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Hammond Community Corporation 2022 Grant

The City of Hammond for the social betterment of the community formed the Hammond Community Corporation in 1997. The organization is designed to grant financial assistance to Hammond not-for-profit organizations to enrich the quality of life in our community. The Hammond Community Corporation was originally funded by money donated from the Empress Casino-Hammond (now known as Horseshoe Casino-Hammond). These funds have been deposited as an endowment with the Legacy Foundation, allowing the Hammond Community Corporation to use only the revenue gained on the investment. A seven-member board appointed by the Mayor of Hammond and the President of the Hammond City Council governs the Hammond Community Corporation.

Applications will be available October 17, 2022, at www.gohammond.com, the Department of City Planning-Room G17, the Mayor's Office, the City Council Office, 5925 Calumet Avenue; School City of Hammond, 41 Williams; and the Hammond Public Library, 564 State Street. The Hammond Community Corporation will begin accepting applications for the 2022 grant year beginning on October 17, 2022 through December 16, 2022 by 4:30 p.m., for all civic groups, churches, or organizations under the status of the Internal Revenue Code 501(c)(3) that serve within the City of Hammond. The maximum

award for an application is \$1500.00 for a program or project. Please be aware that only hard copy applications will be considered. Applications can be mailed or submitted in person to the Department of City Planning, 5925 Calumet Avenue, Room G-17, between the hours of 8:30 a.m. to 4:30 p.m., Monday through Friday. All mailed applications must be post marked by December 16, 2022.

Hammond Community Corporation Grant Guidelines:

- HCC grants are limited to organizations serving Hammond residents only.
- Applicants must have 501(c)(3) tax exempt status as defined by the Internal Revenue Service.
- Only applicants which do not discriminate on any basis, including race, creed, or color will be accepted.

Grant Categories:

Arts & Humanities: is funded to support visual, performing, and literary art.

Civic Betterment: focuses on public activities that improve the quality of life in Hammond.

Education: is designed to bring quality learning to both youth & adults.

Health & Welfare: employs efforts contributing to the wellness of Hammond.

For any additional information, contact Shannon Morris-Smith at (219) 933-4200.

Source: City of Hammond



Mayor's Night Out 2022

November 17	4th District	Frank O'Bannon Elementary 1317 173rd Street
December 14	6th District	Hess Elementary School Cafeteria 3640 Orchard Drive

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

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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.

Faith United Church of Christ

3030-175th Street Hammond, IN 46323

(219) 845-2288

Sunday 10:00a.m.

Reverend Dr. Sky Allen

Email: faithucc110@gmail.com

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.hammondrc.org

Hyde Park United Methodist Church

6348 Harrison Ave., Hammond, IN

Pastor Darryl Dorton

(219) 932-0613

Sunday 10:30 p.m.

Thursday Thrift shop 9:00 a.m.-Noon

Last Saturday of the month

Free Pancake breakfast 9-11 a.m.

Living Water Missionary Baptist Church

6511 Jefferson Avenue

Hammond, Indiana 46324

(219) 853-9951

Sunday School 10:00 a.m.

Sunday Worship 11:15 p.m.

Waterliving621@gmail.com

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

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~ Dieter F. Uchtdorf

Church Directory Listing

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

Purdue University Northwest begins enrolling students in Doctor of Technology program

Purdue University Northwest (PNW) recently gained approval from the Higher Learning Commission to begin offering a Doctor of Technology degree.

PNW's Doctor of Technology, which will be offered through the College of Technology, is the university's second applied doctoral program and will begin enrolling students for spring 2023. The new program joins PNW's Doctor of Nursing Practice. PNW also is in the process of developing a Doctor of Psychology degree program.

"This program will develop leaders at the highest end of the professional and expertise spectrum who are in high demand by start-ups, emerging industries and established

corporations operating in the advanced technology arena," said Niaz Latif, dean of the College of Technology and executive director of the Commercialization and Manufacturing Excellence Center. The Doctor of Technology degree is a distinct program in this academic discipline, as it is the only on-campus doctoral program in the technology field of its kind. The applied-research professional doctoral program will allow students to expand and apply knowledge and research to solve practice-based problems in several technology-related fields. The degree is designed to encompass best practice techniques that can be implemented in business,

industry, government and non-governmental organizations, as well as by entrepreneurs.

