



WEST WALKER WIRE

MARCH 2010

www.westwalker.org

Food, Glorious Food!

by Margaret McIntyre

FOOD CAN CHANGE our frame of mind. Bodies are like chemistry sets. Everything you put in your body has a chemical effect, which is why food can influence your mood. It gets broken down into elements that can raise your blood sugar or drop it rapidly.



Studies have shown that some foods, like turkey, whole grain breads, and sugary snacks, have definite consequences on the brain, raising and lowering mood-altering chemicals. Scientists are proving that what's in the foods you eat can affect the chemical composition of your brain. The foods you eat can alter your mood, including your level of alertness and your perception of pain.

To find out more, **please join us on March 16 at the WWCA General Meeting** where **Dr. Greg Petersen, a health psychologist with Swedish Covenant Hospital**, will give us the skinny on how food can influence how you feel as well as stress-reduction tips and the benefits of a good night's sleep.

Health psychology, also called behavioral medicine or medical psychology,
(continued on page 2)

COMMUNITY CALENDAR

March 16 • 7:30 p.m.
WWCA General Meeting
Latvian Community Center
4146 N. Elston Ave.

March 20 • 9-10 a.m.
Summer Camp Workshop
Disney II Magnet School
3815 N. Kedvale

March 20 & 21 • 10 a.m. - 3 p.m.
Maple Syrup Festival
North Park Village Nature Center
5801 N. Pulaski Road

March 20 • 1 p.m.
Irving Park Garden Club Meeting
St. John's Church
Byron & Kostner

March 24 • 7 p.m.
17th District Town Hall Meeting
Salvation Army Headquarters
5040 N. Pulaski Road

April 17 • 5 to 8 p.m.
IPAC Spaghetti Dinner Fundraiser
Independence Park Fieldhouse

April 17 • 11 a.m.
Brass Quintet by the Chicago
Symphony's Civic Orchestra MusicCorps
North Park Village Nature Center
5801 N. Pulaski Road

April 21 • 7 p.m.
Beat 1723 CAPS meeting
17th Dist. Police Station Community Room
4650 N. Pulaski Road

April 24 • 6 p.m.
"Late Nite Catechism 3"
St. Viator's Recreation Center
3644 N. Kedvale Ave.

Mondays
10:30 a.m.—Story Time (for children ages 2 to 5)
11:30 a.m.—Mother Goose on the Loose (for children 3 months to 2 years old)
Independence Park Branch Library
3548 W. Irving Park Road

You can also visit our
Community Calendar online at:
<http://westwalker.org/calendar.html>

WITHIN THE WIRE...

- 2 Eat Spaghetti for a Cause • Chicago Property Tax Relief Program
- 3 Winter Warm-up at Chief O'Neill's
- 4 CAPS Report
- 5 39th Ward Report • Chicago High School Turns 100
- 6 Join the Irving Park Garden Club! • WWCA Members
- 7 News from the Irving Park Community Food Pantry
- 8 Kids Dance Performs "Rock Around the Clock"
- 9 25th Annual Neighborhood Garage and Yard Sale Application
- 10 Neighborhood School News
- 11 The Bees Update

Eat Spaghetti for a Cause

ONCE AGAIN, it's Spaghetti Dinner time! On Saturday, April 17 from 5 to 8 p.m. the Independence Park Advisory Council will hold its 21st annual Spaghetti Dinner fundraiser to benefit Independence Park. The fundraiser, to be held in the Fieldhouse, will feature a festive luau theme, complete with island entertainment. Of course, spaghetti will still be served! The evening includes a silent auction, 50/50 raffle, and great door prizes

The Independence Park Advisory Council is making a concerted effort via many avenues to make our park better. IPAC is committed to raising the funds to change and enhance programming for an enriching and valuable experience for all-children and adults alike. And they need your help and support! For more information, visit www.ipac-chicago.org.

Chicago Property Tax Relief Program

THE CITY OF CHICAGO is providing rebates of \$25 to \$200 to homeowners hardest hit by increases in their 2008 property taxes. These rebates are designed to help Chicagoans make ends meet in these difficult times.

The rebates are for the homeowner's primary residence only. The amount of the grant is determined by the amount that taxes increased and the homeowner's income. Homeowners with incomes up to \$200,000 may qualify. The application deadline is March 31, 2010.

