



# WEST WALKER WIRE

MAY 2024

[www.westwalkercivic.org](http://www.westwalkercivic.org)

## Around the Neighborhood

### Pulaski Elston Business Association Spring Cleaning

The Pulaski Elston Business Association (PEBA) has been busy working to beautify the community this spring. The curb bump-outs along Lawrence Avenue have been cleaned and weeded for summer. Additionally, the free-standing planters along Elston Avenue have been freshly planted and will be changed seasonally throughout the year. Twice weekly sidewalk sweeping and trash bin top-off are being conducted to keep our business districts fresh and clean. PEBA has also partnered with Chicago Sculpture Exhibit to install 3 new public art sculptures, located near 4500 & 4343 N. Elston and the northeast corner of Montrose & Keeler. Learn more about us and our local businesses at [www.pebachamber.org](http://www.pebachamber.org).

### Blazing Star School Open House

Blazing Star School is a West Walker learning community for kids ages 4–12, focusing on child-driven, self-directed learning. In addition to our school-year program, we offer out-of-school programming like summer camps and day-off camps. This spring and summer, we'll be offering a series of free family-friendly events for kids and their grown-ups to make art and do science projects with us! Kids of all ages are invited to join us **Saturday, June 8 at 2 pm** for an open house at 4042 N. Springfield Ave. Join us to explore cicadas, make marble mazes, paint and play together.

### Blazing Star School Seeks Community Partners

One of the foundations of our educational philosophy is kids exploring the world around them in order to learn about our community, our world and ourselves. This coming year, we are seeking community partners who can provide a peek into something new for our students. Maybe you run a bakery or a print shop, or you're the best amateur beekeeper around?

*Continued on page 2*

## WITHIN THE WIRE...

- 2 Dear Neighbor
- 3 Kidical Mass Family Bike Rides • Independence Parka
- 4–5 CAPS Report • Irving Park Lutheran Church News and Events
- 7 Irving Park Community Food Pantry News
- 8 May at CPL Independence Branch • The Sugar Hole at Color Club
- 9 Health and Wellness article by contributor Jenna Zaffino
- 10 WWCA Yard and Garage Sale • WWCA Membership Application

## COMMUNITY CALENDAR

**Sat., May 11 • 9:30–11 am**

FREE Paper Shredding, Electronics Recycling & Prescription Take Back  
NEIU El Centro, 3390 N. Avondale  
For more info, call 773-267-2880.

**Sat., May 11 • 10 am–1 pm**

FREE Pet Fair for Dogs & Cats  
Vaccines & microchips for 1st 100 pets  
17th District Police Station (South Lot)  
4650 N. Pulaski Rd.

**Wed., May 15 • 7 pm**

Independence Park Advisory  
Council Meeting, Fieldhouse, Room 100  
3945 N. Springfield Ave.

**Sat., May 18 • 9 am–4 pm**

West Walker Yard and Garage Sale  
See details on pages 2 and 10.

**Sat., May 18, 2024 • 10–11 am**

FREE Community Climb at Steelworkers  
Park, 87th at S. Lake Shore Drive

**Sun., May 19 • 1–3 pm**

River Park Advisory Council  
Bike Maintenance & Wellness Workshop  
River Park Play Lot, 5075 N. Francisco

**Mon., May 20 • 6:30–7:30 pm**

FREE Seed Swap Social with  
Chicago Public Libraries  
Budlong Woods, 5630 N. Lincoln Ave.

**Tues., May 21 • 11:30 am–1 pm**

FREE Spanish Conversation Workshop  
with Karla Jack of El Loro Club  
North River Commission  
3403 W. Lawrence Ave., #301

**Sat., May 25 • Time TBA**

The Sugar Hole Grand Opening  
Color Club, 4146 N. Elston Ave.  
See details on page 8.

**Fri., May 31 • 6:30 pm**

Bad Momz of Comedy presented by  
Carlson Community Services  
Irving Park Lutheran Church Gym  
4057 N. Harding Ave. Info and tickets  
at [carlsoncommunityservices.org](http://carlsoncommunityservices.org).

