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Hammond Mayor's Office
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219.853.6301

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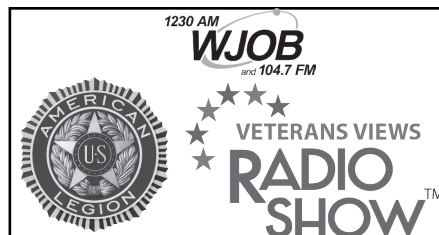
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FESTIVAL OF THE LAKES 2023 SCHEDULE

FESTIVAL OF THE LAKES



Wednesday, July 12th

PARK OPENS @ 5:00PM

VIP GATE OPENS @ 6:00PM

**HEADLINE
ENTERTAINMENT:**

ASHANTI AND JA RULE

9:00pm - 11:00pm

OPENING ACTS:

DJ NONSTOP 6:30pm -
8:30pm

Thursday, July 13th

PARK OPENS @ 5:00PM

VIP GATE OPENS @ 6:00PM

**HEADLINE
ENTERTAINMENT:**

BROTHERS OSBORNE

9:00pm - 11:00pm:

OPENING ACTS:

NATE VENTURELLI

6:30pm - 7:15pm

INGRID ANDRESS

7:30pm - 8:30pm

Friday, July 14th

PARK OPENS @ 5:00PM

VIP GATE OPENS @ 6:00PM

**HEADLINE
ENTERTAINMENT:**

***STONE TEMPLE
PILOTS***

9:00pm - 11:00pm

OPENING ACTS:

89MINDS 6:30pm - 7:15pm

LOCAL H 7:30pm - 8:30pm

Saturday, July 15th

PARK OPENS @ 5:00PM

VIP GATE OPENS @ 6:00PM

**HEADLINE
ENTERTAINMENT:**

LIL WAYNE

9:00pm - 11:00pm

OPENING ACTS:

DJ KCEASER 6:00pm - 7:15pm

TRINA 7:30pm - 8:00pm

DJ PHARRIS 8:15pm - 9:00pm

Source: City of Hammond



Mayor's Night Out 2023

August 30	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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Church Directory

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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

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

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

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

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problems
but to heal
them.”*

~ Dieter F. Uchtdorf

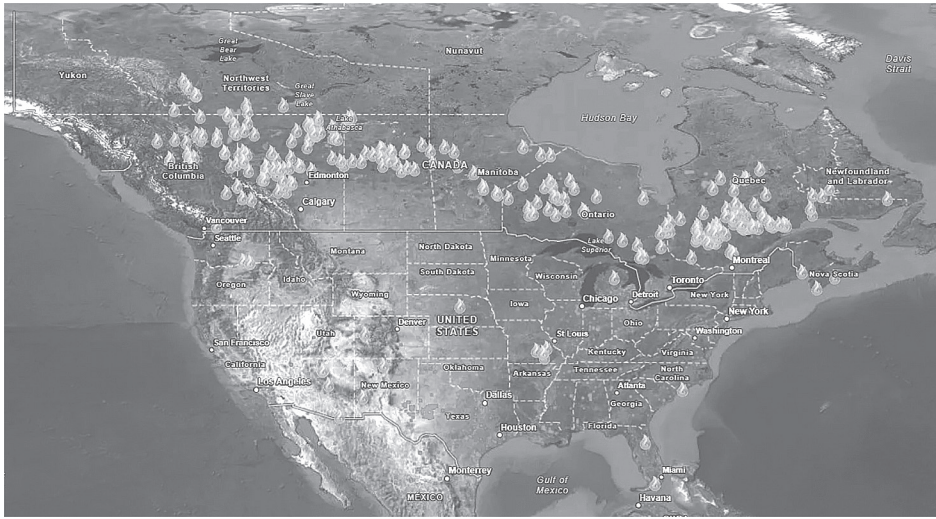
Church Directory Listing

\$8.00 per/issue
(minimum 4 issues)

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

Wildfire smoke pushes Indiana air quality to dangerous level? Here's how you can stay safe.



Canada's wildfire smoke hazing over Indiana isn't just creating visibility issues. The smoke also is causing the air quality to reach unhealthy levels for Hoosiers outside.

Indiana will continue to see the impact of Canadian wildfires as visibility and air quality are reduced, according to the National Weather Service.

