



Your Community Bulletin Board

For Northwest Indiana

USMC Vietnam Veteran Owned

CRPubNWI.com

Like CR Publications on



June 15, 2021

GOOD TIMES

FIREWORKS

Lowest Prices

Largest Selection

PLUS \$10.00 OFF

ALWAYS Buy 1 Get 1 FREE on ALL

With \$20 Minimum Purchase

www.goodtimesfireworks.com

Redeem AD for preferred customer \$10.00 discount. One per purchase.
Not Valid with any other offer. AD has no separate cash value.

626 177th St., (I-80/94 @ Calumet Ave. South, Hammond, IN) 219-853-0518

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



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

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"

Festival of the Lakes

Hot Rod & Custom Bike Show

Mayor Thomas M. McDermott, Jr. and Hammond Parks & Recreation invite all hot rod and custom bike enthusiasts

to join us at Wolf Lake Memorial Park at 2324 Calumet Ave on Sunday, July 18 from

noon until 3 p.m. for the 17th Annual Festival of the Lakes Rod & Custom & Bike Show. The event is sponsored by Andersons Auto Parts (located in Hammond). Entry is \$15 per vehicle; registration is from 9 a.m. - noon. There will be a DJ, dash plaques, door prizes, awards, and concessions. This event is sponsored by Anderson Auto Parts in Hammond. Call 219.853.7705 for more information or visit www.festivalofthelakes.com.

Source: City of Hammond

Hosts Special Person's Day

The 17th annual Festival of the Lakes ensures everyone is included in the event's fun and excitement by offering Special Person's Day to the community.

Special Person's Day, held on Saturday, July 17 from 10:00 am to noon on the Festival grounds near

the carnival at Wolf Lake Memorial Park, allows those with special needs to enjoy free rides from Modern Midways and lunch provided by California Donuts and Pepsi. There will be no charge to park if you arrive before 4 pm. This event is free and offers goody bags to everyone in attendance while supplies last. Wolf Lake Memorial Park is located at 2324 Calumet Avenue in Hammond, Indiana. Visit www.festivalofthelakes.com or call 219.853.7705 for more information.

Source: City of Hammond

FESTIVAL OF THE LAKES



Mayor's Night Out 2021

June 23	3rd District	Sportsplex Soccer Field 6630 Indianapolis Boulevard
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**



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

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.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

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*

Committee of NWI Business Leaders Organizing Large Charity Golf Outing



A group of business leaders from several prominent Northwest Indiana companies has been working together to coordinate the upcoming NWIBRT Hard Hat Charity Golf Outing.

Part of the proceeds from the event will be donated to five regional charity organizations and the rest will be used to support safety initiatives and educational programming for NWI businesses.

Ryan Reithel from IBEW #697 and Tom Gozdecki from EMCOR Hyre Electric lead the committee as chairman and vice-chair.

“Everything about this group of people on our NWIBRT Hard Hat Golf committee is fantastic. We’re all from different companies, but we’re all here for the same reason. To raise money for some great causes,” said Reithel. Gozdecki added, “Ultimately, the safety training and education that we’re raising funds for will protect workers on the job. Maybe save lives. To add to that, we’ve chosen several

fine charity groups that we’re proud to support.”

The five charities that will be receiving donations include Goodwill Industries of Michiana, Kids Chance of Indiana, Tradewinds Services, Challenger Learning Center of NWI, and the Boys and Girls Club of Greater NWI. The outing is scheduled for September 17th at the White Hawk Country Club in Crown Point, IN.

About NWIBRT

The Northwest Indiana Business RoundTable (NWIBRT) is an independent, non-profit council of local firms committed to the

improvement of construction and maintenance projects in Northwest Indiana.

Source: Nick Dmitrovich



(219) 659-0687

**1405 Summer St
Hammond, Indiana**

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



**MAYOR'S
NIGHT
OUT**

Watch LIVE on gohammond.tv!

