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For Northwest Indiana

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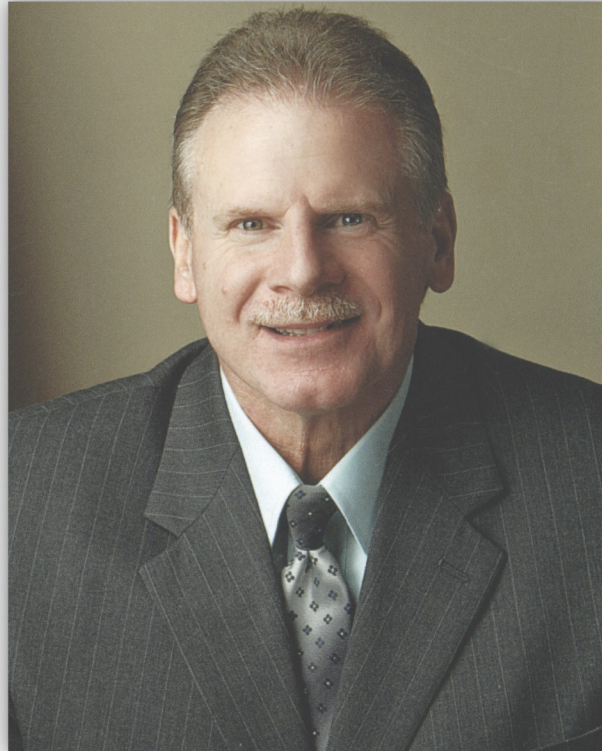


RE-ELECT YOUR COUNCIL AT LARGE



KATRINA ALEXANDER
Councilwoman at Large

- ◆ Coordinated opportunities for youth to have a voice in strengthening the overall vision and future of the Hammond community.
- ◆ Established a collaborative effort between city officials and school district leaders for Back-to-School Giveaways.
- ◆ Partnered with youth and youth serving organizations to deliver mentoring supports.
- ◆ Collaborate with City of Hammond partners and leaders to support families during the holidays for example, Christmas Holiday Treat Toy and Turkey Giveaways.



DAN SPITALE
Councilman at Large

- ◆ A Lifelong Hammond Resident.
- ◆ U.S. Army Veteran during Vietnam Era.
- ◆ Retired Steel Worker – 31 years and member of USW Local 1010.
- ◆ Works for the City and people of Hammond Works together with Police and Fire for protection of your family.
- ◆ Call me with issues and I will respond.
- ◆ Supports all youth activities throughout the city.
- ◆ Continue to support entire City of Hammond.



JANET VENECZ
Councilwoman at Large

- I will continue to:
- ◆ Work for YOU.
 - ◆ Conduct Crime Watch meetings to inform YOU of preventative safety measures.
 - ◆ Work with our Hammond Police/Fire Departments for the protections of YOUR family & property.
 - ◆ Secure funding for the City of Hammond FREE Security Light Program.
 - ◆ Return ALL phone calls.

We respectfully ask for your vote.

GET READY HAMMOND: YOUR VOTE YOUR VOICE
VOTE EARLY BEGINNING APRIL 4TH



Paid for by The Committee to Elect Katrina Alexander, The Committee to Elect Dan Spitale, and The Committee to Elect Janet Venecz

SERVICE DIRECTORY

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

Business Organization

Lakeshore Chamber of Commerce
7120 Indianapolis Boulevard
Hammond, IN 46324
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
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219.844.5884

Funeral - Services

Smith, Bizzell & Warner
4209 Grant Street
Gary, IN 46408
219.887.1852
smithbizzellwarnerfuneralhome.com

Government

Hammond City Clerks Office
5925 Calumet Ave.
Hammond, IN
219.853.6346
www.am legal.com/hammond_in

Hammond Park Foundation
3031 Mahoney Dr.
Hammond, IN 463223
219.853.6378

**Hammond Department of
Planning & Development**
5925 Calumet Avenue
Hammond, IN
219.853.6371

Hammond Mayor's Office
5925 Calumet Avenue
Hammond, IN 46320
219.853.6301

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

Insurance - Services

Ron J. Prestamer Agency, Inc.
7207 Indianapolis Blvd.
Hammond, IN 46324
219.844.0103
ronjprestamer@gmail.com
www.prestamerinsurance.com

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
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Hammond, IN
219.659.0687

State Auto Body
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Hammond, IN
219.931.0721



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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.*

Hammond Mayor Thomas M. McDermott, Jr. Shaves Head

On Friday, March 31st Hammond Mayor Thomas M. McDermott, Jr. will once again highlight the fight against childhood cancer and the hope to find a cure by raising funds and shaving his head to support a local family that has been impacted by the disease. The recipient of this year's appeal for support is the Hammond family of teenager Karina Almaraz.