# Dear Neighbor,

I hope you all are enjoying the warm weather, green grass and flowers that have sprung up awfully quick.

We had a great day for our first WWCA spring cleanup on Sunday, April 21. Seven residents volunteered to beautify the area around our West Walker sign on Elston near Avers and Berteau Avenues, picking up litter and pulling enough weeds to fill five large trash bags! We also planted new ground cover and native plants for



pollinators. Special thanks to the Farmers Market Garden Center for donating plants and topsoil, the 45th Ward office for providing rakes and bags, Cafe Urbano for providing access to their water spigot, and our volunteers for improving a cornerstone of our neighborhood!

The Board has also been busy this year working to create a new website for the West Walker Civic Association. Our neighbor Nate Bross has generously donated his time and knowledge to help build the site, and while we're still adding things to make it more robust, it's finally ready for use! Visit our NEW website at [www.westwalkercivic.org](http://www.westwalkercivic.org).



Our 37th Annual West Walker Garage Sale is **Saturday, May 18 from 9 am-4 pm**, rain or shine! Obtain a free permit from your alderperson and then email me ([jankow2003@gmail.com](mailto:jankow2003@gmail.com)) to be included on the map. Maps will be emailed to all participants, posted on our Facebook page, and sent via email blast a few days before the sale. For more information, scan the QR code or see page 10.

Lastly, I'd like to take a minute to thank the following West Walker Wire Carriers who have been long-time volunteers and recently retired from their delivery routes: The Webber Family, Will & Caitlin Poirier, Mark Pascale & Susan Matthews. We appreciate all the time, effort and steps you put in for the Association over the years!

**Have a wonderful May,**

*Erin Hunter*

*WWCA President*

*Continued from front cover*

If you have 30-60 minutes to spare to talk to a group of kids about a topic you're experienced with and passionate about, we'd love to hear from you!

For more information about this summer's events, our programs or becoming a community partner, visit [blazingstarschool.com](http://blazingstarschool.com) or email [blazingstarschool@gmail.com](mailto:blazingstarschool@gmail.com).

## 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

<b>President</b>	Erin Hunter
<b>Co-Vice Presidents</b>	Laura Ell & Helen Lira
<b>Secretary</b>	Gayle Irvin
<b>Treasurer</b>	Stephen Brown

### EXECUTIVE BOARD MEMBER

Mike Webber

### CAPS COORDINATOR

[LizMills@sbcglobal.net](mailto:LizMills@sbcglobal.net)

### WEST WALKER CARRIER STAFF

Chris & Maeve Altman  
 Carol Barry  
 Beverly Birch  
 Tori Bohannon & John Lopez  
 Hunter Family  
 Kotche Family  
 Alison McHugh  
 Jim Medd  
 Kris Nowak  
 Jeanne Pozy & Joel Reese  
 Rick & Melanie Reschke  
 Raquel Ruiz  
 Jarett Tate  
 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](mailto: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](mailto:shannan@solsticepr.com).*

## Kidical Mass: Family Bike Rides

Join Irving Park Kidical Mass for a slow, easy-going and fun group ride focused on kids (all ages) and families that will tour the Irving Park neighborhood.

We'll meet at the Independence Park playground, near the corner of Byron and Hamlin, between 10-10:25 am for a 10:30 am departure.

