



*Keeping residents up to speed with the latest Village news*

**VILLAGE OF OAK LAWN  
MONTHLY SALES TAX REVENUE ANALYSIS FOR 2011-2009**

	Variance			
	<u>2011 vs. 2010</u>	<u>2011</u>	<u>2010</u>	<u>2009</u>
January Sales Tax	\$ 90,750	\$1,010,073	\$ 919,323	\$ 886,278
February Sales Tax	\$ 84,410	\$ 997,810	\$ 913,400	\$ 947,564
March Sales Tax	\$ 58,027	\$1,158,256	\$1,100,229	\$1,010,157
April Sales Tax	\$ 15,403	\$ 832,713	\$ 817,310	\$ 861,195
May Sales Tax	\$ 33,694	\$ 984,431	\$ 950,737	\$ 837,978
June Sales Tax	\$ 58,223	\$1,114,887	\$1,056,663	\$1,025,886
July Sales Tax	\$ 26,987	\$1,014,018	\$ 987,031	\$ 975,426
August Sales Tax	\$ (63,387)	\$ 963,291	\$1,026,678	\$1,002,474
September Sales Tax	\$ (20,977)	\$1,119,091	\$1,140,068	\$1,001,810
October Sales Tax	\$ 23,128	\$1,046,171	\$1,023,043	\$1,004,460
November Sales Tax	\$ 61,227	\$1,073,177	\$1,011,950	\$ 976,091
December Sales Tax (Projected)	\$ (40,119)	\$ 945,508	\$ 985,627	\$ 883,888
Sales Tax Thru 12/31/11	\$ 327,517	\$12,259,425	\$11,931,908	\$11,413,238
	<b>Vs. 2010 Actual</b>			
Monthly Average		\$ 1,021,619	\$ 994,326	\$ 951,103
3-Year Monthly Average (estimated)		\$ 989,016		

Note: Actual receipt of sales tax runs approximately 90 from the date of actual sale transaction generating the tax.

Actual Sales Tax Receipts (2011 is budgeted)	\$11,954,885	\$11,931,908	\$11,413,238
General Fund (2011 Budgeted; 2010 prelim)	\$39,569,902	\$41,237,562	\$40,315,535
% of General Fund Budget	30.2%	28.9%	28.3%
<b>Actual Sales Tax Transactions</b>	-	<b>\$12,165,245</b>	\$11,446,941
% of General Fund	-	29.5%	28.4%

Actual % Sales Tax Received YTD	102.9%	98.1%
Target % against 2011/2010 Budget	100.0%	101.5%

Actual Sales Tax above 2011/2010 Budget	\$ 355,272	\$ 233,337
	<b>Vs. 2011 Budget</b>	



**SANTA ON THE GREEN**

Join us on Saturday, November 26th, 2011  
on The Village Green  
1:00 p.m. – 5:00 p.m.

A *Holiday Parade* will "kick off" at 1:00 p.m. from the Police Department and proceed to the Gazebo

**Santa Claus** will arrive with the Parade and be available for pictures in the gazebo to hear children's requests along with **Frosty the Snowman**, **The Elf & Toy Soldier Stilt Walker's** (*bring your camera*)

The hospitality tent will feature Face Painters, Christmas Caroling by the Covington/Sward School Chorus (2-3pm) and Cookies, Hot Cocoa & Egg Nog will be served. "**All Around Amusements**" will be selling funnel cakes, "deep-fried Snicker's bars and corn dogs.

"Children can take a train ride on the mini-**Polar Express**, catch a flight on the mini-**Jet Riders**, go **Turkey Bowling** or toss a wreath and **Ring the Reindeer**"

"Enjoy a horse-drawn winter **Sleigh Ride**"

*This holiday celebration is brought to you by The Village of Oak Lawn and the Oak Lawn Special Events Commission*





## **PACE: NEW ROUTE TO ROSEMONT & SCHAUMBURG**

Beginning November 21, the new Pace [Route 895 95th St. – Rosemont – Schaumburg](#) will travel non-stop from 95th and Ridgeland in Chicago Ridge\* to the [Pace Northwest Transportation Center](#) in Schaumburg for only \$1.75 each way.

