

tower Topics

VILLAGE *of* WESTERN SPRINGS

Fire Department Honors Firefighter Regan



(Pictured: Firefighter James Regan, son James, daughter-in-law Laurie, and their two daughters).

Firefighter James Regan retired from the Western Springs Fire Department on July 1, 2016, after 20 years of dedicated service. Because of his hard work and commitment to community service, Firefighter Regan earned the respect and admiration of fire departments across the country. It was because of this mutual respect that chiefs and officers traveled from fire departments across the Chicagoland area to attend his retirement ceremony.

Also in attendance were Firefighter Regan's son, James Regan IV, and his family. James has followed in his father's footsteps and is currently a member of the Chicago Fire department.

Firefighter Regan's special knowledge of fire apparatuses, pumps, fire protection, and photography will be greatly missed by the Department.

Retired Firefighter Regan had the following to say about his career: "It has been quite a ride, with high points and low points, but all in all, it has been a very rewarding experience. Having the opportunity to work with my fellow brother and sister firefighters has been life changing. I have made some fine and lifelong friends."

The Village of Western Springs and the Departments of Fire and EMS would like to wish Jim all the best in his retirement.

Fire Department Promotions

The Village of Western Springs is pleased to announce the promotions of two new lieutenants to the Western Springs Fire Department— Bill Tomczyk and Steve Smith.



Lt. Smith joined the Fire Department in 2001 as a paid-on-call firefighter. He is currently Director of Patient Safety at Advocate Children's Hospital and has resided in Western Springs since 1999. He lives in town with his wife, Renata, and his two children, Justin and Maya.

Lt. Tomczyk also joined the Fire Department in 2001. He is currently the Building Coordinator for the Village and has resided in Western Springs since 1997. He lives in town with his wife, Paula, who is also a member of the Fire Department.

These two lieutenants bring a wealth of knowledge and experience to the Fire Department. Both the Department and Village wish to congratulate Steve and Bill on their promotions.

2016 Rail Safety Week

The Western Springs Police Department will be participating in the 2016 Illinois Rail Safety Week from September 11–17 to promote rail safety awareness and education. Heightened safety enforcement and public education will take place at the railroad grade crossings within Western Springs, focusing on both drivers and pedestrians who disobey the laws associated with railroad grade crossings and railroad property.



FIRE ASSOCIATION Annual Breakfast

SUNDAY, SEPTEMBER 11 • 7 A.M. TO 1 P.M.

FIRE STATION, 4353 WOLF ROAD
\$4 PER PERSON

Municipal Roundup

The President and Board of Trustees conducted the following business during the months of July and August:

Approved

- The Infrastructure Commission recommendation concerning the location for well #5 to be built in the Village and direct the Village Manager to continue to investigate the feasibility of locating and constructing well #5 on the unimproved Ellington Avenue right of way.
- The purchase of a disaster recovery server from Dell Computers, in the amount of \$12,389.
- An ordinance providing for the submission of a binding public question to appear on the ballot of the November 8, 2016 general election concerning whether the Village should issue bonds, in an amount not to exceed \$12,000,000, for the purpose of paying for street rehabilitation for various streets.
- The payment of the Village's one-third share of a purchase contract for new 9-1-1 telephone call processing equipment with West Corporation of Omaha, NE for the Lyons Township Area Communications Center, in the amount of \$52,549.00.
- A contract to Construction Solutions of Illinois, Inc. of Alsip, IL, for the construction and build-out of the consolidated dispatch facility, IT network server room, and records storage room for use by the Lyons Township Area Communications Center and approval of payment of the Village's one-third share of the contract, in the amount of \$108,908.
- A temporary use permit and license agreement for the Field Park 5K Fun Run.
- An ordinance for a major change to an existing conditional use/planned development for the 4700 and 4720 Commonwealth Avenue property for use as an animal hospital and veterinarian offices.

