

VILLAGE OF FOREST VIEW

NEWSLETTER



Thanksgiving 2023

From the Desk of the President



Greetings!

Our 3rd Annual Oktoberfest was a success. There were more people in attendance, many great raffle prizes were donated, people were enjoying the performance by American English and the Cake Walk sponsored by the Park District was a big hit.

We had our 1st Pumpkin Smash. We didn't get as many pumpkins in container donated by Groot as we hoped. I guess people weren't ready to dispose of their pumpkins at that time. We'll try again next year.

Our Veterans Day Ceremony was the best! Forest View's very own Police Honor Guard participated in the event. I'm very proud of our officers who were a part of the Villages 1st. Honor Guard ceremony. I know the Veterans in attendance were all very touched by the 3 Round Volley Salute. The three volleys originate from a custom in which battle would temporarily stop for service members to clear their dead from the battlegrounds. The 3 cartridges signify "duty, honor, and sacrifice" in memory of the fallen.

We have a Toys 4 Tots donation box in our foyer. If you are able, please bring a new, unwrapped toy. Fill out a raffle ticket to be entered in a drawing. The Parade will be held on Sunday, December 3rd. Motorcycle riders...strap a toy on your bike and ride in the parade. And don't forget the teens! Bad Attitude will host an event on Saturday, Nov.25th, specifically for the teens. See flyers in Newsletter for more info on both events.

Just a reminder...if Groot does not pick up an item you put out for garbage pick-up or compose pick-up, please call Groot. Their number is on the Village magnets we gave to all residents. Electronics/TV's are NEVER allowed in garbage pick-up. Neither the Village or Groot will take these items. Compose must be in a can displaying "Compose Only" label or in a paper bag-NOT plastic. We have **compose labels** at Village Hall, free of charge. The last day for compose pick-up is November 29th.

Our website is up and running. If you are able, check it out. <https://www.forestview-il.org/>

Wishing you a Happy Thanksgiving surrounded by good friends, good food and good times!

Village President
Nancy L. Miller

"Nothing is impossible, the word itself says 'I'm possible!'"
– Audrey Hepburn

VILLAGE NEWS

EXCITING NEWS

We now have a website! Please visit us at <https://forestview-il.org> for exciting information and to make any payments.

For your convenience, the Village Office is now accepting credit and debit cards for all payments.

CODE RED

Remember to go to.....

<https://forestview-il.org> to sign up for CodeRed. Notifications will come from the following phone numbers. Please add them to your phone book to avoid missed calls. 866-419-5000 or Emergency Alert 855-969-4636 or General Alert

tip 411

Forest View Police Department is offering a service for our residents. Send anonymous tips directly to our Police Department.

Text keyword FVPD to 847411, add a space, type your message, hit send.

tip 411

Send anonymous tips to the Forest View Police Department. Text keyword FVPD to 847411, add a space, type in your tip information, and hit send.

DOWNLOAD FREE

for iPhone or Android

tip 411

PLEASE NOTE: The Village Office will be closed on Thursday, November 23rd and Friday, November 24th for the Thanksgiving holiday.

In the event of snow, please do not place your garbage/recycling cans in the street.

Friendly Reminder.....

Compost

The last day for pick-up will be 11-29-23

The Village Office still has bags available for compost if needed.

Please Do Not rake the leaves in the street.

