



# Quarterly

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

FEBRUARY 2014

## Morgan Park Sports Center Update



On Thursday January 30th, Alderman O'Shea co-hosted a community meeting with the Chicago Park District and Southwest Morgan Park Civic Association to update residents on the progress of the Morgan Park Sports Center (MPSC) at 115th & Western Ave. Project Manager Nichole Sheehan of the Chicago Park District provided a power point presentation covering all phases of the project. The Park District plans on awarding a construction contract in late spring followed by an early summer groundbreaking. The facility, which will include both a state-of-the-art gymnastics center and indoor ice arena, will take ap-



proximately one year to build.

The training gymnasium will sit on the north side of the building and will host USGA men's and women's events. It will feature an in-ground foam landing pit and trampolines. Programming will accommodate pre-school through club level gymnasts.

The indoor ice rink will sit on the south side of the building with

800-1000 person bleacher seat capacity. The rink will be 85' x 200' (standard NHL size) and include multiple locker rooms. Programming there will include figure-skating, recreational skating and competitive hockey. The center will also include several community rooms that allow for meetings and birthday parties, skate rental, and a concession area.

The MPSC will feature a drop off area for children near the entrance with an adjacent 74 space parking lot. The parking area will include a mixture of asphalt, permeable

pavers, and landscape to help with storm water detention. The Chicago Park District is currently in discussions with the Board of Education regarding the use of its 56 space parking lot across the street, on the northwest corner of 115th & Western. An intergovernmental agreement allowing for shared parking will be in place before the MPSC opens in 2015.

In addition to the permeable pavers in the parking lot, the MPSC will feature a number of other environmentally friendly components including a green wall on the east side of the structure. The project will obtain LEEDS Certification.

Throughout the past several months, Terra Engineering has conducted a widespread traffic study in the area bounded by 111th Street, 119th Street, Vincennes Road and Western Avenue.

Their study collected data both before and after a temporary closure of 115th Street at Western Ave. with data collected at 16 intersections. That closure resulted in a 20% reduction of traffic in the area.

While overall traffic was down significantly, certain streets did experience increases. The traffic engineers will continue working with the Chicago Department of Transportation, Alderman O'Shea and local residents on ways to mitigate the impact of cut-thru traffic. Those efforts will include, among other things, changing the timing signals on Western Avenue at 111th Street, 113th Place and 115th Street.





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# NOTES FROM THE



## 19th Ward YOUTH FOUNDATION

Dear Neighbor,

2014 will be a very exciting year for the communities of Beverly, Morgan Park & Mount Greenwood. This Spring, we will welcome a new Executive Director at the Beverly Arts Center whose leadership will continue the incredible momentum of the BAC Challenge. In this issue, I have included information about more generous offers from local merchants in support of the BAC Challenge.

The entire community also looks forward to the opening of a new Barraco's Restaurant in Mount Greenwood at 3047 W. 111th St. and the much anticipated reopening of Janson's Drive-In at 9900 S. Western Ave.; both restaurants expect a grand opening this Spring. This summer, the Chicago Park District will break ground on the Morgan Park Sports Center, a state of the art facility that will revitalize the south end of Western Ave. and bring thousands of new consumers to our business strip each year.

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 me at [mattoshea@the19thward.com](mailto:mattoshea@the19thward.com). To receive regular community updates, visit our website at [www.the19thward.com](http://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

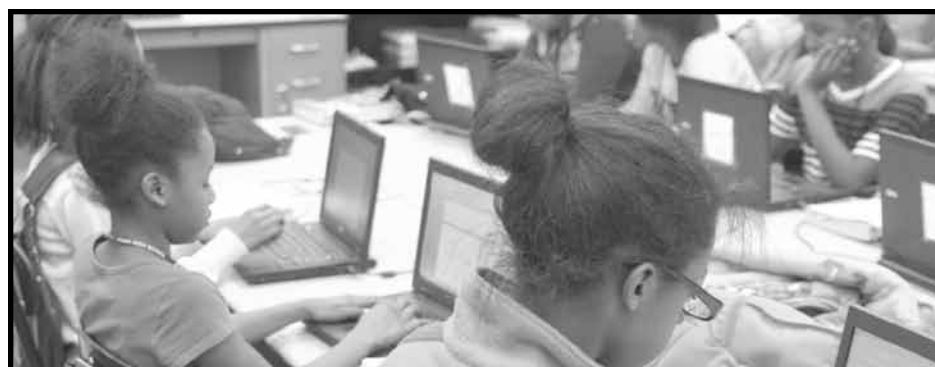
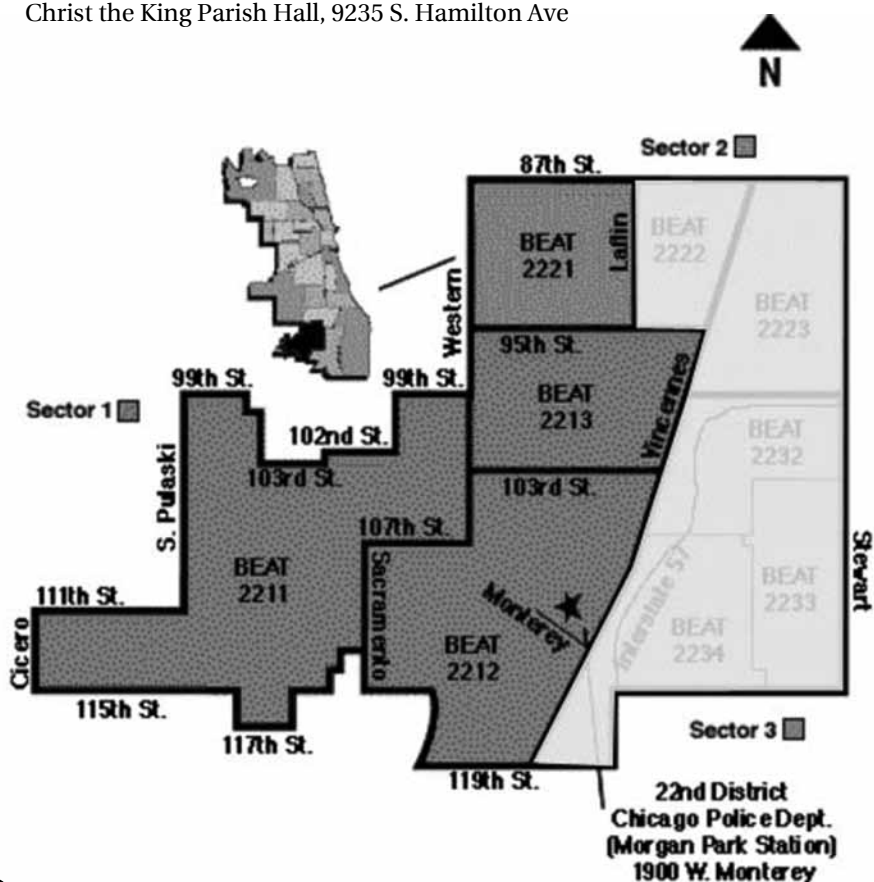
First Thursday of the month at 7:00pm  
March, May, June, August, October, December  
22nd District Police Station, 1900 W. Monterey Ave.

### 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, July, September, October, Nov.  
Christ the King Parish Hall, 9235 S. Hamilton Ave



## MORGAN PARK HIGH SCHOOL

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.

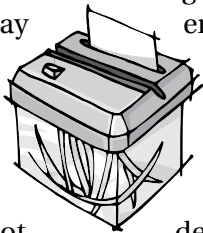
Offers accelerated International Baccalaureate Middle Years Program for Chicago residents. The program provides an academic challenge that encourages students to understand the connections between traditional subjects and the real world and become critical and reflective thinkers.

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



## 19th Ward to Host Shredding Day – 2/22

On Saturday, February 22, 2014, Alderman Matt O'Shea, Senator Bill Cunningham, Representative Fran Hurley, and Midway Document Destruction will host a free paper shredding for residents of the 19th Ward at the Chicago High School for Agricultural Sciences rear parking lot, located at 3857 W. 111th St. from 9:00 am - 11:00 am. Residents can bring unwanted papers to the Ag School to be shredded and later recycled by the Midway Document Destruction Mobile Shredding Truck. Document shredding



is one of the most effective tools in preventing identity theft. Shredding documents also has positive environmental impacts; once shredded, all paper is recycled, thereby reducing the amount of waste in landfills. Please note, only loose, unbound papers can be shredded; all staples or binders must be removed in advance. This service is free of charge. If you have any questions, or have a student that would like to volunteer that day for service hours, please contact the 19th Ward at (773) 238-8776 or ward19@cityofchicago.org.

## Early Voting at Mt. Greenwood Park

Early voting for the March 18, 2014 Primary Election will be offered from Monday, March 3rd through Saturday, March 15th. Early voting is offered in 51 locations throughout the City including Mount Greenwood Park, 3721 W. 111th St., and the Chicago Board of Elections, 69 W. Washington St. At these two locations, early voting is offered from 9:00 am - 5:00 pm, Monday - Saturday, and 9:00 am - 3:00 pm on Sundays.