Karina, a 15-year-old Hammond resident, found out in January of this year that she was diagnosed with stage four Hodgkin's Lymphoma (Hodgkin's disease). Hodgkin's lymphoma is a type of cancer that affects the lymphatic system, which is part of the body's germ-fighting immune system. In Hodgkin's lymphoma, white blood cells (called lymphocytes) grow out of control, causing swollen lymph nodes and growths throughout the body. Karina has several areas on her body that are affected.

Since January, Karina has been receiving chemotherapy that includes both treatments and injections and can include

up to three sessions in one week. Karina is scheduled for six cycles of chemotherapy so that if the treatment schedule set for Karina stays on track she could be finished with her treatments by mid-June. Although the treatment may be ending this June, the medical bills and costs associated with caring for Karina will continue.

Mayor McDermott is challenging everyone to open their hearts and donate to the Almaraz family to help them cover Karina's medical expenses so that they can continue to focus on Karina and getting her back to full health. The event will be livestreamed from Hammond City Hall on March 31st at 2pm on the city's Facebook Page ("Go Hammond") and other social media platforms. Karina will be the Mayor's barber if there are over \$10,000 in donations received. Please be generous if you are able and donate at the following GoFundMe address: <https://gofund.me/78c4a219>

Mayor McDermott has for over a decade participated in the fight against childhood cancer by using his position as mayor to raise money for the fight and to highlight members of the community suffering as a result of a cancer diagnosis. During that time, he has raised tens of thousands of dollars annually towards this fight against childhood cancer and encourages all members of the community to join him to help show support and to find a cure against all forms of childhood cancer.

Source: City of Hammond



Mayor's Night Out 2023

May 17	2nd District	HUB of Innovation 5233 Hohman Avenue
June 21	3rd District	Sportsplex and Community Center 6630 Indianapolis Boulevard
August 23	4th District	Edison Elementary School Cafeteria 7025 Madison Avenue
September 27	5th District	Jefferson Elementary School-Cafeteria 6940 Northcote Avenue
November 15	6th District	Scott Middle School Cafeteria 3635 173rd Street

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

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3x8 \$108.00

4x6 \$108.00

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Church Directory

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.
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Greater Works Outreach Prayer and Deliverance Ministry

4822 Kennedy Ave. East Chicago, IN 46312

Apostle Jose Ruiz (219) 852-0677

Sunday	11:30 a.m.
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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

Pastor Roosevelt Dixon

(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 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

Purdue University Northwest invites public to presentation by author Deirdre Mask



Deirdre Mask, author of "The Address Book," will be the keynote speaker on April 5 as a part of PNW's Days of Discovery and One Book, One University program. For more information, visit pnw.edu/one-book

Building, 2233 173rd Street, Hammond, IN.

The keynote address by Mask is free and open to the public. Visit pnw.edu/one-book for more information. No pre-registration is required.

Mask, whose book was a finalist for the 2020 Kirkus Prize for Nonfiction and the Goodreads Choice Awards, Best History & Biography 2020, as well as one of Time magazine's 100 Must-Read Books of 2020, will speak on the hidden stories behind street addresses and their power to decide who counts, who doesn't and why.

