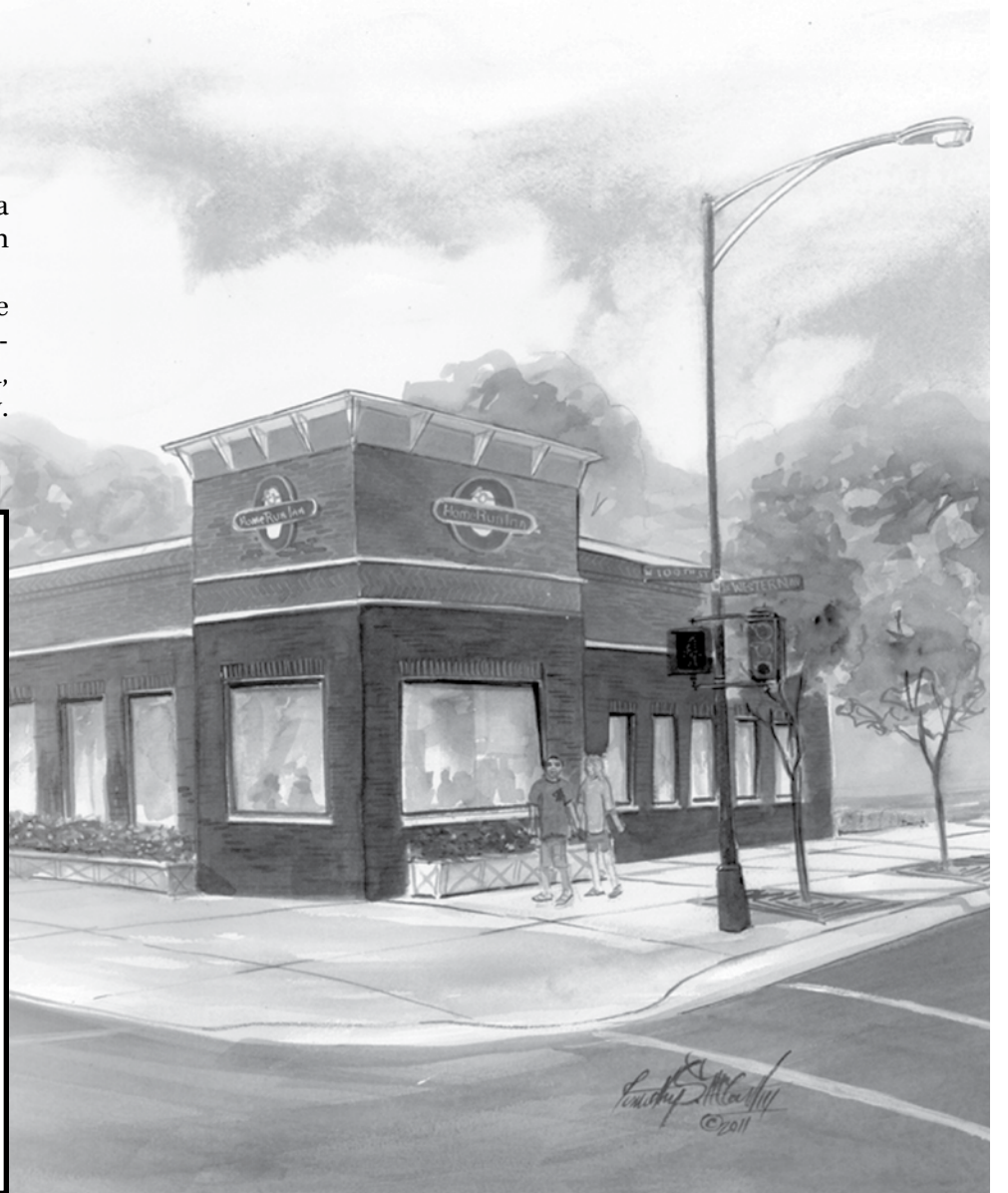
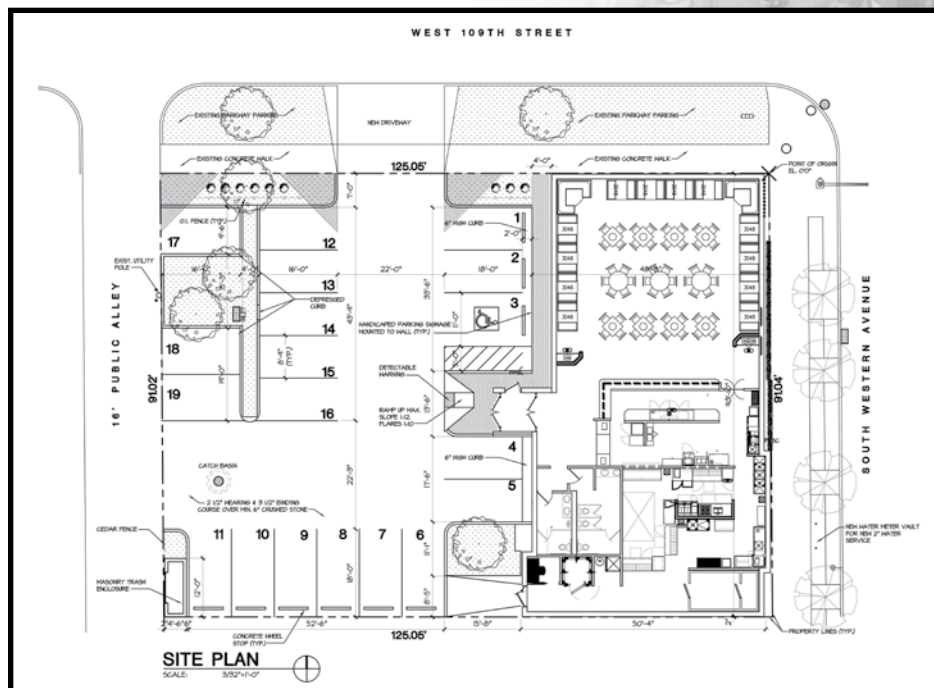


Home Run for Western Avenue

Developers recently began the permit process for the new Home Run Inn at 10900 S. Western Avenue. The new restaurant will be constructed on three lots, the vacant parking lot at the southwest corner of 109th Street and Western Ave. and the two adjacent storefronts. Home Run Inn will offer dine

in and carry out service and bring a much needed family dining option to our community.

Home Run Inn hopes to be open by March 2012. For more information on Home Run Inn Pizza, please visit their website at www.homeruninn.com.



Register Today for the 3rd Annual Beverly Hills Turkey Trot

Registration is now open for the 3rd Annual Beverly Hills Turkey Trot Run and Family Walk; this year's race will be held on Saturday, November 26, 2011 through the historic streets of North Beverly. Proceeds from this event will again benefit the 19th Ward Youth Foundation and Maeve McNicholas Memorial Foundation.

Register online at www.the19thward.com for both the run and family walk. The run will be chip timed on a certified 5K course. The untimed family walk allows people to take part in the festivities even if they are not serious runners. Pre-registration is \$25 for an individual runner/walker or \$50 for the family walk. Please note, participants who register as a family will not be timed; if multiple family members wish to participate in the race with d-chip timing, they must register individually.

CARA members may run for a discounted \$20 pre-registration fee and \$25 on race day.

Runners will be divided by age and sex according to CARA recommended guidelines with awards



3RD ANNUAL
**Beverly Hills
Turkey Trot**

THE PRIVATE BANK

**5K RUN AND
FAMILY WALK**

SATURDAY, NOVEMBER 26, 2011

given for each age group. All participants who pre-register will receive a t-shirt and gift bag.

Additionally, a post-race party will be held at the Kellogg School field. The after party will feature booths from sponsors and local vendors as well as entertainment.

The 19th Ward Youth Foundation would like to thank The Private Bank for their generosity in serving as our presenting sponsor for this event.

If you have any questions or

would like to volunteer please contact Matt O'Shea at mattoshea@the19thward.com or (773) 238-0288.

ABOUT OUR BENEFICIARIES

The Maeve McNicholas Memorial Foundation was established as a 501(c)3 organization to support research on pediatric brain tumors. Too many local families have struggled with various forms of childhood cancer. Maeve's Foundation has made significant contributions to Children's Memorial Hospital,

thus helping countless other families throughout Chicago.

The 19th Ward Youth Foundation is a 501(c)3 organization that supports and hosts a wide variety of safe, healthy, educational youth programs for families in Beverly, Morgan Park and Mount Greenwood. All programs are made available at little or no cost to participants and are intended to help neighborhood youngsters and teens make new friends and stay active in the community.

Contributions that count



Saint Xavier University is a proud resident of the 19th Ward. Serving as an economic, spiritual and cultural anchor, SXU demonstrates its commitment to the future of our neighboring communities in a variety of ways.

Providing a strong presence in the community

- More than 350 undergraduate and graduate students live in the 19th Ward.
- University events have drawn approximately 16,000 visitors annually.
- The SXU Community Connection Council provides a forum for the University and its neighbors to discuss programs and policies that might impact the community.
- The semi-annual Community Connections newsletter has a circulation of approximately 6,200 area residents.

Contributing to the health of the community

- Saint Xavier demonstrates a commitment to the health and well-being of the entire community by offering lowcost, professional primary health care to our neighboring areas through the University Health Center.
- The Ludden Speech and Language Clinic provides affordable diagnosis and treatment for clients with various communication disorders.

Offering free cultural events to the community and the public

- The SXU Voices and Visions Speaker Series, featuring prominent speakers such as former Secretaries of State Madeline K. Albright and General Colin Powell, and Nobel Peace Prize Winner Elie Wiesel, has drawn a combined total audience of more than 6,500.
- The Catholic Colloquium lecture series seeks to expand our understanding of the University's identity and responsibilities as a Catholic institution of higher learning.
- The Squeaky Weal Lecture Series promotes thoughtful consideration and civil discourse on issues of public concern, with a focus on the religious, moral and/or ethical implications of such issues for the common good.
- The art gallery hosts approximately 10 rotating exhibits each year, contributing to the University's positive cultural impact on the community.
- SXU's Annual Film Series is a popular program that offers free screenings of classic films and documentaries to the public.

SAINT • XAVIER • UNIVERSITY

Success with Purpose.

www.sxu.edu

NOTES FROM THE



19th Ward YOUTH FOUNDATION

Dear Neighbor,

During the past few months, Western Avenue has seen a great deal of activity. The long blighted Taco Bell building was recently demolished, construction began on King-Lockhart Memorial Park, and the much anticipated Home Run Inn Pizza began the building permit process. Residents throughout the community look forward to the completion of these improvements to our business strip.

This fall we will be hosting a variety of programs and activities for the families of Beverly, Morgan Park and Mt. Greenwood. Included in this issue, you will find information about our popular Nerf Football League, free document shredding, and town hall meetings to address the flooding problems we faced this summer. We will also host the second annual 19th Ward Senior Citizen Halloween Party.