Registered voters in the City of Chicago do not need a reason or an excuse to vote early and may use any early voting site in the City, regardless of where the voter lives. Ballots cast at an early voting site are final; voters may not return to amend, change or undo a ballot for any reason. Please contact the Chicago Board of Elections with any questions at (312) 269-0027 or [www.chicagoelections.com](http://www.chicagoelections.com).

## Prescription Disposal Box Now Available at 22nd District

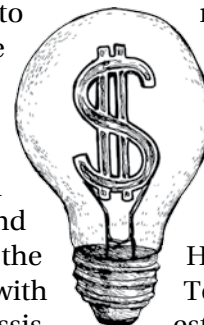
The Chicago Department of Public Health & Chicago Police Department are partnering to offer safe and proper disposal of unused or expired prescription and over the counter medications. Residents may now bring pharmaceuticals to any Chicago Police Station, this service is available 24 hours a day, seven days a week. The 22nd District (Morgan Park Station) is located at 1900 W. Monterey Ave.



## Ald. O'Shea Hosts Utility Assistance Fair

On Saturday, April 5th, Alderman Matt O'Shea and Peoples Energy will co-host a utility assistance and resource fair at the Chicago High School for Agricultural Sciences, 3857 W. 111th St., from 10:00 am - 2:00 pm. It has been a very tough winter so far, all residents, especially those who may be struggling financially to pay their energy bills are encouraged to attend this event and learn about available resources.

Representatives from Peoples Gas, CEDA and ComEd will be on site at the fairs to provide residents with information on energy assistance programs such as LIHEAP (Low-Income Home Energy Assistance Program) and the Peoples Gas Share the Warmth matching grant program. Eligible customers will be available to apply for both



programs on site. In addition, a number of city, state and human services agencies will also have information on programs and resources that are available to assist residents.

In addition, Peoples Gas representatives will provide information on how customers can save money and energy by taking advantage of the Peoples Gas Home Energy Rebate Program and the Home Energy Jumpstart Program. Customers who are unable to attend can still apply for LIHEAP funding through CEDA. To find the location of the closest LIHEAP application site, Peoples Gas customers should call CEDA's hotline at: (800) 571-CEDA (2332) or visit [www.ceda.org](http://www.ceda.org). Customers can also visit [www.peoplesgasdelivery.com](http://www.peoplesgasdelivery.com) for information on CEDA locations.

## Credit Repair Seminar – 3/27

On Thursday, March 27th, Alderman Matt O'Shea, City Treasurer Stephanie Neely, and the Chicago Urban League will co-host an informative seminar on the basics of credit and the significant role it plays in your life. The seminar will be held at Esmond Elementary School, 1865 W. Montvale

at 7:00pm. Speakers will discuss credit, credit scores, why credit is important and how good or bad credit can impact you. Representatives from the PrivateBank will also be present various programs they have to help residents with credit problems build and repair their credit history.

## Election Judges Needed

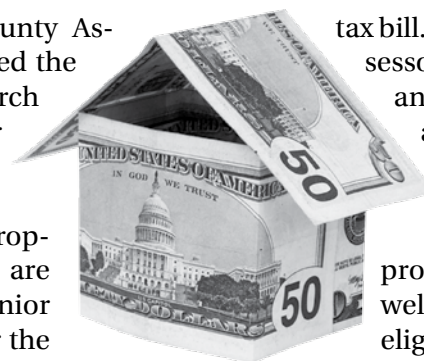
The Chicago Board of Elections is currently seeking residents to serve as election judges in our community for the upcoming March 18, 2014 Primary Election. Election Judges are responsible for administering the election in each polling place. Election judges work in teams and have collectively are responsible for opening the polling place and setting up voting equipment at 5:00 am on Election Day, conducting a fair and impartial election in the polling place, and tabulating the vote totals and transmitting them to the Board of Elections after the polls close at 7:00 pm.

Judges of election are paid \$170 upon completion of training and service on Election Day. Extra compensation is paid to judges who pick up the election judge 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.

If you are interested in serving as an election judge, forms are available at [www.chicagoelections.com](http://www.chicagoelections.com) or at the 19th Ward Office at 10400 S. Western Ave.

## Deadline for Senior Exemptions Extended

The Cook County Assessor has extended the deadline to March 5, 2014 for Senior Citizens to apply for the proper exemptions. Property owners who are eligible for the Senior Exemption and or the Senior Freeze are required to fill out the forms in order for the proper exemptions to appear on the second installment property



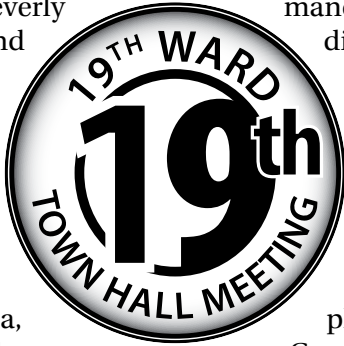
tax bill. The Cook County Assessor's Office has mailed an exemption forms to any property owner who has previously qualified for these cost saving programs. The forms, as well as descriptions and eligibility guidelines can also be obtained from [www.cookcountyassessor.com](http://www.cookcountyassessor.com). You can also reach the Assessor's Office by phone at (312) 443-7550.



# Public Safety Update

## Town Hall Meeting – 3/10

On Monday, March 10, 2014, 22nd District Chicago Police Commander Dan Godsel will discuss their work in our community. A variety of city agencies and departments will also be present to address individual concerns from residents. If you have any questions, please contact Moira Curran at (773) 238-8766 or [moira@the19thward.com](mailto:moira@the19thward.com).



## Property Fraud Protection

The Federal Bureau of Investigations (F.B.I.) counts Property & Mortgage Fraud as the fastest growing white collar crime in the nation. Committing acts of fraud can be as simple as recording a document at the Cook County Recorder of Deeds Office that fraudulently makes it appear as if your property has changed ownership. To address these concerns, the Recorder's Office has created a free service that will notify you whenever a document is recorded that involves your property.

To sign up for this free and valuable service, please visit [www.cookcountypropertyfraudalert.com](http://www.cookcountypropertyfraudalert.com) and provide your Property Identification Number (PIN) and email address or phone number. This service monitors your deed at all times and will immediately notify you via phone or email if a document is recorded on your property. If you believe a fraudulent document has been filed related to a property that you own, please contact the Recorder's Office immediately at (312) 603-5050.

## Attend the Vorberg Trial

The trial of Daniel Vorberg, the 31 year old Oak Lawn man charged with two counts of felony indecent exposure, is expected to take place in the next 60-90 days. Vorberg was arrested last year after parents observed him committing acts of public indecency



effort, please e-mail [mattoshea@the19thward.com](mailto:mattoshea@the19thward.com). Vorberg was initially arrested on May 1, 2013. Despite a lengthy police record, a Cook County Circuit Court Judge released this dangerous predator on electronic monitoring with a relatively low \$50,000

bond. Shortly after his release, Vorberg violated the terms of his release and was returned to jail where he has remained. Please join us in court to show criminals like Daniel Vorberg that this type of behavior will not be tolerated in our community.

near an elementary school in the Mt. Greenwood community. Alderman Matt O'Shea is organizing a group of residents to attend Vorberg's trial to show the community's outrage, disgust and concern over this incident. If you are interested in joining this



## Please Join State Rep. Fran Hurley & State Senator Bill Cunningham

*for a seminar on...*

### BURGLARY PREVENTION

**Tuesday, March 11 • 7:00 p.m.**

**Saint Barnabas Church Hall, 10134 S. Longwood Dr.**

Learn from law enforcement officials how burglaries occur and what you can do to minimize your risk of becoming a victim. A former convicted burglar will be the guest speaker during this inside look into crime.

### INTERNET SAFETY & CYBERBULLYING

**Thursday, April 24 • 6:00 PM - 7:30 PM**

**Mt. Greenwood Library, 11010 S. Kedzie Ave.**

Attend this FREE seminar to learn some simple tips and effective ways for parents to create a safe online learning and social media environment.

### IDENTITY THEFT

**Saturday, March 1 • 11:00 a.m. to 1:00 p.m.**

**PrivateBank, 6825 W. 111th St.**

Learn from the Illinois Attorney General's Office how to reduce your risk for identity theft through awareness, education and tips on how to protect your most important information.

For more information or to RSVP, please call Rep. Hurley's constituent service office at 773-445-8128 or 708-233-9703 or email [RepFranHurley@gmail.com](mailto:RepFranHurley@gmail.com).

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# Local Business Updates

## Smith Village plans for additional off-street parking

"We recognize that when our residents' guests and employees park on the streets surrounding Smith Village, they add to congestion in our neighborhood," stated Kevin McGee, CEO and president of Smith Senior Living which sponsors the continuing care retirement community. "So we have asked Al-

derman Matt O'Shea to help us address this issue." Smith Village, which completed the construction of its new campus in November 2007, is located between South Western Avenue and South Oakley Avenue and between 112th and 113th Places.

