



THE BEACHCOMBER

DUNE ACRES, INDIANA

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March, 2016

DUNE ACRES CIVIC IMPROVEMENT FOUNDATION 2015 HONOR ROLL

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The Dune Acres Civic Improvement Foundation, Inc. (DACIF) is a 501(c)(3) organization founded in 1985. The mission of the corporation is to afford a means by which Dune Acres residents and friends can aid the Town of Dune Acres in its efforts to maintain high quality institutions, facilities and services, and provide programs and projects that will contribute to and enhance the viable and progressive character and wholesome environment of the community.



Town Attorney, Dan Whitten, swearing in new town council members Peter Bomberger, Rich Hawksworth and Alex Stemer, along with new town clerk-treasurer Jeannette Bapst on January 5, 2016. Photo by Lou Roberts

Thanks to the following people who made this issue happen:

Jan Bapst	Carolyn Mellen
Irv Call	Irene Newman
Mary Ann Crayton	Lou Roberts
Leah Harp	Mike Swygert
Rich Hawksworth	Sharon Tutlewski

We welcome all submissions – news, stories, photos, ideas for articles, information about upcoming events, etc.

Next publication date: May 1, 2016
Submission deadline April 28

Town Wellness Coordinator

Sharon Tutlewski, APRN, BC, has been named to the new volunteer position of Town Wellness Coordinator.

Sharon is a long established Family Nurse Practitioner, Board Certified. She provides family health care at Notre Dame Wellness Center in Notre Dame, Indiana.



Sharon earned her Master's Degree in The Science of Nursing from Valparaiso University, and has practiced nursing for over 38 years. Her practice focus is on prevention, wellness and education. Her goal is to help others achieve their personal optimal level of health.

Sharon and her husband, Bill, have been married for 30 years. They have 3 children and 9 grandchildren. Stephen, their eldest grandson has recently been recruited by Trine University to play football as their starting middle linebacker.

Sharon looks forward to her role as Town Wellness Coordinator and appreciates any suggestions or feedback that you may have. Feel free to reach her via email or phone. stutlewski@comcast.net
219-734-6219

WILDLIFE BABIES IN NEED OF HELP

In spring it is common to find wildlife babies that have been blown out of their nests or have fallen to the ground. If you find baby squirrels, rabbits or other baby wildlife on the ground search the area for an adult. If the animal appears to be uninjured place it in a box with leaves (or nesting material) off the ground, next to the nearest tree it was found. Leave the area and check on the baby in an hour. If you haven't seen her or if the baby is injured call Moraine Ridge Wildlife Rehab Center at 219-299-8027 for assistance.

To help care for their influx of orphaned and injured wildlife they are in need of items such as kleenex (non aloe), laundry detergent, bird seed, and mixed nuts. Items can be dropped off at the Center 7 days a week from 9am -4pm at 570 N. 450 East, Valparaiso. Visit their website at www.mrwildlifer rehab.org.

by Mary Ann Crayton

Daily Soda Raises Risk of Heart Attack by 35%

A new review - the largest and most comprehensive of its kind - reports that daily consumption of sugar-sweetened beverages (SSBs) is associated with a 35% increased risk of heart attack or fatal heart disease.

The report also examines the risk of developing type 2 diabetes and stroke associated with SSB consumption, and the role of fructose in the development of these conditions and obesity.

In order to explore effects of added sugars, researchers conducted a review of data from recent epidemiological studies and meta-analyses.

They found that consumption of 1-2 SSBs per day was linked to a 26% higher risk of developing type 2 diabetes, a 35% increased risk of heart attack or fatal heart disease, and a 16% increased risk of stroke.

After examining the role of fructose in weight gain and the development of metabolic conditions, researchers explained that "part of the problem is how fructose behaves in the body". Unlike glucose, which is absorbed directly into the bloodstream, fructose is metabolized in the liver and converted into triglycerides, which can lead to fatty liver disease and insulin resistance.

"Since we rarely consume fructose in isolation, the major source of fructose in the diet comes from fructose-containing sugars, sucrose and high fructose corn syrup, in sugar-sweetened beverages", they wrote.

"Although reducing consumption of sugar-sweetened beverages or added sugar alone is unlikely to solve the obesity epidemic entirely, limiting intake is one simple change that will have a measurable impact on weight control and prevention of cardio-metabolic diseases", they concluded.