Certain trips will stop at the Rosemont Blue Line CTA Station before operating express to the Pace Northwest Transportation Center. Additionally, Route 895 will operate distributor service designed specifically to transport riders from the Northwest Transportation Center to local Schaumburg workplaces (and back in the evening). Most riders will not need to make any transfers! For a complete listing of stops, please see the [Route 895 Posted Stop Guide](#).

For more information, click the links above, click [here](#) or call (847) 364-PACE (7223) and choose option 3.

\*Board near the Westfield Chicago Ridge entrance at the traffic signal halfway between Nashville and Ridgeland



## OUR CHILDREN – OUR GOVERNMENT



From left to right: Bonnie Perrino, Jennifer Ellement, Brendan McQuinn and Eric Blitek

On Friday, November 4, 2011, Mayor Dave Heilmann hosted Our Children – Our Government Program for St. Germaine 8th graders Bonnie Perrino, Jennifer Ellement, Brendan McQuinn and Eric Blitek. The students met with Mayor Dave Heilmann, Village Clerk Jane Quinlan, Village Manager Larry Deetjen, Chief of Police Bill Villanova, Communications Department Team Leader, Justin Haubenreiser and Fire Department Bureau Chief Jim Leikel.



Mayor Dave Heilmann and Eric Blitek discussing the responsibilities of the mayor.

Here is what Eric Blitek thought of the Our Children Our Government Program:

Dear Mayor Heilmann, Administration, and Staff,

I truly believe that the "Our Children, Our Government" program was a very knowledgeable program and was a privilege to be apart of. I enjoyed learning about the different tasks of each department and its effect on the Village of Oak Lawn. Mayor Dave Heilmann's presentation taught us the responsibilities of the mayor and particularly about our village's businesses along with their revenue. Next, the Village Clerk Jane M. Quinlan presented us with her responsibilities, whether it be helping a resident with a problem or recording board meetings. Village Manager Larry R. Deetjen presented us with his tasks as the village manager, with the adding on to Christ Hospital or the making of the 9/11 Memorial. We were able to observe and learn about the 911 system, and how there is always someone ready to respond to your emergency. The Chief of the Fire Department, George W. Sheets, organized a presentation, which was carried out by the firefighters, teaching us about response time and all the different equipment used in emergencies. The Chief of Police Department, William Villanova, showed us around the police department, telling about the tasks police officers have to do and the tasks he is in charge of. I am extremely lucky to have been picked to go to the "Our Children, Our Government" program, which taught me many things about the government and roles of each person there. Thank you so much for this opportunity!

Sincerely,

Eric Blitek  
St. Germaine



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

LCPL Trevor Mulrenin, US Marine Corp.  
Sgt. Michael Sorice, US Air Force  
LCPL Kyle Taylor, US Marine Corp.  
Sp. Michael J. Roberts, US Army  
Captain Edward J. O'Connell IV Marine Corps  
Gustavo Guerrez, US Marine Corps  
Specialist, 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  
Jamie Hojek, US Navy Master  
Pfc Antonio Fernandez, US Marine Corps  
Pfc Garrett Coffey, US Army  
TSgt. Matthew R. Marcinkowski, US Air Force  
Sgt. 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. Zylius, US Navy  
Pfc Benjamin T. Kunst, US Marine Corps  
Sgt. Enrico DeLorenzo, US Air Force  
Sgt.Maj. Daniel S. 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  
1<sup>st</sup> Sgt Wade Pasquerrella, 82<sup>nd</sup> Airborne  
Sgt. Jeff M. Marsinkowski, US Air Force  
Pfc John W. Campbell, US Marine Corps Sp.  
ITSN Justin Thompson, US Navy

Sgt. Don Brady, US Army  
OS2 Stacy L. Johnson, USS  
Sp. Timothy Walker, US Army  
Sgt. Jennifer D. Kohany, Illinois Army National Guard  
Cpl. John Elder, US Marine Corps  
Sgt. Joseph Klem, 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  
Spec. Donald J. Balsavich  
LCPL Timothy A. Evans, US Marine Corps  
LCPO Ray Creevy, US Marine Corps  
LCPL John Eckert, US Marine Corps  
Captain Daniel R. Johnson, US Army  
LCPL Christopher L. Aguinaga, US Marine  
Petty Officer David Bailey, US Navy  
Private 3<sup>rd</sup> Edward James Mayer, US Army  
Officer Jason Hudson, US Army  
2LT Jeffrey Finley II, US Army  
2<sup>nd</sup> Lt. Kevin M. Shotas, USMC  
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  
Sp4 Archie Thompson, IV  
Daniel Sullivan, US Army  
SSgt. Hugo Garcia Gonzalez, US Marines

