



# Your Community Bulletin Board

For Northwest Indiana

*USMC Vietnam Veteran Owned*

CRPubNWI.com

Like CR Publications on



October 1, 2023

**MAYOR THOMAS M. McDERMOTT, Jr.**

**&**

**THE CITY OF HAMMOND**

**DEPARTMENT OF PLANNING AND DEVELOPMENT**

**PRESENT THE**

# 36<sup>TH</sup> ANNUAL

# VOLUNTEER AWARDS BREAKFAST

**THURSDAY, OCTOBER 26, 2023**

**8:00 A.M. - 10:00 A.M.**

**DYNASTY BANQUET HALL, 4125 CALUMET AVE, HAMMOND, IN 46320**



# *Extraordinary*

For Tickets or Nomination Forms, Please Contact Nancy Hauprich 219.853.6358 Ext. 2

EMAIL: NEWSDESK@CRPUBNWI.COM

October 1, 2023

CALL US: 219.931.6700

# SERVICE DIRECTORY

## Automotive - Services

**Air One Service Center**  
1831 Indianapolis Boulevard  
Whiting, Indiana  
219.659.TOWS

## Body Shops

**State Auto Body**  
1243 Summer St.  
Hammond, IN  
219.931.0721

## Business Organization

**Lakeshore Chamber of Commerce**  
7120 Indianapolis Boulevard  
Hammond, IN 46324  
219.931.1000

**Whiting/Robertsdale  
Chamber of Commerce**  
119th St  
Whiting, IN  
219.659.0292

## Computer Service

**Jam Computer Service**  
Software & PC Services  
219.931.6700

## Democratic Organizations

**Franklin D. Roosevelt Club**  
Last Thursday of every month  
at the Mohawks  
4040 Calumet Ave, Hammond, IN

**Hammond Democratic Committee**  
Chairman Dave Woerpel  
7440 Olcott Avenue,  
Hammond, IN 46324  
219.808.9743

**Hessville Central Democratic Club**  
3031 Mahoney Drive  
Hammond, IN  
219.545.1942

## Electrician

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

## Funeral - Services

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

## Government

**Hammond City Clerks Office**  
5925 Calumet Ave.  
Hammond, IN  
219.853.6346  
www.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

## Towing

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

**Herrera Towing Inc.**  
1831 Indianapolis Blvd.  
Whiting, Indiana  
219.659.8697

**McCoy & Sons Towing**  
1405 Summer St  
Hammond, IN  
219.659.0687

**State Auto Body**  
1243 Summer St.  
Hammond, IN  
219.931.0721



**18" x 24"  
Yard Sign  
\$19.00  
(single sided)**

**10 or more  
\$10.00  
(single sided)**

Call at 931-6700  
or email us  
newsdesk@crpubnwi.com

*Money will never give you  
eternal life. Fame will  
never give you eternal  
life. Only Jesus Christ  
will give you eternal life  
Matthew Hagee*

**TRANSFER YOUR FAVORITE  
FAMILY PHOTOS ONTO  
COFFEE MUGS FOR ONLY  
\$7.00 EACH!**



**CERAMIC, DISHWASHER  
AND MICROWAVABLE SAFE!  
WHITE MUGS!  
(219) 931-6700**

# HAMMOND RAIN EVENT

On Sunday, September 17, 2023, the City of Hammond and surrounding communities experienced a significant rain event that caused over 160 homes to experience basement backups in Hammond. The Hammond Sanitary District continues to monitor and record data from the event so that all information regarding the extent of the storm can be documented. "I know many residents are frustrated about what happened Sunday and I share their frustration. We will continue to find ways to minimize significant storms on our city. The goal is always to have zero backups and we didn't achieve that here," said Mayor Thomas M. McDermott, Jr.

The storm came in a series of five waves causing flooding in the area between Stateline on the west, Atlas Street on the east, Detroit Street on the south and 138th Street on the north.

Beginning at 4:45 a.m. Sunday, rain began falling in the north central part of Hammond and totaled 4.24 inches of rain in 7 hours, the worst wave being just over two inches in one hour. The Hammond Sanitary District recorded more than 160 basement backups, most occurring around 10 am. Many residents continue cleaning up following the storm. Also, hard hit were the communities of Dolton, Calumet City, and Burnham, all of which had significant flooding and damage.

