

WEST WALKER WIRE

FEBRUARY 2024

www.westwalker.org

Feel the Love this February with Theatre, DIY, Dance and More!

Chicago Theatre Week: February 8-18!

Experience everything Chicago theatre has to offer for just \$15 or \$30 (or less!) from **February 8-18**. Chicago Theatre Week features value-priced tickets to more than 100 performances at theatres across the city, from musicals to improv to dramas and beyond.

With discounted tickets at Hot Tix (<https://hottix.org>), there's no need to limit your theatre adventures to February! The spirit of Chicago theatre is found throughout our neighborhoods, from downtown venues to behind the storefronts, in a diverse collection of over 200 dynamic theatres.

Play Chicago Theatre Week Bingo by downloading the 2024 bingo board and submitting proof of attendance for the shows you saw during Chicago Theatre Week 2024 for a chance to win a pair of free theatre tickets and a restaurant gift card. For more information, visit www.choosechicago.com/chicago-theatre-week

Love Thyself Workshop

Sunday, February 11, 2-4 pm

Him + Her Vintage, 4336 N. Pulaski Rd.

Grab your Gal or Gay & Celebrate the Queens You Are! Join three local businesses for an immersive self-love experience at Him + Her Vintage. Pairs of vintage tea cups will be provided for your exquisite candle creation with The Scent Queens Candle Co., featuring 100% all-natural soy & coconut

Continued on page 2

COMMUNITY CALENDAR

Sat., Feb. 10 • 7-11:30 pm

Heart of Chicago Soul Club Valentine's All Vinyl Dance Party
Color Club, 4146 N. Elston Ave.
Tickets: <https://www.eventbrite.com/e/heart-of-chicago-soul-club-valentines-day-party-tickets-794509026887>

Sun., Feb. 11 • 3-7 pm

Love is Everywhere Craft Market
Color Club, 4146 N. Elston Ave.
Free entry

Wed., Feb. 14 • 4-5:30 pm

LSC Meeting, Haugan Elementary
4540 N. Hamlin Ave.

Sun., Feb. 18 • 11 am-3 pm

GIPNA Blood Drive
Independence Park Field House
Auditorium, 3945 N. Springfield Ave.
Appointments recommended; call 877-258-4825 or visit vitalant.org and use group code: 10055237

Wed., Feb. 21 • 6:30 pm

Beat 1723 CAPS Meeting
17th District Community Room
4650 N. Pulaski Rd.

Sat., Feb. 24 • 5-8 pm

Macon Reed Opening Reception
RUSCHMAN
4148 N. Elston Ave.

Thur., Feb. 29 • 6:30-9:30 pm

West Walker Winter Social
Color Club, 4146 N. Elston Ave.
See details on page 2 and back cover of this issue!

You can also visit us online at:
www.facebook.com/groups/WestWalkerCivicAssocChicago/

WITHIN THE WIRE...

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Dear Neighbor,

We've completed one full month of 2024 already; time really flies by! The Board has been busy working on a new website and collecting your feedback on the survey, which I will talk about more in next month's letter.

West Walker is excited to host a neighborhood event on **Thursday, February 29 from 6:30-9:30 pm** at Color Club (4146 N. Elston Ave.). Come and spend your one extra day every four years with your neighbors! The social will have bites from area businesses and a cash bar. Tickets are \$15 in advance and \$20 at the door. Advance tickets can be purchased via PayPal by scanning the QR code below or by sending to westwalkercivic, or via Zelle to westwalker.2010@gmail.com. For more details, see our flyer on the back cover of this issue.

We hope to see many of you there!



Keep warm,
Erin Hunter
WWCA President

Continued from front cover

waxes, 100% ring-spun cotton wicks, and non-toxic fragrance oils that you can custom blend for clean-burning and clean-scented candles.

While they cure, create your own romantic tea blend with Him + Her Vintage and sip while you fall in love with the nostalgic ambiance led by a favorite design with vintage typewriters, fine stationery and specialty pens to write a true love letter to yourself.

