



# Village of Oak Lawn

A Community United E-Newsletter

April 2, 2009

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



## **JUNIOR JORDANS BRING HOME THE GOLD !!**

**The Oak Lawn Park District's Special Olympic Junior Jordans basketball team competed in the state competition on March 14 & 15 at Illinois State University. The Junior Jordans finished in first place and brought home the gold. The team's season record was 4 and 4. This is the Park District's first state championship team. Congratulations Junior Jordans. Oak Lawn is proud of you!**



**Early Voting** is available through Thursday **April 2**, in the Clerk's Office of the Village Hall from 9:00 am until 5:00 pm. No excuse is necessary but you will need your government issued identification.

**In Person Absentee Voting** is available Friday, April 3, through Monday, April 6, only in the Clerk's Office of Cook County, 69 West Washington, Chicago. The hours for the Clerk's office are as follows: Monday & Friday – 9:00 am until 5:00 pm. Saturday & Sunday – 9:00 am until 12:00 noon.

The Village Hall will be closed for business on **Friday, April 10**. Garbage service will not be interrupted.

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

**You asked:** Do you need a dog license in Oak Lawn?

**We answered:** Dog Licenses are available for \$5 at the Cashier's Window in the Village Hall. Please bring proof of your dog's vaccination.

**You asked:** When does yard waste pick up begin?

**We answered:** Yard waste pick up began Monday, March 30. 96g yard waste totes are available for \$40. This is a shared cost between the Village and the resident (\$80.00 value). There is no weight restriction with this toter. Also available to residents are additional 64g recycle totes. 55g rain barrels are also available for \$40. Order forms are available at the Cashier's window at the Village Hall. Please note on your form if you want your old recycle toter to be exchanged for the new one.

## **BUSINESS SPECIALS FOR OAK LAWN RESIDENTS ONLY**

Each e-mail will feature a few Oak Lawn businesses with special offers for our residents. Just mention that you are an Oak Lawn resident and read about the offer "A Community United" email newsletter. Our features this edition are:



**5273 W. 95<sup>th</sup> Street  
Oak Lawn, IL 60453  
708-576-8560 [www.baja-sol.com](http://www.baja-sol.com)  
10:30AM-10:00PM 7 days a week**

**Home of the free hot chips and salsa bar  
with the purchase of an entrée  
The freshest MEX under the SUN!!!**

**Online ordering\* Catering\* Delivery \$25 or greater**

**Good for \$3 off a purchase of \$10 or more  
10% off catering order - Expires 4-30-2009**

The Village of Oak Lawn is proud to announce that Baja Sol was recently presented with a "Beautification Award" from the Business Development Commission in Oak Lawn. Mark, Terry & Shari Wicks are the proud owners of this newly established Mexican restaurant in Oak Lawn. Stop by to taste the great Mexican cuisine and we are sure you will not be disappointed!



**3G Inflatables:** Brand new, up and coming Oak Lawn business. We have inflatables, for all occasions. Birthdays, Block Parties, School & Church functions, Festivals, Picnics, etc. We are safety trained & insured. Also available: tables, chairs and tents. Ask about our packaged deal. **Oak Lawn residents receive \$25.00 off inflatable rental. Offer expires 9/1/09.** Call Harry 642-9985 and check us out at [www.3ginflatables.com](http://www.3ginflatables.com)

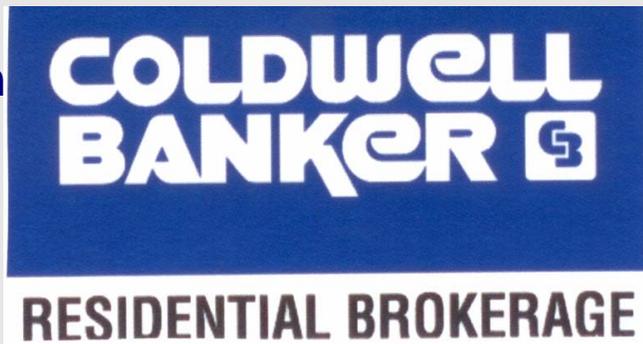
## FREE ATTORNEY VISIT

***Attorney Michael J. Maslanka is offering a free, in-your-home, consultation to elderly (65 and over) or disabled Oak Lawn residents.*** Michael has been an attorney for 24 years and is a graduate of Brother Rice High School and St. Xavier University, and is an Oak Lawn resident. You can reach Michael at (312) 641-2424.

