



Your Community Bulletin Board

For Northwest Indiana

USMC Vietnam Veteran Owned

CRPubNWI.com

Like CR Publications on



February 15, 2022



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

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
\$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.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

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)
(single sided)

\$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"

36th Annual Disabilities Awards Breakfast

The purpose is to recognize youth, adults, and organizations that reach out and make a difference regardless of a disability. Mayor's Commission on Disabilities will choose award winners. Thursday, March 24, 2022 8:00am Dynasty Banquets 4125 Calumet Ave., Hammond, IN 46327

Nominations

The Mayor's Commission on Disabilities would be greatly honored if you would nominate someone you think deserves recognition from one of the following categories:

- Business Award • Individual Adult Volunteer Award

- Individual Adult Award • Youth Volunteer Award • Youth Award • Caregiver Award • Charles Nagy Jr. Award

Nomination Deadline: Friday, February 25, 2022

You can also download and complete a nomination form for mailing.

Nomination forms can be submitted to Cynthia Rangel by:

Email: rangelc@gohammond.com, Fax: 219-853-6334

Mail: Mayor's Commission on Disabilities, 5925 Calumet Ave., Room 315, Hammond, IN 46320

Source: *City of Hammond*



Mayor's Night Out 2022

March 16	1st District	Lost Marsh Clubhouse 1001 129th Street
April 20	2nd District	HUB of Innovation 5233 Hohman Avenue
June 15	3rd District	Hammond Central Cafeteria 633 Highland Street
September 14	4th District	Frank O'Bannon Elementary 1317 173rd Street
October 19	5th District	Jefferson Elementary School-Cafeteria 6940 Northcote Avenue
December 14	6th District	Hess Elementary School Cafeteria 3640 Orchard Drive

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

1230 AM
WJOB
and 104.7 FM



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

Douglas Pointe Apartments

1 Bedroom - \$879
2 Bedroom - \$979
2 BR- (Tax Cred.) - \$906
3 Bedroom - \$1,110

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



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 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.hammondrcrc.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*

World Cancer Day Close the Care Gap

On World Cancer Day, we honor the loved ones no longer with us, all survivors, people who are going through their cancer journeys, and those who care for them – wherever they are in the world.

You know that the American Cancer Society is our nation's preeminent cancer-fighting organization. But did you know we're also actively fighting cancer in 88 countries around the world – especially in low- and middle-income countries where 70% of the world's deaths from cancer occur?

We are committed to health equity at home and abroad, and we invite you to learn more about our global impact – and how supporters like you are making a difference.

This year's World Cancer Day theme is "Close the Care Gap." Your gifts help strengthen cancer focused organizations and train health professionals around the world. You also help get supplies to cancer patients and raise awareness of cancer prevention and screening.

In 2020, 10 million deaths globally were attributed to cancer. That's more than deaths from HIV/AIDS, tuberculosis, and malaria combined. Together, we can help close the care gap so that more people have access to the lifesaving information they deserve.

Thank you for your partnership!

Source: *American Cancer Society*

Human Trafficking Awareness



Lake County Prosecutor Bernard A. Carter wanted to take a moment to recognize Human Trafficking Awareness Month and bring attention to this very real issue that can occur in every county in Indiana.

Human trafficking is a form of modern-day slavery. It is usually thought of as something that only happens in big metropolitan areas, but, in reality, human trafficking can and does happen all around Indiana. Like many crimes, this one has become more prevalent over the past few years, especially considering the pandemic. With more young people dealing with economic and home life hardships, it can become easier to get trapped into being trafficked. According to the National Human Trafficking Hotline there were 10,583 reported cases in 2020, the last year data was available. But experts believe the actual

number of human trafficking victims and cases is much higher than this metric. This is due, in part, because some human trafficking victims don't believe they are victims.

Trafficking takes on two main forms. The vast majority of cases (72%) are sex trafficking cases but labor trafficking also occurs. Those most vulnerable to sex trafficking in the United States are youth in the welfare or juvenile justice system, homeless youth or runaways.

These victims are typically trafficked by someone they know. It is rare for trafficking victims to be randomly kidnapped and forced into trafficking.

According to experts, here are some warning signs for potential trafficking when it comes to juveniles and young adults: unexplained absences, skipping school, expensive gifts that would be out of budget like designer handbags, spending a lot of time with an older person who is relatively new in their life, and having more than one phone.