Tickets are \$75 per person at www.himandhervintage.com/events/love-thyself-work-shop-2-11-24

Eat, Dance & Play at our Valentine's Day Soiree

Wednesday, February 14, 6-10 pm

Stay and Play Game Cafe, 3932 W. Irving Park Rd.

A perfect event for couples who enjoy dancing, delicious food, and drinks! Join KR Dance Studio for a beginner-friendly dance lesson from 6:30-7:30 pm, followed by delicious Puerto Rican food (appetizer, entree and dessert!), one cocktail, or a soft drink with unlimited refills, and a Game Pass with access to a variety of games.

Tickets are \$150 per couple at www.krdance.com/event-details-registration/sabor-y-baile-valentines-day-soiree

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

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CAPS COORDINATOR

LizMills@sbcglobal.net

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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

No January Report

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 and be on the lookout for scams related to income tax refunds. Remember, the IRS will never call you on the phone. **The next meeting will be on Wednesday, February 21 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

Independence Parka

by erica dreisbach



REAL ESTATE NEWS



By Dorie Westmeyer
 Realtor®, MBA, ADPR

Your Neighborhood Realtor!

Lower Mortgage Rates Benefit Sellers

Mortgage rates hit over 8% in 2023. A 30-year fixed rate mortgage is currently around 6.5%. Why is that good for home sellers?

- 1. More buyers will start looking for homes again.** 72% of prospective homebuyers put their home search on hold due to high mortgage rates. More buyers are predicted to start looking for homes again due to lower interest rates. More buyers equal more competition for your home. If your home is priced correctly, more competition could mean a higher sale price.
- 2. Mortgage rates are expected to continue to decline.** If mortgage rates go down 1%, a \$400,000 mortgage will save homebuyers about \$250 per month in their mortgage payment. That's a big savings! Mortgage rates are expected to be in the 5% + range by the end of 2024. If you're selling and buying, you may have a more competitive new mortgage rate.
- 3. Deciding to sell may make more sense financially.** A lot of neighbors have been holding off selling because they are concerned about trading their low mortgage rate for a higher rate. With our home sale prices up, you have more equity in your home. You could have a pretty big down payment for your next home which will reduce your new monthly mortgage payment.

Lower mortgage rates & a low number of homes for sale in West Walker could make this a good time to sell and move closer to family, friends, your dream retirement location...

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

Sources: Bright mls, center for economic research, KCM

Dorie Westmeyer
 CHARLES RUTENBERG REALTY
 847-989-4870 · Dorie@DorieWestmeyer.com

Sleepless in Chicago? You're Not Alone (But There's Hope!)

by Jenna Zaffino, Integrative Nutrition Health Coach and Movement Educator

"Sleep can wait!"—that's the mantra I hear from driven professionals here in Chicago. It seems like prioritizing work over rest is almost a badge of honor. But on the flip side, I've also met plenty of folks who crave a good night's sleep, only to be plagued by insomnia or restless nights. Regardless of the obstacle, addressing quality sleep is one of the MOST important health initiatives that one can prioritize. Let's break it down:

Sleep is not only a vehicle for rest. It turns out, there's a lot of action taking place while you snooze. One of the most interesting tasks is the nightly deep-cleaning cycle for your brain called glymphatic clearance. Imagine tiny little garbage trucks cruising along your brain's highways, scooping up waste products that build up during the day. These waste products, called beta-amyloids and tau proteins, are linked to neurodegenerative diseases like Alzheimer's, so getting enough sleep is like giving your brain a preventive scrub!

Quality sleep plays a pivotal role in regulating your appetite hormones. Ghrelin, the "hunger hormone," rises when you're sleep-deprived, making you crave

more food, even after you've eaten a balanced meal. Meanwhile, leptin, the "fullness hormone," takes a nap of its own, leaving you feeling unsatisfied. This hormonal imbalance can lead to challenges in taming metabolism.