HAMMOND RESIDENTS

Mayor Thomas M. McDermott, Jr. and his staff want to hear your questions and concerns. Mayor's Night Out will give you an opportunity to discuss issues directly with the Mayor and his staff.

**Wednesday,
June 23**

6:30pm – 8:30pm

3rd District

Sportsplex Soccer Field

6630 Indianapolis Boulevard • Hammond



FOR MORE INFORMATION CONTACT:

Mayor's Office 219.853.6301

or Special Events 219.853.6378

www.gohammond.com

Hammond Common Council Scholarship Recipients 2021



Some of the student winners of the Common Council scholarship, with the City of Hammond Councilman, in random order: Janet Venecz Councilwoman at Large, Dave Woerpel, 5th District Councilman, Scott Rakos, 6th District Councilman, Dan Spitalo Councilman at Large, Pete Torres, 2nd District Councilman, William Emerson, 4th District Councilman, Barry Tyler, Jr. 3rd District Councilman (not pictured), Mark Kalwinski, 1st District Councilman (not pictured), Katrina Alexander Councilwoman at Large (not pictured).

The Hammond Common Council Scholarship drawing took place Monday evening, May 10, 2021. The students listed below were randomly drawn

to receive a \$1000 Hammond Common Council scholarship for 2021. Principals will need to notify these students as soon as possible that they have been

selected as an HCC Scholarship recipient.

All student winners, their parents and principals were encouraged to attend the award ceremony on Monday, May 24, 2021 (due to the pandemic this was not mandatory). Counselors were also invited to attend if their schedule so permits.

The winners are:

Bishop Noll

Aiden Companiott

HAST

Kealeigh Goreham

Clark HS

Anahi Briseno

Cesar Pineda

Mauro DeJesus Hurtado

Gavit HS

Maya Strong

Luke Miiller

Zaliya Cervantes

Hammond HS

Sergio Moreno

Tavarianna Pickett

Liliana Padilla

Morton HS

Zachary Umar

Nazareth Diaz

Benjamin Chappey

Jamarion Evans

Congratulations to all the student scholarship recipients!

Source: City of Hammond

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

7103 1/2 Kennedy Ave, Hammond, IN



Herrera Towing & Service

1831 Indianapolis Blvd.

Whiting, IN 46394

219-659-TOWS (8697)

Use this ad for \$10. off

National Scholastic Press Association ranks Munster High School's yearbook, Paragon, seventh in its top 100 Pacemaker awards nationwide

To celebrate its centennial year, the National Scholastic Press Association (NSPA) announced its top 100 Pacemaker award winners, and Munster High School's yearbook, Paragon, placed seventh in the nation.

The NSPA's Pacemaker awards are recognized as the top prizes in scholastic journalism. They honor the very best scholastic broadcasts, literary arts magazines, newspapers/newsmagazines, online publications, specialty magazines and yearbooks.

Munster's Paragon earned this honor because 15 of their past yearbooks have won the prestigious Pacemaker award and eight of their yearbooks have been in the finals for this award. Twelve of the wins were under the helm of the school's former publications director Nancy Hastings who retired in 2010 after 38 years.

"Paragon's strength lies with the hundreds of students who put in thousands of hours and countless amounts of energy to record Munster's

history," said Hastings. "Advisers provide guidance, but the writers, designers and photographers capture the unique spark and energy of life at Munster High School."

Three of the wins have been under the helm of Munster's current publications director Sarah-Anne Lanman, who also was the editor of the award-winning 2005 Paragon under Hastings.

"As the publications adviser, I am honored to continue the tradition of excellence set for me back when I was a student here at MHS," said Lanman. "I am so immensely proud of all Paragon staffers, past and present. We never could have earned this honor without their hard work and dedication. While it isn't always easy, hopefully it's always been worth it."

