

*VILLAGE OF FOREST VIEW
NEWSLETTER*



SPRING

2023



Spring is just around the corner. I think we were quite lucky this winter as far as snow. I hope we have seen the end of it.

We had another busy year in the Village and we are all anxious to share our 2022 accomplishments with you at the State of the Village on Thursday, March 30th. We will also be giving you a sneak peek at all that is planned for 2023. Please remember to RSVP.

A little birdie told me that the Easter bunny will be visiting Forest View again this year. Check your front porch on Easter Sunday.

New Residents...Please read the Newsletter so you are aware of upcoming licenses you may need to purchase, vehicle stickers and dog licenses being on the top of list. These are provided at a nominal fee, BUT the citations for failure to purchase are not. Get them early so you don't forget.

On behalf of the Ehresman Family, they wish to extend their heartfelt thanks for the many donations received over the last year. The towns support was much appreciated.

Please update or add your email to our list. We send out reminders and notices of fun, upcoming events in the Village or in the area. Contact our Village office if you would like to be on our list.

Our Park District has been hard at work planning many fun events for the residents of all ages. Get those kids off the video games and send them to the Park District for some real old time fun. Adults... always a fun time at Trivia Night, Bunco or Painting w/Rad canvas. Seniors...get out, enjoy some coffee and socialize with your neighbors.

I wish you all an **Early Spring** and a very **Happy Easter!**

Village President

Nancy L. Miller





**President
Nancy L. Miller**

Incorporated December 8, 1924

**State OF
THE Village
Address**

Celebrating 99 years

THURSDAY, MARCH 30, 2023 | 6:30 PM

ART TRECKLER ROOM

FOREST VIEW VILLAGE HALL

7000 W. 46TH STREET

Please RSVP to Lucy Vogt at 708-788-3429 or email

info@forestview-il.org

FREE TO PUBLIC | LIGHT REFRESHMENTS

POLICE DEPARTMENT

Prescription Drug Take Back Program



We are happy to inform you that we now have a locked prescription drug drop box. The box is located in the Village Hall next to the Police Department. Please remove personal labels and thank you for participating in the Prescription Drug Take Back Program.

CodeRED – Sign-Up Today

The Police Department encourages **ALL** residents to subscribe to this **FREE** program.

Please go to www.villageofforestview.com to register. If you need assistance or prefer a paper copy please call the Village Office at 708-788-3429.

SOLICITORS

As the weather breaks, look out for home repair scams and fraud. Remember, door-to-door solicitors must first obtain a Solicitor's Badge from the Police Department that must be worn around their neck. Please note that just because a solicitor is wearing a badge does not mean the Village sanctions the product or solicitation cause. Solicitors may operate only Monday-Saturday between the hours of 9:00 a.m.-5:00 p.m. and are not allowed on Sundays or holidays. **"NO SOLICITORS"** decals are available at the Village Office free of charge. Please report any solicitation without a badge or during non-soliciting hours or disregard of posted **"NO SOLICITORS"** decal to the Police Department at non-emergency number 708-788-0318.

PUBLIC WORKS

YARD WASTE

Yard waste pick-up will officially begin on **Wednesday, April 5th**. Grass, branches, leaves, and other natural waste can be put into brown yard waste bags or into containers not exceeding 35-gallon size with a **COMPOST ONLY** sticker on the container. **BIODEGRADABLE YARD BAGS DO NOT NEED A STICKER. PLASTIC BAGS ARE NOT ACCEPTED.** If you need stickers for a container, they are available free of charge in the Village Office.

LAWN MAINTENANCE



Homeowners can help keep our community neat and attractive by regularly mowing their lawns. Please do not mow/divert the grass into the street as it will clog up the sewer system. **Please make sure your landscaping company does NOT divert the grass into the street. Forest View Village Code requires that grass/weeds be maintained at a height of five inches (5") or less.** Grass/weeds that are neglected and allowed to grow longer than 5 inches is considered a nuisance and the Public Works crew may cut and bill property owner or lessee \$150.00 for the 1st cutting and \$325.00 for subsequent cuttings during the same calendar year. **Please be considerate of your neighbors and community by keeping your lawn mowed.**

PARKWAY TREES



Remember, trees that are located on the parkway belong to the Village and **cannot be cut or trimmed by residents**. If you have a concern about a tree on your parkway, please contact the Public Works Department at 708-788-3429.

OPENLANDS TREE PLANTING

Planting will take place early May for all residents who have applied for a free tree. Additional information to follow.

GROOT will only pick up glass if it is taped or placed between two pieces of cardboard.



From the Desk of the Fire Chief:

As we welcome spring, we change our clocks forward, please remember to also change the batteries in your smoke and carbon monoxide detectors. Your detectors are only good for a ten-year life span. If you are not sure how old your detector is, you may want to replace it.

One last thing to keep in mind, if you have a medical alert system or a residential fire alarm system, we have the Knox Box System in place here in the Village. This system is a secured steel box that hangs on your door and allows us access to your home in the event of an emergency without causing entry damage. Once the emergency is over, we can re-secure your home. If you have any questions, please contact me at the station to discuss the system.

Sincerely,

Mark Jones
Fire Chief
Forest View Fire Department



The Village has a tornado siren which is tested the first Tuesday of every month at 10:00 a.m. The siren wails for one (1) minute. If you hear the siren at other times, it is a warning that a tornado has been sighted and may be headed towards our Village. If this happens, you should move to a safe place.

