

A Message From Mayor Ronald M. Serpico

This upcoming holiday season please help our neighbors by giving the gift of food. Thanks to the generosity of community organizations, every dollar you donate can purchase a healthy Thanksgiving meal and beyond for a family of three. Donations can be made to a Melrose Park food pantry to help those in need!

Dear Neighbors,

According to recent statistics, nearly 800,000 Cook County residents are food insecure, meaning they lack access, at times, to enough food for an active, healthy lifestyle. More than 30% of this need is found in the suburbs, including here in Melrose Park. Among the most affected are children, seniors and low-income families who often have to make impossible choices between food and needs like housing and health care.

Several factors contribute to the high levels of hunger:

- **Job Instability:** With the rise of gig economy jobs and part-time work, many Illinois residents face inconsistent incomes that make budgeting for food a challenge.
- **Rising Costs of Living:** In urban areas like Chicago, the cost of living has skyrocketed. Rent and utilities take precedence over food expenses, leaving families in dire straits.
- **Pandemic Impact:** The COVID-19 pandemic exacerbated existing issues, leading to increased unemployment and food shortages. Many families that were previously self-sufficient suddenly found themselves reliant on food assistance programs.



*Ronald M. Serpico
Mayor*

This upcoming holiday season please help our neighbors by giving the gift of food. Thanks to the generosity of community organizations like the Greater Chicago Food Depository, every dollar you donate can purchase a healthy Thanksgiving meal and beyond for a family of three.

You can donate money or food items to one of the following Melrose Park food pantries:

- **Our Lady of Mt. Carmel Parish (CASA)** – 1119 N. 23rd Ave., Melrose Park. Contact the church's office, (708) 344-4140. Hours of food distribution – Wednesdays, 3:30-5:30 p.m.
- **Lighthouse of Hope** – 1719 W. North Ave., Melrose Park. Contact Rolando Diaz, (773) 921-1243. Hours of food distribution – Saturdays, 9-11 a.m.
- **Proviso Pantry** – 1112 N. Ninth Ave., Melrose Park. Contact Jerry Hills, (708) 344-8405. Hours of food distribution – Saturdays, 8-10 a.m.
- **First Baptist Church of Melrose Park** – 2114 Main St., Melrose Park. Contact Cynthia Mobley, (708) 344-7411. Hours of food distribution – Fridays, 9:30-11:30 a.m.

Halloween Hours are 3-7 p.m. on Thursday, Oct. 31

One of the most thrilling aspects of Halloween for children is, of course, trick-or-treating.

As a child I embarked on a mission with my friends as we went door-to-door gathering Hershey Bars, Snickers, Baby Ruths, Milk Duds and many more of my favorites. We tried to avoid the houses that handed out pencils, apples and pennies. No little store-bought trick-or-treat bag was for me, instead I used a huge pillowcase that by the end of my candy hunt contained enough goodies to feed an army. Those Halloween memories roaming the neighborhood with my buddies still bring a smile to my face all these years later.

Finally, I am elated to report that our 2024 Taste of Melrose Park attracted our largest crowds ever. I want to thank the hundreds of volunteers, our generous sponsors, our food booth vendors and most of all the thousands of attendees that make this event the best food festival in Illinois.

Sincerely,

A handwritten signature in black ink that reads "Ron Serpico". Below the signature, the text "Mayor Ron Serpico" is printed in a simple, black, sans-serif font.

**Check Out www.MelrosePark.org to
Learn More About Our Community!**



Follow us on Facebook.



Follow us on Instagram.



Village of Melrose Park

Ronald M. Serpico, Mayor

Mary Ann Paolantonio, Village Clerk

Trustees

Anthony J. Abruzzo • Jaime Anguiano

Arturo J. Mota • Sonny Nicotera

Mary Ramirez Taconi • Anthony "Tony" Williams



To Know

Village Hall.....(708) 343-4000

Hours – Monday-Friday, 9 a.m.-5 p.m.

Birth Certificates • First Copy – \$15, additional copies \$4 each.

Death Certificates • First Copy – \$17, additional copies \$6 each.

Water, Tickets, Etc.

Office of the Mayor(708) 343-4000, Ext. 4410

Police Emergency911

Non-Emergency(708) 344-8409

Animal Control.....(708) 344-8409

Fire Emergency911

Non-Emergency(708) 344-1210

Public Safety/Homeland Security(708) 649-8000

Library(708) 343-3391

Public Works(708) 343-5128

Building and Code(708) 343-4000

Civic Center(708) 450-0555

Hall and Field Rentals, Sports, Etc.

Community Service.....(708) 343-4000, Ext. 4448

Senior Services(708) 343-4000, Ext. 4448

Taste of Melrose Park

Dial A Ride(708) 343-7047

Proviso Township Assessor.....(708) 449-4304

Economic Development(708) 865-8809

Important Upcoming Dates

Village Board Meetings.....Oct. 28, Nov. 25, Dec. 23

Village Hall Holiday Closings.....Nov. 11, Nov. 28-29

Resident Response

Dear Mayor Serpico ...

I am writing to thank you for allowing our Annual Block Party for the neighborhood surrounding 14th Avenue and Augusta Street. The Aug. 3 event was another rousing success.

As every summer, the participation of the Melrose Park Fire Department was a huge hit. The time our village firefighters spend with the kids is an annual highlight for our community. It's a tradition we hope to continue. Thank you.

In addition to the food, dancing and bouncy house, this year we added an extra slide. I know the neighbors are already looking forward to next year.

Again, thank you for your annual assistance in helping us celebrate our community friendships and civic pride.

• Thank you again,

Jackie De Christopher, Melrose Park Resident

Dear Director of Police Sam Pitassi ...

At approximately 0527hrs on Sept. 2, 2024, Forest Park Police officers responded to the CTA Blue Line Terminal located at 711 Desplaines Ave., Forest Park, Illinois, for the report of a shooting on an elevated train car (Forest Park PD CR# 2402883).

Upon arrival, officers located four shooting victims, three of whom were pronounced dead on scene and the fourth succumbed to their injuries at Loyola Medical Center a short time later.

A suspect in possession of a firearm was located in the city of Chicago with the help of CTA Security and the Chicago Police Department. Illinois State Police Laboratory ballistics testing showed that the firearm recovered was the weapon used in the horrific quadruple homicide.

The West Suburban Major Crimes Task Force (WESTAF) was activated to help our agency. Deputy Chief Anthony Greco from your agency assisted the Forest Park Police Department in investigating the heinous act of violence.

Ultimately, the suspect, Rhanni S. Davis, was charged with four counts of first degree murder.

I want to sincerely thank Deputy Chief Greco for his help and dedication to the law enforcement profession.

• With gratitude,

Chief Ken Gross

Forest Park Police Department

Dear Melrose Park Deputy Police Chief Greco and Lt. Scudiero ...

I want to thank you both for allowing Ofc. Jessica Ortiz to take time to do an ICAC presentation in Spanish for us. I received an email from Rosemarie Rosado at St Gregory in Schaumburg who told me that the room was packed on Sunday and they were all very happy with her presentation. If the group on Sunday was larger than mine on Saturday, she probably spoke to a little more than 200 parents and children. Pretty impressive for her first time doing it.

You both know that I have enjoyed working with your department since I started with ICAC in 2010. But, for me to be translated would have taken forever, so I am very grateful that she was able to do it. So, thanks again. I appreciate it more than you know.

• Kathleen McGowan,

Cook County Internet Crimes Against Children Task Force

Cook County State's Attorney's Office

Dear Mayor Serpico ...

Thank you for providing free transportation to Melrose Park residents, especially seniors with the Dial-A-Ride Program.

Several months ago I broke my left leg and knee. Being temporarily confined to a wheelchair and unable to drive to physical therapy at ATI here in Melrose Park, I had to rely on the Dial-A-Ride Program.

I want to acknowledge Israel, the intake scheduler. He is always polite, friendly and does his best to accommodate me.

The drivers, Mike E., Mike S., Raphael and Jose are incredibly special. They are kind, helpful and attentive. They always take extra measures to make sure I am safely in the van and arrive safely at my destination.

These five men of the Dial-A-Ride team are all extraordinary guys. I am very appreciative for their caring assistance.

• Sincerely,
Patty McDonnell

Dear Director of Police Sam Pitassi ...

I write to you expressing my gratitude for participating in the silent parade and service on Patriot Day, Sept. 11, 2024.

You are instrumental for this event to take place and most definitely the victims, families and loved ones of 9/11 were honored.

Once again, thanks for making it possible to Our Lady of Mt. Carmel to express our gratitude to all first responders, the police, firefighters and EMTs.

Thank you for keeping Melrose Park an extraordinary place to live.

• Sincerely,
Fr. Leandro Fossa, c.s., Pastor and Rector

Dear Director of Police Sam Pitassi ...

On behalf of the Nielsen family and all those who participated in Donald "Donnie" J. Nielsen's wake and funeral. I want to extend our deepest gratitude to the Melrose Park Police Department. Your department's thoughtful gesture of sending a squad car to escort the procession was both comforting and honorable.

As the squad car led the way, its flashing lights cutting through the somber atmosphere, it symbolized the respect for Mr. Nielsen, but also the unwavering support of public safety to our community. Ofc. Vaughn Damron, who spent a significant amount of time, not only at the wake, but also accompanied and led the funeral procession, exemplified professionalism and compassion. In addition, Lt. Phil Nocita, who was present at the wake and helped make the celebration of Donnie's life special. Their presence provided solace to the grieving family, friends and colleagues, and conveyed a sense of unity during this difficult time.

Please convey our heartfelt thanks to Ofc. Damron and Lt. Nocita. Their dedication to duty and their understanding of the importance of such moments did not go unnoticed. Their actions honored Donnie's memory and touched the hearts of all who were present.

May your department continue to serve with the same unwavering commitment, knowing that your support makes a difference in the lives of those who mourn. We are grateful for your service and the compassion you extend to our community.

With sincere appreciation and much gratitude,
Michael G. Tillman

**Dear Chief Phil Schwartz and the
Melrose Park Homeland Security – Public Safety Team ...**

On behalf of the Nielsen family and all those who gathered to honor the memory of Donald "Donnie" J. Nielsen, I want to extend our deepest gratitude to the Melrose Park Department of Homeland Security – Public Safety. Your coordinated efforts during the solemn occasion left an indelible mark on our hearts.

The funeral procession, led by your department, was a moving tribute. As the squad cars moved in the solemn procession, their lights casting a reverent glow, it was evident that your commitment to duty goes beyond the call of service. You skillfully guided the procession and exemplified professionalism and compassion. Your presence as a friend and colleague provided comfort to the grieving family, friends and colleagues, and conveyed a sense of honor and unity.

Moreover, the staging of the Fire Department ladder trucks, each displaying the American flag, was a powerful and moving sight. The precision with which they were positioned – their ladders extended high, the stars and stripes fluttering – spoke volumes about the respect you hold for our nation and those who serve it. It was a moment that touched everyone present and reminded us of the sacrifices made by our public safety personnel.

Please convey our heartfelt thanks to all involved from your department who worked seamlessly to ensure a dignified farewell for Donnie. Your dedication to duty and your ability to coordinate such meaningful gestures did not go unnoticed.

May your department continue to serve our community with unwavering commitment, knowing that your actions make a difference during life's most challenging moments. Donnie's memory will forever be intertwined with the honor you bestowed upon him.

• With sincere appreciation and much gratitude,
Michael G. Tillman

Dear MP Homeland Security – Public Safety Chief Phil Schwartz ...

Thanks so much for all you did to help the celebration of Donnie Nielsen's life be so special.

Words cannot express how grateful I am.

• All my best,
Mike Tillman

Dear MP Homeland Security – Public Safety Chief Phil Schwartz ...

I write to you expressing my gratitude for organizing in the silent parade and service on Patriot Day, Sept. 11, 2024.

You are instrumental for this event to take place and most definitely the victims, families and loved ones of 9/11 were honored.

Once again, thanks for making it possible to Our Lady of Mt. Carmel to express our gratitude to all first responders, the police, firefighters and EMTs.

Thank you for keeping Melrose Park an extraordinary place to live.

• Sincerely,
Fr. Leandro Fossa, c.s., Pastor and Rector

Early Voting Dates for the Nov. 5 Presidential Election

The Early Voting Period for the Nov. 5, 2024, Presidential General Election will run seven days a week now through Monday, Nov. 4 at the Melrose Park Village Hall (Multipurpose Room), 1000 N. 25th Ave., Melrose Park.

Early voting hours are Monday-Saturday, 9 a.m.-5 p.m.; and Sunday, 10 a.m.-4 p.m.





**MELROSE PARK
TRICK-OR-TREAT HOURS**
Trick-or-treating will be allowed
in the village of Melrose Park,
3-7 p.m., on Thursday, Oct. 31.



**Is Your House
Decorated for
Halloween?
Do You Want to
Showcase Your
Display?**

Email photos of your humorous haunt
or frightful dwelling to
TheRose@MelrosePark.org
and we'll get them in our next issue!
In the subject line, please list
Halloween Photos, and include
your name, address and
phone number in the email.

**It's Time for
Some Halloween Fun!**



**Village Vehicle Stickers
Expired Dec. 31, 2023.
2024-2025 Stickers Can be
Purchased at the Village Hall.**

Sticker Fee for Passenger Vehicles is \$55 for Two Years (2024-2025).

Truck Fees Vary Based on the Type of Class/Plate and
Are Good for One Year Only (2024).

Seniors Over 65 Years of Age are Free.

One free two-year sticker for a passenger vehicle or one free one-year sticker
for a B-Truck vehicle registered to a person over 65 years in age.

Limit one free sticker per household.

If there is a second passenger or B-Truck vehicle registered to a senior in the
household, a second senior sticker will be sold for half price (\$15).

Acceptable proof for a senior sticker is a valid driver's license or state ID card.

Vehicle Sticker Fee Details

Sticker fees are as follows: Passenger Plates – \$55 for two years (2024-2025);

Senior Citizen – One free per household for two years (2024-2025);

Trucks – Good for one year (2024 only).

The current fees for vehicle licenses for each vehicle are as follows
if paid now through December 2024 or 2025:

PASSENGER VEHICLES	\$55 Every Two Years
B Plate	\$95
C Plate	\$145
D Plate	\$145
F Plate	\$145
H Plate	\$145
J Plate	\$155
K Plate	\$155
L Plate	\$175
M Plate	\$185
N Plate	\$195
P Plate	\$205
Q Plate	\$205
R Plate	\$215
S Plate	\$225
T Plate	\$245
V Plate	\$265
X Plate	\$285
Z Plate	\$305

**ALL VEHICLES REGISTERED TO MELROSE PARK RESIDENTS AND
ALL TRUCKS REGISTERED TO BUSINESSES LOCATED
IN THE VILLAGE OF MELROSE PARK ARE REQUIRED
TO HAVE MELROSE PARK VEHICLE STICKERS.**

**VEHICLE REGISTRATION IS NEEDED TO PURCHASE STICKERS –
NO EXCEPTIONS. LATE CHARGES MAY APPLY.**

**VEHICLE STICKERS ARE REQUIRED FOR ALL VEHICLES
REGISTERED UNDER A MELROSE PARK ADDRESS, EVEN IF
THEY ARE NOT LOCATED, PARKED OR STORED AT THE HOUSE
AND MUST BE PURCHASED WITHIN 30 DAYS OF RESIDENCY.**

**For more information, please call (708) 343-4000
or visit www.melrosepark.org.**



Melrose Park Fire Department NEWS



*Rick Beltrame
Director of Fire Dept.*

**A Message
from
Rick Beltrame,
Director of
Fire
Department**

Save the Date!



Melrose Park Firefighters' Association

FALL RAFFLE DINNER



Friday, Nov. 15, 2024 • 6 p.m.-???

**Melrose Park Senior Center
900 N. 25th Ave. • Melrose Park**

**\$7000 Top Prize
(\$10,000 in Total Cash Prizes)**

**\$100 Per Ticket • Only 200 Tickets Will Be Sold
(Cost Includes raffle entry, dinner and more.)**

Proceeds will be used to make charitable contributions to various organizations.

MELROSE PARK FIRE DEPARTMENT 2024 AD BOOK

To complement our Fall Raffle Dinner, the Melrose Park Firefighters' Association will be producing a commemorative ad book showcasing the many businesses that have supported us in the past.

Cost of a full page ad is \$200 and half page ads can be purchased for \$125.

**To purchase tickets or for ad book information,
please call Steve Morella at (708) 906-9383.**

Deadline to purchase raffle tickets or to reserve an ad is Friday, Nov. 1, 2024.

Halloween Safety Tips: Costumes, Candy and Colored Contact Lenses

Enjoy a Safe and Happy Halloween by Following These Guidelines



Whether your Halloween plans are for adults or kids, there's plenty to consider before choosing a costume, putting on makeup, and eating a bag full of treats.

To help you and your loved ones enjoy a safe and happy Halloween, here are some tips from the U.S. Food and Drug Administration, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention (www.fda.gov).

- Wear costumes that say "flame resistant" on the label. If you make your costume, use flame-resistant fabrics, such as polyester or nylon.
 - Wear bright, reflective costumes or add strips of reflective tape so you'll be more visible. Make sure the costumes aren't so long that you're in danger of tripping.
 - Wear makeup and hats rather than costume masks that can obscure your vision.
 - Test the makeup you plan to use at least 24-48 hours in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling or other signs of irritation develop where the makeup was applied, that's a sign of a possible allergy.
- Vibrantly colored makeup is popular at Halloween. Check the FDA's list of color additives to see if the colors are FDA approved. If they aren't approved for their intended use, don't use them. This is especially important for colored makeup around the eyes.
 - Don't wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses.

Safe Treats

Eating sweet treats is also a big part of Halloween fun. If you're concerned about food safety, there are some things to know.

Before you or your children go trick-or-treating, remember these tips:

- Don't eat candy until it has been inspected at home.
- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
- In case of a food allergy, check the label to ensure the allergen isn't present. Tell children not to accept – or eat – anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards, such as gum, peanuts, hard candies or small toys from the Halloween bags.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes or tears in wrappers. Throw away anything that looks suspicious.

For partygoers and party throwers, the FDA recommends the following tips for two seasonal favorites:

- Unpasteurized juices and juices that have not been further processed are at higher risk of foodborne illness. Look for the warning label to identify juice that hasn't been pasteurized or otherwise processed, especially packaged juice products made on site at retail establishments. If unsure, always ask if juice has been pasteurized or not. Normally, commercially processed juice in boxes or bottles from your grocer's refrigerated or shelf stable sections, and frozen concentrate in the freezer section has been pasteurized or otherwise processed to reduce harmful microorganisms.
- Before bobbing for apples – a favorite Halloween game – reduce the risk of bacteria by thoroughly rinsing the apples under cool running water. As an added precaution, use a produce brush to remove surface dirt.

Eye Safety

The FDA joins eye care professionals in discouraging consumers from using decorative (colored) contact lenses that have not been prescribed by a doctor. Decorative contact lenses sold in costume stores or other retail stores without a prescription are illegal and could cause harm. These are contact lenses that have not been approved by the FDA for safety and effectiveness. Consumers should only use brand name contact lenses from well-known contact lens companies.

If you have never worn contact lenses before, Halloween should not be the first time you wear them. Experts warn that buying any kind of contact lenses – which are medical devices and regulated as such – without an examination and a prescription from an eye care professional can cause serious eye disorders and infections, which may lead to permanent vision loss. Despite the fact that it's illegal to sell decorative contact lenses without a valid prescription, the FDA is aware that these lenses are still sold without a prescription on the internet and in retail shops and salons – particularly around Halloween.

Although unauthorized use of decorative contact lenses is a concern year-round, Halloween is the time when people may be more inclined to use them, perhaps as costume accessories, which make the wearer's eyes appear to glow in the dark, create the illusion of vertical "cat eyes," or change the wearer's eye color.

When they are bought and used without a valid prescription, without the involvement of a qualified eye care professional or without appropriate follow-up care, it can lead to significant risks of eye injuries, including blindness.

Melrose Park Police Department

A Message from Director of Police Sam C. Pitassi



Sam C. Pitassi
Director of Police



Important Parking Notice for Melrose Park Residents

A QUICK NOTE TO UPDATE WEEKEND PARKING RULES

Effective April 1, 2024, parking is permitted on both sides of the street on weekends (Friday, 5 p.m.-Monday, 9 a.m.) until Dec 1, 2024.

These hours do not include the Winston Park and West Melrose areas.

REMEMBER, PARKING IS NEVER ALLOWED ON EAST AND WEST STREETS – 2-6 A.M.

ALL VILLAGE OF MELROSE PARK PARKING RESTRICTIONS WILL BE STRICTLY ENFORCED AND TICKETS WILL BE WRITTEN FOR CARS VIOLATING CURRENT AND FUTURE PARKING RULES.

Provide an Anonymous Crime Tip

The Melrose Park Police Department relies on individuals to help prevent and solve crimes in our community. If you have information about criminal activity, please submit it. However, if you would like to be contacted by a police officer, just include a telephone number or email address where you can be reached. Submit to tips @melroseparkpd.com.

Overnight Parking Procedures

Approved Vehicles Will Avoid Being Ticketed

The village of Melrose Park has established parking procedures for residents requiring overnight parking availability on village streets near their home.

Residents seeking permission to park any visitor, construction or family emergency vehicles on streets with overnight parking restrictions can visit the Melrose Park Police Department website at mppd.com, download the Melrose Park Police Department Parking Permission Form (under forms), complete all details and then submit it to the MP Police Department Front Desk.

After review, a Police Department supervisor will contact the requestor to notify them of approval or disapproval. The form can only be used for three days per month and is not valid until a supervisor signs off on it.

If approved, the permission will not allow the violation of village ordinances or parking laws. All violators will be ticketed.

For more information, please call (708) 344-8409.

Visit the Melrose Park Police Department Website at www.melroseparkpd.com ...
• For Melrose Park Police Department General Information • To Pay Tickets • To Obtain Police Reports

The website can be translated to Spanish and Polish.



The ROSE

Advertising Contract

Complimentary 2024 Holiday Greeting Ads

Dear community member,

This year *The Rose* (the official newsletter of the village of Melrose Park) is offering an opportunity to reserve a special complimentary greeting ad in the Holiday 2024 issue.

If you are interested in reserving an ad, please complete this form, attach a copy of your business card or ad copy, and mail it to:

The Rose c/o Village of Melrose Park • 1000 N. 25th Ave. • Melrose Park, IL 60160

All ads must be received on or before Monday, Nov. 25, 2024. For more information, call (708) 343-4000, Ext. 4448.

Size/Rate

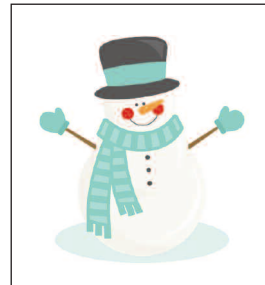
Business Card Size.....FREE

Greeting (Please check)

- Season's Greetings
- Happy Holidays
- Merry Christmas and Happy New Year

Art Element (Please check)

- Bells
- Candles
- Gift
- Santa
- Snowman
- Tree



Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

*Thank you in advance.
Your reservation is greatly appreciated!*

ELECTION DAY IS TUESDAY, NOVEMBER 5
EARLY VOTING RUNS NOW-MONDAY, NOVEMBER 4.

MAYOR SERPICO

**asks you to please consider voting
for the following candidates:**

FOR PRESIDENT AND VICE PRESIDENT, U.S.	PUNCH
KAMALA D. HARRIS & TIM WALZ	1
FOR U.S. REPRESENTATIVE, 4TH CONGRESSIONAL DISTRICT	PUNCH
JESUS 'CHUY' GARCIA	11
FOR STATE REPRESENTATIVE, 7TH DISTRICT <i>(FOR ALL MELROSE PARK VOTERS WITH THIS CANDIDATE APPEARING ON THEIR BALLOT)</i>	PUNCH
EMANUEL 'CHRIS' WELCH	31
FOR STATE REPRESENTATIVE, 77TH DISTRICT <i>(FOR ALL MELROSE PARK VOTERS WITH THIS CANDIDATE APPEARING ON THEIR BALLOT)</i>	PUNCH
NORMA HERNANDEZ	31
FOR STATE REPRESENTATIVE, 78TH DISTRICT <i>(FOR ALL MELROSE PARK VOTERS WITH THIS CANDIDATE APPEARING ON THEIR BALLOT)</i>	PUNCH
CAMILLE LILLY	31
FOR COMMISSIONER, METROPOLITAN WATER RECLAMATION DISTRICT (VOTE FOR THREE)	PUNCH
KARI K. STEELE	41
MARCELINO GARCIA	42
SHARON WALLER	43
FOR CLERK OF THE CIRCUIT COURT, COOK COUNTY	PUNCH
MARIYANA T. SPYROPOULOS	51
FOR STATE'S ATTORNEY, COOK COUNTY	PUNCH
EILEEN O'NEILL BURKE	54
FOR COMMISSIONER, BOARD OF REVIEW 3RD DISTRICT	PUNCH
LARRY ROGERS, JR.	63
FOR JUDGE, ILLINOIS APPELLATE COURT, 1ST DISTRICT (RETENTION) – VOTE YES	PUNCH
THOMAS E. HOFFMAN	201
FOR JUDGE, COOK COUNTY JUDICIAL CIRCUIT (RETENTION) – VOTE YES	PUNCH
LISA ANN MARINO	271



Always Stepping Up ...

MP Homeland Security – Public Safety, Police and Fire Departments Assist Gottlieb Memorial Hospital with Evacuation Drills

On Oct. 1 and Oct. 3, 2024, evacuation drills were conducted on the 6th floor West and 4th floor South of Gottlieb Memorial Hospital in Melrose Park.

The purpose of the exercise was to demonstrate the actual physical movement/evacuation of patients from the fourth and sixth floors down to the ground level and into a waiting ambulance.

Members of the Melrose Park Fire Department, Melrose Park Departments of Homeland Security – Public Safety and Melrose Park Police participated in these drills.

Their role was that of observers, safety officers and instructors. At the beginning of each drill, the evacuation policy was reviewed, as well as the acronym RACE (Rescue, Alert, Contain, Extinguish), command responsibilities at the Incident Command, unit and evacuation team levels were discussed, the role of first responders during such an event and safety protocols for the drill was explained. The drill commenced with the decision to evacuate having been made.

The drill was conducted multiple times on each shift to ensure all colleagues had a chance to participate. Each drill ended with the patient being placed into a waiting Melrose Park Departments of Homeland Security – Public Safety ambulance.