Published on September 29, 2015 in Consultant360

Submitted by Sharon Tutlewski

REMINDER:

FOR THE HEALTH OF OUR ENVIRONMENT -

Recycle your batteries in the bucket on the porch at the Security Office.

My Father, Luther Swygert, composed a poem in March, 1980 about the thoughts of a melting snowman as he ponders how he was created by a small boy. Dad titled it "The Snowmen," and it was subsequently published in *The Chicago Lawyer*.

From 1951 through 1988, the years when my Father lived in Dune Acres, he wrote nearly 100 poems, many, like *The Snowman*, combining poignant and metaphoric elements.

In *The Snowman*, Dad wrote metaphorically. He becomes the snowman -- "a very old man" aware that his life was melting away. The generic "small boy" was his then three-year old grandson, Gregory whom he dearly loved and who also represented the characteristics of youth -- energy, hope, happiness, and living for much of our lives with little concern about "for whom the bell tolls."

The inevitability of death is not a cliché. When that truth hits us, our world shifts a bit. Yes, every snowman that has ever has been created must melt, pass into another state. But with the grace of God, new snowmen will always be created.

The Snowmen may be interpreted as revealing that the boy is indeed the father of the son. Some readers may see a religious metaphor. Was that his intention? We read any text, especially a poem, as we perceive it. And so it is with the poems of my Father.

by Mike Swygert

The Snowman

*Today I was created.
A very old man and a tiny little boy,
Grandfather and grandson
Put me together — out of nothing but snow
White on white, flakes on flakes,
A blanket of purity,
Hiding the dark, brown earth beneath.*

*First my body, then my arms
Then my head, eyes of soft dried leaves
From last year's flowering apple tree.
A smile and a twinkle
Or did imagination hide
A giant heart bursting with love
Yet gripped by haunting sadness*

*The winter moon hangs overhead
I, the snowman, am alone
Dreaming of the yesterday
When I was created by hands, young and old.
Then gave in turn so much joy
To a very old man and a tiny little boy*

*Will it be tomorrow or the tomorrow after that
That I shall melt and be no more?
Melt into nothingness, back into the earth.
As I melt, my eyes will be dripping,
With tears that bathe a memory
That I share
With a very old man and a tiny little boy.*

— Luther M. Swygert



The Harp boys, Lev and Hank, enjoy sledding on their driveway on a snowy Saturday in January.

Old photo that inspired the poem



DA Gardening

Early spring is prime-time to eradicate one of our most relentless local invasive plants: garlic mustard. Here's what you need to know to ensure this nasty invader doesn't overtake your property and surrounding parklands.

Background

Garlic mustard (*Alliaria petiolata*) is a European herb that's considered among the most destructive invasive species in the eastern United States. It spreads rapidly and is very difficult to eradicate once it becomes established. It can readily displace native plants in a very short period of time. Each plant can produce thousands of seeds which can be spread by wildlife, humans, water, or other means. If that's not bad enough, garlic mustard is allelopathic, meaning it releases chemicals that hinder the growth of other plant species.

Identification

Garlic mustard has a biennial life cycle, that is, it takes two years to fully mature and produce seeds. The first year (see picture lower left), it forms low-growing rosettes with rounded, kidney-shaped leaves, scalloped on the edges. The second year (see picture lower right), it sends-up flowering stalks that range from 6 inches to about 3 feet. The upper leaves on mature plants are somewhat triangular in shape. The four-petaled flowers are small and white and form in clusters at the top of the stems. After a short flowering period they give-way to seed pods. A vigorous plant may produce as many as 8000 seeds, so it's imperative that plants are eradicated before their seeds are disbursed. If you need help identifying garlic mustard on your property, contact the environmental commissioner at robintennant@me.com or (847) 710-1242.

Eradication

The best method for controlling garlic mustard, or any other invasive plant, is to prevent its establishment. Learn to recognize garlic mustard and monitor your property regularly. If you find any plants, remove them immediately before they can spread.

