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St. Margaret's Hospital ?

For nearly a year the City of Hammond has been enduring the proposition of their only hospital being substantially closed when Franciscan Health announced that St. Margaret's, which has been a mainstay of health services in the city for over 100 years was eliminating most services and demolishing the majority of the healthcare campus. Now, after assuring the city and mayor last year that certain important services would remain open, Franciscan has announced that it is completely shutting down operations in Hammond by the end of the year including the Emergency Room, which will leave critical services unavailable for many residents.

"This announcement has left Lake County's largest city without a hospital for its 80,000 residents and it underscores the problem in America—an America that now has two healthcare systems—one if you are wealthy and one if you are not," said Mayor Tom McDermott. "Franciscan Health's corporate trustees have made the decision to divest in the city and its residents," said the mayor. "The fact is that Franciscan has abandoned Hammond over the last decade by making procedures and services unavailable at St. Margaret's. Any excuse that

people are deciding with their feet to go elsewhere or to give statistics about how few patients use Hammond's facility is a red herring—this healthcare corporation chose to divest in Hammond. This decision directly contradicts their ministry and mission to provide assistance to the poor and most vulnerable—this is not a compassionate decision," the mayor said.

The city will now be one of the largest cities in Indiana without a hospital. "As mayor I have a responsibility to protect our residents. This corporate decision will place at risk anyone who needs immediate and emergency services that could result in a life or death situation," said Mayor McDermott.

Franciscan announced that in patient services would close within a week and the Emergency Room would close by year's end. The Emergency Room is a main transport drop off for the Hammond Fire Department ambulances.

"I promise that I will continue to do everything in my power to seek out an alternative healthcare providers that are committed to the city and its residents and to make sure Hammond's healthcare needs are met," said Mayor McDermott.

Source: City of Hammond



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December 14	6th District	Hess Elementary School Cafeteria 3640 Orchard Drive

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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.alcccgop.org

Bethel Congregational C.O.G.I.C.

815 Michigan St., Hammond, IN

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(219) 931-1301

Sunday School 9:00 a.m.

Sunday 10:30 a.m.

Friday 7:30 p.m.

Black Oak Church of Christ

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Pastor Steve Martinez

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Bible Study 9:30 - 10:15 a.m.

Faith United Church of Christ

3030-175th Street Hammond, IN 46323

(219) 845-2288

Sunday 10:00 a.m.

Reverend Dr. Sky Allen

Email: faithucc110@gmail.com

Greater Works Outreach Prayer and Deliverance Ministry

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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)

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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

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but to heal
them.”*

~ Dieter F. Uchtdorf

Church Directory Listing

\$8.00 per/issue
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*information submitted subject to editing for clarity and space allotted

Hammond's Veterans Appreciation Day Parade 2022



This year's Grand Marshal, Sergeant Boyzie Coulter, U.S. Marine Corps, currently serves as a Master Patrol Sergeant for Hammond's Police.



Marissa McDermott, Lake County Circuit Court judge, Hammond's Mayor Thomas McDermott Jr. wife

