

WESTWALKER ——WIRE——

DECEMBER 2023

www.westwalker.org

Tapestry 360 Health: Holiday Toy Drive Ends December 13!

The holiday season is upon us, and Tapestry 360 Health is thrilled to announce the return of their annual Toy Drive for pediatric patients in need, now through December 13.

The Toy Drive is a heartfelt initiative aimed at bringing joy, comfort and a little extra magic to the lives of young patients within our community. You can make a difference by contributing to the Toy Drive in two ways:

- 1. Visit https://aesbid.com/ELP/360TOY to make a donation or purchase a gift from their curated Amazon Wish List.
- 2. Drop off new, unwrapped toys at any of their participating locations:

Tapestry - Lakeview, 3154 N. Clark St.

Tapestry - Skokie, 8320 Skokie Blvd. (Skokie)

Tapestry - Devon, 1300 W. Devon Ave.

Rogers Park Business Alliance, 1448 W. Morse Ave.

North River Commission, 3403 W. Lawrence Ave., #301

Edgebrook Covenant Church, 6355 N. Spokane Ave.

Let's come together as a community to make this holiday season truly magical for our pediatric patients. Your generous and thoughtful contribution will go a long way in spreading happiness. For more information, call 872-268-7538 or email nparedestamayo@tap360health.org.

Tapestry 360 Health is committed to providing healthcare services and support to everyone in our community, regardless of background or insurance status. We're passionate about improving the health and well-being of all our patients.

WITHIN THE WIRE...

- 2 Dear Neighbor
- 3 CAPS Report Independence Parka
- 5 Carlson Community Services
- 6 Irving Park Community Food Pantry
- 7 Holiday Worship at Irving Park Lutheran Church
- 8–9 Independence Branch Library Haugan Elementary Schurz H.S.
- 10 Ensemble Español Holiday Concert Cash for Kids!
- 12 Savoring the Holidays: A Mindful Approach by Jenna Zaffino
- 13 Art Institute Free Days Albany Park Sip & Shop Trolley

COMMUNITY CALENDAR

Sat., Dec. 9 ● 10 am-2 pm Haugan Elementary Christmas Market 4540 N. Harding Ave., Door 3

Sun., Dec. 10 • 2 pm
Irving Park Fine Arts Holiday Concert:
A Mariachi Christmas featuring
Mariachi Monumental de México
Irving Park Lutheran Church
4100 N. Harding Ave.
Free, reception to follow

Mon., Dec. 11 • 6:30–7:30 pm Athletic Field Park Advisory Council 3546 W. Addison St.

Mon., Dec. 11 ● 6:30–8:30 pm GIPNA Volunteers Holiday Cookie Swap Bring 5 dozen cookies/sweets to swap! The Cabin, 4104 N. Pulaski Rd. tinyurl.com/GIPNACookieExchange

Wed., Dec. 13 ● 4–5:30 pm LSC Meeting, Haugan Elementary 4540 N. Hamlin Ave.

Thurs., Dec. 14 ● 4–9 pm Albany Park's 1st Annual Sip, Shop & Trolley Hop \$5 suggested ticket donation eventbrite.com/e/albany-parksip-shop-and-trolley-hopregistration-764524061047

Fri., Dec. 15 • 7:30–9:30 pm Ensemble Español Holiday Concert NEIU Auditorium, 5500 N. St. Louis Ave. tix.com/ticket-sales/u-pass/6605/ event/1353489

Sat., Dec. 16 • 10 am-4 pm Lot'sa Holiday Market Lot'sa Shop, 4150 N. Elston Ave. and Color Club, 4146 N. Elston Ave.

Continued on page 15



Dear Neighbor,

Hello, neighbors! I hope you all had a wonderful Thanksgiving and enjoyed time with family and friends to reflect on what you are thankful for. I know the Board and I are thankful for all of our West Walker neighbors. We've enjoyed getting to meet so many of you at the Fourth of July, Neighbors Night Out and various block parties within the West Walker area. There are plenty of you we have not met yet, and we look forward to doing so in 2024!

We also look forward to sharing some of the work we've been doing to get the association modernized. We will debut a new website in 2024 and bring back more neighborhood events. Please share ideas for what you'd like to see or bring back with any of us, or feel free to send them to us via the blast account (wwcablasts@gmail.com).

I want to extend my warmest wishes to you and your family. This is a time of year filled with joy, gratitude, and the spirit of togetherness, and I feel incredibly fortunate to share my neighborhood with such wonderful neighbors like you!

