

19th WARD Quarterly

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

AUGUST 2013

Chicago Plays! to Rebuild Four Area Playgrounds

Playgrounds at Graver, Ridge, Barnard, and Cosme Parks have been selected for reconstruction during the next two years through the Chicago Plays! Program. In 2013 playgrounds at Graver and Ridge Parks will be renovated with new playground equipment, updated swing sets, and fiber wood chip surfacing. Barnard and Cosme Park playgrounds will receive similar upgrades in 2014.

The Chicago Plays! Program, administered by Friends of the Parks, sought community input by allowing civic organizations to apply on behalf of their local park. The Beverly Ridge Homeowners' Association applied on behalf of Ridge Park, and the East Beverly Association applied for Graver Park. The civic organizations also helped choose the design of the new playgrounds (renderings included).

The Chicago Plays! Program, a partnership of the Chicago Park District, the City of Chicago and Friends of the Parks, is an aggressive program to rehabilitate 300 playgrounds over the next 5 years. Beginning this fall, 50 playgrounds, selected as part of an application process, will be reconstructed with brand new, state-of-the-art play equipment.

Work at Ridge and Graver Parks will begin after Labor Day when summer day camps end with the construction to be completed in



fall. Funding for the play equipment comes from the Chicago Park District's capital improvement budget. For more information on the Chicago Plays! Program, please visit www.fotp.org. Special thanks to the dedicated volunteers of the Beverly Ridge Homeowners' Association and the East Beverly Association for spearheading these efforts.

5th Annual Beverly Hills Turkey Trot 5K

Registration is now open for the 5th Annual Beverly Hills Turkey Trot 5K Run and Family Walk. This year's race will be held on Saturday, November 23, 2013 through the historic streets of North Beverly. Proceeds from this event will benefit the 19th Ward Youth Foundation and the John McNicholas Pediatric Brain Tumor Foundation.

Register online at www.the19thward.com for both the run and family walk. The run will be chip timed on a certified 5K course. The untimed family walk allows people to take place in the event even if they are not serious runners. Please note, participants who register as a family will not be timed; if multiple family members wish to participate in the race with d-chip timing, they must register individ-

ually.

CARA members are eligible for a \$5 registration discount. Runners will be divided by age and sex according to CARA recommended guidelines with awards given for each age group. All participants who pre-register will receive a t-shirt and gift bag.

Additionally, a post-race party will be held at the Kellogg School field. The after party will feature booths from sponsors and local vendors as well as entertainment. If you have any questions or would like to volunteer, please contact Matt O'Shea at mattoshea@the19thward.com or (773) 238-0288.

ABOUT OUR BENEFICIARIES

The John McNicholas Pediatric Brain Tumor Foundation was estab-



5TH ANNUAL
Beverly Hills Turkey Trot
5K RUN AND FAMILY WALK
SATURDAY, NOVEMBER 23, 2013

lished as a 501(c)3 organization to support research on pediatric brain tumors. They push for advancements in the care and treatment of pediatric brain tumor patients by facilitating better coordination of information between patients and providers, improving the quality of life for patients, and funding specifically targeted pediatric brain tumor research and treatment options to achieve their ultimate goal: the eradication of pediatric brain

tumors.

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

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NOTES FROM THE



19th Ward YOUTH FOUNDATION

Dear Neighbor,

As parents prepare for the start of a new school year, there are a number of interesting activities for people of all ages happening in our community. In the coming months, residents can find the end of our summer movies in the park, Senior Citizen Halloween Party, Shakespeare's Comedy of Errors at Ridge Park, and Midnight Circus in the Parks to name a few. Please take a look at the information included to see what's happening in our neighborhood over the next few months.

Also in this issue, please find information about upcoming streetscape improvements along our major business strips, as well as updates on some new business developments. The 19th Ward also has a variety of community events coming up including a town hall meeting and free paper shredding and electronic waste recycling. Hopefully you can take advantage of these services.

Finally, we have included a map of our community police beats and a schedule of local CAPS meetings. Please note

that the schedule for these meetings has recently changed; please see the map below for more details. CAPS meetings give us the opportunity to become acquainted with the police officers who patrol our streets on a daily basis. The Chicago Police Department is committed to keeping our community safe.

If you have any questions or would like information included in our next issue, please contact me at 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

BEAT 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

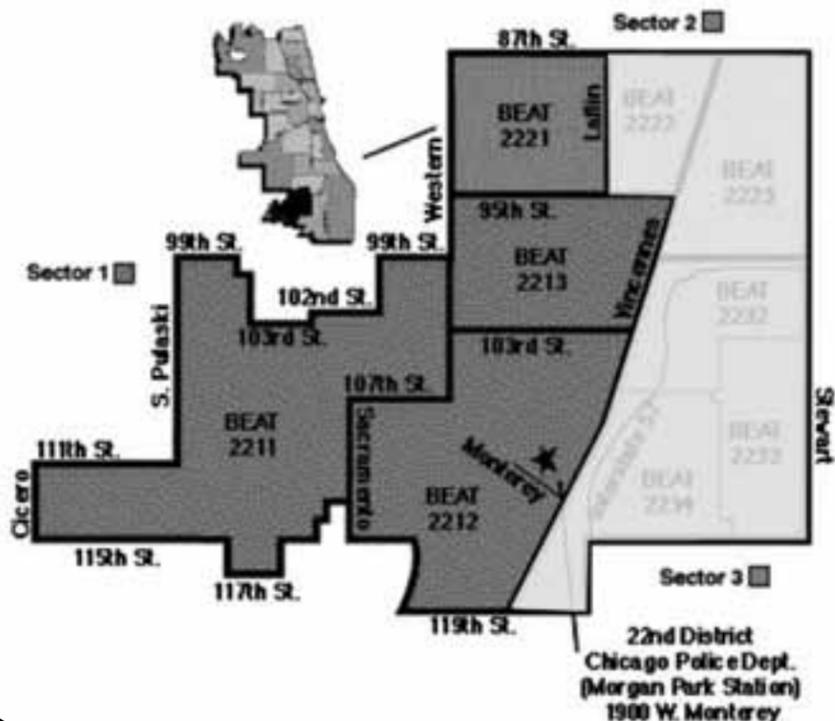
Second Thursday of the month at 7:00pm
March, April, May, June, July, August, September, October, November
Ridge Park, 9625 S. Longwood Dr.

BEAT 2211

Third Thursday of the month at 7:00pm
March, May, July, August, September, November
Mt. Greenwood Park, 3721 W. 111th St.

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



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)
maureen@the19thward.com

City Hall Office

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

Streetscape Projects

95th Street Streetscape – Phase II

Phase II of this Streetscape will extend the improvements currently found between Western Ave. & Leavitt St. further east to Damen Ave. Improvements include ornamental 32 foot street light poles at the corners with smaller pedestrian level 18 foot light poles in between. By varying the size of the poles, the entire area becomes better lit and the lines connecting them are buried resulting in fewer outages. The project will also include new sidewalks and curbs as needed, brick paver parkways, irrigated planter boxes, community identifiers. Existing medians will receive new irrigation & electrical systems as well as improved landscaping.

Design for Phase II of Streetscape is nearly complete. With funding now approved, this \$3 million project will go through a competitive bidding process this year, with construction to hopeful-

ly begin in the spring of 2014. Phase I of this project is nearly complete; plantings and some final irrigation work is ongoing with a target completion of this fall.



Walden Parkway / 111th St. Phase I

Streetscape projects are also planned for the 99th & Walden Pkwy area and on 111th Street from Central Park Ave. to Homan Ave. Both projects will include upgraded lighting and public way improvements. The Walden Pkwy project will also create a half circle landscaped plaza entry point to the green space on the north side of 99th St. Phase I on 111th St. will feature community identifiers modeled after the mosaics at Mt. Greenwood Park.

