

19th WARD Quarterly

A Publication of the 19th Ward Youth Foundation
Matthew J. O'Shea

NOVEMBER 2009

Beverly Hills Turkey Trot 5K Run & Family Walk

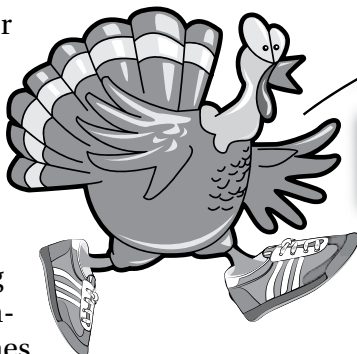
On Saturday, November 28, 2009, the 19th Ward Youth Foundation will host the first Annual Beverly Hills Turkey Trot 5K Run and Family Walk through historic North Beverly. Proceeds from this event will benefit 19th Ward Youth Foundation programs as well as the Maeve McNicholas Memorial Foundation. The race will begin promptly at 9:00am with start and finish line at 92nd and Hamilton Avenue.

Registration is open for both the run and family walk. The race will be chip timed and runners will compete 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 \$20 per runner/walker or \$40 per family. Registration is available at the event for \$25 per walker/runner and \$50 for families. CARA members may run for a discounted \$18 pre-registration fee and \$23 on race day. Register today by visiting the 19th Ward Office at 10400 S.

Western Ave., or online at www.the19thward.com.

Runners will be divided by age and sex according to CARA recommended guidelines with awards given for each age group. All event participants 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 and the Mix 101.9 FM road crew.

The 19th Ward Youth Foundation would like to thank The Private Bank (formerly Founders Bank) for their generosity in serving as our presenting sponsor for this event. We would also like to thank our other sponsors, MetroSouth Medical Center, Peoples Energy, the Mix 101.9 FM, and the



Beverly Hills Turkey Trot

Presented by:



THE PRIVATE BANK

5K RUN & FAMILY WALK

SATURDAY, NOVEMBER 28, 2009

Register online at www.the19thward.com

Sports Authority.

If you have any questions or would like to volunteer please contact Matt O'Shea at matthewoshea@wowway.com or (773) 238-0288.

ABOUT OUR BENEFICIARIES

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.

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 Chicagoland.

3rd Annual 19th Ward Children's Film Festival

The 3rd Annual 19th Ward Children's Film Festival will be held on December 28th & 29th at the Beverly Arts Center. The festival will begin with showings of The Tale of Despereaux at 10am and Sky High at 2pm on Monday, December 28th, and showings of Raiders of the Lost Ark at 10am and Remember the Ti-

tans at 2pm on Tuesday, December 29th.

Admission is \$1 per person, per film, and includes movie screenings and snacks during the show. Tickets will be issued on a first come first serve basis and space is limited. You may reserve your tickets online at www.the19thward.com or by

completing the form enclosed with the newspaper and returning it to the ward office at 10400 S. Western Avenue. As you sign your children up, please keep in mind that parent volunteer/chaperones are needed. If you are available during the day, your help would be greatly appreciated. Younger children should be

accompanied by an adult.

This event has become a great winter break activity for local school children and is available to all 19th Ward Elementary School students and their families. If you have questions please call (773) 238-0288 or email matthewoshea@wowway.com.



Picture courtesy of The Beverly Review

Matt O'Shea, Kevin Joyce and a group of area kids enjoy last year's Children's Film Festival at the Beverly Arts Center.

3rd Annual 19TH WARD CHILDREN'S FILM FESTIVAL

December 28 - 29, 2009

Movie Schedule

MONDAY, DECEMBER 28, 2009	TUESDAY, DECEMBER 29, 2009
10:00 a.m. The Tale of Despereaux (G)	10:00 a.m. Raiders of the Lost Ark (PG)
2:00 p.m. Sky High (PG)	2:00 p.m. Remember the Titans (PG)

County Fair

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Store Hours: Mon. thru Fri. 8am to 9pm; Sat. 8am - 8pm; Sun. 8am - 8pm

Happy Thanksgiving!

CLOSED
NOVEMBER 26TH
THANKSGIVING DAY

SALE DATES :
Monday, Nov. 16th thru
Saturday, Nov. 28th, 2009

BILLY'S BUTCHER SHOP



ALL NATURAL, FARM FRESH
FREE RANGE

HOKA TURKEYS **\$2.49** LB.

ALL NATURAL, FRESH

AMISH TURKEYS **\$1.69** LB.

NORBEST, FROZEN

TURKEYS **79¢** LB.



ROSEBUD FARM, FRESH
TURKEY BREAST

4-12 LB. AVG. **\$2.49** LB.

HOKA FROZEN
TURKEY BREAST

6-14 LB. AVG. **\$2.98** LB.

HILLSHIRE FARM -WHOLE HAMS	\$2.19 LB.
-HALF HAMS	\$2.49 LB.
-SPIRAL SLICED	\$2.98 LB.
SUGARDALE HAM -SHANK PORTION	\$1.19 LB.
-BUTT PORTION	\$1.49 LB.
GRADE A FROZEN DUCKS OR CAPONS	\$2.98 LB.
U.S. CHOICE BONELESS SIRLOIN STEAK	\$3.39 LB.
FRESH BABY BACK RIBS	\$3.98 LB.
U.S. GOVT. INSP. WHOLE PORK TENDERLOIN	\$3.69 LB.
County Fair FAMOUS GROUND CHUCK	\$2.49 LB.

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COUNTY FAIR tips to help you pick the right turkey!

- **Our Hoka Turkey** is... all natural, farm fresh, free range, no added hormones, no added preservatives.
- **Our Amish Turkey** is... all natural, fresh, no added hormones, no added preservatives.
- **Our Rosebud Farm Turkey** is... all natural, no added hormones, no added preservatives.

What size turkey should I buy?

You should order approximately 1½ lbs. per person, for example, if you are having eight guests you should buy a 12-14 lb. turkey.

What is the required cooking time?

Cook the turkey for approximately 15-20 minutes per pound at 325 Degrees, but ovens vary. Specific instructions are included with each turkey.

– Happy Thanksgiving from the Baffes family!

NOTES FROM THE



19th Ward YOUTH FOUNDATION

Dear Neighbor,

This fall homeowners across our community received their property tax bills. In this issue, we have outlined a variety of options for property tax relief. Please be sure to explore them all.

This holiday season there are many family themed activities in our community. Enclosed please find information about some of them, as well as registration forms for the Beverly Hills Turkey Trot 5K Run and Family Walk and the 3rd Annual Holiday Children's Film Festival at the Beverly Arts Center. In addition, please find information on several organizations that are working to help needy families during the holiday season. These efforts will make a difference for the less fortunate.

Finally, we have included a map of our community police beats and a schedule of local CAPS meet

ings. These meetings give us 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 matthewoshea@wowway.com. To receive regular community updates, please visit our website at www.the19thward.com and sign up for our e-mail 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

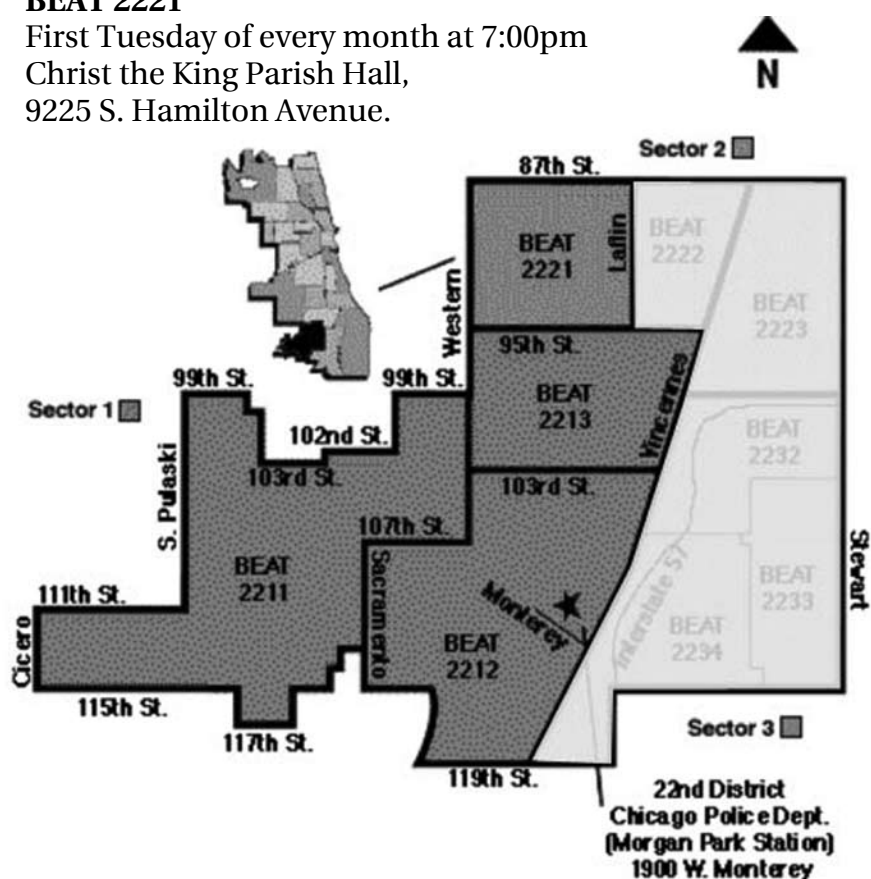
Second Thursday of every month at 7:00pm
Ridge Park, 9625 S. Longwood Drive

