



# Your Community Bulletin Board For Northwest Indiana

USMC Vietnam Veteran Owned

CRPubNWI.com

Like CR Publications on



July 15, 2021

# PIEROGI FEST<sup>®</sup> WHITING, IN.

## JULY 23.24.25

6 Stages of entertainment

Massive Beer Garden  
Sponsored by Hard Rock Casino

70 food vendors

Arts and Crafts

New Silver Streak Lounge  
Sponsored by Horseshoe Casino



*Paula Rodowski*

## pierogifest.net

For premium parking, go to the Mascot Hall of Fame, 119th and Front Street- Free Ticket to the Museum with paid parking



# 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  
\$995 Complete Direct Cremation  
219.407.7506  
ambercremation.com

## Funeral - Services

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

## Government

**Hammond City Clerks Office**  
5925 Calumet Ave.  
Hammond, IN  
219.853.6346  
www.amlegal.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"*

# WELCOME TO PIEROGI FEST®, WE'RE REALLY GLAD YOU CAME!

Taking place in Whiting, Indiana, Pierogi Fest® celebrates Eastern European food and culture with a wacky familial twist.

Pierogi Fest® is organized annually by the Whiting-Robertsdale Chamber of Commerce and is the pride of Whiting. Drawing almost 300,000 visitors each year, it is the third largest festival in the state of Indiana. Each year, the fest features long running favorites, including the wacky Polka Parade, Mr. Pierogi® and friends, more food vendors than the Taste, specialty and arts and crafts vendors, beer and wine gardens, games, daily entertainment and fun for all ages!

Pierogi Fest® welcomes all to celebrate Eastern European heritage while poking a little fun at the same time. Where else can you see grown women dressed up like their grandmothers (buscias, as they say) in housecoats and babushkas? Or a lawnmower brigade strutting through town with sandals and socks on like their dads did? You'll also see life-size polish pastries and goodies walking and talking waiting to take a picture with you.

Pierogi Fest® began when Marty Dybel, Tom Dabertin and Darlene Beerling sat down one afternoon to discuss Marty's idea to creating a festival that celebrated Whiting-Robertsdale's ethnic heritage, including family

memories, customs and food. It was decided it would be a real honor to their ancestors to celebrate and retain part of that special heritage. All they needed was a symbol to pin it on. That symbol was the innocent and darling little Eastern European dumpling: the pierogi (or pirohi, depending on your grandma). Some people still trill the "r" when they say it, just like buscia and jaja did.

But, if you ask Mr. Pierogi®, the story of Pierogi Fest's® origins are a little different.

"I remember it differently than a group of people sitting around reminiscing about their grandmothers," Mr. Pierogi® says. "You see, back in the mid 1990s my wife, the beautiful Mrs. Pierogi left me for Mr. Kielbasa, for what many think are obvious reasons. I was so depressed about the incident that the town of Whiting gathered around to help ease my sorrows. In what some might consider effigy, I burned her likeness, and found that the little buggers were actually quite tasty. The town's folk had such a good time that they decided to make the party a yearly event."

No matter the tale, Pierogi Fest brings wonderfully weird and wacky fun to Whiting's 119th street each July.

*Source: Whiting-Robertsdale chamber of commerce*



## 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](http://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](http://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.hammondrc.org](http://www.hammondrc.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](http://www.newziontemple.org)

## 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](http://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](mailto:newsdesk@crpubnwi.com)

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

# Lake Area United Way Helps Promote Homeownership through

## *Grant Award to Habitat for Humanity of Northwest Indiana*

Lake Area United Way and Indiana United Ways with funding provided by Lilly Endowment Inc., has awarded an \$11,000 NWI Covid19 Community Economic Relief Fund grant to Habitat for Humanity of Northwest Indiana.

The impacts of the COVID-19 pandemic has highlighted the need non-profits have for proper technology and resources to meet their mission, communicate with constituents and support staff.

Whether it be covid19, or another catastrophe — non-profits must remain accessible to the community they serve, and be able to pivot fundraising and other activities remotely when need be. Investments into cloud-based databases, communication and fundraising platforms as well as enhanced security features to protect donors, clients and the organization overall are crucial to non-profit organizations productive and successful community service.

