



# Village of Oak Lawn

A Community United E-Newsletter

November 18, 2008

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

## Wishing you a Happy Thanksgiving

Doesn't it seem like it takes forever for the warm weather months to get here and then in a blink it's Thanksgiving?

We have so much to be thankful for again this year. I am thankful for our soldiers who are away from their families and fighting for our country. I am thankful for the employees of our Village and for the many ways - often unnoticed - in which they reach out to help residents. I am thankful to the members of our Board who put in countless hours trying to make life better for all of us. I am thankful to you, our residents, for choosing Oak Lawn to live and raise a family and make it the stable and strong community it is. I am thankful for your kindness, input, patience, criticisms and compliments, all of which help me and those who work for you in the Village to learn, grow, understand, and serve you better. And I am thankful for my wonderful family and friends, as I am sure each of you are, for without them life would seem meaningless.

Finally, we should be thankful for every smile which comes our way, because that makes this season that much warmer.

***Mayor Dave Heilmann***



***The Village Hall will be closed on Thursday and Friday, November 27 & 28*** in observance of Thanksgiving. There will be no garbage service on Thanksgiving. Service will be pushed back one day.

***Leaf Bags*** are available at the Cashier Window at the Village Hall. Environmentally friendly yard waste 33g paper bags are 5 for \$2. Leaf bag pick up will continue through December 15.

### **Give a Little Back this Thanksgiving**

Oak Lawn Family Service will continue in the tradition of sharing this Thanksgiving by facilitating a Charitable Drive for families in need. The program is designed to help local residents and their families experiencing a financial hardship due to illness and/or unemployment by providing food and gift certificates. Your contribution will ensure that our less fortunate residents will have a Thanksgiving meal.

Donations are being collected at the office located at 9401 S. 53rd Court between now and Thursday, November 20. Non-perishable items such as canned goods, stuffing mix or other fixings to prepare a Thanksgiving meal. Perishable items may be accepted but will require advance notice so that we can arrange for prompt pick up or delivery. Gift certificates such as Jewel, Dominick's Freshline and Boston Market would be greatly appreciated.

Please call to notify of your intent to donate, arrange delivery of donations, if you are interested in sponsoring a family or if you know of a family in need. (708) 423-3361, or at [familyservice@oaklawn-il.gov](mailto:familyservice@oaklawn-il.gov).

## ***SPORTS & RECREATION***

### ***Youth Indoor Soccer Draft League***

**What:** For girls and boys ages 6 – 13. Teams will practice in December and play begins in January. Age divisions are determined by the child's age as of September 1, 2008. Coaches are needed. Fee is \$79 for residents and \$105 for non residents. **Registration Deadline is November 19.**

**Info:** 708.857.2420

### ***Turkey Shoot Basketball Free-Throw Contest***

**What:** Win a turkey at this free throw competition. Teams are made up of one parent and one child and are grouped by the children's age. All ages welcome. You must register in advance.

**When:** Sunday, **November 23**, 11:00 am

**Where:** Community Pavilion, 9400 S. Oak Park Ave.

### ***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: **DEBORAH WEININSKI**



## SANTA ON THE GREEN

Join us on Saturday, November 29th  
on The Village Green  
3:00 p.m. – 5:00 p.m.

A holiday parade will “kick off” at 3:00 p.m. from the Police Department and proceed on Oak Street to the Gazebo

**Santa Claus** will arrive with the Parade and be available for pictures in the gazebo and to hear children’s requests along with

**Frosty the Snowman** & **The Elf Stilt Walker**

*(bring your camera)*

The hospitality tent will feature Face Painters, Christmas Caroling by the Covington School Choir and Cookies, Hot Cocoa & Egg Nog will be served

“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*



## ***Your questions...our answers***

***You asked:*** I am a senior in Oak Lawn and need transportation to my physician. Does Oak Lawn provide transportation services?

***We answered:*** A Senior Bus is available to Oak Lawn residents with disabilities and Senior Citizens. Applications are available at the Village Hall and the Senior Center. Qualifying residents are allowed one round trip anywhere in Oak Lawn or to Chicago Ridge Mall. The bus runs on Monday, Thursday and Friday from 8:00 am until 3:30 pm. Reservations must be made at least 24 hours in advance between 8:00 am and 12:00 Noon on Wednesdays, Thursdays and Fridays.