Although tornadoes can occur at any time of the year, they most frequently occur in spring and summer. By reviewing the following basic tornado safety points, you will be better prepared to protect yourself and minimize chance of injury:

- Remain inside – go quickly to a safe area ***away*** from windows, doors, corners and outside walls. The basement is a safe place; if none, go to ***lowest-level, interior room***, with ***NO windows*** (such as closet, bathroom, or interior hallway).
- Listen to the radio or TV for severe weather alerts and updates. Keep a battery-operated radio.
- Be aware of flying debris. *Crouch down* under a heavy/sturdy piece of furniture such as a table, *bend over*, and *cover your head and neck with your arms* and use pillows, cushions, or any other cushioning materials.
- If you are in a car, get out right away. Get inside a sturdy building.
- If you are outside and cannot get inside, lie flat in a ditch or another low-lying area. Cover your head with your arms.

*Source: National Fire Protection Association





The Forest View Fire Department Welcomes Home Engine 1

On January 23rd 2023 The Forest View Fire Department welcomed home the very first fire engine that served the Village. Engine 1 is a 1955 Ward LaFrance and served the Village of Forest View for 32 years (1955-1987). Engine 1 was located sitting in front of an antique mall in Bangor Michigan in December 2022 and we were able to work out the Village taking back possession of the Fire Engine.

While some may look at this as just an “Old Fire Engine” it has a special meaning to past and present members of the Forest View Fire Department, as well as the residents of the Village. Many past members of the department and residents have stopped by the fire station to see the engine and share their stories and memories of seeing this fire engine serving and protecting our Village.

We also were lucky as well as surprised to have the original Bell, and a Hard-Suction Strainer that was on Engine 1 donated back to us to put back on the fire engine by two past members of the Fire Department. Allen Kalas donated the bell, and Lester Antos Jr. donated the Hard-Suction Strainer.

Receiving the original bell that was on this fire engine is very special to us. As the fire service of today is forever changing, it is steeped in tradition. One such tradition is the sound of a bell. In the past firefighters began their tour of duty, it was the bell that signaled the beginning of the day's shift. Throughout the day and night each alarm was sounded by a bell that summoned these brave souls to fight fires and to place their lives in jeopardy. And when the fire was out and the alarm had come to an end, it was the bell that signaled to all the completion of that call. Eventually bells become common place on the front of fire apparatus used as a means of warning the public that a fire apparatus was responding to an emergency call. This is why having our original bell back on our first fire engine is special to us.

The Fire Engine was used several times to pump out water at the dead end of Wenonah Avenue at the rail road tracks when it was flooding. Water was pumped in to another storm sewer and kept the flood waters from flooding the Village. The Hard-Suction Strainer was a vital tool for this operation as it was able to keep the suction hose's from being obstructed.

We are excited to have “Engine 1” back home and to have such a piece of our Village's History!





VILLAGE OFFICE

BUILDING PERMITS

You will be fined \$100.00 plus double the cost of the Building Permit if you start work without obtaining a Building Permit. NO EXCEPTIONS.



A building permit must be obtained **prior** to the construction, alteration/remodel or repair of any house/property whether doing the work yourself or by

a contractor. Permits are needed for, but not limited to, the following: alterations involving moving or adding walls, basement finish-out, electrical and plumbing work, HVAC work, shed, fence, deck, patio, roof, driveway, window replacement, siding, solar panels, swimming pool. **If you're not sure if a permit is required, please call the Village Office at 708-788-3429.** Some building permits require a fee, however for many projects, there is no fee at all for the permit.

Permits are required to ensure that the work adheres to Forest View Building Codes. Also permits can guarantee that a contractor is insured and bonded and the homeowner is protected from fraud.



Before You Dig, Call (or Click) JULIE

If you are planning an outdoor project, call JULIE before you dig to avoid injury and/or damage to underground utilities. Simply call 811 or 1-800-892-0123. The call is free and so are the services. Call center representatives are available 24 hours a day, seven days a week. Or you can log on to www.illinois1call.com and click e-request to enter your request.



HAPPY RETIREMENT BILL HUGHES

We would like to thank Bill Hughes for 19 dedicated years of service with our Public Works Department. We will truly miss you! We wish you all the best in your retirement!



FROM THE VILLAGE OFFICE...

LOCAL ELECTIONS



Local elections will be held on **Tuesday, April 4, 2023** at the Village Hall in the Art Treckler Room located on the second floor. Polls are open from 6:00 a.m. to 7:00 p.m.

Early Voting – For your convenience, any registered suburban voter may cast a ballot at one of the Cook County Clerk’s early voting sites from **Monday, March 20th through Monday, April 3rd**. Voters do not need to provide an excuse or reason why they cannot make it to the polls on Election Day.

NOTE: You can Register to Vote at Early Voting Sites.

Vote by Mail – Any registered suburban Cook County voter may request a mail ballot by using an online application (go to www.cookcountyclerk.com) or pick-up paper application at the Village Office or call the Cook County Clerk’s Office at 312-603-0946 and request one. There is a drop box at the Stickney – Forest View Library for your convenience.