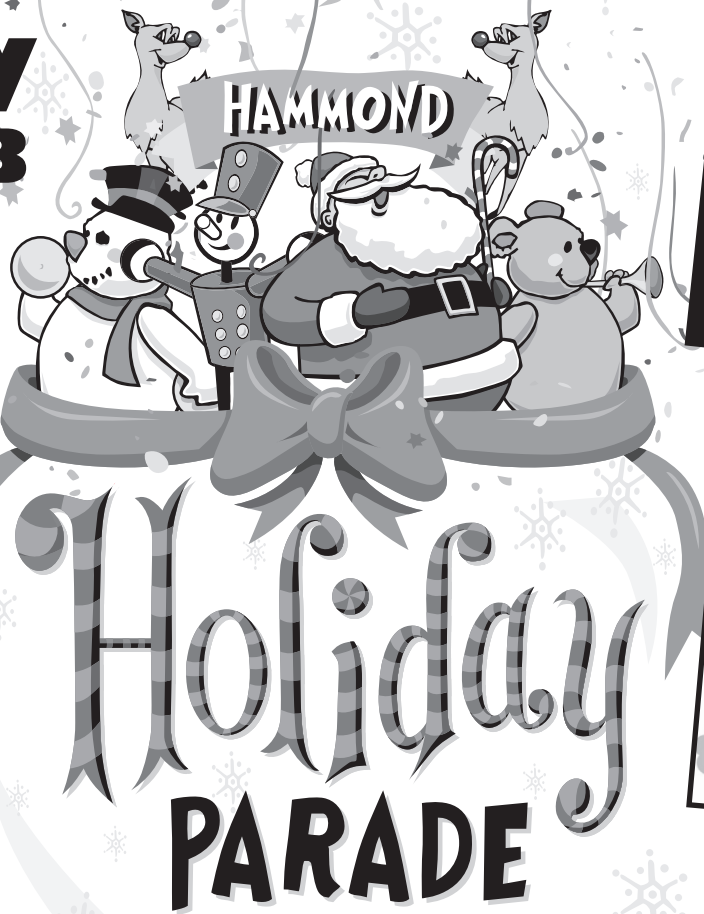


The City of Hammond celebrated its 9th Annual Veteran Appreciation Day parade on Saturday, November 5th in Hammond. The parade route travel from Olcott Avenue, down

173rd Street and ended at the Hessville Park Veterans Memorial. The parade participants included members of local American Legions and VFW posts.

Mayor Thomas M. McDermott, Jr. and the Hammond City Council Present

**Saturday
December 3
10:00 A.M.**



The Holiday Parade begins at 10:00 A.M. at Gavit High School and ends at the Hammond Sportsplex. Join us for all the fun and a great kickoff to the 2022 Holiday Season!



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Mt. Zion Recognises Pastor Collins

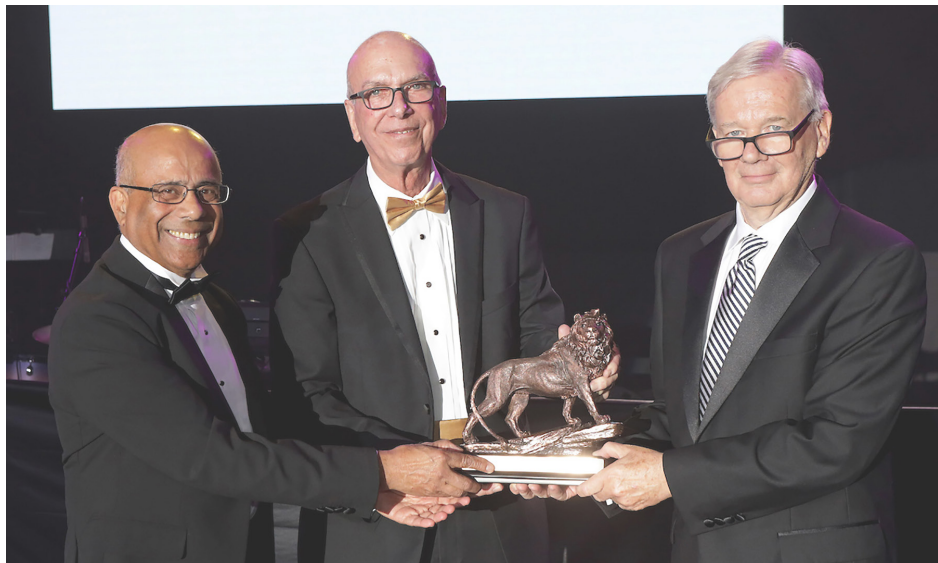


In the middle Pastor William R. Collins surrounded by, Top row left to right, Deacon Buddie Finnie, Deacon Eric Alexander, Deacon Larry Clopton, Deacon McKinley Nutall, Bottom row left to right, Deacon Tommie Williams and Deacon David Jasper.

The Anchor Theological Seminary and Bible Institute, by the authority of the Board of Directors, and upon the recommendation of the faculty, the Seminary hereby confers upon William R. Collins, Who has exercised distinguished Christian Service, the honorary degree of Doctor of Dibinity. In testimony of which these authorized signatures and the seal of the school are here to affixed at Fort Worth, Texas, on the Nineteenth day of October, two Thousand Twenty Two.

Source: Mt. Zion Church

Purdue University Northwest calls for nominees to 2023 Alumni Hall of Fame Class



Purdue University Northwest is calling for nominations of impactful alumni to be honored in its 2023 induction of the PNW Alumni Hall of Fame. Pictured is David A. Roberts (right) accepting the award as the first inductee into the PNW Alumni Hall of Fame in June 2022, from Niaz Latif, dean of the PNW College of Technology (left) and PNW Chancellor Thomas L. Keon (center).

Purdue University Northwest (PNW) is calling for nominations of impactful alumni to be honored in its PNW Alumni Hall of Fame.

The PNW Alumni Hall of Fame honors distinguished graduates from any time in the 76-year history of the university's Hammond and Westville campuses. PNW seeks nominations of alumni who are high-achieving leaders in their fields, involved members of their community, and those who

have engaged with PNW well beyond their time as students.

