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219.808.9743

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**Hammond Department of
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Hammond, IN
219.853.6371

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Hammond, IN 46320
219.853.6301

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701 Casino Center D.
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Mayor McDermott Issues Executive Order Mandating Masks in Hammond

Hammond Mayor Thomas M. McDermott, Jr. signed an Executive Order that reinstates a mask mandate in all public buildings throughout the city. "With the recent surge in COVID-19 cases, it is imperative that we do everything we can in city government to ensure that government and city services continue for our residents," said Mayor McDermott. "By instituting the mask mandate in city buildings, we can do our part to slow the transmission of COVID-19 and give our employees and those that visit city buildings and offices the safest possible environment under the current circumstances."

The Executive Order does not extend to private businesses or while outside, participating in sporting events, or while eating or drinking. "I'm not dictating to businesses what their mask policy is or should be. That's up to each individual business to decide for themselves. I want to make sure we are safe at city hall and all other public buildings

so that the city is being proactive is protecting its workforce including our first responders," said Mayor McDermott.

The Executive Order also encourages everyone to be vaccinated and boosted as the best and easiest way to slow the spread and minimize the risk of hospitalization and death if anyone tests positive for COVID-19. "I've told everyone that will listen that I'm vaccinated and boosted and that doing so is the best way to overcome this illness and minimize the risk to yourself of a severe illness or worse. Go get the shot—that's about as straightforward as I can be," said the mayor.

The Executive Order officially take effect today, however, with city hall and some city buildings closed, it will take effect for most employees tomorrow. "I wanted to make sure departments and their staffs were prepared so that when most come back to work on January 4th they were

aware of the Executive Order and prepared to proceed accordingly. I hope I can reverse this and rescind the order soon but given what we are hearing about a surge and with many holiday gatherings increasing the risk of spread of COVID-19 I think this is the best course of action for the near term," said Mayor McDermott.

Persons not abiding by the mandate will be refused entry to city buildings and/or will be asked to leave. "We've learned during the pandemic to be very accessible. Most if not all city board meetings are available by zoom and all departments can be

reached by email or phone. I would encourage residents to use these resources to stay in touch with your city government during the pandemic," stated Chief of Staff Phil Taillon. The order expires if no action is taken by the mayor to renew or rescind it on March 1st.

*Q U E S T I O N S
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Source: City of Hammond

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Pastor Dr. Michael White

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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 Josh Christoffels

(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.

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www.newziontemple.org

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

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Elder Patrick Williams

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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.

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Church Directory Listing

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

THE COVID CLUTCH: ANOTHER NEW YEAR CAST IN ITS SHADOW

Top tips for 2022 from Chicago ER doc

As we begin another year in the clutch of COVID, it is once again raging across the country, deaths sadly now spilling over 800,000. Omicron is spreading rapidly and is now the dominant strain in the US. As millions head back to work and school this week, doctors are holding their breath as hospitalizations continue to rise. "This year, we are in better a position than we were in 2020. We now have vaccines available for much of the population, including children," says Dr. Chris Colbert, Assistant Program Director of the emergency medicine residency program at the University of Illinois at Chicago.

The FDA could give the green light for 12- to 15-year-olds to receive their boosters as early as this week. Still, other factors are now in play, ones never seen since the pandemic began including extreme staffing shortages and the most contagious variant to date. Another worry, the flu. Even if you have gotten your flu vaccine this year, unfortunately, the strain circulating right now does not match.

"We are looking at a potential 'Twindemic.' Pre-COVID 19 our hospitals tended to fill up more during the winter months as various viruses circulated but this is unprecedented. Last year, the flu was kept at bay due to most of us staying home, now most are back to work and school, giving viruses a much better chance at finding hosts," adds Dr. Colbert.

Vaccinations continue to be key. Booster shots are now available for everyone 16 and older across the country, and children as young as 5 are now eligible for vaccination. Another hopeful sign, the recent approval of two new COVID antiviral pills by the FDA.

As 2022 kicks off, Dr. Colbert's wish is that we do not give up yet continue to heed recommendations by the CDC. "We haven't crossed the finish line yet and I know people are tired, but I cannot stress enough, we must stay the course if we ever hope to see life return as we knew it in 2019," stresses Dr. Colbert.