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,
9225 S. Hamilton Avenue.



Save the dates for BAPA's most popular community events!



May 16, 2010
40th Annual Home Tour

May 31, 2010
33rd Annual Ridge Run

July 9, 2010
8th Annual Beverly Hills Cycling Classic

August 1, 2010
Music Under the Stars

For more information visit www.bapa.org

Property Tax Relief

Dear Neighbors:

With property taxes rising throughout our community, residents are encouraged to take advantage of tax relief options. As a homeowner, you do have the right to appeal your tax assessment to both the Cook County Assessor's Office as well as the Cook County Board of Review, and you may qualify for the City of Chicago property tax relief program.

Filing an appeal with the Assessor's Office triggers a review of your tax assessment that MAY result in an INCREASED assessment, whereas appealing through the Board of Review offers no risk of an increased assessment. Once processed, your Board of Review appeal will either lower your tax bill, or leave it unchanged.

If you wish to appeal your property taxes through the Board of Review, download the appeal form at www.the19thward.com and mail 3

copies the completed form to:

Commissioner Brendan Houlihan
Cook County Board of Review
118 N. Clark St. Room 601
Chicago, IL 60602

Please note that tax appeals are processed based on a schedule for each township. Appeals from our area will not be processed by the Board of Review until February 2010. However, you can still mail the appeals now and the Board of Review will keep them on file until then. If you do file, you will be notified of the outcome of this appeal sometime in the Summer of 2010. If you have questions regarding the Board of Review's appeal process, please contact Commissioner Houlihan's Office at (312) 603-3644.


The City of Chicago Property Tax Relief Program is currently part of the proposed 2010 Budget. If passed in City Council, the program

Chicago Property Tax Relief Grant Calculator

Total Household Income					
Property Tax Bill Increase	\$0-\$25K	\$25K-\$50K	\$50K-\$100K	\$100K-\$150K	\$150K-\$200K
\$50 or more	\$25	\$25	\$0	\$0	\$0
\$100 or more	\$75	\$50	\$0	\$0	\$0
\$150 or more	\$100	\$75	\$50	\$0	\$0
\$200 or more	\$125	\$100	\$75	\$50	\$0
\$250 or more	\$150	\$125	\$100	\$75	\$50
\$300 or more	\$175	\$150	\$125	\$100	\$75
\$350 or more	\$200	\$175	\$150	\$125	\$100

would offer tax relief grants from \$25 to \$200 to residents who saw an increase in their property tax bill. The grant amount is based on household income and level of increase in your tax bill (see chart). To request information about this grant, please contact the tax assistance center with your name, phone number, address and Property Index Number at (312) 744-1000.

Should you have any questions about these options, please feel free to contact me directly at (773) 238-8766 or vrugai@cityofchicago.org.

Sincerely,

Virginia A. Rugai
Alderman, 19th Ward

The Compadres Support Our Troops this Holiday Season

The Compadres is a local volunteer based organization offering financial and material support to Fr. John Barkemeyer and other US Army chaplains serving overseas. The Compadres, originally an arm of Saint Cajetan Catholic Church, remains flexible in the type of support they provide, leaving the specific identifying of needs to Father Barkemeyer and his colleagues.

The Compadres currently provide support to units serving in Iraq, Afghanistan and the Philippines. They continue to have more requests for help and more opportunities than ever.

Recently, the Compadres worked with a chaplain serving a marine aircraft unit in Afghanistan to provide 20 military PX calling cards, each with 143 minutes of phone time to

the states. They are already receiving thank-you notes from Marines who intend to use the cards to call home over the holidays.

In Mosul, the most violent part of Iraq, the group sent two new laptop computers to an Army unit with no other way to communicate by e-mail with family and friends back home. For the holidays, they'll be in touch with their loved ones as often as they can sit down in front of one of the laptops. An Xbox 360 with Tiger Woods and Madden NFL games were also included with the care package as part of an effort to provide relief, camaraderie and relaxation in the midst of the violence and casualties our soldiers see every day.

Special Forces units in Iraq serve on large military bases, but are often segregated from the rest of the base, unable to get to the PX for toiletries and snacks. Several times in recent weeks, their chaplain has worked with the Compadres to get some of the small comforts such as toiletries and snack foods for these troops.

In 2008, and again this year, the employees of Sheriff Tom Dart's of-

fice have generously collected large quantities of toiletries and snack foods for deployed troops in Iraq and Afghanistan. Once collected, the ComPadres assume responsibility for the expense and logistics of shipping these goods to needy units overseas.

Involving the community in their work has always been a priority. This year, and in years past, the Compadres have partnered with primary and secondary schools in the Chicago area (and even some outside Illinois) for their "Hearts from Home" fundraising campaign. Students dress down for a special day, and wear a ComPadres cammo-colored heart to show their support for the troops, and each donates \$1 or \$2 to be involved. Many schools encourage students to write letters and make cards for the troops that are delivered with the care packages.

Interested readers can visit www.TheComPadres.org to learn more about their activities. As the holidays approach we can not think of a better way to show our appreciation and support for our troops!



Soldiers relax using the X-Box 360 donated by The Compadres



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Yard Waste & Leaf Pick Up

Collection of yard waste and leaves has been extremely backed up. Our crews are working hard each day to get through the community as fast as they can. Residents are asked to be patient and leave yard waste in either a yard waste garbage cart or bagged in your alley or parkway. Unfortunately, we are not able to provide an accurate schedule of when individual blocks will be picked up, but the crews will continue working until they have collected from the entire ward.



South Side Irish Parade Update



Many in the Beverly community were stunned last spring when the South Side Irish St. Patrick's Day Parade Committee announced that there would be no parade in 2010. The committee was quick to emphasize, however, that there would still be a St. Patrick's Day celebration. They are now getting close to revealing just what that celebration will be.

"This community will never cease celebrating its Irish heritage," said committee spokesperson Jim Davoren. "The only question now is what that celebration will entail."

Since suspending the parade last March, the organizing committee has met bimonthly in the hopes of creating a new tradition. Such frequent collaboration during the spring and summer months is unusual for this volunteer organization.

"It's an enormous amount of work," said Davoren. "Putting the parade on was always time consuming, but we'd done it for decades. It was a well-oiled machine. Now we're back to creating from scratch, and we want the result to be a celebration that will make our neighbors proud."

In addition to brainstorming amongst themselves, the organizing committee has sought and weighed feedback from the community regarding the new St. Patrick's Day celebration. While they are not yet in a position to release definitive details, committee members emphasize that this new celebration of Irish heritage will center on family-focused activities.

"We thank the community for their input," said committee member Colleen Hart-Kozubowski. "It is vital in helping us to create an event that both maintains and expands tradition."

Organizers have said that they expect the official Parade Mass, held every year at St. Cajetan Church, to go on as scheduled, and that other neighborhood parishes will likely continue their religious celebrations as well.

"We hope that on the Sunday be-

fore St. Patrick's Day, people will be able to maintain at least part of their original traditions," said Jim Davoren. "We hope they will attend religious services and host get-togethers for family and friends just as in years past."