Early Voting Site:

Stickney – Forest View Public Library
6800 43rd St, Stickney, IL 60402
708-749-1050

2023

Monday, March 20th – Sunday, March 26th
Mon. - Sat. 9:00 am – 5:00 pm
Sunday - 10:00 am – 4:00 pm

Monday, March 27th – Sunday, April 2nd
Mon. – Sat. 9:00 am – 5:00 pm
Sunday - 10:00 am – 4:00 pm

Monday, April 3rd - 9:00 am – 5:00 pm



GARAGE SALES



Spring/summer cleaning in many cases means garage sales. Just as a reminder, sales are limited to two (2) per household per year. There is no fee to hold a sale, but a permit is required. Permits should be obtained at the Village Office three (3) days prior to the planned sale. Sale hours are limited between the hours of **9:00 a.m. and 5:00 p.m.** and sales cannot last more than three (3) consecutive days. Regular items found around the house are allowable in garage sales; however, arts and craft items are not. All advertisements must be removed from the parkway within 24 hours of the completion of the sale, and **at no time are signs to be placed on street light poles, stop signs or parking signs.**

CHRISTMAS HOME DECORATING CONTEST RESULTS



Thank you to all of our participants. All of the homes looked amazing. Our judges had a hard time picking the winners. Homes were judged on Creativity, Attention to Detail, Theme Execution & Presentation.

The scores were very close. We hope you had fun decorating.

1st Place: 4529 Wisconsin

2nd Place: 4503 Wenonah

3rd Place: 4510 Clinton



FROM THE VILLAGE OFFICE...



ANNUAL DOG LICENSE/TAG



We would like to take this opportunity to remind all residents our Village Ordinance requires that **all dogs be licensed annually** with the Village Office and wear an up-to-date dog identification tag. To make it not only ***easier to remember*** but also more ***convenient*** to do so, 2023-2024 dog license/identification tag(s) should now be purchased along with the purchase of your vehicle sticker(s) in the **month of June** per Village Code. One stop! So please look for Dog License Registration form(s) along with Vehicle Sticker Application(s) in your mailbox around June 3rd. To obtain a license, owners should bring registration form and must show proof of a current rabies vaccination to the Village Office. The dog license/identification tag is only \$1.00. Dog identification registration tags are helpful to the pet owner should the dog get lost. As a reminder, per Village Code, no more than three (3) dogs are allowed per residence. Don't be subject to a \$50.00 citation, **please remember to purchase your dog license(s) this June...and every June thereafter!**



PLEASE NOTE: The Village Office will be closed on Monday, May 29th in observance of Memorial Day.

VEHICLE STICKERS SALES

Looking ahead, vehicle stickers for 2023-2024 will go on sale in the Village Office on **Thursday, June 1, 2023**. Applications for vehicle stickers will be delivered around June 1st. If you do not receive an application for a vehicle sticker, please contact the Village Office or stop by and obtain a blank application. It is the responsibility of each resident to purchase the appropriate vehicle stickers each and every year. **License plate numbers are required on all vehicle sticker applications.** The new stickers should be displayed on your windshield no later than July 1, 2023. **Stickers purchased after June 30th will be subject to a late penalty fee.**

<u>VEHICLE STICKER PRICES ARE AS FOLLOWS:</u>	
Passenger Car:	\$ 10.00
Recreational Vehicle:	\$ 15.00
Trucks: Class B	\$ 25.00
Class D	\$ 45.00
Class F,H,J, K, and Bus	\$100.00
Class N and up Plus, weight tax vehicles	\$140.00
Senior Citizens: 65 and older (one per household)	\$ 2.00
Veterans:	\$ 2.00
New Vehicle Purchased During the Year...within 30 days of purchase (after penalty charges will apply)	

We are excited to announce that we will be offering a discounted vehicle sticker for our Veterans in June. The Veterans Vehicle Sticker will cost \$2.00. Should the individual have one vehicle, and already qualifies for the senior discount, the vehicle sticker fee shall be waived.

Thank you for your service.

WE HOPE EVERYONE HAD A SAFE AND HAPPY HOLIDAY SEASON!



CHRISTMAS EVE 2022



Local Artists



SOMEONE YOU SHOULD KNOW.....



Police Department Records Clerk
Audrina Aguilar

Audrina Aguilar joined the Village of Forest View on February 1, 2023. She graduated from Joliet Central High School in 2013 before attending Morton College. She pursued her career in Human Resources and was an Office Manager at her prior place of employment.

When asked what she enjoys most about working for the Forest View Police Department, Audrina replied that she loves to help others. She is truly enjoying working with our Police Officers and learning how our Officers serve and protect our community.

When Audrina is not at work, she loves spending time with her beautiful four-year-old daughter and sweet little hamster named Brownie. She also enjoys going on bike rides, swimming, reading books and baking with her daughter. (We heard she is an amazing baker 😊)

Audrina wanted to express her gratitude for making her feel so welcome to the Village. She looks forward to learning and providing any help possible to our staff and residents.

Welcome Audrina, we are lucky to have you here!





The Serve Illinois Commission on Volunteerism and Community Service in partnership with the Governor's Office is pleased to announce that a panel of our commissioners have selected Ranee Sudkamp for the Governor's Volunteer Service Award in the Business (Volunteer Work) category based on a nomination we received from Nancy Miller, regarding her outstanding work with Village of Forest View in Cook County. Over 60 nominations were received this year, and we are proud to recognize Ranee's accomplishments.

