



# Your Community Bulletin Board

For Northwest Indiana

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219.931.1000

**Whiting/Robertsdale  
Chamber of Commerce**  
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## Democratic Organizations

**Franklin D. Roosevelt Club**  
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4040 Calumet Ave, Hammond, IN

**Hammond Democratic Committee**  
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7440 Olcott Avenue,  
Hammond, IN 46324  
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3031 Mahoney Drive  
Hammond, IN  
219.545.1942

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## Funeral - Services

**Smith, Bizzell & Warner**  
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## 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.  
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ronjprestamer@gmail.com  
www.prestamerinsurance.com

## Towing

**Alamo Auto Service**  
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## HAMMOND CITY ORDINANCES ONLINE

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at

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HAMMOND CITY CLERKS OFFICE  
**(219) 853-6346**

*At the end of life we will not be  
judged by how many diplomas  
we have received, how much  
money we have made, how  
many great things we have  
done. – Mother Teresa*

*Happy  
Holidays*

from

*Councilman at Large*

**Dan Spitale**

*Paid for by the Committee to Elect Dan Spitale*

# Hammond Community Corporation 2023 Grant Application Now Available

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](http://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

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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.

## 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.  
[www.greaterwksmin.com](http://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.hammondcrc.org](http://www.hammondcrc.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 Community Baptist Church

707 169th St  
Hammond IN 46324  
219 931-8407  
Rev. Charles W. Ricks, Pastor

Sunday school 9:00 a.m.  
Worship service 10:00 a.m.  
Bible study Wednesday 6:00 p.m.  
newcommunitybapt@att.net  
ncbchammond.org

## 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](http://www.newziontemple.org)

## Saint Joseph Roman Catholic Church

5310 Hohman Avenue  
Hammond, IN 46320  
Rev. Jeffrey Burton, Pastor  
(219) 932-0702

Sunday: 9:00 am Mass in Church  
Monday,  
Wednesday  
& Friday: 9:00 am Mass in Chapel  
saintjosephhammond@comcast.net

## 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](http://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](mailto:newsdesk@crpubnwi.com)

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

# “A Good, Old Fashioned, Redneck Country Christmas”



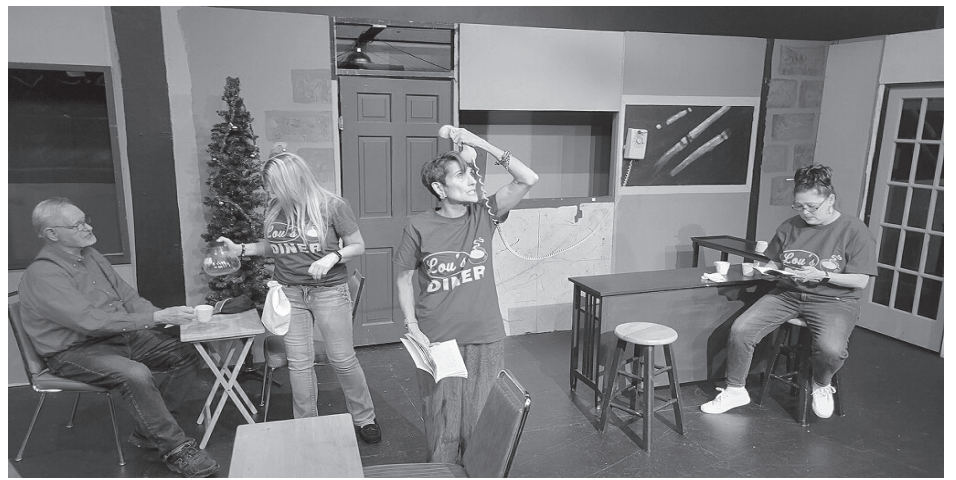
Here at Beatniks On Conkey, Hammond Community Theatre presents “A Good, Old Fashioned, Redneck Country Christmas” by Kris Vosler

What if the three wise men weren't really all that wise? What if they were just three ordinary guys, avoiding conflicts at home, who happened upon the greatest story ever told?