Plans for the 2010 celebration are now being fine tuned. The challenge, according to organizers, is to create event(s) which will honor old traditions while embracing new ones. From a practical standpoint, the committee must also consider issues of cost and public safety.

"There are a lot of factors," said Davoren, "not the least of which is cost. Whatever we decide to do, it will come with a price tag. We hope the community will support us in our fundraising efforts just as they did when the money was going toward putting on the parade."

Of equal importance to the organizers is the hope that their community will support the new tradition.

"No one wants to see St. Patrick's Day fall by the wayside," said Davoren. "I can't imagine our community without the celebration of our heritage. That being said, we need our neighbors to give the new celebration a fair chance."

Before its suspension, the South Side Irish St. Patrick's Day Parade had been a cultural staple in Beverly for more than 30 years. The intense crowds this event attracted became a physical impossibility for both organizers and law enforcement, causing the committee to end the tradition in 2009. The committee will announce specific details for the 2010 celebration soon. In the meantime, organizers are asking the community for trust.

"We're very excited about what will be offered this spring," said Jim Davoren. "We appreciate the support of the community and ask that they trust us as we work to create a celebration in keeping with all that was best about the South Side Irish Parade."



Alderman Ginger Rugai with Y-Me, Why Anybody? Women's Softball Tournament founder Kathy O'Shea.

15th Annual Y-Me Softball Tournament Raises over \$100,000!

That's right, over \$100,000 was raised thanks to the players, helpers, survivors, friends, family members, volunteers and sponsors who make this wonderful day possible. With your generous donations and a matching grant from the Duchossois Family Foundation we have raised more money than any previous year. Since its inception, this tournament has raised over half a million dollars for breast cancer research and support.

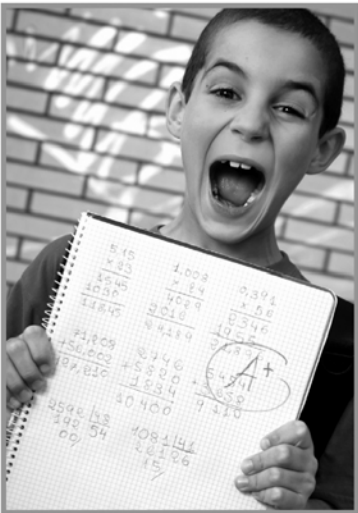
Given this special 15 year anniversary, the tournament's theme shifted to Y-Me, Why Anybody? and funds benefited the American Cancer Society's patient navigation services program. Thank you, thank you, thank you; together we can strike out cancer.

Real Solutions for Struggling Students

Our Philosophy

All students learn differently.

We offer a FREE consultation to determine your child's needs. Our goal is to teach the necessary skills, strengthen their weaknesses and help them become a successful student. Our tutoring is all one-on-one, with the exception of the Wilson Reading Program which is two-on-one. Our staff consists of more than 10 certified teachers, including a speech/language pathologist. Several of them hold Masters degrees or have been trained in Special Education.



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College

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

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The Wilson Reading Program

For students of all ages who are struggling with learning to read. It teaches reading/spelling skills and addresses reading fluency.

Visualizing/Verbalizing

A Lindamood-bell program for students of all ages struggling with reading comprehension.

On Cloud Nine

For grammar school age students, this Lindamood-bell program helps students struggling with basic math skills.

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For all ages... 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

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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 - 7:00 pm and Saturdays 9:00 am – 12 noon.

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Parks & Recreation

Improvements Scheduled for Local Parks

Community groups continue to work with elected officials and the Chicago Park District to improve area parks. The Chicago Public Arts group recently installed mosaic tile artwork around the concrete base of the hill structure at Mount Greenwood Park playground. This artistic component was the second phase of the playground improvement project and adds color and character to the park (see below). In 2010, the men's and women's locker rooms will be updated with new lockers and ADA compliant features.

The Chicago Park District recently completed demolition of the playground at Kennedy Park (11320 S. Western Ave.). The new playground has been designed and the project is currently out for bid. This spring work will begin on the new playground featuring poured in place soft surface as well as recreation equipment and structures for children of all ages. Weather permitting this project hopes to be completed by summer of 2010.

Plans are also underway to re-design Blackwelder Park (11500 S. Homewood Ave.). The project, funded by Alderman Ginger Rugai in cooperation with Alderman

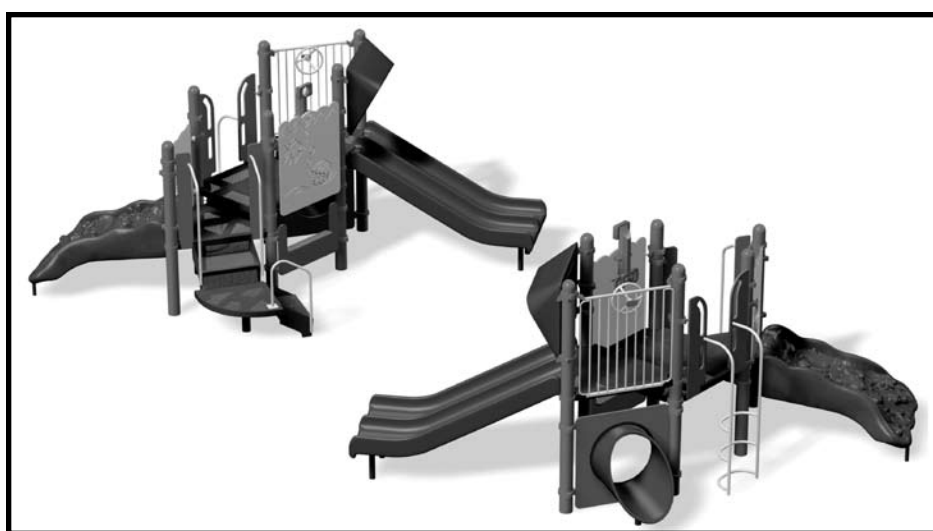
Carrie Austin, will construct a new playground and spray pool in the northwest corner of the park to allow for increased visibility from the street. Additionally, new landscape and lighting will be installed, as well as ornamental fencing around the full perimeter of the property (more information below).

Finally, residents around Munroe Park have formed an advisory council and are exploring a two phase plan for improvements at that location. First, the group would like the existing tennis courts to be repaved and striped for t-ball, hopscotch and four-square. Repairs and improvements to the fence around the courts will also be included.

A second phase of the plan includes removing the asphalt between the two play areas in the playground and replacing it with grass, landscaping, and flowerboxes. Also included will be improvements to the park's entryways. All plans are currently dependent on funding. The advisory council is currently seeking volunteers to help in raising funds; if you are interested please contact Joe Sullivan at joesul13@mac.com.



Kennedy Park Playground Renderings

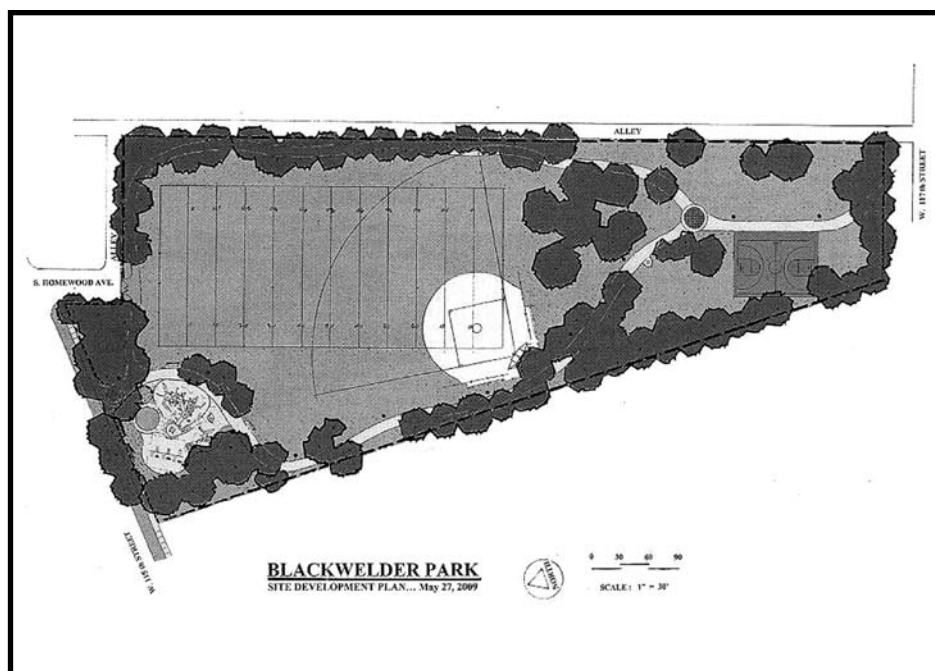


Revitalizing Blackwelder Park

The historic Blackwelder Park will be revitalized in the new year. Blackwelder Park is located at 11500 S. Homewood, a cozy area in the Morgan Park neighborhood which borders the Rock Island Metra train route. Traditionally, the park was utilized for its notable Little League baseball field, playground, and basketball courts. Over the years, however, residents have complained that the park is underutilized by neighborhood children because of undesirable conduct. In order to create a more family-friendly environment at Blackwelder, Alderman Virginia Rugai has invested in the park's rejuvenation.