For more information, visit the city's Property Tax Relief website at <http://webapps.cityofchicago.org/PropertyTaxReliefWeb/>.

(continued from page 1)

is a branch of study that examines the interrelationship between biology, social factors, and behavior. While the physician treats a disease, a practicing health psychologist would want to know more about the person with the disease. They might want to understand their educational or socioeconomic background, the behaviors that might influence the disease like compliance with taking medication, and the biological reasons for the disease. By analyzing disease in the context of what are called biopsychosocial factors, health psychology aims at helping to improve overall health.

Come to the **March 16 WWCA General Meeting** to learn more.

Walk with the Wire!

The WWCA is in need of volunteers to deliver the *West Walker Wire* every month between September and June. The Central Park route is currently in need of a carrier. Substitutes are needed, too. Interested? Contact Liz Mills at lizmills@sbcglobal.net.

WEST WALKER CIVIC ASSOCIATION

West Walker Mission Statement

"The pursuit of the West Walker Civic Association is to make our diverse neighborhood the best it can be by securing the services, safeguards and improvements the West Walker community is entitled to have."

Celebrating more than 97 years of service to the West Walker Community

2009-2010 OFFICERS

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|----------------|-------------------------|
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EDITOR

Anne Marie O'Kelley

The West Walker Wire is published monthly September through June by the West Walker Civic Association.

All story ideas, text, and ads are due a week before the first of the month.

Submit ideas and text to:

west_walker_wire@yahoo.com.

Please include a phone number in case we need to follow up with you.

For information on advertising, please contact Julie Capps at Julie.capps@sothebysrealty.com.



Winter Warm-up at Chief O'Neill's

THE COZY ATMOSPHERE OF Chief O'Neill's Attic provided a warm and inviting setting for the 4th Annual WWCA Winter Social. Forty-five friends and neighbors emerged from hibernation

for Irish hospitality that included drinks and delicious appetizers, sandwiches and a chili bar.

The WWCA Board would like to thank Cindi Webber, who single-handedly organized the event. Generous donors of drawing prizes were **Mike Webber, Gloria**

Lasley of Professional Computer Maintenance and Care (PCMAC), and **Tara McKee** from NBC5.

Drawing prize winners were:

- Vancouver 2010 Olympic Winter Games souvenir travel mugs (NBC5): **Ellyn Nugent** and **Davor Engel**
- Lou Manfredini's *House Smarts* (NBC5): **Steve Mills, Eileen West, and Helen Lira**
- \$50 PCMAC gift certificate: **Patty Whitehouse**
- Two tickets to "Stomp" at the Bank of America Theatre (NBC5): **Maureen White** and **John Minor**
- \$50 Binny's gift card (Mike Webber): **Sue Gregoire** and **Jim Medd**

Thanks to all who came and enjoyed the party!



CAPS Report

by Margaret McIntyre

THIS MONTH'S meeting was relatively quiet. No new issues were raised. The only update to old issues was the case of the 4100 block of North Lawndale. Residents had suspected a house of dealing drugs. Police conducted surveillance. Four arrests were made, three of which were battery to officers.

On Wednesday, March 24 at 7 p.m., there will be a 17th District Town Hall Meeting at the Salvation Army Headquarters at 5040 N. Pulaski Road. The Annual Town Hall Meeting was created in an effort to build upon and strengthen relationships between the community, business owners, elected officials, and the police within

the 17th District. This is an opportunity for everyone with a vested interest in this community to come together and hear about the successes, goals, and future of this district.

Featured speakers will be two ex-burglars, who will be talking about **why burglars choose a house and ways to prevent burglaries.** Burglary is considered a crime of opportunity. All are encouraged to attend.

Statistics by type of crime in the West Walker neighborhood (January 19 – February 17, 2010):

| | |
|---|---|
| Battery (simple) | 4 |
| Burglary | 5 |
| Criminal trespass to land | 2 |
| Theft (\$300 & under) | 2 |
| Stalking (non-criminal offense) | 1 |
| Robbery armed (handgun) | 1 |
| Criminal damage to vehicle | 1 |
| Sex offense: sexual exploitation of a child | 1 |

CAPS (Chicago Alternative Policing Strategy) meetings for 2010 for our beat are held at the 17th District Police Station in the Community Room, 4650 N. Pulaski. Meetings begin at 7 p.m. monthly on the third Wednesday and typically last one hour. The next meeting is April 21. There is no CAPS meeting in March.

