

STRANGE NEW WORLD

# The Farmers Market and Organic Food Shopping in the Time of COVID-19

The GIPNA Independence Park Farmers Market committee has been hard at work to offer an alternative to our traditional farmers market in June and hopefully for the coming months of this summer. We will all miss the opportunity to connect with neighbors and the vendors we enjoy seeing each year. However, we hope that many will take advantage of the alternative farmers market to support our vendors and enjoy some delicious locally grown food. Please look for details shared through the Facebook webpage and email blasts.

If you are feeling adventurous or would like to know about other healthy, organic food options locally, there are additional alternatives. While we have to be socially distanced, we might as well be socially responsible.

Since most physical farmers markets were closed in the early part of this season, Green City

Market has been offering delivery to your door. They offer fresh, seasonal produce, meats, eggs, bread, baked goods, soups, jams, pickles and juices from 25+ local, sustainable vendors from Illinois, Michigan, Wisconsin and Indiana. The delivery fee is a bit steep at \$9.99 but they also do offer pick up options at Goose Island Brewhouse and Band of Bohemia. Similarly, Local Foods is a retail market on North and Elston that sources local everything they can, from meat and produce to potato chips and popcorn. You can even order wine or the latest oat craze: Oat Ice Cream. They are doing curbside pickup if you place an order online. You can also order for delivery via Mercato, (www.mercato.com), whose delivery fees range from \$5.00-\$25.00.

Stampers Cheese, which everyone loves from the Independence Park Farmers Market, is offering home deliveries of their products during this time. Be forewarned, their enticing cheese photos on the webpage may lead to a mouthwatering response. The Fresh Dill Jack and Triple Crème Brie Apricots look especially decadent.

For those even more enterprising, you might consider investing in a CSA (Community Supported



Agriculture) which allows individuals to support local farms through financial support and investment. By participating in a CSA, you can receive better quality meats and produce while supporting the local farmer. CSAs also offer a great opportunity to obtain great produce since farmers markets will be a bit more limited across the city this summer. Typically, you would pay a monthly fee or a seasonal fee for meats and/or produce. However, some farmers will provide a one-time option for purchase. Cedar Valley Sustainable was Chicago's first Meat CSA started over 17 years ago. They provide a variety of 'investing memberships' (3, 6, or 12-month options), a monthly membership, or a smaller scale discovery package. They currently

have a monthly no-contact dropoff in three city locations with the Half Acre brewery in Logan Square being the closest. Klug Orchards, which has been a favorite every year at IP Farmers Market, also does offer a CSA option.

Another awesome company is Local Folks Farmers Market Delivery. They deliver a custom box from the vendors of your choice every two weeks. Two of our vendors, Farmer Nicks LLC and Geneva Lakes Produce LLC, are a part of this cooperative service.

These are just a few of the many wonderful options to take advantage of this summer to support our community, local vendors, and your own health by choosing locally grown and sourced food.

July GIPNA meeting is Tues., July 7, 7 p.m. August meeting is Tues., Aug. 4, 7 p.m. Join us online. Link to join these ZOOM meetings: Meeting ID: 819 2958 6855, Password: GIPNA.

#### COMMUNITY EVENTS



#### Junt

WED., JUN. 17—Picking Up the Parkways, 6 p.m. (corner of Drake & Waveland)

FRI., JUN. 19—Summer Pop-Ups\* Kick-off Parade

FRI., JUN. 26—Funky Friday Dance Class for Kids, 1 p.m. (online with Extensions Dance Studio)

#### JULY

FRI., JUL. 3 — Funky Friday Dance Class for Kids, 1 p.m. (online with Extensions Dance Studio)

TUES., JULY 7—GIPNA Board Meeting, 7 p.m., online ZOOM Meeting ID: 819 2958 6855, Password: GIPNA

FRI., JUL. 10 — Funky Friday Dance Class for Kids, 1 p.m. (online with Extensions Dance Studio)

MON., JUL. 13—AFAC Meeting, 6 p.m. (online)

WED., JUL. 15—Picking Up the Parkways, 6 p.m. (corner of Drake & Waveland)

FRI., JUL. 17—Funky Friday Dance Class for Kids, 1 p.m. (online with Extensions Dance Studio)

#### AUGUST

TUES., AUG. 4—GIPNA Board Meeting, 7 p.m., online ZOOM Meeting ID: 819 2958 6855, Password: GIPNA

MON., AUG. 10—AFAC Meeting, 6 p.m. (online)

WED., AUG. 12—Picking Up the Parkways, 6 p.m. (corner of Drake & Waveland)

#### SEPTEMBER

MON., SEP. 14—AFAC Meeting, 6p.m. (online)

\* Pop Up Programming and scheduling updates will be shared via social media and on our website (athleticfieldpark.com) Due to the on-going coronavirus pandemic, some future events are cancelled for the foreseeable future. Please contact GIPNA (info@gipna.org), IPAC (ipac.chicago@gmail.com), AFAC (athleticfieldpark.com), Friends of Murphy (friendsofmurphy.org), and CAPS (CAPS.O17District@chicagopolice.org) for updated event information.

