

A Message From Mayor Ronald M. Serpico

Dear Neighbors,

I hope everyone had a great holiday season and you are settling comfortably into 2015.

Wow, what a start to the New Year: the horrific terrorist rampage in Paris; a new coach for the Bears; a possible end to the 50-year Cuban embargo; gas prices under \$2 a gallon in some areas; Illinois' first Republican governor in 12 years; and the Cubs, the pick of a prominent sports publication to win the 2015 World Series. I guess it's true what they say, "The only thing permanent is change."

And that's not all that's changing, you may have noticed the roadwork being done on 25th Avenue between St. Charles Road and Lake Street. This work is related to moving utilities in preparation for construction of the 25th Avenue railroad overpass. Eventually, this section of 25th Avenue will be closed to thru traffic for several months. The overpass is scheduled to open in December of 2016. Thankfully, this will make long railroad crossing delays a thing of the past and more importantly cut crucial seconds from response times of emergency vehicles.

Speaking of change, I want to wish former Gov. Pat Quinn the best of luck in all his future endeavors. The former governor took a special interest in helping our village and thanks to his efforts, Melrose Park received funding for many projects such as the aforementioned 25th Avenue railroad overpass, street/alley resurfacing repairs and streetscape beautification projects like Division Street. Not only did the former governor help us make our village a better place to live, he always managed to find time to stop by our Taste, and I know I'm not alone when I say, we hope to see former Gov. Quinn at this year's Taste of Melrose.

And of course, we welcome our new governor, Gov. Bruce Rauner. I look forward to working with his administration in seeking state dollars for programs and infrastructure improvements to enhance the quality of life here in Melrose Park.

On a sad note, I would like to take a moment to remember a great ambassador for our village, Mr. Al Piemonte, who passed away this past Christmas Eve at the age of 83. Al Piemonte Ford, which also served as Mr. Piemonte's home office, has been a fixture of Melrose Park for over three decades. Over the years I had the privilege and pleasure of interacting with Al and found him to be a true gentlemen in every sense of the word. On behalf of our entire village, I extend our sincerest condolences to the Piemonte family. I am sure Al is up in Heaven right now, wearing one of his brightly colored sweaters and upgrading St. Peter into heated leather seats.

Here's hoping that only good changes are ahead for 2015!

Sincerely,

Ron Serpico
Mayor Ron Serpico



Ronald M. Serpico
Mayor

**Early Voting
for the
April 7, 2015,
Consolidated
Election
Runs**

**Monday, March 23
through
Saturday, April 4**

**Village of Melrose Park
1000 North 25th Avenue
Melrose Park**

(First Floor Multi-Purpose Room)

**Hours:
Monday-Saturday
9 a.m.-5 p.m.**

**Valid State Issued
Picture Identification
Required to Vote.**



Village of Melrose Park

Ronald M. Serpico, Mayor

Mary Ann Paolantonio, Village Clerk

Trustees

Anthony J. Abruzzo • Jaime Anguiano

Cathy Cossident Italia • Arturo J. Mota

Anthony J. Prignano • Mary Ramirez Taconi



To Know

Village Hall.....(708) 343-4000

Hours – Monday-Friday, 9 a.m.-5 p.m.

Birth Certificates • First Copy – \$12, additional copies \$2 each

Death Certificates • First Copy – \$14, additional copies \$4 each

Water, Tickets, Etc.

Office of the Mayor(708) 343-4000, Ext. 4410

Police Emergency911

Non-Emergency(708) 344-8409

Animal Control.....(708) 344-8409

Fire Emergency911

Non-Emergency(708) 344-1210

Public Safety/Homeland Security(708) 649-8000

Library(708) 343-3391

Public Works.....(708) 343-5128

Building and Code(708) 343-4000

Civic Center(708) 450-0555

Hall and Field Rentals, Sports, Etc.

Community Service(708) 343-4000, Ext. 4448

Senior Services(708) 343-4000, Ext. 4448

Taste of Melrose Park, The Rose Newsletter

Dial A Ride(708) 343-7047

Proviso Township Assessor.....(708) 449-4304

Economic Development(708) 865-8809

Important Upcoming Dates

Village Board Meetings....Feb. 23, March 9 and 23, April 10

Village Hall Holiday ClosingApril 3

Senior Club Meetings.....March 12, April 9

Resident Response

Dear Mayor Serpico...

Our deepest thanks to you for your continual support and generosity for our sixth annual Blast from the Past fundraiser for Misericordia Heart of Mercy Home. You never fail to step up to the plate for us and do not hesitate to help us out each year by allowing us to use the Senior Center for our event along with a generous monetary donation. Your donation of many wonderful tickets helps our raffle to be a great success as well.

We also want to recognize the wonderful staff that helps us each year to organize and set up the Senior Center where the event is held. They are always willing and ready to help us with a smile!

We would also like to recognize all the local businesses who continually help and support our fundraising efforts each year by donating delicious food or certificates. We would like to thank Danny's Deli, Abruzzo's Restaurant, Scudiero's, Lezza's, Mart's Auto, Jewel Melrose Park, Old Warsaw, Tom's Steak House, Jim and Pete's, Trattoria Peppino's, DaLuciano's, Nonna Graziela, Liborio's and Bertolli's Pizza.

Please know that your support and generosity in our fundraising efforts is helping children and adults who are not able to create a good world for themselves.

May God bless you and your's for being who you are!

• Sincerely,

Jo, Tom and Matthew Halleran

Families, Stakeholders and Friends of Maywood-Melrose Park-Broadview School District 89

The Board of Education accepted the resignation of superintendent Dr. Michael Robey at the December regular board meeting. Dr. Robey's resignation shall take affect on June 30, 2015. The board has made many significant changes during Dr. Robey's tenure and will continue pursuing the best for the children of this district after his departure. The Board of Education would like to express its gratitude to Dr. Robey for his dedication in the three years he served the students of School District 89 Maywood-Melrose Park-Broadview and wishes him well in his future employment. The board will start a search for a new leader soon and will let the community know of any updates.

Best Regards,

Board of Education • School District 89

Maywood-Melrose Park-Broadview

Tons of Toys – Big and Bright Smiles



During the recent holidays, Mayor Serpico and Village Clerk Mary Ann Paolantonio continued to host the mayor's annual Toys for Tots drive.

Hundreds of toys were collected from local businesses as well as Melrose Park residents. Thanks to the contributions, many children experienced the holiday season with big and bright smiles!

Pictured with Serpico and Paolantonio are veterans of the United States Armed Forces and members of Melrose Park's Fire and Police departments, whose efforts to support this worthy cause were greatly appreciated.

Super Snowstorm Sunday The Big Snow Came and Went!



On Super Bowl Sunday, Feb. 1, the area was hit with one of the biggest snowstorms in history.

The snow kept coming and coming, and residents were wondering when it was going to stop. After it was all over Melrose Park had an approximate accumulation of 19 inches, with some snowdrifts close to 4 feet.

Residents came together and helped neighbors shovel their cars out from under the snow.

A special thank you from Mayor Serpico to all the Public Works employees and members of our community for their patience and their hard work to keep the streets, sidewalks and alleys clean and passable.

A Message from Police Chief Sam C. Pitassi



*Sam C. Pitassi
Melrose Park Police Chief*



POLICE DEPARTMENT NOTICE

**During heavy snowstorms
and cold weather,
parking regulations
must be followed.**

**Cars should be cleaned of snow
and parked on the
correct side of the street
as indicated on notice signs
posted throughout
the community.**

Violators will be ticketed or towed.

**Also, please remember –
to avoid car theft,
do not leave cars running
with the keys inside.**

Be Aware of the IRS Telephone Scam

Information on the IRS Telephone Scam and How to Avoid Being Victimized

IRS Telephone Scam victims are told they owe money to the IRS and it must be paid promptly through a preloaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

This scam has hit taxpayers in nearly every state in the country. We want to educate taxpayers so they can help protect themselves. Rest assured, the IRS does not and will not ask for credit card numbers over the phone, nor request a prepaid debit card or wire transfer. If someone unexpectedly calls claiming to be from the IRS and threatens police arrest, deportation or license revocation if you don't pay immediately, that is a sign that it really isn't the IRS calling. The first IRS contact with taxpayers on a tax issue is likely to occur via mail.

Other characteristics of this scam include:

- Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security Number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS e-mails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.
- After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

Tips for Avoiding IRS Telephone Scams:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 1-(800)-829-1040. The IRS employees at that line can help you with a payment issue – if there really is such an issue.
- If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the treasury inspector general for Tax Administration at 1-(800)-366-4484.
- If you've been targeted by this scam, you should also contact the Federal Trade Commission and use their "FTC Complaint Assistant" at FTC.gov. Please add "IRS Telephone Scam" to the comments of your complaint.
- Taxpayers should be aware that there are other unrelated scams (such as a lottery sweepstakes) and solicitations (such as debt relief) that fraudulently claim to be from the IRS.
- The IRS encourages taxpayers to be vigilant against phone and e-mail scams that use the IRS as a lure.

The IRS does not initiate contact with taxpayers by e-mail to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels.

The IRS also does not ask for PINs, passwords or similar confidential access information for credit card, bank or other financial accounts. Recipients should not open any attachments or click on any links contained in the message. Instead, forward the e-mail to phishing@irs.gov.

The most common scams that the Melrose Park Police Department has investigated include Telemarketing Fraud, Nigerian Letter or "419" Fraud, Identity Theft, Advance Fee Schemes, Letter of Credit Fraud and Pigeon Drop Fraud – but there is a new scam developed every day.

For a detailed list of these scams and ways to help you from being victimized, please visit the Melrose Park Police Department Web site at www.melroseparkpd.com and read the following document – Melrose Park Police Department Crime Awareness Announcement.

**If you have any questions or feel you were a victim of a scam,
please report it to the Police Department immediately,
dial 911 or call (708) 344-8409 for non-emergencies.**



Melrose Park Fire Department NEWS



*Rick Beltrame
Melrose Park Fire Chief*

A Message from Fire Chief Rick Beltrame

New Firefighter Takes Oath



On Oct. 1, 2014, Ronald G. Spata was sworn in as a firefighter with the Melrose Park Fire Department.

Ron then attended the NIFSTA Fire Academy, where he graduated from on Dec. 12, 2014.

The members of the Melrose Park Fire Department congratulate Ron and wish him a long and prosperous career with the department.

Firefighters Make Annual Holiday Gift Delivery



In December, members of the Melrose Park Fire Department made their annual holiday season delivery to Loyola Hospital.

The purpose of their visit was to drop off gifts for the children who would not be home for the holidays.

The children were excited to receive the presents from the firefighters.

Sue Cassara & Debra Fiorito

Call Us Today! (847) 454-4773

RCI REAL ESTATE GROUP

We are well-established in this area because it is not only where we work, but where we live as well.

We understand that selling your home is one of the biggest decisions you will have to make.

Value is your number one concern and it's our number one priority.

Ask about the spring commission discount.
Seniors – Ask about the senior discount.



Call Team
Cassara/Fiorito
(847) 454-4773

The local team
that works for you!

Sue – suecassara@hotmail.com
Debra – linkolnlady@aol.com



Give yourself
a tax break.

Beth Black Ins and Fin Svcs
Beth Bizzarri Black, Agent
501 W. North Avenue
Melrose Park, IL 60160
Bus: 708-344-7474
Hablamos Español

Open an IRA by April 15.
An IRA could reduce your
taxes and it's a great way
to invest in your future.
**Like a good neighbor,
State Farm is there.®**
CALL ME TODAY.



0901200.1

State Farm, Bloomington, IL



Melrose Park is Looking for Residents Currently Serving in the Military

Attention Residents

The village of Melrose Park would like to know if
any of our residents are serving in the military.

If so, please contact Peggy DiFazio
via e-mail – peg@melrosepark.org or
phone – (708) 343-4000, Ext. 4448.



Village of Melrose Park Public Works Report

*From the Desk of
Gary Marine,
Director of Public Works*

The winter weather has been a little rough lately, but the Public Works employees are always prepared and have all winter equipment ready to go out at a moment's notice.

Division Street Enhancement Project

The Second Phase of the Division Street Enhancement Project will begin late spring, early summer. Lighted monuments will be placed on 25th and Division as the gateway to Division Street Corridor.

Street Resurfacing

This spring/summer the village of Melrose Park will be resurfacing the following streets:

- Division from 31st to 37th avenues.
- Finalizing plans for additional streets to be resurfaced this spring/summer.

Carson Drive from 25th Avenue to Lake Street was recently resurfaced.

Plans for the 25th Avenue Overpass

Relocating utilities are being finalized with a starting date hopefully in the spring. ComEd and Nicor have been relocating all utilities between Lake and St. Charles Road.

Fall Tree Planting

If you are interested in a tree for the parkway, we are now compiling a list for fall tree planting. To request a tree, please call the Public Works Department at (708) 343-5128.

50/50 Sidewalk Project

The 50/50 Sidewalk Project will begin in the summer. If you would like to participate in this program and request replacement of sidewalk squares, please call the Public Works Department at (708) 343-5128 for more information.