As your prosecutor, I want to raise awareness about the

signs of trafficking and assure you that my office is doing everything in our power to prosecute these cases if and when they come to light.

By raising awareness and watching out for each other, we can make sure the scourge of trafficking doesn't visit Lake County. If you see something suspicious, call the National Human Trafficking Hotline at 888-373-7888 or local law enforcement.

Source: *Office of the Prosecuting Attorney
31st Judicial Circuit
Lake County, Indiana*

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



(219) 659-0687

1405 Summer St
Hammond, Indiana

9 am to 5 pm
Local Tows
\$50.00

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



ED MARZEC

NEW & REWIRE

• **LICENSED** • **BONDED**
• **INSURED**

(219) 844-5884

HAMMOND, IN

The Towle Theater opens its 19th Season with the NWI Premiere of Murder for Two

The Towle Theater is pleased to open their 19th Season with the Northwest Indiana premiere of the musical comedy Murder for Two by Kellen Blair and Joe Kinosian. The production is directed by Jeff Casey, Managing Director with Music Consultant, Valerie Webdell. The production is sponsored by Cheryl Mikuly and Calumet College of St. Joseph with Season Sponsorship by Leon Dombrowski & Seda Turan and Accucraft Imaging.

Murder For Two is the perfect blend of music, mayhem and murder! In this hilarious 90-minute show, 2 performers play 13 roles – not to mention the piano – in a witty and winking homage to old-

fashioned murder mysteries. Officer Marcus Moscowicz is a small-town policeman with dreams of making it to detective. One fateful night, shots ring out at the surprise birthday party of Great American Novelist Arthur Whitney and the writer is killed...fatally. With the nearest detective an hour away, Marcus jumps at the chance to prove his sleuthing skills—with the help of his silent partner, Lou. But whodunit? You won't want to miss this killer musical comedy!

The Towle welcomes back Emil Ginter as The Suspects and newcomer Alex Kulak as Officer Marcus Moscowicz.

Murder for Two runs February 25-27, March 4-6, 11-

13. Performances on Fridays and Saturdays are at 8pm and Sundays are at 2pm. The box office opens 1 hour prior to performance time. Tickets are only \$21 and must be paid for in advance are non-refundable and non-exchangeable. Group rates are available. There is no late seating. Please arrive no later than 15 minutes prior to curtain.

The health and safety of their audience, cast and staff is of utmost priority. Due to the nature of audience seating and that they won't be social distancing, the Towle Theater is requiring all patrons to show proof of vaccination and to wear masks (properly) once you enter the building until you exit. If for medical reasons you are

not able to abide by the policy, they suggest visiting them for a future show. The Towle Theater staff hopes you understand their policy. By buying tickets to this production, you are agreeing to the terms of the covid protocol. Once reservations are made, refunds will not be offered for non-compliance.

The Towle Theater is located in beautiful downtown Hammond at 5205 Hohman Avenue. Parking is available just off Fayette Street and only steps away from our alley entrance and across Hohman Avenue from the front entrance. For tickets or more information, please call 219-937-8780 or visit www.towletheater.org."

Source: Towle Theater

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

Lake County, Indiana coronavirus cases and deaths

How is Lake County faring against COVID-19, both overall and at a state level?

Get the answers here, with data on cases and infection rates. This pages tracks the history of coronavirus cases in Lake County, both recent and all-time.

The Indiana Department of Health is now updating daily COVID-19 statistics Monday through Friday (excluding holidays and observed day of holidays where applicable) at 4:00 PM Central instead of 11:00 AM Central. Consequently, stats may not be shared on this page until the following day in some cases.

Please be sure to check out the links toward the bottom of this daily update where

you'll find more granular information. Despite the amount of data provided on this post, the links will allow you to explore in depth what the Indiana Department of Health provides daily (excluding weekends, holidays, and day of observed holidays).

The Lake County Health Department makes changes directly to its own dashboard.