***Offer good through June 30, 2009.***

### The Grant/Widel Team

Terry, Kai and Dawn  
Coldwell Banker  
Residential Brokerage  
708.249.4009  
[www.ATeamAbove.com](http://www.ATeamAbove.com)



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

**Relay for Life of Oak Lawn All Youth  
Sponsored by the American Cancer Society  
Saturday & Sunday, May 16 – 17  
at  
Oak Lawn Community High School**

The Relay for Life is an overnight event in which teams of friends, sport teams, clubs, organizations come together to raise money for research, education, advocacy, and patient services while celebrating survivorship. For more information please contact the committee at [oaklawnallyouth@gmail.com](mailto:oaklawnallyouth@gmail.com).  
[www.relayforlifeoaklawnlyouth.com](http://www.relayforlifeoaklawnlyouth.com)

## Cinderella's Closet at Oak Lawn Community High School

Cinderella's Closet is a project co-chaired by Mrs. Kelly Kenny, OLCCHS Career and Service Learning Facilitator and Ms. Elizabeth Hoerchler, Counselor Intern designed to help female students look fabulous for prom. They are collecting lightly used formal dresses, shoes, accessories and unopened make-up. Students will be able to shop for dresses at more affordable prices.

Donations are being accepted and can be dropped off in the OLCCHS Guidance Office/Room 117. All styles, sizes and colors are welcome. Anything not sold will be donated to the Glass Slipper Project in Chicago. A letter for tax purposes is available. For further information, please contact Mrs. Kenny & Ms. Hoerchler at 708.741.5853.

## Jury Duty Scam

A caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. **DO NOT GIVE OUT YOUR SOCIAL SECURITY NUMBER.** This fraud has been reported so far in 11 states including Illinois. People have been intimidated because they believe they are dealing with the court system. The FBI and the federal court system have issued nationwide alerts on their websites. Do not be a victim of stolen self identity, always be careful with the information you give out on the telephone. If someone calls you requesting such information, get a number and name and then verify by calling your bank, local police or court facility. See [www.fbi.gov](http://www.fbi.gov) for further information regarding this scam.

## *A Gift From Donald*

**Steve Aogle, resident and professional photographer in Oak Lawn, offers a special service for families currently engaged in the military. He will provide a quality digital image of you and your family and send it to your loved one in the military at no charge. *A Gift From Donald* is inspired by his own brother Donald who served in the military. He was shot in action in the summer of 1972 and suffered from severe shock and lost many organs. He lived for many years before succumbing to the debilitating aftermath of his wounds. For further information please contact:**

**Steve Aogle  
Aogle Studios  
9830 South Cicero Avenue  
708.907.5030**

## **Our Children, Our Government - a partnership for the future**

"Our Children, Our Government - a partnership for the future" is a program initiated by Mayor Heilmann several years ago. Children from our community are elected by the principals of their school to participate in a morning of education at the Village Hall. The eighth grade students spend time with the Mayor, Clerk, Village Manager, Fire and Police Chiefs, and the 911 Emergency Communications Director to get a first hand view of how their Village Government operates on a day to day basis. On Friday, March 13, students from St. Germaine School visited the Village Hall and here is what one of the students had to say.

***"Mr. Mayor:***

***Thank you for having me and the three other students from St. Germaine visit Village Hall on Friday, March 13. I really enjoyed the day, and the pizza was pretty good. In school, we learn a lot about the federal and state governments, and I never knew much about the government of Oak Lawn. Now I learned that not only are there trustees, a clerk, and a mayor; but the parks department also has its own board that is not run by the village government. Also, I learned about some important things happening in Oak Lawn, such as dispute over the TIF on 111<sup>th</sup> St., the extension of the Village Green, and also the giant rocking chairs that will be sent out to local schools. I also learned how the police and fire departments operate and that Oak Lawn's 9-1-1 dispatch center also dispatches fire and police for other Chicago suburbs. I learned about the jobs of the mayor, village manager and clerk. This is something I would have never learned in school, and it is very useful information that should be taught in school. Thank you once again, I really enjoyed my day.***

***Adam Gonzalez, St. Germaine School***

***P.S. I received word that you attended the St. Germaine fish fry along with Mrs. Quinlan and Mr. Deetjen. Thank you for attending the fish fry. It is one of our biggest fundraisers for the Athletic Association."***