Participating in the planning and implementation of the drills were Robert Horsley; Vincent Trieu; Loyola Medicine; Chief P. Schwartz, MPDHS; Chief Rick Beltrame, MPFD; Director Sam Pittasi, MPPD; Dep/Chief Stef Schwartz, MPDHS; Dep/Chief A. Greco, MPPD; Dep/Chief J. Wrosch, MPFD; MPDHS commanders G. Stevenson and L Moran; and MPDHS captains J. Dominguez and M. Chavez.

Individuals appearing in the photos are Robert Horsley, Vincent Trieu the 4-south staff, Chief P. Schwartz, G. Stevenson, L Moran, J. Dominguez, M. Chavez, Z. Plunkett, Mike Beltrame, Aaron Aiardo, Eric Andersen, John Lullo, Dominic Vayda, Mike Carpanzano Jr., E. Miranda and Richard McMahon Jr.



MPDHS Officers Villasenor and Plunkett Receive Illinois Professional Development Series Award

Recently, at the Illinois Emergency Management – Office of Homeland Security Summit held in Springfield, Illinois (this September), Capt. Art Villasenor and Lt. Zach Plunkett were awarded the Illinois Professional Development Series (IPDS) Award. They join the list of other officers on the Melrose Park Departments of Homeland Security – Public Safety who have received this recognition.

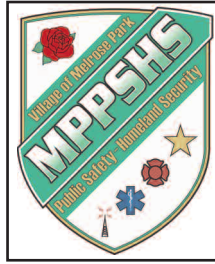
Mayor Ronald M. Serpico and I would like to thank and commend Art and Zach for taking the time and putting in the extra effort needed to complete this training.

The Illinois Professional Development Series (IPDS) is required for officers in the department’s higher ranks. It is one of many qualifications and training needed.

Individuals enter the emergency management field with a variety of backgrounds and training which are often unrelated to the wide range of responsibilities to be fulfilled by today’s emergency management professionals. Thus, seven online and six discussion-based classroom courses were developed. These courses, known as the Illinois Professional Development Series (IPDS), present a variety of subjects pertinent to the emergency management field. The discussion-based courses are designed to complement the online courses by allowing the opportunity for the students to demonstrate competence in the skills that are discussed, promoting the ability to interact face-to-face with emergency management professionals from other jurisdictions at the local and state level, and allowing first responders from different disciplines the opportunity to develop a better understanding of what each one does individually so that hopefully they can work together more efficiently during future exercises and real events.



Melrose Park Public Safety News



From the Desk of Philip C. Schwartz, Chief of Public Safety – Homeland Security

Are You Prepared for Winter Weather?

Winter weather too often catches people unprepared. Researchers say that 70 percent of the fatalities related to ice and snow occur in automobiles and about 25 percent of all winter related fatalities are people that are caught off guard, out in the storm. What winter weather preparations are being made in your area and what are the appropriate steps to take that will ensure your winter weather safety? Help your readers, viewers and listeners make sure their homes and cars are ready for the worst winter has to offer.

Winter Weather Watches, Warnings and Advisories – What Do They all Mean?

The National Weather Service uses specific winter weather terms to ensure that people know what to expect in the coming days and hours. A Winter Storm Watch means that severe winter conditions, such as heavy snow and/or ice, may affect your area, but its occurrence, location and timing are still uncertain. A Winter Storm Watch is issued to provide 12 to 36 hours notice of the possibility of severe winter weather. A Winter Storm Watch is intended to provide enough lead time so those who need to set plans in motion can do so. A watch is upgraded to a Winter Storm Warning when 4 or more inches of snow or sleet is expected in the next 12 hours, or 6 or more inches in 24 hours, or 1/4 inch or more of ice accretion is expected. Winter weather advisories inform you that winter weather conditions are expected to cause significant inconveniences that may be hazardous. If caution is exercised, advisory situations should not become life-threatening. A Blizzard Warning means that snow and strong winds will combine to produce a blinding snow (near zero visibility), deep drifts and life-threatening windchill. Be sure to listen carefully to the radio, television and NOAA Weather Radio for the latest winter storm watches, warnings and advisories.

Why is Predicting the Exact Amount of Snowfall So Challenging?

Snow forecasts continue to improve, but they remain a challenging task for meteorologists. Heavy snow often falls in small bands that are hard to discern on larger resolution computer models. In addition, extremely small temperature differences define the boundary line between rain and snow.

What is Wind Chill?

One of the gravest dangers of winter weather is windchill. The windchill is based on the rate of heat loss from exposed skin by combined effects of wind and cold. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature. Animals are also effected by wind-chill.

New Wind Chill Chart
Wind (mph)

Calm	5	10	15	20	25	30	35	40	45	50	55	60
40	36	34	32	30	29	28	28	27	26	26	25	25
35	31	27	25	24	23	22	21	20	19	19	18	17
30	25	21	19	17	16	15	14	13	12	12	11	10
25	19	15	13	11	9	8	7	6	5	4	4	3
20	13	9	6	4	3	1	0	-1	-2	-3	-3	-4
15	7	3	0	-2	-4	-5	-7	-8	-9	-10	-11	-11
10	1	-4	-7	-9	-11	-12	-14	-15	-16	-17	-18	-19
5	-5	-10	-13	-15	-17	-19	-21	-22	-23	-24	-25	-26
0	-11	-16	-19	-22	-24	-26	-27	-29	-30	-31	-32	-33
-5	-16	-22	-26	-29	-31	-33	-34	-36	-37	-38	-39	-40
-10	-22	-28	-32	-35	-37	-39	-41	-43	-44	-45	-46	-48
-15	-28	-35	-39	-42	-44	-46	-48	-50	-51	-52	-54	-55
-20	-34	-41	-45	-48	-51	-53	-55	-57	-58	-60	-61	-62
-25	-40	-47	-51	-55	-58	-60	-62	-64	-65	-67	-68	-69
-30	-46	-53	-58	-61	-64	-67	-69	-71	-72	-74	-75	-76
-35	-52	-59	-64	-68	-71	-73	-76	-78	-79	-81	-82	-84
-40	-57	-66	-71	-74	-78	-80	-82	-84	-86	-88	-89	-91
-45	-63	-72	-77	-81	-84	-87	-89	-91	-93	-95	-97	-98

Frostbite occurs in 15 minutes or less

Wind Chill (^oF) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})
Where, T = Air Temperature (^oF)
V = Wind Speed (mph)

About Winter Storms ...

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Regardless of the severity of a winter storm, you should be prepared in order to remain safe during these events.

For more information, please call
Melrose Park Public Safety ~ Homeland Security at (708) 649-8000.

Know the Difference

Winter Storm Outlook – Winter storm conditions are possible in the next two to five days.

Winter Weather Advisory – Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch – Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning – Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

How to Prepare for a Winter Storm

- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

Put Together a Supply Kit

- Water – at least a three-day supply; one gallon per person per day.
- Food – at least a three-day supply of non-perishable, easy-to-prepare food.
- Flashlight.
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible).
- Extra batteries.
- First aid kit.
- Medications (seven-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.).
- Multipurpose tool.
- Sanitation and personal hygiene items.
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies).
- Cell phone with chargers.
- Family and emergency contact information.
- Extra cash.
- Baby supplies (bottles, formula, baby food, diapers).
- Pet supplies (collar, leash, ID, food, carrier, bowl).
- Tools/supplies for securing your home.
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery.
- Warm coats, gloves or mittens, hats, boots, and extra blankets and warm clothing for all household members.
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves.

**Melrose Park
Public Safety
News**

Protect Your Pets During Snowstorms

Make Sure Your Pets are Prepared for Winter Weather

Winter weather can be hard on all of us. It can be particularly difficult on our pets that rely on us for their well-being, especially for outdoor dogs and cats. To help keep your entire family safe and warm, the American Red Cross has winter safety reminders for both you and your pets.

Pet Safety in the Winter

- If possible, bring your pets inside during cold winter weather. Move other animals or livestock to sheltered areas and make sure they have access to non-frozen drinking water.
- If the animals are outside, make sure their access to food and water is not blocked by snow drifts, ice or other obstacles.

The following tips on winter pet safety are provided by the Humane Society of the United States:

- If pets cannot come indoors, make sure they are protected by a dry, draft-free enclosure large enough to allow them to sit and lie down, but small enough to hold in the pet's body heat. Raise the floor a few inches off the ground and cover it with cedar shavings or straw. Turn the enclosure away from the wind and cover the doorway with waterproof burlap or heavy plastic.
- Salt and other chemicals used to melt snow and ice can irritate a pet's paws. Wipe their paws with a damp towel before your pet licks them and irritates their mouth.
- Antifreeze is a deadly poison. Wipe up spills and store antifreeze out of reach.

**For more information, please call
Melrose Park Public Safety ~ Homeland Security at (708) 649-8000.**

Do You Have a Disaster Supplies Kit?

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

Basic Disaster Supplies Kit



Recommended Items to Include in a Basic Emergency Supply Kit

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps



Additional Items to Consider Adding to an Emergency Supply Kit

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining Your Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented or corroded.
- Use foods before they go bad and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family's needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trash can, camping backpack or duffel bag.

**For more information, please call
Melrose Park Public Safety ~ Homeland Security at (708) 649-8000.**



Village of Melrose Park

**Mayor Serpico
and the
Village of Melrose Park
are Seeking
Snow Removal and
Landscaping Professionals to
Provide Affordably Priced
Assistance to Our Residents
When Needed ...**



Interested parties will be listed on a special property maintenance services page in upcoming issues of *The Rose*.

To be considered, please send a copy of your business card to Director of Senior Services Peggy DiFazio (peg@melrosepark.org) or you can call (708) 343-4000, Ext. 4448, for more information.

Important Melrose Park Village Notice ...

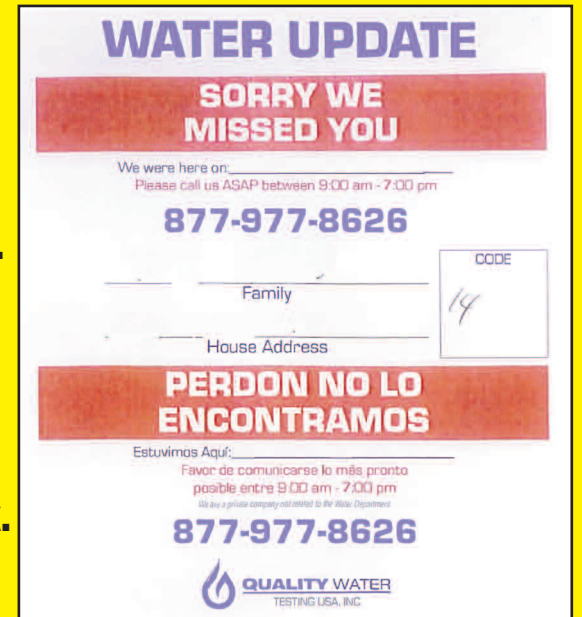
**Alert, Alert, Alert!
Water Update Flyer Being Circulated is
Not from the Village of Melrose Park.
Do NOT Contact This Company!**

Dear Residents,
Please be advised, the pictured flyer is being distributed in the village from Quality Water Testing USA, Inc. regarding a water update.

Please do not call this company as they are not affiliated with the village of Melrose Park.

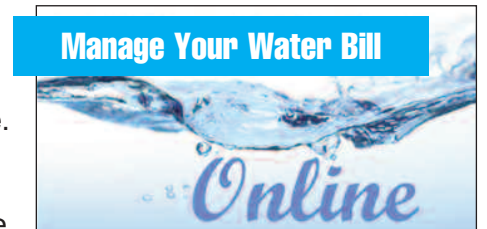
Should you have additional questions, please do not hesitate to contact Rose in the Melrose Park Water Department by calling (708) 343-4000, Ext. 4435.

Thank you.



Manage Your Water Bill Online ... It's Easy!

The village of Melrose Park provides residents with an option to manage their water bill online. Residents can visit www.melrosepark.org and by clicking on images as directed, you'll be linked to the online Water Account page. You will need your account number and the full name of the person listed on the water bill to log in and utilize this feature.



If you do not know your account number, please send an email to RV@melrosepark.org and your account number will be sent to you.

By using this online platform, you'll be able to view and pay your water bill; review all your present and past bills as far back as 2012; run a water use consumption analysis; view your account history for bills paid and any bill adjustments; and enroll for an eBill statement which will notify you by email that your bill can be viewed online, which avoids any direct mail delays.

For more information, please call the Village Hall at (708) 343-4000.



Melrose Park Mayor
Ron Serpico Endorses

Election Day
Tuesday
NOV 5

Rep. Norma Hernandez!



Norma Hernandez truly represents Melrose Park.

Norma understands the value of hard work, and started working when she was 14-years old. First cleaning offices, then for 12-years she worked at the Melrose Park Walgreens, and on the weekends she helped her parents sell plants at Swap-O-Rama on Lake St. Norma continues that hard work ethic and has been an accessible official with an open door policy. She has worked closely with elected officials in the district to truly improve our communities.

We deserve results that actually matter in our lives.

Rep. Norma Hernandez is running for reelection, to continue to be a voice for everyday working people and focus on solutions to the problems that we face in our state. "With the rising costs of everyday necessities, **working families need relief!** We need solutions to systemic problems, not higher taxes. I will continue to work on legislation to provide our children with access to quality education, access to healthcare, support law enforcement agencies with resources for safer communities and **find property tax relief for homeowners.**" - Rep. Hernandez

Who is Norma:

- Born and raised in Melrose Park - 3rd Generation
- Homeowner, Melrose Park
- Member, Our Lady of Mt. Carmel Catholic Church
- Graduate, Stevenson Elementary, and Proviso East High School
- Associate Degree in Arts, Triton Community College
- Bachelor's in Social Work, Aurora University
- Master's in Urban Planning & Policy, University of Illinois at Chicago
- Board Member, Triton College
- Urban Planner, Great Cities Institute - 4 years



"Vote for
Rep. Norma
Hernandez!"
- Mayor Ron Serpico



ENDORSEMENTS:

Melrose Park Mayor Ron Serpico, U.S. Congressman Jesús "Chuy" García, Speaker Emanuel Chris Welch, Associated Fire Fighters Local 2, Cook County College Teachers Union, Teamsters Local 705, Brotherhood of Maintenances of Way Employees Division of the IBT, International Transportation Communications Union International Association of Machinists & Aerospace Workers

MAKE A PLAN TO VOTE EARLY

MELROSE PARK VILLAGE HALL

1000 N 25th Ave, Melrose Park, IL

Now-Nov. 4

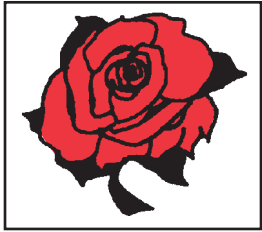
MON - FRI: 9 AM - 5 PM

SAT: 9 AM - 5 PM

SUN: 10 AM - 4 PM

For more information, to volunteer or to request a yard sign, please visit normaforstaterep.com.

Paid for by Citizens to Elect Ronald M. Serpico.

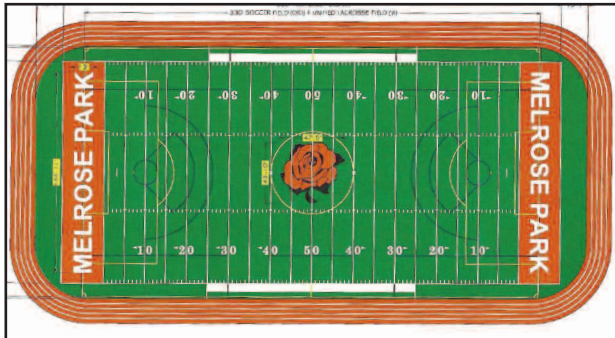


Village of Melrose Park Public Works Report

*From the Desk of
Gary Marine,
Director of Public Works*

Multi-Purpose Field

A new state-of-the-art, multi-purpose field has been set in place at the Ralph "Babe" Serpico Memorial Field on 25th Avenue. The new diverse field can be used for a football field, soccer field, unified lacrosse field and a new walking track. The field is now open to the public.



Feeding Wildlife

Attention Winston Park Area Residents – Please refrain from feeding wildlife, especially deer, around the Winston Park area. The food is attracting skunks and raccoons, and they are becoming a nuisance throughout this area.

Attention Residents Along Silver Creek Embankment



Please refrain from throwing grass clippings and any other yard waste into the creek.

25th Avenue Municipal Lot

Under Mayor Serpico's direction, the lot on 25th Avenue and Augusta has been paved and open for free parking to residents. The lot on the northeast corner of 25th and Augusta has been paved for additional free parking for residents. The Civic Center's east and west lots have been repaved as well.

Street Parking Restriction Signs

Please follow all street parking restriction signs posted throughout the village.

Street Sweeping

The street sweeper has been out sweeping roadways. Please follow all street sweeping signs located on village streets. Please remove your vehicle from the street to help expedite sweeping.

2024 Fall Tree Planting Program

The list is now open for 2024 Fall Tree Planting. To request a tree for 2024, please call the Public Works Department at (708) 343-5128.

2024 – 50/50 Sidewalk Program

If you would like to participate in the 2024 – 50/50 Sidewalk Program to request replacement of sidewalk squares, please call the Public Works Department at (708) 343-5128 for more information.

Melrose Park Dog Park

The village of Melrose Park Dog Park hours are 8 a.m.-8 p.m., seven days a week throughout the summer and fall. The fenced-in Dog Park is located at 13th and Main Street. Dog Park licenses are available at the Village Hall.

Please follow rules posted at the park.



Silver Creek Restoration Project

Under the direction of Mayor Ronald M. Serpico, the Village of Melrose Park Public Works employees constructed the Silver Creek Eagles Nest Park. This is a natural preserve that includes a walking path and a pavilion/gazebo, along with a canoe/kayak launch.

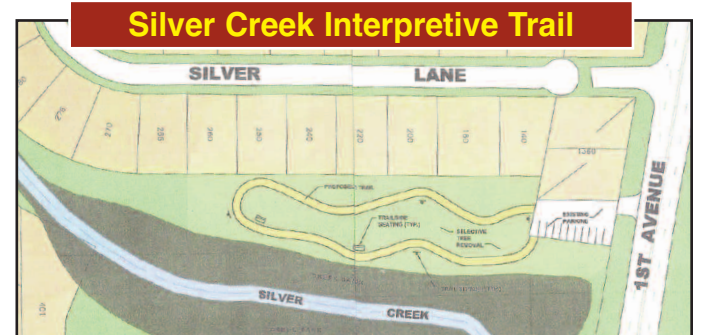
**Phase 5 and 6 of the
Silver Creek Stabilization Project have been completed.
Phase 7 is underway.**

This stabilization project restores the natural balance of the creek by restoring the embankment, and bringing back native landscape and shrubbery along with aquatic habitat. This is an invaluable stream system that provides storm water runoff, flood management and many other benefits for the residents of Melrose Park.



Silver Creek Trail Park

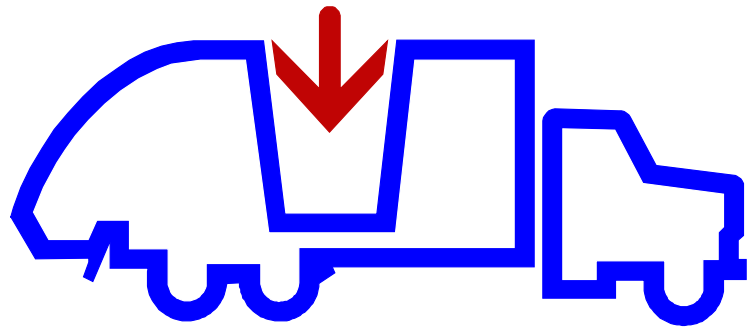
The Silver Creek Trail Park is located off of First Avenue. The trail is centered off the pond between Silver Creek and its tributary, the Des Plaines River. Native plants of this area were once lost to development and are now being reintroduced to the area. With the help of these native plants, more wildlife is returning to the area – from the Bald Eagle (sighted in the area), the Northern Pike, Red Foxes, Black-Crowned Night Herons and Cooper's Hawk, to name a few.



Do's and Don'ts While Visiting the Silver Creek Trail Park

1. No littering. Please clean up after any activities.
2. Pets must be leashed.
3. Smoking or fires are prohibited.
4. Please clean up pet waste and dispose of it.
5. Do not disturb any plants, trees or wildlife.
6. No loitering.
7. No hunting.
8. Fisherman must clean up any cut line, bail containers and all litter.
9. Park opens one hour after sunrise and closes one hour before sunset.
10. Enjoy the park.

The Public Works employees are always in full force, working to keep the village of Melrose Park clean and well-maintained. If you have a request, please feel free to call Gary M. Marine, director of Public Works at (708) 343-5128.



Village of Melrose Park Residential Garbage Pickup Information

Republic Services Garbage Schedule for Residential Bi-Weekly Pickup

24th Avenue to 11th Avenue – Tuesday and Friday

Winston Park Area – Tuesday and Friday

West Melrose – Tuesday and Friday

North of North Avenue – Tuesday and Friday

Republic Services is contracted to pick up your regular, everyday garbage and household items, such as couches, tables, mattresses, box springs, desks and chairs, etc.

Recycling and yard waste is collected on Tuesdays from April through November and must be placed in a 33-gallon refuse can or biodegradable paper bags. Plastic bags will not be accepted.

All items are to be put out the night before or morning of scheduled garbage pickup.

Winston Park Area and West Melrose – Once garbage has been picked up, garbage container is to be removed from curb line and placed back on resident's property.

The Village of Melrose Park Public Works Department Garbage Pickup Schedule

24th Avenue to 10th Avenue – North Side from Cortez to North Avenue – Monday

24th Avenue to 10th Avenue – South Side from Cortez to Main Street – Tuesday

Winston Park Area – Wednesday West Melrose – Thursday North of North Avenue – Thursday

The village of Melrose Park Public Works Department pickup items include all household remodeling items (homeowner/self – not contractor), such as kitchen and bathroom cabinets, drywall and cement.

All items are to be put out the night before or before 7 a.m. the morning of scheduled garbage pickup.

Once village trucks have passed and picked up items, the trucks will not pass again.

Any other garbage items are not to be left out and are to be put out for the next scheduled pickup.

This service is for Melrose Park residents in single and two-flat buildings only.

Commercial and apartment buildings must use a private scavenger company.

Village of Melrose Park Public Works regular hours are 7 a.m.-3 p.m.

This information is also available at www.melrosepark.org.

ATTENTION RESIDENTS – CALL TO REQUEST REPLACEMENT RESIDENT GARBAGE CANS

For a missing or damaged garbage can, please call the Melrose Park Public Works Department directly at (708) 343-5128 to request a replacement garbage can.

REPLACEMENT RESIDENT RECYCLING CANS

For the new larger recycling cans, please call the Melrose Park Public Works Department directly at (708) 343-5128 to request a recycling can. The smaller recycling can will no longer be available at the village Public Works Department or from Republic Services.



Village of Melrose Park Senior News

From the Desks of Peggy DiFazio, Director of Senior Services, Special Events and Taste of Melrose Park, and Lorena Anguiano, Bi-Lingual Services

Senior Services

Need help with Medicare, veterans benefits, circuit breakers, etc.?

Need sources for home health care, equipment, etc.?

Have questions you need resources for? We can help. Call Peggy DiFazio at (708) 343-4000, Ext. 4448.

Donation of Mobility Need Items – Canes, Wheelchairs, Walkers, Etc.

The Melrose Park Senior Center is currently accepting donations of canes, wheelchairs, walkers, etc., that can be given to those in need.

If you have something you would like to donate, please call Peggy DiFazio at (708) 343-4000, Ext. 4448.

Benefit Access Program Benefits

Senior Ride Free Transit Benefit • Persons with Disabilities Free Transit Ride • Secretary of State License Plate Discount

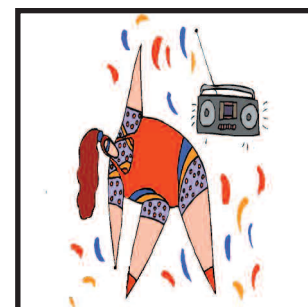
Beneficio de Acceso para el Programa de Beneficios

Beneficio de Transporte Gratuito para personas Mayores de 65 años • Transporte Gratuito para Personas con Incapacidades
Descuento para la Placa de su Carro en la Secretaria del Estado

For more information, please call (708) 343-4000, Ext. 4448 or Ext. 4452.

Free Exercise for Melrose Park Seniors

*Come Join
in the Fun
with Instructor
Barb Rubright
(Rube's Garage)*



Monday-Friday • 9-10 a.m.

Melrose Park Civic Center

1000 N. 25th Ave. • Melrose Park

Socially Distanced Activity • Face Masks Required

For more information, please call (708) 343-4000, Ext. 4448.

Huntington Safe Banking for Seniors Workshop



Join us for an interactive workshop with tips to help keep you and your money safe.

Topics include:

Avoiding financial exploitation

Guarding against identity theft

Planning for unexpected life events

Preparing for financial disasters

Helpful resources on managing money and reporting financial exploitation

Understanding common scams

Importance of smart money decisions

The program concludes with a game of BINGO that reviews topics covered during the workshop and tips for smart money decisions.

Join us! Bring a friend.
Caregivers welcome.

Date: November 1, 2024

Time: 9:00 AM-11:00 AM CST

Location: Melrose Park Senior Building
1000 N 25th Ave.
Melrose Park, IL 60160

To RSVP, call Lorena: 708-649-4452

Learn more:

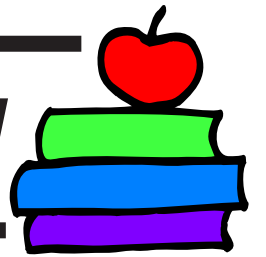
**Lunch, Bingo,
Prizes & More!**

Member FDIC. Huntington and Huntington. Welcome. are federally registered service marks of Huntington Bancshares Incorporated. ©2019 Huntington Bancshares Incorporated

 **Huntington**
Welcome.



Melrose Park Public Library



MP Melrose Park PL Public Library

www.MPPLibrary.org

CHAIR YOGA

Rhonda's Rhythms

Designed for all levels. The classes include breathing, meditation, stretching in the chair, some standing poses, & ends with relaxation. No equipment needed.

For Adults & Seniors

2024 Schedule

FRIDAYS
10:30 AM - 11:30 AM

DATES

September 20th
October 18th
November 15th
December 13th

Registration Required

ONLINE: mpplibrary.org
PHONE: (708) 649-7485
EMAIL: mpref@mpplibrary.org

Begin Your Journey...



Adults & Seniors

PAINT 'N' SIP

Join us as an instructor from **Paint The Town** guides you through painting your own masterpiece!

No experience needed!

