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Village View

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B-MAC EDITION

Volume 15 | Number 14 | July 20, 2021

Blue Island, Midlothian, Alsip, Crestwood

Cook County Department of Transportation and Highways seeks input on Pulaski Road study

The Cook County Department of Transportation and Highways (DoTH) invites you to participate in a virtual public information meeting on July 28, 2021, for the Pulaski Road Corridor Phase I Study.

This study, extending from 159th Street to 127th Street, will evaluate future transportation needs along the corridor and recommend various improvements to the infrastructure, including the replacement

or rehabilitation of the bridge over the Cal-Sag Channel, pavement and intersection improvements and enhancing pedestrian/bicycle accommodations. The goal of the study is to improve the mobility, safety

and condition of transportation facilities for all users.

All interested individuals are invited to attend the public information meeting to learn about the study, the alternatives to be considered, and provide input

to help the project team develop the proposed improvements.

This meeting will be held virtually to encourage maximum participation while our region transitions into Phase 5 of Restore Illinois.

The meeting will cover: study overview, public engagement to date, corridor existing conditions, alternatives to be considered, opportunity for comments, next steps and upcoming schedule.

Blue Island Presents TGIF at York and Western

TGIF picnics have returned to Blue Island! At York and Western Fridays 11 a.m. to 3 p.m. through August.

TGIF features Beggars Pizza on July 23, Double Play on July 23, La Dolce on August 6, St. Walter St. Benedict School SWSB on August 13, Cuzin's on August 20 and Pollo Locuas on August 27.

That's not all to do in July:

- Train With Brain at 6 p.m. July 22, Blue Island Beer Company, 13357 Olde Western Ave.
- Bean Bag Tournament at 7 p.m. July 23, Natural Law, 13404 Olde Western Ave.
- "Who Framed Roger Rabbit?" screening at 8:30 p.m. July 23, Rock Island Public House, 13328 Olde Western Ave.
- Crafted Uptown noon to 4 p.m. in the lot across from the library, 2433 York St., from noon to 4 p.m. July 24.
- Digeometric Album Release Party at 7 p.m. July 24 at Blue Island Beer Company, 13357 Olde Western Ave.
- "Batman" screening at 8:30 p.m. July 24 at Rock Island Public House, 13328 Olde Western Ave.



Sign up to be part of Midlothian Garden Walk

Each year the Beautification Committee sponsors a Garden Walk where Midlothian residents sign up to have their home on the walking tour to show off the hard-work, dedication and pride they take in their gardens. If you're interested in being a stop on the Garden

Walk here are some of the questions we have for you:

What are the special features of your garden?

Does your garden have a theme?

What are your favorite flowers and why?

Download the Garden Walk Application ([https://](https://www.villageofmidlothian.net/DocumentCenter/View/453/Garden-Walk-Application)

www.villageofmidlothian.net/DocumentCenter/View/453/Garden-Walk-Application) and join in the fun!

For more events sponsored by the Beautification Committee and to get involved, visit the committee's Facebook page.

Free disaster preparedness training in Alsip

The Village of Alsip will be hosting a Community Emergency Response Team (CERT) 20-Hour Basic Course starting on Wednesday, September 1.

The Course is free and will be held on seven Wednesday evenings from 6:30 p.m. to 8:30 p.m. at the Alsip Village Hall. The class covering fire safety will be held on one Wednesday evening at Reliable Fire & Security in Alsip. The Final Exercise and Graduation will be held on Saturday, October 23, 2021, at the village hall or a different location from approximately 8 a.m. to 1 p.m.

The CERT Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety and extinguishment, light search and rescue, team organization, and disaster medical operations including first

aid, bandaging, splinting and bleeding control. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support the community by providing assistance with non-emergency events and emergency preparedness related projects. No experience is needed, we will provide you with the training needed to become a volunteer Alsip CERT member. The CERT program is applicable to all ages; however, the minimum age to participate for this particular course is 18 years of age.

Register by contacting Charles Geraci at 708-254-2900 or cgeraci@villageofalsip.org. Class size is limited to 25 and registration closes August 16.

Worth Township's Successful Response to Food Crisis Winds Down

In July of 2020, as the Covid pandemic was quickly escalating, former Worth Township Supervisor and newly elected Clerk Eamon McMahon partnered with Economic Strategies Development Corporation

(ESDC) and the Chicago Regional Council of Carpenters Union to begin the Emergency Free Food Drive initiative.

Through 13 pop-up food distribution events, the Township distributed

roughly 26,000 pounds of food to residents suffering from food shortages, McMahon estimated.

With Illinois now entering Phase 5, the Township has seen a draw-down for this popular event.

"The Worth Township Food Pantry and our other community partnerships have been fully staffed and operational throughout this crisis and remain at the ready to assist any residents who may still need some

help," McMahon said. The Worth Township Food Pantry staff welcome residents to visit the pantry twice a month during hours of operation. The Pantry hours are Monday through Thursday from 9am until



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FAR SOUTH EDITION

Volume 19 | Number 14 | July 20, 2021

Mokena, Oak Forest, Orland Park, Tinley Park

Orland Township hosts Back-to-School Health Fair

Orland Township hopes to get everyone ready to get back to school this August by holding their annual Back-To-School Health Fair, proudly presented by Supervisor Paul O'Grady and the Board of Trustees! The fair, which will take place on August 14th, between the hours of 9 a.m. and 1 p.m., will be held at Orland Township; located at 14807 S. Ravinia Ave., Orland Park, IL.

"Making sure our youth return to school healthy and ready to learn is more important than ever after this past year," said Supervisor O'Grady. "Support

for our school-children, parents, and teachers needs to be easily accessible. We hope to provide that and even more support at our Back-To-School Health Fair this August. After all, we're still in this together."

Admission to the health fair is free. School physicals (sports and health) will be available for \$35 for Township residents (\$45 for non-residents) and proof of residency required.

Free services include:

- Dental Screenings & Eye Exams
- Hair Cuts provided by Salon Evangelos

- School Supplies
- Food & Beverages

Furthermore, qualifying families can sign up to receive more school supplies from the Orland Township Food Pantry.

Immunizations will be available for those who meet the following requirements:

- Must have an up-to-date U.S. immunization record
- Live in Orland Township (proof of residency required)
- Medicaid Title XIX (19)*
- Native American or Alaska Native

- Underinsured (must show policy) or uninsured

*Please note: Orland Township no longer accepts Medicaid Title XXI (21). Residents will be charged a \$10 admission fee per vaccine.

(Anyone who meets the above requirements but lives outside of Orland Township will be charged a \$20 administration fee per vaccine – cash or credit only.)

There will be plenty of activities and attendees to keep everyone entertained during the Back-to-School Health Fair, including:

- School Bus Safety pre-



sented by American Bus Company

- Orland Park Fire Department, providing CPR training
- Giveaways and tuition assistance information from Edward Jones

Additionally, there will be games and prizes from

generous donors such as White Mountain, Burger 21, and many more. Face painting and numerous free giveaways from local vendors will also be available. Supervisor Paul O'Grady and the Orland Township Board of Trustees hopes to see you there.