TOP TIPS FOR 2022

GET VACCINATED. If you are still not vaccinated, do so now. It is the best way to keep you and your family safe.

GET BOOSTED. Booster shots are now recommended for the entire US population, 16 and up.

WEAR A MASK. Masks remain an important barrier to prevention.

WASH YOUR HANDS. The oldest trick in the book, good hygiene is key.

AVOID CROWDS. Stay away from large crowds indoors with poor ventilation.

SICK? STAY HOME. If you are not feeling well, it is best to stay home as not to put anyone else at risk.

GET TESTED. Tests are available at your local pharmacy.

Source: TMI press

Applications for Funding Available

Applications for 2022 funding through the City's Charitable Gaming Fund are now available from the Mayor's Office at Hammond City Hall.

A fund is available to local not-for-profit organizations who can demonstrate that their project, activities and services provide direct benefit to the citizens of Hammond. The fund and application process is overseen by the Gaming Advisory Committee, which represents a cross section of Hammond residents and city council members. It is chaired by Philip Taillon.

"The process continues to demonstrate that our approach provides an equitable method of funding for not-for-profit initiatives within the City, along with demonstrating a high level of accountability to Hammond taxpayers and residents" stated Mayor McDermott. "I believed early on in my administration that we needed to make this process as fair as possible."

Applications must be received by February 25, 2022 for consideration. The application process provides the advisory committee with information about the projects and services that local organizations wish to receive funding for. Applicants may be requested to appear before the committee to further present their proposal.

Source: City of Hammond

HAMMOND CITY ORDINANCES ONLINE

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Board of School Trustees Approves Contracts for Teachers and Supportive Staff



HAMMOND, IN. - On Tuesday, Dec 21, 2021 The School City of Hammond Board of School Trustees unanimously approved a contract for teachers, administrators, and supportive staff. The 11.3% raise represents the largest SCH has ever agreed to.

Highlights of the agreement include:

- A \$3,000 stipend raise for teachers (percentage equivalent to other employee groups)
- A \$900 bonus for Mentor Teachers for first- or second-year teachers
- Annual \$2,000 stipend for teachers who are licensed by IDOE and have received an English Language Certification and are currently teaching English Language Learners
- Annual \$2,000 stipend for teachers who teach Dual Credit classes
- A \$1,000 contribution to any employee participating in the Family High Deductible Health Savings Account (HSA)
- Vaccinated teachers WILL NOT have to use sick days as a result of a positive COVID test or a directed quarantine due to exposure during the teacher's workday
- All raises are paid retroactive to the beginning of the 2021 school year (July 7, 2021)
- Reinstated base pay salary schedule for teachers with Bachelor's (\$47,000) and Master's (\$48,000) degrees

“Our top priority is to ensure that each and every child within the School City of Hammond gets a quality education”, said Superintendent Scott Miller. “The 11.3% raise represents the largest raise we’ve ever paid out. Making a significant investment in our teachers, administrators, and supportive staff further helps us retain our valuable employees, and helps attract others who are willing to commit to our students’ education and wellbeing.”

For more information, please call Nate George at (219) 933-2400, ext. 1037, or email him at nvgeorge@hammond.k12.in.us.

Source: School City of Hammond Board

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School Town of Munster Hires New Superintendent

Munster, Indiana, December 21, 2021-The Board of Trustees of the School Town of Munster is excited to announce that Mr. Bret Heller from Meridian, Idaho will be the new superintendent beginning on July 1, 2022.

Mr. Heller brings with him a wealth of experience and expansive leadership qualities developed over the past 20+ years in public education. He is currently serving as the Deputy Superintendent for the West Ada School District, a district of almost 40,000 students. Mr. Heller rose through the ranks serving as a middle school teacher, high school assistant principal, middle school principal, high school principal, Director of Curriculum and Instruction and Assistant Superintendent of Teaching and Learning. He describes himself as a servant leader and credits

his accomplishments as shared. One reference described him as “the epitome of all that is right and possible in the field of education.” Another reference described Mr. Heller’s “ability to give the gift of significance” by helping people find meaning in their work and linking it to a higher purpose.