"A Doctor of Technology degree prepares professionals who will integrate theory and practice at a high level," said Mohammed Zahraee, associate dean of the College of Technology and interim chair of the Department of Engineering Technology. "The practice-based dissertation will focus on problems that industry encounters for which a solution requires a higher level of knowledge and innovation. These individuals will be a great asset to the regional industry to make Northwest Indiana more



Purdue University Northwest has begun actively enrolling students into its Doctor of Technology applied research program. Those pictured include, from left, Lash Mapa, professor of Mechanical Engineering Technology; Sruthi Nuttaki, master's Technology student; and Ali Alavizadeh, associate professor of Industrial Engineering Technology.

competitive in the global market." Prospective students can learn more information by emailing techgrad@pnw.edu or by visiting pnw.edu/doctor-of-technology. Additional information about applying to graduate programs at PNW can be found at pnw.edu/graduate-studies.

Source: City of Hammond

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.

Thursday,

November 17

6:30pm – 8:30pm

4th District

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FOR MORE INFORMATION CONTACT:

Mayor's Office 219.853.6301

or Special Events 219.853.6378

www.gohammond.com

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Beach Boys Tribute

Sail On is bringing all of the Beach Boys biggest hits to our area for a night of "Fun, Fun, Fun" that won't soon be forgotten. Join this surfin' party band for a special concert at Munster High School Auditorium on Monday, November 14, 2022 at 7:00 p.m. Single tickets available on the day of the performance for \$30.

For more information, please contact Carolyn Borchardt at 219-932-9795 or cborc86914@aol.com.

Beach Boys tribute band, Sail On, brings nothing but "Good Vibrations" to every venue they play at! This accomplished group has made a splash on the music scene, establishing themselves



as one of the best Beach Boys tribute acts out there today! The group brings a young look and authentic sound reminiscent of the original Beach Boys during the prime of their career. Their impeccable harmonies capture the sound of the iconic band and transport audiences directly to the beach for an evening of lasting memories and music that transcends generations!

Source: Live On Stage, Inc.

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Domestic Awareness Month

As your Lake County Prosecutor, I wanted to take a moment to talk about the nature of domestic violence and give the residents of our community some helpful tips on how we can all do our part to combat it. In Indiana, more than 42 percent of women and 27 percent of men experience some form of intimate partner violence in their lifetime, according to the National Coalition Against Domestic Violence. This violence can take the form of physical, verbal, sexual, or psychological abuse including stalking, harassment or intimidation. Sadly, things have only gotten worse over the past few years, due in part to the Covid pandemic.

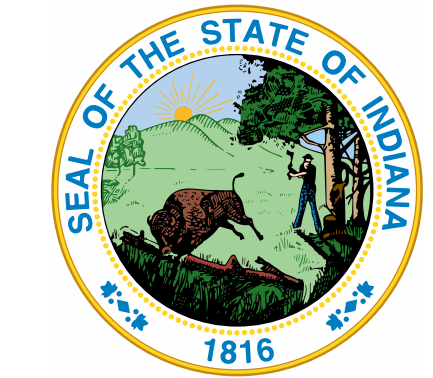
Too often domestic violence goes unreported for a wide variety of reasons. Many

survivors feel trapped, have nowhere else to go or think no one will believe them. They may have reported in the past with no meaningful results. When there are children and/or pets for the survivor to think of, too, a survivor's reasons for staying in an abusive relationship can be all the more complicated. But there are ways to help. Make sure to safely check in on your friends, family, neighbors and acquaintances and understand the signs of potential abuse. Some are easier to identify than others, such as: bruises, black eyes or unexplained injuries.

Other signs of physically or emotionally abusive and controlling relationships can be more difficult to spot. These may include: abrupt personality changes, loss of self-esteem, constantly checking in with their

partner for approval, frequently changing plans and not visiting family or friends, and more. If you think someone you know may be suffering from abuse, don't be silent. Talk to the person you are worried about and share your concerns. Listen to them and let them know that you care and are available to help. Continue to check in on them and don't be afraid to alert the authorities and direct them to available resources. The National Domestic Violence Hotline is open 24/7 and can be reached at 800-799-7233.


Recently, Indiana passed a bill that will help domestic violence survivors who might be testifying against their abuser. It adds a possible charge of Obstruction of Justice against anyone who tells a witness to lie or not show up to a court



proceeding. Many survivors are bullied into not cooperating by their abuser or the abuser's family members. This new law should help address that behavior and further protect survivors.


I want you to know that our office takes these kinds of cases very seriously and will do our best to ensure Lake County is not a place where domestic abusers can get away with their crimes. It's up to all of us to do our part to try and eradicate this scourge from our community.

Source: Office of the
Prosecuting Attorney




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known as the BAA (Basketball Association of America). It became the NBA in 1949 after it merged with the NBL (National Basketball League).

