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B-MAC EDITION

Volume 17 | Number 2 | January 17, 2023

Blue Island, Midlothian, Alsip, Crestwood

President Kari K. Steele received unanimous vote by the Metropolitan Water Reclamation District of Greater Chicago Board of Commissioners to serve a 3rd term as President



President Steele made history in January 2019 when the board unanimously elected Commissioner Steele as the first African American woman president in the 130-year history of the district

During the Metropolitan Water Reclamation District of Greater Chicago (MWRD) Board Meeting, MWRD

President Kari K. Steele received a unanimous vote by the MWRD Board of Commissioners to serve a 3rd term as President of the \$1.4 billion dollar agency. Each term for President is two years and this is Steele's 3rd consecutive term. President Steele currently serves as the Chairman of the Engineering Committee and the State Legislation and Rules Committee. She is also the Vice Chairman of the Procurement Committee.

A recent vote by the MWRD Board of Commissioners included voting for Commissioner Kimberly Neely Du Buclet to serve a 2-year term as Vice President of the MWRD Board of Commissioners and Commissioner Marcelino Garcia to serve a second, 2-year term as Chairman of Finance of the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago.

For more information about President Kari K. Steele, to review President Steele's Annual Message 2022 and to learn more about MWRD visit www.mwrdd.org. Feel free to reach out to the office of MWRD President Kari K. Steele at (312) 751-5694 with any questions or to discuss issues that are important to you.



Dr. Alicia Odewale

The Auditorium Theatre (Chicago's landmark stage at 50 E. Ida B. Wells Drive) proudly presents National Geographic Live – Greenwood: A Century of Resilience with Tulsa-based archaeologist Dr. Alicia Odewale, Sunday, January 29, 2023 at 2:00 pm. Tickets, priced at \$25 and \$48, are available at auditoriumtheatre.org.

The critically acclaimed National Geographic Live speaker series, offering vibrant visuals and expert voices on cultural and envi-

Auditorium Theatre proudly presents National Geographic live Greenwood: A Century of Resilience

ronmental issues, returns to the Auditorium Theatre in 2023 with three offerings and a new lower ticket price. In this first National Geographic Live of the new year, Dr. Alicia Odewale shares how archaeology can be used as a tool for recovering lost stories, reclaiming a narrative, and pursuing restorative justice.

A native of Tulsa, Oklahoma, herself, archaeologist Dr. Odewale continues to uncover stories of resilience in the hundred years since the 1921 attack on the 'Black Wall Street' in the city's historic Greenwood district. Considered one of the worst episodes of racial violence committed against Black people in

American history, the Tulsa Race Massacre left a devastating toll on generations of survivors and their descendants and impacted the very footprint of the district itself.

The Auditorium Theatre will also partner with the Chicago History Museum to bring a local perspective to Dr. Odewale's work. Representatives from the museum will help moderate the post-presentation Q & A and provide additional historical context and lobby engagements.

For more information on the Auditorium Theatre and a complete listing of events at the Auditorium Theatre, please visit AuditoriumTheatre.org.



Blue Island Public Library

For more information and a calendar of upcoming library programs, visit blueislandlibrary.org. Events and programs are posted to our website and Facebook page and hosted in person or online via Zoom, YouTube, and Facebook Live unless otherwise specified. We have links to online resources and virtual programs available to the public on our social media. You can also sign up for our eNewsletter on our website to stay up to date with future events. For information about any library services or programming, please call the reference desk at 708.388.1078.

The library has SO much more than books! Check our website for databases, remote printing, mobile hotspots, instruments, STEAM Kits, and more.

Our classes and clubs include:

Chess Club—Come by and test your skills against other Blue Island players. Limited number of boards will be available.

Excel—Learn how to manage large datasets and create dynamic spreadsheets in minutes! This is a hybrid event virtual and in-person.

Are you sick of Microsoft (MS) Word? Is there something with it that ails you? Come to the MS Word Clinic for wellness and aid. Email your MS Word questions, and expect the answers on the date you register for.

Join us for an afternoon of bingo. Win prizes and socialize with friends!

The new year is the perfect time to get a fresh start on achieving your financial goals. Join representatives from Blue Island/Robbins Neighborhood Network Finance team for a live workshop on sustaining your finances during this inflationary and recessionary time.

Visit Blue Island Library

South Suburban College to host workforce program virtual open houses in January

South Suburban College (SSC) is hosting virtual open houses for the Workforce Innovation and Opportunity Act (WIOA) program via Zoom on Tuesday, January 24, 2023 at noon and Thursday, January 26, 2023 at 5:00 p.m. The open houses will allow the public to learn about accessing employment, education, training, and support services to succeed in the labor market. Specifically, the public will learn about Accounting, Cisco Network Technician, Coding, Medical Assistant, Associate Degree Nursing (ADN), Certified Nursing Assistant (CNA), Phlebotomy, Patient Care Technician, Pharmacy

Technician, Commercial Driver's License (CDL) and Welding specialties.

WIOA is designed to create, support and expand workforce training opportunities among youth and adults. WIOA ensures the barriers to employment, high-quality jobs and careers are removed so employers can hire skilled workers. The workforce development programs ensure that employers and job seekers needs are met through strategic plans, accountability, performance goals, regional collaboration, and transparency.

The community is invited to learn about the benefits of the WIOA program and

its certificate/degree tracks. The public is encouraged to register in advance for the open house via Zoom on January 24. Those interested in attending the open house via Zoom on January 26 are also encouraged to register in advance. For more information about the SSC WIOA program, please contact Kenneth Cohn, Director of Workforce Development, at (708) 596-2000, ext. 6040, or email KCohn@ssc.edu.

The Spring 2023 Semester begins at South Suburban College on Tuesday, January 17, 2023. Class schedules, registration services and a "live chat" option are available online at ssc.edu.



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FAR SOUTH EDITION

Volume 21 | Number 2 | January 17, 2023

Mokena, Oak Forest, Orland Park, Tinley Park

City of Oak Forest, EM8 Properties break ground on mixed-use development

The City of Oak Forest and EM8 Properties broke ground on the mixed-use development at 4800 W. 157th Street recently. Construction of the mixed-use development, which includes 75 multi-family units, commercial first-floor space and 15 row homes is underway.



“Our team has been working on this development for a long time, and we are very proud of the outcome,” said Oak Forest Economic Development Director Ed Cage. “This project encapsulates exactly the type of new development we desire in Oak Forest, a mixture of commercial and residential living options. A high-quality development so close to the Metra train station will be a great asset and will provide an anchor for further development along Cicero Avenue.”

EM8 Properties has named Kinzie Builders as the general contractor and OKW Architects as the project architect.

Submit your “Benches” design by Jan. 20

Are you an artist looking to flex your creative muscle on a fun project that thousands of people will see? If so, the Village of Tinley Park has just the opportunity for you!

The Village is looking for artists to create unique, kid- and family-friendly designs for the 2023 Benches on the Avenue public art program, which will run from May to October

along Oak Park Avenue in Downtown Tinley.