Small pockets of infestation can easily be controlled by hand-pulling. This is best accomplished in the early spring when the ground is soft. Pull slowly and be sure to remove the entire root to prevent a new stalk from forming. Hand-pulling should be performed before seeds are formed and needs to be continued for up to five years in order to deplete any established seed bank. Garlic mustard plants can produce and distribute seeds even after they've been pulled, so it's important to place plants in a trash bag and discard with your regular garbage. Or try one of these recipes to put this plant pest to good use: <http://www.maipc.org/recipes/recipes.html>

For larger invasions, you might have to rely on applications of chemical herbicide. In dense stands where other plant species are not present, a glyphosate-based herbicide such as Roundup® can be an effective method for removal. It's important to understand that Glyphosate herbicides are non-selective, meaning they will kill all vegetation they come in contact. Chemical applications are most effective during the spring (March-April) when garlic mustard is one of the few plants actively growing. Fall applications may be used; however other plant species still in their growing season may be harmed. In all cases, be sure to read the herbicide label carefully and apply only in the directed manner.

by Rich Hawksworth



Celebrating Indiana's Bicentennial



Raising the bicentennial flag. Photo by Lou Roberts

Back in 1815, on Dec. 11, President James Madison signed the act admitting Indiana as the 19th state of the Union, thus making the year 2016 Indiana's 200th anniversary of statehood. The Dune Acres Town Council honors this singular time in Indiana history by proudly raising a Bicentennial flag to remind all who visit our fair town of our part in this special year. We invite all residents to note this special flag flying at the town hall which launches this celebratory year in Indiana.

The state theme of the Bicentennial, "Celebrate History, Ignite the Future," encourages us all to reflect and respond. The history of our state, our county, our community and its people is valuable to our shared experiences and we recognize and celebrate the growth and greatness of our state and the limitless potential inherent in its future.

On Tuesday evening, Jan. 5, after the first town meeting of the year, Council members, Peter Bomberger, Rick Hawksworth, Alex Stemer, and Clerk-treasurer, Jan Bapst, along with those in attendance at the meeting, all gathered at the town hall flagpole, raised the Bicentennial flag, and celebrated the beginning of this historical year.

Interesting information on Indiana's history can be found at <http://www.nwitimes.com/news/history/>

by Lou Roberts

Caisson Power Line Replacement

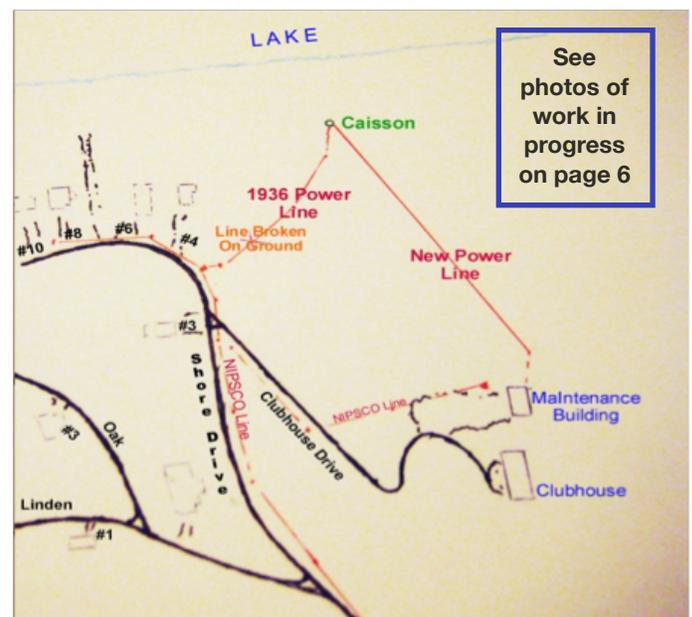
We all know that volunteerism is a staple that makes Dune Acres a little better. It is rare however to witness a major construction project.

A little over a year ago two of the three power lines from Shore Drive to the Caisson broke and came down. They were spliced and put back on the pole with the help of Rick Demkovich, Mike Konopacki and Irv Call. In October one of the repaired lines broke again and came down. The Town Board decided that the old line which was put up in 1936 was not worth a lot more time and effort to repair. They authorized funds for a new power line. It was important to do the work before deep freezing weather came on because there are pipe heaters to keep the valves from freezing (since no water flows through these in the winter).

The replacement was planned to be two three phase, three wire, 250 volt power lines. It was to run from the Maintenance Building (instead of from the NIPSCO pole at Shore Drive) to the Caisson. This consisted of putting 50 feet of underground conduit near the building where there is a lot of traffic near the building, through the 10.5 inches of concrete building wall and over to the distribution panel, running lines from the Maintenance Building 900 feet to the Caisson, boring through the caisson wall and then making up the proper connections.

