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FREE COMMUNITY DINNER

Hammond Christian Reformed Church will sponsor a Free Community Dinner on Thursday evening, June 26, 2025 from 6 – 7 p.m.

You are invited to join members of the Hammond Christian Reformed Church for this free meal. Tacos, refried beans, salsa, chips, 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.



North Township consists of the following communities:

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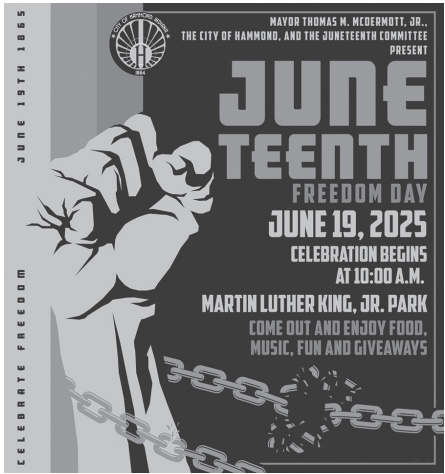
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Juneteenth Freedom Day



Mayor Thomas M. McDermott, Jr. and The City of Hammond, and the Juneteenth Committee Present:

Juneteenth Freedom Day on June 19th, 2025. Ceremony begins at 10:00am at MLK Freedom Plaza, Tapper Ave

& Highland Street. Come out to enjoy food, music fun and giveaways.

For more information, please contact Community Development at 219-853-6358

After the ceremony stick around to join us for the 1st Annual Juneteenth Bring'Em Out Car & Bike Show from 12:00pm - 2:00pm located at 5925 Calumet Ave (parking lot), food trucks, giveaways, music and vendors will be here as well.

For more info on the car show please contact: Albert Ellis 773-640-6742

Source: City of Hammond



Jason Gore, who is a Candidate for Lake County Sheriff, and Hammond Mayor Thomas M. McDermott, Jr. pictured at the Memorial Day Parade 2025 in Hammond.



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August 27th	4th District	O'Bannon Elementary School Cafeteria 1317 173rd St.
September 17th	5th District	Jean Shepherd Community Center 3031 Mahoney Dr
October 29th	6th District	Harding Elementary School Cafeteria 3211 165th Street

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

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Deacon Lester Stokes

(219) 931-1301

Sunday School 9:00 a.m.

Sunday 10:30 a.m.

Friday 7:30 p.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

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

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

(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

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.

The Word Made Flesh Ministries

700 Sibley St. Hammond, IN 46320

Pastor Apostle James E. Ford

Contact: Michelle Ford 708-415-3027

Email: Wordmadeforhim@gmail.com

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

Woodmar United Methodist Church

7320 Nortcote Ave, Hammond, IN

(219) 844-3030

Sunday Worship 10:15 a.m.

www.woodmarumc.org

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to hide our
problems
but to heal
them.”*

~ Dieter F. Uchtdorf

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or Natural
Listeners*

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Church Directory Listing

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

Hammond Fire Chief Reminds Residents of State Fireworks Laws



The Hammond Fire Department would like to remind Hammond residents of Indiana fireworks laws during the July 4th holiday season.

Fireworks can be purchased only by persons 18 years of age or older.

Locations where fireworks may be discharged:

- On the user's property;
- On the property of someone who has consented to the use of fireworks on that property;
- At a special discharge location. (NOT IN THE MIDDLE OF THE STREET OR VACANT LOTS)

The use of fireworks is prohibited within the Hammond city limits except as follows:

- Between the hours of 5:00 p.m. and 2 hours after sunset on June 29, June 30, July 1, July 2, July 3, July 5, July 6, July 7, July 8 and July 9.
- Between the hours of 10:00 a.m. and midnight on July 4.
- Between the hours of 10:00 a.m. on December 31 and 1:00 a.m. on January 1.

Violators of this ordinance can be cited by the Hammond Police Department. If you would like to report a violation of this ordinance, please call 911 and an officer will respond to the area. Please provide the location of the potential violation to the dispatcher.