The Indiana State Department of Health's most recent update for 02/07/2022 provided on 02/08/2022 and shared 02/08/2022 in Lake County:

NEW CASES: 94

NEW DEATHS: 12

NEW TESTS: 246

** As of 01/30/2022 (reports seven days behind) **

7-DAY POSITIVITY RATE (ALL): 12.3%

7-DAY POSITIVITY RATE (UNIQUE INDIVIDUAL): 21.2%

*** UPDATED 01/31/2022 - RELEASED 02/02/2022 ***

COUNTY METRICS: 304 cases per 100,000 residents

WEEKLY SCORE: 3

CATEGORY: RED

CATEGORY MEANING:

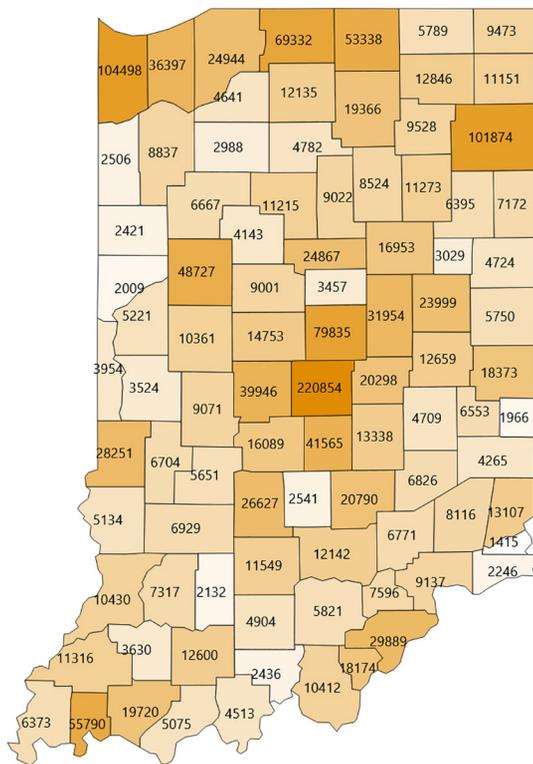
200 or greater new cases per 100,000 residents

15% or greater Positivity Rate

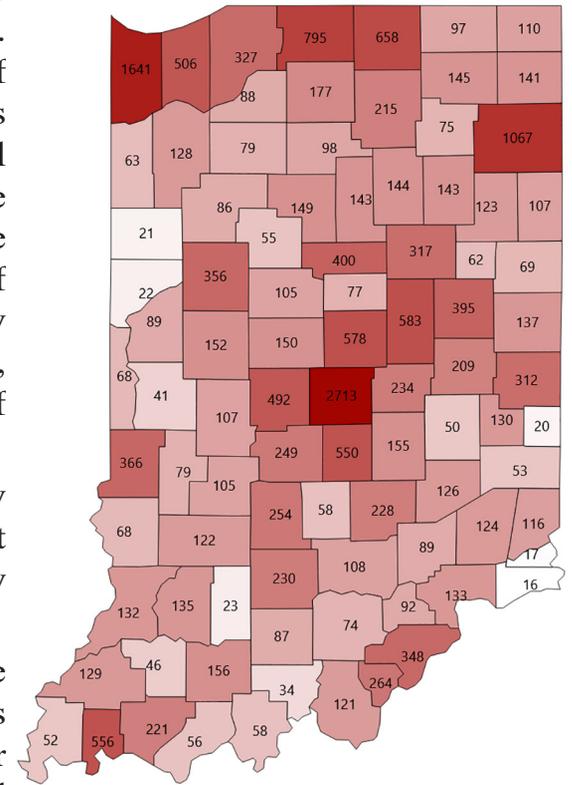
7 DAY - POSTIVITY RATE: 18.93%

COUNTY METRICS as of 01/31/2022, 11:59 PM.

The county metrics map is updated Wednesdays at 4:00



COVID-19 cases in the state of Indiana. Lake County is high on the list (3rd) with 104498 cases.



Deaths from COVID-19 in the state of Indiana. Lake County is also high on the list (second) with 1641 people.

TRANSFER YOUR FAVORITE FAMILY PHOTOS ONTO COFFEE MUGS FOR ONLY \$7.00 EACH!



CERAMIC, DISHWASHER AND MICROWAVABLE SAFE! WHITE MUGS! (219) 931-6700

PM (may not appear on this page until Thursdays) and reflects data through the previous Monday. This is the fifth tab on the map located at the URL below.

For more in-depth information, visit <https://buff.ly/2VFmoTj>.

To see Lake County Indiana Health Department's most recent updates including weekly Long Term Care Facilities and valuable resources and information, visit <https://bit.ly/LCHDcovid>.

For the Vaccination Dashboard, visit <https://buff.ly/319w5qt>.

