



**Your Community
Bulletin Board**
For Northwest Indiana

Your
Hometown
Paper

USMC Vietnam Veteran Owned
CRPubNWI.com Like CR Publications on



HAMMOND MAYOR THOMAS M. MCDERMOTT, JR.
& MAYOR'S COMMISSION ON DISABILITIES

40th Annual

DISABILITIES

Awards Breakfast

THURSDAY, MARCH 26, 2026

AT 8:00 AM - 10:00 AM

DYNASTY BANQUETS

4125 CALUMET AVENUE • HAMMOND, IN 46327



For tickets or for nomination forms please call: Nancy Hauprich, Disabilities Commission Liaison 219-853-6358 ext 2

SERVICE DIRECTORY

Body Shops

State Auto Body
1243 Summer St.
Hammond, IN
219.931.0721

Bus Services

North Township Trustee
Free Dial-A-Ride Bus Service
5947 Hohman Ave, Hammond, IN, 46320
www.northtownshiptrustee.com

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 Scott Rakos
3534 170th Place
Hammond, IN 46323
219.545.1942

Hessville Central Democratic Club
3031 Mahoney Drive
Hammond, IN
219.545.1942

Electrician

Central Electric
Ed Marzec
New & Rewire
Licensed, Bonded, & Insured
219.844.5884

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.
Hammond, IN 46324
219.844.0103
ronjprestamer@gmail.com
www.prestamerinsurance.com

Schools

Ma'Lynn School of Careers
Certified Nursing Assistant Class
5950 Hohman Ave, Hammond, IN
219.472-6132

Towing

Alamo Auto Service
Towing & Auto Repair
6923 Hohman Ave.
Hammond, IN
219.932.8909

McCoy & Sons Towing
1405 Summer St
Hammond, IN
219.659.0687

State Auto Body
1243 Summer St.
Hammond, IN
219.931.0721

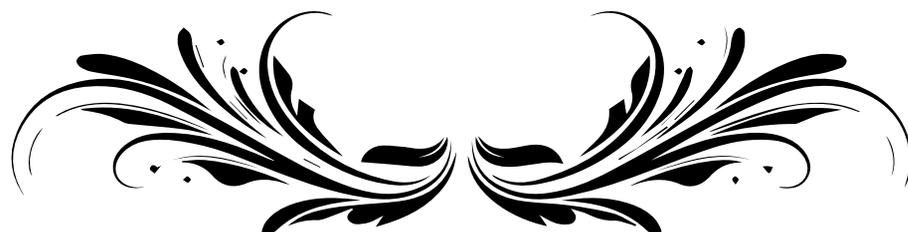


CR Publications

500 Flyers (b/w)
(single sided)

\$20.00

(219) 931-6700
newsdesk@crpubnwi.com



*Jefferson
Community Watch meets
March 11
Wednesday 6:00 PM
at Jefferson School*



North Township consists of the following communities:

- EAST CHICAGO
- HAMMOND
- HIGHLAND
- MUNSTER
- WHITING
- GRIFFITH

FREE TRANSPORTATION SERVICE FOR NORTH TOWNSHIP RESIDENTS TO AND FROM MEDICAL APPOINTMENTS AND GROCERY SHOPPING WITHIN THE NORTH TOWNSHIP.

SERVICE AVAILABLE MONDAY - FRIDAY
(EXCEPT HOLIDAYS)
7:00AM - 5:00PM

TO SCHEDULE AN APPOINTMENT AND FOR MORE INFORMATION CONTACT 219-932-2530 x5 BETWEEN THE HOURS OF 7:00AM - 5:00PM.

WWW.NORTHTOWNSHIPTRUSTEE.COM
WWW.WICKERMEMORIALPARK.COM

40th Annual Disabilities Awards Breakfast

Thursday, March 26, 2026
8:00am Dynasty Banquets
4125 Calumet Ave., Hammond,
IN 46327

The purpose is to recognize youth, adults, and organizations that reach out and make a difference regardless of a disability. The Mayor's Commission on Disabilities will choose award winners.