The Village of Oak Lawn appreciates the many sacrifices our residents in the Armed Forces make for us on a day to day basis. Please keep them in your 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 [coleary@oaklawn-il.gov](mailto:coleary@oaklawn-il.gov). If any service man or woman would be interested in receiving the "A Community United" they may do so by sending their email information to [coleary@oaklawn-il.gov](mailto:coleary@oaklawn-il.gov).

The Village of Oak Lawn would like to welcome home any of our service men and women by displaying their name on the marquee along 95<sup>th</sup> Street. Please feel free to call the Village Manager's office at (708) 499-7742 with the information regarding your loved one's homecoming.



**The Village Hall will be closed on Thursday, November 24, 2011  
and Friday, November 25, 2011 in observance of Thanksgiving Day.**



**Village Board of Trustees Meeting  
Tuesday, November 22, 2011  
7:30 p.m. @ Village Hall**

**\*Village Hall is open on the 2nd & 4th Tuesdays of each month.**



### **VILLAGE CONTACTS**

#### **Executive Offices:**

Dave Heilmann:	(708) 499-7740	<a href="mailto:dheilmann@oaklawn-il.gov">dheilmann@oaklawn-il.gov</a>
Larry Deetjen, Village Manager	(708) 499-7743	<a href="mailto:ldeetjen@oaklawn-il.gov">ldeetjen@oaklawn-il.gov</a>
Jane Quinlan, Village Clerk:	(708) 499-7738	<a href="mailto:jquinlan@oaklawn-il.gov">jquinlan@oaklawn-il.gov</a>
Christine O'Grady, Deputy Clerk	(708) 499-7744	<a href="mailto:cogrady@oaklawn-il.gov">cogrady@oaklawn-il.gov</a>
Carmie O'Leary Administrative Secretary	(708) 499-7742	<a href="mailto:coleary@oaklawn-il.gov">coleary@oaklawn-il.gov</a>

#### **Village Trustees:**

District 1: Cynthia Trautsch	(708) 346-7001	<a href="mailto:ctraultsch@oaklawn-il.gov">ctraultsch@oaklawn-il.gov</a>
District 2: Alex Olejniczak	(708) 346-7002	<a href="mailto:aolejniczak@oaklawn-il.gov">aolejniczak@oaklawn-il.gov</a>
District 3: Robert Streit	(708) 346-7003	<a href="mailto:rstreit@oaklawn-il.gov">rstreit@oaklawn-il.gov</a>
District 4: Tom Duhig	(708) 346-7004	<a href="mailto:tduhig@oaklawn-il.gov">tduhig@oaklawn-il.gov</a>
District 5: Carol Quinlan	(708) 346-7005	<a href="mailto:cquinlan@oaklawn-il.gov">cquinlan@oaklawn-il.gov</a>
District 6: Tom Phelan	(708) 346-7006	<a href="mailto:tphelan@oaklawn-il.gov">tphelan@oaklawn-il.gov</a>

## Departments

Human Resources Department:	(708) 499-7882
Finance Department (Cashier):	(708) 499-7777
Community Services Department:	(708) 423-3361
Public Works Department:	(708) 499-7750
Building Department:	(708) 499-7802 or 7803
Water Department:	(708) 499-7747
Water Department – Bills Inquiries:	(708) 499-7762
Engineering Department:	(708) 499-7814
Police Department (Non-Emergency):	(708) 422-8292
Animal Control Department:	(708) 499-7720
Property Maintenance/Environmental Health:	(708) 499-7820
Business Operations Department:	(708) 499-7821 or 7837
Police Department: Administration	(708) 499-7724
Communications Department:	(708) 499-7787
Emergency Operations Department:	(708) 636-5141 or 5142
Fire Department Non-Emergency:	(708) 499-7700
Senior Center	(708) 499-0240



## YARD WASTE PICK UP

The last day for yard waste pick up will be Thursday, December 15, 2011.  
Yard waste pick up will resume in April of 2012.