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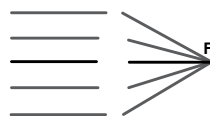
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39th Ward Report



OVER A TWO-MONTH PERIOD, FOX News Chicago recently undertook an investigation to gauge the responsiveness of all 50 Chicago aldermanic ward offices. Posing as constituents, they left 150 after-hour service requests, three for each aldermanic office. I am proud to report that my 39th Ward Public

Service Office was awarded a perfect score, returning each call in a “timely and helpful fashion” to all three of the voice mail messages.

I consider my accountability to constituents of primary importance. During the average workday, my office handles more than 200 phone calls, in addition to hundreds of e-mails, letters, and constituent visitors. In addition, for the past several years, my office has entered

the highest number of service requests into the city’s 311 database. Although an unscientific report, I am pleased that this “random audit” of my office’s responsiveness yielded a positive result.

Together with the Pulaski Elston Business Association (PEBA), I’m working on the Pulaski Elston Revitalization Plan. Teska Associates has been hired to analyze economic development initiatives for the Lawrence Pulaski TIF District, a portion of which is in the West Walker boundaries. Resident Melanie Reschke serves on PEBA’s Board and has always well represented West Walker’s interests in the area. I’ll be sharing results from the study as they become available.

As always, please feel free to contact my office at 773.736.5594 or Ward39@cityofchicago.org if you have any questions or concerns.

Sincerely, Margaret Laurino, Alderman, 39th Ward

Chicago High School Turns 100

CARL SCHURZ HIGH SCHOOL’S alumni, faculty, and students are preparing to celebrate the school’s centennial this May 1 and 2. The two-day event will take place on the school grounds and at the nearby Abbey Pub.

“We are excited to announce the founding of the Carl Schurz High School Alumni Association and its Centennial Celebration ‘Honor the Past, Celebrate the Present and Embrace the Future.’ All alumni are invited to come and support the Purple and Gold in commemorating 100 years of Schurz pride in this grand old building,” said Timothy Anderson, a 1977 graduate who is helping plan the school’s centennial celebration.

Saturday’s events on May 1 will include a sock hop in the Schurz Gymnasium. Participants will be able to tour the building with student guides. Saturday evening, alumni are invited to the Abbey Pub at 3420 W. Grace St. for dinner, dancing, and live music.

Sunday’s events on May 2 include a special program in the auditorium. Alumni from across the decades will perform under the direction of former teacher Jeff Berke. Schurz alum Bob Dekas, the nine-time Emmy award winning producer of CBS Sports’ March Madness tournament, will be speaking, along with Chicago newspaperman, radio personality, and author Rick Kogan.

The day’s events will conclude with reunions organized by decade held throughout the building.

The alumni association is planning to establish a scholarship fund for current Schurz students. Proceeds from the centennial will also be used to restore the 1936 M.P. Moller pipe organ in the auditorium, upgrade technology in the school, and produce an alumni newsletter.

The alumni association and school officials are also seeking a National Register of Historic Places nomination for Schurz High School. Principal Mary Ann Folino hopes to celebrate the nomination approval during the festivities.

Tickets are available online at <http://schurz100years.org>; by mail at Schurz High School Centennial, 3601 N. Milwaukee Ave, Chicago, IL 60641; or by e-mail at schurz100years@gmail.com.

Phone: 773-539-1200

Fax: 773-539-1482



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PAUL, JACK & JEAN PRIKOS

Join the Irving Park Garden Club!



by Maureen Taylor, President,
Irving Park Garden Club

I'D LIKE TO ISSUE a personal invitation for residents of the West Walker Neighborhood to join the Irving Park Garden Club.

Dues are only \$15 per year, which covers the cost of our guest speakers and

refreshments. Our meetings take place once a month on either a Thursday evening or a Saturday morning, March through October in the basement of St. John's Church on the corner of Byron and Kostner Ave. We have about

75 members, and our monthly meetings have anywhere from 20 to 50 people in attendance.

The Irving Park Garden Club has some great events planned for this season. Beth Botts, garden writer from the *Chicago Tribune*, is one of several guest speakers scheduled. We also have two field trips planned—a visit to a large garden center/nursery in the southern suburbs and a garden walk in the historic Pullman neighborhood in Chicago.