Mr. Heller earned a Bachelor of Science in Education and a Masters in Educational Leadership from the University of Idaho, Education Specialist degree from Boise State University and is currently working on his doctoral degree at Northwest Nazarene University.

“The opportunity to come to a small school district where I can truly serve and become embedded within the community was a strong attraction for me in pursuing the superintendency in

the School Town of Munster”, Heller stated. “I’m not just joining the school corporation; I’m joining this community, and I’m excited to get involved. I look forward to meeting with staff, students, parents, and community members. I want to hear about your dreams, aspirations, challenges, struggles, and ideas for how we can all work together to equip and empower every member of our district community to reach their highest potential.”

Heller, along with his wife, Hilary, currently a first-grade teacher in Idaho, believe strongly in public education and its impact on a student’s life trajectory.

School Town of Munster School Board President John Doherty offered the following statement on behalf of the board: “The Board is thrilled that Mr. Bret Heller has accepted our offer to become the School Town of Munster’s next Superintendent. He boasts impeccable credentials and references. During the course of our search and subsequent interviews, Mr. Heller demonstrated the background and vision the School Board was seeking in an educator to lead Munster’s schools into the future. Thank you to Board member Dr. Ingrid Schwarz Wolf for leading this process. The Board is particularly appreciative of Dr. Jeff Hendrix’s efforts over



the last eight years. He led us through some very difficult financial circumstances to a place where the district is now on solid footing, our teachers are well-paid, our facilities have been renewed, and the academic performance of our students is among the best in the State.

He is leaving the School Town of Munster better than he found it and that is among the reasons why someone of Mr. Heller’s quality found the position so attractive. Another reason is the people of Munster and how they have demonstrated repeatedly how much they value public education. Without their support of recent referenda, our record of success would have been impossible to continue.”

Source: SCHOOL TOWN OF MUNSTER

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The New Hope Too Community Center Food Pantry is honored to serve our community by providing food every 2nd and 4th Thursday from 1:30 to 3:00 p.m. Other

services are also provided when deemed necessary. We are located at 6634 Calumet Ave., Hammond, Indiana. For more information you may call Shirley at 219-680-6109.

Martin Luther King, Jr. born

On January 15, 1929, Martin Luther King, Jr. is born in Atlanta, Georgia, the son of a Baptist minister. King received a doctorate degree in theology and in 1955 helped organize the first major protest of the African American civil rights movement: the successful Montgomery Bus Boycott. Influenced by Mohandas Gandhi, he advocated civil disobedience and nonviolent resistance to segregation in the South. The peaceful protests he led throughout the American South were often met with violence, but King and his followers persisted, and the movement gained momentum.

A powerful orator, King appealed to Christian and American ideals and won growing support from the federal government and Northern whites. In 1963, Bayard Rustin and A. Philip Randolph led the massive March on Washington for Jobs and Freedom; the event's grand finale was King's famous "I Have a Dream" speech. Two hundred and fifty thousand people gathered outside the Lincoln Memorial to hear the stirring speech.

In 1964, the civil rights movement achieved two of its greatest successes: the ratification of the 24th Amendment, which abolished the poll tax, and the Civil Rights Act of 1964, which prohibited racial discrimination in employment and education and outlawed racial segregation in public facilities. Later that year, King became the youngest person to win the Nobel Peace Prize (in 2014 Malala

Yousafzai became the youngest to receive the prize at age 17). In the late 1960s, King openly criticized U.S. involvement in Vietnam and turned his efforts to winning economic rights for poor Americans. He was assassinated in Memphis, Tennessee, on April 4, 1968.

On Martin Luther King Jr. Day, the entire nation pauses in remembrance of a civil rights hero. At least, that's the point of the federal holiday that takes place on the third Monday of each January. MLK Day was designed to honor the activist and minister assassinated in 1968, whose accomplishments have continued to inspire generations of Americans.

But though the holiday now graces the United States' federal calendar and affects countless offices, schools, businesses and other public and private spaces, it wasn't always observed. The fight for a holiday in Martin Luther King Jr.'s honor was an epic struggle in and of itself—and it continues to face resistance in the form of competing holidays to leaders of the Confederacy.