The Chicago Department of Transportation is currently negotiating design contracts for each of these projects. Once a contract is in place, there will be opportunities for community input on the design.



Semi-circle gateway at 99th & Walden Pkwy. to be created through the planned streetscape.



Mt. Greenwood community identifier included with the first phase of 111th St. Streetscape.

Buona Update

Last year, Buona Restaurant group announced plans to construct a new location at 10639-59 S. Western Ave. The plans include the demolition of two existing buildings and the vacation of the existing alley to allow the new construction of their first restaurant in the City of Chicago. On Friday, June 21st, developers presented their final site plan to the Chicago Zoning Board of Appeals and obtained a special use permit for a drive through window.

Buona is now working with the City's Department of Housing & Economic Development and Alderman O'Shea's Office to obtain TIF assistance for the project. The TIF review process takes several months to complete. Please visit www.the19thward.com and sign up for Alderman O'Shea's e-mail updates to stay informed on the progress of this project. In the meantime, please visit the new Buona Restaurant at 131st & La Grange Rd. or check them out online at www.buona.com.

THE BUONA STORY

In 1981, Joe Buonavolanto, Sr. created BUONA with a few Buonavolanto family recipes, including

their famous Italian Beef sandwich recipe. Starting with a simple idea: "good food, made fresh, to taste great", they still carry on the family tradition with pride and the help of the extended BUONA family.

Their recipes, originating in Naples and perfected in the old Italian neighborhoods of Chicago are still the heart of the menu. In Italy, the word "buona" means good. Here, BUONA means something even better.

Whether it's the Italian beef sandwich, hand-made pizzas, or fresh salads, there's always something delicious and satisfying to try at BUONA. But remember, their food takes a little time to prepare, so take some time to relax, feel comfortable, and enjoy, whether you're dining at a quick-casual restaurants or at your place with BUONA CATERING.

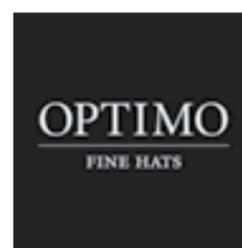


Optimo Hats Seeks Former Fire Station

For the past several months, Optimo Hat Company at 10215 S. Western Ave. has been in negotiations with the City of Chicago to purchase the old fire station at 1700 W. 95th St. Moving forward, Optimo's workshop will move to the fire station with retail functions remaining at the Western Ave. location. On Saturday, September 7, 2013 this project will be outlined at an open community meeting at the Beverly

Branch Library, 1962 W. 95th St., at 9:30am.

This meeting is co-hosted by Alderman Matt O'Shea, the Vanderpoel Improvement Association (VIA), Beverly Improvement Association (BIA), and 95th Street Business Association. Please join us to learn about this exciting community development. For more information, please contact Tristan Angus at tristan@the19thward.com.



Property Tax Appeal Assistance - 9/19

The Cook County Board of Review is now accepting property tax appeal applications for homeowners in our area. The appeal paperwork is very simple and can result in significant tax savings. There is no fee involved for applicants and appealing cannot increase current assessments.

Board of Review Commissioner Larry Rogers and Alderman Matt O'Shea will host an appeal assistance night on Thursday, September 19, 2013 at the Beverly Arts Center, 2407 W. 111th St., at

6:30pm. Staff from the Board of Review will be available to help residents complete appeal paperwork and address any questions or concerns. All homeowners are encouraged to attend this meeting.

Please bring your tax bill or property index number to complete the paperwork. If you are not able to attend, appeal paperwork is available online at www.the19thward.com. If you have any questions, contact the 19th Ward Service Office at (773) 238-8766 or colleen@the19thward.com.



City Offers Chicago Police Exam

Applications for the next Chicago Police exam are available now through September 16, 2013 at www.cityofchicago.org/PoliceApplication. Within 3 days

of successfully submitting your application, you will receive an e-mail confirmation. No applications will be accepted after Monday, September 16, 2013.



Town Hall Meeting - 9/25 at Ag School

On Wednesday, September 25, 2013, the 19th Ward, Mt. Greenwood Community & Business Association, Mt. Greenwood Civic Association, and Mt. Greenwood Residents Association will co-host a town hall meeting at the Chicago High School for Agricultural Sciences, 3857 W. 111th St., at 7:00pm. There, Alderman Matt O'Shea and a representative from the 22nd District will provide an update about their work with community safety. A variety of city agencies and de-

partments will also be present to address individual concerns from residents.

If you have any questions or would like more information, please contact Maureen Chausse at (773) 238-8776 or maureen@the19thward.com. Also, to receive information about community meetings and events like this electronically, please visit www.the19thward.com and sign up for our e-mail distribution list.

19th Ward Hosts Free Shredding & Electronics Recycling

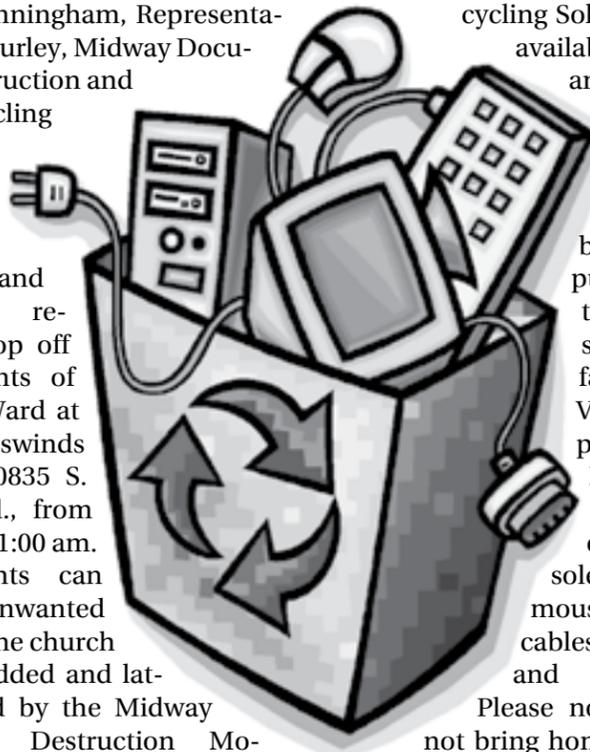
On Saturday, September 21, 2013 Alderman Matt O'Shea, Senator Bill Cunningham, Representative Fran Hurley, Midway Document Destruction and Sims Recycling Solutions will host a free paper shredding and electronics recycling drop off for residents of the 19th Ward at the Crosswinds Church, 10835 S. Pulaski Rd., from 9:00 am - 11:00 am.

Residents can bring unwanted papers to the church 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.

At the same time, Sims Recycling Solutions will be available to collect any unwanted or unused electronic equipment. You may bring computers, monitors, television sets, printers, fax machines, VCR/DVD players, DVRs, PDAs, MP3 players, video game consoles, keyboard/mouse, computer cables, zip drives and cellphones.

Please note, you may not bring home appliances or other household hazardous waste. This service is free of charge. If you have any questions, please contact Maureen Chausse at (773) 238-8776 or maureen@the19thward.com.







On August 24, 2012 Jason "Mayo" Mayoski suddenly passed away of a massive heart attack at the age of 37. Jason left behind his wife Jennifer (Chapin), a Chicago Police Officer, children Nicholas (3), Jason (2) and Brooke one week from turning 1.

Jason was a 16 year member of the Chicago Fire Department and was recently promoted to Engineer in the 5th District. Jason loved playing with his children and always had a smile on his face. Unfortunately, Jason will never see his children grow up. Jennifer is now left with the overwhelming task of raising and providing for their 3 children on her own.

