



Village of Oak Lawn

A Community United E-Newsletter

March 18, 2009

Keeping residents up to speed with the latest Village news



Early Voting started in the Clerk's Office on Monday, **March 16** and continues through Thursday, **April 2**. Hours: Monday through Friday, 9:00 am – 5:00 pm. Saturdays, **March 21 & 28**, 9:00 am – 12:00 noon.

Grace Period Registration & Voting is available only at the Clerk's Office, in the County Building, 69 W. Washington, Chicago or at one of the 5 Suburban Courthouses until Tuesday, **March 24**. The Bridgeview County Courthouse is located at 10200 South 76 Ave. You will vote immediately following registration.

Your questions...our answers

You asked: When does yard waste pick up begin?

We answered: Yard waste pick up begins April 1. You may purchase a 96g yard waste toter for \$35. This is a shared cost between the Village and the resident (\$70.00 value). There is no weight restriction with the yard waste toter.

Also available to residents are additional recycle toters, in 64g and 96g size at no cost. 55g rain barrels are also available for \$40. Order forms are available at the Cashier's window at the Village Hall. Please note on your form if you want your old recycle toter to be exchanged for the new one.

Metra Saturday Service – March 21, 2009

On March 2, Metra announced during a press conference at the Oak Lawn Train Station that Saturday commuter service on its Southwest Service Line will start this Saturday, March 21, 2009. You can ride all day Saturday for just \$5.00. Plus family fares allow up to three children age 11 and under to ride free with each fare paying adult.

Saturday Trains: Oak Lawn Train Station to Union Station Chicago

<u>Train No.</u>	<u>Departing Oak Lawn Station</u>	<u>Arriving at Union Station</u>
862	7:00 am	7:40 am
864	11:54 am	12:25 pm
866	4:09 pm	4:40 pm

Saturday Trains: Union Station Chicago to Oak Lawn Train Station

<u>Train No.</u>	<u>Departing Union Station</u>	<u>Arriving at Oak Lawn Station</u>
861	1:30 pm	2:05 pm
863	5:00 pm	5:35 pm
865	10:30 pm	11:05 pm

You may visit Metra's website at www.metrail.com for additional schedules or further information. You may reach Metra by phone at 312.836.7000.

BUSINESS SPECIALS FOR OAK LAWN RESIDENTS ONLY

Each e-mail will feature a few Oak Lawn businesses with special offers for our residents. Just mention that you are an Oak Lawn resident and read about the offer "A Community United" email newsletter. Our features this edition are:



**5273 W. 95th Street
Oak Lawn, IL 60453
708-576-8560 www.baja-sol.com
10:30AM-10:00PM 7 days a week**

**Home of the free hot chips and salsa bar
with the purchase of an entrée
The freshest MEX under the SUN!!!**

Online ordering* Catering* Delivery \$25 or greater

**Good for \$3 off a purchase of \$10 or more
10% off catering order - Expires 4-30-2009**

The Village of Oak Lawn is proud to announce that Baja Sol was recently presented with a "Beautification Award" from the Business Development Commission in Oak Lawn. Mark, Terry & Shari Wicks are the proud owners of this newly established Mexican restaurant in Oak Lawn. Stop by to taste the great Mexican cuisine and we are sure you will not be disappointed!



3G Inflatables: Brand new, up and coming Oak Lawn business. We have inflatables, for all occasions. Birthdays, Block Parties, School & Church functions, Festivals, Picnics, etc. We are safety trained & insured. Also available: tables, chairs and tents. Ask about our packaged deal. **Oak Lawn residents receive \$25.00 off inflatable rental. Offer expires 9/1/09.** Call Harry 642-9985 and check us out at www.3ginflatables.com

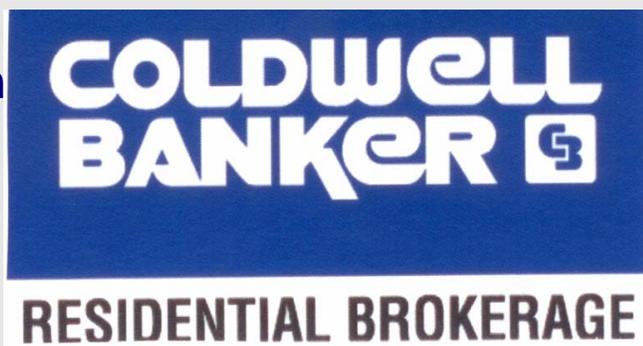
FREE ATTORNEY VISIT

Attorney Michael J. Maslanka is offering a free, in-your-home, consultation to elderly (65 and over) or disabled Oak Lawn residents. Michael has been an attorney for 24 years and is a graduate of Brother Rice High School and St. Xavier University, and is an Oak Lawn resident. You can reach Michael at (312) 641-2424.