The 2023 Benches on the Avenue will be themed “Industry, Invention and Progress” and will showcase groundbreaking creations that have made a mark on the world and changed the way we live. Each handcrafted wooden bench will be sponsored by a local business or individual, who will take



It’s almost that time of year again for lucky clovers and pots of gold! Don’t miss the 23rd annual Tinley Park Irish Parade, which steps off at 1 p.m. Sunday, March 5 from Central Middle School and marches north down Oak

Irish Parade in Tinley Park

Park Avenue to 172nd Street. Businesses, nonprofits and other organizations are invited to participate! The cost is \$20 for veterans, schools and nonprofit groups; \$50 for Tinley Park businesses; \$100 for non-Tinley Park businesses and political groups; and \$200 for unions and large corporations.

Participation is on a first-come, first-served basis, and

no entries will be accepted after the maximum number of entries are met. Please fill out the application at Irish Parade (tinleypark.org) and return it by Feb. 17.

Mail entry form and make check payable to: Village of Tinley Park, 16250 S. Oak Park Avenue, Tinley Park, IL 60477. Credit cards are accepted in person only. For further information, please email agaus@tinleypark.org.

Reminder Regarding Snow-Damaged Mailboxes

The Village of Mokena Board of Trustees approved an ordinance pertaining to mailboxes damaged in connection with snow removal.

For a resident to file a claim for reimbursement, the following criteria must be met: The mailbox must meet USPS guidelines prior to being damaged; and

the resident will need to inform Village Hall to have a work order entered with Public Works at the time of damage. When these criteria are met, the Village of Mokena will reimburse residents up to \$150 for repair or replacement materials for mailboxes. Decorative mailboxes may be eligible for reimbursement, based

on the discretion of the Public Works Director, Jim Kulesa. Resident must have proof that a Public Works vehicle directly hit the mailbox. Snow rolling off a plow is not considered direct contact.

For more information on the ordinance, call the Village Hall at (708) 479-3900.

possession of it at the end of the season.

To submit a design, just for forms go Tinley Park Village Hall or call to get a form and send it no later than Jan. 20 to koswald@tinleypark.org. Forms also can be dropped off at Tinley Park Village Hall, 16250 S. Oak Park Ave. Or call Kelly Oswald at 708-444.5024.



Tinley Park Community Band rehearsals resume

The Tinley Park Community Band, directed by Barbara Abarro, is in its 35th year of making music. Musicians are invited to join. All instruments are welcome.

The Tinley Park Community Band and Jazz Band are active year-round sharing their talents and bringing the sound of live concert band and jazz music to Tinley Park and surrounding communities. Members come from all over the Chicagoland suburbs.

The band also represents the Village of Tinley Park. It has made successful tours to Germany in 1994 and 2000 as part of the Tinley Park-Büdingen Sister Cities cultural exchange program. In 2004, the band represented the State of Illinois at ceremonies surrounding the dedication of the National World War II Memorial in Washington D.C.

Musicians age 14 and older are invited to join. There are no auditions or residency requirements. There’s a \$50 yearly

participation fee which is payable in two installments of \$25 each. Try out the band before paying the fee. Rehearsals are on Mondays from 7:00 – 9:00 p.m. starting February 6th at Tinley Park Community Church, 7939 167th Street, Tinley Park, IL 60477. For more information, visit our website at www.tinleyband.org. E-mail: tinleyband@gmail.com Phone: 708-620-7701. Facebook: www.facebook.com/tinleyband Tinley Park Community Band, 7939 167th Street Tinley Park, IL 60477.



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SOUTH SUBURBAN EDITION

Volume 24 | Number 2 | January 17, 2023

Chicago Ridge, Worth, Palos Hills, Palos Park, Palos Heights



Old National Bank employees Robert G. Kelly, director of Business Banking, and Susan Wade, vice president of Public Fund Banking, present a \$10,000 check from Old National Bank to Thomas Kantas, (center), president of the Moraine Valley Foundation.

Old National Bank donates \$10,000 to Moraine Valley Foundation

The Moraine Valley Community College Foundation recently received a \$10,000 grant from Old National Bank to help support its Student Emergency Assistance Fund, which provides help to students in crisis who have to decide between meeting their basic needs or paying their tuition without financial assistance.

Susan Wade, vice president of Public Fund Banking at Old National Bank, said the bank wanted to help support the fund because it provides valuable aid for students pursuing a college education.

Over the past year, the Moraine Valley Foundation funded over \$50,000 in crisis needs by helping students cover utility bills, handle child care emergencies, pay for public transportation to campus and more.

About the Moraine Valley Foundation: The Moraine Valley Foundation was founded in 1982 to provide scholarships and emergency assistance to Moraine Valley Community College students, fund innovative programs at the college and offer financial support to its Fine and Performing Arts Center. As a 501(c)3 entity, the Foundation partners with corporate and individual donors and has awarded over \$1 million to support the college's mission. In the last fiscal year, over \$300,000 in scholarship funds were awarded to students pursuing a better life through higher education. Please help make our students' dreams possible through a donation to the Foundation at morainevalley.edu/donate.

Palos Park Police Officers prep for 2023 review & re-training in Mental Health First Aid for Public Safety

Mental health emergencies make up 20% of calls to law enforcement. Palos Park Mayor John Mahoney and Police Commissioner Dan Polk are pleased to announce that all Palos Parks police officers will be focused on reviewing and retraining on how to safely interact with people experiencing a mental health or addiction related crisis.

Mental Health First Aid training for police officers teaches officers how to safely deescalate a mental health crisis, recognize signs of a mental health challenge, and identify who to call for support. Behavioral health is how you think, feel and act. It's key to your overall health. With training in Mental Health First Aid, officers grow in their knowledge base and learn new skills. Mental Health First Aid can teach police officers how to better understand and respond to signs of mental illness and substance use disorders.

This Mental Health First Aid for Public Safety program trains officers in risk factors and warning signs of mental health concerns and help an officer on a call to assess a mental health crisis, provide initial help, and provide support resources

Government and municipal hiring event at Moraine Valley

Moraine Valley Community College is hosting a government and municipal hiring event on Thursday, Jan. 26, 9 a.m. to noon, in the Moraine Business and Conference Center (Building M), 9000 W. College Parkway, Palos Hills.

Several employers will be in attendance, including the Illinois Department

of Revenue, Cook County Sheriff's Office, Pace Bus, Metropolitan Water Reclamation District and several villages and cities. These organizations are hiring for a variety of salaried and open positions from human resources, accounting, public works and fleet manager to patrol officers, desk clerks, firefighters and paramedics.

Attendees should bring a minimum of 15 resumes, wear interview attire and be prepared for on-site interviews. This event is sponsored by the Illinois Department of Employment Security and Chicago Cook Workforce Partnership.

For more information, contact Donna Mazalin at mazalind@morainevalley.edu or (708) 974-5452.