This benefit will help ease the financial burden Jennifer faces. To learn more about the All 4 Mayo benefit, log on to www.all4mayo.com or contact a committee member.

Come out and support the **Mayoski Family**

GRAND RAFFLE - \$50/chance 1st prize \$10,000
2nd prize \$5000
3rd-12th prize \$1000

BULLET RAFFLE - \$1/each or \$5/6
50" Flat-screen TV, Ipad, Kindle Fire & Camera

SILENT AUCTION, BASKET RAFFLE,
ROULETTE WHEEL, BENEFIT T-SHIRTS
.....and much much more!!!

ALL 4 MAYO BENEFIT
SATURDAY
SEPTEMBER 28, 2013
2:00PM - 7:00PM

115 BOURBON STREET
3359 W. 115th Street, Merrionette Park, IL

Tickets are \$35/person
Includes food, beer, wine and entertainment

Monetary donations are being accepted at:
Chase Bank
c/o All 4 Mayo
10440 S. Cicero
Oak Lawn, IL 60453

or visit
www.all4mayo.com to donate via PayPal

The Committee is accepting donations for the silent auction and raffles.

Committee Members:
Entrance Tickets: Staci Fiedler 773-329-5902
OEMC
Nicole Mayoski 773-807-9012
CPD (012)

Grand Raffle: Mary Bochenczak 773-552-4755
CPD (022)
Craig Johnson 773-434-9137
CFD Engine 101/Truck 41

Silent Auction: Courtney Sinisi 708-372-8740
Nicole Taylor 708-929-8268

Bullet Tickets: Billy Donahue 312-622-1231
CFD 5th District relief

or email All4Mayo@gmail.com



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Parks & Recreation

Shakespeare Returns to Ridge Park

Chicago's Shakespeare Theater in the Park will return to Ridge Park this year with free performances of *The Comedy of Errors* on Wednesday, August 21st and Thursday, August 22nd. Both performances are open to the public, free of charge and will begin promptly at 6:30pm. A specially equipped truck will roll into the park, a stage will unfold, and a company of professional actors will share the delight of Shakespeare with families and neighbors of all ages.

Audiences will experience the wildly entertaining tale of a man and his servant landing in a foreign land, searching for their long-lost twin brothers. Everywhere they go, strangers insist that they're

old friends. Mistaken identities abound, but in the end, chaos gives way to clarity in this comedy filled with mayhem and madness.

This popular Shakespeare comedy is adapted and staged by veteran Chicago Shakespeare director David H. Bell. Touring the neighborhoods across the City, the

free Shakespeare performances activate neighborhood parks, attracting families, breaking down barriers to arts participation and encouraging young family members to participate in Chicago's Summer of Learning program. For more information, please visit www.chicagoshakes.com/parks.



Chicagoans enjoy Shakespeare in the Park.

Mt. Greenwood Fun Run

Come out on Saturday, September 22, 2013 and join the fun at the second annual Mt Greenwood Family Fun Run benefiting the Mt Greenwood Park Special Recreation Association. The Mt Greenwood Park Special Recreation Association has been providing opportunities to Special Needs children and adults for over 20 years. The race will kick off at 9:00 a.m. near the play lot at Mt. Greenwood Park. Race packets will be available at Running Excels on Sept.15th from



12-7pm and at St. Christina field starting at 8:00am the day of the race. The walk will begin shortly after the run and will end with a picnic lunch for all registrants. New this year is a special route for kids 10 and under which will include prizes for all entrants. The route will be secure and will also have many children's activities to allow for parents to walk or run the route. For more information, please contact Kevin Nolan at knolan53@gmail.com.

Mt. Greenwood Park Fall Clean Up

The Mt. Greenwood Park Advisory Council, Mt. Greenwood Residents Association, and 19th Ward Youth Foundation are hosting a fall volunteer clean up day at Mt. Greenwood Park, 3721 W. 111th St., on Saturday, September 7, 2013 at 9:00am. Volunteers will work to clean up the park in advance of the annual Midnight Circus in the

Parks on September 28 & 29, 2013. Students, this is a great opportunity for service hours while helping to keep our park looking great. For more information or to volunteer, please contact Margaret Schroeder at moonmarge@comcast.net. Thanks for your support, and we look forward to seeing you on September 7th!



19th Annual Y-Me Women's Softball Tournament

On Saturday, August 24, 2013 Ginger Rugai's 19th Annual Y-Me Women's Softball Tournament will be held at Mt. Greenwood Park and St. Christina Fields. Since its inception, women of all ages have participated in this incredible event raising nearly half a million dollars for breast cancer charities. This year, all tournament proceeds will directly fund the research of University of Chicago's Dr. Richard Jones.

In the past few years, Dr. Jones has been doing groundbreaking work, highlighted recently in the Chicago Tribune. Breast cancer

has touched the lives of so many women and families not only in our community but throughout the world. This insidious disease does not discriminate as to race, age, ethnicity, or income. It is imperative that these research efforts continue at an accelerated pace; that is only possible with your support.

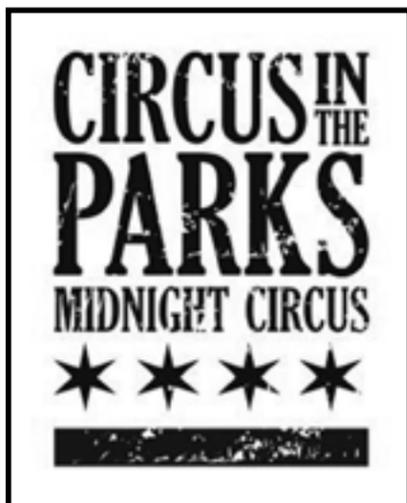
For more information, please visit www.y-mesoftware.com or contact Kathleen O'Shea at (773) 779-0172 or osheaschoolsrus@aol.com. Your involvement will make a difference!



Ald. Ginger Rugai & Y-Me Tournament Organizer Kathy O'Shea.

Parks & Recreation

The Circus Returns to Mt. Greenwood Park



The Mount Greenwood Park Advisory Council (MGPAC) is co-hosting Circus in the Parks (CITP) featuring the Midnight Circus with the 19th Ward Youth Foundation and the Chicago Park District. This is our third season on the South Side of Chicago and will take place on September 28th and 29th - featuring two (2) shows per day.

Since 2007, The Midnight Circus has partnered with The Chicago Park District to perform a series of daytime shows in several of the city's parks to raise money to help rebuild the parks and their programs. This year the net proceeds from the shows at Mount Greenwood Park will be allocated to the following areas: upkeep and maintenance of the softball fields and repair of mosaic tile walls in the playground.

As you know, the MGPAC in partnership with our local elected officials, corporate donors, small business and our community residents was instrumental in helping to open a new playground at Mount Greenwood Park in September of 2008. We would like to build upon that success and hope our community residents will attend this magical event.

The Midnight Circus is an eclectic company of actors and acrobats, aerialists and eccentrics, clowns and contortionists, singers,

dancers, musicians and a dog who appeal to all ages. They provide the audience with music, merriment and a dose of delightful entertainment in a natural urban setting in our very own park.

The audience for Midnight Circus is families and children of all ages in the surrounding communities. Tickets for this event are available for purchase today and are \$20.00 per adult and \$15.00 for kids 2 years-18 years old. Children under two (2) years of age are free and group rates are available at \$14.00 per ticket if twenty (20) or more tickets are purchased at the same time. We will also have concessions available for purchase at each of the shows including: soda, water and popcorn.

In 2013, Circus In The Parks will present 32 shows in eleven 11 weeks at the following local Chicago parks: Hamlin Park, Welles Park, Holstein Park, Independence Park, Commercial Park, Margate Park and Mount Greenwood Park.