In 1946, the league was composed of 11 franchises, (Washington Capitols, Philadelphia Warriors, New York Knicks, Providence Steamrollers, Boston Celtics, Toronto Huskies, Chicago Stags, St. Louis Bombers, Cleveland Rebels, Detroit Falcons, Pittsburgh Ironmen) only two of which—the Boston Celtics and New York Knicks—remain

in the same location today. The Huskies were the only Canadian team in the league, whose players all were white. The first Black player in the league was Earl Lloyd, who debuted on October 31, 1950.

The Knickerbockers finished the season third in the Eastern Division with a 32-27 record. The Huskies finished 22-38, last in the Eastern Division. The Philadelphia Warriors won the league title.

Interesting Facts:

- Player salaries were around \$5000 per season.
- The first BAA teams paid a \$10,000 franchise fee.
- If you were taller than the tallest Huskies player (6 ft 8 in), you could attend the opening game for free.

Source: History.com Staff

On November 1, 1946, the New York Knickerbockers beat the Toronto Huskies in the first NBA (at the time called the BAA) game, 68-66. The Knickerbockers are led by guard Leo Gottlieb, who scored 14 points in the game played before 7,090 fans at Maple Leaf Gardens in Toronto.

Although they lost to the Knickerbockers (now known as the Knicks), the Huskies had the game's highest scorers: big men Ed Sadowski (18 points) and George Norstrand (16 points). The latter was the center of a marketing campaign to draw fans to the game—a newspaper ad offered free admission for any fan who stood taller than the 6-foot-8 Norstrand. The more vertically challenged fans bought tickets that ranged from 75 cents to \$2.50.

In 1946, the NBA (National Basketball Association) was

School Town of Munster receives Casey's grant to support literacy at middle and high schools



Michaela Tyson, a member of the Wilbur Wright Middle School Book Club, explores the ebooks available to her through MackinVIA.

School Town of Munster is excited to announce that it is a Casey's Cash for Classrooms grant recipient. The Wilbur Wright Middle School and Munster High School Media Centers received \$2,000 to purchase access to MackinVIA's 2022-2023 Hoosier-Buckeye Shared Digital Collection. This online library gives students and staff members access to a wide selection of ebooks and audiobooks through their school Google accounts free of charge because of Casey's generosity.

Katie Petru, Director of Community at Casey's,

comments, "At Casey's, our goal is for the Cash for Classrooms grants to help schools in areas that have needs and improve the learning environment for the future. Casey's is here for good and that means supporting students, teachers and families in our local communities." Last year, Wilbur Wright Middle School was recognized by MackinVIA for having the most digital check-outs in its Indiana-Kentucky-Ohio service area. Sarah Mercier, Media Specialist at Wilbur Wright Middle school, remarked, "I've seen an increase in students checking out both ebooks and physical books from the WWMS library over the last several years, which is very exciting. It's amazing to have this additional resource that provides easy access to so many more titles for our voracious readers. I'm very grateful to Casey's for providing new opportunities for our students to read and learn."

Source: School Town of Munster

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How job burnout can hurt your health and what to do about it



Too many times, the realization comes too late.

“When people have a major medical event like a heart attack or stroke, they retrospectively go back and say, ‘Oh, I was really stressed, maybe that’s why this happened to me,’” said Dr. Ian Kronish, associate director of the Center for Behavioral Cardiovascular Health at Columbia University Irving Medical Center in New York. “But they don’t think beforehand that they’d better take care of that stress for their health.”

There are many causes of stress, but experts say one leading factor has increased significantly in recent years: work-related burnout.

“Burnout is real, and we’re seeing a lot of it these days,” said Dr. Tené Lewis, associate professor of epidemiology at the Rollins School of Public Health at Emory University in Atlanta. “People are overwhelmed on all fronts. And we know it’s bad for your heart, your blood pressure and your brain.”

Recognition of the problem is growing. In 2019 the World Health Organization classified burnout as an occupational phenomenon “resulting from chronic workplace stress that has not been successfully managed.”

The COVID-19 pandemic seems to have made it worse. A

2021 survey by Indeed.com found 52% of workers said they were experiencing burnout, 9 percentage points higher than pre-pandemic. Two-thirds of all respondents said the pandemic increased burnout.

Many media reports cite burnout as a prime contributor to what’s being called the “great resignation” as large numbers of people leave their jobs. In May, U.S. Surgeon General Dr. Vivek Murthy warned in an advisory that health worker burnout was leading to staffing shortages that threaten the entire public health care system.

“If we fail to act, we will place our nation’s health at risk,” he said in a statement.

So, what is burnout? The WHO defines it as feeling depleted, exhausted, mentally distant or cynical about one’s job, with reduced competence and effectiveness at work.