See page 16 for 4th of July information.



### **#GIPNA**#

## INDEPENDENCE PARK ## C9MMUNITY ## VOICE

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

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

Editorial: Sue Ryan Photography: Robin Hochstatter Writers: Pat Clark, Robin Hochstatter, Kristen Holub, Patti Kimbel, Laurel Miltner, Jim O'Connor, Ellen Ryan, Sue Ryan, Gretchen Siffring, Grace K. Snider Design/Production: Cindy Schuch

#### For submissions for the Sept/Aug 2020 issue:

Editorial Deadline: August 15, 2020 Advertising Deadline: August 10, 2020

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

E-MAIL: INFO@GIPNA.ORG

MAIL: GIPNA, P.O. BOX 18184
CHICAGO IL 60618

#### WEBSITE: WWW.GIPNA.ORG

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

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

#### Join GIPNA on Facebook

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

#### GIPNA BOARD OF DIRECTORS

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COMMUNICATION

3800 Ridgeway - Karen Fontanetta

3900 Ridgeway - John & Sang Kuczura

3800 Springfield - Roseann Seablom

#### E-Blasts to GIPNA Members

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

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

COMMUNITY

# A Note from the GIPNA Voice Editorial Staff and GIPNA President, Dickie Nichols

The death of George Floyd in Minneapolis has touched every corner of American life. People in Independence Park and throughout our country feel anger, outrage, sadness, and sympathy. The GIPNA board affirms the dignity and value of every black life, and we hope this tragic and unjust death inspires honest dialogue and a commitment to recognize, acknowledge, and eradicate racial injustice in all its forms.

Below is a list of resources to learn more about the Black Lives Matter movement.

- Ask a librarian: The Independence Branch Library is now reopened. Ask for suggestions on reading materials.
- Watch documentaries, movies and tv shows: Netflix and Amazon streaming services are both highlighting shows on this topic. A Just Mercy and 13th are two examples.
- Listen to podcasts. 1619 Podcast by the New York Times

# BLACK WES MATTER

that addresses the questions "What is the history of antiblack racism and slavery? Where did it come from?

- Volunteer for neighborhood clean up opportunities on the west and south side.
- Check out the following websites for more ideas.

https://chicagobeyond.org/ wp-content/uploads/2020/06/ Toolkit\_-Becoming-Anti-Racist-CB.pdf Becoming an anti-racist: 23 things you can read, listen or do. Short readings and podcasts to understand and participate in Black Lives Matter.

https://medium.com/
equality-includes-you/whatwhite-people-can-do-for-racialjustice-f2d18b0e0234 Extensive
list including writing local, state
and federal legislators, signing
petitions, donating to organizations, supporting black owned
businesses and lots of reading
suggestions.

Thank you for making Independence Park a community of inclusion.

COMMUNITY

#### Have An Idea for the Newsletter?

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

### Are you a GIPNA member?

#### Join today!

Use PayPal at www.gipna.org or mail in the form below with a check.

For information, send an e-mail to: membership@gipna.org

| .   |  |
|---|--|
| ##CIPNA##   | PLEASE PRINT: DATE   |
| MEMBERSHIP FORM   | NAME #1  |
| Must be 18 yrs old) Fill in this form, and send with check, payable to GIPNA, to: GIPNA P. O. Box 18184 Chicago, IL 60618 | NAME #2  |
| Check amount enclosed:  | ADDRESS  |
| U Business \$15<br>U Lifetime \$100 per person  |  |
| <ul> <li>Check here if a new member</li> </ul>  | Check here if \(\sigma\) new member, \(\sigma\) new to the neighborhood. |
| Annual Dues senclosed:  | PHONE #1   |
| Tax Deductible<br>Donation for GIPNA: \$  | PHONE #2   |
| Total of enclosed check: \$   | E-MAIL #1  |
| f you would like to volunteer for is an all-volunteer association.)   | E-MAIL #2  |
|   |  |

GREEN KNOWLEDGE

#### Victory Gardens 2020

The COVID19 pandemic has created renewed interest in an old green avenue: Victory Gardens. A victory garden is a throwback to WWI and WWII when wartime governments encouraged people to plant gardens not only to supplement their rations but also to boost morale. Independence Park had a huge victory garden on the southwest corner. Residents tended their own tomatoes, beans and flowers there. Even though it's July, there's still enough growing time to plant vegetables, herbs, and flowers.

First, you need a place in your yard that gets at least six hours of sun per day. Dig out that grass, feed the garden bed with bags of organic potting soil, compost, aged steer manure or other organic amendments. Water it well, then let it sit for a week or two while the organisms break down the ingredients and "cook." Don't plant anything then as planting immediately could "burn" or kill tender seedlings. You can also fill pots with the soil mixture (be sure to drill drainage holes if the pot doesn't have any), set the pots by your back door or on the deck, and plant an herb garden. Some herbs, such as rosemary, sage, dill and lavender, don't require much work or water at all. Basil needs more water, but don't drown it. You can freeze herbs and use them all winter long.