Happy Holidays, *Erin Hunter WWCA President*

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 over 100 years of service to the West Walker Community

2023-2025 OFFICERS

President Erin Hunter
Co-Vice Presidents Laura Ell &

Helen Lira

Secretary Gayle Irvin **Treasurer** Stephen Brown

EXECUTIVE BOARD MEMBER

Mike Webber

CAPS COORDINATOR

LizMills@sbcglobal.net

WEST WALKER CARRIER STAFF

Chris & Maeve Altman
Carol Barry
Beverly Birch
Tori Bohannon & John Lopez
Hunter Family
Kotche Family
Jim Medd
Mark Pascale & Susan Matthews
Will & Caitlin Poirier
Jeanne Pozy & Joel Reese
Rick & Melanie Reschke
Jarett Tate
The Webber Family

Sue Trudeau & Tom Williams **EDITOR**

Heather McLane

WEST WALKER EMAIL BLASTS

Brian Hunter

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

All story ideas, articles and ads are due a week before the first of each month. Submit ideas and articles to: west_walker_wire@yahoo.com.

Please include a phone number in case we need to follow up with you. We reserve the right to edit all submissions for space and content. For information on advertising, please contact Shannan Bunting at shannan@solsticepr.com.



CAPS Report Beats 1722 & 1723

November 15, 2023 Meeting

In attendance: CAPS Officer Miro; Officer Al Retamozo; John Campos, CPD Community Organizer; Alderman Samantha Nugent and Mark Gameng (39th Ward)

CAPS Officer Miro welcomed everyone to the meeting. Alderman Nugent (39th) announced that tree trimming is happening on a grid system, but that if anyone has a limb or tree that is on the parkway and endangering public safety, they should contact the Alderman's office directly. Currently, there isn't an app that shows the grid being used as there is with street sweeping.

Officer Miro reviewed crime stats for Beat 1723. Most of the batteries in the beat are related to domestic violence and thefts are mostly either retail thefts or catalytic converter thefts. Thefts of Hyundais and Kias continue. Three robberies were committed within a 5-minute period, with one in the 4300 block of Springfield and another in the 4600 block of N. Pulaski. Three offenders were involved.

Continued on page 4

Independence Parka

by erica dreisbach



REAL ESTATE NEWS By Dorie Westmeyer



By Dorie Westmeyer Realtor®, MBA, ADPR Your Neighborhood Realtor!

SHOULD YOU SELL OVER THE WINTER

Historically the rule of thumb was to wait until Spring to sell. The thinking was sellers don't want to be bothered during the holidays; buyers don't want to move when it's cold; there will be more buyers and homes for sale in Spring...

Here are a few reasons why selling over the Winter may be to your advantage:

- 1. Less competition. The best time to sell is when others aren't. With fewer homes on the market right now, your home will stand out.
- 2. People always need to move. People still need to move over the holidays and Winter. These buyers tend to be more serious buyers who are ready to buy versus just looking; waiting for mortgage rates to drop. Also, savvy buyers want to get a jump on the Spring market so they can plan their move.
- **3. You're in control.** As the seller, you're in control regarding the days and times you want to show your home.
- 4. People are more positive during the holidays. Homes look great decorated for the holidays. Prospective buyers are more emotional this time of year. They can picture hosting family and friends and making wonderful memories in their new home.

Give me a call or text. I can fill you in on what's happening in our West Walker neighborhood.

Thinking of selling in the next 24 months, and want to get the highest sale price? Please call me for a free home consultation.

Call Dorie, Your Neighborhood Realtor 847-989-4870

Dorie Westmeyer

charles rutenberg realty 847-989-4870 · Dorie@DorieWestmeyer.com



Continued from page 3

In response to robberies and thefts, officers have stepped up traffic stops which often result in the recovery of weapons or stolen cars. For instance, there have been 20 gun arrests throughout the 17th District within the past 30 days, including in the 4600 block of Lawndale, the 4400 block of Pulaski and the 4300 block of Elston. In Beats 1722 and 1723, 110 traffic stops were made over the past 7 days.

Several residents attended to follow up on gunshots that were fired on November 13 at 5:30 pm and 11 pm in the vicinity of 4100 block of N. Central Park. Shots were also reported in the same area November 15. Shell casings were recovered. Tactical officers are aware of the activity. The CAPS officers encouraged residents to continue calling 911 when they hear gunfire. More calls for service result in more attention to an area.

Call 911 to report suspicious activity or individuals in your neighborhood and provide detailed descriptions of the individuals and vehicles involved in any incident. Even if a neighbor has already reported the incident or activity, other neighbors should make separate calls. The police rely on the number of calls for service in determining the allocation of officers to a district.

Remember to always lock your vehicle; never leave it running unattended. Be on the lookout for scams related to income tax refunds. Remember, the IRS will never call you on the phone.

The December CAPS meeting is cancelled; the next meeting will be on Wednesday, January 17 at 6:30 pm in the 17th District Community Room, 4650 N. Pulaski. Meetings are held the third Wednesday of the month.