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

**Sgt. Michael Sorice, US Air Force  
Pfc Kyle Taylor, US Marine Corps  
PFC Michael J. Roberts, US Army  
Captain Edward J. O'Connell IV, US Marine Corps  
Pfc James William Mazurek, US Army  
NC1 Lawrence R. Walton, US Navy  
Pfc Justin K. Cerniuk, US Marine Corps  
Pfc Santo J. Carollo, US Marine Corps  
Lt. Colonel John Paul Klatt, US Air Force  
Jamie Hojek, US Navy  
Pfc Antonio Fernandez, US Marine Corps  
Pfc Garrett Coffey, US Army  
TSgt. Matthew R. Marcinkowski, US Air Force  
Sn Daniel Villavazo, US Coast Guard  
Cpl. Andrew Chesna, US Marine Corps  
Staff Sgt Christopher Reich, US Army Reserves  
Dennis A Youngren, SrA, US Air Force  
Captain David Pfeiffer, US Air Force  
Captain Craig Lanigan, Army Reserves  
Michael S. Zylius, US Navy  
Pfc Benjamin T. Kunst, US Marine Corps  
Sgt. Enrico DeLorenzo, US Air Force  
First Sgt. Daniel Miller, US Marine Corp  
Rebecca Joy Inflow, US Naval Air Corps  
Pfc Stephen Lukaiewicz, US Air Force  
Sara Losos, AIC  
Pfc Christopher Mann, US Marine Corps  
1<sup>st</sup> Sgt Wade Pasquerrella, 82<sup>nd</sup> Airborne  
Sgt Jeff M. Marsinkowski, US Air Force  
Sp4 Archie Thompson, IV  
Pfc Justin Sanchez  
HM3 Leslye Thompson  
Sgt. Robert Sanchez, Jr.  
Keith Libner, US Marine Corps  
Cpl. John C. Hojek, US Marine Corps  
Sgt. Kevin J. Scharwarko, US Army  
Gustavo Guerrez, US Marine Corps  
Spc. Don Brady, US Army**



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

**Spec. 4 Timothy Walker, US Army  
Pfc John W. Campbell, US Marine Corps  
OS2 Stacy L. Johnson, USS  
Cpl. John Elder, US Marine Corps  
Karl Schultz, US Navy  
Sgt. R.E. Carlson, US Marine Corps  
Sp4 Joseph J Necom, USA  
Sgt. John Patrick White  
Master Sgt. Michael Dignan, US Air Force  
Sgt. Matt Barkmeier, US Army**

*The Village of Oak Lawn appreciates the many sacrifices our residents in the Armed Forces make for us on a day to day basis. We ask our residents to keep all of those in the Armed Forces in their prayers. If you are an active service man or woman or have a loved one currently serving in the armed forces, please send their name and military information to [mgorman@oaklawn-il.gov](mailto:mgorman@oaklawn-il.gov).*

*If any service man or woman would be interested in receiving the "A Community United" to keep in touch with the latest happenings in their hometown, they may do so by sending their email information to [mgorman@oaklawn-il.gov](mailto:mgorman@oaklawn-il.gov).*

### **GreenCare for Troops**

GreenCare for Troops is a nationwide outreach program coordinated by Project EverGreen that connects local green industry professionals with men and women serving our country in the armed forces away from home.

GreenCare is in the process of helping more than 2,000 volunteers provide free lawn and landscape services for more than, 7400 military families nationwide. The cost to manage the GreenCare for Troops Program is underwritten by Club Cadet Commercial.

You may visit their website at [www.projectevergreen.com](http://www.projectevergreen.com). Military families can register on line to receive free home green-space maintenance. Individuals and businesses may also register online to assist these military families.

## **Civil Air Patrol United States Air Force Auxilliary**

**CADET PROGRAMS** includes nearly 22,000 members ages 12 through 20. Multi-step program educates youth in four main program areas: leadership, aerospace, fitness and character development.

**SENIOR OFFICER PROGRAMS** are available for anyone 18 years or older to be a part of Civil Air Patrol's missions as an air crew member, ground team, or both. If you are not interested in flying or going into the field, you can serve in administrative areas as well.

For more information, contact Ryan Minor or Mark Halman at [info@midwaysquadron.org](mailto:info@midwaysquadron.org). [www.midwaysquadron.org](http://www.midwaysquadron.org).