## LEAF BAGS

Leaf bags are still available! You can purchase the leaf bags for \$3.00 for 5 bags at the Cashier Window at Village Hall.



## YARD WASTE TOTERS

The Brown Yard Waste Toter is still available. You can purchase the brown yard waste toters for \$40.00 at the Cashier's Window at Village Hall.



### **FREE PRESCRIPTION DISCOUNT CARD**

Free prescription discount cards are available at the Village of Oak Lawn, outside of the Village Clerk's Office. Use the discount card if your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use the card.

### **CUB (Citizens Utility Board) PHONE BILL SERVICE**

CUB (Citizens Utility Board) Phone Bill Service will meet with patrons one on one to explain confusing charges and offer money-saving tips. Registration is underway by phone at (708) 422-4990 or at the reception both.

### **OAK LAWN LIBRARY:**



### **“NATURE THOUGHT OF IT FIRST: PLANES/GLIDERS”**

This program is for children in 3rd to 5th grades. The program will take place on Tuesday, November 15, 2011 between 4:00 p.m. to 5:00 p.m. Advance registration at Youth Services at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



### **“TV SCIENTIST: BILL NYE THE SCIENCE GUY”**

This event is for children in 1st and 2nd grades. The event will take place on Thursday, November 17, 2011 between 4:00 p.m. and 5:00 p.m. Advance registration is required at Youth Services at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



### **"READ TO ROVER"**

Sign up for a 15 minute time slot to read aloud to a dog from the Rainbow Animal Assisted Therapy of Chicago. This event will take place on Saturday, November 19, 2011 from 11:00 a.m. to 12:30 p.m. Advance registration is required at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



### **GREEN CLEANING ESSENTIALS WITH THE PRAIRIE GODMOTHERS**

This event will take place on Thursday, December 1, 2011 at 7:00 p.m. Registration begins on Saturday, November 5, 2011 at the Reception Booth. There is a \$5.00 fee for supplies for all-natural household cleaners. The event will be held at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



### **FREE OPERA LECTURE: ADRIADNE AUF NAXOS**

The Oak Lawn Library presents a free opera lecture on Ariadne auf Naxos on Sunday, November 20, 2011 at 1:30 p.m. at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



**“HOW I KEPT MY DAY JOB & BECAME A PUBLISHED AUTHOR: AND YOU CAN, TOO”**

Keir Graff, novelist and editor of “Booklist Online”, will tell his own story of breaking into print and offer practical advice about getting your work published. This event will take place on Monday, November 21, 2011 at 7:00 p.m. at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



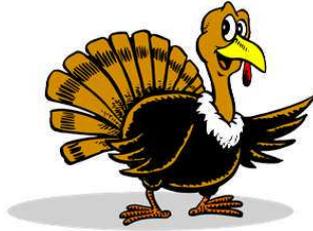
**FREE MOVIE: WATER FOR ELEPHANTS (2011)**

Tuesday, November 22, 2011 at 2:00 p.m. and 6:30 p.m. at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



**FREE FAMILY MOVIE: THE LION KING (1994)**

Tuesday, November 22, 2011 at 2:00 p.m. and 6:30 p.m. at the Oak Lawn Library located at 5300 West 95th Street, Oak Lawn. For more information, please call (708) 422-4990 or visit [www.oaklawlibrary.org](http://www.oaklawlibrary.org).



**The Oak Lawn Library will be closed on Thanksgiving Day on Thursday, November 24, 2011. The library will be open regular hours the rest of that week.**

**OAK LAWN PARK DISTRICT:**



**CINEVERSE**

CineVerse is a free weekly film discussion group that meets every Wednesday from 7:00 p.m. to 10:00 p.m. Come join the group to discuss the film "Ran" on November 16, 2011 at the Oak View Center located 4625 West 110th Street.