For more information and to purchase tickets, visit us at: www.circusintheparks.org

For your convenience, please bring your ticket receipt from your online purchase to the Mount Greenwood Park Field House (3721

West 111th Street) from 6:00 pm to 7:30 pm on Monday (9/23), Tuesday (9/24) or Wednesday (9/25) and we will give you a wristband for entry into the Circus.

See you at the show!



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FRIDAY DECEMBER 6TH, 2013 • 6:30PM -10:30PM • 10650 S. LONGWOOD DRIVE

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WWW.BEACON-THERAPEUTIC.ORG

Public School News

Esmond to Receive Learning Garden

Alderman Matt O'Shea and the Chicago Public Schools (CPS) recently announced plans to create a learning garden at Esmond Elementary School. The garden, one of 60 throughout the City being funded with excess NATO summit dollars, will act as both an extension of the classroom and an enhancement of playgrounds and other outdoor environments. The Kitchen Community, a Denver-based nonprofit that seeks to connect kids with real food by creating outdoor, garden-based classrooms, is spearheading this effort on behalf of CPS.

"We're working to reverse the childhood obesity trend in this country," said Peter Vitale, who manages the Chicago initiatives of The Kitchen [Community] (TKC). "By raising their awareness of fruits and vegetables, we help connect

kids with real food." Founded in 2011, TKC organizes and implements learning gardens across the country, providing students with fun, educational tools for learning about healthy food choices.

Students play an active role in designing and implementing a garden, then learn to plant, nurture, harvest, and prepare the fruits and vegetables that are part of a healthy diet. Each learning garden includes fruit trees, shrubs and vegetable beds to create a hands-on science and nutrition education while increasing student exposure to physical activity in an outdoor environment. No timeline for construction has been announced at this time. For more information on the Kitchen Community's work with students, please visit www.thekitchencommunity.com.



Volunteers with non-profit The Kitchen Community work at a learning garden. Esmond Elementary is among 60 Chicago Public Schools set to receive a new garden.

Barnard, Esmond & Morgan Park benefit from OS4 Program

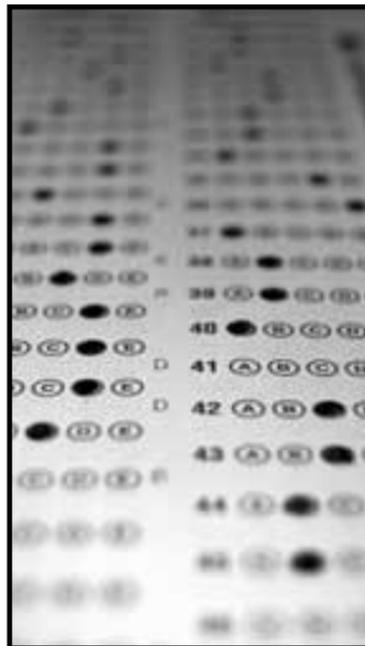
Three local schools are among the 22 recently announced "reinvestment schools" that will work with CPS's newly created Office of Strategic School Support Services (OS4) in the coming school year. As a result, Alice L. Barnard Elementary, Esmond Elementary, and Morgan Park High School will receive an influx of additional resources to increase student achievement. All OS4 services will be specifically tailored to individual schools needs with a strong emphasis on professional development for teachers

and learning opportunities for parents and LSC members.

While the program is limited to a maximum of three-years, the coaching and training will benefit the school and community for years to come. The reinvestment schools program is an early intervention support effort for high-need schools. Each reinvestment school will be responsible for meeting or exceeding annual school-specific benchmarks established by the CEO.

CPS Scales Back Testing

Guided by the input of parents, teachers, students and principals, Chicago Public School recently announced the elimination of 15 District-mandated tests. This school year, CPS will require 10 District-mandated standardized tests across all grades, a decrease from 25 District-mandated standardized tests last school year. The new policy will provide school leaders and teachers with



more autonomy in establishing assessments that help teachers develop instructional plans and align assessments with Common Core State Standards (CCSS) to increase student learning time.

Since February, CPS has hosted 17 focus groups with principals, teachers, parents, education advocates and researchers to gather feedback on the new assessment policy while incorporating input

from 450 teachers who responded to a CPS survey on how to best modify the District's assessment policy. Beginning in SY13-14, standardized testing will be limited to the spring for grades two through eleven and offer schools flexibility to select interim measures to monitor progress.

The emphasis on CCSS in the new assessment policy mirrors state-level efforts to

transition to these new, more rigorous academic standards. Starting next school year, the Illinois State Board of Education (ISBE) will administer a fully CCSS-aligned Illinois Standards Achievement Test (ISAT) to students in grades three through eight. The new ISAT will begin to prepare Chicago students for the full transition to the CCSS, which is scheduled for all grades starting in school year 2014-15.



Chicago High School for Agricultural Sciences

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Chicago Building Court Improving Our Community

Is there a problem home on your block? The City of Chicago has strict regulations regarding property maintenance, especially in vacant or abandoned homes. These properties can become eyesores and drive down surrounding home values.

Alderman O'Shea works closely with the City's Law & Building Departments to address neighbors'

concerns and improve property conditions. For example, recent efforts at 2626 W. 111th St. where truck and heavy equipment traffic had destroyed the sidewalks and parkways leading to the traffic signal at 111th & Talman Ave. Through our efforts in building court, the badly needed repairs were recently made and the entire area is now much safer.

At 10334 S. Hamilton Ave., homeowners moved out of state and allowed the home to fall into disrepair. Overgrown weeds and shrubs had completely covered the property creating a hiding place for local teens. Even a small storm would blow limbs and debris into adjacent yards. While this case is ongoing in building court,

significant improvements have already been made. In the coming months, we look forward to even more improvements.

If you have a problem on your block, please call (773) 238-8776 or tristan@the19thward.com so appropriate action can be taken. All complaints are kept anonymous.



10334 S. Hamilton Ave. (before)



10334 S. Hamilton Ave. (after)



2626 W. 111th St. (before)



2626 W. 111th St. (after)

MIDWAY
Fly Away
5K

INAUGURAL
Midway Fly Away 5k
Benefiting
Special Olympics Chicago
Special Children's Charities

SUNDAY **09.15**
2013

MIDWAY AIRPORT
Run On The Airfield!

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SOUTHWEST *from the heart*
CHICAGO CDA DEPARTMENT OF AVIATION
CITY OF CHICAGO

Please visit:
www.sochicago.org
to register.

Legislative Update

Cunningham Bill Extends Retiree Benefits

As the spring legislative session came to a close in May, State Senator Bill Cunningham helped pass a crucial measure to protect the re-

tiree health benefits of Chicago police officers, firefighters and other former municipal employees.

Senate Bill 1584, which was signed into law by the governor, extended an existing legal provision that requires the Chicago pension funds to cover certain healthcare costs for retirees. Without the legislation, retirees would have been required to pick up the cost of the benefit beginning on July 1. That cost would have exceeded \$1,100 per year for some beneficiaries.

"Thanks to this legislation, retired Chicago employees will not have to reach deeper into their own pockets to cover a large portion of their health benefits," Cunningham said. "Our retired police officers, firefight-

ers and other municipal workers earned these benefits and should not have them canceled because some obscure state law is scheduled to expire."

The bill passed by a wide margin in the State Senate. However, opposition from Republicans almost derailed the measure in the House, where strong support from State Representatives Fran Hurley and Kelly Burke was crucial in getting the bill passed. "Changes to retiree health benefits should be negotiated through collective bargaining, not through the legislative process," Hurley said. "My hope is the extension of these benefits will give retirees some cost certainty."

