



Your Community Bulletin Board

For Northwest Indiana

USMC Vietnam Veteran Owned

CRPubNWI.com

Like CR Publications on



October 15, 2021



EMAIL: NEWSDESK@CRPUBNWI.COM

October 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

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

Hammond Port Authority
701 Casino Center D.
Hammond, IN 46320
219.659.7678

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 of Quality Service"

City of Hammond Brings Back Monster Mash

On Friday, October 22, 2021 the Jean Shepherd Community Center will host the City of Hammond's Monster Mash, a Halloween dance for all ages from 5:00 pm until 8:00 pm. Costume contests, games, music by DJ Casey Ramos and more! The cost for dinner is \$5 per person and includes hot

dog, chips, cookie and soda. Anyone 18 and under require parent/guardian present.

The Jean Shepherd Community Center is located at 3031 J.F. Mahoney Drive. Please call (219) 554-0155 with any questions.

Source: City of Hammond

2021 Trick-or-Treat Hours

Mayor Thomas M. McDermott, Jr. has announced that the 2021 Trick-or-Treat hours for Halloween on Sunday, October 31, will be from 5pm until 7pm.

Please call 219.853-6301 or 219.853-6378 if you have any questions. Have a safe and Happy Halloween!

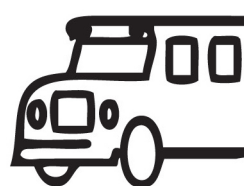
Source: City of Hammond



Mayor's Night Out 2021

October 27	5th District	Jefferson Elementary School-Cafeteria 6940 Northcote Avenue
December 8	6th District	Scott Middle School-Cafeteria 3635 - 173rd Street

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



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



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

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



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*

HealthVisions Midwest inc. receives grant from ASTRAZENECA Healthcare foundation to improve heart health and advance health equity

HealthVisions Midwest was named one of seven innovative, community-based nonprofit organizations to receive a grant from the AstraZeneca HealthCare Foundation to address cardiovascular disease, a leading cause of death in the nation. The \$149,676 year-two grant will provide continued support for HEART program, launched in 2020.

The grant is part of the AstraZeneca HealthCare Foundation's Connections for Cardiovascular Health (CCH)SM Next Generation program, now in its second year, which aims to improve heart health in the US, particularly among historically disregarded and underserved populations, through tailored approaches that best meet the needs of local communities.

"Our goal is to empower individuals to make lifestyle changes that lower their risk for cardiovascular disease and lead to better health," said Michael Coleman, Director. "The Connections for Cardiovascular HealthSM Next Generation grant will help us break down health disparities and improve heart health for those most in need."

"We're thrilled to continue our support for CCH Next Generation grant awardees' life-changing, community-level initiatives that are working to improve health equity across the US," said Christie Bloomquist, President of the AstraZeneca HealthCare Foundation Board and Vice President, US Corporate Affairs at AstraZeneca. "We're proud to partner with HealthVisions Midwest again this year and

look forward to the impact its programming will have on the heart health of underserved people in Lake County."

The AstraZeneca HealthCare Foundation grant will support HealthVisions Midwest's outreach efforts aimed at improving cardiovascular and healthy lifestyle outcomes. Year two funding from the AstraZeneca HealthCare Foundation will help HealthVisions Midwest's HEART program continue to address health disparities in three low-income minority communities in Lake County, Indiana. Residents of East Chicago, Gary and Hammond will benefit from the program's focus on lowering health risks including blood pressure, cholesterol, and weight/BMI and promoting heart-healthy lifestyle habits. Community

Health Workers, serving as health coaches, will work with participants to reduce stress, increase consumption of fruits and vegetables, and develop a regular exercise program.

About HealthVisions Midwest Inc.

HealthVisions Midwest is a faith-based organization that works to advocate for the underserved, develop and facilitate partnerships, and address systemic community health disparities. As part of the healing mission of Jesus we do this with dignity and respect. Our vision is to empower and support people to live healthier lives. For more information, please call 219-844-2698 or visit www.hvusa.org.