Ranee was born and raised in Forest View. She attended Home Elementary School and Morton West High School. She has a long family history in our Village as her Grandparents and Parents were long time Forest View Residents as well. Ranee's Father was a Trustee and held the first Village Board Meeting in the basement of their family home. Her Mother loved her career as a Radio Operator for the Forest View Police Department. Ranee's Husband Jim promised his Mother-In-Law he would also take care of our Officers and he continues to visit and bring fresh bakery in for them to enjoy. Jim is also a Trustee for the Village of Forest View. It is no wonder that Ranee has an open, loving and giving heart. Ranee's face lights up when she talks about her two children and two grandchildren.

Ranee spent much of her free time babysitting during her teen years for many Forest View Residents. After graduating, Ranee pursued a career in nursing and worked at Rush and Oak Park Hospital. She worked in Cardiac Catheterization Management and enjoyed working in Labor & Delivery. After forty-four years of helping others, Ranee retired from the hospital only to go on and take care of others in our community. With Ranee's nursing background and beautiful heart, she has taken care of young children and our older residents during healthy times and during sick times. She has also taken care of residents alongside their Hospice Nurse. Ranee is her happiest when helping others and volunteering her time. On a fun side, she was asked by her husband why there was a large bucket filled with candy on the counter. Ranee replied, "I am going to share the candy with all of our neighbors on our block".

Along with volunteering her time for our residents, Ranee loves to open her heart and take care of our Village Departments. For no reason at all, Ranee dropped off a large delicious fruit salad that she had made for everyone to enjoy. After our Public Works Department spent many hours with very little sleep, snow plowing our streets, Ranee surprised them and brought a delicious lunch over for the Public Works employees to enjoy. During one of the hottest days we have had in Chicago, Ranee went shopping and set up an ice cream parlor upstairs in the Village Hall. She served our entire Village Office, Public Works Department, entire Police Department and Fire Department cold and delicious Root Beer Floats. She carried in cases of root beer, many gallons of vanilla ice cream, the cutest summer napkins, cups and straws. She stayed upstairs for hours making sure each and every employee had the chance to visit her and pick up their delicious Root Beer Float. After taking care of the entire Village staff, Ranee left all of the extra items in the kitchen so everyone could enjoy them again the next day. She has recently volunteered at her church as they held a wonderful picnic for local Police & Fire Departments.

Ranee Sudkamp has spent her entire life serving others. Volunteering comes directly from her heart, never expecting anything in return. We are beyond blessed to know Ranee and so lucky to have her volunteering in our community. She makes the Village of Forest View an extra special place.

Congratulations Ranee Sudkamp!

HAPPY 100TH BIRTHDAY MRS. STANDLEY!



PLEASE CONTACT THE VILLAGE OFFICE IF YOU HAVE A 100TH BIRTHDAY COMING UP. WE WOULD LOVE TO HELP OUR RESIDENTS CELEBRATE THIS AMAZING MILESTONE.

Many people have been asking what the Art Treckler room looks like and how it would be to have a birthday, baby shower etc. Here are some pictures of events held in the room. The pictures really don't do justice to the unique and lovely decorating that was done for both events. Adding your own touch can make your event extra special. Balloons, linen tablecloths, a lighted tree, fresh flowers, small centerpieces etc.



Wedding -performed by our Mayor who is also a minister.

Baby Shower



Your Houseplants Have Some Powerful Health Benefits

Collecting and caring for houseplants boomed in popularity during the pandemic, especially among younger adults who often don't have abundant outdoor space. Americans spent \$8.5 billion more on gardening-related items in 2020 than in 2019, according to the U.S. Census Bureau. Vibrant communities blossomed on social media, like the #PlantTok corner of TikTok, uniting plant parents and making it easy to swap tips (and mail each other cuttings). The consensus among these enthusiasts: Plants are an accessible, interesting way to make an otherwise drab space more inviting, and there's a unique thrill to watching them grow.

Plus, there's a robust body of research indicating they make us happier and healthier. Taking care of plants brings overall health and wellness to your life, and it's something you can nurture that doesn't talk back. Let them bring you life, the way you do to them.

Here's a look at six of houseplants' most intriguing science-backed benefits.

They may reduce anxiety and stress

Plants are soothing. In one study, researchers asked people to repot a houseplant or complete a short computer-based task, and afterwards, they checked participants' heart rate and blood pressure. Then the groups switched tasks. After working with plants, people reported feeling comfortable and soothed, and their blood pressure dropped. The computer task, on the other hand, caused them to feel uncomfortable and "artificial," and was associated with a spike in blood pressure and sympathetic nervous system activity. The findings suggest that "indoor plants can reduce physiological and psychological stress," the study authors concluded.

"We see a clear connection with the fact that being around plants improves cortisol levels in our body," says Melinda Knuth, an assistant professor of horticultural science at North Carolina State University. "We hold our stress hormone, cortisol, in our saliva, and we know this is decreased when we're around plants."

Even looking at pictures of plants has shown to have a positive impact on stress levels. When patients in a hospital waiting room were exposed to either a real plant, a poster of a plant, or no nature, researchers found that both the real plants and the posters were linked with lower levels of stress.

Plants can sharpen attention

Research suggests visible greenery is restorative and increases the ability to concentrate, including among kids.

In one study, for example, elementary-school students were assigned to a classroom with a fake plant, a real plant, a photo of a plant, or no plant. Brain scans revealed that only those who spent time in the company of a real plant experienced improvements in attention and concentration. Additional research found that kids in classrooms with a wall of green plants scored better on tests for selective attention, which means focusing on one particular thing while tuning out irrelevant or distracting information.