We have once again included a map of our community police beats and a schedule of local CAPS meetings. These meetings give residents the opportunity to become acquainted with the police officers who patrol our streets on a daily basis. The Chicago Police Department is committed to keeping our community safe.

If you have any questions or would like information included in our next issue, please contact me at matoshea@the19thward.com. To receive regular community updates, please visit our website at www.the19thward.com and sign up for our email distribution list.

Thank you,

Matthew J. O'Shea
19th Ward Youth Foundation

CAPS Meeting Calendar

BEAT 2212

First Thursday of every month at 7:00pm
22nd District Police Station, 1900 W. Monterey Avenue

BEAT 2213

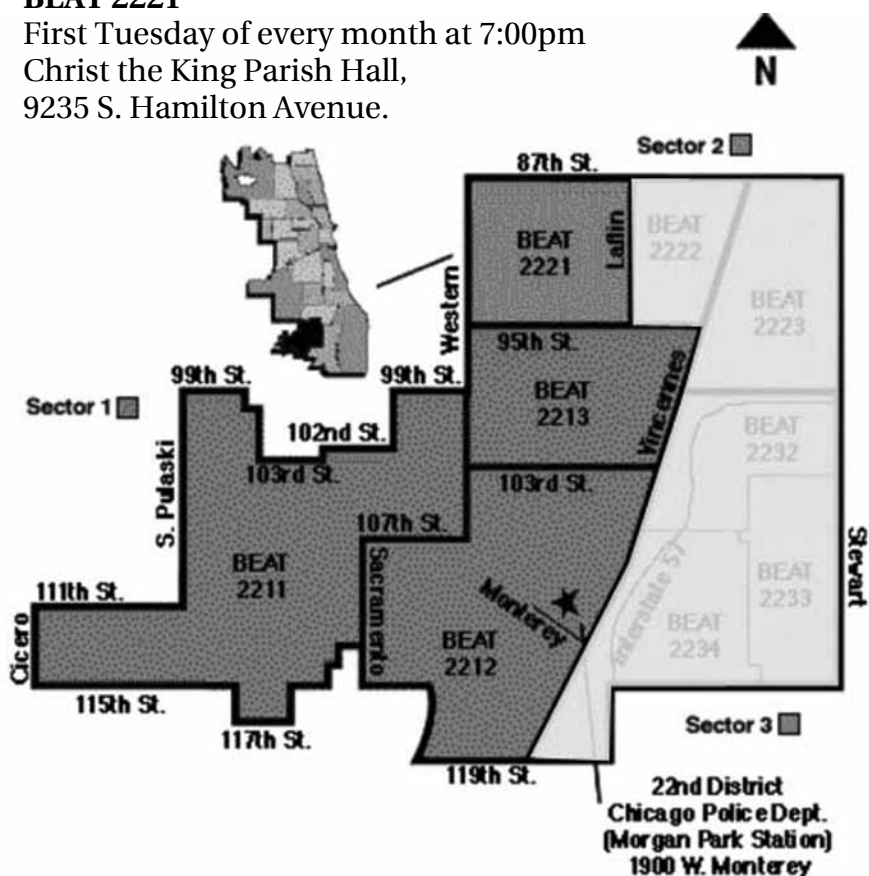
Second Thursday of every month at 7:00pm
Ridge Park, 9625 S. Longwood Drive

BEAT 2211

Third Thursday of every month at 7:00pm
Mt. Greenwood Park, 3721 W. 111th Street

BEAT 2221

First Tuesday of every month at 7:00pm
Christ the King Parish Hall,
9235 S. Hamilton Avenue.



**Beacon
Therapeutic**
Diagnostic and Treatment Center

1912 West 103rd Street
Chicago, IL 60643

(773) 298-1243

"BEACON'S FUNDS FOR BABY BUNS" BENEFITTING HOMELESS AND AT RISK BABIES

Cork & Kerry

10614 S. Western Ave.
Chicago, IL 60643

7:00 P.M. - 10:00 P.M. - Open

\$30.00 per person and 1 pack of any size diaper

All proceeds benefitting the Early Head Start Program at
Beacon Therapeutic Diagnostic and Treatment Center,
a non-profit 501(c) 3 organization.
All donations are tax deductible to the full extent of the law.

Entertainment By:

The World of Kevin
(T.W.O.K.)

Vocalist: Alyse Biszewski

For information please contact Peggy at (773) 298-6441
or proucke@beacon-therapeutic.org

www.beacon-therapeutic.org

*19th Holiday Supper in Beverly - December 2, 2011

Flooding Update

Neighborhood Flooding Information

Dear Neighbor:

On Thursday, June 9, 2011, the communities of Beverly, Morgan Park, and Mt. Greenwood experienced a severe rainstorm with over five inches of rain falling in roughly five hours. Such heavy rainfall quickly filled our sewer system forcing excess water to flow up through thousands of basement drains.

In recent years, we have experienced a new type of intense rain storm that will take new strategies and partnerships to combat. These storms create problems not only because of the volume of water they bring, but also through the speed at which it falls. While nothing can guarantee that we will not flood again, together we can take steps to protect our homes and property.

Keeping storm water out of the sewer whenever possible will reduce the risk of basement flooding. Most homes are equipped with rain gutters that channel storm water from your roof into the main sewer. Disconnecting the gutter downspouts and attaching a hose or rain barrel to redirect the water is one of the easiest, most effective ways to combat sewer backups.

During heavy rainfall, as many as 500 gallons of water per hour can be fall on the roof of a moderate size home and drain through the gutters and downspouts into the sewer system. Redirecting that water to a rain barrel, yard or garden can have a major impact out of our sewer system. 500 gallons of water corresponds to almost 1 inch of water per hour in a typical basement. If neighbors can work together to disconnect all the downspouts on a single block, they will have successfully diverted a huge volume of water away from our sewers and basements. The Department of Water Management will assist with the Basement Flooding Initiative, which includes engineering analysis, special sewer inspections and other coordinating activities—working with whole blocks and neighborhoods to address problems of basement flooding.

To encourage downspout disconnection, the City of Chicago will rebate homeowners 50% of the cost of a new rain barrel up to \$40. Rebate forms are available at the 19th Ward Office or via e-mail at

ward19@cityofchicago.org. Please consider disconnecting your downspouts and talk to your neighbors about it as well.

Rain blocker devices are another effective storm water management tool. These devices hold water on the street allowing it to enter the sewer gradually, as space becomes available. Restricting the flow of water into the sewers helps prevent basement flooding. These devices are currently installed on catch basins throughout our community. Since the installation of the rain blockers, flooding basement complaints have declined by nearly fifty percent, while flooding street complaints have risen.

If a rain blocker is functioning properly, water on the street should recede into the sewer within three to five hours of a storm ending. Frustrated with water pooling on the street, some residents disable rain blockers on the block; this increases the chance of flooding. If you believe that a rain blocker has been removed, please contact the Alderman's Office at (773) 238-8766.

Finally, it is critical that resi-

dents assist curbside sewer catch basins free of debris, leaves, and twigs. Clogged or restricted catch basins can cause problems for all of the residents on a block. If you have cleared your catch basin, but believe that there is addition debris inside the grate please contact 3-1-1 to request a sewer cleaning.

Nothing can guarantee there will be no more floods. Basement flooding is a function of how much water falls and other factors that can vary from neighborhood to neighborhood and even from house to house. I hope you will take advantage of all available resources and encourage friends and neighbors to do so as well.

If you have any questions about flooding or storm water management, please contact the City of Chicago Department of Water Management at (312) 744-7001. Thank you.

Sincerely,
Tom LaPorte
Assistant Commissioner,
Department of Water Management

Flooding Meetings Scheduled

The Chicago Department of Water Management, Metropolitan Water Reclamation District, and Alderman Matt O'Shea will co-host two community meetings to discuss the flooding that residents have suffered during the intense rainstorms of the past two years. These meetings will give homeowners the opportunity to discuss their specific issues with the engineers and learn what steps can be taken to reduce the risk of flooding.

As flooding conditions vary throughout the ward, residents are asked to attend the meeting specifically for their area.

Mt. Greenwood Meeting (Sacramento Ave. to Pulaski Rd.)

Thursday, Aug. 18, 2011 @ 7 P.M.

Chicago High School for Agricultural Sciences
3857 W. 111th Street

Beverly / Morgan Park Meeting (Vincennes Ave. to California Ave.)

Wednesday, Aug. 24, 2011 @ 7 P.M.

Kennedy Park
11320 S. Western Ave.

\$2,500 Savings For Your Daughter



Make your daughter's dream come true

If you work for the City of Chicago,
Cook County, State of Illinois,
Archdiocese of Chicago or any
Catholic institution, or if you're
currently enlisted military personnel,
take advantage of a

**\$2,500 discount on \$7,550 tuition
at Maria High School
for our 2011-12 year**

**To learn more, call
773.925.8686**

MARIA HIGH SCHOOL College prep. Career ready.

6727 South California Avenue Chicago, IL 60629
773.925.8686 mariahighschool.org

Sponsored by The Sisters of St. Casimir

Flooding Update

Saturated! Managing Stormwater in a Time of Changing Storms

By Commissioner Debra Shore,
Metropolitan Water Reclamation
District of Greater Chicago



Last month now holds the distinction of being Chicago's wettest July on record. At a rainfall of 11.15 inches, it easily beat out the previous record of 9.56 inches set way back in 1889. What is even more surprising is how dry the month began. Just 0.45 inches of rain fell between the start of the month and July 21. Heavy deluges at the end of the month not only ended the short drought, but also overloaded the area's stormwater infrastructure.

For more than three decades, local, state and federal authorities throughout Cook County have been without a coordinated plan for stormwater management. In November 2004, for the first time, the Metropolitan Water Reclamation District of Greater Chicago (MWRD) was authorized by the Illinois General Assembly, through Public Act 93-1049, to create a comprehensive program for that purpose.

"The Act provided the District with broad authority to plan, manage, implement and finance activities related to stormwater management through a focused, equitable and integrated countywide effort," explains Commissioner Kathleen Meany.

"The mission of the MWRD's countywide stormwater management program is to provide Cook County with effective and reasonable rules, regulations and projects that will reduce the potential for stormwater damage to life, public health, safety, property and the environment," Commissioner Meany adds, "as well as to educate the public on sustainable growth concepts and practices."

A storm on June 9, 2011 caused high winds and heavy rains on the south side of Chicago and Northwest Indiana. Many residents suffered from lost power and reported several feet of sewer backup in their basements. During that storm, between three and six inches of rain

is reported to have fallen in some southern suburbs and the south side of the city. Many residents reported ping pong ball size hail. More than 180,000 people lost power.