Source: HealthVisions Midwest inc.

Watch LIVE on gohammond.tv!



MAYOR'S NIGHT OUT

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, October 27

6:30pm – 8:30pm

5th District

Jefferson Elementary School Cafeteria

6940 Northcote Avenue • Hammond



FOR MORE INFORMATION CONTACT:

Mayor's Office 219.853.6301

or Special Events 219.853.6378

www.gohammond.com

Calumet College of St. Joseph Groundbreaking

Friday October 1, 2021 featured an exciting groundbreaking ceremony for Calumet College of St. Joseph's all-new residence hall, which will be the first ever on the campus

Calumet College of St. Joseph (CCSJ) is a small private Catholic

university offering master's, bachelor's and associate's degrees. CCSJ is the #1 most diverse college in Indiana and the state's most affordable private school.

Source: Calumet College of St. Joseph



From left to right: Councilman Mark Kalwinski, Rev. Tim McFarland, C.P.P.S., Hammond Mayor Thomas M. McDermott, Jr. President Amy McCormack, Larry Meyers (Board Chair), Jim Schmidt (University Housing Solutions)

Hammond Holiday Parade

Mayor Thomas M. McDermott, Jr. and the Hammond Holiday Parade Committee invite you to attend the 2021 Hammond Holiday Parade on Saturday, Dec. 4 beginning at 10a. The parade starts at Gavit High School, 1670 – 175th Street, heads east to Indpls. Blvd. turns north on Indpls. Blvd. and proceeds down Indpls. Blvd. to end at the Hammond Sportsplex between 167th and 165th Streets.

The parade's Grand Marshal this year is the cast from the Towle Theater's "Fabulous 50's Christmas" musical. Those Funny Little People and area high school marching bands will also provide entertainment. Before the parade, jump in on the

Santa Sprint Fun Run! This one-mile run starts at 175th & Indianapolis and ends in front of the Sportsplex just past 165th Street. Shirts will be available for purchase online and at the event. There is no cost to enter, simply register at the event or pre-register here: <https://www.gohammond.com/product/santa-sprint-fun-run-2021/> If your business/organization wishes to enter a float, vehicle or walking group in the parade, find the online participation form at <https://www.gohammond.com/hppf/> call (219) 853-7708 for more information. Sponsorship opportunities are still available. Entry deadline is November 19.

Source: City of Hammond

WE HAVE THE SHIRTS YOU WANT!



Prices start from
\$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

Hammond celebrates 8th annual Veteran Appreciation Day Parade

Mayor Thomas M. McDermott, Jr. and the City of Hammond celebrate its 8th annual Veteran Appreciation Day parade on Saturday, Nov. 6 at 10 a.m. in Hammond's 5th and 6th districts. The parade route travels from Olcott Avenue, down 173rd Street and ends at the Hessville Park Veterans Memorial.

Some of the parade participants include members of local American Legions and VFW posts, musical entertainment from area high school bands, military vehicles, Those Funny Little People and a flyover by the Lima Lima Flight Team.

The Grand Marshal for the parade this year will be SPC 4 Dan Spitale, US Army. Specialist Spitale served in the

Vietnam era and was drafted on April Fool's Day 1968 in the biggest draft since WWII. Dan did his Basic Training at Fort Campbell, Kentucky and Advance Infantry Training (AIT) in the Tigerland section of Fort Polk, Louisiana. For eleven months, Specialist Spitale served as a weapons specialist and was shipped to Kaiserslautern, Germany and then on to Baumholder, Germany. He served in Germany when Russia was taking over Czechoslovakia in 1969. Specialist Spitale served for two years and left the Army in June, 1970. Upon arriving back in the United States, Dan secured a position in the Inland Steel Power Plant where he worked for 31 years. Dan has been a Realtor for over 35 years

and has been a member of the Hammond City Council serving Hammond residents as Council-at-Large for the last 14 years. Dan has been married to his wife, Michelle, for over 40 years and they have two adult children.