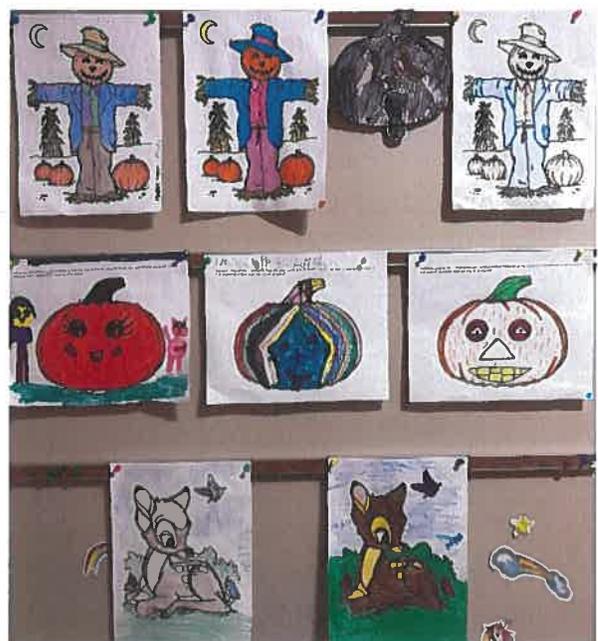
Food Pantry Reminder

Please stop by and take a look at our Food Pantry for any of your holiday needs. It is located on the second floor of the Village Hall.

50/50 Apron Program

Information is available on the Village website or in the Village office. Deadline to sign up is January 1, 2024.

EVERY CHILD IS AN ARTIST



Come on out and support a great cause. 2nd Annual "Toys for Teens". This is a fundraiser specifically for teens at Christmas. This event will be held at Bad Attitude Bar & Grill. Grab a bite to eat, purchase a raffle ticket and/or bring a new unwrapped item for a teen. If you have never been to Bad Attitude and have not sampled one of Chef Tony's food creations, bring your appetite. You are in for a tasty treat!

SATURDAY NOVEMBER 25TH, 2023

Toys for Teens Gift Drive

HOSTED AT

BAD ATTITUDE

4519 S. Harlem Ave, Forest View, IL, 60402

DRINK SPECIALS

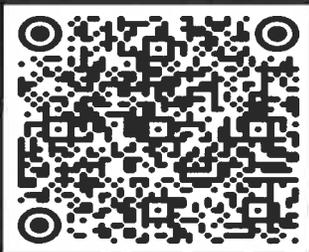
KITCHEN OPEN LATE

**EVERY DONATION MAKES A DIFFERENCE, IT'S NOT
JUST FOR THE LITTLE ONES!**

**RAFFLE TICKETS ON SALE & GIFT DONATIONS
ACCEPTED ALL DAY!**

11AM-2AM

SCAN HERE FOR GIFT IDEAS



ALL GIFTS WILL BE DISTRIBUTED LOCALLY!



All proceeds from raffle are used to purchase gift items for teens.

**TOYS
FOR
TOTS**

**ALL RIDERS MUST
BRING A NEW TOY**

I'LL BE THERE!
RAIN OR SHINE



46th CHICAGO MOTORCYCLE PARADE

**STARTS AT 9:30AM
DAN RYAN WOODS
83RD AND WESTERN**

**FOR MORE INFO
GO TO
CHICAGOLANDTFT.ORG**

Only "Street Legal" Motorcycles.
No ATV's or Quad Runners Permitted.

**LARGEST MOTORCYCLE
PARADE IN THE WORLD
YOUR NEW TOY DONATIONS WELCOME
For more information please call
708-598-4909**

PLEASE RE-ROUTE
Avoid Traffic Delays.

The parade is divided
into sections called "Tiers".
There are intervals between
each section to allow cross
traffic.

**MOTORCYCLES WILL PARADE
BETWEEN 9:30-4pm**

SUNDAY DEC. 3rd ON WESTERN AVE. 2023

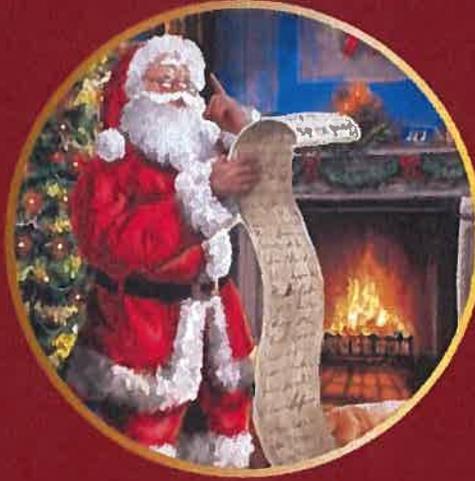
Thousands of Motorcycles Each With a Toy Contribution