## **THE PARK LAWN SUPPORTED EMPLOYMENT PROGRAM**

Park Lawn has a program where they seek employment for their participants in the community. Working in the community gives the participants a sense of pride and accomplishment. There are many participants whom would make dependable, loyal and excellent workers. If there is anyone or a business that is interested in placing one of our participants in a community job as a paid employee or a volunteer, please contact Karen Prisco, Day Program Manager at 708.425.7377 ext 229 or email [kprisco@parklawn.com](mailto:kprisco@parklawn.com).

### **Oak Lawn Centennial Photo Exhibit Then and Now: An Oak Lawn Story**

February 21 – April 25, 2009  
Oak Lawn Public Library, Second Floor  
9427 S. Raymond Ave.

Witness a century of changes in Oak Lawn through this unique photo exhibit, developed in partnership with the Oak Lawn Camera Club.

THE VILLAGE OF OAK LAWN PRESENTS OUR ANNUAL

# EASTER EGG HUNT

ON THE VILLAGE GREEN

SATURDAY, April 11, 2009



Three hunts are planned for children pre-school - fourth grade

11:30 AM \* NOON \* 12:30 PM

SPECIAL APPEARANCE BY THE EASTER BUNNY IN THE GAZEBO



BRING YOUR CAMERA!

All children need to bring their own Easter basket to hunt  
No pre-registration required

*The Oak Lawn Village Green is located at 94<sup>th</sup> & Cook Avenue, north of the Oak Lawn Library*

## **VOLUNTEERS NEEDED COMMUNITY NUTRITION NETWORK & SENIOR SERVICES ASSOCIATION**

This great organization provides nutritious and hot meals over the lunch hour 5 days a week to homebound individuals in our area. It focuses on helping seniors to remain independent and in their homes as long as possible through nutritious meals, daily wellness checks and friendly interaction with volunteer drivers. Volunteers in different capacities are needed to support this organization. If you can help in any of the following areas, please feel free to contact the Site Manager, Jennifer Owen, at 708.422.5180.

- **Business/Church/School Collection:** Collect food donations, monetary donations to help pay for services offered and gas for the drivers.
- **Preparing Meals:** You can help individually or with a group. Join together to prepare, heat and pack the lunches that the drivers will deliver that day or that the seniors will eat at the community Café that day.
- **Driver/Runner:** This is where the greatest need lies. There is a constant need of drivers and meal runners to get seniors their lunches during the weekdays from the hours of 11:00 am – 1:00 pm.
- **Front Desk:** Volunteers are needed to oversee front desk duties.

# Village of Oak Lawn Recycling Program

## CANS & FOIL



- Metal cans
- Aluminum cans
- Aerosol cans (non-hazardous, empty, e.g., whipped cream, hairspray)
- Foil, metal lids and food trays

*Rinse beverage and food cans, foil and trays*

## PAPER



- White, colored, glossy paper
- Catalogs
- Magazines
- Newspaper
- Cardboard (flattened and cut to fit loosely)
- Junk mail
- Manila folders
- Paper ream wrappers
- NCR (carbonless) paper
- Paperboard (e.g., office supply, cereal and tissue boxes)
- Paperback books
- Telephone directories
- Non-metallic wrapping paper
- Shredded paper
- Paper envelopes (plastic windows okay)
- Self-stick notes
- Paper bags
- Maps
- Paper egg cartons

*Staples, paper clips, labels and tape are okay*



## GLASS

- Bottles and jars



## PLASTIC

- #1-5, & #7 Containers (e.g., soda/water bottles, cottage cheese containers, yogurt cups, pipette boxes, triple-rinsed laboratory bottles)
- Aseptic containers (e.g., milk/juice cartons, drink boxes and pouches)

*Look for the number on the bottom of the containers*

## CARDBOARD

If your business generates a large quantity of cardboard, bin collection service for separated, flattened corrugated cardboard is available. Contact the Recycling Program.