The more recent July 23 downpour is a good example of the type of storms that can exceed the capacity of Cook County's stormwater infrastructure. According to news accounts, that storm dumped a calendar day record volume of rain: 6.86 inches at O'Hare. Of that total, more than five inches fell in some places in about two hours. I want to try to answer some questions frequently asked about such historic storms.

The Metropolitan Water Reclamation District opened the gate at Wilmette Harbor at 2:30 a.m. to discharge stormwater overflow to the lake and opened the gates at the Chicago River Controlling Works (near the Chicago River lock) at 3:30 a.m. (Because the rainfall was greater in the northern suburbs and west side in the July 23 storm, the MWRD never opened the O'Brien Lock, which releases stormwater overflow from the Cal-Sag Channel into the lake).

Question: If the MWRD had opened the O'Brien Lock during the June 9 storm, would that have prevented basement backups in the 19th ward and other places?

Answer: No. Here's why: Although MWRD had many combined sewer overflows during this storm, it did not open the O'Brien Locks, which allows water to be released into Lake Michigan via the Calumet River. The District cannot open the gate at Wilmette Harbor, the locks and gates at the Chicago River Controlling Works, or the O'Brien Lock until the water level in the canals and channel rises above the level of Lake Michigan. When the water level in the Cal-Sag Channel reaches several feet above normal, operators open the O'Brien Lock to discharge stormwater overflow to the lake. The last time this happened at O'Brien Lock was during the severe storm of September 2008. If operators opened the gates any sooner it would do nothing to prevent flooding, Lake Michigan water would fill the channel, and diluted sewage

would be unnecessarily released into Lake Michigan. Unlike the North Shore Channel, which is shallow and narrow, the Calumet River system is capable of handling a much larger volume of water. Basement backups and street flooding were due to insufficient capacity in the local sewer systems.

Question: What about Deep Tunnel? Wasn't that supposed to prevent flooding?

Answer: It does. The tunnel portion of the Tunnel and Reservoir Plan was completed in May 2006 and can capture up to 2.5 billion gallons of stormwater overflow during extreme rain events. The tunnel worked the way it should, but five-to-six inches of rain produces an awful lot of water with nowhere to go. Each inch of rain generates more than 27,000 gallons of stormwater per acre. The 6.86 inches that fell during the July 23 storm 6.86 is more than 186,000 gallons of water an acre. That's why the MWRD had to open gates and locks to release excess water to the lake. Since its inception, the Deep Tunnel has captured more than 1.2 trillion gallons of combined sewer overflows.

The Tunnel is gradually "dewatered" as the wastewater treatment plants have capacity to treat this overflow. MWRD tries to empty the Tunnel before the next storm arrives, but isn't always able to do so. And when rainstorms follow closely upon each other, as happened in late July, the ground is saturated and loses its ability to absorb more water.

Even if the Tunnel and reservoirs could hold all the stormwater, the ability of local sewer systems (owned by your municipality) to convey stormwater to MWRD intercepting sewers was overwhelmed. Hence, far too many people experienced flooded basements from sewer backups and overland flooding. (Wastewater and stormwater from residences and businesses south of 87th St. in Chicago is conveyed to the Calumet Treatment Plant at 130th and Torrence for treatment.)

As you know, pipes can only hold so much water. When they are full, they will either overflow into

nearby streams and rivers or back up into people's basements. Try to visualize this as follows:

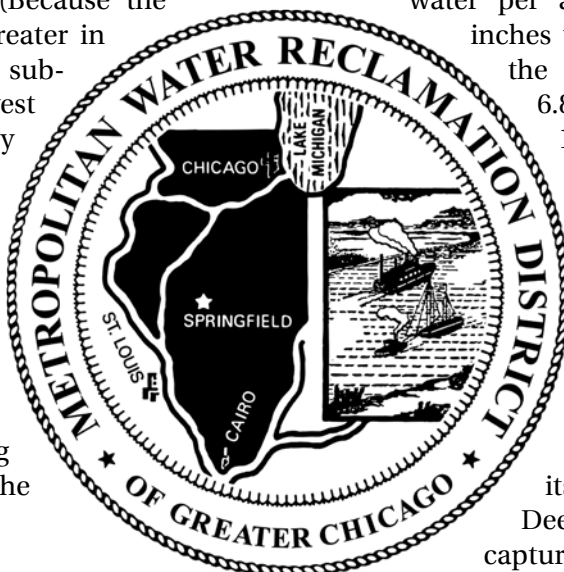
I'm going to take some plastic tubing and bend it into a 'U' shape. Pretend that the top of one side of the tube is my basement and the top of the other end of the tube is the street. Next, I'm going to punch a small hole at the bottom of the 'U.' That hole represents the large sewer pipe buried under the street that carries away stormwater from the street drains and wastewater from my home. If I slowly pour water on the street side of the tube, it is going to drain out the bottom without any problems. This is what happens in a normal rainfall.

Now let's say I steadily increase the flow of water that goes into the street side of the tube, as happens when it starts raining harder. Notice that water is starting to fill up both sides of the tube. Water is coming into the tube faster than it can drain out. If I connect my garden hose to the street side of the tube and turn it on full blast, water is not only going to come out the bottom hole, but it is going to start erupting from the basement side of the tube. That isn't good. In the real world, when rain pours down as intensely as it did on June 9 and July 23, the sewers can't drain fast enough and water can back up into my basement. That's why some homeowners have backflow preventers or overhead sewers. In our example, an overhead sewer would make the basement side of the tube higher than the street side, preventing the usual backup. This animation from the city of Regina in Saskatchewan helps explain the problem: <http://www.regina.ca/AssetFactory.aspx?did=1103>.

Question: There was water ponding in the streets and we had water in our basement and then all of a sudden it drained out as if someone pulled the plug in a bathtub. What happened? Is that when MWRD opened the gate or locks?

Answer: Consider this: If I stop pouring water into the tube in the previous example, the water is going to drain out within a few seconds because I'm no longer offsetting the water leaving the tube from the hole in the bottom. The same process happens when it stops raining or even when the rain lets up a bit – the sewers gain more capacity when the inflow stops or slows.

I'll bet you have more questions. Send them to me at debra.shore@mwr.org and I will do my best to answer them!

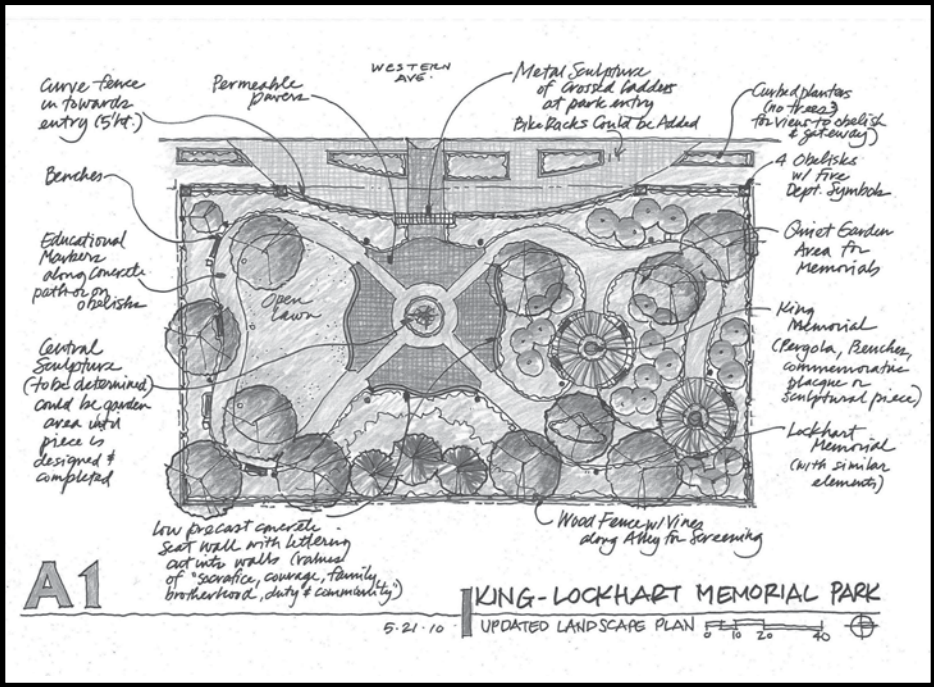


Parks & Recreation

Construction Begins at King-Lockhart Park

The Chicago Park District recently broke ground on King Lockhart Memorial Park at 10615 S. Western Avenue. Contractors expect to complete the project in mid-October. A committee of volunteers is raising money for a sculpture at the center of the park and other artistic elements.

On Saturday, October 8, 2011 a park fundraiser will be held at Cork & Kerry, 10614 S. Western Ave., from 1-4pm. Tickets are \$30 per person and include food and drink. For more information or to volunteer for the event please contact Pat Cleary at ptcleary@sbcglobal.net.



Mt. Greenwood Fun Run

Dear Neighbor:

We are excited to announce the 2nd annual Fun Run event designed to bring our neighborhood together in a way that promotes community as well as an active lifestyle. The Mt. Greenwood Fun Run 5K will be held on Saturday, September 17th starting at 9:00 a.m. at the St. Christina Fields, located at 111th & Central Park. The run, designed for all ability levels (walkers welcome!), will route through the Chicago Agricultural School and Mt. Greenwood Park and will be roughly 5K in length.

The Fun Run will conclude with a picnic lunch in the St. Christina field area. This informal gathering will be a great chance to socialize with friends and meet new neighbors and local merchants.

Proceeds from this day of family fun will benefit the Special Recreation Program at Mt. Greenwood Park, which serves Mount Greenwood, Beverly, Morgan Park, and surrounding areas. This program creates invaluable opportunities for

individuals with special needs by providing them with recreational activities including athletics, field trips, classes, dances, and holiday celebrations. Most importantly, the program provides its participants with life-long friendships, adult role models, and a place to feel at home and have fun.

Thank you for taking the time to learn about the Mt. Greenwood Fun Run 5K and we hope you are able to help. If you would like to join us at the run or the picnic, or if you have employees,

family or friends that would like to participate, please e-mail Kevin Nolan at knolan53@gmail.com. Thank you again for your consideration.

Sincerely,
The Mt. Greenwood Fun Run 5K Committee

www.mgpsra.org

Online Registration is available at our website. We hope you will join us!!!



Mt. Greenwood Chamber of Commerce Upcoming Events

Mt. Greenwood Farmers Market

Tuesdays through October

8:00 A.M. - 2:00 P.M.

Southwest Corner of 111th & St. Louis

For Information Call (773) 238-6103

Taste of Mt. Greenwood

Sunday, September 18, 2011

11:00 A.M. - 5:00 P.M.

Chicago High School for Agricultural Sciences

For Information Call (773) 238-6103

Children's Garden Update

Fruitful Bounty

The St. Christina Children's Garden has been more successful than any of our urban farmers could have imagined. Many of our tomato plants are taller than the children that planted them. The crop is plentiful enough to share with the community, local food pantries, and with our next homebound meals preparation.