Info on Facebook and www.ChicagolandTFT.org

www.chicagolandtft.org

Signs Donated By **SE STRAS & STRAS**
(888) 700-0600

LAWLER FAMILY CHRISTMAS GIVEAWAY



ENJOY A FREE, DINE-IN ONLY MEAL, SOFT DRINKS, AND ONE GIFT
PER CHILD 10 YEARS OLD OR YOUNGER OR PERSON WITH
DISABILITIES.

SANTA CLAUS AND HIS HELPERS WILL BE PRESENT FOR PICTURES.

**BERWYN MOOSE LODGE | 3625 SOUTH HARLEM AVE.,
BERWYN, IL**

DECEMBER 09 | 2 PM 'TIL 6 PM

**DONATIONS ARE APPRECIATED. ALL FOOD MUST BE PRE-
PACKAGED OR PROVIDED BY A LOCAL RESTAURANT.**

ZELLE: 708 943 5105

CASH, CHECKS, AND MONEY ORDERS ARE ALSO ACCEPTED

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT LAWLERXMAS@GMAIL.COM

USE THE QR CODE TO REQUEST YOUR TICKET. ONE TICKET IS VALID FOR A
FAMILY OF FOUR, CHILDREN INCLUDED. YOU MUST PRESENT YOUR TICKET TO
RECEIVE A GIFT!



[HTTPS://TINYURL.COM/LAWLERXMAS](https://tinyurl.com/lawlerxmas)



Lawler Family Christmas Party

SATURDAY

9 DEC 2023 - 7:30PM TILL 11:30PM

THE FANTASTY BAND

"MOTOWN TRIBUTE BAND"

ALONG WITH

MICKEY "MIXIN" OLIVER & RICH HUERTA

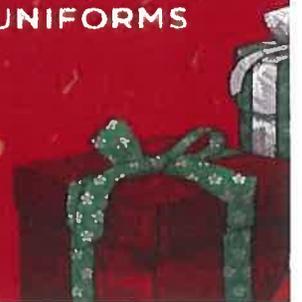
\$10 ADVANCE TICKETS - CALL 708.943.5105

\$15 AT DOOR

ALL TOP SHELF DRINKS ONLY \$4

MILITARY PERSONNEL WEARING MILITARY UNIFORMS
FREE ADMISSION

BERWYN MOOSE LODGE
3625 S. HARLEM AVE.
BERWYN IL.



Eating Ultra-Processed Foods May Increase Risk of Dementia

A large study published last summer in *Neurology* reported a link between consuming ultra-processed foods—such as soft drinks, potato chips and other salty snacks, deep-fried or packaged meats, bottled condiments, prepackaged sweets and breads, and flavored breakfast cereals—and a higher risk for dementia and Alzheimer's disease. For every 10 percent increase in ultra-processed foods consumed, the risk for Alzheimer's rose 14 percent; for dementia overall, it increased 25 percent, according to the study.

Researchers from Tianjin Medical University in China tracked the diet and health of 72,803 women and men from the United Kingdom, ages 55 and older, for a decade.

Participants were divided into four groups based on how much ultra-processed food they ate. None had dementia at the start of the study, but nearly 43 percent more people in the highest group of ultra-processed food intake developed dementia than in the lowest group.

Those in the lowest group consumed an average of 225 grams of ultra-processed foods per day—by weight, approximately 9 percent of their total food consumption—while subjects in the highest group took in an average of 814 grams, or 28 percent of their daily diet. (For reference, one serving of pizza weighs about 150 grams.)