King was the first modern private citizen to be honored with a federal holiday, and for many familiar with his non-violent leadership of the civil rights movement, it made sense to celebrate him. But for others, the suggestion that King—a Black minister who was vilified during his life and gunned down when he was just 39 years old—deserved a holiday was nothing short of incendiary.

Source: History.com Staff

Magic and Comedy Show in Hammond

(Tickets are on sale NOW!)

Mayor Thomas M. McDermott, Jr., Hammond Parks & Recreation present the Magic of Keelan Wendorf and the Comedy of Mike Stricker and Cecilia Gonzalez on Saturday, January 22, 2022 at 6:30 pm at the Hammond Civic Center, 5825 Sohl Avenue. This is a 21 and over show.

Keelan Wendorf, originally from Whiting, IN, began performing magic in middle school. Keelan is a professional magician, illusionist, mentalist and comedian. An Americas' Got Talent Spring of 2021 contestant and Penn and Teller's Fool Us contender, Keelan travels across the country, and performs on Fremont Street in Las Vegas. Check out Keelan's magic at: <https://magicofkeelanwendorf.wixsite.com/magicofkeelan>

Mike Stricker, from Berwyn, IL, has performed in thirty-two states, and has been performing comedy for ten years. Keelan and Mike travel the United States and perform regularly together. For more information on Mike, check out his Facebook: <https://www.facebook.com/mikestrickercomedy>.

Cecilia Gonzalez originally from East Chicago, IN, currently residing in Hammond, is taking comedy by storm while working stand-up and co-producing Wednesdays After Work at Zanies. Check out Cecilia on her Instagram @ceciliagcomedy.

There will be a cash only bar with beer and wine service at this show. Tickets can be purchased online at <https://www.gohammond.com> or at the Hammond Civic Center

Box Office for \$20 each. The Civic Center Box Office hours are M-F from 8:30 am until 4:30 pm. Tickets purchased on the night of the show will be \$25.

For more regarding this trio of performers or general information on this show, contact Anna Mamala at the Hammond Civic Center, 219-853-7705 or email mamalam@gohammond.com.

Source: City of Hammond

PNW announces new dean of College of Humanities, Education, and Social Sciences

Purdue University Northwest (PNW) is pleased to announce Anne E. Gregory as its next dean of the College of Humanities, Education and Social Sciences (CHESS) effective Jan. 3, 2022. She was selected through a national search process.

"Dr. Gregory's leadership in similar roles both at PNW and her past academic institutions prove her abilities and energy to take the College of Humanities, Education, and Social Sciences to new heights," said PNW Provost and Vice Chancellor for Academic Affairs Kenneth C. Holford. "Anne has demonstrated success in curriculum and program development, building external relationships, student retention, and external scholarly achievement. Her experience shows she will continue collaborating with faculty members and colleagues across the institution to help PNW students achieve academic and career success now and into the future."

Gregory has served as CHESS's interim dean since July 2021. She has also served as director of the School of Education and Counseling since 2017, and as executive director of Concurrent Enrollment Programs from 2017 to 2021.

Gregory previously served as chair and professor in the Department of Curriculum and Instruction at both Western Illinois University and Northern Illinois University. Prior to that, she was a professor at Boise State University in the Department of Literacy. Early in her

career, she taught elementary school in the San Antonio Independent School District.

Gregory earned a bachelor's degree in Elementary Education from Purdue University in West Lafayette, a master's degree in Education, Adult and Higher Education from the University of Texas at San Antonio, and a doctorate in Curriculum and Instruction, Literacy and Language from Purdue West Lafayette.

"I'm committed to us as a college beginning to reimagine ourselves," Gregory said. "It's a long-term investment that has to be strategic, intentional, purposeful, and with key ideas: transformation, engagement in our local environment and our community and this idea of equity and justice."

Gregory's research on literacy and education has appeared in numerous peer-reviewed journals and books.

Source: Purdue University Northwest



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Source: Challenger Learning Center



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The pandemic made it hard to stay connected. Here's how to reestablish healthy relationships

The holidays are a time to share home-cooked meals, reconnect with far-away loved ones and contemplate what the next year has in store.

But for nearly two years, the coronavirus pandemic has affected our ability to safely get together in person. With vaccines now widely available in the U.S. for everyone ages 5 and up – and with federal health officials encouraging everyone 16 and older to get a booster – more and more families and friends are beginning to reach out.

