



Quarterly

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

FEBRUARY 2016

City Sues Railroad Over Blocked Crossing

The City of Chicago and Village of Evergreen Park have taken legal action against CSX Transportation, asking the federal government to impose sanctions against the railroad for repeatedly blocking streets with stopped trains or because of equipment malfunctions and creating unsafe traffic conditions in the area.

The joint petition was filed on February 12, 2016 with the United States Surface Transportation Board (STB), which is responsible for regulating railroads throughout the nation. The complaint alleges CSX has repeatedly violated operating obligations they agreed to follow in 2013 when they acquired the Elsdon Line, which runs parallel to Sacramento Ave.



through the 19th Ward. The legal action represents the culmination of an ongoing effort by a group of local elected officials including 19th Ward Alderman Matt O'Shea, Evergreen Park Mayor James Sexton, Senator Bill Cunningham, Representative Kelly Burke, and Representative Fran Hurley, to hold CSX responsible for adversely affecting the quality of life in the communities they represent.

The petition seeks significant fines and an audit of CSX's operations. Officials also hope this action will force the railroad to adhere to the legally enforceable conditions imposed by the STB in 2013 when it authorized CSX's use of the

line. If the provisions of those conditions were honored, the impact of the railroad on the surrounding community would be significantly lessened. According to the officials, grade crossings along the line are often blocked for excessive periods of time either by a stopped or slow moving train, or by gates that are malfunctioning. The conditions imposed by STB mandate that CSX separate a train if an intersection has been blocked for ten minutes or longer. CSX reports indicate that they have cut one train since entering into that agreement, despite numerous documented instances of crossings being blocked for longer than ten minutes. In some cases, blockages have delayed emergency vehicles traveling to Advocate Christ or Little Company of Mary Hospitals. In addition to cutting trains, CSX is required to file quarterly reports with the STB outlining significant blockages and other operational issues. A review of those

reports when compared to police records shows a significant underreporting of these incidents by CSX. As such, the petition seeks a comprehensive audit of operations to resolve these discrepancies. Local officials have spent the past several years working with neighbors and CSX to address many quality of life issues. Unfortunately, there has been no significant improvement thus far. As such, both municipalities felt compelled to take this drastic step. "The courts have consistently ruled that local and state governments have little authority to regulate or fine railroads because they are considered part of federal commerce," O'Shea said. "Our best chance of changing CSX's poor conduct is with the federal regulators at the STB. We are asking for CSX to be held accountable for violating promises they made to our community and promises they made to the STB when they acquired the right to operate on the Elsdon Line."

working bullet proof vests. In addition to the breakfast, a family mass honoring police officers will be held at 10:00 a.m. in the St. John Fisher Church. The mass will be celebrated by Fr. Dan Brandt, Chaplain for the Chicago Police Department. Police officers and their families will be invited to play an active role in the liturgy. Alderman O'Shea has also organized several "dress-down days" and other student-based fundraisers at various 19th Ward schools. These events will all be held during the week leading up to the breakfast to help generate support for the police and raise awareness about the breakfast. The event is generously supported and co-hosted by the Original Pancake House - Beverly, which recently celebrated its 50th Anniversary in the community. All pancake batter, condiments and cooking supplies will be donated by the Original Pancake House. "We are thrilled to be involved with the "Get Behind the Vest" initiative because we care about our

neighborhood and support the men and women who work so hard to keep this awesome community safe," said Julie Harrigan, director of operations, Original Pancake House. "For over 50 years we have had the good fortune to be part of the community and several times have been the beneficiary of the dedicated team of officers that have come to our aid. This is a chance to give back to them and say 'thank you for all you do!'" The Pancake Breakfast will also be co-hosted by the 19th Ward Youth Foundation, Chicago Police Memorial Foundation, Jim Mullen - Mullen's Applesauce, Beverly Area Planning Association, Senator Bill Cunningham, State Representative Fran Hurley and Saint John Fisher Catholic Parish. For more information on Alderman Matt O'Shea's Pancake Breakfast, benefiting the "Get Behind the Vest" initiative, please call 773.238.8766. For more information on the Chicago Police Memorial Foundation's "Get Behind the Vest" initiative, please visit www.getbehindthevest.org.

Pancake Breakfast to Support Chicago Police

attracted over 1,000 attendees and together with fundraisers held at area schools, raised more than \$30,000 for the "Get Behind the Vest" initiative. "The 19th Ward is home to thousands of Chicago Police Officers; these men and women put their lives on the line each and every day to keep us safe," said Alderman O'Shea. "In this community, we protect those who protect us." This event is about showing appreciation for the Chicago Police Department, and raising funds to provide lifesaving bulletproof vests. Bulletproof vests do not last forever; each vest needs to be replaced every five years, at a cost of five hundred dollars or more. The Chicago Police Memorial Foundation has replaced seventy-five percent of the eight thousand outdated bulletproof vests currently in use by Chicago Police Officers. Moving forward, they hope to provide an additional five hundred vests per year to ensure that all officers have access to

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City Announces Home Ownership Program

Last month, Mayor Rahm Emanuel, the Chicago Infrastructure Trust and Alderman Matt O'Shea announced a new Homebuyer Assistance Program. This program will provide significant down payment assistance to middle class Chicagoans with good credit scores. While exact details are still being finalized, the program is expected to be available to potential home buyers this spring.

Chicago's housing market is recovering, particularly in the communities of Beverly, Morgan Park, and Mount Greenwood. First time homebuyer demand is up and average home prices remain affordable. Still, the lack of funds for down payment and closing costs

remains the single greatest obstacle to home ownership, especially among first time homebuyers and recent college graduates interested in our community.

By incentivizing home ownership, the City can not only provide badly needed assistance to thousands of middle class families, but also expand its property tax base and mitigate the impact of the foreclosure crisis. Please share this information with anyone who might be interested in purchasing a new home. To receive notification when this program begins accepting applications, please sign up for Alderman O'Shea's e-blast list at www.the19thward.com.



Construction Nearly Complete at Buona

Construction is nearly complete on the new Buona Restaurant at 10633 S. Western Ave. The restaurant will feature both dine in and drive through service for patrons, and expects to open this spring. The Buonavolanto family is currently accepting employment applications; if you are interested in working at Buona, please visit www.buona.com/careers.



O'Shea Supports Oversight from Inspector General

Dear Neighbors:

Today, an ordinance I co-sponsored granting the Inspector General (IG) investigative authority over Aldermen and their staffs was adopted by the Chicago City Council. I sponsored this measure because I believe it is fundamentally unfair to treat Aldermen differently than other municipal employees. Unfortunately, the measure I introduced was amended to dilute its impact over the objection of myself and the other key sponsors.

These changes ultimately led me to vote against this legislation. While there are many aspects of the amended ordinance that I support, it does not go as far as the initial proposal. Specifically, it gives the IG authority to investigate potential criminal behavior without allowing the office to perform audits or explore issues involving waste and mismanagement.

Despite my opposition to these changes, they were adopted and are now part of the City Code. I voted against this legislation, not because I do not support greater authority for the IG, but rather because I believe that the original ordinance was a more effective, appropriate measure for the City Council. Moving forward, I am committed to continuing to work with the IG and my colleagues on government reform issues.

Sincerely,
Matthew J. O'Shea
Alderman, 19th Ward

19th Ward Business Breakfast

On Thursday, February 18, 2016, Alderman Matt O'Shea will host a breakfast for 19th Ward business owners at Barraco's Restaurant, 3047 W. 111th St., at 8:00am. The Beverly Area Planning Association, Morgan Park Beverly Hills Business Association, 95th Street Business Association, and the Mount Greenwood Community and Business Association will co-host this breakfast to discuss different shop-local marketing ideas for 2016 and an-

swer any questions. Representatives from the Chicago Police Department's 22nd District will also be on hand.

Anyone operating a business in the 19th Ward is encouraged to attend and learn more about our efforts to support the local economy in Beverly, Morgan Park and Mount Greenwood. If you have any questions, please contact the 19th Ward Office at (773) 238-8766.



19TH WARD

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This service is provided free of charge, but is open to 19th Ward residents only.

Documents are shredded on site. Only documents that are loose can be shredded; please remove any staples or binders before you arrive.

SATURDAY, FEB. 20, 2016

9:00 A.M. - 11:00 A.M.

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YOUTH FOUNDATION

Tom DART
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Secretary of State Suspends Mailing of Vehicle Registration Renewal Reminders

Due to the budget stalemate Illinois Secretary of State Jesse White announced recently that his office will suspend mailing out vehicle registration renewal reminder notices to the public effective immediately.