What can we do to improve our sleep quality? Start with a personalized "Sleep Hygiene" plan, including a consistent bedtime; a sleep ritual; screens off at least one hour before sleep; a cool, dark room; and a sleep mask.

Choose a bedtime that allows you to get the rest you need. When you were a child, you most likely had a consistent routine: take a bath, put on PJs, wash your face, brush your teeth, read a story, then lights out.

Now is the perfect time to try to "adultify" your sleep routine with rituals that feel GOOD to you. Diving back into that book on your nightstand or dusting off your old school alarm clock and charging your phone in the other room are great small steps to start with. Remember: You get to design the ritual that works for you.

CHALLENGE: Prioritize rest in February and adopt a new mantra: "I sleep like a boss, because that's how I thrive!" Whether you're driven by ambition or craving more quality sleep, choosing to prioritize your sleep hygiene means sending a powerful message to yourself that you deserve to receive as well as give in your life.

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

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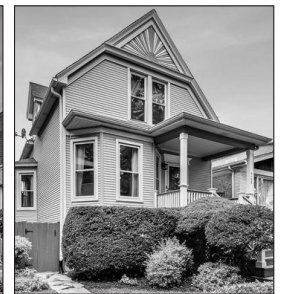
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"Dorie was a dream to work with! It was the first time I had sold a house I owned and as a solo owner I needed someone to help me negotiate the steps. She took her time, went through the house & suggested which things I might want to spend some money on before selling & which things weren't worth it. She suggested a price that was a few notches higher than I would've—but based on her experience in my neighborhood—and set up the open house. I got a cash offer for full asking price the next day. Dorie also helped me find an estate sale company to clear out the house and was always there to quickly respond to my questions and concerns. What a wonderful real estate agent! Highly, highly recommended" — Anne Marie Concepcion



Dorie Westmeyer
Realtor,® MBA, ADPR
Your Neighborhood Realtor

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

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Irving Park Lutheran Church News and Events

IPLC Celebrates Black History

In the month of February, IPLC will honor the culture of Black America through song, instrumental music, words and food. We welcome and encourage members to join us in sharing the culture of the African Diaspora each Sunday morning. We'll close out the month with a concert featuring IPLC members and guest artists on **Sunday, February 25 at 2 pm** in our sanctuary.

Easter Buckets for Food Pantry Families \$8 Each, Due March 3

Share Easter joy with families served by the food pantry, including many migrant families, by giving a donation to provide Easter Buckets (\$8 per bucket). **NOTE THE VERY EARLY DEADLINE: March 3.** You may put your donation in the offering plate, noting "Easter Buckets," or make a contribution online (choose Other and type Easter Buckets in the Memo). Our 3rd & 4th grade Sunday school class will then assemble the buckets March 10. We'll also bless the buckets in church that Sunday, and then deliver them the very next day, so the Pantry may distribute them in plenty of time for Easter (March 31).

Join us for Lunch and/or Take Soup Home

On Saturday, February 10, the day before the Super Bowl, high school youth of Irving Park Lutheran Church will make soup in the IPLC kitchen from 5-7 pm. On **Sunday, February 11** after worship, everyone is invited to enjoy lunch together or take home pints of soup, and to make a donation to tackle hunger, which will go to the Irving Park Food Pantry.

Fat Tuesday Pancake Supper & Free Welcome Meal for Migrant Families!

Join us on **Tuesday, February 13 from 5-7:30 pm** in the IPLC Gym (4057 N. Harding Ave.) for a church and neighborhood favorite before Lent begins. Enjoy fellowship and delicious food: Swedish pancakes, regular pancakes, sausage, lingonberries, apples and orange juice for all (\$12 adults, \$6 kids). We're also inviting migrant families to join us and eat for free-Spanish speakers please help welcome these new community members! You can also volunteer to help (service hours for kids!).

Ash Wednesday Worship

The church season of Lent begins on Ash Wednesday, which this year falls on Valentine's Day. Join us for worship on **Wednesday, February 14 at 7 pm** and be reminded of the love God has for us, a love stronger even than death. The service includes imposition of ashes and holy communion.