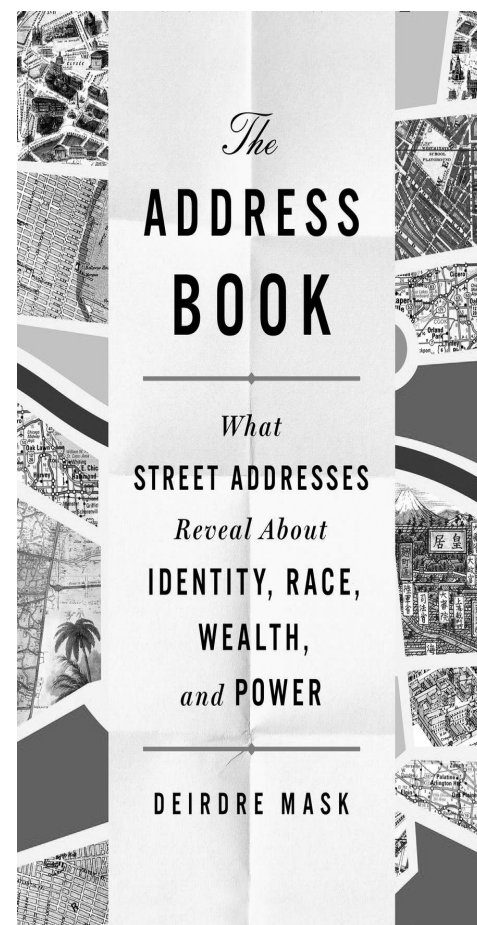
Chosen as the One Book, One University 2022-23 book selection for PNW, Mask's book explores the relationship between where people live, their race, class, wealth, how these relationships came to be and the shifts of power throughout history.

"We looked for a book that would be thought-provoking

and impactful," said Richard Rupp, associate professor of Political Science and faculty coordinator for PNW's One Book, One University committee. "One that would be relevant to students and timely in the context of social justice, political and economic issues and multidisciplinary so it could be used in a variety of classes. We hope the book is eye-opening for our students and community."

The annual One Book, One University program provides PNW faculty, students and staff an opportunity to explore issues that are important and integral to society through the reading and discussion of a selected book. Mask's book was distributed to all first-year PNW students as well as all PNW faculty members who were encouraged to incorporate the book into their Fall 2022 and Spring 2023 courses.

PNW's annual Days of Discovery research symposium recognizes and celebrates the research of PNW students and faculty. The 2023 Days of



"The Address Book" Cover

Discovery will be held on April 4 at PNW's Westville campus and April 5 at its Hammond campus. The two-day event features distinguished internal and external keynote speakers as well as faculty and student oral and poster presentations.

Source: *Purdue University Northwest*

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/

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IT'S TIME!

TO RENEW YOUR HAMMOND RENTAL REGISTRATION

Rental Registration forms are available at the Inspections Department or GoHammond.com Search "Rental Registration". If you renew before **April 15th, 2023** the fee is \$5 per rental unit otherwise a late fee of \$500 will be assessed per rental unit**, so renew EARLY!!!

If you no longer rent a unit in Hammond, notify the Inspections Department to determine if any registration fee is owed. Our records currently show you own rental unit(s) in the city.

If you have any questions please call 219-853-6316

** If you have not registered in previous years, you may not be able to register for 2023. Call 219-933-7600 if you believe you owe for years prior.

St. Patrick's Day 2023 In Hammond



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Elect **Alberto OCHOA**
COUNCILMAN AT-LARGE
May 2, 2023
 Early Voting April 4 - May 1
 For Voting Locations and More Information

Call (219)871-9813

PAID FOR BY CITIZENS TO ELECT ALBERTO OCHOA

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 Whiting, IN 46394
 219-659-TOWS (8697)

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37th Annual Hammond Sports Hall of Fame Induction Ceremony

Four athletes, one coach and a team that came within one victory of a world championship were inducted into the Hammond Sports Hall of Fame, Tuesday, March 7 at the historic Hammond Civic Center.

• Juan Alba, Gavit High multi-sports/University of Notre Dame track & field thrower • Roy L. McPipe, Hammond High/Eastern Montana College basketball player • Mark Allan Nagy, Hammond High multi-sports/Butler University shot putter • Jim Tarka, Bishop Noll boys' cross country and track & field coach • Louis Kosanovich,

Veterans category 1940s Hammond High and Indiana University football player.

1972 Hammond Edison Little League baseball team, World Series runner-up. *The summer of 1972* saw a team of south Hammond boys: Tim Parker, Tom Parker, Joe Rixie, Jeff Wright, Pete DelRio, Peter Vargulich, Steve Moore, Tom Byelick, Jim Pawlowicz, John Davis, Gary Friedrich, Mike Rozgony, George Leonakis, Rob Clark, manager Pete Vargulich, and coach Joe Cornell—claim the United States championship and world runner-up finish of the Little League World Series

in South Williamsport, PA. During its tournament run of single elimination play, Edison compiled a 12-0 record en route to the U.S. title before falling to

Taipei City, Taiwan, 6-0, in the world championship game.