It's not the first time we've been hit with the effects of the wildfires plaguing Canada recently. Earlier this month, they also caused smoky conditions around Indianapolis that were hazardous for some.

The wildfire smoke is having an impact on air quality alerts

around the U.S. and could continue for days or even weeks, according to USA Today.

Smoke from wildfires is different from other sources. That's because of the unhealthy matter it contains, how it can travel long distances and persist in the air, changing over time and getting more toxic.

Wildfire smoke contains noxious or poisonous gases and particulate matter, tiny particles that can be inhaled. Those particles can penetrate deep into the lungs and affect people with respiratory problems

We can't control far away wildfires, but we can all do our part to protect children,

the elderly, and people with lung conditions in Northwest Indiana!

- *Carpool, walk, bike, or use public transportation when possible.*

- *Refuel vehicles after dusk.*

- *Pack your lunch to avoid excess idling and drive-through windows.*

- *Consolidate trips and avoid non-essential driving errands.*

- *Postpone using gasoline-powered garden equipment or mowing the lawn until late evening, when temperatures are cooler.*

- *Work from home to reduce vehicle emissions, if your employer provides the option.*

- *Use energy efficient lighting and appliances recommended by the Energy Star Program.*

- *Turn off appliances and lights when not in use to reduce emissions from energy production.*

- *Adjust your thermostat by turning it up in the summer and down in the winter to reduce emissions from energy production.*

- *Recycle to reduce emissions related to producing paper, plastic, glass bottles, aluminum cans, and cardboard.*

- *Use "low VOC" or "zero VOC" paint and cleaning products.*

- *Consider burning gas logs instead of wood to reduce smoke.*

- *Avoid burning clean wood waste such as leaves and brush. If possible, recycle yard waste by shredding or chipping it at home or use a registered collection site. Never burn trash.*

- *Consider wearing a mask outdoors: Choose a "particulate respirator" that has been tested and approved by the National Institute of Occupational Safety and Health (NIOSH). It will have the words NIOSH and either N95 or P100 printed on it.*

- *Avoid outdoor activities*

- *Keep pets indoors as much as possible. Bring outdoor pets inside.*

Research by: George Triantafyllou



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The School Town of Munster will have a job fair on Thursday, July 20, 2023 from 11:00 am to 1:00 pm and 5:00 pm to 6:30 pm at the Administration Building located at 8616 Columbia Avenue in Munster. For additional information, please call 219.836.9111 x1015X

Source: School Town of Munster



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Hammond Mayor, Thomas M. McDermott, Jr.,
with his wife Marissa J. McDermott, Judge of the Lake Circuit Court.



Hammond Mayor, Thomas M. McDermott, Jr.



Sean and Dana McGough with 4 year old Maeve.



Marissa J. McDermott, Judge of the Lake Circuit Court.

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On Stage
6-10

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AVE HAMMOND, IN

MENU

BIRTH WITH RICE
HALF CHICKEN WITH RICE
BBQ
MAC & CHEESE
CORN ON THE COB



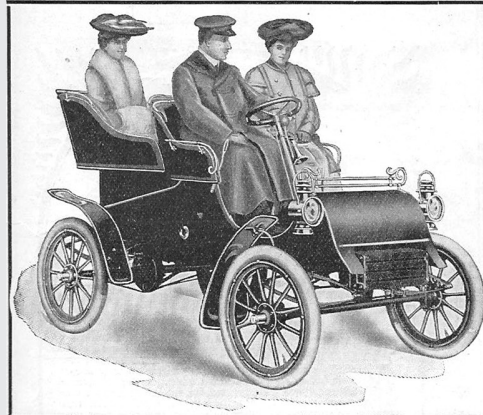
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Ford Motor Company takes its first order



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FORD MOTOR CO. Detroit, Mich.

On July 15, 1903, the newly formed Ford Motor Company takes its first order from Chicago dentist Ernst Pfenning: an \$850 two-cylinder Model A automobile with a tonneau (or backseat). The car, produced at Ford's plant on Mack Street (now Mack Avenue) in Detroit, was delivered to Dr. Pfenning just over a week later.