The Pacemaker 100 represents a one-time snapshot of the top 100 publications recognized in the competition during its history. Each Pacemaker finalist was



Munster High School Paragon staff members celebrate the yearbook's seventh-place ranking in the nation.

awarded five points and each Pacemaker earned 10 points. The results were tabulated in May 2021.

"The Pacemaker really represents the best of the best, and it is appropriate that we recognize the rich tradition this award has in scholastic journalism as part of our centennial celebration," NSPA associate director Gary Lundgren said.

The Pacemaker 100 will be honored and presented awards during the NSPA centennial celebrations planned for both the fall and spring Journalism Education Association/ National Scholastic Press

Association National High School Journalism Convention on Nov. 11-14, 2021, in Philadelphia, and on April 7-9, 2022, in Los Angeles, respectively. The Pacemaker 100 also will be showcased in "Empowering Student Journalists," a commemorative book documenting and celebrating the role of the NSPA and the Associated Collegiate Press in educating, influencing and promoting the student press, which will be released in October 2021..

Source: Munster High School



ED MARZEC

NEW & REWIRE

• LICENSED • BONDED
• INSURED

(219) 844-5884

HAMMOND, IN

**RE/MAX
RESULTS**

Selling Your
House as is
Please Call

Bill Trinidad

(219) 865-0777

(708) 704-0593

billtrinidad14@gmail.com



Purdue Northwest educator prep program recognized for national excellence



The Purdue University Northwest (PNW) School of Education and Counseling's educator preparation program has been nationally recognized for excellence by the Council for the Accreditation of Educator Preparation.

Purdue University Northwest's (PNW) School of Education and Counseling is one of 60 providers from 26 states to receive accreditation from the Council for the Accreditation of Educator Preparation (CAEP), the Council announced recently.

The CAEP accreditation standards are rigorous, nationally recognized standards that were developed to ensure excellence in education preparation programs. A total of 423 providers from 45 states, the District of Columbia and Puerto Rico are approved for accreditation by the Council.

"These institutions meet high standards so that their students receive an education that prepares them to succeed in a diverse range of classrooms after they graduate," said CAEP President Christopher A. Koch. "Seeking CAEP accreditation is a significant commitment on the part of an educator preparation provider."

The Purdue University Northwest education preparation program notably produces high-quality educators. Of teachers who

graduated from PNW, 96% were marked effective/highly effective in their annual reviews. Additionally, 80% of candidates passed their pedagogy license exams on the first attempt.

"Our students and instructors should be very proud of the work they are doing. We've set a very high bar for our teacher preparation program, and our CAEP accreditation validates the hard work we are doing," said PNW School of Education and Counseling Director Anne Gregory. "Our students and their families are investing in an education program that is designated as nationally accredited for teacher preparation."

CAEP is recognized by the Council for Higher Education Accreditation. Accreditation is a nongovernmental activity based on peer review that serves the dual functions of assuring quality and promoting improvement. CAEP was created by the consolidation of the National Council for Accreditation of Teacher Education and the Teacher Education Accreditation

Council. It is a unified accreditation system intent on raising the performance of all institutions focused on educator preparation. Approximately 700 educator preparation providers participate in the CAEP Accreditation system, including some previously accredited through former standards.

Educator preparation providers seeking accreditation must pass peer review of the CAEP standards, which are based on two principles:

1. Solid evidence that the provider's graduates are competent and caring educators, and
2. Solid evidence that the provider's educator staff have the capacity to create a culture of evidence and use it to maintain and enhance the quality of the professional programs they offer.

The CAEP Board of Directors updated the educator preparation standards in 2020 as part of its commitment to reviewing the standards at least every seven years. The changes to the CAEP standards

reflect the Board's commitment to equity and diversity and also place an emphasis on the importance of technology in preparing future educators.

Council for the Accreditation of Educator Preparation

The Council for the Accreditation of Educator Preparation (www.CAEPnet.org) advances excellence in educator preparation through evidence-based accreditation that assures quality and supports continuous improvement to strengthen P-12 student learning.