The first inductee, David A. Roberts, BS '74, was recognized in 2022. Roberts is the retired chairman, president and CEO of Carlisle Companies Incorporated in Charlotte, N.C., and a longtime supporter of STEM education as well as developments that benefit the greater Northwest Indiana community.

“As we continue to honor our exceptional PNW alumni who represent leadership and

transformational change, we hope to create an environment to honor future hall of famers,” said Katie Holderby, Director of Alumni Engagement. “PNW alumni make a difference in their respective communities with their work, volunteerism and PNW pride.”

To nominate candidates for the 2023 PNW Alumni Hall of Fame class, complete the Nomination Form by January 6, 2023. The form can be found at pnw.edu/alumni.

Nomination process timeline and criteria

The nomination period begins immediately and will continue through January 6, 2023. A selection committee will review all nominations. The next PNW Alumni Hall of Fame class is expected to be selected in April 2023 and recognized in May 2023. The following criteria apply to the nomination process:

- Alumni who graduated at least 10 years ago will be considered.
- Nominations must be submitted by someone other



PNW Alumni Hall of Fame inductees are honored with a dedicated space in the Student Union and Library Building on the Hammond campus

than the recommended recipient.

- Posthumous nominations will be accepted.
- Alumni who were nominated for the 2022 class remain in the pool of candidates for five Hall of Fame selection periods if they are deemed eligible for consideration, and will be considered along with new nominations to the 2023 class.

Learn more about opportunities and events for PNW alumni at pnw.edu/alumni.

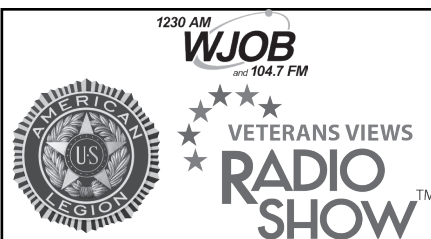
Source: Purdue University Northwest



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Nikita Khrushchev challenges United States to a missile "shooting match"

Space Race

- 1957 – Sputnik 1
- JFK – "By the end of the decade we will have a man on the moon" – Armstrong in '69
- 1958 -Khrushchev bluffs about Soviet arms superiority to US in order to get Berlin
- By now the US had the U2 and was using it – Gary Powers
- Gary Powers shot down over USSR
- Bluff gets called
- 1961 – Yuri Gagarin – first human in space
- Later in 1961 – Alan Shepard gets into space
- 1962 - Cuban Missile Crisis – attempt to recover the gap by placing missiles in US backyard
- By 1964 US had the Polaris missile – had the capability to nuke any point on Earth



that although the Soviet Union would never start a war, "some lunatics" might bring about a conflict. In particular, he noted that Secretary of State John Foster Dulles had created

"an artificial war psychosis." In the case of war, it "would be fought on the American continent, which can be reached by our rockets." NATO forces in Europe would also be devastated, and Europe "might become a veritable cemetery." While the Soviet Union would "suffer immensely," the forces of communism would ultimately destroy capitalism.

Khrushchev's remarks came just a few days after the Gaither Report had been leaked to the press in the United States. The report supported many of the Russian leader's contentions, charging that the United States was falling far behind the Soviets in the arms race. Critics of President Dwight D. Eisenhower's foreign policy, particularly from the Democratic Party, went on the attack. The public debate concerning the alleged "missile gap" between U.S. and Soviet rocket arsenals continued through the early 1960s and was a major issue in the 1960 presidential campaign between Richard Nixon and John F. Kennedy.

Source: History.com Staff

In a long and rambling interview with an American reporter, Soviet leader Nikita Khrushchev claims that the Soviet Union has missile superiority over the United States and challenges America to a missile "shooting match" to prove his assertion. The interview further fueled fears in the United States that the nation was falling perilously behind the Soviets in the arms race.

The interview elicited the usual mixture of boastful belligerence and calls for "peaceful coexistence" with the West that was characteristic of Khrushchev's public statements during the late 1950s. He bragged about Soviet missile superiority, claiming that the United States did not have intercontinental ballistic rockets; "If she had," the Russian leader sneered, "she would have launched her own sputnik." He then issued a challenge: "Let's have a peaceful rocket contest just like a rifle-shooting match, and they'll see for themselves."

Speaking about the future of East-West relations, Khrushchev stated that the American and Soviet people both wanted peace. He cautioned, however,

Towle Youth Theater Ensemble



that have opted or aged out of the program. The Towle will be looking to utilize the students with the most talent, drive, dedication and commitment to the Ensemble as a whole.