Offer good through June 30, 2009.

The Grant/Widel Team

Terry, Kai and Dawn
Coldwell Banker
Residential Brokerage
708.249.4009
www.ATeamAbove.com



“List your home with us by August 31, 2009, and we will pay the \$395.00 processing fee.”

MONTHLY VEHICLE STICKER GIVEAWAY

Each month the Village will randomly draw the name of an Oak Lawn resident from our “A Community United” e-mail database. Congratulations to this month’s winner: **ROY & DENISE PROHASKA**

SPORTS & RECREATION

Movie – The Secret Life of Bees

When: Monday, **March 30**, 11:00 am & 7:00 pm

Where: Oak Lawn Public Library, 9427 S. Raymond Ave. 708.422.4990

Relay for Life of Oak Lawn All Youth
Sponsored by the American Cancer Society
Saturday & Sunday, May 16 – 17
at
Oak Lawn Community High School

The Relay for Life is an overnight event in which teams of friends, sport teams, clubs, organizations come together to raise money for research, education, advocacy, and patient services while celebrating survivorship. For more information please contact the committee at oaklawnallyouth@gmail.com.
www.relayforlifeoaklawnyouth.com

**Our Children, Our Government -
*a partnership for the future***

"Our Children, Our Government - a partnership for the future" is a program initiated by Mayor Heilmann several years ago. Children from our community are elected by the principals of their school to participate in a morning of education at the Village Hall. The eighth grade students spend time with the Mayor, Clerk, Village Manager, Fire and Police Chiefs, and the 911 Emergency Communications Director to get a first hand view of how their Village Government operates on a day to day basis. On Friday, February 20, students from Southwest Chicago Christian School visited the Village Hall and here is what one of the students had to say.

"Dear Mayor:

Thank you for having me visit your office for 'Our Children, Our Government' program last Friday. I had a great time learning about the government in Oak Lawn. Mrs. Quinlan, Mr. Villanova, and you were very interesting to listen to. I learned a lot! Thank you for giving up your morning. Thanks also for the pizza lunch.

Sincerely,

Jacob Leo"
8th grade student at Southwest Chicago Christian School



THE VILLAGE OF OAK LAWN SALUTES OUR RESIDENTS IN THE ARMED FORCES

**Sgt. Michael Sorice, US Air Force
Pfc Kyle Taylor, US Marine Corps
PFC Michael J. Roberts, US Army
Captain Edward J. O'Connell IV, US Marine Corps
Pfc James William Mazurek, US Army
NC1 Lawrence R. Walton, US Navy
Pfc Justin K. Cerniuk, US Marine Corps
Pfc Santo J. Carollo, US Marine Corps
Lt. Colonel John Paul Klatt, US Air Force
Jamie Hojek, US Navy
Pfc Antonio Fernandez, US Marine Corps
Pfc Garrett Coffey, US Army
TSgt. Matthew R. Marcinkowski, US Air Force
Sn Daniel Villavazo, US Coast Guard
Cpl. Andrew Chesna, US Marine Corps
Staff Sgt Christopher Reich, US Army Reserves
Dennis A Youngren, SrA, US Air Force
Captain David Pfeiffer, US Air Force
Captain Craig Lanigan, Army Reserves
Michael S. Zylus, US Navy
Pfc Benjamin T. Kunst, US Marine Corps
Sgt. Enrico DeLorenzo, US Air Force
First Sgt. Daniel Miller, US Marine Corp
Rebecca Joy Inflow, US Naval Air Corps
Pfc Stephen Lukaiewicz, US Air Force
Sara Losos, AIC
Pfc Christopher Mann, US Marine Corps
1st Sgt Wade Pasquerella, 82nd Airborne
Sgt Jeff M. Marsinkowski, US Air Force
Sp4 Archie Thompson, IV
Pfc Justin Sanchez
HM3 Leslye Thompson
Sgt. Robert Sanchez, Jr.
Keith Libner, US Marine Corps
Cpl. John C. Hojek, US Marine Corps
Sgt. Kevin J. Scharwarko, US Army
Gustavo Guerrez, US Marine Corps
Spc. Don Brady, US Army**