Since May of this year, Rugai has held a series of community

meetings to get input from local residents, parents and park district officials about the concerns and desired changes for the park. The culmination of these meetings were a new layout for the park—including the relocation of the playground area, installation of an environmentally-friendly spray pool, improved lighting, wrought-iron fencing, and a new walking trail—and, a newly formed advisory council. The new five-member advisory council is charged with creating programs for the park, finding resources for the park and acting as a liaison between the community and park district officials. Anticipate reconstruction for the park to begin in the spring of 2010.



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INSPIRING CHILDREN AND FAMILIES

17th Annual Holiday Supper In Beverly

**Friday, December 4, 2009
6:00 p.m.—11:00 p.m.
10650 S. Longwood**



EVENING HIGHLIGHTS
cocktails ♦ dinner ♦ dancing
horse and carriage rides
silent auction ♦ raffles



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Auction donation or Tickets, please contact:

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Parks & Recreation

Ag School Golf Course Open For Business



Golf enthusiasts in Mount Greenwood, Beverly and Morgan Park can now visit the Chicago High School for Agricultural Sciences to sharpen their skills. On Tuesday, October 20, 2009, student, faculty, and supporters gathered for the Grand Opening of the CHSAS Legacy Golf Course located at the 111th Street campus.

This first class golf course can accommodate up to six players and can be enjoyed by the community at no charge. The course is designed so that anyone can play, and is even wheelchair-accessible. Providing opportunities for those with special needs is a signature issue of the Ag School, which also houses the Chicago White Sox "Miracle Fields."

The Legacy Course was built by

students under the direction of Dr. Robert Bush, agricultural mechanics and technology teacher, and Mr. Scott Nelson, landscape design teachers and farm manager. Greg Martin, of Martin Design and Tim Scott of Stoney Creek Golf Course also donated their time and expertise to help make this project happen. Two years in the making, the Golf Course project has given students the opportunity to learn about careers in landscape design, golf, and turf management industries which employ over 50,000 people.

Marc Schulman, president and CEO of Eli's Cheesecake and Rouhy Shalabi, of the Chicago Park District's Board of Commissioners were both on hand to help Principal William Hook open the new course. Schulman and Shalabi are co-chairs of the Schools Business Advisory Council.

At the grand opening, the course was dedicated to Dr. Robert Bush and the students of CHSAS.

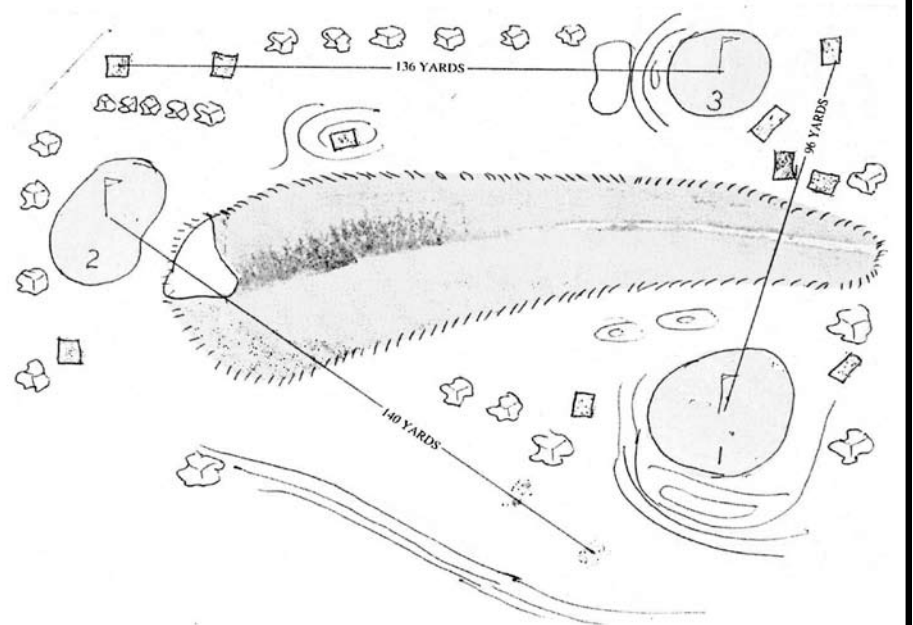
Former CHSAS Principal David Gilligan began this project during his time at the school, and returned for the grand opening and to be the first golfer to tee off on the course. The course is designed to be walked,

though carts are available to transport players from the farm stand/pro-shop to the first hole.

CHSAS students will monitor the use of the course and maintain it. Golfers will be able to reserve tee times through the students as well as purchase water, balls, hats and

other items at the pro-shop, which will also feature seasonal products regularly sold at the farm stand. For more information regarding the golf course, please contact the Chicago High School for Agricultural Sciences at (773) 535-2500.

Chas Legacy Golf Course Map



**Application Deadline:
Friday, December 18, 2009**



**Chicago High School for
Agricultural Sciences**

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www.chicagoagr.org

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

Mount Greenwood Park

Octopus? Triceratops? Sea turtle? At Mount Greenwood Park playground? Really? Yes. Earlier this month the Chicago Park District, the Mount Greenwood Park Advisory Council and Chicago Public Art Group (CPAG) completed phase II of the mosaic art component which features the following themes: sea life, bugs and insects and dinosaurs.

In the summer, the Advisory Council started this project with CPAG lead artist and local Beverly resident, Todd Osborne who was instrumental in designing, creating and implementing the mosaic totems currently on display at the playground. The bare concrete walls that were prominent in the playground are no longer visible. They have been covered in beautiful mosaic tiles with matching colored grout to give the playground a complete feel. Several residents have stated the new mosaics make the playground, "pop" because of the bold colors and dynamic characters. The lively and playful creatures help bring to life the playground. The tiny mirrors in the mosaic make the walls sparkle and shine at all hours of the day! There is so much to do and see in this wonderful park, you should come see for yourself!!

This project was made possible through the generous contributions of the Mount Greenwood community residents and our many corporate sponsors. For more information about Chicago Public Art Group, please visit www.CPAG.net. To learn more about the Mount Greenwood Park playground, please visit www.mountgreenwoodpark.com.



"Cheers to Charity" Christmas Party to Benefit the Needy

Dear Friends & Neighbors,

Please save the night of **Thursday December 17, 2009** for our inaugural *Cheers to Charity Christmas party* at Cork and Kerry from 7:00pm-10:00.

Our initial idea was to begin a holiday party so that friends and neighbors could get together to celebrate the holidays. While this is still part of our goal, we will also work to help some needy families and charities in our community.

The night will feature an open bar (\$30 minimum donation) with

bottled beer, wine and pop. With the support of friends and neighbors, we can ensure some holiday cheer to a couple of families in our area during the Christmas season. If you are interested in helping out for the night, getting the word out, or might know of a family in need please let us know.

As everyone is aware, economic conditions have worsened and unemployment is extremely high; with this in mind, we will be helping some needy families in our own backyard. We will contribute all proceeds to two local charities who will make certain families in our area are helped. The names of the families will be unknown for their privacy but we will be informed how many families have been helped and will let all of you know.

This Christmas Party will give these families the chance to join in the holiday season, and bring some joy to their children.

Thanks and we look forward to seeing you on the December 17th.

The Winters Family

Cheers to Charity
Thursday, Dec. 17, 2009
7:00 p.m. - 10:00 p.m.



McAuley



OPEN HOUSE

Tuesday, December 1,
6 to 8:30 p.m.