Our garden would not be so fruitful without the diligent work of the numerous volunteers. There are so many people who devote their time and TLC to the garden, and it shows through the awesome vegetables. Many of our parishioners have walked through the garden, and purchased some items after the early masses on Sunday. A big thanks for all of the support everyone has given.

We recently planted some pumpkins which will hopefully be as prosperous as the vegetables and herbs have been. These pumpkins should be a nice surprise for the school children when they come back to school.

ST. CHRISTINA

children's garden

If anyone would like to volunteer to help in the garden or after masses at the Farmer's Market please contact Jamie Galeher at jgaleher@wowway.com or 773-239-3386.

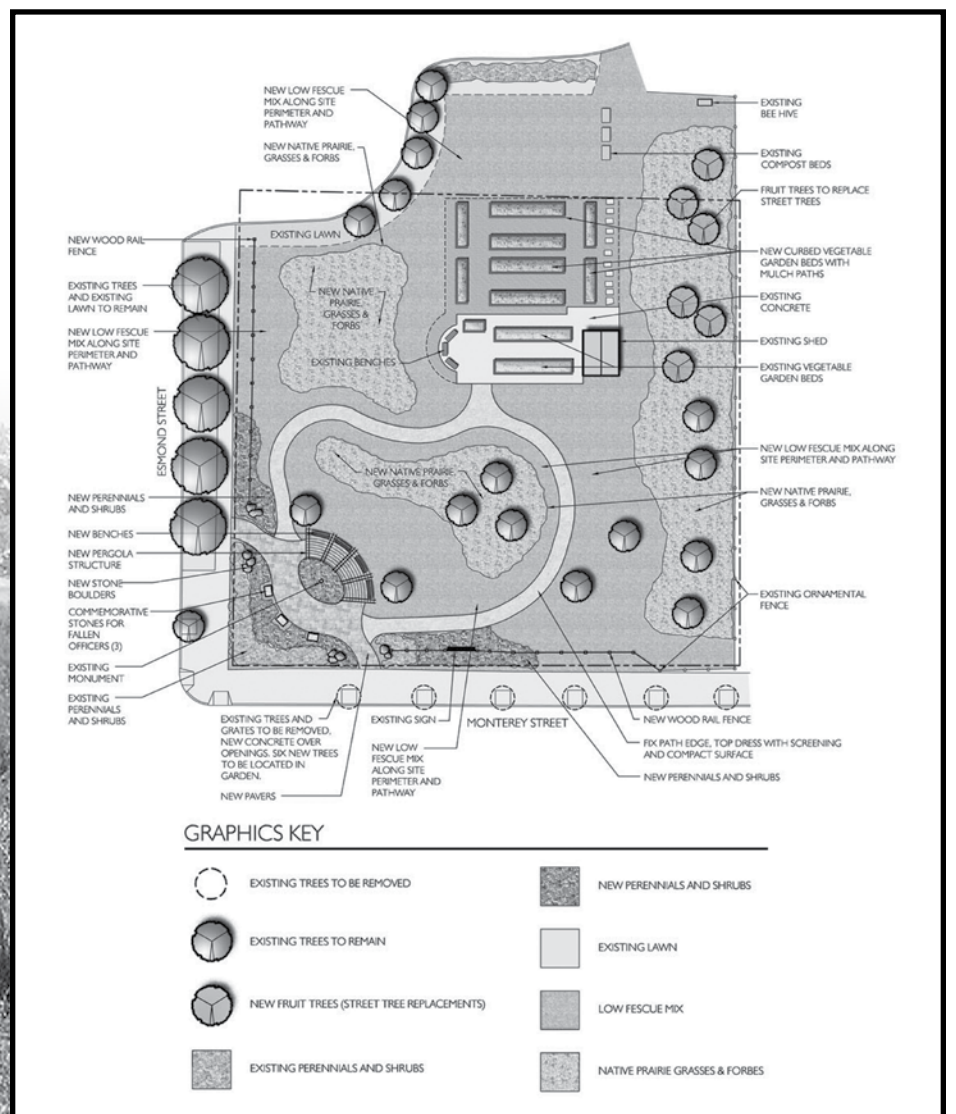
Parks & Recreation

A New Beginning for the Edna White Garden

Alderman Matt O'Shea is currently working with community volunteers, the Chicago Park District, and the Neighbor Space program to revitalize the Edna White Community Garden. This garden is an entry point to our community located immediately east of the 22nd District Police Station in the 1800 block of W. Monterey. The proposed park improvements include a brick paver plaza, additional raised vegetable

beds, and a decomposed granite walking path. The project will also install memorial stones in honor of 22nd District Police Officers that have fallen in the line of duty.

Volunteers are currently planning a fundraiser to raise money for ongoing maintenance of the garden, if you are interested in volunteering or would like to make a donation please call (773) 238-8766 or e-mail Ward19@cityofchicago.org.



Ag School Farm Stand Open for Business

The Chicago High School for Agricultural Sciences (CHSAS) farm stand is open and is proudly offering home grown produce and other items produced by students. A wide variety of fresh, healthy and delicious produce including varieties of squash, tomatoes, watermelon, onions, zucchini, cabbage, broccoli, okra, kohlrabi, peppers, gourds, cucumbers and honey. Fresh basil, as well as dried basil, is offered. We look forward to harvesting corn in August, and pumpkins later

this season.

CHSAS student participants in the Community Garden Program, a grant sponsored by the Illinois Department of Economic Opportunity, planted a variety of apples trees in the school's new orchard. The apples will be available for purchase and will also be used to create other products for the farm stand. Bundled firewood is also now available.

The CHSAS Farm Stand is open daily from 9:00am to 1:00pm.

A black and white poster for a movie event. The background is dark grey with white stars. A film strip runs across the middle, with the word 'MOVIES' in large white letters on the left and 'PARK' in large white letters on the right. The words 'IN THE' are written vertically on the film strip between 'MOVIES' and 'PARK'. Above the film strip, there are three stylized trees with circular canopies, each containing several smaller circles. Below the film strip, the text 'PROVIDED BY:' is followed by the '19th Ward' logo, which consists of a circle containing a star and three hands, and the text '19th Ward' in a large serif font, with 'YOUTH FOUNDATION' in a smaller sans-serif font below it. At the bottom, the text 'Kennedy Park - 11320 S. Western Ave.' is followed by 'Friday, August 19, 2011 at Dusk' and 'Yogi Bear' in a large, bold, sans-serif font.

MOVIES IN THE **PARK**

PROVIDED BY:

 **19th Ward**
YOUTH FOUNDATION

Kennedy Park – 11320 S. Western Ave.
Friday, August 19, 2011 at Dusk
Yogi Bear

Register for Nerf Football League

Area 3rd and 4th grade boys and girls invited to participate

The 19th Ward Youth Foundation and the Chicago Park District will again sponsor the Nerf Football League. All games will be played at Beverly Park on Tuesday and Thursday afternoons. League play will begin on Thursday, September 22, 2011. Participation is free and all players will receive a T-shirt jersey.

The league is open to third and fourth grade students who live in the 19th Ward. Registration is open now through September 13th online at www.the19thward.com. For more information or to volunteer, please call (773) 238-0288 or email mattoshea@the19thward.com.

Business Developments

Meetings for Area Business Owners

On Wednesday, August 17, 2011, the 19th Ward will host a free social networking seminar for area business owners at 8:00 am at the 19th Ward Office, 10402 S. Western Ave. There you can hear from other business owners how they have used social networking services like Facebook and LinkedIn to grow their businesses and increase profits. Local technology consultant Melody Camp will also offer an instructional demonstration on how to setup your business on services like these. Wireless Internet will also be available to anyone who is

interested in bringing a laptop.

On Tuesday, August 30, 2011, Alderman O'Shea will host a breakfast at 8:00 am at the Beverly Arts Center to introduce local business owners to Megan Kennedy, the new executive director of the Morgan Park Beverly Hills Business Association. Please join us as we work to improve this important community organization.

For more information about either of these meetings, please call (773) 238-8766 or e-mail ward19@cityofchicago.org.

Beverly Yoga Center Expands

The Beverly Yoga Center at 1917 W. 103rd Street is once again expanding its studio space beginning in September 2011. An adjacent studio will open to accommodate more specialized classes, private lessons, yoga therapy, and meditation seminars.

"The BYC is dedicated to bringing the benefits of yoga and meditation to our community," said Carly Carney, Director of the BYC, "I think it's important to have as many doorways as possible for people. Some clients want more power while others want support in their emotional

life. We all have the same wants and needs. We simply just have different ways of getting there. The BYC wishes to provide as many options as possible."

The expansion is being made possible through a partnership with the Center for Psychological Services (CPS). In the new studio space, CPS will be offering yoga therapy and classes that provide relief to anxiety and depression.

For more information on the expansion and new offerings at the BYC, please visit www.beverlyyoga-center.com.



Expands on Western Ave.

Sports and Ortho, currently located at 10318 S. Western Ave., has outgrown its facility and recently purchased the vacant Blockbuster Video building at 10911 S. Western Ave. Crews have already begun construction at the new location. Sports and Ortho is planning to relocate over Labor Day weekend. Please stop in and see them!

About Sports & Ortho

Sports and Ortho is a leader in rehabilitation of orthopedic and sports related injuries with a specialty in conditions involving spine, shoulders, and knees.

Our clinicians possess advanced education and training in the diagnosis and treatment protocols for these conditions. Our manual therapy approach has proven to be successful in returning our patients back to full recovery in shorter periods of time. Our advanced knowl-

edge and use of comprehensive and diversified exercise regimens return our athletes to their sport, our weekend warriors to their passion, and our well-elderly to their life. Through the use of our treatment approach our patients see the difference, feel the difference and know the difference when they are back to the sport they love or the golf course they crave.

It is quality, compassion, and individuality that make us unique. We are the big neighborhood practice with the small clinic feel. Personalized attention, one on one care, and our commitment to excellence are what set us up apart from the rest. We know you have a choice of where you go for your physical therapy. We hope that you will consider trying the clinic that works for you 100% to get you where you want to be.

Save your local economy...
three stores at a time.



3

Think about which three independently owned businesses you'd miss most if they were gone. Stop in and say hello. Pick up a little something that will make someone smile. Your contribution is what keeps those businesses around.

50

If just half the employed U.S. population spent \$50 each month in independently owned businesses, their purchases would generate more than \$42.6 billion in revenue.* Imagine the positive impact if 3/4 of the employed population did that.

68

For every \$100 spent in independently owned stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and *nothing comes home*.

1

The number of people it takes to start the trend...*you*.

Pick 3. Spend 50. Save your local economy.

Visit the350project.net

Support Beverly Hills/Morgan Park by shopping locally! Check out and "like" BAPA's Shop the Village facebook page to find out about special deals and happenings at neighborhood businesses.