Join us to honor veterans with a short program to immediately follow the parade at the Hessville Park Veteran Memorial at 173rd Street & Kennedy Avenue.

For more information on participating or sponsoring the parade, contact the Hammond Parks & Recreation at (219) 853-7708 or visit www.gohammond.com. To enter your organized group into the parade, fill out the online entry form here: <http://www.gohammond.com/vadppf>.



Pictured: SPC 4 Dan Spitale, US Army is the Grand Marshal of the Veterans Appreciation Day Parade in Hammond down 173rd Street on November 6 at 10:00 am.

Source: City of Hammond

Mayor Thomas M. McDermott, Jr. & the City of Hammond present:

VETERAN APPRECIATION DAY PARADE SATURDAY, NOVEMBER 6, 2021 10:00 AM

Parade Route: Olcott Avenue and 173rd Street East to the Hessville Park Veterans Memorial.
A brief ceremony at the memorial will immediately follow the parade.



For more information or to participate, please contact the Hammond Park Department at (219) 853-6378.

THIS DAY IN HISTORY OCTOBER 15

Wayne Gretzky breaks NHL points record



On October 15, 1989, Los Angeles King Wayne Gretzky breaks Gordie Howe's points record (1,850) in the final period of a game against the Edmonton Oilers. Gretzky's record-setting goal tied the game; in overtime he scored another, and the Kings won 5-4. Gretzky had entered the game with 1,849 points. About five minutes into the first period, he tied Howe's record by earning an assist on the game's first goal. After that, he didn't do much, and "almost didn't play the third period," Gretzky told reporters after the game, because "I got my bell rung a few times." But when he came off the bench with three minutes to go in the game, his team down 3-4, he meant business. With 61 seconds left on the clock, defender Steve Duchesne shot the puck toward the corner of the goal. It bounced off winger Dave Taylor's knee and slid across the front of the goal. Gretzky, who had set up behind the net (a part of the ice that many fans called "Gretzky's office"), skated around and backhanded the puck past Oilers goaltender Bill Ranford and under the crossbar. The game was tied; the record was broken.

Gretzky had played in Edmonton for nine seasons and

helped the team win four Stanley Cups, so the city's Northland Coliseum was packed with fans. When he scored his goal, the sellout crowd erupted into a thunderous ovation that lasted for more than two minutes. The league stopped the game for a ceremony at center ice. Gordie Howe made a speech, and there were gifts: a 1.851-carat diamond bracelet (with diamonds spelling out "1,851" across its face) from his old teammates, a crystal hologram engraved with his picture from the Kings and a carved silver tea tray from the league. Then Gretzky himself took the microphone. He thanked the Edmonton fans, his parents and his wife, and he added: "Gordie is still the greatest, in my mind, and the greatest in everyone's mind."

Howe, who was 61, returned the younger player's affection. "If it was, pardon the expression, some clown" who'd broken his record, he said, "it would have bothered me. But not Wayne." By the time Gretzky retired at the end of the 1998-99 season, he held or shared 61 NHL records. In all, he scored 894 goals and tallied 1,963 assists for 2,857 points in 1,487 games.

Source: History.com Staff

PNW receives \$3.8 million for TRIO Educational Talent Search

Purdue University Northwest's (PNW) TRIO program was awarded renewed grants from the U.S. Department of Education for its federally funded Educational Talent Search programs to continue serving first-generation and economically disadvantaged college students.

The pre-college programs provide counseling, aptitude assessment, career exploration, financial assistance information, college visits, college application help and more at the Hammond and Westville campuses. The program coordinators service students

Director of Educational Talent Search, said. "Most communities don't have a TRIO program. It's a huge advantage for taxpayers in Northwest Indiana. In communities like Lake, Porter, La Porte, and Starke counties, 80% of the residents do not have a four-year bachelor's degree. TRIO is helping to close that gap."

The Educational Talent Search teams' focus in the new grant cycle includes supporting workforce development by shaping graduation pathways with intervention resources, industry role model matches, and skills inventories.



