



Your Community Bulletin Board

For Northwest Indiana

USMC Vietnam Veteran Owned

CRPubNWI.com

Like CR Publications on



August 15, 2021



EMAIL: NEWSDESK@CRPUBNWI.COM

August 15, 2021

CALL US: 219.931.6700

SERVICE DIRECTORY

Apartment Rentals

Douglas Pointe Apartments
5525 Hyles Ave.
Hammond, IN
219.931.0771



Automotive - Services

Air One Service Center
1831 Indianapolis Boulevard
Whiting, Indiana
219.659.TOWS

Body Shops

State Auto Body
1243 Summer St.
Hammond, IN
219.931.0721

Bus Services

North Township Dial A Ride
Free Dial-A-Ride Bus Service
219.932.2530 & Press 4

Business Organization

The Downtown Hammond Council
Karen M. Maravilla, President
219.512.4298
(Calls accepted 9 am - 7 pm Monday thru Saturday)
www.downtownhammond.org
info@downtownhammond.org

Lakeshore Chamber of Commerce
5246 Hohman Avenue, Suite 100
Hammond, IN 46320
219.931.1000

Whiting/Robertsdale Chamber of Commerce
119th St
Whiting, IN
219.659.0292

Computer Service

Jam Computer Service
Software & PC Services
219.931.6700

Democratic Organizations

Franklin D. Roosevelt Club
Last Thursday of every month
at the Mohawks
4040 Calumet Ave, Hammond, IN

Hammond Democratic Committee
Chairman Dave Woerpel
7440 Olcott Avenue,
Hammond, IN 46324
219.808.9743

Hessville Central Democratic Club
3031 Mahoney Drive
Hammond, IN
219.545.1942

Electrician

Central Electric
Ed Marzec
New & Rewire
Licensed, Bonded, & Insured
219.844.5884

Florist

Dixon Florist
Serving all of Hammond
919 Ridge Rd.
Munster, IN
219.836.1668

Funeral & Cremation

Amber Care Cremation Society
Serving NW Indiana
5713 Hohman Ave, Hammond, IN
From 995 to \$1,095 Complete
Direct Cremation
219.407.7506
ambercremation.com

Funeral - Services

Smith, Bizzell & Warner
4209 Grant Street
Gary, IN 46408
219.887.1852
smithbizzellwarnerfuneralhome.com

Flea - Market

Miller ALL MART
78000 Melton Rd
Gary, IN 46403

Government

Hammond City Clerks Office
5925 Calumet Ave.
Hammond, IN
219.853.6346
www.am legal.com/hammond_in/

Hammond Park Foundation
3031 Mahoney Dr.
Hammond, IN 463223
219.853.6378

Hammond Department of Planning & Development
5925 Calumet Avenue
Hammond, IN
219.853.6371

Hammond Mayor's Office
5925 Calumet Avenue
Hammond, IN 46320
219.853.6301

Insurance - Services

Ron J. Prestamer Agency, Inc.
7207 Indianapolis Blvd.
Hammond, IN 46324
219.844.0103
ronjprestamer@gmail.com
www.prestamerinsurance.com

Restaurants

Schoop's
7235 Indianapolis Blvd.
Hammond, IN
219.845.7090

Towing

Alamo Auto Service
Towing & Auto Repair
6923 Hohman Ave.
Hammond, IN
219.932.8909

Herrera Towing Inc.
1831 Indianapolis Blvd.
Whiting, Indiana
219.659.8697

McCoy & Sons Towing
1405 Summer St
Hammond, IN
219.659.0687

State Auto Body
1243 Summer St.
Hammond, IN
219.931.0721



CR Publications

500 Flyers (b/w)
\$18.00

(219) 931-6700
newsdesk@crpubnwi.com

Schoop's

7235 Indianapolis Blvd • Hammond, IN
(219) 845-7090

Buy a Hamburger, Large Fries, & a Drink

Get One Hamburger FREE

Only Valid at this Location

Please present this coupon, not valid with any other offers

10% Senior Discount



State Auto Body & Towing

We buy and tow scrap cars.

Avoid Costly Fines!