TV Pickup

Please call and make arrangements for pickup before putting your TV out.

Melrose Park Dog Park

Dog Park hours are 8 a.m. to 8 p.m., seven days a week throughout the summer and fall months. The fenced-in dog park is located at 13th and Main Street. Dog park licenses are available at the Village Hall. Please follow rules posted at the park.

**The Public Works employees are always in full force,
working to keep the village of Melrose Park
clean and well-maintained.**

**If you have a request, please feel free to call
Gary M. Marine, director of Public Works at (708) 343-5128.**

Mayor Ron Serpico Asks You To Please Vote For The Following Village Trustees For Melrose Park's Future



Cathleen Cossident Italia



Anthony J. "Tony" Prignano

Melrose Victory Party



Arturo Mota



Mary Ramirez Taconi



Jaime Anguiano



Anthony N. Abruzzo

MVP... A RECORD OF ACCOMPLISHMENTS

- ✓ **Did not pass** recent Chicago water rate increases onto residents
- ✓ Maintains one of the **lowest property tax rates** in the western suburbs
- ✓ Attracting major retailers like **Costco, Menards and Meijer**
- ✓ Approved funding for the most police officers ever on our streets, resulting in a **double-digit decrease in our crime rate**
- ✓ Ensured our firefighters have the latest **state-of-the-art fire engines**
- ✓ **Rebuilding** all alleys; **repaved** one hundred new residential streets; **installed** thousands of feet of new sewer mains
- ✓ Opened the Melrose Park **Senior Citizen Center**
- ✓ Secured funding for the soon to be constructed **25th Ave. Railroad Overpass**
- ✓ Completed **multiple street beautification projects** all over town like those you see on Division St. and in the Broadway Shopping District

On behalf of the entire staff and family at Al Piemonte Ford we would like to thank our friends and thousands of loyal customers for their support and acts of kindness following the recent passing of our beloved boss, leader, father and founder of Al Piemonte Ford, Mr. Alex Piemonte.

Mr. Piemonte's love for the auto business and our customers lives on. His family and all our employees are here to carry on his tradition of honest business practices, and truly caring about the wonderful customers who have also become our friends over the 50 years Al Piemonte Ford has been serving the community.

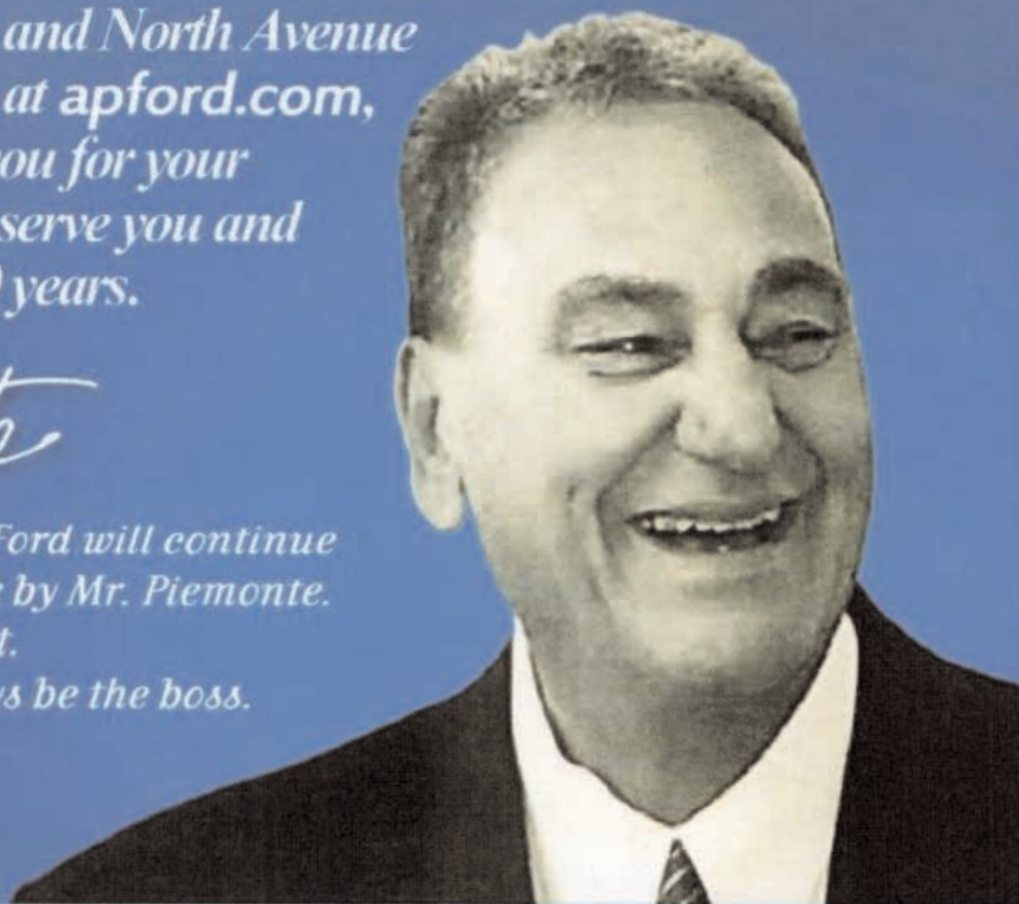
Your faith and trust in our dealership will always be cherished by our staff and family. We promise to live up to his expectations and treat everyone with the respect and consideration they deserve. Mr. Piemonte's legacy of giving our customers the best price and selection will live on.

Visit us at our dealership at 25th and North Avenue in Melrose Park, or 24 hours a day at apford.com, and give us a chance to say thank you for your support, and for the opportunity to serve you and the Chicagoland community for 50 years.

Al Piemonte

In loving memory, we at Al Piemonte Ford will continue the principles and integrity put in place by Mr. Piemonte. The customer will ALWAYS be paramount. His legacy will live on, and he will always be the boss. We love you Mr. P!

-The Al Piemonte Ford Family



Melrose Park Public Safety News

From the Desk of
Philip C. Schwartz,
Chief of Public Safety –
Homeland Security



DO YOU KNOW When Severe Weather is Approaching? The Types of Severe Weather? What to do During Severe Weather?

The Village of Melrose Park and the National Weather Service Want You to Know

The Village of Melrose Park Homeland Security ~ Public Safety, the National Weather Service and the Cook County Department of Homeland Security and Emergency Management will be cohosting a class on weather spotting to be held on March 24, 2015, at 7 p.m. in the Senior Building, 900 N. 25th Ave., Melrose Park, Ill. 60160

The National Weather Service's (NWS) primary mission is to save lives and protect property through the issuance of warnings for hazardous weather. However, NWS meteorologists also depend on real-time reports from trained spotters to know exactly what is occurring on the ground under a storm. The NWS trains people to identify severe storms and tornadoes and report them via organized communications networks.

This class takes about 1-2 hours and consists of a slide and video program which teaches about severe storm structures, and how to identify cloud features and other environmental clues to identify severe storms and tornadoes. Communications systems and spotter networks are explained and how this information is used by the NWS and local officials.

Please join us for this free class.

For more information or to register for this free class, please call the Melrose Park Homeland Security ~ Public Safety at (708) 649-8000, opt 1.



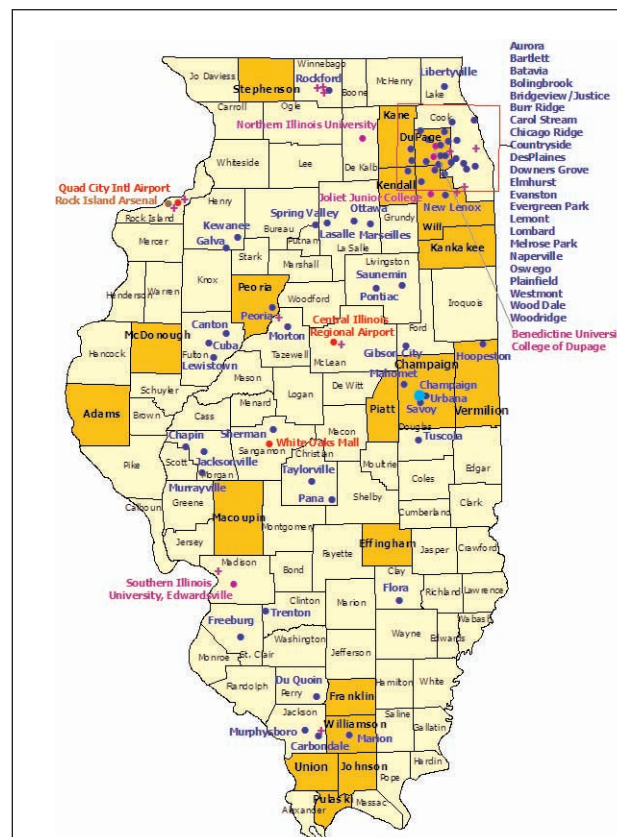
Nearly 90 percent of all presidentially declared disasters are weather-related, leading to around 500 deaths per year and nearly \$14 billion in damage. To help Americans guard against the ravages of severe weather, NOAA's National Weather Service (NWS) designed the StormReady program. StormReady helps arm America's communities with the communication and safety skills they need to save lives and protect property.

Many laws and regulations exist to help local emergency managers deal with hazardous material spills, search and rescue operations, medical crisis, etc., but there are few guidelines dealing with the specifics of hazardous weather response. The NWS recognized this need and designed StormReady to help communities of all kinds – towns, cities, counties, tribal nations, universities and industrial complexes – implement procedures to reduce the potential for disastrous weather-related consequences.

To be recognized as StormReady, communities must meet guidelines established by the NWS in partnership with federal, state and local emergency management professionals.

The top goal of StormReady is to prepare communities with an action plan that responds to the threat of all types of severe weather – from tornadoes to tsunamis. A voluntary program created by the National Weather Service.

StormReady provides clear-cut advice to city leaders, emergency managers and media that would improve their local hazardous weather operations. Once a community meets preparedness criteria, outlined by a partnership between the National Weather Service, and state and local emergency managers, it will be pronounced "StormReady."



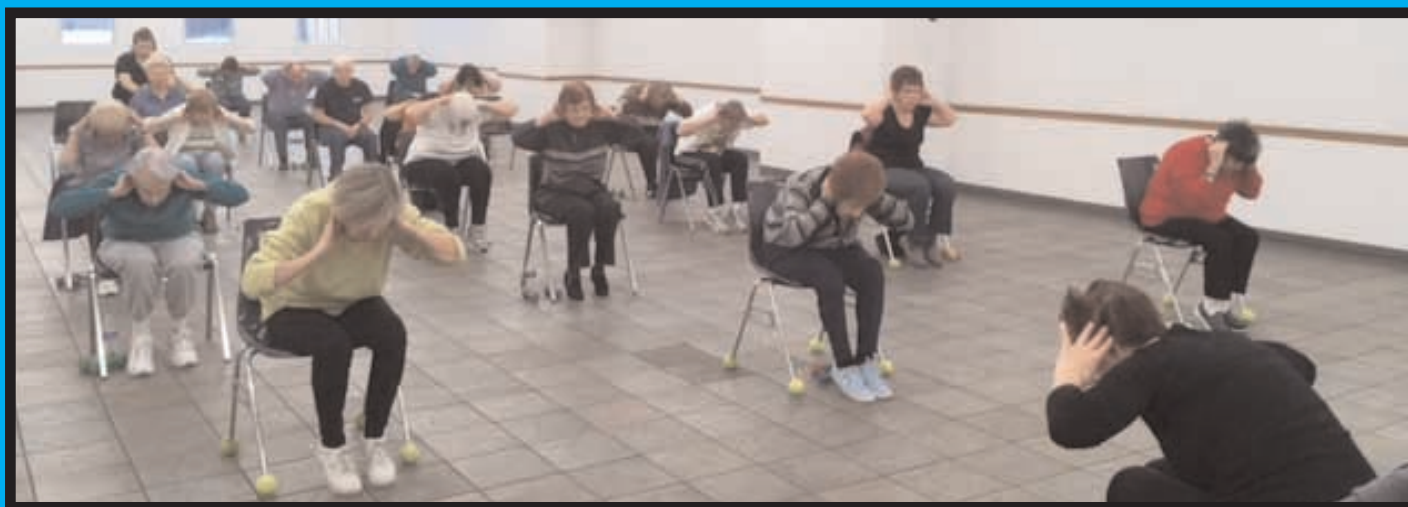
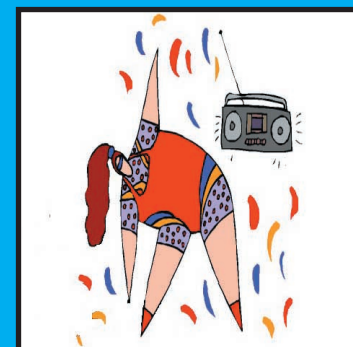
Illinois

107 StormReady Designations:

25 Counties,
66 Communities,
10 StormReady
Universities/Colleges,
4 Commercial Sites,
2 Military Sites.
In Illinois there are 2,731
communities and
townships,
out of that only
66 are StormReady
communities.
In Cook County
there are over
150 communities and
townships out of that
only six are StormReady
communities.

