

Emanuel & O'Shea Announce \$40 million for School Improvements

Mayor Rahm Emanuel and Alderman Matt O'Shea announced major school construction projects with a combined \$40 million budget at two separate events on Saturday, February 11, 2017. Mount Greenwood Elementary, located at 10841 S. Homan Ave., will receive a new 12 classroom permanent annex to alleviate long term overcrowding at that location; Esmond Elementary, located at 1865 W. Montvale Ave., will receive a permanent annex and new turf field. In addition, the existing, dilapidated modular building erected in 1971 on the Esmond campus will be demolished.

Esmond Elementary School Annex and Turf

The primary building at Esmond Elementary School was constructed in 1891. A new section was added to the school in 1937, and a large modular building was erected on the campus in 1971. That modular has housed students at Esmond for 46 years, despite an intended lifespan of 20.

During that time, the modular has nearly fallen apart. The windows and roof continuously leak, and the heating vents in some classrooms have caught fire during use. Some walls even move when pushed with any force.

The multimillion dollar investment at Esmond School will demol-

ish the unsafe modular and replace it with a much smaller permanent annex. In addition, the pothole lined asphalt lot surrounding the school will be replaced by an artificial turf field that can be utilized for student programming during the school year and during summer break. Finally, additional improvements will be made to the primary school building.

This project will reduce the overall capacity of the school, allowing it to operate more efficiently. Moreover, it will provide an atmosphere that is conducive to learning for students, 93.6% of whom are low income. By reducing the number of unused classrooms, the school will be shielded from future school closure actions.

Mount Greenwood Elementary School Annex

In the past six years, CPS has added an annex and a temporary modular building. Unfortunately, the expansion of the campus has been outpaced by years of enrollment increases. There are currently 1,107 students at Mount Green-

wood Elementary, despite an ideal capacity of 990. As a result of overcrowding, Mount Greenwood School has had to eliminate pre-school, conduct art mobile carts, offer speech pathology behind the stage in the audito-



Esmond Elementary

rium and shift the school nurse into a classroom of students. Next year, they will lose their library and computer lab.

The new 12-classroom annex will be a permanent structure connected to the main school building at the southeast corner of the campus. Architects and engineers will work with the Mount Greenwood School community to design a building that best suits their needs.

Aside from alleviating unsafe



Mt. Greenwood Elementary

overcrowding, this project will increase the overall ADA accessibility of the campus. This is especially significant as the school has a robust diverse learners program. Mount Greenwood Elementary is a Level 1+ school, the highest rank possible for a Chicago Public School.

O'Shea's Get Behind the Vest Breakfast returns 2/26

19th Ward Alderman Matthew O'Shea will host his third annual pancake breakfast benefiting the Chicago Police Memorial Foundation's "Get Behind the Vest" initiative, on Sunday, February 26, 2017 at St. John Fisher School, 10200 S.



Washtenaw Ave., from 8:00 am - 12 pm. Admission is \$5 per person or \$25 for families.

O'Shea began hosting the pancake breakfast in 2015, and together with school fundraisers throughout the Beverly, Mount Greenwood and Morgan Park community, has raised over \$53,000 for the Get Behind the Vest initiative.

In addition to the pancake breakfast, Ald. O'Shea will once again be working with local schools to organize "dress down days" and other student-based fundraisers to raise additional funds for bullet proof vests.

"Police officers around the country put their lives on the line each and every day to keep citizen's safe, and we want to ensure that our Chicago Police officers return home to their families at the end of each shift," said Alderman O'Shea. "We appreciate the dangerous work of Chicago Police officers, and want to protect those who protect us. Through the pancake breakfast and various school events, I hope to raise even more dollars than in years past to protect our officers."

Bullet proof vests need to be replaced every five years, at a cost to police officers of about five hundred dollars or more. Over the past three years, the Chicago Police Memorial Foundation has replaced thousands of outdated bullet proof vests currently in use by Chicago Police Officers. The organization now works to provide an additional five hundred vests per year to help ensure the safety of our officers.

The pancake breakfast is generously supported and co-hosted by the Original Pancake House - Beverly. All pancake batter, condiments and cooking supplies will be donated by the Harrigan Family, who have operated the Original Pancake House for more than fifty years.

The pancake breakfast will also be co-hosted by the Chicago Police Memorial Foundation, 19th Ward Youth Foundation, Good Guy's Apples and Sauce, Beverly Area Planning Association, Senator Bill Cunningham, State Representative Fran Hurley and Saint John Fisher 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.

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NOTES FROM THE



19th Ward YOUTH FOUNDATION

Dear Neighbor,

A few days ago, Mayor Rahm Emanuel & I announced a \$40 million investment in two local elementary schools. These badly needed funds will finally address the sub-standard learning environment at Esmond Elementary School and alleviate dangerous overcrowding at Mt. Greenwood Elementary Schools. Strong public schools are the backbone of our community and I am extremely grateful to Mayor Emanuel and Chicago Public Schools for this incredible investment in our neighborhood.

In the coming weeks, the 19th Ward Youth Foundation will host a number of family themed events including an outdoor skating party at Mt. Greenwood Park Ice Rink and a Shamrock Skate at the Morgan Park Sports Center. We are also hosting our third annual "Get Behind the Vest" Pancake Breakfast on Sunday, February 26th at Saint John Fisher School. This event raises funds to replace outdated bullet proof vests for the brave men and women of the Chicago Police Department. I hope

you can join us in protecting those who protect us.

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

If you have any questions or would like information included in our next issue, please contact mattoshea@the19thward.com. To receive regular community updates, 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

BEATS 2211 & 2212

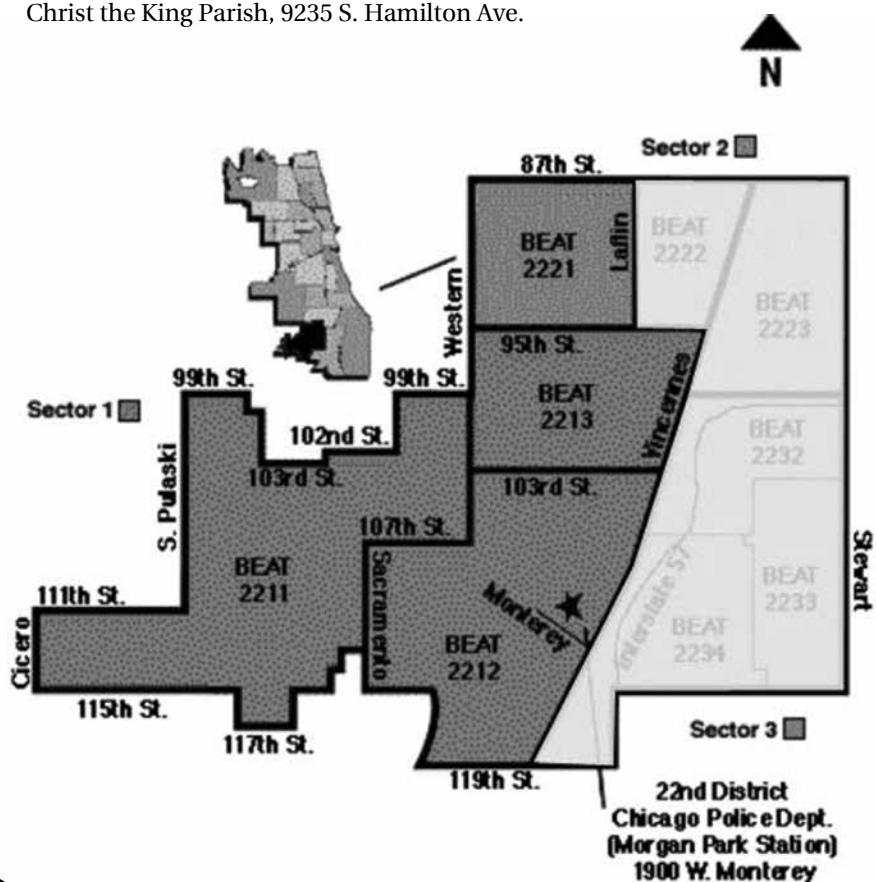
First Thursday of the month at 7:00pm
March, May, June, August, October, December
22nd District Police Station, 1900 W. Monterey Ave.