We also have our annual plant exchange in May and our popular garden walk and pot luck luncheon planned for mid-summer. Whether you have a large yard or a single tomato plant in a pot on the balcony, I guarantee you will find something of interest in the Irving Park Garden Club. Our first meeting will be Saturday, March 20 at 1 p.m. Please stop by. We'd love to meet you!

WWCA Members

Thanks for renewing or becoming members of WWCA! A list of those neighbors who have joined or renewed from December 30, 2009 through February 28, 2010 appears below:

Nick and Margaret Calderone
Laurie Gardner
Kolasinski Family

David Lasley
Maureen Littlefield
Kevin and Wanda McDonald

Ellyn and Pat Nugent
Maureen Taylor

Park View Lutheran Church & School

All proceeds to benefit the
Heating Bill Appeal.

Saturday,

March 27, 2010

6:00 P.M. - Doors Open

6:30 P.M. - Cocktails & Appetizers

Dinner Follows - Cash Bar

7:30 P.M. - Entertainment Begins

The meal will be prepared by a professional chef.

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News from the Irving Park Community Food Pantry

Boost Your Donation by Contributing This Month

For the 13th year, the Feinstein Foundation Challenge is dividing \$1 million among anti-hunger agencies nationwide. We will report all contributions received by the Pantry between March 1 and April 30 to the Foundation. The larger our contributions from the community, the more of the \$1 million we receive.

Send checks to the Irving Park Community Food Pantry at 3801 N. Keeler Ave., Chicago IL 60641. You also can donate through our secure website at www.irvingparkfoodpantry.com.

Hunger Walk Team

The Pantry and its volunteers are making preparations for the 25th Annual Hunger Walk on June 26. Our first task is to find a few people to act as organizers to coordinate the Pantry's Hunger Walk Team. They will be in charge of coordinating people who volunteer to walk the 2.5 miles at Montrose Harbor.

More details will be available as the date nears. If you'd like to help coordinate the team, please contact Volunteer Coordinator Kate Roche at kate.roche@sbcglobal.net.

Bilingual Volunteers Needed

Community members have responded well to our past calls for volunteers. We are still greatly in need of bilingual volunteers (Spanish and Polish) to aid our clients. Also, the Pantry would like to plan an event to commemorate its 25th year. If you have event planning experience you'd like to share, please contact Kate Roche at kate.roche@sbcglobal.net.

Computers Online

The Food Pantry has installed new computers to facilitate operations and communication. The funds were provided by a generous grant from the Jewel-Osco Hunger Relief Grant Program. It provided funds to update computers and a second grant for food credits with the Greater Chicago Food Depository.

We are grateful to Jewel-Osco for this support. It will be used initially to update and optimize our mailing lists, so we can contact church groups, media outlets, and other organizations in our community more effectively.

Monthly Stats

During January, the Pantry served 1,623 people in 674

households. In January we added 73 households with 182 people. These numbers are up 19.8 percent for households and 14.5 percent for people over January 2009. The need for food continues to grow in our community, and we appreciate your help in meeting this challenge.

Be a Bunny for the Food Pantry's Children

Once again we plan to give out Easter bags to the children we serve. This distribution was started more than 10 years ago by the youth of the Irving Park United Methodist Church, who continue to lead this charge. But community support has been tremendous over the past few years. It's fun to work together, and we always meet neighbors we didn't know before! Extra supplies are donated for use at the OIPA Easter Egg Hunt.

Because storage is a problem, filled bags can be brought in prior to one of the Wednesday distributions: 3/17, 3/24, and 3/31. We give out about 75 bags a week. If you would like to participate in a group bagging session, e-mail: vicci.rodgers@gmail.com. You can drop purchased supplies at the church or pantry office Tuesday through Friday before noon. Financial donations also help.



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Monday

25 cent wings and Kuya rolls (minimum order of 10)
Student discount of 10% on food only
\$2.50 Miller Lite or Coors Light
"Dos Lunas" Margarita \$6.00

Wednesday

Karaoke Night
\$4.00 Jeremiah Weed Sweet Tea
Flavored Vodka Cocktails

Thursday

2 for 1 pasta and noodle dishes
\$5.00 off bottles of wine
Senior 10% discount 4-8pm

Friday

TGI Effen Friday \$4.00 Effen Cocktails

Saturday

1/2 off Sangria glasses-\$3.75
\$12.00 buckets on Miller Lite and Miller 64

Sunday

25 cent wings and Kuya rolls (minimum order of 10)
\$2.50 Miller Lite or Coors Light
*Football season only
SUSHI SUNDAYS-\$7-10 ROLLS AND \$3 SASHIMI

Bring in this ad and receive

10% off with a purchase of \$20.00 or more on food only!