Purdue University Northwest

Purdue University Northwest (PNW) is a premier metropolitan university dedicated to empowering transformational change in our students and in our community. Located in Northwest Indiana, near Chicago, PNW values academic excellence, supports growth, and celebrates diversity. For more information about PNW, visit www.pnw.edu.

Source: Purdue University Northwest

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



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

How much harm can a little excess salt do? Plenty



Many people know too much salt in their diet is a bad thing. Not nearly as many know exactly why.

"They're surprised at the degree to which it can affect them," said Dr. Cheryl Laffer, a professor of medicine at Vanderbilt University in Nashville, Tennessee. "And at the amount of salt that there is in the American diet."

According to the Centers for Disease Control and Prevention, about 90% of Americans age 2 and older eat too much sodium. Most of it is in the form of salt, also known as sodium chloride.

Here are six things salt does to the body – and what you can do to protect yourself.

Let's start with the heart.

With the circulatory system, salt's effects are "a very simple plumbing problem," said Dr. Fernando Eljovich, a professor of medicine at Vanderbilt University.

The heart is the pump and blood vessels are the pipes, he said. Blood pressure goes up if you increase how much blood has to move through the pipes. Blood pressure also rises if you shrink those pipes.

Salt does both. When there's excess salt in your system, the heart pumps more blood in a given time, boosting blood pressure. And over time, salt narrows the vessels themselves, which is the most common "plumbing" feature of high blood pressure.

The harm can come quickly. And over time.

Within 30 minutes of eating excess salt, your blood vessels' ability to dilate is impaired, Eljovich said. The damage from persistent high blood pressure shows up down the road, in the form of heart attacks, strokes and other problems.

The good news, Laffer said, is the benefits of cutting back on excess salt also show up quickly. If you significantly reduce how much salt you eat, your blood pressure goes down within hours or days.

And keeping it low can make a significant long-term difference. "In the U.K., they actually had a nationwide effort to reduce salt in commercial foods," she said. "Within a couple of years, they had reduced the numbers of heart attacks and other bad outcomes. And that was pretty striking."

It's a whole-body issue.

Beyond the heart, excess salt can strain the kidneys. Part of their function is to excrete salt, Laffer said. "But the kidneys, in hypertension, may not excrete salt appropriately. They may hold onto it." That can lead to problems ranging from swollen ankles to fluid buildup around the heart and lungs.

Salt also can threaten the brain by damaging blood vessels and raising blood pressure, which is a major risk factor for stroke. It also might change the behavior of the brain stem, which helps regulate salt balance and blood pressure.

Scientists are just grasping some of the ways salt works.

Recent studies show salt affects the immune system, leading to inflammation that could be behind heart disease

and other problems, Eljovich said.

His Vanderbilt colleagues also are examining how salt might affect bacteria in the gut. The investigation is new, Laffer said, but evidence points to gut bacteria having a role in salt-induced inflammation and high blood pressure.

It affects everyone differently.

Blanket statements about salt and health can be tricky. The root mechanisms of how salt affects the body aren't fully understood.;

Some people who don't have high blood pressure can eat salt without seeing their blood pressure increase. Others may have "salt sensitivity," where even moderate salt intake triggers a higher blood pressure.

But the simple fact is that for most people, cutting salt is a healthy thing, Eljovich said. "If you could reduce the amount of salt that people eat, you will benefit the general population."

Think beyond the shaker.

Salt and sodium are not exactly the same, but most of the sodium in processed and restaurant foods is salt, and the terms are used interchangeably.

A fast-food hamburger might have more than 1,000 milligrams of sodium; a large order of fries could add 400 mg. A can of chicken noodle soup might have more than 2,200 mg.

Federal dietary guidelines recommend adults eat no more than 2,300 mg of sodium a day. The American Heart Association says the ideal daily limit is 1,500 mg. Yet Americans eat an average 3,400 mg of sodium a day.