**THE VILLAGE OF OAK LAWN
SALUTES OUR RESIDENTS IN THE
ARMED FORCES**

**Spec. 4 Timothy Walker, US Army
Pfc John W. Campbell, US Marine Corps
OS2 Stacy L. Johnson, USS
Cpl. John Elder, US Marine Corps
Karl Schultz, US Navy
Sgt. R.E. Carlson, US Marine Corps
Sp4 Joseph J Necom, USA
Sgt. John Patrick White
Master Sgt. Michael Dignan, US Air Force
Sgt. Matt Barkmeier, US Army**

The Village of Oak Lawn appreciates the many sacrifices our residents in the Armed Forces make for us on a day to day basis. We ask our residents to keep all of those in the Armed Forces in their prayers. If you are an active service man or woman or have a loved one currently serving in the armed forces, please send their name and military information to mgorman@oaklawn-il.gov.

If any service man or woman would be interested in receiving the "A Community United" to keep in touch with the latest happenings in their hometown, they may do so by sending their email information to mgorman@oaklawn-il.gov.

GreenCare for Troops

GreenCare for Troops is a nationwide outreach program coordinated by Project EverGreen that connects local green industry professionals with men and women serving our country in the armed forces away from home.

GreenCare is in the process of helping more than 2,000 volunteers provide free lawn and landscape services for more than, 7400 military families nationwide. The cost to manage the GreenCare for Troops Program is underwritten by Club Cadet Commercial.

You may visit their website at www.projectevergreen.com. Military families can register on line to receive free home green-space maintenance. Individuals and businesses may also register online to assist these military families.

**Civil Air Patrol
United States Air Force Auxilliary**

CADET PROGRAMS includes nearly 22,000 members ages 12 through 20. Multi-step program educates youth in four main program areas: leadership, aerospace, fitness and character development.

SENIOR OFFICER PROGRAMS are available for anyone 18 years or older to be a part of Civil Air Patrol's missions as an air crew member, ground team, or both. If you are not interested in flying or going into the field, you can serve in administrative areas as well.

For more information, contact Ryan Minor or Mark Halman at info@midwaysquadron.org. www.midwaysquadron.org.

**Oak Lawn Centennial Photo Exhibit
Then and Now: An Oak Lawn Story**

February 21 – April 25, 2009
Oak Lawn Public Library, Second Floor
9427 S. Raymond Ave.

Witness a century of changes in Oak Lawn through this unique photo exhibit, developed in partnership with the Oak Lawn Camera Club.

Tax Form & Circuit Breaker Assistance

It is that time of year that Oak Lawn Seniors are looking for assistance in filling out the Circuit Breaker Form ILL 1363. It is downloadable from the Illinois government website www.state.il.us/aging/. Seniors can also call the toll free number 1.800.252.8966 for further assistance.

The Oak Lawn Senior Center staff is also available to assist. The Center is located at 5330 W. 95th St. 708.499.0240. Assistance is also available through PLOWS at 708.361.0219.

THE VILLAGE OF OAK LAWN PRESENTS OUR ANNUAL

EASTER EGG HUNT

ON THE VILLAGE GREEN

SATURDAY, April 11, 2009



Three hunts are planned for children pre-school - fourth grade

11:30 AM * NOON * 12:30 PM

SPECIAL APPEARANCE BY THE EASTER BUNNY IN THE GAZEBO



BRING YOUR CAMERA!