- Business Award

- Individual Adult Volunteer Award
- Individual Adult Award
- Youth Volunteer Award
- Youth Award
- Caregiver Award
- Charles Nagy Jr. Award
- Distinguished Honorary Award

Source: City of Hammond



Mayor's Night Out 2026

March 25th	2nd District	Bishop Noll Institute Cafeteria 1519 Hofman St.
May 13th	3rd District	Hammond Sportsplex 6630 Indianapolis Blvd.
August 19th	4th District	St. John Bosco School Cafeteria 1231 171st Pl.
September 16th	5th District	Purdue University Northwest Fitness & Recreation Center 2300 173rd St.
October 28th	6th District	Hess Elementary School Cafeteria 3640 Orchard Dr.

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

Don't lose your memories Save them for Eternity

Transfer your VHS & MiniDV tapes to DVD

Your memories are important pieces of **your** life to be cherished and shared with those you love

Only \$20.00 per 2 hour video

Also transfer your pictures to CD or DVD!

CR Publications • (219) 931-6700 • 6217 Hohman Ave

BANNER BANNER BANNER BANNER BANNER

Outdoor or Indoor Vinyl Banner

3x6	\$99.00
3x8	\$132.00
4x6	\$132.00
4x8	\$176.00

Includes grommets
Other sizes available
219.931.6700

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, 2026** 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 own a rental property in Hammond, notify the Inspections Department to determine if any registration fee is owed.
If you have any questions please call 219-853-6316

** If you have not register in previous years, you may not be able to register for 2026.
Call 219-853-6316 if you believe you owe for years prior

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.

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.hammondrc.org

Hope United Methodist Church

7320 Nortcote Ave, Hammond, IN

(219) 844-3030

Sunday Worship 10:15 a.m.

www.inhopeumc.org

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

Northgate Church

2820 165th St Hammond, IN

Senior Pastors Joey & Sunshine Miranda

Sunday Worship (bilingual) 10:00am

Tues.Bible Studies: Spanish, Men, Women &

Young Adults, Monday YOUTH Bible Study

Email: wearengc@gmail.com

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

“We come to church not to hide our problems but to heal them.”

~ Dieter F. Uchtdorf

Most People are either Natural Talkers or Natural Listeners

CR Publications

Drop Off Shredding Service \$0.99/pound

We will dispose or return the shredding to you (219) 931-6700

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*

Hammond Outdoor Sculptures: **Man of Steel**



and Gurfinkel's design had to be worked with materials already provided. He drew plans for a giant head, square-jawed, facing the sky, set on a massive base – a more geometric design than usual – to stand an impressive 22 feet high. NIAA program director Sandy Starrett, after selecting Gurfinkel as sculptor, then had to find a large enough space and equipment to get the job done. Hammond industrialists Peter Knoerzer, George Meyer, Bernie Vance, Vic Kirsch,

unions, most particularly the operating engineers, who used a crane to lift the 10-ton piece into place in Harrison Park. It was painted bright orange – because, the sculptor said, “all ironworkers recognize this color, used to protect steel in the outdoors.” With commissioned

work, Gurfinkel did not always have his choice of materials. For Man of Steel, he would have preferred stainless steel, but in the end felt this sculpture “expresses the dedication to the people who make steel, fabricate steel, transport it, build with it, use it and depend on it.”

Man of Steel (1977), Gurfinkel's first major outdoor sculpture, became a communitywide undertaking. The project was funded by the Indiana Arts Commission, and its local sponsor was the Northern Indiana Arts Association, based in Hammond. Inland Steel Company had donated the steel,

George Vidimos and Richard Gardner were among those who contributed space and services. Help also arrived from the City of Hammond park department, Hammond Technical Vocational High School welding students, and the building and construction trade unions – altogether eight different



The Sub Hub

Daily Special
2 for \$8.00
Ham & Cheese
All Day

For Faster Service Call Ahead
(219) 230-7737
5800 Hohman Ave.
Hammond, IN



(219) 659-0687

1405 Summer St
Hammond, Indiana

9 am to 5 pm
Local Tows

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/

HAMMOND CITY CLERKS OFFICE
(219) 853-6346



CENTRAL ELECTRIC

ED MARZEC

NEW & REWIRE

• LICENSED • BONDED
• INSURED

(219) 844-5884

HAMMOND, IN

The Towle Theater: The Marvelous Wonderettes



Bird, Music Direction by John Phillips and Choreography by Melanie Greyson.