"We haven't seen this level of rainfall intensity since the flood that occurred in Hessville on May 23, 2020, when the city had 4 inches of rain in 2 hours. When we get that much rain in a short period of time, the system becomes overwhelmed," said Mayor McDermott.

"The Hammond Sanitary District Wastewater plant ran as designed and functioned properly. There were no power outages at any of the stations and the Sanitary District was fully staffed. All pumps were operating at full capacity," said Marty Wielgos CEO of the Hammond Sanitary District.

At the height of the rain event, the Wastewater Treatment Plant was treating the water at a rate of over 100 million gallons a day and the combined sewer overflow basin on Columbia Avenue was discharging into the river at a rate of nearly 500 million gallons per day.

Residents affected with flooded basements are urged to contact the Hammond Sanitary District at 219-853-6413 to report the incident in order to be eligible for the Backflow Prevention Program offered by the Sanitary District that provides a 50 percent match to the cost of installing a sewer backflow preventer on the homeowner's lateral up to \$1,000. Contact the Sanitary District at the same number if you have any further questions.

Source: City of Hammond



**1230 AM WJOB and 104.7 FM**  
**VETERANS VIEWS RADIO SHOW™**

**Fri 9 am - 10 am**  
**(219) 845-1100**  
**Live Call In**

**1230 AM & 104.7 FM**

**Call for Sponsorship Info**  
 Ernie Dillon  
**(219) 789-0077**



# Mayor's Night Out 2023

<b>October 11</b>	<b>4th District</b>	<b>Edison Elementary School-Cafeteria 7025 Madison Avenue</b>
<b>November 15</b>	<b>6th District</b>	<b>Scott Middle School Cafeteria 3635 173rd Street</b>

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

# BANNER BANNER BANNER BANNER BANNER

## Outdoor or Indoor

### Vinyl Banner

<b>3x6</b>	<b>\$81.00</b>
<b>3x8</b>	<b>\$108.00</b>
<b>4x6</b>	<b>\$108.00</b>
<b>4x8</b>	<b>\$144.00</b>

**Includes Sew hem and grommets in corners**  
**Other sizes available**  
**219.931.6700**

# 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

# East Chicago Police Department joins the Lake County Prosecutor's Homicide Task Force

Lake County Prosecutor Bernard A. Carter is pleased to announce that the East Chicago Police Department has deployed one of its finest to join forces with the Lake County Prosecutor's Homicide Task Force. Detective Sergeant David Moran, a 10 veteran at the East Chicago Police Department will now lend his service and expertise to the current 7 man operation. "I am excited for the opportunity to be a part of the Lake County Prosecutor's Homicide Task Force," said East Chicago Chief Jose Rivera. "By assigning one of my Detectives to the Task Force it brings valuable and much needed resources to my Criminal Investigation Division. Thank you Prosecutor Carter

for your commitment to East Chicago Police Department and its citizens," said Rivera.

The Lake County Prosecutor's Homicide Task Force is comprised of three detectives from the Gary Police Department, two detectives from the Indiana State Police, a detective from the Indiana Excise Police, the head of the department, Supervising Deputy Prosecutor Tim Brown and now Detective Sergeant Moran from the East Chicago Police Department. "We are both grateful to Chief Rivera and excited that the East Chicago Police Department has joined our efforts by sending Detective Sergeant David Moran to work with our already talented and committed team," said Carter.

"His expertise and dedication will prove beneficial and will help expand our abilities to investigate, charge and close homicides," said Carter. "

Since its inception earlier this year, the Lake County Prosecutor's Homicide Task Force has been responsible for executing approximately 160 search warrants and charged or closed 23 homicides. "The increase in manpower will only further our efforts," said Carter. "I have been encouraged by the amount of support and collaboration we have received from many police departments in Lake County." said Carter. "As we continue to move forward, I encourage other police departments in Lake County to join our efforts," said Carter.

Members of the Lake County Prosecutor's Homicide Task Force include: Supervising Deputy Prosecutor Tim Brown, Detective Jason Szemes - Indiana Excise Police; Master Trooper Detective Gary Runde - Indiana State Police; Senior Trooper Detective Roger Escutia - Indiana State Police; Detective Sergeant James Nielsen - Gary Police Department; Detective Corporal Daryl Gordon - Gary Police Department; Detective Corporal Justin Clark - Gary Police Department and Detective Sergeant David Moran - East Chicago Police Department

Source: *Office of the Prosecuting Attorney*

Watch LIVE on [gohammond.tv](http://gohammond.tv)!