All materials will be provided!

Soft drinks will be served.

Saturday, November 16, 2024

11:00 AM - 1:00 PM

Registration is limited and required

ONLINE: mpplibrary.org

PHONE: (708) 649-7485

EMAIL: mpref@mpplibrary.org



Check the website or call for the most current information on hours and procedures.



Mon Wed Fri 9:00am - 5:00pm
Tue Thu 9:00am - 7:00pm
Sat 10:00am - 2:00pm

Last Saturday of the month - Closed
Sunday - Closed

Memorial Day thru Labor Day - Closed on Saturdays

MPPLibrary.org

801 N Broadway
Melrose Park, IL 60160
mps@mpplibrary.org
(708)649-7400



Melrose Park Public Library



M P Melrose Park
P L Public Library

Youth Services



Make It Mondays

Weekly Crafts on YouTube

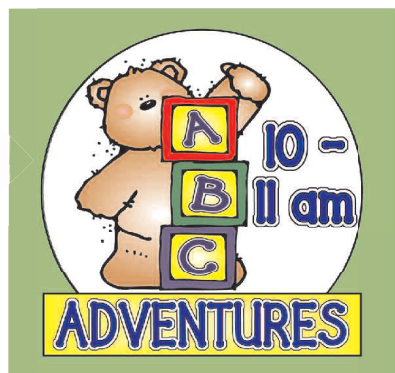
Make something special every week with us on the Melrose Park Library Official YouTube Channel! Contact us for information, and drop by the library to pick up the weekly craft supplies. Ages 3 & up.



Online Storytime

Bi-Monthly on our Website

We are posting virtual story times online the first and third Wednesdays of every month! We will also have available for pick up at the library an activity package and unique craft to celebrate the story time theme! You will find all our videos on our website.



ABC Adventures

Join our interactive playtime for fun with stories, music, puzzles, and toys.

Ages 1-5 with a caregiver.



All dates and times are subject to change without prior notice. Please see the website, or call us for updated programming information. All programs at the library are free but registration is required. MPPL card holders have first priority. To register, or with any further questions, please call 708.649.7400



Village of Melrose Park

Mayor Serpico's Snow Removal Program for Senior and Special Needs Residents



**RESIDENTS
MUST
PRE-REGISTER
EVERY
SEASON.**

**This service is offered to seniors (65 and older),
disabled with special needs and
those who have no family or neighbors to help.**

**AT 4 INCHES OR MORE OF PREDICTED FALLING SNOW,
YOUR NAME WILL BE ADDED TO THE SNOW REMOVAL LIST.
WE WILL DO A PATH FROM YOUR FRONT DOOR TO THE STREET
AND A SWIPE OF YOUR DRIVEWAY.
SINGLE FAMILY HOMES ONLY (NO RENTALS) - NO ALLEYS
- NO ALLEY SKIRTS TO GARAGE - NO BACKYARDS.**

For more
information,
please call
(708) 649-4450.

TO RESERVE SERVICES FROM THE VILLAGE OF MELROSE PARK SNOW REMOVAL PROGRAM
FOR THE FULL WINTER SEASON, YOU MUST COMPLETE AND MAIL
THE MAYOR SERPICO AND THE VILLAGE OF MELROSE PARK SNOW REMOVAL RESERVATION FORM TO:
Village of Melrose Park, Snow Removal • 1000 N. 25th Ave., Melrose Park, IL 60160



Mayor Serpico and the Village of Melrose Park Snow Removal Reservation Form

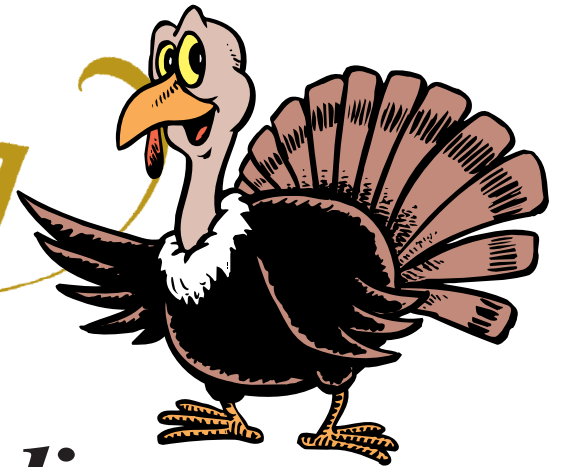
TO RESERVE SERVICES, YOU MUST COMPLETE AND MAIL THIS FORM. PLEASE PRINT CLEARLY.

Name _____
Address _____
Phone _____ Age _____

**MELROSE PARK RESIDENTS – PLEASE TRY TO HELP SENIOR AND
DISABLED NEIGHBORS IN THE EVENT OF INCLEMENT WEATHER – THANK YOU.**

Mayor Serpico's

Thanksgiving



RESERVATION MUST BE RECEIVED ON OR BEFORE NOV. 8, 2024.

Dinner Delivery

MAYOR SERPICO AND THE VILLAGE OF MELROSE PARK ARE NOW ACCEPTING RESERVATIONS TO DELIVER FREE THANKSGIVING DINNERS TO SENIORS (65 AND OLDER) AND SPECIAL NEEDS RESIDENTS ONLY ON THURSDAY, NOV. 28.

We will deliver a meal that will bring the holiday aromas into your home. The day will be filled with warmth, holiday cheer and a feast to remember.

TO MAKE A DELIVERY RESERVATION, YOU MUST COMPLETE THE THANKSGIVING DINNER RESERVATION FORM AND MAIL IT TO:

**Village of Melrose Park, Thanksgiving Delivery
1000 N. 25th Ave. • Melrose Park, IL 60160**

NO CALLS WILL BE ACCEPTED. FORMS ONLY!

Volunteers Needed!

Volunteers are needed to help with delivery, etc., on Thanksgiving Day. Interested parties, please call Lorena Anguiano at (708) 343-4000, Ext. 4448.

RESERVATION MUST BE RECEIVED ON OR BEFORE NOV. 8, 2024.

Meals will be delivered between 11:30 a.m. and 1:30 p.m.

YOU MUST BE HOME TO ACCEPT THE MEAL. MAXIMUM TWO PER HOUSEHOLD.

For more information, please call (708) 343-4000, Ext. 4448.



Mayor Serpico and the Village of Melrose Park Thanksgiving Dinner Reservation Form

TO MAKE A DELIVERY RESERVATION, YOU MUST COMPLETE AND MAIL THIS FORM. PLEASE PRINT CLEARLY.

Name _____ Age _____

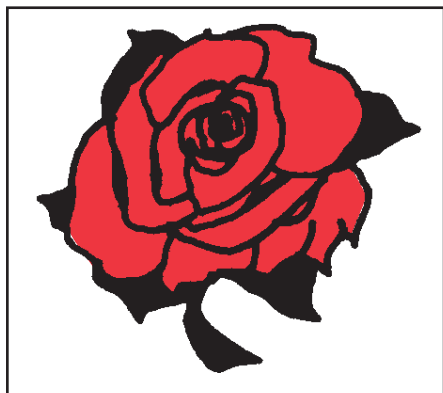
Address _____ Apt. # _____

Phone _____ / _____ Please check: Senior Special Needs One Meal Two Meals

House

Cellphone

(Melrose Park Residents Only. Limit Two Meals Per Household.)



Village of Melrose Park Dial A Ride Program for MP Residents

Convenient Ride Service Now Available 8 a.m.-5 p.m.

The Village of Melrose Park Dial a Ride Program was initiated in 2000 to provide residents of our community with a new transportation resource to any location in the Melrose Park boundaries. Residents are encouraged to use the program to do their everyday needs such as grocery shopping, doctor appointments, etc. We are also handicapped accessible.

This service is available to residents Monday thru Friday, 8 a.m. to 5 p.m. To make a reservation, please call (708) 343-7047. You can make appointments during the hours of 8 a.m.-5 p.m., Monday thru Friday. We are closed on Saturdays and Sundays and all major holidays. To book an appointment or make a cancellation, you must call at least 24 hours in advance.

Policies and Procedures

Only one reservation per rider per day. NO EXCEPTIONS!

Only two appointments a week can be made for miscellaneous use such as grocery shopping etc. Anyone using the van for doctor appointments, etc., may use the van up to three times a week.

You must stay at your destination you are going to for a minimum of an hour. Any residents of Victory Centre MUST go with the group provided at their center for grocery shopping, etc. Any doctor appointment can be made with us.

Only three shopping bags per rider. Forgotten items in the van will be returned at the next pickup date. Please note that our service is getting more popular every day so we will try to accommodate your needs to the best of our ability.



Mayor Serpico encourages residents to use this convenient transportation resource for their everyday needs, such as shopping, doctor appointments, etc.

Call (708) 343-7047 for service.

Mayor Ron Serpico Speaks at New York City's Hispanic Heritage Month Kickoff in Times Square

On Sept. 16, 2024, Mayor Ron Serpico of the village of Melrose Park, addressed a crowd of nearly 40,000 people at New York City's official kickoff of Hispanic Heritage Month, an event that also celebrated Mexican Independence Day, in the heart of Manhattan's iconic Times Square. The celebration featured a spectacular cultural performance by Mexico en el Corazón and showcased musical bands representing various Latino countries, highlighting the rich diversity and contributions of the Hispanic community.

Mayor Serpico emphasized the importance of embracing multiculturalism, unity and inclusivity, values that are deeply rooted in both the Hispanic Heritage Month celebrations and in the village of Melrose Park. His presence at the event served as a testament to the growing national recognition of Melrose Park's efforts in fostering cultural exchange and supporting its vibrant diverse population.

"This gathering in Times Square, at the heart of the world, is the perfect place to honor the rich heritage and contributions of the Latino community, which continue to shape our nation's future," said Mayor Serpico. "I am proud to represent Melrose Park and stand alongside our local and national partners as we celebrate the rich heritage of not only Mexico, but all Latino countries that contribute to the fabric of our nation."

The day's festivities were marked by energetic performances from Mexico en el Corazón, whose traditional music and dance captivated the audience, and a series of performances by bands from various Latino countries, reflecting the diverse cultural heritage of the Hispanic community. The celebration brought together people from all walks of life to honor the independence and culture of Latin-American nations.





Melrose Park Fire Department Visits Gottlieb Day Care Center



The Melrose Park Fire Department visited the Gottlieb Hospital day care center on Monday, Oct. 7. Children enrolled at the center had a chance to meet with firefighters and take a special tour of Melrose Park's state-of-the-art fire engine.

A Step Closer to the Rank of Eagle Scout



Pictured are members of Melrose Park's Boy Scout Troop 4112 who spent a week camping at Camp Long Lake Scout Camp in St. Cloud, Wis.

The group spent the week hiking, swimming and completing activities in order to earn merit badges that will help them reach the rank of Eagle Scout.

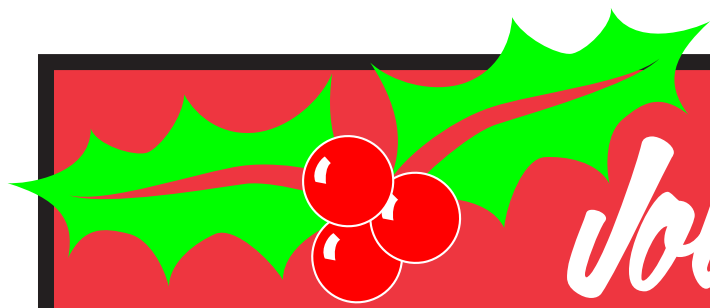
Anyone interested in joining the Boy Scouts can call Fred Cranchich at (708) 609-5539 for additional information.

SANTA ARRIVES BY HELICOPTER!

Saturday, Nov. 16 • Noon Sharp!

Winston Plaza invites the community of Melrose Park to a complimentary holiday event! Santa lands via helicopter at Winston Plaza on Saturday, Nov. 16, at noon sharp! Activities and family fun to follow! Enjoy a magic show, face painting, kids crafts and more! Get your free photo with Santa with a \$25 or more purchase from any merchant at Winston Plaza. RSVP now to reserve spots for you and your family!

RSVP Today at Eventbrite.com and Search for Winston Plaza!



Join in the Seasonal Fun!

Decorate your home for the holidays ... And send us a photo for the Winter 2025 issue of *The Rose*!

You could win a prize on behalf of Mayor Serpico and the Melrose Park Youth Commission.

Five top prizes (\$150 each) and five runners-up prizes (\$50 each) will be awarded for the best decorated!

Take a nighttime photo of your home all lit and email it to therose@melrosepark.org on or before Jan. 6, 2025.

Type Mayor Serpico/MPYC Holiday Decorations in the subject line of your email and include your name, address and a phone number that's best to reach you at.

For more information, please call the MP Youth Commission at (708) 343-4000.

Village Hall Announces Holiday Closings

The Melrose Park Village Hall will be closed for the following holidays: Veterans Day – Monday, Nov. 11, 2024; Thanksgiving Day – Thursday, Nov. 28, 2024; Day After Thanksgiving – Friday, Nov. 29, 2024; Christmas Eve (1/2 Day) – Tuesday, Dec. 24, 2024; Christmas Day – Wednesday, Dec. 25, 2024; New Year's Eve (1/2 Day) – Tuesday, Dec. 31, 2024; and New Year's Day – Wednesday, Jan. 1, 2025.

Residents are asked to make note of the dates listed. For more information, call the Village Hall at (708) 343-4000.

Public Notice Regarding Scheduled Board Meetings

Take notice that the village of Melrose Park, Cook County, Ill., will conduct the regular scheduled meetings of the president and the board of trustees on the second and fourth Mondays of each calendar month, unless otherwise noted, at 6 p.m. at the Village Board Meeting Room located on the first floor of the Melrose Park Police Department, 1 N. Broadway Ave., Melrose Park.

The remaining schedule for calendar year 2024 is: Oct. 28; Nov. 25; and Dec. 23.

For more information, call (708) 343-4000.

Franciscan Resource Center Offers Local Assistance

Melrose Park-based Franciscan Resource Center is a nonprofit center for persons seeking help in their human needs, such as health, depression, domestic problems, hunger, medical aid, addictions, anger management, substance abuse, clothing and basic human needs.

The resource center refers persons to area agencies and follows up on each person's needs.

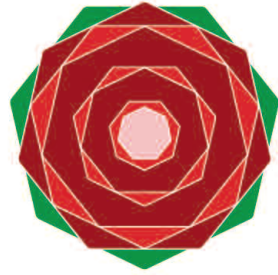
For an appointment or further information, please call Sr. Nila or Sr. Jan at (708) 567-5083, Monday-Friday, 8:30 a.m.-3:30 p.m.

Centro De Recursos Franciscanos

El Centro de Recursos Franciscanos es un centro sin fines de lucro para personas que buscan ayuda en sus necesidades humanas, como la salud mental depresión inmigración, problemas internos, hambre, ayuda, medica, adicciones, control de la ira, abuso de sustancias, ropa y necesidades humanas basicas.

Este centro de recursos ayuda a referir a personas, a las agencias adecuadas y hacen el seguimiento para que las personas reciban la ayuda necesaria.

Por favor llame a la hermana. Nila o hermana. Jan al (708) 567-5083 para hacer una cita ... Lunes-Viernes 8:30 a.m.-3:30 p.m. ubicacion en Melrose Park.



MELROSE PARK
CHAMBER OF COMMERCE
& COMMUNITY DEVELOPMENT

New Chamber Members and Renewals

The Melrose Park Chamber of Commerce and Community Development (MPCCCD) welcomed two new businesses as members in August and September, and has over 200 members! Please help us welcome Andy's Frozen Custard and La Famillia Lomar, Inc., on their membership and partnership with the MPCCCD.

We also want to give special thanks to the seven businesses that renewed memberships in August and September, and continue to participate in networking events, information sessions, and provide feedback and surveys to help the chamber connect them with the resources and solutions needed to support and fuel economic growth in our community. Please join us in thanking and supporting these businesses. They are Best Packaging Co.: Precision Repair, Inc.: Proviso Leyden Council for Community Action (PLCCA): Signco, Inc.; Triton College; Walther Christian Academy and Winston Plaza.

The Melrose Park Chamber of Commerce and Community Development now has over 200 members and the list continues to grow each month. If you are not currently a member of the MPCCCD, please reach out to Isaac Bazbaz, executive director, via email at ibazbaz@mpcccd.org or call (708) 343-9500 and he will schedule a time to meet with you to discuss the benefits of partnering and working with our chamber.

For information about membership, please visit the chamber website Membership page at <https://mpcccd.org/benefits-dues/>.

Connecting Our Businesses to Resources!

On Sept. 24, the MPCCCD hosted a workshop specifically geared towards digital marketing strategies and solutions for small businesses. During this session, attendees were able to gain insight from Andrew Madden of Madden Creative to help grow their business using best practices for their website and social media efforts to connect with customers.

This session included information on optimizing image and video content for better search results, updating website content using free SEO Tools to improve search results, using Google Analytics and Search Console to see how visitors are finding and using your website, etc.



Thank you to all that were able to attend and a special thank you to Andrew Madden and the Madden Creative Team for the presentation and providing our businesses with ways to improve how they connect with new and existing customers!

To learn more about the Melrose Park Chamber of Commerce and Community Development, and future events and initiatives, visit our website at <https://mpcccd.org> or call (708) 343-9500.

Learn More About the Melrose Park Chamber of Commerce and Community Development!

If you are not getting emails from the MPCCCD about events, training or technical assistance offered for certifications, grant applications, etc., sign up for our newsletters at <https://mpcccd.org>. You can also follow the chamber on Facebook or LinkedIn to stay current on chamber activities!

To schedule an appointment to learn more about the chamber or to get information on membership, please reach out to Isaac Bazbaz, executive director, via email at ibazbaz@mpcccd.org or call (708) 343-9500 and he will schedule a time to meet with you.

Having Fun and Making a Difference

August and September are always big months for the Melrose Park Chamber of Commerce and Community Development with a little extra emphasis on community through participation and support in the District 89 Annual Back-to-School Picnic, sponsoring and hosting Bingo at the Taste of Melrose Park, Labor Day Weekend, and this year we also participated in the Village of Melrose Park's National Night Out Event!

On Aug. 6, the Melrose Park Chamber of Commerce and Community Development (MPCCCD) proudly participated as a key sponsor in the village of Melrose Park's inaugural National Night Out festival for first responders, held at the Melrose Park Civic Center.

As one of the main sponsors of the event, the MPCCCD played a significant role in making the evening memorable by providing food and beverages for all attendees. The festival offered a unique opportunity for residents and their families to engage with first responders from the Melrose Park Police, Fire and Homeland Security – Public Safety departments, as well as representatives from various community agencies.

Isaac Bazbaz, executive director of the Melrose Park Chamber of Commerce and Community Development, expressed his enthusiasm about the event: "It was an honor to support and participate in this special event. Our community thrives when we come together to celebrate and connect with our first responders. Last night was a beautiful demonstration of unity and appreciation, and we are proud to have been part of it."

The event highlighted the vital role of first responders and provided an engaging and enjoyable experience for all who attended. The MPCCCD looks forward to continuing its support for such impactful community initiatives.

School District 89 held its annual Back-to-School Picnic on Aug. 17, and the representatives from the Melrose Park Chamber of Commerce, joined village of Melrose Park Mayor Ron Serpico and D89 Superintendent Dr. Michelle Hassan, teachers, sponsors and vendors to welcome students and families to kick off the 2024/2025 school year.

Pictured here are Mayor Serpico, Dr. Hassan and MPCCCD Executive Director Isaac Bazbaz as they announced the 10 students winning new bicycles that had been donated by the MPCCCD.

Executive Director Bazbaz said that this is the fourth consecutive year that the MPCCCD has participated in the D89 picnic and that the chamber looks forward to participating again next year. Bazbaz also indicated that the event also gave him an opportunity to celebrate with several MPCCCD members since nearly half the sponsors/vendors are current MPC-CCD members.

From Aug. 30-Sept. 1, the Melrose Park Chamber of Commerce and Community Development hosted Bingo and a 50/50 raffle at the Taste of Melrose Park for the third consecutive year! During the three days, nearly 80 games of Bingo were played with the winners getting half the proceeds from each game. \$5,000 was paid out to winners from Bingo this year and the winner of the 50/50 raffle received \$1,840 after her ticket was drawn just prior to the close of the 42nd Taste of Melrose Park.

MPCCCD Executive Director Isaac Bazbaz said he truly appreciates the hundreds of people that participated in Bingo or bought a 50/50 raffle ticket and congratulates each of the winners, and continued by saying the big winners are those that receive help from the food pantry at Our Lady of Mount Carmel (OLMC) in Melrose Park. For the third consecutive year, 100% of the proceeds from Bingo and the 50/50 raffle were donated to the pantry.

On Oct. 2, 2024, representatives from the MPCCCD joined Mayor Ron Serpico as he presented a check for \$7,000 to the Our Lady of Mt. Carmel Food Pantry which was represented by Fr. Leandro Fasso, Deacon John Battisto, Jaime Reyes and Joe Casale from Our Lady of Mount Carmel Church.

Thanks to everyone that joined us for Bingo or bought a raffle ticket this year. We look forward to seeing you at Bingo at the Taste of Melrose Park in 2025!



Melrose Park's National Night Out



District 89's Back-to-School Picnic



Taste of Melrose Park BINGO



Our Lady of Mt. Carmel Food Pantry



Melrose Park

Village Hall News

Village Hall Hours – 9 a.m.-5 p.m., Monday through Friday
(May be subject to change.)

Birth Certificates

Birth Certificates – \$15 each,
\$4 per additional certification or copy requested.

We only provide birth certificates if the individual was born in Melrose Park. Birth certificates can be only be obtained by the individual themselves, a parent, or legal guardian.

A valid ID is required or in a legal guardian case, the proper documentation is required along with the valid ID.

Death Certificates

Death Certificates (Including Fetal Death) – \$17 each, \$6 per additional certification or copy requested.

Vehicle Sticker Information

New stickers can be purchased at the Village Hall. Pricing varies based on type of vehicle.

For additional information, please call the Village Hall at (708) 343-4000.



Community Nutrition Network
and Senior Services Association *A non-profit organization*



You Can Change a Life!

VOLUNTEERS NEEDED!

Monday thru Friday mornings
Volunteer 1 day a week or more!
Mileage reimbursement available!



**Contact Us at (312) 207-5290 or
Email Volunteer@cnnssa.org.**

Funds, in whole or in part, for this publication were provided through AgeOptions under Title III of the Older American Act as administered through the Illinois Department on Aging and the Federal Administration on Aging.



Thank You

Mayor Serpico Thanks You for Supporting Another Successful Melrose Park Event!

On behalf of the Village of Melrose Park, I would like to once again take this opportunity to graciously thank all the volunteers, village employees, department heads, Taste sponsors, local businesses and supporters for their yearlong dedication and endless hours of hard work to ensure the Taste of Melrose Park continues its historical tradition of being the most family-friendly and family-affordable food festival in all of Illinois!

With Sincere Gratitude and Appreciation,

Ron Serpico
 Mayor Ronald M. Serpico
 Village of Melrose Park

Thank You

Gracias

Grazie

Dziękuję

Merci

Danke

Aciu

Kamsamnida

Dýmo arigatý

Go raibh mile maith agat

Obrigado

Shokron

Thinks, Moite

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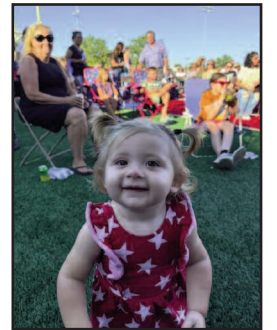
Hvala

Ahsante Sana



Taste of Melrose Park Celebrates 42nd Anniversary





**Watch for more
Taste of Melrose Park photos
in the Holiday Issue of The Rose.
If you have any that you'd like to share
and have published, send them to
TheRose@MelrosePark.org!**

Al Piemonte

**AL PIEMONTE NOW OFFERS BUICK AND GMC
 SAME GREAT AL PIEMONTE SERVICE
 SAME GREAT AL PIEMONTE PRICES
 SAME GREAT AL PIEMONTE COMMITMENT
 TO CUSTOMER SATISFACTION**



Sammy Alfano
sammya@apnissan.com



The **ROSE** AD RESERVATION FORM

Save the Dates!
 Next Issue – December 2024
 (Deadline for material Nov. 25, 2024.)
 Schedule for 2025
 February, April, June, August, October and December

Dear Community Member,
 The Village of Melrose Park publishes *The Rose* (the official newsletter of the Village of Melrose Park) and mails the publication to all Melrose Park residents and businesses. We are offering advertising space and would greatly appreciate your participation.

Included is display ad pricing for your review.

If you are interested in advertising in one or more issues that will be delivered every other month, please complete this form and mail with completed ad to:

The Rose c/o Village of Melrose Park • 1000 N. 25th Ave. • Melrose Park, IL 60160
or Email to: therose@melrosepark.org w/pdf or jpeg file.

(Checks need to be made to the order of Village of Melrose Park.)



Rates – Full Color Ads

- Full Page
\$400 per issue (9 x 10 1/2)
- Half Page
\$200 per issue (9 x 5 1/4)
- 1/4 Page
\$100 per issue (4 1/2 x 5 1/4)
- 1/8 Page
\$50 per issue (4 1/2 x 2 5/8)

Date _____

Name of Business _____

Contact Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Phone _____ Fax _____

The **ROSE**

Ad Size (Please Circle): Full Page 1/2 Page 1/4 Page 1/8 Page

Village of Melrose Park to Host Christmas Lights Parade with Santa on Dec. 17, 2024

Mayor Ron Serpico is excited to announce the village of Melrose Park's annual Christmas Lights Parade with Santa, is taking place on Tuesday, Dec. 17, 2024. The parade will begin at 6 p.m., from the Melrose Park Civic Center and will journey through the village, bringing holiday cheer to residents along the way.

This beloved community event is a cherished tradition for Melrose Park, celebrating the festive spirit of the season and bringing together neighbors, friends and families. The Christmas Lights Parade has become a special part of the holiday season, allowing residents to enjoy the twinkling lights, joyous music and, of course, a visit from Santa Claus himself.

Mayor Ron Serpico, shared his excitement for the event stating "Our Christmas Lights Parade has become a highlight of the holiday season here in Melrose Park. It's a time for us to come together as a community and celebrate the joy of the season. Seeing our residents' faces light up as Santa makes his way through the village is truly heartwarming and I invite everyone to join us in this festive tradition."

Spectators along the parade route are encouraged to make this event their own celebration. Residents can:

- Decorate their homes and light up the night with their own holiday lights, creating a glowing path for the parade.
- Bring chairs and blankets to enjoy the parade with family and friends, while sipping hot cocoa or cider.
- Cheer on Santa with handmade signs or by wearing holiday-themed attire.
- Host small gatherings or "watch parties" with neighbors to make the night even more special.