Now what vegetables can you plant this time of year? Endive, leaf and head lettuce, spinach, Swiss chard, radishes, even green beans. Beans, pole or bush, produce so much that you'll wind up blanching and freezing a bunch. You can plant

seeds or seedlings. If you're buying small potted plants, be sure to avoid any that have been sprayed with neonicotinoid, which is fatal to many pollinators, especially bees. Look for potted plants that have healthy looking leaves, and sturdy stems.

There's plenty of time to plant some flowers too. Cosmos, nasturtium, sunflowers and zinnias are easy to grow and provide nectar for the pollinators. And the birds and squirrels love the sunflowers.

Watering is crucial. Use a soaker hose or hand water and try not to get the foliage wet. Put the water on the roots where the plant needs it. You'll soon figure out which plants are thirstier than others.

There's nothing like being outdoors, digging in the dirt, and watching nature do its job. And you get to eat, see and smell what you've grown. And you can do a victory dance.



NEIGHBORHOOD

#### Meet Your Furry Neighbors

Have you noticed that there are a lot more dogs in the neighborhood? Some have been around for a while, while others have recently been adopted. One of the dogs was originally from Qatar before he was rescued and brought to Chicago. Dogs are great companions and have become great exercise buddies for many of us. A few neighbors have their pup for health reasons, whether it's recovery from an illness or to reduce anxiety.

Some folks have told us that they are walking their dog 2-3 miles per day right now. And at all times of the day. And in all areas of the neighboring communities.

Normally, when we'd see a neighbor with a dog, we'd ask about the dog. Occasionally, we'd get around to asking the owner what their name is. With social distancing, unfortunately, we've had to literally distance ourselves from these interactions.

To allow you to meet your canine neighbors, we're featuring just a few in this issue. See if you can guess their names by playing the matching game.

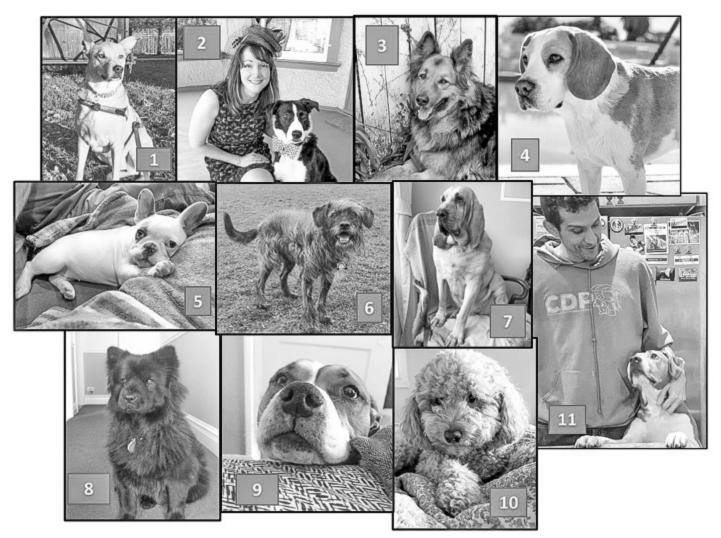
#### Match name below with picture number above.

- a. Maybelle
- b. Remington
- c. Chloe
- d. Digby
- e. Ziggy
- f. June Bug
- g. Gigi
- h. Corey
- i. Birdy
- j. SimbaQ
- k. Brody

If you wish for us to include your pup in future issues, please email your dog's photo to us at info@gipna.org Be sure to include your name and your dog's name.

Sorry to all the dog walkers out there who are not working right now. We look forward to seeing you with the dogs in the near future as people get back to work.

Correct answers on page 12.



ON THE FRONT LINE

#### Essential Workers in the Neighborhood

Did any of us know the phrase 'essential worker' before March 2020? Now it is ubiquitous, appearing on yard signs, heard in in press conferences, and read in news articles and sadly, in COVID-19 statistics. Essentially, an essential worker's job is critical (though processing pork is debatable), cannot be done at home and requires contact with other co-workers, customers, patients or the general public. Our neighborhood has many essential workers who risk exposure to the coronavirus, so that the rest of us can shelter at home while still getting our food, meds, and more delivered to our door. Here are portrayals of a few neighbors who are on the front lines during the pandemic.



#### Sarah Clatanoff: Physical Therapist in Home Health Care

As a physical therapist, Sarah makes home visits to help her clients literally get back on their feet. Often clients transition from a hospital to a rehabilitation center before coming home. With the onset of COVID-19, however, many are foregoing skilled nursing facilities to minimize the risk of

infection. Therefore, Sarah's work has changed to meeting the acute needs of her patients discharged from the hospital.

Sarah's job has changed in other ways as well. On a given day, she sees five patients, so her car is disinfected with a very thorough wipedown after each visit. Even though she has not yet seen patients who have tested positive for COVID-19, she knows that the spread can occur before people become symptomatic. Facemasks, goggles, gloves, and protective clothing are now part of the protocol. Her patients are generally older, poor, and live in multigenerational households, all factors that elevate the risk of getting the virus. The most stressful part of Sarah's job is realizing that she could be the vector for the virus to spread. She fears that she could transmit the virus to her twin daughters who just completed their freshman year of college.