## NOT ACCEPTED

- Paper, plastic or foil with food residue
- Waxy/ coated cardboard
- Film plastic (e.g., plastic bags, shrink wrap, bubble wrap)
- Plate glass (e.g., window panes, mirrors)
- Ceramics, porcelain
- Light bulbs
- Glassware (e.g., Pyrex)
- Hardback books
- Blueprints
- Photographs
- Thermal fax paper
- Frozen food boxes/cartons (e.g., ice cream)
- Carbon paper
- Metallic paper
- Paper napkins/towels
- Tyvek envelopes (e.g., overnight mailing packages)
- Plastic # 6- Polystyrene (a.k.a. Styrofoam blocks/ "peanuts", food containers/ cups)
- Plastic pipe/tubing



Contact Us  
Village of Oak Lawn  
9446 S. Raymond  
(708) 636-4400  
[www.oaklawn-il.gov](http://www.oaklawn-il.gov)

## MIXED RECYCLABLES

**Place all recyclables together in the wheeled recycling cart.**

Please note the items that can and cannot be recycled. If you ever have any questions about what can and can't be recycled curbside, please contact [mgorman@oaklawn-il.gov](mailto:mgorman@oaklawn-il.gov). You can visit [www.Earth911.com](http://www.Earth911.com) to learn about alternate sites to bring your recyclable items that the Village cannot take curbside.



## Village of Oak Lawn



**One Day Only!**

**Electronic recycling drop off @ Public  
Works Garage:  
5532/ 5550 W 98<sup>th</sup> St.**

**Sat. 5/2/2009, 9am - 1pm**

All electronics will be taken. We will be collecting pretty much anything with a plug. You may also drop off used inkjet/toner cartridges and all batteries (except automobile). Remove all acid or ink and place in paper bag or newspaper to prevent spillage. (remove ink and place in bag).

### ***SENIOR NEWS***

#### ***Free Rides for Seniors***

**What:** Seniors 65 and older may take free public transit rides on fixed routes by CTA, RTA, Metra and Pace. Applicants are required to complete a short form and present a government issued identification card to verify age. A photo will be taken if needed.

**When:** Monday through Friday, 8:30 am - 5:00 pm.

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

#### ***Plows Shared Housing Program***

**What:** A program offering a housing alternative for persons of all ages who are interested in sharing living space, expenses and household duties with another person. PLOWS' staff screens home providers and seekers. One person in the match must be a senior.

**Contact:** 708.361.0219

#### ***Respite Service – Relief to those caring for aged loved ones.***

**What:** A federally funded program under the Older Americans Act. This service creates time for a caregiver, by providing trained temporary care for an elderly family member, at least 60 years old. It may include supervision, companion care, meal preparation and personal assistance.

**Info:** For more information contact PLOWS at 708.361.0219

### ***Veterans Aid & Attendance Benefits***

**What:** Amy DeLaney, Certified Elder Law Attorney and VA Accredited Attorney, will explain the financial assistance that is available to veterans over the age of 65. Veteran's widows or widowers also qualify for this benefit. Spouses of veterans may be eligible to receive aid, as well.

**When:** Tuesday, **April 7** at 7:00 pm

**Where:** Oak Lawn Public Library in lower level meeting, 9427 S. Raymond Ave., 708.422.4990.

### ***AARP – Driver Safety Program***

**What:** Two day refresher course designed to meet the needs of drivers age 50 and up. Many insurance companies offer discounts to those who complete the course. You must attend both sessions to receive a certificate of completion.

**When:** Thursday & Friday, 10:00 am – 2:00 pm **May 28 & 29** (registration starts Saturday, May 2)

**Cost:** AARP members - \$12. Non members - \$14.

**Where:** Oak Lawn Public Library, 9427 S. Raymond Ave., 708.422.4990



## **“Rockin *Into The Next* 100 Years”**

In celebration of the Village of Oak Lawn's 100 Year Anniversary, the Village would like to give special recognition to our own centurions. We would love to hear their stories. If you know of an Oak Lawn resident who is 100 years old or older, please contact the Mayor's Office at 708.499.7740. Please look to future issues of *A Community United* and also the Village website at [www.oaklawn-il.gov](http://www.oaklawn-il.gov) for further information about Village Centennial events.



**THANK YOU TO OUR 2008 FALL ON THE GREEN  
PREFERRED PROVIDERS**

**GOLD SPONSORS**

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Mancari's Chrysler Jeep Inc.  
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Home  
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Tressler Soderstrom Maloney  
& Priess

 **5th ANNUAL**   
**CHARITY HOCKEY GAME**

**Sunday, April 05, 2009**



**Game Time: 5:00 p.m.**

**Doors Open at 4:30 p.m.**



**Oak Lawn Park District Ice Arena  
9320 S. Kenton Avenue**

All proceeds from this event will benefit:  
**Advocate Hope  
Children's Hospital**

TICKETS WILL ONLY BE SOLD AT THE DOOR.  
**Adults - \$5.00**  
**Students - \$2.00**

There will be Raffle Prizes,  
a Split the Pot Raffle and  
a Silent Auction.