Henry Ford had built his first gasoline-powered vehicle—which he called the Quadricycle—in a workshop behind his home in 1896, while working as the chief engineer for the main plant of the Edison Illuminating Company in Detroit. After making two unsuccessful attempts to start a company to manufacture automobiles before 1903, Ford gathered a group of 12 stockholders, including himself, to sign the papers necessary to form the Ford Motor Company in mid-June 1903. As Douglas Brinkley writes in "Wheels for the World," his history of Ford, one of the new company's investors, Albert Strelow, owned a wooden factory building on Mack Avenue that he rented to Ford Motor. In an assembly room measuring 250 by 50 feet, the first Ford Model A went into production that summer. Designed primarily by Ford's assistant C. Harold Wills, the Model A could accommodate two

people side-by-side on a bench; it had no top, and was painted red. The car's biggest selling point was its engine, which at two cylinders and eight-horsepower was the most powerful to be found in a passenger car. It had relatively simple controls, including two forward gears that the driver operated with a foot pedal, and could reach speeds of up to 30 miles per hour (comparable to the car's biggest competition at the time, the curved-dash Oldsmobile). Dr. Pfenning's order turned out to be the first of many from around the country, launching Ford on its way to profitability. Within two months, the company had sold 215 Fords, and by the end of its first year the Mack Avenue plant had turned out some 1,000 cars. Though the company grew quickly in the next several years, it was the launch of the Model T in 1908 that catapulted Ford to the top of the automobile industry. The Lizzie's tremendous popularity kept Ford far ahead of the pack until dwindling sales led to the end of its production in 1927. That same year, Ford released the second Model A amid great fanfare; it enjoyed similar success, though the onset of the Great Depression kept its sales from equaling those of the Model T.

Source: *History.com Staff*

NIRPC's Leadership Elected to National Positions; Benson Recognized with NARC President's Award

Northwestern Indiana Regional Planning Commission leaders were elected to key national board positions as the National Association of Regional Councils (NARC) celebrated its 57th Annual Conference and Exhibition in Detroit, Michigan earlier this month.

Justin Kiel, County Council member of La Porte County and NIRPC's immediate past chair, was elected to serve as Senior Vice President of NARC's Board of Directors. Kiel is currently in his first term as a County Council member. Kiel was previously a member of the La Crosse Town Council for 8 years, serving for 6 years as Town Council President.

Upon his election, Kiel spoke to the value of getting to know other board members of regional councils such as NIRPC from across the United States. "I look forward to continuing the great work that NARC does," he said.

Also during the gathering, NIRPC's Executive Director Ty Warner succeeded Stanislaus Council of Governments (California) Executive Director Rosa De León Park as Chairman of the NARC Executive Directors Council.

"NIRPC has a long history of involvement in NARC," Warner said. "Our participation has afforded us the opportunity to learn best practices from other regional councils and apply them for the benefit of our own region."

NIRPC has had two of its commissioners serve as President of the national organization. Dave Shafer, former Clerk-Treasurer of the

Town of Munster, was elected President in 2013, followed by Geof Benson of the Beverly Shores Town Council, who was elected NARC President in 2019.

Benson, a former Chair of NIRPC, was awarded the NARC's President's Award during the Detroit conference. The award recognizes "leadership and excellence in advocating regional concepts, approaches, and programs at all levels of the regional community." In addition to serving as President of the NARC Board, Benson was chair of the NARC Environment Committee for over 4 years and served on the NARC Board overall for 11 years. Benson served actively on the NIRPC Commission for 15 years and was twice elected Chair of the NIRPC Commission, which is an honor granted to only one other NIRPC chair in recent memory.

"Coming to these conferences year after year and taking all the information back to our regions and our councils and implementing it is just an incredible resource," Benson said during his acceptance.

NIRPC is the regional council of local governments and federally designated Metropolitan Planning Organization for Northwest Indiana. NIRPC's purpose is to "provide a coordinative management process for Lake, Porter, and LaPorte Counties and to institute and maintain a comprehensive planning and programming process for transportation, economic development, and environmental policy."

Source: *NIRPC*

Cooking to Lower Cholesterol

A heart-healthy eating plan can help you manage your blood cholesterol levels and reduce your risk of heart disease and stroke. The simple cooking tips below will help you prepare tasty, heart-healthy meals that could help improve your cholesterol levels by reducing excess saturated fat and trans fat. You can also look out for the Heart-Check mark on products at your grocery store. It's a simple tool to help you eat healthier. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Reduce saturated fat in meat and poultry

The American Heart Association recommends a diet that emphasizes fish and poultry and limits red meat. The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared.