The Christmas Lights Parade will spread holiday cheer throughout the village, bringing families closer and creating lasting memories for the children who eagerly await Santa's arrival.

To stay up-to-date with the parade route and event details, follow the village of Melrose Park on Facebook and Instagram. Updates, route maps and any weather-related announcements will be posted to ensure the best parade experience for all.

Mark your calendars for Tuesday, Dec. 17, 2024, and join us in celebrating the magic of Christmas in Melrose Park!



Show Your Support for Our Veterans and Those Currently Serving Our Country! Call the Village Hall Today to Reserve a Flag in Their Honor



In 2014, Mayor Serpico and the Melrose Park Youth Commission launched Melrose Park's Avenue of Flags campaign and we're continuing our efforts.

Flags representing the United States of America, the state of Illinois, the village of Melrose Park, the United States Army, United States Navy, United States Air Force, United States Marines, United States Coast Guard, United States Space Force and POW/MIA are being displayed on lightpoles within the village.

If you know of a veteran or someone currently serving from the community and would like to have a flag displayed on a lightpole near their home, please call the Melrose Park Village Hall at (708) 343-4000 with details on their U.S. military branch.

Melrose Park is Looking for Residents Currently Serving in the Military



Attention Residents

The village of Melrose Park would like to know of any residents who are currently serving in the military. If you have a family member or know of a resident who is, please contact Jasmine Mendez via email – jmendez@melrosepark.org or by phone – (708) 343-4000, Ext. 4414.

Donations of any amount to support Melrose Park's Avenue of Flags initiative are appreciated and can be sent to: Village of Melrose Park/Avenue of Flags, 1000 N. 25th Ave., Melrose Park, Ill. 60160. Please make checks payable to the Melrose Park Youth Commission or Melrose Park Sports & Family Benefit Fund.





**Veterans
Park
District**

*Programs
&
Happenings*

VETERANS DAY OBSERVANCE

**FRIDAY, NOVEMBER 1
BULGER PARK, MELROSE PARK
CEREMONY STARTS AT 10 AM**

Veterans Park District observes Veterans Day with a ceremony attended by community members, friends, employees, local schools, churches, and war heroes.

Everyone is invited to honor our veterans and remember our veterans during this moving ceremony.

All VPD Special Event dates, locations, and advertised activities are subject to change. Please visit vpdpark.org for current information. Always check our Facebook page for updates: facebook.com/vpdparks.



(708) 343-5270 | VPDPARK.ORG | FOLLOW US ON



Veterans Park District

Programs & Happenings

Early Childhood Programs

Toddler Turf Time

Ages 2-5 (2s and 3s with Adult)

Join us for a morning filled with fun, fitness and sports challenges! Each day will include play-based themed stations, interactive circle time with music and movement. Please bring your child in comfortable clothing that is easy to move around in (no dresses or skirts) and a water bottle with their name on it.

- Mondays, Now-Dec. 2, 10-11a.m.; Class is held at George A. Leoni Complex, 800 N. 17th Ave., Melrose Park; Fee – R\$65/NR\$75.

Alphabet Adventures

Every week children are introduced to different groups of letters in the alphabet, their sounds and shapes. They will learn through flashcards, hands-on activities and crafts. By the end of the program, your child will have created their own book of ABCs.

- Tuesdays, Nov. 5-Dec 10; Class held at Grant Park Recreation Center, 44 W. Golfview Dr., Northlake; Fee – R\$60/NR\$70.

Youth Sports

Volleyball, Ages 8-12

This fun and instructional program prepares players to succeed in volleyball. Players will improve their serving, bumping, setting and spiking skills. Games will be played throughout the program. Teamwork and good sportsmanship are stressed.

- Mondays, Oct. 14-Nov. 4, 4-5 p.m.; Classes are held at Grant Park, 44 W. Golfview Dr., Northlake; Fee – R\$55/NR\$70.

Fall Basketball Clinic, Ages 8-14

Get your child ready for the 2025 basketball league. These clinics will run through warmups and go right into scrimmage games.

- Fridays Oct. 18-Nov. 8, 5-6 p.m.; Classes are held at Grant Park, 44 W. Golfview Dr., Northlake; Fee – R\$55/NR\$70.

Baseball, Ages 8-12

This slow-paced class covers the basic skills/drills of baseball, including throwing, catching, fielding and hitting. Please bring a baseball bat and glove.

- Wednesdays, Oct. 16-Nov. 6, 5-6 p.m.; Classes are held at George Leoni Complex, 800 N. 17th Ave., Melrose Park; Fee – R\$55/NR\$70.

VPD Swim Lessons, Ages 6 and Older

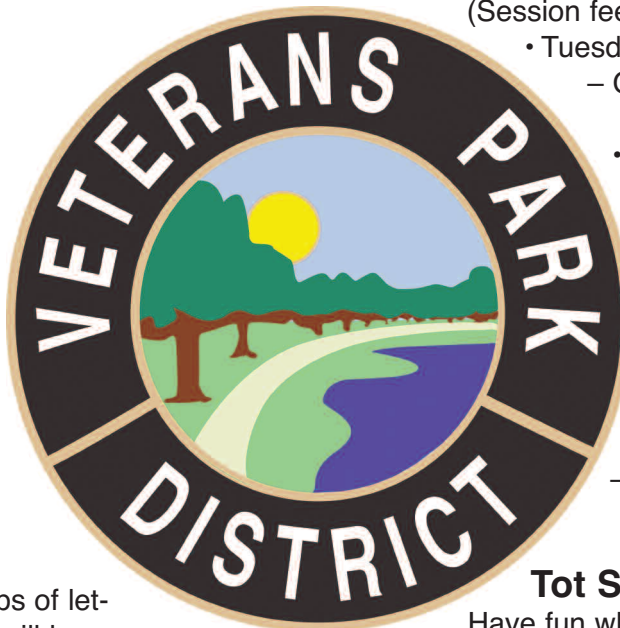
West Leyden High School, 1000 Wolf Rd., Northlake.

Level 1: Basic Water Skills – floating, gliding, kicking.

Level 2: Advanced Water Skills – streamline kicking on front and back.

Level 3: Introduction to Strokes – side stroke, elementary backstroke and front crawl.

Fee per session: \$85 in district/\$100 out of district.



(Session fee will be adjusted according to holiday closures.)

- Tuesday and Thursday, 6:50-7:30 p.m., Levels 1-3.
 - October/November Session: Oct. 29-Nov. 26.
 - December Session: Dec. 3-19.
- Tuesday and Thursday, 7:40-8:20 p.m., Levels 1-3.
 - October/November Session: Oct. 29-Nov. 26.
 - December Session: Dec. 3-19.
- Monday and Wednesday, 6:50-7:30 p.m., Levels 1-3.
 - October/November Session: Oct. 28-Nov. 20.
 - December Session: Dec. 2-18.
- Monday and Wednesday, 7:40-8:20 p.m., Levels 1-3.
 - October/November: Oct. 28-Nov. 20.
 - December Session: Dec. 2-18.

Tot Swim, Ages 3-5 Years Old

Have fun while learning to kick, float, bob and glide in the water.

This is a great way for your child to learn to be safe and comfortable in the water.

Fee per session: \$65 in district/\$80 out of district. (Session fee will be adjusted according to holiday closures.)

- Tuesday and Thursday, 6:30-7:10 p.m.
 - October/November Session: Oct. 29-Nov. 26.
 - December Session: Dec. 3-19.

Cimbalo Fitness Center

Fitness Classes

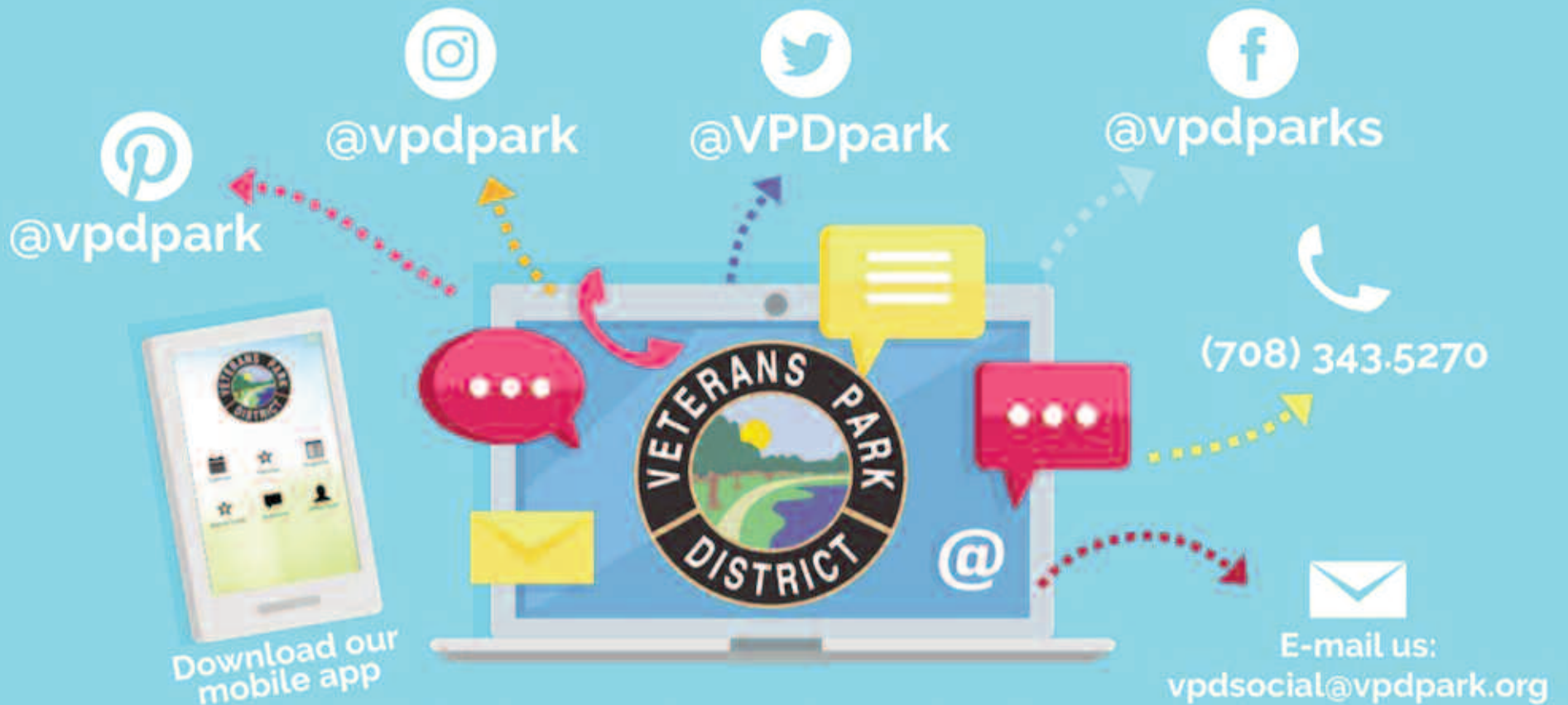
We offer a variety of fun, exciting fitness classes for all ages and fitness levels. Our classes include Zumba, Pump & Sculpt, Strong Nation, Middle Eastern Belly Dancing, Chair Yoga, CIRCL Mobility, Youth Fitness and Youth Boxing. Call Cimbalo Fitness Center at (708) 343-5151 for more information

Golf Simulator

Come experience Cimbalo Fitness Center's Golf Suite! Featuring a state-of-the-art Full Swing® golf simulator. Our golf suite allows you to have a fun, realistic golf experience year-round. Our golf simulator offers something for everyone of all ages and experience levels, from the super competitive golfer to the super casual. With over 85 courses, multiple skill challenge courses, a driving range and a variety of challenge games/modes of play, we can provide users with a great experience customized to their goals, whether that be improving their golf game or just having fun. Pricing is \$40 for one hour and \$20 for a half-hour rental. Please call ahead to reserve a time slot. Cimbalo Fitness Center is located at 1203 N. 24 Ave., in Melrose Park. Call (708) 343-5151 to reserve a time.

Call us for more information on our upcoming programs, (708) 343-5270, or visit our website at www.vpdpark.org or our Facebook Page for updates.

CONNECT WITH US!



A central graphic featuring a laptop with the Veterans Park District logo on its screen. Surrounding the laptop are various social media icons and contact information. A smartphone on the left displays the mobile app interface with the text "Download our mobile app". Social media handles are listed: @vpdpark for Pinterest, Instagram, and Twitter; @VPDpark for Twitter; and @vpdparks for Facebook. A phone icon is accompanied by the number (708) 343.5270. An envelope icon is accompanied by the email address vpdsocial@vpdpark.org. Dotted arrows connect the social media handles to the central laptop.

@vpdpark

@vpdpark

@VPDpark

@vpdparks

(708) 343.5270

E-mail us:
vpdsocial@vpdpark.org

Visit us online at: vpdpark.org



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**Veterans
Park
District**

*Programs
&
Happenings*

BREAKFAST WITH SANTA

SATURDAY, DECEMBER 14

10 AM-12 PM

BULGER HALL

MELROSE PARK



INCLUDES:

- * Visit with Santa
- * Hot Breakfast
- * Gift from Santa for Each Child
- * Gingerbread House*
- * Hot Cocoa Table
- * Special Holiday Mug for Children

* One per family, \$20 extra fee for each additional house

REGISTRATION OPENS:

R Oct 1 / **N** Nov 1

FEE:

R	N	
\$25	\$30	Ages: 3-10
\$30	\$35	Ages: 11-Adult

Children under 3 are admitted free, but still need to be registered for the gift count. Max 125 people. Registration Deadline Dec 2nd.

All VPD Special Event dates, locations, and advertised activities are subject to change. Please visit vpdpark.org for current information. Always check our Facebook page for updates: facebook.com/vpdparks.



(708) 343-5270 | VPDPARK.ORG | FOLLOW US ON





**Veterans
Park
District**

*Programs
&
Happenings*

VETERANS PARK DISTRICT ACTIVE ADULT DAY TRIP



the Musical

AT FIRESIDE THEATRE, FORT ATKINSON, WI
Thursday, December 19th



MENU:

- ❄️ Freshly Baked Artisan Breads
- Butternut Squash Soup
- your choice of entree:
 - CHICKEN AND RIBS
 - STEAK DIANE
 - SEARED DUCK BREAST
- Global Vegetarian Medley
- Mississippi Mud Cake
- (call 708-343-5270 for full menu)*



\$ 130 Per Person

includes musical tickets, luncheon, and transportation.

Motor Coach bus departs at 8am /returns at 6pm

REGISTER BY DECEMBER 1st

www.vpdpark.org

708-343-5270



(708) 343-5270 | VPDPARK.ORG | FOLLOW US ON



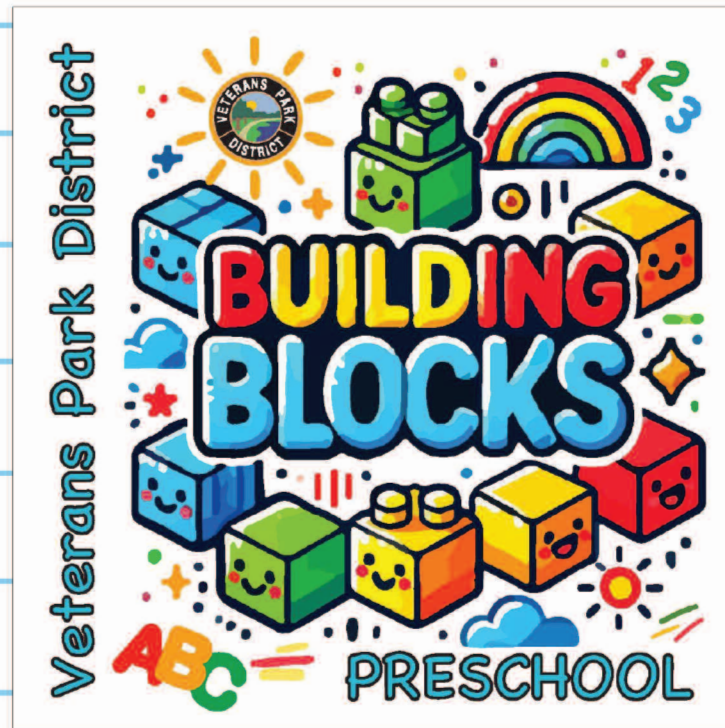


**Veterans
Park
District**

*Programs
&
Happenings*

New Preschool Program at Veterans Park District

Ages 3-5



Located at

**Bulger Park Community Center Classrooms
1601 Hirsch Street, Melrose Park**

Veterans Park District Building Blocks
Preschool is a Recreation Program designed
to meet the physical, social, intellectual, and
creative needs of children ages 3 to 5.

for more information or to register call...

**708-343-5270
www.vpdpark.org**



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**Veterans
Park
District**

*Programs
&
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\$40** per hour

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featuring a widescreen
Full Swing Sport Series Golf Simulator

located inside the

Cimbalo Fitness Center

1203 N. 24th Ave, Melrose Park

Call 708.343.5151 to reserve your tee time

vdpark.org / cimbalo@vdpark.org



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**Whether you're starting
or restarting college,
there's a place for you
this spring!**



Triton College

Here's why you should register at Triton College this spring — We offer more than 120 degree and certificate programs that feature practical courses and flexible scheduling options. Our award-winning faculty combine distinguished academic credentials with valuable real-world experience.

Tuition is affordable, and financial assistance and scholarships are available. All this and we're right in your neighborhood.

Spring registration is now open!



To get the latest spring course listings, scan the QR code on the left.



To learn more about spring registration, scan the QR code on the right.

Someone You Should Know – Analisa Raffaelli

A Melrose Park Star Excelling at Colgate University

This fall, Melrose Park's own Analisa Raffaelli embarks on a new chapter in her life as she enrolls at Colgate University, a prestigious liberal arts college in Hamilton, New York. A student-athlete of distinction, Analisa's recruitment to Colgate's NCAA Division 1 softball team is the culmination of her remarkable athletic achievements at Immaculate Conception Catholic Prep High School (ICCP).

Colgate University: A New Frontier

At Colgate, Analisa steps into a world-renowned institution, known for its rigorous academic programs and exceptional athletic offerings. Ranked among the top liberal arts colleges in the country, Colgate's education is often described as unmatched in quality. It is especially recognized for its strong political science program, a perfect fit for Analisa, who aspires to study political science and one day become a lawyer. She has expressed a deep desire to help people who are struggling, underscoring her passion for justice and service.

Colgate's sports program, particularly its NCAA Division 1 teams, holds an excellent reputation as well. Analisa joins a competitive softball program where her exceptional talent will no doubt make a significant impact, just as she did at ICCP.

A Record-Breaking High School Athlete

While at ICCP, Analisa was a force to be reckoned with on the softball field. Her list of accomplishments is impressive. She was named the Girls Catholic All Conference (GCAC) White Division Player of the Year and earned a place as a four-time All-Conference selection. Analisa also secured the title of Conference Player of the Year for three consecutive years, setting records for most career hits, runs scored, home runs and stolen bases at ICCP. She dominated single-season records as well, achieving the most hits, most runs scored, best batting average, and most home runs and stolen bases in a season. Her dedication to softball began early, playing for the Chicago Cheetahs traveling team. It's clear that her passion and work ethic are bringing her success at every level.

A Leader On and Off the Field

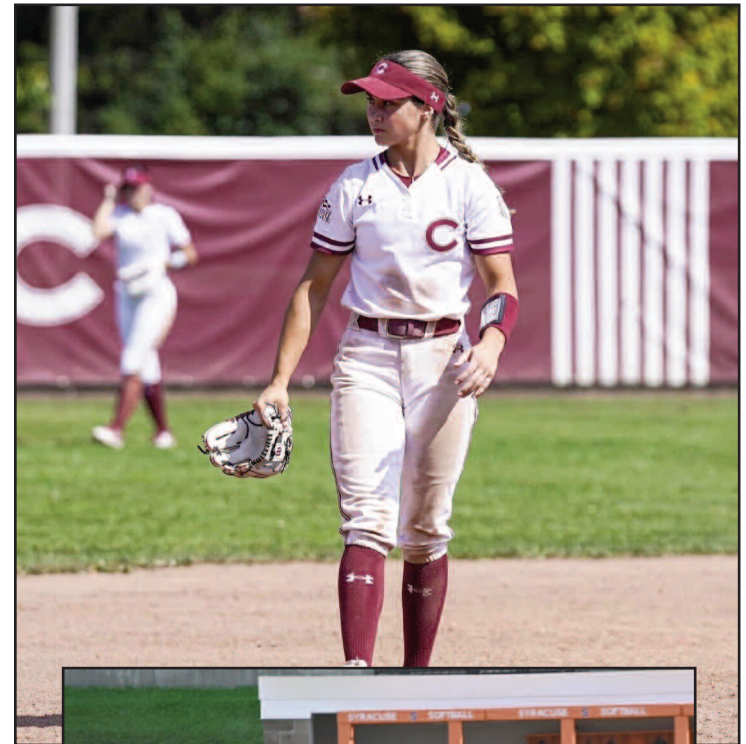
Beyond her athletic accomplishments, Analisa is known for her leadership qualities. She graduated with high honors, a reflection of her commitment to academic excellence. At ICCP, she was not only a stellar athlete, but also a role model for her peers, always striving to lead by example. "I want to be remembered as a good leader," she said when reflecting on her time at ICCP, a sentiment that echoes through her achievements in both academics and athletics.

A Proud Melrose Park Resident

Analisa's roots in Melrose Park are a central part of who she is. Her family, including her supportive parents Anthony and Claudia Raffaelli, has been instrumental in her journey. Analisa has always remained connected to her community, proud of her upbringing in Melrose Park. Mayor Ron Serpico expressed his pride in Analisa's accomplishments, saying, "Analisa exemplifies the spirit of Melrose Park – hardworking, dedicated and passionate. Her success at Colgate University is a reflection of the strong foundation she built here. We are all incredibly proud of her and excited to see what her future holds."

Looking Ahead

The future is bright for Analisa Raffaelli. As she pursues her academic and athletic goals at Colgate University, there is little doubt that she will continue to excel in both areas. Whether on the softball field or in the classroom, she's bound to leave a lasting legacy, much like the one she left at ICCP. Her determination, leadership and commitment to excellence will serve her well as she forges ahead, both as a student-athlete and as a future advocate for those in need.



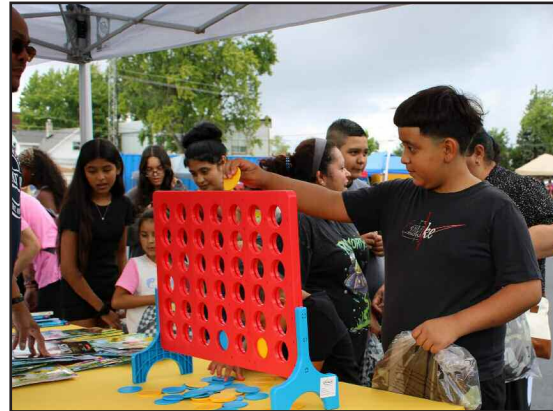
NEWS89 School District89 BRIEFS

District 89 Kicks Off 2024-2025 School Year with Back-to-School Picnic

On Aug. 17, District 89 hosted its annual Back-to-School Picnic, welcoming around 1,200 participants to kick off the 2024-2025 school year. The event was a lively celebration, filled with excitement and community spirit, as families, students and staff gathered to prepare for the upcoming academic year.

The picnic featured 28 vendors offering a wide range of resources, including school supplies, information on community services, games and activities for all ages. The vendors generously provided students with essential items to start the year off right, while also engaging families in interactive and educational opportunities.

The Back-to-School Picnic is a beloved tradition in District 89, reflecting the district's commitment to supporting its diverse community and ensuring students are well-prepared for success. It was a wonderful way to bring families together, celebrate the start of the school year, and reinforce District 89's mission to empower, educate and inspire students to achieve personal excellence in a multicultural society.



DISTRICT 89

PRESCHOOL SCREENINGS

For the 2024-2025 School Year!

About the Program:

- 2.5-hour program Monday through Friday
- Two sessions:
 - AM: 8:10 am - 10:40 am
 - PM: 11:40 am - 2:10 pm
- Children must attend a screening to be considered
- Limited enrollment, placement is not guaranteed
- State-funded - no cost to families

Sign Up Here!

Contact Us

Lauren.Pace@maywood89.org
Ph: 708.450.2460

Yesenia.Hidalgo@maywood89.org
Ph: 708.427.5328

District 89 Preschool Screening for the 2024-2025 School Year: Don't Miss Out!

District 89 still offers preschool screenings for the 2024-2025 school year. Our two-and-a-half-hour program runs Monday through Friday and focuses on your child's holistic development. A play-based curriculum emphasizes key areas such as cognitive, social-emotional and physical growth, ensuring that your little one thrives in a nurturing and supportive environment.

Preschool is a crucial time for building foundational skills and our program is designed to provide enriching experiences that foster curiosity, creativity and learning. Don't wait to give your child the opportunity to grow and succeed!

For more information and to schedule a screening, contact District 89 today!

Lauren.Pace@maywood89.org – (708) 450-2460
Yesenia.Hidalgo@maywood89.org – (708) 427-5328

www.maywood89.org

Follow Us on Twitter “@maywood89”

District 89 Students Shine in Migrating Monarchs Art Contest

Students from four District 89 schools proudly showcased their creativity in the Migrating Monarchs Art Contest, held as part of the Migrating Monarchs Celebration at Thatcher Woods Pavilion on Sept. 7, 2024.

Among the standout schools was Roosevelt School, with impressive artwork from Daryll Russell and Keita Gary, both in fourth grade, and Jayceon Johnson, a first grader in Pat Winters' class, who received an award for his stunning monarch depiction, Ashley Martinez-Rodriguez and Kristian William, both in third grade, and Mylyk Boyd, a fellow first grader.