For more information about the game or to donate a  
raffle prize contact Jim Pacetti at (708) 499-7880.



## **SCHOOL NEWS**

### ***March Madness Fundraiser***

**What:** Fundraiser sponsored by the Spartan Education Foundation. Silent auctions, drinks & appetizers.

**When:** Thursday, **April 2**, 5:00 until 7:00 pm

**Where:** Stony Creek Clubhouse, 5850 W. 103 St.

### ***Spring Fling Vender/Craft Fair***

**What:** Vender & Craft Fair sponsored by the Sward PTA. Tables still available for \$15 (\$20 including electricity) plus a donation of a raffle prize.

**When:** Saturday, **April 4**, 11:00 am until 3:00 pm.

**Where:** Sward School, 9830 S. Brandt

**Contact:** Beth Lurquin, 708.424.4559 or Mary Beth Lurquin, 708.422.5843.

### ***St. Catherine's Teen Group Fundraiser***

**What:** Food and refreshments, basket raffles, bake sale and pull tabs. All proceeds from this fundraiser go to defray the expenses of the Club's June mission trip to Montana.

**When:** Sunday, **April 19**, 1:00 – 6:00 pm

**Where:** St. Catherine's Gym, 4100 W. 107<sup>th</sup> St.

### ***School District 123 Early Childhood Screening***

**What:** Children will be screened in the areas of motor, concepts, self help, social, and speech/language development. The district boundaries are: 87<sup>th</sup> Street on the North, the north side of 107<sup>th</sup> Street on the South, Pulaski Road on the East and Central Avenue on the West.

**When:** **April 20 and May 18.**

**Where:** Brandt School, 8901 S. 52<sup>nd</sup> Ave.

**Registration:** (708) 423-8363. Free for residents.

## **MARK YOUR CALENDAR**

### ***Fish Fry – St. Germaine's Athletic Club***

**What:** Fish Basket with choice of baked potato or fries & coleslaw - \$8.00; Meatless pasta with bread - \$5.00; Grilled cheese & fries - \$3.50; Traditional soup dinner with bread - \$2.50. Complimentary coffee. Water, soda and beer available for purchase. Carry out orders available, e-mail orders to [stgermainefishfry@yahoo.com](mailto:stgermainefishfry@yahoo.com) by Thursday, 7:00 pm before each fish fry. Include your name, phone number and pick up time. 708.636.5060.

**When:** **Fridays through April 3.** 5:00 – 7:30 pm.

### ***Park Lawns Tag Days***

**What:** Park Lawn is looking for volunteers to collect donations on street intersections and in front of stores. There are many other ways to volunteer.

**When:** Fridays and Saturdays, **April 3 & 4 and 10 & 11.**

**Info:** Contact Nancy Schmitz at Park Lawn at 708.425.6867 or [nschmitz@parklawn.com](mailto:nschmitz@parklawn.com).

### ***Oak Lawn Park District Fish Fry***

**What:** All-you-can-eat buffet featuring Dixie crunch white fish, Corona battered cod, vegetable, double baked potato casserole, salad and fresh rolls. Adults - \$12.99 and Children - \$9. Shrimp dinner and baked tilapia dinner available for \$13.99.

**Where:** Stony Creek Clubhouse, 5850 W. 103<sup>rd</sup> St. 708.857.2433

**When:** **Fridays through April 10**

### ***Movie – Gentlemen Prefer Blondes***

**When:** Monday, **April 13** at 11:00 am

**Where:** Oak Lawn Public Library, 9427 South Raymond Ave., 708.422.4990

### ***Movie – The Spiderwick Chronicles***

**When:** Monday, **April 13**, 2:00 pm

**Where:** Oak Lawn Public Library, 9427 South Raymond Ave., 708.422.4990

### ***What Color is your Brain?***

**What:** ***Children’s Museum Dinner Dance Event***

**When:** Saturday, **April 25**, 6:30 pm

**Where:** At the new Children’s Museum in Oak Lawn. 6:30 pm

**Cost:** \$75 per person includes a private pre-reception event and tour.

**Info:** Contact Lora at 708.423.6709

### ***Oak Lawn MS Walk***

**When:** Richards High School, 10601 S. Central, South Parking Lot

**When:** Saturday, **May 3.** Registration - 7:30 am. Walk - 9:00 am

**Info:** Contact Pam Munley at oaklawms@gmail with your name, address, e-mail and telephone number to register. Request the amount of registration forms and envelopes you will need. If you have a team, please include the team name and the names of all walkers.