The study authors estimated that a 50-gram replacement of an ultra-processed food each day with a healthier, less-processed food—eating half an apple, a bowl of bran flakes, or a serving of corn instead of a chocolate bar, for instance—was associated with a 3 percent lower risk of dementia.

These results join others that show an association between ultra-processed foods and negative health effects such as obesity, high blood pressure, high cholesterol, cancer, heart disease, stroke, and earlier death. Scientists don't know exactly why such foods are bad for the brain but believe they may increase blood pressure and contribute to buildup of atherosclerotic plaque in arteries, says Linda Hershey, MD, PhD, FAAN, a retired professor of neurology at the University of Oklahoma College of Medicine. The Tianjin researchers suggested these foods might increase inflammation, which could fuel growth of tau protein tangles—a hallmark of Alzheimer's disease.

“It's impossible to derive cause and effect from observational studies,” says David Seres, MD, professor of medicine at the Institute for Human Nutrition at Columbia University in New York City. “But this study is potentially important. It's probably not a bad idea to avoid processed foods and eat those that look like they did when they came out of the ground or off the hoof as much as possible.”

Ultra-processed foods tend to be higher in added sugar, saturated fat, and salt, and lower in protein and fiber, than fresh or minimally processed foods. About 57 percent of the

calories in the average American diet come from ultra-processed foods, according to a 2022 study published in the *American Journal of Clinical Nutrition*.

“The vitamins, minerals, phytochemicals, and healthy fats in fruit, vegetables, whole grains, legumes, nuts, and other foods work together in a healthy diet,” says nutrition researcher Maura Walker, PhD, assistant professor of health sciences at Boston University and co-author of an editorial published with the *Neurology* study. She advises people to eat more fresh fruits and vegetables, frozen produce without added sugar or sauce, and even canned produce if it is low in sodium and sugar.

You can also improve your diet by checking the nutrition panel on food packages. Foods with 5 percent or less of the daily value for sugar are considered low in sugar. Buy packaged breads and cereals only if the first ingredient listed is a whole grain.

Limit consumption of sweetened, diet, and prepackaged coffee or tea drinks, says Dr. Walker. (The American Heart Association recommends no more than 6 to 9 teaspoons of added sugar per day, from all sources.) Soft drinks and bottled juices can be unhealthy whether they contain added sugar or artificial sweetener. A 2017 Boston University study published in *Stroke* found that drinking artificially sweetened soft drinks was associated with an increased risk of stroke and dementia. The researchers noted that people who drank more artificially sweetened soft drinks were also more likely to have diabetes, which raises dementia risk.

How to Swap Out Ultra-Processed Foods

Breakfast

Buy cereals low in added sugar (read the labels), and eat fruit salad as a side instead of bacon or sausage.

Beverages

Drink unsweetened coffee or tea or plain or sparkling water (add a squeeze or slice of citrus fruit) instead of soda, premade tea, and fruit drinks.

Lunch Meat

Choose slices of lean pork, beef, or skinless chicken or turkey instead of deli meat.

Snacks

Munch on raw vegetables or air-popped popcorn seasoned with herbs instead of chips, crackers, and other salty foods.

Dinner

Grill, bake, or pan-sear fish or roast chicken instead of heating up prepackaged fish sticks or chicken nuggets. Make a salad or steam vegetables without sauce or cheese, or cook brown rice, bulgur, or barley instead of french fries, instant noodles, and packaged macaroni and cheese.

Dessert

Enjoy a bowl of berries, fruit salad, or an apple, banana, orange, peach, or other whole fruit instead of ice cream, cookies, candy, and packaged cake or other sweets.