GIRLS NIGHT OUT

For 7th and 8th grade girls
Friday, December 11,
6 to 9 p.m.



www.mothermcauley.org

Mother McAuley Liberal Arts High School
3737 West 99th Street • Chicago, IL 60655

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"Act Manfully in Christ Jesus"



Excellence for Everyone
Academic | Athletic | Spiritual

Brother Rice High School
10001 South Pulaski Road
Chicago, IL 60655
773-429-4300



OPEN HOUSE DATE

SUNDAY, NOVEMBER 22
11:00 AM UNTIL 1:00 PM

ENTRANCE EXAM
SATURDAY, JANUARY 9, 2010
8:00 AM

Schedule a Shadow Day online

For further information:
Tim Lyons - Director of Admissions
773-429-4312
tlyons@brrice.org

Crusader Facts...

83% of the Class of 2009
passed their AP exams.

This year's senior class has an opportunity
to earn over 1150 college credits.

www.brrice.org

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.

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Success with Purpose.

www.sxu.edu

Coming Soon - SXU on 111th!
Ben & Jerry's Scoop Shop and Scarlet & Gray's Café



Children’s Health Corner



H1N1 – Staying Healthy

Prevent spreading

- Cover your mouth with a tissue when you cough or sneeze.
- Wash your hands with soap and water.
- Alcohol based hand gels.
- Avoid close contact with sick people.
- Keep hands away from nose and mouth.

Build your immune system

- Drink plenty of fluids
- Eat regular healthy meals
- Maintain regular sleep habits
- Form healthy habits to alleviate stress

Disinfect Your Room

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Keep surfaces (especially bedside tables and surfaces in the bathroom) clean by wiping them down with a household disinfectant (Clorox or Lysol) according to directions on the product label.
- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.
- A virus can survive on viable objects (books and doorknobs) and infect another person for 2 to 8 hours after being deposited on the surface.

Symptoms

- Fever
- Cough
- Sore throat
- Body aches
- Fatigue
- Diarrhea

Symptoms may vary depending on the severity of illness

When should I seek medical attention?

Contact the Health Center or your primary care provider if you are experiencing the symptoms listed above.

Is there a vaccine for the virus?

Yes, there is a separate vaccine for the H1N1 virus. Those at risk for the virus differ from the seasonal flu. The following individuals should be vaccinated for the H1N1 virus:

- Pregnant women
- Individuals with household contact to children under 6 months old
- Healthcare workers and emergency workers
- Individuals 6 months to 24 years old
- Individuals 25 to 64 years old with underlying health conditions

If you are sick, stay home.

Rest, drink plenty of fluids and take medications that you would normally take to treat your symptoms, such as Tylenol or Advil. The CDC does not recommend that people with mild illness take any special medications for the H1N1 virus. The CDC recommends that individuals with a fever and respiratory illness should stay home for a minimum of 24 hours after they no longer have a fever, 100 degrees, or more signs of fever without the use of fever reducing medications.



19th Ward Nerf Football League

Thursday, October 29, 2009 was the final game of the 19th Ward Nerf Football League. This year over two hundred boys and girls from Beverly, Morgan Park and Mount Greenwood came out to learn the fundamentals of football and make new friends. Despite uncooperative weather, parents and children all had a great time. The 19th Ward Nerf Football League is sponsored by Saint Xavier University, the Chicago Park District, Illinois American Water, and The Beverly Review.

Are you at risk for H1N1?



- Pregnant?
- A child or young adult between 6 months to 24 years of age?
- Living with or caring for infants younger than 6 months of age?
- 25-64 years old with chronic health conditions (like asthma or diabetes)?
- Health Care worker?
- School Employee?

Get Vaccinated Now!



MetroSouth Health Center
AT BLUE ISLAND

2310 York Street, 5A
Blue Island, IL
708-489-7800



MetroSouth Health Center
AT MORGAN PARK

1701 W. Monterey
Chicago, IL
773-298-9800



MetroSouth
MEDICAL CENTER
BLUE ISLAND, IL



Where sick days meet same day appointments.

When you’re not feeling well, it’s comforting to know you have day-of access to the care you need. That’s the idea behind Advocate Medical Group and Advocate Health Centers. We offer same-day appointments, 24/7 online appointment requests and evening and weekend hours. Our more than 80 Chicagoland locations are not just convenient; they’re also your connection to the latest technology, nationally recognized hospitals and all of the advantages of the state’s largest, integrated health care system. Advocate Medical Group and Advocate Health Centers — providing **VITAL** access to the care you need, and part of Advocate Health Care.

Visit advocatehealth.com/amg to find a doctor or call 1.800.3.ADVOCATE (1.800.323.8622).



Advocate Medical Group



Advocate Health Centers

Same day appointments • Evening and weekend hours • 24/7 online appointment requests

Family Holiday Activities

With the holiday season upon us, there are many great holiday themed activities for local families.

**Alderman Ginger Rugai's
Winter Wonderland at
Mt. Greenwood Park
Saturday, December 5, 2009
2:00 p.m.**

Please join Alderman Ginger Rugai at Mt. Greenwood Park on Saturday, December 5, 2009 from 2:00pm until 5:00pm to enjoy a fun filled afternoon of holiday themed activities. Free ice skating and skate rental, carriage rides, holiday crafts, a magician, reading of The Night Before Christmas, with hot chocolate and cookies.

Santa will be available for photos, don't forget your camera!

Join us for the official Christmas tree lighting ceremony at 5:00pm to welcome the Christmas season.

**Santa Claus comes to
Beverly Bank & Trust
Saturday, December 5, 2009
10:00 a.m. - 1:00 p.m.**

Santa Claus is coming to town and he is stopping at Beverly Bank & Trust to have his picture taken with you on Saturday, December 5th from 10a.m.-1p.m.

Beverly Bank & Trust is conducting a toiletries drive for Angel's Touch, an organization that was formed to assist working class

families in times of need, from November 2nd - December 7th. We are asking anyone who can, to donate, and help support this great cause. Please bring your new and unopened items to Beverly Bank & Trust 10258 S. Western Ave.

Beverly Bank & Trust will also have a giving tree at our branch location at 1908 West 103rd Street. Ornaments featuring the name, gender and gift wish of a child identified by Beacon Therapeutic Diagnostic and Treatment Center will adorn the tree. Please visit our branch location and select the name of a child in need and help make their Christmas wish come true.

**Snack with Santa at
115 Bourbon Street
Saturday, December 12, 2009
1:00 p.m. - 4:00 p.m.**

Bring your family to 115 Bourbon Street for the Annual Snack with Santa on Saturday, December 12, 2009 from 1:00pm to 4:00pm, \$5 admission. Available activities include balloon artist, face painter, dancing, games, prizes, and photo with Santa. Children's buffet lunch and juice boxes provided.

For more information contact Theresa at (708) 388-8881.



**SNACK
WITH
SANTA**

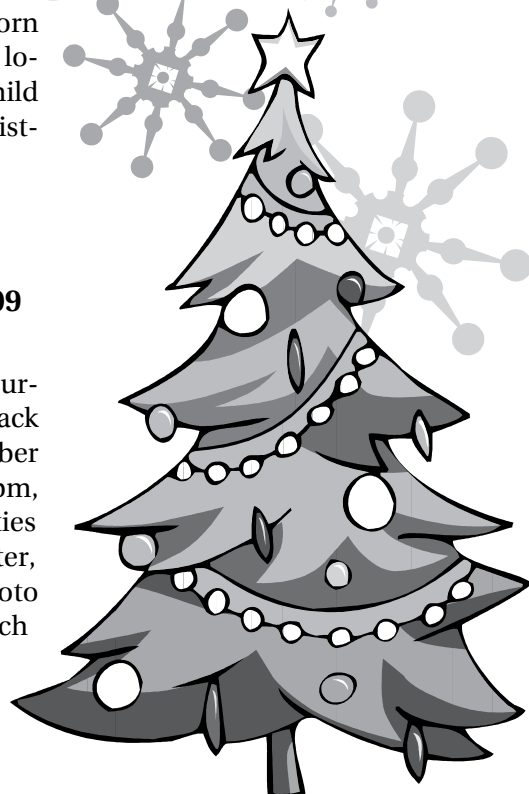
Saturday, December 12

1:00 to 4:00 PM
\$5 PER PERSON

balloon artist, face painter,
food, juice boxes, games, prizes,
photos with Santa and dancing.
CONTACT Theresa at 708.388.8881 for info.