**MAYOR'S  
NIGHT  
OUT**

## HAMMOND RESIDENTS

Mayor Thomas M. McDermott, Jr. and his staff want to hear your questions and concerns. Mayor's Night Out will give you an opportunity to discuss issues directly with the Mayor and his staff.

**Wednesday,  
October 11  
6:30pm - 8:30pm**

4th District  
Edison Elementary School Cafeteria  
7025 Madison Avenue • Hammond



FOR MORE INFORMATION CONTACT:  
Mayor's Office 219.853.6301  
or Special Events 219.853.6378

[www.gohammond.com](http://www.gohammond.com)

# “The Real Sherlock Holmes”

Beatnik Entertainment proudly presents a new play by Peter Colley, “The Real Sherlock Holmes”.



great twist ending. It will keep you entertained from beginning to end, and enough technical wizardry on display to leave you dazzled. This play is a true showstopper.”

This hilarious look at the origins of Arthur Conan Doyle’s character is too fast and raucous to describe. The Haldiman Press says “Murder, mystery, and big laughs highlight the best show of the season! If you’re looking for an evening of non-stop hilarity, wrapped around an entertaining old-fashioned murder mystery, then look no further. Playwright Peter Colley knows how to blend comedy and menace with near surgical precision. While the show features several over-the-top characters meant to draw big laughs, the central mystery at its core remains interesting throughout, and has a

“Holmes” plays Fridays and Saturdays, October 13, 14, 20, and 21 at 7:30pm and Sunday, October 15 and 22 at 2:00 pm. The doors open 1/2 hour before the show and tickets cost \$20.00 and refreshments are included. Beatniks is located at 420 Conkey Street in the historic Hyde Park neighborhood of Hammond, Indiana.

For more information or reservations call 219-852-0848 or go to [Beatniksonconkey.com](http://Beatniksonconkey.com). You can purchase tickets online at [showtix4u.com/event-details/76620](http://showtix4u.com/event-details/76620)

Source: *Beatniks on Conkey*

# H.U.G.S. Mexican Independence Parade



HUGS Cultural Committee did a great job.

## WE HAVE THE SHIRTS YOU WANT!



Prices start from  
**\$9.50 S-XL**

**\$11.50 2X and 3X**



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



...And the Winner Is... **YOU!**

Now Serving Hammond and NWI's Trophy & Award Needs

(219) 931-6700 [newsdesk@crpubnwi.com](mailto:newsdesk@crpubnwi.com)  
6217 Hohman Ave, Hammond, IN



## Herrera Towing & Service

1831 Indianapolis Blvd.  
Whiting, IN 46394  
219-659-TOWS (8697)

*Use this ad for \$10. off*

# Ribbon Cutting Ceremony for new sand Volleyball Courts




Hammond Mayor Thomas McDermott Jr. at the Ribbon Cutting Ceremony for the brand new sand volleyball courts located at the Hammond Sportsplex

“It’s not the most expensive project we’ve ever done, but it’s one of my favorites because it’s cheap and we did it ourselves,” McDermott said.




**(219) 659-0687**  
 1405 Summer St  
 Hammond, Indiana

**9 am to 5 pm**  
**Local Tows**



**CENTRAL ELECTRIC**

**ED MARZEC**

**NEW & REWIRE**

- LICENSED • BONDED
- INSURED

**(219) 844-5884**

**HAMMOND, IN**



**JOHNNY ROCKET'S HALLOWEEN**

**~COSTUMES**  
**~DECORATIONS**  
**~PUMPKINS**  
**& MORE**

**7833 INDIANAPOLIS HAMMOND**  
**219~923~5410**

**\*COUPON\***  
**15% OFF COSTUMES**

**Across the street from Cabela's**

THIS DAY IN HISTORY OCTOBER 1, 1903

## Pittsburgh beats Boston in first World Series game

HEADLINES IN

# HISTORY

OCTOBER 13, 1903

BOSTON AMERICANS WIN THE FIRST

# WORLD SERIES!



In Boston on October 1, 1903, the Pittsburgh Pirates beat the Boston Americans, 7-3, in the first professional baseball World Series game. Pirates right fielder Jimmy Sebring hits the first World Series home run—an inside-the-park shot to deep center field off Americans ace Cy Young—in the seventh inning to extend the Pirates' lead to 7-0. Sebring is the game's star, driving in four runs.