**If you have a question about Oak Lawn, please let us know. We'll put the answer in our next *Community United* e-newsletter.**

## ***YOUR HEALTH***

### ***Holidays and heart attacks!***

A study, published online in ***Circulation: Journal of the American Heart Association***, looked at 53 million death records between 1973 and 2001. Researchers found that the rate of heart disease-related deaths rose sharply between December 25 and January 7. The death rate peaked on Christmas Day and New Year's Day. This has bolstered other research showing a spike in heart attacks and in unhealthy behavior during the winter months. The researchers theorized that the risk is higher at the holidays because people commonly delay seeking treatment for symptoms during this busy time of year. So during the winter, try to keep your heart healthy by keeping the following pointers in mind, especially during the holiday season:

- Stick to your exercise plan
- Eat healthy and watch your portion sizes
- Skip the mall on those hectic final shopping days
- Practice infection control behaviors such as handwashing
- Know and manage your blood pressure
- Don't ignore symptoms if you are not feeling well
- Rest if you are sick
- See a health professional if you are feeling down
- Get enough sleep and get help for sleep problems
- Take your medication as recommended
- do not postpone doctors' visits

## **THE SANCTUARY**

### ***A Women's Wellness Group***

*A place where women can connect together in a spirit of support to learn, share experiences, and explore possibilities for personal growth.*

- Open to:** Women who are residents of Oak Lawn  
**When:** Friday evenings, November 7 - December 19, 2008  
(except November 28) 7:00 – 8:30 pm  
**Where:** Oak Lawn Family Service  
9401 S. 53<sup>rd</sup> Ct.  
708.423.3361  
**Fee:** \$5.00 (Each Friday meeting)

For additional information and to register please contact:  
Joanne Dal Santo ext. 43  
Johanna Huitsing ext. 52  
email [familyservice@oaklawn](mailto:familyservice@oaklawn)

***(Please type The Sanctuary or Women's Group in the subject)***

## **TEEN SCENE**

### ***High School Indoor Soccer Competitive Leagues***

- What:** Teams will play against local high school and club competition teams.  
Fee is \$775 for teams with 51% or more Oak Lawn residents and \$795 for teams with 50% or less Oak Lawn residents.  
**Info:** 708.857.2420

### **Teen Theme Nights**

Come hang out from 6:00 - 9:30 pm at the Oak Lawn Park District's Teen Center (9400 S. Oak Park Ave.) for Theme Nights. November 21 is High School night – wear your high school colors. Everyone ages 10 to 15 welcome. Admission is only \$5 at the door or \$3 if you dress in theme. Use your Teen Card to get in for free (must show card to get discount). Best-dressed in theme wins a prize! Bring your friends and enjoy everything from cards to air hockey and Twister to Wii and dancing. No parents allowed. There will be supervisors present. Best dressed in the theme receives a prize bag that night. Concessions are available. For large groups, please call Colleen at 708-857-2200 ahead of time.

## MARK YOUR CALENDAR

### *Oak Lawn's 1<sup>st</sup> Pink Pot Luck*

**What:** Bring a dish or dessert to share and join other women for an afternoon getting information that could save your life or the life of someone you love. This is a free event to inform women about the Illinois Breast and Cervical Cancer Program. This program allows uninsured women to receive free mammograms, breast exams, pelvic exams and pap tests. There will be speakers and giveaways.

**When:** Sunday, **November 30**, 1:00 – 4:00 pm.

**Where:** Oak View Center, 4625 W. 110<sup>th</sup> St

## VOLUNTEERS NEEDED

### ***Community Nutrition Network & Meals on Wheels Foundation***

Community Nutrition Network and Meals on Wheels Foundation are in **dire need** of volunteers to assist with their mission: providing nutritious meals and services to older adults in suburban Cook, Grundy, and Kendall Counties to improve their quality of life. They are in need of Meals on Wheels Drivers and Group Dining Site Volunteers.

Drivers deliver a route of meals using their own vehicles. Meals are delivered Monday through Friday between 11:00 am and 1:00 pm. Group Dining Site Volunteers lend a hand by helping prepare and serve or coordinating/sponsoring an activity, group outings, dancing, singing and parties.

To become a volunteer in the Oak Lawn area, please contact (708) 422-5180.

### ***PADS Homeless Shelters***

To volunteer to work at one of 29 overnight shelters in the South Suburbs call 708.754.4357 and ask for Denise.

### ***Christmas Care Program***

Worth Township is in need of new or “gently” used outdoor wear (jackets, coats, hats, mittens, scarves and boots – no other clothing) New toys only, gift certificates or a monetary contribution to enable the Township to purchase new clothing and toys. Please make your check out to “Town of Worth” with a note on the memo portion indicating “Christmas Care Program”. For further information please contact 708.371.2900.