Contact or follow the 17th District CAPS office at: Email: CAPS.017district@chicagopolice.org

Phone: 312-742-4588

Facebook: facebook.com/CAPS.017

Twitter: @ChicagoCAPS17 Instagram: cpd17district

If You've Been Thinking About Selling, Now Is the Time

THE BEST TIME TO SELL IS WHEN OTHERS AREN'T. NEIGHBORS ARE GETTING TOP DOLLAR FOR THEIR HOMES WITH MY UNIQUE 5-STEP MARKETING PLAN & OUR STRATEGY.



UNDER CONTRACT 4037 N Hamlin



SOLD 4253 N Avers



SOLD



SOLD



4340 N Springfield 4310 N Springfield 4122 N Lawndale

"Dorie, I wanted to make sure I had someone who I trusted and who would care about selling my house. As you know, the house held many memories for my whole family. The house will always be in our hearts. I didn't want just anyone to sell the house. So, thank you!" - Becky Wiebrecht

If you're thinking of selling in the next 24 months, call me for a free home consultation.



Dorie Westmeyer Realtor,® MBA, ADPR Your Neighborhood Realtor

Neighbor since 1995 · 847-989-4870 · CHARLES RUTENBERG REALTY · Dorie@DorieWestmeyer.com



News and Events from Carlson Community Services



Carlson Community Services is a 501(c)(3) nonprofit connecting

the Irving Park community with programs that enrich lives through education, culture and service.

Trivia Night Thanks!

Congratulations to "The Gang of Four et al" on winning Carlson Community Services' 19th Trivia Night, held November 10. Led by Carlson Treasurer Bill Sherlock, the team generously returned their \$200 cash prize to Carlson. The bragging rights and glory remain theirs! The evening netted nearly \$10,000 for Carlson's programs—The Magic After-School Place, Three Brothers Garden and the Irving Park Fine Arts Committee Concert Series.



Team "Gang of Four et al." were the winners of Carlson's 19th Trivia Night, held November 10.

Thanks to our Round Sponsors who helped make the event a financial success: Holly VanEssen of Mobile Physical Therapy, Free Range Insurance, Wintrust Bank Mayfair, State Rep. Lindsay LaPointe, Broker Clare Spartz, Irving Park Lutheran Church and the Carlson Board and Committees. Special thanks to raffle prize donor Farmer's Market Garden Center!

Thanks to our many volunteers who helped with set up, clean up and everything in between, including West Walker neighbors Helen Lira, Erin and Tim Bouman, Jose Garcia, Susan Trudeau and Tom Williams, Rick and Melanie Reschke and Pam Austin. It was a great night for a great cause!

Irving Park Fine Arts Committee Presents A Mariachi Christmas

Celebrating its 30th season, the Irving Park Fine Arts Committee will present a festive holiday concert and reception on Sunday, December 10 at 2 pm at Irving Park Lutheran Church, 4100 N. Harding Ave. Mariachi Monumental de México will perform A Mariachi Christmas, featuring Mexican and American Christmas favorites. Fine Arts audiences will remember Mariachi Monumental's joyful performance in 2019. This celebration of holiday traditions is perfect for all ages.

Fine Arts concerts are free, although the audience is invited to make a donation. This season is supported with a generous bequest from the late Doris Peterson, a long-time Fine Arts Series patron. Remaining concerts in the season are Alicia Berneche, soprano, in a solo recital on February 11, and Matthew Beck, Clarinet Trios of Brahms and Beethoven on May 5.

Three Brothers Garden News

Three Brothers Garden had a great season! In addition to providing neighbors served by the Irving Park Food Pantry with fresh vegetables, the garden served as an outdoor space for neighbors to gather weekly for a common purpose. We welcomed several new volunteers, all under the guidance of our Garden Intern, Ruth Bouman, and Garden Committee Chair, Judy Sviatko. Thanks to all who volunteered throughout the season, especially West Walker residents Susan Trudeau, Jose Garcia, Melanie Reschke and Joyce Patch.



The end-of-season cleanup at Three Brothers Garden was held November 4.

In 2023, we donated 421 pounds of vegetables to the Food Pantry, on par with our 2022 total. Thanks to generous neighbors, our donations were bolstered by home garden surplus, which we gladly took to the Food Pantry on Wednesday mornings. The garden is a partnership with Irving Park Lutheran Church and is located at 4107 N. Pulaski. If you'd like to get involved in planning for the 2024 season, contact Liz Mills at lizmills@carlsoncommunityservices.org.

Carlson Community Services connects the Irving Park community with programs that enrich lives through education, culture and service. For more information, visit carlsoncommunityservices.org or contact Liz Mills at 773-398-6766 or lizmills@carlsoncommunityservices.org.