Thanks to the legislation, the

pension funds covering Chicago police officers, firefighters and other city employees will continue to provide a health insurance subsidy of \$95 per month for each annuitant, including widows and children, who are not eligible for Medicare benefits, and \$65 per month for each annuitant eligible for Medicare. The new extension will last through the end of 2016, as long as the city continues to provide a retiree healthcare plan.

Payments for these healthcare benefits grew out of the 1987 Korshak lawsuit that stopped the City of Chicago's attempt to roll back retiree health care benefits for former employees. As part of the settlement, retirees and the pension funds started paying for a portion of retiree health insurance costs. The Firemen's Annuity and Benefit Fund, the Chicago Policemen's Annuity and Benefit Fund, the Municipal Employees, Officers and Official Annuity and Benefit Fund, and the Laborers' and Retirement Board Employees' Annuity and Benefit Fund are part of the Korshak settlement. SB 1584 represents the third time the legislature has extended the retiree health benefit subsidy for city workers.



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Legislative Update

State Rep. Fran Hurley hosting events and meeting constituents

Building on her efforts to provide first-rate educations to Illinois students and retain skillful teachers, Hurley has recently been appointed to the Teacher Recruiting and Retention Task Force.

The task force has been asked to report its findings on the impact of Tier 2 pension benefits and the ability of districts to recruit and retain teachers in public school classrooms by January 1, 2014. Hurley will join 13 other appointees from the Illinois House of Representatives, Senate, members appointed by the governor, members of a statewide school alliance and members of separate unions which represent teachers.

As part of her continued efforts to be open and accessible to all residents, Hurley will be partnering with state Sen. Bill Cunningham to host several upcoming Community Meet and Greets. There will be a meet and greet on August 28 from 6



p.m. to 8 p.m. at our Orland Hills office and on September 17 from 6 p.m. – 7 p.m. at the Worth Village Hall on 111th St. Hurley believes this is a great way to hear from constituents.

Hurley will also be hosting a Senior Tax Program on September 13 and Women's Expo on October 11 in Orland Park. These events are still in their early planning stages and she is looking forward to providing more details in the near future. Until then, she hopes residents will look for her at the many local farmer's markets she will be visiting in the upcoming months.

Hurley's full-time constituent services office is located in the 19th Ward Service Office, located at 10400 S. Western Ave. Staff is available Monday through Friday from 9 a.m. to 5 p.m. To reach the representative please call (773) 445-8128 or (708) 233-9703 or email RepFranHurley@gmail.com.

Rep. Burke to Host Town Hall for Condo Owners/Managers

State Rep. Kelly Burke will listen to concerns from condominium owners, members of condo boards, and management companies at a town hall meeting in Oak Lawn on Monday, August 26, 2013.

"It's important that state and local leaders work with condominium owners, boards and management companies to ensure that quality housing remains accessible and affordable," Burke said. "This town hall meeting will begin an open, ongoing discussion with homeowners and property managers most directly affected by condo laws."

Burke, condo law experts and representatives from the Illinois Department of Financial and Professional Regulation and the Cook County Recorder of Deeds' office will listen to constituents' thoughts on new legislation affecting condominium owners, boards and management companies and discuss how

residents can avoid becoming victims of property fraud.

"A great deal of work lies ahead, both to ensure fair and equitable condominium laws in Illinois and get our state back on the right track," Burke said. "That work begins by listening to local residents so I can continue to effectively advocate for their needs and views."

Burke's town hall meeting on condominium issues is open to the public and will be held at the Oak Lawn Public Library, 9427 Raymond Ave. in Oak Lawn. For more information on Burke's town hall meeting, please contact her constituent service office at 708-425-0571 or email events@kelly-burkerek36.org.

Burke represents the 36th District, which includes Evergreen Park and parts of Oak Lawn, Chicago Ridge, Palos Heights, Palos Hills, Palos Park, Worth and Chicago's 18th and 19th wards.



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Beverly Arts Center Schedule



Beverly Arts Center
2407 W. 111th St.
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www.beverlyartcenter.org

Special Events:

BBQ & brew for the arts! Horse Thief Hollow, 10426 S. Western Ave., will host a fund raiser for the Beverly Arts Center, Tues., Aug. 27, 5 to 9 p.m. \$10 admission includes 2 beer tickets, food tastings, and live music by Environmental Encroachment. DeSchutes Brewery is partnering in this event. Information: 773-779-2739.

Get In, Get Art Free Day: Get Booked, Sun., Sept. 22, 2 to 4 p.m. From celebrities reading stories to little kids to grown-ups learning about the process of writing in an author interview to an aspiring-writers workshop, book enthusiasts of all ages will enjoy free arts-based activities in the first of 12 monthly Get In, Get Art free days at the BAC. Mark your calendar for upcoming Get In, Get Art dates: Oct. 27, Nov. 17, Dec. 1.

Classes:

Fall Session of the BAC School of the Arts begins the week of Sept. 3. Early registration discounts continue through Aug. 24, and enrollment is open through the first week of classes. More than 100 classes are offered for all ages in visual arts, music, dance, theater, movement and lots more. Find a complete schedule online at www.beverlyartcenter.org, under the education tab.

Concerts:

The Nevery Brothers: From Elvis to The Beatles, Fri., Sept 13, 8 p.m. Get in the groove as the Nevery Brothers perform their fun and fab rock and roll evolution concert. \$17/\$15 BAC members.



World Music Festival Chicago: Brock McGuire Band, Sat., Sept. 21, 8 p.m., free. Paul Brock and Manus McGuire perform a concert of traditional and non-traditional Irish music with their signature accordion and fiddle.



Corky Siegel's Chamber Blues, Sat., Sept 28, 8 p.m. The legendary Corky Siegel puts his unique blues stamp on music that spans Beethoven to B.B. King. "A fresh, innovative sound capturing the sparkling qualities of classical music merged with the emotional melodic style of blues, all within an intimate chamber setting." \$31/ \$28 BAC members



The Young Dubliners, Fri., Nov, 15, 8 p.m. Celtic rock's hardest working band puts the BAC on their US tour schedule! You've seen them on ABC's Jimmy Kimmel Live! and heard their songs on TV's "Sons Of Anarchy," now you can see them right here in the neighborhood.



The Buckingham return with their annual Joy of Christmas show, performing their fan-favorite hits and their band-favorite holiday music, Sat., Nov. 30, 8 p.m. \$35/\$32 BAC members



BACinema:

Enjoy first run, independent and international films on Wednesdays, 7:30 p.m \$7.50/\$5.50/BAC members

"From Up on Poppy Hill" (2011) PG. Animated. Wed., Aug. 21. An innocent romance buds between highschoolers who are caught up in changing times in Japan. While the country is still recovering from devastation of World War II and preparing to host the 1964 Olympics, a buried secret casts a shadow on the teens' future and pulls them apart.



"Before Midnight" (2013) R. Wed., Aug 28. Directed by Richard Linklater. The third installment of the series, following Before Sunrise (1995) and Before Sunset (2004), the film follows Jesse and Celine as they work their way through their rocky relationship and deal with their challenges as parents.

"Frances Ha" R. Wed., Sept. 4. Greta Gerwig portrays Frances in a modern comic fable about friendship, class, ambition, failure and triumph.

"Blackfish" PG-13. Wed., Sept. 11. "Blackfish" explores the dichotomy of people loving to see killer whales performing versus the ramifications of captivity on these majestic yet violent creatures. The film uses the story of the notorious performing whale Tilikum who has taken the lives of several people.



Gallery:

Gallery and reception admission are free. Gallery hours: 9 a.m. to 9 p.m., Mon. through Fri., 10 a.m. to 6 p.m. Sat., 1 to 6 p.m. Sun.