**HOLIDAY OPEN HOUSE:**



**NEW DAY SPA SALON'S HOLIDAY OPEN HOUSE**

The New Day Spa Salon will be hosting a Holiday Open House on Sunday, December 4, 2011 between the hours of 11:00 a.m. to 4:00 p.m. The New Day Spa Salon is located at 4720 West 95th Street in Oak Lawn. For more information, please call (708) 425-9591.



### **OUR LADY OF LORETTO CHRISTMAS ARTS & CRAFTS SHOW**

The annual Our Lady of Loretto Women's Guild Christmas Arts and Crafts Show will be held on Sunday, November 27, 2011. Show hours will be from 9:00 a.m. to 3:00 p.m. in Our Lady of Loretto Parish Hall located at 8925 South Kostner in Hometown. There will also be pictures with Santa, raffles, homemade candy/bakery and a lunchroom. For more information, please call Pat Walker at (708) 423-4206.

### **WORTH TOWNSHIP YOUTH COMMISSION:**



### **CHRISTMAS CARE**

The Worth Township Youth Commission will be accepting new toys, new clothes and new and slightly used coats for families with young children who are experiencing financial difficulties through the holidays. Donations are accepted through December 23, 2011. For more information, please call (708) 371-2900.



### **WORTH TOWNSHIP SANTA'S ROOM 2011**

Children accompanied by an adult can stop in & visit Santa anytime during the following times:

Monday through Friday

3:30 p.m. to 5:30 p.m.

6:30p.m. to 8:30p.m.

December 5, 2011 - December 9, 2011

December 12, 2011 – December 16, 2011

Santa's Room is located at

Worth Township Town Hall

11601 South Pulaski Road

Alsip, Illinois 60803

Please enter through the main door off of Pulaski Road.

A small gift will be given to each child who visits Santa.

Don't forget your camera!

## **HEALTH INFORMATION:**

4440 West 95th Street  
Oak Lawn, IL 60453

 **Advocate  
Christ Medical Center**

Inspiring medicine. Changing lives.

### **Community Calendar Alert**

**For Immediate Release**  
November 4, 2011

**Contact:** Cindi Jaranowski  
708.684.5080  
[Cindi.Jaranowski@advocatehealth.com](mailto:Cindi.Jaranowski@advocatehealth.com)

#### **ADVOCATE CHRIST MEDICAL CENTER ANNOUNCES UPCOMING EVENTS FOR NOVEMBER AND DECEMBER**

**Oak Lawn, Ill.** – Advocate Christ Medical Center, 4440 W. 95th St., Oak Lawn, has scheduled the following lectures, events and screenings for November and December. To register or to receive the latest up-to-date information, call Christ Medical Center's *Health Advisor* at 1.800.3.ADVOCATE (1.800.323.8622) and refer to the code number listed.

**Hip Pain: Evaluating Your Treatment Options** – Dr. Harun Durudogan, board-certified orthopedic surgeon with The Bone & Joint Institute at Advocate Christ Medical Center, will discuss the facts about today's hip replacements on **Wednesday, Nov. 9**, from 6:30 p.m. to 8 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0637 (lower level). Participants can enter through the imaging center entrance on 93<sup>rd</sup> and Kilbourn Avenue. **Code 1G13**

**What Women Want to Know** – Dr. Kenneth Finkelstein, board-certified gynecologist at Advocate Christ Medical Center, will present "Gotta Go! Ridding Your Life of Urinary Incontinence" on **Thursday, Nov. 9**, from 6:30 p.m. to 8 p.m. at the Orland Township Offices, 14807 S. Ravinia, Orland Park. Participants will learn primary causes of female incontinence and available surgical and non-surgical treatment options. **Code 1G58**

**Ankle Replacement: Should I Go Through with It or Avoid It?** – Dr. John F. Grady, board-certified podiatric foot and ankle surgeon with The Bone & Joint Institute at Advocate Christ Medical Center, will discuss the facts about surgical and non-surgical treatment options for chronic ankle pain on **Wednesday, Nov. 16**, from 6:30 p.m. to 8 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0637 (lower level). Participants can enter through the imaging center entrance on 93<sup>rd</sup> St. & Kilbourn Avenue. **Code 1G56**

*Imoral*

4440 West 95th Street  
Oak Lawn, IL 60453



Inspiring medicine. Changing lives.