Lake Area United Way (LAUW) Vice President of Community Impact, Andrea Proulx Buinicki remarked,

“The pandemic has magnified the lack of availability of affordable homes here in Lake County. We are proud to partner with Habitat, helping to provide additional support of technology upgrades that will ensure their continued success and service of struggling, working families in need of a safe, decent home.”

“With strategic use of our technology upgrades and enhancements, Habitat will be increasingly efficient and effective in serving low income families through homeownership. The need, remains the same - safe, decent, and affordable housing is critical to the welfare of each and every family. We are so grateful to partner with LAUW, to stabilize families in Northwest Indiana,” Dawn Michaels, Executive Director of Habitat for Humanity of Northwest Indiana. “Every family we partner with becomes stabilized, and the community grows stronger right along with them.”

The grant will support the deployment of a cloud

accessible CRM to enhance fundraising capabilities, improve communication and integration across departments, reach more people and build stronger relationships with the community. Funds will also help to cover costs associated with security enhancements. All of which translates into sustained service to more families who are earning 30 – 80% AMI.

## **About Habitat for Humanity of Northwest Indiana**

Habitat for Humanity of Northwest Indiana is the leading organization that provides permanent, affordable housing to income-qualified families in Lake County Indiana. By serving qualified homeowners with an affordable mortgage, we help families achieve housing stability and improve their living conditions.

*Source: Habitat for Humanity of Northwest Indiana*



## 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**

## 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**

**FLAHERTY & COLLINS**  
PROPERTIES



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

## 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**

## It is just a Family Affair



Members of the Frank Family, made possible this years annual reunion, (after missing last years). They came from Minnesota, Kentucky, Georgia, and Indiana. We wish them many more annual gatherings.

## G.White's 7th Annual Baseball/Softball Clinic

Hammond Native Gregory White will host his 7th Annual Baseball/Softball Clinic in August. "Growing up in Hammond taught me how to deal with adversity, especially when it came to baseball. I played many sports growing up but I always knew my heart was tied to the baseball diamond," said Greg White. After graduating from Hammond High School in 2007, Greg continued his baseball and collegiate career at Grambling State University (D1), then transferred to Kentucky State University (D2), where he finished his education and last 2 years of collegiate baseball eligibility. "I told myself that after college, I would dedicate the rest of my life helping the youth in the community I grew up in.

Last year we had to cancel the event due to the pandemic but we are back and ready to work! All Softball and Baseball Players in Northwest Indiana and the Chicagoland area are encouraged to come out, get some good work in and sharpen your skills!!

This Free Clinic has been serving the youth in the community for seven (7) consecutive years. We have helped mold some of the top Baseball and Softball talent in

the state and country, received multiple community service awards and even have an ongoing college scholarship available for participants that qualify!!

All talent levels are welcomed! The kids who attend the clinic receive top notch training from collegiate coaches and players. All we ask is that you be on time, give your best effort, and have a winning attitude!

*\*Please bring your own glove, and cleats\**

*\*Please get in contact with me to RSVP via text, email, or inbox.(you can sign up the day of as well)*

**The Clinic is completely FREE! Contact Greg White if you would like to provide a donation.**

**Date:** Saturday, August 7, 2021

**Location:** Riverside Park, Hammond Indiana

**Time:** 10:00 am - 2:00 pm (On time please)

**Ages:** Kindergarten- College

**Price:** Free

**What to bring:** Glove, Cleats, and a winning attitude!

**Contact info:** Greg White 219-801-9121 or gregorypw6@gmail.com

**Prizes:** prizes and school supplies

## WE HAVE THE SHIRTS YOU WANT!



**\$9.50 S-XL**

**\$11.50 2X and 3X**



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

## Herrera Towing & Service

1831 Indianapolis Blvd.

Whiting, IN 46394

219-659-TOWS (8697)

*Use this ad for \$10. off*

# NIRPC launches federal pandemic loan program for NWI businesses

*NWI administrator NIRPC now accepting applications for "Recover NWI" US EDA CARES Act relief loan funds for businesses operating before January 1, 2020*

Northwest Indiana businesses impacted by the economic downturn during the pandemic can now access federal loan funds made available through the US EDA CARES Act. Administrators for businesses and organizations located in Lake, La Porte, or Porter counties can apply for loans of \$10,000 to \$100,000 through the Recover NWI loan program, managed by NIRPC, the Northwestern Indiana Regional Planning Commission. Applications are found at [www.nirpc.org/recovernwi](http://www.nirpc.org/recovernwi).