Melrose Park is proud
to be community partner
with the
National Weather Service
and has been a
StormReady community
for over 10 years.

Free Exercise for Melrose Park Seniors

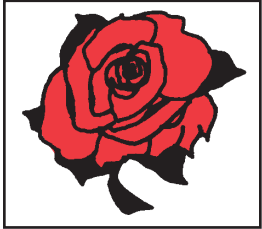


***Come Join in the Fun with
Instructor Barb Rubright
of Rube's Garage!***

Monday-Friday • 9-10 a.m.

**Melrose Park Senior Center
900 N. 25th Ave. • Melrose Park**

For more information, please call (708) 343-4000, Ext. 4448.



Village of Melrose Park Senior Club News

*From the Desk of Peggy DiFazio,
Director of Senior Services,
Special Events and
Taste of Melrose Park*

2015 Meeting Dates

March 12 • April 9 • May 14 • June 11
July 9 • Aug. 13 • Sept. Cancelled • Oct. 8 • Nov. – TBD • Dec. 10
Meeting dates are scheduled that include lunch meetings and
coffee and ... meetings. Bingo will be played at all meetings.
Registration must be made two weeks prior to meeting date.

Registration for New Memberships

We're looking for new members to join our club and we're invit-
ing current members to renew their memberships.

You must be 55 years or older and a Melrose Park resident.
Cost is \$10 per year and includes a picture ID. Each meeting
cost \$5 per person and includes lunch, informative speakers
and more. Preregistration for meetings is required.

It's a good place to make new friends and renew old ones.
For membership information, call (708) 343-4000, Ext. 4448.

Senior Services

Need help with Medicare, circuit breakers, etc.? Need
sources for home health care, equipment, etc.? Have
questions you need resources for? We can help.

Call Peggy DiFazio at (708) 343-4000, Ext. 4448.

Mayor Serpico Offers Free Painting Program for Seniors

Mayor Serpico recently announced the village of Melrose Park will offer a
free residential painting program for individuals 65 years of age and older
who reside and own a single family home in Melrose Park.

Those who qualify and need light paint work around their homes –
fences, garage doors, railings, etc. – are encouraged to complete the MP
Painting Program Request Form and mail it to:

Village of Melrose Park, Attn: Patti Dindia,
1000 N. 25th Ave., Melrose Park, IL 60160



Mayor Serpico's MP Painting Program Request Form

Please print clearly.

Name _____

Address _____

Phone _____

Age _____ Birthdate _____

Item(s) to be painted (please circle): Fence Garage Door Railings

Other: _____

Melrose Park Senior Club 2015 Renewals

*It's that time of the year to
renew memberships
for calendar year 2015.*

*Senior Club members,
your memberships must be
renewed before the 2015 meeting.*

*To renew, please complete the
Melrose Park Senior Club
2015 Membership Renewal Form
and mail it with your renewal fee of \$10 to:*

**Village of Melrose Park
Attn: Peggy DiFazio
1000 N. 25th Ave.
Melrose Park, IL 60160**

Please make checks payable to the Melrose Park Senior Club.



Melrose Park Senior Club 2015 Membership Renewal Form

Please print clearly.

Name _____

Address _____

City, State, ZIP _____

Phone _____

Emergency Contact Name _____

Emergency Contact
Phone _____

Birthdate _____



Melrose Park Public Library

In Person. Online. We Bring You the World.



Start a crafty project at the library, or bring one in to finish. Work together with friends or individually in the areas of sewing/quilting, needlework, paper crafts, painting, and more. The corner will be set-up the first Saturday of each month. For months the library is closed on the first Saturday, the Creative Corner will be held on the third Saturday.
Saturday, March 7: 11am



March is women's history month and we're celebrating with a traditional Tea Party! Join us for tea, cake, cookies, scones, and plenty of fun. Bring your friends or come solo to eat, socialize, and learn a little something about women's history along the way!

Saturday, March 21 2015: 11am-1pm



www.MPPLibrary.org



801 N Broadway, Melrose Park, IL 60160
mps@mpplibrary.org
(708)343-3391

Cozy Comfort Foods With Chef Michael Maddox

Chef Michael Maddox returns to the Melrose Park Public Library with an all new cooking and tasting demonstration. Three Cozy comfort classics will be prepared and all participants are invited to stay and sample the goodies. Recipes will be provided to take home with you.

- Julia Child-Style Coq au Vin
- Winter Squash & Thyme Soup
- Creamy Three Cheese & Portobello Risotto



Saturday, February 21: 11am

Register for these programs online at mpplibrary.org or phone 708-343-3391 x2 .

Board Games @Your Library Saturday, March 14: 11am

Join us at the Melrose Park Library to play strategy and designer games for ages 8 to 88+. We'll have plenty of games to play on the second Saturday of each month or feel free to bring your own. All skill levels welcome.

Library Hours

Monday-Thursday, 8:00am-8:00pm
Friday, 8:00am-5:00pm
Saturday, 10:00am-2:00pm
Sunday, Closed
Closed last Saturday of the month



Melrose Park Public Library

In Person. Online. We Bring You the World.

Youth Services

Teen Book Club

Read, talk about books, and socialize! Grades 7th-12th.
Tuesdays, Feb. 24th, Mar. 24th, Apr. 28th
from 5:00-6:00 p.m.



Tween Book Club

Come and join the new tween club! We'll choose some amazing books to read, rate our favorites, and have great fun talking all about them. Grades 4th-6th.
Wednesdays, Feb. 25th, Mar. 25th, Apr. 29th
from 4:00-5:00 p.m.

Stay and Play

Join our lively and interactive playtime for great fun with books, music, puzzles and toys. For families with children 5 years old or younger.

Thursday Mornings — from 10:00-11:00 a.m.



Folktales Retold Storytime

Join us for a storytime that features the classic folktales you know and love retold in fantastic and funny ways. Ages 3-7 years old.
Thursday, Feb. 26th — from 3:30-4:30 p.m.

I Spy Dr. Seuss

Celebrate Dr. Seuss's birthday & join our giant game of "I Spy!" Pick up a worksheet at the Youth Services desk & spy the different Dr. Seuss items all over our department. Once you finish your sheet, turn it in for a prize! This program is for all ages & lasts all day!
Monday, March 2nd — from 8:00 a.m.-8:00 p.m.



Lego Club

The library will supply the Legos, you bring your imagination! Kids in grades K-6th are invited to attend; kids ages 3-5 must attend with a parent.
Tuesdays, Mar. 3rd, Apr. 7th — from 4:00-5:00 p.m.

Act it Out!

Do you like to perform? Join us for an afternoon of fun and engaging theater games! We'll also do a theater-focused craft! Grades 2nd-5th.
Wednesdays, Mar. 4th, Apr. 1st — from 4:00-5:00 p.m.



Dr. Seuss on the Loose

If you love all those wacky Dr. Seuss books, this is the program for you! Join us for amazing activities, crafts, and snacks. Grades K-5th.
Thursday, Mar. 5th — from 3:30-4:30 p.m.

All programs at the library are **free**, and registration is required. To register, call Youth Services at (708) 343-3391 ext. 7484.



www.MPPLibrary.org

801 N Broadway, Melrose Park, IL 60160

mps@mpplibrary.org

(708)343-3391



Library Hours

Monday-Thursday, 8:00am-8:00pm

Friday, 8:00am-5:00pm

Saturday, 10:00am-2:00pm

Sunday, Closed

Closed last Saturday of the month



Melrose Park Public Library

In Person. Online. We Bring You the World.

Youth Services

Teen Tech Week - Retro Tech

Take a step back in time to explore & experiment with devices everyone used for game-playing, music-listening, photo-taking, and computing before smartphones and tablets. Grades 7th-12th.

Tuesday, Mar. 10th—from 5:00-6:00 p.m.



Family Movie Night

Spend an exciting evening at the library with your family and friends, watching a special movie and enjoying some snacks!

For all ages.

Wednesdays, Mar. 11th, Apr. 8th—from 5:00-7:00 p.m.

Arts & Crafts

The library is hosting a monthly craft event for kids in grades K-6th to make a special treasure to take home. Crafts are limited to 15 kids; be sure to register early to reserve your spot!

Thursdays, Mar. 12th, Apr. 16th—from 3:30-4:30 p.m.



Ready! Set! TECH!

Join our new monthly club and have fun experimenting with our amazing new tech toys and gadgets! Grades 2nd-5th.

*Wednesdays, Mar. 17th, Apr. 21st
from 4:00-5:00 p.m.*

St. Patrick's Day Storytime

Celebrate St. Patrick's Day by wearing a bit 'o' green, listening to stories from the Emerald Isle, and making a craft to take home. Grades K-3rd.

Tuesday, Mar. 17th—from 2:30-3:30 p.m.



Spectacular Circus Storytime

On this day in 1881 the first Barnum & Bailey's Circus opened! Celebrate with circus stories, spectacular games and a fun circus craft! Grades K-3rd.

Wednesday, Mar. 18th—from 4:00-5:00 p.m.

Afternoon Adventures

Join the library for an interactive afternoon of stories and play!

Ages 3-7 years old.

*Thursdays, Mar. 26th, Apr. 30th
from 3:30-4:30 p.m.*



Pajama Storytime

Bring your family to the library for a quiet storytime just before bed! Families with children ages 7 and under can come to the library in their pajamas.

Tuesdays, Mar. 31st, Apr. 28th—from 6:00-6:30 p.m.

All programs at the library are **free**, and registration is required. To register, call Youth Services at (708) 343-3391, ext. 7484.



www.MPPLibrary.org



801 N Broadway, Melrose Park, IL 60160
mps@mpplibrary.org
(708) 343-3391

Library Hours

Monday-Thursday, 8:00am-8:00pm
Friday, 8:00am-5:00pm
Saturday, 10:00am-2:00pm
Sunday, Closed
Closed last Saturday of the month

Melrose Park Sports & Fitness Club

Fitness for All Ages

1000 N. 25th Ave., Melrose Park • (708) 450-0555

BOXING

Instruction by retired professional Rocky DiFazio
Tuesdays and Thursdays • 4-9 p.m.
Saturdays • 10 a.m.-2 p.m.

AEROBICS

Instruction by Lena
Step • Mondays, Wednesdays and Fridays • Noon-1 p.m.
Sr. Exercise (Low Impact) by Barb Rubright
Monday-Friday
9-10 a.m. • Senior Center

MARTIAL ARTS

Monday-Friday • Residents – \$50, Nonresidents – \$60
For additional information,
call (708) 450-0555.

ROOM RENTALS

Multi-purpose Room

Birthdays • Anniversaries • Graduations
Religious Celebrations
Weddings • Business Meetings • Etc.

150 Maximum Capacity

Days and Nights Available

Mondays-Saturdays • 9 a.m.-Midnight
Sundays • 9 a.m.-7 p.m.

Rentals Include:

Four Hours • Setup of Table and Chairs
Security • Use of Kitchen and Ice Machine

**HALL RENTALS ARE ALSO AVAILABLE
IN THE SENIOR BUILDING (900 N. 25th Ave.)**

Call (708) 450-0555 for info.

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Crunching Machines

Wrist and Forearm • Arm • Abdominal • Shoulder Fly
• Chest Press • Rowing • Lateral Pulldown

Lifefitness Treadmills • Gauntlet Stairmasters
Life Cycle Bikes • Free Weights

Come visit our surrounding park.
Perfect for taking pictures for all occasions.
Stop by our front desk and we can answer any questions
you may have about your next party or event.

We can accommodate most party requests.

For more information, call (708) 450-0555.

Summer Hours (Memorial Day-Sept. 30)

Weekdays – 7 a.m.-8 p.m. • Weekends – 9 a.m.-2 p.m.

Winter Hours (Oct. 1-Memorial Day)

Weekdays – 7 a.m.-10 p.m. • Weekends – 9 a.m.-5 p.m.

It's Time to Early-Bird Register!

MELROSE PARK YOUTH COMMISSION

1000 N. 25th Ave. • Melrose Park, IL 60160 • (708) 343-2015

Summer

**Register
Now!
Space is
Limited!**

Camp Fun

For children 4-7 years of age!

Camp runs Mon., Wed. & Fri., Mid June-Mid August • 10 a.m.-3 p.m.

Registration can be made at the Youth Commission – Evenings From 6-8 p.m.

(The Youth Commission is located on the first floor of the Melrose Park Sports & Fitness Club.)

\$125 per child (Melrose Park residents).

Nonresidents Fee – \$450 Per Child

For more information, call the Youth Commission at (708) 343-2015.

MAP of Hope Foundation Hosts Breakfast with Santa



The MAP of Hope Foundation recently held their Breakfast with Santa holiday gathering at Villa Brunetti.

Santa and Ronald McDonald were there to join in the fun and take pictures with Mayor Serpico's family and friends, and Ronald also posed with Village Clerk Mary Ann Paolantonio.

Children were admitted free of charge with a donation of a new pair of pajamas. They also had a chance to greet Santa and let him know what was on their Christmas list.

Everyone had a great time spreading some holiday cheer with proceeds benefiting Ronald McDonald House Charities.