The Ensemble will produce/present 2 shows per year - 1 musical in the fall and 1 non-musical in the spring.

TYTE membership for ages 12-18 (grades 6-12).

About Towle Theater

The Towle Theater occupies 2 former store-fronts. During Hammond's hey-day of the 40s-60s our building housed many retail business, the most remembered being Manlie Jewelry and R&S Shoes. Where does the name Towle come from? Marcus Towle was the first Mayor of Hammond and he built the Towle Opera House on this site in 1903.

Towle Performing Arts Company is a 501c3 not-for-profit organization, which receives ongoing support from the Hammond Urban Enterprise Association, Mayor Thomas M. McDermott Jr., the Hammond Port Authority and the City of Hammond.

Source: Towle Theater

The concept behind Towle Youth Theater Ensemble (TYTE) is to offer membership / participation into the Ensemble, not necessarily a role in each show presented. From all of the talent selected to be in TYTE, we will cast the show and from there, technical, administrative, marketing duties, etc. will be assigned as appropriate. The overall goal is to build a team of theater artists and leaders, not just "stars". It is the goal of this new venture to engage a variety of young people into the overall process of creating theater, not just wanting to be in a particular show. The Towle staff believes that this process will bring more value to the participants, to their creative process and ultimately to the productions. Auditions will be held twice per year about 3 months before each production, where new Ensemble members will be accepted to replace those

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Habitat for Humanity of Northwest Indiana Partners with Leeps Supply Company and Midwest Insurance Center, Inc.



Leeps Supply Co. and Midwest Insurance Center, Inc. has awarded Habitat for Humanity of Northwest Indiana with a \$10,000 check to build the walls for a partner family home in Lake Station. In addition to their financial support, Leep's Supply Co. and Midwest Insurance Center, Inc. volunteered their time to build all 33 walls of the house. The house will be located in Lake Station by Lipscomb Family.

"We appreciate all the hard work that Habitat and the volunteers do every day and are just excited to be supporting the mission. We're a family business committed to giving of our resources, and the wall build has been such a great opportunity, allowing our team to live out that commitment. This was our third wall build, and we couldn't think of a better way to have spent a beautiful Saturday afternoon than outside helping to provide a family with a home." says John Hamstra, President of Leep's Supply Co.

"Partnering with Habitat and Leeps Supply Co. was such a blessing. We believe that our

mission goes beyond insurance and we continually look for ways to make a positive impact in our community. This was our first Wall Build and the whole process was efficient and productive. Thank you to everyone who donated their time and resources to make this a success!" states Tommy Edwards, Vice President of Midwest Insurance Center.

"We're beyond grateful for this partnership with Leeps Supply Co. and Midwest Insurance Center. To directly witness their impact on the family through the generous support to build the partner family walls," Dawn Michaels, Executive Director of Habitat for Humanity of Northwest Indiana. "Owning a home is becoming more and more expensive in Lake County, Indiana. Our community partners are a huge reason we're able to continue building safe, quality and affordable homes."

About Habitat for Humanity of Northwest Indiana

Habitat for Humanity of Northwest Indiana is the leading organization that provides

permanent, affordable housing to income-qualified families in Lake County Indiana. By serving qualified homeowners with an affordable mortgage, we help families achieve housing stability and improve their living conditions.

About Leep's Supply Co.

"For over 65 years, we have been serving plumbers and people in our community with a simple mission: to be the most attentive place to shop for plumbing supplies. Our family-run business was founded with the belief that when you treat people the same way you want to be treated, they look forward to working with you. This approach has helped us become the largest plumbing parts supplier in Northwest Indiana. Today we operate across Northwest Indiana, Southern Chicagoland and Western Michigan."

About Midwest Insurance Center

"Midwest Insurance Center is a family-owned independent insurance agency based out of Schererville, Indiana. Midwest Insurance has served the region



for almost 60 years and now offers coverage in 9 states. When you buy insurance, you need an advocate who will properly assess the risks you face and offer an objective analysis of the marketplace, because it's up to you to make the final choice. Whether you are looking for personal or business insurance, our licensed agents and support staff are available to assist you in providing the right coverage at the right price."

Source: Habitat for Humanity of Northwest Indiana



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How to avoid a Thanksgiving food coma, and what to do if you ate too much



It happens every Thanksgiving: You gorge yourself on turkey and mashed potatoes and stuffing and sweet potatoes and green beans and some type of casserole you're not really sure you like but it's mixed in with the gravy so you'll eat it anyway ... Before you know it, the button on your pants has literally popped open, which is totally fine, because you'll be cozier for your nap, as long as you can keep your head off the table long enough to make it to a couch or a bed. But do you really want to be this sleepy immediately following the best meal of the year? Probably not. Do it right this Thanksgiving and avoid a food coma with these tips from the pros.