The Marvelous Wonderettes is a jukebox musical comedy bursting with close harmonies and nonstop '50s and '60s hits. Set at the 1958 Springfield High School prom, the show

follows four girls—Betty Jean, Cindy Lou, Missy, and Suzy—as they dream big, sing bigger, and charm the audience with classics like “Mr. Sandman,” “Lollipop,” and “It’s My Party.” What begins as an innocent night of teenage hopes unfolds into a heartfelt celebration of friendship, love, and the power of music as the Wonderettes

The Towle Theater opens their 1st show of their 23rd season with a bubbly jukebox musical comedy, The Marvelous Wonderettes.

The Towle Theater is pleased to open their 2026 Season with The Marvelous Wonderettes written and created by Roger Bean. The production is Directed by TJ

reunite years later to revisit their past. Sweet, funny, and irresistibly toe-tapping, The Marvelous Wonderettes is a nostalgic treat for all ages.

Making her Towle debut is Mai Hartwich (Chicago, IL). Returning to the Towle are Madison Meeron (Chicago, IL) Taylor Morris (Chicago, IL), and Lauren Reece (Chicago, IL).

The Marvelous Wonderettes runs Feb 27–28, March 1, 6–8, 13–15.

Fridays 7:30pm, Saturdays 7:30pm & Sundays 2pm. The box office opens 1 hour prior to performance time. Tickets are \$30 in advance and \$35 at the door. Reservations must be paid for in advance. They are non-refundable and non-exchangeable. Group rates

are available. There is no late seating. Please arrive no later than 15 minutes prior to curtain. If you arrive after curtain, you will not be seated until intermission.

The Towle Theater is located in beautiful downtown Hammond at 5205 Hohman Avenue. Due to major renovations happening in Downtown Hammond parking is available right in front of the building on Hohman Avenue as well as the gravel lot located on Sibley. For more information call 219-937-8780 or visit www.towletheater.org.

Source: The Towle Theater

towle
THEATER

WE HAVE THE SHIRTS YOU WANT!



Prices start from

\$9.50 S-XL

\$11.50 2X and 3X



to order call **219-931-6700**

CR PUBLICATIONS Trophy Shop
Serving Hammond & NWI's Trophy & Award Needs
Phone: (219) 931-6700
Cell: (219) 678-8880
6217 Hohman Ave, Hammond, IN 46324
trophy@crpubnwi.com
newsdesk@crpubnwi.com
www.crpunwi.com

US MARINES CORPS T-SHIRTS
\$ 9.50 S-XL
\$ 11.50 XXL & XXXL

Black History Program 2026



FOR SALE *Classic Car*



1964 CADILLAC SEDAN DEVILLE
 \$8,900 or Best Offer
 4 Door, Runs, Good Body
 1-708-362-7653



REWARD



Somebody
Knows

Somebody
Knows

UP TO \$5,000

FOR INFORMATION LEADING TO
THE ARREST OF THE PERSON(S)
RESPONSIBLE FOR THIS FIRE

Call 1-800-382-4628

OR WRITE: P.O. BOX 2282
INDIANAPOLIS, IN 46206

YOU DO NOT HAVE
TO GIVE YOUR NAME

REWARD PROVIDED BY THE INDIANA ARSON AND CRIME ASSOCIATION, INC. IN
COOPERATION WITH THE INDIANA STATE FIRE MARSHAL AND THE PROPERTY
INSURANCE COMPANIES OPERATING IN INDIANA.

THE AMOUNT OF THE REWARD IS DEPENDENT UPON THE VALUE OF THE INFOR-
MATION AS DETERMINED BY THE INDIANA ARSON AND CRIME ASSOCIATION, INC.

New York Yankees star Mickey Mantle retires

On March 1, 1969, New York Yankees center fielder Mickey Mantle announces his retirement from baseball. Mantle was an idol to millions, known for his remarkable power and speed and his everyman personality. While “The Mick” patrolled center field and batted clean-up between 1951 and 1968, the Yankees won 12 American League pennants and seven World Series.