Normally notices are sent to vehicle owners several weeks before license stickers expire. The last batch of renewal reminders was sent in early September for people whose license stickers had to be renewed in October. People whose stickers expire in November and beyond will not be getting a renewal reminder.

Vehicle owners are encouraged

to be mindful of their vehicle registration status to ensure they renew in a timely manner and avoid driving on expired vehicle stickers.

People can still get notices by email if they register online. They need to do that through the secretary of state's website, www.cyberdriveillinois.com. Those people will also have the information needed to renew their license stickers online. Those who don't have access to email or a computer will have to go to a driver's license facility in order to renew their stickers.

To register online for renewal reminders, please visit www.cyberdriveillinois.com.

Recycling Now Bagless in Chicago

The Chicago Blue Cart Recycling Program is now bag free. Effective immediately, any materials placed in a blue cart must be loose without any bag. This restriction is true for both paper and plastic bags.

Plastic bags can damage the equipment at sorting centers. In order for this program to succeed, all materials must be visible in the cart.

All bags can also mask non-recyclable materials that may have been put in a blue cart by mistake, and the plastic bags that are typically used for groceries are not recyclable. In our neighborhood, blue carts often include items like greasy pizza boxes or Styrofoam, neither of which is recyclable.

The Beverly, Mt. Greenwood and Morgan Park communities enjoy very high participation in the recycling programs. Unfortunately, when materials are bagged, it becomes impossible for crews to determine if there are any contaminated materials in the cart. As a result, when the recyclables are returned to the sorting center, contamina-

tion can affect an entire stream of otherwise useful materials, not just the items in your individual blue cart. Going bagless not only helps our environment, but also reduces unnecessary costs incurred by the City as a result of contaminated blue carts.

Recycling without bags is easier than you think! Many residents

throw recyclables directly into the blue cart throughout the week. Others use a bag to collect and carry recyclables out to your blue cart, then toss the items out of your bag, directly into your blue cart. You can then put the bag in a black cart or reuse it.

The important thing to remember is to toss your recyclables loose into your blue cart; recyclables in bags of any kind will no longer be accepted. To reduce any confusion on what can and can't be recycled, the Department of Streets & Sanitation has launched a new website - Recycle by City Chicago - that contains useful information for residents. Please visit www.recyclebycity.com/Chicago.



Free Rain Barrel Distribution

Alderman Matt O'Shea, the Beverly Area Planning Association (BAPA) and the Metropolitan Water Reclamation District of Greater Chicago (MWRD) are hosting a free rain barrel distribution event on Saturday, March 5, 2016 from 9am-12pm at the BAPA parking lot at 11107 S. Longwood Dr. Residents can receive up to 2 rain barrels at no cost. With spring approaching, rain barrels help conserve water, reduce the likelihood of residential flooding, and provide higher quality water for lawns and gardens. The 55 gallon rain barrels are frost

proof, and made from recycled materials.

To receive your free rain barrel, please enter the BAPA parking lot behind the building on Longwood Drive and drive through to receive your rain barrel. Additionally, OpenLands will be on hand to discuss upcoming tree plantings and urban gardening. Thanks to MWRD President Mariyana Spyropoulos & Vice-President Barbara McGowan and the entire board of commissioners for their support of this effort.

Early Voting for Presidential Primary Election

The City of Chicago will offer early voting for the March 15, 2016 Presidential Primary Election. Voters do not need a reason or an excuse to use early voting, it is an option that is available to any and all voters in the City of Chicago. Ballots cast through the early voting process are final. After casting a ballot through early voting, a voter cannot return to amend, change, or undo the ballot.



Voter registration is available at all early voting locations. Any

voter who needs to register for the first time, or file an address or name change, must present two forms of identification, at least one of which showing the voter's current address.

The most convenient early voting locations are listed below, for a complete list of locations, please visit www.chicagoelections.com.

Chicago Board of Elections 69 W. Washington Blvd., Lower Level	Mount Greenwood Park 3721 W. 111th St.
2/17- 2/28, Mon. - Sat., 9am-5pm; Sun. 10am-4pm	Mon., 2/29 - Sat., 3/5, 9am-5pm
Mon., 2/29 - Sat., 3/5, 9am-5pm	Sun., 3/6, 10am-4pm
Sun., 3/6, 10am-4pm	Mon., 3/7, 9am-5pm
Mon., 3/7, 9am-5pm	Tue., 3/8 - Fri., 3/11 - 9am-7pm
Tue., 3/8 - Fri., 3/11, 9am-7pm	Sat., 3/12, 9am-5pm
Sat., 3/12, 9am-5pm	Sun., 3/13, 10am-4pm
Sun., 3/13, 10am-4pm	Mon., 3/14, 9am-5pm
Mon., 3/14, 9am-5pm	

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Donald Leib Court Date – March 1

Last Fall, Donald Leib, a registered sex offender residing on the 10300 block of S. Albany Ave. illegally attended an area carnival. An area resident recognized Leib as a sex offender and reported him to the police. He was later arrested and currently faces charges for violating the terms of his sex offender registration.

For the past several months,

Senator Bill Cunningham, Representative Fran Hurley, and Alderman Matt O’Shea have worked closely with Cook County State’s Attorney Anita Alvarez’s South Side Community Justice Center on this case. Prosecutors recognize the significance of this matter and are seeking a six year prison sentence for Mr. Leib. This is the maximum allowable sentence under Illinois

State Law.

Leib will next appear in court on Tuesday, March 1, 2016 at 9:00am in Room 110 of the Bridgview Court House, 10220 S. 76th Ave. The 19th Ward Office will have representatives at this court date, if you would like to attend with us, please email mattoshea@the19thward.com.



Donald Leib

Squatters Update

The four men charged with orchestrating a large scale effort to illegally occupy and take possession of foreclosed properties in the Beverly / Morgan Park communities remain in custody in Cook County Jail awaiting trials. Pre-trial litigation is currently occurring in the four cases

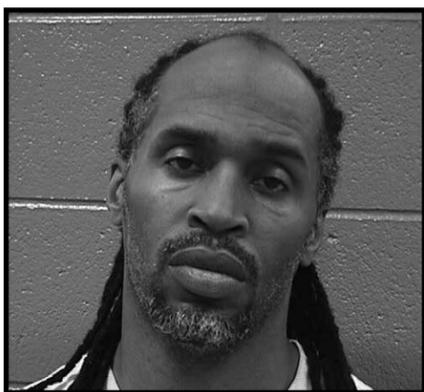
involving Fahim Ali, Torrez Moore, Arshad Thomas, and Raymond Trimble.

Fahim Ali and Torrez Moore, both facing class x felonies, will appear next on February 26th at 10:00am in Room 305 of the Cook County Criminal Court Building at

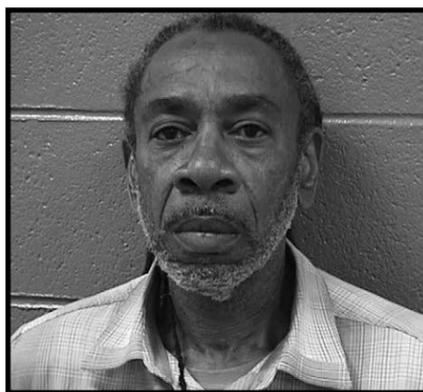
2650 S. California Ave. If convicted, they face between 6-30 years in prison. Arshad Thomas and Raymond Trimble will next appear on Tuesday, March 15th at 9:00am in Room 500 of the Cook County Criminal Court Building. Trimble is charged with a class 1 felony and faces 4-15

years in prison. Thomas is charged with a class 2 felony and faces 3-7 years in prison if convicted.

The 19th Ward will have representatives at each of these court appearances. If you are interested in attending court on this matter, please email mattoshea@the19thward.com.