Applications are available for the 37th Annual Beverly Art Competition and Exhibit, open to artists living and working within 100 miles of Chicago. Entry deadline: Oct. 4. Opening reception: Nov. 8. Exhibit: Nov. 8 through Jan. 5. Find applications online at www.beverlyartcenter.org under the gallery tab.

"Painting the Town," a group exhibit of works in painting mediums inspired by the urban landscape, will be in the East Gallery Aug. 24 through Sept. 22. Artists' reception: Fri., Sept. 13, 7 to 9 p.m.



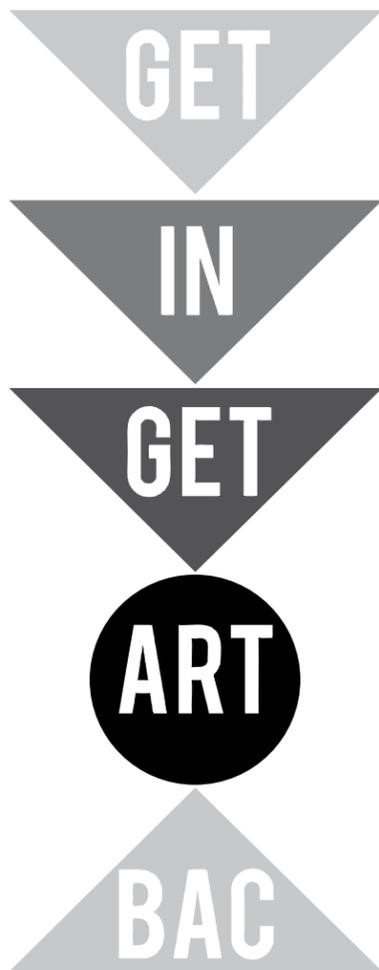
"Chatterbox Fiction" brings together seven Chicago based artists who explore and create imaginary form and space, inspired by natural, organic and social realms. Sept. 27 through Oct. 27, East/ Bridge Gallery. Reception: TBA.

Literary Arts:

Author Evening and Book Exchange Thurs., Aug 22, 7 p.m. Penny Golden interviews author Patricia Ann McNair about her book of short stories, "The Temple of Air." Copies of the book will be available for purchase and signing. The BAC Auxiliary will host a book exchange that evening: Bring up to 5 books you have read and love and exchange them for 5 others. Free admission and cash bar.



BAC Writers critique group for serious adult writers, 2nd and 4th Mondays, 7 p.m. Next session: Sept. 9. \$5/\$3 BAC members, per session. grace@beverlyartcenter.org



People of all ages who want to tap their inner artist, explore their creativity, nurture their talents or simply check out the Beverly Arts Center are invited to Get In, Get Art, a series of free monthly hands-on art days beginning Sun., Sept. 22.

"There are so many exciting things happening at the Beverly Arts Center," said Shellee Frazee, coordinator of the BAC School of

the Arts. "We want people to come in and fully enjoy the BAC experience, and realize that they don't have to be an artist to be a part of the fun and learning."

Frazee worked with BAC instructors and program coordinators to develop the year of free Get In, Get Art events.

"Our goal is to have something for everyone at each of our Get In, Get Art days," Frazee said. "Kids, teens, adult, seniors – we want everyone to find their place at the Beverly Arts Center."

Each of the Get In, Get Art days is centered on a theme. On Sept. 22, people are invited to visit the BAC between 2 and 4 p.m. to Get Booked. Among the planned activities are celebrity readers, storytelling, a writing workshop by the BAC Writers group, book discussions and signings with authors, a book exchange, and information on the Chicago Public Library's Talking Book Center which provides free library service to Chicago residents who cannot read standard print comfortably due to visual or physical limitations.

The Beverly Arts Center is located on the corner of 111th and Western, and provides a full schedule of all-ages, multi-discipline visual and performing art classes, as well as concerts, exhibits, movies, plays and events. Learn more at www.beverlyartcenter.org, 773-445-3838 or stop in 9 a.m. to 9 p.m., Mon. – Fri.; 10 a.m. to 6 p.m. Sat.; 1 to 6 p.m. Sun.

Get In, Get Art Schedule

Free Days at the Beverly Arts Center

Sun., Sept. 22, 2 to 4 p.m.

Get Booked: Activities centered on reading, writing, storytelling and books.

Sun., Oct. 27, 2 to 4 p.m.

Get Spooky: Halloween-inspired activities including spooky stories, a costume contest, pumpkin art and more. This Get in, Get Art day is part of the BAC's Eeeeeek Week celebrating Halloween and including a silent horror film fest complete with live organ music on Wed., Oct. 30.

Sun., Nov. 17, 2 to 4 p.m.

Get Cooked: The art of cooking and recipes, and a look at how food and cooking are a delectable part of the arts.

Sun., Dec. 1, 1 to 3 p.m.

Get Mixin': The art of entertaining. From mixology to mixed media, this event will help you out a creative spin on holiday parties.

Sun., Jan. 12, 2 to 4 p.m.

Get Fixin'. Activities include a Broken Workshop which uses those broken items you just can't throw away to repurpose as art, and "art road show" appraisals.

Sun., Feb. 23, 2 to 4 p.m.

Get Global: World cultures will be celebrated in visual arts, dance, music, food and stories.

Sun., Mar. 23, 2 to 4 p.m.

Get Local: Local history and Chicago history will be remembered in art, film, music, literature and photos.

Sun., Apr. 27, 2 to 4 p.m.

Get Green: From building a birdhouse to creating green products, the art of honoring the earth will put "green" on your palette.

Sun., May 18, 2 to 4 p.m.

Get Told: Telling Our Stories. Bring your stories, photos, and artifacts to create poetry, stories, slide shows and songs all about you!

Sun., June 22, 2 to 4 p.m.

Get Heard: This afternoon of music includes an open mic and music jam, instrument "petting" zoo, and more.

Sun., July 20, 2 to 4 p.m.

Get Messy: This outdoor event invites artists of all ages to enjoy summer-inspired, hands on art projects.

Sun., Aug. 10, 2 to 4 p.m.

Get Game. Get In, Get Art finishes its first year putting an arts twist on favorite games from bingo to bridge.

Beverly Yoga Center

fall schedule begins 9/3

sunday

8:30 am Flow
10:00 am Power Hour
7:00 pm Candlelight

monday

9:00 am Power Hour – Studio B
9:30 am Yoga for Relaxation
11:00 am Therapeutic Yoga
5:30 pm Prenatal
7:00 pm Intro to Yoga* – Studio B
7:00 pm Flow

tuesday

9:00 am Vinyasa
6:30 pm Vinyasa (Kelly subs until Oct. 8)
7:00 pm Yoga for Relaxation – Studio B

wednesday

9:00 am Flow (changes to Hot Flow Oct. 15)
10:30 am Hatha
4:00 pm Little Yogi's* (Ages 4 & up)
5:30 pm Relaxation for Kids* (Grade 2 & up) – Studio B
7:00 pm Hatha
7:00 pm Meditation, Studio B

thursday

9:00 am Flow
10:30 am Intro to Meditation*
1:00 pm Hatha
5:30 pm Yoga for Larger Bodies – Studio B
6:30 pm Hatha

friday

9:00 am Hatha
10:30 am Flow
7:00 pm Candlelight; Flow; and Hot Flow Class format and instructor will rotate each week. Visit our website under Special Classes for current schedule.

saturday

7:30 am Forrest
9:00 am Flow
9:00 am Therapeutic Yoga – Studio B
10:30 am Hatha
10:30 am Yoga for Larger Bodies* – Studio B
12:00 pm Intro to Yoga*

* Intro classes run in 4-week sessions - visit website for schedule. Registration required and is available online.

**Kids classes run in 8-week sessions. Registration required and is available online. Classes subject to change. Please visit our website for the most current schedule.