Maceo Rainey, center, TRIO Director of Educational Talent Search, poses in a group photo with students in PNW's Educational Talent Search program in July at Target Field in Minneapolis. The group attended a Minnesota Twins baseball game while on a four-day trip to visit colleges and universities in Minnesota and Wisconsin.

in Lake, La Porte, Porter, and Starke counties.

The new five-year grant cycle for September 2021 to August 2026 awarded around \$2 million for Hammond and \$1.8 million for Westville. The grants are increased from \$1.2 million and \$1.5 million, respectively, in the previous cycle.

"This level of support and resources is unparalleled," Maceo Rainey, TRIO

PNW's Educational Talent Search programs are two of five federally funded TRIO programs. The others include Upward Bound, Student Support Services, and the McNair Achievement Program. Student Support Services received \$1.7 million in 2020 for its current five-year cycle.

Source: Purdue University Northwest

OLD AND NEW PARTNERSHIPS ACCOUNT FOR RECORD-BREAKING SALVATION ARMY GOLF OUTING



The Salvation Army of Lake County is pleased to announce a record-breaking fundraiser thanks to the generosity of the community. The 2021 Chip-In Golf Outing raised more than \$55,000, nearly double the amount raised at the organization's last golf outing in September 2019.

The Chip-In Golf Outing drew 130 golfers who hit the links of the White Hawk Country Club in Crown Point on September 16 to help their neighbors in need. All of the money raised will stay local and help individuals and families served by The Salvation Army's corps community centers in Gary, East Chicago, and Munster.

"The incredible turnout and generosity of the community comes at a time when requests for rent assistance remain high at our locations," said Capt. Brian Clark, Lake County Coordinator for The Salvation Army. "We are especially

grateful for the support, as The Salvation Army is bracing for another challenging holiday season to meet the increasing needs of people struggling to stay in their homes. We remain on the frontlines to help those who continue to experience the impacts of the pandemic. But, we couldn't do it without our donors."

Top sponsors for the Chip-In Golf Outing included American Precision Services, Strack & Van Til Food Markets, Hard Rock Casino of Northern Indiana and Peoples Bank. The golf outing also featured a live auction, including an electric guitar autographed by Alan Parsons and his band. The guitar netted a winning bid of \$2,000.

"This year we added a few new and exciting features to the Golf Outing. Among these we chose this time to present our annual 'Doing the Most Good' Award to was Peter Peluso, President of Sysco Great Lakes Region," said Alisa Hecimovich, Chair of the Advisory Board for The

Outing. If you or your company would like to be a part of it, please contact Kevin Feldman at 219.838.1328 or Kevin.Feldman@usc.salvationarmy.org.

To learn more about the programs and services available at The Salvation Army and how you can make a donation



Salvation Army of Lake County. "From March 2020 until now, Sysco has donated almost 100 tons of food to The Salvation Army of Lake County."

Plans are already underway for the 2022 Chip-In Golf

or get involved in "Doing the Most Good," please visit www.SalArmyLakeCounty.org.

Source: The Salvation Army of Lake County



**CENTRAL
ELECTRIC**

ED MARZEC

NEW & REWIRE

• LICENSED • BONDED
• INSURED

(219) 844-5884

HAMMOND, IN

The Sub Hub

Daily Special

2 for \$7.00

**Ham & Cheese
All Day**

For Faster Service Call Ahead

(219) 230-7737

5800 Hohman Ave.
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



(219) 659-0687

**1405 Summer St
Hammond, Indiana**

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

Exercise may reduce sleep apnea and improve brain health

Exercise may help reduce symptoms of a common sleep disorder and improve brain function, a small study finds.

Exercise training could be a useful supplemental treatment for people with moderate to severe obstructive sleep apnea, the research showed. The condition is characterized by loud snoring and disrupted breathing and can raise the risk for heart disease, stroke and cognitive decline. It is typically treated with continuous positive airway pressure, or CPAP, a machine that pushes air through a mask into the airway to keep it open while a person sleeps.