Shop the Village reusable nylon bags are also available for \$5 at the following locations:

- BAPA
11107 S. Longwood Dr.
- Southtown Health Foods
2100 W. 95th St.
- Running Excels
10328 S. Western Avenue
- Blossom Boys Floral Designs
9911 S. Walden Parkway
- Heritage Gallery
1915 W. 103rd St.
- Beverly's Pantry
1907 W. 103rd St.

Business Developments

Taco Bell Demolished

The former Taco Bell building at 10457 S. Western Ave. was recently acquired by GDT Properties. GDT currently operates the strip mall at 10501 S. Western that includes Mr.

Submarine. GDT has demolished this eyesore but have no plans to develop the property for at least a year.



Mercy Home Opens Resale Boutique

Mercy Home for Boys and Girls, an incredible 100+ year old Chicago organization, is opening an upscale resale boutique at 1545 N. Wells in Old Town. They are looking for donations of new or gently used high end clothing for men, women and children (includes Banana Republic, J. Crew, St. John's, Armani etc.): Handbags & Wallets; sunglasses; apparel & shoes; watches; jewelry; china. Donations can be dropped off at the Mercy Boys Campus, 1140 W. Jackson Blvd or Mercy Girls Campus, 11600 S. Longwood Dr. or contact Traci at 312-738-7549 / trasch@mercyhome.org to sched-

ule a home pick up.

Mercy Home has been saving young lives by providing a safe nurturing home, opportunity for an excellent education, means for personal growth and healing for the past century. It is supported almost entirely by private benefactors. The stories and the lives the residents reveal before they come to Mercy Home are difficult to imagine and yet, through Mercy's efforts, they thrive.

Please consider this opportunity to clean closets and or to tell your friends.

Tree Debris Pickup

Attention homeowners! This summer, many trees were damaged during rainstorms. Your patience is appreciated as city crews collect the tree debris from our streets and alleys. However, if you have not reported your debris to 3-1-1 or the ward office, it will not be collected. If you have tree debris in your parkway or alley and it has not been reported, please email the information to mattoshea@the19thward.com. Thank you!



Cake Decorator.
Salsa Dancer.
Primary Care Physician.

Dr. Maria Vazquez-Scott
Your health is her primary concern. Make it yours.

Book your
annual physical
with Dr. Vazquez-Scott
by September 30, 2011
and get a FREE
AMC movie ticket!*

708-385-5601

*while supplies last

Convenient Beverly Location!

11238 S. Western Ave., Chicago
MetroSouthMedicalCenter.com



"Like" MetroSouth Medical Center on Facebook!
"Like" us by August 31, 2011 and be eligible for prizes.



Let's Get **PHYSICALS!**



MetroSouth Health Center
AT BEVERLY

The best care, close to home.

Local rehab service offers desirable options for active boomers

Smith Village in 19th Ward provides means to recapture lost mobility and vigor

Over the last decade, knee replacement surgeries have doubled, and so have hip replacements, according to a recent report in the Huffington Post. Accounting for these increases is an aging baby boomer population that refuses to compromise on quality of life. The Post article also stated that many aging boomers are athletes who refuse to give up exercising and normal levels of mobility. Others simply refuse to stop working.

"A lot of people think 'rehab' is only for those who can no longer live on their own, but often it's just the opposite," says Pat Coleman, director of admissions at Smith Village, a continuing care retirement community located at 2320 West 113th Place. "Rehab or 'reconditioning' services enable people to regain their independence. The goal is to return them to former levels of functioning. For some, this may even mean returning to work."

Regardless of whether it's healing after orthopedic surgery or getting over a serious illness such as stroke or heart attack, for many people age 62 and older, recovery at a local rehab center can offer distinct advantages over simply going home.

'You can progress a lot faster here'

"The recovery experience is generally more intense and a lot quicker at a rehab center," says Ed Torres,

director of nursing at Smith Village. "You can progress a lot faster here doing two to three hours of therapy per day, versus an hour of therapy at home when a home health care nurse visits three times a week."

Also, a full-service rehab experience is more affordable than most people realize. "Medicare covers 100 percent of rehab medical care for the first 20 days," says Coleman.

"Starting at the 21st day, coverage drops to 80 percent, but most supplemental insurance plans will pick up the difference."

Often for orthopedic procedures such as knee and hip replacements, managing pain with medicine while increasing mobility is a challenge better handled with constant professional supervision, according to Torres. "To achieve full recovery, patients must increase movement, but with knee or hip replacement this will definitely cause more pain. If not managed appropriately, pain can restrict a patient's movement and their surgery may not heal properly. In order to get the most benefit, it's extremely important for people to share what they are feeling to their nurse or doctor."

Unlike the home setting, most rehab centers tend to insist that patients not remain in bed, but rather

that they get dressed, take their meals in a dining room with other patients or residents if possible, and even take in entertainment.

"The setting, and just being with other people, can help speed recovery," said Terry Schultz, physical therapist assistant at Smith Village. "A lot of people tend to be competitive. They see someone else getting out of bed, getting dressed, doing the stair routine, and they say to themselves, 'If that person can do it, so can I.' And then they're doing it."

Local hospitals refer patients to Smith rehab

Smith Village's physical and occupational therapy center includes ultra sound and electrical stimulation equipment for pain management, parallel bars, stairs, a bathtub with a shower bench, and even a kitchen to help people regain the ability to prepare food. The therapy program also offers the services of a speech therapist, and training for caregivers. Caregivers and patients are encouraged to attend trainings together.

Most residents and rehab patients come from the immediate neighborhood, according to admissions director Coleman. Doctors at Christ Advocate Medical Center,

Little Company of Mary and Metro South frequently refer patients to Smith Village, but many are signing up for rehab after having surgery at Northwestern, Rush and UIC.

In every case, attending physicians at Smith Village coordinate care with patients' primary care physicians, a process now made easier with the sharing of electronic medical records. Smith's new Electronic Medical Administration Records system also has enhanced the process of dispensing medications and made available more complete information regarding dosage, timing and patient responses.

Another advantage to selecting a rehab center in your immediate community is that it offers proximity to family and friends. "It's much more convenient, and often people coming here for rehab reconnect with old friends from the community," Torres says. "Sometimes people discover they attended the same high school with another patient or resident, or that they fought in the same war, or maybe they both worked at the same company for a certain number of years. Often they discover they share common interests and keep in touch after the rehab experience."

Adds Coleman, "In many cases people who came here for rehab and returned home later decided to move to Smith Village."

See What's Cookin at Smith Village...



Resort Style Retirement

- Near everything and everyone you love
- Old friends, New friends
- Continuum of Care if needed

Summer Incentives Available

Move in by Winter

Call to learn more

(773) 474-7303

Smith
VILLAGE

A SMITH SENIOR LIVING COMMUNITY

Chicago's "Best Value" Retirement Community!

- ✍ 80+ years of heritage in Chicago's Beverly neighborhood
- ✍ On site **Independent Living**, Rehabilitation, Assisted Living, Memory Support, and Skilled Nursing
- ✍ Come see our new models!



smithvillage.org



2320 West 113th Place, Chicago, IL 60643



(773) 474-7303

19TH WARD SENIOR CITIZEN HALLOWEEN PARTY

Tuesday, October 25, 2011

11:30 A.M. - 2:30 P.M.

115 Bourbon Street

3359 W. 115th St.

Cost: \$5

Reservations preferred



Fried chicken luncheon



Halloween themed desserts



Bingo with cash prizes

— Hosted by: —

STATE REPRESENTATIVE **Bill Cunningham**

STATE SENATOR **Ed Maloney**

ALDERMAN **Matt O'Shea**

To make a reservation or for more
information, call (773) 238-0288.

Cunningham Backs Legislation to Hold Down Property Taxes



Working to reduce the property tax burden on Illinois homeowners, state Rep. Bill Cunningham (D-Chicago) is co-sponsoring legislation to prevent the increase of property taxes as home values continue to decline.

“Home values across the city and suburbs have declined considerably in recent years, but the taxes residents are forced to pay have only continued to increase,” said Cunningham. “As I talk to my constituents, I hear how difficult it is to make ends meet month to month and increasing property taxes are

only making it worse. Everywhere you look, groceries, gas, tuition, all have increased in price. I’m hopeful that there is one area where we can help homeowners relieve some of this burden.”

House Bill 3793 provides that if the assessed value of the property for the current taxable year is less than the total value in the previous year, then taxes cannot be increased unless approved by the voters. The bill Cunningham is backing would lower the amount in which property taxes can grow from 5% to 0% unless the voters specifically approve an increase.

“As we work towards an economic recovery, every dollar that we can save and not spend on increased taxes is a dollar that will go back to our local economy,” continued Cunningham. “Homeowners across the city and state are tightening their belts and living within their means. Government must do the same and that starts with holding the line on property taxes.”

Cunningham represents the 35th district, which includes portions of Chicago’s 19th ward, Palos, Worth and Orland Townships.

COME ON OUT AND MEET YOUR
STATE REPRESENTATIVE!

Stop in and have a cup of coffee with
Bill Cunningham, *your* State Representative.

Location: Favia Café & Sweets Shop
10701 S. Hale Ave.
Date: Saturday, August 27th 2011
Time: 9:00-10:00 a.m.

For more information, please
call Representative Cunningham
at 773-445-8128 or e-mail him at
staterepbillcunningham@gmail.com



SAINT IGNATIUS COLLEGE PREP
challenges its students to be open to growth, intellectually competent, committed to justice and service, religious, and loving. For more information about how Saint Ignatius can inspire your student, call the Admissions Office at 312-432-8411 or visit...
www.ignatius.org



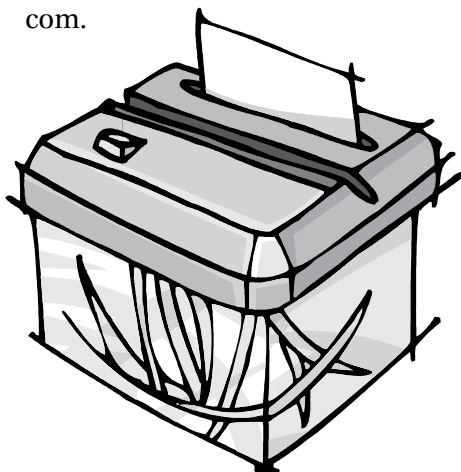
**SAINT
IGNATIUS**
COLLEGE PREP
A Jesuit school founded in 1869.

19th Ward to Host Free Shredding Day

On Saturday, September 17, 2011 the 19th Ward and Midway Document Destruction will host a free paper shredding day at the Chicago High School for Agricultural Sciences, 3857 W. 111th St., from 9:00 am - 11:00 am.

Residents can bring any old or unwanted papers to the school to be shredded and later recycled by the Midway Document Destruction Mobile Shredding Truck. Shredding documents helps prevent identity theft, recycling the paper benefits the environment by reducing the amount of waste in landfills and sparing trees.