3359 West 115th. Street . Merrionette Park, IL . 708.388.8881

**BOURBON
Street**



STUDENTS FOUR YEARS... BROTHERS AND SISTERS FOR LIFE!



OPEN HOUSE
Sunday, November 22, 2009—11 a.m. to 3 p.m.

MEET MARIST—for just a glimpse
Tuesday, December 1, 2009—6:30 to 8 p.m.
Friday, January 8, 2010—6:30 to 8 p.m.

FRIDAYS AT MARIST
Through December 11, 2009



4200 West 115th Street Chicago, IL 60655 www.marist.net 773.881.5300

23 Mount Carmel Students Earn AP Exam Awards

23 students at Mount Carmel High School have earned AP Scholar Awards in recognition of their exceptional achievement on AP exams. Many of these young men are from the Beverly, Morgan Park, and Mount Greenwood communities.

The College Board's Advanced Placement Program (AP) provides motivated and academically prepared students with the opportunity to take rigorous college-level courses while still in high school, and to earn college credit, advanced placement, or both for successful performance on the AP Exams. About 18 percent of the 1.7 million students worldwide who took AP Exams performed at a sufficiently high level to also earn an AP Scholar Award.

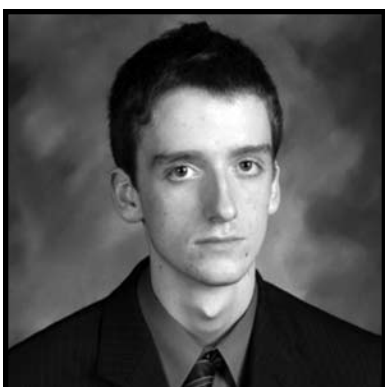
2009 graduate **Martin Boyle** (St. Barnabas – Beverly) is one of four Mount Carmel students that qualified for the AP Scholar with Distinction Award by earning an average of at least 3.5 on all AP Exams taken, and grades of 3 or higher on five or more of these exams.

Current senior **Andrew Tracy** (St. Barnabas, Chicago – Beverly), and 2009 graduate **Jack Tangel** (St. Barnabas, Chicago – Beverly) qualified for the AP Scholar with Honor Award by earning an average of at least 3.25 on all AP exams taken, and grades of 3 or higher on four or more of these exams. Tangel is now a freshman at the University of Wisconsin-Madison.

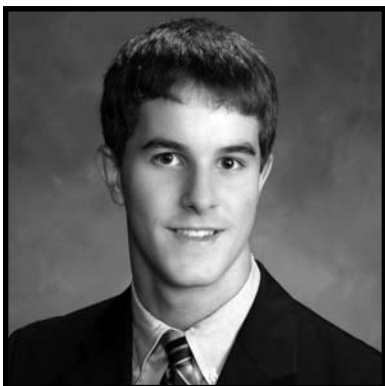
Nolan Anderson (St. Christina, Chicago – Mt. Greenwood), **Timothy Carroll** (PLAID Academy, Chicago – Beverly), and **Shane Sullivan** (St. Christina, Chi-



Martin Boyle



Andrew Tracy



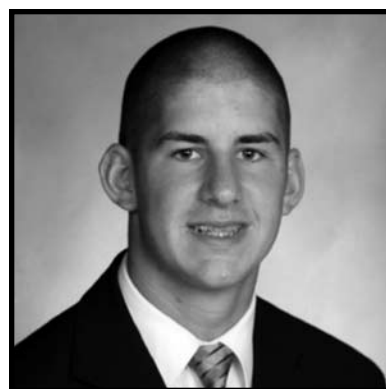
Jack Tangel

cago, Mt. Greenwood) were among the 16 Mount Carmel students who qualified for the AP Scholar Award by completing three or more AP Exams with grades of 3 or higher. These students are seniors

Many students enrolled in Mount Carmel's AP courses are participants in the schools distinguished Honors/AP Program. AP is accepted by more than 3,600 colleges and universities worldwide for college credit, advanced placement, or both on the basis of successful AP Exam grades. This includes more than 90 percent of four-year institutions in the United States.

"The entire Mount Carmel family congratulates these 23 students" noted President and Principal Fr. Carl J. Markelz, O. Carm. "Their achievements are especially impressive because in addition to their dedication to their academic studies, many of these students are involved in service projects and many other extra-curricular activities. They are leaders in our school community and we are all very proud of their accomplishments."

AP provides motivated and academically prepared students with the opportunity to earn college credit or advanced placement and stand out in the college admissions process. Each exam is developed by a committee of college and university faculty and AP teachers, ensuring that AP exams are aligned with the same high standards expected by college faculty at some of the nation's leading liberal arts and research institutions.



Nolan Anderson



Timothy Carroll



Shane Sullivan



Sunday, November 15, 11:00 a.m. - 2:00 p.m.
Martin Boyle

Find out how our highly-educated and talented faculty teach to the strengths of boys at an OPEN HOUSE:

- **Sunday, November 15, 11 a.m. - 2 p.m.**
- **Thursday, December 3, 6-8 p.m.**

Learn how we prepare gifted students to excel at top-ranked universities by attending the HONORS OPEN HOUSE:

- **Tuesday, November 24, 6 p.m.**

Experience a Mount Carmel school day and see what it takes to join our tradition on a SHADOW DAY:

- **Schedule a Shadow Day any day we are in session**

Score in the 85th percentile or above and qualify for an academic scholarship when you take our ENTRANCE EXAM:

- **Saturday, January 9, 8:00 a.m.**

For more information, or to register for an event, please contact Mr. Bill Nolan, Director of Enrollment and Admissions at 773.324.1020, ext. 265 or by email at bnolan@mchs.org



MOUNT CARMEL HIGH SCHOOL
6410 S. DANTE AVE. • CHICAGO, IL 60637 • 773.324.1020 • WWW.MCHS.ORG

Beverly Arts Center Fall/Winter 2009-2010 Schedule

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

ON STAGE:

Bellissima Opera

Sat., Nov. 21, 8 p.m.
 \$20/\$18 BAC members
 Tenor Franco Martorana, soprano Christine Steyer and bass-baritone Paul Geiger perform the world's most beloved arias and songs.

Eddy 'The Chief' Clearwater with The Smiley Tillmon Band

Wed., Nov. 25, 8 p.m.
 \$25/\$22 BAC members
 One of Chicago's legendary bluesmen, Clearwater's "rock-a-blues" sound is created from his forceful left-handed guitar work and powerful vocals.



Patty Vasquez

Fri., Nov. 27, 8 p.m.
 \$20/\$18 BAC members
 Vasquez got her start at Zanies Comedy Club on Wells Street and has worked at major clubs across the US with comics that include Bill Maher, Jackie Mason and Richard Lewis. With a refreshing charm and charisma, Vasquez's performances call on her experiences growing up in an Irish-Mexican-American family.



The Buckinghams

Sat., Nov. 28, 8 p.m.
 \$35/\$32 BAC members
 Once Billboard's Most Listened to Band in America, The Buckinghams have given fans solid gold memories with hits like "Kind of a Drag," "Don't You Care," "Hey Baby, They're Playing Our Song" and "Mercy, Mercy, Mercy." Always true to their Chicago roots, the band appeared on the Ed Sullivan Show, American Bandstand and other top TV shows.



The Second City "Dysfunctional Holiday Revue"

Sat., Dec. 19, 8 p.m. and
 Sat., Dec. 26, 8 p.m.
 \$25/\$22 BAC members
 Funny, fast-paced and completely original, The Second City's "Dysfunctional Holiday Revue" is a raucous blend of sketches, songs and improvisation with a healthy dose of seasonal satire – the perfect alternative to the same old holiday shows. Holiday film classics, family gatherings, improvised Christmas carols – nothing is too sacred for the Second City ensemble.



"A White Christmas Holiday Revue"

Sun., Dec. 20, 3 p.m.
 \$18/\$15 BAC members
 From a World War II performance for the troops to a charming New England resort town, this holiday musical, inspired by the film classic "White Christmas," takes audiences on a magical holiday journey. Featuring 30 favorite tunes such as "Home For The Holidays," "Baby It's Cold Outside" and "White Christmas," this unforgettable revue will warm your heart with its lavish costumes, classic music, gentle comedy and timeless sentiment.