4114N Kedzie Ave Chicago IL 60618 773.866.1910 dolcechicago@gmail.com dolcechicago.com

Kids Dance Performs "Rock Around the Clock"

EVERY TUESDAY night in March, Kids Dance will put on a free performance of "Rock Around the Clock," a fun, '50s-style dance revue. Our young dancers will jump, jive, and wail to familiar old classics like "Jailhouse Rock," "Let's Twist Again," and many more toe-tapping ditties. Reservations are recommended.

Please visit www.kidsdancechicago.com or call 773.777.5477. Shows are at 7:15 p.m. at Kids Dance, 4100 N. Pulaski Road.



"Charlotte's Web, The Musical" actors meet with audience members after a February 20 performance at the Irving Park Lutheran Church. The free show was presented by The Irving Park Fine Arts Committee and performed by American Eagle Productions, a Chicago-based theatre group specializing in children's classics.



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West Walker Civic Association

25th Annual Neighborhood Garage and Yard Sale

Saturday, May 15, 2010, 9 a.m. to 4 p.m. - rain or shine

All West Walker residents are invited to participate in our
25th Annual Garage and Yard Sale

Cost to participate is \$5 for WWCA members and \$10 for non-members.
Your \$5 or \$10 helps pay the cost of advertising and printing.

The sale is advertised in the following newspapers and online sites:
Chicago Tribune • Red Eye • Hoy • Reader • Reader On-Line • Craigslist

Signs are posted on the main perimeter streets.

3,000 maps indicating the location of each participating garage or yard
are distributed the week of the sale.

Under **current city ordinance**, every home having a garage or yard sale must
display a **Garage Sale Permit**, which must be acquired from the alderman's
office. The Garage and Yard Sale Committee will file the applications
and obtain the permits for all paid participants.

Your permit is delivered to your address the Friday before the sale.

Return the form below to have your address listed as a participant in the sale,
along with your application fee **by May 10, 2010**. For further information call Bob
Crowley at 773.267.1921.

WEST WALKER CIVIC ASSOCIATION GARAGE AND YARD SALE

Saturday, May 15, 2010

NAME: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

I am a current member of the West Walker Civic Association.
Enclosed is my **\$5.00** participation fee.

I am **not** a member of the West Walker Civic Association.
Enclosed is my **\$10.00** participation fee.

Please make your check payable to: WEST WALKER CIVIC ASSOCIATION

Mail or drop off your form and payment to: Bob Crowley, 4125 N. Harding Ave, Chicago, IL 60618



CICS-Irving Park School News

Open House

Chicago International Charter School-Irving Park will hold an open house

for prospective parents on Tuesday, March 23 from 5 to 6 p.m. The administration, teachers, and parents will be present. The elementary school, located at Spaulding and Grace, is accepting applications for the 2010-11 school year for children entering kindergarten through seventh grades. For more information, contact Assistant Director Janet Zaccariello at 773.433.5002 or e-mail: jzaccariello@victoryschools.org.

Park View Lutheran School News

Park View Lutheran School will be hosting open houses on Sunday, March 21 and Sunday, April 18, from 12 to 2 p.m. Our preschool class starts at 3 years old. New students for all grades are welcome, pending class availability.

Park View Lutheran Church and School is having its second Prime Time Gala on March 27. This is a five-course, prime rib dinner, followed by entertainment. The evening starts at 6 p.m., with cocktails at 6:30 p.m. Tickets are \$40 per person. For more information, contact us at 773.267.0072.

Disney II Magnet School News

Disney II Educational Foundation

Disney II has a new fundraising organization, the Disney II Educational Foundation. The Disney II Educational Foundation has a single purpose: to raise money to support Disney II and its programs, like the extended day that greatly enhances our children's education. Contact Tiffany Owen at tiffany.owen@gmail.com for more information.