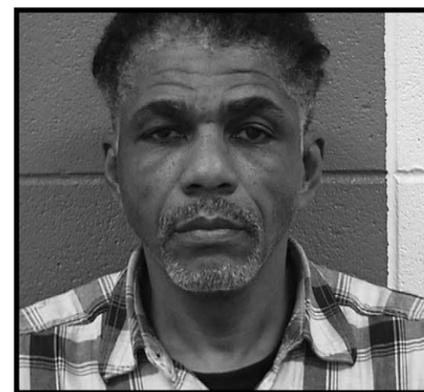
Fahim Ali



Torrez Moore



Arshad Thomas



Raymond Trimble



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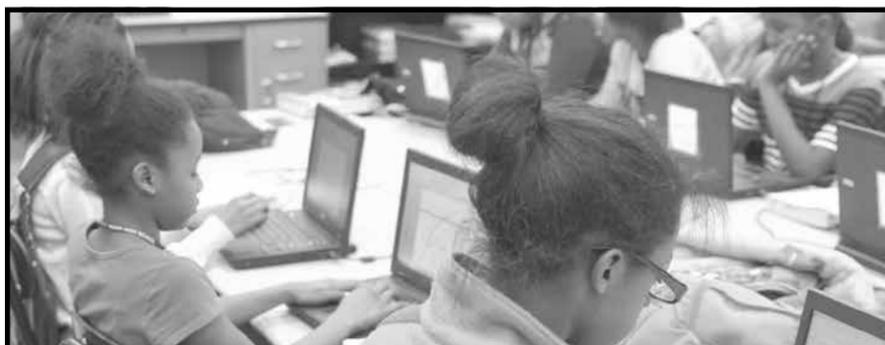


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School News

Mentoring Program Comes to Barnard Elementary

The 19th Ward, Beverly Area Planning Association, and Southwest Organizing Project have partnered to bring "Parents as Mentors", a successful parental engagement, program to Barnard Elementary School, 10354 S. Charles. This program provides substantive tutoring, coaching

and mentoring of students, while engaging more parents in the operation of the school. "Parents as Mentors" hopes to build upon the great work done at Barnard under the leadership of Principal Patrick MacMahon and Assistant Principal Meg Burns; Barnard Elementary recently achieved Level 1 status in

the school evaluation process.

Parents who participate in the program commit to volunteering 100 hours a semester, 2 hours a day, 4 days a week in a classroom. They are assigned to a classroom in a primary grade and provide individual help to students who are most in need. To help the parents

better connect with students, the Beverly Area Planning Association and Southwest Organizing Project provide weekly skills development workshops. At the end of the semester, parent mentors receive a modest stipend.

Teachers and principals in other communities have embraced this program because it allows for additional teaching support in classrooms and improves student success. Parents who participate thoroughly enjoy the experience and feel a deeper connection to the school. In other schools, the "Parents as Mentors Program" not only facilitated academic gains, but also created a stronger partnership between parents and school staff.

"Parents as Mentors" follows a nationally recognized model that helps schools foster young students' social and academic growth. It has a decades-long record of helping schools achieve higher test scores and graduation rates. For more information on the "Parents as Mentors" Program, please contact the Beverly Area Planning Association at (773) 233-3100.



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School News

Hurley Sponsors Bill to Use TIF Funds for Education

Educating our young people is one of the most important responsibilities we have. As you know, the Chicago Public Schools (CPS) system stands in crisis. Years of fiscal mismanagement have created a crushing deficit that is limiting the ability of CPS to maintain facilities, pay educators and retirees and, most importantly, invest in the resources our children will need to be successful. One potential solution has arisen that can be implemented immediately to keep our current students from being left behind.

Within Chicago's many areas of commerce, certain districts have their corporate property tax income set aside. These funds are designed to be used later to help attract other business to the area. These are known as Tax Increment Financing Districts (TIF). Many of these districts do have a lot of unused funds. We should always be thinking about ways to help our community and private sector thrive, and I believe that a major part of that is preventing our schools from failing.



We are at a crisis point. We can't let money sit in accounts when we have a need this urgent and when teachers, retired educators, and students are at stake. That's why I'm sponsoring House Bill 4560 which gives the revenue raised in these TIF districts to CPS. The money can be used to make pension payments for retirees and invest in learning tools to give students in our city a great education. That's

what our teachers need to provide students with the education they deserve.

These are difficult times. We must get away from moving from crisis to crisis; placing a temporary fix on one issue, just to be faced with another. We need to use this money from the city's TIF district to sure up the immediate funding shortfall in our schools, then make the changes necessary to provide the stability, reliability and consistency it will take to rebuild the damage to CPS that has taken place over recent decades.

Fran Hurley
State Representative, 35th District

Run for Local School Council

Chicago Public Schools (CPS) is encouraging all parents and community members to make a positive impact on student achievement by running for Local School Council (LSC). LSC elections will be held on Wednesday, April 13th and Thursday, April 14th. Local School Council members play a crucial role in the operation of city schools, and the District encourages all interested candidates to explore opportunities to serve on their local LSC.

"Local School Councils provide parents and community members with a valuable opportunity to shape their local schools and help further the gains our students and staff have made in recent years," said CPS Chief Education Officer Janice Jackson. "I highly encourage anyone interested in supporting the betterment of our city schools to explore opportunities to serve on their neighborhood LSC."

LSCs are the primary parent and community engagement vehicle in the District. Through LSCs, parents and members of the community have an opportunity to engage in a wide variety of important school matters, including

budgeting, administrative hiring, accountability, fundraising, and marketing.

In order to run for an LSC position, interested candidates must submit a completed candidate nomination form to either the Office of Local School Council Relations or the school they intend to serve by March 4, 2016, at 3 PM. Nomination forms are available at all schools holding elections. Nomination forms and other relevant materials can also be found at www.cps.edu/Pages/LSCElections.aspx. Elections will be conducted on Wednesday, April 13th at elementary schools and Thursday, April 14th at high schools from 6 AM to 7 PM.

CPS is also actively recruiting interested persons to serve as election judges, who will be paid \$150 for each day they serve. Judge of Election Application materials are available at all schools holding elections, the Office of LSC Relations and on www.cps.edu.

After the elections for traditional LSCs and the appointment process for appointed LSCs and Boards of Governors, the new LSC term will begin July 1, 2016.



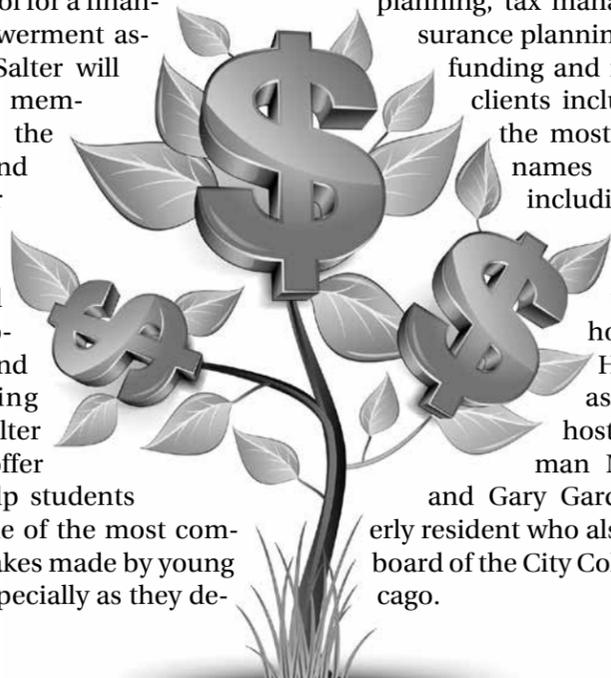
Chicago Public Schools

Financial Empowerment Comes to Morgan Park High School

On Wednesday, February 24th, Roger Salter of Sanmar Financial Network will visit Morgan Park High School for a financial empowerment assembly. Salter will address members of the junior and senior classes on topics related to establishing and maintaining credit. Salter will also offer tips to help students avoid some of the most common mistakes made by young people, especially as they de-

part for college.

Sanmar Financial Network provides service in retirement planning, tax management, insurance planning, education funding and more. Their clients include some of the most well-known names in Chicago, including NBA star Derrick Rose and talk show host Steve Harvey. The assembly is hosted by Alderman Matt O'Shea and Gary Gardner, a Beverly resident who also sits on the board of the City Colleges of Chicago.



