cancer-free so they can stop their medication sooner.</p> <p>A new study says healthy living can help fight against cognitive decline even with signs of dementia. The research published in the journal JAMA Neurology used autopsies on nearly 600 people, including those living in retirement communities or senior housing in the Chicago area. They tracked five of their habits beginning in 1997. Those included smoking, exercise, alcohol, brain stimulation and diet. The study's use of autopsies was particularly unique, with experts saying it's "one of the first to harness brain pathology."</p> <p>Alternating from one arm to the other for multi-dose vaccines could improve immune response by up to four times, new research suggests. Michael Castner has more: IDDORVaxArmStudyVoicer_1 :18 soq The study out of Oregon Health and Science University looked at how people received COVID-19 vaccine shots. Researchers say it could have implications for other types of vaccines as well. There's no clear answer yet as to why it could improve results.</p>
	02/13/24	1:42	<p>Spotlight on health...</p> <p>Survivors of the Lahaina (lah-HYE-nuh) wildfire are still suffering health issues half a year later. That's according to researchers from the University of Hawaii John A. Burns School of Medicine and the U.H. Economic Research Organization. It's the first scientific study of the health impacts from the wildfire</p>

			<p>last August 8th. It blames a series of health issues on the intense heat, smoke, and toxic ash the fire produced. Researchers say they interviewed more than 200 people who fled the fire zone to analyze the medical, emotional and financial impacts they still face. Seventy-four-percent of those surveyed report poor respiratory health and 55-percent report depression symptoms like suicidal thoughts or feelings of hopelessness. Twenty-four-percent report having unsteady access to healthcare and 13-percent say they don't have health insurance at all. Seventy-six-percent of those surveyed lost homes, 58-percent lost jobs, and 35-percent report low food security.</p> <p>The premature birth rate in the U.S. has risen 12 percent in the past ten years. New data released by the CDC this week also showed that early-term birth rates were up, rising 20 percent from 2014 to 2022. Experts say several factors may be causing earlier births, including high blood pressure, diabetes, and complications associated with obesity.</p> <p>In Wisconsin, state lawmakers are again turning their focus to childhood obesity. A Senate committee held a hearing on plans that include spending five million-dollars on obesity prevention and management programs. There's also a proposal to require at least three hours of physical activity per-week for school kids. The state's Department of Health Service says nearly 15 percent of kids in Wisconsin between two and 17-years-old are obese.</p>
	02/14/24	1:34	<p>February is a time to celebrate Valentine's Day and it's nationally recognized American Heart Month. Rebecca Hughes has more. AmericanHeartMonthWRPrh_1 :42 soq</p> <p>Health organizations are urging people to get CPR training to help save lives. Katie Gray reports. GAAmericanHeartAssociationPushesForCPRVcr_1 :36 soq</p>
	02/26/24	:34	<p>Ivy Tech Community College today (Mon Feb 26) announced it is a finalist for an Award of Excellence from the American Association of Community Colleges, which represents more than 1,000 institutions and nearly 12 million students. Ivy Tech says it has been recognized in the Outstanding College/ Corporate Partnership category for its collaboration with the Indiana Hospital Association and IU Health system to address the state's critical nursing workforce shortage. Ivy Tech President Dr. Sue Ellspermann said in a news release hundreds more skilled nurses are serving in Indiana hospitals and health care settings each year thanks to the partnership. The winner will be announced in April (April 8).</p>
	03/19/24	1:25	<p>Spotlight on health...</p> <p>In Texas, a Dallas man who spent more than seven-decades in an iron lung has passed away. Paul Alexander went into the device as a child after surviving polio. Over the years, Alexander was able to get out of the breathing machine for a</p>

			<p>few hours at a time. He went to college, became a lawyer, and wrote a memoir using a pen attached to a stick in his mouth that he could use to type with on a keyboard. Paul Alexander was 78.</p> <p>The CDC has made changes to its measles vaccination guidance for travelers. Brian Shook reports. IDDMeaslesGuidance_1_031324 :25 soq</p> <p>In the U-K, a new study suggests exercises that engage muscles without rigorous movement, like wall squats or planks for example, may be most effective in treating hypertension. That's according to research published in the British Journal of Sports Medicine. Studies have typically shown that aerobic or cardio exercises are best toward treating high blood pressure, experts say, but this new study, which looked at data from over 15-thousand people, could help develop new exercise guidelines.</p>
	03/21/24	1:54	<p>A region personality was given a second chance at life last weekend as Mike Bonaventura reports... 3-20-24_hotdogguywrap_MB In Crown Point, Hot Dog Guy Mike Adams has been searching for a replacement of a diseased kidney the last 15 months and was given the opportunity late last Saturday night while turning in for an early sleep... 3-20-24_adamskidney2 :36 oc: Wisconsin Adams says the kidneys were from a deceased donor... 3-20-24_adamskidney1 :32 oc: both of em When asked what advise he would give others who are waiting for organs, Adams said this... 3-20-24adamskidney3 :08 oc: have faith Mike Adams is recuperating comfortably at home. Tag: You can hear more region newsmakers at news audio on demand at our websites.</p>