Here are some ways to reduce the saturated fat in meat:

- Select lean cuts of meat with minimal visible fat. Lean beef cuts include the round, chuck, sirloin or loin. Lean pork cuts include the tenderloin or loin chop. Lean lamb cuts come from the leg, arm and loin.
- Buy "choice" or "select" grades rather than "prime." Select lean or extra lean ground beef.
- Trim all visible fat from meat before cooking.
- Broil rather than pan-fry meats such as hamburger, lamb chops, pork chops and steak.
- Use a rack to drain off fat when broiling, roasting or baking. Instead of basting with drippings, keep meat moist with wine, fruit juices or a heart-healthy oil-based marinade.
- Cook a day ahead of time. Stews, boiled meat, soup stock or other dishes in which fat cooks into the liquid can be refrigerated. Later, remove the hardened fat from the top.
- When a recipe calls for browning the meat first, try browning it under the broiler instead of in a pan.

- Eat chicken and turkey rather than duck and goose, which are usually higher in fat. Choose white meat most often when eating poultry.

- Remove the skin from chicken or turkey before cooking. If your poultry dries out too much, first try basting with wine, fruit juices or a heart-healthy oil-based marinade. Or leave the skin on for cooking and then remove it before eating.

- Limit processed meats such as sausage, bologna, salami and hot dogs. Many processed meats – even those with "reduced fat" labels – are high in calories and saturated fat. Such foods are often high in sodium, too. Read labels carefully and eat processed meats only occasionally.

Eat more fish

Fish can be fatty or lean, but it's still low in saturated fat. Eat at least 8 ounces of non-fried fish each week. Choose oily fish such as salmon, trout and herring, which are high in omega-3 fatty acids. Prepare fish baked, broiled, grilled or boiled rather than breaded and fried, and without added salt, saturated fat or trans fat. Non-fried fish and shellfish, such as shrimp, crab and lobster, are low in saturated fat and are a healthy alternative to many cuts of meat and poultry.

Research has shown the health benefits of eating seafood rich in omega-3 fatty acids, especially when it replaces less healthy proteins that are high in saturated fat and low in unsaturated fat. Including seafood high in omega-3 fatty acids as part of a heart-healthy diet can help reduce the risk of heart failure, coronary heart disease, cardiac arrest and the most common type of stroke (ischemic).

Eat less meat

Try meatless meals featuring vegetables or beans. For example, think eggplant lasagna, or instead of a burger, consider a big grilled portobello mushroom on a bun. Maybe substitute low-sodium beans for beans-n-franks. Or treat meat as

a sparingly used ingredient, added mainly for flavor in casseroles, stews, low-sodium soups and spaghetti.

Cook fresh vegetables the heart-healthy way

Try cooking vegetables in a tiny bit of vegetable oil and add a little water during cooking, if needed. (Or use a vegetable oil spray.) Just one or two teaspoons of oil is enough for a package of plain frozen vegetables that serves four. Place the vegetables in a skillet with a tight cover and cook them over very low heat until done.

Add herbs and spices to make vegetables even tastier. (It's a healthier choice than opting for pre-packaged vegetables with heavy sauce or seasonings.) For example, these combinations add subtle and surprising flavors:

- Rosemary with peas, cauliflower and squash
- Oregano with zucchini
- Dill with green beans
- Marjoram with Brussels sprouts, carrots and spinach
- Basil with tomatoes

Start with a small quantity of herbs and spices (1/8 to 1/2 teaspoon for a package of frozen vegetables), then let your family's feedback be your guide. Chopped parsley and chives, sprinkled on just before serving, can also enhance the flavor of many vegetables.

Use liquid vegetable oils in place of solid fats

Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

Use a little liquid oil to:

- Pan-fry fish and poultry.
- Sauté vegetables.
- Make cream sauces and soups using low-fat or fat-free milk.
- Add to whipped or scalloped potatoes using low-fat or fat-free milk.
- Brown rice for Spanish, curried or stir-fried rice.

- Cook dehydrated potatoes and other prepared foods that call for fat to be added.

- Make pancakes or waffles.

Puree fruits and veggies for baking

Pureed fruits or vegetables can be used in place of oil in muffin, cookie, cake and snack bar recipes to give your treats an extra healthy boost. For many recipes, use the specified amount of puree instead of oil. Check the mix's package or your cookbook's substitutions page for other conversions. You can:

- Use applesauce in spice muffins or oatmeal cookies.
- Include bananas in breads and muffins.
- Try zucchini in brownies.