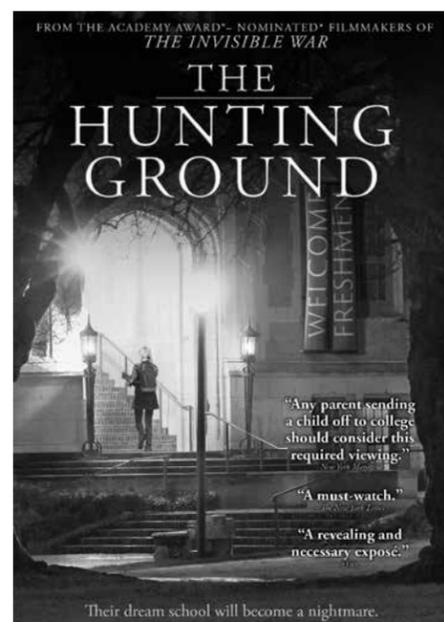
O'Shea, Alvarez Bring "Hunting Ground" to Chicago Ag

On Friday, March 4th, Cook County State's Attorney Anita Alvarez and Alderman Matt O'Shea will host a screening of "The Hunting Ground" for students at the Chicago High School for Agricultural Sciences. "The Hunting Ground" is a documentary about sexual assault on college campuses. After the film, students will participate in a discussion about this epidemic facilitated by Chicago Says No More, a non-profit organization dedicated

to addressing the challenges of domestic violence and sexual assault in the Chicago metropolitan area.

A multitude of national and individual studies over the past

fifteen years have come to the universal conclusion that approximately twenty percent of female students (one in five women) will be sexually assaulted during their time at college. With statistics that staggering, any college bound student should be educated about this problem.



Legislative Update

Cunningham: reform needed in Higher Ed to help reduce tuition costs



In an effort to cut administrative costs and help hold the line on college tuition growth, State Senator Bill Cunningham (D-18) has proposed a series of reforms in how higher education executives in Illinois are compensated. The reforms were sparked by a report revealing inappropriate financial practices at

Illinois public colleges and universities, including the recent scandals at the College of DuPage.

"Institutions of higher learning in our state have been plagued by recent controversies involving mismanagement or misconduct by college presidents, which cost taxpayers and tuition-payers millions of dollars in legal fees and severance payouts," Cunningham said. "We need to reform our laws to ensure more transparency and accountability in the administration of our public colleges and universities."

Legislation proposed by the senator would create more transparency in the hiring and contracting process for executives by requiring the terms of employment contracts to be disclosed in a public meeting before being approved.

Additionally, the legislation would forbid colleges and universities from using tuition and taxpayer funds to pay bonuses to presidents. In addition, community colleges would have to undergo periodic financial reviews conducted by the state's Auditor General. Currently, colleges can hire their own auditors to conduct such reviews.

Cunningham's reform proposals would also require college and university board members to undergo ethics training. He is also seeking to limit the pension perks provided to state university and college presidents by closing loopholes in current law that enable presidents to claim pension credit for the cash value of fringe benefits, like housing and car allowances. When added to the high salaries typically earned by college presi-

dents, the cash equivalent of the perks can spike the value of their pensions by thousands of dollars a year. A bill introduced by Cunningham would end the practice.

"Illinois has several excellent institutions of higher learning," Cunningham said. "It's disappointing that we need to focus on these negative issues. But it is necessary that we learn from past transgressions and reform our laws to ensure that Illinois colleges and universities are above-board in all of their financial practices."

Cunningham's reform package, Senate bills 2155-2159, were drafted based on the work of the State Senate Subcommittee on Higher Education Executive Compensation, which is chaired by Cunningham. The legislation is scheduled to be voted on this spring.

Burke Passes Bill Funding Higher Ed, MAP Grants



Continuing her effort to expand opportunities for higher education in Illinois, State Rep. Kelly Burke, D-Evergreen Park, passed legislation on Thursday which would restore funding for the Monetary

Award Program (MAP), and other higher education programs, which have remained unfunded as a result of the ongoing budget impasse.

Burke is the chief sponsor of Senate Bill 2043. The measure increases funding for MAP grants by more than \$32 million compared to fiscal year 2015. Across the state, approximately 130,000 students utilize the MAP Grant program to seek higher education. Students at Saint Xavier University were eligible to receive nearly \$7 million in MAP grants while those studying at Moraine Valley Community College should have received \$2.4 million.

Burke's measure also restores the operating budget for the City Colleges of Chicago, restores grants

for Technical Education, adult education and adult literacy programs across the state. Legislators passed funding for each of these programs within the Higher Education budget in May of 2015. However, Governor Rauner vetoed the support for these programs, and they have remained without state support as Illinois still remains without a permanent budget. Burke's legislation restores these programs, and will allow student's MAP grants to be processed; helping them return to class for the spring semester.

"A student's place of birth or the success of their parents shouldn't dictate their ability to receive a quality education. MAP grants and other vital programs allow thousands of students an

opportunity to better themselves through education that may otherwise not have been available. It's unconscionable that these programs have remained unfunded for this long," Burke said. "I want to thank my colleagues in the General Assembly who stood up for our students with their vote yesterday, and I urge governor Rauner to do the same by signing this bill into law and give students across the state the tools they need to succeed."

SB2043 passed both chambers of the General Assembly on Jan. 28 and now awaits action from the Governor. For more information, please contact Burke's constituent service office at 708-425-0571 or kburke@kellyburkerek36.org.

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Parks & Recreation

116th & Oakley Green Space Transferred to Chicago Park District

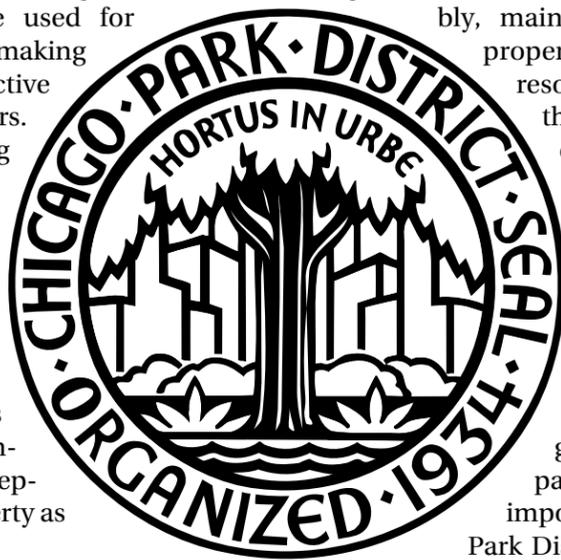
The Chicago Park District will take ownership of the 7.5 acre parcel of green space at 11625-11735 S. Oakley Ave. currently owned by the Chicago Public Schools (CPS) under a land swap transaction approved by the Board of Education on January 27, 2016. Moving forward, the Chicago Park District will maintain the property as green space for community use. The transfer still requires approval from the Chicago City Council and the Chicago Park District Board.

This step is the latest in a series of community-led actions aimed at preserving this green space for public enjoyment. In 2012, facing budget challenges, the Board of Education listed the property for sale advertising a capacity for 35 single family homes at this location. In response, the Southwest Morgan Park Civic Association worked with Alderman Matt O'Shea on a petition drive collecting thousands of signatures opposing the sale.

Ultimately, Alderman O'Shea re-zoned the property preventing

any commercial, residential, or industrial uses at this location. Under the new zoning, the land can only be used for green space, making it unattractive to developers. Transferring the land to the Park District provides an additional level of security to residents who are committed to keeping the property as green space.

The land swap also includes CPS property at 1730 W. 93rd St. Last year, a developer sought to obtain this parcel at a cost of \$2,500 to construct a multi-unit residential building. The Beverly Improvement Association has long supported the continuation of green space at this location as well.



Preserving greenspace is not central to the mission of Chicago Public Schools; and notably, maintaining these properties drains resources from the financially challenged school district. The mission of the Chicago Park District aligns with the community's goals for these parcels. More importantly, the Park District is better equipped to provide landscaping and forestry services.

This move will benefit all parties involved. Thanks to the staff at CPS and Chicago Park District for their efforts on this matter. Thanks also to the Southwest Morgan Park Civic Association and the Beverly Improvement Association.



Shamrock Skate

Saturday, March 12, 2016

3:30 P.M. - 4:50 P.M.

Morgan Park Sports Center
11505 S. Western Ave.

Cost:

Adults/Teens (13 to 17)	\$5
School Age (12 & under)	\$4
Seniors (60 & up)	\$2
Skate Rental	\$3



Matt O'SHEA
19TH WARD ALDERMAN

Bill Cunningham
ILLINOIS STATE SENATOR 18TH DISTRICT

Fran Hurley
STATE REPRESENTATIVE 35TH DISTRICT



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&
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**Bike Across America
without leaving the 19th Ward**



**Saturday, May 15, 2016
10:00 A.M.**

McKiernan Park 10714 S. Sawyer Ave.