Description of Issue	Date	Approx. Length	Content of Program/Segment (news story) Providing Issue Coverage:
Infrastructure/Local Government /Outreach			
	01/04/24	:25	In Merrillville, elected officials were sworn-in during an inauguration event Monday. In a special Town Council meeting afterwards, Rick Bella, who is starting his 17th year in office, was chosen to serve a fifth year as Council President. Rhonda Neal was selected to serve as Council Vice President for 2024. The town also said there are a few citizen openings on various boards and commissions, and residents are encouraged to submit letters of interest to serve on those panels.
	01/11/24	:60	A region town stands to improve roadway safety with a federal grant as Mike Bonaventura reports....

			<p>1-10-24_burnsgrantwrap_MB :54 oc: standard</p> <p>In Burns Harbor, Congressman Frank J. Mrvan announced a federal grant was awarded from the Department of Transportation's (DOT) Safe Streets and Roads for All (SS4A). The town stands to receive 120-thousand dollars to improve roadway safety by supporting communities in developing plans to implement infrastructure projects designed to reduce transportation-related fatalities and serious injuries. Burns Harbor officials say safety improvements are needed especially along US 12/20 intersections and at-grade CSX crossings. Burns Harbor Redevelopment Commission President, Roseann Bozak added, "there is no safe way to travel by foot, bike or motorized wheelchair" so, "safe and well-connected neighborhoods, businesses and recreation will be a key driver for the long-term economic growth of Burns Harbor and the Northwest Indiana region."</p>
	01/24/24	:38	<p>In Valparaiso, to promote neighborhood engagement, the city says it is hosting a Neighborhood Workshop Tuesday, January 30, 5:30 to 7 pm at city hall. A news release said the workshops provide an opportunity for neighborhood representatives to connect, learn from each other and become more familiar with available neighborhood services. The January agenda includes a welcome from Mayor Jon Costas, ways to promote engagement in your neighborhood, information about Neighborhood Improvement Grants and an introduction to the Lead-Safe inventory project to be launched by Valparaiso City Services. Participants are asked to RSVP by contacting Maggie Clifton at City Hall to ensure materials and space for everyone.</p>
	01/25/24	1:47	<p>A closer look...</p> <p>There's an event this weekend to help out Giant Paw Prints Rescue. Mike Bonaventura has more: 1-21-24_giantpawwrap_MB 1:32</p> <p>In Westville, Giant Paw Prints is a non-profit all volunteer rescue for large dogs. Mary Pee-tro from the organization says the rescue started with founder and President Kathy Nolan in 2012...</p> <p>1-23-24_petro2 :22 oc: herself</p> <p>But why big dogs? 1-23-24_petro1 :24 oc: in need</p> <p>Giant Paw Prints has a chili cook off Sunday, January 28 with judging and public tasting at 1pm at Valparaiso Fraternal Order of Eagles. They will have dogs to show there too. Details at facebook or giant-paw-prints-dot-com</p> <p>Tag: There's more about the event and Giant Paw Prints at Animal Corner at our websites and also Region newsmakers at News Audio on Demand at our websites.</p>
	02/01/24	:34	<p>In Valparaiso, the city says it is launching a program to complete a full inventory of the city's water service lines, including those in residences, as required by the Indiana Department of Environmental Management as part of the federal EPA 2021 revision of the Lead and Copper rule.</p>