Call (219) 931-0721

1243 Summer Street, Hammond, Indiana 46320

"Over 50 Years if Quality Service"

Live Arts Fest

Mayor Thomas M. McDermott, Jr. and Hammond Parks & Recreation are pleased to announce the first ever Live Arts Fest on Sunday, September 12 from 11 am until 3 pm at the Hammond Sportsplex, 6630 Indianapolis Boulevard. This new event will showcase: Live 3D Chalk Artist; Live Urban Artist; Live

Cultural Dancers and a Live Band. Also featured will be Food Vendors and an Outdoor Canvas Class for \$35. Sign up for this class at the Sportsplex. For more information on this unique, call the Selina at (219) 853-7667 or email baezs@gohammond.com..

Source: City of Hammond

Hammond



Parks & Recreation

Autumn Colors Craft Show

Mayor Thomas M. McDermott, Jr. and Hammond Parks & Recreation are pleased to bring back the Autumn Colors Craft Show on Saturday, October 2 from 10 am until 3 pm at the Hammond Sportsplex, 6630 Indianapolis Boulevard. Vendor applications are currently being taken for

this event. Interested vendors & crafters can reserve your spot for the discounted price of \$45 before August 31st. For more information on becoming a vendor, call the Selina at (219) 853-7667 or email baezs@gohammond.com..

Source: City of Hammond

Douglas Pointe Apartments

1 Bedroom - \$840
2 Bedroom - \$940
2 BR- (Tax Cred.) - \$898
3 Bedroom - \$1,075

5525 Hyles Ave.

Hammond, IN 46320

(219) 931-0771



Fri 9 am - 10 am
(219) 845-1100
Live Call In
1230 AM & 104.7 FM

Call for Sponsorship Info
Ernie Dillon
(219) 789-0077



Mayor's Night Out 2021

October 6	5th District	Jefferson Elementary School-Cafeteria 6940 Northcote Avenue
November 3	6th District	Scott Middle School-Cafeteria 3635 - 173rd Street

Subject to change. All programs are from 6:30pm-8:30pm.

BANNER BANNER BANNER BANNER BANNER

Outdoor or Indoor

Vinyl Banner

3x6 \$81.00

3x8 \$108.00

4x6 \$108.00

4x8 \$144.00

Includes Sew hem and grommets in corners
Other sizes available

Church Directory

Abundant Life Community Church

6808 Missouri Ave., Hammond, IN

Pastor Dr. Michael White

(219) 845-0954

Sunday School 10:00 a.m.

Sunday Morning Worship 11:00 a.m.

Sunday Evening Worship 6:00 p.m.

Wed. Evening Bible Study 7:00 p.m.

www.alcccogop.org

Bethel Congregational C.O.G.I.C.

815 Michigan St., Hammond, IN

Deacon Lester Stokes

(219) 931-1301

Sunday School 9:00 a.m.

Sunday 10:30 a.m.

Friday 7:30 p.m.

Black Oak Church of Christ

2844 Stevenson St., Gary, IN

Pastor Steve Martinez

(219) 844-1789

Sunday 10:30 a.m.

Bible Study 9:30 - 10:15 a.m.

Greater Works Outreach Prayer and Deliverance Ministry

3916 173 St, Hammond, IN, 46323

Apostle Jose Ruiz (219) 852-0677

Sunday 11:30 a.m.

www.greaterwksmin.com

Hammond Christian Reformed Church

1910 167th St, Hammond, IN

Pastor Donald Jabaay

(219) 844-3331

Sunday School 9:50 a.m.

Sunday Worship 11:00 a.m.

Coffee Break Tuesday 9:00 a.m.

Ladies Bible Study Tuesday 6:00 p.m.

www.hammondcrcc.org

Hyde Park United Methodist Church

6348 Harrison Ave., Hammond, IN

Preacher Darryl Dorton

(219) 932-0613

Sunday 12:30 p.m.

Thursday Thrift shop 9:00 a.m. - Noon

Last Saturday of the month

Free Pancake breakfast 9-11 a.m.

Lighthouse Christian Fellowship of Whiting, IN

1403 Stanton Ave. Whiting, IN 46394

Pastor Junior Berrios

(219) 742-0526

Tuesday-Prayer 6:30 p.m.

Tuesday-Service 7:00 p.m.

Wednesday-Bible Study 6:30 p.m.

Thursday-Prayer 6:30 p.m.

Thursday-Service 7:30 p.m.

Sunday-Prayer 10:00 a.m.

Sunday-Service 11:00 a.m.

Mt. Zion Baptist Church

1047 Kenwood St., Hammond, IN

Reverend William R. Collins

(219) 931-4337

Sunday 11:00 a.m.