For more information contact:
Ellen Youpel at (773) 445-8128 or e.youpel35@gmail.com

I don't clean.
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Parks & Recreation

Register now for the coolest event of the year

The Chicago Polar Plunge, Benefiting Special Olympics Chicago

Registration for the coolest event of the new year is now open! The 16th Annual Chicago Polar Plunge will take place at North Avenue Beach on Sunday, March 6, 2016, offering fearless weather warriors the opportunity to dip their toes in the icy waters of Lake Michigan, all for the benefit of the more than 6,000 athletes who compete in the Special Olympics Chicago program.

The 2015 Chicago Polar Plunge raised over \$1.3 million and attracted a record-breaking 4500 participants. In the past several years, The Chicago Polar Plunge has become one of the "must-attend" events of the year, with the participation of celebrities such as "The Tonight Show" host Jimmy Fallon, actor Vince Vaughn, musician Lady Gaga, and the casts of Chicago Fire and Chicago PD. Funds raised from the Chicago Polar Plunge help to support the activities and events enjoyed year-round by the hard-working, dedicated athletes of Special Olympics Chicago.

The fun will kick off at 10 am when the first plungers enter the water. Guests can dip their toes

or go waist high into the waters of Lake Michigan, individually or with a team. Registration is available by visiting www.chicagopolarplunge.com. At the Polar Plunge website, plungers will have the opportunity to create their own fundraising page to help jump-start their efforts. Registrants are asked to raise a minimum of \$175. Prizes will be awarded to the top three individual fundraisers; best three individual costumes; best team costumes; and largest team.



All participating plungers will receive free parking at Lincoln Park Zoo, or a free bus for groups of 20 or more; a souvenir t-shirt; warm towel when exiting the water; free photo downloads; and complimentary food at the "Melt Down Party."

The Special Olympics Chicago program is the largest in the State of Illinois, with over 6,000 athletes who compete and train in 22 sports throughout the year. Special Olympics Chicago has programming in over 100 Chicago Public Schools throughout the city and in 23 parks through the Chicago Park District. The Special Olympics Chicago programs that are implemented at the

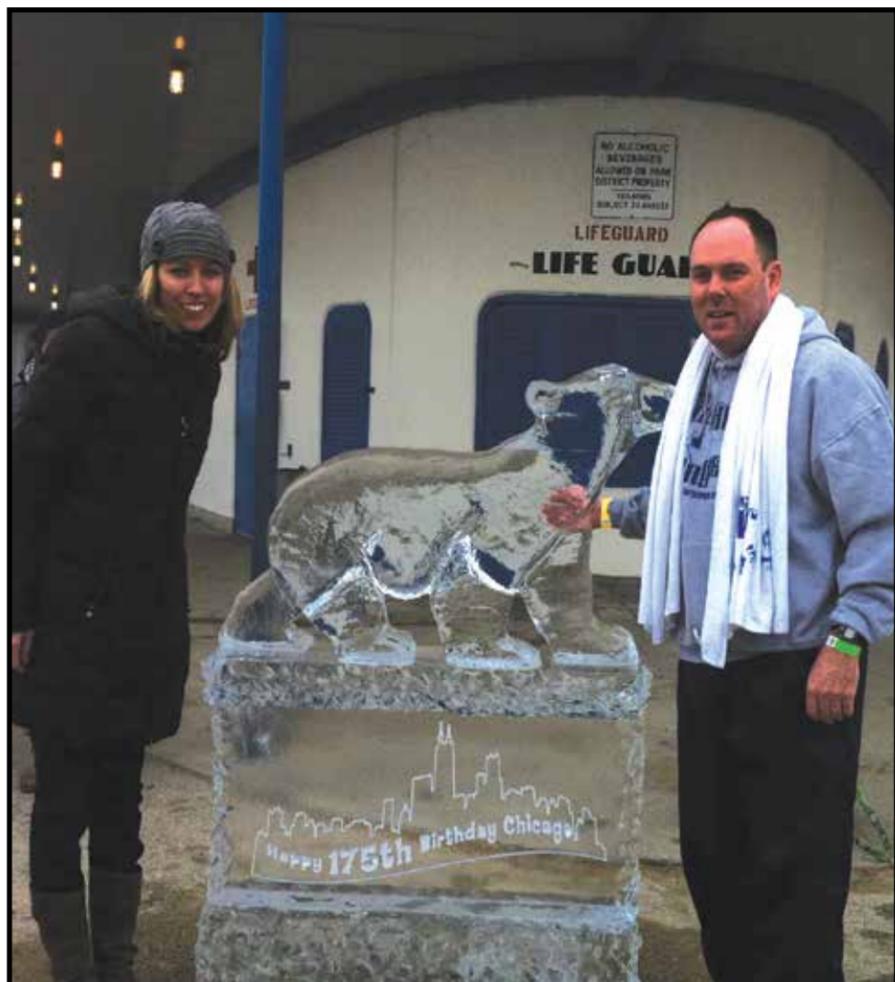
Chicago Public Schools and Chicago Park District are modeled across the country.

The Chicago Polar Plunge is made possible through the generous support of Special Children's Charities, Chicago Park District, Chicago Public Schools, ComEd, United Airlines, Chicago Athletic Clubs, Subway, Lyft, Peoples Energy, Yelp, Splash, NBC5 Chicago, Body Gears, Redbox, 93XRT, 670 The Score, Sports Authority, and Phil Stefani Signature Restaurants

For more information on the Chicago Polar Plunge benefiting Special Olympics Chicago, please call 312.527.3743; visit www.chicagopolarplunge.org; or email polarplunge@sochicago.org.

About Special Olympics Chicago:

The Special Olympics Chicago program is the largest in the State of Illinois. The Chicago Program alone is larger than 26 other complete State programs. Chicago is the birthplace of Special Olympics and is now held in over 150 countries, worldwide.





8th Annual

19th Ward

YOUTH FOUNDATION

Sunday, February 21, 2016

Mount Greenwood Park Ice Rink
3721 W. 111th Street

2:00 p.m. - 5:00 p.m.

\$1 suggested donation

Family
Ice Skating Party

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To receive information about this and other 19th Ward Youth Foundation events, please sign up for our email updates at www.the19thward.com

For more information contact Moira Curran at 773-238-8766 or moira@the19thward.com

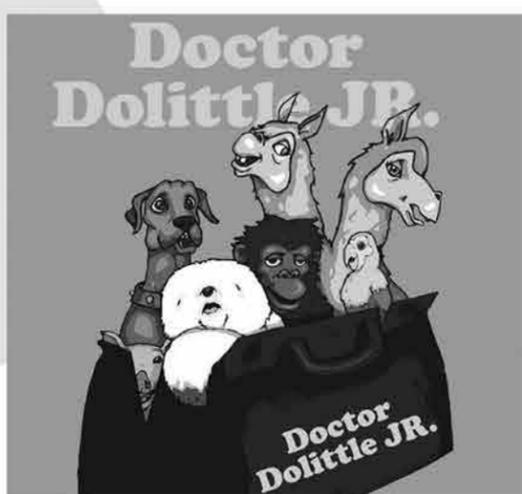
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BACStar student production

Hairspray

Dates:

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39 Years Young: BAPA's Ridge Run Mixes Old and New

The Beverly Area Planning Association (BAPA) will host the 39th Annual Ridge Run on Memorial Day, May 30, and some fun and challenging changes are in store for this popular neighborhood race. Little Company of Mary Hospital is the top sponsor of the Ridge Run.

The biggest change is the new route for the 10K race. In January, an official from the USA Track & Field (USATF) measured every step of the new 6.2 mile route, which is now being officially certified. USATF is the governing body that certifies running and walking events in the United States.

The 10K will stay north of 111th Street, sending runners up the hill on 110th Street, winding down Bell and Oakley Avenues to 108th Place where it reconnects to Longwood Drive at the bottom of the hill.

Instead of ending on Longwood Drive, the finish lines for the 10K and 5K will be located in Ridge Park, taking runners through to the new festival area where there will be music, food and beer, children's activities, sponsor information, race results and runner refreshments. Cork and Kerry is the Ridge Run beer sponsor.



BAPA invites local schools to participate in Race to Run the Ridge, a 10-week youth training program. The program was developed by Jenny Harkins, owner of Treadfit and is co-sponsored by BAPA, Treadfit and Running Excels. The 10-week training is targeted for children in 4th through 8th grades and designed to begin the week of March 21 and will prepare them to run the 5K Ridge Run.

More than a dozen schools have already signed on to create running teams and use the free Race to the Ridge Run training. Anyone interested in learning more about the program should contact Margot Holland, BAPA Executive Director, 773-233-3100 or mholland@bapa.org.