## Page 2-Upcoming November/December Events

**Spinal Stenosis** – The Spine Center at Advocate Christ Medical Center presents a lecture on spinal stenosis on **Thursday, Nov. 17** from 3 p.m. to 4 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0636 (lower level). The goal of the program is to provide the information needed to make decisions regarding your spinal health care. Participants can enter through the Imaging center entrance on 93<sup>rd</sup> St. & Kilbourn Avenue.

**Code 1G47**

**Shoulder Pain** – Dr. Taruna Madhav Crawford, hand and upper extremity surgeon with The Bone & Joint Institute at Advocate Christ Medical Center, will discuss causes of shoulder pain, treatment options and shoulder injury versus slow onset of pain and stiffness on **Wednesday, December 7** from 6:30 p.m. to 8 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0637 (lower level). Participants can enter through the imaging center entrance on 93<sup>rd</sup> St. & Kilbourn Avenue. **Code 1G55**

**Free Pediatric Diabetes Health Fair** – Advocate Hope Children's Hospital is hosting a free Pediatric Diabetes Health Fair on **Thursday, December 8**, from 6 p.m. to 9 p.m. in the Auditorium and Conference Center located on the northwest corner of the medical center campus. This free event will include educational exhibits, body weight and BMI checks, giveaways and refreshments. Participants can enter through the imaging center entrance on 93<sup>rd</sup> St. & Kilbourn Avenue.

**Code 1D07**

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### About Advocate Christ Medical Center and Hope Children's Hospital

Recognized nationally by Thomson Reuters as a "100 Top Hospitals for cardiovascular care," Advocate Christ Medical Center and Hope Children's Hospital is part of Advocate Health Care, which is one of the nation's leading health care networks. A 360-bed, premier teaching institution with nearly 1,000 affiliated physicians, Christ Medical Center is a leader in health care and one of the major referral hospitals in the Midwest in a number of specialties, including cardiovascular services, heart and kidney transplantation, neurosciences, oncology, orthopedics, pediatrics and women's health. The hospital also has one of the busiest Level I trauma centers in Illinois providing emergency care for more than 90,000 patient visits annually and is a leader in breakthrough technologies, including aICU<sup>SM</sup> (electronic intensive care unit) monitoring, Robotic Wrist Surgery System<sup>SM</sup> and CyberKnife<sup>SM</sup> Radiotherapy. The medical center is recognized by the American Nurses Credentialing Center (ANCC) as a Magnet Medical Center. Magnet status represents the highest honor in the nursing profession. Located on the same campus is Advocate Hope Children's Hospital, the largest freestanding pediatric medical facility in the south and southwest regions. The 69-bed children's hospital, with some 150 pediatricians, houses a Level III neonatal intensive care unit, the highest designation awarded in Illinois, and serves as a care-designated pediatric critical care center, providing the highest level of care for children. Hope Children's Hospital also is internationally noted for pioneering advances in the diagnosis and treatment of pediatric heart disease and is ranked among the nation's top 50 children's hospitals in cardiology and heart surgery by U.S. News & World Report. To obtain more information or to visit our medical center newsroom, log on to [www.ahc.org/healthcarecenter/ncid](http://www.ahc.org/healthcarecenter/ncid) or [www.ahc.org/medicalcenter/home](http://www.ahc.org/medicalcenter/home).

## HIGH BLOOD PRESSURE

High Blood Pressure or Hypertension is called the “silent killer” because often a cardiac event has occurred before any symptoms are noticed. It is crucial to monitor your blood pressure through regular visits to your physician. The awareness of modifiable risk factors and a plan to make positive changes plays a pivotal role in reducing heart disease. Here are some facts from the American Heart Association:

- 77% of people that have their first stroke have a blood pressure greater than 140/90.
- 69% of people that have their first heart attack have a blood pressure greater than 140/90.
- 74% of people with Heart Failure have blood pressure greater than 140/90.

High Blood Pressure occurs when the blood flow is high, and forceful against the walls of the arteries and other organs. Over time, HTN puts you at high risk for many diseases. There are many lifestyle changes as well as medication therapy to lower blood pressure. Risk factors include:

- Age greater than 65 years old
- Race: more prevalent in African Americans
- Positive Family History

The modifiable risk factors include: obesity, a diet consisting of high salt, high fat, sedentary lifestyle or lack of exercise, stress, excessive alcohol use, tobacco use, sleep apnea and diabetes.