New Years Eve Bash

Thurs., Dec. 31, 7:30 p.m.
 \$80/\$75 BAC Members until 12/2
 \$100/\$90 BAC Members after 12/2
 \$75 for 555 Members
 Open bar, hors d'oeuvres & dessert bar, champagne toast and party favors, performance of The Second City's Dysfunctional Holiday Revue, live music and dancing. 21 and over.

Dave Mason

Sat., Jan. 23, 8 p.m.
 \$43/\$38 BAC members
 Singer/songwriter and Rock and Roll Hall of Famer Dave Mason co-founded super-group Traffic and composed the rock anthem "Feelin' Alright."

BAC CINEMA

"Magic Tree"

Children's screening
 Sun., Nov. 22, 2 p.m.

"I Know a Woman Like That"

Followed by Q&A with director Elaine Madsen
 Sun., Nov. 22, 4 p.m. Free.
 (No screening Wed., Nov. 25)

"Julie & Julia"

Wed., Dec. 2, 7:30 p.m.
 \$7/\$5 BAC members

"The Boys Are Back"

Starring Clive Owens
 Wed., Dec. 9, 7:30 p.m.
 \$7/\$5 BAC members
 (No screenings Dec. 23 and 30)

LITERARY PROGRAMS

BAC Writers' Group

Open to adult creative writers
 2nd & 4th Mondays of the month, 7 to 9 p.m.
 \$5/\$3 BAC members

The Big Read

Featuring "A Wizard of EarthSea" by Ursula K. Le Guin
 Jan. 10 – Feb. 20
 Exhibits, movies, discussion groups, family activities and more.

ART

33rd Annual Beverly Art Competition Exhibit

Nov. 6 – Dec. 27, Free
 (Opening reception and awards presentation Fri., Nov. 6, 7-9 p.m.)

Fine ART Studio Sale

Sat., Dec. 5, 2:30-7:30 p.m.
 Local artists are cleaning out their studios and you have a chance to purchase great original art at bargain prices. A fundraiser by the Auxiliary of the Beverly Arts Center.



BAC SCHOOL OF THE ARTS

Sneak Peek 4-week sample classes begins Nov. 23. Sign up for art, music, theater, movement, writing and dance classes for children through seniors. See schedule online at www.beverlyartcenter.org.

Winter Session of 10-week classes begins Jan. 3. Sign up for art, music, theater, movement, writing and dance classes for children through seniors. See schedule online in early December at www.beverlyartcenter.org.

CHILDREN & FAMILY

"Tortoise and the Hare"

Chicago Kids Company musical
 Selected weekdays and weekends through Nov. 25

"Mrs. Claus: A Holiday Musical"

Chicago Kids Company
 Selected weekdays and weekends Nov. 29 through Dec. 21

4th Annual Celebrate the Arts Children's Card Art Competition

For ages 5 to 13; applications online or at BAC.
 Application deadline Dec. 1, exhibit Dec. 6-27

"Meet Me In St. Louis"

Fri., Dec. 4 7:30 p.m.
 Sat., Dec. 5, 3 p.m. and 7:30 p.m.
 Sun., Dec. 6, 4 p.m.
 \$10/\$8 seniors and students
 This student production is the heartwarming story of a family visiting the 1904 World's Fair is filled with memorable musical numbers including "The Trolley Song," "Have Yourself a Merry Little Christmas" and "The Boy Next Door."

"Frosty"

Sat., Dec. 12 and Sun., Dec. 13, 3 p.m.
 \$10/\$8 seniors and students
 This student production is a holiday classic about a snowman who comes to life. Cheery musical numbers and a lively story will keep the audience merrily engaged.

The BAC is a great place to see a show, and it's also one of the most affordable venues around! Call 773-445-3838, purchased at the BAC, 2407 W. 111th St., Chicago or buy online at www.beverlyartcenter.org.

Coping with the Holiday Blues

Psychologist gives practical advice at Smith Village on avoiding stress



Dr. Terry Quinn offers a bright new outlook to people who get the holiday blues, which she shared during a talk at Smith Village.

“You cannot control external circumstances of your life but you can control your reactions to them,” says Dr. Terry Quinn, when talking about the approaching holidays and the stress of celebrating them after the loss of a loved one or some other major life change. “In trying circumstances,” she adds, “remember you have choices.”

Dr. Finn shared her advice for people facing the prospect of Thanksgiving or Christmas with some dread or apprehension during a special presentation in mid-November at Smith Village, the continuing care retirement community at 2320 W. 113th Place in Beverly/Morgan Park.

She is a psychologist who serves residents of Smith Village, and this is a situation she’s seen surface many times among senior adults and their families.

Dr. Finn’s outlook is realistic and simple. For widows or widowers, she suggests things like eating out or changing the usual menu, inviting new people to your gathering, or going someplace different than where you typically celebrated a

holiday if it’s too upsetting to return to a familiar place. “Remember,” she says, “you can always return to your traditions at another time.

“It also might be appropriate to do something special to remember someone you miss,” she adds. Along those lines, she suggests making or buying a decoration in their honor or memory, asking that a service or reading be dedicated to the person who has passed away at your place of worship, or taking a trip to a place that was special to the two of you.

Don’t just sit still. “It’s good to try physical activity in stressful times,” counsels Dr. Finn. “It can release the pressure you’re feeling.” Other hints: talk about your stress with someone, make time for fun, cry if you fee like it, and try to reach out to others in need.

“It’s also helpful is to avoid using the words ‘should’ and ‘must.’ They represent demands of others and not the goals and plans you’ve set for yourself,” she adds.

Psychologist at Smith Village

What are the warning signs you’re distressed? Persistent fatigue, increased negativity and cynicism, and diminished motivation top the list according to Dr. Finn. Some others signs to watch out for are an increasingly short temper, headaches and backaches, clenched jaw or fists, sleep irregularities, crying easily or a sense of isolation. “Any drastic change in your behavior or outlook on life can be a clue that you may have to pay attention to taking care of yourself,” says Dr. Finn.

Friends and family will most likely recognize those symptoms too, she believes, and if they do they should be ready to offer emotional support and to provide practical assistance. “Sometimes, just being a

good listener and lending a helping hand provides the comfort that gets a person well on their way to healing,” she says.

Dr. Finn says her tips apply to dealing with other emotional events such as birthdays, wedding anniversaries, changes of season and the anniversaries of someone’s death. “Just remember,” she repeats, “you have choices and can make something good out of these celebrations.”

About Smith Village

Smith Village residents find their vibrant lifestyle well-suited to keeping active and engaged in the community. They enjoy options for flexible dining in a beautifully appointed Main Dining Room and a busy Marketplace Café. In the same building, they have access to a spa/beauty salon and a fitness center with a full-time fitness specialist on staff.

Smith Village offers spacious one- and two-bedroom independent living apartments with a host of services and amenities, including a comprehensive healthcare package. Additionally, on the same campus there are assisted living, Alzheimer’s and memory support programs and residences, as well as skilled nursing care services, and rehabilitation and respite care accommodations.

Smith Village is one of the highly regarded Smith Senior Living communities in the southwestern region of metropolitan Chicago. The not-for-profit organization established its first community in 1924 on the site of Smith Village’s new campus.

For more information about how Smith Village can help seniors thrive during their retirement, please call 773-474-7300 or visit www.SmithVillage.org.

Psychologist at Smith Village

Dr. Terry Finn recommends practicing “Relaxation Response” during the holidays, as detailed in a book of the same name by Dr. Herbert Benson with Miriam Z. Klipper. Here are four ways to relieve stress.

Relax, whether you only have one minute or 10. For one minute, place your hand beneath your navel so you feel the gentle rise and fall of your breathing. Breathe in for a count of three, breath out and hold for three, and repeat. For 10 minutes, in a quiet room picture yourself someplace special that brings up good memories. What do you smell? Hear? Feel?

Take the sting out of stressors by delegating or discarding tasks, mapping out your day and sticking to it, approaching a problem from a different angle, not trying to do everything alone, taking a hot bath or having a massage, reading something amusing or renting a funny movie, and connecting with others if you’re feeling lonely.

Call a mental time out, take a few deep breaths and decide how to deal with the source of your stress.

Practice meditation—even on-the-go if you have to—by focusing on something and repeating a word, sound, prayer or phrase for one minute. Disregard distracting thoughts. Then slowly relax your muscles, close your eyes and move your attention gradually from your face to your feet with your eyes closed. After 10 to 20 minutes, open your eyes but wait another minute before standing.