Source: *Hammond Sports Hall of Fame*



Members of the 1972 team, Front row L-R: Jeff Wright, Tom Parker, Jim Pawlowicz, Pete DelRio
Back row L-R: Tom Byelick, John Davis, George Leonakis, Mike Rozgony, Pete Vargulich



Standing, from left to right are: Mark Nagy, Juan Alba, and Tim Byelick, representing the 1972 Hammond Edison Little League baseball team. Seated, from left to right are: Jim Tarka and Kathleen Alexander, daughter of deceased inductee Louis Kosanovich..



Paul Walker was the Richard Jay Special Achievement Award Recipient. Left to Right, Wayne Walker, Paul Walker, Shirley Walker-Sheppard, and Leonard Walker. Brothers and sister.

**CR
Publications**

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**COUNCILMAN
SCOTT
RAKOS**

VOTE MAY 2ND
EARLY VOTING BEGINS APRIL 4TH

PAID FOR BY THE COMMITTEE TO ELECT SCOTT RAKOS

THIS DAY IN HISTORY APRIL 1, 1970

President Nixon signs legislation banning cigarette ads on TV and radio

On April 1, 1970, President Richard Nixon signs legislation officially banning cigarette ads on television and radio. Nixon, who was an avid pipe smoker, indulging in as many as eight bowls a day, supported the legislation at the increasing insistence of public health advocates.

Alarming health studies emerged as early as 1939 that linked cigarette smoking to higher incidences of cancer and heart disease and, by the end of the 1950s, all states had laws prohibiting the sale of cigarettes to minors. In 1964, the Federal Trade Commission (FTC) and the Federal Communications Commission (FCC) agreed that advertisers had a responsibility to warn the public of the health hazards of cigarette smoking. In 1969, after the surgeon general of the United States released an official report linking cigarette smoking to low birth weight, Congress yielded to pressure from the public health sector and signed the Cigarette Smoking Act. This act required cigarette manufacturers to place warning labels on their products that stated "Cigarette Smoking May be Hazardous to Your Health." By the early 1970s, the fight between the tobacco lobby and public health interests forced Congress to draft legislation to regulate the tobacco industry and special committees were convened to hear arguments from both sides. Public health officials and consumers wanted stronger warning labels on tobacco products and their advertisements

banned from television and radio, where they could easily reach impressionable children. (Tobacco companies were the single largest product advertisers on television in 1969.) Cigarette makers defended their industry with attempts to negate the growing evidence that nicotine was addictive and that cigarette smoking caused cancer. Though they continued to bombard unregulated print media with ads for cigarettes, tobacco companies lost the regulatory battle over television and radio. The last televised cigarette ad ran at 11:50 p.m. during The Johnny Carson Show on January 1, 1971.

Tobacco has played a part in the lives of presidents since the country's inception. A hugely profitable crop in early America, Presidents Washington, Jefferson, Madison and Jackson owned tobacco plantations and used tobacco in the form of snuff or smoked cigars. Regulation of the tobacco industry in the form of excise taxes began during Washington's presidency and continues to this day. In 1962, John F. Kennedy became the first president to sponsor studies on smoking and public health. Tobacco has not been the only thing smoked at the White House. In 1978, after country-music entertainer Willie Nelson performed for President Carter there, he is said to have snuck up to the roof and surreptitiously smoked what he called a big fat Austin torpedo, commonly known as marijuana.

Source: History.com Staff

Goodwill's Signature Little Black Dress Fundraising Event

Goodwill Industries of Michiana, Inc. will be hosting one of the premier business events in South Bend on April 20th. The organization's signature Little Black Dress fundraiser is packed with fun opportunities for meet-and-greets, networking, and unbeatable fashion while supporting incredible nonprofit programs.

During the event, Goodwill will be hosting pop-up boutique featuring hand-selected designer brands, dinner, a brief program, and a fashion show. In addition to name brand apparel, purses, and shoes, this will be the first year Goodwill will be offering authenticated fine jewelry.

The event will take place at the Four Winds Event Center in South Bend on April 20, 2023, from 4 to 7PM. Tickets and sponsorship details are available at goodwillevents.org.

Little Black Dress is a fundraiser for Goodwill's career development, community, and educational initiatives. The organization serves tens of thousands of families and individuals each year through job training and support programming for groups like first-time parents, victims of domestic violence, veterans, disabled individuals, and many more.