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• CUB/ SOX TICKETS
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HIGH SCHOOL (GYM)
1000 N WOLF ROAD
NORTHLAKE, IL 60164
TIME: 11AM - 3PM
WWW.THETURNCENTER.ORG
FOR MORE INFO: 708-865-8876
THIS IS NOT A SCHOOL
DISTRICT SPONSORED EVENT



JOIN US:     

Santa, Sandwich King Attend Annual Tree Lighting Event at Abruzzo's



Abruzzo's kicked off the 2014 holiday season with their annual tree lighting ceremony.

Special guests Santa and Jeff Mauro, also known as The Sandwich King, were on hand for the event and lit the tree to officially launch the Abruzzo's holiday celebration.

Everyone had a remarkable time observing the bright lights and joys of the season!

**Mayor
Ronald M. Serpico**



Crafters Wanted!

**Taste of Melrose Park 2015
Friday-Sunday, Sept. 4-6**

*The Taste of Melrose Park is
looking for homemade crafters
to participate in this year's
big event! Space is limited.*

*Interested parties, please send an email to
taste@melrosepark.org for details.*



**Happy
New
Year**

**From
Steve
and
Barney**



FRENOS CON TARJETA MEDICA BRACES WITH THE MEDICAL CARD

**Text BRACES or FRENOS to 25827
For More Information**

(708) 498-4410

www.allkidsdentalcenter.com

WE ACCEPT ALL INSURANCE PLANS!

**1812 N. Broadway
Melrose Park, IL 60160**

(708) 498-4410

Melrose Park Little League Announces 2015 Registration Dates



Baseball/Softball FEES

T-Ball 4-6	Coach Pitch 7-8	Minor League 9-10	Major League 11-12	Junior League 13-14
\$60	\$80	\$95	\$110	\$140

ONLINE - Open Registration as of January 1st

www.melroseparklittleleague.org

Registration Sign-up Dates at Melrose Park Civic Center

Feb 21 • Feb. 28 • March 7-Final

Late Registrations After March 8th up to March 28th \$20 Late Fee

All registrations will be on Saturdays from 10am – 2pm

Melrose Park Little League

1000 N. 25th Ave

Melrose Park, IL 60160

melroseparklittleleague@gmail.com

Facebook: Melrose Park Little League

Twitter: MelroseParkLL

WANTED: COACHES & MANAGERS

Home of the 2014 12U State of Illinois Softball Team

Veterans Park District

Programs & Happenings

Special Events

Breakfast with the Bunny

Saturday, March 21 – 10-11:30 a.m. –
Bulger Park, Melrose Park

Come out for a fun-filled morning! Get your family together and head to Bulger Park for Breakfast with the Bunny! Families will enjoy a breakfast. Pre-registration is necessary to guarantee a table for you and your family.

Fee: \$7 Ages 3-10/\$8 Ages 11-Adult, In District
\$8 Ages 3-10/ \$9 Ages 11-Adult, Out of District

Children under 3 are admitted for free but still need to be registered for the gift count. Registration deadline is March 2.

Flashlight Candy & Egg Hunt

Friday, March 20 • 8 p.m.

Free Family Event – Ages 6-12

Gouin Park Playground Area, Franklin Park

We will cover the park with eggs and candy. This hunt takes place at night, so remember to bring your flashlight and a basket to collect your eggs and candy.

Egg Scrambler

Friday, March 27 • 6:30 p.m.

Free Family Event – Ages 2-10

George A. Leoni Complex Indoor Turf, Melrose Park

Veterans Park District and the Melrose Park Youth Commission will proudly sponsor an Egg Scrambler at the Leoni Complex in Melrose Park. We will toss out eggs and candy on the field, then the scramble begins. Remember to bring a basket to collect your goodies and a camera to take pictures with the Easter Bunny in the Bunny Room!

Easter Egg Hunts

Saturday, March 28 • 9:30 a.m. – Sharp!

Free Family Event – Ages 2-10

Trumbull Park Playground, River Grove

Hey, kids – the Easter Bunny will be hiding eggs at Trumbull Park. Bring your baskets to collect your eggs. Each hunt will be divided into age groups and start at exactly 9:30 a.m.

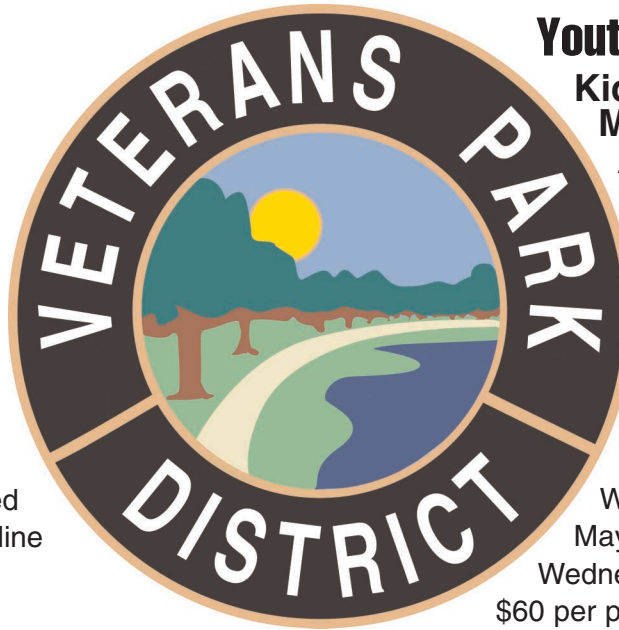
Easter “EGG”stravaganza

Saturday, March 28 • 11 a.m.-12:30 p.m.

All Age Free Family Event

Grant Park, Northlake

The Veterans Park District is teaming up with the city of Northlake for another exciting Easter “EGG”stravaganza. There will be crafts, entertainment and games.



Youth Sports

Kids Crossfit @ the Leoni Complex in Melrose Park

Ages 7-12

Veterans Park District is excited to announce a brand new and exciting class we are holding in partnership with O'Hare Crossfit. Crossfit is sweeping the nation and our instructors have found a way to tailor it perfectly to children interested in improving their athleticism and overall fitness. Come and join many others who are looking to have fun, while working out and preparing themselves for a new sports season.

Wednesday and Saturday – March 11-April 11, April 22-May 23, June 3-July 8 (no class July 4).

Wednesday – 5:30-6:30 p.m. Saturday – 9-10 a.m.
\$60 per person.

Teen Programming

Lunch and Movie Teen Trip

Ages 11-16

Veterans Park District will be going to Marcus Theatre in Addison to watch Divergent 2: Insurgent. We will be having lunch first at Famous Dave's and then after lunch, we will head to Marcus Theatre to watch the movie. (Trip fee only pays for movie ticket, lunch and transportation. Please send extra money with child to get any food, snacks and any souvenir purchases at the theatre.)

Saturday, April 4, Noon-5 p.m.

Fee: \$25 per child (fee covers ticket and lunch)

Drop off and pickup from Grant Park Recreation Center. Preregistration is required by March 20.

Gouin Pool and Waterslide

Get Your Gouin Pool Early Bird Pool Pass

March 1-May 31: \$32 In District

Regular Season Pass: \$37 In District, \$50 Out of District

If you visit the pool six times – the pass has paid for itself! Prices are for individuals 3 and up. Children 2 and under are admitted free of charge.

Includes new picture ID with bar code identification.

(Replacement pass \$5 fee.)

Now offering senior (55+) pricing: \$35 season pass.

Registering for a pool pass?

Stop by one of our registration offices and complete a registration form. At that time you will be asked to verify your address with a valid photo ID or two current utility bills showing your address and name. Season passes are nonrefundable.

Leoni Complex, 800 N. 17th Ave., Melrose Park • (708) 716-4822

Grant Park, 44 W. Golfview Dr., Northlake • (708) 343-5270

Gouin Pool, 2400 Scott St., Franklin Park • (847) 451-9396 – during open season.

Veterans Park District Special Event



Breakfast with the Bunny

Saturday, March 21
Bulger Park, Melrose Park 10am-11:30am

Come out for a hopping good time!

Gather your family together for Breakfast with the Bunny! Families will enjoy a buffet breakfast, children get to make a craft, visit and take a photo with the bunny.

Register early,
space is limited!
Deadline to register
is March 2

<u>In District</u>	<u>Out of District</u>
\$ 7 ages 3-10	\$8 ages 3-10
\$ 8 ages 11-adult	\$9 ages 11-Adult
children under 3 are admitted at no charge, please register them for gift count.	

Call 708-343-5270 to register
www.veteransparkdistrict.org



**For more information on Veterans Park District events and activities,
call (708) 343-5270 or visit www.veteransparkdistrict.org.**



SPRING LEAGUES

CO-ED - AGES 5-18

\$135 / PLAYER



Medieval Times

DINNER & TOURNAMENT



REGISTER TODAY - (740) 844-FLAG

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SERPICO MEMORIAL FIELD - 1000 N. 25TH AVENUE
GEORGE A. LEONI COMPLEX - 800 N. 17TH AVE
MELROSE PARK, ILLINOIS

GCCFFL 2015
GREATER CHICAGO FLAG FOOTBALL LEAGUE

REGISTRATIONS
GCCFFL 2015
FEB 21ST
FEB 28TH
MAR 7TH
MAR 14TH
MAR 21ST
MAR 28TH
2-6 PM - VILLAGE OF MELROSE PARK
2-6 PM - THE LEONI COMPLEX

LEAGUE PLAY
APR 12TH - JUN 7TH

REGISTER YOUR CHILD TODAY!

TERRY ZACHATA
(630) 254-6979

FREE PROPERTY INSPECTIONS

GOT INSPECTED LATELY?

CALL TODAY
(877) 266-8666

MORE INFORMATION PLEASE VISIT CHICAGOFLAGFOOTBALL.COM

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With this coupon. Must mention coupon when making appointment.
Not valid with any other offer or prior services. Expires 6/30/15.

Call (630) 622-4001 or E-mail Us Today – INFO@TOTALFENCING.COM.



Job Posting

Job Title: Cleaning Specialist

Department: N/A

Reports To: General Manager

Last Modified: 2015-01-19

Job Summary

- Performs routine manual tasks in maintaining the cleanliness, sanitary conditions and appearance of company buildings and institutions.

General Accountabilities

- Cleans bathrooms, offices, hallways and any other assigned areas by sweeping, mopping, scrubbing and polishing.
- Disposes of infectious waste when assigned. • Empties and decontaminates trash containers.
- Moves, rearranges and dusts furniture and fixtures.
- Mixes or blends routine cleaning solutions to proper concentrations as necessary for various tasks.
- Cleans and waxes floors using industrial-size mops and/or machines.
- Strips and polishes floors using buffing machines.
- Washes blinds, windows, and walls with prescribed solutions.
- Operates wet/dry vacuum for cleaning and shampooing carpeted areas.
- Maintains equipment; reports needs for vacuuming, mopping, and cleaning appliances and fixtures.

- Replaces light bulbs and/or reports safety hazards to supervisor.
- Performs custodial related duties necessary to maintain cleanliness and sanitary conditions.
- Performs many varied custodial tasks necessary for the upkeep of buildings and grounds.
- Performs other related duties as assigned or requested.

Skills

- Detail Oriented • Preferred Education: High School • Preferred Experience: 1 Year
- General clerical experience

Minimum Experience: 0-6 months **Minimum Field of Expertise:**

Physical Demands

- Occasionally required to walk. • Occasionally required to use hands to finger, handle, or feel.
- Occasionally required to reach with hands and arms.
- Occasionally required to talk or hear. • Occasionally required to bend, lift or climb
- Occasionally required to lift light weights (less than 25 pounds)
- Occasionally required to lift moderate weights (25-50 pounds)
- Occasionally required to lift heavy weights (50 pounds or greater)
- Finger dexterity required. • Hand coordination required.
- Specific vision abilities required for this job include: close vision, distance vision, ability to adjust or focus.

Work Environment

- Exposure to adverse conditions. • Exposure to extreme heat. • Exposure to extreme cold.
- Exposure to wet and/or humid conditions • Exposure to moving mechanical parts
- Exposure to outside weather conditions
- Protective clothing or equipment is required including: gloves, protective eyewear.

For additional details, please call (630) 267-0015.

Vote For Anthony Airdo Village Trustee



As a lifelong resident of Melrose Park, I have seen and experienced all that our village has to offer. It would be my honor and privilege to serve the community and be your new voice in our local government. I sincerely ask for your support.

Como residente de toda la vida de Melrose Park, he visto y vivido todo lo que nuestro pueblo tiene que ofrecer. Sería mi honor y el privilegio de servir a la comunidad y ser su nueva voz en nuestro gobierno local. Sinceramente pido su apoyo.

Vote April 7, 2015



...Training from the dog's perspective!



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***Visit us at www.foryourk9.com for Class Schedules,
Fees, Special Events and more...!***



Missionary Sisters of St. Charles St. Joseph Table

Friday, March 13, 2015

Two Seatings

Noon-3 p.m. or 4-8 p.m.

**Sisters of St. Charles
Convent**

**1414 N. 37th Ave.
Melrose Park**

Donations accepted at the door.