Bill, Dave, and Jimmy decide to high-tail it into the mountains on Christmas Eve for a little hunting and a lot of beer.

This does nothing to improve the mood of the women back in town at Lou's Diner. It's gonna take a Christmas miracle to get these families back together! Thank God one just came to town!

For more info at [hammondcommunitytheatre.org/redneck.html](http://hammondcommunitytheatre.org/redneck.html) contact the director email at [info\\_at\\_hammondcommunitytheatre.org](mailto:info_at_hammondcommunitytheatre.org)



Performances to be held at Beatniks On Conkey, 420 Conkey Street, Hammond, IN

### Performance Dates:

- Friday, December 8, 2023, at 7:30 p.m. • Saturday, December 9, at 7:30 p.m. • Sunday, December 10, at 2:00 p.m. • Friday, December 15, at 7:30 p.m. • Saturday, December 16,

at 7:30 p.m. • Sunday, December 17, at 2:00 p.m.

\$20, cash only at the door.

Buy tickets online at [showtix4u.com/event-details/78362](http://showtix4u.com/event-details/78362) call or text 219-852-0848 for reservations or more information. Sting is limited. Reservations strongly suggested.

Source: Beatniks On Conkey

## FREE COMMUNITY DINNER

Hammond Christian Reformed Church will sponsor a Free Community Dinner on Thursday evening, December 7, 2023 from 6 – 7 p.m.

You are invited to join members of the Hammond Christian Reformed Church for this free meal. Ham, mashed potatoes,

green beans, salad, dessert and a beverage will be served.

The Hammond Christian Reformed Church is located at 167th St. and Baring Ave. across from the Woodmar Sports Complex.

Call (219) 844-3331 for more information.



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**Bill Emerson, Sr.**

*Hammond 4th District Councilman*



&



**Bill Emerson, Jr.**

*Lake County Surveyor*

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From Left to Right: Melissa Campbell, TIF Program Coordinator, Economic Development, Luke Szot, Jose Luis Angulo, Rayhan Zaman, Hammond's Mayor Thomas McDermott Jr., Aaron Lee, Akhtar Zaman, PE, Principal Engineer, AES, Zeenat Zaman, Will Rojas, and 4th District Councilman Bill Emerson.

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# Why Holidays Movies Make Us Feel Good



immune systems. Positive emotions, like hope, joy, and gratitude, can stir personal and social reflection and inspire new activities and goals. Sharing a movie increases intimacy and can even improve relationships. And they are easy, uncomplicated,

and have happy endings

There's no better way to start the holidays than with a Christmas or Holiday movie. Lists of the "Best Christmas Movies" are everywhere, and Hallmark Channel launched its Countdown to Christmas over Thanksgiving, with ratings that were only bested by ESPN football coverage. Hallmark's promise of 40 new holiday movies this season is a drop in a bucket already filled with old holiday classics from *A Christmas Story* and *White Christmas* to new ones like *Love Actually* and the *Christmas Chronicles*. Yes, holiday movies are formulaic, predictable, and often cheesy. But they also offset the stress, family pressure, and gloom from shorter days and less sunshine (in the northern hemisphere). An evening spent watching a feel-good movie can be an easy, low-cost, and rewarding form of self-care.

There are several benefits from a journey into Christmas movie land. Holiday movies can boost mood and relieve symptoms of depression by providing an escape from daily stressors and increasing perspective-taking. They are heart-healthy, reducing stress hormones like cortisol that can damage the cardiovascular and

Since very few of us have "Hallmark Christmas" lives, the movies provide a welcome escape from the pressures and demands of the real world. The holiday season can bring unwanted guests and annoying family members and the burdens of gift-giving and entertaining. Holidays can exacerbate financial strain and emphasize our loneliness and isolation. Images of Christmas can also make us aware when our lives, families, jobs, or friends don't live up to our aspirational ideals and desires. It's no wonder that depression and anxiety spike during the holidays. It also explains the relief we feel when holiday movies wildly exaggerate those holiday woes, like *Christmas with the Cranks*, *Bad Santa*, or *Bad Moms Christmas*.