When discharging fireworks it is always a good idea to keep a garden hose or bucket of water nearby to extinguish any accidental fires.

Source: City of Hammond



A Santos supporter, North Township Trustee Adrian Santos (middle), Hammond Mayor Thomas M. McDermott, Jr. (right), pictured at the Memorial Day Parade 2025 in Hammond.



Hammond Common Council Scholarship Awards 2025

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at

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Mt Zion MBC Food Pantry



The Historic Mt Zion MBC Outreach Soup Kitchen celebrating our 1st Year Anniversary feeding our Community. We operate every third Thursday of the Month, and we assist over 84 people each time. In the picture above are the people that help in our effort.

From Left to Right: Charlotte Williams, Doris Coleman. Annie Dillon (Coordinator), Deacon Ron Dillon, Yesma Edmond, Deacon Tommie Williams. Not pictured, Reverend Antewan Poindexter Octavia Poindexter, Debra Alexander and Danielle Pryor.

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Hammond Memorial Parade 2025



THIS DAY IN HISTORY June 15, 2005

Police search Van der Sloot home in Holloway disappearance

On June 15, 2005, more than two weeks after American teen Natalee Holloway vanished while on a high school graduation trip to the Caribbean island of Aruba, police there search the home of 17-year-old Joran Van der Sloot, one of the last known people to see the young woman alive. Although Van der Sloot would emerge as a prime suspect in the case, he was never charged. Holloway's disappearance generated massive media attention in the United States; however, her body never has been found, and in 2012 she was declared legally dead.

Holloway, an 18-year-old from Mountain Brook, Alabama, was last seen leaving an Aruban bar and restaurant with Van der Sloot and two of his friends, Deepak Kalpoe, 21, and Satish Kalpoe, 18, in the early hours of May 30. The young men initially claimed they dropped the blonde teen at her hotel around 2 a.m.; however, the three, who were arrested on June 9, later changed their stories. Van der Sloot reportedly admitted to being alone with Holloway on the beach on May 30, after being dropped there by the Kalpoe brothers, but said he never harmed her. After a judge deemed there was not enough evidence to hold them, the Kalpoes were released from custody in early July. Van der Sloot, who was born in the Netherlands and raised in Dutch-speaking Aruba, was released in September. A string of additional suspects were detained but no charges were filed..

On June 3, 2010, Van der Sloot was arrested in South America

in connection with the slaying of 21-year-old Stephany Flores, in Lima, Peru. Flores was murdered on May 30, 2010, exactly five years to the day after Holloway went missing. Van der Sloot met the Peruvian college student at a Lima casino while he was there for a poker tournament. After Flores was found dead in a hotel room, beaten and with a broken neck, hotel surveillance video linked the Dutchman to the crime. After his arrest, he admitted to Peruvian authorities he had killed Flores following an argument. However, he later recanted this confession, saying he was frightened and confused when he made it. On the day Van der Sloot was arrested in South America, U.S. authorities issued a warrant for his arrest in connection with a plot to extort \$250,000 from Holloway's family in exchange for revealing the location of her remains.

On January 11, 2012, Van der Sloot, who has been behind bars in Peru since his June 2010 arrest, pleaded guilty in a Lima courtroom to Flores' murder. His lawyer contended the Dutchman killed Flores due to "extreme psychological trauma" after being accused in Holloway's disappearance. Van der Sloot was sentenced to 28 years in prison.

One day before the sentencing in Peru, a judge in Birmingham, Alabama, signed an order declaring Natalee Holloway legally dead. The judge made the ruling at the request of Holloway's father, so that he could settle his daughter's estate.

Source: History.com Staff

PNW Nursing, Business graduate programs earn recognition from U.S. News and World Report



Several of Purdue University Northwest's (PNW) graduate programs were recognized in U.S. News & World Report's 2025 Best Graduate Programs rankings, released April 8.

PNW's Master of Science in Nursing (MSN) and Doctor of Nursing Practice (DNP), offered through its College of Nursing, were both noted among top graduate nursing programs.