**For more information,
call the convent at
(708) 343-2162.**

Sponsored by M.S.S.C. Provincial Guild.

What's Coming Up at Triton College

The following are events coming up at Triton College. All of the events listed are free and open to the public and will take place on Triton's River Grove campus, located at 2000 Fifth Ave., unless otherwise stated.

Feb. 23

African-American Mobile Museum, 10 a.m.-5 p.m., outside the B Building – Get on the bus! The Black History 101 Mobile Museum is rolling through Triton College, bringing with it an innovative exhibit that depicts Black history spanning from slavery to Hip Hop. The museum has more than 5,000 rare treasures among its collection, including original documents from historic Black figures whose contributions have helped shape today's United States, figures such as Booker T. Washington, Malcolm X, Alex Haley, Shirley Chisholm and many others. For more information about the museum, visit www.blackhistory101mobilemuseum.com. This event is part of Triton College's recognition of Black History Month. For more information about the event, contact Maggie Duran at margaritaduran@triton.edu.

Feb. 26

Black Business Expo, 10 a.m.-2 p.m., Student Center Cafeteria – Triton College's Black Heritage Council will host a Black Business Expo to promote economic development through increased exposure for minority-owned businesses. Products and services will be showcased at the expo, which will also serve as a forum to educate, inspire and expose Triton students and the surrounding non-student community to cultural resources available in the area. This event is part of Triton College's recognition of Black History Month. For more information, contact Jacqueline Evette Gordon at (708) 456-0300, Ext. 3789.

Feb. 28

Stepper's Set, 7 p.m.-Midnight, Student Center Cafeteria – Step the night away with the Black Heritage Council's Ninth Annual Stepper's Set. The Chicago-style dance event will have a DJ and a soul food buffet. Admission is \$10 in advance and \$15 at the door. Proceeds from the event will go toward developing cultural programming on Triton's campus. This event is part of Triton College's recognition of Black History Month. For tickets or more information, contact Freida Iverson at (708) 456-0300, Ext. 3322.

Feb. 28 and March 1

Triton College Performing Arts Department presents *There's An Ocean in Nebraska*, Cox Auditorium (Room J-108) of the Fine Arts Building (J Building) – The Triton College Performing Arts Department will perform *There's An Ocean in Nebraska* by Chicago playwright and member of Chicago Dramatists Dana Lynn Formby. In the topsy-turvy world of *There's an Ocean in Nebraska*, adventures are quickly threatening chaos. By turns hallucinatory, hilarious and deeply moving, this exciting new work takes audiences on an unexpected journey to the possibility of healing. *There's an Ocean in Nebraska* will be presented as a semi-staged workshop production. Showtimes are 7:30 p.m., Saturday, Feb. 28, and 2 p.m., Sunday, March 1. General admission is \$12. Admission is \$10 for Triton students, faculty/staff and senior citizens. For more information, call (708) 456-0300, Ext. 3506, or visit www.triton.edu/VPC.

March 5

Job Club Meeting: Dress for Success, 1-2 p.m., Room B-130B of the Student Center – Triton College's Career Services Center will have their next monthly Job Club Meeting on the topic of dressing for success. Northwestern Mutual will be the guest presenter. The club, open to community members, hosts informational sessions, while providing guidance and support to job seekers. For more information, call (708) 456-0300, Ext. 3619, or email richwilliams@triton.edu.

March 6

Triton College Community Orchestra, 7:30 p.m., Performing Arts Center in the Robert M. Collins Center – The Triton College Community Orchestra (TCCO) concert will, for its first-time ever, feature a performance by the winner of the Inaugural Triton College High School Concerto Competition, as well as faculty soloists performing concertos with the TCCO. For more information, call (708) 456-0300, Ext. 3506, or visit www.triton.edu/VPC.

March 23-April 17

Robo Redux, Fine Arts Gallery, Room J-107 (J Building) – Last year's robotics collaboration was fun, eclectic and battery powered. So many new ideas emerged during the show and reception that we are inviting the robots and their creators back for a new and improved collaboration. Come see how much fun can be had when student meets machine. A public reception is scheduled for 6-8 p.m., April 15 in the gallery. Regular gallery hours are 12:15-1:45 p.m., Tuesdays and Thursdays, and 11 a.m.-5 p.m. Wednesdays and Fridays. For more information, call (708) 456-0300, Ext. 3506, or visit www.triton.edu/VPC.

March 25

Triton College Faculty Artist Series, 7 p.m., Performing Arts Center in the Robert M. Collins Center – Triton College jazz faculty member James Davis performs a diverse program of jazz standards as well as a selection of contemporary pieces, including his own arrangements and compositions for trumpet. For more information, call (708) 456-0300, Ext. 3506, or visit www.triton.edu/VPC.

April 11

Triton College Jazz Spectacular, 7:30 p.m., Performing Arts Center in the Robert M. Collins Center – The always wildly successful Jazz Spectacular returns for the 2014-2015 concert season, featuring a brand new Chicago-based guest artist and jazz ensemble, as well as members of the Triton jazz faculty, Triton jazz students and local high school students. A free jazz clinic, led by the guest artist, will be held at 4 p.m. on the afternoon of the concert at the Performing Arts Center. For more information, call (708) 456-0300, Ext. 3506, or visit www.triton.edu/VPC.

April 12

La Voix Humaine by Francis Poulenc, 2 p.m., Performing Arts Center in the Robert M. Collins Center – Join Triton College's music and theater faculty for a rare opportunity to hear Triton faculty member Ingrid Israel Mikolajczyk perform Frances Oulenc's one-act opera *La Voix Humaine*, based on the play of the same name by Jean Cocteau. Theater faculty member Amy Fenton will direct and stage the opera. For more information, call (708) 456-0300, Ext. 3506, or visit www.triton.edu/VPC.

April 14

Job Club Meeting: Prepare for the Job Fair, 1-2 p.m., Room B-130B of the Student Center – Triton College's Career Services Center will have their next monthly Job Club Meeting on the topic of how to prepare for Triton College's Job Fair. The meeting will include how to dress appropriately, resume building and more to impress employers at Triton's annual Job Fair on May 7. The club, open to community members, hosts informational sessions, while providing guidance and support to job seekers. For more information, call (708) 456-0300, Ext. 3619, or email richwilliams@triton.edu.



Join us at Our Biggest and Most Elegant Event Ever!
TRITON COLLEGE 50TH ANNIVERSARY

GALA

Saturday, April 25, 2015

Donald E. Stephens Convention Center, Rosemont

Saturday, April 25, 2015 • 6:30 p.m.-Midnight
Donald E. Stephens Convention Center • Rosemont
(Black Tie Optional)

Hors D'oeuvres, Dinner, Dancing, Open Bar, Free Valet Parking,
 50th Anniversary Giveaways and More!

Master of Ceremonies – Lourdes Duarte, WGN Morning News Anchor
 Entertainment by Al Sofia

A portion of the proceeds benefit the Triton College Foundation,
 (a 501(c)(3) not-for-profit organization) which supports student scholarships.

Tables of 10 – \$1000 • Individual Tickets – \$100
 (Reservations are limited and available on a first-come, first-served basis.)
 Gold/Silver/Bronze sponsorships and ad book reservations are also available.

For more information, please call Triton College at (708) 456-0300, Ext. 3607,
 or send an email to TC50Gala@triton.edu.



RSVP Offers Free Tax Counseling for Older Americans

RSVP of West Suburban Cook and Southern DuPage Counties sponsored by Triton College in River Grove once again is offering the Internal Revenue Service's Tax Counseling for the Elderly (TCE), a free tax counseling program for individuals age 60 and older from low- to moderate-income households. RSVP has been providing this program for more than 15 years in partnership with the IRS.

Volunteer tax assistants are specially trained to help older Americans with their taxes. The volunteer tax assistants are individuals who are college-aged students as well as older adults. The assistance includes helping participants complete federal tax forms, including the 1040EZ, 1040A and 1040, and the state income tax forms. All tax returns are submitted electronically once completed.

Assistance will be provided at various locations throughout the community and throughout the week:

- Mondays – Melrose Park Public Library
- Tuesdays – Elmwood Park Senior Center
- Wednesdays – Proviso Township Office in Hillside
- Thursdays – Leyden Township Carl Fiorito Center in Franklin Park
- Fridays – Senior Assistance Center in Norridge
- Saturdays – Robert M. Collins Center on Triton College's main campus in River Grove

The free service will be offered now through April 13, 2015, by appointment. To make an appointment, call the RSVP Office at (708) 456-0300, Ext. 3895, between the hours of 9 a.m. to 3 p.m., Mondays through Thursdays, and 9 a.m. to 1 p.m., on Fridays.

After participants make an appointment, they will be requested to bring with them W-2 forms from all employers, Form 1099s (interest statements from banks), a copy of last year's tax return and any other relevant tax information.

For more information on tax assistance and to schedule an appointment, call (708) 456-0300, Ext. 3895.

Triton Troupers Circus Set for March 26-28

The Triton Troupers Circus, an extraordinary show based out of Triton College, will be celebrating their 44th season with performances scheduled for Thursday, March 26-Saturday, March 28.

Showtimes for this year are as follows:

- Thursday, March 26 – 7 p.m.
- Friday, March 27 – 7 p.m.
- Saturday, March 28 – 1 p.m.* and 7 p.m.

(*The 1 p.m. Saturday show is interpreted for the hearing impaired.)

The Triton Troupers Circus will be held at Triton College in the Robert M. Collins Center Gymnasium (east side of campus), 2000 Fifth Ave., River Grove.

All shows are handicapped accessible, for all ages, and are animal-free.

The show lasts about two hours and includes an intermission.

Refreshments will be sold and the show may include fog and strobes, as well as balloons and confetti.

Tickets are just \$6 and can be purchased at the door before the show.

For individual or group advanced ticket sales, call Student Services at (708) 456-0300, Ext. 3383, (TTY 800-526-0844).

Doors open one hour before show time and parking is free.

Come early for the best parking and seat location, and enjoy the clown pre-show.

Triton Troupers Circus is a nonprofit effort dedicated to the preservation of the circus arts and to the local community.

Triton Troupers Circus features skilled performers in classic circus specialties such as chairs, clowning, double stunts, globes, gymwheel, juggling, statues, teeterboard, trampoline, trapeze, unicycle, web, wire, feats of strength and more.

Check out the Triton Troupers fun Web site at TritonTroupersCircus.com.



Register Now for Late-Start Spring or Summer Courses!



Call:
(708) 456-0300, Ext. 3130

Click:
www.triton.edu

Visit:
Triton College,
2000 Fifth Ave.
River Grove

RSVP Hosts Annual Pancake Breakfast and Circus Special A Day of Fun for the Whole Family!

RSVP of West Suburban Cook and Southern DuPage Counties at Triton College is hosting its annual Pancake Breakfast with the opportunity for families to have a day of fun, too.

Breakfast begins at 8 a.m. on Saturday, March 28, in Room R-221 of the Robert M. Collins Center on the east side of Triton's main campus in River Grove and will run until noon.

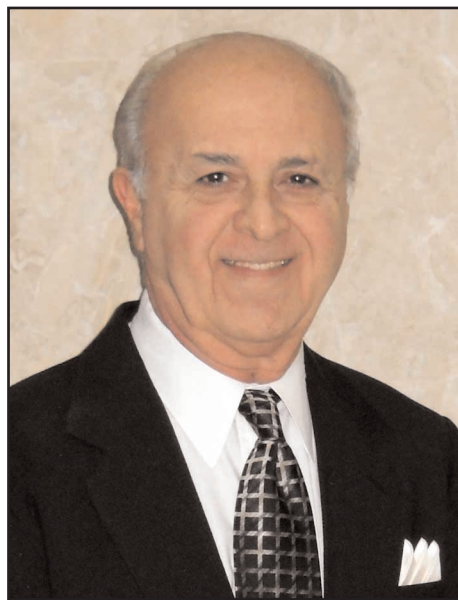
For those families who want to see the Triton Trouper Circus, a Circus Special, a combination of tickets for the circus and the breakfast, can be purchased for a discounted price of \$8 in advance, \$10 at the door. Tickets for the circus only are \$6 per person.

The Triton Trouper Circus will dazzle spectators at 1 p.m. in the Collins Center Gymnasium.

If you're interested only in the RSVP Pancake Breakfast, a \$4 donation will be accepted in advance, \$5 at the door.

All proceeds benefit the RSVP Program and its volunteers.

For more information on the RSVP Pancake Breakfast or Circus Special, call (708) 456-0300, Ext. 3835 or 3603.



Flowers of Italy Club

54th Annual Dinner Dance Honoring Sonny Nicotera

Saturday, March 28, 2015

**Villa Brunetti Banquet Hall
9755 W. Grand Avenue • Franklin Park
Tickets: \$65 Per Person**

**For tickets or ad book information, please call
Sandy Ciano at (630) 688-3153, or
send an email to sdciano@gmail.com.**

Danny's Cafe



1419 N. 15th Ave. • Melrose Park, IL 60160
dannys.cafe@yahoo.com

7th Annual St. Joseph's Table

St. Joseph the patron saint of all workers
"An Italian tradition to be passed down to your children"

Hosted by The Navarro Family (formerly Café Zalute) & The
Scavo Family

Thursday March 19th, 2015

Featuring St. Joseph Day favorites and more!!!