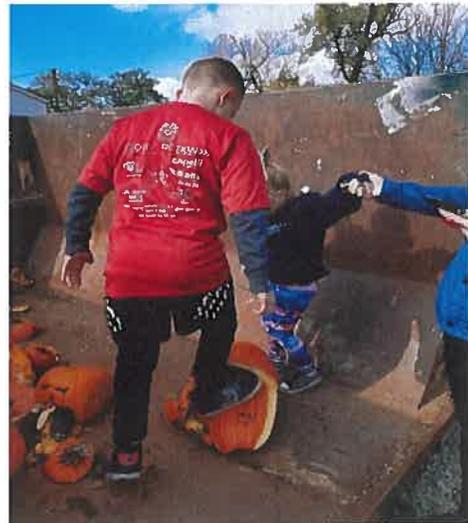
OKTOBERFEST



Happy Halloween



Pumpkin Smash



Columbus Day Parade Italian Heritage



Veterans Day Ceremony





Why it took 120 years to build the Ark.

God appears to Noah and asks him to build an ark to save a few good humans and two from every living species. He also gave Noah the blueprints saying, "you have 6 months to build the ark before I will start the unending rain for 40 days and 40 nights."

Six months later, the Lord looks down and sees Noah weeping in his yard – but no ark.

"Noah!" He roars, "I'm about to start the rain! Where is the ark?" "Forgive me Lord" begs Noah, "but things have changed."

"First, I need a building permit. That's been held up because I've been arguing for months with the fire inspector about the need for a sprinkling system. Then my HOA claimed that I violated the neighborhood zoning laws by building the ark in my yard and that it exceeds the height limitations. We had to go before the city's planning and zoning board to ask for a variance. Of course, they wanted to know how I was going to get this huge boat into the ocean. I tried to explain that the sea would be coming to us, but they thought I was crazy."

"Getting the wood was another huge problem. In order to save the spotted owl, there's an EPA ban on cutting local trees. I tried to convince the environmentalists that I needed the wood to save the owls-but of course, that went nowhere! Oh, by the way, the EPA is also demanding an environmental study on your proposed flood."

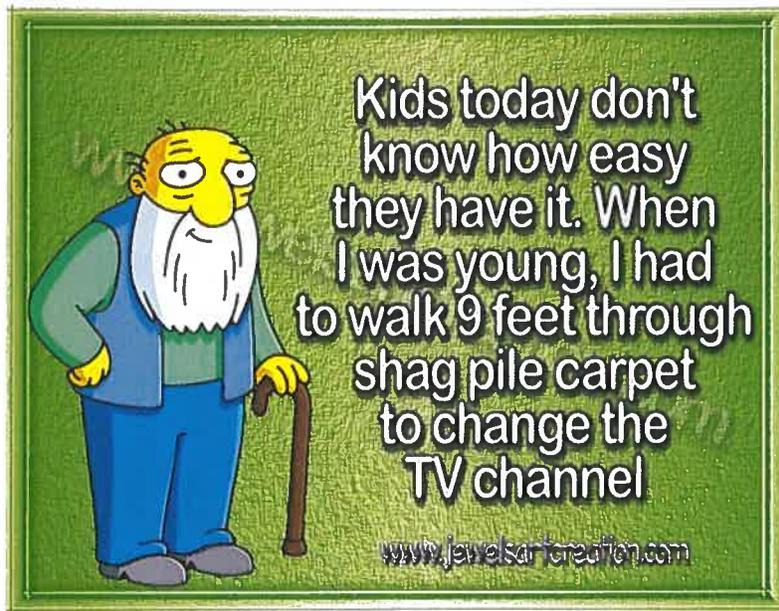
"When I started gathering the animals, the animal rights groups sued me. They asked for licensing for keeping exotic animals and then insisted that I was confining wild animals against their will. They demanded to see where they were going to be housed and then argued that the accommodations were too restrictive and it was cruel and inhumane to put so many animals in such a confined space."

"I'm also still trying to resolve a complaint with the Human Rights Commission on how many minorities I'm supposed to hire for my building crew and the trades unions say I can't use my sons. They insisted I have to hire only union workers with ark-building experience. So, forgive me Lord, but it would take at least 100 years for me to finish this ark."