Ridge Run registration is open at www.bapa.org. Register online for the 10K run, 5K run/walk, Ridge Run Challenge (10K and 5K), and Youth Mile. Family registration is available through May 5, but must be submitted on printed applications. Call 773-233-3100, email bapa@bapa.org or stop by the BAPA office, 1987 W. 111th St., Mon. - Fri., 8 a.m. to 4 p.m.

City Services Update

STREET SWEEPING

Chicago's street sweeping season will begin **April 1 and run through mid-November**. If a street is scheduled for sweeping, a temporary no parking sign will be posted along the route the day before service to ensure curb-to-curb cleaning. Some arterial streets may already have permanently posted signs that specify a once-per-week period when parking is prohibited due to sweeping. Residents who need more than one day notice of street sweeping should contact their local ward sanitation office. The 2016 street sweeping schedule is available at www.cityofchicago.org/dss.

CLEAN AND GREEN

Chicago's annual Clean and Green neighborhood day of service has been scheduled for **Saturday, April 16, 2016**. Clean and Green is a great opportunity for residents, school groups and community organizations to team up and beautify areas in their neighborhood. The City will provide the brooms, rakes, shovels and bags needed for clean-up projects, as well as white paint and painting tools for cleaning viaducts. Call 311 to register.

YARD WASTE COLLECTION

The City is coordinating dedicated yard waste collection trucks this spring to assist residents in clearing their yards, parkways and storm drains following the winter season. Residents can call 311 to request separate yard waste collection from **April 16 through April 22**. Yard waste should be left in the alley or at the curb for collection, and bagged separately from garbage in the black carts and separately from recycling in the blue carts. A Streets and Sanitation truck will collect the bags based on 311 requests and take it to be composted.

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Eileen Lavoie Benefit – February 20, 2016

On April 6, 2015, Eileen Joyce Lavoie lost her five month battle with cancer, leaving behind her beloved husband Joe and four precious children; Olivia, Claire, Leo and Brian. Eileen's sunshine smile and bright spirit will be celebrated at 115 Bourbon St. on Saturday, February 20, 2016 from 3:00pm-8:00pm. Tickets are \$30 in advance and \$35 at the door; children under 12 are \$15.

You can purchase tickets or make a donation at www.love4lavoies.com.

Eileen devoted her life to fam-

ily, friends and those in need. Her kindness and generosity to others, even as she suffered, was an inspiration. Diagnosed last Thanksgiving, Eileen never stopped helping others and we are all thankful to have had her in our lives. Eileen was born to be a mother, and her career was always in a field to serve others, whether teaching, lifeguarding, or with the Cook County Public Guardian's office.

As Eileen would do for others, we are requesting your support in donating to an educational fund to support her children. Thank you for your consideration.



Chicago Seeks Election Judges

The Chicago Board of Elections is currently recruiting judges of election for the March 15, 2016 Presidential Primary Election. Election Judges are the officials responsible for administering the election in each polling place. The judges of election are the backbone of the electoral process.

On Election Day, every precinct has a team of judges that is responsible for setting up voting equipment at 5:00 am, conducting a fair, impartial and secure election, allowing voting from 6:00 am to 7:00 pm, and tabulating the vote totals and transmitting them to the Board of Elections after the polls close. Judges of election are paid \$170 upon completion of training and service on Election Day. Ex-

tra compensation is paid to judges who pick up the key envelope on either the Saturday or Sunday prior to Election Day, allow the use of their cell phone by all judges within the polling place on Election Day, or return the election materials to a receiving station on Election Night, or serve additional days in absentee voting, nursing-home voting or in post-election counting activities in the warehouse.

Please note, to serve as an Election Judge, you must be a registered voter in Cook County, and be able to speak, read and write English and perform basic math. Applications for Election Judge are available at the 19th Ward Office, 10400 S. Western Ave., or online at www.chicagoelections.com.



Eli's Cheesecake Chooses Kind

Last Fall, Eli's Cheesecake generously sponsored the Choose Kind Chicago Campaign in partnership with My Mary Cate and the 19th Ward Youth Foundation. Through that promotion, Choose Kind Cheesecakes were sold at grocery stores throughout the area with a portion of proceeds benefitting My Mary Cate. Earlier this month, Marc Schulman of Eli's Cheesecake

presented Kerry Lynch with a contribution for \$1,400. Thank you Eli's Cheesecake! Choose Kind Chicago!



Join the Live Like John Team in Lurie 5K

On Sunday, May 15, 2016 Lurie Children's Hospital will host the "Move for the Kids" 5K Run/Walk. The John McNicholas Pediatric Brain Tumor Foundation is organizing a team for this event. All funds raised will directly benefit the foundation's "Bench to Bedside" initiative. To register for this event, please visit www.livelikejohn.org; when signing up, make sure you join the "Live Like John" Team!

Today, children diagnosed with brain cancer are treated with the same drugs and therapies that existed 30 years ago; there have been no new advancements made in decades. With the "Bench to Bedside" program, the John McNicholas Pediatric Brain Tumor Foundation is setting out to change that. In 2015, the foundation provided \$500,000 to fund a research dream team of the best and brightest minds in the field.

This dream team is committed to studying high-grade gliomas – the deadliest and most common form of brain tumor. With a multi-disciplinary approach, these doctors cover the entire range of the research process –

from extracting tissue samples and developing new therapies, to exploring novel delivery techniques that are safer and more effective for children. These doctors are leading the charge on new therapies and treatment options, and will bring their best findings to our children's bedsides through life-changing clinical trials.

In order to maintain this aggressive approach, the John McNicholas Pediatric Brain Tumor Foundation must raise another \$500,000 in 2016. All funds raised by this team will help fund the "Bench to Bedside" initiative. For more information, or to register, please visit www.livelikejohn.org.

LIVE LIKE
JOHN

FOR THE KIDS
MOVE 5K WALK
RUN

Fifth Annual Work Out to Wipe Out Domestic Violence[®] Benefit Day

The GFWC IL Morgan Park Junior Woman's Club announces the Fifth Annual **Work Out to Wipe Out Domestic Violence[®] Benefit Day** to be held on Saturday, March 19, 2016. The event's objectives are to raise awareness about the serious issue of domestic violence, and to raise funds for our local domestic violence agency, A New Direction Beverly Morgan Park (AND).

As the event organizer, the Morgan Park Junior Woman's Club recruits Benefit Day Partners among local fitness businesses and professionals. Each Partner will provide one or more fitness activities, at their place of business, on March 19. Activity participants are asked to make a donation (suggested amount is \$25) to benefit A New Direction Beverly Morgan Park (AND), a local non-profit agency that provides counseling and legal advocacy services to families affected by domestic violence.

Participating in **Work Out to Wipe Out Domestic Violence[®]** has never been easier. For the first time, you can register and pay your \$25 donation online. Simply visit www.anewdirectionbmp.org/wowo and select an activity offered by one of the many fitness centers, churches, schools and businesses on the Benefit Day Schedule accompanying this article. Whether you are a regular at open workouts, occasionally attend a kickboxing drill or yoga session, or have just thought about trying a barre class, you will find a fun activity that suits you in the Benefit Day Schedule. Onsite registration on the day of the event is welcome if space at the facility permits.

For those who can't participate on March 19, there are other ways to support this cause. You can make a donation to AND online at www.anewdirectionbmp.org/wowo. You also may make a \$15 donation by ordering an event t-

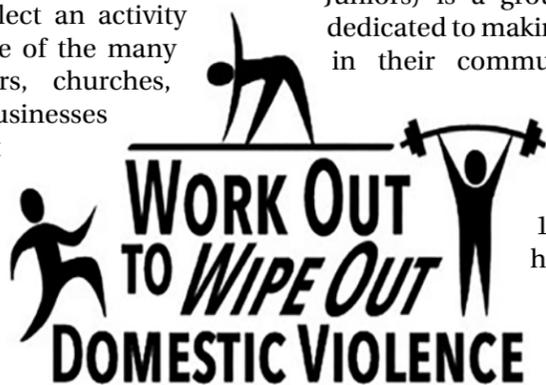
shirt online. T-shirts are provided by the generous sponsorship of Standard Bank and Trust Co. (Evergreen Park Branch), making it possible to deliver all donations directly to AND. Supplies are limited so don't delay!