### ***Network for Good***

**What:** The Oak Lawn Children’s Museum has partnered with Network for Good. Now you can set up a recurring donation to the Museum on a monthly, quarterly or annually basis.

**Info:** Go to [www.cmoaklawn.org/donate.html](http://www.cmoaklawn.org/donate.html).

### **Shop & Share – Oak Lawn Social Service Corporation & Oak Lawn Family Services**

The Oak Lawn Social Service Corporation is raising funds for Oak Lawn Family Services which provides counseling and outreach services for residents of Oak Lawn. You can use the following identification slip while shopping at Jewel on April 6 through April 8. Simply turn the following slip into the cashier when you are checking out.

SHOP & SHARE IDENTIFICATION SLIP		AMOUNT OF PURCHASE			
02210467					
GROUP NUMBER	STORE NUMBER	DOLLARS		CENTS	

GROUP: **Oak Lawn Social Service Corp. c/o Oak Lawn Family Services**  
YOUR SHOP & SHARE DAYS: **4/6/2009, 4/7/2009, 4/8/2009**

SIGNATURE \_\_\_\_\_

PLEASE SIGN THIS SLIP AND TURN IT IN TO YOUR CHECKER WHEN YOU SHOP.  
PARTICIPANTS CAN MAKE PURCHASES AT ANY JEWEL-OSCO ON THE DATE ABOVE.  
IDENTIFICATION SLIPS ARE NOT TO BE DISTRIBUTED IN FRONT OF ANY JEWEL-OSCO.

**Jewel-Osco**

### **Benefit at the Brew**

**What:** Fundraiser for American Cancer Society. Entertainment by “Sidejob” & “Spiel & Tony”. Contact Kyle @ 773.314.3822 or Myspace.com/benefitatthebrew.

**When:** Sunday, **May 3**, 1:00 pm

**Where:** De Ja Brew, 5219 W. 95<sup>th</sup> St.,

**Tickets:** Age 21 & up - \$40. Age 11 through 20 - \$20. Under 10 – free.

## **YOUR HEALTH**

### **Free Health Screenings**

**What:** The Oak Lawn Community Partnership and the Oak Lawn Fire Department will be on hand to take blood pressure readings for free.

**When:** Wednesday, **April 8**, 10:00 to 11:30 am.

**Where:** Oak Lawn Public Library, 9427 S. Raymond Ave., 708.422.4990

### **Autism Today and Tomorrow**

**What:** A presentation for parents, teachers and all who want to learn more about autism and where to turn for help.

**When:** Tuesday, **April 28**, 7:00 – 9:00 pm

**Where:** Moraine Valley Community College, 9000 W. College Pkwy., Building T, Fogelson Theater, Room T002

**Info:** 708.974.5735. Course code: EV4-100-270. \$25

## **12 Week Walking Schedule – National Heart, Lung & Blood Institute**

With the spring weather upon us now, there has never been a better time to work some walking exercise into our daily schedule. If you are a beginner and are want to ease your way into getting into shape, you might want to try this 12 week schedule from the National Heart, Lung & Blood Institute. Try to walk at least three times each week and continue working your way up to 30 to 60 minutes of walking several days a week. <http://www.mayoclinic.com>.

Week	Walking schedule** (brisk walking time, 3 days per week)	Weekly total
1	5 minutes	15 minutes
2	7 minutes	21 minutes
3	9 minutes	27 minutes
4	11 minutes	33 minutes
5	13 minutes	39 minutes
6	15 minutes	45 minutes
7	18 minutes	54 minutes
8	20 minutes	60 minutes
9	23 minutes	69 minutes
10	26 minutes	78 minutes
11	28 minutes	84 minutes
12	30 minutes	90 minutes

\*Before starting this walking plan, you may need to talk with your doctor.

\*\*Doesn't include five-minute warm-up and five-minute cool-down time.

**Thanks for taking the time to read this edition of *A Community United*. Please know that your comments and concerns are always appreciated at [information@oaklawn-il.gov](mailto:information@oaklawn-il.gov)**