*Be A Prison Pen Pal!
Be A Lifeline!*

Join seminary student **Olivia Riddle** to learn about **Kolbe House Jail Ministry** and pen pal letter writing with people who are incarcerated

Compelled by the Gospel mandate, "I was in prison and you visited me," Kolbe House is a sanctuary for people impacted by incarceration.

Kolbe House's Pen Pal Ministry facilitates the exchange of letters between people who are incarcerated and community members on the outside. We build bridges that lead to greater compassion, trust, understanding, and hope.

Incarceration is dehumanizing and dangerous.

Letter writing is a lifeline!

By becoming a pen pal, you provide a vital connection to the outside world.

2 events!

Sunday Feb 18th, 9-15am
Education Hour, Victory Hall

Wed Mar 20th, 6-00pm
Lenten Dinner, Victory Hall



QUESTIONS?

CONTACT OLIVIA

OLIVIA.RIDDLE@LSTC.EDU

Chicago Bibles & Books

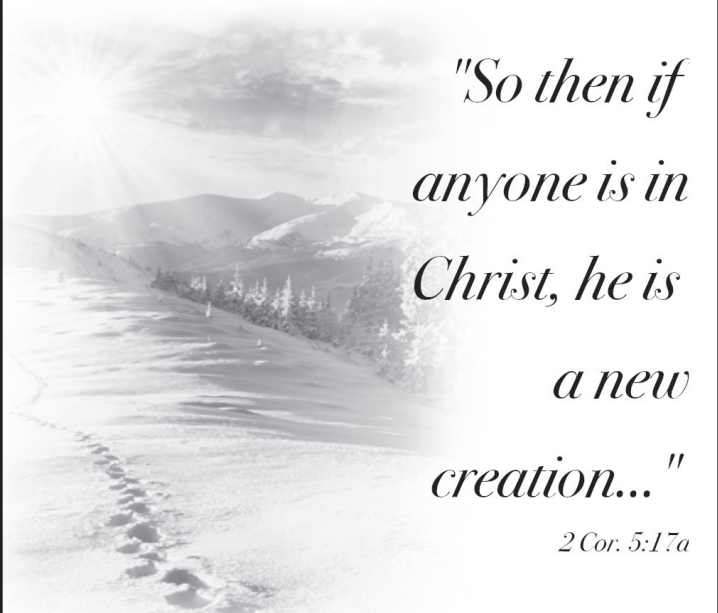
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2 Cor. 5:17a

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Irving Park Community Food Pantry News

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

Basket Donations Needed

The Irving Park Food Pantry will run its annual spring program in March, providing clients' children 12 years and younger with baskets of toys and goodies (prior to Easter on March 31). We are collecting donations now for the program, which continues all month.

We're asking for donations of dollar-store plastic bucket-style Easter baskets (please don't donate other types to aid consistency), along with wrapped candies, plastic eggs filled with candy or toys, small toys, plush animals and other small treats. Contactless donations can be made using our Amazon registry at www.amazon.com/hz/wishlist/ls/3QD9HUJM0C0DM?ref_=wl_share. That list also can be used to buy similar items locally (they don't need to be exact matches).



share. That list also can be used to buy similar items locally (they don't need to be exact matches).

Locally purchased donations can be taken to Big Helpers (4184 N. Elston Ave.), 10 am-4 pm, Monday-Friday, or the enclosed front porch at 3833 N. Tripp Ave. any time.

We also encourage organizations to do their own collections or create assembled baskets. For details or to arrange a special delivery, contact Pantry Special Events Coordinator Craig Shutt at craigshutt@gmail.com.

We are pleased to say the Pantry has achieved a Candid Silver Seal of Transparency from GuideStar. The service offers a database of IRS-recognized tax-exempt organizations and validates the organizations based on supplied documentation. The information is used by foundations and organizations when offering grants and other financial support. We hope to use this status to make the Pantry more transparent and gain more support to help us feed our neighbors in need.