Friday night events return to The Bridge

The Bridge Teen Center opened its doors again last Friday to host its first "regular" Friday Night Live event (known as "FNL") since March 2020. With typical attendance ranging from 150-200+ students on any given Friday, the organization opted to pause its Friday night programming at the start of the COVID-19 pandemic in order to adhere to the CDC's safety guidelines. On their first Friday night back on June 11, The Bridge welcomed 101 new and returning students for its tropical themed evening.

The Bridge did host a modified version of FNL over the summer, which included a modified schedule, mask requirements, and a limit to the number of students who were required to sign-up in advance. However, nothing compares to the



Bridge Students Ellie Conneely (left) and Emily Conneely (right) sit outside with many other teens at The Bridge Teen Center playing "Beach Towel Trivia" during their Friday Night event on June 11, 2021.

welcome rhythm of a "normal" Friday Night spent at The Bridge Teen Center with friends. After more than 15 months of waiting, students were excited to experience their beloved Friday nights once again.

Niko Tsiones, a 10th grader from Palos Hills, expressed his gratitude for being able to attend FNLs

after such a long absence, "I missed a bunch of my friends and I get to see them today... It's been fun hanging out [again]." His friend, Edward Keegan (10th grader from Joliet), also shared how it was fun to get to come back and "see a lot of familiar faces and some new ones, too."

As with all of their pro-

grams and events, The Bridge's Friday night events aim to fulfill the organization's mission to provide a free, safe space for 7th-12th grade students during after-school and unsupervised hours that are holistically-designed around their interests and needs.

Visit www.thebridgeteacenter.org.

Mokena has summer events

The 16th Annual Farm & Barn Fest is 11 a.m. to 11 p.m. Saturday, August 7 at Yunker Park, 10824 W. La Porte Road, Mokena

Free admission and parking.

Farm & Barn Fest is held annually in the heart of Mokena on historic Yunker Farm. Join us as we celebrate the significance of Yunker Farm, which was one of the first homesteads to settle in the Mokena area. From 11 to 5, guests

will enjoy demonstrations, entertainment, kids' activities and old-fashioned contests. Food, beverages and beer will be available for purchase all day.

Outdoor Flea Market is 11 a.m. to 3 p.m. Buyers admitted free!

Vendor Registration fee: \$35R/\$41NR. Registration deadline: July 31. No day of the event registration. For vendor information or to register, visit www.mokenapark.com.

Groundbreaking in Oak Forest

This past week, Oak Forest Mayor Henry L. Kuspa, joined owners Chirag Patel and Harshil Patel — along with City Officials and other distinguished guests — at the groundbreaking ceremony for the Holiday Inn Express at 4365 Frontage Road next door to the Best Western.

Other businesses open-

ing soon in Oak Forest include Captain Jack's Beverages at 15211 S. Cicero and DA's Deli at 5201 167th Street.

Additionally, work has begun on removing the Community Pool at 5126 Aldersyde Road. Plans are underway to offer the land to builders to add two more homes to the Gingerwood subdivision.



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SOUTH SUBURBAN EDITION

Volume 22 | Number 14 | July 20, 2021

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

Worth Township's Successful Response to Food Crisis Winds Down Due to State Reopening

In July of 2020, as the Covid pandemic was quickly escalating, former Worth Township Supervisor and newly elected Clerk Eamon McMahon partnered with Economic Strategies Development Corporation (ESDC) and the Chicago Regional Council of Carpenters Union to begin the Emergency Free Food

Drive initiative.

"One part of Worth Township's response to the Covid 19 emergency was to address the growing food insecurity problem in our community," explained McMahon. "Through the diligent efforts of our staff, the cooperation of ESDC and their representative Alex Esparza, and the consistent

volunteer efforts of the Chicago Regional Council of Carpenters, we were able to host 13 pop up food distribution events to help thousands of families in the past year."

McMahon estimates the Township distributed roughly 26,000 pounds of food to residents suffering from food shortages. With

Illinois now in Phase 5, the Township has seen a drawdown for this event.

"We realize that as the emergency recedes, the question of food insecurity and other essential needs are still unresolved for many of our neighbors. The Worth Township Food Pantry and our other community partnerships have been

fully staffed and operational throughout this crisis and remain at the ready to assist any residents who may still need some help. On behalf of Supervisor Murphy and the Board of Trustees, we encourage all who are in need to take advantage of these services," stated McMahon.

The Worth Township

Food Pantry staff welcome residents to visit the pantry twice a month during hours of operation. The Pantry hours are Monday through Thursday from 9am until noon at the township hall, 11601 S Pulaski Rd. Alsip, IL. Residents may contact the Food Pantry office directly and confidentially at (708) 972-7869.

National Hotdog Day is Thursday

Celebrate National Hotdog Day on the Palos Park Village Green from 5-7:30 p.m. Thursday, July 22.

The Hot dog has been around since the 1800s and is synonymous with baseball, summer and picnics. This year celebrate National Hot Dog Day with the Village of Palos Park. Bring the entire family down to the Village Green.

Our celebration features an annual pet competition. Categories include: best dressed, owner and pet look-a-like, most unusual, largest, and smallest.

While you are here listen to a great Strawdawg acoustic performance. Strawdawg is ChicagoLand's answer to great Country and Classic Rock.



The grounds are open from 5 to 7:30 pm. Complete meals of hot dog, chips, and a drink will be available for purchase (\$3.00 meal deal).

The first 25 pets entered will receive a treat.

You can find pet competition forms at <https://www.palospark.org/DocumentCenter/View/2974/hot-dog-day-form-fillable>. Completed forms can be emailed to recreation@palospark.org.

Golden Oldies Night at Lake Katherine

Local musician Matthew Shukin will entertain with tunes from the '50s and '60s during Golden Oldies Night at Lake Katherine on July 21 from 7-9 p.m. He'll

sing songs from Frank Sinatra, Bobby Darin, Dean Martin and many more

The entry fee is \$20; \$35 entry fee includes 2 alco-

holic drinks. Children under 12 are free.

Registration required. Register at www.lakekatherine.org or call 708-361-1873.

BBB, ComEd team up to warn of energy scams

With the gradual lifting of COVID-19 safety restrictions, ComEd and the Better Business Bureau (BBB) of Chicago and Northern Illinois remind customers to be on the lookout for utility-company imposters approaching homes and businesses to steal information and valuables.

"ComEd takes seriously its responsibility to help our customers protect themselves," said Nichole Owens, ComEd vice president of customer channels. "As residents become more comfortable talking with people outside their household, you can bet that imposters will take advantage of this opportunity to approach people at home in an attempt to steal their personal information, financial information and even their belongings."

"With summer officially underway and the arrival of warm weather, we get the most reports of scams, including home repair, tree trimming, driveway and, of course, utility scams," said Steve Bernas, president and CEO of BBB Chicago and Northern Illinois. "We urge consumers to be extremely leery of anyone who knocks at your door or contacts you

unsolicited by flyer, phone call or email. We also encourage consumers to do research on businesses and get references before you buy. A great place to start is BBB.org for free reviews and ratings."