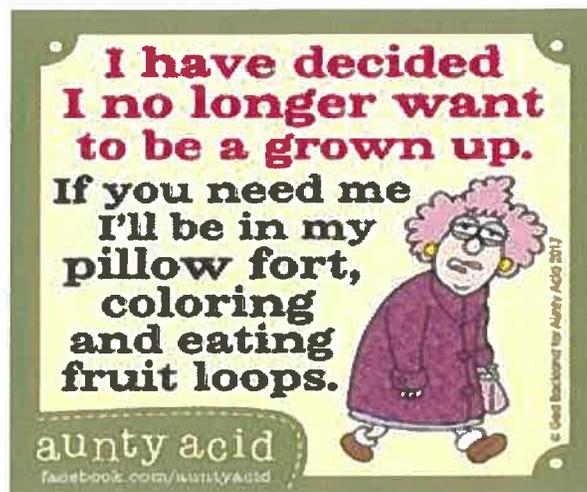
Suddenly the skies clear, the sun begins to shine and a rainbow stretches across the sky. Noah looks up in wonder and asks, "You mean you're not going to destroy the world?"

"No" says the Lord. "The government clearly beat me to it."

Laugh Out Loud



I was at lunch with an old friend & pointed to two elderly ladies across the room and said "That will be us in 10 years." She said: "That's a mirror."



**How many times
can you subtract
10 from 100?**

**Once. The next
time you would be
subtracting 10 from 90.**



*When I get older I'm not going to sit around
knitting. I'm going to be clicking my Life
Alert button to see how many hot
firefighters show up!*

Crossword 1: Careers

ACROSS

1. Light source
5. Singing parts
10. Baths
14. Siamese
15. Heavysset
16. Otherwise
17. Toronto hockey team (2 wds.)
19. Body of water
20. Less than two
21. European nation
23. Malice
26. Aspect
28. Animal covering
31. Goddess
32. Movie theater
33. United States
34. ____ Maintenance
Officer, Team Leader
37. Woody part of plants
39. Deceit
40. Capital of Western Samoa
42. Esau's brother
45. Strangeness
49. April (abbr.)
50. Shrewdness

53. Court
54. "To the right!"
55. Respiratory organs
56. Cut of beef
58. Dry stream beds
60. Battle of nations
61. Get water by hand
63. Separates
69. Extremely long time periods
70. Not as insane
71. Wagon
72. Green Gables dweller
73. Circumvent
74. Student's dread

DOWN

1. Long-term memory (abbr.)
2. Expression of surprise
3. Traveler's aid
4. Officer who controls flight
of an aircraft
5. Qualified
6. Downwind

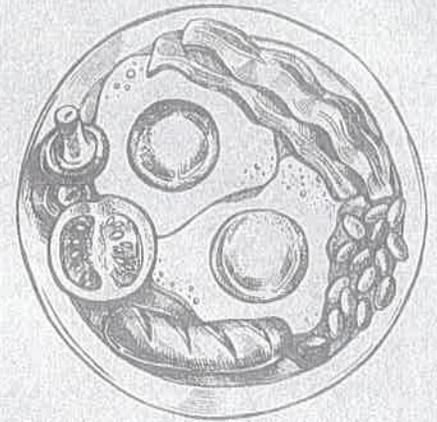
1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
			20					21		22					
23	24	25				26	27					28	29	30	
31					32							33			
34			35	36						37	38				
			39					40	41						
42	43	44					45					46	47	48	
49					50	51	52						53		
54					55						56	57			
			58	59						60					
61	62					63		64	65				66	67	68
69						70						71			
72						73						74			

Solution on page 23.