Wednesday Bible Study 6:30 p.m.

Wednesday Prayer 6:00 p.m.

New Hope Missionary Baptist Church

1117 Merrill St., Hammond, IN

Reverend Herman A. Polk, Sr.

(219) 932-5955

Sunday 10:30 a.m.

Sunday School 9:00 a.m.

Wednesday 8:30 a.m, 1:30 & 7:00 p.m.

New Salem Missionary Baptist Church

833 Conkey St., Hammond, IN

Pastor Wayne Hudson

(219) 932-0999

Sunday 11:00 a.m.

Wednesday 7:00 p.m.

New Zion Temple Church

926 Morris Street, Hammond, IN

Bishop Brandon A. Jacobs

(219) 931-ZION (9466)

Sunday School 9:30 a.m.

Sunday Morning Worship 11:30 a.m.

Wednesday Prayer 6:30 p.m.

Wed Bible Study 7:00 p.m.

www.newziontemple.org

Tabernacle Baptist Church

3715 Butternut St

East Chicago, IN

Testimony C.O.G.I.C. of Hammond

1022 Cleveland St, Hammond, IN

Elder Patrick Williams

(219) 937-4676

Sunday School 10:30 a.m.

Sunday Worship 11:30 a.m.

Friday 7:30 p.m.

Trinity Lutheran Church

7227 Hohman Ave, Hammond, IN

(219) 932-4660

Sunday Worship 9:00 a.m.

Sunday School 10:30 a.m.

On FACEBOOK

Trinity Evangelical Lutheran Church

www.trinityhammond.com

*“We come
to church
not to
hide our
problems
but to heal
them.”*

~ Dieter F. Uchtdorf

Church Directory Listing

\$8.00 per/issue
(minimum 4 issues)

(219) 931-6700 newsdesk@crpubnwi.com

**information submitted subject to editing for clarity and space allotted*

Digital Crossroad and Vivacity Networks announce historic partnership to extend and interconnect Northern Indiana fiber network

New fiber optic network along Indiana Toll Road corridor to create new economic opportunities for region

Leaders from Digital Crossroad and Vivacity Networks today announced a historic partnership to create the Digital Crossroad Fiber Network that once completed will activate the fiber conduit that is part of the Indiana Toll Road.

"The Digital Crossroad Fiber Network is an unprecedented stride in our state's march toward broadband access for every Hoosier," said Tom Dakich, Managing Member for Digital Crossroad. "This revolutionary project will bring the world's fastest fiber networks closer than

ever to every community along the Indiana Toll Road corridor."

The announcement was accompanied by a series of roundtable events in Fort Wayne, South Bend, and Hammond featuring Lt. Governor Suzanne Crouch along with state and local officials. Broadband expansion is a key priority for Lt. Governor Suzanne Crouch.

"Hoosiers know that access to high-speed internet is a critical factor, not just for economic development and businesses, but also for the quality of life of our families and communities," said Lt. Governor Crouch. "Indiana has already made significant commitments to broadband

expansion and will continue supporting collaborative efforts like these as we work together to connect all Hoosiers."

The Digital Crossroads Fiber Network will serve as a wholesale, open-access facility that will enable local internet service providers (ISPs), utility providers, wireless network providers, municipalities, schools and libraries, and more, to have easier and more cost-effective connection to the fastest fiber networks available.

In the partnership, Vivacity Networks will invest in the activation of the fiber and conduit that is part of the Indiana Toll Road and Digital Crossroad will complete this connection to the "backbone of the internet," located at 350 East Cermack Road in Chicago.

"For the past several years, the Indiana Toll Road Concession Company, Digital Crossroads, Vivacity and others have been developing the key pieces of communications infrastructure to unlock the potential of the Crossroads of America," said Scott Bergs, C.E.O. of Vivacity Networks. "We are thrilled to

partner with Digital Crossroad to bring those pieces together to fuel Indiana's growth technology, economy and livability."

The Indiana Toll Road begins at the state's border with Illinois in the west and runs approximately 156 miles as Interstate 90 to the state's border with Ohio in the east, passing through seven Indiana counties.

Digital Crossroad is a wholesale colocation company comprised of proven industry veterans who are committed to delivering sustainable data center solutions that reduce environmental and economic cost. For more information, please visit <https://digitalcrossroad.com>.