BEAT 2213

Second Thursday of the month at 7:00pm
March, April, May, June, July, August, September, October, November
Ridge Park, 9625 S. Longwood Dr.

BEAT 2221

First Tuesday of the month at 7:00pm
March, April, May, June, August, September, October, November
Christ the King Parish, 9235 S. Hamilton Ave.



Quarterly

A 19th Ward Youth Foundation Publication
Matthew J. O'Shea, Alderman

Beverly / Morgan Park Service Office

10400 S. Western Ave.
Chicago, IL 60643-2508
(773) 238-8766 (phone)
(773) 672-5133 (fax)
colleen@the19thward.com

Mount Greenwood Service Office

3215 W. 111th St.
Chicago, IL 60655
(773) 238-8776 (phone)
(773) 672-5130 (fax)

City Hall Office

121 N. LaSalle St., Room 200
Chicago, IL 60602
(312) 744-3072
www.the19thward.com

Public Safety Update

Russel Rhoads Arrested for Child Pornography

On Thursday, February 2nd, the Chicago Police Department arrested Russell L. Rhoads at his home on the 10700 block of South Homan Ave. Rhoads, a 51-year-old male, was found with images of



child pornography, and has been charged with a class x felony. Alderman O’Shea has been in contact the Cook County State’s Attorney’s Office to ensure that our community is represented throughout the trial. Working together with residents and law enforcement, they will pursue the most aggressive possible prosecution. Moving forward, the 19th Ward will keep the community updated on the court proceedings. The entire community is grateful to thank the Chicago Police Department’s Special Investigation Unit and 22nd District, as well as the Cook County State’s Attorney’s Office for their efforts in this matter. This man is clearly a threat to the safety of our children.

Dangers of Home Sharing

Dear Neighbor:

On Saturday, December 31, 2016, a well-known, for profit event promoter hosted a New Year’s Eve Party at a home on the 11200 block of South Longwood Drive. Early in the morning on January 1st, gunshots were fired near the party and three people were injured. The property in question was rented for this party through an online temporary home rental service. Immediately following this incident, we requested an inspection of the property by the Chicago Building Department’s Strategic Task Force on Drug and Gang properties. Based on the findings of that inspection, the Corporation Counsel has filed a lawsuit in the Cook County Circuit Court. Moving forward, we will be actively involved in this case to ensure that our community’s best interests are represented. In addition, we have contacted the online rental company involved and formally requested this location, and any others under the same ownership, be removed from their platform.

The strength of our community lies in the quality of its residential housing stock. Online temporary rental services can represent a new threat to our safety and property values. Online home rentals can aid tourism and boost the Chicago economy. However, we do not want entrepreneurs converting our homes into temporary hotels or party venues.

The City of Chicago’s ordinance regulating online home rentals includes a provision that allows voters in individual precincts to restrict these rentals in their area. We have compiled information about this process and shared it with local civic organizations and community groups. Anyone interested in restricting home sharing in your precinct, please contact mattoshea@the19thward.com or (773) 238-8766.

Sincerely,

Matthew J. O’Shea
Alderman, 19th Ward

Margot Holland
Executive Director, BAPA

19TH WARD “KEEPING IT REAL” Burglary Prevention Seminar

Learn how **not to become a victim** by hearing convicted criminals describe how they identify their targets. Receive valuable information on interacting with the Police and how to get the best response when calling 9-1-1.

THURSDAY, MARCH 9, 2017
6:30 P.M.
BEVERLY ARTS CENTER
2407 W. 111th St., Chicago
Questions? E-mail mattoshea@the19thward.com

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19TH WARD ALDERMAN

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Beverly Area Planning Association

Beverly Ridge Homeowner’s Association
Vanderpoel Improvement Association

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COMMUNITY & BUSINESS ASSOCIATION

Beverly Improvement Association
East Beverly Association
Southwest Morgan Park Association

Fran Hurley
STATE REPRESENTATIVE 35TH DISTRICT

CHICAGO POLICE

Mount Greenwood Resident’s Association
Crescent Park Civic Association



Please join State Representative **Fran Hurley** & Senator Bill Cunningham for a **WOMEN’S SELF-DEFENSE SEMINAR**

TUESDAY 28 **6:00 PM** **TO** **7:30 PM**
FEBRUARY

CHICAGO HIGH SCHOOL FOR AGRICULTURAL SCIENCES COMMUNITY CENTER

MDR ROOM 151 • 3857 W. 111TH ST. • CHICAGO

Learn useful self-defense tips from a trained law enforcement officer. This free seminar will be fun, interactive, and provide information on how to protect yourself from assailants.

For more information, please contact Rep. Hurley’s constituent service office at **773-445-8128** or **repfranhurley@gmail.com**.

Printed in-house.

19th Ward Blood Drive

On Monday, February 20, 2017, Alderman Matt O'Shea and Life-source will host a blood drive from 10:00am-4:00pm at the 19th Ward Office, 10402 S. Western Ave. Blood donors must be at least 18 years old (16 or 17 years old with signed parental consent form), weigh at least 110 pounds, and be in generally good physical health. To avoid a significant wait time, reservations are strongly encouraged and can be made online at www.the19thward.com or by calling (773) 238-8766.

Be sure to eat a healthy meal (low-fat and iron rich foods) at least two hours before donating blood and drink plenty of non-caffeinated beverages in the days

GIVE BLOOD

leading up to your donation. Do not smoke for at least one hour before donating and do not chew gum, mints or candy immediately before or during your appointment. Also, avoid exercise or strenuous activity before and immediately after donating.

On the day of your donation, please make sure to bring a driver's license, passport, state ID, or birth certificate with accompanying photo ID. A student or employee ID with full name and photo are also accepted. You will also need a list of medications you are taking and list of places visited outside the United States in the past three years. Sign up today at www.the19thward.com.

Sign Up for Automatic Water Bill Payments Today

The City of Chicago has launched a new web portal for water, sewer and garbage bills. Here are some of the convenient online features:

- View, print or download your bills
- Go green and enroll in paperless billing
- View payment history and usage
- Make a quick payment
- Sign up for AutoPay



The AutoPay feature allows you to pay your bills with automatic debits from your bank account. With AutoPay, you will not have to remember to pay your bill. There are no service fees and you will receive a reminder email prior to the automatic debit.

Check it out at www.cityofchicago.org/finance and click on Pay Utility Bill.

Senior Property Tax Exemptions

The Cook County Assessor has mailed out applications for Senior Citizens to apply for property tax exemptions. The current deadline to return these forms is March 1, 2017. Only residents who have previously qualified for these cost saving programs will receive these applications in the mail. Property owners who are eligible for the Senior Exemption and or the Senior Freeze are required to fill out these forms in order for the proper exemptions to appear

on their second installment property tax bill. Anyone who was born in 1951 or earlier qualifies for the Senior Exemption. Additionally, if your total household income is under 55,000 you may qualify for the Senior Freeze exemption. These forms, as well as descriptions and eligibility guidelines, can also be obtained at www.cook-countyassessor.com or at both 19th Ward offices. You can also reach the Assessor's Office by phone at (312) 443-7550.



Calling All Veterans!