Despite the challenges and risks she faces, Sarah has not backed off from her responsibilities. "I LOVE being a PT and doing what I do! I have met some of the most interesting, loving and wonderful people along my 31 years in this journey as a PT. The rewards of seeing people get better and helping them in their home life is so rewarding."

#### Matt Holmes: Firefighter, Chicago Fire Department

For Matt, the virus brings the fear of the unknown. As a firefighter, you are prepared for dangerous and risky work, but you can see the fire or smell the gas leak. The virus is an unseen combatant. When he joined the Chicago Fire Department fifteen years ago, he knew that he could die on the job. But with the coronavirus, you don't know where it is lurking and if or when it will strike you. By the end of April, the Chicago Fire

Department reported that 144 firefighters tested positive and two have died.

Matt was recently promoted to engineer, which means he drives the engine and sets up the pumps.



However, it also means that he is a floater who he is assigned to a different firehouse for every shift. Given the close quarters and the long shifts, firefighters have a camaraderie unlike other professions. As such, the newcomer may be eyed with suspicion which has been exacerbated during the pandemic. At the firehouse, you work, eat and sleep in a confined space and practicing social distancing is not an easy task. Another added stressor is that Matt has been assigned to neighborhoods that are currently hot spots for the infection's spread. This raises concerns for Matt, that he too, could bring the virus back home to his family. Yet Matt believes that he is making a difference and that is worth the risk. "... it is an honor to be called upon right now for this. This is one of the biggest things that has happened since I've been alive. To get out there and to do a good job, to really help people through these difficult times is really why

I became a firefighter in its purest

form."

Editor's note: The opinions expressed here are Matt's alone and not those of the Chicago Fire Department.

#### Dean Allison: Electrical Specialist at Home Depot

After a career as an electrician, Dean retired, but that doesn't mean he has stopped working. Lucky for the customers at Home Depot, Dean continues to use his expertise in the electronics department. Home Depot has remained open throughout the shutdown, but has taken measures to protect both employees and customers. There are caps on the number of customers allowed in the store at one time and customers are asked to practice social distancing and wear facemasks. Surfaces are wiped down often. Dean said Home Depot is treating its employees well and he has received additional vacation time. For those of us who have put off DIY projects with the excuse that we aren't home enough, Dean is happy to help out with advice and suggestions. However, electrical work that involves re-wiring is often best left to a trained professional.

#### Pete Rogers: Pilot for American Airlines

Pete is one of those pilots who relishes greeting his passengers as they board and disembark from his flight. Unfortunately the pandemic has erased one of the most satisfying parts of his job. He now enters the cockpit and doesn't emerge until all of the passengers are off the plane. So for Pete the hardest part of the pandemic is the isolation. And the isolation extends to his layovers where interactions with others are kept to a minimum and dine-in restaurants are closed. Despite taking all the necessary



precautions, Pete still risks being exposed to the virus. At the beginning of the stay at home policy, most flights were nearly empty, but airlines have cancelled many flights so those remaining are more crowded. Pete looks forward to things getting back to normal, but it may be a new normal as airlines are making changes that may become permanent. The friendly skies will seem a little less so if passengers are not greeted with Pete's smile and warm words.

#### Conclusion

All the essential workers interviewed for this article have the same advice for us. Follow the CDC guidelines: Wear masks in public when you are less than six feet apart, practice social distancing and be mindful that this is a serious disease.

Though we have highlighted only a few essential workers, there are several more who deserve a shot out. Bob Brown and Jimmy Velez both work at Jewel. Holly Van Essen is a physical therapist providing home health care and John Van Essen is a pilot for United. We would like to acknowledge others so if you or someone you know is an essential worker, please contact us at info@qipna.orq

As neighbors recount their stories it is striking to see the recurrent theme of how modest, giving, and selfless our essential works are. So next time you see them, say "Thank you for the work you do." TALENTED NEIGHBORS

#### fun at the Holub's House

When the coronavirus quarantine began, there was a flood of information being sought and shared by parents in order to "keep the kids occupied" and to try to keep them in learning mode. In the Holub's house, that was fun for a while, but quickly became overwhelming as school started to communicate and send assignments for 5th grader Lizzy and 7th grader AJ. The schoolwork kept them busy and learning, but they still needed some fun and creativity. Luckily, with some simple supplies and FaceTime music lessons, they were able to find outlets for their talents that allowed them to relax and enjoy themselves.

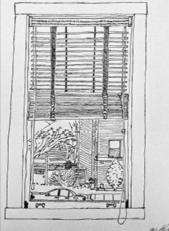
AJ has been busy drawing, often using school art assignments as the starting point for interesting projects. AJ used a line drawing technique to draw, "What's Outside My Window," where the window itself is part of the view. Another piece was based on three categories of descriptive words pulled out of cups. This is almost a game, where you can keep pulling different combinations to assign yourself different creatures to draw. His three categories and descriptive words for this favorite drawing were: Animal - Axolotl, Hat - Beret, and Profession - Doctor, and the resulting drawing is really fun! AJ had fun choosing the colors and placement to make each descriptive obvious. (If you've never seen an axolotl, be sure to Google it and you'll see the similarities!)