New study projects clean energy transition could create more than 150,000 new jobs in Illinois by 2050

National economic and workforce applied research firm BW Research today released a first-of-its-kind study in Illinois that found that the transition to clean energy could create a net increase of more than 150,000 jobs for the state by 2050. The study was commissioned by ComEd to better understand the economic and workforce development challenges and opportunities communities will face in the transition to clean energy; the results include a statewide and regional job analyses.

The study examines the impacts to regional and statewide employment from two scenarios on the transition to a net zero energy future. It captures initial and secondary employment outputs across four sectors of the economy – electricity, fuels, transportation and buildings – and assesses opportunities for growth and areas of displacement across these four sectors to determine employment outcomes.

To complement BW Research's analysis, ComEd conducted in-depth interviews with more than a dozen local business and community groups, ranging from workforce development organizations and educational institutions to labor unions. The study incorporates insights from these interviews on the impacts of the economy and pandemic recovery on the local workforce, the effect of decarbonization on the region's future workforce, and the need for public-private partnership to prepare for workforce needs in coming decades.

The study also revealed that, under both scenarios, job quality would improve, with high paying and mid-wage jobs expected to increase by roughly seven percent under the business-as-usual scenario to 17 percent under a moderate electrification scenario.

ComEd will use the study to inform its existing job training programs and internal hiring and training

plans to support projected workforce needs, as well as to inform partnerships with state and local organizations to expand and develop job training programs to support the transition to clean energy. The company currently offers or supports a range of in-depth job training and apprenticeship programs, including the CONSTRUCT Infrastructure Academy, which, over the past decade, has helped more than 700 participants from diverse backgrounds prepare for careers in the skilled trades.

Other training opportunities include the Chicago Builds program at Dunbar High School through a partnership with Chicago Public Schools and the ComEd-sponsored Overhead Electrical Line Worker Training at Dawson Technical Institute.

The full study by BW Research can be accessed at https://bwresearch.com/docs/BW_ComED-Jobs&EquitableEnergyTransitionStudyReport2022.pdf.





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SUBURBAN EDITION

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Burbank, Evergreen Park, Hickory Hills, Justice, Oak Lawn



State Senator
Bill Cunningham

Cunningham sponsored legislation promotes sustainable energy

With a looming power shortage on the grid, Illinois received a major boost to its renewable energy sector thanks to a bill sponsored by State Senator Bill Cunningham.

“There is an energy shortage in Illinois right now, and it is causing uncertainty, which causes prices to spike and potentially future brownouts,” said Cunningham, a Democrat who represents portions of Chicago and the Southwest Suburbs. “This legislation will help solve that problem by expanding renewable energy opportunities.”

The bill aims to relax restrictive zoning regulations that have slowed wind and solar energy projects to a near stop in Illinois. Without this measure, the state would lose 17,000 construction jobs and over \$8 billion in economic impact during construction.

This package will make energy bills more affordable, bring thousands of jobs to the state and have great economic impact on local communities.

“Sen. Cunningham’s bill is exactly what Illinois needs to create better-paying construction jobs,” said Sean Stott of the Laborers’ International Union. “Too often, wind and solar projects are being delayed for years, if not blocked permanently. This bill will bring more renewable projects online in Illinois and help create thousands of jobs in the process.”

House Bill 4412 passed both chambers and heads to the governor’s desk for final approval.

EPCHS Senior earns Chick Evans Scholarship for golf caddies

Jack Donnelly, a senior at Evergreen Park Community High School, has been awarded the Chick Evans Scholarship for golf caddies. This marks the third consecutive year in which an EPCHS student has been awarded the prestigious honor.

“It all hit me at once,” Donnelly said, moment when he found out he is a Chick Evans scholar. “A mailed letter lets you know yes or no, and I saw a flag on the letter, which meant that yes I really did get it. My sister recorded my reaction and my mom was crying, it was a sweet moment.”

Having a Chick Evans scholar from EPCHS has become the norm. Recent Chick Evans winners from EPCHS include Danny McQuillan (2021-2022) and Nellie O’Grady (2020-2021). Both McQuillan and O’Grady are currently enrolled at Indiana University, where Donnelly hopes to join them next year.

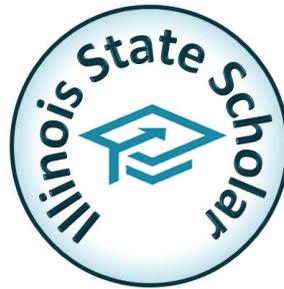
Chick Evans applicants list their top six colleges and universities, in order of preference, but the ultimate decision on where they end up stands with the scholarship committee. Donnelly listed Indiana first, followed by Marquette University, the University of Illinois, Purdue University, Kansas University and the University of Illinois-Chicago.

Indiana is his preference due to their business administration program.

Donnelly, a graduate of Southwest Elementary School and Central Middle School in Evergreen Park, is one of EPCHS’ most well-rounded students. He’s one of two student ambassadors to the Evergreen Park Community High School District 231 Board of Education and has competed on the school’s swim, track, golf, cross country and baseball teams over the years.

This past fall was one of the rare seasons in which Donnelly did not compete in athletics, focusing his extra time and efforts on caddying at the Ridge Country Club in West Beverly. He did so with the intent of earning Ridge’s Caddie of the Year distinction, an award he won.

“I’ve been caddying since 7th grade,” Donnelly said. “(The Chick Evans award) is something I’ve wanted ever since.”



Written by Jennifer Jepsen,
OLCHS Staff Writer

Principal Dr. Jeana Lietz is pleased to announce that 31 students from the Oak Lawn Community High School graduating class of 2023 have been designated as Illinois State Scholars.

The Illinois Student Assistance Commission (ISAC), the state’s college access and financial aid agency, presents this prestigious recognition of academic achievement to exceptional Illinois high school students annually. This year, more than 16,700 honorees join the other outstanding students who have been honored since the designation was first introduced in 1958.

Dr. Jeana Lietz said, “I am extremely proud of these

Oak Lawn Community High School recognizes 31 2023-24 Illinois State Scholars

students who earned this distinction. The challenges that they have faced over the course of their high school careers were unique and difficult, but this group was able to persevere and succeed in their academics. I look forward to presenting these students with their awards on our Senior Honors Night in the spring.”

The following Oak Lawn Community High School students were named 2023-24 Illinois State Scholars: Shatha Abdeljaber, Lindsay Acermo, Aya Ahmad, Abdulmonem Akili, Julian Amador, Ashley Argueta, Omar Barakat, Adrian Bednarczyk, Natalia Cetera, Dalia Cruz-Dominguez, Justyna Dzielska, Brendan Gallian, Abdelaziz Hasan, Scott Hyland, Paulina Komperda, Janna Mahmoud, Patryk Malek, Sajida Mulhelm, Adrian Nowobilski, Dominique Orbea Herrera, John

Parquette, Matthew Perry, Diana Peschel, Victoria Prause, Mila Revell, Osiel Rosales, Haven Rupsch, Adam Trojak, Delilah Trujillo, and Aidan Yerkes.