T-Shirts can be picked up at the following dates, times and locations:

- Standard Bank and Trust Co.
Evergreen Park Branch
2400 W. 95th St.
• Sat., March 12, 9am – 11am
• Tues., March 15, 3pm – 5pm
- St. Xavier University Health Fair Shannon Center
3700 W. 103rd St.
• Morgan Park Junior Woman's Club/A New Direction table
• Friday, March 18
8:30am – 12:00pm

Cash or checks made payable to "A New Direction Beverly Morgan Park" will be accepted for all donations (including t-shirts). Credit cards are accepted online only.

The GFWC IL Morgan Park Junior Woman's Club (Morgan Park Juniors) is a group of women dedicated to making a difference in their community through volunteer service. Since its inception in 1934, the Club has actively participated in various service activities contributing to the quality of life in Beverly/Morgan Park. In addition to **Work Out to Wipe Out Domestic Violence[®]**, the Juniors recently have participated in service projects for the Maple Morgan Park Food Pantry, Beverly Area Planning Association, the Beverly Arts Center, and Beacon Therapeutic School. To learn more about membership and volunteer opportunities with the Morgan Park Junior Woman's Club, please visit their Facebook page or their website <https://morganparkjrs.wordpress.com>.



Work Out to Wipe Out Domestic Violence[®] Benefit Day Schedule for Saturday, March 19, 2016

A Relaxed You, Inc. 11121 S. Kedzie Ave. arelaxedyou.com	Yoga for Relaxation	10:30am (60 min)
Academy of Self Defense 3753 W. 95th St. team-asd.com	Women's Self Defense	2 pm (60 min)
Barre It All LLC 11114 1/2 S Kedzie Ave. barreitall.weebly.com	Barre	9:15am (50 min)
Beverly Barre 9909 S. Walden Pkwy beverlybarrechicago.com	Cardio Barre	8am (50 min)
Beverly Bodyworks 9815 S Campbell Ave. beverlybodyworks.com	Cardio Kickboxing	9am (60 min)
Beverly Ride On 2940 W. 95th St. beverlyrideon.com	Spin Fusion Pat Mac's Pedaling Pack	10am (45 min) 1pm (45 min)
Core Fitness and Physical Therapy 2940 W. 95th St. corefitnesspt.com	Pilates Fusion	9am (50 min)
CrossFit Beverly 2745 W. 111th St. crossfitbeverly.com	Crossfit Games Open Workout 16.4	8am - 11 am (1 hr heats)
Emily Yoga (at Beverly Barre) 9909 S. Walden Pkwy emily-yoga.com	Vinyasa Yoga (bring mat)	5pm (60 min)
Evergreen Racquet & Fitness Club 2700 W. 91st St. evergreenhealthclub.com	Tennis Drills Tennis Drills	10am (60 min) 12pm (60 min)
Fit Code 10418 S. Western Ave. fitcodebootcamp.com	Workout for a Cause: Work Out to Wipe Out Domestic Violence	9am (45 min)
FYZICAL Therapy & Balance Center 11113 S Western Ave fyzical.com/chicagobeverlysouth	Meditation Tai Chi Natural Sculpt	9:15am (60 min) 10:15am (60 min) 11:30am (60 min)
Goddess Flow Yoga with Erin Kelly (at Beverly Barre) 9909 S. Walden Pkwy e-mail erin_e_k@yahoo.com	Goddess Flow Yoga: A Practice in Self-Love for Women	9:30am (75 min)
PURE Barre, Orland Park 14932 S. LaGrange Road purebarre.com/il-orlandpark	PURE Barre class	7:30am (55 min) 8:45am (55 min) 10am (55 min)
Run to the Pub at 115 Bourbon St. 3359 W. 115th St. kellydevinenutrition.com	Run to the Pub Workout to Wipeout Domestic Violence at 115 Bourbon Street	11:30am (2-3 mile run or walk)
St. Barnabas Parish (school gym) 10121 S. Longwood Dr.	Zumba	9:30am (60 min)
Shannon Center, St. Xavier University 3700 W. 103rd St. sxu.edu , keyword: shannoncenter	POW (People on Weights) Cardio KickboxKettlebell Fitness Class	9:15am (45 min) 10:15am (45 min)
Sore No More Massage & Spa BAPA: 1987 W. 111th St. sorenomoremassage.com	Chair Massage & Reiki for Relaxation and Stress Relief	9am - 1pm (15 min sessions)
Southside Knockout Training Center 3504 W. 111th St. southsideknockout.com	K.O. Training	12pm (60 min)
Stone Age CrossFit 2700 W. 91st St. stoneagecrossfit.com	Workout of the Day (WOD)	9am (60 min)
Yoga with Donna Wilkinson Chicago Ag High School (gym) 3857 W. 111th St.	Yoga – All Levels (bring mat) (east drive, back parking lot)	9am (60 min)

Smith Village support group helps caregivers of older adults experiencing memory loss

Lois Jacob's mother passed away at age 93. Mary Jacob was extremely healthy and sharp for most of her life, but when she reached her 90s, Lois began to notice subtle changes. Her mother, a long-time Beverly resident burned up several tea kettles and bills weren't getting paid. One day Mary heard the neighbor's dog barking outside and told Lois to let Susie, the family dog, inside. Susie had died years before.

"I finally realized, there was no point in confronting my mother with the truth about these things," says Lois Jacob. "It was better to go with the flow." She told her mother she'd let the dog inside in a minute. Mary soon forgot about the dog.

That's just one kernel of wisdom Lois Jacob shared with other caregivers of older loved ones with memory problems during monthly

support group meetings conducted by Diane Morgan, memory support coordinator at Smith Village, a life plan community at 2320 W 113th Place. Other participants in the group share numerous kinds of helpful advice and receive support from insightful, educational programs organized by Morgan.

The group welcomes family members of Smith Village residents, but also people like Lois Jacob, whose mother chose to remain living in her Beverly home.

"Memory loss in whatever form is devastating for those with the disease and for their families and friends," says Morgan, adding that more than 5 million Americans live with Alzheimer's disease—the most common form of dementia. As America ages, the numbers are growing, according to the Alzheimer's Association.

"For both the caregiver and the individual, it's a journey," Morgan says. "Any help a person can get to navigate such a confusing and challenging time for everyone affected is very important. We just want to help people find the way that works for them."

Meetings vary and include presentations by doctors, films on the subject of memory loss, and open discussions and workshops for caregivers. The group meets at 6:30 p.m. on the first Tuesday of each month at Smith Village. The formal program is kept strictly to one hour, but many people stay longer to talk, share stories and offer support.

"Caregiving is very draining emotionally," says Lois Jacob. "I

liked how this support group's program switched between presentations and open discussions with other caregivers. Everything really helped me."

Participants discuss topics such as: how to go about letting family and friends know about their loved one's diagnosis and how the disease will affect them; when it's time to talk to mom or dad about handing over the car keys and numerous other changes; and balancing caregiver responsibilities with other obligations.

Some caregivers also have benefited from sharing common experiences such as when they received confirmation that something was seriously wrong. For Lois Jacob, that moment came when she took her mother to a doctor for testing. Spelling and counting backward still came easily for Mary Jacob, who enjoyed a very successful career as an art director for a decal company. "But when it came to naming our nation's current president, she said 'Roosevelt,'" Lois Jacob says.

Other workshop participants like Smith Village resident Paul Slosar, a retired school principal, have shared their philosophy for continuing to make the most of life's special moments. His wife, Maureen, finally succumbed to a form of dementia that left her wheelchair-bound and unable to speak, but that didn't keep Paul from dancing with her—wheelchair and all—at Smith Village social gatherings.

Smith Village resident Bill Frost attends these support meet-

ings to help him cope with how Alzheimer's disease has affected his wife, Lorraine, who is in the final stages of the disease. A retired Chicago police officer, he lives in an independent living apartment at Smith Village. His wife, a retired office manager, resides in the community's skilled nursing care wing. "It just feels good to attend these meetings, to know I'm not the only one, I'm not alone," says Frost. "This has helped me a lot."

The next meeting of the support group is 6:30 p.m., Tuesday, March 8, and will provide the opportunity for caregivers to share their experiences and coping tools during an open session. For Tuesday, April 5, the topic will be "Caregiver Relief," with a presentation of tips to help caregivers cope led by Daniela DiBennardi, Smith Village salon manager and yoga teacher.

For more information about the Smith Village support group for caregivers of older adults with memory loss, call Diane Morgan at 773-474-7709 or email her at dmorgan@smithseniorliving.org.