Knuth says she has 50 to 60 plants at home, and 45 in her university office, including a variety of philodendrons, such as an imperial red and prince of orange. The supporting research "is one of the reasons I justify having so many," she says.

They Could help patients heal faster

Plants may play a role in speeding up recovery from an illness, injury, or surgery. According to one research review, hospitalized people who had a view of plants or trees were calmer and had better clinical outcomes, including a reduced need for pain medication and a shorter hospital stay, compared to those who didn't.

"They found that simply looking at plants had some benefits," says Derrick Stowell, a past president of the American Horticultural Therapy Association. As a horticultural therapist, he's used plants to help a variety of people, including those with mental-health conditions and people recovering from a stroke. For example, someone with a severe brain injury might struggle with impulsivity; horticultural therapy is one way they can practice making choices, like what to plant in their garden. Or a person recovering from substance use disorder who's trying to improve their nutrition might start growing microgreens. Often, these sessions are held in a community setting, like a public garden, but at the end of treatment, Stowell helps clients figure out how their new skills can be applied at home. "That's where houseplants and growing plants at home comes in," he says.

They can increase happiness and life satisfaction

The unofficial motto of the plant-loving community is "plants make people happy." It's true: In one experiment, people who spent five to 10 minutes in a room with a few houseplants felt happier than those in a plant-free room. Levels of comfort and positive emotions increase with the duration of exposure to plants, according to one research review; the authors noted that purple and green plants were particularly effective at reducing negative feelings. Spending time around plants is also linked with increased self-esteem and greater life satisfaction.

Plants "give us a little bit of predictability when things are uncertain," says Gary L. Altman, associate director of the horticultural therapy program at Rutgers. "There's an evolutionary response when you see green—it's almost like you created yourself a sanctuary. It reduces feelings of fear and anxiety, and even if you're angry, it'll calm you down."

They might make you more productive

Research indicates plants boost productivity. One older study found that after plants were added to a windowless computer lab, college students worked 12% faster. Other research focused on employees at a call center, and found that those who had a view of plants made up to 7% more calls per hour than those who couldn't see any plants. Yet another study found that office workers were 15% more productive after plants were introduced into their workspace.

They can make indoor life a pleasure

There's good reason interest in houseplants spiked during the pandemic. According to the results of one study conducted during stay-at-home orders in Bulgaria, people who had houseplants or a garden experienced fewer symptoms of depression and anxiety than those who did not. The results support the idea that exposure to greenery may be a valuable resource during social isolation in the home. They theorized that this was in part because houseplants encourage feelings of "being away" while at home—providing welcome relief during prolonged periods in the same place.

How to get started with houseplants

Every black thumb can be transformed into a green one, experts say. Start by visiting your local garden shop—the workers there can help you figure out which plants will thrive in your house, plus dispense care and feeding tips.

If you're not sure which plant to bring home first, consider one of these options:

Snake plants. This thick-leafed succulent—commonly referred to as mother-in-law's tongue—is particularly resilient. You literally cannot kill it.

Microgreens. Grow microgreens like broccoli, cabbage, and kale. It only takes about seven days to harvest them. You can see some immediate success, you get to taste it, and you're adding nutrients.

Orchids. Orchids can be slightly tricky to care for—but the payoff is worth it. Certain types smell fragrant, “and for some people, scent is a really uplifting thing,” says Jane Perrone, owner of about 140 houseplants and author of the upcoming book *Legends of the Leaf: Unearthing the Secrets to Help Your Plants Thrive*. A flowering plant can be an amazing spectacle, and it gives you something fun to focus on and observe.

Spider plants. These plants, which have narrow, cascading leaves, are underrated. They're very easy to propagate, which means lots of people enjoy giving their friends and family baby plants. That's a really meaningful experience, and it encourages connection with other people.

Peperomia plants. Often called radiator plants because they enjoy warm drafts, peperomia typically have oval, fleshy leaves. Choose an aesthetically pleasing watermelon peperomia, which, as its name suggests, looks like a melon.

Jade plants. One of the nice things about these succulents is that if they break or get too big, you can cut them and start new ones very easily. That's a healthy attitude to carry into plant parenthood in general. Caring for plants is a bit of an art form. Chances are you're going to kill some plants. That's part of the learning experience—and makes every plant you manage to sustain even more rewarding.



JADE PLANT



SPIDER PLANT



SNAKE PLANT

Foods That Fight Stress & Prevent Disease

By: [The Hale Groves Team](#)



There's no denying we live in stressful times. Between a world-wide pandemic, rising inflation, and worldwide conflict, the changes of the last several years have proven frustration, tiring, and anxiety-inducing. It also doesn't help that our mobile devices never give us a break from the bad news.

Bad news can lead to stress, which in turn can lead to health problems like high blood pressure, heart disease, obesity, diabetes and even cancer. And that's not to mention anxiety and depression – healthy living, including regular exercise and good eating habits, can go a long way towards managing stress and keeping you well. And when it comes to healthy eating, a diet rich in fresh fruits can definitely help with managing stress.

How a Diet That Includes Lots of Fruit Helps Reduce Stress

It's true – fruit can help lower your stress. Studies show that people who eat four servings of fresh fruit per day (like delicious mangos and fresh oranges) have 10% lower stress levels than those who consume half that amount.

Despite the well-known benefits of a healthy diet, fewer than 1 in 10 eat adults eat the USDA-recommended daily five servings of vegetables. In the U.S., it's estimated only 1 in 10 adults meet the federally recommended daily intake of 1½-2 cups per day of fruits.