The ISAC congratulates all the outstanding students selected as 2023-24 Illinois State Scholars,” said ISAC Executive Director Eric Zarnikow. “Students and families faced numerous challenges over the last two years with remote learning, among other financial and personal difficulties. As we continue to recover from the pandemic, these academic achievements are a credit to the hard work and dedication of the student scholars and their families, and to the support provided by teachers, mentors, counselors, and communities in helping students meet their goals and find success as they advance on their education and career paths.”



Open House at St. Albert the Great School

and staff will be on hand to answer questions and provide a school tour.

Scholarships and State Tax Incentives make Private School Affordable! Find out more about the various programs for needs-based tuition assistance during the Open House. St. Albert the Great School educates and enriches students in 3 year old preschool through 8th grade, and also offers before and after school extended care programs.

Pre-school registrations

will be accepted on January 29th! Develop the academic, social and emotional needs of your preschooler. Personalized learning structure in large/small group instruction, one-on-one instruction and guided play are all included in St. Albert’s preschool programs. Now is the time to sign up for the upcoming school year.

We invite you to come join us for a tour of the school! To register, visit <https://satg-school.com/> or call (708) 424-7757.



Cunningham passes new law to help veterans

State Senator Bill Cunningham advanced a measure through the Illinois Senate that makes it easier for a veteran non-profit to fundraise.

“This bill helps a public-private network provide more support services for our veterans,” said Cunningham, a Democrat who represents portions of Chicago and the Southwest Suburbs. “When veterans need assistance, it only makes sense to give the Illinois Joining Forces network a greater ability to fundraise.”

House Bill 5542 makes several changes to the Illinois Joining Forces network at their request. The bill removes the executive board, which allows the foundation to add an additional 18 members, nine of which can be appointed by the foundation themselves, to assist with fundraising.

The bill also changes a definition to allow other entities funded by the State to join the Foundation. IJF operations are supported by fundraising efforts that include soliciting private donations as well as public and private grant funding. IJF is not funded by state appropriations and all funds collected are considered private funds, though they are subject to financial and compliance audits in accordance with the Illinois State Auditing Act.

“The General Assembly’s support of IJF’s mission and its public-private partnership is critical in ensuring all those that served are connected to the resources they need to live the life they stood to protect,” said IJF Executive Director Brenda Osuch. “IJF is grateful for the work done by Senator Cunningham to advance House Bill 5542 through the Senate.”

First Installment Cook County property taxes due date pushed to April 3

Cook County property owners will have an extra month to pay their First Installment property taxes this year, and their bills are already available online.

Governor J.B. Pritzker signed HB 5189 into law last month making Monday, April 3, 2023, the new due date. Property taxes are mailed twice a year. First Installment bills are usually due on March 1 and are 55% of the previous year’s total amount.

“Delaying a month is the right thing to do in order to give taxpayers some

breathing room after Second Installment bills were late last year,” said Cook County Treasurer Maria Pappas. “Many people continue to struggle financially amid high inflation.”

First Installment bills will be mailed out in late February or early March but bills are available right now at cookcountytreasurer.com for payment or viewing.

To make a payment or download a copy of your tax bill, visit cookcountytreasurer.com: Select the blue box labeled “Pay Online for Free”; Search by prop-



erty address or enter your Property Index Number; There is no fee if you pay from your bank account or payments made at cookcountytreasurer.com before 11:59 p.m. on April 3 will be recorded as on time.

Partial payments are accepted. Late payments are charged 1.5 percent per month, as required by Illinois law.

Household Hazardous Waste Collection

Dispose of your household chemicals responsibly and recycle your old computers by dropping them off at the City of Chicago’s permanent Household Chemicals & Computer Recycling Facility at 1150 N. North Branch Street (two blocks east of the Kennedy Expressway at Division Street).

Household chemicals and computers often contain hazardous substances, such as lead, mercury, and PCBs (polychlorinated biphenyls) which can contaminate our air, soil and water. Through proper disposal methods or recycling, these hazardous substances are reprocessed and reused in an environmentally responsible manner.

The Household Chemical and Computer Recycling Facility accepts a range of items, including household cleaners, oil-based paints, solvents, cell phones, compact fluorescent light bulbs, computers and related equipment to name a few. It does not accept business/commercial sector wastes, explosives, fireworks or latex paint.

During business hours, an attendant will be ready to help unload your vehicle and accept your materials. Materials should not be left outside the facility unattended. Scheduled business hours are: Tuesdays, 7 a.m. to Noon; Thursdays, 2 p.m. to 7 p.m. and the first Saturday of every month 8 a.m. to 3 p.m.



MWRD Commissioners adopt balanced 2023 budget ensuring protection for water environment, public health

The MWRD Board of Commissioners formally approved a \$1.4-billion budget for 2023. This budget will allow staff to continue protecting local waterways and Lake Michigan, managing stormwater and mitigating flooding throughout Cook County, and transforming wastewater into clean water for 5.19 million residents living in Chicago and 128 surrounding communities.

The budget was passed recently and is supported by a 2023 tax levy of \$679.2 million, which represents a modest decrease from the adjusted 2022 tax levy. The MWRD’s operations are

funded primarily through property tax receipts. Other sources include user charge revenues, personal property replacement tax receipts (PPRT) and land rentals, as well as state revolving fund loans, grants and general obligation bond sales.

The 2023 budget will support the MWRD’s Capital Improvement Program (CIP), which funds the modernization of aging infrastructure, the MWRD’s Tunnel and Reservoir Plan, and the implementation of innovative technologies at the MWRD’s seven water reclamation plants.



The Stormwater Management Fund budget supports the Cook County Stormwater Management Plan in reducing flooding throughout Cook County. Projects include Addison Creek Reservoir and Channel Improvements, the 1st Avenue Flood Control Project from Roosevelt Road to Cermak Road, the Crestwood Flood Control Project, the Tinley Creek Streambank Stabilization Project, and green infrastructure partnership projects with local communities.

Retirement Readiness seminar is January 18th from 7 to 8 pm

Casey Wealth Management of Orland Park will discuss the key phases of financial planning with particular emphasis on Social Security preparation. Come spend an evening with us to discover proven financial planning tips in a straightforward and down-to-earth atmosphere. To register, please call the library at 708-687-3700 or email kspringer@acornlibrary.org.



Oak Lawn Village View Newspaper Archive
Oak Lawn Village View Newspaper Archive
Explore digitized microfilm from the Oak Lawn Village View.
Hosted by the Internet Archive.
Look at the Oak Lawn Library website at <https://www.olpl.org>.

Proud member of following 2023 Chambers

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| Blue Island Chamber of Commerce & Industry
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| The Burbank Chamber of Commerce
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www.orlandparkchamber.org |
| Evergreen Park Chamber of Commerce
www.evergreenparkchamber.org | Palos Area Chamber of Commerce
www.palosareachamber.org |

Board of Commissioners

The MWRD Board of Commissioners will hold its Regular Board Meeting at 10:30 a.m. on Thursday, January 19. Public comments may be made in person at 100 E. Erie Street, Chicago, during the Public Comment period.