Christmas movies allow us to flee the stressors of the holiday and forget our troubles. They provide easy access to effective coping strategy: a healthy, time-limited escape traveling into a story that makes us feel good, reminds us of the meaning of love, helps us feel gratitude for family and friends, and even have a little vicarious romance.

The predictability of holiday movie plots and characters is part of the appeal. Pick your fantasy: rekindled relationships, mismatched lovers, small-town antics, royals in disguise, discovering the real meaning of Christmas, snow on Christmas morning, or overcoming the odds. Whatever the conflict, the genre guarantees a feel-good, grant-your-wishes ending to anticipate. It's an added benefit that most holiday movies are family-friendly, providing a way to create new traditions. When we watch with others, we create shared memories, amplify positive emotions, and strengthen relationships. The laughter and joking about unrealistic movie tropes create a positive bonding experience; the stress and conflict in dramas

provide a safe space to process personal struggles and feel supported by others—especially when we know they have a happy ending. For years, our kids watched *Charlie Brown Christmas* and *The Muppet Christmas Carol*. Now all grown with families of their own, they still make a point of watching them together—even if some join via Facetime.

Our brains find comfort in patterns. The predictable happy endings combined with joy, laughter, and happy tears trigger our neural rewards center. Changes in mood affect our body chemistry; lifting our spirits makes us feel good physically. Laughter becomes a literal antidote to stress without involving pharmaceuticals.

Source: *PsychologyToday.com*

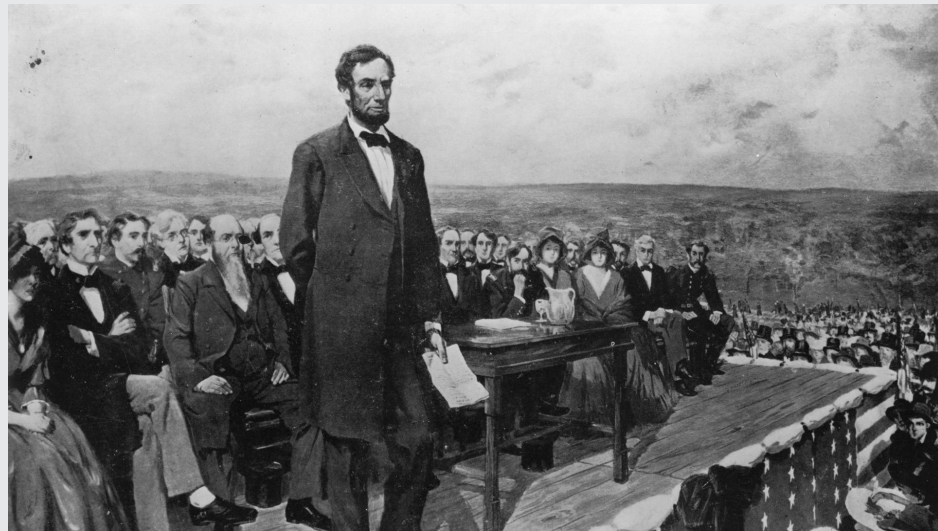


# HAPPY HOLIDAYS!

*Hammond Councilwoman*  
**Janet Venecz**

THIS DAY IN HISTORY December 1, 1862

## Abraham Lincoln delivers State of the Union address



On December 1, 1862, President Abraham Lincoln presents the U.S. Congress with some of his most memorable words as he discusses the Northern war effort.

Lincoln uses the message—which, unlike today’s State of the Union addresses, was delivered in writing—to give a moderate account of his policy towards slavery.

Just 10 weeks before, he had issued his Emancipation Proclamation, which declared that enslaved people in territories still in rebellion as of January 1, 1863, would be free. The measure was not welcomed by everyone in the North—it met with considerable resistance from conservative Democrats who did not want to fight a war to free enslaved people.