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

**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  
1<sup>st</sup> Sgt Wade Pasquerrella, 82<sup>nd</sup> 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  
Pfc John W. Campbell, US Marine Corps  
Spc. Don Brady, US Army  
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**

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](mailto: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](mailto:mgorman@oaklawn-il.gov).

## SENIOR NEWS

### ***"Medication Cornucopia, Considerations for Consuming Common Meds"***

**What:** Informative session with Pharmacist Peter Herout and staff from Advocate Christ Hospital regarding the use and interactions of common drugs.

**When:** Wednesday, **November 19**, 10:00 am

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

### ***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.



### LETTERS FROM SANTA

Moms and Dads, forms are available at the Oak View Center, 4625 W. 110th St., to order letters from Santa for your children. There is a \$2 fee. Registration deadline is December 1. Contact the Oak Lawn Park District at 708.857.2200 for further information.

## **SPORTS & RECREATION**

### ***Wrestling Club***

**What:** The Oak Lawn Park District is offering a wrestling club for those in grades 3 – 8 . Participants will learn the skills and fundamentals of wrestling under experienced supervision. This club includes qualified coaches, meets and tournaments. Through its years, the wrestling club has had more than 100 IKWF state qualifiers. Please note that the location has yet to be determined.

**When:** Begins **November 24**. Mondays, Wednesdays and Thursdays from 5:30 – 7:30 pm.

**Cost:** Oak Lawn residents - \$85. Non-residents - \$100.

**Info:** 708-857-2420 or visit [www.geocities.com/olwildcats](http://www.geocities.com/olwildcats)

### ***Blue Man Group***

**What:** Bus trip to see the Blue Man Group on a wheelchair accessible motor coach bus at the Briar Street Theatre in Chicago.

**When:** Wednesday, **December 3**, bus departs at 12:00 pm and returns at 5:00

**Where:** Bus will depart from the Oak View Center, 4625 W. 110th St.

**Cost:** Oak Lawn residents - \$50. Non residents - \$60. 708.857.2200

### ***It's A Wonderful Life in Munster, Indiana***

**What:** The Oak Lawn Park District is hosting a trip to see It's A Wonderful Life at Theatre at the Center in Munster Indiana on Thursday, **December 11**.

**When:** The wheelchair accessible motor coach will depart from Oak View Center, 4625 W. 110th St. at 11:00 am and will return at 5:00 pm.

**Cost:** Oak Lawn residents - \$50. Non residents - \$60. 708-857-2200.

## **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:

Kids Eat FREE  
on Mondays!\*

**Jason's deli®**

\*Limit 2 free Junior Meals  
per purchase of an adult entrée  
Dine-in only after 4 PM

6260 W. 95th St.

**708-233-0368**

**jasonsdeli.com**  
for menus and more

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## Gift Certificate

No. \_\_\_\_\_

*This Gift Certificate Entitles* - VILLAGE OF OAK LAWN RESIDENT

*To \$10.00 Off any salon or spa service*

*and/or \$5.00 off any hair or skin care product*

Expires **DEC. 31<sup>ST</sup> 2008**

**VALID**  
**TUESDAY - SATURDAYS**

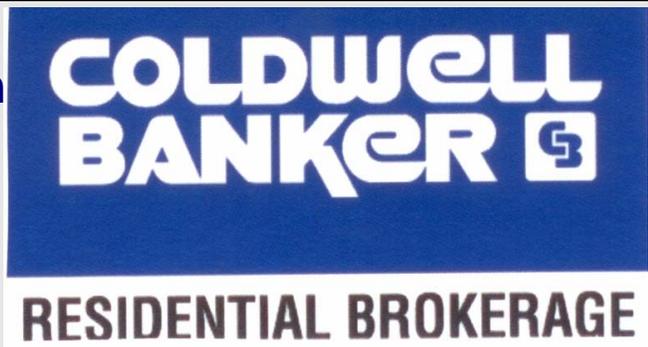
**Nancy Koss**  
**SALON & SPA inc.**

5401 West 95th Street • Oak Lawn, IL 60453 • 708.636.3444

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## The Grant/Widel Team

Terry, Kai and Dawn  
Coldwell Banker  
Residential Brokerage  
708.424.4000



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

## intewebtual

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...and much more!



To learn more about our services and take advantage of a 20% discount and free project quote,

go to:

<http://www.intewebtual.com>

(Offer applies to all recipients of "A Community United" Newsletter and referrals from recipients).



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](mailto:information@oaklawn-il.gov)