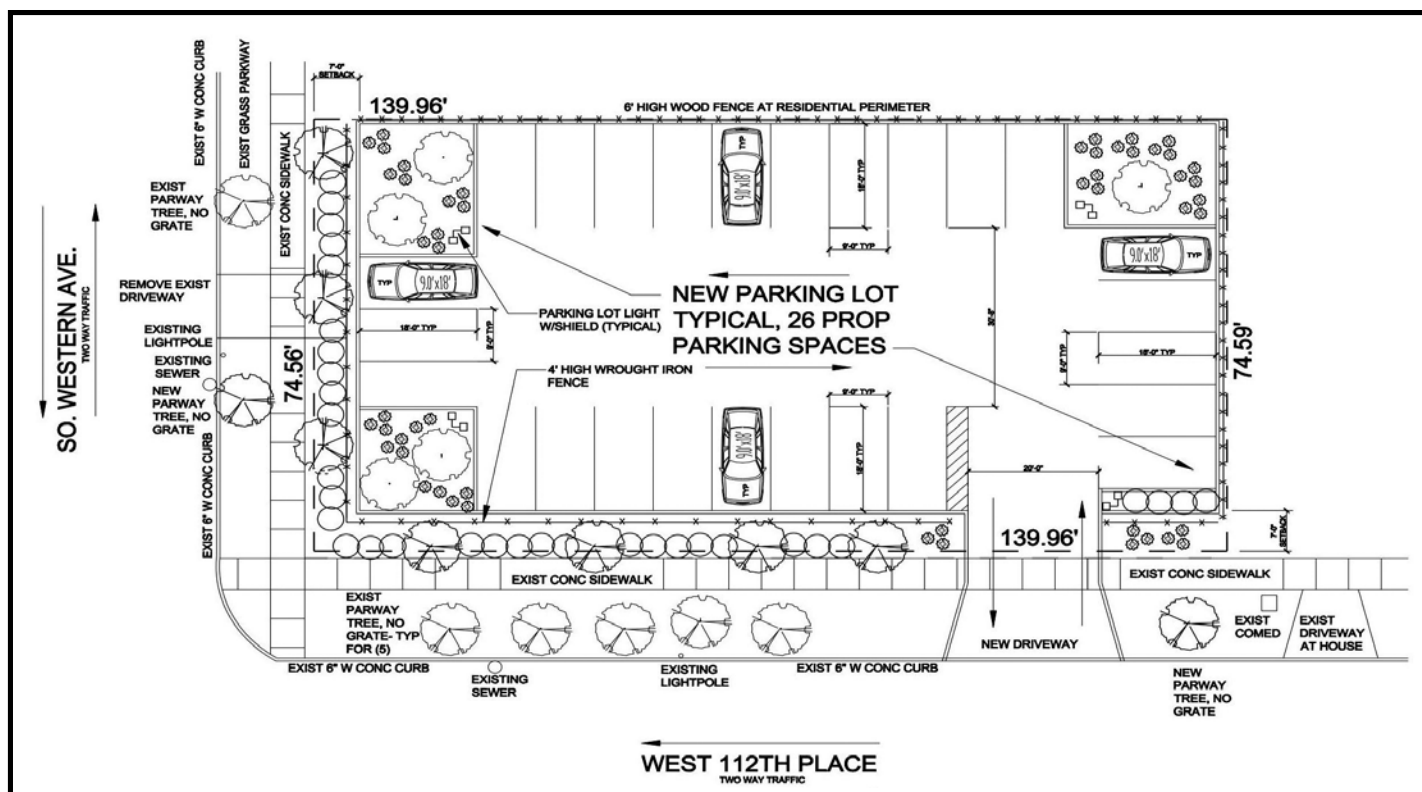
During a recent commu-

nity meeting at Smith Village for neighbors and residents, McGee announced that Smith has purchased two homes located on the northeast corner of 112th Place and Western Avenue and plans to build a parking lot on these two adjacent city lots along Western Avenue. "These lots are designated for

employee and guest parking," said McGee, who announced that the Chicago City Council has approved Smith Village's plan and he is waiting for the final documents.

"We are designing this parking lot, which will accommodate 26 cars, so that it will enhance that corner," said Chris August, director of Smith Senior Living Corporate Environmental Services and Safety. "Smith Village's design will meet or exceed all city requirements regarding safety, drainage, lighting, fencing and landscaping. When we receive the documentation for approval, we will finalize drawings and apply for a permit." Joe Carroll, principal of CMMR Development at 102nd and Western Avenue, is the architect for this project.

"Currently, we are mindful that our need to rely on some street parking is a challenge to our neighbors, guests and employees," said Marti Jatis, executive director of Smith Village. "So we regularly monitor the area to ensure that we are not blocking driveways and other important access areas. We strive to be a good neighbor."



## Crime Prevention Workshop for Business Owners

On Wednesday, February 26th, Alderman O'Shea, 22nd District CAPS Office, Cook County State's Attorney's Office, Morgan Park/Beverly Hills Business Association, 95th Street Business Association and Mount Greenwood Community & Business Association will co-host a crime prevention workshop for business owners and managers. The workshop will be held at the community room at the 22nd District Police Station, 1900 W. Monterey Ave., at 8:00 am and will include representatives from the Department of Buildings, CAPS

Program, and the State's Attorney's Office.

This program is designed to help owners and managers improve safety in and around their business by working with the police and other partners. In addition to these safety tips, attendees will also learn best safety practices for businesses and how to avoid common code violations. For more information, please contact Beth Ryan of the 22nd District CAPS office at (312) 745-0620 or [elizabeth.ryan@chicagopolice.org](mailto:elizabeth.ryan@chicagopolice.org).


## Local Businesses Continue to Meet the BAC Challenge

This month, two Western Ave. businesses are offering customers the opportunity to support the Beverly Arts Center Challenge. Stop by McNally's, 11136 S. Western Ave., on any Sunday, Monday or Tuesday in February and enjoy your drink of choice all day for only \$2 when you make a \$5 donation to the Beverly Arts Center. At the end of the month, the donations will be made to the BAC Challenge and then matched \$4 to \$1 by 5/3 Bank. Offer not valid during private

events. For more information, call (773) 779-6202.


Also this February, O'Rourke's Office, 11064 S. Western Ave., will display a large wine glass full of corks on the bar. For a \$5 donation to the Beverly Arts Center, you can enter your guess at the total number of corks inside. The winner will receive a free party for 15 guests at O'Rourke's. Stop in this February and try your luck! For more information, contact O'Rourke's Office at (773) 429-1598.

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BOURBON Street



# Local Business Updates

## Energy Savings for Businesses

In January, Mayor Rahm Emanuel and Integrys Energy Services launched the Small Business Energy Advantage Program. This program will provide an estimated 40,000 additional small businesses with the opportunity to reduce their energy costs through the City's popular municipal electricity aggregation program. Businesses who switch will save up to 12 percent off of the ComEd rate from February to June and an estimated 5% for the remaining 12 months of the City's agreement with Integrys. The City estimates that this would result in savings between February and June ranging from \$100 for the smallest users to \$2,500 for larger users such as a leased office suite in a commercial building.

"We are using the bulk buying power of more than 2.5 million Chicago residents to help small businesses save money on their electricity bills," said Mayor Emanuel, "This initiative is another example of my commitment to make City Hall a partner to small business owners across the City."

The Small Business Energy Advantage Program is designed to offer a savings opportunity to small businesses that were initially too large to qualify for the City's aggregation agreement under state law

because they use more than 15,000 kWh annually but are included in ComEd's "0-100 KW" and "Watt-Hour" delivery classes. Examples of these types of businesses include small to mid-sized churches, coffee shops, small storefront restaurants, small storefront retail spaces for service businesses and individually metered tenant office spaces in commercial buildings.

In addition to delivering savings to Chicago small businesses, the launch of the Small Business Energy Advantage Program will afford users the same consumer protection and environmental benefits negotiated under the City's aggregation program, including no hidden fees or exit fees, and no coal in the supply mix.

Since February of 2013, more than 720,000 households and small businesses have saved nearly \$27 million by adopting the municipal aggregation agreement. Through this use of bulk buying power, the City secured a coal-free power mix with 5% of the electricity provided through the municipal aggregation program originating from Illinois wind farms.

For more information, please go to [www.integrysenergy.com/EnergyAdvantage](http://www.integrysenergy.com/EnergyAdvantage) or call 855-310-5440.

## Barraco's & Janson's Opening this Spring

A few months ago, the Barraco Family announced plans to open a new location in Mt. Greenwood at 3047 W. 111th St. Currently, interior demolition for the new restaurant is nearly complete and the family expects building permits to be issued shortly for the renovation. The entire community looks forward to a Spring opening of this wonderful family owned establishment.



After several setbacks and delay's, work has finally resumed at Janson's Drive-In at 9900 S. Western Ave. As the new owners make progress on their building improvements, they are accepting job applications online at [www.janson-sdrivein.com](http://www.janson-sdrivein.com). Janson's Drive-In is also expected to re-open this Spring.

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# Legislative Updates

## Chicago Tribune

### Voice of the People, Dec. 17

December 17, 2013

#### Pension fixes

While repairing Chicago's troubled pension funds is an absolute priority, one should note that there are some substantial differences between the state and city pension systems. As such, be wary of one-size-fits-all fixes.

For instance, most of the savings in the new state pension reform law are derived from reducing the annual 3 percent compounded cost-of-living allowance state retirees receive, an expanded benefit granted to them by the legislature in 1989. Chicago police officers and firefighters have never received such a benefit. Their COLAs have

always been flat. And for Chicago public-safety retirees born after 1954, COLAs won't be paid until they are in their 60s and will then be cut off after 20 years — unlike the lifelong COLA benefit that will still be paid to state annuitants.