Recover NWI loans are available to Northwest Indiana businesses and organizations of all sizes to prevent, prepare for, and respond to the economic

injury resulting from the coronavirus pandemic. The loans will provide flexibility for businesses for working capital, job retention, marketing, staffing, and other functions. Construction projects are not eligible.

To be eligible, a business or organization must have been impacted by the pandemic and been in operation before January 1, 2020. Loans can be made between \$10,000 and \$100,000, repayable at a rate of 2.5% until July, 2022.

Positive economic outcomes for the region are job creation and retention, reduced barriers to private investment, increased regional collaboration, and enhanced regional capacity, including historically excluded populations and regions.

"It's been a difficult time for small business," said Ty Warner, NIRPC's Executive Director. "The availability of the Recover NWI loans could be a lifeline for those businesses that the COVID-19 pandemic pushed to the

edge of solvency. If we can support them, we help ensure the economic vibrancy of the entire region as Northwest Indiana recovers from effects of the past year."

Nearly \$583,000 was made available to fund the Recover NWI revolving loan program through the 2020 Coronavirus Aid, Relief, and Economic Security (CARES) Act, the US Economic Development Administration (EDA), and the Economic Development District (EDD) for Northwest Indiana, also managed by NIRPC.

"According to March US Census Bureau data, approximately 40% of small businesses believe more than six months will pass before they return to normal business operations," said Denarie Kane, NIRPC's Economic Development District Coordinator. "It is our anticipation that this new loan program can help accelerate this return to normal for our region's businesses."

The Economic Development District (EDD) for Northwest Indiana allows a collaborative economic strategy for Lake, La Porte, and Porter counties. The federal designation, granted through the US EDA, opens availability to federal funds and resources to the three-county region. The EDD was granted to NIRPC in 2019 and first funded in 2020. NIRPC is the designated federal administrator and the central authority for these federal funds.

NIRPC is the Metropolitan Planning Organization and Council of Governments for Lake, Porter, and La Porte counties in Northwest Indiana. Working collaboratively across the region, NIRPC coordinates regional comprehensive planning and programming for transportation, economic development, and environmental policy

*Source: Northwest Indiana Regional Planning*



**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/](http://www.amlegal.com/hammond_in/)

---

*HAMMOND CITY CLERKS OFFICE*  
**(219) 853-6346**



FestivaloftheLakes.com

MAYOR THOMAS M. McDERMOTT, JR.  
AND THE CITY OF HAMMOND PRESENT

**JULY  
13-18**

**FESTIVAL OF THE  
LAKES**

# Boys & Girls Clubs Celebrates Graduating Seniors



Boys & Girls Clubs graduates (from left, in regalia) Jamarion Evans, Andriana Cobb, Marcus Steele, Jr., and Kaymon Armour with (from left) PALS member Brandi Anstine, Boys & Girls Clubs Director of Marketing Stephanie Letic, and PALS member Karla Conrad

HAMMOND, IN - Boys & Girls Clubs of Greater Northwest Indiana celebrated 13 graduating seniors last week at a small ceremony at Hammond Boys & Girls Club. In front of parents and friends, teens from Hammond, East Chicago, Gary and Lake Station wore their schools' graduation regalia and received leather-bound Club diplomas from Boys & Girls Clubs president and CEO Ryan Smiley.

In his address, Smiley commended the grads on their accomplishments and perseverance through a tumultuous final year of

high school. He advised the graduates to be kind and act with honor.

"Remember to be the best version of yourself," Smiley said.