All children need to bring their own Easter basket to hunt

No pre-registration required

The Oak Lawn Village Green is located at 94th & Cook Avenue, north of the Oak Lawn Library

Village of Oak Lawn Recycling Program

CANS & FOIL



- Metal cans
- Aluminum cans
- Aerosol cans (non-hazardous, empty, e.g., whipped cream, hairspray)
- Foil, metal lids and food trays

Rinse beverage and food cans, foil and trays

PAPER



- White, colored, glossy paper
- Catalogs
- Magazines
- Newspaper
- Cardboard (flattened and cut to fit loosely)
- Junk mail
- Manila folders
- Paper ream wrappers
- NCR (carbonless) paper
- Paperboard (e.g., office supply, cereal and tissue boxes)
- Paperback books
- Telephone directories
- Non-metallic wrapping paper
- Shredded paper
- Paper envelopes (plastic windows okay)
- Self-stick notes
- Paper bags
- Maps
- Paper egg cartons



Staples, paper clips, labels and tape are okay

GLASS

- Bottles and jars



PLASTIC

- #1-5, & #7 Containers (e.g., soda/water bottles, cottage cheese containers, yogurt cups, pipette boxes, triple-rinsed laboratory bottles)
- Aseptic containers (e.g., milk/juice cartons, drink boxes and pouches)



Look for the number on the bottom of the containers

CARDBOARD

If your business generates a large quantity of cardboard, bin collection service for separated, flattened corrugated cardboard is available. Contact the Recycling Program.

NOT ACCEPTED

- Paper, plastic or foil with food residue
- Waxy/ coated cardboard
- Film plastic (e.g., plastic bags, shrink wrap, bubble wrap)
- Plate glass (e.g., window panes, mirrors)
- Ceramics, porcelain
- Light bulbs
- Glassware (e.g., Pyrex)
- Hardback books
- Blueprints
- Photographs
- Thermal fax paper
- Frozen food boxes/cartons (e.g., ice cream)
- Carbon paper
- Metallic paper
- Paper napkins/towels
- Tyvek envelopes (e.g., overnight mailing packages)
- Plastic # 6- Polystyrene (a.k.a. Styrofoam blocks/ "peanuts", food containers/ cups)
- Plastic pipe/tubing



Contact Us
Village of Oak Lawn
9446 S. Raymond
(708) 636-4400
www.oaklawn-il.gov

MIXED RECYCLABLES

Place all recyclables together in the wheeled recycling cart.

Please note the items that can and cannot be recycled. If you ever have any questions about what can and can't be recycled curbside, please contact mgorman@oaklawn-il.gov. You can visit www.Earth911.com to learn about alternate sites to bring your recyclable items that the Village cannot take curbside.



“Rockin Into The Next 100 Years”

In celebration of the Village of Oak Lawn's 100 Year Anniversary, the Village would like to give special recognition to our own centurions. We would love to hear their stories. If you know of an Oak Lawn resident who is 100 years old or older, please contact the Mayor's Office at 708.499.7740. Please look to future issues of *A Community United* and also the Village website at www.oaklawn-il.gov for further information about Village Centennial events.



ST. CATHERINE OF ALEXANDRIA

“2009 KEEP THE DREAM ALIVE” RAFFLE

Only 2000 tickets sold - \$100

\$100,000 in prizes

\$75,000 Grand Prize

Drawing Sunday, April 26, 2009

For ticket purchase information please contact

St. Catherine of Alexandria Rectory 708.425.2850 or
Kevin Hughes at kevinh@MCLABS.com

SENIOR NEWS

Free Rides for Seniors

What: Seniors 65 and older may take free public transit rides on fixed routes by CTA, RTA, Metra and Pace. Applicants are required to complete a short form and present a government issued identification card to verify age. A photo will be taken if needed.

When: Monday through Friday, 8:30 am - 5:00 pm.

Where: Oak Lawn Senior Center, 5330 W. 95 St.

Plows Shared Housing Program

What: A program offering a housing alternative for persons of all ages who are interested in sharing living space, expenses and household duties with another person. PLOWS' staff screens home providers and seekers. One person in the match must be a senior.

Contact: 708.361.0219

AARP – Driver Safety Program

What: Two day refresher course designed to meet the needs of drivers age 50 and up. Many insurance companies offer discounts to those who complete the course. You must attend both sessions to receive a certificate of completion.

When: Thursdays & Fridays, 10:00 am – 2:00 pm. **March 26 & 27** (registration starts Saturday March 7) and **May 28 & 29** (registration starts Saturday, May 2)

Cost: AARP members - \$12. Non members - \$14.