In-person energy-related scams: Utility scammers have reported to ComEd and the BBB include incidents of scammers who approach homes or small businesses posing as an employee from ComEd, another utility or a tree service company. They attempt to lure the resident or business owner outside to discuss work that the imposter claims needs to be completed. While the individual is outside, an accomplice will enter the home or business to steal valuables and documents containing the individual's personal or financial information.

ComEd and the BBB have also learned of individuals visiting home and business owners, then asking for a copy of their utility bill or other personal documents to steal identities or switch the owner's energy supplier without permission.

Scammers will sometimes call homes and small businesses using a number

that appears to be a ComEd phone number. Offenders will also impersonate the names of ComEd and other trusted organizations by creating email addresses or websites that look like the real sites.

Here are some tips to help identify scams.

ComEd will never come to a customer's home or business to demand a payment or ask for your ComEd number or other personal information.

ComEd will never call a customer to ask for their account number, for personal information such as their Social Security number or bank information, or to make a direct payment with a prepaid cash card, cryptocurrency of third-party banking app.

3. To identify an actual ComEd employee or communication, remember that all ComEd field employees wear a uniform with the ComEd logo, including shirt and safety vest.

ComEd urges anyone who believes they have been a target or victim of a utility-related scam to call ComEd at 1-800-EDISON-1 (1-800-334-7661). To learn more, visit ComEd.com/ScamAlert.



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SUBURBAN EDITION

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

Motorcycle Club, Memory Care Residents Rev Up a Great Time

Memory care residents will show they were born to be wild when they party with a motorcycle club at 11 a.m. July 23 outside Grace Point Place, 5701 W. 101st St., Oak Lawn. 73-year-old resident Tim Portal will help rev up the

celebration, when he rides a roaring bike to recapture his passion for motorcycles. Portal once owned motorcycles and was part of a riding club touring the world with his friends.

The bikers from the Chicago Region BMW Club

will demonstrate their cycles to the seniors who will be sporting temporary tattoos and appropriate festive attire.

"It's important to remind our residents experiencing dementia of joyful memories from their past," said

Shannon Dahlman, community relations director for Gracepoint Place. "They are able to experience happiness through their hobbies and try new experiences, even with modifications at this point in their lives."

Oak Lawn sponsors blood drive

Go to Trinity Evangelical Lutheran Church for the Oak Lawn Community Blood Drive from 7:30 a.m. to 1:30 p.m. Saturday, July 24 at the auditorium-gym, 9701 Brandt Ave.

Masks are required.



To schedule a donation, call 877-258-4825 or visit vitalant.org and use group code 026H.

Vaccinate your cats and dogs

The Irving & Phyllis Millstein Foundation for Animal Welfare has teamed up with Hinsdale Humane Society to bring the low-cost vaccination program

to Justice and Bedford Park. The clinic will be held in the Village Hall parking lot, 7800 Archer Road, from 11 a.m. to 2 p.m. Saturday, July 31.

Hickory Hills mayor provides a COVID-19 Update

While many of us get back to living close to normal lives, it is important to still consider safeguards and precautions in certain circumstances since the Delta variant continues to spread.

According to the Chicago Tribune, state health officials yesterday released data showing that more than 500 Illinoisans have been hospitalized from COVID-19, despite being fully vaccinated.

Importantly, this number is a small percentage of the 5.9 million people who are fully vaccinated

across the state, which is why experts say the chances of one of these so-called breakthrough infections is rare. Official data also shows that most of the cases are among older people and those with underlying conditions.

According to a recent article in the USA Today, approximately 99.2% of recent COVID-19 deaths in the U.S. involved unvaccinated people.

In Hickory Hills there are now 1369 confirmed, cumulative cases of COVID and 25 COVID related deaths.



Get Your Kicks on Route 66!

Join us for Evergreen Park's fabulous tour down America's mother road, Route 66! Register by Friday, July 23, for the trip, which departs at 7:15 a.m. Wednesday, Aug. 18, and returns at 6:45 p.m. Cost is \$98.

Renowned Route 66 author and guide John Weiss narrates the stretch of iconic Route 66 from Dwight, IL all the way to the fascinating community of Atlanta, IL.

Included on the tour are two meals!

As we begin our tour in Dwight, we will enjoy breakfast just after 9 am at the nostalgic Route 66 Diner in Dwight. Then it's off on our southern journey on 66. Some of the unique things you will see along the way are the Old Illinois State Police office with its sleek Art Moderne architecture that reflected the streamlined design of autos of the era.

In Lexington, see Memory Lane, a one-mile stretch of original Route 66, dedi-

cated in 1926. It was restored back to the 1940s era with vintage billboard and Burma Shave signs.

In Bloomington-Normal, we stop to see Sprague's Super Service. This filling station built in the 1930's was one of the first multi-service stations in the country and is listed on the National Register of Historic Places.

We also visit the famous Beer Nuts Factory and Outlet Store, along a stretch where 66 once ran, to learn the history and sample products.

In Atlanta, see small town America including charming shops, diners, wall murals and its giant Paul Bunyan "muffler man" statue.

Our great Route 66 tour concludes with an early dinner at the Country Aire Restaurant in Atlanta, IL.

To register, or for more information, please call our Office of Citizens' Services at (708) 422-8776. We are located in the Hamilton B. Maher Community Center at 3450 W. 97th Street.

Many events coming up at Evergreen Park Library

Ninth Annual Multi-Library Geocaching Event. All library patrons are invited to use clues and geographic coordinates to find hidden "geocaches" at numerous participating area libraries. For each listed geocache you discover, you earn a chance to win a \$25 Gift Card.

To be eligible for the prize drawing, your library card from a participating library must be in good standing. Also, you will need to have a QR code reader app on your

smartphone to complete the log and prize drawing form.

Find all the official clues at multilibrarygeocache.weebly.com. More information can also be found at facebook.com/MultiLibraryGeocaching

All ages welcome!

The competition ends Monday, August 2.

The Art of Connecting Through Meditation. Wednesday, July 21, 6:30 pm, via Zoom.

Through meditation we can find a way to tap into

the peace and love that lies within and use this as a shield to the challenging times we now face. Join Arlene Samsel for this powerful workshop. There will be a short meditation sitting.

Museum of Bad Art: Doppelhangers. Monday, July 26, 7 pm, via Zoom

Intentionally or Not, they Resemble Famous People! This collection includes efforts to capture (or try to capture) the likeness of favorite entertainers, politicians, or historic

figures. Some have accidentally ended up portraying faces we recognize.

Quidditch in the Park. Saturday, July 31, 3 pm. at Yukich Fields

It's Harry's birthday, so let's play a life-sized game of Quidditch!

Stories in the Park. Thursday, Jul 22, 11 am OR 4 pm at Candy Cane Park (99th Pl and 1 block west of Francisco).

Ages up to Kindergarten.

Join us for outdoor stories!

The Heat is on: Illinois American Water Offers Summer Wise Water Tips

Illinois American Water is offering tips to customers to help avoid the water overuse pitfalls that frequently happen this time of year. These tips and insights are designed to help customers save on their water bill while alleviating stress on water supplies and infrastructure as we head into the warmer months.