Vivacity Networks addresses a specific industry need for communications assets by owning, operating, maintaining and offering carrier-neutral infrastructure on a wholesale basis, supporting the customized needs of multiple users. Vivacity Networks works with customers to optimize their CAPEX/OPEX and develop their rights of way and related infrastructure.

Source: [digitalcrossroad](https://digitalcrossroad.com)



NEED A RIDE?

New & Improved
Rides Originated in North Township
Expanded to Lake County

Contact the NORTH TOWNSHIP TRUSTEE'S
Dial-A-Ride Program
(219) 932-2530 and press #4

New Hours of Operation • Monday-Friday 7:00am to 5:00pm

ADRIAN A. SANTOS • TRUSTEE



**CENTRAL
ELECTRIC**

ED MARZEC

NEW & REWIRE

• **LICENSED • BONDED**
• **INSURED**

(219) 844-5884

HAMMOND, IN

HAMMOND CITY ORDINANCES ONLINE

*Want to know what
the laws are in Hammond?*

"Use the web" says

Robert J. Golec
Hammond City Clerk

at

www.amlegal.com/hammond_in/

HAMMOND CITY CLERKS OFFICE
(219) 853-6346

The Sub Hub

Daily Special

2 for \$6.00

**Ham & Cheese
All Day**

For Faster Service Call Ahead

(219) 230-7737

5800 Hohman Ave.
Hammond, IN



(219) 659-0687

**1405 Summer St
Hammond, Indiana**

**9 am to 5 pm
Local Tows
\$50.00**

Back by Popular Demand

Sinatra Forever

Featuring:

Rick Michel

with his 24-piece Orchestra

"The closest sound to Frank Sinatra we have ever heard," - *VARIETY*



Sinatra Forever @ The PAV

Mayor Thomas M. McDermott, Jr. and the Hammond Port Authority are proud to welcome Rick Michels' and his 24-piece big band back to the Pavilion at Wolf Lake for Sinatra Forever on Saturday, September 18th

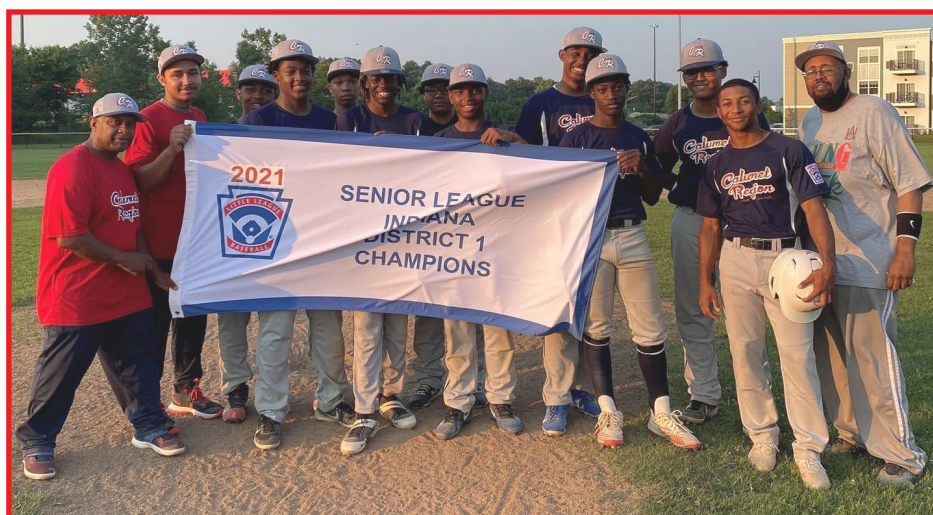
Sinatra Forever: A Salute to Frank Sinatra is a concert that pays homage to the greatest singer of all time. Rick Michel is one of Las Vegas' premier singers, a man of whom the show business bible Variety said: "He is the closest thing to Frank Sinatra we have ever heard."

Sinatra Forever is a timeless concert and part of the American Songbook with all the original arrangements and musicians that backed up Frank Sinatra.

This is a FREE event. Outside food and drink permitted. Patrons are encouraged to bring a chair and/or blanket. Gates open at 6 pm with the show starting at 7 pm. Rain or shine event.

More information and directions can be found on The PAV website.

Source: City of Hammond



SENIOR LEAGUE INDIANA DISTRICT I 2021 CHAMPIONS



WE HAVE THE SHIRTS YOU WANT!