The November 1862 elections were widely interpreted as a condemnation of the emancipation plan. The Democrats won the New York governorship and 34 seats in the U.S. House of Representatives, though the Republicans gained five Senate seats and

maintained control of most state legislatures. Lincoln used the State of the Union address to present a more moderate position on emancipation. He mentioned gradual, compensated emancipation of enslaved people, which many moderates and conservatives desired, but he also asserted that the enslaved people liberated thus far by Union armies would remain forever free.

Lincoln’s closing paragraph was a statement on the trials of the time: “The dogmas of the quiet past are inadequate to the stormy present...fellow citizens, we cannot escape history...The fiery trial through which we pass will light us down, in honor or dishonor, to the latest generation. We say we are for the Union. The world will not forget that we say this. We know how to save the Union...In giving freedom to the slave, we ensure freedom to the free—honorable alike in what we give, and what we preserve. We shall nobly save, or meanly lose, the last, best hope of earth.”

*Source: History.com Staff*

## Tickets available for former Cubs Manager David Ross at PNW Sinai Forum

The Purdue University Northwest (PNW) Sinai Forum’s 70th season concludes Sunday, Dec. 3 with David Ross, former field manager of the Chicago Cubs Major League Baseball (MLB) team.

Ross’ program takes place at the James B. Dworkin Student Services and Activities Complex, 1401 S. U.S. 421, Westville, IN, from 4 p.m. to 5:30 p.m. CST. Ross will join moderator Dan Plesac, a Northwest Indiana native, 18-year MLB veteran and MLB Network Analyst, for the afternoon discussion.

Single program event tickets for Ross’ presentation are available for \$100. Tickets can be purchased by visiting [pnw.edu/sinai-forum](http://pnw.edu/sinai-forum).

College and high school students may attend PNW Sinai Forum programs free of charge by presenting a valid student ID. Reservations are required via [pnw.edu/sinai-forum](http://pnw.edu/sinai-forum).

Urschel Laboratories, Inc. is sponsoring Ross’ program. HealthLinc is sponsoring the program reception.

“The Purdue Northwest Sinai Forum features a range of topics to engage and inspire our audiences, bringing people together to discuss what matters,” said Leslie Plesac, executive director of the PNW Sinai Forum. “Sports foster social connections and encourage community-



*David Ross closes out the PNW Sinai Forum’s 70th season on Dec. 3. Tickets can be purchased at [pnw.edu/sinai-forum](http://pnw.edu/sinai-forum)*

building. Whether local, college or professional, learning from those at the top of their game provides common ground and an exciting opportunity for people to share an experience.”

Ross is an integral part of Chicago Cubs baseball lore. Ross had an illustrious career as a catcher that spanned 15 seasons in the Major Leagues. His journey culminated with the Cubs, where he played from 2015 to 2016 and helped lead the team to its historic World Series victory in 2016. Ross’ leadership, veteran presence and exceptional defensive skills endeared him to both teammates and fans.

After retiring as a player, Ross transitioned into coaching and until recently served as the manager of the Cubs, bringing his invaluable experience to guide the team’s success.

*Source: Purdue University Northwest*



# Face To Face with Employee Burnout

Burnout is chronic workplace stress that has not been successfully managed (World Health Organization).

- 82% of employees report feeling burned out at least some of the time.
- 25% of employees say that they feel burned out often or always.

## Six root causes of burnout:

### Workload

Does work demand exceed reasonable available time?

59% say they at least sometimes have an unmanageable workload.

### Autonomy

Do employees have some input into their job functions?

Involving employees when defining job roles improves well-being and reduced burnout.

### Community

Do employees feel supported by their peers and management?

Promoting peer support or affinity groups can help.

### Appreciation

Are employees recognized for their contributions?

28% say that they do not often receive reward or recognition for their work.

### Fairness

Do employees perceive the organization's culture to be fair and equitable?