Please join us on September 17th to dispose of any unwanted documents. This service is free of charge. If you have any questions, please contact Matt O'Shea at (773) 238-8766 or mattoshea@the19thward.com.



B-Plate Truck Parking Stickers Available

If you own a truck that requires special B-Plate from the Secretary of State, you must also obtain a B-Plate Sticker to legally park on residential streets in the City of Chicago. In recent years, the Department of Revenue has been strongly enforcing this rule issuing tickets to residents

who are largely unaware of this requirement. To avoid getting this ticket, please visit the 19th Ward Office at 10400 S. Western Avenue or 3215 W. 111th Street to pick up your free parking sticker. A valid City of Chicago Vehicle Sticker number is required to receive this sticker.

**OnLine
Realty
Professionals.com**

Service & Technology

3822 W. 111th St., 2nd Floor
Chicago, IL 60655

Steven Graves
President, Broker
773 216-5818

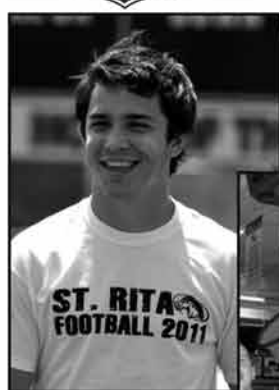
John Lorenz
Vice-President, Sales
773 457-4207

Mary Ellen Gallagher
Patrick Gallagher
Marilyn Gallagher
Shannon Lenihan
Maribeth Minnick
Dan Norris
Mary Ann Pittacora
Nick Sellis
Vivienne Rose Taylor



ST. RITA
of CASCIA HIGH SCHOOL

7740 S. Western Avenue
Chicago, Illinois
773-925-RITA



AUGUSTINIAN faith & service are an integral part of every-day life at St. Rita

ACADEMICS a college preparatory curriculum tailored to meet the needs of all students

ATHLETICS success on and off the field

ACTIVITIES numerous clubs, events and activities offer something for everyone

ALL-BOYS ensures an atmosphere that is most beneficial to the way boys learn



Open House I

Sunday
11/6
12:00 - 3:00 p.m.

Honors Open House

Tuesday
11/8
6:30 p.m.

Open House II

Sunday
12/4
12:00 - 2:00 p.m.

TRUTH



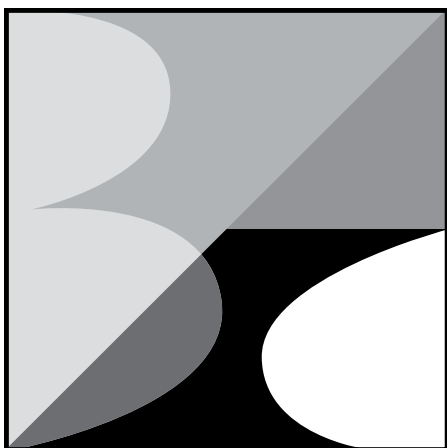
UNITY



LOVE

www.STRITAHS.com





Beverly Arts Center
2407 W. 111th St.
773-445-3838
www.beverlyartcenter.org

BAC offers affordable tickets, free parking, state-of-the-art sound and great seats – it's the place to be for a great night out.

Entertainment

Tributosaurus as Crosby, Stills, Nash & Young

Fri., Aug. 19, 8 p.m. The five core members of Tributosaurus reproduce rock originals with incredible precision. They aren't really a tribute band, they are every tribute band! Tickets are \$30.



Tim O'Malley emcees the Phantasmagorical 3 Ring Circus Side Show

Sat., Sept. 24, 8 p.m. This night of comedy featuring the improv duo RK47, sketch artists Shoelace Academy and the "Clowning to Infinity" clowns. Tickets are \$20.

Michael McDermott and his band will perform the music of Bruce Springsteen for "Halloweensteen"

Sat., Oct. 29, 8 p.m. Tickets are \$22.



Beverly Arts Center Fall Calendar

Events

Sip of Summer

A wine and beer tasting, will be held Fri., Aug. 26, 7 to 10 p.m., featuring a summery assortment of six red and white wines from Avenue Flower Shop & Wine Bar (Oak Lawn) and four premium beers by Goose Island Beer Company (Matilda, Sofie, Pere Jacque and Fleur). Live music will be performed by the popular cover band Railroad Gin. Admission: \$10. 21 and over only. Cash bar will be available with a \$3 Goose Island 312 special.



BACtoberfest

Presented by Goose Island Harvest Ale, and featuring live music, German foods and a beer tasting will be held Sat., Oct. 1, 2 to 10 p.m. Admission is only \$10.

"It's a Wonderful Life Radio Show"

The perfect holiday entertainment. Dec. 9, 2 p.m. & 8 p.m., Dec. 10, 4 p.m. & 8 p.m. and Dec. 11, 3:30 p.m.



BAC's 4th annual New Year's Eve Bash

Ring in 2012 on Sat., Dec. 31. The event includes entertainment, food and beverages, dancing and a champagne toast at midnight.

School of the Arts Fall Session

The fall session of the BAC School of the Arts begins the week of Sept. 6, with classes and workshops in art, ceramics, music, dance, theater, film, movement, creative writing, fiber arts and more. There are several new classes, and the curriculum offers something for all ages and interests. Pick up your schedule at the BAC or find it online at beverlyartcenter.org. Early registration discounts continue through Aug. 25 – BAC members save 15% and non-members save 5% on tuition!

Children's Theater

Auditions for the BAC Star Productions show "Smokey Joe's Café: The Songs of Leiber and Stoller."

Sept. 8. With plenty parts for a large cast, the show is a golden age musical revue featuring nearly 40 of the greatest songs ever recorded. The show will be performed in November. For information on auditions and theater opportunities for kids and adults email theater@beverlyartcenter.org.

Chicago Kids Company Shows

Geared to youngsters age 2 to 12, are performed at 10:30 a.m. on selected weekdays and 1:30 p.m. on selected Saturdays. Tickets are \$10 (group rates available) and can be reserved by calling 773-205-9600. Upcoming shows: "The Princess and the Pea" Oct. 19 to Nov. 23, and "Mrs. Claus: A Holiday Musical" Nov. 29 through Dec. 23.



Film

BACinema

Screens first run and independent films on Wednesdays at 7:30 p.m. Upcoming films include "Cave of Forgotten Dreams," Werner Herzog's extraordinary documentary on the prehistoric Chauvet Caves of Southern France on Aug. 24, and "Page One: A Year Inside the New York Times," a provocative documentary on the newspaper industry in the era of the Internet, Aug. 31. Movie tickets are \$7.50 (\$5.50/BAC members). Reel Talk discussions with film lecturer Suzanne Patterson follow movies on the 3rd Wed. of the month, Sept. – May.



"Chicago's Only Castle: The History of the Givins Irish Castle and Its Keepers"

Premieres Sat., Sept. 18, 3 p.m. \$10. The feature length documentary was made in celebration of the Castle's 125th anniversary. Q&A with filmmaker Errol Magidson follows screening. Proceeds from the showing will go toward the Castle Building Fund.

"Accused: The Vindication of Myra Richardson"

Sun., Sept. 25, 4 p.m. \$5. The chronicle of a teacher's struggle to clear her name after false accusations. Q & A with filmmaker and Myra Richardson follows screening.

Visual Art

The 35th Annual Beverly Art Competition and Exhibition

Hosted by BAC for artists in or within 100 miles of the City of Chicago. Entries must be received by Oct. 1. Winners will be announced at the opening reception Fri., Nov. 11, 7 to 9 p.m., and the exhibit will be open Nov. 12 through Jan. 2. Entry applications and information are available at www.beverlyartcenter.org.

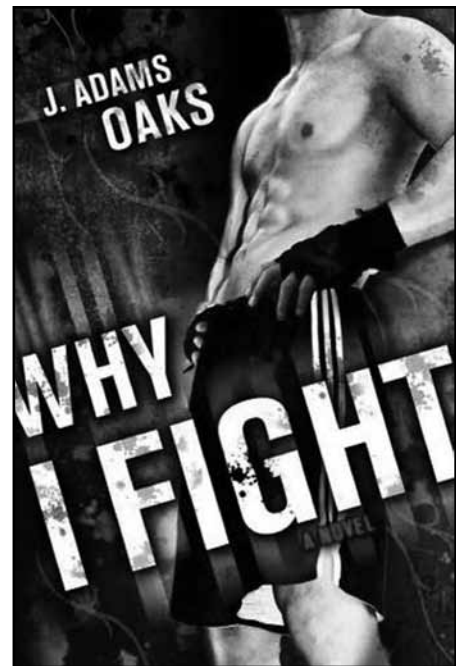
Exhibits

The BAC art galleries change each month. Visit www.beverlyartcenter.org for information.

Literary Arts

The Author Afternoon Series

Continues with interviews of Chicago writers J. Adams Oaks on his award winning young adult novel "Why I Fight," Sun., Aug. 28, 2 p.m. and Karen Doornebos author of "Definitely Not Mr. Darcy," Sun., Sept. 18, 2 p.m. Admission is \$5 (\$4/BAC members).



BAC Writers

Drop-in critique group for adult creative writers on the 2nd and 4th Mondays of the month (\$5/session) and the BAC Street Journal literary arts magazine (deadline for the fall issue is Oct. 1). Information grace@beverlyartcenter.org.

For tickets, information and registration, contact the Beverly Arts Center at www.beverlyartcenter.org or 773-445-3838. Don't forget to sign up for emails so you can stay informed about new concerts, comedy, movies and more!

Gov. Signs Maloney Sex Offender Bill

A bill sponsored by State Senator Ed Maloney (D-Chicago) to require sex offenders or sexual predators at higher education institutions in Illinois to register with the institution as well as local law enforcement has been signed by the Governor.

"Universities and community colleges need to know if offenders are working or enrolled in their midst to ensure protection for students, faculty, and children in campus daycare centers," Senator Maloney said. "Public safety and security officers can use this information to prevent those living and working on campus from becoming victims."

Institutions' public safety departments were previously prepared for reports of sexual offenses and penalties but did not necessarily know if potential offenders may be working on campus or attending classes. House Bill 295 (now Public Act 07-0155) now requires sex offenders or predators to register with public safety or security at any school in Illinois where they either are employed or attending classes. An offender must register if he or she is employed at or attends the institution for a period of five or more days at a time or for a total of 30 days out of the year.

"We believe anyone on a college campus in Illinois should know their law enforcement agencies are aware of potential offenders on campus," Maloney said. "This new law can provide campus security officials with another tool to help protect all age groups on the campuses they serve."