**Salads, Fresh Vegetables, Pasta, Fish,
and Sweet Table**

Dinner Seatings: 5:00 & 7:00

(Blessing of the table @ 4:45)

\$20.00 per person

Seniors: \$17.00 @ 5:0 Seating only

Kids under 12: \$10.00

Plus tax and gratuity

Donations to Sacred Heart Melrose Park, IL

Please call for Reservations: (708)343-9999



Danny's Café Honors St. Joseph

St. Joseph's Day is Thursday, March 19, and this year Danny's Café at 1419 N. 15th Ave., will bring back this longstanding Italian tradition that stems from a 19th century promise made to St. Joseph who was prayed to when there was a family or personal crisis.

To celebrate St Joseph's Day a large table of salads, breads, meatless dishes, fresh fruit and of course traditional Italian desserts are offered. There will be a collection for Sacred Heart Church that will be used to help the under privileged.

The Navarro family from Pasta Vino (Schiller Park) and most recently Café Zalute (Rosemont), will join the Scavo family to fulfill promises made to their mothers, Theresa Navarro and Phyllis Scavo. Both of these wonderful women were very active in celebrating this special day. Theresa prepared a lavish table at her family's restaurant that would serve over 700 people in the course of the day and Phyllis, who was an amazing baker, would prepare her homemade desserts and donate them to numerous tables in the Melrose Park area.

Please help keep this Italian tradition alive by involving your family in celebrating this special day. There will be two seatings at 5 and 7 p.m. There is a senior discount at the 5 p.m. seating. Reservations are required. Please call Danny's Café at (708) 343-9999.

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Franciscan Resource Center Offers Local Assistance

Melrose Park-based Franciscan Resource Center is a nonprofit center for persons seeking help in their human needs, such as health, depression, domestic problems, hunger, medical aid, addictions, anger management, substance abuse, clothing and basic human needs.

The resource center refers persons to area agencies and follows up on each person's needs.

For an appointment or further information, please call Sr. Nila or Sr. Jan at (708) 567-5083, Monday-Friday, 8:30 a.m.-3:30 p.m., or send an e-mail to franciscanresourcecenternfp@gmail.com.

Centro De Recursos Franciscanos, NFP

El Centro de Recursos Franciscanos es un centro sin fines de lucro para personas que buscan ayuda en sus necesidades humanas, como la salud mental depresión inmigración, problemas internos, hambre, ayuda, medica, adicciones, control de la ira, abuso de sustancias, ropa y necesidades humanas basicas.

Este centro de recursos ayuda a referir a personas, a las agencias adecuadas y hacen el seguimiento para que las personas reciban la ayuda necesaria.

Por favor llame a la hermana. Nila o hermana. Jan al (708) 567-5083 para hacer una cita ... Lunes-Viernes 8:30 a.m.-3:30 p.m. ubicacion en Melrose Park.

Public Notice Regarding Scheduled Board Meetings

Take notice that the village of Melrose Park, Cook County, Ill., will conduct the regular scheduled meetings of the president and the board of trustees on the second and fourth Mondays of each calendar month, unless otherwise noted, at 6 p.m. at the Village Board Meeting Room located on the first floor of the Melrose Park Police Department, 1 N. Broadway Ave., Melrose Park.

The remaining schedule for calendar year 2015 is: Feb. 23; March 9 and 23; April 10 and 24; May 11 and Tuesday, May 26; June 8 and 22; July 13 and 27; Aug. 11 and 25; Sept. 14 and 28; Tuesday, Oct. 13 and Oct. 26; Nov. 9 and 23; and Dec. 14 and 28.

For more information, call (708) 343-4000.

Village Hall Announces Holiday Closings

The Melrose Park Village Hall will be closed for the following holidays: Good Friday - Friday, April 3, 2015; Memorial Day - Monday, May 25, 2015; Independence Day - Friday, July 3, 2015; Labor Day - Monday, Sept. 7, 2015; Columbus Day - Monday, Oct. 12, 2015; Veterans Day - Wednesday, Nov. 11, 2015; Thanksgiving Day - Thursday, Nov. 26, 2015; Day After Thanksgiving - Friday, Nov. 27, 2015; Christmas Eve (1/2 Day) - Thursday, Dec. 24; Christmas Day - Friday, Dec. 25, 2015; and New Year's Eve (1/2 Day) - Thursday, Dec. 31, 2015.

Residents are asked to make note of the dates listed.
For more information, call the Village Hall at (708) 343-4000.



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A Message from Kathleen Willis

Illinois State Representative • 77th District

112 N. Wolf Road • Northlake, IL 60164

Phone: (708) 562-6970 • Fax: (708) 562-6974 • Web site: www.repwillis77.com

Email: repwillis77@gmail.com • Facebook & Twitter: repwillis77

Rep. Willis Renews Focus on Fiscal Reform with Start of New Term

State Rep. Kathleen Willis (D-Addison) was sworn into the 99th General Assembly recently, beginning her second term as representative of the 77th District.

"In November, the voters of Illinois spoke loud and clear about the need to change the direction our state is going," Willis said. "I look forward to working with Gov. Rauner on ways we can improve Illinois' economy, provide meaningful property tax relief to struggling homeowners and push for fiscal responsibility in state government."

The rise in popularity of electronic cigarettes has raised concerns about the safety of these addictive products. Willis worked last year to pass legislation requiring alternative nicotine products, such as electronic cigarettes, to be sold only in the same restricted areas as regular tobacco products. She will follow up with these efforts by pushing for regulations of electronic cigarettes that mirror those of traditional tobacco products.

"We cannot ignore the scientific evidence showing the dangers of electronic cigarettes," Willis said. "These products must be regulated in the same manner as traditional nicotine products, so both adults and children are not tricked into thinking these products are safe, when in reality they are just as addictive and harmful to your health."

Willis understands both educators and parents are concerned about gangs impacting the safety of our neighborhoods and schools. To help curtail this danger, Willis will introduce legislation increasing the penalties for those attempting to recruit students into gangs.

"Those who target children to recruit them into a life of crime and violence must be taken off the streets and put behind bars," Willis said. "Our children's futures are too valuable to stand idle while they are preyed on by criminals."

Along with advocating for her district when in Springfield, Willis will continue to reach out to area residents by hosting town halls and mobile office hours throughout the area, meeting with her community advisory committees, and walking door-to-door to discuss state and local issues. Constituents who have ideas for potential legislation are encouraged to contact her constituent service office or visit her online "Suggest-A-Bill" program at www.repwillis77.com. "While meeting with residents at town halls and walking door-to-door, I have heard many good ideas for legislation to propose," Willis said. "No matter how big or small the idea is, if it can make Illinois a better place in which to work and live, I want to hear it."

For more information or to submit legislative ideas, please contact Willis's constituent service office at (708) 562-6970.

Kathleen Willis is serving her second term in the Illinois General Assembly as state representative of the 77th District, which includes O'Hare Airport and portions of Addison, Bellwood, Bensenville, Franklin Park, Maywood, Melrose Park, Northlake, Stone Park, and Wood Dale.

Rep. Willis and AARP to Host Pre-Retirement Financial Seminar

State Rep. Kathleen Willis (D-Addison) will be joining the Illinois Chapter of AARP to host a free financial planning seminar for residents between the ages of 50 and 64 on Feb. 23 at the Bensenville Public Library from 7 to 8:30 p.m.

"I am excited to join AARP in hosting this important seminar that will help people plan for their financial security," said Willis. "In difficult economic times we must have a financial plan in place if we are to avoid debt; and this event will help people in this effort."

This financial seminar will review how to take charge of credit card debt, develop a savings plan, protect one's assets, set financial goals and create a personal budget. Specialists from AARP will be on hand to help residents who have questions regarding how to avoid financial pitfalls that pose a threat to pre-senior citizens.

"As the lingering effects of the economic recession remains, I hope residents will join me to learn best practices in order to protect themselves against the financial pitfalls that can be avoided with good planning and sound advice," said Willis.

Willis Urges Cook County Seniors to Apply for Property Tax Homestead Exemption

State Rep. Kathleen Willis (D-Addison) recently called on residents who turned 65 years old last year to apply for the Senior Citizens Homestead Exemption, an important credit to reduce property tax bills.

"Property taxes have continued to increase even while home values have declined," said Willis. "I urge residents to take advantage of any options to reduce their property taxes, especially those available to senior citizens."

The Senior Citizen Homestead Exemption is open to people who have owned and occupied the property as of Jan. 1, 2014, and have been 65 years of age or older during the year for which they are applying. According to the Cook County Treasurer's Office, seniors can save up to \$250 a year in property taxes and up to \$750 when combined with the Homeowner Exemption.

Those interested in applying for the exemption are urged to call the Cook County Assessor's Office at (312) 443-7550 or to reach out to Rep. Willis' constituent service office at (708) 562-6970. The Cook County Assessor's Office has stated they will continue to accept applications for exemptions to be applied to last year's assessed value until the end of March.

"I hope residents will take advantage of this important resource to mitigate their property tax burden," said Willis. "Further, I want residents to know that my office is open and ready to assist homeowners navigate the process to lower their tax bill as much as possible."

Donations are Currently Being Accepted for the Our Lady of Mt. Carmel Parish Archives

In January 2012 the Parish of Our Lady of Mt. Carmel announced a historical event: the formation of a long overdue parish archive. The mission in creating a parish archive was fourfold:

- 1) To locate whatever available documents and memorabilia was left by previous generations, with the hope of uncovering outright treasures from the past, or usable data to build upon.
- 2) To evaluate, catalogue, and preserve all that is donated by individual parishioners, by the various parish societies and organizations, by the public, and by former parishioners that have moved out of town.
- 3) To facilitate and encourage the documentation of significant parish events of the present, for many of the records created and maintained today will become our historical collective memory of tomorrow.
- 4) To eventually create a permanent historical exhibit for all to enjoy.

Due to the fact that there existed no assigned and secure space to serve as a depository to encourage the preservation of material documenting the development of our parish, very little remains for us of its early years. Most likely, after the owners of the treasured documents departed, the bulk of their material was discarded by those that survived them. Let us act today, and keep this unfortunate scenario from taking place tomorrow.

The success of our archive depends on how much interest, assistance, suggestions and material our parishioners are able to provide. And while your participation is critical to the new archive by donating material that you own, and in seeking material from people that you know, it does not require a lot of your time, nor does it require long-term involvement. Convince others that now, for the first time, we can assure everyone that what they donate to the parish archive will be as safe as it has been in their own home, and will remain so for generations to come. This is a time of commitment for all of us to record the history of our parish going back to the arrival of the revered Our Lady of Mount Carmel statue in 1894, the erection of a wooden chapel at 908-910 N. 24th Avenue in 1895, followed by its designation as the official parish church of Melrose Park in May 1903.

Postponing doing something usually results in its demise; therefore you need to react promptly. You need to consider the historical value of this initiative and participate with dedication and determination. How can you help? Examine those forgotten cardboard boxes residing in closets, basements and attics for any type of memorabilia, correspondence, printed material, newspaper articles, old church bulletins, photos, slides, film, videos, old certificates, flyers of past events, etc. Also, seek relevant information such as the names and dates of members of the various parish societies and organizations, the names of our pastors and clergy, and the names of the nuns and priests who actually were born in Melrose Park and graduated from our grammar school. And most importantly, information relating to the genealogy of our predecessors who played a pivotal historical and religious role in the history of our parish, such as relatives and families of the foundress of our church, Emanuela De Stefano; this would be invaluable.

To help, you need to put down on paper what you yourself remember and what you have heard from your parents and older relatives, for in doing so you will honor their memory. Another way of seriously committing to help would be to contact your friends and relatives, including those that have moved out of town, and who might still be coming back to participate in our yearly Feast. Tell them about our new archive, give them this article and ask them if they have anything to donate, such as pictures that captured events in our 1908 church, such as feasts and weddings or items salvaged when the church itself was demolished in 1966. Perhaps you can convince them to put in writing details or simple personal stories, recalling what they remember or heard of the early Feasts, our nuns, priests and pastors, our churches, rural Melrose Park or what they recall hearing from their parents and older relatives. Recording verbal information from those older than you might open new windows into forgotten areas. If so requested, the archive can make copies of material that people entrust to us and we can then return the originals to the owner; please do not write on the originals, rather make all notations on a separate piece of paper.

Handwritten contributions need not be in some elegant format, nor do they have to read like a novel; they simply need to be informative and legible. Your story could relate to something quaint or something important. It could describe segments of your personal story growing up and maturing in Melrose Park or recall the early years of our parish that you heard from your grandparents. But this is a task that cannot be done effectively in one sitting.

For those managing and sustaining the archive, their involvement and work has no end. You can help them by looking for dormant material, but also by providing information obtained through actual personal research, by interacting with others that you know and by offering relevant suggestions and information. They are counting on you.