Pittsburgh's Game 1 win came as a bit of a surprise to some because of the opponent, Young, whom the Pittsburgh Press described as the pitcher "admitted by all to be the best twirler in the American League." Even though Young reportedly had "tremendous speed" and a fast delivery that day, the Pirates had 12 hits against him. Third basemen Tommy Leach led the Pirates with four hits.

Pittsburgh starting pitcher Deacon Phillippe was impressive, striking out 10 and giving up only two earned runs. Before the game, Phillippe, described as a player who would rarely boast about himself, told teammate and left fielder Fred Clarke, "I think I have my curve

working in pretty good shape. You don't need to worry about this game."

The National League (formed in 1876) and the American League (formed in 1901) used to operate as separate professional baseball leagues. Therefore, this inaugural World Series, a best-of-nine format, was quite the sports spectacle. It was the only time Pittsburgh star shortstop Honus Wagner, a Hall of Famer, and Young, also a Hall of Famer, played against each other. Wagner had a hit and an RBI in Game 1.

The Americans' won the series, 5 games to 3. In Game 8, Boston clinched the series with a 3-0 win.

In 1904, the World Series was not played because the New York Giants refused to play the Americans. The World Series resumed in 1905 when the Philadelphia A's lost to the Giants in five games.

Since 1903, the World Series has been a best-of-seven format except for 1919-21.

The Americans officially became the Red Sox in 1908.

*Source: History.com Staff*

# FIRE PREVENTION OPEN HOUSE

**HAMMOND FIRE DEPARTMENT**  
**SATURDAY, OCTOBER 7, 2023**  
**FIRE STATION #8**  
**6350 PARRISH AVE**  
**10:00 AM TO 2:00 PM**

**PUBLIC WELCOME**  
**ALL AGES**

## Cooking safety starts with YOU.

Pay attention to fire prevention.™



**FIRE PREVENTION WEEK™**

[fpw.org](http://fpw.org)

©2023 National Fire Protection Association | Sparky® is a trademark of NFPA

[WWW.FIREPREVENTIONWEEK.ORG](http://WWW.FIREPREVENTIONWEEK.ORG)



## Classified Ads

**10 words**  
**only \$6.00**  
**per issue!**

Office Space or Storage  
Deposit Required  
Phone: 1(773) 517-4915

### 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/](http://www.amlegal.com/hammond_in/)

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

## The Sub Hub

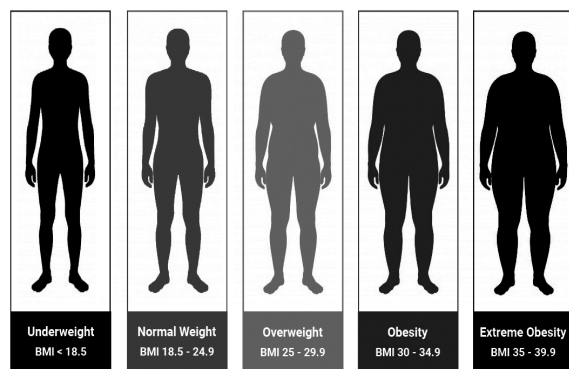
**Daily Special**  
**2 for \$8.00**  
**Ham & Cheese**  
**All Day**

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



# Body Mass Index (BMI) In Adults

## BODY MASS INDEX



The benefits of maintaining a healthy weight go far beyond improved energy and smaller clothing sizes. By losing weight or maintaining a healthy weight, you are also likely to enjoy these quality-of-life factors too.

- Fewer joint and muscle pains
- More energy and greater ability to join in desired activities
- Better regulation of bodily fluids and blood pressure
- Reduced burden on your heart and circulatory system
- Better sleep patterns
- Reductions in blood triglycerides, blood glucose, and risk of developing type 2 diabetes
- Reduced risk for heart disease and certain cancers

BMI is an indicator of the amount of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight. Find your BMI and what it means with our handy BMI Calculator. A separate BMI Percentile Calculator should be used for children and teens that takes a child's age and gender into consideration.