"Little Black Dress helps our organization generate an

incredibly positive impact through our community programs. We are investing numerous initiatives that will lift people up, helping them escape from poverty, build a career, and secure their future," said Debie Coble, president and CEO of Goodwill Industries of Michiana. "Because of Little Black Dress, bright futures will be built for residents all over the region."

Sponsorship opportunities are available for companies wishing to gain positive recognition for their community support. The event will be packed with regional business leaders, numerous elected officials, and other members of the public who come together to support Goodwill's efforts to make NWI a better place to live and work. Details on sponsorship packages can be viewed online.

Later this year, Goodwill will also be hosting another Little Black Dress at the Avalon Manor in Merrillville on October 18, 2023.

About Goodwill Industries of Michiana, Inc. – Goodwill Industries of Michiana's mission is to strengthen communities by empowering individuals and families through education, training, and job placement.

Source: Goodwill Industries of Michiana's

Classified Ads

10 words
only \$6.00
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Girls on the Run Northwest Indiana to host 5th annual “Sneaker Soirée” gala on April 22nd



Girls on the Run Northwest Indiana will be hosting their fifth annual Sneaker Soirée fundraising gala on Saturday, April 22nd at 6pm CST. This showstopping gala is unlike other Girls on the Run events. The attire is cocktail, with a twist...wear your best sneakers! This year's event is better than ever, taking place at the hottest new venue- the Hard Rock Casino Northern Indiana, this year's Sneaker Soirée Presenting Sponsor.

The gala will include live music by the Spoken Four band, fabulous food and drinks, a sneaker contest, an unforgettable silent auction, the very popular wall of wine and barrel of beer raffles, a special and unique performance by a spoken-word artist, and world-class gaming. All proceeds from the event will benefit the Girls on the Run scholarship fund.

“The Sneaker Soirée is an exciting evening for our organization where our community comes together to enjoy live music and dancing while raising critical funds for girls in our community.” says Executive Director of Girls

on the Run Northwest Indiana, Jill Schlueter-Kim. “We are grateful to Hard Rock Casino Northern Indiana, as well as all of our generous sponsors, for helping us create an event that embodies the joyous and philanthropic spirit of Girls on the Run”.

Tickets to this extraordinary gala are \$125 and go on sale February 14th. (Bundles & Tables available) PURCHASE YOUR TICKETS: <https://www.pinwheel.us/register/index/GOTR-NWI-Soiree-2023>

To learn more about this event, visit <https://www.gotrofnwi.org/sneaker-soiree>.

About Girls on the Run

Girls on the Run inspires girls in 3rd – 8th grades to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through a 10-week curriculum that includes dynamic discussions, activities and fun running games. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event. Throughout 2023, Girls on the Run Northwest Indiana will be celebrating their 16th anniversary and look forward to many more years of positively influencing the lives of girls in their communities. To learn more, visit <https://www.gotrofnwi.org/>.

SouthShore RailCats News

The RailCats have acquired former Los Angeles Angels prospect Francisco Del Valle in a trade with the New York Boulders of the Frontier League.

Del Valle, 24, was drafted by the Los Angeles Angels in the 14th round of the 2016 June MLB Amateur Draft. He spent six seasons playing in their farm system progressing from the AZL Angels (Rookie) to the Tri-City Dust Devils (High-A). During that span batted .219 with 27 home runs and 155 runs batted in.

2023 Ticket Packages

Season Tickets

Become a member of the RailCats Family today by securing your seat for all the action-packed fun and excitement at all regular season home games. Season ticket holders also receive perks such as a team store discount, ticket exchange program, and much! More information available here.

All 2023 Season Tickets include an AATV membership, to view all 2023 American Association games!

Secure your Season Tickets for the 2023 season for \$400 per seat by calling us at 219-882-2255!

All You Can Eat Seats

Our All You Can Eat Seats get you the best view of the game AND your favorite ballpark food! Enjoy all you can eat and drink through the end of the 5th inning, including domestic beer! Packages include VIP parking and premium seats behind home plate! • Full Season (50 games) – \$1,250 • Half Season (25 games) – \$675 • Quarter Season (13 games) – \$375

Individual Season Pass

Membership good for one (1) general admission ticket to all RailCats home games during the 2023 season. The Individual Season Pass is \$125 for the season.