Thank you to Vin Chicago, a family-run wine retailer, for hosting an "Uncorking for a Cause" charity weekend in November. The group donated nearly \$8,000 to Chicago nonprofits and \$1,418.96 to the Pantry!

Thank you to everyone who helped the Pantry during the holiday season, through a monetary or gift donation, food or toiletry/sock drive or supporting a group who donated proceeds. We appreciate everyone's support in every way to help us help our neighbors in need!

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



The Pantry has started its program to provide baskets to clients' children 12 years old and younger in March prior to Easter.



Brownie Girl Scout Troop #25375 at Belding Elementary School raised money for the Pantry with a Maker Fair in late November. Photo courtesy Corey Friedman



Disney II Magnet High School's Ceramics class and J.T.'s Genuine Sandwich Shop held a Pantry fundraiser where customers purchased ceramic bowls filled with soup. Photo by Kathy O'Neill



Left: Kimberly Brady from Katherine Anne Confections dropped off hot chocolate for volunteers to enjoy during the final distribution of 2023. Right: Pantry Office Manager Gayle Christensen with toiletries donated by the Irving Park Garden Club, of which she is a member, in a late-2023 drive.



Jet's Pizza co-owners Dan O'Donohue and Bryan Gilbert provided our hard-working volunteers with free pizza after we closed for our final Tuesday-night and Wednesday-morning distributions in December 2023.

Winter at Chicago Public Library, Independence Branch

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 February 12 or 19 or March 4 (library closed).

Family Story Time* For ages up to 5.

Wednesdays at 10:30 am Talk, sing, read, write, and stay to play with us! *No Story Time on February 21.

Community Cinema

Tuesday, February 13 at 5 pm: *Selma*, 2014, PG-13

Saturday, March 2

11 am: *Captain Marvel*, 2019, PG-13

1 pm: *The Marvels*, 2023, PG-13

Chicago Mini Musicians, Register Online

Saturday, February 17

10:15 am: Ages 18 months–5 years old

11:15 am: Ages 0–18 months old

Join Chicago Mini Musicians for a fun and engaging morning of songs and rhymes celebrating all things winter! With shaker eggs, jingle bells, dancing scarves,

and more, their classes are designed to captivate your little one and inspire creativity that extends far beyond the classroom. But don't let all the fun fool you! Their "secret" goal is education, and each song and rhyme has been specifically written or selected to laser target both musical and non-musical skills. Participants will even receive a link to stream a wintery selection of professionally arranged and recorded songs at home! Spots are limited, so be sure to sign up today!

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



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- Saturday:** \$8.50 Grilled Cheese Deluxe Sandwich

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



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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: February 25 for the March 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!

Your dues help fund a variety of items, including 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 wvcablasts@gmail.com

Please Support Our Advertisers!

Let them know you saw them in the *West Walker Wire*.

Mail your 2023/2024 dues with the application below.

WEST WALKER CIVIC ASSOCIATION MEMBERSHIP APPLICATION

Effective May 1, 2023 through April 30, 2024

FAMILY \$15 BUSINESS \$20 SENIOR \$5

NAME: _____
(Print your name as you would like it to appear in the *West Walker Wire*.)

ADDRESS: _____

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EMAIL: _____
(Print your email address if you would like to receive email updates.)

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Mail or drop off your application and dues to:
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West Walker Winter Social

Thursday, February 29, 2024

6:30 PM - 9:30 PM



West Walker Neighbors



Let's spend Leap Year together! It only happens once every four years.

If we didn't have leap year, our calendar would get out of sync with the seasons and would be off by 5 hours, 48 minutes and 45 seconds each year. After 100 years, the seasons would be off by 25 days. Eventually February and March would start to feel like summer!

We hope you will join us!!

Tickets (includes food from local restaurants)

Cash bar

\$15 advance/\$20 at the door

Venmo: @westwalkercivic

Zelle: westwalker.2010@gmail.com



COLOR CLUB

In the "Tavern"
4146 N. Elston