“Gardens, pools, car washing and outdoor cleaning are all activities that go hand-in-hand with summer, and also increase

water use and water waste,” said, Beth Matthews, vice president of operations for Illinois American Water. “Unfortunately, consumers may not think about water use or water waste in the summer until they receive a high bill. We want to help prevent this from occurring, while also protecting our precious water resources.”

Customers are encouraged to use water wisely by implementing some wise water tips for outdoor water use:

- Reuse it. Use water from rain barrels and kiddie pools for watering lawn and gardens.
- Embrace the bucket! Instead of using a running hose, use water contained in a bucket for washing cars and pets, and rinsing sandy/grassy feet.
- Timing is everything. Only water during the coolest parts of the day (early morning or evening) to minimize evaporation. Watering during the middle of the day has potential to lose up to 30% due to

evaporation.

- Odd/Even Watering of your lawn. Watering your lawn uses a lot of water, so only water your lawn when it needs it. Generally, lawns only need an inch or so of water per week.
- Use drip irrigation hoses to water your plants.
- Consider using a broom instead of a hose. Using a broom eliminated the need for unused water to clear the sidewalk or patio.
- Rain delay. Watch weather forecast to avoid

“Mother Nature” re-watering your garden, which could also damage plants.

- Pick your plants wisely. Purchase varieties that require less water and remain hearty in drier weather. And don't forget to mulch (only 2-3") to help with water retention.
- Be a leak detective. Find and fix leaks and breaks in hoses, sprinkler systems and pipes. For help, download Illinois American Water's Leak Detection Kit at illinoisamwater.com under Water Information.

• Raise the blade. Raise the level of your lawnmower blade to avoid lawn burnout and the need for watering.

• Keep an eye out. Watch your sprinkler's "sweep" to make sure all the water is reaching vegetation that needs it and not the pavement! Check this frequently in case a person or animal has accidentally redirected your sprinkler.

More tips for indoor and outdoor wise water use can be found online at www.illinoisamwater.com.

Newman introduces REST Act to cut taxes on smallest businesses

U.S. Representative Marie Newman (D-IL-03) has introduced the Relief and Equity for Small Businesses through Tax (REST) Act, which is designed to cut taxes on the smallest of small businesses across the country. The legislation would adjust Section 199A of the Internal Revenue Code to increase the deduction of income from 20% to 25% for businesses that make less than \$100,000 annually, providing small businesses with the tax relief they need to recover from this pandemic.

“As a former small business owner, I know that our local entrepreneurs and small businesses are the backbone of our economy. From mom-and-pop retailers to family-owned stores, more than 80% of all businesses in Illinois' 3rd Congressional District are small businesses. They are our neighbors, friends and family — and they need our help,” said Newman.

The nation's smallest of small businesses employ the majority of private sector workers and represent 95% of all businesses; however,

they still hold the highest percentage rate of at-risk businesses likely to experience a permanent closure as a result of the pandemic. In fact, industries such as retail, fitness, beauty, bars, and nightlife are six times more likely to undergo a permanent closure. The REST Act will provide local entrepreneurs and business owners with the critical relief they need for a long-term sense of security.

“The small business community has been devastated by the pandemic. Entrepreneurs and small busi-

ness owners have been hit extremely hard,” said Elliot Richardson, Co-Founder and President of the Small Business Advocacy Council. “Increasing the Qualified Business Income Deduction from 20% to 25% will help small businesses recover from the pandemic and in time, grow their businesses.”

Following the end of the Paycheck Protection Program, a vast majority of small businesses are still in desperate need of financial relief. The critical tax relief provided under the REST



Act would provide businesses not only with the relief they deserve but would also lead to more consistent economic growth, greater employment opportunities and higher wages as the nation begins its post-COVID economic recovery.

Highway Construction Training at South Suburban

South Suburban College is preparing for its next session of the popular free Highway Construction Careers Training Program (HCCTP) this fall. Orientation and Assessment Testing will be August 24-26, at the college's Oak Forest Center, with the program set to begin on September 13. Instructional methods incorporate an outdoor classroom, social distancing and personal protective equipment.

SSC has offered HCCTP since 2014 with hundreds of students completing the 12-week specialized training program at a 70% completion rate. HCCTP was originally implemented to increase the number of minorities, women, and disadvantaged individuals working on IDOT highway construction projects.

Requirements are a valid driver's license, 18 years or older, High School diploma/GED, and passing a drug test (including THC).

Orientation and assessment testing will be held at the Oak Forest Center located at 16333 South Kilbourn Avenue, Oak Forest. All candidates must have a valid driver's license with them to attend orientation. To register please visit www.ssc.edu/hcctp or call (708) 596-2000, ext. 3219.

Chicago Remote Workers Log 8th Most Hours

The COVID-19 pandemic has prompted a historic shift in how much people work from home. But now that a majority of eligible Americans are at least partially vaccinated, many businesses are planning how to bring workers back to the office safely and whether to continue allowing for remote work.

Data collected over the past year shows that workers are just as productive (if not more) at home, and they tend to work longer hours. Interestingly, this phenomenon isn't unique to the pandemic; Census Bureau data shows that full-time remote workers logged almost two additional hours per week, on

average, than non-remote workers in 2019.

The most recent data on work hours from the Census Bureau reveals that part-time remote workers worked less, on average, than their non-remote counterparts, at 19.3 hours per week compared to 21.5 weekly hours. However, full-time remote workers worked an average of 45.6 hours per week, compared to an average 43.8 hours for non-remote full-time workers. Overall, remote workers were less likely to work full-time in 2019, as approximately two-thirds of remote workers were full-time, compared to 73% of non-remote workers.

At the industry level, full-time remote workers in the agriculture sector worked the longest hours overall (47.5 hours per week)—and also reported the largest difference in average hours compared to non-remote workers—at nearly three more hours per week. On the other hand, remote workers in the finance and public administration sectors worked the fewest hours, logging just slightly more time than their non-remote counterparts on a weekly basis.

For more information, a detailed methodology, and complete results, visit filterbuy.com/resources/where-remote-workers-work-the-most-hours.

Proud member of following 2021 Chambers

- | | |
|--|--|
| Alsip Chamber of Commerce
www.alsipchamber.org | The Hills Chamber of Commerce
www.thehillschamber.org |
| Bedford Park-Clearing Industrial Association
www.bpcia.org | Justice Chamber of Commerce
www.villageofjustice.org |
| Blue Island Chamber of Commerce & Industry
www.blueislandchamber.org | Oak Forest-Crestwood Area Chamber - The OC Chamber of Commerce
www.oc-chamber.org |
| The Burbank Chamber of Commerce
www.burbankchamber.com | Oak Lawn Chamber of Commerce
www.oaklawnchamber.com |
| Chicago Southland Convention & Visitors Bureau
www.visitchicagosouthland.com | Palos Area Chamber of Commerce
www.palosareachamber.org |
| Evergreen Park Chamber of Commerce
www.evergreenparkchamber.org | Tinley Park Chamber of Commerce
www.tinleychamber.org |
| | United Business Association of Midway
www.ubam.org |

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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.