PNW's MSN program offers advanced nursing practices and clinical training to gain additional skills and qualifications for health care roles. PNW's MSN also offers tracks such as Family Nurse Practitioner and Adult-Gerontology Clinical Nurse Specialist concentrations. The DNP program prepares experienced nursing

professionals for administrative and educational roles by focusing on applied research and translation science.

For more information about PNW's graduate nursing programs, visit pnw.edu/nursing.

PNW's Master of Business Administration, offered through its College of Business, was also recognized among top business graduate programs. PNW's MBA program prepares candidates for leadership roles with advanced managerial, financial and analytical skills. For more information, visit pnw.edu/mba.

For more information about graduate studies at PNW, visit pnw.edu/graduate-studies

Source: Purdue University Northwest

Classified Ads

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Hammond Circus train wreck June 22, 1918

The Hagenbeck-Wallace Circus wasn't the largest show in the country—but it came close. By 1918, the company employed around 250 performers, from acrobats to equestriennes, clowns to lion tamers. Formed in 1907 when circus owner Benjamin Wallace purchased the Carl Hagenbeck Circus, the outfit had since grown to be a \$1 million extravaganza that required two separate trains of 28 cars each to transport all the performers, animals, costumes and gear across the country.

The circus had just completed two performances in Michigan City, Indiana, and was traveling overnight the 45 miles to nearby Hammond. The first train, carrying workers and many of the circus animals, cruised on to its destination with no problems. But engineers on the second train halted their progress to fix a hotbox. The overheated axle bearing could cause a fire on the train if not deal with immediately.

It was around 4 a.m. when the second train pulled off onto a side track, but the last five cars—including four wooden sleeper cars—remained on the main track. As the engineers worked, and the performers slept, an empty train used to transport soldiers

to the East Coast for subsequent deployment to the warfront in Europe came barreling down the main track. The driver blew past several stop signals, and then the lamps of several of the circus engineers trying desperately to stop the oncoming train.

But the train's steel-frame Pullman cars smashed into the wooden circus coaches, at speeds between 25 and 60 miles per hour, according to contemporaneous newspaper reports. The sound of the collision was so loud that nearby farmers awoke and hurried to see what had happened.

Henry Miller, the assistant light manager, was among the survivors thrown from the wreckage with minor injuries. "I was in the last coach, next to the caboose, and was asleep when we were hit," he told the Chicago Daily Tribune a day after the accident. "I woke to the sound of splintering wood... Then there was another crash, and another, and another... The train buckled on itself. It parted in the center as clean as thought it had been sliced with a giant knife."

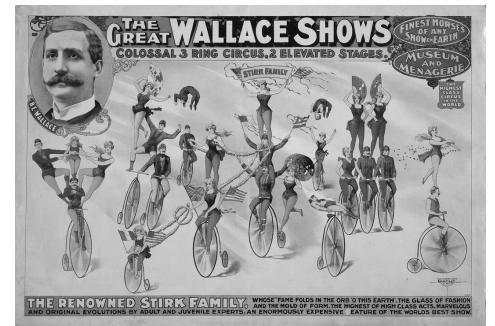
How many people were killed or injured from the collision is impossible to say; in the moments after impact, the kerosene lamps that hung in the hallways of the wooden cars quickly set everything aflame.

Survivors clawed their way out of the debris or called for help before the fire engulfed them. Acrobat Eugene Enos, trapped beneath some wooden beams, received aid from his wife, Mary, and Lon Moore, a clown. "We pulled him clear just as the flames licked at him," Mary later told the Chicago Daily Tribune.

But most weren't so lucky. The fire spread so quickly that crash survivors risked their own lives to pull friends and family out of the wreckage. Although the Gary and Hammond fire departments arrived as quickly as possible, the only source of water were nearby shallow marshes. A wrecking crane was also brought to the accident site to dig people out, but couldn't initially be used because the heat from the fire was too intense. The Daily Gate City and Constitution-Democrat, an Iowa newspaper, wrote later that day, "The task of identifying the dead and seriously injured was almost hopeless. Not only were many of the bodies burned so badly that recognition was impossible, but practically everyone on the train was killed or hurt."

More than 100 people were injured in the accident, and 86 were killed, including some of the circus's famed performers: animal trainer Millie Jewel, dubbed "The Girl Without Fear"; Jennie Ward Todd, an aerialist and member of the Flying Wards; bareback rider Louise Cottrell and Wild West rider Verna Connor; strongmen brothers Arthur and Joseph Dericks; and the wife and two young sons of chief clown Joseph Coyle.

In the aftermath of the accident, the families of the deceased performers struggled



with who to blame. The railway company? The engineer driving the empty train, a man named Alonzo Sargent, who was arrested and charged with manslaughter? The circus company itself? All of them seemed to shirk any blame. One spokesperson for the Interstate Commerce Commission even released a statement to the Chicago Daily Tribune, saying, "We do everything we can to discourage the use of wooden cars on passenger trains and urge the substitution of steel ones. That is all we can do."

As for the survivors, they decided the show must go on. Despite the tremendous physical and psychological toll of the accident, the Hagenbeck-Wallace Circus only missed two performances, thanks to other circuses providing equipment and crew.

In the following weeks, 53 of the deceased performers were offered a burial in a large plot at Woodlawn Cemetery in Chicago, which had just been purchased by the Showmen's League, a fraternal order created in 1913 to support men and women in show business. Only five victims had marked graves; the rest were burned too badly to be identified. When the coffins arrived, more than 1,500 mourners gathered to pay their respects. The graves were memorialized with a stone elephant, its trunk drooping in sadness.

Research by: George Triantafyllou



Protein in plants? It's in there and here's why you should try it

Protein. It's what's for dinner.

But many consumers are realizing they don't need a steak on the table for protein. Instead, they're turning their tastes toward plant-based sources. Dr. Andrea Glenn, an assistant professor of nutrition at New York University in New York City, said it's as easy to get protein from sources that grow in the field as it is from the animals that graze there. "All plants contain protein," she said.

Why do we need it?

Protein is a macronutrient, meaning the body needs it in large amounts for different things, such as building muscle and bones, forming cartilage, skin and blood, and providing calories that give the body energy. Hormones, vitamins and enzymes that support the cells in the immune system are also made from protein. "It's essential for life, really," Glenn said.

How much is enough?

The recommended daily allowance for protein consumption for adults is 0.8 grams per kilogram of body weight, or about 0.36 grams per pound. For a person who weighs 150 pounds, that's about 54 grams of protein per day.

Children and pregnant or breastfeeding women need slightly more grams of protein per kilogram of body weight for tissue growth and development.

Eating enough protein is important as people age to prevent the loss of lean muscle mass, according to federal dietary guidelines. But 50% of women and 30% of men 71 and older don't eat enough of it.

Overall, adult men do a better job of consuming protein than women, who often fall short of the recommended daily amounts, the guidelines say. The deficits seem to come from the types of

protein people choose and how they eat them. Adults in the U.S. typically consume protein as part of a mixed dish, such as a casserole, or in a pasta dish or sandwich, which can contain higher amounts of saturated fat and sodium and other less nutrient-dense ingredients.

While most people – 3 out of 4 – meet or exceed the recommendation for protein from meats, poultry and eggs, nearly 90% don't eat enough seafood and more than half don't meet the recommendation for nuts, seeds and soy products, according to the federal dietary guidelines.

The American Heart Association encourages adults to get most of their protein from plants, such as legumes and nuts, as well as from seafood and low-fat dairy products. Animal-based proteins should come from lean cuts of meat and skinless poultry. Processed meat should be avoided.

How to get enough – what to eat and what to avoid

While recommended daily allowances are listed in grams, the federal dietary guidelines also use ounces to describe the amount of protein people should eat. These guidelines suggest most adults need 5 to 7 ounces of protein per day, depending on age, sex and calorie intake.

The U.S. Department of Agriculture offers practical guidance for finding 1-ounce equivalents for a variety of protein-containing foods on its MyPlate website. One egg, 1 tablespoon of almond or peanut butter, 6 tablespoons of hummus or a quarter cup of tofu, cooked beans, peas, lentils or frozen edamame are all equivalent to a 1-ounce serving of cooked lean beef or skinless chicken or turkey.

Federal dietary guidelines also suggest replacing processed or

high-fat meats, such as hot dogs, sausage and bacon, with seafood or beans, peas and lentils. The switch could help lower intake of saturated fats and sodium.

The AHA recommends eating 6 to 8 ounces per week of seafood, preferably oily fish such as salmon, mackerel, cobia, striped bass, herring or sardines.

"Fish are a good source of protein, especially if you are thinking about reducing your risk for heart disease," Glenn said. She suggests eating a variety of protein-rich foods throughout the day, rather than focusing on a single source.

Getting protein from plants

For people who prefer not to eat meat or fish, it's possible to get all the protein you need from plants, Glenn said. "We don't typically see vegans or vegetarians being protein deficient."

Of course, some plants contain more protein than others. Soybeans contain some of the highest amounts of protein found in plants and some of the highest quality protein, comparable to protein from animal sources. Protein makes up nearly 40% of the calories from soybeans, compared to 20% to 30% from other legumes.

Soy-based foods such as tempeh and tofu are particularly high in protein, Glenn said. A 100-gram serving of tofu contains 9.4 grams of protein. The same portion of tempeh, a sliceable block made from soybeans, contains about 20 grams of protein.

Glenn advises eating unprocessed, whole foods to get the most out of plant-based protein sources. Beans, peas, lentils, chickpeas, edamame, broccoli, spinach, oats, nut butter and quinoa are examples of good plant-based protein sources.

Plants are also high in fiber, vitamins, minerals and other nutrients. And eating a plant-based diet has heart health benefits. Two 2021 studies in the Journal of the American Heart Association found eating a nutritious, plant-based diet could lower the risk for heart attacks and other cardiovascular diseases. One found eating such a diet in young adulthood lowered the later risk for heart attack, stroke and heart failure in middle age. The second found eating certain plant-based foods reduced heart disease risk in postmenopausal women.

What about meat substitute products?

Plant-based meatless burgers are often touted as a substitute for burgers made from ground beef and contain comparable amounts of protein. However, some are highly processed and contain high amounts of sodium and saturated fats, which can increase the risk for heart disease and premature death. "Try to find products within that category that are low in sodium and saturated fat," Glenn said. "And make sure you are still eating whole plant foods and not just eating meat substitutes at every meal."

Moving away from meat? Don't overcomplicate it

Transitioning from meat-based proteins to a diet higher in plant-based sources of protein doesn't have to be difficult, Glenn said.

"Don't make it too complicated," she advised. "Just take what you are already eating and replace the meat products with plants. For example, if you have a recipe that uses ground beef, maybe add lentils instead. You can replace the meat in tacos, soups and casseroles with lentils."

Source: American Heart Association News

Indiana, Sheriff's Department
Warrant Division
For Lake County of Indiana.



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Alias:

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Weight 130 Pounds

Eyes Blue

Hair Brown

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Wanted For: CRIMINAL

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Name #: 070N40016

Date of Birth 10/9/1988



WANTED

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Alias:

Sex Male

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Hair Blonde

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Alias:

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Hair Black

Marks/Scars/Tattoos ..

Wanted For: ROBBERY

.....

Name #: 040N00903

Date of Birth 9/3/1985



WANTED

Name: JENKINS, DENNIS ALAN

Alias:

Sex Male

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Weight 214 Pounds

Eyes Blue

Hair Blonde

Marks/Scars/Tattoos ..

Wanted For: CHILD MOLESTING

.....

Name #: 050N01338

Date of Birth 10/11/1982



**Anyone with information concerning this subject please contact: Lake County, Indiana, Sheriff's Department Warrant Division
(219) 755-3057 Report A Crime HOT LINE (800) 750-2746**

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