7. Beverage
8. Business establishment
9. Method
10. Exchange for money
11. Lighthearted
12. Inquire
13. Perceive
18. Compass point
22. Loss of muscle coordination
23. Body of water
24. Luau dish
25. Intelligence, surveillance and
reconnaissance (abbr.)
26. Played during marches with drums
27. Picnic pest
29. Employ
30. Ewe's mate
32. Calorie
35. Cash with order (abbr.)
36. Bawdy
38. Talk
40. Greek god of war

41. Pencil's pal
42. Judge Advocate General attorney
(abbr.)
43. Imitate
44. Member of a flight team
45. Madagascar franc (abbr.)
46. The other half of Jima
47. Male offspring
48. Garden tool
51. Armor plate
52. Break the seal of
56. Children's game
57. Support
59. Church part
60. "As you ____"
61. Pod vegetable
62. Vase
64. African antelope
65. Crimson
66. Levy
67. Time period
68. Short-term memory (abbr.)

Word Search 2: Breakfast



- | | |
|--------------------|--------------|
| BACON | HASH BROWNS |
| BISCUITS AND GRAVY | MAPLE SYRUP |
| CINNAMON ROLLS | MUESLI |
| DOUGHNUTS | OATMEAL |
| EGG BAKE | OMELETTE |
| EGGS AND BACON | ORANGE JUICE |
| FRENCH TOAST | PANCAKES |
| FROSTED FLAKES | SAUSAGE |
| FRUIT SMOOTHIE | WAFFLES |
| GRANOLA | YOGURT |

Solution on page 24.

Sudoku 3 & 4

	3	2			9			6
	4	7		6		8		5
	1	8		4	7	2		9
	5		1	8		9	2	7
8		1		5	2		6	4
7		4	3	9		5		1
1	8		4	7		6	9	2
2		5		3	1	4		8
4		9		2	8	1		3

SUDOKU 3

		2		5			6	3
3	5	9		2	7		8	1
		8	1		3	7		5
	2	4	7		5	8	1	
	6	3	9	8		2		4
7	8		2	4	6		3	
4	1	6	5	7		3		2
2		7	4	1	9		5	
8		5	3		2	1		7

SUDOKU 4

Solution on page 24.



November, 2023

Happy Holidays - An Important Update for All Children on Santa Claus

Dear Children and Parents of the Village of Forest View:

As President of the Village of Forest View, I am proud to announce that **after years of negotiations with the North Pole**, our Village has created a direct line of communication between the **Village of Forest View and Santa Claus himself!**

For many years, my office has been working on building a connection with the North Pole, and I am happy to report that **the magic and the believers in this village have made it possible!** Thank you for your help in making it happen!

Because of this connection, I invite all of you to write your letters to Santa Claus. Then, **stop by Village Hall, 7000 W. 46th Street by Wednesday, December 13th.**

We will get your letters up to Santa himself, and he will even provide you with a response!

Please see the sample letter that Santa sent to us to get to you to fill out. **Don't forget to put your address on your letter so that Santa can respond to you!**

Thank you all for believing - I offer you and your family my warmest thoughts and best wishes during this holiday season. All the best to you in 2024!

Sincerely,

A handwritten signature in black ink that reads "Nancy L. Miller". The signature is written in a fluid, cursive style.

Nancy L. Miller
President, Village of Forest View



Dear Santa,



Hello! This Christmas, I will be _____ years old, and my teacher is _____ at _____ School!

This year I have been...



- Good all of the time
- Good some of the time
- Naughty (but I can explain)

I am proud of myself, because this year, I did some nice things - including: _____

What I would like most for Christmas this year is _____ and _____, and I promise to leave out _____ for you!

Merry Christmas Santa!



Love,
First Name _____ Last Name _____
Address _____

P.S. Please tell _____ I said hello!

VILLAGE OF FOREST VIEW

CHRISTMAS HOME DECORATING CONTEST

Show off your holiday spirit and enter the Village of Forest View's Christmas Outdoor Home Decorating Competition.

REGISTRATION BEGINS ON NOVEMBER 25TH ENDS DECEMBER 18TH

We will be awarding the top three houses for Christmas.