Lizzy has been having fun with music during her down time. We quickly learned how to have a "virtual lesson," something we never would have considered pre-COVID-19, but which now is just part of each week. Lizzy takes clarinet lessons with her neighbor, Max Bessessen, and they are working on Honeybee by The Head and the Heart, and it's fun to listen to her practice and build a little on the song each week. Lizzy also started taking guitar lessons with her mom, Kristen, this spring. They only had a couple of lessons in person before the stay-at-home order was in place, so have gotten to know their quitar teacher, lan Walsh, mostly through the computer. The first week of June, Lizzy and Kristen had their first

(ever) virtual recital and played Beethoven's Ode to Joy as a duet. Family members in three different towns and as far away as Florida were able to "attend," which wouldn't have been possible for a traditional recital!

Even while we start to resume our old routines, we can use art and music to relax, as a form of play, to create and imagine, to bring joy to others, and to learn something new. Art can bring us together even as we practice social distancing, and we should never stop sharing our art with one another. AJ and Lizzy hope you will have fun finding some creativity this summer whether you are at home or out and about. Happy creating!







JULY/AUGUST 2020

OUR NEIGHBORHOOD

#### **NEW NEIGHBORS**



Anyone who walks in the neighborhood can't help but notice the fabulous rehab in the middle of the 3800 block of N. Lawndale. Credit goes to Channing and Jennifer Johnson who, with their 19 vear-old son, Will, moved here from Glen Ellyn. The Johnsons bought the house last spring and are in the finishing stages of a stunning renovation. When Jennifer's job moved from Oak Brook to Chicago and with Will off to university last fall, the move just made sense. The main reason for staying in the burbs vanished so the Johnsons started looking in earnest for a house in the city.

Far from admonitions from their former neighbors about crime and filth in the city, Jennifer said they were "JEALOUS." Most assumed they'd be in a high rise or three flat and were amazed at the "suburban feel" of Independence Park. Their most frequently asked question was "Where is Independence Park?" Jennifer notes the biggest difference between Glen Ellyn and the city is that she doesn't have to get in the car. She loves walking and cherishes the convenience. She also appreciates the age diversity - not everyone in the city has kids in school. "The burbs can be a bit one note - everyone has kids with a rotation of sports, fundraisers, events, and conversation around the pressures of school and college selection. After 20 years in the burbs, this is a great change of pace," she said. They are happy to join the neighborhood; we're happy they're here.



A half block north of the Johnsons, meet Amanda Boleyn and Mike Sallander who moved into the four-flat on the southeast corner of Byron and Lawndale. They started looking at multi-units for an investment while living in River North and when they stepped foot in Independence Park, they knew they'd found their hidden gem. They closed on the property in mid-March. The downside of the timing? It coincided with the beginning of COVID-19 and social isolation, hindering their ability to meet neighbors. The upside? They got a great deal of painting done inside of their home.

Amanda is from Dubuque, Iowa, and graduated from the University of Iowa. Mike, who hails from Northbrook, is an alum of University of Illinois — Urbana-Champaign. They met on the "Coffee Meets Bagels" app and married in 2017. Amanda is the founder of She Did It Her Way, a podcast and resource for female entrepreneurs. Mike is the senior vice-president of digital strategy at Antenna. Although River North will always hold a sweet spot in their hearts, they are delighted with Indy Park's friendly streets, the greenery and, of course, our wonderful park. Next time you walk past their home, say hello.

OUR NEIGHBORHOOD

#### Support our Neighborhood Restaurants

Our local restaurants have been hard hit due to COVID-19 shelter in policies. Revenues have dramatically decreased in the past three months and it is unknown when they can reopen with no restrictions. Take a break from cooking and patronize these restaurants that are offering delivery or curbside service during this period of limited reopening. Restaurants featuring outdoor dining are marked with an \*.

If you plan to enjoy a meal on the patio, consider the following COVID-19 dining etiquette recommendations:

- Practice social distancing.
- 2. Use a face covering when speaking to your server.
- Limit the number of interactions with waitstaff by making all of your requests at one time.
- Limit the length of time you spend at the restaurant, especially if others are waiting for a table.
- \*Alps Pancake House and Restaurant, 3637 W. Irving Park Rd., originalalps.com
- Backlot Coffee, 3982 N. Avondale Ave., backlotcoffee.com
- · Bia's Cafe Marianao, 4323 W. Addison St.
- Chicago Taco Authority, 4219 W. Irving Park Rd., tacoauthority.com
- \*City News Café, 4018 N. Cicero Ave., citynewsstand.com
- Community Tavern, 4038 N Milwaukee Ave., communitytavern.com
- El Tezcal, 4305 N. Kedzie Ave., ordereltezcalmexicanrestaurant.com
- \*ERIS Brewery and Cider House, 4240 W. Irving Park Rd., erischicago.com
- Fannie's, 4042 N. Milwaukee Ave., fanniescafe.com
- Finom Coffee, 4200 W. Irving Park Rd., finomcoffee.com
- Golden Nugget, 4229 W. Irving Park Rd., places.singleplatform.com
- Hearth & Crust, 3608 W. Irving Park Rd., hearthandcrust.com
- \*Hot Woks Cool Sushi, 3930 N. Pulaski Rd., hotwokscoolsushi.com
- \*Jeffs Red Hots, 3901 N. Cicero Ave., allmenus.com/il/ chicago/271943-jeffs-red-hots/menu
- JT's Genuine Sandwich Shop, 3970 N. Elston Ave., jtsgenuine.com
- La Villa, 3638 N. Pulaski Ave., lavillabanquets.com/online-ordering
- \*Mirabella Italian Cuisine, 3454 W. Addison St., mirabellaitalianrestaurant.com
- \*Mis Moles Restaurant,3661 N. Elston Ave., mismolesrestaurant.
   com
- Old Irving Brewery, 4419 W. Montrose Ave., oldirvingbrewing.com
- TacoMax, 4009 N. Elston Ave., on food delivery apps

SCHOOLS

### Congratulations,



SCHOOLS

#### John B. Murphy School Report

The 2019-20 school year was full of unique challenges for CPS students, families, and faculty. School closures for the teachers' strike and the COVID-19 pandemic kept Murphy families and staff at home but did not stop them from growing, learning, and caring.

As we look back on this strange time, we want to be sure to celebrate our successes.

Teachers, staff, students, and their families navigated how to connect, learn, and grow in a new way. Each team meeting began with the celebrations of our students' successes and flowed into conversations about the individuals needing connection, support, or outreach. The lessons we are learning during this pandemic are crucial in preparing for remote learning or school-based learning or the unforeseeable possibilities of the future. Wagering on social emotional learning, higher order thinking, problem-solving, empathy for others, creativity etc., has given our community the best chances of successfully navigating COVID-19 and the future.

We are very proud of all of the Murphy 8th grade graduates! They have worked hard, supported one another, and persevered to achieve their goals. This fall, these students will bring their Murphy values to Northside College Prep, Whitney Young, Lane Tech, Von Steuben, Mather, Lakeview High School, and more.

Murphy teacher Jenine Wehbeh was awarded a Golden Apple Award for Excellence in Teaching & Leadership. (www.goldenapple.org). This



award honors extraordinary teachers and school leaders in Illinois. This year there were over 750 nominees and only ten teachers received this prestigious award. Murphy School's upper grade Social Studies teacher, Ms. Jenine Wehbeh, was in the top ten of these teachers in Illinois. This award is based upon a written submission, active practice observation, student, parent, community, peer, and administrator interviews from outside evaluators. Ms. Wehbeh has gained attention for, not only her ability to lead an outstanding classroom experience, but also for her level of articulation about the teacher perspective in public schools.

If you live within the Murphy CPS boundary and you would like for your child to attend Murphy in the fall, please fill out this online contact form (https://forms.gle/ QAuwLagjMEYdJL2r6) or call the school 773-534-5223 to begin the enrollment process. Documentation requirements include birth certificate, proof of residence (2), medical, vision, and dental exam records, proof of immunizations, and transfer documents (grades 1-8 only). Kindergarten students must be 5 years old by September 1, 2020.

Murphy Elementary School will be a CPS Lunch Stop from 9 am-1 pm Monday-Friday through August 28. This program offers free, healthy meals to all children ages 1-18 (they do not need to be a CPS

student).

COMMUNITY

#### Celebrating Milestones and Discovering **Random Acts of** Kindness

The days of social distancing may seem long and lonely, but there are plenty of things around the neighborhood to celebrate and smile about. Here are just a few of them.

#### Drive-by Birthday Party

AJ Holub (Lawndale) recently celebrated a milestone birthday—he turned 13. Not expecting to see friends because of the shelter in place policy, AJ was surprised and delighted when a parade of cars drove by his house with horns honking and kids yelling out "Happy Birthday." Some threw cards out of their car windows while a few parked and offered their greetings from the sidewalk. The plan was hatched by Erin Payne, whose son has been AJ's friend for many years.

#### Surprise Birthday Party From a Distance

John Fusco planned a surprise birthday bash for his partner Florian Pasiliao on May 3. John initially thought about having some friends over outside—at a socially acceptable social distance of course. Florian, a medical professional, caught wind of the idea and said he didn't feel right about having so many people together this year.

So instead of a big celebration, neighbors showed up in the front yard and blew air kisses to Florian to celebrate his latest trip around the sun. Our State Rep Jaime Andrade even drove by to wish Florian a Happy Birthday!

