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For Northwest Indiana

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THURSDAY  
SEPTEMBER

# 19th

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# FAIR

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11AM-3PM

# Hammond

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Hammond, IN



**GoHammond.com** For more information please contact:  
Melissa Campbell at [campbellm@gohammond.com](mailto:campbellm@gohammond.com) or 219-853-7312

# 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 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**  
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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

## Painting & Remodeling

**Calumet Painting & Restoration**  
219-844-7501  
www.calumetpainting.com/

## Towing

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

**McCoy & Sons Towing**  
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219.659.0687

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Hammond, IN  
219.931.0721



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going through  
life saying  
"I can," you  
will! It's that  
simple.  
John Hagee*



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# 20th Job Fair Participants

- AARP Foundation SCSEP
- ABF Freight
- Calumet Breweries, Inc.
- Crown North America, a Safe
- Fleet Company
- Destination Unlimited Training Center
- ESS
- First Savings Bank of Hegewisch
- Hammond Police Department
- Horseshoe Hammond Casino
- Illinois Department of Human Services
- Inova Staffing Services
- ISM Security
- Lear Corporation
- MCC Chicago
- Menards
- Michael Foods, Inc
- NICTD, South Shore Line Railroad
- PPLSI/Legal Shield
- Regional Federal Credit Union
- Ron's Staffing Of Illinois
- Staff Source
- Swanel Beverage, Inc
- WorkOne

Source: City of Hammond



# Mayor's Night Out 2024

September 18th	5th District	Jefferson Elementary School-Cafeteria 6940 Northcote Avenue
October 16th	6th District	Hess Elementary School Cafeteria 3640 Orchard Drive

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

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## HAMMOND FIRE DEPARTMENT'S FIRE PREVENTION OPEN HOUSE

SATURDAY, OCTOBER 5, 2024

10AM-2PM

PUBLIC WELCOME  
ALL-AGES FUN!



**FIRE STATION #8  
6350 PARRISH AVE.**

# 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](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.hammondrc.org](http://www.hammondrc.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](mailto: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](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](mailto: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)

## Woodmar United Methodist Church

7320 Nortcote Ave, Hammond, IN

(219) 844-3030

Sunday Worship 10:15 a.m.

[www.woodmarumc.org](http://www.woodmarumc.org)

*“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

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# 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*

# Vendors Wanted

Mayor Thomas M. McDermott, Jr. and The City of Hammond Parks & Recreation Department will be hosting an Indoor Trunk or Treat at the Hammond Sportsplex on October 10th from 5-7pm. We are currently looking for vendors to come decorate a 10x10 booth space- your organization will be provided 1 table per spot. This is free to participate, but you must be a part of an organization. Vendor forms will be available to fill out in person at the Hammond Civic Center 5825 Sohl Ave, Hammond, IN 46320 or can be requested by email. All vendor forms are due by September 27th.

Source: City of Hammond

# Up & Coming Events

## MEMORIAL DEDICATION CEREMONY

The Hammond Historical Society and the United Steelworkers invite you to join us as we unveil a monument to honor the memory of the four Standard Steel Car workers killed and 62 injured on September 9, 1919, at Columbia and Highland

Saturday, September 14,  
2024 11:00 AM

Ophelia Steen Center  
5927 Columbia Avenue  
Hammond, IN 46320

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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, September 18th**  
6:30pm - 8:30pm

5th District - Jefferson Elementary School Cafeteria  
6940 Northcote Ave - Hammond

For more information contact:

Mayor's Office 219-853-6301  
or Special Events 219-853-6378



# MAYOR'S NIGHT OUT

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



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

# Slow Food, a comedy

## towle THEATER

The Towle Theater is pleased to present their fourth production of their 21st season, a comedy, Slow Food by Wendy MacLeod (Author of Women in Jeopardy). This production is directed by Jeff Casey and assistant directed by Ryan Alan Jones.

A vacationing couple celebrates their anniversary at a Greek restaurant in Palm Springs—but will the marriage survive the service? As a needy waiter insinuates his way into their meal—and their lives—the couple examines their past and their future together. Playwright Wendy MacLeod

brings us a tender comedy that delves deeply into what we hunger for.

The Towle Theater is pleased to welcome back Laura MacGregor (Chicago) and Colin Funk (Chicago). The Towle welcomes newcomer Gary Murphy (Orland Park) who makes his Towle Theater debut!