About Smith Village

Smith Village is sponsored by Smith Senior Living, a not-for-profit organization serving older adults since 1924. It provides spacious residences and engaging programs for independent living, as well as assisted living, memory support and skilled nursing care. Smith Village also offers short-term rehabilitation services for residents and others requiring assistance after surgery or a medical incident. For more information, call 773-474-7300 or visit SmithVillage.org.



Diane Morgan, memory support coordinator at Smith Village, helps caregivers of adults with memory loss by facilitating monthly support group discussions and presentations. Photo by Waldemar Reichert.

SCREENAGERS: Growing Up in the Digital Age

The Beverly Area Planning Association, Beverly Yoga Center, Morgan Park Academy and 19th Ward Youth Foundation are sponsoring the much anticipated feature documentary SCREENAGERS: Growing Up in The Digital Age will be shown on Sunday, April 17th at 3:00 pm at the Morgan Park Academy Theater 2153 W 111th St, Chicago, IL 60643. SCREENAGERS is the first feature documentary to explore the impact of screen technology on kids and to offer parents proven solutions that work.

Physician and filmmaker, Delaney Ruston decided to make SCREENAGERS when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatably how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored

parenting issues of our time.

Director Ruston turned the camera on her own family and others—revealing stories that depict messy struggles over social media, video games, academics and internet addiction. Examples of stories, include Hannah's, an 14-year old victim of social media bullying that stemmed from her trying to hide her use of social media from her mom. Issues are different for boys and girls, and the film also follows Andrew's story, a straight-A student whose love of video games spins out of control when he goes off to college and lands in an internet rehab center.

Interwoven into these stories, are cutting edge science and insights from thought leaders such as Peggy Orenstein, Sherry Turkle, Simon Sinek, as well as leading brain scientists who present evidence on real changes happening in the brain. SCREENAGERS goes far beyond exposing the risks of screen time, but reveals multiple approaches on how

parents and educators can work with kids to help them achieve a healthy amount of screen time.

SCREENAGERS is blazing a new model of distribution, known as a community viewing model, in hopes that parents and educators can start a conversation nationwide about how screen time impacts our lives. As part of the community viewing model, parents, educators, PTAs and workplace groups can book at www.screenagersmovie.com.

Screenings can be booked on an event-by-event basis, and parents are encouraged to bring their kids to the movie.

SCREENAGERS, similar to A RACE TO NOWHERE and MISSREPRESENTATION, is launching a movement to accompany the film. The goal is to use social media, websites and more to continually provide parents talking points to have ongoing productive conversations with kids.



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Thinking Spring – Planning Tips for Lawn and Garden Success

As temperatures slowly rise, the 19th Ward Environmental Committee would like to share a few tips to help you prepare your lawn, vegetable garden, and rain barrel for the warmer days to come.

Lawn Prep

Lawns need less of your time and resources if preparation for the growing season takes place beforehand. Starting from the ground up, a quick soil analysis to determine the pH of your lawn substrate is a good place to begin.

For a small fee, soil pH testing kits are available at local home and garden centers or through testing agencies such as those listed on the University of Illinois Extension or the Cook County Farm Bureau websites.

Homeowners can mail in soil samples for analysis. Labs send results of the soil pH, along with an interpretation of those results, back to homeowners. Having this knowledge before you prep your lawn for summer is helpful in determining exactly what your soil needs for a successful growing season.

In addition to soil testing, aerating, composting, over-seeding, and fertilizing are recommended steps for spring. Depending upon your soil test results, the common lawn fertilizer blend of Nitrogen, Phosphate, Potassium (N-P-K) may not be enough. Consider adding a fertilizer that also includes micronutrients and other soil essentials such as copper, iron, and sulfur. Every few years, consider adding an application of dolomitic lime to restore the soil's pH and reduce acidity, which occurs over time from frequent fertilizing and watering. To heal the ill effects of road salt damage on lawns near roadways,

add pelletized gypsum soil conditioner.

Soil Testing Resources:

University of Illinois Extension Soil Testing Labs Reference List

Listing of Midwest labs offering home soil testing for a fee. <https://extension.illinois.edu/soiltest/>

Cook County Farm Bureau Soil Testing Program

Soil testing offered to Cook County Farm Bureau members and non-members for a fee. Results arrive in two weeks. <http://www.cookcfb.org/membership/programs/soil-testing>

Vegetable Garden Prep

Planting a vegetable garden begins with pencil and paper, not shovel and dirt. While the ground is still a bit too cold for prepping the beds, February is a perfect time to begin a garden plan. Starting early allows ample time for seed procurement and seedling growth – especially if you plan to sow seeds indoors for transplant later to your outdoor garden plot, raised beds, or growing containers.

A garden plan begins with the types of vegetables your family likes to eat, followed by researching their specific planting needs, as well as your goal of harvesting food over an entire growing season.

When do you plant peas? Should you start growing them indoors or directly sow them outdoors in spring? How much space do bush beans need between each plant? How many days of growth does a radish need to reach full size? What plants grow well together? Is my garden bed close enough to my

rain barrel or another source of water? Does the location of my garden bed receive enough sun to grow tomatoes? Does it receive too much sun for leafy vegetables?

The soil, space, light, and water needs of plants vary, and a plan for planting will go a long way in filling your dinner plates throughout the growing season. Before planting any vegetables directly in the ground on your property, it is advisable to test the soil for lead, arsenic and other toxins. The Soil Testing Resource labs listed earlier in this article can help you determine the safety of your soil for growing vegetables.

Vegetable Garden Resources:

University of Illinois Extension – A Taste of Gardening

Great introduction to vegetable gardening, complete with planning tips and other helpful growing resources. <http://extension.illinois.edu/tog/planning.cfm>

Farmer's Almanac Planting Dates Calculator

Helps gardeners pinpoint best dates for sowing indoors, planting outdoors, and harvesting plants based upon nearest weather station data for garden location. <http://www.almanac.com/gardening/planting-dates/IL/Chicago>

Rain Barrel Prep

If your barrel was in use last season, but not cleaned before winter storage, consider giving it a good bath before reconnecting it to your house. If you never managed to disconnect it before the snow arrived, consider giving it a cleaning once it is warm enough outside to melt any lingering ice in the barrel so you can drain it.

Manufacturers suggest scrubbing the rain barrel out to discourage mold and fungus growth. Consider taking this first step before reconnecting it to your downspout for the season. Use a weak hypochlorite solution (3/4 cup of bleach per one gallon of water) to scrub the interior of the barrel, as well as the top debris screen, and dispose of this cleaning solution properly.

After cleaning, inspect the area where the barrel will connect to the downspout. Ensure the elevated base the barrel will rest on is level, secure, and able to hold up to 500 lbs. (the weight of a full rain barrel) and high enough off the ground to position a watering can or bucket underneath the spigot for easy access. Concrete blocks or pressure-treated wood positioned on a pervious (not paved) area are best suited to hold the weight of a full rain barrel.

A rain barrel will inevitably overflow during season. Make any needed adjustments to the location of the barrel, the ground substrate, and the type of base underneath the barrel now while you can still move it. The higher the barrel is off the ground, the better the water pressure will be.

If your base is secure, position the barrel under the downspout, reconnecting the flexible hose to the downspout and positioning it so water can pass through the debris screen without spilling over the rim during heavy rain. Connect the overflow hose to the top spout and position the other end of the hose away from your house. Make sure the debris screen from the top of the rain barrel is connected securely and free of any debris. Make sure the spigot on the rain barrel is in the closed position to ensure water collection.

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Beacon "Deep in My Art" Show – Beverly Bank, April 7, 2016
 Beacon Bash June 9, 2016
 24th Annual Holiday Supper in Beverly, December 2, 2016
 For info contact Peggy Rourke at 773-298-6441 or prouke@beacon-therapeutic.org



Barbara Vick Early Childhood & Family Center

Annual School Fundraiser

Date: Friday, March 4, 2016
Time: 7:00pm - 11:00pm
Where: 115 Bourbon Street
 3359 W. 115th Street

21 and Over

Raffles & Silent Auctions

with very special guest:
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***\$30 advance/*\$35 door**

Money raised during this event will help fund an outdoor green space that will promote healthy eating and living as well as other initiatives that directly impact the students at Barbara Vick.

Drinks & Dinner Buffet

Split the Pot & a Grand Raffle

For ticket information, contact us at bvpt14@gmail.com
 Call Michelle, Co-Fundraiser Chair at 708.557.1791
 Call Sheri, Co-President at 847.650.6367

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