- BMI stands for Body Mass Index

This is a numerical value of your weight in relation to your height. A BMI between 18.5 and 25 kg/m<sup>2</sup> indicates a normal weight. A BMI of

less than 18.5 kg/m<sup>2</sup> is considered underweight. A BMI between 25 kg/m<sup>2</sup> and 29.9 kg/m<sup>2</sup> is considered overweight. A BMI of 30 kg/m<sup>2</sup> or higher is considered obese.

• Excess weight increases the heart's work.

It also raises blood pressure and blood cholesterol and triglyceride levels and lowers HDL (good) cholesterol levels. It can make diabetes more likely to develop, too. Lifestyle changes that help you maintain a 3-5% weight loss are likely to result in clinically meaningful improvements in blood glucose, triglycerides, and risk of developing type 2 diabetes. Greater weight loss can even help reduce BP and improve blood cholesterol.

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. That increases your risk for heart diseases and stroke.

Obesity is now recognized as a major, independent risk factor for heart disease. If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

Waist circumference and body mass index (BMI) are indirect ways to assess your body composition. Waist-to-hip ratio (WHR) is another index of

body fat distribution. However, WHR is less accurate than BMI or waist circumference and is no longer recommended.

### Questions About BMI

#### What is the waist circumference?

Waist circumference is the distance around your natural waist (at the iliac crest – or hip bone). If your BMI is between 25-35 kg/m<sup>2</sup>, your goal for waist circumference is less than 40 inches if you're a man and less than 35 inches if you're a woman.

#### What is the body mass index (BMI)?

BMI is an indicator of the amount of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight in kilograms is divided by height in meters squared (kg/m<sup>2</sup>). In studies by the National Center for Health Statistics,

- BMI values less than 18.5 kg/m<sup>2</sup> are considered underweight.
- BMI values from 18.5 kg/m<sup>2</sup> to 24.9 kg/m<sup>2</sup> are healthy.
- Overweight is defined as a body mass index of 25.0 to less than 30.0 kg/m<sup>2</sup>. People with BMIs in this range have an increased risk of type 2 diabetes, hypertension, and cardiovascular disease.
- Obesity is defined as a BMI of 30.0 kg/m<sup>2</sup> or greater. People with BMIs of 30 kg/m<sup>2</sup> or more are at higher risk of cardiovascular diseases.
- Extreme obesity is defined as a BMI of 40 kg/m<sup>2</sup> or greater.

Some well-trained people with dense muscle mass may have a high BMI score but very little body fat. For them, the waist circumference, the skinfold thickness or more

direct methods of measuring body fat may be more useful measures than BMI.

#### How do you find your BMI risk level?

1. Use a weight scale on a hard, flat, uncarpeted surface. Wear very little clothing and no shoes.
2. Weigh yourself to the nearest pound.
3. With your eyes facing forward and your heels together, stand very straight against a wall. Your buttocks, shoulders and the back of your head should be touching the wall.
4. Mark your height at the highest point of your head. Then measure your height in feet and inches to the nearest 1/4 inch. Also figure your height in inches only.
5. Find your height in feet and inches in the first column of the Body Mass Index Risk Levels table. The ranges of weight that correspond to minimal risk, moderate risk (overweight) and high risk (obese) are shown in the three columns for each height.

To calculate your exact BMI value, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches. (Adapted from Obesity Education Initiative: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Institutes of Health, National Heart, Lung, and Blood Institute, Obesity Research 1998, 6 Suppl 2:51S-209S)

Source: *American Heart Association*

# What are the Benefits of a 4+1 Program?



PNW offers several 4+1 pathways in science, engineering and technology areas of study. Keep reading to learn more about how these academic plans work and if one matches your area of interest.

## *What is a 4+1 path of study?*

PNW's 4+1 paths of study are designed to help motivated students like you earn both a bachelor's and master's degree at an accelerated pace. It can help reduce your tuition cost as well! Leaving college with both of these degrees can expand your career opportunities and provide you with more industry knowledge and a competitive edge in the professional world.