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ALDERMAN

Matt O'Shea

STATE SENATOR

Bill Cunningham

STATE REPRESENTATIVE

Fran Hurley

To make a reservation or for more information,
please contact Maureen at (773) 238-8776.

Beverly Farmers Market Open through 10/27

Chicago's Farmers' Markets will remain open through October 27, 2013. Vendors sell fresh fruits, vegetables, breads, meats, plants, desserts, and flowers Sunday mornings in the parking lot at 9501 S. Longwood Dr. For more information regarding this and other Farmers' Markets in Chicago, please visit www.explorechicago.org.



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19th Ward
YOUTH FOUNDATION

The 19th Ward Youth Foundation & Chicago Park District are pleased to announce the 2013 Summer Outdoor Movie Schedule. All outdoor movies are free and open to the community, and begin at dusk. Parents are encouraged to bring lawn chairs, blankets and bug spray for their families. A complete schedule is listed below as well as on our website at www.the19thward.com.

8/15/2013	Kennedy Park	Cats & Dogs
8/22/2013	Kellogg School	Madagascar 3



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Retired carpenter gets a taste of the Smith Village lifestyle

Smith Village resident Bill Schulz happens to be a retired carpenter. Carpenters are known for their quick intellect, especially in math, and creative problem-solving, along with giving and patient personalities. Schulz, who fits that profile to perfection, also has built his approach to life with a charming approachability.

He only moved to the continuing care retirement community (CCRC) located at 2320 W. 113th Place three months ago, yet at lunchtime, Schulz already appears to be a magnet, attracting numerous fellow-residents to his table. "Everyone is so friendly here, I can't believe it," says Schulz. "I'm glad because I have an outgoing personality. I just love it here. For me this feels like a perfect fit."

Feeling at home in a retirement community—and feeling confident that support and care needs will be provided as time passes—are reassurances that do not happen by chance, according to Marge Everett, director of marketing for Smith Village. For most people, achieving these two important benchmarks requires planning and obtaining as much information as possible.

"Selecting a retirement community is a major commitment for future residents who are considering changes in their life, so we recommend that people get as much information as possible and sample our lifestyle," Everett says. "It's a big decision, much like purchasing a house or a car. You wouldn't buy a car without taking it for a test drive. That is why we encourage people to spend time with us before they decide to move in."

Most continuing care retirement communities provide tours and plenty of marketing materials, but Smith Village also invites prospective newcomers to stay at no charge in a model apartment for a week or so. This provides the opportunity for people to participate in scheduled activities, enjoy onsite entertainment, attend day trips, sit in on classes, exercise in the Senior FITness Center, and learn about all of the therapeutic support services offered that are available if they ever need them.

"Some of our residents describe Smith Village as a four-star hotel with the warmth of home," says Marti Jatis, executive director at Smith Village. "Others claim

that living here is like taking a land cruise that lasts for years. We're excited to provide prospective residents with the opportunity to sample our hospitality and service. On top of all of that, we invite prospective residents to enjoy our delicious food. Our executive chef David Somerfield attended Johnson & Wales Culinary School in South Carolina, one of the premier cooking schools in the country, and earned his stripes working in country clubs and high-end hotels."

Getting a taste of the Smith Village lifestyle certainly benefitted Schulz who moved from Peoria to be near his daughter, Mary Haras, who lives just blocks away in Beverly. "It's great to be near my daughter again. And the food's terrific, I like a good breakfast," he says. "But there were many other factors. Most of all, Smith Village

Schulz had spent several decades living in Niles and later in Peoria. He hails from the North Side of Chicago and attended Amundsen High School but expresses no reservations about becoming a South Sider.

After his wife, Helen, passed away in 2005, he lived alone in Peoria for eight years with the help of a cleaning service and other supports. "At one point, I wasn't ruling the house anymore," he says. "The house was ruling me!"

For Schulz that's no longer the case. Now his time is his own to enjoy as he pleases.

The Smith Village marketing department offers tours and complimentary stays from a week to 10 days for individuals who are serious about considering residency. "It's a great way for children to entice their parents to think about moving closer to them," adds Everett.

Complimentary guest packages include free meals and full participation in non-fee activities, whether on site or as part of scheduled day trips. Guests wanting to participate in activities requiring admission fees can pay the group rates enjoyed by Smith Village residents. View the current calendar of scheduled activities by visiting http://smithvillage.org/independent_living.cfm?id=24.

Smith Village also makes studio guest suites available to family members when they visit at reasonable rates. To set up an appointment to learn more, contact Marge Everett at 773-474-7300.

About Smith Village

Smith Village offers resort-style retirement living with spacious 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 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.

To inquire about making a reservation for a "test drive," call 773-474-7300 or visit SmithVillage.org.



William Schulz looks over a lunch menu at Smith Village with Marge Everett, director of marketing.

provided all of the services I need, and offers lots of activities and programs."

Schulz stayed in a Smith Village apartment for a little more than a week. He had considered moving to a retirement community in Peoria as well as one in Washington, Ill. "At the end of my stay at Smith Village, I called my daughter and said, 'I've decided, this place is it for me,'" Schulz says. "I miss my friends in Peoria, but this place has more of the amenities I need and want. Plus other residents have made me feel part of the action here."

While trying out the Smith Village lifestyle, Schulz attended Catholic mass and received communion. "I'm not all that religious, but for some reason that was a big tipping point for me," he says. "They offered mass, and I knew this place was for me."

Smith Village home to snowbirds, frequent travelers



Smith Village resident council president Elaine Spencer enjoys traveling throughout the year.

Smith Village resident council president Elaine Spencer appears much younger and athletic than her 81 years. Dressed in sneakers, white shorts and a lime green T-shirt commemorating her participation for the fifth time in the 5K Beverly Breast Cancer walk, she also sports a touch of healthy color – a telltale sign of having enjoyed three weeks outdoors in the North Woods of Wisconsin.

In addition to her most recent time away, Spencer spent a week last April in Vienna. She spent the month of February visiting one of her three sons, Greg, who lives with his wife in a small fishing village on the west coast of Mexico. She also enjoys traveling to Maui.

Like several other snowbirds and frequent travelers who reside at Smith Village, Spencer says she feels confident leaving her two-bedroom apartment for extended periods.

"I never have to worry about my personal treasures or my home not being taken care of, and my car stays parked in the underground garage, so I don't worry about that either," she says. "Living here at Smith Village, I enjoy a much greater sense of security."

Smith Village residents who travel for extended periods also receive credits for dining service.

"For me this arrangement works really well," Spencer says. "I love traveling and I want to do this for as long as I can. My mother lived to be 97, and I see that a large part of that has to do with attitude and doing what you enjoy."

In addition to traveling and serving as resident council president, Spencer enjoys reading non-fiction.

Women's Health Study looking for volunteers

For the last 15 years, researchers have been observing women's heart health as they transition through menopause. A major finding shows that toxic belly fat increases with menopause. This toxic belly fat increases the risk of heart disease and diabetes. The good news is that these health risks can be reduced if women become more physically active, eat well and ease stress in their



lives. With this in mind, you are invited to join WISHFIT. If you are a Caucasian woman age 42 or older, a resident of the 19th ward and motivated to becoming more physically active, you may qualify to be a part of this study. To secure your place in the WISHFIT study, please contact Chiquia Hollings, WISHFIT Project Director at 9730 S. Western Avenue, 773-881-9400.

Tree Debris Pickup

Attention homeowners! This summer, many trees were damaged during rainstorms. Your patience is appreciated as city crews collect the tree debris from our streets and alleys. However, if you have not reported your debris to 3-1-1 or the ward office, it will not be collected. If you have debris in your parkway or alley and it has not been reported, please email the information to ward19@cityofchicago.org.