Slow Food runs, September 6th-8th and September 20th-22nd. Fridays and Saturdays at 8pm and Sundays at 2pm. The box office opens 1 hour prior to performance time. Tickets are only \$24 and 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 as there is no intermission.

Educator Appreciation Night is September 6th and September 20th. Teachers and Administrators will receive buy-one-get-one FREE tickets just show a school ID. Reservations Required. This is a buy one get one free offer only. No half price tickets will be available.

The Towle Theater is located in beautiful downtown Hammond at 5205 Hohman Avenue. Due to major renovations happening in Downtown Hammond, please visit the updated map linked on their website to assist in navigating construction. For more information call 219-937-8780 or visit [www.towletheater.org](http://www.towletheater.org).

Source: The Towle Theater

# Bachelors of Broadway

Three of Broadway's most dynamic male vocalists will be performing the biggest hits from the most beloved musicals of all time in a special concert at Highland High School Auditorium, 9135 Erie Street, Highland, IN 46322 on Tuesday, September 10, 2024 at 7:00 p.m. Single tickets available on the day of the performance for \$30.

Performed by three of New York City's top theatrical performers, Bachelors of Broadway offers soaring and thrilling melodies in contemporary three-part vocal harmony. Brought to you by the creators of Shades of Bubl  and Two on Tap, this show breathes new life into vintage classics from the Golden Age of Broadway with visually dynamic multimedia elements and lush symphonic arrangements of songs from both contemporary and classic musicals, including Wicked, Phantom of the Opera, Hamilton, West Side Story, and more!

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# Hammond Citizen Police Academy

Still time to sign up: Deadline to Signup: September 9, 2024

The Citizen's Police Academy was established to promote an understanding of the Hammond Police Department and its policies and procedures. In addition, the academy provides training in all aspects of law enforcement and the issues that face police officers on a daily basis. Our goal is to foster a spirit of cooperation between the city, its citizens and their police department. It is hoped that graduates will get to know more about the men and women who are protecting their community and why they make the decisions they do while performing their duty.

The Citizen's Police Academy is an 8-week program between September 17th to November 5th. Classes are held on Tuesday nights from 6pm-8:30pm at the Hammond police department.

Some of the general topics discussed are:

- Hands on Demonstration from K-9, Swat and Riot team
- Police Ethics
- Traffic Stops
- Defensive Tactics/ Self Defense
- Crime Scene Processing
- Shoot don't Shoot Simulation
- Narcotic Enforcement
- Communications

Potential Candidates for the Citizens Police Academy must meet the following criteria:

- Minimum age of 18 years old
- No prior felony convictions (Certain Misdemeanor Offenses may disqualify you also)
- Subject to a criminal History check

Source: City of Hammond

# Third Annual HTF Scholarship

The Hammond Teachers' Federation Local 394 would like to congratulate the following recipients of the Third Annual HTF Scholarship Awards 2024: Ava Ann Meadows from Morton High School; and Tyrell Frieson from Hammond Central High School. Each awardee was granted a check for \$1,500 to go towards their college, university, technical, trade, or vocational school of their choice. These applicants demonstrated their high academic achievement, their commitment to



helping others, and giving back to their community. HTF would like to thank Ava and Tyrell for their submissions and applaud them both on their future endeavors.

Source: Hammond Teachers' Federation

## FOR SALE Classic Car



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## FOR SALE Classic Car

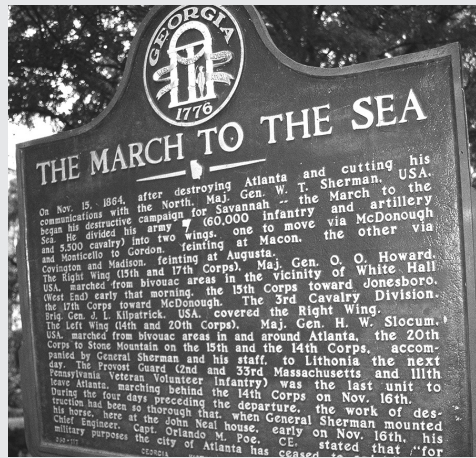


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 Packard  
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 Sedan

**1939 PACKARD 4 door Sedan with Suicide Doors, Blue with a Grey interior.**  
**Is powered by its original 6 cylinder engine**  
**\$30,000 or Best Offer**  
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**1-219-765-0540**

THIS DAY IN HISTORY SEPTEMBER 1, 1864

## Atlanta falls to Union forces



On August 28, 1864, Union Army General William Tecumseh Sherman lays siege to Atlanta, Georgia, a critical Confederate hub, shelling civilians and cutting off supply lines. The Confederates retreated, destroying the city's munitions as they went. On November 15 of that year, Sherman's troops burned much of the city before continuing their march through the South. Sherman's Atlanta campaign was one of the most decisive victories of the Civil War.