Recreation Department

The 2016 fall brochure is available at www.wsprings.com/recreation. For questions about programs, policies, procedures, fees/waivers or locations, please call 708-246-9070 or visit www.wsprings.com/recreation. Registration is open for all fall programs until midnight two days prior to the start of each program. Fall session officially begins on September 12.

Please be advised that the Village is in the process of implementing a new credit card policy. This policy will take effect mid/late September and will require that all credit card transactions be assessed with a 1% convenience fee based on the total amount of the transaction. This will appear as a separate charge on credit card statements.

The Department is now accepting applications for basketball referees to officiate youth leagues (grades 5–6). Applicants must be high school sophomores or older. Games will take place on Saturdays beginning in December. Training will be provided.

Lil' Hoopers Basketball—This program is for children ages 3–5 and will take place on Saturdays at 11:15 a.m. beginning October 15 and ending on November 19.

Grade 5–6 Boys and Girls Basketball Leagues—This program is for boys and girls grades 5–6. Currently seeking players and volunteer coaches. Registration is due November 3 and there will be a coaches' meeting at 6:30 p.m. that night.

Youth Dodgeball—This program is for elementary and junior high school students. Players meet Friday nights at the Recreation Center from 5:30–7 p.m. (elementary school players) and 7–8:30 p.m. (junior high school players).

Yoga for Teens—This program is for children 16 and older and takes place on Tuesday nights from 5:30–6:45 p.m. at the Grand Avenue Gym.

Women's Open Basketball—This program takes place on Wednesday nights at 8:30 p.m. beginning September 14.

Men's Open Basketball—This program takes place on Thursday nights at 8:15 p.m. beginning October 6.

Lacrosse—Fall/winter travel and house programs for boys and girls grades K–8 start week of September 4. House programs are designed for boys and girls of all skill levels. Travel programs are designed for boys and girls with higher skill levels and will have practices and games weekly. For more information, visit www.westernspringslacrosse.org.

Foam Roller and Ball Workshop—This program is for teens/adults and will take place on Mondays from 7:15–8:15 p.m. beginning September 26 and ending October 24 at the Grand Avenue Community Center (Lower Level).

Fly Fishing Casting and Strategy—This program will take place on Sundays at 1 p.m. from October 9–23.

Halloween Hoopla Party—This event will take place on Thursday, October 27 from 5–7 p.m. Volunteers are needed. Please contact rbartelt@wsprings.com for more information.

The Recreation Center gym will be closed from September 16–20 for routine maintenance.

Senior Services

Seniors Club

Regular Meeting: On Monday, September 12 at 1 p.m. RJ Lindsey will visit to deliver a historical portrayal of Daniel Burnham. Lindsey is a talented actor who has previously portrayed FDR and Abraham Lincoln.

On Monday, October 10 at 1 p.m. Jamie Silver of Cantata (formerly The British Home) will present a program entitled "Growing Older, Bolder, and Better." Silver is a talented and dynamic presenter with an optimistic message.

Odyssey Cruise and Lunch: On Friday, September 23 from 10 a.m.–5 p.m. the Senior Club will host a cruise on Lake Michigan including lunch. Sign up quickly—this cruise has already received many registrations!

Tour of Morton Arboretum and Lunch: On Wednesday, October 12 at 10 a.m. the Senior Club will travel by bus to Morton Arboretum for a one-hour narrated tour on an Acorn Tram. This tour will be followed by a box lunch with reserved seating in the Ginkgo Restaurant. Attendees can also stop in the Visitors Center to watch glassblower Shannon Jane Morgan and other artists dramatically turn bits of glass into stunning molten pumpkin creations. Cost is \$50. For more information, call Gail Stern at 630-590-5935.

Senior Center

The Brain Class: This class will take place on Tuesdays from 1–2:30 p.m. beginning October 4 and ending November 8. Classes will consist of a viewing and discussion of the six-episode series "The Brain" featuring neuroscientist David Eagleman. This class is free of charge but is only open to members. Please call to register.