Photograph courtesy of Art Morgan Photography

Community Honors Fallen Soldier

The life of Army SPC Jared Stanker was celebrated at a funeral mass at Queen of Martyr’s Catholic Church on Saturday, November 7, 2009. Over 5,000 people lined 103rd Street with flags and other patriotic displays to pay tribute to Stanker and all our troops serving overseas.

Library Branches Reduce Hours

Local branch libraries will shift their hours of operation in January 2010 in an effort to minimize the impact of recent layoffs. The recently opened Beverly Branch Library will be open from 12pm-8pm on Mondays and Wednesdays, 10am-6pm Tuesdays and Thursdays, and 9am-5pm on Fridays and Saturdays.

The Mount Greenwood and Walker Branch Libraries will have the reversed weekday hours, opening from 10am-6pm on Mondays and Wednesdays, 12pm – 8pm Tuesdays and Thursdays, and 9am – 5pm on Fridays and Saturdays. The schedule is designed so that there are both morning and evening hours available at one of our local libraries each day. All branch libraries are closed on Sundays.

Meet Your Neighbors...

Patrick & Janice Daley of KODA Bistro

Bon Jour, Mes Ami. No matter what time of day it is, make plans now to go to KODA BISTRO AND WINE BAR. Koda is like having a little bit of Paris right here in Beverly. The dining experience will be both delightful and delicious. Once you try their pecan crusted salmon or the rack of lamb, you'll agree with the food critics...one of the best restaurants in Chicago.

Owners Patrick and Janice Daley have been residents of the Beverly community since 1992 and have a daughter Anastasia who works at the restaurant alongside her parents when she is not attending the University of Illinois in Champaign. Their desire to provide fine dining to Beverly has been met with great enthusiasm, and they strive to bring the freshest and most seasonal sustainable items to the table. Fresh fish is delivered daily as are the fruits and vegetables. The wines are hand picked by Patrick and Janice and present a unique selection for a variety of palates.

Specials change every two weeks, usually with a new soup or salad, appetizer, tarte flambée

(French pizza) and an entree. Regular French Bistro items are always on the menu include delicious desserts ranging from a signature profiterole to a cast iron baked apple pie

On Tuesday, wines by the bottle are 25% off with food purchase and Wednesday's offer special martinis for \$5.75.

Neighbors enjoy special events at Koda, like cooking classes on the 3rd Saturday of every month cooking class. This month, Chef Aaron will demonstrate Holiday Cookery on Saturday, November 21st. Cooking classes include a beverage and tastings. Reservations are required.

Tuesday, December 8th is the Christmas Wine Dinner. Chef Aaron Browning is preparing extraordinary items for the event. It begins at 6:30pm with a sparkling wine reception, followed by five delicious courses paired with wines.

On Saturday and Sunday afternoons, Koda is available for bridal or baby showers and other special events in the main dining room. The private dining room accommodates up to 40 people every day of the week for lunch and dinner.



KODA BISTRO AND WINE BAR is at 10352 S. Western Ave. Open for lunch Tuesday - Friday 11:30am-2:00pm. Dinner service begins at 5:00pm Tuesday thru Saturday and 3:30pm to 7:30 on Sundays. For reservations please call 773-445-KODA (5632). For a complete menu visit www.kodabistro.com

The next best thing to home...



**Bright, Spacious
Assisted Living Apartments**

available now

Ask about our short-term stay plan



...where all your needs are met.

At Smith Village, you spend quality time with those you love. A lively community known for exceptional care, Smith Village offers maintenance-free living, a full menu of activities and delicious dining. And, you'll feel right at home with our staff.

**Assisted Living at
Smith Village
So affordable So secure
All-inclusive monthly fee**

Call 773-474-7300
for appointment and tour

Learn about
special events at
smithvillage.org

**Smith
VILLAGE**

A Smith Senior Living Community
2320 West 113th Place • Chicago, Illinois 60643
smithvillage.org

EVERY STUDENT

MATTERS.



**ST. RITA OF CASCIA
HIGH SCHOOL**

7740 S. WESTERN AVENUE
CHICAGO, IL 60620 | 773-925-RITA

*An Augustinian College Prep School
Since 1905*



OPEN HOUSE II

Sunday, December 6th

12:00 p.m. - 2:00 p.m.

Schedule a Shadow Day!

For More Information Contact

Craig Ferguson

Director of Admissions

773-925-RITA | cferguson@stritahs.com

NEW OFFERINGS IN FALL 2010

BEVERLY/MORGAN PARK BUS ROUTE

Providing round-trip bus service to students with stops along Western Ave. from St. Rita to 123rd and Western Ave.

SISTER SCHOLARSHIP

Incoming St. Rita freshmen who have a sister that is currently enrolled in a Catholic high school will be awarded a renewable \$500 Sister Scholarship.

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Saint Xavier University Brings Ben & Jerry's to Mt. Greenwood

Ben & Jerry's Scoop Shop and Scarlet & Cray's Café are two new eco-friendly retail dining options that will soon open at Saint Xavier University's 3660 W. 111th Street location.

Neighbors anxiously await the arrival of both stores with Scarlet and Gray's Café offering soups, wraps, coffee and pastries with outdoor patio seating. Ben and Jerry's will feature a wide variety of their famous frozen treats and desserts, as well as free Wi-Fi and eco-friendly cups and paper goods.

Environmentally responsible practices are very important to SXU. The University was recently honored by the Chicago City Council for the following sustainable green building practices:

- SXU is the first Illinois university to have two LEED Gold certified buildings, and one of only 11 universities in the United States to accomplish this feat.
- SXU earlier this year instituted the GreenBike Share program, which allows University community members to borrow bikes for transportation, from docking station across the Chicago Campus.
- SXU was the first higher education institution in Chicago to sign the American College and University Presidents' Climate Commitment.



Upcoming Events at Saint Xavier University

"FILM AND THE CITY"

This year's SXU film series explores "Film and Childhood," with a slate of international films that focus on the unique perspective of children in the world.

***My Life as a Dog* (1985)**
Thurs., Nov. 19

***Color of Paradise* (2000)**
Thurs., Jan. 21

***Valentin* (2002)**
Thurs., Feb. 18

All screenings are free and open to the public and will be held at 7 p.m. on their respective dates at the Chicago Campus' McGuire Hall. For more information, please contact Alison Fraunhar at Fraunhar@sxu.edu or (773) 298-3083.

MUSIC CONCERTS

SXU offers a wide variety of performing ensembles. These performances are open to the public. General admission is \$6, seniors and visiting students \$5.

Jazz Ensemble
Sun., Nov. 15, 7:30 p.m.,
McGuire Hall

Concert Band and Flute Ensemble
Fri., Nov 20, 7:30 p.m.,
Ensemble Rehearsal Space

Student Junior Saxophone Recital, Joshua Rodriguez
Sat., Nov. 21, 7:30 p.m.,
McGuire Hall

Women's Ensemble and Men's Ensemble
Sun., Nov. 22, 7:30 p.m.,
Ensemble Rehearsal Space

Orchestra *Peter and the Wolf* with Special guest: Mr. McFeely (from Mr. Rogers Neighborhood)
Fri., Dec. 4, 7:30 p.m.,
Ensemble Rehearsal Space
(Free children's matinee 11 a.m.)

Piano Showcase
Sun., Dec. 6, 7:30 p.m.,
McGuire Hall

For more information please contact the Saint Xavier University Music Department at (773) 298-3421 or visit www.sxu.edu, Keyword: concert

For information on upcoming athletic events, log on to www.sxu.edu, Keyword: athletics.

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On Sunday, November 1, 2009, Mother McAuley High School hosted their first annual Ghostly Gallop race for 4th through 8th grade boys and girls. Over 50 local kids competed in 1 and 2 mile races. Organizers look forward to another great event next year. For more information, please visit www.mothermcauley.org.

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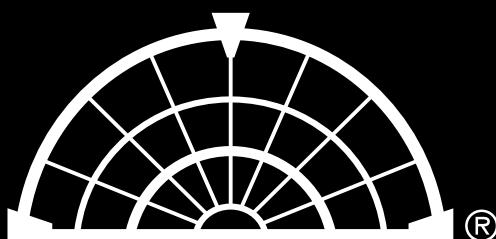
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