So read labels, Laffer said. And be aware that just because a product is labeled "low sodium" doesn't mean it is.

Eljovich tells his patients to try cooking with flavorful spices, which can make them miss the taste of salt less. But he emphasized that home cooking and a sprinkling of salt at dinner are not the main culprits.

"The majority of our salt intake is not in what we do," he said. "It's in what we buy."

Whatever you do, it could make a difference. Earlier this year, an analysis of 85 studies published in the journal *Circulation* showed any reduction in sodium decreases blood pressure.

Anyone with high blood pressure needs to pay extra attention to salt. But everyone should know what it does, Laffer said. "That's my message to everyone that comes to my clinic. Even if it's a young fit person who's not overweight, I tell them – even for you, it's worth being careful with salt."

If you have questions or comments about this story, please email editor@heart.org.

Source: By Michael Merschel, American Heart Association News



VETERANS VIEWS
RADIO SHOW™

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

140 years of service: Millions learn to swim through Red Cross swimming and water safety program

For more than 100 years, the American Red Cross has been training lifeguards and teaching people to swim through its swimming and water safety program.

Over the years, Red Cross Water Safety Instructor™ authorizations have been issued to nearly a million and a half trained and qualified persons who, in conjunction with aquatic training providers, have taught courses enabling the Red Cross to issue millions of certificates in swimming and lifesaving to individuals successfully completing its courses.

More than 14 million Red Cross certified lifeguards have worked at pools, waterparks and waterfronts across the nation. Due to advances in technology, today, portions of Lifeguarding and Water Safety Instructor courses have online simulation learning components and the free Red Cross Swim app has tips and kid-friendly activities on how to stay safe in and around the water.

HOW IT ALL BEGAN

At the beginning of the 20th century, the number of people dying from drowning was mounting and had the potential to become a national crisis. Boating or ferry accidents often resulted in drowning deaths. Life preservers and lifeboats were rare, so drowning numbers were high. Children were largely unsupervised in this era, and a good number fell off docks and drowned. Few families had leisure time or the opportunity for water sports, and most people had no idea how to swim.

In 1904 in New York, a sidewheel paddle boat, The

General Slocum, was carrying more than 1,300 people on a church outing up the East River near Manhattan when it caught fire. It burned quickly, causing massive panic on board and pitching old and young people into the water. More than 1,000 people died in the disaster.

This distressed a young newspaper reporter from Rhode Island, Wilbert E. Longfellow, who realized the nation faced a growing problem and introduced new water safety initiatives. Longfellow saw the need for a nationwide program of swimming and lifesaving training and engaged in a one-man crusade to see this occur.

In 1914, he enlisted the participation of the Red Cross to ensure the success of his aim, “the waterproofing of America.” On February 1, 1914, Longfellow began the Red Cross Water Safety program and established the Red Cross Lifesaving Corps.

Soon after, the first lifesaving station in Pablo Beach, Florida, was established and quickly followed by others. The program grew, and Longfellow traveled around the country as the lone field representative teaching police officers, Boy Scouts and YMCA groups, as well as visiting colleges and universities. As public demand for swimming and lifesaving instruction spread, the toll of lives lost through drowning receded.

By the time the country entered World War I, the groundwork for the program was in place, and the Red Cross Lifesaving Corps moved into army camps and naval stations. The setting was different, but

the challenge was the same — to teach servicemen to swim and men who were already good swimmers to save lives. In 1922, the Red Cross added national aquatic schools for training and qualifying water safety and first aid instructors. Further developments by the onset of World War II included a new kind of swimming, called functional or combat swimming, for the protection and efficiency of the armed forces. Functional swimming was in full use throughout the country in the months following Pearl Harbor, and it was used extensively in the United States and overseas all through the conflict.

Water safety consciousness gradually became a part of American life as the program extended to hundreds of Red Cross chapters and every part of the nation.