			Beginning this month February 2024, the city of Valpo says it will offer a website for customers to report their service line materials or residents can schedule a brief in-home assessment. Authorized door knockers will also be working throughout the Valparaiso community starting in February to complete the inventory by the October deadline. We have more information at our websites.
	02/08/24	1:40	Disaster assistance runs out for those affected by floods and severe storms this past fall as Mike Bonaventura reports... 2-7-24_femawrap_MB 1:28 oc: standard In Illinois, the deadline to apply for FEMA assistance is this Friday February 9 th for homeowners or renters in Cook County that had damage from the mid-September floods and severe storms. There are a variety of ways to apply as FEMA's Kim Keblish tells us... 2-7-24_femakim1 :21 oc: phoenix she says other types of assistance are available too... 2-7-24_femakim2 ::37 oc: child care costs The special FEMA number is 800-621-3362 Tag: We have more Region newsmakers at news audio on demand and more details at our websites.
	02/13/24	:56	In Winfield, NIPSCO crews are upgrading the town's existing electrical system beginning this week as Mike Bonaventura reports... 2-12-24_nipscowinfieldwrap_MB :42 oc: standard *Full story* The utility company is installing approximately 165 poles, 10 miles of electrical wire and a new electrical substation. NIPSCO said in a release, the work is part of the company's overall infrastructure modernization plan to upgrade and enhance its existing system to provide communities with a continued, safe and reliable source of energy for the future. They say as a result, customers will experience less electrical service interruptions, less future maintenance work on the system and an opportunity for economic expansion in the area. Construction will impact traffic on East 117th Avenue and Randolph Street with additional installations along 109th (east of Randolph), Decatur Street, State Street and Benton Street.
	02/16/24	1:35	A closer look... The United Way of NWI has an opportunity to help non-profits in the region as Mike Bonaventura reports... 2-15-24_efspgrantwrap_MB The United Way of NWI says it will administer 348-thousand dollars from a grant by the Federal Emergency Food and Shelter Program. Partner Agency Director Rebecca Weber... 2-15-24_weber1 :12 oc: and food Weber explains how the awarded funds will be distributed... 2-15-24_weber2 :07 oc: and starke she says small or larger non-profits can apply... 2-15-24_weber3

			<p>:12 oc: vary in size non-profits can apply by email to info@unitedwaynwi-dot-org to ask for an application to apply by February 26 Tag: You can hear more Region newsmakers at news audio on demand at our website.</p>
	02/29/24	:34	<p>In Valparaiso, the city offers a seven-week City Government Academy as an opportunity for residents to learn about how government works. Maggie Clifton, Valpo's Director of Community Engagement and creator of the academy said Wednesday February 28 the city has graduated 130 residents. Clifton commented... 2-28-24_vmag1 :16 oc: experience Details are available online from the city and we have that link at our websites.</p>
	03/08/24	1:32	<p>The United Way of Northwest Indiana and Early Learning Indiana of Indianapolis teamed up to help grant a region child care center funding to expand as Mike Bonaventura reports.... 3-7-24_faithchildcarewrap_MB 1:21 oc: standard</p> <p>In Gary, Faith Child Care Center was the recipient of a 200-thousand dollar grant from the two organizations and Owner Tonika Davis says she was introduced to the organizations from her Pastor. Meanwhile, the funding helped the home-based business to expand servicing 102 children on Chase Street in the Steel City... 3-7-24_davis1 :18 oc: with them Davis says the child care business was a calling in her life she takes seriously... 3-7-24_davis2 :30 oc: child care to learn more about the United Way of Northwest Indiana search them on facebook</p>
	03/13/24	:34	<p>Northwest Indiana Congressman Frank J. Mrvan Friday (Mar 8) announced the inclusion of his Community Project Funding requests in the final version of the Fiscal Year 2024 appropriations measure. A news release said they include funds to address critical water, sanitary sewer, and stormwater sewer infrastructure improvement in Lake and Porter Counties; funding to assist with operations and maintenance at Burns Waterway Small Boat Harbor and operations and maintenance at Michigan City Harbor; funding to assist with the purchase of police equipment in Gary, Merrillville, Michigan City, Munster, and Hammond; and funding to assist with additional phases of the Central Avenue Reconstruction Project in Portage.</p>
	03/19/24	:60	<p>A local nonprofit will be hosting their first event in April. Alycia Tassone has more. My Way 2 Work Golf wrap :55 ...for the RNT, I'm AT. The nonprofit My Way 2 Work was founded in 2023 by Regina Wagoner to assist those with physical and intellectual challenges.</p>