This archive initiative is not a one- or two-person effort. It requires the cooperation and help of others, especially older parishioners who might be able to provide material and information essential in writing our unique story – a story born out of strong ethnic traditions and profound devotion to La Madonna del Carmine, which has remained undiminished for the past 120 years. The driving force for all of us is the unwavering devotion to the Mother of God, a personal tribute to our immigrant ancestors and a desire to lay out a path for the next generation to follow.

The archive is managed by our parishioner, Victor Nicodemo. You can reach Victor at (708) 681-3818. Also, you can mail or hand-deliver documents to the parish rectory in a manila envelope identified as “OLMC Archive;” please include your name, address and phone number. We thank you for any help that you can provide.



FRIDAY, APRIL 10TH, 2015

OUR LADY of MOUNT CARMEL

Annual Award

DINNER DANCE
MAN OF THE YEAR

GARY M
MARINE

Candle House
Recognition

Principe/Nocita
Zito Rosary

Fr. Benjamin Franch
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Padre Pio Benefactors

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Cocktails - 6:30p.m.

Awards - 7:30p.m.

Dinner - 8:00p.m.

Dinner Music By:
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Getting Bigger and Better! The Fifth Annual Our Lady of Mt. Carmel Parish and Shrine St. Anthony Society Lenten Fish Fry Friday, March 20

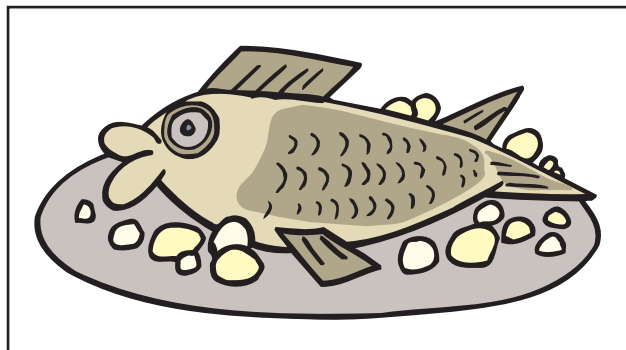
Once again, Johnny Maggio will be entertaining while everyone enjoys beer battered fish & chips, cole slaw, corn on the cob, coffee, soda, an enormous sweet table with fruit, homemade cakes and cookies, and this year, if you're over 21, wine is available for a special donation.

So save the date for the St. Anthony Society Lenten Fish Fry on Friday, March 20, 2015, from 6-9 pm. in Carmel Hall, on the corner of 22nd and Augusta in Melrose Park.

Tickets are \$10 for adults, \$8 for children under 12, and can be purchased in the Rectory, from any St. Anthony Society member, or at the door. "To Go" orders are also available.

Come early, stay late, bring your friends and have an evening of good food, great music and a lot of fun.

For more information, please call (312) 860-2530/(708) 372-1432, or the Rectory at (708) 344-4140.



Loyola Medicine offers patients free HIV testing at River Forest, other sites

Loyola University Health System has expanded free HIV testing to patients at the Loyola Center for Health at River Forest.

"HIV affects people of all ages, all races and all economic backgrounds. It is not just an urban phenomenon but exists in the suburbs," said Jerry Goldstein, research coordinator, Loyola University Health System. "The more people tested, the earlier the detection and the faster treatment is offered to save lives and prevent the spread of infection."

Funded by a Centers for Disease Control (CDC) research grant in collaboration with the Illinois Department of Public Health (IDPH), select patients in the Loyola Emergency Department and immediate care centers are offered a free HIV test.

"We also offer HIV testing at our Maywood Emergency Department (ED) and also at Loyola Burr Ridge and Park Ridge immediate care centers," said Beatrice Probst, MD, medical director of the immediate care centers at Loyola University Health System. Expanding testing to the Loyola immediate care center in River Forest started Dec. 2, the day after World AIDS Day.

"In 2014 alone, Loyola's testing program identified five new HIV infected patients. One was acute HIV, meaning the individual had recently acquired the infection and is at the most infectious stage," said Probst.

Since January 2014, over 11,000 patients were offered the free HIV test at the Loyola Emergency Department in Maywood and at Loyola's Burr Ridge immediate care center. "And over 2400 patients agreed to be tested for HIV and with the expansion of our program locations, we anticipate high numbers for 2015," said Probst. Patients who are diagnosed with HIV are referred to Loyola's HIV clinic for treatment.

The HIV clinic has been treating patients at Loyola for more than two decades. "The multidisciplinary Loyola HIV clinic has been continuously funded by the federal government through the Ryan White Care Act allowing provision of care to uninsured patients. Through that program and other health insurance we treat over 400 HIV patients annually," said Paul O'Keefe, MD, medical director, HIV clinic. The Loyola HIV clinic also regularly conducts clinical research trials.

The Student Training in Approach to Research (STAR) program at Loyola's Stritch School of Medicine supported the initial pilot for free HIV testing at Loyola in 2011.

In 2013, the U.S. Preventive Services Task Force gave a Level A recommendation to screen for HIV in adolescents and adults, understanding the importance of early identification of infection and the role that the emergency department can provide in the process.

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Cancer Prevention: Take Charge

Hai Solomon, M.D., F.A.C.O.G./Gloria Kroc, R.N., M.L.I.S.

Few diseases invoke as much fear as hearing the word "cancer." When having cancer becomes personal, affecting you or a loved one, the whole world can change. What is cancer? Who is most likely to get it? Can it be prevented or is there nothing to be done one way or another?

Very simply, cancer means that abnormal cells have divided and multiplied in an uncontrolled way, crowding out normal cells. These cells often form a growth called a tumor. DNA is the chemical in our genes that tells our cells how to behave. We are born with a certain DNA and sometimes it is already damaged, making a person more likely to develop cancer. But normal DNA can also be damaged by factors in the environment and the things we do ourselves, making us more susceptible to cancer. Lifestyle changes can be made to prevent or decrease this type of damage.

Medical advice can seem uncertain. It often changes, depending on the news-cast or the popular trend. What is known about cancer prevention is still evolving. However, there is general agreement that certain specific lifestyle choices have a direct connection to developing cancer. Some simple actions can make a big difference.

All tobacco use, including exposure to second-hand smoke have been indisputably linked to various cancers, particularly cancer of the lung, bladder, kidney, cervix, pancreas, mouth and tongue. If you smoke, there will never be a better time to quit than right now. Although it is difficult to break a long-time habit, your doctor can help you with stop-smoking prescription products and other strategies for quitting. As any smoker knows, smoking is no longer tolerated in many places and it is not unusual for a smoker to be openly and unpleasantly criticized for the habit.

Maintaining a healthy weight through diet and regular exercise can lower the risk of developing cancer, especially cancer of the breast, prostate, colon and kidney. A healthy diet means eating more fruits, vegetables and whole grain products, and fewer high calorie, high sugar foods. Avoiding processed meat, decreasing red meat consumption and restricting foods high in salt is also recommended. Drinking zero alcohol is better for cancer prevention, so if you do drink, less is best. Regular exercise is beneficial. Establishing a walking routine is easy and cheap. Although walking faster and longer are better, slower and briefer helps too, especially when done on a regular basis. Start out slow and short and gradually increase pace and time, as you are able.

Skin cancer is one of the most common cancers and one of the most preventable. In the summer particularly, vigilant sunscreen use and staying indoors, being covered if outside, or staying in the shade between 10 a.m. and 4 p.m., when the sun is the strongest, is best. Any kind of tanning, even in tanning beds, damages the skin and leaves it vulnerable to skin cancer. There is no such thing as a safe tan.

Certain viral infections can lead to cancer. Hepatitis B and Human Papillomavirus (HPV) are often sexually transmitted. Immunization is safe and effective and should be discussed with your doctor. Limiting the number of sexual partners and using a condom during sex will decrease exposure to these viruses, as well as other sexually transmitted diseases. The HPV vaccine is most effective if given in early adolescence or the late pre-teen years but it can be given up until the age of 26. Let your doctor be your guide on this.

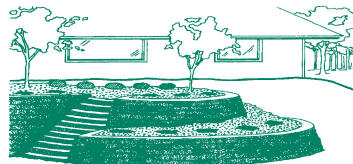
There are more than two hundred types of cancer. Many people are also cured of their cancer. Finding a cancer early makes it more likely that it can be successfully treated and eliminated. Regular visits with your healthcare provider and doing any recommended screenings, as well as self-examinations and knowing what is normal in your body will make it more likely to find a cancer early-on. Prevention through lifestyle choices and early detection and treatment are the most effective ways anyone can tame their fear of the word "cancer."

**Hai Solomon, M.D., F.A.C.O.G. • Gynecology
Gottlieb Professional Office Bldg.
675 West North Avenue, Suite 512 • Melrose Park, IL 60160
Phone: (708) 450-5090 • FAX: (708) 681-7860**

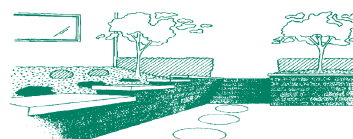
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River Forest Campus • 7411 W. Lake Street, River Forest, IL 60305**

Offer a Warm Heart, Not a Cold Shoulder this Winter Bitter Cold can be Deadly for Homebound, Says Gottlieb Home Health Nurse

Do your neighbors have their house lights on? Is their walk shoveled? Are the newspapers and mail piling up? You might want to knock on the door and check on them, says Debbie Jansky, assistant manager, Gottlieb Home Health & Hospice.

"Winter is isolating for us all, but when really bad weather hits, the chronically ill or elderly really suffer the most," she says. "Many people live alone and may be too proud to ask neighbors for help." Jansky coordinates the care of almost 200 homebound patients with her staff of more than two dozen licensed home care medical professionals. Gottlieb Memorial Hospital registered nurses, social workers and physical therapists make daily house calls to homebound patients to make wellness checks and orchestrate care despite the inclement weather.

"When you know the patient is waiting at home, often looking out the window, depending on you for care, you move mountains to go to them," says Jansky, who has been a home care nurse for more than two decades. "In Chicago it is unbearably hot and humid in summer. It often floods in the spring and, like this winter, is unbearably cold and snowy. Your patients do not have to go out for care, but as a home care nurse, you have to weather the elements to go to them."

For Jack Gallo, 82, a wellness check from Gottlieb home health nurse, Cindy Uribe, is crucial. "Her visits mean the world to my dad and to our family," says Regina Gallo, daughter of the Elmwood Park senior. "She assesses his health, coordinates his many medications, talks with him and to us about concerns and generally makes sure he is in good shape."

Uribe visits five or six patients per day. "You never know what you will find in a patient's home and you can't take for granted that everything is well with homebound patients," says the homecare nurse who carries a snow shovel in her car in winter because she often shovels her way to client's homes.

"Patients may have injured themselves, made a mistake with their pills, forgotten to eat or drink and some cannot feel the temperature and their home is too cold or too hot."

Living in their own home and being independent is important to many as they age. "A licensed home care nurse offers patients experienced care to troubleshoot so they stay in their homes where they are most happy," says Uribe. "A home care nurse partners with vulnerable patients and must learn their limitations and habits. Home routines that work must be created and maintained, and really strong friendships are formed."

Gottlieb Home Health & Hospice staff focus on keeping homebound patients comfortable and cared for by being accountable, responsive and proactive.

Tips to Help Neighbors During Winter Weather

- Exchange contact numbers with your neighbor. Make sure the neighbor has your number on speed dial and the phone is within reach. Include numbers for the neighbors relatives and care providers.
- Establish a regular time to see the homebound neighbor in person to have a quick talk and check that the heat is working and water running.
- Shovel the walk for a neighbor when it snows and take in their newspapers or mail.
- Offer to bring food or run errands for groceries, etc.
- Sit and visit. Homebound patients often do not interact with others and will enjoy socialization.

"Being a home health nurse is a big challenge but it also is a big honor to be welcomed regularly into the daily lives of a patient and be a guest in their home," says Jansky. "No bitter cold temperature or piles of snow will stop us from helping those in our charge."

Fashion Gear Not Cool When Temperatures Dive Bitter Cold Can Freeze Unprotected Fingers, Nose and Ears, Says Loyola Burn Surgeon

With arctic blasts moving in, time to closet trendy clothes and cover up to avoid frostbite. Drawstring casual pants, shorts, baseball caps and flip flops, even with socks, are obvious "no-no's." But what about other usual gear?

The popular half-gloves that leave fingers uncovered for texting may be good for communicating electronically, but they may also lead to permanent loss of fingers due to exposure to the cold.

"Fingers are one of the first body parts to feel the effects of the cold and damp, and along with toes, ears and the nose, are frequently subjected to frostbite and even amputation," said Arthur Sanford, MD, Division of Trauma, Surgical Critical Care and Burns, Loyola University Health System. "Better to fat finger a text due to winter gloves than to lose a finger due to the cold."

Frostbite is most likely to happen in body parts farthest from the heart and those with large exposed areas. "Blood vessels start to constrict at or below 90 degrees Fahrenheit to preserve body temperature," Sanford said. "The lack of blood in these areas of the body can lead to freezing and the death of skin tissue."