On Saturday, July 15, 2017, there will be a Veteran's Softball Tournament and Family Fest at Beverly Park sponsored by the Chicago Park District, Chicago Department of Veteran's Affairs, Road Home Project @ Rush University, Warrior Summit Coalition and Alderman Matt O'Shea. We are currently looking for any veterans who might be interested



in volunteering to promote this event or recruit players and teams. On Thursday, March 2nd, there will be a brief meeting at Cork & Kerry at 7:00pm to discuss the event. All area veterans are invited to attend; lite food and drink will be provided. If you are interested in helping out, but cannot attend this meeting, please e-mail Modwene_Lavin@rush.edu.

19th WARD MT. GREENWOOD TOWN HALL MEETING

WEDNESDAY,
MARCH 22, 2017

7:00 P.M.

GRAVER PARK
1518 W. 102ND PL.

Please join us for a discussion of community events. Representatives from various government agencies will also be present to address any concerns or questions you may have.

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ASSOCIATION

EAST BEVERLY
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19TH WARD DOCUMENT SHREDDING

Please note, this event is for document shredding only.
We will not have electronics recycling available.

SATURDAY, FEB. 18, 2017

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

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PARKING LOT
10234 S. WASHTENAW

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.

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Saint John Fisher
Catholic Parish

Local Business News

Business Breakfast – 2/23

On Thursday, February 23, 2017, Alderman Matt O’Shea will host a breakfast for 19th Ward business owners at Beverly Woods Restaurant, 11532 S. Western Ave., at 8:30am. 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 event to discuss different ideas for 2017 and answer



any questions you may have; information will be available about the City of Chicago’s new plastic bag tax. 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.

Businesses Buying Reusable Bags in Bulk

In response to the City of Chicago’s new bag tax, the Beverly Area Planning Association, the 95th Street Business Association, the Morgan Park Beverly Hills Business Association, and the Mt. Greenwood Community and Business Association have teamed up to offer our local small business owners an opportunity to purchase reusable bags. The goal is to offer business owners an option for purchasing bags at a better price than they might find on their own. The bags will feature BAPA’s “Love Where You Live” slogan. We will unveil the bags at our upcoming business

breakfast for small business owners held in partnership with Alderman Matt O’Shea on February 23, 2017. Business owners will have an opportunity to hear more about the bags that morning and each business owner will receive a complimentary bag. We will have order forms available should you wish to place an order for your business. BAPA will facilitate the orders. If you would like more information in the meantime, please contact Erin Ross at erin@95thstreetba.org or Margot Holland at mholland@bapa.org.

REUSABLE BAG ORDER FORM



In response to the City of Chicago’s new bag tax, BAPA and the local business associations are selling reusable bags as an alternative to plastic bags. If you would like to place an order please fill out and return the form.

Name _____
E-mail Address _____
Phone Number _____

The cost of the bags are \$2.11 each.
Please indicate how many you would like to purchase:
☐ 100 ☐ 250 ☐ 500 ☐ Other amount (100 bag minimum): _____



Wendy’s Remodeling Project

Wendy’s at 9843 S. Western Ave. has recently announced exterior remodeling plans. This welcome aesthetic improvement will update the face of the building and improve the appearance of the Western Avenue business strip. Construction should begin in early summer and last three to four weeks. Thanks to the owners of Wendy’s for reinvesting in our community!



Barraco’s Café Open for Carry Out, Delivery

Earlier this month, the Barraco family finished work on the first phase of the redevelopment of the former Beverly Branch Library. The smaller building on the east side of the property (2105 W. 95th St.) has been fully remodeled into a pizza café with a full service kitchen. Currently, the café is open for carry out and delivery orders. The entire community looks forward to the café’s formal opening as a full service restaurant this spring. A second phase, which includes the renovation of the for-

mer library at 2121 W. 95th St. into a private event space to be called “The Vineyard.” The restaurant will also enter into a ten-year lease of the underutilized City owned parking lot at 95th & Pleasant Ave.; the agreement includes an option to purchase the lot at the end of the term. This redevelopment represents a \$1.3 million investment in the 95th Street commercial strip and will generate approximately thirty temporary and ninety permanent jobs as well as significant tax revenue for our community.



The 17th Annual Chicago Polar Plunge Returns to North Avenue Beach, March 5

The coolest event in the city, the 17th annual Chicago Polar Plunge, returns to North Avenue Beach, Sunday, March 5, with more than 5,000 plungers expected to dive into the icy waters of Lake Michigan for the 6800 athletes of the Special Olympics Chicago program. The Chicago Polar Plunge has become a nationally recognized and "must-attend" event, attracting the participation through the years of city of Chicago

Mayor Rahm Emanuel, "The Tonight Show" host **Jimmy Fallon**, actor **Vince Vaughn**, musician and artist **Lady Gaga**, the casts of *Chicago Fire*, *Chicago PD*, and *Chicago Med*, *The TODAY Show* personalities **Al Roker**, **Tamron Hall** and **Dylan Dreyer**.

And this year will be no exception, with celebrity plungers expected to be announced in the coming weeks. Now is the time to register for the Chicago Polar Plunge, by visiting www.sochicago.org.

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 \$200. Participants are welcome to fundraise and plunge with a team or individually. 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 Chicago Polar Plunge is the largest fundraiser of the year for Special Olympics

Chicago, which provides activities, events, and training to athletes throughout the year. Funds raised helps to support our athletes by providing sports equipment, transportation to events and competitions, medals, uniforms, and much more.

Sponsorship for this year's Chicago Polar Plunge is at an all-time high with companies such as ComEd, United, Mariano's, Peoples Gas, Uber, Home Depot, Hills Bros., Chicago Athletic Clubs, Subway, Inspired Catering & Events, NBC5 Chicago, Telemundo Chicago, 670 The Score and 93-XRT, signing on to support the event.

The Special Olympics Chicago program is the largest in the State of Illinois, with over 6800 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.

Special Olympics began in the city of Chicago in 1968 at Soldier Field, with 1000 athletes participating. Today, the programs is a global organization with over 4.3 million athletes worldwide in over 170 countries.

For more information on the Chicago Polar Plunge benefiting Special Olympics Chicago, please call 312.527.3743; 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 170 countries, worldwide.

Special Olympics provides year-round sports training and competition in a variety of Olympic type sports for children (ages 8 and older) and adults with mental disabilities or closely related developmental disabilities. The program gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community. In Chicago alone, more than 6,800 athletes are involved in the program.

Since 1969, Special Children's Charities has been the fundraising co-sponsor of Special Olympics Chicago, in partnership with the Chicago Park District. Special Children's Charities mission statement is to promote, foster and encourage physical and mental health and improvement through athletics, recreational and social activities among youth and adults with disabilities.

Athletes Helping Athletes

This year, Alderman Matt O'Shea has challenged sports teams from several south side high schools to participate in the 17th Annual Polar Plunge benefiting Special Olympics Chicago with him. Team sports foster a sense of camaraderie and respect among young people; the Chicago Polar Plunge is a great opportunity to connect local special needs athletes with high school student athletes in a spirit of friendship for their mutual benefit. Through the 19th Ward's "Athletes Helping Athletes" Challenge, teams from several area high schools will brave the cold waters of Lake Michigan in support of Special Olympics on Sunday, March 5th.

Polar Plunge participants are asked to generate a minimum of \$200 in pledges to benefit Special Olympics programming. However, students participating through this challenge are offered a discounted \$100 rate to make the event more affordable for young people. In addition, any school with a minimum of 20 plungers will receive free transportation to and from the event. O'Shea will also host a celebratory pizza party for all students participating.

Any students or schools interested in this challenge should email mattoshea@the19thward.com.



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Parks & Recreation

Campaign for New Chairs at Kennedy Park Pool

The Kennedy Park Advisory Council (KPAC) is raising funds for new pool chairs to accommodate the many families, adults, and seniors who spend their summer days at Kennedy Park Pool.

Last fall, local residents formed an official park advisory council to advocate for a variety of improvements at Kennedy Park. Among their top priorities, is making Kennedy Park Pool a more friendly and comfortable community gathering place during the summer months.