To view the meetings, visit <https://mwrld.legistar.com/calendar.aspx>. Click the “In Progress” link under the Video Column. This link will be active when there is a meeting in session.

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We have found that through the years of publishing the readers are interested in general information and also local happenings within their community. Therefore because we are fully electronic, we will not be accepting faxed or mailed news releases.

Book Review

Our Missing Hearts, Celeste Ng

by Lorraine Schmall, Dearborn Park

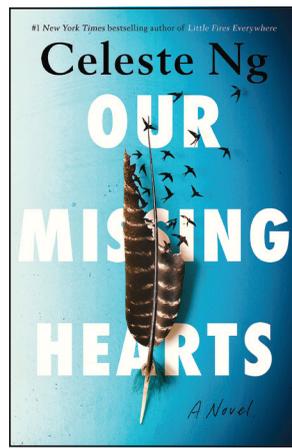
In her latest novel, *Our Missing Hearts*, Celeste Ng writes about the dystopia next door. We live in it now, or will soon, or may have already survived it. It is as frightening as it is familiar: governments suborning almost-hate-speech; books being banned (or “pulped”) and forgotten; a disfavored minority suffering censure as “seditious subversives” or public enemies; citizens turning into vigilantes to save society from harmful threats; families being separated for their own safety or for the efficacy of law enforcement.

Ng’s well-written story is about a nice little family, a young poet, the daughter of Chinese immigrants who plants flowers, and plays games, and shares Western tales and Eastern fables with her young son “because she wanted to make sense of the world” for him; her quiet, erudite husband, a youngish professor in Cambridge, Massachusetts, a polyglot who loves etymology and his parents and his nearly-perfect wife and son; and their only child, Nathan, who calls himself and only answers to “Bird.” Subject to State surveillance, they exist quietly under a repressive law called PACT (The Preserving American Culture and Traditions Act), enacted to end “disturbances” caused by “The Crisis,” a worldwide economic breakdown allegedly caused by China’s market manipulation. Then his mother left. Bird didn’t know why, until a classmate told him his mother was a traitor. “Your mom started riots.” Everyone knew his mother was a Person of Asian Origin, (“some kids called them Kung PAO’s”). But then, another classmate, his only friend, told him his mother was a hero and a revolutionary and would do something that would “change everything.”

A line from one of his mother’s poems, “Our Missing Hearts,” became the battle cry for folks opposing the part of PACT that mandated “the removal of children (like Bird) from harmful environments (like parents) espousing harmful views.”

Upon turning 12, and inspired by what he thinks is a note from his mother, Bird begins his Bildungsroman, leaving his father and hopping a Greyhound to find “his mother... so worried about somebody else’s children she’d left her own.” Ng shows us his mother as she wanders from her family, scraping by to resist in her own way. Bird’s adventures, and hers, are as affecting as they are taut with suspense.

We learn of guerrilla art, of heart-pounding danger and emotional remembrances, underground resistance movements and life-threatening courage. The climax deals with the power of stories and the persistence of memory. It is reminiscent of the Yemeni Poems from Guantanamo, etched in pebbles on styrofoam cups and compiled and eventually published by their lawyer; or “The Letter from Birmingham Jail,” written from prison on April 16, 1963, by Martin Luther King Jr.; or Czech leader Václav Havel’s essay “The Power of the Powerless,” querying whether one soul can undermine the machinery of a repressive state. Ng doesn’t give us an answer, but the journey to the end is worth the worry and sadness and fear. Take it.



Cooking Corner

Peanuts Deliver Good Food Fast

(NAPSI)—Life today often seems to be in overdrive, leading many Americans to make snack and meal decisions quickly without really thinking about the nutritional makeup of what they’re consuming—but it doesn’t have to be that way.

Think Twice: “Being mindful about what you eat each day can have a significant impact on so many aspects of your life. Food choices can influence your mood, energy level, cognition and memory, as well as your overall health and well-being,” says Samara Sterling, Ph.D., director of research for The Peanut Institute.

Unfortunately, most “fast food” is overly processed and relies on sugar, salt and saturated fat to make it taste good in the moment, but it can end up having detrimental effects down the road and may even increase the risk for certain cancers.

Food As Medicine: Peanuts and peanut butter, on the other hand, are convenient and healthy superfood choices that satisfy immediate hunger while delivering lifelong benefits.

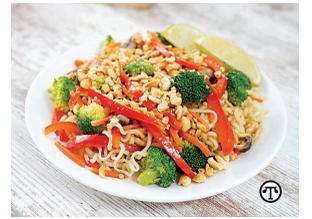
According to numerous research studies, regular consumption of peanuts has been shown to: reduce Alzheimer’s disease risk by 70%; reduce diabetes risk by 53% and cardiovascular disease risk by 13%; and aid memory, cognitive function and concentration. Daily consumption can even help reduce anxiety and depression.

“Peanuts deliver such a plethora of benefits. A single serving of peanuts, which is about a handful, is packed with 19 vitamins and minerals and contains seven grams of plant-based protein,” adds Sterling.

The Science: The benefits of plant-based protein are becoming more and more apparent. Research that compared nuts and legumes to animal protein showed higher intake from meat was associated with increased mortality risk. Another study found that replacing animal-based protein with plant-based protein can substantially lower the likelihood of developing diabetes. Finally, an interesting study of older adults found that faster walking speed was associated with a higher intake of plant protein, while slower walking speed was associated with greater animal protein intake.

To easily incorporate peanuts and peanut butter into a busy schedule, check out The Peanut Institute’s collection of simple yet tasty recipes.

Tasty Peanut Ramen: 1 (3 oz.) package ramen; 1 Tbsp shallot, diced; 2 tsp minced garlic; ½ cup shredded carrot; ½ cup sliced mushrooms; ½ cup coleslaw blend or chopped broccoli florets; ½ cup red pepper, large dice; ¼ cup peanut butter; ½ cup to 2/3 cup water; 1 Tbsp soy sauce; 1 Tbsp brown sugar; 1 Tbsp Sriracha; ¼ cup roasted peanuts, chopped; 1 Tbsp cilantro, for garnish Cook ramen



Peanuts deliver a plethora of health benefits and this delicious ramen dish incorporates both peanuts and peanut butter.

according to package directions. Strain noodles and set aside. In a medium sauté pan, warm 1 Tbsp of oil over medium high heat. Add shallot and garlic and cook until aromatic. Add mushrooms to pan, sauté until tender. Combine carrots, broccoli and red pepper into the pan and sauté about 2 minutes. Remove from the pan. Combine water, peanut butter, soy sauce, brown sugar and Sriracha in the pan. Simmer and reduce until sauce is thickened, about 2 minutes. Top ramen noodles with sauce and combine well. Top with vegetables, chopped peanuts, and cilantro.

Learn More: For other recipes and further information, visit www.peanutinstitute.com or follow The Peanut Institute on Instagram, Facebook or Twitter.