Irving Park Community Food

Pantry News text and photos by Craig Shutt, Publicity & Special Events Coordinator, unless noted

Help the Pantry Celebrate the Holidays

The Irving Park Food Pantry is providing its clients in the 60641 and 60618 ZIP codes with a full holiday meal on December 15, along with gifts for children 12 years old and younger. We're asking again for your help with this annual program.

The meal ingredients we provide to all our clients, in a special distribution that day, comprise meat, stuffing, vegetables, potatoes, gravy and dessert. This is in addition to the regular array of groceries they receive during our four distributions this month (we are closed December 27 and January 3).



The Pantry is collecting small toys from its online registry to give out to clients' children 12 years old and younger in December. Photo by Sara Yoest

Our annual holiday gift program offers a variety of small gifts we will bundle to give to clients' children. Although our deadline to receive toys has passed, you can donate money to either the holiday meal, the gift program or our general operations fund by using the PayPal link at www.irvingparkfoodpantry.org or by mailing a check to Irving Park Food Pantry, 4256 N. Ridgeway Ave., Chicago 60618. You can mark the donation for "Meal," "Gifts" or "General" if you prefer.



Volunteer Lorrie Ide, owner of Lorrie Ide Design graphic design, redesigned our outside banners to be cleaner and more weather resistant, and created a vertical booth sign for better visibility at events.

Coat Drive Thanks!

Thank you to Kate McClelland, our coat-drive coordinator, and all of our volunteers for their hard work during our coat drive! Thanks also to the many organizations throughout the community that sponsored drop boxes so our neighbors could easily donate their coats. We provided hundreds of coats to clients and their families to ensure they have a warmer winter.





Left: Emily Markle, membership experience supervisor at Irving Park YMCA, shows off a large coat donation her team collected during the Pantry's coat drive in October and November. Right: Dan O'Donohue, co-owner of Jet's on Kimball, and his kids dropped off a large donation to coat-drive coordinator Kate McClelland. They also stayed to help sort and rack the coats! Jet's gave a free pizza for every donation.

We appreciate everyone's support and donations, which help us meet our mission of being "Neighbors Helping Neighbors!"

For more information, visit irvingparkfoodpantry.org or contact John Psiharis, Executive Director, at 773-283-6296 or info@irvingparkfoodpantry.org



Schurz Student Council members, with Parent & Community
Outreach Coordinator Dee Barrett, canvassed the Old Irving Park
neighborhood and collected a carload of toiletries for the Pantry in
October. Photo by Dee Barrett



Join Irving Park Lutheran Church for Advent, Christmas & Epiphany Worship

The 2nd Sunday of Advent, December 10

Join us for worship service at 10:30 am, featuring both The Choir and Ensemble from IPLC, and the blessing of Lay Communion Ministers & Parish Visitors.

The 3rd Sunday of Advent: Sunday School Christmas Play, December 17

Dress rehearsal will be held on Saturday, December 16 at 10 am, followed by a pizza lunch.

After the play on Sunday, December 17, treats for the children will be served in the Narthex, hosted by Miriam Circle.

Blue Christmas Service, Thursday, December 21 at 7 pm, followed by Parsonage Open House

Join us on the longest night of the year for worship that includes poems and music of longing, Holden Evening Prayer, candlelight, silence, and space for sadness—a feeling also of this season. Afterwards, head on over to the parsonage for treats!

The 4th Sunday of Advent, December 24

10:30 am worship service featuring both Advent and Christmas Lessons and Carols.

No Sunday School or Adult Bible study before worship this Sunday.

Christmas Eve Worship Sunday, December 24

Family Christmas Eve Service at 4 pm Festive Christmas Eve Service at 10 pm

Christmas Day Worship Monday, December 25 Christmas Lessons & Carols at 10:30 am

The 1st Sunday of Christmas, December 31

No Sunday School or Adult Study before worship, but Pastor Bouman will make donuts for Fellowship time at 9:30 am.

Celebrating Epiphany Sunday, January 7

Sunday School and Adult Bible Study resume, and we'll participate in Taking Down the Greens after Worship.

For more information, or to join us for Worship, visit us at 3938 W. Belle Plaine Ave. or online at www.iplc.org.

Nov. 20 - Dec. 16



"All Scripture is God-breathed ... "

2 Tim. 3:16a

Chicago Bibles & Books

3931 W. Irving Park Rd.

Monday to Saturday 10-6 www.biblesandbooks.com

773.478.0550

Serving Chicago since 1981



BIG HELP IN MANY WAYS

HANDYMAN SERVICES
CABINET INSTALLATION
DECKS / PORCH PAINTING
FURNITURE ASSEMBLY
BLIND INSTALLATION
LIGHTS & CEILING FANS
TV MOUNTING & MORE...