Over the years with the additional usage and popularity of the pool, the dozen or so chairs that were provided by the Chicago Park District (CPD) have aged and begun to deteriorate. With recent budget constraints at CPD, KPAC felt that organizing a fundraising effort for new chairs was an important first step.

“People are spending more time at Kennedy Park Pool with friends and neighbors, due to the revamped pool schedule and extended pool season. Our intention is to support Kennedy Park Pool as a neighborhood resource and create an environment where patrons are comfortable when they enjoy their summer days at the pool,” says Carly Carney, KPAC President.

A Go Fund Me account has been set up to receive donations for this campaign. For more information on the Go Fund Me Campaign visit the Kennedy Park Pool Facebook page. KPAC is asking neighborhood residents and businesses

to consider donating an amount that is equivalent to the price of a chair of their choice.

The 95th Street Business Association has partnered with the KPAC and agreed to accept any monetary donations from businesses or families who wish to receive a tax credit for their donation.

The campaign will begin in February and run through March 15th, since the lead time for the chairs is approximately 5 weeks. KPAC has set a goal of raising enough funds to acquire 40 new chairs (20 lounge chairs and 20 beach chairs).

If additional funds are raised through this effort an awning to shade a part of the deck near the shallow end of the pool where young families spend their time will be purchased. The afternoon sun hits this area and it is often uncomfortable for young children taking a rest from swimming. The awning will also provide protection to the belongings of lap swimmers who commonly continue their lap swim even when it is raining. Currently there is no overhead protection anywhere on the deck.

The next KPAC meeting is scheduled for April 26 at 7:00 p.m. at the Kennedy Park Field House located at 11320 S. Western Ave. For more information about the Kennedy Park Advisory Council, please contact President Carly Carney at carlycarney@mac.com. To make a donation visit www.gofundme.com/kennedyparkpoolchairs.



Check Out the Morgan Park Sports Center Today!

Morgan Park Sports Center is heating up this winter with all kinds of activities! Enjoy all kinds of ice sports on the NHL-size ice rink. All ages Open Skates take place every Saturday from 4:30pm – 5:50pm and Sunday from 3:30pm – 4:50pm and ice skates are available to rent. Adult Skate, Rat Hockey, and Stick n’ Puck ice sessions are available throughout the week as well. Check the website at www.MorganParkSportsCenter.com or see an attendant at the front desk for time and availability throughout the week.

MPSC’s state-of-the-art gymnastics center offers a wide range of programming from parent/tot tumbling classes to youth programming for all competitive skill levels. The gymnastics center also offers Open Gym (Ages 7 and Up) every Saturday from 2:45pm – 3:45pm and every Sunday from

1:15pm – 2:15pm. In addition, parents have the opportunity to bond with their babies and toddlers during the Parent/Tot Open Gym every Sunday from 10:45am – 11:45am and during the Baby Gym (9 – 18 months) every Tuesday, Wednesday, and Thursday mornings from 9:15am – 10:00am.

Upstairs is a fantastic yoga and fitness studio. Sign up for classes with one of the facility’s skilled instructors. Various types of classes are available for all ages and skill levels, such as Zumba, Yoga Sculpt, Relax & Restore, and Fit Beginnings. Instructors will work with you to modify poses or stretches to accommodate your specific needs or movement restrictions.

Visit us at morganparksportscenter.com to learn more about the facility or stop in and see for yourself.



9th Annual
19th Ward
YOUTH FOUNDATION

Sunday, February 19, 2017

Mount Greenwood Park Ice Rink
3721 W. 111th Street
2:00 p.m. – 5:00 p.m.

\$1 suggested donation
lite refreshments and
music provided

**Family
Ice Skating
Party**

SPONSORED BY:



ALDERMAN
MATT O'SHEA

STATE SENATOR
BILL CUNNINGHAM



STATE REPRESENTATIVE
FRAN HURLEY



MT. GREENWOOD PARK
ADVISORY COUNCIL

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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Tim Winters
Financial Representative

(708) 480-5094

tim.winters@countryfinancial.com

Parent Mentor Program Expands to Esmond Elementary School

Due to the success of the Parent Mentor Program at Barnard Elementary School, we were able to secure funding to add Esmond Elementary to the list of over 60 schools statewide who are enlisting parents as mentors in their local schools. Young children enjoy seeing their parents at school. They love introducing them to their schoolmates, and they are proud to show them the good work they do. As Beverly Area Planning Association (BAPA) Executive Director Margot Holland said, "They sit up a little straighter when mom shows up."

But families are busier than ever. So when parents can carve out time to support their school, great things inevitably happen. In order to bolster family and school partnerships, Esmond Elementary School Principal Dr. Angela Tucker and resource Coordinator Laurie Smith have welcomed the Parent Mentor Program, with an assist from the 19th Ward, BAPA and the Southwest Organizing Project (SWOP).

Volunteers -- called parent mentors -- are trained in academic instruction, professional development, community engagement and

leadership skills. When the opportunity to bring the Parent Mentor Program to the 19th Ward arose, Ald. Matt O'Shea thought of BAPA to assist recruit parents. With backing from Senator Bill Cunningham and State Rep. Fran Hurley, BAPA applied to SWOP, we were able to continue the program at Barnard and expand it to Esmond.

From January through May parent mentors will help teachers in the preschool and primary grades during the school day. They will work with individual students or small groups offering a second pair of hands in the classroom, the volunteers free up the teacher to support other students. Parent volunteers will receive a small stipend after 100 hours in the classroom.

The nationally recognized model 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. By 2017, the program was working in 47 neighborhood Chicago Public Schools and 23 Illinois schools, and now it happily has come to East Beverly and the Old Morgan Park neighborhoods.

Senior Prom Returns – Volunteers Needed



On Sunday, May 21, 2017, Alderman Matt O'Shea will host the Senior Citizen Prom at Marist High School. This high school style dance will feature a delicious family style meal, live music and dancing for 19th Ward senior citizens. Over the years this event has been

a highlight for many local seniors. Volunteers are needed to help with marketing, entertainment, sponsorship, and the day of the event. If you are interested in being on the prom committee, please email mattoshea@the19thward.com.

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 2017 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 22, 2017. 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. 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.



Shamrock T-Shirts/\$15 | Shopping Bags/2 for \$5

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Order online by Feb. 28 at www.bapa.org

BAPA
Beverly Area
Planning Association

St. Cajetan School, Smith Village form sweetheart team to help veterans on Valentine's Day

Lily Dorsch, 13, president of the St. Cajetan School student council, was inspired by encouragement from her teachers and Alderman Matt O'Shea to lead fellow students and Smith Village residents in a Valentine's Day project to help veterans who had served after 9-11. Together, Dorsch, and 25 seventh and eighth graders, as well as a handful of students representing St. Cajetan's other grades, worked with Smith Village residents to create Valentine cards and assemble gift packages containing candy and personal care items for some 30 veterans. The craft project took place on Monday, February 13, in Smith Village's Community Hall, a favorite meeting place at the life plan community located at 2320 W. 113th Place.

"Creating Valentine cards and gifts for veterans lets them know we're thinking about them, and that we greatly appreciate their services," said Dorsch, who lives in Beverly. "We hope our cards will put smiles on their faces. I think it is very important to recognize everything veterans do for us. They have sacrificed so much for our country, including their own lives. Their continued sacrifices make our lives better in every way."

The veterans—20 men and 10

women—received their cards and gifts on Valentine's Day. All participate in the Road Home program at Rush University Medical Center which treats veterans for post-traumatic stress disorder, traumatic brain injury and military sexual trauma.

Shortly after making the special Valentines, the students and Smith Village residents presented them to Modie Lavin, an outreach coordinator for The Center for Veterans and Their Families at Rush. She had responded to Alderman O'Shea's offer to brighten the day of these heroes.