14% say they have been treated unfairly at work.

### Values

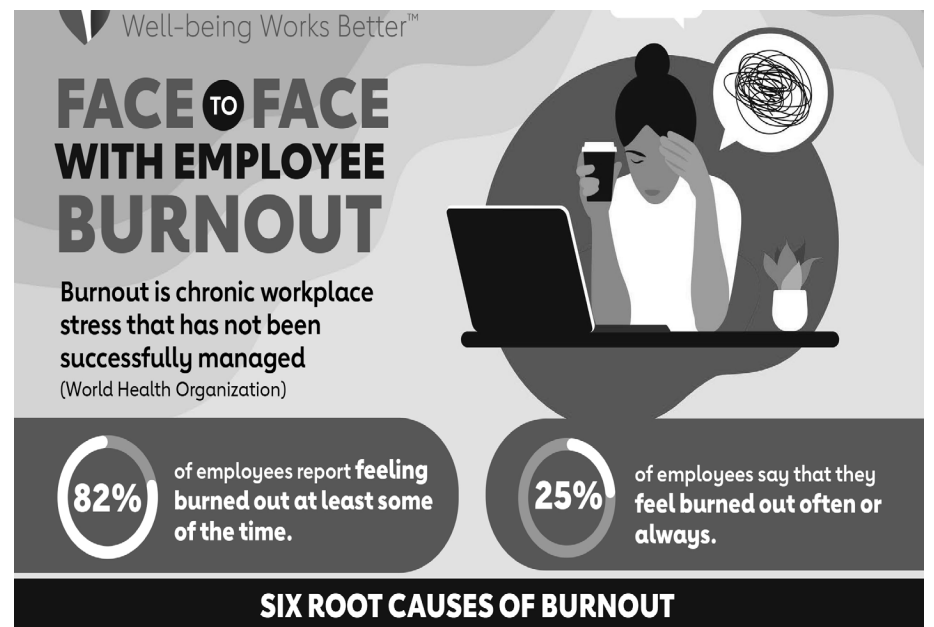
Are the employees' values aligned with those of the organization? Misalignment of values increases the risk of employee burnout.

### The good news

Among organizations that implemented all nine of AHA's recommended burnout prevention policies, 91% of employees reported positive workplace well-being, compared to only 51% of employees at organizations with no policies in place.

### 9 best practices to beat burnout

1. Annually assess the match between employee capabilities and job demands
2. Create and socialize a clear, written flow for decisions rights, including the criteria and who is responsible for making specific decisions



## SIX ROOT CAUSES OF BURNOUT



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### VALUES

Are the employees' values aligned with those of the organization?  
Misalignment of values increases the risk of employee burnout.

Visit [heart.org/workforce](https://heart.org/workforce) to read the full report and complete the **Workforce Well-being Scorecard** to see how your organization measures up.

\*All data sourced from an online survey in the United States conducted by Harris Poll on behalf of the American Heart Association among 5,055 US adults aged 18+ who are employed full-time or part-time. The survey was conducted between April 13 and May 10, 2023.

3. Annually assess employee workload
4. Promote employee peer support groups
5. Implement a written policy discouraging use of technology after work hours
6. Allow employees input on their job design
7. Implement a written policy for employee skills development and training
8. Annually assess whether employees feel supported

in the workplace to lead a healthy life

9. Implement a written policy to promote employee well-being

Healthy, productive, and engaged employees are just a few of the benefits of a policy-based approach.

Read the full report and complete the Workforce Well-being Scorecard to see how your organization measures up.

Source: *American Heart Association*

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# Guide to Managing Mental Health Around the Holidays



when you don't feel the same level of enthusiasm as others.

The pressure to be social, happy, and present can make it difficult to speak up if you feel otherwise.

You may also

feel left out if your spiritual traditions aren't the dominant ones on display this time of year.