Licensed - Insured - Bonded

Call us Monday-Saturday from 9 am to 6 pm

IN BUSINESS 2005 (312) 757-4420 24/7 Online Booking

WWW.BIGHELPERS.COM





DONATION DROP OFF: on behalf of the Irving Park Community Food Pantry, Mon–Fri, 10 am–4 pm **4184 N. Elston Ave., Chicago, IL 60618**





Winter at Chicago Public Library, Independence Branch

Questions? Contact Jessica Kimpel, Children's Librarian, at 312-744-1135 or jmccarney@chipublib.org.

Play Day* For ages up to 5.

Mondays at 10:30 am Bring a friend or meet a new one during our open and unstructured play group time. *No Play Day on December 25 (library closed).

Family Story Time* For ages up to 5. Wednesdays at 10:30 am Join us to read, talk, sing, write and play! *No Story Time on December 20 or 27.

Science Club (on the stairs) For ages 6+.

Thursday, December 14, 4:30–5:30 pm Join us for a special series of programs featuring hands-on STEAM activities designed by the Museum of Science & Industry that introduce you to Agent Academy. Chicago Public Library's Out-of-School-Time Science Club programming is made possible with gratitude to a partnership with the Museum of Science and Industry. Attendance at all sessions is strongly encouraged, but not required.

Community Cinema: Movie Marathon Saturday, December 23

9:15 am: Babe, 1995, G

10:45 am: Little Women, 2019, PG

1 pm: Gremlins, 1984, PG

2:45 pm: *Mean Girls,* 2004, PG-13

Diversability Committee & Mental Filmness Film Festival Present 5000 Blankets

Sunday, December 17, 2 pm *5000 Blankets,* 2022, PG-13. When her husband has a mental breakdown and goes missing, a determined woman and her young son set out to find him on the streets, sparking a movement of compassion toward those in need.

This screening will include a Q&A with the film's producer, Douglas Shaffer. There will also be a blanket drive (optional) to collect blankets to donate to Chi-Town Blankets!

Help Clean Up Our Community!

Share a photo of yourself picking up litter in our community and win a prize from our treasure box! If you borrowed one of our grabbers or yellow vests, please return them so others may use them, too. Email your photos to independence@chipublib.org.

Blood Drive at the Library

Saturday, January 13, 2024, 12–4 pm Friends of the Independence Library will be hosting a blood drive with Versiti Blood Center of Illinois. Reserve an appointment at donate.illinois.versiti.org/donor/schedules/drive_schedule/5607847



From left, West Walker neighbors Beth Tidmarsh, Linda Lehman, Liz Mills and Laura Ell got crafty at a free wreath making event at Independence Library.

Is Short-Term Care right for you?

Short-term Care is often used as a gap OR an alternative to Long-term Care

- -Little or No Underwriting
- -Majority of plans have no waiting period
- -Choose your benefits
- -Helps with costs associated with home care, assisted living, nursing homes.

Schedule a free 30 minute consultation with Beth Stern, CLTC - Licensed Illinois Broker



www.bsternins.com

312.501.1522



St. Edward School

Inspiring Hearts for Christ, Minds for Knowledge

Find Out Fridays

School Tours

8:30 AM

Select Fridays throughout the school year

Join current School Board members and our principal to find out the St. Edward School difference!

- PK3-8th Grades
- Extended Care
- Small Class Sizes
- Extracurricular opportunities
- Register for a tour online





773-736-9133 4343 W. Sunnyside Ave.

stedwardchicago.org

Haugan Elementary School Christmas Market

December 9, 10 am-2 pm

Join Haugan Elementary, 4540 N. Hamlin Ave. (Door 3), for a holiday celebration at their Christmas Market. There will be a variety of vendors selling goods that will make the perfect gift!

Friends of Schurz & Schurz High School Winter Wonderfest

Saturday, December 16, 10 am-1 pm

A morning of holiday fun in the Schurz Library, 3601 N. Milwaukee Ave. Schedule includes:

10 am: Story time with the Wet Bandits

11 am: Holiday karaoke

11:30 am: Showing of the holiday classic Home Alone

Free admission. Hot cocoa bar, popcorn, candy & water will be available for purchase. This year's event will also include a pop-up clothing shop for students and families in need. Please consider purchasing needed items by visiting their Amazon Wish List.



Nurturing the Potential Within Each Child

Now Enrolling

Develop your child's potential

- Ages 15 months through Elementary
- Beautiful, bright new building
- Regular informational tours

4041 N. Pulaski Rd, Chicago, IL 60641

773.539.3025 • info@gatewaymontessorischool.org

GatewayMontessoriSchool.org

Accredited through age 12 by the Association Montessori Internationale (AMI)





48th Annual Ensemble Español Family Holiday Concert

Friday, December 15, 7:30-9:30 pm NEIU Auditorium, 5500 N. St. Louis Ave.