Lavin, a Beverly resident, is the mother of Marine Corps Corporal Conner T. Lowry, who at age 24, was killed on patrol in Helmand Province, Afghanistan, in March of 2012.

For his ultimate sacrifice, Lowry received a bronze battle cross and other military honors. A street in Beverly bears his name. Thanks to donations from family, friends and neighbors, Beverly Park, his

favorite Chicago park, contains a memorial bearing a bronze replica of his helmet, boots, dog tags and rifle.

As a Gold Star mother, Lavin appreciates the challenges veterans and family members must face. By helping returning veterans and their families adjust to civilian life, she is honoring her son's sacrifice.

The Road Home addresses the consequences of war for veterans as well as their families. The program also recognizes that while returning home should be a joyful experience, the process is often challenging due to emotionally damaging experiences.

But veterans weren't the only ones to benefit from the Valentine project. "Smith Village residents were thrilled with the idea of participating," said Meghan Leonard, life enrichment director for Smith Village. "They always enjoy spending time with young visitors, and this project was even better because together they helped veterans. It was fun too because our residents like

to share their creative flair. Projects like this connect us to our neighbors and to others we may never meet."

"This project relates to a mission of our student council, to improve St. Cajetan School and our community," said Meghan Coleman, a third-grade teacher at St. Cajetan and faculty guide for the school council. "Projects like these teach our students that it's important to help others in the greater community—in this case, veterans. And it's even better when we work with others like Smith Village residents. Our students learn that helping others can make them feel better about themselves, too."

About Smith Village

Smith Village is sponsored by Smith Senior Living, a not-for-profit organization serving older adults since 1924. The life plan community 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.



The Chicago High School for Agricultural Sciences welcomed 10 healthy piglets this month!



Chicago High School for Agricultural Sciences

3857 W. 111th Street • (773) 535-2500

www.chicagoagr.org

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

Shamrock Skate

Saturday, March 11, 2017
4:30 P.M. - 5:50 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



Smith Village Residents Pictured

☒

Trade your
"TO-DO" LIST for your
"LOVE-TO-DO" LIST

If your "downtime" has been filled with household chores, home maintenance and seemingly endless errands, it's time to trade up and start truly exploring the life you love.

At Smith Village, where maintenance-free living opens up endless possibilities, your days and evenings will be brimming with enriching and enjoyable activities — everything from Wii bowling to foreign language classes to informal marshmallow roasts with friends around the fire.

So trade your to-do list for a love-to-do list. Come meet our friendly staff and see how active and interesting retirement living can be.

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VILLAGE
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2320 West 113th Place • Chicago, IL 60643 • SmithVillage.org



Sports & Ortho Physical Therapy

Beverly's proud neighborhood clinic for 12 years strong

For 12 years now Sports and Ortho has provided residents of Beverly with a special brand of Physical Therapy; one that is provided by a Mom and Pop small business whose main focus has always been on patients first, business second. As a small business, owned by Dahlia Fahmy, a physical therapist with a dream of owning her own physical therapy practice, Sports and Ortho first started at 103rd and Western with one therapist..... the owner. Since that time, purely by word-of-mouth, supportive physicians, and community loyalty, the Beverly location has grown to 4 therapists and a new home in the old Blockbuster store at 109th and Western.

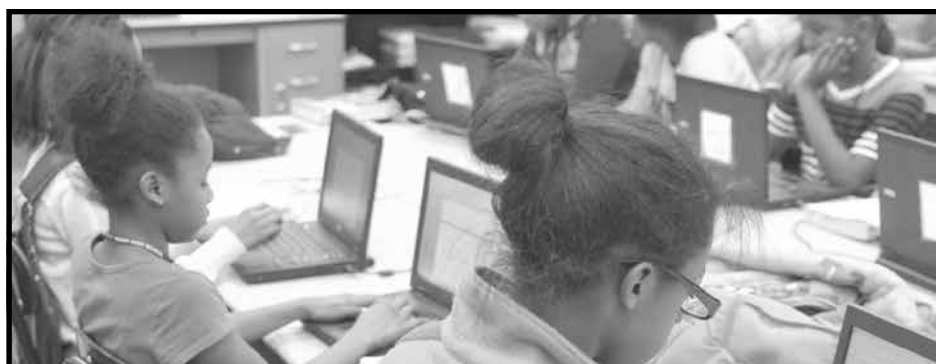
Now you may have noticed that there is practically a physical therapy clinic on every corner of Beverly, with more and more opening every day so what makes this clinic different? The answer to that is A LOT. Sports and Ortho has always maintained its family values of doing what is right for the patient. From increasing the amount of one-on-one time with each patient as others decrease, by investing in their therapists to obtain the highest level of skill while others may not, and by only recruiting those who value what therapy is all about, (the patient), Sports and Ortho has sustained itself against much bigger and richer companies. Throughout the 11 years Sports and Ortho has valued the community by

always giving back. From providing scholarships at schools, to giving to as many local charities and causes, to being a sponsor of the new ice arena, Sports and Ortho has never said no to any cause in need. That is who they are and what they value most.

Offering treatment for orthopedic injuries, sports rehabilitation, and a specialized return to work program for Firefighters and Police Officers, Sports and Ortho has become a symbol of excellence in Beverly. You may have noticed that they even own their own fire engine! Their therapists possess training that only a few therapists around the world have the distinction of having. From fellowship training to certifications, their therapists never stop learning. They offer a special brand of manual therapy and functional training techniques that help patients get back to the highest level of function quickly.

They offer free screenings to anyone who is unsure whether therapy can help them and they have 5 locations across Chicago. Therapy should be a personal choice, one that benefits who needs it most... the patient. Sports and Ortho encourages everyone to take the time and pick a provider that will provide what is important to them and their needs, whomever that provider should be.

Sports and Ortho is located at 10909-11 Western Avenue. Call them at 773.779.7970 or visit them at www.sportsandortho.net.



Offers 7th and 8th Grade **Gifted Academic Center Program** for current 6th grade students.

Offers accelerated **International Baccalaureate Diploma Program** for Chicago residents. This is an academically challenging and balanced program of education that prepares students for success at university and life beyond.

Offers accelerated **International Baccalaureate Middle Years Program** for Chicago residents. The program provides an academic challenge that encourages students to understand the connections between traditional subjects and the real world and become critical and reflective thinkers.

Dr. Carolyn D. Epps, principal
1744 WEST PRYOR AVENUE
773.535.2550



All are welcome



Photo of Fr. Jack Farry

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from 11 a.m. until 2 p.m.
on **February 19, 2017** and
March 19, 2017



Mercy Circle requires no entrance fee, has earned a five-star CMS rating, and promotes a spirit of inclusion and hospitality.

We provide lifestyle programs for independent living residents, as well as healthcare services for assisted living, memory care and skilled nursing residents.

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Legislative Update

Burke's Law Helping Disabled Residents Save for Future Care Officially Launched

A new law sponsored by state Rep. Kelly Burke, D-Evergreen Park, designed to make it easier for people with disabilities to save money for future expenses was officially kicked off this week.

"The new ABLE savings program will allow individuals to save for their future without risking their disability benefits," Burke said. "These funds will truly help our most vulnerable residents thrive and live their lives to the fullest."

Burke sponsored a new law enabling Illinois to lead a partnership with 14 other states to help disabled and blind residents save for their future expenses using Achieving a Better Life Experience



(ABLE) savings accounts. These savings accounts operate similarly to 529 college savings plans, with the earnings on the funds being exempt from taxation. These accounts also don't jeopardize the ability of beneficiaries to participate in federal aid programs. Previously, individuals on these aid programs were only allowed to save up to \$14,000. Thanks to the ABLE program, they can now save up to \$100,000 for use on qualified disability expenses.