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Smith Village isn't your ordinary retirement community. Tucked within historic Beverly, it's a place that's alive in the neighborhood and truly part of the community. With great food, friendly people and a vibrant atmosphere, Smith Village offers a lifestyle not so different from the one you're living now. You'll love the people. You'll love the energy. You'll love the style. Please join us for an upcoming event or stop by any Wednesday from 10-12 and see for yourself.



Please join us for an Open House every Wednesday in August from 10:00 am – Noon or call for a private appointment.



You'll love the neighborhood!



Discover even more things to love about Smith Village. Visit SmithVillage.org or call (773) 474-7303 for a FREE Information Kit.
2320 W. 113th Place, Chicago, Illinois 60645

Even for Kids Relaxation is Essential

Children can often be plagued by stress and anxiety. Worries about school, friends, family, the community and even the world at large can sometimes weigh on children's shoulders just as heavily as they do on adults. Teaching kids relaxation tools can empower them to navigate the common, and at times unexpected, stresses they might face in life with more peace and clarity.

One valuable tool for kids can be the practice of yoga. Children can learn simple restorative poses to help soothe their nerves when they are feeling anxious and worried. For example, certain poses help kids to wind down, relax and prepare for a good night's sleep. Although it can sound intimidating, meditation can also be an invaluable tool. For kids, meditation can be as simple as listening to the sounds of nature and paying attention to their breath. Or it can be using their imagination as they take an inner journey to that



peaceful, compassionate place that is always within. They can even journal or draw about their experience afterwards.

These practices can also nurture kids' innate creativity and help improve their focus and concentration. Of course, one of the most helpful things for children is to be surrounded by mindful, caring adults who are themselves relaxed. For this reason it can be great for adults to try these practices as well, and maybe even try doing them with the children in their lives. Ultimately, teaching kids these tools can support them in developing a habit of mindfulness, helping them retain their joy and optimism about life so they can grow up to be healthy, caring adults.

The Beverly Yoga Center at 1917 W. 103rd Street offers children's yoga classes on Wednesdays at 4:00 and 5:30 p.m. Visit their website at www.beverlyyogacenter.com for more information.

Run to Honor Cpl. Conner Lowry

Be a part of the 2nd annual **FREEDOM ISN'T FREE 5K** event, honoring the ultimate sacrifice made by Marine Corps Cpl. Conner Lowry on Sunday, October 27, 2013 at 11:00am at Brother Rice High School, 10001 S. Pulaski Ave. Come out and enjoy a 5K run on an extremely fast, flat course with B-Tag chip timing. After the run, enjoy a social gathering, cookout and watch the Chicago Bears on several large TV's at Brother Rice High School. All race participants will receive complimentary entrance



to the after event, with free grilled food and pop.

All proceeds from the Freedom Isn't Free 5K event will go to the Cpl. Conner Lowry Memorial Scholarship Fund at Brother Rice High School. Not interested in joining the 5K run but would still like to enjoy the after event? A \$10.00 donation at the door will gain you entrance to enjoy the social gathering after the run, cookout, and refreshments. For more information, please visit www.freedomisntfree5k.com.

Congrats Red Team on winning the 19th Ward Youth Foundation/Tap 22 Coed Softball League



You'll love the lifestyle.

Smith Village isn't your ordinary retirement community. Tucked within historic Beverly, it's a place that's alive in the neighborhood and truly part of the community. With great food, friendly people and a vibrant atmosphere, Smith Village offers a lifestyle not so different from the one you're living now. You'll love the attention. You'll love the atmosphere. You'll love the lifestyle. Please join us for an upcoming event or stop by any Wednesday from 10-12 and see for yourself.

Please join us for an Open House every Wednesday in August from 10:00 am – Noon or call for a private appointment.

You'll love the neighborhood!

Discover even more things to love about Smith Village. Visit SmithVillage.org or call (773) 474-7303 for a FREE Information Kit.
2320 W. 113th Place, Chicago, Illinois 60645

Smith Senior Living honors Korean War veterans with commemoration at Kennedy Park



Smith Senior Living president and CEO Kevin McGee greets and thanks Korean War veteran Bob Guilfoyle for his dedicated service to our country during the Korean War. Elizabeth Guilfoyle joins this exchange after Smith Senior Living sponsored a ceremony at Kennedy Park honoring veterans on the 60th anniversary of the cease fire in Korea.

Why Install a Rain Barrel at Home?

Rain water is free!

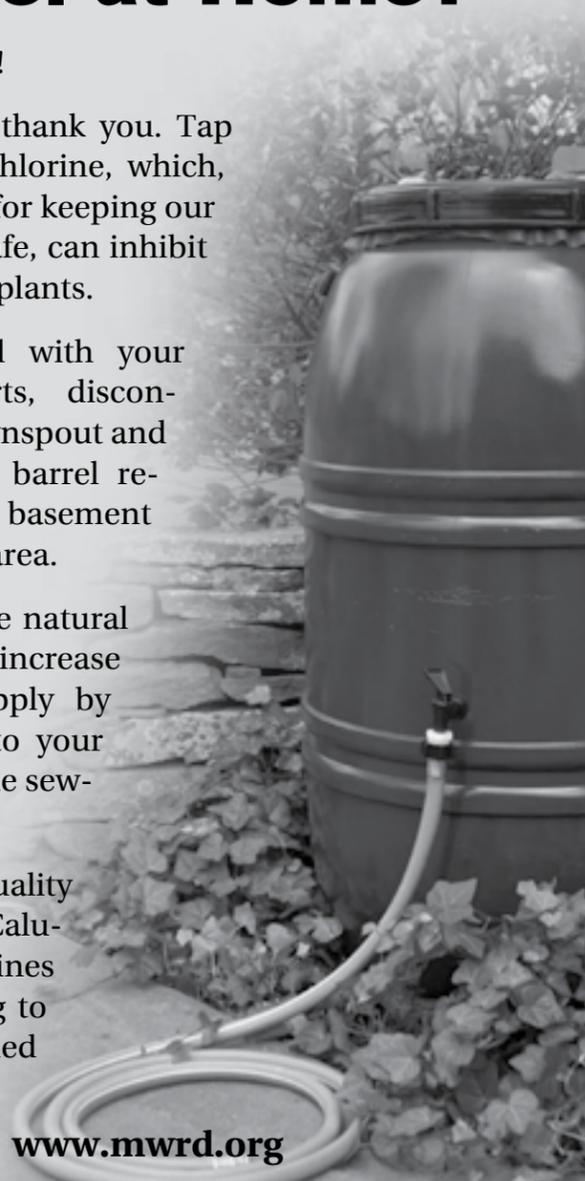
Your plants will thank you. Tap water contains chlorine, which, while important for keeping our drinking water safe, can inhibit the health of our plants.

When combined with your neighbors' efforts, disconnecting your downspout and installing a rain barrel reduces the risk of basement flooding in your area.

Keep water in the natural water cycle and increase groundwater supply by directing water to your yard instead of the sewer system.

Improve water quality in the Chicago, Calumet and Des Plaines Rivers by helping to prevent combined sewer overflows.

www.mwrdd.org



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Monday - Thursday 11a.m.-10 p.m., Friday 11a.m.-11 p.m., Saturday 12-11 p.m., Sunday 12-10 p.m.

\$6.99 8"
2 topping pizza

(does not include our signature series pizzas)

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WRD184 - 8" 2 topping pizza for \$6.99.
Extra toppings at regular menu price. Valid Monday-Friday 11-3.
Expires 9/9/13. Valid at HRI Beverly only.
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(2 toppings each. Carryout only.)

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WRD185 - 3 XL pizzas, 2 toppings each. Carryout only.
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