William Sherman, born May 8, 1820, in Lancaster, Ohio, attended West Point and served in the army before becoming a banker and then president of a military school in Louisiana. When the Civil War broke out in 1861 after 11 Southern states seceded from the Union, Sherman joined the Union Army and eventually commanded large numbers of troops, under General Ulysses S. Grant, at the battles of Shiloh (1862), Vicksburg (1863) and Chattanooga (1863). In the spring of 1864, Sherman became supreme commander of the armies in the West and was ordered by Grant to take the city of Atlanta, then a key military supply center and railroad hub for the Confederates.

Sherman's Atlanta campaign began on May 4, 1864, and in the first few months his troops engaged in several fierce battles with Confederate soldiers on the outskirts of the city, including the Battle of Kennesaw Mountain, which the Union forces lost. However, on September 1, Sherman's men successfully captured Atlanta and continued to defend it through mid-November against Confederate forces led by John Hood. Before he set off on his famous March to the Sea on November 15, Sherman ordered that Atlanta's military resources, including munitions factories, clothing mills and railway yards, be burned. The fire got out of control and left Atlanta in ruins.

Sherman and 60,000 of his soldiers then headed toward Savannah, Georgia, destroying everything in their path that could help the Confederates. They captured Savannah and completed their March to the Sea on December 23, 1864. The Civil War ended on April 9, 1865, when the Confederate commander in chief, Robert E. Lee, surrendered to Grant at Appomattox Courthouse, Virginia. After the war, Sherman succeeded Grant as commander in chief of the U.S. Army, serving from 1869 to 1883. Sherman, who is credited with the phrase "war is hell," died February 14, 1891, in New York City. The city of Atlanta swiftly recovered from the war and became the capital of Georgia in 1868, first on a temporary basis and then permanently by popular vote in 1877.

Source: *History.com Staff*

## Calumet College of St. Joseph Awarded \$15M Grant by Lilly Endowment Inc.

Calumet College of St. Joseph has received a grant of \$15 million from Lilly Endowment Inc. through its initiative, College and Community Collaboration (CCC). The grant will support the Community as Campus, Campus as Community initiative.

This grant will support economic and workforce development, enhance 'pride in place,' increase non-profit capacity throughout the Region, develop healthy spaces for recreation and athletic activity, and enhance the curbside appeal of the College's campus. "This \$15 million gift from Lilly Endowment is a generation-defining gift for the College, and I am so grateful for their support," said Dr. Amy McCormack, President of Calumet College of St. Joseph. "This support allows us to further our mission in ways that reach beyond our campus and positively impact others, while also strengthening our institution." "While varied in scope and reach, the proposed initiatives and projects reflect a commitment by all stakeholders, inclusive of faculty, staff and students from these institutions, business leaders, government officials, and community leaders, to creating vibrant communities for all residents to enjoy and in which to thrive," said Jennett M. Hill, president of Lilly Endowment. "The Endowment looks forward to seeing all the projects in the CCC initiative evolve. We are enthusiastic about the prospects for both the institutions and communities and are eager to see these institutions and their community stakeholders collaborate to breathe life into their promising projects."

Components of the Community as Campus, Campus as Community initiative: Major investments in the College's main academic building, a former Standard Oil research and development facility, will benefit the community. The building's 7th floor, which was once a lounge for

oil executives, is largely inaccessible and abandoned. This area will be transformed into a showcase public gathering space, offering sweeping views of Chicago's skyline, Lake Michigan and the surrounding residential/industrial landscape. Other community gathering areas in the building will be enhanced to celebrate the Region's vibrant heritage by telling the stories of the area's "People, Places and Work."

Outdoor transformation will turn industrial property into public green space and recreational opportunity. A public fitness park will be developed in conjunction with the City of Hammond and local residents to replace an abandoned parking lot. A practice field is proposed on College property, turning a vacant industrial lot into useable green space for the school's outdoor sports teams and community summer camps.

Athletic partnerships are envisioned with the School City of Whiting and the City of Whiting to upgrade facilities. The grant proposal has funding to assist replacing artificial turf at Whiting High School's football field, which also serves as the home of the College's sprint football team. Monies are also allocated for artificially turfing Whiting's Oil City Stadium, which serves as the home of the Northwest Indiana Oilmen, Whiting High School and the College's baseball team.