\$9.50 S-XL

\$11.50 2X and 3X



to order call **219-931-6700**



...And the
Winner Is... **YOU!**

Now Serving Hammond and
NWI's Trophy & Award Needs

(219) 931-6700 newsdesk@crpubnwi.com
6415 Kennedy Ave, Hammond, IN



Herrera Towing & Service

1831 Indianapolis Blvd.
Whiting, IN 46394
219-659-TOWS (8697)

Use this ad for \$10. off

Munster High School's Speech & Debate Team earns national title



Munster High School juniors Mateo Bedolla (left) and Charlie Mason came in 8th and 11th place, respectively, in the National Speech & Debate Association's Virtual National Tournament on June 14-19. By placing in the national semi-final round, they earned—in their senior year—automatic bids to the 2022 national tournament in Louisville, Kentucky.

Munster, Indiana, July 22, 2021—Munster High School's Speech & Debate Team recently competed at the 2021 National Speech & Debate Association's (NSDA) Virtual National Tournament on June 14-19. Munster earned the National School of Excellence Award, an award presented to the top 20 teams in the competition. Munster also was recognized as the NSDA's 22nd largest chapter in the nation.

According to the NSDA, the ranking is determined by the points and degrees earned by students in its honor society based on competitive and service-related activities. In one year's time, Munster High School's team achieved more than 500 strength points, earning its membership in the organization's prestigious 500 Club and its rank as the 22nd largest chapter out of the 3,000 NSDA speech teams.

Individual students who received NSDA recognition include juniors Charlie Mason, coached by Helena Jancosek, and Mateo Bedolla, coached by Jordan Mayer. They came in 11th and 8th place, respectively. By placing in the national semi-final round, they earned—in their senior year—automatic bids to the 2022 national tournament in Louisville, Kentucky. Senior Cynthia Chockalingam, coached by Michael Buck, advanced to the semi-final round in Congressional Debate. Chockalingam led Indiana with the most NSDA points at 2123.

Munster Speech and Debate was founded in 1965 by Helen Engstrom. The program has been directed by Munster High School English teacher Jordan Mayer since 2010. The team is coached by Patricia Bengert, Benjamin Boruff, Michael Buck, Kathleen Boyle, Charmaine Connell, Helen Engstrom, Donald Fortner, Jessica Hilbrich, Helena Jancosek, Kathleen Kennedy, Steven Kennedy, Jordan Mayer, Kenn O'Drobinak, and Steven Stepnoski. The program has won 20 state championships—including eleven consecutive titles—from 2010 to present. Since its founding, the program has won over 90 individual state championships. The team was recently honored by the NSDA for attending its 50th national tournament. On a national level, the team has won eight national team titles and three individual national championships in the last eight years. "Beyond the trophies and accolades, our program

prides itself on developing future leaders, and we believe that speech and debate education provides marketable skills for an interconnected world," Mayer said. "Although the majority of our 200 team members will never earn a state or national title, our mission is to help students build communication skills for both their personal and professional lives. Alumni consistently remark that speech and debate teaches invaluable skills that set students up for life."

Source: Munster High School

InnerMission Golf Classic



Friday, September 24th
Wicker Memorial Park
Golf Course
 8554 Indianapolis Blvd.
 Highland, IN 46322

Individuals \$70
Bring a Foursome \$280
 (Includes: 18 holes, Gift, Practice Range, Golf Cart)

Schedule
Check in: 7:30am
Tee Times Start: 8:30am
Lunch Provided

Source: InnerMission Inc.

Don't lose your memories Save them for Eternity

Transfer your VHS & MiniDV tapes to DVD

Your memories are important pieces of your life to be cherished and shared with those you love

Only \$20.00 per 2 hour video

Also transfer your pictures to CD or DVD!

CR Publications • (219) 931-6700 • 6415 Kennedy Ave

NBA G League, Portia Archer Chief Operating Officer



The NBA G League announced that Portia Archer has been named Chief Operating Officer (COO). Archer, who joins the NBA G League from NBC Sports Group, will report to NBA G League President Shareef Abdur-Rahim.

Archer will lead the NBA G League's business and strategic verticals, working to increase both awareness and revenue at the league and team level.