It may seem challenging after so many months of distancing to reestablish relationships with family and friends – and even co-workers as offices reopen. But experts say it's important for your mental and physical health.

"It's been a while since people have been together, and they may have forgotten about the necessary give-and-take that's a part of navigating social relationships," said Laura Kubzansky, the Lee Kum Kee professor of social and behavioral sciences at Harvard T.H. Chan School of Public Health in Boston.

Kubzansky co-authored an American Heart Association scientific statement about the links between psychological well-being and cardiovascular health. Published in January in *Circulation*, it reported on a substantial body of research that found feelings of optimism, happiness and purpose were associated with better heart health and fewer adverse cardiovascular events. Conversely, social isolation and loneliness may contribute to the development of cardiovascular disease.

The COVID-19 pandemic has been labeled the "pandemic

of loneliness." Even before the lockdowns, research showed lonely people tend to be more physically sedentary and are more likely to smoke and have high blood pressure, all risk factors for cardiovascular disease.

Being socially connected might make those things less likely, Kubzansky said. "There are a lot of different pathways that tie better social relationships to better health," from changes in a person's behavior to mitigating biological responses to stress, she said. "No single mechanism will explain all of the effect. There's just something about feeling cared for that matters in all kinds of ways."

People with better social support also tend to have better psychological health, according to the AHA report. And that social support can come in many forms, said Anne Moyer, professor of social and health psychology at Stony Brook University in New York. Friends and family can provide emotional support when you're going through a hard time, advice and information for handling a problem, and tangible assistance with whatever the situation might be.

"I always say that if you have someone that will help you move, you know that you have tangible support," Moyer said. "Simply knowing that you have people that care about you can lead to an increased sense of connection, self-esteem and control."

Social connections can also encourage and reinforce healthy behaviors and attitudes. Friends and family can remind you to get a health screening or invite you on a walk. So as you reconnect this holiday season, here are some tips.

Go easy on yourself – and others

Social skills are like any other skills, and we can fall out of practice. You may be rusty after living through the pandemic, Moyer said, and your acquaintances might feel the same.

If your friends or family seem reluctant or awkward when it comes to socializing, try not to judge them – and don't take their hesitation personally. "It's not necessarily about you or the relationship," Moyer said. Perhaps they experienced a loss or illness themselves or found that lockdowns actually reduced their pandemic-related anxiety and they don't want to lose the sense of security, she said.

One way to gauge others' comfort levels might be to propose a lower-risk scenario, such as a brief gathering with masks. "Allow them to take the lead in suggesting potentially more risky scenarios, such as inviting others," Moyer said.

Reconnect safely

The best way to minimize COVID-19 risk for yourself and your friends and family is to get vaccinated. Other protective practices recommended by the CDC include wearing masks indoors in public, avoiding crowded spaces with poor ventilation, and not attending a gathering if you have symptoms.

Fight the inertia

"Relationships take time and effort," Kubzansky said. During the height of the pandemic, many of the little opportunities we usually have to foster connections, such as grabbing coffee with a co-worker, weren't possible. Maintaining relationships took a lot more energy, she said.

She suggests fighting inertia by setting aside one time a week to check in with someone you haven't talked to in a while. "In these times, it really requires commitment," she said.

Start small

Before the holiday party, plan a small get-together to ease back into things, such as a casual lunch with a few friends. A lower-stakes event will take the pressure off everyone, Moyer said. The quick meetup might even turn into a longer conversation.

Help others

Lending a hand can be as beneficial for your own health as receiving support, Kubzansky said. For example, a 2017 study in the journal *BMC Public Health* found that helping others through volunteer work was correlated with better mental and physical health, life satisfaction and social well-being. A 2007 study in the *Journal of Health and Social Behavior* looked at psychological well-being and found participants who were the least socially connected benefited the most from volunteering in their community.

Even a small gesture, such as holding the door open for someone or bringing a neighbor's trash can back from the curb, can help you feel like a part of a community and make it easier to forge relationships.

Kubzansky's last bit of advice is to stick with it. Reconnecting might not be easy at first, she said, but she knows from firsthand experience with her colleagues that those who made the effort "have so appreciated doing it."

Source: American Heart Association



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.

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