*"It's a great opportunity to do a 4+1 plan because you can start earlier than others, remain in the same school, work in small class sizes and receive valuable research opportunities."*

*Foivi Triantafyllou  
B.S. Biological Sciences '23,  
M.S. Biological Sciences '24*

## *What 4+1 plans are offered at PNW?*

PNW offers 4+1 plans for the following paths of study:

- Biological Sciences
- Civil Engineering
- Electrical and Computer Engineering
- Mechanical Engineering
- Technology

## *What are the advantages of a 4+1 plan?*

- Time — A 4+1 plan effectively allows you to finish a bachelor's and advanced degree in five years of full-time coursework. If the degrees were completed separately, a full-time student would take six years to finish.
- Cost — Less time in the classroom also effectively means less in tuition payments.
- Advanced skills and competitive qualifications — Earning an advanced degree along with your bachelor's degree provides enhanced academic knowledge, makes you a more appealing job candidate, qualified for higher salaries and ahead of the curve for future leadership roles.

## *How does a 4+1 plan work?*

Undergraduate students in a 4+1 plan of study will begin taking graduate-level courses during their final year of undergraduate courses. The credits from these graduate-level courses will be applied to the student's bachelor's and master's degrees.

An undergraduate student must complete 120 credit hours to earn a bachelor's degree at PNW. Undergraduate students that take a full course load, or 15 credit hours per semester, can

complete a bachelor's degree in four years.

Master's programs included in 4+1 plans require 30 credit hours. Students in the 4+1 program will take 9 credits during their final year of undergraduate studies and complete the remaining courses during a year of graduate school. A full course load of graduate-level coursework is considered 9 credit hours per semester.

By overlapping credit hours between undergraduate and graduate school, a student can reduce the time of completion for a master's degree and finish the required total of 141 credit hours for a 4+1 plan.

## *When do I apply for a 4+1 plan?*

Undergraduate students in one of the qualified areas of study can express their interest in a 4+1 plan any time! Students should plan to speak with their academic advisors about their interest by their third year of undergrad. Discussing this option earlier allows for more flexibility.

Interested students should also schedule time to meet with graduate program directors in the College of Engineering and Sciences and the College of Technology.

Undergraduate students will have to submit their application to PNW Graduate Studies no later than the second semester of their final year. During their final year, students planning to enter a 4+1 path of study can add graduate courses to their schedule but will need permission from the graduate program directors.

## *What if I don't finish in 5 years or feel this isn't the right fit for me?*

No problem! A 4+1 degree is designed to be finished

in five years only if you are taking a full-time course load. If other life events, obligations or commitments come up that require you to reduce your course load, your academic or faculty advisors can help you adjust or get back on track later.

Or, if you feel a 4+1 path isn't the right fit for you, taking graduate courses will not count against you. You can exit a 4+1 plan and still graduate on time with the necessary credit hours for a bachelor's degree.

## *What if I receive financial aid or scholarships?*

Undergraduate and graduate tuition are billed differently, and you will need to research what financial aid and scholarships can help support your tuition costs.

## *Will a 4+1 plan be helpful for me?*

To answer this question, it's important to know your "why." Pursuing an advanced degree can open many doors for your career, from higher-paying positions to accelerated job advancement. Master's degrees expand on the knowledge gained from undergrad with even more critical thinking and research abilities that will benefit you professionally and personally. Master's degrees can also equip you with more skills and credentials to offer employers or prepare you for a doctoral degree path of study.

While there are many upsides to earning a master's degree, some careers do not require it for growth. PNW's academic advisors, graduate program directors and Career Center staff are great resources for background information, expected outcomes and guidance.

*Source: Purdue University  
Northwest*



# SEEKING INFORMATION

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



Photograph #430-AFO



Photograph 452-AFO



Photograph #365-AFO



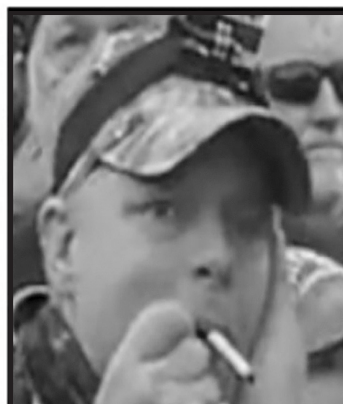
Photograph #413-AFO



Photograph #533-AFO



Photograph #417-AFO



Photograph #454-AFO



Photograph #370-AFO



Photograph #375-AFO



Photograph #371-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)



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



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