In other words, Chicago police and fire retirement benefits are already reduced. In fact, if the same reform measures contained in the state's new pension law were imposed on the Chicago police and fire funds, many current officers and firefighters would actually see their retirement benefits increase.

What's even more alarming is that despite a more modest

benefit package, the Chicago police and fire retirement systems are still the most underfunded in the state. Why? For starters, they have been devastated by the same shameful history of underfunding from City Hall that the state systems have been subjected to by the General Assembly. But on top of that, the Chicago public-safety funds are drained by extra financial stresses not experienced by most state pension systems. They must make tens of millions of dollars in payments every year to line-of-duty widows' benefits, retiree health insurance programs and disability pay (police officers and firefighters injured on duty aren't



eligible for worker's comp; their disability salaries are paid by the pension funds).

No "fix" of the Chicago systems can be achieved without recognition of these realities — and because of the structural differences, no viable solution exists without an infusion of revenue from new city sources. Simply asking Chicago public-safety workers to accept sacrifices beyond what is being imposed on their state brethren won't only be wrong, it won't work.

— State Sen. Bill Cunningham, D-Chicago

## Rep. Fran Hurley Fights for Severance Transparency

In Springfield, State Rep. Fran Hurley continues to prioritize education funding, property tax relief, a responsible state budget, and strong public safety measures.

This year, Hurley will sponsor legislation to protect the safety of first responders by increasing penalties for individuals convicted of assaulting a peace officer. To increase government transparency, she introduced HB 3663 to prevent boards and commissions from issuing closed-door severance packages at taxpayer expense.

"The Metra Board scandal brought to light a serious issue that reaches far beyond a single transit agency," said Hurley. "Government should never negotiate behind-the-scenes deals at the taxpayers' expense. Any severance package involving public money must be transparent, honest, and subject to public scrutiny."

Back home in the 19th Ward, Hurley is joining the community and taking part in the Beverly Arts Center (BAC) Challenge. In addition to supporting local fundraising events and initiatives, Hurley secured a \$100,000 state grant to

support the Beverly Arts Center.

"This grant reaffirms BAC's vital role in the Illinois' arts community and will help to jumpstart the grassroots fundraising efforts to preserve this invaluable neighborhood institution," said Hurley. "I will continue to work to make sure that this resource stays right here in our neighborhood, for generations to come."

To gain feedback from the community on state issues, Hurley encourages residents to join her Citizen Advisory Committees on women's issues and senior citizens' issues. She plans to convene additional committees in the future. Citizen Advisory Committee

members meet to discuss legislation and share their ideas and concerns. Any interested residents are encouraged to sign up by contacting Hurley's office.

To sign up for a Citizen Advisory Committee or for any state-related questions, please contact Hurley at 773-445-8128, 708-233-9703, or RepFranHurley@gmail.com. Her full-time constituent services office is located in the 19th Ward Service Office at 10400 S. Western Ave.



2014  
Rep. KELLY BURKE  
indoor "try"-athlon

① swim ② bike ③ run

Rep. Kelly Burke will be hosting the annual indoor triathlon at Evergreen Park Community High School on Sunday, March 2nd. Participants swim, ride a stationary bike, and walk/run on a treadmill for 15 minutes each. Scores are based on how far you travel in each segment. It's a fun way to beat cabin fever and get ready for spring!

Mail your completed registration and payment to Rep. Burke's office, 5144 W. 95th Street, Oak Lawn, IL 60453 by February 24th. We will do our best to accommodate your preferred time request.



# Education Updates

## Local School Council Elections – Get Involved, Make a Difference

Chicago Public Schools (CPS) is encouraging all parents and community members to make a positive impact on student achievement by submitting their nomination for their Local School Councils (LSC) this year. Candidates have until February 26, 2014 to submit nominating forms. Elections will take place on April 7, 2014, during report card pick-up for both elementary and high schools, from 6:00 am - 7:00 pm.

LSCs empower parents and the school community to partner with their principals in creating a positive school environment that best serves the needs of all children in boosting their academic achievement. LSC representatives will serve a two-year term, commencing at the start of the 2014-2015 academic year.

LSC representatives function as an important link between a school's administration, community, CPS and students, and play a significant role in decision-making at the local school level.

"Local School Councils serve as an important vehicle to harness the energy and commitment of parents and community members to improve our schools and help our children reach their fullest potential," said CPS CEO Barbara Byrd Bennett. "I encourage anyone who is passionate about education in Chicago and the success of our young people and wants to have an impact on their community to get involved and consider running for their Local School Council."

In an effort to ensure that many engaged members of the community are involved in their local schools, CPS has been aggressively

working to inform parents and other community members about the value of LSC participation. To build momentum around the upcoming elections, CPS's Office of LSC Relations is holding community rallies, using online outreach and grassroots outreach to engage parents and community members across the city. The District has also purchased advertising space on CTA buses, billboards and in community newspapers. Also, those calling CPS Central Office hear promotional messages on LSC elections while waiting on hold.

Interested candidates need to submit nominating forms at their respective school by February 26, 2014 at 3:00 P.M. The forms, along with additional information, can be found at [www.cps.edu/lsc](http://www.cps.edu/lsc), in the main office

of any CPS school, CPS Network Offices, and the Office of LSC Relations at 125 S. Clark, 5th floor.

Eligible members of an LSC include parents whose children attend the school, community members, and the teachers and non-teaching staff from the school. Except for the teachers and para-professionals who run for the teacher and non-teacher staff positions on the LSC, no candidate for any other position on an LSC can be an employee of the Chicago Board of Education. Each LSC is made up of six parents, two community members, two teachers, one non-teacher staff member and the school's principal. High School LSCs also have a student representative.

More information is available by calling the Office of LSC Relations at (773) 553-1400.

**CHICAGO  
PUBLIC  
SCHOOLS**

## Curriculum Improvements Come to Morgan Park High School

For the past three years, Alderman O'Shea has worked with parents, the Local School Council and faculty to enhance and revitalize Morgan Park High School. The improvement plans sought to expand the prestigious International Baccalaureate (IB) Programme, and establish a strong educational partnership with Saint Xavier University. School administrators seek to leverage these major developments to recruit the highest caliber students from our community.

On Monday, March 3rd, Alderman O'Shea will host a meeting at 4:30 pm at the 19th Ward Office (10400 S. Western Ave.) to allow concerned residents to share thoughts and ideas on school improvements with Principal Caroline Epps, and representatives from Saint Xavier University. Your input will help us to better shape a partnership between these important educational institutions.

This partnership will complement the recently announced curriculum improvements at Morgan Park High School. On Wednesday, December 18th, the Chicago Board of Education unanimously voted to make Morgan Park a wall-to-wall IB High School for the 2014-2015 school year. By expanding this rigorous curriculum program, more parents and students will have access to higher quality education at their neighborhood high school.

Through this shift, Morgan Park will receive extensive professional development and teacher training. There will also be some capital improvements on top of the recently completed \$21 million facility upgrade. This new curriculum will be a huge improvement to Morgan Park High School.

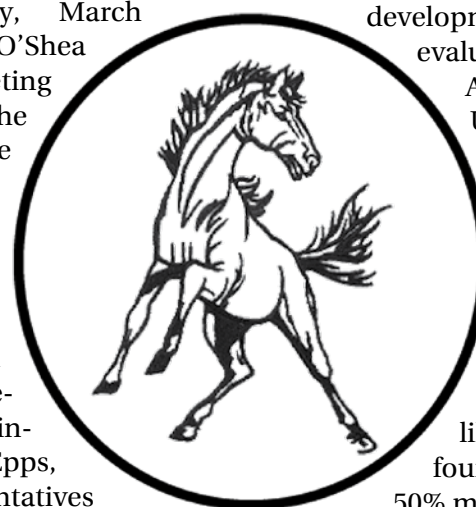
### What is International Baccalaureate (IB)?

The International Baccalaureate is a non-profit educational foundation that seeks to develop the intellectual, personal, emotional and social skills to live, learn, and work in a rapidly globalizing world. IB currently works with 3,678 schools in 146 countries; they work in four major areas: curriculum development, student assessment, teacher training and development, and school evaluation.

According to the University of Chicago Consortium on Chicago School Research, Chicago Public School students enrolled in the IB Programme are 40% more likely to attend a four-year college and 50% more likely to attend a more selective college. Additionally, students enrolled in IB Programme's show a college retention rate of nearly 90%.

### What is Wall-to-Wall IB?

A wall-to-wall IB school is located in an existing neighborhood school; under this format the school maintains its open enrollment policy for students within the attendance boundary. Every incoming freshman is enrolled in courses taught using the IB Middle Years Programme framework. At the completion of the sophomore year, students can then choose to enroll either in the full IB Diploma Programme, which contains the most rigorous course load, opt for the IB certificate, where they take one or more IB classes, pursue an IB career related certificate or fulfill and IB core requirement. With these options, all students in the school will interact with the IB Programme.



## OS4 Offers Saturday School at Barnard & Esmond

The Chicago Public Schools announced the Office of Strategic School Support Services (OS4) has brought expanded learning opportunities to Barnard and Esmond Elementary Schools. Through this program, teachers at both schools are provided new opportunities for professional development that are aligned to the training and coach-

ing provided by OS4. Teachers will also receive additional learning time both on Saturdays and after-school.