Oak Lawn Village View Newspaper Archive

Explore digitized microfilm from the Oak Lawn Village View. Papers range from 1973 to 2013 and are hosted by the Internet Archive. Look at the Oak Lawn Library website at <https://www.olpl.org>.

Illinois residents named Social Justice fellows

The Memorial Foundation (TMF), builders of the Martin Luther King, Jr. Memorial, announced two young leaders from Illinois as members of its inaugural class of the Social Justice Fellows Program, a part of the Foundation's commemoration of the Martin Luther King Memorial's 10th anniversary.

James Mendez of Chicago and Shyama Bhatt of Gurnee will be among 50 young leaders from across the country convening virtually for eight weeks over the summer with a cur-

riculum centered around advocacy, community organizing and public policy in order to build a community of support with like-minded leaders explore high impact practices that move communities from consumers of a movement to activism and develop an understanding of leadership for long-term sustainable community change.

Fellows will participate in the program's four key components: a distinguished lecture series; a personal learning journey to focus on a key area of interest

and practical application; a capstone project focused on building a movement for a current issue at the local, regional or national level; and concluding with, for those who complete the full program, a concluding program in Washington, D.C. for an in-person congressional component focusing on social justice and public policy.

At the conclusion of the program, the fellows will have new experiences and skills they can take back to communities to assist them in creating positive change.

Municipalities Call for Release of Federal Funds

Municipalities across Illinois are calling on the federal government and the state to take immediate action to distribute funds from the American Rescue Plan Act (ARPA) earmarked to help local governments recover from the COVID-19 pandemic.

Cities, villages and towns across Illinois that are not eligible to receive Community Development Block Grant (CDBG) funds, which are defined as communities with fewer than 50,000 residents or not designated as the central city of a metropolitan statistical area, are eligible to receive a share of \$742 million in federal funds to offset expenses incurred over the past year, but the state is required to distribute those funds and must apply for that funding.

CDBG municipalities can apply to receive ARPA funding directly from the U.S. Department of the Treasury, while non-CDBG communities must rely on the state government to request and allocate their share of aid. As a result, the State of Illinois must apply for the funding on behalf of 1,251 (of 1,296) municipalities across Illinois, acting strictly as a pass-through entity. This should be done without creating any additional barriers or regulations on how this money can be spent.

"During the past year, local governments experienced revenue shortfalls, which greatly impacted

local leaders' ability to address unique challenges and fund critical services. Now, as many look to rebuild and recover from the pandemic with federal assistance, they need to recoup costs and lost revenue realized during the public health crisis," said Brad Cole, IML Executive Director. "Illinois communities need these ARPA funds as soon as possible without additional restrictions or delays from the state."

The federal government issued their proposed rule-making, released ARPA guidelines and allowed states to start requesting funding on May 10, which followed the law's enactment on March 11. However, the State of Illinois has not yet filed for this funding on behalf of municipalities. Only after that step is completed can municipalities then apply for their share of the funding from the state, which could take up to 120 days before the first allocation is distributed.

Under ARPA, local governments can claim reimbursements for several expenses incurred throughout the COVID-19 pandemic, including:

- Supporting public health expenditures, by funding COVID-19 mitigation efforts, medical expenses, behavioral healthcare and certain public health and safety staff;

- Addressing negative economic impacts caused by the public health emergency, including economic

harms to workers, households, small businesses, impacted industries and the public sector;

- Replacing lost public sector revenue, using this funding to provide government services to the extent of the reduction in revenue experienced due to the pandemic;

- Providing premium pay for essential workers, offering additional support to those who have borne and will bear the greatest health risks because of their service in critical infrastructure sectors; and,

- Investing in water, sewer and broadband infrastructure, making necessary investments to improve access to clean drinking water, support vital wastewater and stormwater infrastructure and to expand access to broadband Internet.

As of July 12, Illinois is among 11 states that have not yet requested the federal funding.

"If the Treasury Department doesn't release the funds soon, and the state distributes it efficiently and without bureaucratic red tape, it could be Thanksgiving or even Christmas before the first dollar is spent in most communities," said Cole. "Keep in mind, Congress and the President enacted this relief package in March."

As a resource for municipalities, IML has published a guide with additional information, available at iml.org/file.cfm?key=21320.

Publisher's Pen

Covid 19, Corona Virus, Delta Variant, all scaring words even with having two vaccinations, but after a year a half without seeing my grandchildren, I am definitely going to Champaign to see them. After loosing my best friend the end of November and a month plus later my sister-in-law to Covid, I need my family around me again. In fact, I will be attending a grammar school party with my grandniece AJ soon, really looking forward to being with family again.

My assistant has been in a rehab facility for almost two months, which led me to figure out how to bill without having her accounting system handy. As I had mentioned several

times, all seven people that work for Village View Publications are considered Independent Contractors, therefore working out their own home. Just last year, I had Linda put on the spread sheet when each client last paid their invoice. So it took me at least three weeks to figure it all out and thank God I had that information. With all the kindness of many of our customers, Linda is recovering well and hopefully will be home the end of July.

I gave permission for several people to use our paper to present their letters to the community they represent. This may be a great idea for those whose need to address an issue to more than their own community of readership.

To Alsip Businesses,

It has come to my attention that some of you may have been solicited by phone representing an organization that provides either monetary or material support to the Alsip Fire Department. They might tell you that they represent the fire services of Illinois.

At no time does the Alsip Fire Department receive any type of support from these so-called organizations. The alsip Fire Department does not use any third party for collecting anything on behalf of the Alsip fire Department. If we seek any type of support (usually equipment donations), a letter will be drafted on our fire department letterhead and sent through village channels which may include social media. It will be very specific request as to what we are looking for. Most of these organizations are scams and they come and go. If you are con-

tacted by any of these, attempt to get some sort of name of the group, who they represent, a possible name of the person and phone number. Please contact my office with the information and we will follow-up.

If any business is looking for charitable organizations to donate to that are legitimate, I would be willing to offer the names of some local and state organizations. If you have any questions regarding these types of organizations, feel free to contact my office.

We at the Alsip Fire Department want to look out for businesses, your employees and their families. We appreciate and value the businesses in our village and the relationships and partnerships that have been formed over the years.

Sincerely,

Thomas Styczynski, Fire Chief

Dist. 217 Prepares Building for Safe Return

Officials at Argo Community High School announced they are preparing the building for the return to in-person learning next month in an effort to provide students and staff with a safe and sanitized space to work and learn. The process which began in late January was recently completed.

As part of this process, the HVAC system underwent a comprehensive review. Air purifiers were purchased for each room and there are now UV light circulating fans in various buildings. All improvements align with guidance and best practice issued by and has been upgraded to align with

the most recent guidance by the Center for Disease Control (CDC), Illinois Department of Public Health (IDPH) and Occupational Safety and Health Administration (OSHA). Vendors that worked on this project included Cordogan, Clark & Associates, Mechanical Test & Balance, Inc., Hayes Mechanical, and Brouwer Brothers Steamatic.

"Side-by-side with our unions, we've ensured our building is one of the cleanest and safest spaces in the area, not only for our students, teachers and staff, but for our entire community," stated Dr. William C. Toullos, Superintendent.