Visit <https://buff.ly/394uAlJ> for the COVID-19 Integrated County View

Source: Lake County Indiana Health Department

Dale Earnhardt Sr. wins his first Daytona 500



On February 15, 1998, after 20 years of trying, racing great Dale Earnhardt Sr. finally wins his first Daytona 500, the National Association for Stock Car Auto Racing (NASCAR) season opener and an event dubbed the “Super Bowl of stock car racing.” Driving his black No. 3 Chevrolet, Earnhardt recorded an average speed of 172.712 mph and took home a then-record more than \$1 million in prize money. Following his victory, crews from competing teams lined the pit road at the Daytona International Speedway in Daytona Beach, Florida, to congratulate Earnhardt, who drove his car onto the grass and did several celebratory doughnuts, or circles.

Earnhardt, whose tough, aggressive driving style earned him the nickname “The Intimidator,” was born on April 29, 1951, in Kannapolis, North Carolina. The son of a racecar driver, the younger Earnhardt dropped out of high school to follow in his father’s footsteps. He went on to become one of NASCAR’s most successful and respected drivers, with 76 career victories, including

seven Winston Cup (now known as the Sprint Cup) Series championships, a record he shares with Richard Petty. Despite his success as a driver, victory at the Daytona 500—a 200-lap, 500-mile event first held in 1959—eluded Earnhardt for years. At the 1997 Daytona 500, Earnhardt’s car flipped upside down on the backstretch; however, he managed to escape serious injury.

His win in February 1998 represented Earnhardt’s sole Daytona victory. Tragically, on February 18, 2001, Earnhardt died at the age of 49 during a crash at that year’s 43rd Daytona 500. After being cut from his car, he was taken to a hospital where he was pronounced dead of head injuries. As it happened, the race which cost Earnhardt his life was won by Michael Waltrip, who was driving for the Dale Earnhardt Inc. (DEI) racing team. Earnhardt’s son, Dale Jr., also a DEI driver at the time, took second place. Three years later, on February 15, 2004, Dale Earnhardt Jr. won his first Daytona 500, with an average speed of 156.341 mph.

Source: History.com Staff

PNW’s online nursing programs earn U.S. News and World Report rankings

Purdue University Northwest’s (PNW) online nursing programs offered by the College of Nursing are once again recognized in U.S. News & World Report’s 2022 Best Online Programs rankings, released Tuesday, Jan. 25.

PNW’s nationally recognized RN-to-BSN online program was ranked 39 in the nation in the Best Online Bachelor’s Programs category, moving up from 48 in 2021. This program offers an avenue for busy nursing professionals to earn an affordable, accelerated and convenient degree option and gain additional skills and credentials needed to advance their careers.

PNW’s online Master of Science in Nursing (MSN) program was ranked 115 nationally in the Best Online Master’s in Nursing Programs category. PNW’s program allows students to craft their learning plans in tandem with their schedules, including the ability to complete practicum hours where they work.

“The College of Nursing faculty and staff strive to offer excellent nursing education to all of our students,” said

Lisa Hopp, dean of the PNW College of Nursing. “We are very proud that our peers and our data support the success of our students. These rankings validate that our focus on innovative teaching strategies and supporting students while keeping our standards high works to produce top notch nurses.”

U.S. News & World Report evaluated more than 1,700 online degree programs for the 2022 rankings. Programs that qualify are regionally accredited and have the bulk of their coursework online, from program entry to degree completion. Programs are ranked based on a methodology combining self-reporting and peer assessment on a 100-point scale. More information on PNW’s nursing programs can be found at pnw.edu/nursing.

2022 Best Online Bachelor’s Programs

Online undergraduate programs were ranked on four factors, including engagement, services and technologies, faculty credentials and training and expert opinion. PNW’s RN-to-BSN program ranked 39 with a score of 85.

2022 Best Online Master’s in Nursing Programs

Online master’s in nursing programs were also ranked using the four factors for best online bachelor’s programs, as well as the factor of student excellence. PNW’s Master of Nursing program ranked 115 with a score of 65.

*Source: Purdue University
Northwest*



PNW Nursing students

Gestational diabetes and a healthy baby? Yes.

A healthy pregnancy through birth.



to millions of women. We do know that the placenta supports the baby as it grows. Sometimes, these hormones also block the action of the mother's insulin to her body and it causes a problem called insulin resistance. This insulin resistance makes it hard

Nearly 10 percent of pregnancies in the U.S. are affected by gestational diabetes every year. So know that you're not alone.

And know that it doesn't mean that you had diabetes before you conceived or that you will have diabetes after you give birth. It means that, by working with your doctor, you can have a healthy pregnancy and a healthy baby. No matter what, you have all the support you need for both you and your baby.