During the next 33 years, Longfellow worked with devotion and enthusiasm in the nationwide water safety program of the Red Cross. He saw the nation’s drowning rate cut in half and witnessed a tremendous upsurge in the popularity of swimming, boating and other water activities, to the point where an estimated 80 million Americans were participating in some form of aquatic recreation.

The Red Cross wanted his message to live on and later they created Longfellow’s WHALE tales (Water Habits Are Learned Early) to stress the importance of children learning water safety. In memory of Longfellow (some called him their “amiable whale”), a blue whale became the symbol of the program.

After more than 100 years, the American Red Cross aquatics program continues to reach millions of Americans through its innovative water safety resources. The Red Cross launched an Aquatics Centennial Campaign on May 20, 2014 with the goal of reducing drownings in 50 communities where the drowning rate is high or there are a large number of drownings. The goal is to teach people of all ages to be competent in the water and to know how to prevent, recognize and respond to aquatic emergencies. Developing qualified lifeguards and swim instructors in these communities is also a priority for long-term sustainability.

The Red Cross and its training providers teach more than 2 million people a year in swimming. The campaign has helped increase our impact by providing more than 100,000 sets of swim lessons so far to children and adults who would likely not otherwise get this lifesaving training. It is still going strong.

Part of the vision of the Red Cross is to ensure our communities are ready and prepared for crises, and that there are always trained individuals available to use their Red Cross skills to save lives in an emergency. Red Cross Training Services works tirelessly to see that this vision is fulfilled.

This story is part of a special historical series marking the 140th anniversary of the American Red Cross. Visit redcross.org/RedCross140 to learn more.

Source: American Red Cross



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

Bishop Noll to host golf outing, helicopter ball drop to benefit school



Members of the Bishop Noll Class of 1959 are shown at the 2019 Bishop Noll Institute Golf Outing

HAMMOND | Registration is currently open for the Bishop Noll Institute golf outing, which will benefit student scholars. This year's outing will take place July 19 at Innsbrook Country Club in Merrillville.

Bishop Noll is celebrating its 100th anniversary of educating Region high schoolers in mind, body and soul. The school

was founded in 1921 by the Poor Handmaids of Jesus Christ and continues to remain on the forefront of education, recently named Best Private High School in the Region by The Times readers.

Tickets to the outing can be purchased online at bnigolf100.givesmart.com. Fees are \$200 per golfer or \$800 per foursome. Tickets include lunch, golf and cart, drinks on the course, dinners and prizes. Guests may attend dinner only for \$50. A reduced fee of \$100 is available for young alums, those who graduated from BNI in 2011 or later. Registration

is open until July 13, and sponsorships are also available.

In addition to the golf outing, the day will include the Centennial Helicopter Ball Drop, also at Innsbrook Country Club. The inaugural fundraiser will benefit BNI as part of the school's 100th year celebration.

Participants can purchase a numbered golf ball for \$25, or five for \$100, by mailing payment and entry form to BNI. Entry forms are available to download at www.bishopnoll.org/centennial-ball-drop or can be picked up at BNI's main office from 8 a.m. to 2 p.m. weekdays, at Innsbrook's golf pro shop, or at The Kube Sports Complex in Hammond. They also can be requested by emailing advancement@bishopnoll.org.

The balls will be dropped over the target that will include a flagstick, or pin, in the center. The 10 golf balls settling closest to the pin will win cash prizes and are eligible for a \$100,000 grand prize. See full contest rules at www.bishopnoll.org/centennial-ball-drop. Sales will close at 10:30 a.m. July 19 or when the 1921st ball is sold, whichever comes first.

Indiana gaming regulations prohibit the purchase of raffle tickets (or, in this case, golf balls) with a credit card.

For more information on sponsorships or registration, contact Juli Sandoval at jsandoval@bishopnoll.org or (219) 932-9058, ext. 1005.

Source: Bishop Noll Institute

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

CR PUBLICATIONS

to order call 219-931-6700