Thank you for reading.

This paper is out because of you, the customer.



Smith Village pet parade celebrates dogs, cats and farm animals

WHO: Dogs, cats, birds and other pets belonging to Smith Village residents, their families, staff, volunteers and neighbors will participate in the 12th annual Summer Pet Parade. Meet Brizzo the Golden Doodle who is a Cubs fan with a growing Instagram following, Chinese Mountain Dogs and animals from Chicago High School for Agricultural Sciences.

WHAT: The Summer Pet Parade competition at Smith Village — a pet-friendly life-plan com-



munity that welcomes the cherished pets regarded as family members by independent living residents.

Some pets will perform tricks or wear costumes, but they aren't required to

do so. All must be well-behaved, kept on leashes or, as appropriate, in cages for the duration of the event. Serving as judges, Smith Village residents will award the top three pets with baskets containing treats and toys. Other participating pets will receive doggy bags. Water bowls and dog biscuits will be provided for canines. Refreshments for two-legged guests will include cool beverages and cookies shaped like dog bones and housecats.

WHERE: Smith Village,

2320 W. 113th Place, between South Western and Oakley avenues

WHEN: 10 a.m. on Friday, July 23

WHY: Smith Village's pet parade tradition began in 2007, according to Marti Jatis, Smith Village executive director and a cat owner: "We created this event for a morning of family and neighborly fun honoring our pets. This year, we're encouraging people to appreciate the important roles of other animals in our lives as well."

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Beware: Any dog can bite

(NAPSI) Most people would probably agree that having a dog charge at them and bite is a frightening experience. The Postal Service reports that that is exactly what happened to over 5,800 letter carriers in 2020. That represented an increase over the previous year. Several things added to the mix; more people were at home, more packages were being delivered and more dogs had been adopted.

The Postal Service places the safety of its employees as a top priority and dedicates a week each year to dog bite awareness. "Raising awareness about dog bite prevention and how to protect our letter carriers as we deliver the mail is paramount," said USPS Acting Employee Safety and Health Awareness Manager Jamie Seavello. "Dogs are instinctive animals that may act to protect their turf."

Here are some tips to prevent dog bite injuries. They should be enforced year-round:

- If a carrier delivers mail or packages to your front door, place your dog in a separate room and close that door before opening the front door. Some dogs can burst through screen doors or



plate-glass windows to attack visitors. Always keep the family pet secured.

- If your dog is in the yard when a carrier is delivering the mail, do not let them run free. Make sure that they are properly restrained on a leash away from where your mail carrier makes delivery. Mail delivery service can be interrupted at an address or in a neighborhood that the carrier deems unsafe because of an unrestrained dog. When service is interrupted at an address or neighborhood, all parties involved will need to pick up mail at their local Post Office.

- Parents should remind their children not to take mail directly from carriers in the presence of the family pet, as the dog may view the person handing mail to a family member as making a threatening gesture.

- A great way for customers to know if their

carrier may be knocking on their door to deliver a package is through a free USPS service called Informed Delivery. Customers get a daily email with digital scans of the mail and packages that are scheduled to be delivered that day. You can easily sign up for Informed Delivery by going to: informedelivery.usps.com. By knowing about deliveries in advance you can take precautions to keep your carrier safe.

It is important to know that if a dog attacks a letter carrier, the dog owner could be held liable for all medical expenses, repayment of lost work hours and the replacement of the carrier's uniform and other costs. This can run into thousands of dollars.

It is in the best interest of all parties, including our dogs, for pet parents to heed these safety tips irrespective of their dog's breed, because ultimately, any dog can bite.

Americans Ready To Vacation With A Vengeance To Make Up For Lost Time

(NAPSI) One of the many long-lasting effects of the pandemic is a shift in the work-life balance. According to a survey by a world leader in travel deals, after a long year of sheltering at home, 92% of Americans plan to travel in 2021—and they don't plan to hold back.

Shoulda, Woulda, Coulda: Americans Reflect on Missed Experiences

Americans traveled less in 2020, and they have been feeling the loss in more ways than one:

- Seventy-one percent of Americans didn't travel at all or traveled less in 2020 than in a typical year.

- Only 1 in 5 used all of their paid timeoff (PTO) in 2020, 19 percent because their company was too busy for them to be away and 29 percent because they wanted to save their time in case they or a loved one got sick.

- More than half regret not taking more time off in 2020. They feel they "wasted" their newfound flexibility and regret not working from different places.

"We've all felt the very real burnout that happens when we don't take the time to recharge and that's exactly why travel is so important," explains Liz Dente, @Priceline Chief People Officer. "Traveling is invigorating—it offers a respite from the daily grind, allowing us to disconnect and look at things



with fresh eyes."

A Lesson Learned: The Power of PTO

Many Americans have a renewed appreciation for how beneficial PTO can be. "Taking time off is important for both employees and companies. Employees who use their PTO are happier, healthier, and more productive," adds Dente.

- Most associate positive feelings with taking time off from work, saying it makes them feel relaxed, happy, and excited.

- Most people, especially parents, say their mental health (78% of parents, 53% of non-parents) and physical health (73% of parents, 48% of non-parents) would have benefited from taking a break.

- Two-thirds of those with a fixed number of PTO days plan on using more vacation and personal days in 2021 than in any other year—ever.

- Meanwhile, an overwhelming majority (82%) say they're likely to use their remaining 2021 vacation days before the end of the year, and one in six (16%) plan to use all their days off for one vacation.

So how are Americans traveling and where are they going?

- Sixty-two percent of those with limited PTO will be vacationing in a place they've never been before.

- Sixty-one percent of those with limited PTO will take a trip based on a personal passion.

- One in three will embark on a road trip.

- Thirty-two percent plan to visit family or friends because the pandemic made them realize how important those moments are.

- More than half plan to tackle destinations on their bucket lists.

Money Still Matters
As they plan these trips, however, saving money is more important than ever, with 74% agreeing that travel deals are important.

For many, Priceline is the best way for travelers to book the trip they want at prices they can afford. Offering up to 60% off hotel stays as well as incredible deals on flights and car rentals, the company saves consumers over a billion dollars a year, so they never have to miss the moments that matter. To help Americans recharge and take advantage of their PTO, Priceline offers exclusive coupons and big deals on hotels, car rentals, and flights for 2021.

Learn More
For further facts and to see what deals are available, visit www.priceline.com.

Check out our website at www.vvnew.com

'Looking for Lorraine'

by Imani Perry

"Best-Play Prize Won by Negro Girl, 28," the New York Herald Tribune exclaimed — in a surprised and patriarchal tone — on its 1959 front page.

Lorraine Hansberry — daughter of wealthy Chicago intellectuals, comely college dropout, closeted lesbian, devotee of W.E.B. Dubois and Paul Robeson, best friends with James Baldwin and Nina Simone — created *A Raisin in the Sun*, the first play written by a Black woman and directed by a Black man to be produced on Broadway. Nearly every school child has read it; most of us have seen it. Considered among the best plays ever written, it's about a poor Black family who hopes to use life insurance proceeds to buy a home.