Citrus fruits, mango (USA-grown) and other delectable seasonal fruits are a great way to add important nutrients such as vitamins, minerals, flavonoids, and carotenoids that can reduce inflammation and oxidative stress, and therefore improve mental well-being. Inflammation and oxidative stress in the body are recognized factors that can lead to increased stress, anxiety and lower mood.

The Best Fruits for Reducing Stress

Fruits that are high in antioxidants like Vitamin C can help ease worried, anxious feelings. Good sources of Vitamin C include citrus fruits like grapefruit and tangerines, peaches, mangos, and even apples and pears. Valencia Oranges are the world's best juicing oranges.

Another stress-beating nutrient is folate, which helps produce the calming brain chemical dopamine. Mangos are loaded with folate (144 mcg).

Peaches, plums, apples, and other fruits also contain antioxidants and phytonutrients that help support your body's stress response, as well as strengthen your immune system. And most whole fruits are rich in inflammation-fighting fiber.

Beta-carotene (which can be found in fruits with red flesh like Ruby Red Grapefruit is converted by the body into Vitamin A, another inflammation-reduction and cancer-fighter.

So, if you're looking to improve your stress-management plan, an easy way is to eat more fruit! In addition to numerous health benefits, fruits offer some stress relief as well, thanks to lowered levels of inflammation.

HAVING TROUBLE COPING? YOU ARE NOT ALONE.

Please call NAMI Chicago at 833-NAMI-CHI if you or someone you know is experiencing any of the following, especially if it is hard to get through the day or your symptoms are getting worse.

- **Eating or sleeping too much or too little**
- **Pulling away from people and things**
- **Having low or no energy**
- **Feeling numb or like nothing matters**
- **Having unexplained aches and pains**
- **Feeling helpless or hopeless**
- **Smoking, drinking, or using drugs more than you should**
- **Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared**
- **Fighting with family and friends**
- **Unable to get rid of troubling thoughts and memories**
- **Thinking of hurting or killing yourself or someone else**
- **Unable to perform daily tasks like taking care of your kids or getting to work or school.**



Cook County DEPT. of
Public Health



nami
CHICAGO



BOARD BRIEFS



**** The Board meets in the Municipal Building on the second and fourth Tuesday of the month and the meetings begin at 7:00 P.M and are open to the public.****

September 13, 2022

Public Hearing was held to provide information and allow for public comment regarding the Zoning Request on a proposed text amendment to the Village of Forest View Zoning Ordinance. The proposed amendment would amend Section 10-5-14 of the Zoning Ordinance relating to garages, gazebos, and similar accessory structures located in the Village's residential zoning district.

Officer Garcia was sworn in as a Full-time Officer. Chief Stelter mentioned "he will do a great job and is blending very well and has the respect of the other officers he works with. He is a very good man and will serve the community very well."

Long-time residents of the Village spoke to the Board regarding how greatly they appreciated the hard work, professionalism and dedication that was conducted to find the person who was responsible for their family members death at the beginning of the year. The detectives and task force teams involved in the on-going investigation went above and beyond. The family is very grateful for the support of the Village and Police Departments.

Fire Chief Jones is seeking the Board's approval to purchase a new fire hose to replace the 20-year-old hose. It will be placed on our front-line Fire Engine.

Andreas Concrete Company has replaced 105 sidewalk squares that fell within the 1.5" trip and fall perimeters. Next year they will go through looking at other sidewalk squares that need to be repaired.

Benchmark Construction Company finished the pipe-busting project on September 6th and put

the water main back on line. After flushing the water for five minutes you could see a difference in the water.

September 27, 2022

Administrator Mike Dropka discussed the Fed Ex Quick Take Ordinance. This ordinance is a required element to allow us to proceed in annexing the land south and then west of Central Avenue which is now un-incorporated Cook County. This is all industrial and will eventually allow for a stoplight at the corner of Central Avenue and 49th Street to assist Fed Ex.

Superintendent of Water and Public Works, Frank Filec discussed the north pump shaft housing a 12" transmission water main/vertical turbine pump. The north and south access shafts were submerged in roughly 30' of water. Public Works is seeking approval to fix the pump which acts as an industrial de-watering pump (sump pump), that will allow for further inspections on the state of the water main under the canal, as well as the physical encasement it sits in.

The switchover to Cicero Dispatch will take place on December 5, 2022. The Chiefs continue to meet regularly in Cicero with the vendors on what needs to be implemented. Our Village Attorney has started to prepare an Intergovernmental Agreement for lock-up services with the City of Berwyn.

Police Chief Stelter has reported that his department has completed their training on shooting and discussed the online Taser training.

October 11, 2022

Fire Chief Jones discussed his department's live burn training.

Administrator Dropka discussed home inspections being completed before the sale of residential property to ensure that the physical condition of the property is on par with what the property appears to be and that any outdated or out-of-code issues are/will be taken care of.

Administrator Dropka stated the Army Corps of Engineers is scheduling an inspection of the completed portion of the Forest View Levee (north of 47th street) in the next few weeks and will be meeting face-to-face to discuss completing the overall levee project.

Oktoberfest was a success thanks to everyone who had volunteered. 404 people attended, there were 27 Bingo players, and more than 16 people were picked up by a golf cart. There were 7 vendors and we received 9 sponsorships amounting to \$2,950.