We don't know what causes gestational diabetes

But we know that you are not alone. It happens

for the mother's body to use insulin. And this means that she may need up to three times as much insulin to compensate.

Gestational diabetes can also start when the mother's body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, glucose can't leave the blood and be changed into energy. When glucose builds up in the blood, it's called hyperglycemia.

Whatever the cause, you can work with your doctor to come up with a plan and maintain a healthy pregnancy through birth. Ask questions.

Ask for help. There are many ways to combat gestational diabetes.

How you can treat it

The key is to act quickly. As treatable as it is, gestational diabetes can hurt you and your baby.

Treatment aims to keep your blood sugar levels normal. It can include special meal plans and regular physical activity. It can also include daily blood sugar testing and insulin injections.

We suggest the following target for women testing blood sugar levels during pregnancy:

- Before a meal— 95 mg/dl or less
- One hour after a meal—140 mg/dl or less
- Two hours after a meal— 120 mg/dl or less

Always remember that this is treatable—and working with your health care team can help ensure a healthy pregnancy.

Diet and exercise are your friends

As with all forms of diabetes, diet and exercise can help you gain the upper hand.



With gestational diabetes, maintaining a balanced diet is integral to your success. Your doctor can help you develop a meal plan that makes sense for you, helping you identify the best foods and quick meal ideas that can help you stay healthy and strong.

Exercise is critical, as well. Work with your doctor to determine the level of activity that's safe for you and your baby throughout your pregnancy. Use our resources as well to stay in touch with ideas for daily activity. The important thing to remember is to take action as quickly as you can, to stay with it, and to stay on top of your condition. It's treatable. It's manageable. And it's a fight that you can win.

Source: American Diabetes Association

Don't lose your memories Save them for Eternity

Transfer your VHS & MiniDV tapes to DVD

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

Only \$20.00 per 2 hour video

Also transfer your pictures to CD or DVD!

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

Jam Computer Service

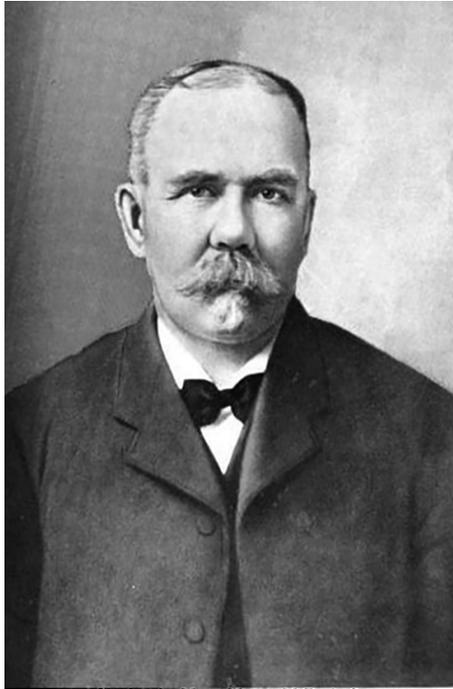
**Is your computer running slow?
No Internet service?
Error message?
We can help!**

• 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

City of Hammond (1847-1984) Chronology *(part 1)*

*A little Hammond's history,
for the young to learn
and the old to remember*



City founder Mayor Marcus M. Towle, Sr. 12 Jan 1841

Marcus M. Towle
6 Sept 1910

City Founder Mayor Marcus M. Towle Sr.

1847 Joseph Humpfer settles in Saxony, the area between 165th Street and the Little Calumet River.

1850 The census records ninety-seven residents in North Township. The Gibson Inn, a stagecoach stop on the later site of one of the nation's largest freight yards, becomes the western terminus of the Michigan Central Railroad.

1851 Ernst and Caroline (Sibley) Hohman purchase a cabin, toll bridge, and thirty-nine acres on the north bank of the Grand Calumet River for \$262.50 and build the Hohman Inn. Their bridge and inn serve a growing traffic between Chicago and Crown Point, the county seat. By 1858 the Hohmans owned almost a thousand acres in and about the future city of Hammond. Alsatian immigrant Joseph Hess opens a trackside restaurant at Gibson, now known as "West Point" George

M. Roberts begins his extensive land purchases in the Calumet. By 1857, he owned nearly five hundred acres.

1852 William and Louisa (Sibley) Sohl move from Crown Point to farm and manage a grocery store on the south side of the Grand Calumet near the Hohmans. The Michigan Central's tracks reach Chicago. Joseph Hess opens a grocery store-post office a mile south of Gibson, which becomes the nucleus of Hessville.