Lower dairy fats

Low-fat (1%) or fat-free (skim) milk can be used in many recipes in place of whole milk or half-and-half. (Some dishes, such as puddings, may result in a softer set.) When it comes to cheeses used in recipes, you can substitute low-fat, low-sodium cottage cheese, part-skim milk mozzarella (or ricotta) cheese, and other low-fat, low-sodium cheeses with little or no change in consistency.

Sauces and gravies

Let your cooking liquid cool, then remove the hardened fat before making gravy. Or use a fat separator to pour off the good liquid from cooking stock, leaving the fat behind.

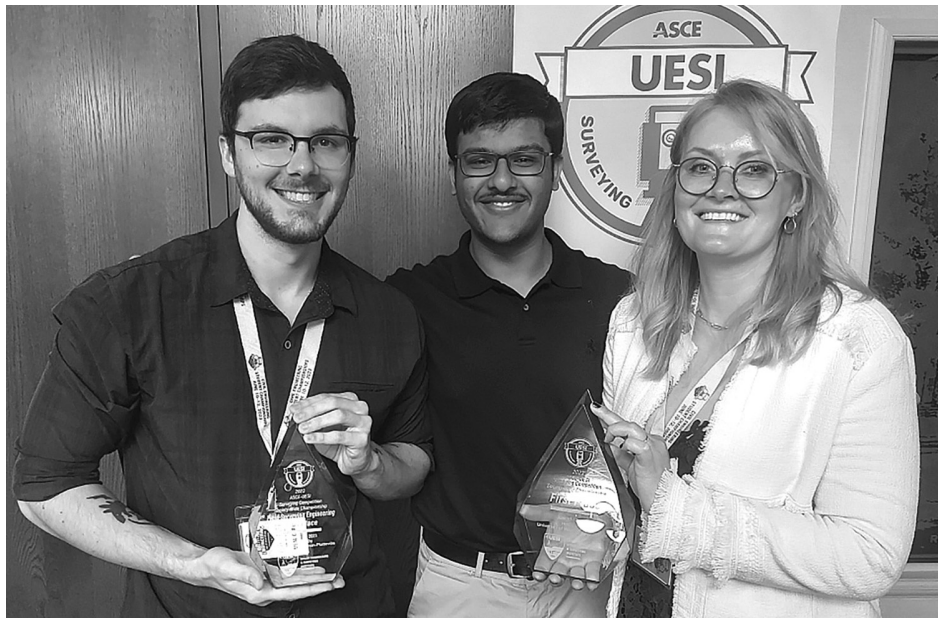
Increase fiber and whole grains

Consider these heart-smart choices:

- Toast and crush (or cube) fiber-rich whole-grain bread to make breadcrumbs, stuffing or croutons.
- Replace the breadcrumbs in your meatloaf with uncooked oatmeal.
- Serve whole fruit at breakfast in place of juice.
- Use brown rice instead of white rice and try whole grain pasta.
- Add lots of colorful veggies to your salad – carrots, broccoli and cauliflower are high in fiber and give your salad a delicious crunch.

Source: American Heart Association

Purdue University Northwest ASCE surveying team takes first place at national competition



From left to right, PNW Civil Engineering students Quinton Pender, Krish Zalavadia and Natalia Briggs display their 2023 ASCE UESI Surveying Society-wide Finals Competition first place award and their first place award in the field surveying competition.

Purdue University Northwest's (PNW) American Society of Civil Engineers (ASCE) student surveying team made PNW history by winning the 2023 ASCE Utility Engineering and Surveying Institute (UESI) Surveying Society-wide Finals Competition, held June 10-12 at the University of Wisconsin-Platteville. In addition to taking first place overall at nationals, the team also placed first in the field surveying competition. The PNW team finished ahead of 15 other teams from across the nation.

PNW's team advanced to nationals by taking first place at the Indiana-Kentucky Region 4 competition, where they also achieved second place for field surveying, and third place for topographic mapping.

Team members Natalia Briggs, third-year Civil Engineering major; Quinton Pender, fourth-year Civil Engineering major; and Krish Zalavadia, third-year Civil Engineering major, attended the national competition,

with Dylan Barthel, third-year Civil Engineering major, assisting the team's win at the regional competition.