Winners will receive a gift card.

YOU MUST REGISTER - NO REGISTRATION FEE.

TO REGISTER, CALL (708) 788-3429

OR EMAIL info@forestview-il.org

THE OUTSIDE OF YOUR HOUSE MUST

BE DECORATED BY DECEMBER 18TH.



JOIN FOREST VIEW PARK DISTRICT FOR A FUN-FILLED HOLIDAY EVENT!

SATURDAY, DECEMBER 2ND, 2-5 PM

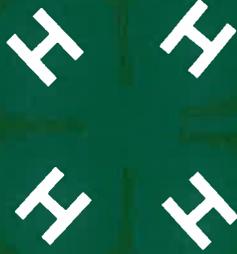
FOREST VIEW VILLAGE HALL & FOREST VIEW PARK

- 2 - 4 PM** Craft holiday cards for local Seguin residents & create wonderful ornaments for yourself & our park christmas tree. Led by Urban Adventurers 4-H Club @ the Village Hall, 7000 46th Street.
- 2:30 PM** Special Guest: Santa will join us for pictures, a hot cocoa bar, & the candy cane hunt!
- 4:00 PM** Bundle up & head across the street for the 2nd Annual Stickney-Forest View Lions Club Candy Cane Hunt in Forest View Park.
- 4:30 PM** Tree Lighting in the Park. Place your ornaments on our new evergreen tree & join us for caroling.



For more Info & to REGISTER, visit
<https://linktr.ee/forestviewparkdistrict>
OR SCAN 

Forest View Park District | 4621 Wenonah Ave | Forest View IL 60402



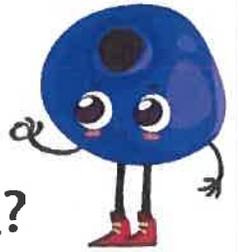
KIDS CORNER



WHAT ARE TWINS
FAVORITE FRUIT?

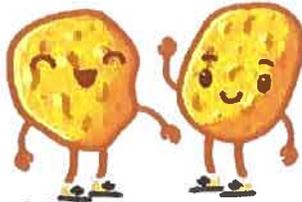
PEAS

WHAT DO YOU CALL
BLUEBERRIES
PLAYING THE GUITAR?



A JAM SESSION

WHEN POTATOES
HAVE BABIES,
WHAT ARE THEY CALLED?



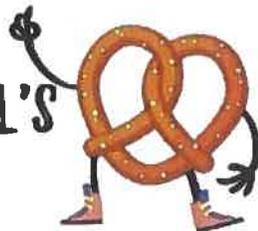
LATER POTIS



WHY DID THE APPLE
STOP IN THE MIDDLE
OF THE ROAD?

BECAUSE HE RAN OUT OF JUICE

WHAT IS A PRETZEL'S
FAVORITE DANCE?



THE TWIST



WHY WAS THE
CUCUMBER MAD?

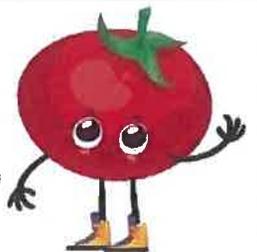
BECAUSE IT WAS IN A PICKLE

WHAT DO YOU GIVE
TO A SICK LEMON?



LEMON-AID

HOW DO YOU FIX
A BROKEN TOMATO?



WITH TOMATO PASTE



WHY DID THE
TOMATO BLUSH?

BECAUSE IT SAW THE SALAD DRESSING



WHAT DID THE BURGER
NAME HER DAUGHTER?

PATTY

CALLING ALL LOCAL ARTISTS.....COLOR & DECORATE, THEN DROP YOUR MASTERPIECE OFF AT THE VILLAGE HALL. YOUR ARTWORK WILL BE DISPLAYED IN OUR LOCAL ARTISTS CORNER. DON'T FORGET TO INITIAL YOUR ART.

Happy Thanksgiving!