"We worked with many partners to develop a community-enhancing proposal, and I look forward to working with those partners to implement our proposal over the coming years. CCSJ has served our community for many years and our community has supported the college, and now we get to play a big part in giving back through this historic gift to Calumet College of St. Joseph," said McCormack.

Source: *Calumet College of St. Joseph*



# How to Get Healthy Sleep Fact Sheet

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

## Learn How Sleep Affects Your Health

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more.

Poor sleep may put you at higher risk for:

- Cardiovascular disease
- Cognitive decline and dementia
- Depression
- High blood pressure, blood sugar and cholesterol
- Obesity

## Learn the Benefits of Sleep

- Healing and repair of cells, tissues and blood vessels
- Stronger immune system
- Improved mood and energy
- Better brain function including alertness decision-making, focus, learning, memory, reasoning and problem-solving
- Less risk of chronic disease

## Tips For Success

- Clean up your sleep hygiene.
- Move it. Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.
- Dim it. Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.
- Set it. Alarms aren't just for waking up – set a bedtime

alarm to remind you that it's time to wrap it up for the night.

- Lock it. If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.
- Block it. Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

## Sleep Your Way to a Smarter Brain

Sleep is one of life's enduring mysteries. But as anybody who has tossed and turned all night may understand, getting enough shut-eye is crucial for good health. Did you know that it's especially important for brain health?

## Sleep and your brain

Sleep is absolutely instrumental in cognitive function, mental acuity and the ability to concentrate and learn new things.

During sleep, your brain deals with information received during the day. It consolidates memories and clears plaque-forming amyloids and tau proteins associated with Alzheimer's disease.

There's a cleanup process that happens in brains when we sleep. There's a pressure to sleep, and when you do, that pressure gets dissipated and that's how you feel fresh in the morning.

REM sleep, or the dreaming phase of sleep, has been shown to enhance learning, memory and emotional well-being.

Sleep disruptions affect your levels of neurotransmitters and stress hormones, which may

make it more difficult to think and regulate your emotions.

If you have long sleep but it's fragmented, you're interrupting the sleep cycle.

## Sleep can affect mental health

Sleep problems may increase the risk of developing certain mental illnesses, such as depression and anxiety. And addressing sleep issues can help improve mental health conditions.

Sleep impacts your health and all bodily systems. There is genetics and there is environment. Sleep is part of the environment that allows your genetic makeup to shine.

Insomnia, or the inability to sleep, is even more harmful to brain health and is being studied more closely as an underlying condition contributing to a wide range of health conditions.

## Take action to improve your sleep

Try the following steps to get better sleep.

1. Practice good sleep hygiene. Make your bedroom or sleeping space as comfortable, quiet and dark as possible.
2. Banish bright light from lamps, TVs, cell phones and other electronic devices. Bright light will suppress the release of melatonin, a hormone that gets your body to fall asleep. Turn off the TV, so your melatonin can rise naturally and you can have a good night's sleep without any help.
3. Skip the stimulants. Although young people may be able to handle a cup of coffee in the afternoon, that may change as they age. Make sure the

American Heart Association  
Healthy for Good<sup>SM</sup> Life's Essential 8

### HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

- ✓ **LEARN HOW SLEEP AFFECTS YOUR HEALTH**  
Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. Poor sleep may put you at higher risk for:
  - ▶ Cardiovascular disease
  - ▶ Cognitive decline and dementia
  - ▶ Depression
  - ▶ High blood pressure, blood sugar and cholesterol
  - ▶ Obesity
- ✓ **LEARN THE BENEFITS OF SLEEP**
  - ✓ **HEALING** and repair of cells, tissues and blood vessels
  - ✓ **STRONGER** immune system
  - ✓ **IMPROVED** mood and energy
  - ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
  - ✓ **LESS RISK** of chronic disease

Learn more at [heart.org/lifes8](http://heart.org/lifes8)

**TIPS FOR SUCCESS**  
Clean up your sleep hygiene

- ✓ **MOVE IT.**  
Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.
- ✓ **DIM IT.**  
Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.
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- ✓ **LOCK IT.**  
If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.
- ✓ **BLOCK IT.**  
Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

effects of caffeine have worn off before you go to bed.

4. Avoid consuming alcohol too close to bedtime. Alcohol is a sedative, but once it's metabolized by your body, it creates or arousal and you may have more broken sleep.