## **2. You're Overwhelmed by Grief and Loss**

If you are living with grief, loss, trauma, or loneliness, it can be easy to compare your situation to others', which can increase feelings of loneliness or sadness. Take time to check in with yourself and your feelings and have realistic expectations for how the holiday season will be.

If you are dealing with loss or grief, gently remind yourself that as circumstances change, traditions will change as well.

## **3. You're Feeling Pressured to Participate in Activities—and Want No Part of Them**

We all have our own personal history with holidays. We dream about the ways the holidays are supposed to be, which can be a dangerous perspective. We get caught up in wanting to do it all, but we can aim to set more realistic expectations for ourselves and others.

## **4. You're Stressed About Giving Gifts**

According to McLean's Mark Longsjo, LICSW, it's very common to get caught

up in the commercialization and marketing of the holidays. We can feel stressed about spending on a strained budget or trying to find just the right gift.

"Advertisers will take advantage of our susceptibility," Longsjo says, "but we have the ability to put it in perspective and remind ourselves that we are the ones creating that anxiety, and we are the ones who can reduce it."

Giving to others is not about spending money. And of course, what goes along with setting realistic expectations is maintaining a budget and being transparent.

## **5. There's Not Much Sunlight at All, and It's Affecting Your Mood**

In the northern hemisphere, the holidays coincide with winter's lack of available sunlight. Less exposure to natural light can lead to new or increased symptoms of depression.

## **6. You're Alone or Feeling Isolated**

While it's true that many of us have friends and family to connect with during the holiday season, there's also the danger of becoming isolated. If you are predisposed to depression or anxiety, it can be especially hard to reach out to others.

### **Should I Talk to a Doctor?**

Talk to your mental health professional or your primary care physician if you have been feeling anxious or depressed for more than two weeks, or if the holidays are long gone and you are still feeling stressed, anxious, or depressed.

## **How to Battle Depression Around the Holidays**

### **Take Care of Yourself**

One of the reasons depression can flair up during this time is because we do not take care of ourselves. Although the holiday season is quite busy, it is important to keep your health in mind and take proactive steps to put yourself first. Building in downtime and daily exercise is key, as is maintaining a healthy diet when possible. Drink lots of water and for adults, keep alcohol consumption in moderation. Excessive drinking is one of the triggers for depression.

### **Set Realistic Expectations**

Many people want the holidays to be perfect. Unfortunately, life does not always go as planned. Expect the unexpected and reset your expectations. If you already know that family gatherings can be stressful, recognize it is not your job to make sure everyone gets along and is happy. Be grateful for the time you get to spend with loved ones and focus on the positive aspects of your relationships.

### **Pace Yourself**

With so much going on during the holiday season, it sometimes feels like you have to say yes to every invitation or event, personal or related to work. Don't feel guilty for turning down invitations if you feel the situation is unsafe or risks your health. Try not to overextend yourself and set realistic goals on what you can take on. Remember to get plenty of sleep, because sleep deprivation affects your psychological state and mental health.

Research by: George Triantafyllou

According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse.

Feeling down during the holidays is actually not that unexpected. There are many reasons depression or loneliness might be triggered, including: Not having family or being confronted with complicated family relationships. A cultural expectation to be joyful.

Elvis once crooned about feeling blue at Christmas time—and we're here to tell you: It's perfectly normal to feel that way.

There are a variety of reasons why your days may not be merry and bright around the holiday season. It can be the jam-packed social calendar, deadlines at work, the loss of a loved one, sunless winter days, or all of the above.

We've identified six common issues that come up this time of year, as well as suggestions from our mental health experts for ways to address them.

## **1. You're Lacking the "Holiday Spirit"**

Being surrounded by cheeriness can be stigmatizing



# SEEKING INFORMATION

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



Photograph #536-AFO



Photograph 526-AFO



Photograph #389-AFO



Photograph #515-AFO



Photograph #452-AFO



Photograph #470-AFO



Photograph #534-AFO



Photograph #403-AFO



Photograph #473-AFO



Photograph #349-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](https://www.fbi.gov)



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