"I am excited for Portia to hit the ground running in her new

role," said Abdur-Rahim. "Her extensive experience with NBC, HBO, BBC, BBC Worldwide and Booz Allen make her an invaluable addition as the NBA G League continues to grow."

"I cannot wait to get to work with Shareef and his team at the NBA G League," said Archer. "I appreciate his confidence in me to lead the business operations and strategy at an important stage in the league's growth."

At NBC Sports Group, Archer ascended to Senior Vice President and General Manager of Direct-to-Consumer Services, where she led the strategy, launch, operations and management of NBC Sports Gold, the network's first direct-to-consumer live streaming business. During her tenure, Archer managed a portfolio of more than 20 sports/properties, including "Premier League Pass," NBC Sports' first direct-to-consumer product for a major sports league; "PGA TOUR Live on Sports Gold"; and "Pro Motocross Pass," its first international live streaming

subscription-based direct-to-consumer product.

Before joining NBC Sports Group, Archer served as Vice President of International Distribution for HBO. Archer oversaw the strategic planning and launch of HBO channels outside of the U.S. while developing and managing multi-platform subscription-based video-on-demand channels throughout Europe, Africa, Asia, Australia and Canada.

Prior to HBO, Archer held senior leadership positions at the British Broadcasting Corporation (BBC) and BBC Worldwide in London and worked as a management consultant in the Media & Entertainment Practice at Booz Allen.

Archer is a member of the Women's Sports Foundation Board of Trustees and a Betsy Magness Leadership Fellow. She was named one of Adweek's Most Powerful Women in Sports (2018).

A Hammond native, went to Hammond High, Archer

played college basketball at the University of Chicago, where she graduated with a bachelor's degree in public policy and economics. She also holds an MBA in management and strategy from Columbia Business School.

About the NBA G League

The NBA G League is the NBA's official minor league, preparing players, coaches, officials, trainers, and front-office staff for the NBA while acting as the league's research and development laboratory. Featuring 29 teams — 28 with one-to-one affiliations with NBA franchises — the league offers elite professional basketball at an affordable price in a fun, family-friendly atmosphere. NBA G League Ignite will also play against G League competition. An all-time high 45 percent of players on NBA start-of-season rosters for 2020-21 had NBA G League experience — 224 of the league's 497 players.

Source: NBA G League

CLINE AVENUE BRIDGE TO BEGIN DECK OVERLAY PROJECT

Cline Avenue Bridge, LLC, owned and operated by United Bridge Partners (UBP), announces an upcoming series of weekend closures to allow for the application of a protective bridge deck overlay. Closures will occur weekends beginning on July 9 and ending October 4, starting on Fridays at 8 p.m. through Mondays at 6 a.m., with the exception of Labor Day weekend.

Adding an overlay to a bridge deck is a common practice early in a bridge's life to weatherproof the deck and ensure maximum service life. It prevents water and

ice-melting chemicals from penetrating the bridge surface, which could cause cracking to untreated bridge surfaces over an extended period.

This planned overlay was scheduled for the summer due to temperature requirements of the application process, and weekends were selected to minimize the potential impact to weekly commuters. The project is being completed within the first year to ensure the highest quality possible and reduce the need for future maintenance and expenses.

The overlay itself is an epoxy polymer concrete overlay

system consisting of alternating layers of epoxy that seals the bridge deck and a high-quality engineered blend of graded aggregate that provides friction and a smooth ride to drivers.

To thank their customers for their understanding during the closure, the company is providing a 20% discount to 2-axle customers paying with a valid E-ZPass or I-PASS at the time of travel during the month of July. Full promotion details are available at clineave.com.

"Customer safety and providing an exceptional travel experience are at the forefront of everything we

do. While we understand that the weekend closures will be a temporary inconvenience, we are committed to ensuring that this bridge is impeccably maintained and serves the community for decades to come. We're pleased to offer the July discount to express our appreciation to our customers who rely on our bridge as the "Gateway of Lake County," said Terry Velligan, General Manager of Operations at Cline Avenue Bridge.

For more information on the overlay project, visit clineave.com.

Source: Cline Avenue Bridge, LLC

Indiana Arts Commission Awards Lakeshore Public Media Project Support Grant to Spotlight Art across Northwest Indiana

The Indiana Arts Commission (IAC) announced it has awarded Lakeshore Public Media an Arts Project Support grant program for its local series Eye on the Arts.