Discuss your numbers and risk factors with your physician. Remember to engage in an active lifestyle and eat a healthy diet that includes whole grains, fruits and vegetables. Throw away the salt shaker, enjoy other herbs spices. Drinking too much alcohol can raise your blood pressure. If you have high blood pressure, avoid alcohol or consuming no more than two servings of alcohol a day. If you would like to quit smoking, check out resources in your area and discuss your options with your physician. To deal with stress try deep breathing or mental imagery. Remember to take time for yourself.

If you monitor your blood pressure at home, remember to not to smoke, drink caffeine or exercise 30 minutes before measuring your blood pressure. Sit up with feet flat on the floor; keep your arm supported as you apply the cuff. **Blood pressure greater than 180/110 is a Hypertensive Emergency. Call 911 immediately with any symptoms. You must seek medical attention.**

<u>Category</u>	<u>Systolic</u>	<u>Diastolic</u>	<u>Lifestyle Modification</u>
Normal	Less than 120	Less than 80	Encourage
Pre-hypertension	120-139	80-90	Yes
Stage 1	140-159	90-99	Yes, initiate medication therapy
Stage 2	160 or above	100 or above	Yes, monitor medication therapy

Look for upcoming events provided through the Advocate Christ Medical Center Heart & Vascular

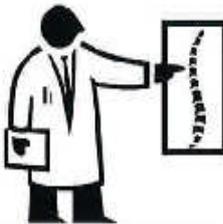


Inspiring medicine. Changing lives.

**ATTENTION**



**OAK LAWN**



**MOST MAJOR MEDICAL INSURANCE POLICIES HAVE FANTASTIC  
COVERAGE FOR TREATMENT OF THE FOLLOWING CONDITIONS:**

NECK, SHOULDER, LOW BACK & HIP PAIN

CHRONIC MIGRAINES & TENSION HEADACHES

SCIATIC, SHOOTING PAIN, NUMBNESS & TINGLING

SINUS PAIN, VERTIGO, TINNITUS, NEUROPATHY, TMJ

KNEE, FOOT, & ANKLE PAIN

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**HELPFUL INFORMATION:**



**ENERGY & INFORMATION FAIR**

The Energy & Information Fair will take place on Friday, November 18, 2011 between 10:00 a.m. and 2:00 p.m. at Charity Raffle Hall located at 131 River Crest Drive in Crestwood. Please bring proof of gross income for the last 30 days. Meet local reps from CEDA, Nicor Gas, ComEd, Age Options, Catholic Charities, Social Security, Cook County Department of Public Health, Crestwood Care and Together We Cope. This event is sponsored by the Cook County Commissioner Joan Murphy. For more information, please call (708) 389-2125.



THE VILLAGE OF  
OAK LAWN

The Village of Oak Lawn would like residents to be aware of available resources for further information on Fair Housing. Please refer to the websites below.

**Fair Housing Information**

<http://www.hud.gov/offices/fheo/FHLaws/FairHousingJan2002.pdf>

**Rental Housing Discrimination**

<http://www.hud.gov/offices/fheo/>

**Foreclosure Prevention**

<http://www.makinghomeaffordable.gov/>

**Housing Choice Voucher Program**

<http://www.thehacc.org/index.aspx>

For further information please contact the Fair Housing Administrator  
9446 South Raymond Avenue, Oak Lawn, Illinois 60453, 708 499-7806

The Oak Lawn Fair Housing Commission meets the third Tuesday of  
January, April, July and October @ 4:00 p.m. in the Lower Level  
Conference Room.