Boys & Girls Clubs first held a graduation ceremony last year after region schools cancelled theirs due to the COVID pandemic. Smiley noted that the organization made the decision to hold the event again this year to mark the end of the teens' tenure as Club members.

"We didn't want the moment to pass without acknowledging the time they spent in our Clubs," he said.

Michael Hooper, chief operating officer and president of NIPSCO, delivered the commencement address. Hooper, who also sits on Boys & Girls Clubs' board of directors, focused his speech on the importance of leadership.

"If you want to be a good leader, you better learn how to go last. You better learn how to serve other people and admit your mistakes," Hooper said. "You have to learn to step up because everybody is going to be looking to you."

The event doubled as an induction into the Boys & Girls Club alumni association. Graduates recited an oath in which they vowed to serve their communities and advocate for youth in need. For graduating, the teens received Boys & Girls Clubs branded gifts, a gift card from Professionals Advancing Local Success (PALS) and a laptop computer.

Honored at the event were Andriana Cobb, Tyriana Cobb and Madison Munoz from East Chicago; Marcus Steele, Jr., Angela Tipton and Breana Weathersby from Gary; Jamarion Evans from Hammond; and Kaymon Armour, Kethan Bradford, Jamariah Franklin, Mikayla Hall, Amarion Shareef and

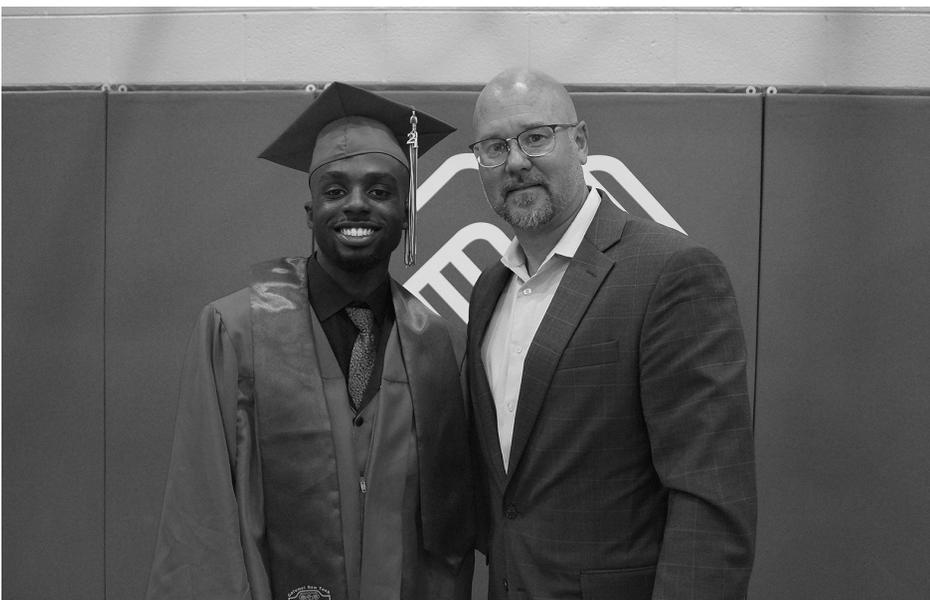
Mercedes Soria from Lake Station.

About Boys & Girls Clubs of Greater Northwest Indiana:

Boys & Girls Clubs of Greater Northwest Indiana has been opening doors to GREAT FUTURES for Porter and Lake County youth for over 60 years. Clubs are open after school and provide great places for youth in grades K-12 to meet friends and have fun while in a safe, supervised environment. Clubs are open during holidays



Lake Station Boys & Girls Club's Jamariah Franklin, 17, receives a Club diploma from president and CEO Ryan Smiley.



Gary Boys & Girls Club's Marcus Steele, Jr., 18, and Boys & Girls Clubs president and CEO Ryan Smiley.

and in the summer. Annual membership is only \$40.00. For information on membership, volunteer opportunities, or to make a tax-deductible donation, please contact your local Club by calling (219) 764-2582 or visiting [bgcgreaterwi.org](http://bgcgreaterwi.org). Great Futures Start HERE.