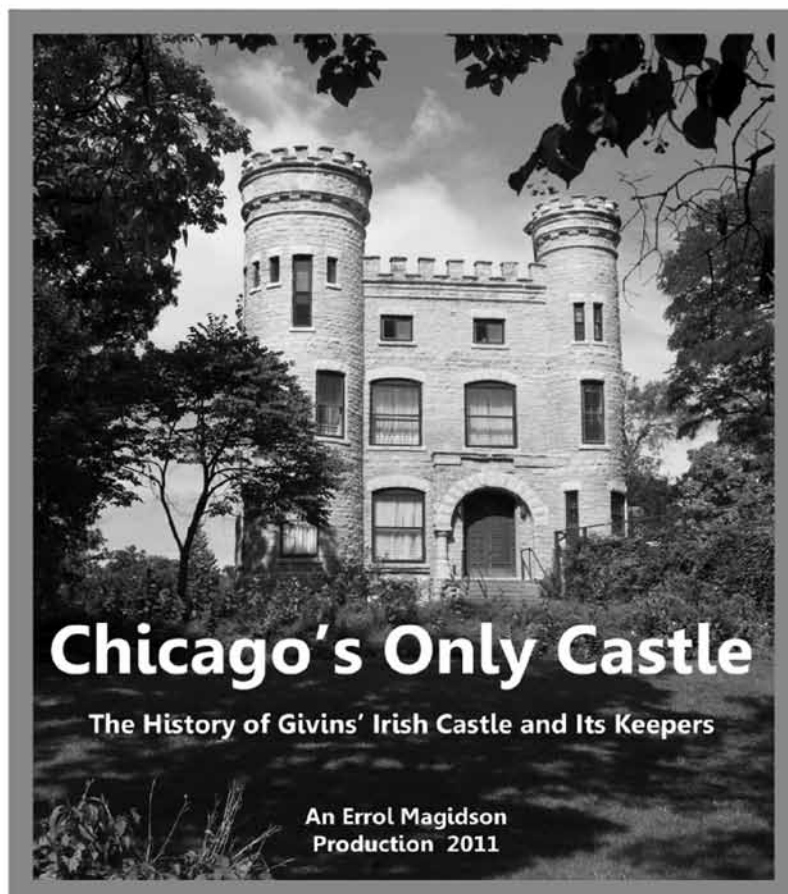
Public Act 07-0155 takes effect immediately.



PREMIERE SCREENING

Celebrating the 125th Anniversary of the Irish Castle (1886-2011)

Preserving History - Funding Preservation



Sunday - Sept. 18 @ 3pm

Tickets \$10

Screening followed by Q&A with filmmaker

BEVERLY ARTS CENTER 

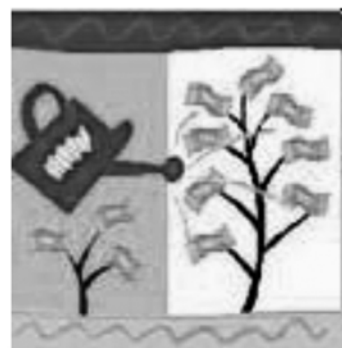
2407 W. 111th St., Chicago, IL 60655 • 773-445-3838 • www.beverlyartcenter.org



Want to save money this
Summer?
Volunteer for a FREE water meter!

MeterSave customers are on average saving over 50% on their water & sewer bills.

MeterSave provides a 7 year guarantee that your water and sewer bill will go no higher than what it would have been had it not been metered.



MeterSave offers you a choice of water conservation incentive: an indoor conservation kit, an outdoor conservation kit, a water meter monitor, or a rain barrel.



For more information or to volunteer, go to www.metersave.org
or call 3-1-1 or 312-744-4420

History Mystery Bike Tour Offers Challenging Clues & Family Fun

Ridge Historical Society Is History Mystery Partner

The bad news is that the Chicago Bears don't play on Sunday, Oct. 9. The good news is that the Beverly Area Planning Association (BAPA) will be hosting the popular History Mystery Bike Tour that day, noon to 5 p.m., with Ridge Historical Society, 10621 S. Seeley Ave., Chicago, as the start/finish and festival location.

"Whether or not you're a Bears fan, this is a terrific family event," said BAPA Executive Director Matt Walsh. "Everyone learns a lot about local history, sees a lot of beautiful homes, and gets the benefit of exercise. What better way to spend a Sunday afternoon?"

The History Mystery Bike Tour is a family-friendly way to showcase the Beverly Hills/Morgan Park neighborhood and its historic districts.

"This is a great family community and we hope people come from all around Chicagoland to enjoy this event and experience our Village in the City," Walsh said.

Partnering with Ridge Historical Society, the event will be centered in the Ridge Historic District and offer different levels of challenge: a mini-mystery for youngsters, the regular mystery for families and

individuals who want to test their physical and mental abilities, and a geo-quiz for people who would like to use a GPS device to steer them to the clue locations.

The History Mystery Bike Tour entails biking throughout the community tracking down clues hidden in the architectural details on buildings or homes, or on historic markers and signs, then solving the overall history mystery puzzle. All participants who answer all the clues correctly and solve the History Mystery will be eligible to win a brand new bike donated by Beverly Bike and Ski.

The Mini-Mystery is designed for children riding trikes, Big Wheels, training wheels and even strollers. Kids with their parents or guardians are invited to circle the block, 105th Place to 107th Street, Seeley to Longwood, tracking down clues scaled down for their age group. All Mini-Mystery participants will receive a prize.

"With cycling so popular and the history and architecture of the community so interesting, this new version of BAPA's History Mystery Tour has been growing each year since its revival," Walsh said. "Families new to the event will be eager to join the crowd, pedaling throughout the neighborhood, learning about the community around every twist and

turn, and spending the afternoon with their kids, experiencing how much fun history can be!"

When participants return to the Ridge Historical Society to solve the final History Mystery clue and turn in their completed answers, they can enjoy a family festival on the RHS grounds. Festival highlights include children's activities, entertainment, food and beverages.

Neighbors who would like to volunteer to help out with the History Mystery Bike Tour are invited to email bapa@bapa.org for more information.

Entry fees are \$15 per person,

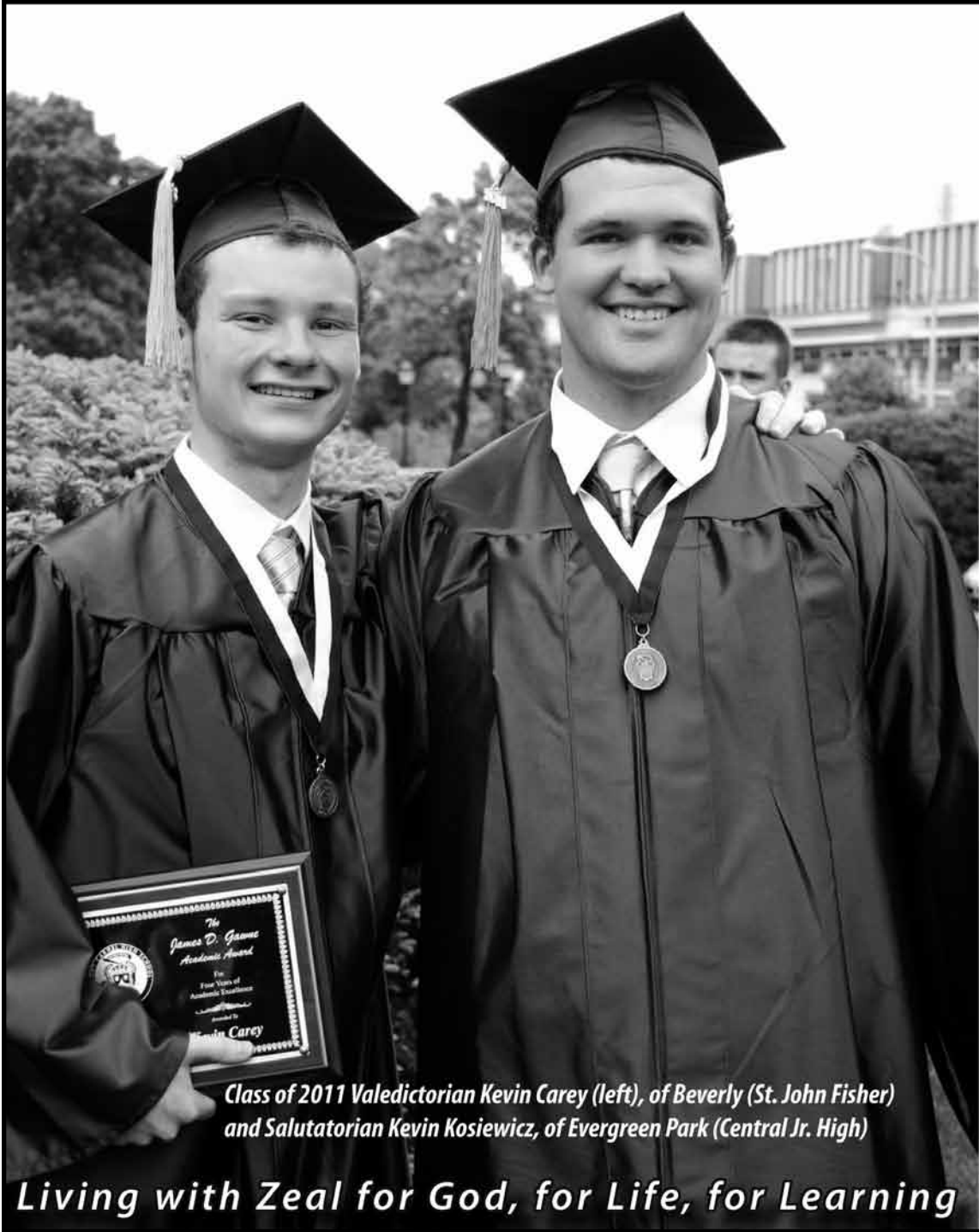
\$10 for students and seniors, and \$40 for families (two adults with children under age 16). The first 300 people who register will receive a History Mystery Bike Tour souvenir gift. Current BAPA members can receive a 10% savings on event admission; call 773-233-3100 for this discount.

Event sponsors include: AT&T, Beverly Bank & Trust, Marquette Bank, Corporate Safe Specialists, 19th Ward Youth Foundation, Beverly Bike & Ski, O'Rourke & Frost, The Beverly Review and County Fair. For information on how to become a sponsor, contact Kathleen Riordan, 773-233-3100 or kriordan@bapa.org.

For information and applications stop by the BAPA office, 11107 S. Longwood Dr., Chicago, 9 a.m. to 5 p.m., Mon. through Friday, call 773-233-3100 or register online at www.bapa.org.

The not-for-profit Beverly Area Planning Association (BAPA) was founded in 1947 to serve the Beverly Hills/Morgan Park community with a variety of civic and service programs. For information on BAPA, BAPA membership and the community, visit www.bapa.org.