Family Season Pass

A family membership good for up to five (5) general admission tickets to all RailCats home games during the 2023 season. The Family Season Pass is \$225 for the season.

Flex Plans

Ten ticket vouchers good for any 2023 RailCats home game. Use them one at a time, all at once, or any combination in between! Secure your Flex Plan for \$100

Group Packages Available Now!

RailCats games are better with a group! Options include private party spaces, luxury suites and stadium seating so close to the action it's like you're in the game. Let us do the work and you do the FUN!

2023 Job Fair

We're hiring! Join us at our Job Fair on Saturday, April 1st from 10 am - 12 pm! We're looking for seasonal employees for our 50-game 2023 season in all positions from ushers to concession cashiers!

National Anthem Auditions

Ever wanted to sing the National Anthem before a RailCats game? Now's your chance! 2023 National Anthem auditions are now open!

Source: Gary SouthShore RailCats

Diabetes and Early Menopause



American Diabetes Association
Cure • Care • Commitment

Menopause—when a woman's menstrual cycle (period) stops—usually happens after age 45 with the average age being 51. However, younger women with either type 1 or type 2 diabetes are more likely to go through menopause earlier in life.

This is concerning due to the many health risks that arise for women after menopause. For example, women are more likely to gain weight, develop heart disease, osteoporosis, and other health issues—all of which may further complicate diabetes management. Type 2 diabetes is also more common after menopause.

Menopause happens when a woman hasn't had a menstrual cycle for one year. The transition begins as the ovaries stop producing the hormones

estrogen and progesterone and usually lasts about seven years.

The Link Between Diabetes and Menopause

Women diagnosed with either type 1 (before age 30) or type 2 diabetes (between 30–39 years) are at higher risk of going through menopause at younger ages compared with similar women who don't have diabetes.

In addition, being diagnosed with type 2 diabetes later (age 50 or older) is associated with later natural menopause. There is no link between diabetes during pregnancy (gestational diabetes) and early menopause.

There may be something about diabetes that affects the body and reproductive system and how the ovaries function and age. Future research is needed to understand what might be behind the link between diabetes and early menopause.

Watch for Signs of Menopause

The symptoms leading to menopause can occur over several years. One of the first

signs is a change in a woman's menstrual cycles (periods). Bleeding may become lighter or heavier, last for longer or shorter amounts of time, and the number of days between menstrual cycles (periods) may also change.

Other common signs include:

- Hot flashes or night sweats
- Mood swings
- Difficulty sleeping
- Vaginal dryness
- Trouble focusing

Talk About Menopause with Your Health Care Team

Women in general need to feel more comfortable and empowered to talk to their care team about menopause. For younger women with type 1 or type 2 diabetes, it may be even more important to broach the subject and better understand how menopause may affect efforts to manage your blood glucose (blood sugar) and weight, and how best to plan ahead to protect your health.



In general, menopause isn't routinely discussed at medical visits, yet the symptoms can be unpleasant and impact your quality of life.

If you think you may be entering menopause, it might be helpful to:

- Keep a journal or use an app to track when you get your menstrual cycles (periods), for how long and the extent of bleeding, symptoms like hot flashes or changes in your mood or concentration, as well as your blood glucose levels.
- Ask about the role of diet in helping. For example, cutting out added sugars, eating more fiber and fresh fruits and vegetables, and making sure you're getting enough cal

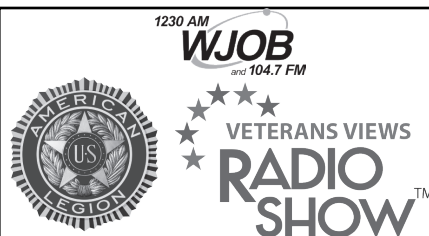
Source: American Diabetes Association



(219) 659-0687

1405 Summer St
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SEEKING INFORMATION

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



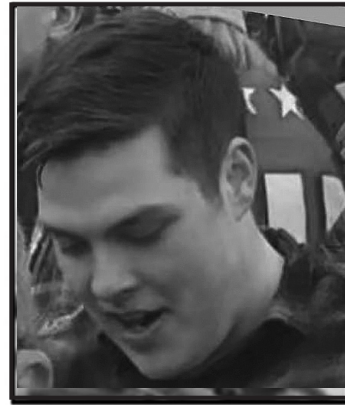
Photograph #535-AFO



Photograph 398-AFO



Photograph #469-AFO



Photograph #476-AFO



Photograph #487-AFO



Photograph #433-AFO



Photograph #388-AFO



Photograph #524-AFO



Photograph #378-AFO



Photograph #461-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.