5. Don't eat heavy meals before bed. While a light snack may be OK, a large meal may trigger acid reflux. Your body processing the nutrients may also disturb sleep.

6. Don't rely too much on sleep aids, which can be addictive. Even melatonin supplements shouldn't be used regularly. They may help you for a short period, but you need to make sure you're able to wean off of them. The goal is to sleep naturally.

You should prioritize sleep the same way you do other healthy activities such as exercise and diet.

It's important for people to be active on most days of the week, not cram it all in on the weekends, and it's the same thing for sleep. Having adequate sleep every night is really helpful to heart and brain health.

Source: American Heart Association

# The Society of Innovators at PNW to host Innovators Café at ArcelorMittal Global Research and Development Headquarters



The Society of Innovators at Purdue Northwest is bringing back the popular Innovators Café Series on Sept. 27 from 11:30 a.m. to 1:30 p.m. at ArcelorMittal Global Research and Development, 3001 E. Columbus Drive, East Chicago, IN, 46312.

Innovators Café is a luncheon series held on location to familiarize the region's business and community leaders with the significant and diverse innovation found in the workplace. The aim is to share best practices in a leader-to-leader format that encourages innovation and provides insights into how real problems are being solved.

At this event, attendees will learn about ArcelorMittal Global Research and Development's legacy of innovative steel solutions and tour some of the company's unique laboratory facilities in East Chicago, Indiana.

ArcelorMittal Global Research and Development has been recognized several times by the Society of Innovators. It received the Chanute Prize for Team Innovation in 2009 and 2012. In 2017, it was awarded the Leonardo da Vinci Prize for Team Innovation. Teams from ArcelorMittal Global R&D were also inducted into the Society in 2020 and 2021. In 2022, the Richard C. Sussman

Prize for Team Innovation was established to honor the late Richard C. Sussman, Ph.D., former chairman for the Society of Innovators and head of the Research Laboratory at ArcelorMittal.

"The Innovators Café events are great opportunities to look inside and learn about the ongoing innovation processes in the diverse businesses and institutions of Northwest Indiana," said David White, director of Process Research at ArcelorMittal Research USA. White also serves on the Society of Innovators at Purdue Northwest's board of directors.

"ArcelorMittal has been a strong supporter of the Society of Innovators since its inception. We believe a vibrant innovation culture is paramount to the health of our company and the Northwest Indiana region," he added. "The Society helps facilitate this culture through activities like the Innovators Café."

The Innovators Café at ArcelorMittal Global Research and Development is open to the public, but tickets

are limited to the first 75 registrants. Registration is \$15 per person. Tickets include lunch, presentation, networking and a tour of the facility. More information and registration can be found at [www.pnw.edu/soi](http://www.pnw.edu/soi).

## *The Society of Innovators at Purdue Northwest*

The Society of Innovators at Purdue Northwest contributes to economic and community development as the champion of innovation and entrepreneurship in Northwest Indiana. For more information about the Society of Innovators, visit [www.pnw.edu/soi](http://www.pnw.edu/soi).

## *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](http://www.pnw.edu).

*Source: Purdue University Northwest*

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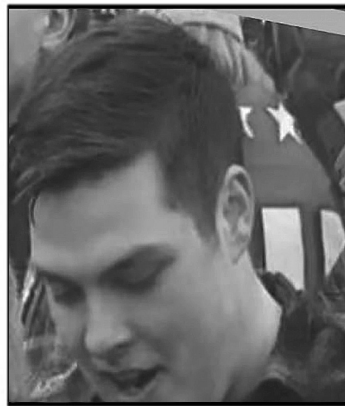


# SEEKING INFORMATION

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



Photograph #364-AFO



Photograph 476-AFO



Photograph #532-AFO



Photograph #472-AFO



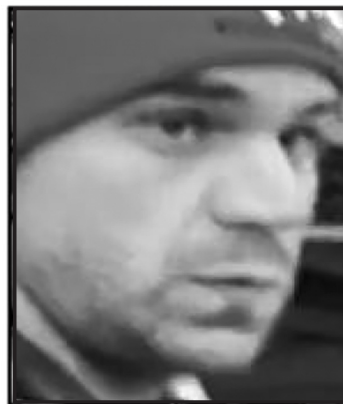
Photograph #403 AFO



Photograph #430-AFO



Photograph #365-AFO



Photograph #306-AFO



Photograph #517-AFO



Photograph #507--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.

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