“One of the definitions of stress is being asked to do more than you have the resources to handle,” Kronish said. Stress can lead to burnout, and burnout perpetuates stress, he said. “So it leads to a vicious cycle.”

A 2017 study in PLOS ONE reviewing decades of research linked job burnout to many health problems, including coronary heart disease, high cholesterol, Type 2 diabetes, insomnia and depressive symptoms. Besides the direct effects, Kronish said burnout can result in unhealthy behaviors that add to the danger.

“It can lead to smoking, drinking more alcohol, not getting enough sleep,” he said. “Those all have downstream biological consequences that can lead to atherosclerosis,” a buildup of plaque in the arteries that can lead to a heart attack or stroke.

The first step to deal with burnout is to prevent it, said Kimberly Beckwith McGuire, a clinical health psychologist in West Orange, New Jersey. “Do all the things we know already are good for us: getting good sleep and a reasonable amount of exercise, eating healthy, drinking water and having some interests outside of work.”

But if you can’t prevent it, she said, learn to recognize it. “Are you feeling overwhelmed and underappreciated? If you’re somebody who doesn’t normally get headaches, are you getting headaches? If you’re normally pretty even-keeled, are you now feeling irritable? Are you making more mistakes in your work than normal? These are all signs of burnout.”

If those signs are there, the worst thing to do “is to try to tough it out,” McGuire said. “A lot of folks think they just have to push, push, push, because we’re invincible.”

Instead, she said, don’t shy away from seeking help from professional therapists or a faith community. Look for positive coping strategies – delegate tasks at work, take short walks during the day, do periodic breathing exercises.

Lewis agreed.

“The first thing you have to do is stop and really pull back and find ways to self-care,” she said. “Ensure that you have positive things in your life every single day.”

Source: American Heart Association News

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Purdue University Northwest appoints Veera Gnaneswar Gude as NiSource-Meyer Charitable Foundation Professor



Veera Gnaneswar Gude was named Purdue Northwest's NiSource-Meyer Charitable Foundation Professor by the Purdue University Board of Trustees.

Purdue University Northwest (PNW) announced Veera Gnaneswar Gude as the NiSource-Meyer Charitable Foundation Professor of Energy and the Environment following approval today (10/7) by the Purdue University Board of Trustees.

Gude joined the Department of Mechanical and Civil Engineering at Purdue

Northwest as a professor of Civil Engineering and director of the PNW Water Institute in Fall 2022. Previously, he had a distinguished career at Mississippi State University. Gude is a highly active and productive researcher in the environmental engineering field with significant national visibility. He has an impressive reputation for his work on

energy-water-environment nexus, renewable energy and resource recovery from waste streams. He has published (authored and/or edited) eight books, over 100 peer-reviewed journal articles, 39 peer-reviewed conference proceedings, 20 book chapters and holds two patents. Gude has held several high-profile leadership positions in professional societies and has received many recognitions highlighting his contributions to research, engineering education and the environmental engineering profession.

Gude holds a bachelor's degree in Chemical Engineering Technology from Osmania University in India; a master's of Environmental Engineering from National University of Singapore; and a doctorate of Environmental Engineering from New Mexico State University.

"Professor Gude is an accomplished civil and environmental engineer with an extensive research record in the areas of water conservation and the environment," said Kenneth C. Holford, PNW

provost and vice chancellor for Academic Affairs. "Given the importance of clean water globally for both consumption and manufacturing, as well as our close proximity to Lake Michigan, we are excited to have attracted Dr. Gude to Purdue Northwest to become the director of the PNW Water Institute. This is another example of Purdue Northwest taking active steps as a metropolitan-serving institution to address issues that are vitally important to the growth and success of this region of the country."

"I feel honored to receive this named professorship from Purdue University Northwest," said Gude. "This is a distinction bestowed upon me by the Purdue University Board of Trustees and I am thankful for that and to all who have been part of this recognition. It allows me to serve the Purdue University Northwest community and the civil engineering profession better."

Source: Purdue University Northwest

HAMMOND CITY ORDINANCES ONLINE

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at

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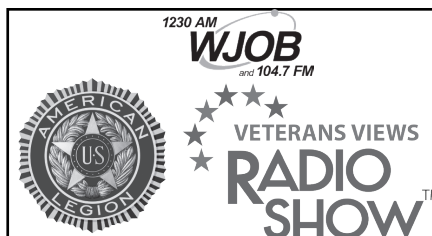
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SEEKING INFORMATION

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



Photograph #150-AFO



Photograph #512-AFO



Photograph #138-AFO



Photograph #478-AFO



Photograph #402-AFO



Photograph #534-AFO



Photograph #585-AFO



Photograph #345-AFO



Photograph #411-AFO



Photograph #107-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



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