The Annual Ensemble Español Family Holiday Concert returns, as Ensemble Español celebrates their 48th season of this family-favorite programming! This concert will feature the full company presenting the dances, music and songs of Spain. Experience classical, folkloric, escuela bolera and Flamenco styles of Spanish-dance, featuring world premieres and company favorites.

Tickets range from \$25 to \$42.50 and can be purchased at https://www.tix.com/ticket-sales/u-pass/6605/event/1353489.

Save the Date: Cash for Kids! Chicago's Johnny Cash Festival

Saturday, January 27, 2024, 5:30 pm-midnight The Irish American Heritage Center, 4626 N. Knox Ave.

Cash for Kids! Chicago's only Johnny Cash Festival and fundraiser for the Pat Mac's Pack features music on three different stages throughout the evening, including touring and local acts, all in the spirit of "the Man in Black."

Cash for Kids is a celebration of the creativity, vibe and spirit of Johnny Cash and the Carter Family's contribution to American music. Whether it's country, folk, rockabilly, gospel, blues or various other genres Johnny explored, you can expect to hear one of your favorites, or even something you've never heard before.

Enjoy ten acts on three stages and join musicians and music lovers as they come together in the fight against pediatric brain tumors. The event is conveniently located at the Irish American Heritage Center with easy access to all parts of Chicagoland and plenty of free parking. Cash for Kids has become what many attendees call "the best night of the year."

Artists scheduled to perform include "The Stars Align: An Authentic Sun Records Review," featuring the music of Iron Horse, Eddie Clendening, Blair Carman, Frank Canino, Hodie Snitch, The PrisSillas, In Spite of Ourselves, Reverie Stone and Stephen Davern. Special appearance by The Miss Cash for Kids Pinup Contest. More acts to be announced.

Thanks to our sponsors: Flood Brothers Disposal, Floods Royal Flush, Robert McDarrah - Realtor, and Uniclock.



View past performances at Cash for Kids at youtube.com/watch?v=ZiTkzPovEjk.

Admission is \$20 in advance, \$25 at the door. Food and drink will be sold separately. Order your tickets at https://fundraise.givesmart.com/e/062sow?vid=11e581#.

For more information, contact Steve Davern at 773-415-8453 or stephenrobertdavern@gmail.com.

Pat Mac's Pack is a 501(c)(3) charitable organization with a mission is to raise funds for pediatric brain tumor research and provide financial assistance to young cancer patients and their families. A fully volunteer-led and operated organization, all funds raised go directly to support research and families.





mobile: 773.251.3837 **△** B

cengel@atproperties.com

Paddy* Mac's PUB & GRILL

DAILY SPECIALS

** All food specials are dine-in only and require purchase of a drink.

Monday: \$8 Paddy Mac Burger

Tuesday: \$6.50 Tacos (2), Open Mic @ 9 pm

Wednesday: Ribs: \$12 Half Slab / \$17 Full Slab

Thursday: 90¢ Wings of Fire/Each, Trivia at 8 pm

Friday: \$12.75 All-You-Can-Eat Fish Fry

Saturday: \$8.50 Grilled Cheese Deluxe Sandwich

BEER AND DRINK SPECIALS EVERYDAY

4157 N. Pulaski 773-279-9300

Please contact us at PaddyMacsChicago1@gmail.com for Party/Benefit Bookings



Like us on Facebook! Paddy Macs Chicago









Savoring the Holidays: A Mindful Approach to Holiday Indulgence

by Jenna Zaffino, Integrative Nutrition Health Coach and Movement Educator

Indulging in holiday treats is about more than just satisfying cravings; those tasty bites help us relish nostalgia, celebrate the season, and connect with our community. As a health coach, I understand the struggle to resist overindulgence, but I also know that restrictive approaches can do more harm to your health than the treats themselves.

When it comes to the holidays, Instead of advocating for pristine eating, I focus on a regulated approach to the season, as well as a plan for recovery. Here are my top 3 coaching strategies that I use with my clients throughout the holiday season.

1. Eat at regular intervals (every 3–5 hours, even on days where a feast is planned). This helps maintain balanced blood sugar, preventing irritability and hunger-induced binges. There's an old saying that states "hunger happens from the neck down while appetite happens from the neck up." When we are well-fed throughout the day, we are less likely to succumb to the voice in our brain that tells us we need more food than we actually do.