Police Chief Stelter has begun the process of our contract negotiations to promote two officers to the rank of Corporal for the midnight shift by January 1. As their supervisor, he sent out emails to anyone interested in the position. He said that the process will be somewhat formal with an interview process. He is getting a couple of Chiefs from an outside agency with no connections to Forest View for the interview process which will eliminate favoritism, and other issues while remaining fair and competitive.

Fire Chief Jones stated his team will be performing emergency drills at Kinder Morgan on October 19th and 20th at 4:00 am.

October 25, 2022

Village Attorney Murphey talked about his 46 years of practicing law. He commented that 45 years ago when he first started working for the Village, his first meeting was in the Fire House since the new Village Hall was still being built. He said that he owes everything to the Village for allowing him to grow and was very thankful to the people of Forest View. He said that he is not going anywhere and that he will still work as a council part-time for the Village when they need him. He introduced Attorney Mike Hayes

who was in the audience and said that they work closely together and will be the go-to person for Administrator Dropka. In conclusion, he said that people ask him what the secret to longevity is. "Work hard, be honest, love the client, and Forest View gave me this opportunity."

Public Works Assist. Superintendent Miller reported that the internet has been installed at the pump house. Public Works will be able to set up cameras that are motion detected and be able to monitor the pump house from the Village Hall.

Police Chief Stelter commented that he and Chief Jones are pleased with the dispatch center transitions.

November 8, 2022

Administrator Mike Dropka mentioned that on November 4th he met with the Army Corp of Engineers, MWRD and Cook County Forest Preserve representatives along with Trustee Liska, Public Works Superintendent Filec, and Public Works Asst. Superintendent Miller. They walked the entire levee from Joliet Road through the forest railroad tracks and were shown where work still needs to be completed.

November 22, 2022

Administrator Dropka reported he will be meeting to go over the final annual audit with our auditor from Seldom Fox.

Administrator Dropka mentioned that he and Chief Stelter continue to meet with Conduent, the company that will be installing the red-light cameras at 47th Street and Central Avenue to meet deadlines, and make sure that the project continues in a timely manner.

Public Works Superintendent Filec reported that Public Works is proud to announce that the Village was able to secure a grant from Open Lands and will be meeting with them next week to talk about this upcoming opportunity to plant parkway trees that are native to Illinois at no cost to residents for the 2023 spring planting season.

Superintendent Filec reported that he is working along with Assistant Public Works Superintendent Miller, Administrator Dropka, Core & Main, Sensus, and Calumet Plumbing as the water meter project moves forward. He stated that they are making progress and completed the installation of the Radio Signal on the water tower last week.

December 13, 2022

Superintendent of Water & Public Works discussed securing pricing received from National Power Rodding Corp. to inspect, and temporarily pump out the tunnel shaft that is located underneath the I&M Canal. This is needed to help the Village of Forest View Access the structural integrity of our tunnel shaft that houses our 12" transmission water main.

Police Chief Stelter is requesting approval to promote Officer Kerris Clayton and Kevin Spatz to the rank of Corporal for the Forest View Police Department to begin on January 1, 2023.

Riccio construction has completed 24 of the 27 sanitary and storm sewer digs.

On December 4th Riccio construction fixed a water main break on Canal Bank Road that resulted in over 1,300,000 gallons of water loss. The break was isolated and repaired before it became catastrophic.

January 10, 2023

Police Chief Stelter presented the Commendation of Excellence awards to Sergeant Perez, Officer Polkowski, Officer Garcia, and Officer Goddard after their quick response and actions that were taken while responding to a 911 call requesting medical assistance for several subjects that were suffering from symptoms of a drug overdose. Chief stated that the professionalism displayed during this extremely intense situation demonstrated their continued excellence in serving and protecting the citizens of Forest View and the general public.

January 24, 2023

Superintendent of Water and Public Works Filec is requesting the Board to approve a 50/50 driveway apron replacement program.

Village Administrator Mike Dropka mentioned that Current Technologies has been installing the security camera system.

The Village recently received a \$100,000 grant to go towards building a new salt storage facility since we do not have anything to house our salt storage and our salt is being depleted before we use it because of the exposure to the elements.

Administrator Mike Dropka said that he has scheduled meetings with some representatives about implementing a website.

Administrator Mike Dropka was excited to tell the Board that in 2024 the Village will be celebrating our 100th Anniversary and are planning to make it a very commemorative year for the Village and its Residents. He went on to mention that they had been looking for a replica of Forest View's first fire engine and admitted that it would be a rarity, even among the old fire engines that are mostly kept by collectors. He gave a special thanks to Clerk McGuffey and Fire Chief Jones who actually found our first fire truck that was parked outside an antique mall in Michigan. The owner was not really interested in selling the truck but would make a trade if we could find another truck similar to this one. The Chief found an old Waukegan truck in Mokena that was acceptable and in conclusion, we traded the Waukegan truck and now we have our first fire truck back home. We are looking into a few ideas on what we will do with it and what the costs will be to restore it.

Superintendent of Water and Public Works Frank Filec stated that all the residential water meters have been updated and have been switched from manual to electronic readings.