Mantle was born in Spavinaw, Oklahoma, on October 20, 1931. He grew up in nearby Commerce, and played baseball and football as a youth. With the help of his father, Mutt, and grandfather, Charlie, Mantle developed into a switch-hitter. Mutt pitched to Mantle right-handed and Charlie pitched to him left-handed every day after school. With the family’s tin barn as a backstop, Mantle perfected his swing, which his father helped model so it would be identical from either side of the plate. Mantle had natural speed and athleticism and gained strength working summers with his father in Oklahoma’s lead mines. “The Commerce Comet” eventually won a scholarship to play football for the University of Oklahoma. However, baseball was Mantle’s first love, so when the New York Yankees came calling, Mantle moved to the big city.

Mantle made his debut for the Yankees in 1951 at age 19, playing right field alongside aging center fielder Joe DiMaggio. That year, in Game 2 of the World Series, Willie

Mays of the New York Giants hit a pop fly to short center, and Mantle sprinted toward the ball. DiMaggio called him off, and while slowing down, Mantle’s right shoe caught the rubber cover of a sprinkler head. “There was a sound like a tire blowing out, and my right knee collapsed,” Mantle remembered in his memoir, *All My Octobers*. Mantle returned the next season, but by then his blazing speed had begun to deteriorate, and he ran the bases with a limp for the rest of his career.

Still, Mantle dominated the American League for more than a decade. In 1956, he won the Triple Crown, leading his league in batting average, home runs and runs batted in. His output was so great that he led both leagues in 1956, hitting .353 with 52 home runs and 130 runs batted in. He was also voted American League MVP that year, and again in 1957 and 1962. After years of brilliance, Mantle’s career began to decline by 1967, and he was forced to move to first base. The next season would be his last.

Mantle’s penchant for drink led to debilitating alcoholism as he grew older, and he died of liver cancer on August 13, 1995, at age 63. At the time of his death he held many of the records for World Series play, including most home runs (18), most RBIs (40) and most runs (42). Mantle was elected to the Baseball Hall of Fame in 1974 in his first year of eligibility.

Source: History.com Staff

Northern States Life Insurance Office Building

Northern States Life Insurance Office Building
5935 Hohman Avenue

• Purchased by Montessori Children’s Schoolhouse in 1984.



• All-limestone building built in the Neo-Classical architectural style incorporates fluted and modified corinthian columns and classical details.

• Magnificent interior detailing includes stained glass windows, brass,

hand-wrought ironwork, marble, hand-made tile inlay floors, and beautifully decorated ceilings.

- Local landmark designated in July, 1985.
- Northern States Life Insurance Company constructed building in 1926.

Source: www.gohammond.com/

Marcus Morton Towle House



Marcus Morton Towle House 229 Ogden Street

Queen Anne style home with an “onion” dome roof on the side turret.

- Designated as Hammond’s first local landmark in July, 1984.
- Originally constructed in 1885 by Marcus M. Towle and designed as an elaborate

• Redesigned in 1907 to its current state as an imposing brick Free Classic style by prominent Hammond architect L. Cosby Bernard, Sr.

Source: www.gohammond.com/

Flu Safety

Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. Flu viruses spread from person to person when people who are infected cough or sneeze. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Know the Difference: Types of Flu Outbreaks

Seasonal Flu — A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death.

Epidemic — The rapid spread of a disease that affects some or many people in a community or region at the same time.

Pandemic — An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

H1N1 Influenza (swine flu) — H1N1 influenza is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get H1N1 influenza, but human infections can and do happen. H1N1 influenza viruses have been reported to spread from person-to-person.

Avian Influenza — Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

Are you considered high risk for flu-related complications?

You are at an increased risk if you are:

- Age 50 or older
- Pregnant
- Living with a chronic medical condition
- A child, age 6 months and older
- Living with or caring for anyone at high risk

If you are at high risk, have your vaccinations updated every year, as directed by your physician.

How to Prevent the Flu

Flu Prevention is the Best Preparation

A flu vaccine is available in the U.S. every year. Get your flu shot as soon as it is available for the best chance of protection.

Always Practice Good Health Habits to Maintain Your Body's Resistance to Infection

- Eat a balanced diet.
- Drink plenty of fluids.
- Exercise daily.
- Manage stress.
- Get enough rest and sleep

Take These Common Sense Steps to Stop the Spread of Germs

- Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
- Avoid or minimize contact with sick people (a minimum three feet distancing is recommended).
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
- Stay away from others as much as possible when you are sick.
- Adopt business/school practices that encourage employees/students to stay home when they have flu symptoms.

Hand Washing: A Simple Solution That Really Works

Teach kids how to wash their hands. Proper and consistent hand washing is one of the easiest ways to prevent the spread of flu. Teach kids by example by showing them proper hand washing technique:

- Wet hands with water and apply an amount of soap recommended by the manufacturer to hands.
- Rub hands together vigorously for at least 20 seconds, covering all surfaces of the hands and giving added attention to fingernails and surfaces where jewelry is worn.
- Rinse hands with water.
- Dry thoroughly with a disposable towel.
- Use towel to turn off faucet.

For younger children who tend to rush their hand washing, have them sing a short song such as "Row Row Row Your Boat," or the "Happy Birthday" song – this will ensure they wash for at least 20 seconds. Placing hand-washing reminders at children's eye level will also help them become consistent hand washers.

How to Treat the Flu

Diagnosing and Treating the Flu It may be difficult to tell if you are suffering from the flu or another illness. If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

Common Flu Symptoms

- High fever
- Severe body aches
- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose

- Vomiting and/or diarrhea (more common in children than in adults)

NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.

Potential Risks and Serious Complications of the Flu

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

Caregiving – How to Treat the Flu

- Designate one person as the caregiver.
- Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless they have been cleaned between uses.
- Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.

Source: American Red Cross

Meet Bryanna



WE FIGHT

to end diabetes.

Listen, friends, I'm here to tell you that living with type 1 diabetes is very manageable, but it takes perseverance. Hourly and daily perseverance. It's not always a smooth road to navigate and even while managing it well, it's more of a freshly paved road with areas of various sized speed bumps along the way. I live an extremely normal and healthy life and diabetes is just a part of it.

I was diagnosed at age 7. That same year, I experienced death for the first time. I lost my great grandma and my friend/classmate all in that same 12-month time period. Yep, this was in second grade. While still learning what this world was all about at the young age of 7, being diagnosed with type 1 diabetes was a big speed bump.

My parents and I spent many months going to diabetes training classes, taking notes, navigating ordering prescriptions, dealing with insurance companies, understanding nutrition labels on food, and learning everything there was to know about how to navigate through life with type 1 diabetes. You

guessed it—big speed bumps these were. Oh yeah, and learning to not be afraid of needles. Yes, it's possible when your life depends on it.

At the time of diagnosis, I had the BEST nurse and doctor on the planet. They're hands down two of the main reasons I understood the importance of diabetes management at such a young age. A small speed bump that led to a freshly paved road. At one of our many appointments, my nurse said to me, "If you have too many high blood sugars regularly, you could risk losing your feet or legs when you get older." This stuck with me.

I always reminded myself that I can't lose my feet or legs at any point in my life. Those are important limbs to have and KEEP forever! So, from there on out, I persevered.

The T1D road is filled with speed bumps of many sizes, but always remember you can control the size of those speed bumps, and how you get over them. Your blood sugars are going to be high. They'll also go low. Just make sure you learn how to get better

each day. (And don't feel silly for celebrating when your blood sugar is that sweet number 100—the unicorn number!) And, most importantly, make sure you have your people you can count on. No. Matter. What.

Type 1 diabetes has taught me how to plan ahead and strive for excellence, but being okay with coming up a little short sometimes. Every single meal you eat involves planning ahead on the correct amount of insulin to have on board or inject. I get high blood sugars and low blood sugars, but I learn from each of them and strive to be better tomorrow. I give a big shout out to this disease for helping me strive for excellence in my professional life and learning from my mistakes. Since college, most of my jobs have been heavily

dependent on planning ahead and I'm always striving for excellence in my work. Thank you for this, diabetes.

Being a type 1 diabetic means we're resilient, focused, motivated, and strong people. Every T1D I know fits each of these words to a T. You can live a very normal life as long as you take the time to understand the finer details. And before you know it, things become second nature and you can't remember your life before it all. Navigate those speed bumps with strength and positivity, my friends—and always persevere!

I quite literally wouldn't be here without the support and help from my mom; my dad; my life partner, Bob; nurse Georgia; and Dr. Loren Meyer. I love you all!