- 2. While it might not be a crowd favorite, cutting back on or avoiding alcohol is a game-changer for feeling good and enjoying yourself during the holiday season. It bears repeating that alcohol disrupts decision-making, increases impulsiveness, and is an agent of dehydration. With lots of non-alcoholic spirits hitting the market this season, it's easy to opt for flavorful mocktails, saving the spirits for post-meal enjoyment or opting out altogether. Wondering if you'll still have as much fun without alcohol? I'd argue that sharp senses without alcohol can exponentially enhance the fun that you'll remember the next day.
- 3. Perhaps the most important strategy is to prioritize hydration throughout the season. Whether it's mitigating the effects of indulgent foods, supporting your digestion, or helping cell recovery, water helps your body work well. I often have my clients decorate a holiday-themed bottle with time measurements to ensure that drinking water is part of their daily routine. If there was one tip that was non-negotiable, it would be to stay hydrated.

Your health journey should include enjoyment. If you agree, let's make 2024 the year you renew your relationship with food and redefine wellness for yourself. I'm currently scheduling consultations for December. Email me at coachjz@jennazaffino.com, and let's discuss your path to a healthier, more fulfilling new year!

Your Health, Your Way

Are you ready to elevate your health, but don't know where to start?

I'm Jenna, your certified health coach.

My specialty is creating personalized, sustainable, health plans that meet the needs of your busy life.

Health doesn't have to be hard.

Together, we'll make it possible (and fun!)

Contact Me Today:

Email: coachjz@jennazaffino.com







Art Institute of Chicago: Free Winter Weekdays

Free Admission from November 27 to December 22 on Mondays, Thursdays and Fridays!

This holiday season the Art Institute of Chicago is bringing back Free Winter Weekdays! Illinois residents can enjoy free admission on Mondays (11 am-5 pm), Thursdays (11 am-8 pm), and Fridays (11 am-5 pm).

For a great visit, follow these pro tips:

- Guided tours are the perfect introduction to the museum, and they're free. The Art Institute offers 45-minute gallery tours every day at 1 pm and 3 pm. Tours in Spanish take place on Fridays and Saturdays at 2 pm, and American Sign Language tours take place every third Saturday of the month at 2 pm.
- Learn how to make the most of your trip with a few of their handy resources.
- Art will feed your spirit, but don't forget to take a break from exploring to enjoy a delicious bite at their cafés and pop into the Museum Shop to take home a souvenir.

Albany Park's 1st Annual Sip, Shop & Trolley Hop

Thursday, December 14, 4-9 pm

Shop local and discover Albany Park neighborhood businesses while sipping on seasonal spirits. Shop seven retail spaces, experience two movement studios, one event space and a cafe, from the comfort of our free trolley, graciously donated by Scent Queens Candle Co. & Apothecary Shoppe and It's Lit Studio.

The trolley will run from 5–9 pm and stop at four different sites, from east to west: 4432 N. Kedzie Ave., 3728 N. Montrose Ave., 4336 N. Pulaski Rd. and 4176 N. Elston Ave. You can choose when and where stop to start. Upon arrival, check in for your passport, wristband and a beverage. Then, choose your own adventure–hop on and off the trolley as you wish.

Have your passport stamped at all 10 locations and enter for a chance to win gift cards, or even the grand-prize gift basket filled with goodies from all the businesses. That's right, we're rewarding you for shopping local with us!

The trolley is free, but a \$5 donation is suggested. For more information, list of participating businesses and the route map, visit eventbrite.com/e/albany-park-sip-shop-and-trolley-hop-registration-764524061047.

THWACK Dance Presents:Christmas Oratorio

This holiday season you can check out Charles Weidman's Masterpiece of Joy in three performances across the community!

Admission is free for all three showings:

Friday, December 8 at 6:30 pm – River Park Fieldhouse, 5100 N. Francisco Ave.

Friday, December 15 at 6:30 pm – Mayfair Park Fieldhouse, 4550 W. Sunnyside Ave.

Sunday, December 17 at 3 pm – St. Johns Episcopal Church, 3857 N. Kostner Ave.

THWACK Dance is an aspiring non-profit dance company based in Chicago, Illinois. Our mission is to make dance accessible to both artists and audiences while preserving underrepresented historic work. We do this by providing free shows to the public, and give artists of all abilities a safer space for exploration and expression. Learn more at www.thwackdance.com.



WWCA Members

THANK YOU to the neighbors who joined or renewed as of December:
Irving Park Lutheran Church
Pulaski Cleaners
Rick & Melanie Reschke

Do You Have an Article or Ad for the West Walker Wire?

The West Walker Wire welcomes ads and articles from you! If you like to write, we're looking for more writers to contribute monthly stories about our neighborhood history, news and events. Please limit your contributions to approximately 400 words (about half a page) and make sure you submit all text in a Word or Google document, or directly in the body of an email. Any other formats will not be accepted.

If you're interested in placing an ad, contact Shannan Bunting at shannan@solsticepr.com for rates and sizes.

The deadline is 7 days prior to the first of the month: December 22 for the January issue. Submit articles and final PDF or JPG ad artwork, as well as feedback or questions to: Wire Editor, west_walker_wire@yahoo.com.