BAPA
Beverly Area
Planning Association



Class of 2011 Valedictorian Kevin Carey (left), of Beverly (St. John Fisher) and Salutatorian Kevin Kosiewicz, of Evergreen Park (Central Jr. High)

Living with Zeal for God, for Life, for Learning

JOIN THE CARAVAN

www.mchs.org/jointhecaravan

"At Mount Carmel we learned that to succeed you must apply yourself fully in whatever it is you do. Just as the knowledge and skills we have acquired here have prepared us for success, the character instilled in us has prepared us to be true Men of Carmel for the rest of our lives."

Kevin Carey '11, Freshman at Boston College

Save the Date! Explore Mount Carmel

- Columbus Day Shadow Day: Monday, October 10
- Open House: Sunday, November 13, 11 a.m. - 2 p.m.
- Honors Program Preview: Tuesday, November 22, 6 p.m.
- Open House: Thursday, December 1, 6 - 8 p.m.
- Entrance Exam: Saturday, January 14, 8 a.m.



MOUNT CARMEL HIGH SCHOOL
773.324.1020, EXT. 265 • WWW.MCHS.ORG

Why a Family Medicine Physician Makes Sense for Your Healthcare

According to a recent study published by the Journal of the American Medical Association, patients ages 65+ living in areas with higher levels of primary care physicians live longer and make fewer trips to the hospital for preventable conditions. The explanation given is that they are taking advantage of the proximity of their primary care physician or family medicine doctor to get regular care, helping to prevent chronic or life-threatening illnesses.

Dr. Maria Vazquez-Scott, a family medicine physician at MetroSouth Health Center at Beverly, sees this in her Chicago office. "My older patients who see me regularly definitely stay out of the hospital more. Similarly, with younger patients, those that come to see me on a consistent basis are healthier."

A family medicine physician is actually a traditional concept that

is still popular despite today's trend toward medical specialists. A family medicine physician has extensive training and follows a patient's healthcare for many years, serving kind of like a quarterback, recommending specialists as needed.

Family medicine physicians complete undergraduate school, medical school, and three more years of specialized medical residency training in family medicine. Their residency training includes rotations in internal medicine, pediatrics, obstetrics-gynecology, psychiatry and geriatrics. The specialty focuses on treating the whole person through all life stages.

An important benefit of the family practice model is that family members are able to visit the doctor with one visit while still maintaining privacy. Parents and children may be examined all in one room or, as is often the case with teenagers, the doctor may examine

a patient one-on-one.

Dr. Vazquez-Scott recommends seeing a family medicine physician for a yearly physical, school physical, management of chronic conditions (diabetes, hypertension, high cholesterol), alcohol and drug use, gynecologic exams and conditions that arise such as a cold or flu.

"Family medicine physicians are all about the patient and their family," Vazquez-Scott explains. "We understand that a patient does not live in a vacuum and family circumstances can have a direct cause and effect on an individual's health."

Benefits of Family Medicine Physicians:

- Coordinates care for all of a patient's conditions
- Offers preventative care
- Treats family members from birth to death
- Some can deliver babies
- Can eliminate need for emergency room visits
- Patients can be examined together or separately

To schedule a visit with Dr. Vazquez-Scott, call: 773-238-1111. The MetroSouth Health Center at Beverly is located at 11238 S. Western Ave. in Chicago.

Silver Beat Senior Program

On Wednesday, September 21st Alderman Matt O'Shea at the Office of the Illinois Attorney General will offer Silver Beat training for senior citizens at 10am at the Beverly Woods Restaurant, 11532 S. Western Ave. Staff from the Attorney General's Office will provide information about the ins and outs of consumer fraud, identity theft, and how to avoid counterfeit check scams. This training will give seniors the knowledge and tools needed to protect themselves and others from scam artists and deceptive business practices.

After the program, Beverly Woods will offer a discounted \$5 lunch buffet to anyone who is interested. If you have any questions, please contact Ald. O'Shea's office at 773-238-8766.



Cake Decorator.
Salsa Dancer.
Primary Care Physician.

Dr. Maria Vazquez-Scott
Your health is her primary concern. Make it yours.

Book your
annual physical
with Dr. Vazquez-Scott
by September 30, 2011
and get a FREE
AMC movie ticket!*

708-385-5601

*while supplies last

Convenient Beverly Location!

11238 S. Western Ave., Chicago
MetroSouthMedicalCenter.com



"Like" MetroSouth Medical Center on Facebook!
"Like" us by August 31, 2011 and be eligible for prizes.



Let's Get **PHYSICALS!**



MetroSouth Health Center
AT BEVERLY

The best care, close to home.

Sutherland I MADONNARI



One of our most anticipated and beloved fall events, I Madonnari, will be postponed until the spring or fall of 2012 due to the ongoing construction project to repair our school's roof and install a new heating system.

Look for a future announcement for details about our exciting 10th anniversary I Madonnari celebration!

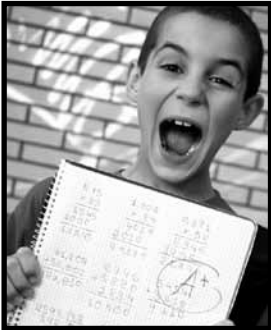
The Sutherland School PTA



Make the Connection Help your Child Succeed

Our Philosophy

All students learn differently.
We provide tutoring services for students of all ages, from preschool through college, in all academic areas throughout the year. If your child is struggling in school or has special needs, please call for information about our programs. Our tutoring is highly individualized, and all of our accredited teachers use proven, effective methods to help your child become a successful student.



Academic Tutoring

Preschool & Kindergarten
Beginning reading and math skills, fine motor skills, phonological awareness... setting a strong foundation for learning.

Elementary School
Tutoring in reading comprehension, spelling, math, writing skills, homework help, organizational and test taking and study skills. We also offer special programs to help students with ADD or ADHD.

High School
Tutoring in algebra, geometry, trigonometry, biology, chemistry, writing skills, study skills, ACT and SAT test prep.

College
Homework help including math, writing skills, test prep and study skills.

Specialty Programs

Wilson Reading Program
This program teaches reading and spelling skills. It is used with students of all ages who are struggling with learning to read. It also addresses reading fluency.

Visualizing/Verbalizing
Lindamood-bell Program for students of all ages struggling with reading comprehension.

On Cloud Nine
A Lindamood-Bell Program for grammar school students struggling with basic math skills.

Neurofeedback
For all ages, from 3 years of age to adult. Neurofeedback addresses issues such as, but not limited to, ADHD, anxiety-depression, behavior disorders, headaches, seizure disorder, autism, aspergers and sensory integration.

The Listening Program
A music-based auditory stimulation method, use to enable individuals with a broad range of challenges and abilities to achieve even more. Can be done at home.

Screening
A screening can help determine a student's strengths, weaknesses and academic level. This can include academic testing or screenings for visual perception, auditory processing problems and ADHD.

Parent Guidance

The director, Deb Gawrys is available to guide parents through the process of attaining special education services, attend meetings, and communicate with teachers on student progress.

Hours

Sessions are 45 minutes. During the school year, sessions are offered Monday-Thursday 3:00-7:00pm and Saturdays 9:00am – 12 noon.

CONNECTIONS Learning Center



773.238.4526
2744 West 111th Street
Chicago, IL 606b55
Fax 773.238.4536
connectionstutoring.net



Call for a free consultation.

Professional Educational Tutoring... **Helping Students Succeed**

SAVE THE DATE!



CELEBRATE WITH A GOOD CAUSE

A COMMUNITY WINE AND CHEESE TASTING EVENT TO BENEFIT SUTHERLAND SCHOOL AND THE BEVERLY ARTS CENTER

**SATURDAY, OCTOBER 15
6:00 P.M.
BEVERLY ARTS CENTER**

Over 100 Fine Wines presented by TOWN LIQUORS

Artisan Cheeses

"Taste of Beverly" Vendors

Live music by the Smiley Tillmon Band

Grand Prize Raffle

Cash Bar

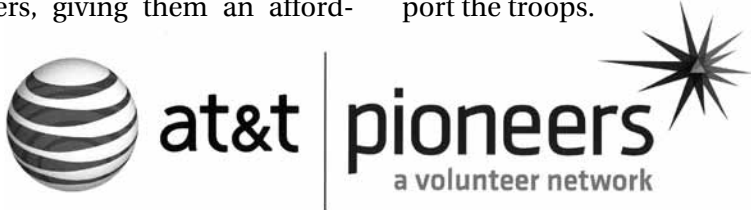
TICKETS:
\$25 (2 for \$45) thru 9/25
\$30 (2 for \$55) thru 10/14
\$35 day of event

Tickets available at 773-445-3838, www.beverlyartcenter.org or TOWN LIQUORS

Cell Phones for Soldiers Drive

The 19th Ward has joined forces with the AT&T Pioneers to collect cell phones for a non profit organization, Cell Phones for Soldiers. Cell Phones for Soldiers uses funds from recycled cell phones to buy prepaid phone cards for active duty military members, giving them an afford-

able way to connect with their families. A collection bin is set up at the 19th Ward Service Office at 10400 S. Western Ave. We are collecting cell phones through Thanksgiving to provide the community with the opportunity to give back and support the troops.



Postage for Parcels

Postage for parcels is a small group of community residents working to send much needed supplies and letters to the brave and



women who put their lives on the line each day for us overseas. They have been sending care packages to our troops for the past seven years. Each month over 100 boxes are sent out at a cost of \$12.95 each. This volume increases significantly during holiday seasons. To date, they have sent of 10,000 care packages to our troops.

As September 11th approaches, they are seeking donations to help defer the cost of care packages for their ever growing list of soldiers. To get involved or make a donation, please contact Jean Dansky at (773) 239-4982.



Chicago High School for Agricultural Sciences

3857 W. 111th Street • (773) 535-2500
www.chicagoagr.org

A nationally recognized college preparatory curriculum, preparing students for professions and careers in the agricultural sciences.

See What's Cookin at Smith Village...



Resort Style Retirement

- Near everything and everyone you love
- Old friends, New friends
- Continuum of Care if needed

Summer Incentives Available

Move in by Winter

Call to learn more
 (773) 474-7303



Chicago's "Best Value" Retirement Community!

- ✍ 80+ years of heritage in Chicago's Beverly neighborhood
- ✍ On site Independent Living, Rehabilitation, Assisted Living, Memory Support, and Skilled Nursing
- ✍ Come see our new models!



smithvillage.org 2320 West 113th Place, Chicago, IL 60643 (773) 474-7303

WHY BANK ANYWHERE ELSE?



Ask us about our:

Commercial Real Estate Loans • Commercial-Industrial Financing • Small Business Loans
 Home Mortgage Products • Home Equity Products • Trust and Investments
 Platinum Adventures[®] Club • Junior Savers Club[®]



BEVERLY BANK
 & TRUST COMPANY N.A.[™]

10258 South Western Avenue | 1908 West 103rd Street
 Chicago, Illinois 60643 | 773-239-2265
www.thebeverlybank.com



©2009 Beverly Bank & Trust Company

Member FDIC