“Exercise training appears to be an attractive and adjunctive (add-on) non-pharmacological treatment,” said lead investigator Linda Massako Ueno-Pardi, an associate professor at the School of Arts, Science and Humanities at the University of São Paulo in Brazil. She also is a research collaborator at the university’s Heart Institute and Institute of Psychiatry, Faculty of Medicine.

Estimates show obstructive sleep apnea affects roughly 9% to 38% of U.S. adults, though many cases are thought to be undiagnosed. It is more common in men than women and becomes more prevalent as people age.

According to a scientific statement by the American Heart Association published in June, between 40% and 80% of people with cardiovascular disease have sleep apnea.

The condition often is associated with obesity, which can narrow the airway at the back of the throat, making it harder to breathe while lying down. Cigarette smoking, family history, nasal congestion, back sleeping, drinking alcohol, having a thicker neck or narrow throat and some hormone abnormalities also can contribute to the condition. Some medical conditions, such as Type 2 diabetes, also raise the risk for sleep apnea.

Previous studies have shown people with sleep apnea experience a decrease in brain glucose metabolism, or the brain’s ability to upload and properly use glucose, its main source of fuel. This can impair cognitive function. Ueno-Pardi and her team explored whether exercise could help correct that.

The new work builds upon a small 2019 study in the journal *Brain Plasticity* that concluded increased aerobic activity improved brain glucose metabolism and executive function in older, middle-aged adults at risk for Alzheimer’s disease.

The new research included 47 Brazilian adults with moderate to severe obstructive sleep apnea. Half took part in 60 minutes of supervised exercise three times per week for six months. The other half did not. The supervised exercise included five minutes of warming up; 25-40 minutes riding a stationary bicycle, 10 minutes of muscle strengthening and five minutes of cooling down.

Participants in both groups were given a series of tests to measure exercise capacity, brain glucose metabolism and cognitive function, including attention and executive function – the ability to plan and carry out tasks. Researchers also measured the severity of obstructive sleep apnea symptoms, such as disruptions to breathing and reductions in the body’s oxygen levels, or hypoxia, which has been shown to impact attention and executive function skills.

At the end of six months, those in the exercise group showed an increased capacity for exercise; improvements in the brain’s ability to use glucose; reductions in sleep apnea symptoms; and a boost in cognitive function, including a 32% improvement in attention and executive function. Those who did not exercise experienced no changes except a decline in brain glucose metabolism.

The findings, reported this week at the AHA’s Hypertension Scientific Sessions virtual conference, are considered preliminary until published in a peer-reviewed journal.

The research makes a good case as to why exercise should be added to the treatment

strategy for sleep apnea, said Michael Grandner, director of the Sleep and Health Research Program and associate professor of psychiatry at the University of Arizona College of Medicine in Tucson. He was not involved in the study.

The findings are important because they show exercise could benefit brain health in people with sleep disorders, he said.

“Our current treatments largely involve pushing air down people’s airways, which is great, and it works. But it is kind of a blunt instrument. Exercise training is one option that could add benefit and maybe even be curative. This is especially important with a disease where our gold standard treatment is not curative.”

CPAP machines do little to address obesity, the largest cause of obstructive sleep apnea. Exercise training may be effective in reducing the excess fat around the airways that makes it harder for people to breathe at night, Grandner said.

That’s one of the outcomes Ueno-Pardi believes happened in her study. While she and her team didn’t measure weight loss or muscle tone, they did measure percentage of body fat and found a “significant reduction” in the exercise group, she said. The exercise may have improved sleep apnea severity by decreasing body fat, especially around the airways.

“There’s a lot of research out there that weight loss is a really powerful strategy for treating sleep apnea,” Grandner said.

Source: American Heart Association

Jam Computer Service

**Is your computer running slow?
No Internet service?
Error message?
We can help!**

- Virus removal special \$75.00
- Repairs on all makes and models
- Software installation
- Memory upgrades on PC starting at \$49.95

Call us (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. 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



Prices start from
\$9.50 S-XL
\$11.50 2X and 3X



to order call 219-931-6700