1854 George W. Clark, a Chicago civil engineer, begins to buy land in Lake County, and accumulates almost twenty thousand acres before his death in 1866. His will divided his properties among his sisters, Caroline (Forsyth), Sarah, and Harriet Clark, and his brothers, Robert and Henry. Jacob Rimbach, a native of Eisenach, Germany, goes to work for the Michigan Central and settles in Hessville. Later he moved to Hammond, speculated in real estate, and became wealthy.

1858 Gottlieb Muenich sells his Chicago Loop property and moves to Hessville. He farmed there until 1879, then moved to a site that later became part of the Hammond business district. The Drackert and Drecker families begin farming on land near the Hohman Inn.

1863 Local settlers open the area's first school in a twelve-by-sixteen-foot building near the inn, and hire Miss Amanda Koontz to educate their children.

1869 George H. Hammond, Marcus Towle, Caleb Ives, and George Plummer organize the G. H. Hammond Company and open the State Line Slaughter House on forty-two acres along

the Grand Calumet between the state line and Calumet Avenue. Towle becomes plant manager. Hessville's "Little Red School House" replaces a log school building at 169th and Kennedy. It will become a private home in 1898, and a museum in 1975, after relocation in Hessville Park. M. W. Towle and Company, a general store, is opened by New Hampshire native Marcus Towle.

1870 Several families have settled about the Hohmans, including the Ahlendorfs, Drackerts, Dreckers, Mullens, Goodmans, Booths, Porliers, Lewis Norman, Henry Klemann, and William Freitag.

1871 Hessville's first recorded religious services are conducted in the home of Jacob Rimbach by the Rev. Herman Wunderlich.

1872 Thomas Hammond arrives at "State Line" to manage sausage and tripe production in his brother's slaughterhouse. The new railroad depot on George Roberts' land is named Robertsdale.

1873 Edward H. Roby buys six hundred acres from Caroline Forsyth, which later becomes a sporting center for Chicago gamblers. "Uncle" Jake Kasper and Dominic Dworak open the area's first bakery on the northeast corner of Hohman and State. Both Marcus Towle and Thomas Hammond angle to have a new post office named in their family's honor. They settle the question with the toss of a coin, and the still unincorporated area known as "State Line" becomes Hammond Post Office.

1874 J. M. Hirsh opens a factory near Hohman's Bridge. Later named Hirsh, Stein & Company, by 1915 it

employed four hundred men in the production of glues and fertilizers. Eventually it became United Chemical and Organic Products Company.

1875 Marcus Towle opens a lumber yard to supply building materials for his "City of Hohman," to be built on land purchased from Caroline Hohman. Centennial Hall, the future city's first major structure, is built on the corner of Hohman and Plummer. Township Trustee Joseph Hess builds a two-room schoolhouse on Hohman Avenue near Truman and employs two teachers to educate sixty-eight pupils.

1876 A second Hessville School is constructed on the site of Joseph Hess's store.

1878 The Ousley School opens at Cline Avenue and Black Oak Road under the direction of Township Trustee Hess.

1879 A successful shipment of Hammond dressed beef to Great Britain opens a major new market for the city's products. A building boom begins as Marcus Towle launches his Cottage Grove Addition in the area of Michigan Avenue and Chicago and Murray streets, while H. M. Godfrey and a Mr. Townsend develop 125 lots east of the downtown. After the area's first Roman Catholic mass is celebrated during the late seventies in the home of John L. Knoerzer, Sacred Heart, later Saint Joseph Roman Catholic Church is erected by local German-Americans on land donated by Caroline Hohman. A parochial school will open six years later.

to be continued...



SEEKING INFORMATION

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



Photograph #107-AFO



Photograph #118-AFO



Photograph #150-AFO



Photograph #120-AFO



Photograph #121-AFO



Photograph #122-AFO



Photograph #123-AFO



Photograph #124-AFO



Photograph #125-AFO



Photograph #138-AFO

DETAILS

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

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

When calling to provide a tip on one of these individuals, please reference the above photo number, including the AFO.
Field Office: Washington D.C.

www.fbi.gov



Prices start from

\$9.50 S-XL

\$11.50 2X and 3X



to order call 219-931-6700