Summer Camp Workshop

Will be held on Saturday, March 20 from 9-10 a.m. at the

Disney II Magnet School, 3815 N. Kedvale. It's not too early to think about summer camp! Come to our helpful seminar to learn what choices are available locally for this summer. Many great camps will be represented and providing valuable information, including deadlines for registrations, program content, etc. Sponsored by OIPA Parents Committee and Disney II Magnet School. For more information, contact oipa-parents@hotmail.com.

News from St. Edward School

Big Red Auction

Many exciting prizes will be on the auction block at St. Edward's annual "Big Red Auction." Proceeds will help St. Edward School continue its commitment to providing a quality Catholic education to area children. The gala will be held on Saturday, March 20 from 6 p.m. until Midnight in Buckley Hall at 4343 W. Sunnyside Ave. Tickets are \$25 in advance and \$30 at the door. For more information, call St. Ed's at 773.736.9133.

St. Ed's Teacher Named Award Winner

The Archdiocese of Chicago Office of Catholic Schools has named St. Edward sixth-grade teacher Cindy Rosasco a "Distinguished Service Award Winner" for 2010. Nominated by school administrators, 25 recipients were chosen from a potential pool of more than 5,300 educators in the 255 Catholic schools in Cook and Lake counties. The awards recognize exceptional dedication, leadership, and service of 10 years or more in Catholic education. Congratulations Ms. Rosasco!

Happenings at St. Viator

"Til Death Do Us Part-Late Nite Catechism 3"

As a follow-up to last year's smash hit, "Late Nite Catechism," Mary Pat Donovan brings her set to St. Viator's Recreation Center at 3644 N. Kedvale Ave. as the gym once again is transformed into a theater on Saturday, April 24. Doors open at 6 p.m., the performance begins at 7 p.m. Stay for the cast party at 9 p.m. with a DJ, dancing, and cash bar.

St. Viator's Kick off to Summer—A Day in Old Irving Park—Saturday, June 19

All are invited to join in a fun-filled day in Old Irving Park on Saturday, June 19, from 3 to 11 p.m. We'll have kids' games, a petting zoo, pony rides, food tents and treats galore, an adult wine grotto and beer garden with live music, and much more. Watch for more details.

For more information on St. Viator Elementary School, please visit www.stviatorchicago.org and for information on St. Viator Parish, please visit www.stviatorparish.org.

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The Bees Update

TWO YEARS AGO, I wrote about “Colony Collapse Disorder,” a syndrome that affects millions of honeybees in the United States and other countries. Although researchers have been working on the issue, the cause is still not known. Experts think it may be due to a combination of factors resulting in lowered resistance—environmental pressures, pesticides, habitat loss,



monocultural agriculture—thereby causing the honeybees to be unusually sensitive to various diseases, bacteria, fungi, and viruses.

In 2007, 31 percent of bee colonies in the U.S. were lost. In 2008, 36 percent were lost. In 2009, 29 percent. Clearly, we still have a long way to go to protect our pollinators.

What can we do to help encourage insect pollinators? First, we should avoid using herbicides and pesticides. Second, we should plant flowers that attract pollinators. And third, we can make homes for bees in our gardens.

Build a Bee Habitat in Your Garden

With drill bits of various sizes (5/16th of an inch works best for mason bees), simply take some scrap lumber and drill holes three to five inches deep but not all the way through a wood block. Place around your garden.

Herbs for attracting bees and butterflies: basil, borage, catnip, cornflower, dill, echinacea, evening primrose, fennel, goldenrod, horehound, hyssop, lavender, parsley, poppy, thyme, and sage.

Ornamentals and flowers for attracting bees and butterflies: bachelor’s button, black-eyed Susan, butterfly bush, clematis, coreopsis, dame’s rocket, foxglove, goldenrod, heliotrope, hydrangea, lantana, larkspur, Mexican hat, plumbago, rose of Sharon, salvia, sweet William, zinnia.

Don’t forget to buy local organic honey!

by Michelle Kaicener
greenwestwalker@gmail.com

Website of the month: <http://planetgreen.discovery.com/home-garden/garden-plants-honey-bees.html>

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- ~Experience the Flavor
- ~Experience the Difference
- ~Experience Hot Woks Cool Sushi



We're celebrating our first anniversary by opening
a second location at:

30 S. Michigan Ave. (across from Millennium Park)

**... and it all started here
in West Walker!**