David Druckman Series: The last program in the David Druckman series will take place on Monday, September 12 from 1–3 p.m. at Thomas Ford Library. During this program, Druckman will present "The Dreyfus Affair," detailing an event that took place at the turn of the century that dramatically changed the society, military, clergy and government of France. Mr. Druckman's programs will resume in April 2017. These programs are free to attendees.

Genealogy Group: These classes consist of a DVD course from Great Courses and include a resident genealogy expert for guidance. New students are welcome. This group will resume in September. Please call the Senior Center to register.

Intermediate Bridge Class: This class begins on Wednesday, October 19 and will take place from 10–11:30 a.m. Please call to register.

Lunch-and-Learns: Join us on Tuesday, September 13 from 11:30 a.m.–1 p.m. or Thursday, October 13 from 11:30 a.m.–1 p.m. to learn more about Clear Captions, a program designed to help users see and hear all phone calls.

The Senior Center invites residents to an additional Lunch-and-Learn on Tuesday, September 20 from 11:30 a.m.–1 p.m. Learn more about managing medication, aging in place, drugs/immunizations, and more. Steve Hiemenz, a local pharmacist, will be on hand to answers questions.

Movies: Please join Senior Center members on Thursday, September 15 and Thursday, October 20 from 1–3 p.m. for movies at the Senior Center. Popcorn and beverages will be provided.

Located in the Grand Avenue Community Center at 4211 Grand Avenue, the Senior Center operates Monday through Friday from 9 a.m.–5 p.m. and is staffed for business purposes from 11–3 p.m. on Monday and 1–5 p.m. on Tuesday. The complete schedule of activities is available at www.wsprings.com/recreation or call to add your email address to the Senior Center's private email list. Questions regarding the Senior Center and its programs may be directed to Mic at 708-246-3299 or mcagney@wsprings.com.

A Letter From ComEd to the Village

Dear Residents and Business Owners of Western Springs:

At ComEd, we are committed to providing consistent, reliable electrical service to all of our customers, but we recently failed to live up to our high standards, which affected our service in Western Springs, La Grange and nearby areas.

On Thursday, August 11, and again on Saturday, August 13, many of you felt the effects of power outages stemming from equipment failures. Because of the nature of the failures, we were unable to quickly switch customers to other sources of power, which resulted in extended outages. Although we moved quickly to deploy backup generators and restore the system, we know that many of you had a difficult experience, and we apologize.

As part of our grid modernization work, which has been underway since the passage of the Smart Grid Law in 2011, we have been planning for system upgrades in your area. In the meantime and as we upgrade, we'll be vigilant around system issues and work closely with your local leaders to ensure that you're well informed and experience minimal inconvenience.

As a result of the grid modernization work performed over the last four years, power service and reliability in many areas have improved. In fact, in Western Springs and La Grange, customers have power better than 99.9 percent of the time. However, we understand that when your lights go out, these statistics don't matter.

We are committed to doing better by you, your neighbors, and your local businesses.

Sincerely,

Melissa Washington

Vice President, External Affairs and Large Customer Solutions



Park District Happenings

Upcoming Park Board meetings will be held on September 13 and October 11 at 7 p.m. in the Board Room of Village Hall (740 Hillgrove Avenue).

Reserve a Facility

The Park District is pleased to host organized group activities at many of the local parks. Permits are required for groups of 25 or more people for all activities including picnics, family gatherings, and sporting events. Permit fees begin at \$60. The permit form can be submitted online at www.wsparks.org. A permit form can also be mailed to the Park District; however, please contact bkartzmark@wsprings.com or call 708-246-4225 to confirm availability of date.

Birthday Parties in the Park

Western Springs Parks are available for birthday parties!