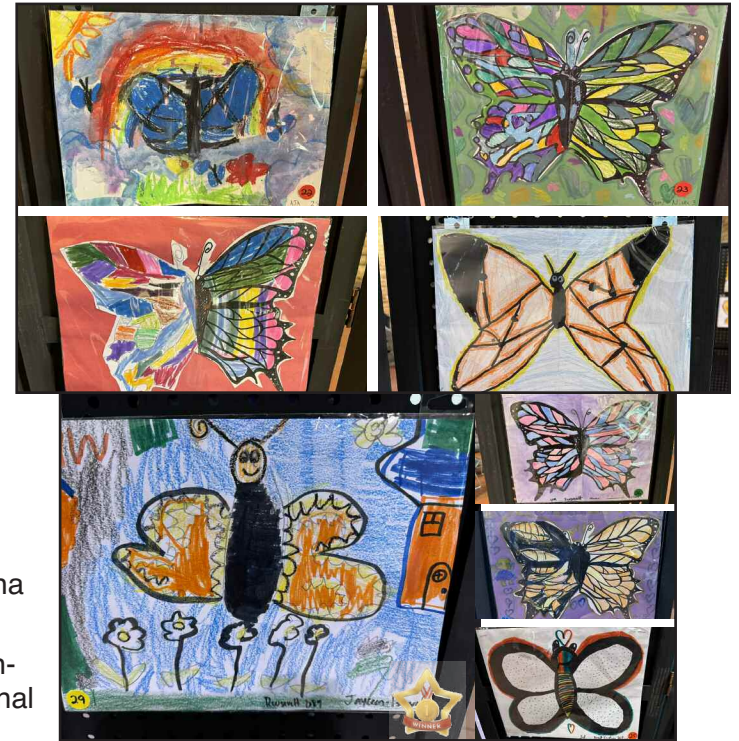
Garfield School also shone with submissions from fifth graders Terry Murphy, Destiny Smith and Tahira Young, alongside second graders Adonis Hypolite, Ethan Hudson, Nathan, Charlie Renee Jackson and Yaretzi Gomez.

Irving Middle School celebrated Qiarie Waddell, an eighth grader, who won the Best Teen category. Other Irving participants included Daisy Valdez, Daniel Martinez Alfonso, Rajon Croff, Julie Graca and Carter Peek Freeman.

Lincoln School students included Keyana Buchanan, DaShari Bronson, Amy Salgado, Samantha Gomez, Aaron Zamora, Ines Carbajal and Mia Diaz.

Stevenson Middle School had strong representation from Camila Andrade, Natalia Urrutia, Alianna Ruiz and Marianna Moreno, who won in the Best Child category.

Congratulations to all the participants and winners for their beautiful contributions to this year's contest, aligning with District 89's mission to empower, educate and inspire students to achieve personal excellence in a multicultural society.



Jane Addams Elementary from District 89 Achieves Gold Circle of Quality for Early Childhood Program

On Sept. 13, Jane Addams Elementary School in District 89 was awarded the prestigious Gold Circle of Quality for its Preschool for All/Preschool for All Expansion (PFA/PFAE) Program by ExceleRate Illinois, the state's quality recognition and improvement system for early learning and development programs. This honor highlights the school's commitment to providing high-quality early childhood education.

The Illinois State Board of Education (ISBE) recognized Jane Addams for meeting the rigorous standards set by ExceleRate Illinois, which focuses on key areas, such as early learning, instructional excellence, family services, staff qualifications and program administration. The Gold Circle of Quality was earned based on the program's compliance and performance during monitoring visits, which included assessments using the Early Childhood Environmental Rating Scale-Third Edition (ECERS-3) and the ISBE Compliance Checklist.

This Gold rating represents a significant achievement for District 89 and demonstrates Jane Addams Elementary's dedication to offering exceptional educational services to its young learners. It reflects the district's mission to empower, educate and inspire students to achieve personal excellence in a multicultural society.

For more information about ExceleRate Illinois and its quality standards, visit www.exceleerateillinoisproviders.com.

Congratulations to Jane Addams Elementary and District 89 for this remarkable accomplishment!

Stevenson Middle School Soccer Program

The Stevenson Middle School Pirates Varsity and JV teams have opened their season with a strong combined six wins and two losses, starting in the West Suburban Middle School Conference. Playing at the beautiful Melrose Park Civic Center for home games is an added incentive for the Pirates.



In their first year coaching together, coach Andrew Bedolla, a Melrose Park native and Stevenson graduate, and coach Pedro Barrera are rebuilding this soccer program the right way. Coach Bedolla explains, "Working with these student-athletes is exciting as we coaches watch them grow both as players and as individuals. These players support each other to get better in every game." Many of the players have shared how much they enjoy playing soccer and representing Stevenson MS on this team. The team spirit is unwavering and their growth in teamwork is not just remarkable, it's a sign of a bright future. They are resilient and give everything they have on the field.

The coaching staff is dedicated to developing not just skilled players, but also building strong character, sportsmanship and the life lessons of working together as a team. After an early loss in the season, a sixth grade teammate told his coach, "I know we lost, but I think it's fine because we didn't give up." Many players share similar feelings. It is powerful to hear from a young, first-year player and it reassures us that the values we hold dear are being instilled in our players.

As the season progresses, watch for performance, attitude and sportsmanship humbly win the hearts of team supporters, as well as opponents on your way to the West Suburban Middle School Conference championship!

NEWS89 School District89 BRIEFS

Irving Middle School's McTeacher's Night Fundraiser for School Programs

On Wednesday, Sept. 11, Irving Middle School held a successful McTeacher's Night fundraiser at the McDonald's located at 11 N. First Ave. The community showed up in full force, with approximately 300 customers participating in the event. Thanks to their support, Irving Middle School was able to raise \$985.57, which

includes 20% of the night's food sales and additional funds from apple pie sales.

A total of 33 teachers volunteered their time to work behind the counter, taking orders and serving customers. "We were

very pleased to see so many teachers participate in the event," said Brian Graham, owner/operator of the Maywood McDonald's. "It's inspiring to see the commitment they have to their students. We believe in supporting our community and education, and this is one of the ways we are doing that."

The evening was made even more special with the support of the Maywood Police and Fire departments, along with local officials who attended. Their presence underscored the importance of the event and the strong ties between the school and the community.

Proceeds from the event will go toward supporting school programs, continuing the tradition of community involvement at Irving Middle School.



Roosevelt PTO Brings Families Together for a Successful Chuck E. Cheese Fundraiser

On Sept. 13, Roosevelt School families and staff came together for an evening of fun and community spirit at Chuck E. Cheese in Melrose Park. The event, organized by the Roosevelt PTO, was a tremendous success, raising over \$500 to support school activities and initiatives.

With over 70 families and staff members in attendance, the night was filled with games, laughter and excitement as students enjoyed the various attractions Chuck E. Cheese had to offer. The funds raised will go directly toward enhancing educational programs and extracurricular activities at Roosevelt School.

A big thank you to the amazing Roosevelt PTO for their hard work in organizing the event and to everyone who participated in making it such a memorable night. Your support truly makes a difference!



www.maywood89.org

Follow Us on Twitter "@maywood89"

Lincoln Elementary Kicks Off School Year with New Program

Lincoln Elementary has launched the school year with exciting new initiatives, including the addition of social communication classrooms. These specialized spaces provide tailored instruction focused on both academic and social development, using visual learning and hands-on activities. With a low student-to-educator ratio, students receive personalized support to help them thrive.

The school also offers a variety of before and after-school clubs to cater to diverse student interests from soccer and pickleball to LEGO and Drawing Clubs. As the year progresses, staff are setting individualized goals based on benchmark assessments, while leadership teams work on key initiatives like PBIS, and culturally and linguistically responsive teaching (CLR).



Garfield Celebrates Grandparents with Heartwarming Event

Garfield celebrated its Annual Grandparent's Day with great enthusiasm. The school's cafeteria welcomed over 125 grandparents for a heartwarming event. The day began with a continental breakfast and a lively performance by the band Los Juaneles, led by the father of one of the students.

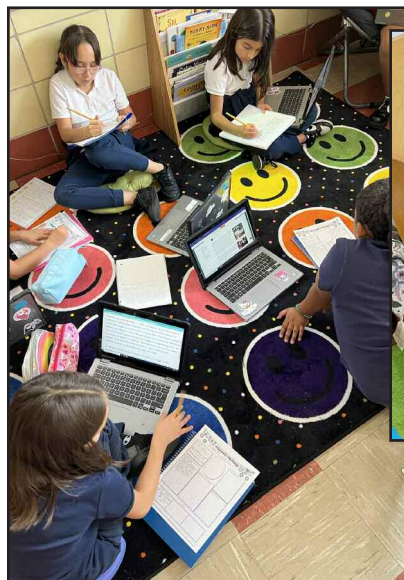
Kindergarten students delivered a special welcome address, both spoken and in sign language. The occasion was made even more personal with inspiring messages from the mothers of the principal and assistant principal, Ms. Geraldine Alexander and Ms. Bettye Sherrod.

A heartfelt video created by second graders expressed the school's deep appreciation for its grandparents. The day concluded with an indoor Giant Grandparent Parade, where students with perfect attendance proudly presented certificates to their grandparents, celebrating their achievement.



Garfield Elementary is grateful for the vital role grandparents play in the school community and beyond. We love and appreciate you!

Jane Addams Kicks Off Fall with Engaged Learning and Improved Safety Measures



Autumn has arrived and Jane Addams Elementary School is off to an extraordinary start! Our Panthers eagerly engage in daily curricular lessons and are fully immersed in instructional strategies and activities. This September, our Panthers explored various Latin-American countries and learned more about the people, culture, food and more. ¡Muy bien Panthers!

The school community is excited about the successful launch of the new drop-off and pick-up zones. Parents and students alike have praised the streamlined process. The positive feedback has been awesome and the school is thrilled to see families embrace this new system. It's shaping up to be a fantastic year ahead, fostering both a sense of community and a focus on safety. Let's go, Panthers!



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30-MIN PCR RESULTS**

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Know your options.

Make the choice that is right for you.

Beginning **May 7, 2025,**

the federal government will require you to use a valid **U.S. passport*** or obtain the new Illinois **REAL ID** to fly domestically.

* For a complete list of acceptable REAL ID-compliant documents, visit www.tsa.gov.

You **NEED** a REAL ID if:

- You do **not** have a valid U.S. passport or passport card; AND
- You use airplanes as a mode of domestic transportation; or
- You visit military bases; or
- You visit secure federal facilities.



The federal government requires REAL ID applicants to provide documentation confirming identity, Social Security number, residency and signature.

You **DO NOT NEED** a REAL ID if:

- You have a valid U.S. passport or passport card;
- You do **not** use airplanes as a mode of domestic transportation;
- You do **not** visit military bases; or
- You do **not** visit secure federal facilities.



If you have a valid U.S. passport, you are NOT required to have a REAL ID to fly.

Current Illinois driver's licenses and identification cards will continue to be accepted at airports until May 7, 2025.

For additional information:

REALID.ilsos.gov
833-503-4074



ALEXI GIANNOULIAS
Secretary of State

Missionary Sisters of St. Charles Guild

Pasta Dinner Fundraiser

Senior Center

900 N 25th Ave., Melrose Park, IL 60160

Saturday, November 2, 2024

4pm - 8pm

Donation

Adults: \$15 each

Children: \$8 each

Contact:

Gina 708-514-3018

Sisters' Convent:

708-343-2162



A Message from Rev. Leandro Fossá , C.S., Pastor The Parish of Our Lady of Mt. Carmel

Dear parishioners and devotees of Our Lady of Mt. Carmel Parish and Shrine,

I want to take this moment to thank all the participants of our September 11th event in honor of our First Responders. I want to acknowledge Mayor Ronald Serpico for permitting this event to happen in our town and church. Moreover, I want to show gratitude to Chief Phil Schwartz for organizing the presence of the Melrose Park Department of Homeland Security – Public Safety, Police, Fire, Security, Military, Medical Emergency and all First Responders.

Fall is here and that means all saints, all souls, thanksgiving and eyes set toward Christmas. The month of November is marked by religious and civil events that remind us of the important altitude of giving thanks.

Leaves change color, the sun changes its brightness, time falls back, and we are called to slow our pace and pay attention to those who value life, our saints, our faithful departed. Our Lady of Mount Carmel will have events where you can come with a picture of your loved one and place it on a table close to the church's main Altar.

We take the fall to remember and to give thanks. Welcome.

Thank you. Blessings to all of you.

Rev. Leandro Fossá, C.S.

Pastor and Recor





Upcoming Events at Our Lady of Mount Carmel Parish and Shrine

October 2024 Events

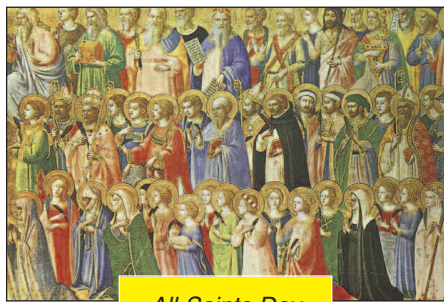


Feria del Mole and Mass for Padre Pio Sunday, Oct. 27

Mole Reception After All Masses (10 a.m.-6 p.m.)
10:30 a.m. – Italian Mass for Padre Pio Followed by Reception



Feria de Mole



All Saints Day

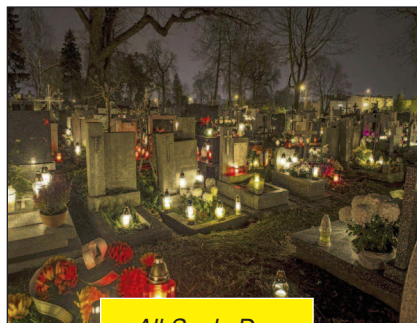
November 2024 Events

All Saints Day Friday, Nov. 1

Masses
6 p.m. – English/Italian • 7 p.m. – Spanish

All Souls Day/Remembrance Mass Saturday, Nov. 2

Masses
5:30 p.m. – English/Italian • 7 p.m. – Spanish



All Souls Day



Feast of Mother Cabrini

Feast of Mother Cabrini/Movie Night Wednesday, Nov. 13

6:30 p.m. – Trilingual Mass
Special Screening of the Movie *Cabrini* After Mass



Cabrini Movie Night

Christ the King Sunday, Nov. 24

Last Day of the Liturgical Calendar
Year-End Reports at All Masses



Christ the King



Thanksgiving Day • Trilingual Mass

Thanksgiving Day • Thursday, Nov. 28
10 a.m.
Trilingual Community Mass

December 2024 Events

Altar & Rosary Advent Evening of Recollection
With Fr. Bob Colaresi
Monday, Dec. 2

6 p.m. – Mass/Dinner/Reflection • \$25 Donation
Our Lady of Mt. Carmel Gym – 22nd Avenue and Cortez
Fr. Bob Colaresi is the director of the Carmelite Spiritual Center. The Carmelite Spiritual Center Complex includes the National Shrine & Museum of St. Therese, the Society of the Little Flower, the Order of the Carmelites, the Carmelite Gift Shop and Protecting God’s Children.



Advent Evening of Recollection

A native of Connecticut, Fr. Bob was ordained in 1967 and spent 20 years in secondary Catholic education, serving as principal of Joliet Catholic High School from 1975-1998.

After serving as Carmelite regional provincial for eight years, he became director of the Carmelite Spiritual Center in Darien.

He holds MA degrees in religious education and medieval history.

In addition to his work at the center, Fr. Bob guides popular pilgrimage experiences.

To make reservations or for more information, see an Altar & Rosary member, call Lucia or the Rectory – (708) 344-4140. Last day for reservations is Thursday, Nov. 21, 2024.



Feast of St. Lucy

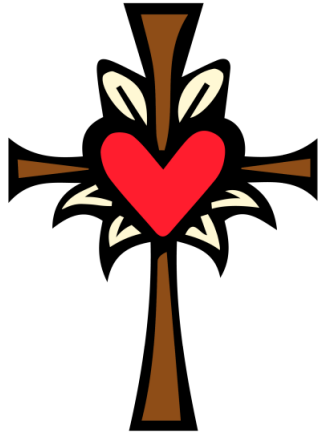
Feast of St. Lucy, Blessing of the Eyes
Friday, Dec. 13

Celebrate St. Lucy, the patron saint of the eyes feast day with a special Mass in her honor followed by the blessing of the eyes.

6:30 p.m. – Spanish

7:30 p.m. – English

For more information, please call the Rectory at (708) 344-4140.



SACRED HEART & ST. EULALIA PARISH

819 N. 16th Ave., Melrose Park, IL 60160

1825 S. 9th Ave., Maywood, IL 60153

PASTOR

Reverend Francisco Ortega

PERMANENT DEACONS

Mike Barnish

Giulio Camerini

Gabriel Nevarez

Eduardo Rodriguez

Dwight Sullivan, Sr.

RECTORY OFFICE HOURS

SUN: 9am - 2pm (St. Eulalia)

MON: 12pm - 8pm (Sacred Heart)

TUES: 10am - 6pm (Sacred Heart)

WED: CLOSED

THURS: 10am - 6pm (Sacred Heart)

FRI: 12pm - 8pm (Sacred Heart)

SAT: CLOSED

PARISH CONTACT INFO

PHONE: 708-344-0757

EMAIL: shseparish@archchicago.org

WEBSITE: shsparish.org

MASS SCHEDULE

SATURDAYS

4:30p English at Sacred Heart

6:00p Spanish at Sacred Heart

SUNDAYS

8:30a English at Sacred Heart

10:30a English at St. Eulalia

10:30a Spanish at Sacred Heart

12:30p Spanish at St. Eulalia

WEEKDAYS

8:00a English at Sacred Heart

VENDORS PLEASE CONTACT OUR PARISH OFFICE FOR TABLES
708-344-0757 EXT 119

SACRED HEART & ST. EULALIA PARISH
Presents

"BELLS & BOWS"
CHRISTMAS CRAFT FAIR 2024

Saturday, December 7th, 2024
10:00am to 5:00pm

Sacred Heart Church Marian Hall
15th and Iowa Streets, Melrose Park, IL

"REINDEER" RESALE SHOP - Food Court - Bakery Table
Shop for Holiday Gifts, Jewelry, Scarves & Hats,
Jelly & Jams, Christmas Crafts, Pet Gifts,
Wood Crafts, and Gifts for all!

FREE SANTA SELFIE SNAPSHOTS

Grand Raffle
1st Prize: \$ 600
2nd Prize: \$ 500
3rd Prize: \$ 400
4th Prize: \$ 300
& More Prizes...

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PHONE: 708-344-0757

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UPCOMING EVENTS



First Friday Devotion to the Most Sacred Heart of Jesus

Every First Friday of the month **7:00pm** at **Sacred Heart**.

Upcoming dates: **December 6**

Second & Third Saturday Chaplet of Divine Mercy

Every **Second Saturday** of the month in **English** and every **Third Saturday** of the month in **Spanish** at **3:00pm** in **St. Eulalia**.



Thursday Adoration and Confession at 7:00pm



Nov. 14 & **Dec. 19** at **Sacred Heart**.

Oct. 24, Nov. 7 & 21, and **Dec. 12 & 26** at **St. Eulalia**.

All Saints (Holy Day of Obligation) & All Souls Day

All Saints Day Masses: **Friday, Nov. 1** at **8:00am** in **Sacred Heart** and **7:00pm** at both **Sacred Heart** and **St. Eulalia**.

All Souls' Day Masses: **Saturday, Nov. 2** in **Sacred Heart** at **4:30pm** in **English** & **6:00pm** in **Spanish** and **Sunday, Nov. 3** in **St. Eulalia** at **10:30am** in **English** & **12:30pm** in **Spanish**.



Thanksgiving Day Mass

November 28 at **9:00am** at **Sacred Heart**.

Our Lady of Guadalupe Novenas, Mañanitas & Mass

Novena from **DEC. 3** to **DEC. 11**, **7:00pm** at **Sacred Heart**.

Mañanitas & Mass held on **DEC. 12** at **5:00am** in **St. Eulalia**, then later in the evening, Mass will be held at **7:00pm** in **Sacred Heart**.





**A Holiday Note from
Your Christmas Tree Guy ...**

Ken's Christmas Trees

*is moving across the street to Winston Plaza,
between Best Buy and Chick-Fil-A.*

*We have provided trees, wreaths
and garland to Melrose Park and the
surrounding area for the past 50 years
(30 years at Kiddieland).*

*We will be open the weekend of Nov. 22 until Dec. 22,
8 a.m.-10 p.m. every day to meet your needs.*

*See you soon,
Your Tree Guy - Dave Guenther*

Dominican Literacy Center Continues to Provide English Instruction and More ...

The Dominican Literacy Center originally began in Chicago, at the request of the pastor of Our Lady of Grace Parish in 1996. In 2008, the building housing the center was deemed to need extensive repairs and could not be used. In June of 2008, the center was graciously welcomed to rent a part of Sacred Heart Convent in Melrose Park, where it has continued to provide English instruction for the past 14 years.

The goal of the Dominican Literacy Center is the empowerment of persons who experience personal and economic limitations within our English-speaking society. Through literacy education and personal relationships, we strive to provide a small step toward eliminating racial and cultural prejudice and stereotypes, as well as a step up for persons seeking improvement in their personal, familial and economic abilities.

The Dominican Literacy Center provides weekly one and half hour tutored sessions in which one student meets with one tutor. The center provides tutoring in speaking, reading and writing English, as well as tutoring in preparation for the Citizenship interview and exam. This individualized instruction is provided for immigrant women and men (ages 17+) who are – endeavoring to reduce literacy and its consequential effects of isolation (due to their inability to communicate in English with health care providers, children’s teachers, neighbors, co-workers, community leaders and/or first responders); in low-level jobs (due to lack of training or skills, or an inability to demonstrate their already achieved skills and knowledge); powerless to supervise their adolescent children or to influence systemic change; lacking confidence to enroll in traditional classes and or fear of requesting help when needed.

English Classes

English classes are provided for those who want to learn to speak, read or write in English. One student meets with one tutor, once a week.

These classes are offered at the Dominican Literacy Center, 1503 Rice Street, in Melrose Park (near Sacred Heart/St. Eulalia Parish).

Our program also assists persons studying for their Citizenship interview/exam.

We presently offer classes on Monday through Thursday, in the mornings and afternoons.

Please call Sr. Judith Curran at (708) 338-0659.

Dominican Literacy Center
1503 Rice Street • Melrose Park, IL 60160

English Classes for Women

Clases de Inglés para mujeres

Clases de Inglés para aprender como hablar, leer y escribir.

Clases para mujeres que quieren aprender a leer, escribir y hablar en Inglés serán ofrecidas en el Centro Dominicano de Alfabetización, 1503 Rice St.

Nuestro programa tambien ayuda a hombres y mujeres que están estudiando para pasar el examen de ciudadanía.

En este momento, tenemos maestras disponibles para clases por las mañanas.

Si a usted le gustaria aprender Inglés mejor, por favor llamar a Hermana Judith Curran – (708) 338-0659.

Centro Dominicano de Alfabetización
Calle Arroz 1503 • Parque Melrose, IL 60160

Everyone Has the Right to Live Where They Choose

In the exercise of its power to regulate for the protection of the public health, safety, morals and welfare, it is declared to be the public policy of the village to assure fair housing and freedom from discrimination throughout the community, to protect the community from the effects of residential segregation by race, color, religion, sex, physical or mental handicap, familial status or national origin, and to secure to its citizens the economic, social, and professional benefits of living in an integrated and stable society.

The Department of Housing and Urban Development (HUD) Administers The Federal Fair Housing Act

Every first Monday of the month the Fair Housing Review Board meets at 6 p.m. in the Village of Melrose Park (1000 N. 25th Ave.). If you feel you have been discriminated in any way while renting, purchasing or selling a home you are welcome to attend our meetings to present your case.

Village of Melrose Park
Brian Miller, Office of the Village Attorney
(708) 343-4000, Ext. 4487



Village of Melrose Park



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Proviso Township Handyman Program

Fall 2024 – Proviso Township Handyman News

Time to close your windows and keep the cooler air out! We can help take your screen windows off, put them away and install your storm windows. Do your rain barrels and hoses need to be put away? We can do that for you! Weatherproof your windows and doors for preparation for the winter months ahead.

It's getting dark out earlier! Time to make sure your outside light fixtures and security lights are in working order. We can change the lightbulbs or the fixtures. We can also help put away your lawn furniture. When was the last time you changed the batteries in your smoke alarms.

Winter is fast upon us! If you have not called to have your home winterize call NOW! The weatherproofing is best done before the cold weather sets in to ensure the caulk or plastic covers will adhere for the winter season. Have your filter in your furnace changed to help it run efficiently. Last call for work that needs to be done on anything outdoors (lightbulbs, light fixtures, furniture put away, rain barrels, spigots cover for winter).

The Proviso Township Handyman Program serves homeowners over the age of 60 and disabled homeowners who are residents of Proviso Township.

Call us at (708) 547-4001 to schedule an appointment and register for our program.



**Bellwood · Berkeley · Broadview · Brookfield · Forest Park · Hillside ·
LaGrange Park · Maywood · Melrose Park · North Riverside · Northlake
· Stone Park · Westchester · Western Springs**

+ Only Homeowners within the boundaries of the Proviso Township +

**Michael A. Corrigan
Supervisor**

**Anthony "Tony" Williams
Clerk**

**Steven J. Zawaski
Assessor**

**Gay F. Chase • Evelyn Chavez • Joseph Christopher • Clarence E. Thomas
Trustees**

Proviso Township Handyman Program



Handyman Program for homeowners over the age of 60 and/or disabled residents of Proviso Township.

- Minor repairs only.
- \$5 per visit plus cost of parts, if needed.
- Provide referrals on a variety of home maintenance issues.
- Appointments are 45 minutes or less.

The Proviso Township Handyman Program Only Serves Homeowners Within the Boundaries of Proviso Township.
 Bellwood • Berkeley • Broadview • Brookfield • Forest Park • Hillside • LaGrange Park
 Maywood • Melrose Park • Northlake • North Riverside • Stone Park • Westchester • Western Springs

Please call us at (708) 547-4001 if you have any questions and to schedule your appointment

WE DO	WE DO
Blinds/Curtain Rods - Install/Repair	Mailboxes - Install/Repair/Replace
Boxes Stored (50 lbs. limit)	Outdoor Furniture - Put Away/Take Out
Carpentry-Minor repairs i.e.: Replace loose/rotten boards	Outdoor Lighting - Repair or Replace (Height Limit of 6 feet)
Caulking - Minor interior only - No removal of existing caulk	Outdoor Water Spigot - Shut Off/Turn On
Ceiling Fans - Repair Switches Only	Picture - Hang Only
Decks - Minor Repairs Only	Referrals for Tradesperson - Referrals Only Not Recommendations
Doorbells - Repair/Replace Buttons	Screens - Put In/Take Out (Limit 6 feet)
Door Locks - Repair/Replace	Shower Heads - Repair/Replace/Install
Door Sweeps - Repair/Replace/Install	Shower Wands - Repair/Replace/Install
Doors - Plane, Repair/Replace Hinges	Sink Drains Pipes & Stoppers - Repair or Replace
Electrical Outlets & Switches - Replace	Smoke Detectors/CO Detectors - Install or Replace Batteries
Electrical GFCI Outlets - Replace & Install	Storm Doors - Repair (No Installations)
Faucets - Repair or Replace	Storm Windows - Put In/Take Out (Limit 6 feet)
Furniture Assembly (Small pieces only) (no IKEA)	Supply Valves - Replace, Kitchen & Bath Only
Furniture Moving - 50 lbs. limit	Threshold - Repairs & Replacement
Furniture Repair - Minor Only	Toilets - Minor Repairs - No Rodding
Grab Bars - Install or Replace	TV/TV Converter Box - Install & Program (NO Comcast)
Handrails - Install or Replace	Weather Stripping - Doors & Windows
Light Bulbs - Change	
Light Fixtures - Repair or Replace	

PROVISO TOWNSHIP – *Your Neighbors, Your Government*

MICHAEL A. CORRIGAN, SUPERVISOR

Anthony "Tony" Williams, Clerk • Steven J. Zawaski, Assessor

Gay F. Chase, Trustee • Evelyn Chavez, Trustee

Joseph Christopher, Trustee • Clarence E. Thomas, Trustee

Here to Serve Melrose Park & Surrounding Communities

Thank You Mayor Serpico!