Where: Oak Lawn Public Library, 9427 S. Raymond Ave., 708.422.4990

THANK YOU TO OUR 2008 FALL ON THE GREEN PREFERRED PROVIDERS

GOLD SPONSORS

Alcade & Fay
AT&T
CDM Engineering
City Beverage (Budweiser)
Francesca's on 95th
Mancari's Chrysler Jeep Inc.
Robin Realty & Management Co.
Standard Bank & Trust
Veolia Environmental Services

SILVER SPONSORS

Advocate Christ Hosp.
Edwin Hancock Eng. Co.
Reliant Energy
Third Millennium Asso. Inc.
Thompson/Kuenster Funeral
Home
Total Parking Solutions
Tressler Soderstrom Maloney
& Priess

Jury Duty Scam

A caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. **DO NOT GIVE OUT YOUR SOCIAL SECURITY NUMBER.** This fraud has been reported so far in 11 states including Illinois. People have been intimidated because they believe they are dealing with the court system. The FBI and the federal court system have issued nationwide alerts on their websites. Do not be a victim of stolen self identity, always be careful with the information you give out on the telephone. If someone calls you requesting such information, get a number and name and then verify by calling your bank, local police or court facility. See www.fbi.gov for further information regarding this scam.

 **5th ANNUAL** 
CHARITY HOCKEY GAME

Sunday, April 05, 2009



Game Time: 5:00 p.m.

Doors Open at 4:30 p.m.



**Oak Lawn Park District Ice Arena
9320 S. Kenton Avenue**

All proceeds from this event will benefit:
**Advocate Hope
Children's Hospital**

TICKETS WILL ONLY BE SOLD AT THE DOOR.

**Adults - \$5.00
Students - \$2.00**

There will be Raffle Prizes,
a Split the Pot Raffle and
a Silent Auction.



For more information about the game or to donate a raffle prize contact Jim Pacetti at (708) 499-7880.



SCHOOL NEWS

March Madness Fundraiser

What: Fundraiser sponsored by the Spartan Education Foundation. Silent auctions, drinks & appetizers.

When: Thursday, **April 2**, 5:00 until 7:00 pm

Where: Stony Creek Clubhouse, 5850 W. 103 St.

Spring Fling Vender/Craft Fair

What: Vender & Craft Fair sponsored by the Sward PTA. Tables still available for \$15 (\$20 including electricity) plus a donation of a raffle prize.

When: Saturday, **April 4**, 11:00 am until 3:00 pm.

Where: Sward School, 9830 S. Brandt

Contact: Beth Lurquin, 708.424.4559 or Mary Beth Lurquin, 708.422.5843.

School District 123 Early Childhood Screening

What: Children will be screened in the areas of motor, concepts, self help, social, and speech/language development. The district boundaries are: 87th Street on the North, the north side of 107th Street on the South, Pulaski Road on the East and Central Avenue on the West.

When: **April 20 and May 18.**

Where: Brandt School, 8901 S. 52nd Ave.

Registration: (708) 423-8363. Free for residents.

College Funding for High School Students

What: Patrick Kaiser of College Funding Strategies will provide guidance, share tips and ideas for families in the financing of tuition and expenses for their college bound child. Free admission.

When: Tuesday, **March 24**, 7:00 pm

Where: Oak Lawn Public Library, 9427 S. Raymond Ave. 708.422.4990

Cinderella's Closet at Oak Lawn Community High School

Cinderella's Closet is a project co-chaired by Mrs. Kelly Kenny, OLCCHS Career and Service Learning Facilitator and Ms. Elizabeth Hoerchler, Counselor Intern designed to help female students look fabulous for prom. They are collecting lightly used formal dresses, shoes, accessories and unopened make-up. Students will be able to shop for dresses at more affordable prices.

Donations are being accepted and can be dropped off in the OLCCHS Guidance Office/Room 117. All styles, sizes and colors are welcome. Anything not sold will be donated to the Glass Slipper Project in Chicago. A letter for tax purposes is available. For further information, please contact Mrs. Kenny & Ms. Hoerchler at 708.741.5853.