This winter, OS4's Common Core Academy will offer four weeks of Saturday instruction from 9:00 am to 1:00 pm that includes 105 minutes of English / Language Arts instruction and 105 minutes of

Mathematics instruction. Students will also receive breakfast and lunch. The Common Core Academy will also offer Saturday instruction sessions in the spring.

All students will also have the opportunity to participate in high quality after-school academic programs. OS4 has provided funding to expand the existing after school

programs at both schools, as well as create new ones. Barnard has added a new reading-support program, while Esmond has created a new after school writing program. Through these efforts, some form of afterschool program is now available to every student in both schools.

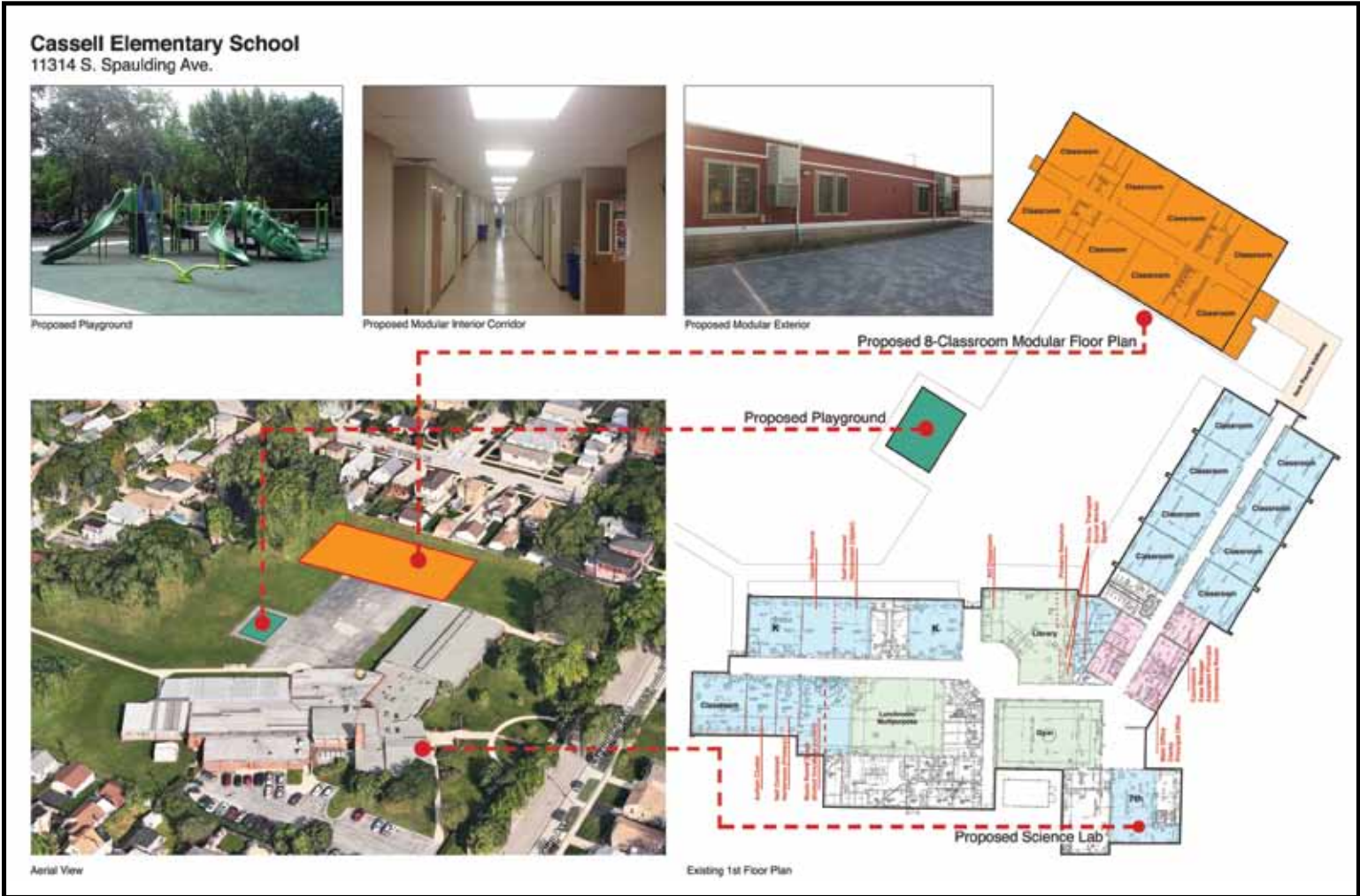


# Education Updates

## Modular Annex and Playground Planned at Cassell Elementary School

On Thursday, December 19th, Chicago Public Schools CEO Barbara Byrd-Bennett and Ald. Matt O’Shea announced plans for the construction of a modular addition to alleviate the overcrowding problem at George F. Cassell Elementary School, located at 11314 S. Spaulding Ave. The 8 classroom modular will be located on the north end of the Cassell campus and can comfortably hold 180 children. 3 of the new classrooms will be designated as special education rooms to accommodate diverse learners.

In addition to the modular, a new playground will also be added west of the main school building. Both the modular and the playground are scheduled to be ready in September, 2014.



# Barbara Vick Early Childhood & Family Center Annual School Fundraiser

**Date:** Friday, February 21, 2014  
**Time:** 7:00pm - 11:00pm  
**Where:** 115 Bourbon Street  
**3359 W. 115th Street**  
with very special guests  
**the fabulous  
Larkin & Moran  
Brothers**

21 and Over

Drinks & Dinner Buffet

Raffles & Silent Auctions

Split the Pot & a Grand Raffle

**\$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.

For ticket information, contact us at  
BarbaraVickPTT@hotmail.com  
Call Colleen at 773.316.0828  
or Sarah at 312.404.5820

★ ★ ★ ★

## HEALTHY CPS

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### DO YOU WANT TO LEARN MORE ABOUT THE DISTRICT’S NEW PHYSICAL EDUCATION POLICY?

Join us at a Physical Education Policy Information Session to learn about Chicago Public Schools’ new Physical Education Policy, which aims to increase the quality and quantity of physical education for all CPS students. The information sessions will provide details about the policy that was recently adopted by the Chicago Board of Education and insight about the direction of physical education in the district and across the state.

### WEDNESDAY, FEBRUARY 26, 2014

6:00 PM - 7:30 PM

Chicago High School for Agricultural Sciences  
3857 W. 111th Street, Chicago, IL 60655

### EVENT IS FREE! No registration is required.



# Parks & Recreation

## Attention fearless weather warriors!

Register to take part in the 14th Annual Chicago Polar Plunge on March 2, benefitting Special Olympics Chicago

Calling all Polar Vortex Survivors looking to make a splash this winter! Registration is now open for the 14th annual Chicago Polar Plunge, benefitting Special Olympics Chicago. The Chicago Polar Plunge, one of the largest fundraising events for Special Olympics Chicago, will take place Sunday, March 2 on Chicago's lakefront at North Avenue Beach from 9 am – 2 pm.

This year's Chicago Polar Plunge has even attracted the participation of the Mayor of the city of Chicago, Rahm Emanuel, who is scheduled to attend and join in the plunging fun. Mayor Emanuel committed to taking part in the

Chicago Polar Plunge after Chicago-area children read over two million books this summer, as part of the "Rahm's Readers" program through the Chicago Public Library.

Known for its festive costumes and courageous participants, the Chicago Polar Plunge is a truly fun, inspirational and unforgettable experience. Last year's event attracted more than 2,300 participants, and raised nearly \$800,000. Plungers can go waist high or fully

emerge themselves in the icy waters.

Registration is now open by visiting [www.sochicago.org](http://www.sochicago.org). At that website, plungers will have the opportunity to create their own fundraising page to jump-start their efforts. Participants are asked to raise a minimum of \$150, and are welcome to fundraise (and take the plunge) with a team or individually. Complimentary bus service will be provided for teams of 20 or more people. All participants will receive a complimentary t-shirt and towel. Prizes will be awarded to the top three individual fundraisers, top team fundraiser, best three individual costumes, largest team, and best group costume.

"The Chicago Polar Plunge is a day that changes the lives of thousands of Special Olympics Chicago athletes each year, by raising the funds needed to provide the year-round activities the athletes enjoy," said Jennifer Kramer, President of SCC/Special Olympics Chicago. "What better way to



celebrate the coming end of one of Chicago's coldest and snowiest winters on record than by jumping into Lake Michigan and helping Special Olympics Chicago at the same time?!"

Once the dive is concluded, all are invited to a "Melt Down Party" which will take place inside the North Avenue Beach boathouse and in expanded heated tents from 11am-2pm. Admission is free and participants will receive free food and non-alcoholic beverages. A cash bar will be available.

For more information on the Chicago Polar Plunge benefiting Special Olympics Chicago, please call 312.527.3743; or email [scc@so-chicago.org](mailto:scc@so-chicago.org)



## Local Little Leagues Accepting Applications

Beverly Athletic Club (BAC) Baseball is beginning registration for this upcoming baseball season. You can register your child at [www.bacbasell.com](http://www.bacbasell.com). Any child from Pre-K to 8th Grade can sign up to play. For any questions or more information, you can either go to their website, [www.bacbaseball.com](http://www.bacbaseball.com), or email them at [info@bacbaseball.com](mailto:info@bacbaseball.com).