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Illinois State Representative
NORMA HERNANDEZ
 77th District



Illinois State Representative
 Norma Hernandez

State Rep. Norma Hernandez Hosts the IL Capital Development Board

On Tuesday, Sept. 24, State Rep. Norma Hernandez hosted the Illinois Capital Development Board, or CDB for short, at the 77th District Office on 19th Avenue. This was the second joint outreach event this year from the Office of Rep. Hernandez and the CDB aimed for local area small business contractors looking to do business with the state of Illinois for the first time. The program consisted of presentations and an overview of how to get certified with the state along with the chance opportunity to meet with agency partners.

The key presentation was led by CDB diversity administrator, Jesse Martinez, along with CDB team members and leadership. Speaking to attendees, Rep. Norma Hernandez emphasized the importance of these types of outreach events that allow women- and minority-owned businesses an equal opportunity to do business with the state of Illinois. The event was headlined by the announcement of a 9 million dollar state project that's opening up for bid in early December. As Rep. Hernandez reflected on the event she stated "It's moments like these that highlight the core mission of my office which is that of creating first time opportunities for individuals."



Rep. Hernandez Joins Congressman García for Congressional Town Hall

Town halls are essential as they are an opportunity to connect with constituents and provide key updates on the hard work that's being done throughout elected officials' districts. That's why on Thursday, Sept. 5, Rep. Norma Hernandez was honored to join Congressman Jesús Chuy García and other local area elected officials as a panelist for the congressman's fourth west suburban town hall held in Elmhurst.

The town hall consisted of three portions in which each panelist provided introductory remarks followed by key updates and a Q&A. Rep. Hernandez provided updates from the work accomplished by her and her colleagues in the General Assembly and discussed what we might expect during this fall's veto session. She highlighted the passing and signing of HB1377 which was signed into law by the governor on Aug. 9 of this year. The bill provides tax exemptions to newly constructed properties in eligible areas to receive a homestead exemption equal to 50% of their assessed value. Allowing for much-needed relief for new home buyers and directly addressing the housing crisis.

Other participating panelists provided municipal- and county-level updates while Congressman García provided federal updates and highlighted the work being done throughout the 4th Congressional District that includes Melrose Park.



University of Illinois System Tour Visits a 77th District High School in Partnership with the Office of Rep. Norma Hernandez



For over a year now the Office of Rep. Norma Hernandez has continued with its successful and robust youth engagement programming. Programs like the Youth Advisory Council, the Summer Internship Program, the Youth Ambassadors Program and now the Student Ambassadors Assembly, state agencies know to contact the Office of Rep. Norma Hernandez when doing student outreach.



That's why when the University of Illinois Systems was planning its state tour, the Office of Rep. Norma Hernandez was on top of their list. They selected the 77th District for one of its three stops.

In partnership with West Leyden High School, the Office of Rep. Norma Hernandez was honored to host the U of I Systems for their visit to the 77th District.

The U of I Systems delegation consisted of President Timothy Killeen, Chancellor Robert Jones (UIUC), Chancellor Marie Lynn Miranda (UIC), Chancellor Janet Gooch (UIS), and other key staff and administrators. The visit featured West Leyden High School's facilities, programs and students highlighting career pathways for students. This visit granted the opportunity for U of I Systems leadership to meet

with students to better understand their academic needs and to better understand how they can be attracted to attend U of I Systems schools.

Rep. Hernandez Joins Hispanic Heritage Month Celebrations with Mayor Serpico and Other Community Partners

During this year's Hispanic Heritage Month, Rep. Norma Hernandez participated in many celebrations throughout the district. Here's a brief look.



Cook County's 16th District Receives Over \$1 Million for Invest in Cook Projects

Invest in Cook Grant Program Enhances Transit, Sidewalks and Bicycle Paths, and Upgrades Roadway and Freight Infrastructure Across Cook County

Cook County's 16th District received \$1,005,515 in Invest in Cook Grant funding through the county's Department of Transportation and Highways Bureau. The village of Broadview, the village of Forest View, the city of Summit, Leyden Township, and the Chicago Zoological Society (Brookfield Zoo) all received grant funding.



Cook County Commissioner
Frank J. Aguilar

Throughout Cook County, \$7,995,113 will be distributed across 26 municipalities, four township road districts, two transit agencies, two special purpose governments and a nonprofit conservation organization to fund four transit, 12 pedestrian, six bicycle, one freight and 12 road projects.

"This investment will have a real, day-to-day impact on 16th District residents," said Cook County Commissioner Frank J. Aguilar. "Funding our transportation infrastructure is crucial to keeping residents safe and allowing them to access everything their communities have to offer. It is amazing to see the partnership between 16th District municipalities and Cook County work together to provide improvements to our communities. I'd like to thank Superintendent Killen and all local officials who helped make this possible."

This is the eighth year Invest in Cook Grant funding has been awarded for transportation-related projects. Invest in Cook has awarded \$64.2 million in grants for a total of 277 projects throughout Cook County since its inception in 2017.

The county's investment of nearly \$8 million leverages significant additional local, state and federal funds, allowing nearly \$42 million in transportation infrastructure engineering and construction to advance. Past projects funded by Invest in Cook have gone on to receive \$3 of local, state or federal funding for every \$1 of Invest in Cook awards.

To promote diversity in transportation modes, projects were evaluated and ranked by type. This year, 62% of grant funding is directed toward projects in low- and moderate-income communities, including townships.

"Providing better transportation options is part of how my administration is expanding access to opportunities across the county," said President Preckwinkle. "Invest in Cook continues to aid under-resourced areas while at the same time leveraging other grant funding, with this year having the highest leverage ratio in the program's history."

Invest in Cook Grants help municipalities further their transportation projects by providing the gap funding required to advance investing in the planning, engineering, right-of-way acquisition and construction associated with transportation improvements sponsored by local governments and private partners. Funding early project phases is crucial to unlock follow-on grant funding opportunities.

Here's a partial list of 16th District projects:

- **Broadview:** \$500,000 for roadway improvements on 21st Avenue between Cermak Avenue and 21st Street
- **Forest View:** \$110,000 to resurface 46th Street between Harlem Avenue and Oak Park Avenue
- **Summit:** \$175,000 for the planned reconstruction of the pedestrian bridge along 74th Avenue over the Indiana Harbor Belt (IHB) Railroad south of 59th Street
- **Leyden Township:** \$107,515 to rehabilitate 1,350 feet of Montana Avenue between Melrose Avenue and Hyde Park Avenue
- **Chicago Zoological Society:** \$113,000 to conduct a feasibility study for an alternative South Entrance to the zoo directly off of 1st Avenue

To view the complete list of 2024 Invest in Cook Grant recipients and projects, visit: www.cookcountyil.gov/investincook.

Cook County Announces BRITE Climate Grants for Pollution Reduction are Still Open to Businesses Four-year Initiative Helps Suburban Businesses Reduce Environmental Impact

The BRITE initiative, led by the county's Department of Environment and Sustainability (DES) and the Chicago Urban League, supports dry cleaners, auto body and auto repair shops, metal finishers, metal fabricators, and food and beverage manufacturers in suburban Cook County, helping them reduce environmental impact through pollution reduction.

"These grants will allow for local businesses to create and enact climate resiliency plans that are tailored to their needs," said Commissioner Frank J. Aguilar. "I strongly encourage businesses to apply for this funding. All of us, regardless of our position or occupation, must work together to address climate change in our communities."

The county has allocated approximately \$2.3 million for free, on-site pollution reduction assessments and grant administration support. These assessments help identify ways businesses can reduce pollution and create a healthier environment for employees, customers and the community. Assessments specifically look for opportunities to reduce energy and water usage, increase waste diversion from landfills, reduce use of toxic chemicals in operations and help determine if the location is suitable for on-site renewable energy. DES has partnered with the Chicago Urban League on grant administration, including disbursing funds and identifying eligible local businesses for the BRITE Program.

“The BRITE Program will assist businesses in reducing pollution and the use of toxic chemicals. Through our partnership with the Chicago Urban League, we aim to reach businesses in historically disinvested communities,” said President Preckwinkle. “Focusing on sustainable communities is a key pillar of my administration’s policy priorities. Programs like BRITE help make Cook County a better, healthier place for all who live and work here.”

BRITE funds are still available and businesses are encouraged to apply. Businesses can fill out an interest form in English, Spanish or Korean to schedule a free assessment. Additionally, any eligible businesses that have had a similar environmental assessment conducted by a DES partner or other third party since 2018 may still apply directly for the grant.

Approximately \$7.7 million in subsequent grant funding has been made available for businesses to complete recommended enhancements identified during the assessment. This includes equipment installation, construction and training.

Cook County is funding the BRITE Program through the American Rescue Plan Act (ARPA). The county allocated over \$100 million in ARPA funding to support a clean environment for all and to fight climate change.

For more information, visit www.cookcountyil.gov/BRITE.

Aguilar Hosts Grant Session for Illinois Manufacturers

In August, Commissioner Frank J. Aguilar partnered with local chambers of commerce, the Illinois Manufacturing Excellence Center (IMER), Cook County’s Bureau of Economic Development, Custom Direct and Lyons Township for a Manufacturing Reinvented seminar and workshop. The event, located at the Teamsters Local 777 Office, was held to inform suburban manufacturers about available grants for their businesses and offer on-site application assistance.

Manufacturing Reinvented Grants are funded through the Illinois Manufacturing Excellence Center, in partnership with Cook County’s Bureau of Economic Development, to boost operations for manufacturers and businesses over a wide range of subjects.

To learn more about the Manufacturing Reinvented Grant Program, please visit www.ccmfg.org.

Commissioner Aguilar Attends Three Property Tax Events with Assessor’s Office

Throughout September, Commissioner Aguilar joined County Assessor Fritz Kaegi, local township assessors and residents for a property tax assistance workshop. These events were held in Maywood, North Riverside and Cicero. Residents learned about the appeal process, if they are eligible to appeal their tax bill and the best ways to appeal.

Thank you to Assessor Kaegi and our wonderful local township assessors for being so accessible for our residents and making sure they have the tools to successfully save money. Commissioner Aguilar will always fight to save you money on your property taxes!

Commissioner Aguilar Sponsors Four Resolutions During September Board Meeting

During the September Cook County Board of Commissioners meeting, Commissioner Aguilar sponsored four resolutions. The first honored this month as Hispanic Heritage Month. The second celebrated Mexican Independence Day. The third resolution congratulated Morton College on their 100th anniversary and the fourth resolution congratulated Loyola Health’s Pediatric Mobile Unit on 25 years of serving the community.

Commissioner Aguilar is honored to be able to amplify these wonderful organizations and celebrations.

Check Out Commissioner Aguilar’s Youtube Page

Our office has uploaded our monthly Facebook Live Virtual Town Halls to our new Youtube channel. Watch videos and check out more information at www.youtube.com/@CommissionerFrankJAguilar.



Work on Election Day

Serve. Empower. Impact.

November 5, 2024 Presidential Election Suburban Cook County

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News from Illinois Secretary of State Alexi Giannoulias

Voice Cloning, Deepfake Images, Generative AI – Oh My!

Giannoulias Warns Illinoisans of High-Tech Financial Scams

Illinois Secretary of State Alexi Giannoulias is issuing a warning to Illinois residents that scammers are leveraging new sophisticated technology to gain access to personal information and financial accounts.

“Artificial intelligence (AI) has made it more difficult for people to determine if requests coming from an email, text, phone call or even a video message are legitimate,” Giannoulias said. “Voice cloning and deepfake videos, used to fraudulently gain access and trust, are becoming more prevalent. Our Securities Department has been tasked with educating and protecting investors against these advanced scam attempts.”

The Illinois Secretary of State regulates the securities and investment advisory industries in Illinois and pursues an enforcement program designed to protect Illinois investors from those engaged in unlawful investment-related activities. The office is planning to conduct a series of public meetings later this fall to provide more details on how to detect deceptive scams and how to avoid them.

The advanced technology available allows scammers to broaden the threat posed beyond those who are unaware or vulnerable. Even the most cautious consumers are at risk of financial losses from enhanced AI-powered fraud attempts aimed at luring victims by promising quick profits with no risk.

“Financial scams can be as damaging emotionally as they are economically because of the betrayal of trust and feelings of embarrassment,” said Securities Department Director Chet Taylor. “Not only have I witnessed people falling victim to these types of scams, but I hear stories everyday of people who have had their lives completely altered because they trusted the wrong person.”

Giannoulias is raising awareness about these scams and encouraging the public to approach these requests with a healthy amount of skepticism so they can avoid giving out their personal identifiable information (PII), losing money or inadvertently squandering their life savings. The most prolific scams include:

- **Deepfakes** – Criminals have used AI to send dupe emails for several years, but recently have begun creating audio and video messages that impersonate real people to commit fraud. The visual and/or auditory likeness of senior bank officials, investment firm employees, government officials and even family members have been generated to deceive people into sending money to fraudulent accounts.
- **Romance Scams** – Perpetrators connect with the victim through social media or a dating app to slowly build a relationship through repeated virtual interactions before making emotional appeals for money.
- **Ponzi Schemes** – Criminals create fake investments involving large numbers of investors – commonly with digital currency. The perpetrator typically creates fake account statements showing investments, but when new funding dries up, the scheme collapses.
- **Affinity Scams** – Scammers seek to gain the trust of a group of people they claim to be part of, such as a religious group or an ethnic group, and then exploit that trust by selling fraudulent investments.

Investing itself comes with risks, but there are a few simple steps prospective investors can take:

- **Validate Identities** – Emails, texts, phone calls and video messages can be used to manufacture identities to more easily gain access to personal or financial information. Prospective investors should always validate the sender’s identity and their claims of representing an organization or company. They should also ask questions that have answers that are not publicly available.
- **Check their Record** – Prospective investors can make sure the person offering an investment opportunity is licensed by visiting BrokerCheck or Investment Adviser Public Disclosure to check their license status and disciplinary record.
- **Avoid Untrusted Sources** – Clicking on links or opening attachments from suspicious or untrusted sources should always be avoided. Before clicking on a link, it is recommended that the user hovers over the URL or website address to determine if it is a legitimate link. If a person receives a call requesting money or personal information, they should ask to call back and take time to confirm the caller’s legitimacy. It is recommended that individuals call the claimed source’s trusted number, especially if it differs from the number that called them to request information.
- **Protect Digital/Social Media Accounts** – All individuals should strengthen their control over their accounts by boosting security settings, creating strong login credentials and protecting devices with anti-virus software.
- **Trust Your Gut** – If it sounds too good to be true, it probably is. All individuals should be wary of unsolicited sources that promise easy money.
- **Report Scams** – Individuals can report scams to the Illinois Secretary of State’s Securities Division by calling (800) 628-7937 or visiting www.ilsos.gov/departments/securities. The office will investigate the report and bring cases against those responsible for frauds, scams and other bad business practices.

Giannoulias Announces Digital Wallet Payments at DMVs Illinois Customers Now Have Convenient, Secure Tap to Pay Option

DMVs throughout Illinois are now accepting contactless payments as part of the Secretary of State’s push to modernize technology and offer more convenient service for customers, Secretary Alexi Giannoulias announced recently.

“Allowing for digital wallet payments like Apple, Google and Samsung Pay reinforces our steadfast commitment to improving the customer experience at the DMV by leveraging new technology,” Giannoulias said. “Adopting digital wallets increases the accessibility and ease of purchase customers already enjoy at stores and restaurants they visit.”

Reports show that more than half of all Americans use contactless payment for everyday purchases from groceries to gas. The widespread adoption is attributed to people wanting a contactless payment method during the pandemic and the increased security offered by the technology.

Near-field communication (NFC) is safer than using a traditional credit card with a magnetic strip or chip due to the use of end-to-end encryption to ensure maximum fraud protection.

"Illinois residents can rest assured that their payment and personal information is safe when they visit the DMV," Giannoulas said. "The security surrounding the payment and the speed at which it is processed leaves no room for fraudsters to steal information."

Customers may now use their digital wallets to pay at all 150 Illinois DMV locations across Illinois as well as the Secretary of State's Business Services and Index departments.

Giannoulas Releases Results of Statewide Auto Theft Units

Grant Money Helped Combat Carjackings, and Vehicle and Catalytic Converter Thefts

Statewide auto theft and carjacking prevention task force funding has led to thousands of investigations, hundreds of arrests and millions of dollars in recovered vehicles, announced Secretary of State Alexi Giannoulas who oversees the grant program.

In fiscal year 2024, the Illinois Statewide Auto Theft Task Force (ISATT) conducted 1,854 investigations and recovered 1,346 vehicles worth approximately \$30 million. ISATT assisted area agencies with another 414 vehicle recoveries at an estimated worth of nearly \$9 million and produced 545 auto theft-related criminal charges, 385 of which were felonies. ISATT also conducted 240 audits of businesses in the auto industry, including scrap processors and body shops, resulting in 2,247 violations and 106 referrals to Secretary of State Police for further investigation.

Meanwhile, the Chicago Major Auto Thefts Investigations Unit (CMATI) conducted 1,130 investigations, resulting in 440 arrests and the recovery of 1,391 vehicles worth approximately \$28 million during the past fiscal year. The Expressway Safety Enforcement Group (ESEG) used air operations 127 times and assisted other agencies in their efforts 110 times.

"For many of us, our vehicle serves as a lifeline. We depend on it for work, running errands, shuttling our kids to activities and visiting loved ones," said Giannoulas, whose office administers the grants. "To have it stolen can have serious consequences for families and upend their lives. These task forces play a critical role by ensuring local, state and federal law enforcement officers work together to address these crimes."

"The Illinois State Police Expressway Safety Enforcement Group utilizes patrol, investigations, license plate readers, air operations, and other assets to increase stolen vehicle recoveries and apprehend suspects committing hijackings," said Illinois State Police Director Brendan F. Kelly. "This funding allows ISP to continue committing resources necessary to pursue violent offenders and reduce violence."

"This funding will strengthen our community by equipping the city's auto theft task force with the tools and resources they need to investigate and address the rising number of carjackings in Chicago," said State Sen. Lakesia Collins (5th District – Chicago). "Car theft can seriously impact the livelihood of residents and their travel needs, costing thousands in damages to not only the victim, but also to our communities. With this funding we will continue to invest in proactive measures to address carjackings in the Chicago area and ensure our task forces involved are equipped with what they need to help."

"These grants will help us continue our efforts to prevent these terrible crimes from occurring and provide our law enforcement the funding they need," said State Rep. Yolonda Morris (9th District – Chicago). "As someone who has recently experienced the heartbreak of auto theft, I understand all too well the fear and frustration that comes with it. No one should have to live in fear that their vehicle will be stolen or that they will face such a violation of their personal space. We must work together to create a safer community for all."

The Illinois Vehicle Hijacking and Motor Vehicle Theft Prevention and Insurance Verification Council, which Giannoulas' office oversees, distributed the grants. ISATT received \$3.4 million, CMATI received \$1.4 million and ESEG received \$675,000.

Law enforcement agencies can use the funding for salaries and benefits for personnel assigned to vehicle theft prevention units, vehicles, computers, vehicle tracking devices, GPS data, evidence kits, body cameras and drones for aerial vehicle searches.

Giannoulas Announces Shift in DMV Facility Hours to Better Serve Residents

Data-Driven Decision Will Better Accommodate Customer Demand for Services

Illinois Secretary of State Alexi Giannoulas announced a change in DMV facility operating hours across the state to align with higher customer demand in the morning.

As of Monday, Sept. 23, Illinois DMV locations are open to customers Monday-Friday, 7:30 a.m.-5 p.m., a half an hour earlier than the previous hours of 8 a.m.-5:30 p.m. Facilities that offer services on Saturday will also change hours from 8 a.m.-12:30 p.m. to 7:30 a.m.-noon on Saturdays.

Senior facilities located in Addison, Bridgeview, Calumet Park, Evanston and Westchester will remain the same 7:30 a.m.-4 p.m., Monday-Friday. The Roscoe Express DMV will stay open 9 a.m.-4 p.m., Wednesday-Friday, and the Orland Township DMV hours will remain 8 a.m.-4 p.m., Monday-Friday.

"Since Day One, our priority has been to provide the best possible DMV experience and service to our customers," Giannoulas said. "We listened to feedback and analyzed the data to determine when our customers need us most. As a result, we're adjusting our hours to align our operations with their busy schedules so they can conveniently access services without disrupting their routine."

A data-driven analysis revealed customer demand is generally higher in the morning than in the early evening. By opening facilities earlier, the office aims to enhance service accessibility while reducing wait times.

The new facility hours will be implemented at most, but not all, Illinois DMV facilities. To check facility hours, make an appointment or apply for online services, customers are encouraged to visit www.ilsos.gov.



From the Office of Michael W. Frerichs, Illinois State Treasurer

Illinois State Treasurer Michael Frerichs Returns Record \$301 Million to Residents In Fiscal Year 2024

Money Match Drives Big Increase in Missing Money Returned

Illinois State Treasurer Michael Frerichs returned a record \$301 million to 321,558 Illinois residents through the state's missing money program during Fiscal Year 2024.

"Putting money back in people's pockets helps families and our state's economy," Frerichs said. "This money belongs with its rightful owners and we have added tools to return more of it."

Illinois' missing money program — also known as I-CASH — is one of the state's oldest consumer protection initiatives. The Illinois state treasurer is tasked with safeguarding and returning unclaimed property, including the contents of overlooked safe deposit boxes, unpaid life insurance benefits, forgotten bank accounts and unused rebate cards. The Illinois state treasurer is legally required to return unclaimed property to its owner or heirs, no matter how long it takes.

Frerichs has given back more than \$2 billion during his time in office. When Frerichs first became treasurer, there were 60,000 claims paid a year. Today, more than 300,000 claims are paid a year, owing in no small part to Frerichs' complete restructuring of the missing money process. The State Treasurer's Office added electronic claims and eliminated red tape that slowed small-money claims.

The Enhanced Money Match Program is a key driver in this success. The program allows the Treasurer's Office to automatically return money to individuals without the need to file a claim. Frerichs worked with the General Assembly to raise the limit on the amount of money returned this way to \$5,000.

The Enhanced Money Match Program leverages data already collected by the state and crossmatches it with the treasurer's unclaimed property database. When a name and mailing address are matched, identified and confirmed, the unclaimed property owner receives a letter from the Treasurer's Office that describes the amount and source of the money. After one additional security step is concluded, a check simply is issued to the owner. All people have to do is watch for it in the mail.

Frerichs also added a friends and family "share" feature. When visitors to the I-CASH website come across the name of someone they know, they can select the "share" icon and provide the email address of their friend or relative. Frerichs' office will notify the individual by sending an email that mentions the missing money along with the name of the friend or relative who spotted it. Then, that individual can start the process of retrieving their missing money.

This year, Treasurer Frerichs unveiled a Spanish-language missing money website. The site works the same way as its English-language counterpart. People enter a name and city or ZIP code into the search box, and if there's a match, they can start filing a claim online.

When the Treasurer's Office's safe deposit boxes fill up, unclaimed items go up for auction after 10 years of private and public attempts to locate the owner or heirs. The live unclaimed property auction was held in August at the Lincoln Stage at the Illinois State Fair. All auction proceeds are held in perpetuity for the rightful owners.

Illinois is a national leader in the unclaimed property space and is frequently consulted by other states' leaders who are seeking to reform their unclaimed property laws, rules and procedures.

The Illinois State Treasurer's Office recommends that people check at least twice each year at icash.illinoistreasurer.gov to see if missing money is waiting for you.

State Treasurer Frerichs Returns Missing Money to Nearly 140,000 Residents Through Enhanced Money Match

No Claim Needed as \$13.2 Million to be Returned

A record-setting 138,561 people are in line to receive a total of nearly \$13.2 million from the state's Unclaimed Property Program and all they have to do is cash the check, Illinois State Treasurer Michael Frerichs said.

The checks are part of the latest round of the Enhanced Money Match program that allows the Treasurer's Office to automatically return money to individuals without the need to file a claim. It's the latest improvement that leverages technology to return money to individuals quickly and efficiently through I-Cash. The vast majority of the checks in this round are for \$50 to \$100.

"Returning this money to its rightful owners will help make life a little bit easier for people," Treasurer Frerichs said. "At a time when we are all dealing with higher prices, it can pay for a couple bags of groceries or maybe a fill-up or two at the pump."

The Enhanced Money Match Program leverages data already collected by the state and crossmatches it with the state treasurer's unclaimed property database. The Treasurer's Office matches names and mailing addresses and confirms them, then sends a letter to the unclaimed property owner that describes the amount and source of the money.

After a quick final review, a check simply is issued to the owner. All they have to do is watch for it in the mail a few weeks after they receive the letter from the State Treasurer's Office.

“Don’t forget to deposit or cash the check,” Treasurer Frerichs urged.

Since 2018, the Illinois Treasurer’s Office has returned more than \$102 million to nearly 422,000 people through the Enhanced Money Match Program. The nearly 140,000 letters that are going out in this round makes this the largest Money Match ever performed in the nation.

Enhanced Money Match focuses on simple claims: Cash owed to a single person. Not included is cash owned by multiple parties, including a joint holding of a parent and minor child, as well as shares of stocks and bonds, escrow accounts and the contents of bank safe deposit boxes.