Those interested in learning more about the ABLE program or who are interested in setting up an account, can visit <http://www.illinoistreasurer.gov/Individuals/ABLE>.

Hurley's Law helps victims of sexual assault and domestic violence

A new education and awareness training course on domestic violence and sexual assault for salon professionals was implemented this year thanks to legislation sponsored by Representative Fran Hurley, with Senator Bill Cunningham signed on as the Senate sponsor. House Bill 4264, now Public Act 99-0766, became effective January 1, 2017, and amends the Barber, Cosmetology, Esthetics, Hair Braiding and Nail Technology Act of 1985. The law requires salon professionals to complete a one-hour training course to renew their two-year license and would only need to be completed once in order to meet the continuing education requirement.

Illinois is the first state in the nation to support continuing education for salon professionals which includes training on domestic violence and sexual assault. The one-hour course will equip professionals with the skills necessary to handle situations they may face when servicing clients who may have been victimized. There are currently over 80,000 licensed cosmetologists in the state of Illinois.

Often, salon professionals build relationships with their clients over time, and in turn, they become the first to notice signs of domestic violence and sexual assault through their conversations and observations. "There's an openness, a

freeness, a relationship that last years or decades between the client and the cosmetologist," Hurley said. "They're in a position to see if something may not be right."

Representative Hurley sponsored the legislation after she and Alderman Matthew O'Shea met with salon professionals, and Chicago Says No More, a coalition of agencies servicing those affected by domestic violence and sexual assault. Reports of domestic violence and sexual assault had been increasing within the industry, and a method to address these critical issues in the workplace was needed. While the new law does not require the reporting of instances to authorities, with increased awareness and education, licensed professionals will have the capacity to help victims who are in potentially dangerous situations.

Cosmetology professionals will have an opportunity to complete the first course offering at the upcoming America's Beauty Show in March to be held at McCormick Place. The approved curriculum called Listen. Support. Connect. will be provided at no charge. Once the Department of Financial and Professional Regulation promulgates the necessary rules and regulations concerning this requirement for licensure, additional training and awareness courses will become available.



Upcoming events sponsored by: Senator Bill Cunningham & Representative Fran Hurley

Saturday, February 18, 2017
Coffee & Conversation
Dunkin' Donuts
3206 W. 111th St.
Chicago, IL 60655
9:00 a.m.-10:00 a.m.

Tuesday, February 28, 2017
Women's Self Defense Seminar
Chicago High School for Agricultural Sciences
3857 W. 111th St.
Chicago, IL 60655
6:00 p.m. - 7:30 p.m.

Monday, March 13, 2017
Extended Office Hours
District Office
10400 S. Western Ave.
Chicago, IL 60643
5:00 p.m.-7:00 p.m.

Saturday, March 18, 2017
Coffee & Conversation
Starbuck's
15858 South LaGrange Rd.
Orland Park, IL 60462
9:00 a.m.-10:00 a.m.

Monday, April 10, 2017
Extended Office Hours
3215 W. 111th St.
Mt. Greenwood
Chicago, IL 60655
5:00 p.m.-7:00 p.m.

Saturday, April 22, 2017
Coffee & Conversation
Dunkin' Donuts
6707 W. 111th St.
Worth, IL 60482
9:00 a.m.-10:00 a.m.

Sen. Cunningham Legislative Survey 2017

The Illinois State Senate has been acting in a bipartisan manner to find a way to end the nearly two-year-long budget impasse in Springfield. There are a multitude of proposals being discussed in an effort to reach a compromise. Before casting any votes, I'd like to get your opinion on some of the issues being debated. Please participate in the below survey or complete it online at www.senatorbillcunningham.com.



Which of the following state programs or services do you consider to be priorities for Illinois? (Select Five)

- | | |
|--|---|
| <input type="checkbox"/> K-12 Education | <input type="checkbox"/> Mental Health Services |
| <input type="checkbox"/> Women's Health Screenings | <input type="checkbox"/> Fully fund pensions |
| <input type="checkbox"/> Veterans | <input type="checkbox"/> Senior Services |
| <input type="checkbox"/> Higher Education/MAP Grants | <input type="checkbox"/> Paying down the state's backlog of bills |
| <input type="checkbox"/> Public Safety | <input type="checkbox"/> Programs for children and at-risk youth |
| <input type="checkbox"/> Health Care | |
| <input type="checkbox"/> Rape Crisis Centers | |

Do you support or oppose the Senate's bipartisan budget proposal to end the budget impasse?

☐ Support ☐ Oppose

Do you support a two-year freeze on local property tax increases?

☐ Yes ☐ No

Should compensation benefits for injured workers be reduced in order to improve Illinois' business climate?

☐ Yes ☐ No

Do you support increasing the minimum wage?

☐ Yes ☐ No

Would you support a budget agreement that increases taxes as long as it is accompanied with budget cuts?

☐ Yes ☐ No

Name: _____

Email: _____

Address: _____

Please cut out and mail to: **Senator Bill Cunningham**
10400 S. Western Ave., Chicago, IL 60643-2508

Sixth Annual Work Out to Wipe Out Domestic Violence® Benefit Day

The GFWC IL Morgan Park Junior Woman’s Club announces the Sixth Annual *Work Out to Wipe Out Domestic Violence*® (**WOWO**) **Benefit Day** to be held on Saturday, March 18, 2017. The event’s objectives are to raise awareness about the serious issue of domestic violence, and to raise funds for the 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. On March 18, each Partner will provide one or more fitness activities. 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. The Juniors also secure event sponsors for the Benefit Day. This year’s sponsors are Marquette Bank, 9858 S. Western Avenue, Evergreen Park, and Waddell and Reed, 9730 S. Western Avenue, Evergreen Park. The generosity of these partners and sponsors make it possible for all proceeds to be donated to AND.

According to Jessica McCarihan, AND Board President, these funds are critical to the agency. **“Work Out to Wipe Out Domestic Violence**® is our second largest fundraiser of the year. Monies from this event help us maintain and increase our current level of service. In the last year, we saw a growing need for adult and children’s counseling services. We’ve been able to step up our services in this area thanks to events like this.” McCarihan added that AND’s service is provided at no charge to its clients and that the agency relies heavily on donations and grants from community members, businesses, and organizations like the Morgan Park Juniors.

Linda Horras, an attorney at Hinshaw & Culbertson LLP and a member of the Morgan Park Juniors, looks forward to participating in her third **Benefit Day**. Along with raising funds and awareness for domestic violence prevention, she appreciates how the event showcases so many different wellness facilities in the neighborhood. “It’s an easy way to try something new and get a guided lesson from staff. Last year I went to two facilities that I probably would have never tried. I had a great experience at both places and gained confidence in myself. “

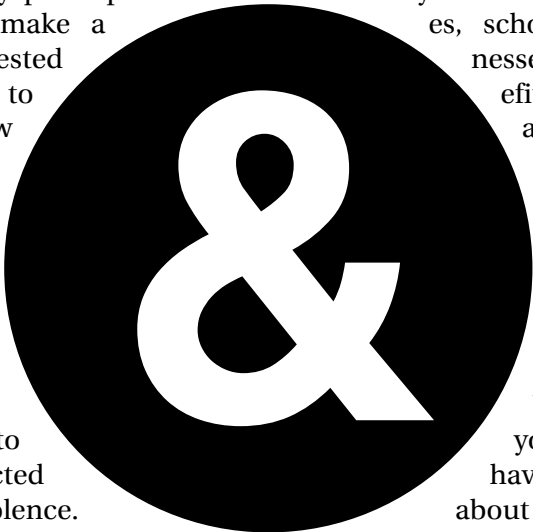
Horras recalled walking into

Southside KnockOut and realizing she was the oldest person in the room. “I thought I was going to die during the first part of the class because it was really intense, but the instructor stayed with me and by the end of the class, I had done what everyone else had done. I felt so proud and happy.” Horras also took her first meditation class and it led her to explore more formal meditation training.