Lorraine wrote what she knew. Her father, a banker and real estate developer, was nicknamed "Kitchenette King" for buying some of the scarce apartment buildings available to families in Chicago's "Black Belt," and subdividing them into crowded kitchenette apartments. Lorraine's family lived in one of the buildings, albeit in the largest apartment, but as Imani Perry, Harvard lawyer and Princeton sociologist, writes in her exhaustive, loving, *Looking for Lorraine*: "While white elites might not find themselves in the thrall of their working-class brethren, Black elites lived in the thick of the segregated ghetto."

Born at Provident Hospital, and educated at Engle-

wood High, Lorraine barely escaped violent injury when her family moved to 6140 S. Rhodes Avenue and met a white mob that threw a brick through their window, narrowly missing 7-year-old Lorraine. Illinois courts forced the family to leave the house because of restrictive covenants; the U.S. Supreme Court reversed the decision on a legal technicality.

But Lorraine never again trusted the go-slow, work-with-the-white-man system. Instead, as a 22-year-old, and for the next dozen years before dying of cancer, Lorraine bravely proclaimed, before any audience she could — in her poems, her plays, writing pseudonymously in the *Lesbian Ladder* or openly the *Daily Worker*: "I think that Negroes must concern themselves with every single means of struggle: legal or illegal, passive, active, violent and non-violent. That they must harass, debate, petition, give money to court struggles, sit-in, lie down, strike, boycott, sing hymns, pray on steps, and shoot from their windows when the racists come cruising through their communities."

Lorraine told the truth about what she could — sadly, her sexuality not included. Yet she deserves her due. How about having the Obama Library in the Hansberry nee Jackson Park?

Lorraine Schmall



Pelayo writes that Chicago birthed fantasy, as well; L. Frank Baum penned the *Wizard of Oz* in Humboldt Park beside a field house that resembles nothing so much as a gabled German castle, complete with witches and wicked stepmothers. Walt Disney was born in the Hermosa neighborhood nearby, whence he learned to refashion the grisly Brothers Grimm into stories with happy endings.

The *Children of Chicago* have no happy endings, but they, too, refashion Grimms' fables for their own modern ends. Blood is splattered on the first page, with terrifying details of the murder and mayhem suffered by DePaul College Prep students near Humboldt Park. Many more child murderers emerge, along with hallucinations, eerie music, drownings in the Lagoon, a faceless Trickster, ghosts, and graffiti that predicts more trouble.

Not too far-fetched: read the papers. Pelayo's setting boasts violent crime that is 311% higher than the national average. On one recent holiday weekend across Chi-town, 104 people were shot; 19 died; 13 children were among those statistics.

Pelayo's writing keeps us turning the page, but the confluence of fact and fantasy, though bewitching, is sometimes baffling. And, the proofreader needs another career.

But the book is compelling and feels like home — a scary, surreal home. Read it and think.

Lorraine Schmall

'Children of Chicago'

by Cynthia Pelayo

CPD detective Lauren Medina is a 25-year-old, bisexual Loyola grad with a Masters from Northwestern, who trades her books for a Beretta and honors her father by becoming a cop. She has a big brain but a bad attitude, a too-quick draw, and a dead family not-resting-in-peace.

Chicago author Cynthia Pelayo — like her protagonist — "a Puerto Rican girl from the neighborhood," has written what the New York Times calls a "Summer Horror Novel Guaranteed to Make Your Heart Thump and Your Skin Crawl." I can personally attest to nightmares.

Children of Chicago is more than a noir fantasy crime novel with a dogged but dirty detective, not-wholly-guilty perpetrators and the usual panoply of unsolved cases. Pelayo writes about Chicago — "the kind of place to breed and attract tragedy ... something about this place seems to draw out the worst in people," like the Devil in the White City, who killed at least 27 women employed at the Columbian Exposition; Roaring Twenties mass murderer Al Capone; John Wayne Gacy, who lured boys to their death and macabre burial in the crawlspace under his house; the Chicago Strangler who left as many as 75 women, mostly sex workers, dead from suffocation.



James P. Morrissy Scholarship Awarded

The recipient of the 2021 Officer James P. Morrissy Memorial Scholarship is Keleigh Birk. While at Oak Forest High School, Keleigh was captain of the varsity golf team, and was a member of the basketball and soccer teams.

Keleigh was also in-

involved with her school's ecology club, BPA club, and National Honor Society. Outside of school, Keleigh volunteers at local church food drives, Feed My Starving Children, BBQ for the Brave.

She also shovels snow for neighbors who need

assistance. Additionally, she works at Midlothian Country Club as a caddy and at Delta Sonic as a delta technician.

Keleigh will be attending the University of Illinois in Champaign to pursue a degree in Business.

Congratulations!



Lookingglass Theatre Announces 2021/2022 Season

Lookingglass Theatre Company is emerging. After the uncertainty that has defined the past year plus, the Company's coming back! Having weathered the virus thanks to stalwart support from its community, Lookingglass forges into the future with imaginative, boundary-breaking art focused on that community. The upcoming 2021/22 season aims for more inclusion, better representation, and a renewed sense of purpose and growth in multiple directions.

All pieces plotted are original works that have been incubated and developed by the brilliant artists in the Lookingglass Ensemble and Artistic Associate collective.

In late July, the Company commemorates the start of the Chicago Race Riots with a simple ritual, *Sunset 1919*. In the fall, watch the first five short films of an epic exploration of our city from an artist's point of view, *50 Wards: A Civic Mosaic*. November marks a return to the theatre in *Water Tower Water Works* with the award-winning play all Chicagoans should see, *Her Honor Jane Byrne*. Spring will unveil a brand-new raucous musical, *Lucy and Charlie's Honeymoon*, and finally, the joyful and awe-inspiring signature Lookingglass production,

Lookingglass Alice will make a return in Summer 2022.

Artistic Director Heidi Stillman says, "We're coming back! I'm so thankful that we have made it through to this side of things. What a joy it will be to finally have in-person audiences back to our tiny, beautiful theatre. We cannot wait!"

Ticket packages go on sale mid-July! Sign up for our email list (<https://lookingglasstheatre.org/email-subscription>) to be notified when tickets go on sale

Sunset 1919: A Ritual is Tuesday, July 27 at dusk.

By establishing an artistic ritual featuring music, movement, art and word, Lookingglass Theatre commemorates the start of the 1919 Chicago race riots, incited by the tragic murder of Eugene Williams, a Black teenager stoned to death after drifting into a "whites only" section of Lake Michigan. *Sunset 1919* is meant to peacefully honor the lives of Black humans impacted by the deadly racial attacks that swept the nation that stretch back across centuries, and the fruits of which we continue to pluck — a moment in an unbroken line.

For more, visit lookingglasstheatre.org.

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The best and worst foods for dealing with hypertension

Did you know that nearly half of all adults in the U.S. suffer from hypertension, or high blood pressure, and are taking medication to help combat it? Even though it affects such a large population, only about 24% have their hypertension condition under control.

Many assume that medication is the only solution in helping combat high blood pressure; however, there are other common lifestyle factors that can drastically affect blood pressure levels, especially your diet.