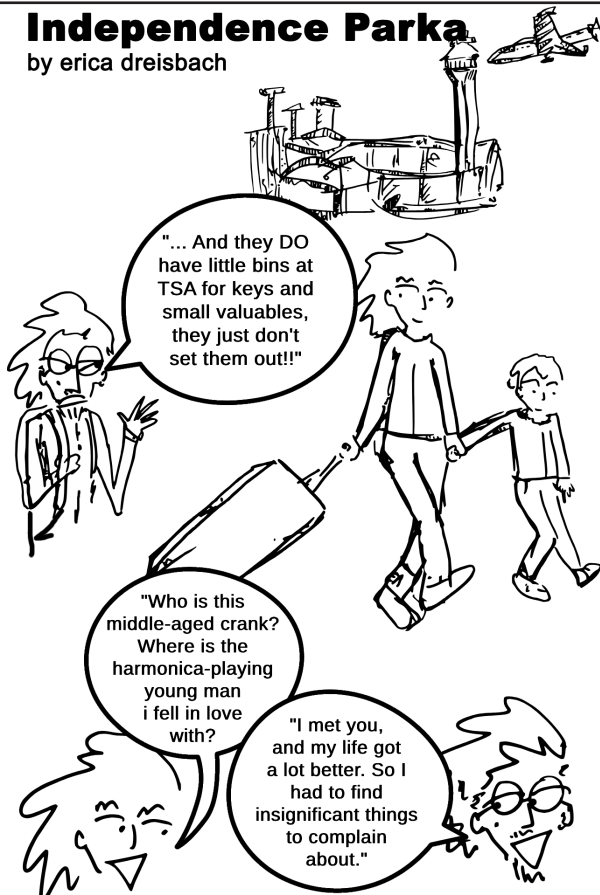
**2024 Dates: Sundays, May 19, June 9, July 14, August 11, September 8, October 13, November 10, December 8.** Rides will be held rain or shine from May through October, and will be weather dependent in November and December. Each ride will end at a fun destination in the community such as a nature play area, neighborhood park or forest preserve.

### Ride Guidelines

- Please wear helmets and ride safely.
- Rides are typically 2-4 miles at a 5-6 mph pace, 1 hour with stops.
- Suitable for children who have progressed beyond training wheels.
- Younger children are welcome on trail-a-bikes, child trailers or child seats on their parent/guardian's bike.
- Festive dress and decorations encouraged.
- It is expected that all kids bring a parent or guardian with a bike.

## Independence Parka

by erica dreisbach



## REAL ESTATE NEWS



By Dorie Westmeyer  
Realtor®, MBA, ADPR

*Your Neighborhood Realtor!*

### What Is the Home Mortgage Interest Tax Deduction?

The mortgage interest deduction lets you subtract an amount of interest you pay on your mortgage from your taxable income and lowers your overall taxes owed. You can deduct interest on a loan related to building, buying or improving your primary and second home and possibly interest on rental properties. But there are limits; mostly based on when you took out the mortgage.

#### Homes sold before October 13, 1987

These mortgages are grandfathered in. You can deduct all the interest from your taxable income.

#### Homes sold October 13, 1987 to December 16, 2017

You can deduct the interest on the first \$1 million of your mortgage if you are single or married filing jointly. If you are married filing separately, you can deduct interest on \$500,000.

#### Homes sold before April 1, 2018

If you had a contract to purchase your home before December 15, 2017, and purchased before April 1, 2018, may qualify to deduct interest on the first \$1 million. If you are married and file separately, you can deduct interest on \$500,000.

#### Homes sold on or after April 1, 2018

You can deduct interest on the first \$750,000 of your mortgage if you are single or married filing jointly. The limit is \$375,000 if you are married filing separately.

Source: Annuity.org

**Thinking of selling in the next 24 months, and want to know what your home is worth? 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

# CAPS Report

## Beat 1723

### April 17, 2024 Meeting

**In attendance:** CAPS Officer Miro; John Campos, CPD Community Organizer; Ald. Samantha Nugent & Mark Gameng (39th Ward)

CAPS Officer Miro welcomed everyone to the meeting. Ald. Samantha Nugent spoke first about the 39th Ward's Clean & Green and Earth Day initiatives. Street sweeping started April 1. No parking signs should be posted several days ahead of street sweeping. A shredding event will be held May 4 at Trinity Lutheran Church, 5106 N. LaCrosse.

Officer Miro reviewed the top ten crimes in Beat 1723 for the last month. There were 20 batteries, mostly simple and domestic; 11 thefts, which were mostly retail and catalytic converter thefts; 10 assaults; 6 deceptive practices; 5 criminal damage and 5 burglaries; 3 motor vehicle thefts; 2 robberies; 2 weapons violations; and 2 incidents of criminal trespass.

Burglaries: On March 24 tools were stolen from a construction site in the 4000 block of N. Pulaski. On April 2 a burglar pried open a door in the 4000 block of

Monticello. A couple of arrests have been made in Beat-wide burglary cases.

Weapons violations: On April 6 shots were fired in the 3500 block of Leland at 12:10 am. On April 8 at 1:30 pm shots were exchanged on the 4300 block of Lawndale. Multiple shell casings were recovered.

Residents asked about a homicide that occurred on March 17 at 1:30 pm in the 4200 block of Kimball. The victim was sitting on his front porch and was shot by someone in a white CRV. The shooting is believed to be gang-related.

A resident asked about an uptick in crime in the area, citing a car torched March 23 in the 4200 block of N. Kildare, a weapons discharge March 28 in the 4100 block of N. Springfield, shots fired March 31 at Elston & Springfield, and a structure set on fire April 9 in the 4300 block of Lawndale and Monticello.

Officer Miro addressed the resident's concerns by explaining that the homicide on Kimball sparked gang retaliation. A tactical team stopped a vehicle and recovered 5 guns that were perhaps to be used in more retaliative shooting. In all of the 17th District, gang

*Continued on page 5*

## It's a Sellers Market in West Walker

WANT TO KNOW HOW MUCH YOUR HOME IS WORTH?

NEIGHBORS ARE GETTING TOP DOLLAR FOR THEIR HOMES WITH MY UNIQUE 5-STEP MARKETING PLAN & OUR STRATEGY.



**SOLD**

**4107 N Springfield**



**SOLD**

**4037 N Hamlin**



**SOLD**

**4253 N Avers**



**SOLD**

**4310 N Springfield**



**SOLD**

**4122 N Lawndale**

*"Finding Dorie during the real estate slow-down was a stroke of luck! We were wondering if we should continue to make improvements or sell our home 'as is.' She walked through with us, pointing out things worth doing & those that would have no value to our buyers. Her creative marketing plan was tailored specifically to our neighborhood, type of home & desired selling price. Following her lead got us a busy November open house & 6 competing offers in 5 days. Dorie stayed in touch throughout the entire process & was very patient with our inexperience. Her knowledge, ethics & professionalism were impressive & relieved many of our concerns. We would highly recommend Dorie without any reservations! Thank you, Dorie, for your warmth & advice. We will miss working with you in our southern Illinois move." – Al & Becky*



Dorie Westmeyer  
Realtor,<sup>®</sup> MBA, ADPR  
*Your Neighborhood Realtor*

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

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

Continued from page 4

activity is highest in Beat 1723. To combat this, Officer Miro said that teams have been doing more traffic stops, and have adjusted their hours to mirror when the shooting has been happening. In answer to a question, Officer Miro said that staffing levels are normal.

The next CAPS meeting for Beat 1723 (covers all of West Walker) is **Wednesday, June 19 at 6:30 pm** in the 17th District Community Room, 4650 N. Pulaski.

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.

Contact or follow the 17th District CAPS office at CAPS.017district@chicagopolice.org, 312-742-4588, facebook.com/CAPS.017 or instagram.com/cpd17district.

## Irving Park Lutheran Church News and Events

### Mural Ribbon Cutting & Dedication



On Sunday, April 28, we ended our worship service outdoors with a ribbon cutting and rite dedicating our mural, "Continuing the Journey," which is on

the brick wall facing Pulaski. We pray for all who pass by it. May it be a witness of God's welcome of all humanity, across the spectrum. May it invite and inspire others to walk with us, led by the cross, until we reach the heavenly city in the company of all the saints.

### Bicycle Drive for Migrants



In collaboration with Murphy Mutual Aid, we're collecting new and/or used bicycles for migrants. Drop off bicycles at Irving Park Lutheran Church, 3839 W. Belle Plaine Ave., on **Sundays, May 5 or May 12 from 9 am-1 pm or**

**Wednesday, May 8 from 9 am-6 pm.** Use the QR code to volunteer to tune or distribute bikes, or contribute by buying helmets and locks from our Amazon Wish List.



*April 29 - May 18*

# 20% off

*One Book of Your Choice*

So then if anyone is in Christ, he is a new creation. The old things have passed away; behold, they have become new. *2 Cor. 5:17*

**Chicago Bibles & Books**  
3931 W. Irving Park Rd.  
Monday to Saturday 10-6  
[www.biblesandbooks.com](http://www.biblesandbooks.com)  
**773.478.0550**  
Serving Chicago since 1981

We have Spanish, Chinese, Russian, Polish, Bulgarian, Romanian materials

### Summer Worship Schedule Moves to 9:30 am

On **Sunday, May 26 at 9:30 am**, we begin our summer schedule of worship, which continues through Labor Day weekend. **Sunday, September 8**, is Rally Day, which includes special children's programming at 9:15 am and worship at 10:30 am.

### Summer Fellowship: Burgers, Bags & Bonding

Join us **Sundays, June 23, July 28 and August 25 from 5-7 pm** for fellowship and an easy dinner at the IPLC Gym. We'll set up tables and chairs, fire up the grills, and provide burgers, hot dogs and condiments. Bring something to share, from chips or watermelon to a salad or a summery adult beverage—or just show up! We'll play bags, have activities for kids, and enjoy one another's company.

### Worship & Church Picnic at Independence Park

We've reserved **Sunday, July 21 from 9:30 am-noon** at Independence Park for our IPLC Church Picnic and Outdoor Worship. We'll gather in the southeast corner of the park, just north of the playground. A potluck brunch will begin at 9:30 am followed by a 30-minute worship service—hopefully with a bluegrass ensemble!—at 10 am. Fellowship continues afterward with games and an obstacle course for kids (and brave adults)!

**Please Support Our Advertisers!**  
*Let them know you saw them in the West Walker Wire.*



**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](mailto:barry@bebartarchitecture.com)

[www.bebartarchitecture.com](http://www.bebartarchitecture.com)

# BIG HELPERS

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



**(312) 757-4420**

24/7 Online Booking

[WWW.BIGHHELPERS.COM](http://WWW.BIGHHELPERS.COM)



**FLAME-BROILED CHICKEN & SALAD BAR**



**CHICKEN WORKS  
& SALAD COMPANY**

[www.chickenworkschicago.com](http://www.chickenworkschicago.com)

**DINE IN & CARRY OUT | CATERING & DELIVERY**

**FREE HOMEMADE SIDE**

with purchase of any meal or sandwich  
when presenting this ad

ONE OFFER PER ORDER (REG SIZE)

**OPEN**

Mon.- Fri. 11a-9p | Sat. 12p-9p

3658 W. Irving Park (at Elston)

**773.588.5488**



**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



## Interested in going GREEN?

I'm a GREEN designated Realtor,  
and my EXPERTISE MATTERS!

I'll help guide you to the most current trends and cost savings,  
suggest ways to lower your energy consumption without  
changing your lifestyle, point out energy efficient upgrade  
options for your home, help you lower your carbon footprint,  
and help raise your home's value.

Reach out today, because our planet can't wait!



**KRIS NOWAK**

Real Estate Broker

m 773.234.3869

[kris@fultongrace.com](mailto:kris@fultongrace.com)

**Scan the QR Code!**

Read more about the Quality of Service your neighbors have received.

**FULTONGRACE**

## Irving Park Community Food Pantry News *by Craig Shutt, Publicity & Special Events Coordinator*

### Pantry Needs Toiletries Donations

Along with its various food stations, the Pantry includes a toiletries station. These essential products are popular with clients, but we often run out. They're hard to source from suppliers at any discount, and our budget can't keep us stocked every week. Therefore, we rely on donations from individuals and organizations to help provide our clients with these items.

We're seeking donations of key basics: toothpaste, toothbrushes, deodorant, shampoo, body wash, razors and shaving cream, and other popular items, including body lotion, conditioner, floss, sunscreen, diapers (especially #5 and #6), baby wipes (given to those requesting diapers) and dishwashing liquid.



Use our Amazon registry to have products sent directly to us. Locally purchased items can be taken to Big Helpers, 4184 N. Elston Ave., Monday through Friday, 10 am-4 pm.

Monetary donations can be made via PayPal at [www.irvingparkfoodpantry.org](http://www.irvingparkfoodpantry.org) or by check to Irving Park Food Pantry, 4256 N. Ridgeway Ave., Chicago IL 60618. Both can be marked for the "Toiletries" program.

Thank you to the preschool and 5th grade classes at St. Viator Elementary School for including us in their Lenten service projects. The preschoolers, with teachers Elizabeth Bachnacki and Donna Sutfin, collected socks for our clients. The 5th graders, with teacher Mrs. Iannelli, held a pet food drive. We appreciate their continued support for our special programs!

Thanks also to our friends at Irving Park United Methodist Church—the Pantry's home until it was sold in 2019—and Berry United Methodist Church, formerly of Lincoln Square. They held a "Pi Day" fundraiser on March 14 to celebrate their union and show their support for the Pantry. On Sunday, May 19, the groups will be celebrating their official beginning and worshipping at the Albany Park Ministry Center, 3100 W. Wilson Ave.

These donations and so many others are greatly appreciated and help us meet our mission of being "Neighbors Helping Neighbors!"

For more information, visit [irvingparkfoodpantry.org](http://irvingparkfoodpantry.org) or contact John Psiharis, Executive Director, at 773-283-6296 or [info@irvingparkfoodpantry.org](mailto:info@irvingparkfoodpantry.org)



**Spring Break Plans?  
Your dog deserves a break too!**

### Crate-Free



### BOOK NOW!

3301 W Belmont Ave  
Chicago, IL 60618  
872.804.2275  
[info@barkvillechicago.com](mailto:info@barkvillechicago.com)  
[www.barkvillechicago.com](http://www.barkvillechicago.com)



## Health Coaching Summer Special

**Ditch wellness stress and find lasting health habits with Jenna Zaffino, your certified health coach.**

**The summer special includes:**

- 3 Virtual Coaching Sessions**
- Health Journal**
- Meal Planning Templates**

**Let's make this your healthiest summer yet!**



**Check it out!**

## May 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.

**Family Story Time** For ages up to 5.

**Wednesdays at 10:30 am** Talk, sing, read, write, and stay to play with us!

**LEGO® Play** For ages 5+.

**Thursday, May 9 at 4:30 pm** Build and inspire others with your creations. All builds will be displayed with a juice box reception to follow.

**BYOB(ook) Club** For adults.

**Thursday, May 16 at 6 pm** A book club with no assigned reading! Join us to share what you are currently reading or a favorite title you recommend. Meet fellow book lovers and get ideas of what to read next.

### Internment of Japanese and Japanese Americans

**Saturday, May 18 at 1 pm** Join Jean Mishima, president of Chicago Japanese American Historical Society, for a presentation on the internment of Japanese and Japanese Americans during World War II.

**Silent Book Club** For adults.

**Tuesday, May 21, 6-7:30 pm** Readers and introverts unite! Join us for an hour of solo reading of whatever you like. Hang out after to chat with your fellow readers (or not). Light refreshments provided.

### Community Cinema

**Sunday, May 12 at 2 pm:** *Enter the Dragon*, 1973, R

**Saturday, May 25**

**10:15 am:** *The Avengers: Endgame*, 2012, PG-13

**1 pm:** *The Avengers: Endgame*, 2019, PG-13

Questions? Contact Jessica Kimpel, Children's Librarian, at 312-744-1135 or [jmccarney@chipublib.org](mailto:jmccarney@chipublib.org), or visit the library at 4024 N. Elston Ave.

## The Sugar Hole Is Coming to Color Club—Opening May 25!

If you've ever needed a tasty ice cream cone but were tired of being served by live human hands, Color Club, 4146 N. Elston Ave., has the sweet solution for you! The Sugar Hole ice cream window is the only place that serves ice cream without the human touch. We use authentic, slow-churned puppets and invisible puppet masters to serve you the hands-free ice cream you crave, without any human additives or flavors.



# TOTUS TUUS Summer CAMP





**JULY 22-26**  
**GRADES 1-6**  
**9AM-2:30PM**




Questions?  
Send an email to  
[Paul@stedparish.org](mailto:Paul@stedparish.org)  
Teen Night Sessions  
Su-Th 6-9pm




**NOT YOUR AVERAGE SUMMER CAMP**

Watch your children grow in faith through story-telling, songs, skits, games & prayer, all while having the time of their lives!

SIGN YOUR CHILD UP FOR THE BEST WEEK OF SUMMER!

Early Bird Discount Available!  
**\$125 Family Fee**  
REGISTER TODAY

Daycamp Takes Place In Dominican Learning Center



## Connie Engel Selling Where YOU ARE



Find Off Market Listings Here



**773.251.3837**

**[cengel@atproperties.com](mailto:cengel@atproperties.com)**

**CHE**  
CONNIE H. ENGEL

**@properties**



## Friend or Foe? Why “Cortisol Belly” Fear Is Misguided

by Jenna Zaffino, Integrative Nutrition Health Coach and Movement Educator

When faced with a threat, our bodies react with a surge of cortisol, a hormone that fuels our fight-or-flight response. This happens through various pathways: fight, flee, freeze or appease (people pleasing). While cortisol plays a crucial role in managing stress, it also contributes to blood sugar regulation, immunity and memory. In short, eliminating it would be detrimental to our health.

Recently, the term “cortisol belly” has once again gained traction, referring to fat storage around the midsection associated with *chronically high* cortisol levels. These elevated levels often stem from *prolonged* stress, illness or certain medications.

While the negative impacts of chronic stress are undeniable, the fear surrounding cortisol itself can be an additional stressor. Instead of fearing this vital hormone, we should be investigating the root causes of persistently high stress levels:

- **Work Stress:** Demanding deadlines, toxic work environments and a lack of work-life balance can contribute to chronic stress.

- **Financial Strain:** Worrying about bills, debt and financial instability can be a major stressor.
- **Relationship Issues:** Conflicts, lack of support or unhealthy dynamics within relationships can significantly impact stress levels.
- **Health Concerns:** Dealing with chronic illnesses, injuries or the fear of getting sick can be a constant source of stress.
- **Unrealistic Expectations:** Perfectionism, societal pressure and self-imposed deadlines can lead to overwhelming stress.

Identifying these potential stressors is the first step towards managing cortisol levels effectively. Once you’ve identified where your chronic stress is coming from, then the power lies in taking action. Exploring various stress-management techniques like mindfulness, exercise, healthy sleep habits and setting realistic boundaries can be key to regulating cortisol levels effectively. This shift in perspective allows you to move beyond the fear mongering and cultivate a healthier relationship with your body, leading to a calmer, more balanced and ultimately, happier you.

# Gateway Montessori

Nurturing the Potential Within Each Child

Now Enrolling

Develop your child’s potential

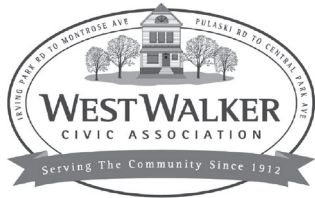
- Ages 15 months through Elementary
- Beautiful, bright new building
- Regular informational tours

4041 N. Pulaski Rd, Chicago, IL 60641  
773.539.3025 • info@gatewaymontessorischool.org

[GatewayMontessoriSchool.org](http://GatewayMontessoriSchool.org)

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





# WEST WALKER CIVIC ASSOCIATION 37th ANNUAL YARD & GARAGE SALE

**Saturday, May 18, 2024 • 9 am–4 pm • Rain or Shine**

## **NO FEE! PERMITS ARE FREE!**

Permits are self-serve again this year, but we will still advertise on social media and place signs around the Neighborhood on sale day. To participate, you will need to:

### **1. OBTAIN A PERMIT FROM YOUR ALDERPERSON**



- Scan the QR code and click the first link to download and fill out a garage sale permit form.
- To find your ward and Alderperson, scan the QR code and click the second link to enter your street address.
- Call or email your Alderperson's office with any questions.

West Walker is in 3 Wards:

33rd Ward	Alderwoman Rosanna Rodriguez	773-840-7880	info@33rdward.org
39th Ward	Alderwoman Samantha Nugent	773-736-5594	ward39@cityofchicago.org
45th Ward	Alderman Jim Gardiner	773-853-0799	ward45@cityofchicago.org

### **2. REGISTER BY MAY 13 TO BE INCLUDED ON THE GARAGE SALE MAP**

Email jankow2003@gmail.com with your name, street address and phone number to be added to the garage sale map. The final garage sale map will be emailed to you as a QR code, which will also be published on our Facebook page and website.

**PLEASE REMEMBER TO RENEW YOUR WWCA MEMBERSHIP!**

**Mail in your 2024/2025 dues along with the application below.**

## **WEST WALKER CIVIC ASSOCIATION MEMBERSHIP APPLICATION**

Yearly Membership Dues: Effective May 1, 2024 through April 30, 2025

Check one:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> FAMILY ANNUAL \$30     | <input type="checkbox"/> FAMILY LIFETIME \$350     | <input type="checkbox"/> BUSINESS \$40 |
| <input type="checkbox"/> INDIVIDUAL ANNUAL \$25 | <input type="checkbox"/> INDIVIDUAL LIFETIME \$200 | <input type="checkbox"/> SENIOR \$10   |

NAME: \_\_\_\_\_

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

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_



Payment options:

- ZELLE (preferred): westwalker.2010@gmail.com or scan the QR code at left
- VENMO: @westwalkercivic
- PAYPAL: paypal.me/westwalkercivic
- Check payable to: WEST WALKER CIVIC ASSOCIATION

Mail or drop off your application and dues to: Stephen Brown, 4048 N. Harding Ave., Chicago, IL 60618

**APREMIERE  
DANCESTUDIO  
INYOUR  
NEIGHBORHOOD!**

**Interested  
in trying  
a Class?**

**Check Out  
Our schedule  
& come in for a  
trial class!**

**Summer  
session starts  
July 15  
Registration is  
open!**



# Extensions Dance Center

- TWINKLE STARS ACADEMY (AGES 2.5-5)
- BALLET
- HIP HOP
- CONTEMPORARY
- JAZZ
- BALLROOM
- TAP
- AND MORE!

**Home of the nationally ranked  
and recognized  
Extensions Dance Company**

**Home of the award winning  
Chicago City Classical Ballet**

**Home to the newly formed  
Kidz Movin' Hip Hop Crew and  
Tap company!**

**CONTACT US TODAY!**

**773.299.9202**

[WWW.EXTENSIONSADANCE.COM](http://WWW.EXTENSIONSADANCE.COM)

[@EXTENSIONSADANCE](https://www.instagram.com/EXTENSIONSADANCE)



**3933 N. ELSTON  
AVENUE  
CHICAGO, IL  
60613**



## VILLA

PROPERTY MAINTENANCE  
*"Your property is our priority"*

# WEST WALKER LAWN CARE SPECIAL

- Gather and dispose of light trash and debris
- Mow lawn areas
- Line edge and whip lawn perimeter
- Blow public walks, front steps and entrance
- Aeration available

**\*Starting at**

**\$35!**

**CALL TODAY**

**773.837.3429**

**Scan or call for  
more information  
on this special**





YOU ARE ROYALLY INVITED TO

# THE SCENT QUEENS

—∞ CANDLE CO. ∞—

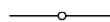


# APOTHECARY

—∞ SHOPPE ∞—



PRIVATE CANDLE MAKING EXPERIENCES



SCHEDULE ONLINE

[WWW.THESCENTQUEENS.COM](http://WWW.THESCENTQUEENS.COM)

[SMELL@THESCENTQUEENS.COM](mailto:SMELL@THESCENTQUEENS.COM)

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