Smallest team, extraordinary effort

PNW fielded the smallest team competing at nationals with only three members. All other universities had five to six students vying for the title. This demonstrates the exceptional ability and skill of the PNW students, who strategically carried out competition tasks while maintaining compliance to rules and regulations.

"This mattered because you get penalized points if a member does more than three tasks out of the four," said Zalavadia. "There were tasks which only one or two of us did in order to not get penalized."

Pender, the team captain, added, "It just goes to show that you don't need a huge group or an expensive getup in order to come out on top. All you need is dedication and proper teamwork and to just have fun with it."

The team's historic win reflects the quality academics and training provided by PNW's Civil Engineering program, which is a part of the university's nationally recognized School of Engineering in the College of Engineering and Sciences.

"Performing well in these events can open doors to new opportunities, such as scholarships, sponsorships or even future career prospects," said Briggs.

Faculty advisor Wubeshet Woldemariam, assistant professor of Civil Engineering, added, "The team members worked so hard, and they made us proud by winning the competition. I am so happy about the team and its accomplishments."

"The team members have worked very hard, and they made us proud by their success," said Dietmar Rempfer, interim dean of the College of Engineering and Sciences and director of the School of Engineering. "I am thrilled about our team and its accomplishments. This victory showcases the exceptional talent and dedication of our civil engineering students at Purdue University Northwest. It is a testament to their skills,

teamwork and the quality of education they receive. We congratulate them on this historic win and look forward to more successes in the future."

For more information about PNW's School of Engineering, visit pnw.edu/engineering.

The Purdue Northwest School of Engineering

The PNW School of Engineering is recognized for its expertise in mechanical, civil, computer, and electrical engineering. For 2022-2023, U.S. News has ranked the school No. 42 among the Best Engineering Programs in the United States, of engineering schools whose highest degree is a bachelor's or master's degree.

Purdue University Northwest

Purdue University Northwest (PNW) is a premier metropolitan university dedicated to empowering transformational change in our students and in our community. Located in Northwest Indiana, near Chicago, PNW values academic excellence, supports growth, and celebrates diversity. For more information about PNW, visit www.pnw.edu.

Source: *Purdue University Northwest*

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SEEKING INFORMATION

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



Photograph #417-AFO



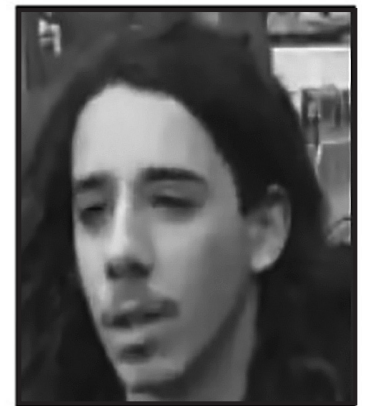
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Photograph #410-AFO



Photograph #473-AFO



Photograph #407-AFO



Photograph #411-AFO

DETAILS

The Federal Bureau of Investigation's (FBI) Washington Field Office is seeking the public's assistance in identifying individuals who made unlawful entry into the United States Capitol Building and assaulted federal law enforcement personnel on January 6, 2021, in Washington, D.C.

Anyone with information regarding these individuals, or anyone who witnessed any unlawful violent actions at the Capitol or near the area, is asked to contact the FBI's Toll-Free Tipline at 1-800-CALL-FBI (1-800-225-5324) to verbally report tips. You may also submit any information, photos, or videos that could be relevant online at [fbi.gov/USCapitol](https://www.fbi.gov/USCapitol). You may also contact your local FBI office or the nearest American Embassy or Consulate.

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

Field Office: Washington D.C.

www.fbi.gov



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Mayor Thomas M. McDermott, Jr and the
Hammond Department of Community Development present:

Hammers For Hearts

MINOR HOME AND GARAGE REPAIRS PROGRAM

- Interior Painting
- Exterior Painting
- Drywall Patching
- Wood Porch Repair
- Etc...

QUALIFYING INCOME LIMITS:

FAMILY SIZE	MAX INCOME
1	\$50,050.00
2	\$57,200.00
3	\$64,350.00
4	\$71,450.00
5	\$77,200.00
6	\$82,900.00
7	\$88,600.00
8	\$94,350.00



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