It's Membership Renewal Time!

WWCA Membership runs May I through April 30 annually. Your dues help fund a variety of items:

- 10 issues per year of the *West Walker Wire*, delivered free to residences and businesses in West Walker
- · The annual community garage sale
- Area non-profit groups like the Irving Park Community Food Pantry, Independence Park and Independence Library
- Free email updates on neighborhood events, area crime and a LOT MORE!

Stay Current with West Walker Blasts! To submit an announcement or get on the list, email wwcablasts@gmail.com today!

PLEASE SUPPORT OUR ADVERTISERS!

Let them know you saw them in the

West Walker Wire.



Yearly Membership Dues: Effective May 1, 2023 through April 30, 2024			
Check one:	FAMILY \$15	BUSINESS \$20	SENIOR \$5
NAME: Please print. Write	your name as you would like	it to appear in the West Walker V	
ADDRESS:			
PHONE:			
lease note your	email address if you would like	to receive email updates:	
-MAIL:			



COMMUNITY CALENDAR

Continued from front cover

Sat., Dec. 16 • 10 am-1 pm

Winter Wonderfest featuring Home Alone Schurz Library, 3601 N. Milwaukee Ave. Free admission. Hot cocoa, popcorn, candy & water available for purchase.

Sun., Dec. 17 • 10 am
Kidical Mass Family Bike Ride
Independence Park Playground
(corner of Grace & Hamlin)

Tues., Dec. 19 • 7 pm Independence Park Advisory Council East side of the Fieldhouse 3945 N. Springfield Ave.

Wed., Jan. 10, 2024 ● 6–7:30 pm LSC Meeting, Haugan Elementary 4540 N. Hamlin Ave.

Wed., Jan. 17, 2024 ● 6:30 pm Beat 1723 CAPS Meeting 17th District Community Room 4650 N. Pulaski Rd. Note: NO December Meeting



www.bebartarchitecture.com

Barry Bebart, AIA Architect

Licensed Architect Illinois, Michigan, Wisconsin

House Expansion, Renovation Remodeling. Kitchen, Bath, Deck. Commercial, Interior. Commercial, Office, Interior, New Construction. Signage

23 years of experience in Chicago.

773-844-4580 barry@bebartarchitecture.com

RESULTS MATTER

49
Days on Market

97.90%

LIST TO SALE RATIO

SONAL AVERAGE ----

17

DAYS ON MARKET

104.18%

LIST TO SALE RATIO

Your Independence Park and West Walker

Real Estate Expert



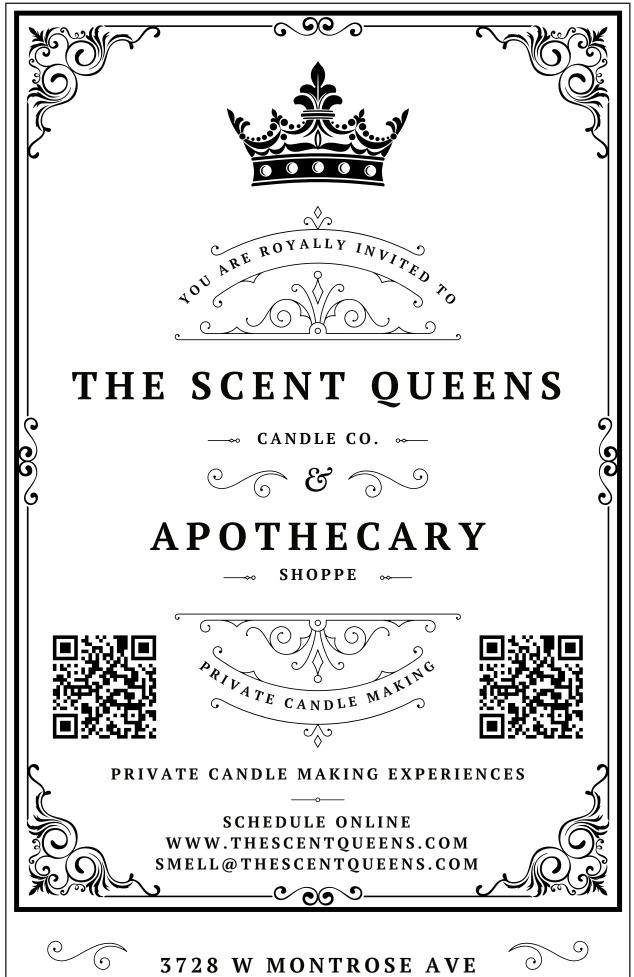
KRIS NOWAK

Real Estate Broker

773.234.3869 kris@fultongrace.com



Contact me for your real estate needs!



3728 W MONTROSE AVE
\$40 PER PERSON FOR 2 HOUR EXPERIENCES