Mt. Greenwood Youth Baseball will be hosting their registration for all boys and girls ages 6 through 18 Wednesday, February 19th. Registration will be from 6:00 PM until 9:00 PM at the Mt. Greenwood Park House. If you have any questions, please feel free to call Ray Whitlock at (708) 271-3092, or Carlos Lonberger at (773) 849-5188.

## New Playgrounds Coming to Barnard & Cosme Parks

Playgrounds at Barnard and Cosme Parks have been selected for reconstruction in 2014 through the Chicago Plays! Program. Later this year, playgrounds at both parks will be renovated with new equipment, updated swing sets, and fiber wood chip surfacing. Playgrounds at Ridge and Graver Parks received similar improvements last year. No firm timeline for this work has been announced yet.

The Chicago Plays! Program, a partnership between the Chicago Park District, City of Chicago and Friends of the Parks, is an ag-



gressive effort to rehabilitate 300 playgrounds over a five year period. Currently, we are in year two of that timeline. Funding for the playground equipment comes from the Chicago Park District's capital improvement budget. For more information on the Chicago Plays! Program, please visit [www.fotp.org](http://www.fotp.org).

6th Annual

# 19th Ward

YOUTH FOUNDATION

Sunday, February 23, 2014

Mount Greenwood Park Ice Rink  
3721 W. 111th Street

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

\$1 suggested donation

Please make reservations online at [www.the19thward.com](http://www.the19thward.com).

Family  
Ice Skating Party

To receive information about this and other 19th Ward Youth Foundation events, please sign up for our email updates at [www.the19thward.com](http://www.the19thward.com)

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YOUTH FOUNDATION

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**Matt O'SHEA**  
19TH WARD ALDERMAN

**Bill Cunningham**  
ILLINOIS STATE SENATOR • 18TH DISTRICT

**Fran Hurley**  
STATE REPRESENTATIVE • 35TH DISTRICT

For more information contact Moira Curran at 773-238-8766 or [moira@the19thward.com](mailto:moira@the19thward.com)



# Beverly Arts Center Schedule

**Concerts**

**Light of Love**, Fri., Feb. 28, 8 p.m. \$18 (\$16/BAC members). One of gospel music's most artistic female groups, Light of Love delivers an electrifying, enthusiastic and heart-felt performance.



**Fat Tuesday Marti Gras Party** featuring **The Smiley Tillmon Band** with guest Felicia Fields, and Coyote Riot, Tues., Mar. 4, 8 p.m. \$13 (\$11/BAC members). Celebrate Fat Tuesday with bands, beer and beads!



Singer Natalie Jose is backed up by lead guitar, pedal steel, piano, drums, and upright bass when **The Weepin' Willows** perform the best of Patsy Cline, Sat., Mar 22, 8 p.m. Tickets \$22(\$20/BAC members). This tribute band will play familiar ballads like "Crazy" and "She's Got You" to the rockabilly stomps of "Seven Lonely Days" and "Stupid Cupid."



*Concerts are being added all the time. Keep up with the schedule at [www.beverlyartcenter.org](http://www.beverlyartcenter.org) under Main Stage.*

**Professional Theater Series**

**"Songs for a New World,"** Mar. 28 through 30. Writer/composer Jason Robert Brown describes his work: "It's about one moment. It's about hitting the wall and having to make a choice, or take a stand, or turn around and go back."

**"Ain't Misbehavin',"** June 13 through 15. The comic and musical soul of 1930s Harlem lives on in this rollicking, swinging, finger-snapping revue that is still considered one of Broadway's best.

*Two show package: \$44 (\$40) go to [www.beverlyartcenter.org](http://www.beverlyartcenter.org) under Education.*

**BAC Star Student Productions**

The BAC's talented theater students will perform in two upcoming productions, **"Disney's The Jungle Book Jr.,"** Mar. 7 and 9, 7 p.m., and **"Disney's Peter Pan Jr.,"** Mar. 14 and 15. 7 p.m. Tickets are \$8 (\$6/BAC members).



**BACinema**

First run, independent and international films on the big screen, Wednesdays, 7:30 p.m. **"Gravity"** starring Sandra Bullock and George Clooney, will be screened Wed., Feb. 26.



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

**For the Kids**

Chicago Kids Company presents one-hour musicals for young audiences. **"Sleeping Beauty"** will run through April 11 with performances at: 10:30 a.m. on selected weekdays, and 1 p.m. Saturdays Feb. 22 and Mar. 22.

**Gallery**

Admission to exhibits and receptions is free. Gallery hours are 9 a.m. to 6 p.m., Mon. through Fri., 10 a.m. to 6 p.m. Sat., and 1 to 5 p.m. Sun. Exhibits are also open for viewing during many BAC performances and events. **"Ineffable Mundane,"** works by Lilach Schrag and Casey Sills, continues through Mar. 9, and the exhibit of winners and finalists in the **Evolving Artists** competition continues through Mar. 18.

**If you like having concerts, classes, art exhibits and events right here in the neighborhood, please consider making a donation to the BAC Challenge! Find out more at [www.beverlyartcenter.org](http://www.beverlyartcenter.org)**



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Evergreen Park, IL 60805  
708.907.7000  
Email: eg@villahc.com

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# Work Out to Wipe Out Domestic Violence – 3/22

On Saturday, March 22, 2014, the GFWC IL Morgan Park Junior Woman’s Club will host the 3rd Annual Work Out to Wipe Out Domestic Violence© Benefit Day. This year, sixteen local fitness related businesses will be offering activities as part of this unique Domestic Violence fundraiser. Supporters are asked to select an activity from the schedule below. Each participating business will accept donations to AND upon arrival. Whether you are a regular at a fitness or running club, occasionally attend a yoga session, or have just thought about trying Tai Chi, you can find an activity that suits you in the Benefit Day activity schedule.

If you cannot participate on March 22nd, please consider purchasing a \$15 event t-shirt on sale throughout the month of March at Standard Bank and Trust Co., 2400 W. 95th St., and Running Excels.

All proceeds from Work Out to Wipe Out will benefit A New Direction Beverly Morgan Park (A.N.D.), a local non-profit domestic violence counseling and advocacy organization. A.N.D.’s services are provided at no charge to its clients. For more information about A New Direction Beverly Morgan Park, see their Web site: [www.anewdirectionbmp.org](http://www.anewdirectionbmp.org).

Business	Activity	Instructor	Time	Duration	Max
A Relaxed You, Inc. 11121 S. Kedzie <a href="http://arelaxedyou.com">arelaxedyou.com</a>	Mixed Level Hatha Yoga	S Bertucci	10:30am	60 min	18
Beverly Arts Center 2407 W. 111 <sup>th</sup> St. <a href="http://beverlyartcenter.org">beverlyartcenter.org</a>	Fit & Fierce: Self-defense & workout (15 yrs & older)	C Hurley, CPO	10:30am	60 min	25
Beverly Bodyworks 9815 S. Campbell <a href="http://beverlybodyworks.com">beverlybodyworks.com</a>	Cardio Fusion	G Schlomas	8:30am	60 min	
Beverly Ride On 2940 W. 95 <sup>th</sup> St. <a href="http://beverlyrideon.org">beverlyrideon.org</a>	Qui Gong Spin	C Funk	11:30am	50 min	15
Beverly Yoga Center 1917 W. 103 <sup>rd</sup> St. 2 <sup>nd</sup> floor <a href="http://beverlyyogacenter.com">beverlyyogacenter.com</a>	Yoga for Self Care	E Olson	2pm	75 min	25
Core Fitness and Physical Therapy 2940 W. 95 <sup>th</sup> St. <a href="http://corefitnesspt.com">corefitnesspt.com</a>	Spin Fusion Beg. & Intermediate Pilates Mat	C Canna T McCabe	12:30pm 1:30pm	50 min 50 min	10 15
CrossFit Beverly 2745 W. 111 <sup>th</sup> St. <a href="http://crossfitbeverly.com">crossfitbeverly.com</a>	Crossfit Games Open WOD (Workout of the Day)	S Carreon, J Gustis, N Kakos, D Maroney	9am to 11 am	Varies, usually 1- hr heats	
Curves Complete Fitness 1800 W. 103 <sup>rd</sup> St. <a href="http://curvesinchicago.com">curvesinchicago.com</a>	Jillian Michaels’ 30-min. Curves Workout (women only)	Renee Crystal	9:30am 11am	30 min 30 min	20 20
Evergreen Racquet & Fitness Club 2700 W. 91 <sup>st</sup> St. <a href="http://evergreenhealthclub.com">evergreenhealthclub.com</a>	Tennis Drills Tennis Drills ( <a href="mailto:lisa@zemgulys.com">lisa@zemgulys.com</a> )	L Lebold, USPTA L Lebold, USPTA	9am 11am	60 min 60 min	8 8
Fit Code 10318 S. Western Ave. <a href="http://fitcodebootcamp.com">fitcodebootcamp.com</a>	Metabolic Strength Training for Everyone	S Mis	9am	60 min	
Natural Instincts Physical Therapy & Wellness Center 11113 S. Western Ave. <a href="http://naturalinstinctsandyou.com">naturalinstinctsandyou.com</a>	Tai Chi (all levels) Yoga (all levels) (bring mat)	L Williams E Kelly	10:15am 11:30am	60 min 75 min	12 12
PURE Indoor Cycling Studio 3354 W. 95 <sup>th</sup> St. <a href="http://pureindoorcycling.com">pureindoorcycling.com</a>	Cycling/Spin Class (call 773-619-3773 to reserve a cycle)	Marla	11am	50 min	12
Running Excels 10328 S. Western Ave. <a href="http://runningexcels.com">runningexcels.com</a>	4 – 12 mile Training Run Guided Walk, 1-3 miles <i>Event t-shirts for sale during March (\$15) at this location</i>	J Pacente, B Lynch L Walsh, M Walsh	7am 7am	1 – 2 hrs 1 – 2 hrs	
St. Barnabas Parish (school gym) 10121 S. Longwood Drive 773-851-3915	Zumba	Victor	9:30am	60 min	
Shannon Center, St. Xavier Univ. 3700 W. 103 <sup>rd</sup> St. <a href="http://sxu.edu">sxu.edu</a> , keyword: shannoncenter	Zumba People on Weights (POW) Cardio Kickbox	J Thiel J Terborg K Cirualo	8am 9:15am 10:15am	45min 45min 45min	
Yoga with Donna Wilkinson Chicago Ag High School (gym) 3857 W. 111 <sup>th</sup> St. 773-881-3240	Yoga – All Levels (bring mat)  Park on 111 <sup>th</sup> Street	D Wilkinson	8am	60 min	