#### Other Ways Our Neighbors Are Showing Kindness and Having Some Fun

- An organized scavenger hunt of sorts, when neighbors put drawings in their windows for local kids to find. This included shamrocks for St. Patrick's Day, funny faces, and eggs for Easter.
- Impromptu potato chip tasting contests—the brainchild of Andy Holub (Lawndale). So far, folks on Andy's block have voted for their favorite sour cream and onion and BBO flavored chips.
- The folks on Dakin pull up lawn chairs - 6 feet apart and play the card game, Euchre. To adapt to contactless games, neighbors use a phone app and it's working just fine.
- A neighbor sewed face masks and distributed them to those in need.
- Neighbors shared seedlings for Victory Gardens.
- Hearth & Crust, with the help of a private donor, gave 200 meals to Mt. Sinai Hospital on April 22. Thank you to Eileen and Chepe Garcia, the owners of Hearth & Crust!
- The generosity of our community raised more than \$16,000 for the Independence Park Community Food Pantry in less than one week.

Thanks for being so good to one another, throughout the crazy events of the past weeks and months. Let's keep it up.



STRANGE NEW WORLD

#### Time On Our Hands Not Wasted

Since we've not been able to socialize with each other this spring at GIPNA events, we caught up with some neighbors to learn what they've been doing during this time.

Many we spoke with are working from home and seem to be working harder than ever. Others are retired, or are gig workers who are out of work right now. Whatever your situation, we know everyone is dealing with stress, anxiety, fear and boredom in one way or another. So, here are a few things others are doing and you may want to consider. Some are rekindling their past interests, while others may be learning new skills for the future.

#### RELATIONSHIPS

How do we stay connected these days? ZOOM, ZOOM! It's every-where. We're using it for our work AND definitely to stay in touch with our friends and family. Groups we used to socialize or play sports with are meeting regularly on ZOOM to stay in touch during cocktail hours.

Employers are using ZOOM for interviews, orientation and training of new hires. Unfortunately, some folks are experiencing ZOOM fatigue since they are always on camera.

Others are reaching out to elderly relatives, friends or neighbors to help with grocery shopping and other chores. See what other acts of kindness are being done in the area in a separate article in this issue.



#### HOME PROJECTS

In addition to organizing and cleaning out those cabinets and closets, people are painting, stripping off wallpaper, building workbenches, installing new lights, digitizing old photos, working in their garden, fixing broken items, and even sewing masks. Thank goodness for YouTube to give us quidance on these tasks.

#### FOOD

Many people are cooking more than ever. They're searching for new recipes and learning new skills. Breads, cookies and pasta are being made from scratch in a lot of instances. And families are eating together again.

Kids are even getting in the act. Some have visited https://www. americastestkitchen.com/kids/ home for cooking lessons tailored to their age.

When all of that cooking gets to be too much, neighbors are helping to keep the local restaurants in business with lots of take-out or delivery. Remember to look at the list we've published in this issue, so you can help.

#### FITNESS

Ok, so with all of this eating and sitting, people are finding ways to stay fit. ZOOM fitness classes are very big. Many have dusted off that old treadmill or taken their bike out. People are walking a lot with and without their dogs.

Others buddy-up with a neighbor or relative, while staying 6 ft apart. Listening to podcasts really keeps solo walkers going.

#### GAMES

Backgammon, Scrabble and card games seem to be reconnecting us with our family members. Some are even creating tournaments to get the competitive juices going in their household. The WORD WELDER App is keeping our brains teased and expanding our vocabulary.

#### MUSIC

Many folks are watching their favorite musicians performing from their homes via Facebook or YouTube. Some people have branched out to watch free opera performances at https://www.metopera.org/.

#### KIDS ACTIVITIES

Astronauts are helping parents out by reading classic kids' books to the little ones from space at https://storytimefromspace.com. Ok, how cool is that?

Some children are learning from Ranger Rick from The National Wildlife Federation https://rangerrick.org about the great outdoors. With the addition of Disney
Plus, there are a lot more shows/
films for the kids to watch now.

#### RELAXING

While it is so easy to fill your time, many folks are feeling like they just need to slow down and enjoy this extra time. People are reading much more. Some are pulling out their favorite old books and re-reading them. They say it's interesting to see how their perceptions of the stories have changed over time. A few have started up ZOOM book clubs to interact with others. Puzzles are big and many are swapping with each other to keep the cost down. Meditation is on the rise as well.

#### VIDEO

We know everyone is bingeing on shows through the various streaming services.

The list is too long to print, but suffice it to say there is more content than ever before.

A lot of older shows/movies are being added everyday, so shows that you missed may now be available. Keep checking.

However, you choose to spend your time, stay safe and hang in there!

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For information, send an e-mail to: newsletter@gipna.org TALENTED NEIGHBOR

#### Funny Lady: Grace K. Snider

In May 2017, I set out on a cross Canada trip from Alaska, my home since January of 2002. The destination: Chicago. The purpose: to pursue stand-up and improvisational comedy.

I'd been a regular tourist to Chicago since 2000, due to a child-hood friend from Atlanta going to Loyola University. I loved the architecture, was intrigued by the history and knew absolutely nothing about how Chicago is a city of tight-knit neighborhoods. I developed a crush on Chicago since first visiting during college at the University of Georgia, and that remained as I pursued my love affair with Alaska.