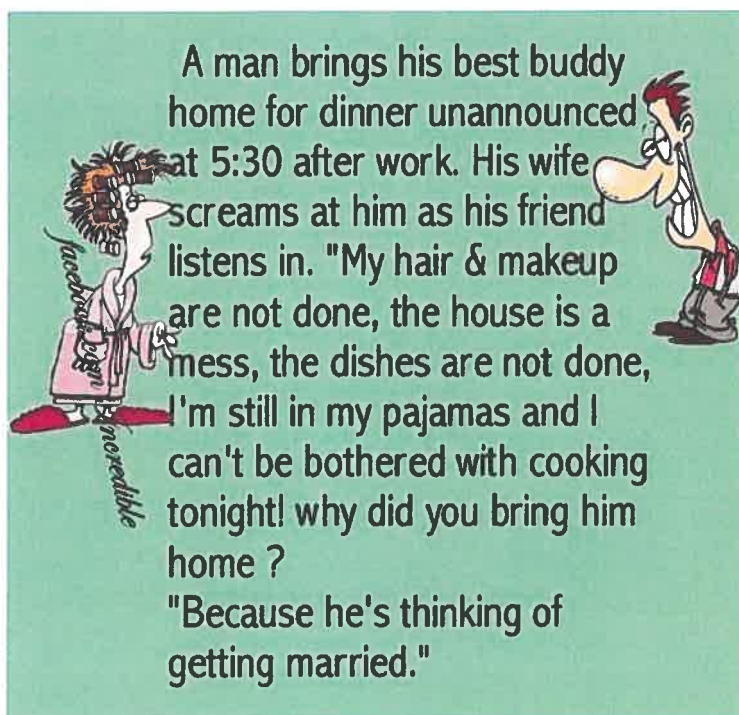


LAUGH OUT LOUD

Light travels faster than sound. That is why some people appear bright until they speak.

In a small town in Scotland, the MacDonald family and friends were celebrating Hogmanay. On this Holiday, the adults played raucous games, laughed, drank liberally and at the stroke of midnight sang 'Auld Lang Syne' at the top of their voices.

One year, Old Mac MacDonald's wife had enough. She prohibited him from drinking on the holiday and she made sure all the friends and relatives were aware of her disallowance. What were Old Mac's friends and relatives to do? They wanted their host to inspire them with some meaningful toast and join in the wild games. A little Scotch always seemed to help him open up and loosen up. However, his wife was watching them all with eagle eye alertness. Mac's good friend, Angus Ferguson had an idea. He went outside and poured a shot of the deeply flavored Dalmore Scotch, one of the best 50-year-old whiskeys ever made, into an 8 oz glass of milk. He went back in the house and handed old Mac what appeared to be a glass of milk. Old Mac's wife nodded approvingly. Old Mac drank it down and his eyes opened wide. He called Angus over and asked him to listen carefully to what he had to say. Angus listened anxiously eagerly awaiting to hear Old Mac's special words of wisdom for Hogmanay. Old Mac whispered in Angus' ear, "Whatever you do, don't sell that cow!"



To do list-

1- Go to pet store.

2- Buy bird seeds.

3- Ask how long it will take for the bird to grow.

4- wait for the reaction.



Stickney-Forest View Lions Club - - Village President Nancy Miller joins Lions Club International



Monday, Feb. 6, was our Governor's Night meeting and 3 new members were sworn in. Pictured: Lion Dan O'Reilly, New Lions Nancy Miller, Claudio Flores, Angelique Gamboa, Lion Rosemarie Gulieva (sponsor for Claudio & Angelique) and District Governor Lion Tony Zartler.



Nancy, Midalia, Dawn & Bee had fun painting at the Park District. Rembrandt, Picasso, Monet...look out! Competition is coming!



Forest View Park District

...some of our upcoming events

F Family Friendly **A** Adult Event **S** 55+

- 4/2 Sun, 2-4PM Puzzle Race **F**
- 4/8 Sat, 11AM Annual EGG HUNT **F**
- 4/12 Wed, 10-Noon Senior Coffee, 55+ **S**
- 4/22 Sat, 6-9PM Trivia Night **A**
- 4/28 Fri, 7-9PM Paint w/RAD Canvas - Folkloric Painting **A**

-
- 5/7 Sun, 2-4PM Loteria! (Bingo) **F**
 - 5/10 Wed, 10-Noon Senior Coffee 55+ **S**

-
- 6/2 Fri, 7-9PM Patriotic Sign Painting **A**
 - 6/14 Wed, 10-Noon Senior Coffee, 55+ **S**
 - 6/17 Sat, 6-9PM Trivia Night **A**
 - 6/25 Sun, 2-4 Ice Cream Social & Family Bingo **F**

-
- 7/11 Tues, time tbd Teddy Bear Picnic **F**
 - 7/12 Wed, 10-Noon Senior Coffee, 55+ **S**
 - 7/14 Fri, 6-9PM Bunco! **A**

Event registration details are added to our facebook page prior to each event www.facebook.com/ForestViewParkDistrict/events

To Register for upcoming events:

Call the Office @ 708-484-3002, visit the Facebook Page,

or Scan the QR Code 



PUZZLE RACE!

Join us at this
Family Friendly Event!
Sunday, April 2nd, 2-4 PM

Form your team and race against the clock to finish a 500-piece puzzle! Each team can include 2-5 people. You'll get two hours to complete the puzzle. Winning team will receive a prize basket and all teams will take their puzzle home.

To Register:

Call 708-484-3002 leave names/number

Visit <https://bit.ly/ParkPuzzleRace>

...or Scan The QR Code



EASTER EGG HUNT

SATURDAY, APRIL 8TH

11:00 AM

Forest View Park District
Bring your basket & be on time for our
Annual Egg Hunt!

MORE INFO:



