

GOOD EATS

Dine With Dad at the 16th Annual Gourmet Pancake Breakfast!

Bobbie Bolociuch

This is the day you fill up with Father, because it's all you can eat at the 16th Annual GIPNA Gourmet Pancake Breakfast. Come join your neighbors for food, fun, and community at the GIPNA Gourmet Pancake Breakfast on Father's Day!

Everyone is welcome at our annual Gourmet Pancake Breakfast on Sunday, June 19, from 9 a.m. to noon in the Independence Park bungalow at the corner of Hamlin Ave. and Byron St. Indoor and outdoor seating will be available, as long as the weather cooperates.

The breakfast is one of our big fundraisers for the year; the proceeds fund our maintenance of public gardens throughout the Independence Park community.

As in years past, our menu will consist of two very special pancakes, one egg dish, and a special children's table. The menu is still being finalized and will be posted online soon.

Gluten-free pancakes will be available. And wash it all down with juice and coffee. The price remains the same at \$10 for adults, \$7 for seniors, and \$5 for children 12-years-old and under. Raffle tickets sold separately. This is a fundraiser, so please bring money for the raffle!

Tickets will be sold on our website, at the Independence Park Farmers Market on June 12 or at the door on June 19.

THANKS FOR EVERYTHING

GIPNA Volunteers Recognized for Their Service

Pat Clark

In April, GIPNA honored the people who make everything we do possible: the volunteers who do the work to make GIPNA work. Volunteers, board members, block reps and neighbors gathered at the Alps Pancake House. As he has in years past, Bob Theo provided tasty and savory snacks.

GIPNA president Kevin Haight thanked the many volunteers who help at events throughout the year. GIPNA works to support the community in many ways, but we couldn't do anything without our neighbors' support.

Delphine Ruiz was honored as GIPNA's Volunteer of the Year. She has been an outstanding volunteer



at the Independence Park Farmers Market, at last summer's Kickball Tournament and at last fall's Wine & Cheese Lawn Party. Special Youth Volunteer of the Year awards were given to Tyesin and Zayvour Youngberg who deliver newsletters to the 3800 and 3900 blocks of Central Park Ave. even though they don't live on that street. Thank you, Delphine, Tyesin and Zayvour! Such wonderful volunteers make this a really special neighborhood to live in.



GIPNA'S Annual Alley Cleanup May 21, 2022

Brooms, Garbage Bags, Work Gloves, and Coffee & Doughnuts available at the GIPNA Table @ Lawndale and Byron

9:00-Noon
Remember: The more people that show up, the quicker the job is done!



The regular GIPNA Board Meeting is Tues., May 3, 7:00 p.m. Join us online via Zoom.

Meeting I.D.: 819 2958 6855, Password: GIPNA.

COMMUNITY EVENTS



MAY

TUES., MAY 3—GIPNA Board Meeting, 7 p.m., online Zoom meeting ID: 819 2958 6855, Password: GIPNA.

MON., MAY 9 AFAC Meeting, 6:30 p.m., Athletic Field.

MON., MAY 9 TO FRI., MAY 13— Murphy Garden Week. See www.murphy. cps.edu.

WED., MAY 11—Independence Branch Library, 4 p.m., Matcha Tea Ceremony for teens.

WED., MAY 11—CAPS Beat 1732 Meeting, 6:45 p.m., Athletic Field Park.

WED., MAY 11—IPAC Monthly Meeting, 7 p.m., Independence Park.

SAT., MAY 14—West Walker Civic Association 35th Annual Yard & Garage

Sale, 9 a.m.-4 p.m., rain or shine.

WED., MAY 18—Independence Branch Library, 4 p.m., High Tea Ceremony for teens.

FRI., MAY 20—FOM Walkathon Fundraiser. Go to friendsofmurphy.org for info.

SAT., MAY 21—Annual Alley Cleanup, 9 a.m.-noon. Meet at the corner of Lawndale and Byron.

WED., MAY 25—Friends of Murphy 7-8 p.m. online Zoom meeting, See

friendsofmurphy.org/events for link.

WED., MAY 25—Independence

Branch Library. 4 p.m. Yerba Mate an

Branch Library, 4 p.m., Yerba Mate and Youpon Tea Ceremony for teens.

June

SUN., JUNE 5—Portage Park Farmers Market, 10 a.m.-1 p.m. Call Portage Park at 773/685-4987 for info.

TUES., JUNE 7—GIPNA Board Meeting, 7 p.m., online Zoom meeting ID: 819 2958 6855, Password: GIPNA.

WED., JUNE 8—CAPS Beat 1732 Meeting, 6:45 p.m., Athletic Field Park.

THURS., JUNE 9—Murphy 8th Grade Graduation. See www.murphy.cps.edu.

SUN., JUNE 12—Independence Park Farmers Market, 9 a.m.-1 p.m.

TUES., JUNE 14—Murphy Last Day of School.

WED., JUNE 15—Pickin' Up the Parkways, 6-7 p.m. Meet at Drake and Waveland. THURS., JUNE 16—Movin' to the Music, 5:30-6:30 p.m., Athletic Field.

SUN., JUNE 19—16th Annual Gourmet Pancake Breakfast, 9 a.m.-noon., Independence Park Bungalow.

SUN., JUNE 19—Portage Park Farmers Market, 10 a.m.-1 p.m. Call Portage Park at 773/685-4987 for info.

FRI., JUNE 24—Community BBQ & School of Rock, 5:30-7 p.m., Athletic Field. SUN., JUNE 26—Independence Park Farmers Market, 9 a.m.-1 p.m.

MAYO

MARTES 3 DE MAYO—Reunión de la Junta de GIPNA, 7 p. m., bungaló de Independence Park.

LUNES 9 DE MAYO—Reunión de AFAC, 6:30 p. m., Campo Atlético. (Athletic fields)

LUNES 9 DE MAYO A VIERNES 13 DE MAYO—Murphy Garden Week. Semana del Harding en Murphy Consulte www.murphy.cps.edu. MIÉRCOLES 11 DE MAYO—Biblioteca

de la sucursal de Independence, 4 p. m. Ceremonia de té Matcha para adolescentes.

MIÉRCOLES 11 DE MAYO—Reunión CAPS Beat 1732, 6:45 p.m., Athletic Field Park.

MIÉRCOLES 11 DE MAYO—Reunión mensual de IPAC, 7 p. m., Independence Park.

SÁBADO, 14 DE MAYO — Asociación Cívica de West Walker 35a Venta Anual de Garaje y Patio, 9 a.m.-4 p.m., llueva o truene.

MIÉRCOLES 18 DE MAYO—**Biblioteca de la sucursal de Independence,** 4 p. m. Ceremonia de té para adolescentes.

VIERNES 20 DE MAYO—Recaudación de fondos de la Caminata FOM.

Visite friendsofmurphy.org para obtener información.

SÁBADO 21 DE MAYO—Limpieza anual de callejones, de 9 a.m. al

mediodía. Reúnete en la esquina de Lawndale y Byron.

MIÉRCOLES 25 DE MAYO—Friends of Murphy 7-8 p.m. Reunión de Zoom en línea, consulte friendsofmurphy.org/events para obtener un enlace.

MIÉRCOLES 25 DE MAYO—Biblioteca de Independence Branch, 4 p. m., Yerba Mate y Ceremonia de Té Youpon para adolescentes.

Junio

DOM., 5 DE JUNIO—Mercado de agricultores de Portage Park, de 10 a.m. a 1 p.m. Llame a Portage Park al (773) 685-4987 para obtener información.

MARTES 7 DE JUNIO—**Reunión de la Junta de GIPNA,** 7 p. m., Independence Park Bungalow.

MIÉRCOLES 8 DE JUNIO—CAPS Beat 1732 Reunión, 6:45 p. m., Athletic Field Park.

JUEVES 9 DE JUNIO—**Graduación de 8º grado de Murphy.** Consulte www. murphy.cps.edu.

DOM., 12 DE JUNIO—Mercado de agricultores de Independence Park, de 9 a. m. a 1 p. m.

MARTES 14 DE JUNIO — Murphy Último día de clases.

MIÉRCOLES 15 DE JUNIO—Pickin' Up the Parkways, 6-7 p.m. Reúnete en Drake y Waveland.

JUEVES 16 DE JUNIO — Movin' to the Music, 5:30-6:30 p. m., Athletic Field.

DOMINGO, 19 DE JUNIO 16TH — Desayuno anual de hotcakes gourmet, de 9 a. m. a 12 PM, Independence Park Bungalow.

DOM., 19 DE JUNIO—Mercado de agricultores de Portage Park, de 10 a. m. a 1 p. m. Llame a Portage Park al 773/685-4987 para obtener información.

VIERNES 24 DE JUNIO—Barbacoa comunitaria y Escuela de Rock, 5:30 p. m. a 7 p. m., Athletic Field.

DOM., 26 DE JUNIO—Mercado de agricultores de Independence Park, de 9 a. m. a 1 p. m.

COMMUNITY

Extend Your Spring Cleaning to the Alley

Sue Ryan

So, you have finished your spring cleaning, right? Windows sparkle, baseboards glimmer, wooden blinds are rid of dust layers, and those pesky dust motes under beds have been cleared out. Check, check, check and check. Now walk about 50 feet to the alley and take a look. It, too, needs a spring cleaning. Wrappers, cigarette butts, trash, broken glass and a few nasty things you don't want to explain to your kids appear when the snow melts.

Mark your calendars for Saturday morning, May 21, 9 a.m.-Noon. You can pick up supplies at the northwest corner of Byron and Lawndale Aves. The GIPNA team will provide bags, rakes and gloves to clean out debris. Coffee and donuts will be served for an added energy boost.

If we make this a community event, we'll discover that neighbors' chit chat doesn't just need to happen on the sidewalks and porches. So, go ahead, extend that spring cleaning to the alley. Your neighbors will thank you.

##GIPNA

INDEPENDENCE PARK ## C?MMUNITY ## VOICE

The Independence Park Community Voice is published by the Greater Independence Park Neighborhood Association (GIPNA), a 501(C)3 corporation.

This newsletter is for the Independence Park community. Please consider renewing your membership or joining GIPNA now. We need your support. Thank you.

Editorial: Sue Ryan Photographers: Jackie Bravo, Pat Clark, and Robin Hochstatter Staff Writers: Pat Clark, Liz Drew, Robin Hochstatter, Patti Kimbel, Rebecca Otalvora, Ellen Ryan, Sue Ryan, Greg Shea, Gretchen Siffring, Emily Webber

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For submissions for July/August 2022 Issue:

Editorial Deadline: June 10, 2022

Advertising Deadline: June 10, 2022

The editorial board reserves the right to edit all submissions. Errors in advertisements are the sole responsibility of the advertiser.

E-MAIL: INFO@GIPNA.ORG

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The Greater Independence Park Neighborhood Association (GIPNA) is dedicated to maintaining and enhancing the quality of life in the Independence Park community by involving, informing, and encouraging people to participate in matters relating to the community, and by protecting the historical, social, cultural, and architectural character of the neighborhood.

This all-volunteer publication is made possible by the creative voices of our community and the generous support of area advertisers.

Join GIPNA on Facebook

Check out the GIPNA Facebook page for news, alerts, and conversation with your neighbors. Post your own comments to get the word out on your activities and announcements. To find the page and like it, search for GIPNA: Greater Independence Park Neighborhood Association.

GIPNA BOARD OF DIRECTORS

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3700 Byron - Stephanie and Jeremy Smith
3800 Byron - Suzanne Edwards
3900 Byron - Roseann Seablom
3600 Central Park - Sharon Gilbert

3700 Central Park - Bob Brutvan 3800, 3900 N. Central Park- Tyesin and Zayvour Youngberg

3900 Dakin - Joel Contreras 3600 Grace - Alison Benjamin 3700, 3800 Hamlin - Sharon Nichols 3900 Hamlin - Linda Lehman

3700 Irving Park Road - John Kuczura 3800 Irving Park Road - Linda Lehman

3700 Lawndale - Dorene Jordan

3800 Lawndale - Mark and Casey Watkins 3900 Lawndale - Cy Clausen

3600, 3700 Monticello - Pat Clark 3800 Monticello - Barbara Shaw

3900 Monticello - Cindy Schuch

3700 Ridgeway - Dawn and John Urban 3800 Ridgeway - Karen Fontanetta

3900 Ridgeway - John & Sang Kuczura 3800 Springfield - Roseann Seablom

COMMUNICATION

E-Blasts to GIPNA Members

All GIPNA members who have access to email should be receiving e-blasts twice a month. The emails are compiled by GIPNA and feature such news as announcements of events in the community, crime reports, and notices of meetings.

If you're a member in good standing and are not receiving the blasts, send an email to us at membership@gipna.org. We'll sign you up so that you don't miss any more neighborhood announcements

RESOURCES

Important Phone Numbers

From the Office of State Senator Cristina H. Pacione-Zayas

Mental Health

Call4Calm Text Line- Text TALK to 552020 for English Text HABLAR to 552020 for Spanish

Envision Unlimited- 773-769-2139 Kedzie Center- 773-754-0577 Rincon Family Services- 773-564-9070

Housing Assistance

Bickerdike Redevelopment Corp.- 773-227-6332 Hispanic Housing Development Corp.- 312-291-5421 Northwest Side Housing Center- 773-283-3888

Social Services

Albany Park Community Center- 773-509-5657 HANA Center- 773-583-5501 Logan Square Neighborhood Assoc.- 773-384-4370 North River Commission- 773-478-0202

Health Care

ASI Home Services- 773-278-5130 Community First Medical Center- 773-282-7000 COVID-19 Rapid Testing, North Shore Clinical- 773-570-6510 Erie Helping Hands Health Center- 312-666-3494 Oak Street Health Portage Park- 773-644-5989

Food Assistance

Chicago Hope, Inc.- 773-499-9763 Open Arms Ministry Food Distribution Center- 773-987-4677 Polish American Assoc. Pantry- 773-282-8206 Irving Park Community Food Pantry- 773-283-6296

Government Resources

Attorney General's Fraud Hotline- 1-800-386-5438
Find a Child Care Provider- 312-823-1100
IL Application for Benefits Eligibility- 1-800-843-6154
IL Department of Employment Security- 1-800-244-5631
IL Department of Public Health Hotline- 1-800-889-3931
IL Department of Aging Senior Helpline- 1-800-252-8966

COMMUNITY

Have an Idea for the Newsletter?

If you want to see something in the neighborhood highlighted or just want to provide feedback, reach out to us at newsletter@gipna.org.

MINDFULNESS

Finding Peace in a Busy World

Emily Webber

Things are not always what they seem to be: the activities of a day, the course of a life, the hustle and bustle of our world. If you asked yourself, if you allowed yourself the space and depth to really look within, to question, to examine the impact of each activity, what do you think you would find? Would every activity neatly line up with your long-term goals, or would a more appropriate reaction be to reconsider the goals themselves? Am I really living my life the best way possible? Am I working for a deeper meaning within myself and the world? Am I even going in the right direction?

Buddhism and spiritual traditions encourage us to search for a deeper meaning. They provide tools, a type of mental technology, for evaluating each moment. Again and again teachers ask us to examine the intention of our actions, to explore the emotionality behind our drive, to search for a higher and deeper truth beyond the immediate rush of gratification we can achieve through short-term satisfaction.

In our daily lives, it is more common for us to shy away from these challenging questions. Part of this is logical and tactical; it's easier to focus on your job when you aren't scouring the depths of your being. It's easier to build relationships on the immediately obvious shared experience. It's safer to equate happiness with consumption.

However, this short-term thinking perpetuates its own negative cycle. We develop habits around reacting without understanding. We get angry and feel strong in our anger. We see pictures of other people being happy and are overwhelmed by jealousy. We feel lonely and fill that void with distraction.

When one becomes a meditator, when one takes the path of practice as a core way to spend their life, these emotions still arise. The biggest difference, however, lies in how we react to them. Rather than immediately become overwhelmed by these emotions, the meditator learns how to handle these. The Buddha called them poisons, poisons of mind. Each of the mental afflictions — pride, anger, desire, jealousy, and misunderstanding — has a set of robust techniques, also called antidotes, to transform them. The practice of doing so is called purifying our mind. The Buddha summarizes this in these thoughts: (1) completely abandon nonvirtue, (2) completely accomplish virtue, (3) perfectly tame your mind. (4) This is the way of all Buddhas.

So as we approach our daily lives, as we try to find happiness in the moments that seem to fall through our fingers like warm soil through gloves, we can simply consider this. How am I spending my time? And does the way that I am spending time align with my long term goals?

If you consistently answer yes, then I suspect you already feel a great degree of inner peace and inner calm, regardless of your immediate surroundings. No matter what is going on, no matter how stressful the external world can be, if you have absolute faith and confidence that the actions you are taking today will ultimately lead to the state you would like to experience in the future, then

my suspicion is you already know the meaning of inner peace.

If not, however, then it's on us to reconsider how we spend our time. Sometimes it is simple; we have to choose to muster the courage to pull ourselves out of some habits. We have to open ourselves to the possibility that we will be new at other tasks —— and by the simple virtue of those tasks being new, they have the possibility to change our lives forever.

It continues to amaze me how accessible the path of practice really is. There are countless spiritual teachers out there; highly qualified, very studious masters who have maintained the Buddha's teachings in unbroken lineages stretching back hundreds

to thousands of years. Every year alone hundreds of teachings emerge across the world. New books are published every day, and these days we even have scientific, psychological, and leadership experts extolling the benefits and methods of mindfulness. So what gives?

The answer is that it depends on each one of us. It is entirely up to us to search for what we think matters in life. It is on us to discover and apply the causes of happiness. And it is also us who inevitably experience the happiness those causes produced. And when we dedicate the merit of those actions to the benefit and wisdom of all, there is nothing that cannot be accomplished.

COMMUNITY

Summer Camp Resources

Liz Drew

The YMCA offers day camps and overnight camp options, with financial aid available. Many of the day camp options run Monday - Friday, 7 a.m. - 6 p.m., including at the Irving Park location. Registration is open now, and although many of the programs are full, you can still call to get on the waitlist in case spots open up. Call 773-905-5115 for more information or register online here: https://www.ymcachicago.org/pages/summer-day-camp

Other options to check out:

A roundup of camps in the area organized by theme:

https://chicagosummercamps.com/

Dance camp:

https://dancetoevolve.com/chicago/summer-dance-camps/

Drama/music camp:

https://www.musichouseinc.com/summercamp2022

Pedalheads (bike camp):

https://pedalheads.com/camp

Lillstreet Art Center:

https://lillstreet.com/department/camps

Galileo camps:

https://galileo-camps.com/our-camps/chicagoland-locations/

Steve and Kate's camps:

https://steveandkatescamp.com/locations/

GARDENS

Libertatem Pactum in Horto

Sue Ryan

If Chicago's motto is Urb in Horto (City in the Garden), then the GIPNA boundaries must be Libertatem Pactum in Horto (Independence Park in the Garden).

The first hint of winter's thaw brings snowdrops, followed by hyacinths, daffodils, and tulips. As our neighborhood bursts with the pastels of spring, take a moment to bask in nature's glory. As the days get warmer and longer, Mother Nature will turn our bare trees gracing the parkways into various shades of green and flowering dogwoods, magnolias, serviceberries, azaleas will dazzle us with color.

In the coming months, take a stroll to admire the community gardens, the gardens at Murphy, Disney II and Independence Park. And cheers to GIPNA residents who carve out grass to make way for shrubs, dwarf trees, flowers and native grasses in their yards and parkways. Bees, butterflies and other creatures of the insect world dance among these vibrant

plantings. And thanks to those with corner lots that brighten up the intersections and residents who adorn their porches with container plants and hanging baskets. Perhaps it is the long, cold winter with desolate landscapes that makes me appreciate when things spring into life. So next time you are out and about, take a minute or 20 to soak up the beauty of our neighborhood.

NEIGHBORHOOD

You Can Link Your Cameras into OEMC (Private Sector Camera Initiative)

Pat Clark

The Private Sector Camera Initiative links Chicago-based organizations, companies and sister agencies' camera systems into the Office of Emergency Management and Communications (OEMC) state-of-the-art unified video surveillance network. These cameras provide Emergency Management officials and Homeland Security directors additional points of contact throughout the city that can be accessed during an emergency.

Compatibility

From installation and configuration to testing and naming, OEMC takes interested participants through the entire process. OEMC starts by conducting a site survey for organizations to determine their compatible equipment options. While virtually any broadband-type Internet connection is supported, the minimum uplink speed recommended is 128 Mbps. A public IP address directly accessible by OEMC over the Internet is also required.

Frequently Asked Questions

What cameras does OEMC want to access?

OEMC is only interested in obtaining access to exterior cameras on the public way.

How often will the camera feeds be accessed?

Camera feeds will only be accessed during emergency situations and after appropriate notification has been given.

Who will have access to the camera feeds?

Highly trained Crime Surveillance Specialists will have access to the cameras, but again, only during emergency situations.

Will OEMC be recording footage from the cameras?

OEMC will NOT be recording camera feeds.

How long does it take to install and configure the equipment?

Once all the necessary equipment is purchased, the process takes approximately one day per building.

Partners

Current city partners include the Police, Fire, Aviation, Streets and Sanitation and Transportation. City agencies include Chicago Public Schools, Chicago Housing Authority, Chicago Transit Authority, Parks, Millennium Park and Soldier Field.

For more information on private sector cameras, please contact OEMC at 312-746-9111.

Here is the web site for the Private Sector Camera Initiative brochure:

www.chicago.gov/content/dam/ city/depts/oemc/supp_info/OEMC_Private_Sect_Fact_sheet.pdf

INDEPENDENCE LIBRARY

YOUmedia Tea Ceremonies and More

Maggie Miller

The YOUmedia space on the 2nd floor of the Independence Library is a gaming lounge and maker lab just for teens ages 13-18, grades 7-12. As the Teen Librarian, I focus on interest-driven projects with students in addition to providing unique programs.

This May, the teens at the Independence Library are invited to three tea ceremonies in YOUmedia. First, we will have a Matcha Tea Ceremony on May 11 at 4 p.m. We will discuss the various parts of a matcha tea set such as the chawan, chasen, and chashaku. We'll learn the differences between ceremonial matcha powder and other matcha powder. We'll also discuss other varieties of green tea.

Our next tea ceremony will be a High Tea on May 18 at 4 p.m. We'll have some fancy china and discuss various tea ceremonies throughout the world. Teens can pick a tea of

their choosing, and we will stitch our own tea bags.

The final tea ceremony will occur on May 25 that 4 p.m. It will be a Yerba Mate and Yaupon tea ceremony. Yerba Mate must be prepared at a specific temperature; the water cannot be boiling. Gourd cups and bombilla straws are used in place of a traditional tea cup. Yerba Mate is popular in Argentina and throughout South America. Yaupon is a caffeinated tea, native to North America, which is being revived. We will also sample some yaupon and discuss yaupon's history. If you are looking for a book to kick start your summer reading, we'd recommend the teen fantasy novel, A Snake Falls to Earth by Darcie Little Badger. Some of the characters drink yaupon! It's a very unique novel with a Lipan Apache protagonist who befriends animal spirits from a mirror world.

Later this summer, CPL will launch a system-wide Summer Learning Challenge for children, teens, and adults called City of Stories. Check the CPL website to find summer programs for all ages. As part of the City of Stories program, Independence YOUmedia will host a photography camp program for teens in which we will use both film and digital cameras to photograph the Old Irving Park neighborhood. Visit www.chipublib.org for more information.

MAY/JUNE 2022 5

NEW BUSINESS

Zoom, Zoom

Pat Clark

You've probably been noticing quite a few e-bikes zipping around the neighborhood and on your commutes. Turns out they are quite environmentally friendly: a single charge of the battery allows you to go 40-50 miles and only costs about 11¢ to fill up the battery. That works out to be about .002¢ per mile! And you don't need to have license plates or insurance for an e-bike.

Are you thinking about getting one of these e-bikes? Turns out you are in luck as The Electric Bike Store is right around the corner at



3701 N. Elston Ave. Daniel Salinas opened his store in early March and offers many models that range from the 26" fat tire ones that can handle mud and sand in comfort to lighter weight, thinner tired bikes. These are his own brand of e-bikes, Salinas Cycles, which are built to his specifications by a big

manufacturer.

Daniel majored in automotive technology at SIU and has a special interest in the future of transportation and thinks e-bikes are a wonderful idea even for deliveries.

Some facts: Throttles allow for quick acceleration without pedaling so you can cruise to work without getting all sweaty; maximum speed is 23 m.p.h. without pedaling; the headlights and taillights are connected to the battery so that when the brakes are used, the taillights flash for added safety.

Daniel will build/assemble, service, and maintain your e-bike regardless of where you purchased it. Simply email him ahead of time if you plan to ship your online e-bike purchase to the store for assembly. The store also offers helmets, bike accessories, and custom airbrushed t-shirts. More models, including cargo bikes, will be coming in future months.

Walk over to The Electric Bike Store, open the bright orange door and talk to Daniel. His business hours are Monday through Thursday, 10 a.m. to 7 p.m.; Friday, 10 a.m. to 8 p.m.; Saturday, 10 a.m. to 5 p.m. The website is electricbikestores.com. His email is salinascycles@gmail.com.



COMMUNITY

Carlson Community Services Update

Liz Mills

Calling All Gardeners!

We're eager to begin work in Three Brothers Community Garden. Garden cleanup and planting are on the schedule for late April and early May. If you'd like to be notified of garden work days and events, sign up for our newsletter at carlsoncommunityservices.org and you'll be added to our mailing list. All vegetables grown in Three Brothers Garden are donated to the Irving Park Food Pantry.

Plant a Row for the Hungry with Three Brothers Garden!

If you've ever found yourself with an overabundance of homegrown veggies, Three Brothers Garden has the solution! We're inviting home gardeners to participate in a program called Plant a Row for the Hungry. Simply

dedicate a row in your garden to growing crops for donation to the Irving Park Food Pantry. Drop off your donation on Tuesdays before 6 p.m. at Three Brothers Garden, 4107 N. Pulaski, next to the Irving Park Lutheran Church parking lot. Your donation will be brought to the Food Pantry Wednesday morning for immediate distribution to Food Pantry clients. Deliveries to the Food Pantry will begin in late June.



Summer Job Opportunity - Three Brothers Garden Coordinator

Carlson Community Services is hiring a paid summer intern needed to work from June until August, three hours per week. Responsibilities include leading the garden harvest on Tuesday evenings from 5:30 to 7:30 p.m. and delivering harvested vegetables to the Food Pantry Wednesday mornings. High school diploma or equivalent required. Must have access to transportation for food pantry delivery. Ideal for college students interested in environmental

science or sustainable gardening practices. The garden is located adjacent to the Irving Park Lutheran Church parking lot at 4107 N. Pulaski. For a full job description, 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.

SCHOOLS

Spring Events at Murphy Elementary School

Gretchen Siffing

Murphy students, staff, and families are busy making preparations for the end of the school year. We hope you can join us in some of the many activities happening over the coming months.

Preschool enrollment for the 2022-23 school year opened on April 19 (visit cps.edu/ChicagoEarlyLearning for more about how to enroll). Murphy staff are happy to meet with you to answer all of your questions about Murphy, just call the office to schedule a visit (773-534-5223).

New garden boxes are ready for Murphy students to begin planting flowers, herbs, and vegetables during Murphy Garden Week (May 9-13). Last year the kale and herb crops were available to support healthy eating for families in our community. We are excited to see what this year's plantings will yield.

We are all excited that the FOM Walkathon is back again this year! Students will be raising funds for the school and celebrating their hard work with a two-mile walk through the neighborhood on May 20. Please support the Murphy children in your community through donations, supportive chalk messages on your sidewalk, and cheers as they walk by! For more information, visit friend-sofmurphy.org.

Murphy will be hosting Career Day on June 7. We welcome adults from the community who are willing to share their work experiences. This is a wonderful opportunity to expose students to the vast career paths available to them. We would especially love to hear from any professional artists in our community. If you are interested, please contact the school (773-534-5223) to learn more

about how to register.

Murphy students are learning from and celebrating our partnerships with Ravinia and Old Town School of Folk Music this spring. Kindergarten, 1st, 2nd, and 3rd graders have been working with Ravinia teaching artists to learn about Motown and practice songs they will perform at Ravinia on June 2. The Old Town School of Folk Music teaching artists are helping students prepare for a fun afterschool Drum Circle and supporting the 8th grade class in their preparations for a Grease review in May. The 8th graders will also be creating an art installation to leave their mark for the Murphy community to remember them by.

The 8th grade graduation ceremony will be held on June 9 at Murphy Elementary School. We are proud of all of our 8th graders and wish each of them well as they embark on their journey to high school in the fall.

Dr. Zelenka, Murphy Elementary



School's esteemed principal, will

also begin a new chapter of her

announced to the school commu-

nity that she will retire at the end

of this school year. She has been

our principal for the past 14 years,

and our assistant principal for the

11 years before that. Her leader-

ship, relentless compassion, and

active role in the community have

truly embodied the school motto

of 'The Caring Community.' The

Local School Council has begun

the process of finding the next

We look forward to celebrating

welcoming her successor.

principal to carry on the important

work that Dr. Zelenka established.

her impact on our community and

life. On March 17, Dr. Zelenka

Farmers Market Returns June 12

Greg Shea

The Independence Park Farmers Market returns in June at its regularly scheduled time. It will be held every second and fourth Sunday from June through October. The first market is scheduled for June 12. Every market runs from 9 a.m. to 1 p.m.

The market will feature coffee, baked goods, meats, tacos, cheese and assorted other goodies.

Planning has already begun in earnest, but we could always use a few new volunteers to help us with our Instagram page or with events

at each market. If you would like to help or just have questions about the market, email us at farmersmarket@qipna.orq.



SCHOOLS

Murphy Students Shine at History Fair

Sue Ryan

There is always something wonderful going on at Murphy School. This time the spotlight is on its social studies program and the annual history fair. Students first competed at the school level with winners moving on to the city-wide fair. And this year, some Murphy students successfully progressed to the state-wide fair. Projects centered on the voices of historically marginalized people, women, workers, Black, Brown, and Indigenous folks.

Congratulations to students whose hard work paid off. Two groups

received special awards and two groups moved forward to the state-wide competition.

Congratulations to Awardees: Jeremiah

"The Great Railroad Strike of 1877"

Individual Exhibit
Josephine Baskin Minow Award
of Excellence
Sponsored by the Minow Family in honor of Josephine Baskin

Minow

Prisma, Eva, and Natalie "The Boycott That Modified CPS" Group Exhibit

Chicago Collections Consortium Award

Sponsored by the Chicago Collections Consortium in recognition of research using the Chicago Collections Consortium Explore Portal



State Finalists:

Estefany, Adella, and Mia
"Why Are We Prohibited from
Picketing?: The Chicago Women's
Garment Worker's Strike"
Nancy, Aniya, and Tyesin
"Exclusion in the White City"
Special thanks to Murphy teachers Ms. Jenine Wehbeh and Ms.
Kate Kubowicz, who inspired and
guided their students to create
award-winning projects.



GETTING TO KNOW YOUR NEIGHBOR

From DINK to TJTK

(From Dual Income and No Kids to Triple Joy with Three Kids)

Ellen Ryan

Most parents ease into parenthood: try to get pregnant, pregnancy, have a baby. Want another one? Start the cycle over. Not so for Helen and Craig Youngberg. One day they were the consummate DINK couple, both with intense, high-pressure jobs. Shortly thereafter, they were parents of a 4, 7 and 8-year-old.

Though Helen was born in England, her father's job sent the family to Florida when she was a child. Later, after the family moved to Virginia, Helen took a job with U.S. Cellular. After several promotions, she moved to Chicago and settled in Oak Park. She soon met and began dating Craig Youngberg.

All the while, Helen was moving up the ladder at U.S. Cellular, taking on huge responsibilities. However, while on a company retreat, she and her



colleagues were asked to write a retirement speech as to what they wanted their legacy to be. On top of her education and financial security, she saw a husband and kids in her future. So, in 2010, after dating for six years and a four-year engagement, Helen and Craig married. They moved to Independence Park in 2005. Though kids were part of their plan, both her and Craig's all-consuming jobs made that tough. Finally, at age 41, Helen walked away from the job she had been chasing for her entire career.

Helen and Craig Helen moved into "let's get our family started" mode. Since her mom was adopted, Helen grew up with the mindset that adoption was an equally viable

way to have children. The couple decided that, given their age and openness to how their family could be built, adoption was the best route for them. Their child search became her new job and Helen used many of the skills she honed at U.S. Cellular to attain this goal: Excel sheets, organization and persistence to name just a few. She and Craig looked into adopting siblings. The process was nerve-wracking: there was little to no cohesion between the states in assisting prospective parents. Helen made 70 to 80 inquiries and most times heard nothing back. Finally, they received a call that would change the course of their lives. They had been matched as prospective parents for three siblings from Ohio. They had 48 hours to decide. Just like that, they became a family of five: Helen, Craig, Tyesin, Zayvour and Trinity.

Becoming parents to three kids overnight is, understandably, not all smooth sailing. But Helen often makes the bold claim that everything she learned in her professional career prepared her for this role of mom. She grew up in a company where leaders set clear expectations and coached behaviors. It turns out as a mom, she does this all day long. In operations, they had processes and standards; this mom has routines and graphic organizers. Annually updating U.S. Cellular's long-range business plan has been replaced by organizing and overseeing the kids' educations, activities and social schedules.

How is this new "job" for Helen? As she says "to be responsible for shaping little humans; for making the world right for them; for giving them the foundation to build big, beautiful lives of their own making? That's a massive job. I'm not sure that there's anything bigger than that."

You might see volunteers Tyesin and Zayvour delivering the GIPNA Voice to two blocks in our neighborhood. Trinity never met a neighborhood dog that she didn't love. And, as silly as it is, I believe Helen would heartily agree with the title for this article.

COMMUNITY

Irving Park Community Food Pantry

Craig Shutt

The Irving Park Food Pantry is establishing a permanent toiletries station, as those products have proven very popular with clients when they are available. To that end, we are hoping to remain stocked in key basics of toothpaste and toothbrushes, deodorant, shampoo, body wash, razors and shaving cream.

Other popular items include diapers (especially #5 and #6), baby wipes (given to those requesting



diapers), dishwashing liquid, hair conditioner, floss and sunscreen.

If you would like to donate to the program, you can use our online Amazon registry to have products sent directly to us or shop locally. Donations can be taken to Big Helpers, 4184 N. Elston Ave., on Monday through Friday, 10 a.m.-4 p.m., or the drop box on the enclosed front porch at 3833 N. Tripp Ave. (any time). Monetary donations can be made via PayPal at www.irving-parkfoodpantry.org or by check to

Irving Park Food Pantry, 4256 N. Ridgeway Ave., Chicago IL 60618. Both can be marked so the donations are used to purchase items for the toiletry program.

Thank you to everyone who donated to the Pantry's spring program that provided clients' children with an Easter basket of small toys and candy. Special thanks go to the organizations

whose members assembled and donated baskets: 33 Realty, Irving Park Lutheran Church, Irving Park United Methodist Women, Park Ridge Wilderness Princess's Crow Tribe, Radical Generosity Chicago and Wintrust's Mayfair branch. We appreciate their support of this annual program.

Thank you to Ann Maeda, a counselor at Schurz High School, and to the staff and students, who held a continued





food drive for the Pantry in March and gathered specific canned food and other items we always need. Thanks also to the students at St. Bartholomew School for collecting canned and nonperishable food for the Pantry during its February Catholic Identity Service Project. We appreciate each school's ongoing support!

Thank you to Lifeway for donating bottles of its Kefir cultured lowfat milk, one of its regular donations, to the Pantry in March. The drink is very popular with clients.

We appreciate everyone's support in helping us meet our mission of being "Neighbors Helping Neighbors!"

GARDENS

It's Time to Plant! Let's Make Sure Our Plants Are Good for the Environment

Robyn McMurray Hurtig
It's hard to really think about
planting when it's 40 degrees in
April, but Mother's Day will soon
be here — typically our safe day
to start planting (think Mother
Earth!).

You've probably heard how important native plants are for our environment. They make our air healthier and provide a habitat for our much-needed pollinators.

Here's one more thing to consider: Has your plant been treated with neonicotinoids? I know, yet another pesticide to worry about. Luckily, this one's getting easier to identify as most of our big nurseries, including Home Depot and Lowe's, are labeling their plants.

First, let's cover the fun stuff. Here's a list of some great natives that are easy to grow in our area. To ensure your plant's survival, we recommend buying small plants or one-gallon plants.

6 Top Pollinator Plants That Bloom Throughout the Season

Echinacea Purpurea (Purple Coneflower)

Wow, the diversity in this genus is continuing to grow! Echinacea is now



Rudbeckia Fulgida (Black-eyed Susans)

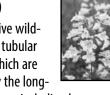
and into the fall.

Here's another popular, low-maintenance choice for our Chicagoarea gardens! The



Penstemon Digitalis (Foxglove)

This native wildflower has tubular flowers, which are beloved by the long-



tongued bees, including honeybees, bumblebees and more. This is an easy plant to grow, and the flowers are showy. The plant is large enough to compete against many types of weeds. Plus, it has a long blooming time. A bonus for us Midwesterners!

Ruellia Humilis (Wild Petunia)

This purple, hairy wild petunia blooms from early to late summer and is pretty adaptable to full or palmoist to dry conditions

adaptable to full or part sun and moist to dry conditions, tolerating just about any soil. It's a great addition to your wildflower plantings and the butterflies and longtongued bees love it. Because of its large, abundant flowers, it's perfect for borders or in rock gardens.

Monarda Bradburiana (Bradbury's Bee Balm)

Bee balm prefers partial sun and pretty dry conditions, making it perfect for our hot

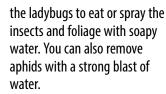
summers, and that's probably why you see them in many gardens around town. Bumblebees love it (no surprise given the name) and so do butterflies and hummingbirds. Bradbury's Bee Balm differs from other Monarda species as it's shorter, blooms earlier and it has sessile leaves, which means the leaf blade attaches directly to the stem.

Asclepias Tuberosa (Butterflyweed)

Orange in summer! Is there anything more eye-catching? This showy perennial is

prized for its large, flat-topped clusters of bright orange flowers. Of course, it attracts butterflies, and in fact is the only flower that monarchs eat from, so it's a must have for your garden!

It blooms from May through September and likes it sunny and dry. Plant it among other midsized perennials. It will most likely get aphids, (small sap sucking insects) which you can leave for



What Do You Need to Know About Neonicotinoids?

Neonicotinoids or neonics are a relatively new insecticide and have quickly become the most commonly used insecticide in our country. It's commonly applied to ornamental trees, shrubs and flowers.

At first it was praised for not harming beneficial insects. Now, hundreds of studies have shown that neonics play a major role in population-level declines of our pollinators: bees, birds, butterflies and freshwater invertebrates.

What Can You Do About Neonics?

Buy organic plants and be vocal! Ask your local nursery if plants have been treated with pesticides and ask them to stop selling neonicotinoid products. As consumers, we do have power, so let's use it!

Some of the larger chains are already moving to phase out plants treated with neonics, including Home Depot, Lowe's, Costco, Walmart, and True Value.

Look for tags on plants that say "neonic-free." Here are the active ingredients found in neonics: acetamiprid, clothianidin, dinotefuran, imidacloprid, thiacloprid, thiamethoxam. Knowing the ingredients will help you avoid them.

Using native plants in your garden helps our pollinators and our environment because they naturally don't require chemicals. When you implement organic gardening practices, you are helping our Earth one garden at a time!

Home Renovation: Building on a Design

Rebecca Otalvora

Whether you're looking to add value to your home prior to selling or to simply upgrade your current living space, a home renovation project is the way to go. Small and relatively inexpensive improvements such as updating light fixtures, replacing an old garage door, and sprucing up your landscaping to add curb appeal are all good choices and will give you a solid return on your investment. However, if you really want to elevate your living space, nothing beats a kitchen and bathroom remodel. Unlike in previous times, the kitchen is no longer just for cooking. In today's culture, the kitchen is a gathering space and often considered the heart of the home. So, it's not a surprise that many homeowners are willing to spend upwards of \$30,000 on the kitchen alone. Bathrooms, while not a social space, are important spaces in the home that are used by everyone, including guests. Lots of time is spent in bathrooms and upgrading them can really improve the feel of your space. Another large project that adds great value to a home is a finished basement. A finished basement will add substantial livable square footage and be very appealing to a homebuyer, or just add to your own comfort while you inhabit the space.

Our neighbors, Greg and Liz Shea on N. Monticello Ave., recently completed some very significant renovations in their home. I spoke with Greg about the experience to get his insight on the process for



those of us who may be considering taking the plunge and investing in some major remodeling.

- **Q.** How long did the work take to complete and how long were you expecting it to take?
- **A.** It took longer than expected. We anticipated it would take 6 months, but obtaining the permits took about 6 months (as opposed to 2-3). Much of the delay by the city was related to the pandemic.
- **Q.** What were the biggest challenges you faced throughout the project?
- **A.** The biggest challenge was having parts of the house cut off and having the home exposed. Also, eating out of a microwave and minifridge was a big inconvenience.
- **Q.** What is your favorite part of your home after you've completed the renovations?
- **A.** The kitchen is great, but we hang out in the basement where now there's a TV room and couch, sound system, and an area with a treadmill and stationary bike.
- **Q.** How much personal input did you have in the design?
- **A.** Liz made a lot of the design decisions. We met with an interior designer who agreed with everything Liz envisioned. She took her ideas and just improved on them a bit.
- **Q.** Looking back on the experience, is there anything that you would have done differently?
- **A.** I don't think so. I wouldn't make any design changes; we are so pleased with the outcome. The

SCHOOLS

St. Edward School News

Jenny Dryer

Congratulations to the St. Edward Class of 2022!

Our Exemplary High Performing Blue Ribbon school has given the graduates a firm foundation that will lead them to success and confidence as they begin their high school careers at highly selective private and CPS schools.

Summer at St. Edward

Looking for a summer camp? KidzToPros is offering a variety of camps for two age groups throughout the summer. Totus Tuus is offering two summer faith camps the last week of July: day-time camp for kids entering 1st — 6th grade and evening camp for 7th — 12th grades. Learn more at stedwardschool.com.

St. Edward School's biggest annual fundraiser Big Red Auction and Comedy Night was a huge success! The school community thanks everyone who participated, tuned in and donated. Proceeds from the Big Red Auction and Comedy Night support educational resources, campus improvements and tuition assistance for St. Edward students. Big Red Thank You!

only change is that we would have done it sooner!

- **Q.**What advice would you give to someone who is planning to remodel their home?
- **A.** The biggest piece of advice would be to lower expectations on timing and cost. It's always a little more expensive and time-consuming than you think it will be.

Art Show May 6-8

St. Edward School is very excited to announce that the Art Show and Specials Showcase will be in Unity Hall May 6th — 8th. There will be a reception on May 6 from 6-8 p.m. The gallery will be open for viewing during the Grandparents and Special Persons Celebration, after First Communion on May 7 and after May Crowning on May 8. We hope you will join us on this joyous occasion celebrating our St. Edward School visual artists!

Congrats to Our 7th and 8th Grade Girls Volleyball Teams!

The 7th and 8th grade girls advanced to the NWCC Volleyball Conference Championship playoffs! Congrats to all of our teams this season and special shout of BIG RED thanks to all of our coaches.

Mark your calendar for this upcoming Community Event that benefits St. Ed's and gives you a night off from cooking! Thank you for your support!

Smashburger, Thursday, May 19, 11 a.m.-9 p.m. 4709 W. Foster Ave., Chicago Mention St. Edward School when dining in and carrying out!

Looking for a new Pre-K — 8th grade school for the 2022-2023 school year? Link to register for more information and take a campus tour on our website, stedward-school.com.

St. Edward School celebrates 112 years of providing a Catholic education to children in grades PK3 — 8th grade. You can contact office@ stedwardschool.com to schedule an in-person tour or individual Zoom tour with our principal. St. Edward School is a 2017 National Blue Ribbon Exemplary High Performing School. For more information, please visit our website at www. stedwardschool.com or call the office at 773-736-9133 to learn more about our outstanding academic programs and extended care.

NEIGHBORHOOD

Make the Right Call: 911 or 311

Pat Clark

The following information is from the Chicago Police Department, 17th District.

When to call 9-1-1:

Police, fire and medical emergencies

Shots fired

Noise disturbances

Criminal sexual assaults

Immediate threat to life or bodily

harm

Suspicious autos, people, or

activity

Burglaries

Mental health disturbances

Domestic batteries/disturbances

Crimes in progress

Active threats

Drag racing

Parking violations

Large scale power outages

Person calling for help

Person wanted

Criminal trespassing

Kidnapping

Violation of order of protection

Fraud

Confidence games

Residential garage burglary

Threatening phone calls

Pickpocket victim

Theft of service

Bogus checks/documents

Auto theft (including attempt)

Animal bite incidents

Purse snatch without force

When to call 3-1-1:

Abandoned vehicle complaint Building-illegal conversion Cab feedback Check for leak (water) Consumer retail complaint

Clean vacant lot

Find towed or relocated vehicle Garbage cart-black or blue recycling

Graffiti removal

Ice/snow removal from the street

No heat

Porch inspection request

Rodent baiting/rat complaints

Sidewalk inspection

Stray animal

Street light pole damaged or pole

door missing

Tax assistance sites

Tree emergencies

Warming/cooling center info

Water in the basement

Wire basket request

Building violations

Clean & green program

Consumer fraud complaint

Fly dumping

Garbage pickup

Open hydrant

Operating without a business license

No building permits & construction

violations

Pet wellness

Potholes in the street

Restaurant complaints

Sanitation code violation

Senior well-being check

.

Sewer cleaning inspection

Shelter request

Street/traffic/alley lights out

Tree debris

Tree removal or planting

Weed removal request

Water on the street

Yard waste removal

When obtaining a police report where there are no injuries or the offender is not nearby or no longer on the scene, callers may be transferred to CPD's Alternate Response Section from 3-1-1.



JOIN TODAY GIPNA MEMBERSHIP: WHAT DOES \$10 BUY?

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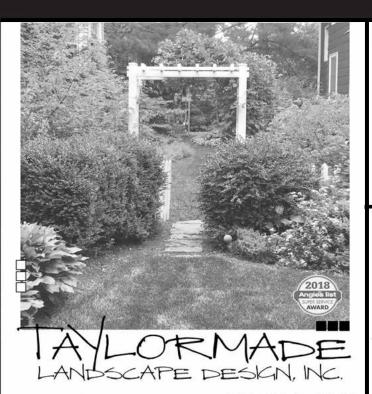
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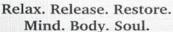
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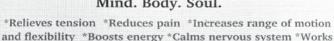
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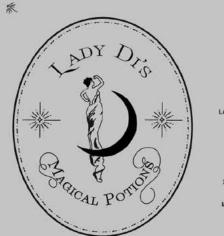
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LADYDI MAGICALPOTIONS

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PRE-K TO 8TH GRADE

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For an in-person tour, email office@stedwardschool.com



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5 days, rail or hall day

Full day Kindergarten thru 8th grade

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World Language Program
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Peacebuilders Program
Support staff for students
Extracurricular athletics PK4 thru 8th
Enrichment Clubs

Caring Before and After Childcare



Events

Open House Art Show and Academic Fair Sunday, May 1 • 11:30-2:00pm

We celebrate our students' artistic and academic achievements. Our halls will be a fine art gallery and our rooms will have examples of our students' finest academic work. Faculty and staff will be present. If you would like a personal tour this day an RSVP is required.

Wednesday, May 11 • 9:00 - 10:30pm

Visit our school and celebrated, newly remodeled, gym. Meet faculty, staff and parents who will be available to answer all your questions.

Please RSVP to mtiritilli@stviatorchicago.org

2022-2023

Application for Admissions forms are available online and in the school office

Please feel free to contact Marge Tiritilli with any questions or to schedule a personal tour.

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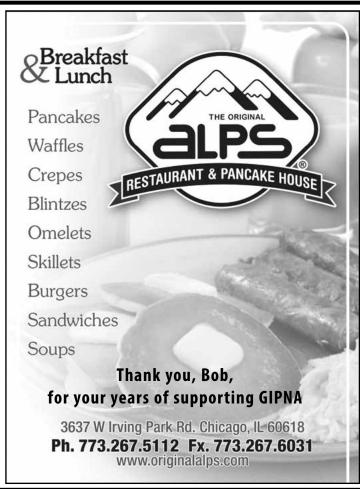
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Come talk to Murphy parents, students & staff at the craft tent at Independence Park Farmers Market on the 4th Sunday of each month (through October).

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Disney II Magnet School

will be accepting transfer students in 10th and 11th grade for the 2022-23 school year.

The transfer student application opens May 1, 2022.

Interested parents/guardians should email jcardenas28@cps.edu or call (773) 534-5010 with questions and to receive an application.

Learn more at: www.disneyiimagnet.org

Students in grades K-9 can apply to Disney II via the GoCPS lottery The application for 2023-24 will open in the Fall of 2022.

Disney II accepts students from all Chicago neighborhoods.



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