"We are thrilled that the Indiana Arts Commission has continued to support our commitment to showcase the talent and diverse artistic efforts coming out of Northwest Indiana," said James A. Muhammad, President and CEO of Lakeshore Public Media. "Whether it is on broadcast television in Chicagoland or through our online platforms to people across the globe, Lakeshore PBS is committed

to being a source for quality storytelling for our viewers wherever they are."

During its June 25th Quarterly Business Meeting, the Commission approved funding recommendations for the Arts Project Support and Arts Organization Support grant programs. Over 590 applications were reviewed by 167 Hoosiers from around the state specializing in arts, community development, and finance.

"The projects and organizations that are receiving funding have major positive impacts on the cultural, economic, and educational climate of Indiana," said Alberta Barker, Chair of the Indiana Arts Commission.

"The Commission is impressed at the work being done around the state and is excited to support investment in Hoosier communities."

Eye on the Arts is a half hour program that showcases a diverse range of local artists, artistic organizations, events and stories, demonstrating the power of arts in people's lives. Lakeshore PBS has produced the show for over five years.

"From the smallest rural communities to the largest cities, we see arts and creativity improving quality of life and driving economic development, and this funding will support the projects and organizations around the state at the heart of this progress," said Lewis Ricci, IAC Executive Director. "It is an honor to support work that is strengthening the fabric of Indiana communities."

Lakeshore PBS recently earned a Silver Award in the Television - Cultural category on a segment from Eye on the Arts that showcased the Reddel Memorial Organ located in the Chapel of the Resurrection at Valparaiso University. The segment offered viewers an intimate look at the history of the magnificent instrument and featured an interview and performance by organist Sunghee Kim.

"On behalf of Valparaiso University, I'd like to share my heartfelt congratulations with Lakeshore Public Media for being recognized by the Telly Awards," said Jose D. Padilla, President of Valparaiso University. "Lakeshore is a great community partner, and

their creative work showcasing the beautiful Chapel of the Resurrection is truly deserving of this honor."

Funding for the Indiana Arts Commission and its programs is provided by the Indiana General Assembly and the National Endowment for the Arts, a federal agency.

Lakeshore Public Media is a community-license public media organization that is the Northwest Indiana member of the Indiana Public Broadcasting Stations, serving Indiana's second largest urban area through their Lakeshore PBS and Lakeshore Public Radio service.

Lakeshore PBS offers the best of PBS as well as local programming like Eye on the Arts, In Studio, Prep Football Report and Friends & Neighbors. The public broadcaster also offers unique programming like The Lawrence Welk Show, The Carol Burnett Show and a large library of classic movies from the 30s, 40s and 50s.

Lakeshore PBS broadcasts its main channel over the air on 56, as is also seen on Comcast on 17 or 21 (HD Channel 239), on MediaCom on 711 or 716HD, AT&T U-verse HD Channel 1056, Dish Network HD Channel 6320 and DirecTV on 56 and online at lakeshorepbs.org. It also broadcasts NHK World Japan on its secondary channel 56.2. Lakeshore Public Radio can be heard on 89.1 FM and streaming online at lakeshorepublicradio.org.

Source: Lakeshore Public Media

DID YOU KNOW... *We make* Custom Face Masks?

Get your logo or message on one of our comfy masks!

- Made of soft durable t-shirt cotton
- Machine wash and dry
- Available in a variety of colors

Contact CR Publications
219-931-6700



Top 10 Caregiver Tips For Staying Healthy and Active



If you're a caregiver, one of the most important things you can do is carve out time for yourself. Try to make this a conscious effort every day. It can be as simple as spending 10 minutes walking around the neighborhood, diving into the latest bestseller or weeding your garden.

Even a small step toward rejuvenation will benefit you, and, in turn, the loved one in your care.

The fact is, if you don't learn how to take a timeout, your frustration is likely to boil over. You'll be less productive and your relationship with your loved one could suffer.

Consider this list of things you can do for yourself:

1. Get regular physical activity. Regular, moderate-to-vigorous physical activity — even in small increments — can boost your energy level. Exercise reduces stress, helps you maintain a healthy weight, and can help you keep your blood pressure and cholesterol at heart-healthy levels. Walking is a great way to get started, even if you only walk around the yard.

2. Maintain a heart-healthy diet. A healthy diet will give you more energy. Eating well can help prevent other health problems, too. If you have to “eat on the run” (which can certainly happen), try to choose nutritious snacks.