My life in Alaska seems to be what fascinates most people, in my stand-up comedy and conversation, because to quote Greta Johnsen (WBEZ, journalist from Fairbanks), "One is the most Alaskan when we are Outside". Outside is what Alaskans refer to the rest of the states and the world. I recognized that I had culture shock when first moving to Chicago: the trains were too loud, the people too densely packed, the faces less friendly, the moose...well I miss the moose—the Anchorage city dwelling ones that follow traffic rules and the ones that provided sustenance for my Alaskan family members and me.

In Alaska, I'd had teachers in improv and dabbled in storytelling, radio and even podcasts (before it was called that), thanks to the spirit of "do what you can do to



survive and thrive", one of the doctrines I equate with being a Sourdough. This is someone who has survived a few winters in Alaska and loves it despite the associated hardships.

A few weeks into my arrival in Chicago, I started improv classes in the Second City Training Center. The team I'm most involved with now is the Shrews Shakespearean Improv Troupe, a women's and non-binary group of Shakespearean fans and improv talent. \*theshrewsimprovisation on social media.

Chicago was a fast lesson in the hustle of comedy, as I started hitting open mics. Through those, I developed connections, supporting me in co-hosting, and by October 2018, I was producing and hosting my own showcase, with the mentorship of other comedians in town. The Weekend Remedy Chicago started as a monthly morning open mic and showcase at Shakers on Clark, on Saturday mornings. It shifted to the afternoons (with a premier show at My Buddy's), evolving into the latest adaptation of utilizing zoom. I've



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We encourage you to stop by if you need help accessing state services and to share your thoughts and ideas on ways to improve our community and state.



Jaime Andrade, State Representative, 40th District

met so many funny people and continue to connect with other folks who are creating around Chicagoland. I've yet to do an official tour with my colleagues, however, that's a goal for post pandemic society. Yes, Alaska or bust! \*weekend\_remedy\_chicago on social media

In the meantime, and with the support of a day job, I continue to enjoy living in the Independence Park neighborhood. I moved here in February 2019 and recall unlocking the entryway, (arctic entry in Alaska), and cursing the wind of the polar vortex. Cold is one thing; being prepared is another. The term for a newbie in Alaska is Cheechako, and the story originates from an Alaskan asking where an outsider was from, during frontier

days in Alaska and northwestern Canada. Chicago was their answer. This Sourdough is a Cheechako, until it's time to return.

#### Answers from Meet Your Furry Neighbors

- 1. Ziggy (e)
- 2. June Bug (f)
- 3. SimbaQ (j)
- 4. Brody (k)
- 5. Gigi (g)
- 6. Birdy (i)
- 7. Maybelle (a)
- 8. Digby (d)
- 9. Chloe (c)
- 10. Remington (b)
- 11. Corey (h)

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While we currently can't have Open Houses or give personal tours we are open to helping you as you decide on where your child will go for the 2020-2021 school year.

Reach out to our Admissions director Marge Tiritilli at mtirilli@stviatorchicago.org, she will be happy to help you.

Most important is that you all stay safe and healthy during this time of isolation.

#### 2020-2021

Application for Admissions forms are available online and can be submitted to mtiritili@stviatorchicago.org

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

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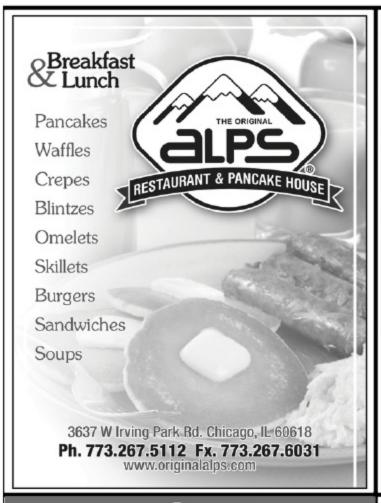
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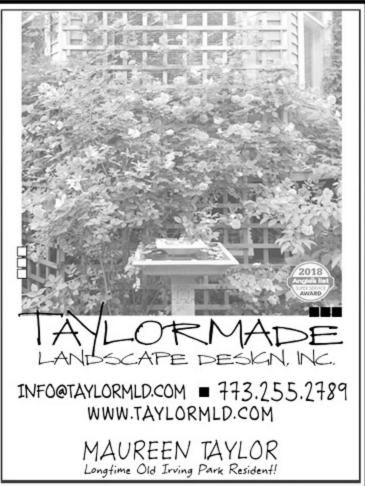
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# 2020 INDEPENDENCE PARK 4TH OF JULY

We're sad to report that Independence Park's Annual 4th of July Parade has been cancelled due to ongoing measures to battle the pandemic.

But in an attempt to keep the spirit of Independence Park's annual celebrations alive - we're challenging all our neighbors to post photos of themselves, their friends, neighbors and family celebrating the Fourth of July "Independence Park Style" - Have your own sack race and egg toss! Or decorate your bikes and parade in your driveway!

Post your photos to Facebook and tag our account @ipacchicago -we will randomly select 8 (EIGHT!) winners who will receive a \$25 gift card to a great local restaurant!

Be safe and have a great Independence Day! Follow our Facebook for more updates!