## Training Program for Moms

The Leukemia & Lymphoma Society’s (LLS) Team In Training program is launching a new race-training training program to help local moms get in on the run-a-race-for-charity game.

A companion to the popular Team In Training program, the new Moms In Training team in Chicago and the surrounding suburbs will help get busy moms in shape for three different races this year, including the Beverly Ridge Run on May 26.

Members of Moms In Training can choose from either the 5K or 10K distance in the Beverly Ridge Run, which begins at Ridge Park.

Other races offered by the Moms In Training group are the MOVE for Kids 5K in Chicago on May 18 and the Cosley Zoo 5K or 10K in Wheaton on June 7.

Since 1988, the regular Team In Training program has trained more than 600,000 participants to cross their finish line and to raise more than \$1.4 billion for LLS’s blood

cancer research and patient support programs.

The Moms In Training program is slightly less rigorous, and includes eight weekly workouts on Saturday mornings beginning at Running Excels on Western Ave. LLS also offers Moms In Training workouts in the Western Suburbs, South Suburbs or Chicago. The 60-75-minute workouts, which begin April 5, feature a mix of running, walking, cross-training and stretching.

The Moms In Training season kicks off with celebrations in Chicago on March 29, the South Suburbs on April 5 and the West Suburbs on April 12. Visit our website for more details: [www.teamintraining.org/il/momsintraining/](http://www.teamintraining.org/il/momsintraining/).

Exercises are designed especially for moms to exercise with a stroller if they wish, so moms can bring their kids to the workouts.

For more information, visit [www.teamintraining.org/il/momsintraining/](http://www.teamintraining.org/il/momsintraining/) or call (312) 651-7355.

## 2014 South Side Irish Parade Kicks Off With Pre-Parade Fundraiser

The festivities for the 2014 South Side Irish Parade kick off with a pre-parade fundraiser on Saturday, February 22, 2014. The family-friendly event will feature raffle prizes, a silent auction, live music by Matt Ladd Band and Sean and Charlie, plus the South Side Irish Parade Queen Selection. This year’s pre-parade party will be held at 115 Bourbon Street.

Tickets for the pre-parade fundraiser cost \$30 at the door and include draft beer, dinner buffet and live entertainment. 2014 South Side Irish Parade merchandise will also be available for purchase. Guests can purchase tickets here, at the door and by visiting the South Side Irish Parade Store Wednesdays and Saturdays starting in February. Hours for the Parade Store will be 12:00pm - 6:00 pm Wednesdays and 10:00am - 4:00pm Saturdays.

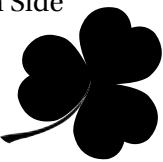
One of the highlights of the fundraiser is the selection of the South Side Irish Parade Queen. The South Side Irish Parade Queen will be prominently featured during the South Side Irish Parade and ride in the downtown Chicago St. Patrick’s Day Parade. A panel of judges will interview contestants at 2 p.m. at 115 Bourbon Street just one hour ahead of the South Side Irish pre-parade fundraiser. Interested young ladies of Irish descent between the ages of 18-27 are encouraged to apply. The South Side Irish

Parade Queen will be announced at the pre-parade fundraiser. Please see [www.chicagoroseoftralee.com](http://www.chicagoroseoftralee.com) for an application.

The South Side Irish Parade Queen will also receive sponsorship from the South Side Irish Parade Committee to compete in the Chicago Rose of Tralee contest as the South Side Irish Rose. The Chicago Rose of Tralee contest will be held at the Irish American Heritage Center on March 29, 2014. The Winner of the Chicago Rose of Tralee will receive an all-expense paid trip to Ireland for an experience of a lifetime. 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.

Another feature of this year’s parade will be the return of The Emerald Isle Mile. The one mile run will begin at 11am on 112th and Western Ave and end at Running Excels, located at 104th and Western Avenue near the Parade’s stepping off point. Runners will have an opportunity to march in the Parade. For more information on the Emerald Isle Run contact Running Excels at 773-629-8587 or see [www.runningexcels.com](http://www.runningexcels.com)

For more information on the South Side Irish Parade visit [www.southsideirishparade.org/](http://www.southsideirishparade.org/).



# Alderman Matt O’Shea’s 2014 Winter Resource Fair

SATURDAY  
**5**  
APRIL  
10am - 2pm

Chicago High School for Agricultural Sciences  
3857 West 111th Street  
Chicago, IL 60655

**Documents Needed to Apply:**

- Proof of gross income from all household members for the 30-day period prior to the application date.
- Copy of most recent heat and electric bills if you pay for your home energy directly. (Must provide entire bill)
- Proof of Social Security Numbers of all household members
- If a member of your household receives TANF, you must bring their Medical Card
- Applicants that have their utilities included in the rent must bring copy of rental agreement which states monthly rental amount, that utilities are included, and landlord contact information. (Rent costs must be greater than 30% of household gross income for 30 days prior to application).



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# Recovering from the Cold Weather with Yoga

By: Carly Carney

This winter has been terribly hard on the body. The body's only defense to the severe cold is to tighten up and protect itself from the pain and discomfort of below zero days. You may find that your body feels a bit out of sorts this past month as it tries to survive the weather.

Whether it's shoveling, spending time scraping ice off of the car, or dressing kids in extra layers, our body has taken a beating.

The Beverly Yoga Center has come up with a few tips on how to take care of your body as we slowly come out of winter and move into spring.

1. When it's cold outside our breath becomes shallow and restricted. When you have a "moment" of quiet or are getting ready to go to sleep, take a few deep exhales out of your mouth—like a big sigh. You'll notice your body start to relax immediately.
2. Our shoulders and neck get especially tight in the winter when battling the cold. Simple neck and shoulder rolls are tremendously helpful. You can do this at your desk, at the sink, or even in traffic.
3. During these months we are forward bending so much that it feels



like we are always hunched over. Gentle backbends are a great way to open the chest and relieve lower back tightness. (See photo)

4. If you stretch before or after any of your workouts make sure that you give yourself extra time since the muscles are tighter this time of year. You are more susceptible to injuries and muscle strains under these conditions. Give yourself permission to not push past intense sensations and instead back off and connect with your breathing. You will get more of a stretch if you are relaxed.
5. Commit to attending yoga at least once a week. You'll learn about alignment and new poses or stretches that you can incorporate at home or with your pre or post workout.

Carly Carney is the owner of the Beverly Yoga Center. For more information on classes or poses for relaxation visit [www.beverlyyogacenter.com](http://www.beverlyyogacenter.com) or Like the Beverly Yoga Center on Facebook.



## Chicago High School for Agricultural Sciences

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

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# Meet the Challenge

## for a revitalized Beverly Arts Center

**THANK YOU!** to the more than 800 people, families, businesses and foundations who have already met the BAC Challenge! Donations received from Dec. 13, 2013 through Jan. 30, 2014\* are acknowledged below. We have made great progress toward our goal, **BUT WE STILL NEED YOUR HELP.** Please meet the BAC Challenge, and make your gift today! Remember, your contribution is tax deductible.

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For more information on how you can support the BAC Challenge Campaign, call 773-445-3838. For information on stock contributions, contact Dan Hack of Morgan Stanley, 312-917-7538 or Mike Stanton of BMO Harris Private Bank, 312-461-6599.

\* As hard as we try to make sure our materials are correct, mistakes happen. If your name was mistakenly left out, please let us know at 773-445-3838 or bac@beverlyartcenter.org so we can make that correction on our donor recognition materials.



# Among Friends and Family

## Smith Village provides community connections for Mount Greenwood resident

In September of 2012, Eileen McAlpine moved from her Mount Greenwood home of 55 years near 107th and Central Park Avenue to Smith Village, a continuing care retirement community (CCRC) at 2320 W. 113th Place.