Sanford said he treats frostbite in people of all ages. "The young man who insists on wearing tennis shoes that get soggy and freeze. The teenaged girl

with cotton leggings. The younger person who goes on a drinking bender and walks home in the snow and damp is also a familiar sight at Loyola trauma," he said. "The senior citizen who goes out in the snow to get her mail, falls, breaks a hip and lies in the cold and wet until being discovered is a typical victim of frostbite and what most people imagine."

Here are winter wellness tips from Dr. Sanford and Loyola:

- Dress in layers. "If a sweater, pair of socks or other article of clothing gets wet, you can quickly remove it and still be protected from the cold and wet," he said.
- Wear a hat, gloves or mittens and proper footwear, including socks and boots. "Texting gloves may look cool and be handy for communicating or may show off your polished nails, but it is better to wear full gloves or mittens and save your fingers," Sanford said. "And cover your ears and the top of your head with a snug hat."
- Stay dry. "Wet socks are especially dangerous and can lead to a condition called trench foot, which results in poor blood circulation, tissue decay, infections and even amputation," he said.
- When suffering from prolonged exposure to cold, use room temperature or slightly warm water to gently revitalize the body. "Do not use hot water, do not rub with handfuls of snow and do not vigorously massage the frozen area," Sanford warned. Overstimulation can actually worsen the situation.
- If the affected area becomes numb, turns red or blue, swells or feels hot, go to the Emergency Department. "An emergency physician will assess the tissue and take the proper steps to save the body part," Sanford said.

The historically cold and snowy winter in 2014 saw an increase in frostbite cases at Loyola. "'Frostbite in January, operate in July,' is a common mantra here at Loyola," Sanford said. "Bundling up for winter may take you out of media circulation temporarily or flatten your hair but better that than to permanently lose the ability to text or the tips of your ears due to frostbite."

Loyola's Burn Center is one of the busiest in the Midwest, treating nearly 600 patients annually in the hospital and another 3,500 patients each year in its clinic. Dr. Sanford and the medical team join with scientists to conduct ongoing research at the Stritch School of Medicine's Burn & Shock Trauma Institute devoted to the study of traumatic injury and burns.

Loyola Medicine Welcomes First Baby of the New Year

Norah Hafdi was born on New Year's Day at 3 a.m. to Laura Myers, 38, and her husband Kamal Hafdi of Elmhurst. She was the first baby to be born at Loyola University Medical Center in 2015. The healthy baby girl weighed 5 pounds, 12 ounces, and she was 19 inches long.

"Norah arrived three weeks early. We weren't expecting her until late January, but she had other plans," Mrs. Myers said. "When I went into labor early, we were hoping she would arrive before Jan. 1 to get the tax deduction, but we are excited she is here now."

Attending physician Scott Graziano, MD, residents Kristin Turner, MD, and Lauren Hernandez, MD, and nurse Nicky Ziga, RN, helped deliver the baby in the early hours of New Year's Day.

This is the first baby for the couple. The mom and baby are doing well.

Newer Foam Rollers Benefit Muscles, Not Hair

Loyola Exercise Physiologist Offers Tips on Using the Popular Exercise Tool

Everyone knows you are supposed to stretch before engaging in exercise to limber up. But what if stretching hurts?

"Think of your muscles as shoelaces," advises Mike Ross, exercise physiologist, Gottlieb Center for Fitness. "If you have a knot in your muscle, stretching pulls it tighter."

The answer to eliminating the knots and restoring optimal flexibility is foam rollers. Not the pink foam rubber variety used to curl hair, but rather the large, plastic foam cylindrical shapes used in floor exercise. "Foam rollers are a way to improve muscle length and reduce the potential for injury," says Ross. "Rather than pulling your muscles as in traditional stretching, you are kneading them and breaking up adhesions in the muscle to loosen up before engaging in more strenuous activity."

Exercise foam rollers come in all shapes and sizes, from 36-inch, smooth, pool noodle-like rods to thick, stubbed, hard pillow-like cradles. Each is designed to target pressure points. "Foam rollers were traditionally used in rehabilitation by physical therapists with patients and athletes," says Ross, who works with clients at Gottlieb Center for Fitness, part of Gottlieb Memorial Hospital. "Like many other specialized devices, foam rollers have now gone mainstream."

Ross, who has been foam rolling for more than a decade, offers these tips for beginners:

1. Before using a foam roller, boost your blood circulation by walking, biking or exercising for five minutes.
2. Foam rollers can be used before or after your workout, or both.
3. The quadriceps (thigh muscles) and calves (back of lower leg) will benefit the most from this tool.
4. Roll your body over the foam roller, up and down the length of the muscle and pause over any painful areas for 30 seconds or more to allow the weight of your body to squeeze the knot against the roller.
5. Avoid rolling over your joints.

"Many people are buying their own foam rollers so they can use them at home, but most health centers also have a large selection of rollers," says Ross. "At the Gottlieb Center of Fitness, we have many rollers available for people who want to use them during their workout."

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Obituaries

Amaya

Margarito Amaya, age 85, passed away Dec. 1, 2014. Beloved husband of the late Engracia Garcia; loving father of Rosa Maria Amaya, Margarita Amaya, Maria Isabel Amaya, Andres Amaya, Maria Luisa Amaya, the late Maria Elena Amaya and the late Delia Saldana; dear grandfather of Laura Torres, Melanie Mendes, Karina Saldana, Sol Saldana, Margarito Saldana, Jenny Mendoza, Axel Gaytan, Sony Gaytan, Jose Andres Amaya, Uciel Amaya, Adriana Amaya and Ascencion Lopez. Arrangements by Bormann Funeral Home. Interment Queen of Heaven Cemetery.

Caliendo

Margaret Caliendo, nee Angelopoulos. Dearly beloved wife of Richard Sr.; loving mother of Richard Jr. (Kelly); cherished daughter of the late Angelo and Margaret Angelopoulos; dear sister of Carmen, Rita and Peter (Nancy) Angelopoulo; fond aunt of Angelo, Kelly, Marina and Carmen. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Campanella

Mary Lou Campanella, nee Taglia. Dearly Beloved wife of the late Frank Campanella; loving mother of Frank (the late Linda), Darice Ratini, Sheri (Perry) Frulla; beloved daughter of the late Sam and Rose Taglia; cherished Nani of Toney and Frank Ratini; dear sister of Laura, Benny, Antoinette, Bill, Della, Lucy Ann, Dorothy and Sammy. Arrangements by Carbonara Funeral Home. Interment private.

Cue

Elsa P. Cue, age 76, of Melrose Park, passed away Dec. 11, 2014, surrounded by her loved ones. Beloved wife of Jose Cue; loving mother of Alexander (Gina) Cue and Dennis (Annie) Cue; cherished grandmother of Sofia, Mateo, Logan and Benjamin. Arrangements by Bormann Funeral Home. Interment Elm Lawn Cemetery.

DeBoni

Dennis DeBoni. Dearly beloved husband of Renee nee Pynakker; loving father of Dana and Michelle; beloved son of Nicolina and the late Gino; dear brother of Judge Frank (Fran) and Donna (LaVere) Scholl; fond brother-in-law of Tammy (Dave) Baker, Allison (Ken) Schlotfeldt and Richard (Kelly) Pynakker; fond uncle and friend of many. Arrangements by Carbonara Funeral Home. Interment Private.

DiLillo

Antoinette DiLillo, of Melrose Park, passed away Dec. 31, 2014. Beloved wife of the late Peter; loving mother of Michael (Marianne) DiLillo; devoted grandmother of Peter (Stephanie) DiLillo, Laura (Mike) Simantirakis and Susan DiLillo; last sibling of 11 brothers and sisters of the Ariola family. Founding executive of the Devotees of St. Anthony organization. Arrangements by Bormann Funeral Home. Entombment Christ the King Mausoleum, Queen of Heaven Cemetery.

Giovenco

Elizabeth Giovenco. Loving mother of Mia Grace; beloved daughter of James Giovenco and Susan Lombardo; loving granddaughter of John and Marie Giovenco, the late Andrew and Frances Lombardo; dear sister of Christina, Andrew, Michael and the late James Jr.; cherished aunt of Mariana and Matthew. Arrangements by Carbonara Funeral Home. Interment private.

Hingst

Wilbert "Bud" Hingst, age 95, a longtime resident of Melrose Park, passed away Saturday, Dec. 13, 2014. Survived by his daughter, Linda Sindelar; grandchildren, Brian Sindelar and Julie Glass; and great-grandchildren, Nathan and Max. Preceded in death by his wife of 62 years, Anne Hingst; and niece, Barbara Guarino. Bud served three years in the U.S. Army, serving during WWII and receiving the Purple Heart and four Bronze stars. He became a member of the VFW and served as president of the post for many years. He will be greatly missed. Graveside service held at Fairview Memorial Park, Albuquerque, NM, in the spring of 2015.

Maggio

Flora R. Maggio, nee Felella. Dearly beloved wife of the late Joseph Sr.; loving mother of Anthony (Xia), Michael (Sheree) and the late Joseph Jr.; cherished grandmother of Andrea, Jenna, Joelle, Rocco, Anthony and "Fong"; dear sister of Phyllis (Late Thomas) Sarlo and the late Charles (Dora) Felella; fond sister-in-law, niece, aunt and friend of many. Arrangements by Carbonara Funeral Home. Interment Queen of Heaven Cemetery.

Mandel

Alan D. Mandel, dedicated Blackhawks fan. Dearly beloved husband of Cindy (nee Cesarini); loving father of Stephanie Ruiz, Samantha (Leo) Botero, Nicolette, Alexandra and the late Anthony Mandel; beloved son of Donna "Dee" Novak and the late Earl Mandel; stepson of Gilbert Cokinis; cherished grandfather of Vanessa Ruiz; dear brother of Lori (Michael) Cimino, Steve Novak, Mark, Nancie (Robert) Camarena, Kimberly Calderon, Carolyn (Thomas) Calendo and the late Connie Burns, Bradley and Terry Degree, and Kathy Tetron. Arrangements by Carbonara Funeral Home. Interment private.

Norkewicz

Leo R. Norkewicz, age 94, of Melrose Park, passed away Nov. 29, 2014. Beloved husband of Wanda (nee Korczynski); dear father of Patricia (Ralph) Badalamenti, Nancy (Michael) Wasielewski and Gerry Norkewicz; loving grandfather of David Badalamenti, Lara Badalamenti, Ryan Badalamenti, Jonathan (Amy) Badalamenti, Michael (Melissa) Wasielewski and Amanda Wasielewski; great-grandfather of Jacob, Vinnie and Max; fond brother of Marion Kief and James (Diane) Norkewicz. Veteran U.S. Army, WW II. Arrangements by Bormann Funeral Home. Interment Queen of Heaven Cemetery.

Paternoster

Marie E. Paternoster, age 88, of Melrose Park, passed away Nov. 27, 2014. Beloved wife of Andrew; loving mother of Steven (Pam) Paternoster, Cynthia (Roger) Lynch and Scott (Linda) Paternoster; dear grandmother of Amanda (Tim) Schultz, Chris Paternoster and Andrew Paternoster; cherished sister of Anna (the late Frank) Rutz. Arrangements by Bormann Funeral Home. Interment Queen of Heaven Cemetery.

Peccia

Antoinette Peccia, nee Del Re. Dearly beloved wife of Ronald; loving mother of Ronald III and Joseph Del Re; beloved daughter of Angelina and the late Joseph Del Re; dear sister of Joseph (Pat); fond sister-in-law, niece, aunt and friend of many. Arrangements by Carbonara Funeral Home. Entombment Queen of Heaven.

Szablewski

Sophie Szablewski, nee Kalicz. Dearly beloved wife of the late Bruno Szablewski; loving mother of Jerry (Jan), Darlene (Ron) Dorushka, Sharon (the late John) Lewis and Bob (Tina); fond grandmother of Michelle (Tony), Dawn, Christina, John (Melissa), Keri, Becky (Dave), Danielle, Alyssa, Jaclyn; great-grandmother of Ashlynn, Billy, Jazmine, John III, Johnathan, Analiese, Nathan, Gianna and Carson; great-great grandmother of Malynda; loving sister, aunt and friend to many. Arrangements by Carbonara Funeral Home. Interment St. Adalbert Cemetery.

Teresi

Dennis Teresi, employee of U.S. Post Office for over 30 years. Dearly beloved son of Sam and Mary; dear brother of William, Debra and the late Jack (Gail); dearest uncle of Sabrina, Ryne, Kristy, Paul, Kelly, James and Ashley; fond nephew, cousin and friend of many. Arrangements by Carbonara Funeral Home. Interment private at Queen of Heaven Cemetery.

Wolfe

Josephine Wolfe, 88, of Melrose Park. Beloved husband of William F. Wolfe; loving stepmother of Phillip (Donna) Wolfe and Karen (Vincent III) Mesch; cherished grandmother of Misti Green, Hunter and Thomas; great-grandmother of Thomas Ray Green and Grace E. Martineck; sister of John Ganziano, Mary Rumundo and Theresa (Elmer) Templin. Burial private.

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