Source: Boys & Girls Clubs of Greater Northwest Indiana

# Purdue Northwest Sinai Forum announces 68th season featuring Deborah Birx, Steve Wozniak, Bryan Stevenson, and more

The Purdue University Northwest (PNW) Sinai Forum announced a series of notable speakers for the upcoming season covering topics ranging from the pandemic response to justice issues to climate change.

The forum's 68th season will kick off at 4 p.m. on Sunday, Oct. 17 with Deborah Birx, MD, world-renowned medical expert and former White House Coronavirus Response Coordinator.

In addition to Birx, the acclaimed speakers series will feature Silicon Valley icon Steve "The Woz" Wozniak, civil rights lawyer and social justice activist Bryan Stevenson, Holocaust survivor Max Eisen, and internationally acclaimed nature photographer Paul Nicklen.

"We are pleased to be able to provide a forum for these leaders, entrepreneurs and activists who will inspire, educate, enlighten and entertain," said Leslie Plesac, director of the Purdue Northwest Sinai Forum. "We are grateful to our generous sponsors for helping us bring these world-renowned speakers to Northwest Indiana."

Tickets for the general public go on sale starting Tuesday, July 13 at [pnw.edu/sinai-forum](http://pnw.edu/sinai-forum).

This season will be offered in person and provide an option of attending the programs virtually. PNW will follow all state, local and university health and safety protocols for the in-person events.

Hosting prominent and thought-provoking speakers has been the cornerstone of the Sinai Forum's distinguished history. The forum is designed to provide audiences with a unique opportunity to hear noted speakers and pose questions in a town-hall style format.

The season runs from October 2021 through February 2022. All programs, with the exception of An Afternoon with Steve Wozniak, will be held at the Purdue Northwest James B. Dworkin Student Services and Activities Complex on PNW's Westville Campus, 1401 S. U.S. 421, Westville, Ind. The Feb. 6 program with Steve Wozniak will be hosted at the Stardust Event Center at Blue Chip Casino, Hotel & Spa, 777 Blue Chip Dr., Michigan City, Ind.

All programs will begin at 4 p.m. CT, with doors opening at 3 p.m. CT.

## The Sinai Forum season speakers are:

**Deborah Birx, MD** – Sunday, Oct. 17, 2021

*"An Overview of the Pandemic from the Inside"*

**Max Eisen** – Sunday, Nov. 7, 2021

*"By Chance Alone: A Remarkable True Story of Courage and Survival at Auschwitz"*

**Bryan Stevenson** – Sunday, Dec. 5, 2021

*"On Justice and Mercy"*

**Paul Nicklen** – Sunday, Jan. 9, 2022

*"Into the Icy Realm"*

**Steve "The Woz" Wozniak** – Sunday, Feb. 6, 2022

*"An Afternoon with Steve Wozniak"*

## Purchasing Tickets

Tickets can be purchased online at [pnw.edu/sinai-forum](http://pnw.edu/sinai-forum) starting July 13.

Regular season series tickets with general seating for all five programs are \$175. Patron season series tickets, including reserved seating and an exclusive reception with speakers before each program are \$300. Both patron and regular level season tickets will include a link for each program to allow for virtual viewing, if preferred. Virtual tickets are \$100 and will allow for virtual viewing only via a link provided for each program.

**Sponsors** This year's sponsors include: Urschel Laboratories, Inc.; The Times Media Company; Healthcare Foundation of La Porte; John W. Anderson Foundation; Blue Chip Casino, Hotel & Spa; the Bankoff Family; Horizon Bank; La Porte County Herald-Dispatch; Crown Point Community Foundation; Legacy Foundation; Porter County Community Foundation; Unity Foundation; Harbour Trust & Investment Management Company; the Leonard J. & Irene Brown Foundation; and HealthLinc.

Detailed information about the Purdue Northwest Sinai Forum is available at [pnw.edu/sinai-forum](http://pnw.edu/sinai-forum).