Enhanced Money Match is part of the office’s Unclaimed Property Program, also known as I-CASH. It is one of the state’s oldest consumer protection initiatives. In Illinois, the state treasurer is tasked with safeguarding unclaimed property, such as the contents of overlooked safe deposit boxes, unpaid life insurance benefits, forgotten bank accounts and unused rebate cards. Illinois holds more than \$5 billion in unclaimed property. More than \$2 billion has been returned since Frerichs took office, the most in state history. The state treasurer is legally required to return unclaimed property to its owners or heirs, no matter how long it takes.

To see if you have unclaimed property, check the online database at www.illinoistreasurer.gov/ICASH

Illinois Treasurer Michael Frerichs Announces Enhancements To Bright Start 529 College Savings Lower Fees, Low-Cost Investment Options

Families with a Bright Start College Savings Program (Bright Start 529) will soon pay lower fees, gain access to low-cost, high-quality investments, and manage their accounts on a new phone app, Illinois State Treasurer Michael Frerichs announced recently.

“We worked to ensure that more of a family’s hard-earned savings goes toward the cost of college or a vocational school,” Frerichs said. “I am a firm believer in continuous improvement, especially for a program as crucial to Illinois families as college savings. One of my proudest accomplishments as state treasurer has been taking a troubled program and transforming it into one of the nation’s best. I’m excited to announce that we are making it even better.”

The changes went into effect Sept. 30 as TIAA, one of the largest and most widely recognized program managers of 529 college savings plans, took over as Bright Start 529 program manager. TIAA is a pioneer in 529 college savings plans. The agreement marks the largest new plan mandate in the history of TIAA’s Education Savings business, follows a competitive proposal process and speaks to TIAA’s state-focused approach.

“Access to higher education is one of the keys to unlocking long-term economic opportunity for Americans and we believe this relationship with Illinois will help more people to plan, save and pay for college expenses,” said David Nason, chief operating officer of TIAA and president of TIAA Wealth Management. “The 529 marketplace is dynamic and it is essential we provide college savers in Illinois the tools and information they need as they plan and prepare to pay for these expenses with confidence.”

Bright Start 529 already is among the lowest-cost 529 savings plans in the country. To help Bright Start 529 families keep more of their money to pay for rising college costs, total average asset weighted fees will be reduced by 13%. That’s on top of the more than \$100 million in fee reductions Frerichs has previously saved Illinois 529 account owners.

In addition, better technology significantly improves the user experience. A new Bright Start 529 mobile app will allow account owners to manage their account, check balances and open additional accounts for new beneficiaries on their phones. The account opening process will be quicker, and it will be easier and faster to send money directly to colleges. Illinois parents (and legal guardians) will now be able to claim their one-time Illinois First Steps \$50 seed deposit online when they open a Bright Start 529 account (for a child born or adopted on Jan. 1, 2023, or later) – no more paper forms. Visitors to BrightStart.com will find a refreshed award-winning website design.

Bright Start 529’s low-cost investment approach will remain in place. The significant investment lineup enhancement will be the transition from the current Age-Based Portfolio structure to an Enrollment Year Portfolio structure, allowing for a better investor experience due to the gradual rebalancing of the investment portfolios. The Enrollment Year Portfolios offer more flexibility to meet varying investment objectives, risk profiles, and an investment time horizon tied to the future student’s year of enrollment or use instead of their age. Account owners remain in control of how they invest their college savings and can continue to choose options that closely align with their investment objectives and risk tolerance.

More Bright Start 529 business will be handled by Illinois-based companies, including Nuveen as investment partner, and Razorfish and Purple Group as marketing firms.

Parents must now re-establish their online account access on brightstart.com and will need to update payroll instructions with their employer. To build awareness of the transition, Bright Start 529 has sent account owners numerous emails and mailers about the upcoming changes. All transition communications are posted at BrightStartEnhancements.com.

Under Frerichs, Bright Start 529 has been recognized as among the nation’s best 529 college savings plans by *Time*, *Business Insider*, *Morningstar*, *Forbes* and Savingforcollege.com.

Research shows a child is three times more likely to attend college if they know they have a dedicated college savings account. For more information, or to open an account, visit BrightStart.com and click on the college savings button. There is no minimum amount to open an account. The financial adviser-directed Bright Directions Program continues under Union Bank and Trust as program manager.

With more than \$20 billion in assets, Illinois 529 plan includes 500,000 Bright Start 529 self-directed accounts and 400,000 Bright Directions advisor-guided accounts and is the sixth-largest 529 program in the country. The addition of the Illinois direct-sold plan means more than 25% of all Americans will live in a state where TIAA manages the 529 plan. The current roster of states includes six direct-sold plans – California, Georgia, Michigan, Minnesota, Oklahoma and Wisconsin, and two advisor-sold plans – Michigan and Colorado, and now Illinois. As of June 30, 2024, TIAA Education Savings has \$46.2 billion assets under management.

How Much Sugar is Too Much?

If you're trying to find the "sweet spot" for your health, you'll probably need to cut down on sugar.

The average American consumes about 1.5 times more sugar each day than they should.

It's not surprising, considering sugar is an added ingredient in many foods – even those you think are healthy.

"Changing your diet can be difficult," says internal medicine and pediatrics specialist Audrey Hiltunen, MD. "You don't need to give up sugar entirely. It's more about working toward a healthier lifestyle that provides balance."

How Much Sugar Per Day Should You Have?

Sugar isn't an essential nutrient, so there's no recommended daily allowance, but experts have set a limit on how much sugar is too much.

According to the Dietary Guidelines for Americans, you should limit your calories from added sugar to less than 10% per day.

You may be wondering what "added sugars" are. Many foods contain natural sugar, including fruits, vegetables, grains and dairy products. Added sugars are sweeteners manufacturers put into foods during processing to boost flavor. On food labels, you'll see these ingredients listed as sugar, corn syrup, honey, sucrose and fructose, to name a few.

Using an average daily intake of 2,000 calories, you should limit yourself to less than 200 calories from added sugar. That amount translates to 50 grams of sugar or about 12 teaspoons.

But not everyone has a recommended daily intake of 2,000 calories. The amount you need varies by age, gender, activity level, weight loss goals and pregnancy status.

The average daily calorie needs range from 1,600 to 2,400 for women and 2,000 to 3,000 for men. Daily calorie needs for children vary widely from 1,000 for a 2-year-old to 3,200 for an active 16-year-old boy.

What are the Biggest Sources of Added Sugar?

Nearly half of the added sugar in most people's diets comes from sugary drinks. "A 16-ounce bottle of one popular soft drink has 51 grams of sugar, more than you should have in one day," says Dr. Hiltunen.

"Sports drinks, energy drinks, fruit juices, sweet tea and sugary coffee drinks are also packed with sugar. Many people aren't fully aware of how much sugar they drink in a day."

Other common sources of added sugar include candy, cereal, baked goods and desserts. Also look out for hidden sugar in many common foods, snacks, sauces and condiments.

Why is Added Sugar Bad For You?

Too much sugar in your diet can cause a wide range of problems. Some of the negative health effects of added sugar include:

- **Cavities:** Bacteria in your mouth eat sugar and produce acid as a byproduct. The acid eats away at tooth enamel and creates holes or cavities.
- **Diabetes:** When you eat refined sugar, your blood sugar spikes and your body has to work overtime to bring your blood sugar back down. Over time, your ability to manage these spikes decreases and you can develop Type 2 diabetes.
- **Heart disease:** Excess sugar in your blood can damage cells and tissues, especially blood vessels. This damage leads to plaque buildup inside the blood vessels and increases your risk of heart attack and stroke.
- **Weight gain:** Your body stores excess sugar as fat, which can lead to weight gain. Also, when too many calories come from sugar, you're not getting the nutrients you need. So, you'll still be hungry and more likely to overeat.

Research is finding that sugar may also be linked to other health conditions, such as depression, inflammation, joint pain, liver disease, mood changes and skin aging.

How to Reduce Sugar Intake

The first step in reducing sugar in your diet is recognizing where the sugar is coming from. "I always ask patients how much soda and other sugary beverages they drink," says Dr. Hiltunen.

"It's an important discussion, even for people who are relatively healthy, because too much sugar could cause problems down the line."

If you're concerned about how much sugar you consume, here are some tips for cutting back:

- **Read food labels** – Food labels can help you track what you eat. They typically provide a breakdown of total sugars in grams, added sugars in grams and percent of daily value for added sugars based on a 2,000-calorie-per-day diet.

“I really encourage people to look at food labels,” says Dr. Hiltunen. “You may be surprised to find out how much added sugar is there. Foods you may think are healthy are loaded with sugar.”

• **Start with small dietary changes** – Eliminating sugar from your diet entirely is not sustainable and can leave you feeling deprived and frustrated. Denying yourself all sugar can also lead to bingeing.

Small changes are easier to maintain and can lead to a healthier lifestyle. “I work with patients to make incremental changes,” says Dr. Hiltunen. “If you’re drinking a couple of sodas every day, try reducing that to one soda a day. Then work on getting it down to three times a week, then once a week.”

It’s OK to keep some sugar in your diet, but moderation is key. You shouldn’t eat those foods every day. Think of them as a special treat.

• **Choose healthier food options** – Foods with natural sugars can help satisfy a sweet tooth without the negative effects of added sugars. They also have fiber, which slows digestion and prevents spikes in your blood sugar. Try fruits such as berries, apples and grapes.

“Fruit juices may seem like a good option, but they’re not,” says Dr. Hiltunen. “They don’t have fiber like whole fruit does and may have added sugar.”

And if you’re craving soda, flavored water and seltzer are good options. Diet soda may not be the best choice, but it’s better than a sugary drink, says Dr. Hiltunen.

• **Stay away from fad diets** – Fad diets often cut out sugars and carbs. While that might seem like a good idea, they typically don’t lead to long-term weight loss.

“The hard part about diets is they focus on restrictions,” says Dr. Hiltunen. “When you think about reducing sugar as creating a healthier lifestyle, you shift the narrative from imposing limits to creating possibilities.”

For Dr. Hiltunen, a quote from journalist Michael Pollan reflects the ideal meal plan: “Eat food, not too much, mostly plants.” The best approach is a diet rich in fruits and vegetables, lean proteins, low-fat dairy and whole grains

Limit foods that contain added sugar, saturated fat and salt. A good place to start to realign your diet is myPlate.gov.

• **See a dietitian** – Dietitians are important resources for anyone who wants to improve their diet. They also work with parents so they can help their children.

“As a primary care provider, dietitians are some of our best allies,” says Dr. Hiltunen. “They do a complete assessment of your diet, help you find ways to make healthier choices, and provide support and reassurance.”

• **Start building healthy eating habits at a young age** – Children under age 2 shouldn’t have any added sugar. “When it’s time to start solid foods, I recommend introducing vegetables first,” says Dr. Hiltunen. “Infants learn tastes and textures early. If you introduce sweet foods first, they may not want vegetables later.”

Dr. Hiltunen also steers parents away from giving young children fruit juice. She recommends:

- After 12 months, give 2% milk (but no more than 24 ounces a day) or water.
- Give juice only as a special treat and dilute it with water.
- Never give juice in a bottle at night – this can cause cavities.

Internal Medicine and Pediatrics at Loyola Medicine

Loyola Medicine offers comprehensive primary care through its internal medicine and pediatrics program. Our dual-trained specialists care for patients of all ages. They offer a unique approach to routine checkups, preventive care and management of complex chronic diseases.

Our internal medicine and pediatrics offices located throughout Chicago’s western and southwestern suburbs are accepting new patients. To make an appointment, call 888-584-7888 or schedule an appointment online.

Audrey Hiltunen, MD, is an internal medicine and pediatrics specialist at Loyola Medicine and is board certified in both specialties. Dr. Hiltunen earned her medical degree at the Medical College of Wisconsin.

In her practice, Dr. Hiltunen’s areas of interest center around patient-provider communications and how social factors influence people’s health. She believes in developing trusted relationships with her patients and collaborating with them to make important health care decisions.



www.loyolamedicine.org



Check Out These Seasonal Events and Activities at the Cook County Forest Preserves

**Join Our Programming
Teams and Naturalists
for Some Upcoming
Fun, Educational
In-Person and
Virtual Offerings**

Wildlife Connections – Tuesday, Oct. 29 • 10:30 a.m.

River Trail Nature Center (3120 Milwaukee Ave., Northbrook)

Stop by the visitor center to learn about reptiles, mammals and birds from the residents of Misericordia – Heart of Mercy.

Cost – Free. Contact – (847) 824-8360/rivertrail.naturecenter@cookcountyil.gov.

Wee Wandering Wednesdays – Wednesday, Oct. 30 • 10 a.m.

Crabtree Nature Center (3 Stover Rd., Barrington)

Read a story, make a craft and go on an adventure. Ages 3-6 with adult, siblings welcome. Tickets on a first-come, first-served basis starting at 9:30 a.m.

Cost – Free. Contact – (847) 381-6592/Crabtree.NatureCenter@cookcountyil.gov.

Weekly Caldwell Woods Wellness Center Programming – Thursday, Oct. 31 • 8 a.m.

Caldwell Woods (Devon Avenue and Nagle Avenue, Chicago)

An exciting new program will take place every Thursday! Check fpdcc.com for weekly offerings, including time, age appropriateness and other details. For more information, call (773) 758-8899 or email experience.nature@cookcountyil.gov.

Cost – Free. Contact – (773) 758-8899/experience.nature@cookcountyil.gov.

Nature Story Trail – Friday, Nov. 1-Monday, Dec. 2

Trailside Museum of Natural History (738 Thatcher Ave., River Forest)

Walk a short trail while reading *Thanks to the Animals* by Allen Sockabasin of the Passamaquoddy Nation. Afterward, stop in to pick up a take-home craft and activities!

Cost – Free. Contact – (708) 366-6530/trailside.museum@cookcountyil.gov.

Dia de Los Muertos Artmaking and Night Hike – Friday, Nov. 1 • 4 p.m.

Eggers Grove (112th Street and S Avenue, Chicago)

Celebrate the history of Dia de los Muertos with artmaking and a night hike.

Cost – Free. Contact – (312) 415-2970/experience.nature@cookcountyil.gov.

Dark Sky Walk – Friday, Nov. 1 • 6:30 p.m.

Little Red Schoolhouse Nature Center (9800 Willow Springs Rd., Willow Springs)

Walk in an Urban Night Sky Place during the darkest night of the month, and search for stars and planets.

Cost – Free. Registration required – Call Little Red Schoolhouse at (708) 839-6897.

Contact – (708) 839-6897/littlered.schoolhouse@cookcountyil.gov.

Bird Walk – Saturday, Nov. 2 • 8:30 a.m.

Eggers Grove (112th Street and S Avenue, Chicago)

Cost – Free. Contact – (312) 415-2970/experience.nature@cookcountyil.gov.

Waterfowl Watch – Saturday, Nov. 2 • 10 a.m.

Crabtree Nature Center (3 Stover Rd., Barrington)

Get to know the ducks and geese on Crabtree Lake.

Cost – Free. Contact – (847) 381-6592/Crabtree.NatureCenter@cookcountyil.gov.

Forest Therapy – Saturday, Nov. 2 • 10 a.m.

Sand Ridge Nature Center (15891 Paxton Ave., South Holland)

Immerse yourself in nature, fostering mindfulness and wellness with a certified guide. Ages 16 and up.

Cost – Free. Registration required (online only) – thatforestfeeling.com/register.

Contact – (708) 868-0606/sandridge.naturecenter@cookcountyil.gov.

Website – <http://www.thatforestfeeling.com/register>.

Galls: Insect Home-builders – Saturday, Nov. 2 • 1 p.m.

Sagawau Environmental Learning Center (12545 W. 111th St., Lemont)

For gall-building insects, home is where you make it. Join us for a survey of these cryptic insects.

Cost – Free. Registration required – Call Sagawau Environmental Learning Center at (630) 257-2045.

Contact – (630) 257-2045/sagawauenvironmental.learningcenter@cookcountyil.gov.

Wellness Walks in Thatcher Woods – Saturday, Nov. 2 • 1 p.m.

Thatcher Woods Pavilion (Chicago Avenue, West of Thatcher Avenue, River Forest)

Enjoy a mindful and meditative guided nature walk in Thatcher Woods, led by Roberta Janssen, Univ. of IL Extension volunteer, to feel refreshed in body and soul. Ages 18 and up.

Cost – Free.

What's On The Menu? – Saturday, Nov. 2 • 3 p.m.

River Trail Nature Center (3120 Milwaukee Ave., Northbrook)

Join us at feeding time to learn about our outdoor ambassador animals and their habits.

Cost – Free. Contact – (847) 824-8360/rivertrail.naturecenter@cookcountyil.gov.

Stars, Stories, & S'mores – Saturday, Nov. 2 • 5 p.m.

LaBagh Woods (Cicero Avenue, North of Foster Avenue, Chicago)

At this annual event celebrate an evening in the Preserves and listen to storytelling, take a night hike, make a s'more, view stars and more. Presented with Haugan Elementary School and the American Indian Health Services.

Cost – Free. Contact – (773) 758-8899/experience.nature@cookcountyil.gov.

Owl-o-ween Prowl – Saturday, Nov. 2 • 6 p.m.

Sand Ridge Nature Center (15891 Paxton Ave., South Holland)

Join us for a not-so-spooky night! Learn about and search for these amazing predators of the night. Candy provided, costumes encouraged!

Cost – Free. Registration required – Call Sand Ridge Nature Center at (708) 868-0606 or email at sandridge.naturecenter@cookcountyil.gov.

Contact – (708) 868-0606/sandridge.naturecenter@cookcountyil.gov.

GPS Scavenger Hunt – Sunday, Nov. 3 • 11 a.m.

River Trail Nature Center (3120 Milwaukee Ave., Northbrook)

Learn about and participate in a technology-inspired scavenger hunt.

Cost – Free. Registration required – Call River Trail Nature Center at (847) 824-8360.

Contact – (847) 824-8360/rivertrail.naturecenter@cookcountyil.gov.

Fall Color Walk – Sunday, Nov. 3 • 1 p.m.

Little Red Schoolhouse Nature Center (9800 Willow Springs Rd., Willow Springs)

Join a guided walk to learn about the changes of the season.

Cost – Free. Registration required – Call Little Red Schoolhouse at (708) 839-6897.

Contact – (708) 839-6897/littlered.schoolhouse@cookcountyil.gov.

Naturalist Choice – Sunday, Nov. 3 • 1 p.m.

Sagawau Environmental Learning Center (12545 W. 111th St., Lemont)

Drop in for a look at what is happening in nature now.

Cost – Free. Contact – (630) 257-2045/sagawauenvironmental.learningcenter@cookcountyil.gov.

Makin' Music Bluegrass Jam – Sunday, Nov. 3 • 1 p.m.

Thatcher Woods Pavilion (Chicago Avenue, West of Thatcher Avenue, River Forest)

Join the jam or just listen! Make a simple musical instrument from repurposed invasive plants or bring your own instrument. All ages.

Cost – Free. Contact – (708) 366-6530/trailside.museum@cookcountyil.gov.

Walk and Talk: History of the Preserves – Sunday, Nov. 3 • 1:30 p.m.

Camp Pine Woods (Lake Avenue/Euclid Avenue, East of Des Plaines River Road, Near Mount Prospect)

Walk and Talk hikes are for the curious mind who wants to know more about the Forest Preserves and natural areas. These walks will be led at a slower pace with frequent stopping and interpretation.

Cost – Free. Contact – (773) 758-8899/experience.nature@cookcountyil.gov.

GPS Scavenger Hunt – Sunday, Nov. 3 • 2 p.m.

River Trail Nature Center (3120 Milwaukee Ave., Northbrook)

Learn about and participate in a technology-inspired scavenger hunt.

Cost – Free. Registration – Call River Trail Nature Center at (847) 824-8360.

Contact – (847) 824-8360/rivertrail.naturecenter@cookcountyil.gov.

**Take some time
to explore
our website at
www.fpdcc.com for
additional events and
valuable information
linked to the
Cook County
Forest Preserves
experience!**

Your next visit to Brookfield Zoo isn't complete unless you've experienced the amazing things on hand.

Here's a list of some incredible current and upcoming attractions. Be sure to check out our website at www.brookfieldzoo.org for additional happenings.

Want to make the most of your zoo experience? Become a member and you'll get exclusive discounts to most attractions, not to mention so much more!

Save the Dates for These Exciting Brookfield Zoo Chicago Events and Attractions!

Wines in the Wild – Saturday, Nov. 9

Wines in the Wild features the perfect blend of wildlife and – you guessed it – wine! Join us, 7-10 p.m., for a wonderful evening in the newly renovated Discovery Center at Brookfield Zoo Chicago. The evening will include wine/liquor tastings with representatives from wineries and distilleries throughout the United States, delicious food from our catering team, the SSA Group, animal ambassadors, as well as a silent auction with unique travel, wine and zoo-centric items! It's a night you won't want to miss! For additional information and to purchase tickets, visit brookfieldzoo.org/events or call (708) 688-8393.



Tree Trim – Saturday and Sunday, Nov. 9-10

Does your community group want to get into the holiday spirit early? Join Brookfield Zoo Chicago in gearing up for our Holiday Magic celebration by participating in Tree Trim! Sponsoring a tree is a beautiful way to support the zoo and celebrate the 43rd annual Holiday Magic. School groups, scout troops, families and companies are all welcome to participate in Tree Trim on Saturday, Nov. 9 and Sunday, Nov. 10. Once you have registered, (date reservations are not required), just pick the date (Nov. 9 or 10) that works best for your group, bring your tickets and come out to decorate. Trees are currently on sale. For more information, visit brookfieldzoo.org/events or call (708) 688-8000.



Reindeer Run – Saturday, Nov. 16

Gather your family, friends and holiday cheer, and join us on Saturday, Nov. 16, for the Reindeer Run. With a two-mile course entirely within Brookfield Zoo Chicago, "fun run" under the lights while being one of the first to see Holiday Magic!

Space is limited, don't wait to register!

All registered Reindeer Run participants will receive a commemorative Reindeer Run winter hat with registration.

Fun run individually or with your family and friends! Strollers are welcome and children riding in strollers during the race do not need to be registered.

Only those walking or running need to be registered.

Non-Member Registration: \$35 Race Fee + Sign-Up Fee. Member Registration: \$30 Race Fee + Sign-Up Fee.

For more information and to register, visit brookfieldzoo.org/events or call (708) 688-8000.

Zoo After Dark: Holiday Sip & Stroll (NEW) – Thursday, Nov. 21

Enjoy the beginning of the festive season at Brookfield Zoo Chicago's new 21-and-over Sip & Stroll. The after-hours evening event gives adults a sneak peek of the zoo all lit up for the holidays with more than 2 million LED lights. Throughout the evening, sip, savor and stroll along the walkways amongst the light displays, partake in the merrymaking with memorable photo opportunities, and sample specialty food and drinks at pop-up locations. Join in the holiday dance party, get up-close visits with the zoo's animal ambassadors and take a spin on the Anniversary Ferris Wheel or The Carousel. For reservations and additional information, including pricing, visit brookfieldzoo.org/events or call (708) 688-8000.



Holiday Magic – Nov. 22-24, 29-30 and Dec. 1, 5-8, 12-15, 19-22, 26-31

This holiday season, get ready to visit Chicagoland's longest-running lights festival featuring over 2 million twinkling LED lights! We're excited to offer four types of tickets for Holiday Magic! Please explore your options by visiting www.brookfieldzoo.org/HolidayMagic.

Step into a wonderland of Holiday Magic, where enchanting scenes come to life with giant illuminated animals, a dazzling tunnel show, Santa and captivating walkthrough displays! Marvel at over 900 beautifully decorated trees that illuminate the night, each adorned by local community groups and organizations. Take a leisurely stroll through our new immersive displays, Candy Cane Lane and Sparkling Coast, and enjoy the festive atmosphere. It's a magical experience filled with joy and wonder for the whole family!

New! Two New Themed Lighting Areas – Experience two new immersive lighting areas at the zoo! The Wild Encounters pathway will be transformed into Candy Cane Lane, where you can drop off letters to Santa and the animals. Keep an eye out for reindeer in Wild Encounters, they might just know where Santa is! This enchanting pathway will lead you to the East Mall Holiday Market.

Living Coast will be transformed into the Sparkling Coast, adorned with wintry blue moving light patterns and magical underwater light statues. Feel a deep connection to the sea as you stroll beneath the radiant waters.

Meet Santa! – Meet Santa this holiday season at the zoo! Visit him Nov. 22-Dec. 22, 5-8 p.m. Before your visit, take a stroll down Candy Cane Lane and send your letters to Santa using our North Pole Express Mailbox. Don't forget to share holiday messages with your favorite animals at our Letters to Animals Mailbox. It's a magical experience for the whole family!

New! Holiday Market – Embrace the winter spirit at our new Holiday Market! Enjoy unique shopping alongside seasonal food and beverages that will warm your heart. Visit the Cranberry Bar for craft holiday cocktails, cozy winter apparel and delicious funnel cakes. Don't forget to stop by The Nut Hut for custom ornaments and handmade gifts that are perfect for the holidays!

Holiday Treats & Sips and Jolly Gift Shops – Indulge in delicious food and cozy beverages, including hot chocolate available at various locations throughout the park to keep you warm during the event. Plus, explore our Jolly Gift Shops to find the perfect holiday gifts and keepsakes that will make this season memorable!

Experience Winter Wildlife – Warm up as you explore indoor habitats. There are three open indoor habitats during Holiday Magic (The Swamp, Living Coast and Seven Seas Underwater Viewing). Don't miss the outdoor habitats, where you can encounter incredible animals like big cats, bison, camels, kangaroos, reindeer and more!

Seasonal Attractions Available for Purchase

Take a ride on our seasonal attractions (open weather permitting). Separate fees apply for these experiences.

- Elf Power: Virtual reality experiences.
- Carousel: Featuring 72 animals and stationary chariots.
- Anniversary Ferris Wheel: Available only through Dec. 31 (don't miss your chance!).

Holly Jolly Gingerbread Party – Saturday, Dec. 7

Celebrate the holidays at Brookfield Zoo Chicago with this family-friendly fundraiser! Hosted at the zoo's Discovery Center, 11 a.m.-2 p.m., the festive event includes a delicious brunch and dessert buffet with a mimosa and bloody mary bar, and hot cocoa, as well as a visit from Santa, up-close experiences with some of the zoo's animal ambassadors, and of course, gingerbread decorating. The event benefits the education, scholarship and conservation initiatives supported by the Women's Board. For additional information, visit brookfieldzoo.org/events or call (708) 688-8393.



For more details or a complete listing of the fun, family activities happening at Brookfield Zoo Chicago, check out www.brookfieldzoo.org/events or call (708) 688-8000.