Participating in **Work Out to Wipe Out Domestic Violence**® has never been easier. Simply visit www.anewdirectionbmp.org/wowo to register online 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 18, 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 can be picked up prior to the event on Wednesday, March 15, 2017 at Belle Up Boutique, 1915 W. 103rd Street, Chicago. Supplies are limited so don’t delay! 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 initiated various service projects contributing to the quality of life in Beverly/ Morgan Park. In addition to **Work Out to Wipe Out Domestic Violence**®, the Juniors have created service projects to support the Maple Morgan Park Food Pantry, Beacon Therapeutic School, and local CPS elementary schools. They also provide volunteers for the Beverly Area Planning Association, the Beverly Arts Center and Ridge Historical Society. 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>.



Business	Activity	Time
A Relaxed You, Inc. 11121 S. Kedzie Ave. (Chicago) arelaxedyou.com	Yoga for Relaxation	12:30pm
Academy of Self Defense 3753 W. 95th St. (Evergreen Park) team-asd.com	Women’s Self Defense	1:30pm
Bethany Union Church of Chicago 1750 W. 103rd St. (Chicago)	Self Defense Zumba	9am 10:30am
Beverly Barre 9909 S. Walden Pkwy (Chicago) beverlybarrechicago.com	Cardio Barre	9am
Beverly Ride On 2940 W. 95th St. (Evergreen Park) beverlyrideon.com	Spin Fusion Pat Mac’s Pedaling Pack	10am 1pm
Beverly Yoga Center 1917 W 103rd St. 2nd Fl. (Chicago) Beverlyyogacenter.com	Gentle Yoga	3pm
Core Fitness and Physical Therapy 2940 W. 95th St. (Evergreen Park) corefitnesspt.com	Pilates Fusion	9am
CrossFit Beverly 2745 W. 111th St. (Chicago) crossfitbeverly.com	Boot Camp Crossfit WOD (Workout Of the Day)	8:15am-9:15am 9:30am-11am
Emily Yoga (at Beverly Barre) 9909 S. Walden Pkwy (Chicago) emily-yoga.com	Vinyasa Yoga (bring mat) Gentle Yoga (bring mat)	4pm 5:30pm
Evergreen Racquet & Fitness Club 2700 W. 91st St. (Evergreen Park) evergreenhealthclub.com	Tennis Drills Tennis Drills	10am 1pm
Fit Code 10418 S. Western Ave. (Chicago) fitcoderesults.com	Workout for a Cause: Work Out to Wipe Out Domestic Violence	9am
PURE Barre Orland Park 14932 S. LaGrange Rd. (Orland Park) purebarre.com/il-orlandpark	PURE Barre class Platform PURE Barre class	8am 9:30am 11am
Run to the Pub at Gilhooley’s 3901 W. 103rd St. (Chicago) kellydevinenutrition.com	Run to the Pub Workout to Wipeout Domestic Violence	10:30am
Shannon Center, St. Xavier University 3700 W. 103rd St. (Chicago) sxu.edu , keyword: shannoncenter	POW (People on Weights) Cardio Kickbox	9:15am 10:15am
Sore No More Massage & Spa BAPA: 1987 W. 111th St. (Chicago) sorenomoremassage.com	Chair Massage & Reiki for Relaxation and Stress Relief	9am – 1pm
Southside Knockout Training Center 3504 W. 111th St. (Chicago) southsideknockout.com	K.O. Training	12pm
St. Barnabas Parish (school gym) 10121 S. Longwood Dr. (Chicago)	Barre (without the barre)	9am
St. Christina Domestic Violence Outreach (school hall) 3333 W. 110th St. (Chicago)	Gentle Yoga (bring mat; chairs provided)	2:30pm
St. John Fisher Parish 10234 S. Washtenaw Ave. (Chicago)	3-mile Family Run/Walk	9am
Yoga with Donna Wilkinson Chicago Ag High School (gym) 3857 W. 111th St. (Chicago) (east drive, back parking lot)	Yoga – All Levels (bring mat)	8:30am



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FEBRUARY 28 | 4:30-7:30 PM

If you want to rise above the rest in today's competitive workforce, Saint Xavier University's nationally ranked graduate degree programs can prepare you for in-demand careers in business, computer technology, education and nursing. Stop by and talk to admission counselors and faculty and learn about your financial aid options. Open forum sessions with SXU faculty, students and alumni sharing their experiences and advice in various programs will also be available:

5:30 PM

- School of Education's Counseling Program
- School of Nursing's Master of Science in Nursing, Family Nurse Practitioner Program

6:15 PM

- Financial Aid and Scholarship Opportunities

6:45 PM

- Graham School of Management's MBA/M.S. Programs



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www.sxu.edu | keyword: Open House
3700 W. 103rd Street | Chicago, IL 60655

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Beverly Wedding Expo

Sunday,
March 19th
11am-4pm



Don't miss the first wedding show
for South Side couples!

The Beverly Wedding Expo will feature vendors from Beverly and beyond, including caterers, planners, photographers, florists and so much more. Grab your partner or a friend and come by to meet some amazing local vendors, sample delicious food and sweets, and check out what's new in the wedding world. All are welcome!

Tickets \$10 /\$15 couples

Available @ beverlyartcenter.org or 773-445-3838

SOUTH SIDE IRISH PARADE FILM FEST

MARCH 1ST

Film Lineup:



TICKETS

On Broadway - 3PM

\$10 (\$9 members)

Sing Street - 7PM

\$18 (\$16 members)

(reception at 6PM and post
show reception included)

Festival Pass

\$25 (\$23 members)

(tickets to both movies
+both receptions)

Visit or call:

www.beverlyartcenter.org

773-445-3838



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2017 South Side Irish Parade Kicks Off With Pre-Parade Fundraiser

One of Chicago's most well-known traditions, the South Side Irish Parade, will kick off the festivities with a pre-parade fundraiser on Saturday, February 25, 2017. The event will feature raffle prizes, a silent auction, the South Side Irish Parade Queen Selection, live Irish music and much more. The party will be held from 6:00 p.m. to 11:00 p.m. at 115 Bourbon Street, 3359 West 115th Street, Merriotte Park, IL, 60803.

Tickets are \$30 when pre-purchased online or \$40 at the door. Admission includes a dinner buffet, draft beer and wine. The Larkin & Moran Brothers and Sean & Charlie will provide live music inside the 115 Bourbon Street Performance Hall. The fundraiser will also feature Irish traditional music sessions inside The Saloon offering a quieter approach.

"The pre-parade fundraiser has become a can't miss event as we kick off festivities surrounding the South Side Irish Parade," said Jeannie Kovak, co-chair of the South Side Irish Parade Committee. "Our parade is the largest neighborhood-based St. Patrick's Day Parade outside of Ireland and the money raised at this event is critical in order to keep our celebration of faith, family, community

and Irish heritage marching on," added Kovak.

South Side Irish St. Patrick's Day Parade merchandise including pint glasses, stemless wine glasses and toasting glasses will be available for purchase. Parade apparel from South Side Irish Imports will also be available for purchase at the pre-parade fundraiser and through St. Patrick's Day. South Side Irish Imports is located at 3446 W. 111th St. Chicago, IL 60655.

Families or businesses looking for a unique way to celebrate their Irish heritage may purchase customized street pole banners that line the parade route and into the neighborhood.

Proceeds from the evening and merchandise help support the parade set for Sunday, March 12. The parade will step off at noon from 103rd and Western and proceed down Western Avenue through the Beverly/Morgan Park neighborhood to 115th street.

The South Side Irish Parade Queen Selection will be announced at the Pre-Parade Party. The South Side Irish Parade Queen

will be prominently featured in the South Side Irish St. Patrick's Day Parade and also ride in the downtown Chicago St. Patrick's Day Parade. Interested young ladies of Irish descent between the ages of 18-27 are encouraged to apply. Please see www.chicagoroseoftralee.com for an application.