3. Make time for yourself. Take time every day for an activity you enjoy, such as reading, walking, crafts, cooking or listening to music. Whatever makes you happy and relaxes you can be therapeutic.

4. Keep humor in your life. It's true — laughter is good medicine. Try to find humor in your situation. Watch a silly TV program or seek out a movie that tickles your funny bone. Find things to laugh about with the loved one in your care — that person needs joy too.

5. Get out and about. At least once a week, break out of your routine and go somewhere enjoyable. Visit the local coffee shop, attend church events, take a class, visit a friend or just wander around the mall. If your loved one needs constant attention, ask for help. It's likely that someone will be

happy to give up an hour or two a week so that you can get out and get a breath of fresh air.

6. Watch out for depression. The demands placed on you as a caregiver can be difficult and stressful. Be vigilant for signs of depression. Often depression symptoms can be managed with the help of talk therapy or medication.

7. Take care of business. Keep your checkbook and accounts balanced, work when you need to and don't stop planning for the future. If you allow yourself to be totally immersed in your caregiver responsibilities alone, it'll be harder to re-integrate into life later on. Keep living.

8. Keep medical and dental appointments. Do all you can to keep from getting sick. If you're sick, you won't be able to do what your loved one needs. Ask for help when you need it so you can get away and take care of your health.

9. Think positive. Take time every day to refresh your mind. Acknowledge your limitations, and make peace with them. Let go of guilt. Pat yourself on the back for the job you're doing. If you're feeling guilty or angry, take a break.

10. Stay connected with the outside world. Don't allow yourself to become isolated. Stay connected with family and friends, even if it's just by phone or online. Talk to friends about something other than your role as a caregiver.

Source: American Heart Association



InnerMission is a non-profit organization that is committed to serving The Greater Hammond Community. We offer services for all ages, backgrounds, and needs.



After School Club

Tutoring, mentoring and life skill training for students Kindergarten through 5th Grade.

Every Tuesday and Wednesday during the school year
3:30pm-5:30pm
For more information contact
debbiewells@thegateonline.net



Community Meal

Our kitchen serves a hearty and hot meal to a diverse group of people every week. After our meal, guests leave with bags of produce, breads, and desserts.

Every Saturday:
11:00am-12:00pm



Emergency Shelter

We offer temporary housing to families in need for up to 90 days. We also work with them to secure permanent housing and connect them to other resources.

For more information please call 219-321-9351



Food Pantry

Our community-orientated crisis center provides food, clothing and referral services to anyone in need.

Every Tuesday, Wednesday and Thursday
9:00am-12:00pm

Neighborhood Farm

Our community garden, located at 5502 Claude Avenue, is a space for all ages to learn gardening and nutritional skills while connecting with the neighborhood!



For more information contact
angelica@thegateonline.net



InnerMission Inc.

5670 Sohl Ave, Hammond, IN 46320

219-933-7013 | IM@thegateonline.net

Office Hours: Tues-Fri 9:00am-4:00pm



SEEKING INFORMATION

ASSAULT ON FEDERAL OFFICERS AND VIOLENCE AT THE UNITED STATES CAPITOL WASHINGTON, D.C. JANUARY 6, 2021



Photograph #117-AFO



Photograph #118-AFO



Photograph #119-AFO



Photograph #120-AFO



Photograph #121-AFO



Photograph #122-AFO



Photograph #123-AFO



Photograph #124-AFO



Photograph #125-AFO



Photograph #126-AFO

DETAILS

The Federal Bureau of Investigation's (FBI) Washington Field Office is seeking the public's assistance in identifying individuals who made unlawful entry into the United States Capitol Building and assaulted federal law enforcement personnel on January 6, 2021, in Washington, D.C.

Anyone with information regarding these individuals, or anyone who witnessed any unlawful violent actions at the Capitol or near the area, is asked to contact the FBI's Toll-Free Tipline at 1-800-CALL-FBI (1-800-225-5324) to verbally report tips. You may also submit any information, photos, or videos that could be relevant online at fbi.gov/USCapitol. You may also contact your local FBI office or the nearest American Embassy or Consulate.

When calling to provide a tip on one of these individuals, please reference the above photo number, including the AFO.

Field Office: Washington D.C.

www.fbi.gov



\$9.50 S-XL

\$11.50 2X and 3X



to order call 219-931-6700