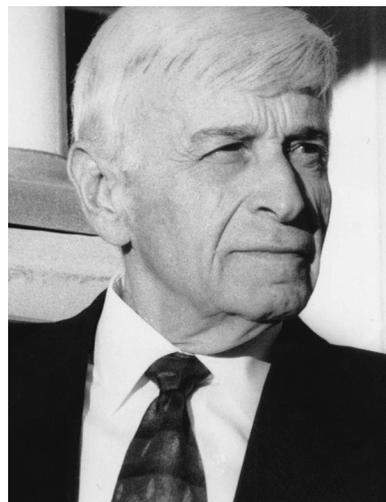
## Purdue Northwest Sinai Forum

The Sinai Forum has brought world-renowned scholars, leaders, dignitaries, artists and personalities to Northwest Indiana since 1953. Founded by Sylvia and Dr. Milton Bankoff with a mission to enlighten, inspire and entertain, the revered speakers' series came under the stewardship of Purdue University Northwest in 2006.

Source: *Purdue University Northwest*



Deborah Birx, MD



Max Eisen



Bryan Stevenson



Paul Nicklen



Steve "The Woz" Wozniak

# Staying Hydrated - Staying Healthy



When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling or just sitting in the sun.

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently.

"If you're well hydrated, your heart doesn't have to work as hard," said John Batson, M.D, a sports medicine physician with Lowcountry Spine & Sport in Hilton Head Island, S.C., and an American Heart Association volunteer.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

## How much water do you need?

What does being well hydrated mean? The amount of water a person needs depends on climatic conditions, clothing worn and exercise intensity and duration, Batson said.

A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have high concentrations of sodium in

their sweat and also need to use caution to avoid dehydration. And some medications can act as diuretics, causing the body to lose more fluid.

Thirst isn't the best indicator that you need to drink. "If you get thirsty, you're already dehydrated," Batson said.

Batson said the easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids.

If you want to know exactly how much fluid you need, Batson recommends weighing yourself before and after exercise, to see how much you've lost through perspiration. It's a particular good guide for athletes training in the hot summer months.

"For every pound of sweat you lose, that's a pint of water you'll need to replenish," Batson said, adding that it's not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice.

Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.

## Water is best.

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories. "It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts," Batson said. He cautioned against fruit juices or sugary drinks, such as soda. "They can be hard on your stomach if you're dehydrated," he said.

It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids. Batson

says drinking water before you exercise or go out into the sun is an important first step. "Drinking water before is much more important," he said. "Otherwise, you're playing catch-up and your heart is straining."

## Not just for athletes or exercise.

Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids. People who have a heart condition, are older than 50 or overweight may also have to take extra precautions.

It's also a good thing to keep tabs on your hydration if you're traveling. "You might sweat differently if you're in a different climate," Batson said.

Source: American Heart Association

## 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





# 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](https://www.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](https://www.fbi.gov)

# Join the Challenger Learning Center of Northwest Indiana Crew!



**WE'RE HIRING**

**PART-TIME STEM EDUCATOR/ FLIGHT DIRECTOR**

We are seeking an enthusiastic individual who exhibits a passion for learning to join our educational team!

**CLICK HERE**  
for full job description and more details on how to apply.



**WE NEED YOU**

with a can-do attitude and take on multiple roles boldly? Are you a life-long learner who wants to impact your community in a positive way?

Then being a **PART-TIME STEM educator** at the Challenger Learning Center of NWI could be the right job for you! Be a part of the legacy of the Challenger Crew and continue the mission to “touch the future” through education and inspiration!

## Apply Today!

Responsibilities include:

- Directing school groups through a variety of on-site labs and simulated space missions
- Facilitating summer programs and school-aged camps
- Participating in public events hosted by CLCNWI
- Preparing to take on new and exciting roles with a willingness to learn

What to Expect:

- Exciting and new opportunities
- Semi-flexible work schedule
- Supportive work environment
- Never a dull moment!



## Ready to join the crew?

Email resume and optional cover letter to Lara Bates, Executive Director, at [bates@clcnwi.com](mailto:bates@clcnwi.com)!

*Source: Challenger Learning Center of NWI*

**\$9.50 S-XL**  
**\$11.50 2X and 3X**

**CR PUBLICATIONS**

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