MARK YOUR CALENDAR

Fish Fry – St. Germaine's Athletic Club

What: Fish Basket with choice of baked potato or fries & coleslaw - \$8.00; Meatless pasta with bread - \$5.00; Grilled cheese & fries - \$3.50; Traditional soup dinner with bread - \$2.50. Complimentary coffee. Water, soda and beer available for purchase. Carry out orders available, e-mail orders to stgermainefishfry@yahoo.com by Thursday, 7:00 pm before each fish fry. Include your name, phone number and pick up time. 708.636.5060.

When: **Fridays through April 3.** 5:00 – 7:30 pm.

Oak Lawn Park District Fish Fry

What: All-you-can-eat buffet featuring Dixie crunch white fish, Corona battered cod, vegetable, double baked potato casserole, salad and fresh rolls. Adults - \$12.99 and Children - \$9. Shrimp dinner and baked tilapia dinner available for \$13.99.

Where: Stony Creek Clubhouse, 5850 W. 103rd St. 708.857.2433

When: **Fridays through April 10**

Park Lawns Tag Days

What: Park Lawn is looking for volunteers to collect donations on street intersections and in front of stores. There are many other ways to volunteer.

When: Fridays and Saturdays, **April 3 & 4 and 10 & 11.**

Info: Contact Nancy Schmitz at Park Lawn at 708.425.6867 or nschmitz@parklawn.com.

Children's Museum Dinner Dance Event

When: Saturday, **April 25**, 6:30 pm

Where: At the new Children's Museum in Oak Lawn. 6:30 pm

Cost: \$75 per person includes a private pre-reception event and tour.

Info: Contact Lora at 708.423.6709

Oak Lawn MS Walk

When: Richards High School, 10601 S. Central, South Parking Lot

When: Saturday, **May 3.** Registration - 7:30 am. Walk - 9:00 am

Info: Contact Pam Munley at oaklawns@gmail.com with your name, address, e-mail and telephone number to register. Request the amount of registration forms and envelopes you will need. If you have a team, please include the team name and the names of all walkers.

Network for Good

What: The Oak Lawn Children's Museum has partnered with Network for Good. Now you can set up a recurring donation to the Museum on a monthly, quarterly or annually basis.

Info: Go to www.cmoaklawn.org/donate.html.

YOUR HEALTH

12 Causes of Fatigue and Tips on How to Fight it.

Web MD has listed the 12 causes of fatigue and offers tips on how to fight it.

- **Not enough sleep** – Sleep seven to eight hours a night.
- **Sleep apnea** – This causes you to stop breathing several times during the night. Each time you stop breathing you wake up and may not even be aware of it resulting in a sleep deprived night.
- **Not enough fuel** – Eating too little or not the right foods can leave you feeling sluggish. Eat a good breakfast including protein and complex carbohydrates.
- **Anemia** – When the body doesn't have enough red blood cells to carry oxygen to your tissues and organs. Treatment for anemia depends on the cause. Common iron deficiency can be treated by taking iron supplements and eating iron rich foods.
- **Depression** – Depression can cause many physical conditions. Depression responds well to psychotherapy and/or medication.
- **Hypothyroidism** – If your thyroid hormones are low, synthetic hormones can regulate your system.
- **Caffeine overload** – Avoid caffeine as much as possible.
- **Hidden Urinary Tract Infections** – Antibiotics are the cure for urinary tract infections and fatigue usually vanishes within a week.
- **Diabetes** – In people with diabetes, sugar remains in the blood stream instead of making its way into the cells to convert into energy resulting in fatigue. Treatments for diabetes includes: life style changes, insulin therapy and medication.
- **Heart Disease** – If you notice that certain tasks are causing fatigue that never use to, talk to your doctor about heart disease. Lifestyle changes, medication and therapeutic procedures can get heart disease under control.
- **Food Allergies** – If you are fatigued after eating, you may have an allergy to a certain food. Try eliminating certain foods or talk to your doctor about a food allergy test.
- **Chronic Fatigue Syndrome (CFS)** – If fatigue has lasted for more than six months and interrupts your daily living, see your doctor. There is no quick fix for CFS but some patients benefit from changing their schedule, better sleeping habits and exercise.

Thanks for taking the time to read this edition of *A Community United*. Please know that your comments and concerns are always appreciated at information@oaklawn-il.gov