ComEd Urges Local Students to Apply for Colleges, Trades Scholarships Worth Up to \$10,000 Each

\$175,000 in Scholarship Fundings Available to Help Local Students Prepare for Wide Range of Clean Energy Career Opportunities

ComEd has announced it is now accepting applications for \$175,000 worth of college and trades scholarships made available through its Future of Energy Scholars Program. Now through Nov. 3, 2024, students who are pursuing a future career in energy, either through a trades training program or a STEM-related college major, can apply for scholarships ranging from \$1,000 to \$10,000 each.

"At ComEd, our focus is on creating a cleaner, more resilient future for our communities; that future requires a skilled and diverse talent pipeline to power the future of energy," said Melissa Washington, senior vice president of Customer Operations and Strategic Initiatives at ComEd. "From work on the frontlines to careers in the office, our Future of Energy Scholarship recognizes the wide range of careers that are possible in the growing clean energy industry. Through this program, we are preparing the next generation to enter the growing number of opportunities emerging in our industry and across Illinois today."



The Future of Energy Scholars Program offers both college and trade program students a chance to receive financial assistance to cover the cost of tuition and other related expenses.

The program awards up to \$10,000 for college STEM programs and up to \$2,500 for trades schools, which includes programming with a focus on electrical and line work, HVAC, mechanic/electric vehicle, plumbing, environmental, drafting and design, construction and more. In addition to the financial award, selected applicants enrolled in a college program may also be eligible for internship opportunities with ComEd.

"We are proud to partner with ComEd for the Future of Energy Scholarship Program to support students who are charting their path through post-secondary education toward a rewarding and impactful career in energy," said Mary Spruill, executive director of The NEED Project. "Whether attending a trade school or a four-year educational institution, ComEd Future of Energy Scholarship recipients are building the skills needed for the energy workforce of the future. Our energy future is in exceptional hands with these dedicated recipients."

Since 2022, ComEd has awarded nearly \$860,000 in scholarships through the program to help remove the financial burden for students pursuing STEM careers across northern Illinois. The program has reached dozens of students to date, reflecting a diverse mix of students from across the area, including HBCU-bound or enrolled students, as well as those enrolled in local trades programming. Additionally, a large number of scholars are female, highlighting how programs like these can close the gap historically seen on women and persons of color being underrepresented in both the STEM and trades career fields across America.

Juan Carlos Diaz, a 2023 ComEd Future of Energy Scholar, shares what it meant to him to receive his award and, as a top applicant, the opportunity to intern at ComEd this summer. "As a parent-student, I am often left pondering what sacrifices will be made to earn my electrical engineering degree. With the Future of Energy Scholarship, the weight of being a provider, scholar and father to my 3-year-old daughter felt less heavy. The opportunity to learn through hands-on experience during my internship was also invaluable, as it helped me grow and gain confidence in my abilities. To genuinely help others make a change in their life for the better without asking anything in return is a blessing with no bounds."

Clean energy jobs are on the rise nationally. Last year, this sector was one of the fastest growing, with jobs rising by over 4% in 2023, more than double the overall job rate. Here in Illinois, the clean energy transition is expected to bring as many as 150,000 new jobs by 2050, according to a study commissioned by ComEd.

The Future of Energy Scholars Program is one of many ways ComEd is helping communities prepare for the array of careers in the clean energy industry. Last year alone, ComEd's workforce development and STEM education initiatives impacted over 2,000 local residents.

To qualify for scholarships, students must be enrolled in an eligible two- or four-year college or trade program, maintain a minimum GPA of 2.8 and submit an application along with two references. For more information or to apply for the ComEd Future of Energy STEM Scholarship, visit www.ComEd.com/CollegeStudents.

For more information on ComEd's STEM and workforce programs, please visit www.ComEd.com/CleanEnergyJobs.

ComEd Urges Customers to Take Advantage of Millions of Dollars in LIHEAP, ComEd Bill-Assistance Programs

ComEd, Partnering Agencies Have Already Made \$80 Million in Grants Available to 186,000 Customers So Far This Year, Now New Federal Funding is Available

Following the state of Illinois' launch of the new application period for the Low Income Home Energy Assistance Program (LIHEAP), a federal energy-assistance program, ComEd reminds customers that the energy company also offers a wide-range of support options to complement these grants and help customers of all income levels.

"ComEd continues to work in collaboration with community agencies across northern Illinois to support our most vulnerable customers and connect them to billing assistance options to help make their monthly energy expenses more affordable," said Melissa Washington, senior vice president of Customer Operations and Strategic Initiatives at ComEd. "With the launch of a new LIHEAP program cycle, it's a good time to encourage customers to not only take advantage of federal funds, but look into ComEd's own energy-saving and bill-assistance offerings, and self-service apps to help them stay current on utility bills year-round."

LIHEAP is now prioritizing acceptance of grant applications for customers most in need of assistance, including adults aged 60 and older, families with a disabled family member who receives Social Security or VA Disability benefits, families with children 5 years old and under, and people who have been disconnected or may face imminent disconnection. Beginning Nov. 1, all other income-eligible households can apply.

Every year, LIHEAP accepts applications for one-time payments made directly to energy service providers on behalf of recipients. To qualify, an income-eligible household's gross income 30 days prior to application cannot exceed 200% of the federal poverty income guidelines. For a family of four, that is \$5,200 a month or \$62,400 a year. Homeowners, renters and subsidized housing tenants are also eligible to apply for assistance. Families and individuals do not have to be behind on their bills to receive a LIHEAP Grant. Eligibility details and online Request for Services Form are available at helpillinoisfamilies.com.

"CEDA is committed to ensuring that Cook County residents have access to utility bill assistance and, with the launch of our new online application, we're making it easier than ever for households to apply for help," said Latoya Butler, vice president of Energy Services for the Community and Economic Development Association of Cook County, Inc. (CEDA), one of the agencies that administers LIHEAP and other utility assistance programs in Cook County. "This new platform reflects our dedication to streamlining the process, allowing more families to receive the support they need quickly and efficiently."

ComEd Bill-Assistance Options

Last year alone, ComEd connected more than 198,000 eligible customers to over \$94 million in financial assistance and other support options. Through August of this year, the energy company already helped connect over 186,000 customers to \$80 million in support. Some of this occurred during ComEd's nationally recognized Powering Lives Resource Fairs, which collaborated with community organizations to identify and deliver services that local families could use the most. The growing suite of bill-assistance options ComEd makes available to customers includes:

- Payment arrangements of up to 12 months for eligible residential customers with past-due balances. Make a down payment on the amount owed and pay the rest through installments in addition to your regular monthly bill.
- Budget billing, which provides a predictable monthly payment based on your electricity usage from the last 12 months.
- Deposit and late-payment charge waivers for one year to income-eligible customers, along with the return of any current deposit.
- High-usage alerts, which enable customers to receive alerts when their usage is trending higher than normal to help manage overall energy use, and energy-management tips to help customers manage energy use to save money now and on future energy bills.
- Energy-efficiency offerings, including services and incentives designed to help income-eligible residential customers reduce energy use now and in the long term.

To make it easier for customers to sort through these and other bill-assistance options and energy-efficiency programs, ComEd offers its Smart Assistance Manager (SAM) at ComEd.com/SAM. SAM is an online self-service tool that can match customers with the programs for which they may qualify.

Nicor Gas Highlights the Importance of Safety and Preparedness During National Preparedness Month

Nicor Gas is joined the nationwide observance of National Preparedness Month this September. With a commitment to the safety and well-being of our customers and communities, Nicor Gas is dedicated to raising awareness about the importance of being prepared for emergencies.

National Preparedness Month, established by the Federal Emergency Management Agency (FEMA), is observed every September to encourage Americans to take steps to prepare for emergencies in their homes, businesses, schools and communities.



"At Nicor Gas, safety is our highest value," said Wendell Dallas, president and CEO of Nicor Gas.

"We are dedicated to providing reliable natural gas, while also ensuring our customers and communities are equipped with the knowledge and resources they need to stay safe during emergencies. National Preparedness Month is a critical reminder for all of us to take proactive steps in preparing for the unexpected."

Below are general preparedness tips to help you and your community stay safe and ready for emergencies:

- **Create an Emergency Plan** – Develop a family emergency plan that includes meeting locations, communication methods and an out-of-town contact. Practice your plan regularly with all family members.
- **Build an Emergency Kit** – Assemble a kit with essentials, such as water, nonperishable food, a flashlight, batteries, a first aid kit, medications and important documents. Include items specific to your family's needs, such as baby supplies, pet food and personal hygiene items.
- **Stay informed** – Sign up for local emergency alerts and warnings. Monitor weather reports and heed any evacuation orders or safety instructions from local authorities.
- **Secure Important Documents** – Keep copies of important documents, such as identification, insurance policies and medical records in a water-proof container.
- **Know Your Community's Emergency Plans** – Familiarize yourself with the emergency plans of your local schools, workplaces and community organizations.

Nicor Gas encourages everyone to follow National Preparedness Month tips by reviewing their emergency plans, updating their supply kits and staying informed about potential risks in their area. This is also a good time for Nicor Gas customers to prepare for winter weather. From DIY free weatherization kits or in-home energy assessments, Nicor Gas customers can learn more at [nicorgas.com/waystosave](https://www.nicorgas.com/waystosave).

Nicor Gas Awards \$100,000 in Grants to Support Diversity Initiatives

Nicor Gas is announcing \$100,000 in grants to support diversity initiatives that address the lack of access or opportunities for those facing discrimination based on race, national origin, gender, religion, age, sexual orientation, veteran status and physical disabilities.

"Nicor Gas is proud to recognize and celebrate the outstanding recipients of our diversity grant awards," said Jackie Nagel, manager of Community Affairs at Nicor Gas. "The selected nonprofits are fostering inclusivity and driving positive change within our communities. We are honored to support these organizations as they continue to pave the way for a more diverse and equitable future."

This year, Nicor Gas is awarding 21 organizations with grants of up to \$5,000 to support their diversity, equity and inclusion initiatives, including the following from the Chicago Metro and Cook County area:

Chicago Metro

- **Ajilla Foundation** – Supports programs that provide comprehensive leadership development opportunities to collegiate women of color from diverse backgrounds through a fellowship program.
- **American Association of Blacks in Energy, Chicago Metro Chapter** – Supports and fosters the engagement of underrepresented students who have an interest in pursuing careers in the energy industry.
- **Best Buddies** – Supports job training programs for individuals with disabilities.
- **Indonesian Diaspora Network Midwest** – Supports the annual Lunar New Year Celebration, recognizing the accomplishments of the Asian-American and Pacific-Islander community.
- **National Museum of Mexican Art** – Supports the museum's mission to showcase the beauty and richness of Mexican culture.
- **YWCA Metropolitan Chicago** – Supports career pathway programs for women and people of color to obtain credentials and access to high-demand positions.

Cook County

- **America Cares Too** – Supports a workforce training program for veterans.
- **Aspire Illinois** – Supports an employment program for adults with disabilities, including job placement assistance, on-the-job support and job-coaching services.
- **Chicago State University Foundation** – Supports pre-collegiate students in the Chicago area through academic preparation for college-level STEM courses.
- **The Harbour** – Supports the Youth Advisory Board Program for formerly homeless youth to serve in a leadership capacity, providing internet access, leadership training, transportation assistance, childcare as needed and involvement in homeless coalitions.

To learn more about Nicor Gas' commitment to diversity initiatives and giving back to the communities it serves, visit [nicorgas.com/2023communityimpact](https://www.nicorgas.com/2023communityimpact).

Walgreens Announces New Student Loan 401(k) Match Program

Program Allows Eligible Team Members to Prioritize Paying Down Student Loans

Walgreens, the leading independent retail pharmacy and health care provider, has announced the launch of the Walgreens Student Loan 401(k) Match Program. This new benefit, available beginning in January 2025, will allow team members to qualify for company 401(k) match contributions as they pay down their student loans.



“We understand the burden student loan debt places on many of our team members and this program empowers us to make a lasting impact on their financial well-being,” said Elizabeth Burger, EVP and chief human resources officer, WBA. “With this new benefit, our team members are no longer faced with the difficult choice between managing their student loan debt and investing in a secure financial future – now they can confidently do both.”

With nearly 43 million Americans struggling with student loan debt, Walgreens is proud to be a leader of large employers offering team members this new option. Roughly 30% of Walgreens team members are facing financial debt from higher education – including more than half of our pharmacy team members – and according to the American Association of Colleges of Pharmacy, pharmacists have an average student loan debt of \$170K.

How it Works

The Walgreens Student Loan 401(k) Match Program treats enrolled team member student loan payments like contributions to the Walgreens Retirement Savings Plan “401(k).” Walgreens matches eligible student loan payments up to 4% of eligible pay. Team members are generally eligible for company matching contributions after one year plus 1,000 hours of service.

Additional Educational Benefits

Walgreens is committed to supporting its team members’ financial well-being and career growth, which is why the company also recently enhanced its Walgreens Pharmacy Educational Assistance Program (PEAP). PEAP provides tuition assistance each year when eligible team members are enrolled in a professional pharmacy program while working for Walgreens as a pharmacy intern. For all years combined, the awards can be as much as \$40,000 in total.

In exchange for each award, pharmacy students are required to sign an agreement that includes a one-year work commitment as a registered pharmacist at Walgreens. The total work commitment period is the total number of years for which a pharmacy student receives an award under this program.

Walgreens is dedicated to providing comprehensive benefits that address the diverse needs of its team members. For additional information on benefits and career opportunities at Walgreens, please visit jobs.walgreens.com.

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Obituaries

Carnevale

Marge Carnevale. Dearly beloved wife of the late Louis Carnevale; loving mother of Lou, John and Nancy Carnevale; beloved daughter of the late Jack and Grace Paglini; fond grandmother of Kristen Gregory and Anthony Carnevale; fond great-grandmother of Colton and Asher Gregory; dear sister of Jack Paglini, Rose Zawadski and the late Gregory, Frank, Louie and Sam Paglini; loving aunt, cousin and friend of many. Arrangements by Carbonara Funeral Home.

Cassara

Susanne M Cassara, nee Lenz. Beloved wife of Fred Cassara; loving daughter of the late Lyle Lenz and Viola Langosch; dear sister of the late Butch and Harlin Lenz; cherished aunt of Sue (Rick), Ronald (Fran), Nick, Julie (Bill), Lyle Jr., Giovanni (Alexandra), Francesco (Alexa) and Antonio (Heather); dear daughter-in-law of Luigia and the late Francesco Cassara; cherished sister-in-law of Maria Cassara; loving great-aunt, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Cernauske

Nancy Cernauske. Beloved wife of the late Edward Cernauske; loving mother of James (Patricia) Cernauske, Michael (Joann) Cernauske, Gail Cernauske and Sue Montague; beloved daughter of the late Angelo and Mary Zito; loving grandmother of Jeff (Alicia), Jason (Jenn), Stephanie (Dave), Christina (Mark), Michelle and Josh; loving great-grandmother of Olivia, Emma, Cameron, Lucas, Rylie, Rosalie and Everly; dear sister of the late Vito Zito, Angelina Zito and Joseph Zito; loving aunt, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Cimoli

Margaret D. Cimoli. Dearly beloved wife of the late Angelo Cimoli; loving mother of Pia (Frank) Fazio; beloved nonna of Danielle (Dean) and Frankie (Kristeen); cherished friend of Adolf Schneider; caring Aunt Dolly to many nieces and nephews. Proud member of Mazzini-Verdi Italian American Organization for over 40 years. Arrangements by Carbonara Funeral Home. Entombment Queen of Heaven Mausoleum.

Diaz

Jesus Diaz. Cherished son of Jesus and the late Isidra Diaz Franco; dear brother of many siblings and dear uncle to many nieces and nephews; Arrangements by Carbonara Funeral Home. Interment private.

Donohue

Theresa L. Donohue, nee Bartemio; Dearly beloved wife of the late Robert Donohue; loving mother of Diane Partipilo and the late James Pagnoni; cherished daughter of the late Angelo and Anna; dearest sister of Anthony Bartemio; loving aunt, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Flores

Jose F. Flores. Beloved husband of Karen Flores; loving father of Joseph (Amy) Flores and Susie (Cynthia Aguero) Flores; beloved son of the late Gabino and Maria Flores; fond grandfather of Morgan Flores and Olivia Flores; dear brother of Antonio, Luis, Maria, Carmen, Josefina, the late Jesus, Raul and Margarito; loving uncle, cousin and friend of many. Arrangements by Carbonara Funeral Home.

Garcia

Carlos Garcia. Cherished son of Pedro and Rosalinda Garcia; loving brother of Arnaldo, Adrian and Karina; cherished cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Arlington Cemetery.

Lupo

Michael "Mikey" Lupo Jr. Beloved son of Michael and Melissa Lupo; loving grandson of Michael and Pattie Lupo, and Bill and Silvana Thomas; cherished brother of Lea Lupo; dear nephew of Dominick (Gena) Lupo and Christene (Wes) Triebold; loving cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment private.

Montano

Alicia Curiel Montano. Dearly beloved wife of Tomas Carreno; loving mother of Tomas, Omar, Reinalda, Yolanda and Cindy; beloved daughter of the late Juan and Lidia; dear sister of Juan, Patricia, Angelica, Herminio, Jose, Ardelia and Yolanda; loving aunt, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Nielsen

Donald "Donnie" J. Nielsen, RPL. Beloved husband of Guadalupe Nielsen (nee Ordaz); loving father of Donald M. Nielsen; beloved son of Donald (Amelia) Nielsen and Linda (Terry) Nelson; loving godfather, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment private.

Thinking of you and the NORCOMM family for the loss of our beloved Executive Director Donald J. Nielsen.

It is with deep sadness and a heavy heart that I inform you of the sudden and unexpected death of our colleague and dear friend, Donald J. Nielsen. We will miss him more than words can express.

Don is a graduate of Fenwick High School (Oak Park, Illinois) and a graduate of Loyola University BBA (Chicago), a National Emergency Number Association (NENA) Emergency Number Professional (ENP) and a NENA Center Manager Certificate Program (CMCP) graduate.

Don was passionate about public safety and dedicated his life to being a public safety professional by starting as one of the first professionally trained public safety telecommunicators for the village of Melrose Park PSAP/ECC back when 911 was first introduced in the early 1990s, a system analyst for the village of Melrose Park, as well as serving as a part-time sworn police officer for the village of Melrose Park, followed by being appointed as the executive director of NORCOMM Public Safety Communications – overseeing the NORCOMM PSAP that provides emergency 9-1-1 dispatch services to the village of Melrose Park, village of Stone Park, village of Bellwood, village of Rosemont, village of Elmwood Park, village of Franklin Park, village of River Grove, the Leyden Fire Protection District, the Northlake Fire Protection District and MABAS Division 20.

Pearson

Elizabeth Ann Pearson (Warren), May 28, 1937-Sept. 11, 2024.

Elizabeth Ann Pearson, nee Fuqua. Born in Lebanon, Tennessee, to Willie Caleb Fuqua and Eula Mae Cherry; beloved wife of the late Frederick John Pearson (Melrose Park Fire Department); loving mother of Linda (Rick) Rocchetti, Frederick (Deborah) Pearson and Mark (Anne) Pearson; and loving grandmother to Rachel Rocchetti, Amanda and Katie Pearson, Andrew, Lauren and Jacob Pearson.

Tragically, Ann lost her sweetheart unexpectedly. A young widow at 37, Ann was determined to raise her children with skills to face the world with all its joy and pain. Ann loved being a mother and in later years found

much joy being surrounded by her family and dear friends.

In 1985, Ann relocated to Virginia when she began her career with and retired from the Central Intelligence Agency (CIA) following a distinguished career.

Ann passed away peacefully following weeks of visits from her children and grandchildren who all provided emotional and physical support to her. She has now joined her late husband who she missed dearly for almost 50 years.

Arrangements by Carbonara Funeral Home. Interment St. Joseph Cemetery.

Petruzzi

Carmella "Camille" Petruzzi, nee Loizzo. Dearly beloved wife of the late Michael Petruzzi; loving mother of Michael (Lisa) Petruzzi and Anthony Petruzzi; beloved daughter of the late Anthony "Smokes" and Anna Loizzo; cherished grandmother of Michael and Chelsea Petruzzi; loving aunt, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Mount Carmel Cemetery.

Ranieri

Barbara Ranieri, nee Venute. Beloved wife of Jerry Ranieri; loving mother of Victoria Wolfman DiTuri and the late Jacalyn Ranieri; fond grandmother of Santino DiTuri, Nico DiTuri and Sophia Pannarale; former mother-in-law, but cherished friend of Joseph DiTuri; loving cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Elm Lawn Cemetery.

Rubright

Kenneth Rubright. Loving father of Dr. Samantha Rubright and Katie (Reyes Maldonado) Rubright; beloved husband of Janet Rubright; beloved son of the late John and Carol Rubright; dear brother of Diane, James (Barb), Donna (Joe) Ariola, the late Johnny; fond uncle of Rachael, Eric, Joey, Teena and Anthony; cherished cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment private.

Ruff

Marcie Mae Ruff. Loving mother of Johnnie Ruff, Shelby Ruff, Sandra Brewer and Natasha Hood; beloved daughter of the late Birch and Cora Hampton; cherished grandmother of Regina, Jarvis, Alisha, Arron, Jacob, Kimberly, Quianna, Danisha, Cherisse, Kennedy, Kaylin and Kyle; loving great-grandmother, great-great-grandmother, sister, aunt, cousin, godmother and friend to many. Arrangements by Carbonara Funeral Home. Interment Oak Ridge Cemetery.

Salinas

Margarita Salinas. Beloved wife of Roberto C. Salinas; loving mother of Maria "Elvira" Ayala, Roberto Salinas Jr., Mary "Malena" Suarez, Cristobal "Cristo" Salinas and Robelin "Rob" Salinas; fond grandmother of Jessica Isabel Ayala Castro, Ismael Ayala Jr., Alex Salinas, Emilio Salinas, Sergio Suarez Jr.; David Suarez, Eric Suarez, Cristobal Salinas Jr., Raquel Salinas, Stephany Salinas and Damian Cadena; fond great-grandmother of Giovanni, Cielo, Max, Leo, Luka, Johan, Emilio Jr., Nora, Charlotte, Indy, Sergio III, Conor, Mack, Josie and Cleo; dear sister of Manuel Martinez Jr., the late Hermenia, Antonio, Tiburcio, Gabriela, Lionel and Isabel; loving, aunt, cousin, godmother and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven.

Sapoznik

Seymour Sapoznik. Dearly beloved husband of Rosemary Sapoznik (nee Lopez); loving father of Lisa (Jaime), Hector "Jr" (Ann) and Al (Lisa); cherished papa of Giavanna (Joel), Erica (Chico), Erin (Jorge), Kaitlin (Aric), Alicia (Taylor), Rebecca (Jason), Alec and Drew; great-grandfather of eight; dear brother of two; loving brother-in-law, uncle, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Velasquez-Cuellar

Orlando Velasquez-Cuellar. Beloved husband of Imelda Lorena Velasquez; loving father of Shirley, Loren Michelle and Orlando; beloved son of Edilma and the late Hugo Velasquez; fond grandfather of Alexander and Leonardo Cuellar, and Victoria and Michael Ruiz; dear brother of Hugo Hernando, Wilson, Hector Jairo, Maria and Myriam; loving uncle, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment All Saints Cemetery.

Vercell

Joseph John Vercell, 78, of Melrose Park, Illinois, passed away at Loyola University Medical Center on Oct. 3, 2024. Joseph was preceded in death by his wife of 56 years, Sue Ann (Pulikowski) Vercell; his parents, Joseph Francis Vercell and Angela (Sanservino) Vercell; his sisters, Marian (Donald) Krueger, Lorraine (Henry) Kohlert and Dolores (Joseph) Rippin; and his brother, Anthony Vercell. Joseph graduated from Sacred Heart School in 1959 and Proviso East High School in 1963. Joseph was employed at Walgreens warehouse in Berkeley, Illinois, for 45 years as a warehouse operative. Joseph's passion included playing The Beach Boys', George Strait, Elvis and Clint Black songs on his Fender Stratocaster electric guitar. Another passion of Joseph's included exterior and interior property maintenance. Joseph enjoyed attending his grandkids' activities, such as dance and orchestra recitals, as well as band concerts. Joseph is survived by his children, Julie Vercell and Steve Vercell; and grandchildren Jamie Okulanis and Joseph Okulanis. Joseph is survived by his sister Joan (George) Lorenzo. He was an uncle, cousin and friend to many. Arrangements by Carbonara Funeral Home.

Wollenschlager

Zachary Tyler Wollenschlager. It is with deep sorrow that we announce the sudden and unexpected passing of Zachary Tyler Wollenschlager on Sept. 1, 2024. Born on June 14, 1996, Zachary lived a life full of dedication, hard work and love for those around him. He leaves behind a legacy of strength and kindness that will be cherished by all who knew him.

Loving son of Anna (nee Coglianesse) and Eric Wollenschlager; fond brother to Justin, Rachel and Cameron; cherished nephew of Cynthia Ann Wollenschlager, M.D., the late Robert Coglianesse and Peter Coglianesse (Connie); devoted grandson of the late Ronnie and the late Rita Wollenschlager, the late Vincent Coglianesse and the late Barbara Coglianesse; loving cousin to Michael, Natalie, Arianna, Anthony and Alexa. Zachary was a graduate of St. Patrick's High School, where he was a proud member of the school's hockey and wrestling team and was known for his dedication, leadership and sportsmanship in competition and beyond. After high school, Zachary continued his education at Eastern Illinois University, where he continued to make lifelong friends and memories.

Zachary became a proud and skilled carpenter, part of Local Union 13, a profession that perfectly suited his resilient spirit and unwavering work ethic. His hands built the very structures that make up our world and his work will stand as a testament to his dedication for generations to come.

But above all, Zachary will be remembered for his hard work and the incredible heart he brought to everything he did. Whether he was at work, on the ice or spending time with loved ones, he gave his all and made those around him feel valued and cared for. His tenacity, kindness and loyalty were unmatched and these qualities touched the lives of everyone who had the privilege of knowing him.

Zachary's life, though tragically cut short, was filled with love, laughter and joy. His bright spirit will continue to shine in the hearts of all who knew him and he will be forever missed.

Arrangements by Carbonara Funeral Home. Zachary's ashes will be interred at Queen of Heaven Cemetery.



Village of Melrose Park
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Sonny Nicotera, Mary Ramirez Taconi, Anthony "Tony" Williams

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Monday through Friday, 9 a.m. to 5 p.m.

BOARD MEETINGS

Second and fourth Monday of each month (unless otherwise indicated)
at 6 p.m., 1 N. Broadway

**Village of Melrose Park
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