The Peanut Institute is a non-profit organization supporting nutrition research and developing educational programs to encourage healthful lifestyles that include peanuts and peanut products. It pursues its mission through research programs, educational initiatives and the promotion of healthful lifestyles.

Monthly Senior Luncheon - State of the Village

Join the Evergreen Park Senior Council for their monthly luncheon on January 19 at 11 am at the Community Center (3450 W. 97th St), Evergreen Park Illinois. Mayor Kelly Burke will give an update on the State of the Village.

This month’s lunch will be chili mac. Stick around after the presentation for some short comedy films during “A Saturday Afternoon at the Movies — On Thursday.” Tickets are \$10 and can be purchased at the Office of Citizens’ Services by January 17.



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Brookfield Zoo Renews Level II Accreditation from ArbNet Accreditation Program

Brookfield Zoo, which is managed by the Chicago Zoological Society, has renewed its Level II Accreditation by The ArbNet Arboretum Accreditation Program and The Morton Arboretum. The zoo was first accredited in 2013, and has maintained all the criteria to renew its status. The Program is the only global initiative to officially recognize arboreta at various levels of development, capacity, and professionalism. Brookfield Zoo is also recognized as an accredited arboretum in the Morton Register of Arboreta, a database of the world's arboreta and gardens dedicated to woody plants.

Since opening in 1934, Brookfield Zoo has connected an urbanized population in the Chicagoland area with nature and wildlife through its diverse animal collection and flourishing landscape that includes native and nonnative trees. Internationally recognized for taking a cutting-edge role in animal care and conservation, the 235-acre cultural institution in the near west

suburbs also provides a unique experience for guests to enjoy its more than 100 tree species.

When visiting Brookfield Zoo, guests of all ages can see their favorite animals while strolling the picturesque walkways lined with hundreds of trees. From a serene walk on a quarter-mile trail around Swan Lake on the west side of the park to more frequented pathways past the majestic roars of Brutus and Titus, the zoo's African lions, or the graceful gaits of the reticulated giraffes, guests can learn not only about the animals but the trees as well.

Notable native tree species at Brookfield Zoo include the magnolia 'butterflies' (*Magnolia acuminata* 'butterflies'), a deciduous hybrid magnolia known for its beautiful yellow flowers in the spring, rather than the more familiar pink blooms, and the shagbark hickory (*Carya ovata*), which is named for the "shaggy" appearance of its bark that peels away in long strips. The tulip tree (*Liriodendron tulipifera*), native throughout most of



Winter is a great time to visit Brookfield Zoo to see the changing landscape.

the eastern United States and located on the northwest side of Brookfield Zoo's Mary Ann MacLean Conservation Leadership Center, is a member of the magnolia family with tulip-shaped flowers. It is one of the tallest native hardwood trees in North America, growing up to 150 feet high in the forest. The bald cypress (*Taxodium distichum*), is one of the few cone-bearing trees that drops its reddish-brown needle-like foliage in the winter and has new growth of green needles in the spring.

Nonnative species include the golden rain tree (*Koelreuteria paniculata*), which originated in Asia and is a fast-growing tree that is one of only a few trees that flower in midsummer in the Northern Hemisphere. In late summer, this species forms seed pods that turn a deep, rich

orange and look like tiny paper lanterns. Outside Brookfield Zoo's south gate arches are Dawyck purple leaved beech trees (*Fagus sylvatica* 'Dawyck Purple'). The columnar tree, native to Central and Southern Europe, reaches a diameter of less than 10 feet. It has showy red-orange bronze foliage in the fall, and when it loses its leaves, the silver bark is striking in the winter.

As the seasons change, so does the landscape at Brookfield Zoo. From the trees sprouting their blooms in the spring, to showing off their vibrant fall colors, to displaying their bare limbs covered with snow in the winter, zoogoers can experience the beauty and wonders of nature year-round. To assist guests in identifying and locating the different tree species, a tree identification guide and map can be downloaded at www.CZS.org/TreeGuide.

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Catholic School Week at St. Germaine School

St. Germaine Pre-School, Grade School now accepting Registrations for 2023-2024 school year.

St. Germaine Catholic School, a U.S. Department of Education Blue Ribbon School, is now accepting applications for the next school year. Everyone is invited to tour the school, but reservations are required. We are planning a fun week with many interactive activities for the kids to celebrate Catholic Schools Week! Registrations for the 2023-2024 school year will be taken by calling the school office or visiting our website at www.StGermaineSchool.com. We offer in person learning for all grades supplemented by numerous eLearning resources. Class sizes are kept at a minimum so early enrollment, especially for our Pre-K Early Advantage Program, is strongly encouraged.

Catholic Schools Week begins January 29th with a Liturgy (9:30am in the Church) to mark the start of Catholic Schools Week. The theme for CSW is "Catholic Schools: Faith. Excellence. Service." As communities of faith, Catholic schools instill in students their destiny to become saints. Academic excellence is the hallmark of Catholic education intentionally directed to the growth of the whole person—mind, body and spirit. Finally, service is fundamental to Catholic education and the core of Catholic discipleship. Service is intended to help

form people who are not only witnesses to Catholic social teaching, but also active participants through social learning. These shared qualities are what make Catholic schools work. They are what make Catholic schools succeed. Together we are St. Germaine!

St. Germaine School is located at 9735 S. Kolin Ave, Oak Lawn, IL 708-425-6063. For further information, contact the School Office 708-425-6063, Principal Mr. Philip O'Rourke, mrporourke@stgol.org or visit our website www.stgermaineschool.com

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Mercy Circle named one of "Chicago's Top Workplaces" for the third consecutive year

Mercy Circle placed among the top 100 workplaces in Chicago for small businesses employing between 100 and 249 people, making this the third consecutive year the senior living community in Chicago's Mt. Greenwood neighborhood has earned this designation.

Organized by the Chicago Tribune, "Chicago's Top Workplaces" honors companies with "a people-centered culture." To be considered, an employee nominates the organization. After that, employees complete a workplace satisfaction survey. Companies were ranked based on employee responses.

Those wishing to join the winning team at Mercy Circle are encouraged to apply. The community currently is hiring licensed practical nurses and certified nursing assistants, among other opportunities.

For more information or to schedule a private appointment, please call 773-253-3600 or visit MercyCircle.org.

Theatre

Chicago Philharmonic presents Gustav Mahler's *Songs of a Wayfarer*



Mezzo-Soprano Susan Platts

The Chicago Philharmonic Society returns to the North Shore with *Songs of a Wayfarer*, a program including music by Gustav Mahler, Robert Schumann, and Libby Larsen featuring the North Shore's own international opera star mezzo-soprano Susan Platts one night only, Saturday, February 4, 2023, at 7:30 p.m. at the North Shore Center for the Performing Arts in Skokie. The orchestra will be led by Chicago Philharmonic

Artistic Director and Principal Conductor Scott Speck.

The program centers on Gustav Mahler's *Lieder eines fahrenden Gesellen* commonly translated as *Songs of a Wayfarer* in English. Mahler wrote both the music and the text for this orchestral song cycle which deals with heart-break, beauty, and the end of a season. World-renowned Mahler specialist mezzo-soprano Susan Platts joins the orchestra as soloist for the cycle. Also, on the program is Robert Schumann's *Symphony No. 3*. A great inspiration for Mahler who was born four years after Schumann's death, Schumann's third symphony is a euphoric rumination on the Rhein River.

The evening marks Susan Platts' first return to

the Chicago Philharmonic since a performance in 2014 where she was introduced to her now-husband, Chicago Philharmonic French hornist Neil Kimel. During a post-concert dinner, Platts and Kimel bonded over a shared love of Mahler and decided to keep in touch. Now married and living in Evanston, the husband-and-wife pair will perform Mahler together with Platts as soloist and Kimel leading the horn section during *Songs of a Wayfarer*.

The concert is, Saturday, February 4 at 7:30 p.m. at the North Shore Center for the Performing Arts, 9501 Skokie Blvd in Skokie, Illinois.

Tickets are \$27-\$77 with \$10 tickets available for students and discounts available for groups. To buy tickets, visit chicagophilharmonic.org.

Ringo Starr and his All Starr Band announce spring 2023 tour



Ringo Starr
Photo by Scott Ritchie

Recently Ringo Starr and His All Starr Band - Steve Lukather, Colin Hay, Edgar Winter, Warren Ham, Hamish Stuart, Gregg Bissonette - announced they will be touring in the Spring. It will be primarily a west coast tour, starting May 19 and concluding June 17. The 20 dates will include shows in California, Arizona, Nevada, Oregon, Washington, Colorado and Utah. It will also see Ringo return to the Greek Theatre June 15.

Check local listings for on sale dates. For more information please visit: www.RingoStarr.com

Last year was a busy year for Ringo that included Spring and Fall tour dates with his All Starr band. Ringo also released EP3 on September 16, 2022 and on November 18, 2022 EP3 was issued on 10" vinyl and blue cassette and accompanied with a new music video, "Everyone and Everything." On November 25, 2022 Ringo Starr and His

All Starr Band Live at the Greek 2019 (Roccabella via BFD/The Orchard) was released on Blu Ray, DVD, CD and a special yellow double vinyl. In addition, Ringo created 500 life sized "Peace and Love" sculptures of his iconic hand symbol. These were sold exclusively through Julien's Auctions to benefit the Lotus Foundation. juliensauctions.com

Broadway In Chicago announces the electrifying *Tina – The Tina Turner Musical*



Naomi Rodgers as 'Tina Turner' in *Tina – The Tina Turner Musical*. Photo by Matthew Murphy for MurphyMade 2022

(312) 977-1710 or emailing GroupSales@BroadwayInChicago.com

The cast is led by Naomi Rodgers (*Frozen*) and Zurin Villanueva (*The Lion King*, *Mean Girls*, *Shuffle Along*, *The Book of Mormon*) who will evenly share the role of Tina Turner, each playing four (of eight) performances a week. Also starring are Garrett Turner as Ike Turner, Roz White as Zelma Bullock, Ann Nesby as Gran Georgeanna and Lael Van Keuren as Rhonda.

Produced by Stage Entertainment, James L. Nederlander and Tali Pelman, in association with Tina Turner, *Tina – The Tina Turner Musical* was written by Tony Award nominee and Pulitzer Prize winner Katori Hall with Frank Ketelaar and Kees Prins.

Ticket prices range from \$52.50 to \$132.50 with a select number of premium tickets available. Tina will play for three weeks from March 14 to April 2, 2023, at the James M. Nederlander Theatre at 24 West Randolph Street, Chicago.

Tickets will be available by visiting www.BroadwayInChicago.com, or going to any Broadway In Chicago venue box office. Tickets are available now for groups of 10 or more by calling Broadway In Chicago Group Sales at

Collaboration: Changing the map and removing barriers within the theater industry



Collaboration's new board members are (from left) Sandra Delgado, Sammy Rangel, Elsa Hiltner, KO (Karen Olivo), Linda Karn and Chelsea Jenkins.

Collaboration Theatre Company is ringing in the New Year with today's announcement of five new, heavy-hitter board members. Each is wholly committed to supporting Collaboration's mission to use theater and performance to incite social change on Chicago's most critical issues.

Collaboration is a 25-year-old, ethno-diverse company that uses theater and performance to incite

social change on Chicago's most critical issues. Collaboration produces live and digital performances, anti-racism workshops, and youth programs that incite change and grow equity in Chicago.

Collaboration will take its Emmy-winning teleplay with NBC5 Chicago, *Trial in the Delta: The Murder of Emmett Till*, from the screen to the stage with a fully produced, live theatrical version debuting February

9 to 19, 2023 at The DuSable Black History Museum and Education Center.

Tickets to February's live performances of *Trial in the Delta* are on sale now at collaboration.org. Tickets are \$30 to \$55. Email info @collaboration.org for information.

The DuSable Black History Museum and Education Center is located at 740 E. 56th Place in Chicago's Hyde Park community.

Joffrey Ballet Chicago presents *Anna Karenina*

Love is all-consuming for the beautiful but married Anna, who in the pursuit of passion, finds herself caught in a life-changing affair with the dashing Count Vronsky. Witness Yuri Possokhov's immersive adaptation unravel the profound power, desire, and possession which shapes Leo Tolstoy's 19th-century novel.

A breathtaking, cinematic production choreographed by Yuri Possokhov with stunning costumes and captivating

choreography, set to an original composition by award winning composer Ilya Demutsky, the famed psychological drama returns to the Joffrey for the first time since its successful world premiere.

Anna Karenina is showing February 15 to February 26, 2023 at the Lyric Opera House at 20 North Wacker Drive, Chicago, IL. To purchase tickets 312-386-8905 or at Joffrey.org. For groups of 10 or more call 312-827-5960.



Joffrey Company Artists Alberto Valazquez and Victoria Jalani in *Anna Karenina*. Photo by Cheryl Mann.

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Oak Lawn bowling team rolls for back-to-back conference titles

Written by Brian Frangella, OLCBS Staff Writer

Back-to-back championships has a nice ring to it. And for the Oak Lawn Community High School boys bowling team it is a reality. The Spartans recently won the South Suburban Conference

All three of those Spartans were all-conference bowlers. Gavin Rybicki finished in 11th place, just barely missing the medal stand. Charlie Dell, Julian Amador, and Brandon Mariano also contributed for the Spartans at Palos Lanes.

battled all day and finished second overall in the SSC tournament. Vinny McBrien (third place) and David Bush (ninth place) both finished as all-conference bowlers. Jesse Correa, Ed Smykowski, Moises Caballero, Eoin Burke, and Malik Adi bowled well



Pictured are the 48 boys and girls aged 9 to 14 who competed for the cherished crowns and the opportunity to advance to District competition.



Nine free throw champions crowned at Brother Rice High School

Father Perez Knights of Columbus Council #1444 members, and volunteers crowned nine free throw champions at its annual Knights of Columbus International Free Throw Championship for boys and girls between the ages of 10 and 14 at Brother Rice High School. Forty-eight aspiring players aged 9 to 14, 7 girls and 41 boys, competed.

The contestants vied for the championship within their gender and age-group. Each shooter took 3 warm-up tries and then 15 consecutive free throws. The competitor with the most made attempts in each group earned the Council Championship.

The nine Council champions advance to the District Championship scheduled for Sunday, February 19th at St. Christopher Parish School, Midlothian. The District winners will then compete for the Regional Championship March 12th at St. Christopher. Regional champions will qualify for the State Championships. Those winners advance to the state championship event.

The 2023 Council champions are 9-year-old Lucia Scarsella and Dave Kemps; 10-year-old Cody Carrig; 11-year-old Kayla Bresnahan and Bobby Duggan; 12-year-old Anthony Dedina; 13-year-old Nora Dunn (2022 Council Champion) and Liam Dalton; and 14-year-old James Lee.

According to Perez Grand Knight Matt Stevens, councils have sponsored the Knights of Columbus International Free Throw Championship for boys and girls since 1972. He said, "Sir Knight John Mikrut organized and conducted another wonderful event for our community's youth. Fifteen Brother Knights and friends and District Deputy Sir Knight Louis Vidales and State Free Throw Co-chairman Sir Knight Joseph Frontera lent their time and talents to the event.

Father Perez Council is one of 17,000 Knights of Columbus councils that make up the world's largest Catholic fraternal service organization. Founded in 1882 to assist working-class and immigrant Catholics in the United States, today the approximately two million members of the Knights put their faith into action through a broad range of charitable causes locally, nationally, and internationally with financial contributions and hands-on service.

Red title during winter break. But what's more, the Spartans are now seeking to repeat as Illinois High School Association Regional champions as well in the coming weeks.

Ramiro Garcia was the individual SSC Red Champion. Justin Canvin finished second, and Sam Bergamo finished seventh.

"The varsity squad had their eyes on the conference title all year, but we are not done yet," head coach Kevin Walery said. "We hope to repeat as IHSA Regional champions and advance as a team to the IHSA Sectional and the IHSA State Finals. We are just getting started."

The junior varsity team

also. Walery was proud of the JV team and their performance too.

"Coach Mueller worked very hard with the JV team all season, and we are very happy with our second-place finish at the tournament and with our two all-conference bowlers," he said.

Illinois State Museum to host Native American Sovereignty Series

The Illinois State Museum (ISM) will host four virtual panel discussions as part of its "Understanding Native American Sovereignty Series" beginning Jan. 19.

The series aims to provide education and awareness about Native American sovereignty. Participants will learn more about Indian Country and why Illinois has challenges working with Federally Recognized Tribal Nations. ISM Director of Tribal Relations Heather Miller, an

enrolled citizen of the Wyandotte Nation, will moderate each panel, bringing thought leaders together so the public can become familiar with the history of Indian removal, federal and state Indian law in the 21st century, land back movements, and food and cultural autonomy.

The first virtual panel, "The Legacies of Removal," is scheduled for 2 p.m. Thursday, Jan. 19. Panelists will explore the history of the systematic removal of Tribal

communities from Illinois through violence, politics, and racism and provide insight into contemporary examples of how it continues to affect Tribal Nations today. In addition, attendees will gain an overview of the importance of sovereignty and how it is expressed in contemporary contexts.

The virtual panel is free and open to the public. Register in advance at bit.ly/ISMSovereignty1.

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Oak Lawn's Laylo rises to top of area divers

Written by Brian Frangella, OLCBS Staff Writer
Gymnastics can translate to diving in so many ways with similar movements, twists, and spins. For sophomore gymnast Cohen Laylo, his gymnastics' skills have converted over to diving in a big way. In fact, the Oak Lawn Community High School diver is now among some of the top divers in the area.

At the Andrew freshmen/sophomore Invitational he took fourth place, and at the Argo Dive Invite he took second place. In two separate swim meets he has scored above 230 points in six dives, which is not too far from the Oak Lawn frosh/soph record.

"Cohen has begun to emerge himself as one of the top divers in the area," head swim coach Derek Maciaga said. "He has really dedicated himself to perfecting his dives. Cohen looks to perform his best in some of the upcoming competitions that include the Hinsdale Central Dive Invite, the South Suburban Conference meet, and the Illinois High School Association Sectional meet."

Oak Lawn's Youngren continues to improve for girls bowling team

Written by Brian Frangella, OLCBS Staff Writer
In just her second year of bowling for Oak Lawn Community High School, Amanda Youngren continues to show growth and improvement on the lanes. She rose to become a leading player for the junior varsity team, she stepped into a leadership role on the team, she earned a few starts on the varsity team, and she led the JV team to a third-place finish at the Spartan Baker Tournament.

"Amanda has quickly become the star player on the JV team, improving on her average with every single outing," said head coach Jennifer Faro. "Amanda has moved up to the varsity squad on several occasions and has greatly helped in tournaments."

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Research Suggests An Eye-Heart Connection

(NAPSI)—If you are like the majority of Americans, heart disease and eye disease run in your family. So you should know that a growing body of research suggests that eye and heart health are related. The latest study suggests that people with a specific form of age-related macular degeneration (AMD) are at significant risk for cardiovascular disease and stroke.

About AMD: AMD is the leading cause of visual impairment and blindness in people over 65 years old. There are two types of AMD. The type called dry AMD happens when the central area of the retina called the macula becomes damaged from the formation of small yellow cholesterol deposits under the retina. These deposits deprive the retina of blood and oxygen, leading to vision loss. The type of deposits the researchers believe are linked to heart disease are called subretinal drusenoid deposits.

The new study adds to the list of several health conditions an eye exam may help detect.

The Eye as a Window into Heart Health: Blood vessels and nerves in the eyes are reflective of the rest of the body. That's why medical conditions such as stroke, heart disease, some cancers, and diabetes are sometimes first diagnosed

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Eye disease could be a sign of undetected heart disease.

treated and avoided a potential stroke. The American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

Eye Exams Can Save Lives. EyeCare America Can Help.

There could be good news for individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam: You may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit EyeCare America. EyeCare America is co-sponsored by the Knights Templar Eye Foundation Inc., with additional support provided by Alcon and Regeneron.

Learn More: For more information, visit www.aaopt.org/eyecare-america.

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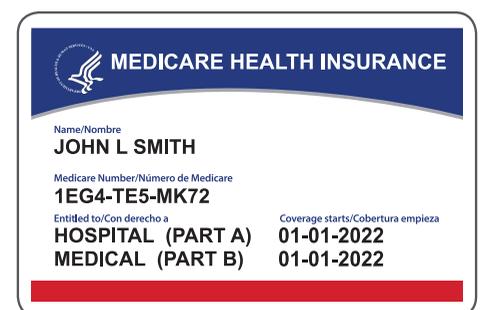
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