Start with samples

Try before you buy. Taste a little bit of everything that looks good to you and decide what you actually want for seconds, if you're still hungry. If you're trying to cut back, this is also a good way to still feel indulgent without totally depriving yourself on the rich dishes and still getting a few bites of all the good stuff.

Eat off a small plate

"Instead of using a dinner plate, go for the smaller dessert plates," Melissa Burchill, RD,

of Zone Manhattan said in an email. "You won't be able to fit as much food on these. This will help you portion your meal, which will reduce the risk of overeating." Sure, your family may make fun of you for option for the tiny dish-ware, but who will be really laughing when they're all in a food coma

later and you're in charge of the TV clicker.

Pace yourself

For some, the goal of Thanksgiving may be to eat as much food as possible, but you may want to rethink that priority. "Eating too fast can actually lead to over eating," Burchill said. "If you plan on taking second, and third, servings, make sure to serve small portions. Also, slow down and take breaths between each bite."

Have a game plan

Don't starve yourself 'til dinner! According to registered dietitian Samantha Cassetty, eating a light meal a couple of hours before the feast, can help keep your appetite in check. "A light meal could be a salad with tuna or chicken, a bowl of lentil soup, or Greek yogurt with fruit and nuts. The idea is to think of your willpower as a muscle that needs to be fueled properly," she said in an email. "Next is to have a meal strategy. One that works well is to pile your plate with veggies and turkey but stick with one over-the-top side dish. That means making a choice between the mashed potatoes, the stuffing, the mac and cheese, the corn pudding, etc. If you can't live without a taste of each, truly make it a

small spoonful — such as the size used to eat ice cream instead of the size used for serving. Use the same method for dessert, too. It's okay to have a small piece of pie but you want to avoid the pie sampler platter. For extra credit, take a walk after your meal."

Fill up on healthy foods first

"Try to go for the healthier options available first, like salad, turkey without the side of mashed potatoes, etc." Burchill said. "If you fill up on healthy foods, there will be no room left for the bad stuff." This may work for some, but those of us with ever-expanding stomachs may want to try another tactic.

Never arrive hungry

Even if your plan didn't work out early in the day, there's still time! "Have a healthy high protein-and-fiber snack to avoid arriving at your family or friend's home in starvation mode," Erin Clifford, a Chicago-based holistic wellness coach said in an email. She suggested eating a handful of nuts, string cheese or a hardboiled egg and fruit before your meal starts. If you're hosting, it's even easier to sneak in some lean protein before the meal officially starts!

Keep a plate design in mind

"Fill half of your plate with vegetables and healthy salad, then fill a quarter with white turkey meat, or a vegetarian option like beans, and a quarter with your favorite holiday dish," Clifford recommended.

Note your alcohol intake

Holidays are celebratory — or stressful — either of which can mean you're drinking more than usual! Not only does drinking

add on calories, carbs and sugars to your meal, but "once you have a few cocktails your inhibitions go right out the window, which makes you less likely to monitor your eating and may even result in a late night binge," Clifford said. Drunk eaters, take note, this may not be your night to be downing the pumpkin beers. Plus, don't you want to remember all those good tastes?

Don't succumb to peer pressure

If grandma is trying to get you to gorge on another plateful of food, you don't have to listen and eat more just because she's cheering you on. Be polite, be mindful, maybe slip an extra slice of turkey to the family dog if it will make everyone happier.

Try not to combine milk and salt

"One main reason people feel so ill after Thanksgiving Dinner is because a lot of these old school recipes call for milk or cream and salt," Britt Barrett, health coach and founder of Daily Ayurveda said in an email. "This is a food combination that does not fair well in the body." Not combining milk and salt is a common rule of Ayurvedic medicine, a 3,000-year-old Eastern wellness system that promotes healthy diet and lifestyle. Worth a try!

Sip hot water or ginger tea after your meal

"This will help warm up your digestive fire and get things moving," Barrett said. Ginger is proven to help aid digestion and treat upset stomachs. Sipping peppermint tea may also help sooth your upset stomach, if you did, in fact, eat too much.

Research by: George Triantafyllou



SEEKING INFORMATION

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



Photograph #150-AFO



Photograph 401-AFO



Photograph #138-AFO



Photograph #297-AFO



Photograph #402-AFO



Photograph #534-AFO



Photograph #585-AFO



Photograph #377-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](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



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