Dr. Vikki Petersen, certified clinical nutritionist, chiropractor and functional medicine doctor, highlights the importance of knowing how the foods you eat can affect your overall health and contribute to your blood pressure levels:

“What you eat, and don’t eat, has a strong influence on your blood pressure. Your blood pressure is not only a monitor of your cardiovascular health and risk of stroke but also your kidney and brain function,” says Dr. Vikki Petersen.

What are some common foods that can increase blood pressure? Here is Dr. Vikki Petersen top 4 worst foods for hypertension:

Food #1: Salt

Salt, or sodium, is everyone’s top of mind culprit for causing high blood pressure. However, healthy salt can be enjoyed as part of a healthy diet. Excess salt pulls water into your blood vessels to help balance the excess sodium, and the result is increased blood volume which in turn increases blood pressure.

Food #2: Sugar

Sugar, especially fructose, can have a direct effect on elevating your blood pressure. Fructose decreases your levels of healthy nitric oxide, a dilator and a relaxor to your blood vessels. Nitric oxide also keeps your vessels elastic, another factor in reducing blood pressure.

Food #3: Deli meat

Deli meat is cured with sodium and, therefore, contains a very high quantity. The mechanism is the same as discussed above in how salt increases blood pressure, but deli meats further aggravate inflammation due to all the preservatives and chemicals they contain.

Food #4: Trans fats and unhealthy saturated fats

Trans fats and unhealthy saturated fats raise your bad (LDL) cholesterol and lower your good (HDL) cholesterol. The latter is responsible for removing bad cholesterol from your body, which is important for preventing high blood pressure. Trans fats are found in many prepackaged foods, while saturated fats are found in red meat, butter, chicken and cream.

So, what are some foods that are good for maintaining healthy blood pressure levels? Here are Dr. Petersen’s top 4 best foods for hypertension:

Food #1: Fruit

Fruit is rich in phytonutrients that can decrease your blood pressure. Specifically, they are rich in fiber, magnesium and potassium which lower the tension in your blood vessels. Potassium can help your body get rid of sodium.

Food #2: Vegetables

Vegetables, especially green leafy vegetables, are rich in nitrates that are known to relax your vessels and lower blood pressure. Similar to fruit, vegetables are rich in healthy fiber.

Food #3: Whole grains

Whole grains are rich in potassium, which as we mentioned earlier can help lower your blood pressure by ridding your body of sodium. Realize that a true whole grain is completely unprocessed, such as steel-cut oats (gluten-free preferably), quinoa, and buckwheat.

Food #4: Beans

Beans, along with nuts and seeds, are rich in magnesium which relaxes vessels and lowers blood pressure.

Tips for shedding those pandemic pounds

(NAPSI) Living may be easier during the warmer weather seasons but that doesn’t mean your wellness goals should be swept under the rug. To help, GOLO, the pioneering wellness solutions company, has a range of healthy suggestions for the summer, whether you’re at home, road tripping with friends and family, or grilling in your backyard.

No. 1. Develop an action plan: Use this time as an opportunity to develop a nutritionally balanced meal plan that focuses on real, whole foods that charge your metabolism and help you feel energized.

A structured meal plan

can help you lose weight and get healthier. For example, the company’s Metabolic Plan focuses on repairing metabolic health with whole foods that are affordable, simple to prepare and easy to find in a restaurant or convenience store.

It’s effective because:

- You stay fuller longer and don’t have to fight with hunger and cravings
- You can eat delicious foods that you want to eat—you are in control
- There’s no diet isolation. You eat the same foods as your family and friends

No. 2. Don’t be afraid to rock out at your cookout:

The truth is everyone enjoys a good backyard cookout. The key is to make sure that you’re enjoying the tastes of the season without having a detrimental effect on your healthy eating plan.

No. 3. Burn off pandemic pounds: It’s essential to take advantage of the warmer weather to exercise away those pandemic pounds that many people packed on over the past year.

The Centers for Disease Control and Prevention recommends adults do at least 150 to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or

an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.

Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Switching up your seasonal fitness regimen can be key to staying motivated and consistent when building new, healthier habits.

Visit www.golo.com for further facts and tips.

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ican Cancer Society. If you or someone you care about is diagnosed with cancer you may be relieved to know there are techniques available that can improve your likelihood of response and survival by using your cancer cells to select the most effective drugs before you receive them.

What Can Help: The process is called functional profiling, which analyzes living cancer cells from a patient to find out the drugs, combinations and sequences that are the most effective and least toxic for each individual. It's particularly helpful in treating cancers that have been considered "untreatable," such as pancreatic cancers, advanced lung and recurrent breast cancers.

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Why It Works: Cancers arise from cells that have learned certain tricks to enhance their survival. In so doing they outlive their normal counterparts. These transformed cells interact directly with their micro-environment. Cancer cells "talk" to each other and to all the surrounding immune cells, blood vessels and structural elements using chemical signals such as growth factors and metabolic byproducts. Blood vessels, immune cells and connective tissues all participate and promote the cancer process.

Each human cancer reflects all of its genes, both mutated and normal, acting together to create what we recognize as a malignant tumor. But gene changes are only the starting point and not the final product of cancer development. The practice of just analyzing genes is incapable of capturing the complexity of human tumor biology. Only Functional analyses can interrogate each patient's tumor in real time to provide insights that can inform drug selection and treatment decisions.

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Because each cancer patient is unique and very different from one person to the next, drugs that work for one person may not for another, even with exactly the same diagnosis. Standard trial-and-error approaches cannot meet each patient's needs.

Who Developed the Idea: The pioneer behind this is Los Angeles-based oncologist Dr. Robert Nagourney, author of "Outliving Cancer" and known as

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tients, providing individualized therapies that have been shown to double response rates and improve survival. While major centers continue to offer gene profiles that examine DNA mutations hoping to find a "magic bullet," those result have been extremely disappointing with a minority of patient's revealing actionable findings.

Get Help: The Nagourney Institute receives samples from all over the world. If you think functional profiling would be good for you, you can arrange to have your sample collected and shipped overnight to the laboratory. The Institute will even assist you with a specimen transportation kit and specific handling instructions.

For further facts and to arrange for tests, visit nagourneycancerinstitute.com.

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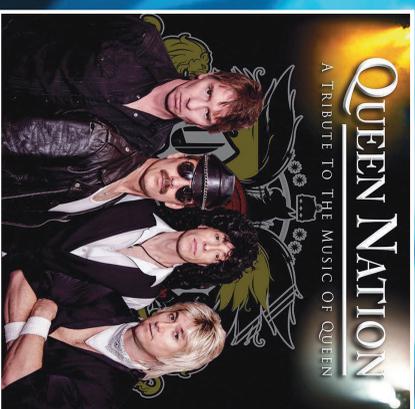
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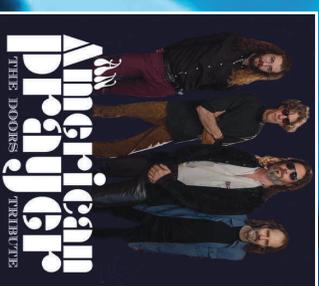
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