Source: American Diabetes Association

Jam Computer Service

Is your computer running slow?

No Internet service?

Error message?

We can help!

- Virus removal special \$75.00
- Repairs on all makes and models
- Software installation
- Memory upgrades on PC starting at \$49.95

Call us (219) 931-6700

Indiana, Sheriff's Department

Warrant Division

For Lake County of Indiana.



WANTED

Name: LAWLESS, BENJAMIN LEVI

Alias:

Sex MALE

Height 6'2"

Weight 230 Pounds

Eyes..... Brown

Hair Brown

Marks/Scars/Tattoos

Wanted For: SEXUAL

MISCONDUCT WITH A MINOR

Name #: 24N018614

Date of Birth..... 8/11/1988



WANTED

Name: WILK, AMANDA ROSE

Alias:

Sex FEMALE

Height 5'7"

Weight 180 Pounds

Eyes..... Hazel

Hair Brown

Marks/Scars/Tattoos

Wanted For: DEALING

METHAMPHETAMINE

Name #: 17N060922

Date of Birth..... 7/31/1995



WANTED

Name: HENNINGER, VERNON JAMES

Alias:

Sex MALE

Height 6'3"

Weight 171 Pounds

Eyes..... Hazel

Hair Brown

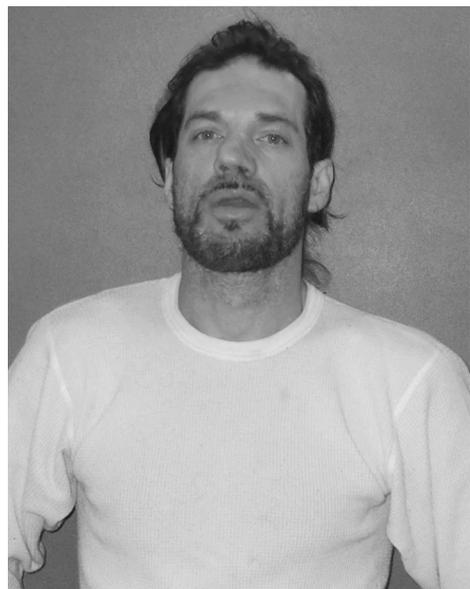
Marks/Scars/Tattoos

Wanted For: DEALING

..... COCAINE

Name #: 010N24848

Date of Birth..... 2/18/1981



WANTED

Name: HENLEY, CORTEZ DINAH

Alias:

Sex MALE

Height 5'10"

Weight 137 Pounds

Eyes..... Brown

Hair Black

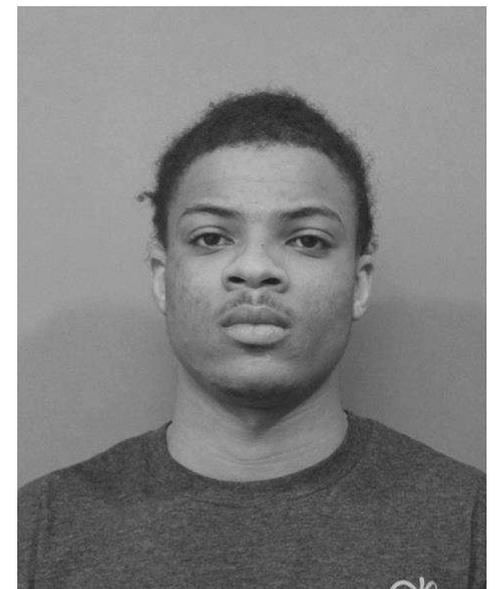
Marks/Scars/Tattoos

Wanted For: ARMED

..... ROBBERY

Name #: 16N096216

Date of Birth..... 12/10/2003



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

All persons depicted in this publication are presumed to be innocent until proven guilty in a court of law. At the time of printing, all persons pictured are being sought by local law enforcement agencies for outstanding warrants or as a suspect in a crime for identification purposes. Do not attempt under any circumstance to apprehend any persons depicted in this publication. All persons may be considered armed and dangerous by law enforcement.

All information was obtained from the The Lake County Sheriff's Department website. CR Publications is not liable for any misinformation.



Prices start from
\$9.50 S-XL
\$11.50 2X and 3X



to order call 219-931-6700