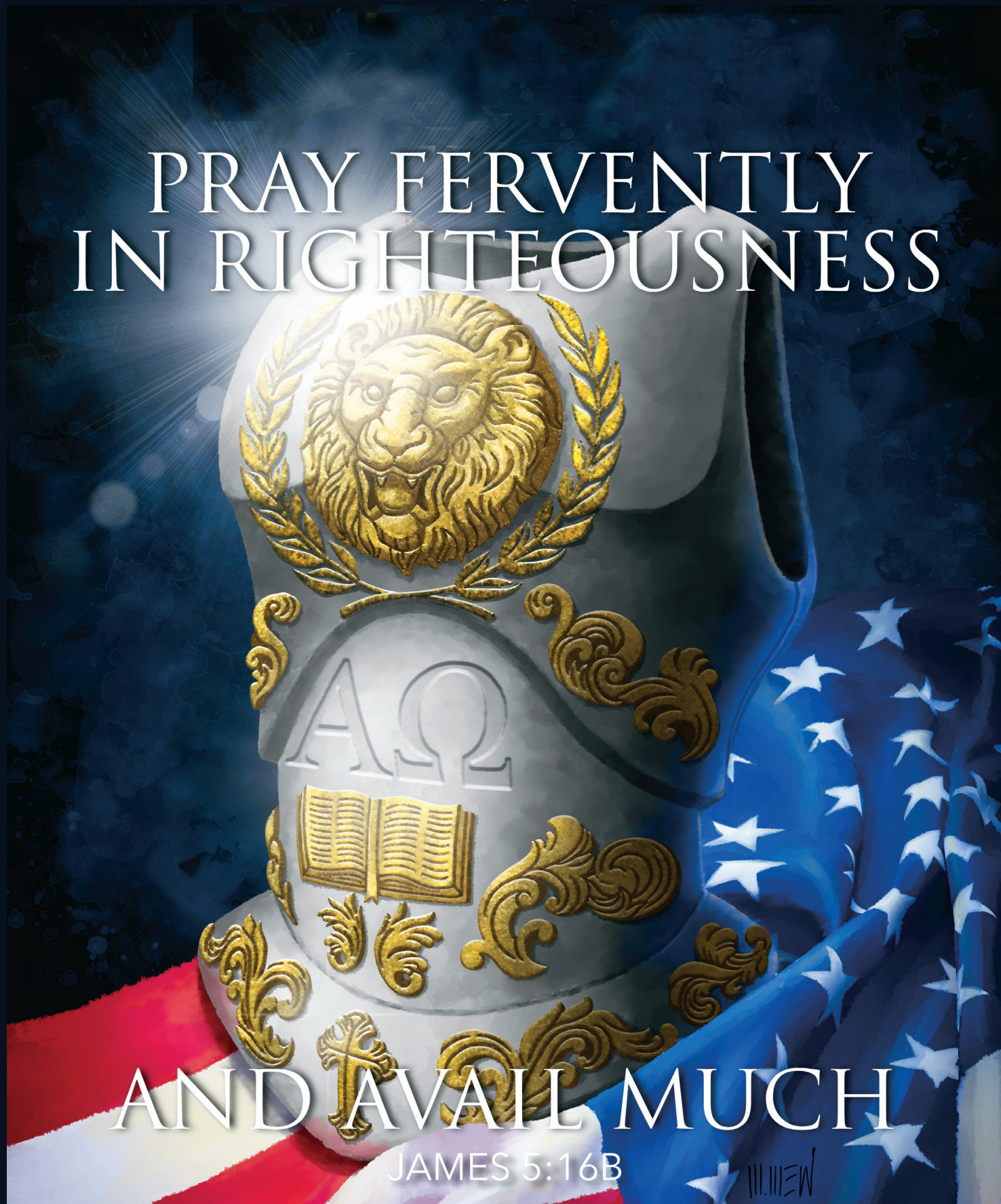
When calling to provide a tip on one of these individuals, please reference the above photo number, including the AFO.

Field Office: Washington D.C.

www.fbi.gov

Mayor Thomas M. McDermott, Jr.
and the Hammond Faith Based Community
Present

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