The South Side Irish St. Patrick's Day Parade Committee sponsors the South Side Irish Parade Queen to compete in the Chicago Rose of Tralee selection as the South Side Irish Rose. The winner of the Chicago Rose of Tralee will receive an all-expense paid trip to Ireland for the experience of a lifetime and chance to represent Chicago in the televised event in Tralee, Ireland. The mission of the Chicago Rose of Tralee is to provide enrichment opportunities that will encourage young women of Irish descent to be exemplary role models for tomorrow's youth and to make a positive difference in the world.

The Emerald Isle Mile returns in 2017. The one-mile run will begin at 11:30 a.m. the morning of

the parade (March 12) at 104th and Western Avenue and runs the parade route ending at 112th and Western Avenue. For more information, contact Running Excels at 773-629-8587 or visit <http://www.runningexcels.com/>.

Visit southsideirishparade.org for more information on parade glassware, street pole banners, the pre-parade fundraiser and the South Side Irish Parade.

About The South Side Irish Parade:

The first South Side Irish St. Patrick's Day Parade was held on March 17, 1979. The parade features over 100 entries and attracts more than 200,000 spectators. The parade is operated by the South Side Irish St. Patrick's Day Parade and Heritage Foundation, a 501(c)3 non-profit organization, where more than 60 volunteers work year round to ensure this family-friendly celebration continues for future generations. The South Side Irish Parade is generously supported by sponsors including Lakeshore Beverage, CJ Wilson Mazda, The Beverly Review, South Side Irish Imports, Team Hochberg at PERL Mortgage, IUOE Local 150, AAA Evergreen Park Car Care, Raising Cane's, County Fair Foods and IUOE Local 399.



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Event Co-Chairs:

Ed Laginess and Brian Lepacek
& Susan and Patrick Flood

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Proceeds from the 46th Annual Gala and Auction helps the Beverly Arts Center provide artistic programming in dance, music, visual arts, theater, and film for more than 2,000 youth and adults within our 40,000 square foot building. In addition, these funds support our outreach program which serves up to 30 schools in neighborhoods all across the city, offers nearly 700 classes to children, and reaches nearly 3,000 students each year within their communities.

If you are unable to attend the gala, you can also make a donation @ beverlyartcenter.org

46th Annual Gala and Auction Sponsors (as of January 27)

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Composting in Chicago: A Beginner's Guide

What is compost?

All dirt is not created equal. To be the nutrient rich base our flowers, gardens, lawns, and trees need to thrive and survive, dirt needs the magic ingredient of compost. Compost is both a natural fertilizer and soil restorer. When added to nutrient-depleted soil, it breathes life back in for plants to grow once again.

Rich, healthy compost is a result of carbon and nitrogen-rich organic material breaking down into humus. Small batch, outdoor composting at home is the combination of yard waste, organic food scraps, air, water, heat, and time. This recipe yields the brown, crumbly, earthy-smelling, valuable soil additive we call compost.

Adding compost to soil helps tremendously. Compost enriches the structure of soil, allowing it to retain more moisture, while eliminating the crevasses that develop in our clay-based earth when too much water is added with no place to go. Compost reduces this water waste and runoff into our sewer systems when added to our lawns and plant beds. Compost also enriches the health of our soil, suppressing plant disease and invasive pests, while reducing the need for chemical fertilizers and pesticides that negatively affect our kids, our pets, our land, and watershed.

Why bother to compost?

While bags of compost are available to purchase at local garden centers and big box retailers, there is a local and less expensive option – make it at home. Yard waste amounts to about 20 percent of what we send to landfills, per the Environmental Protection Agency. That number increases to 30 percent when you add in household food waste.

Diverting waste from the yard and fruit and vegetable scraps from the kitchen to the compost bin in your backyard is a better option than tossing it all in the garbage cart. Choosing not to put compostable food down the garbage disposal, which uses a lot of water in the process, eases the burden on our sewage system and treatment plants overloaded with organic material.

Composting eases the burden on our landfills as well, reducing the potent, greenhouse gas methane emissions that arise from the copious amounts of waste our city produces. Composting is a lifestyle choice, but a worthy one and one that yields a useful product for homeowners.

How do you compost in the city?

Composting outdoors in the city is easy. Per Chicago City Ordinance, composting at the homeowner level should occur in an enclosed vessel. Any container that can be fully enclosed with the use of a lid, with no opening larger than 1/4 inch in any direction is allowed. This could be a stationary compost bin or a rolling, tumbler model affixed to a base. Many ready-made, inexpensive,

composting containers are available for purchase and assembly at home from retailers and online. If you choose to construct a container, it is advisable to build with rot resistant material (like cedar wood or untreated pine), and to follow the ordinance mandates to prevent odors and rodent problems from bins that are open.

The location of your bin should be well thought out beforehand. Like a filled rain barrel, a filled compost bin will not be easy to move. Place your bin in a warm, sunny spot, with enough air circulation around it to be productive and close enough to a water source in case your compost pile gets dry. Some bins have trap doors on the bottom to remove “cooked” or “cured” compost. Make sure these doors are not blocked.

What goes into compost?

Making compost is like baking a cake. It's all about achieving the right ratios of ingredients. To get the ratios correct, you need to add the right amounts of carbon-rich and nitrogen-rich materials that will make for a good, productive compost bin.

For small batch, enclosed composting the ideal ratio is 25:1. This is 25 parts carbon to 1 part nitrogen. Just like in baking, these recommendations are by weight, which is not terribly convenient when dealing with yard waste. Using a 25:1 ratio by volume is an easier method to keep track. The carbon to nitrogen ratio is the amount of brown and green matter, respectively, that is added to your bin. Typical brown ingredients are leaves, wood chips, woody plant materials, and shredded newspaper. Typical green ingredients are grass clippings, vegetable and fruit scraps, coffee grinds and tea leaves.

While larger, commercial composting programs can handle cooked food scraps, oils and fats, meats, fish, dairy and even animal excrement, these are not advisable here in the city on the small batch scale. Adding these items to your compost container will result in a mess of odors, rodents, and annoyed neighbors.

From an apple core to compost – how long will it take?

A cake will not bake in a cold oven, and compost will not cook in a cold bin. The time it takes your organic matter to turn into compost will depend largely upon the temperature it can reach inside its container. The hotter it is, the faster it will evolve from apple cores and broccoli stems to dark, nutrient-rich, sweet-smelling humus, ready to be added to your garden, lawn, or flower containers.

Bin composting in our climate will only work in temperatures above 50 degrees. Placing your bin in an area that receives enough sun for warmth is key. For optimal compost production, the inside temperature of the compost bin should reach 130 degrees to destroy unwanted weed seeds, pathogens, and root structures. While cold com-

posting is still possible – as all living things will break down over time – a well-heated bin is the fastest path to compost.

Enough heat, combined with the right ratio of carbon to nitrogen ingredients, some occasional turning of the pile so it has enough air and doesn't compress, as well as enough water to stay wet but not soaked, will result in a productive compost bin. After about two months, your apple

cores will be compost and ready to be added back to the earth.

The 19th Ward Environmental Committee is dedicated to educating our fellow neighbors on sustainable practices at the homeowner's level, while creating and supporting community-wide green efforts within our corner of the city. If you'd like to assist, please contact the 19th Ward Office: (773) 238-8766.

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Mark Your Calendar for the Annual

clean & green

Saturday, April 22, 2017

On Saturday, April 22, you and your neighbors can make an immediate difference in your community by volunteering for Chicago's citywide Clean & Green Day of Service.

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.

Deadline for registration is Wednesday, April 19

**For more information, or to register, call 311.
You can also visit: www.cityofchicago.org/dss.**



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