"The really nice part is I moved to a better set-up—a four bedroom house was just too much for me," she says. "But I didn't lose my connections to my Mt. Greenwood neighborhood or my friends. In fact, I still keep finding connections and old friends as I settle into life at Smith Village."

McAlpine grew up in Chicago's Auburn Park neighborhood and attended Visitation Catholic High School on Garfield Boulevard just west of Halsted Street. She met her now-deceased husband, Conrad McAlpine, at a school dance. At 22, the couple purchased their first home, a two-bedroom ranch, at 103rd and Millard when they moved to Mount Greenwood.

Just recently in Smith Village's dining room, McAlpine found herself seated next to a man who had attended St. Leo, an all-boys Catholic high school not far from her parent's home. "He didn't ask me what year I graduated from high school, which was very gentlemanly of him," McAlpine says with an impish smile. "Instead, he asked me, 'Did you know the Hogan boys?' And I said, 'Would you be referring to Goats Hogan?' Goats was quite a character so we had a good laugh."

Later during the meal, McAlpine learned that the man, Bob Mueller, happens to be the uncle of one of her

former co-workers at St. Xavier University. For 15 years, McAlpine worked in the admissions department there.

"There's a warm feeling for me at Smith Village because so many people share connections to my past life," she says. "But then I knew there would be plenty of connections here. My mother, Carol Hughes, lived here in the late 1990s—prior to the construction of Smith Village—when the original building was called Washington and Jane Smith Home, serving residents on the same city block, since 1924.

"I felt that my mother received good care—the staff was wonderful," McAlpine says, "But I also distinctly remember her saying about another retirement home we were considering for her in Evanston, 'I wouldn't have any connections there.' I figured that would apply to me too if I decided to move elsewhere."

Still, plenty of nice people not from the Chicago area live at Smith Village, McAlpine observes, adding she appreciates knowing them as well. "I think a lot of Smith Village residents—no matter where they're from—feel comfortable here because Smith Village is so very supportive and welcoming. It's due to the spirit of caring and acceptance of the entire neighborhood. My husband was a Republican precinct captain—which is pretty amazing here in Chicago—and we still had plenty of friends!"

For 52 years, McAlpine has worshipped as a member of Queen of Martyrs Catholic Parish where she still serves as a lector. For several decades,

she sang in the church choir.

"If you pass by my apartment door here at Smith Village, you can hear me singing," McAlpine says. "That's because I like to sing, and I sing mostly songs from the Cole Porter era." She sang and performed in the drama club in high school as well.

McAlpine says she's excited about the formation of a new chorale group at Smith Village. "This is something I know I'll enjoy," she says. "I already enjoy plenty of other activities here too."

McAlpine exercises twice a week in the onsite Senior FITNESS Center and participates in an interactive computer program promoting brain fitness.

She volunteers for one hour a week in the Smith Village store which sells greeting cards, sundries and snacks to residents and visitors. "We work in teams so there's always one other person working when I'm there which makes it more fun," she says. Proceeds from the store benefit Emilie's Fund, which supports residents who have outlived their means.

McAlpine also serves on the Smith Village Resident Council, which affords her the opportunity to make suggestions to Smith Village administrators about entertainment and programming. "I love opera and ballet," she says, "so I asked Meghan Leonard, Smith Village's Independent Living Resident Services concierge, to look into scheduling trips to a movie theater that shows live broadcasts of performances."

McAlpine has also signed-up for an Irish literature class and a class on American presidents offered at Smith Village by St. Xavier University Renaissance Academy, a lifelong learning program. "This is the first year that classes are offered at Smith Village so it's really convenient," she says. Previously, classes were only available on the university's Chicago and Orland Park campuses.

Another of McAlpine's favorite activities is browsing the shelves of the Smith Village library for books on religion and history. "I've only been here a little over a year, and I feel like I've been here forever," she says, settling into one of the library's comfortable green chairs. "I guess that means I belong here, because I feel right at home."

### About Smith Village

Smith Village, 2320 W. 113th Place in Chicago's Beverly neighborhood, offers resort-style retirement living with apartments and appealing common areas for residents at all levels of care. Sponsored by Smith Senior Living, a not-for-profit organization serving older adults since 1924, Smith Village provides spacious residences and engaging programs for independent living, as well as assisted living, memory support and skilled nursing care. Smith Village also provides short-term rehabilitation services for residents and others requiring assistance after surgery or a medical incident.

For more information about Smith Village, call 773-474-7300 or visit [SmithVillage.org](http://SmithVillage.org).

The Bear Givers and Beacon Therapeutic present:

## DEEP IN OUR ART...

A Children's Art Exhibit to benefit the children of Beacon Therapeutic.

Thursday, April 3rd, 2014

5:30 p.m. - 8:00 p.m.

At the beautiful front lobby of The Beverly Bank,  
10258 South Western Ave.

Cocktails, and hors d'oeuvres will be served.

100% of the proceeds from the children's artwork will benefit Beacon Therapeutic.

RSVP to Peggy at [prouke@beacon-therapeutic.org](mailto:prouke@beacon-therapeutic.org) or call 773-298-6441.

The Bear Givers, one of Beacon's amazing partners, is a nonprofit organization dedicated to bringing joy to the lives of children in need with the gift of a soft teddy bear. Through hospital visits and school programs they touch the lives of children and their families across the country and around the world. Bear Givers also offers Beacon a program of Empowerment which enables Beacon children to become givers and experience the thrill and pride of bringing happiness to others.

EmpowerArt enables Beacon children to experience the happiness and fulfillment of creating art, seeing it showcased, and sold at a special exhibit. They are learning a true sense of giving back,

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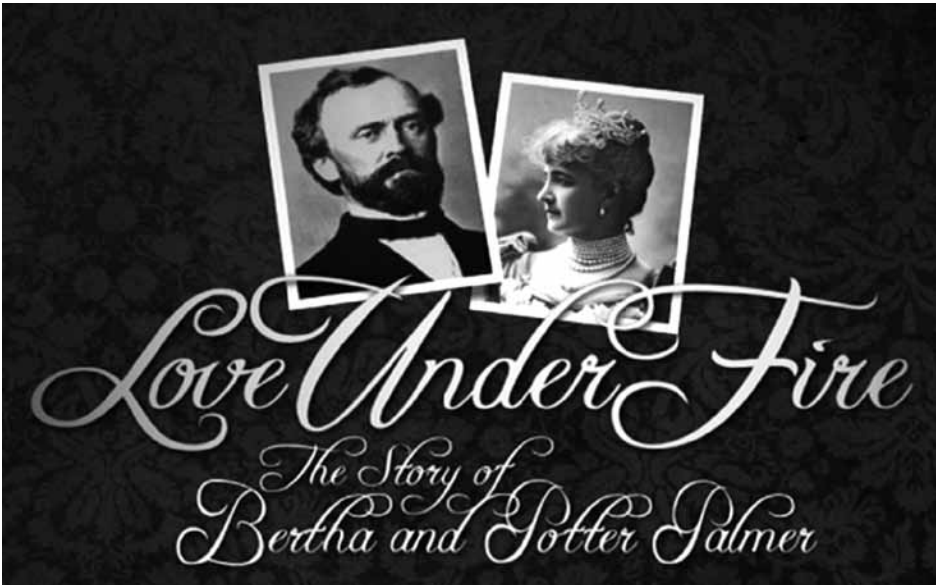




# 19th Ward Senior Citizen Spelling Bee

On Thursday, March 20th, Alderman Matt O'Shea and Smith Village will host a 19th Ward Senior Citizen Spelling Bee at 2:00pm at Smith Village, 2320 W. 113th Pl. The spelling bee is open to all senior citizens living in the 19th Ward. The

winner will receive a cash prize and will have the option to compete in the State of Illinois' Senior Spelling Bee later this year. To register for the spelling bee, please contact Tristan Angus at (773) 238-8766.



The Story of Bertha and Potter Palmer: The documentary tells the epic love story between young socialite Bertha Honoré and Potter Palmer, a self-made man 20 years her senior, whose passion for one another and the city they loved inspired the rebirth of Chicago after The Great Fire that left it in ruins.

"This is a timeless story, about love, loss and the American Dream. Its themes of resilience, resolve, and the triumph of the human spirit are remarkably relevant to the times we're living in," said playwright Amelia Estelle Dellos.



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Move to Smith Village, and in a few weeks your social circle will be growing by leaps and bounds. You'll meet great new people who enjoy similar pastimes, you may connect with old friends you haven't seen since you were a kid and discover new friends who you feel like you've known for years. Live the retirement lifestyle you deserve with good friends by your side. Come see for yourself. Give us a call at (773) 474-7303.



You'll love  
the neighborhood!



Discover even more things to love about Smith Village. Visit [smithvillage.org](http://smithvillage.org) or call (773) 474-7303 for a FREE Information Kit.

# ALDERMAN MATT O'SHEA'S SENIOR CITIZEN SAINT PATRICK'S DAY PARTY

**Mon., March 10, 2014**

**12:00 P.M. - 2:00 P.M.**

**115 Bourbon Street  
3359 W. 115th St.**

\$5 Admission includes family  
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Cash bar available

Live Music & Bingo with Cash Prizes

Open to 19th Ward Residents Only

Space is limited, reservations required  
773-238-8776 or  
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