This was an involved and large job which was accomplished in December, 2015, by Mark Bapst, Ivan Chermel, Mike Konopacki and Irv Call.

by Irv Call



View showing the approximate location of the caisson and power lines

New Power Line - Step by Step



Ivan Chermel burying conduit running to the Maintenance Building



Mark Bapst boring through 10.5 inches of concrete



Mark Bapst & Ivan Chermel installing a junction box outside the Maintenance Building



Mark Bapst and Irv Call boring through the Caisson for the power line shown in the foreground (Note: The Caisson is a round silo like steel vessel buried in the ground. Inside it is about 7 feet high and about 7 feet in diameter.)



Inside the caisson are two pumps which pump "lake" water to the tank at the Maintenance Building. Shown are vertical standing motors which drive the pumps 8 feet below the floor.



Inside the Caisson showing the electrical complex which makes everything work (The pink is insulation)

Photos by Irv Call

Doings in the Dunes

Friends of the Indiana Dunes

The Friends of the Indiana Dunes will present a **special program on Saturday, April 2 from 1:30 to 3:00** in advance of their Annual Native Plant at the Indiana Dunes Tourism visitor center. The President of the North Chapter of the Indiana Native Plants and Wildflower Society will present “Native Plants in the Landscape”. The main emphasis of the program will be on plant communities and their essential role in the web of life. By incorporating native plants into our home landscapes, we can improve the ecosystem in Dune Acres which will bring more birds and the butterflies and insects that sustain them. The discussion will include native trees, shrubs, grasses, sedges, perennials and ferns that are native in Dune Acres. I think you will find it very useful when designing or enhancing your property.

Many of the plants described will be available at the **Annual Native Plant Sale on Saturday, April 9th from 8am until 1pm**. Since many of the plants sell out prior to the sale it is advisable to pre-order. Pre-order forms can be obtained at Chesterton Feed Store or by calling Zella Olson at 926-3833.

by Mary Ann Crayton

Calling All “Birders”

The official start for this year's longshore flight project was March 6. Indiana Dunes Birding is a blog that documents bird migration in the Indiana Dunes. One example - more than 40 different varieties were counted in just one day on February 19! For details, check out

<https://indianadunesbirding.wordpress.com/author/indianadunessp/>

submitted by Mary Ann Crayton



Information and registration for the Indiana Dunes Birding Festival on May 5-8 can be found here: <http://www.indunesbirdingfestival.com/>



March Fitness Schedule

- Sat. March 5th– 9am Gentle stretch**
10am Pilates Tabata
 - Sat. March 12th–9am Gentle stretch**
10am Arms/Legs/Abs
 - Sat. March 19th–9am Gentle stretch**
10am ***Balance Ball** bring your balance ball.
 - Sat. March 26th– 9am Gentle stretch**
10am Yoga
- Remember your mats for every class!**

Punch cards available for purchase:
4-class pass for \$25
8-class pass for \$45
Stay for 1 class or both. 1 punch per class

April Fitness Schedule



- Sat. 2nd– 9am Gentle Yoga flow**
10am Booty Bootcamp
- Sat. 9th– 9am Feel good stretch**
10am Abs/Arms
- Sat. 16th– 9am Gentle stretching**
10am Core & more
- Sat. 23rd– 9am Yoga & meditation**
10am Rubber band workout
- Sat. 30th– 9am Stretching**
10am Tabata arms



Any Questions or Comments or Suggestions
call or text Ashley at 219-841-2496

Transitions.... Winter into Spring



Ice and sand melting to form beautiful shapes on the beach.

Photos by Leah Harp



Photo by Mike Swygert taken in May, 2011, and manipulated to emulate impressionist style

The Fine Print: *The Beachcomber* is published on-line monthly during the summer and periodically during the winter. All information, news, creative contributions, articles, reports, corrections, suggestions, Letters to the Editor, art work, comments and otherwise are welcomed and encouraged. *The Beachcomber* is a grass roots publication not officially affiliated with either the Town of Dune Acres or the Dune Acres Civic Improvement Foundation, Inc. (DACIF). All content is believed to be reasonably accurate and reliable but not "guaranteed!"

Editorial Board: Irene Newman, Jan Bapst and Mike Swygert.
Email submissions to inewman680@aol.com. Please use "**Beachcomber**," in the subject line.