**It is Illegal to Discriminate Against Any Person based upon race, color, religion, creed, ancestry, national origin, age, sex, marital status, military status, unfavorable discharge from military service, familial status or physical or mental handicap**

**In the sale or rental of housing or residential lots; In the appraisal of housing; In the provision of real estate brokerage services; In advertising the sale or rental of housing; In the financing of housing.**

**THANK YOU TO OUR 2010 FALL ON THE GREEN SPONSORS  
PLEASE SUPPORT THOSE WHO SUPPORT OAK LAWN**

**COMCAST**

**Cable, Telephone & Internet Provider  
(800) 266-2278  
[www.comcast.com](http://www.comcast.com)**

**VEOLIA**

**Environmental Services  
(708) 409-9700  
[www.veoliaes-sw.com](http://www.veoliaes-sw.com)**

**GROEBE REALTY**

**Specializing in Commercial, Investment,  
Industrial Real Estate and  
Property Management  
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[www.groebeaction.com](http://www.groebeaction.com)**

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(630) 241-1984  
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**MC2**

**Electricity Supplier for Oak Lawn  
Commercial & Industrial  
(877) 622-7697  
[www.mc2energyservices.com](http://www.mc2energyservices.com)**

**WARREN OIL**

**Supplier of Gasoline for the  
Village of Oak Lawn  
(773) 735-6900  
[www.alwarrenoil.com](http://www.alwarrenoil.com)**

**STANDARD BANK**

**Financial Institution  
(708) 499-2062  
[www.standardbanks.com](http://www.standardbanks.com)**

**CITY BEVERAGE – BUDWEISER**  
Beer Distributor  
(773) 650-9200  
[www.abwholesaler.com](http://www.abwholesaler.com)

**MARKETPLACE OF OAK LAWN &  
GREEN OAK SHOPPING**  
Property Management Company  
(312) 642-9510  
[www.robincompanies.com](http://www.robincompanies.com)

**MANCARI CHRYSLER PLYMOUTH**  
Five Star Car Dealership  
(708) 423-0910  
[www.mancari.com](http://www.mancari.com)

**CDM (CAMP DRESSER McKEE)**  
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& Operations Firm  
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[www.cdm.com](http://www.cdm.com)

**DI MEO SCHNEIDER & ASSOCIATES**  
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[www.dimeoschneider.com](http://www.dimeoschneider.com)

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[www.hawkford.com](http://www.hawkford.com)

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**Oak Lawn Mazda**  
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**Five Alarm Fireworks Co.**  
**Christopher Burke Engineering Ltd.**  
**Little Company of Mary**  
**Hilton Oak Lawn**  
**St. Xavier University**  
**Tria Architecture**  
**Hooters**  
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**Skyline Restoration  
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Law Offices of Kevin Cunningham  
Querrey & Harrow  
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Crowley-Sheppard Asphalt Inc.  
H & D Maintenance, Inc.  
Southwest Spring, Inc.  
Redflex Traffic Systems, Inc.  
Kevin Electric  
Prestige Painting & Custom Design, Inc.  
Factory Motor Parts  
M. E. Simpson Co., Inc.  
Microix-Joelle Labban, CPA  
Martin Whalen Group  
Gallagher Asphalt  
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Rainbow Farm Enterprises, Inc.  
International Union of Operating Engineers  
Local 150  
Martin & Martin, Inc.  
Lockstone Advisors, LLC  
Showcase Classics, Inc.  
Phil Wengel, Inc.  
H D Supply Waterworks  
Red Wing Shoe Source  
Brett Equipment Corporation  
Spring Air Filter, Inc.**

**PLEASE SUPPORT THOSE WHO SUPPORT OAK LAWN  
THROUGHOUT THE YEAR  
SHOP LOCAL & SHOP OAK LAWN**



## **NEW BUSINESSES COMING TO OAK LAWN**

If you are opening a new business in the Village of Oak Lawn, please contact the Mayor's Office at (708) 499-7742 or email us at [coleary@oaklawn-il.gov](mailto:coleary@oaklawn-il.gov). We will include your new business information in "A Community United" E-Newsletter for two weeks. THIS SERVICE IS FREE. Over 2,000 residents receive "A Community United" E-Newsletter every other Thursday. It is our way of welcoming you to the Village of Oak Lawn and letting the residents learn about a new business in our community.

Thank you for taking the time to read this edition of "A Community United" E-Newsletter. If you are interested in receiving the E-Newsletter via regular mail or email, please contact Carmie O'Leary at (708) 499-7742 or email your request at [coleary@oaklawn-il.gov](mailto:coleary@oaklawn-il.gov).