			<p>Wagoner on nonprofit :26the main key The organization will be hosting their inaugural charity golf outing coming up.</p> <p>Wagoner on golf outing :09 ...to register The deadline to register for the golf outing is April 2nd and they are also looking for businesses to sponsor the event. For more details and a link to register or sponsor, you can visit myway2work.org and click on events. For the RNT, I'm Alycia Tassone.</p>
	03/20/24 03/22/24	:80	<p>On Region Business Insider... the featured guest is The Humane Society of Hobart Executive Director Jenny Webber, who talked to us about the work they do to find homes for animals: JennyWebber_1 :37 ...people, too.</p> <p>Proceeds from this weekend's Midwest Bag Bowl, Saturday March 23rd, at the Porter County Expo Center benefit The Humane Society of Hobart. There's also a special event coming in May to celebrate the nonprofit's 70th anniversary: JennyWebber_2 :12 ...on May 25th.</p> <p>You can hear more at Region Business Insider at our websites and social media pages.</p>
	03/20/24	:20	<p>In Valparaiso, the city joins with the state in recognizing March as Disability Awareness Month. This week will feature a free presentation by the father-son team of Jeff and Johnny Agar. The city says Johnny was born with cerebral palsy and doctors predicted he would never walk. Yet, he and his dad went on to partner in endurance races. The event is 6 pm March 20th at Valparaiso University.</p>
	03/20/24	:33	<p>The Northwest Indiana Forum Foundation says it is closing the Call for Projects for the Regional Economic Acceleration and Development Initiative – READI (“ready”) 2.0 (two-point-oh) funding -- on March 29th, 2024. A news release says the foundation received \$50-million in federal funding from READI 1.0 that has generated over \$700-million in investment thru 38 projects impacting infrastructure, entrepreneurship, and more. READI is described as a significant state initiative seeking “to propel regional development by investing in projects that foster innovation, create jobs, and enhance the overall quality of life for residents.”</p>
	03/20/24	:25	<p>In Portage, officials will break ground on what the city says will be a transformative wastewater infrastructure project. A news release says the Portage Wastewater Solar, Screen, and Clarifier Improvements Project represents a collaborative effort between the city of Portage and local authorities to address aging infrastructure and environmental concerns. The groundbreaking will be presented by Mayor Austin Bonta at noon on March 26th at the Wastewater Treatment Plant on Old Porter Road.</p>

Description of Issue	Date	Approx. Length	Content of Program/Segment (news story) Providing Issue Coverage:
Transportation			
	01/02/24	:24	The operators of the South Shore Line say Double Track

			Northwest Indiana is 93-percent complete. In a recent construction update (Dec 21), Northern Indiana Commuter Transportation District said estimated final project completion is May 2024. Work began about two years ago to build nearly 17-miles of a second track next to existing commuter rail track between Gary and Michigan City. NICTD (nick-dee) says the project will significantly reduce travel times between Northwest Indiana and Millennium Station in Chicago.
	01/11/24	:60	<p>A region town stands to improve roadway safety with a federal grant as Mike Bonaventura reports.... 1-10-24_burnsgrantwrap_MB :54 oc: standard</p> <p>In Burns Harbor, Congressman Frank J. Mrvan announced a federal grant was awarded from the Department of Transportation's (DOT) Safe Streets and Roads for All (SS4A). The town stands to receive 120-thousand dollars to improve roadway safety by supporting communities in developing plans to implement infrastructure projects designed to reduce transportation-related fatalities and serious injuries. Burns Harbor officials say safety improvements are needed especially along US 12/20 intersections and at-grade CSX crossings. Burns Harbor Redevelopment Commission President, Roseann Bozak added, "there is no safe way to travel by foot, bike or motorized wheelchair" so, "safe and well-connected neighborhoods, businesses and recreation will be a key driver for the long-term economic growth of Burns Harbor and the Northwest Indiana region."</p>
	03/04/24	:30	<p>In Northwest Indiana, the operators of the South Shore Line say Double Track is nearing completion, estimated for May. An update from NICTD (nick-dee) today (Fri Mar 1st) also said they'll be announcing the date for resumption of train service between Gary and Dune Park-Chesterton in coming weeks. Test trains are running and motorists are urged to be prepared for trains on any track, at any time, and in any direction at all grade crossings. Construction has been ongoing for about two years to install a second track, 18-miles of new track, between Gary and Michigan City.</p>
	03/22/24	:30; :17	<p>In Lake County, INDOT is advising Region motorists of overnight work on U.S. 30 in Merrillville and Hobart for resurfacing. Lane closures will be in place from about 8 p.m. to 6 a.m., with alternating intersections closed temporarily when work is occurring in that area. Work is set to begin on or after March 24th starting between State Road 55 and I-65 through late May 2024, then on U.S. 30 between I-65 and State Road 51 thru November. INDOT also said motorists should be prepared for changing traffic patterns throughout the project.</p> <p>In Laporte County, the Indiana Department of Transportation says the U-S 6 and U-S 421 east- the south- junction will be closed beginning on or after Monday, April 1st for a roundabout project. The intersection is expected to be closed through late September. We have a map and more details at our websites.</p>