Upon request, staff will organize 90 minutes of games for kids ages 4–12. Specific games may also be requested. The cost is \$50 plus \$3 per child. This fee includes two Park District staff members, organized games, prizes, and drinks for the children. Party sites are available at the following parks: Spring Rock, Timber Trails, Springdale, Ridgewood, and Ridge Acres. For more information or to book a party, contact Barb Kartzmark (Program Coordinator) at 708-246-4225 ext. 1 or bkartzmark@wsprings.com.

Capital Improvement Plan

Park Board members and staff are continuing discussions regarding capital improvements for the parks. Residents interested in contributing thoughts on this topic are encouraged to contact John Robinson (Executive Director) at 708-246-4225 ext. 2 or jrobinson@wsprings.com.

New Website

The Western Springs Park District has launched a new website. Please visit www.wsparks.org for more information about local parks and to sign up to receive a monthly e-newsletter.

Lead Service Line Survey

The Village of Western Springs, in conjunction with the Illinois Environmental Protection Agency, is updating its Lead Service Line database. If you believe that your residence has a lead service line, please contact Erin Duffy at eduffy@wsprings.com with your name, address, and contact information.

Join Retiring Director Anne Kozak at Library Reception; Bring Your Stories!



Dear Friends,

For the past 30 years it has been my pleasure to serve as the Director of the Thomas Ford Library. I will be retiring at the end of September and wish to thank you, the residents of the Village, for making my career so professionally satisfying. You are

a community of readers and of library users; nothing could make a librarian feel happier or more gratified. Working with hundreds of members of our Board, Foundation, and Friends, and with representatives of local organizations has further deepened my admiration for the Western Springs spirit—a spirit that entails a willingness to devote both time and energy to institutions that are important to residents. I am so pleased that the Thomas Ford Library is one of those institutions!

A community-wide reception in honor of my retirement will be held on Sunday, September 25 from 1–3 p.m. at the Library. This reception will provide an opportunity to visit and share stories with one another. For some of you, these stories will be recent memories; for others, the stories may go back many years. I will love hearing them all, because, regardless of the length of the story, everybody loves a happy ending, and I am so fortunate to be having just that at this lovely library. I hope you will attend. Thank you!

- Anne Kozak

Back-to-School Safety Tips for Drivers

As the new school year begins, traffic distractions increase. It is critical to slow down and pay attention while operating a motor vehicle. The Western Springs Police Department would like to remind drivers to take extra precautions at the beginning of this school year.

- Come to a full stop at stop signs and red lights. Crossing guards and pedestrians of all ages have the right of way before motorists may proceed through the intersection.
- Watch for school bus stop signs. When a school bus stops and flashes its red brake lights or raises its stop sign, motorists must stop until all children have safely crossed the roadway.

Don't rush. The first few weeks of the school year are extra busy; remember to leave plenty of time when traveling by car to destinations. Enter and exit driveways and alleys slowly and carefully and watch for children and other pedestrians. Reduce any distractions inside your car to allow maximum concentration on the road and surroundings. Remember, it is against the law to use a cell phone in a school zone or to text while driving.



Fire Department Hosts Open House for Fire Prevention Week

As the official sponsor of Fire Prevention Week for more than 90 years, NFPA is promoting this year's Fire Prevention Week campaign—"Don't Wait, Check the Date! Replace Smoke Alarms Every 10 Years." This campaign aims to educate the public on the critical importance of checking smoke alarms' expiration dates and replacing them after 10 years. Fire Prevention Week is October 9–15, 2016.

The Western Springs Fire Department is hosting an Open House (4353 Wolf Road) on Monday, October 10 from 6–9 p.m. in support of Fire Prevention Week and this year's campaign. The event will include:

- Slide Pole
- Engine Rides
- Splash House
- Safety House
- Special educational and family-oriented activities



To check the age and expiration date of a smoke alarm, simply look on the back of the alarm where the 'date of manufacture' is marked. Smoke alarms should be replaced 10 years from that date (not the date of purchase). The Western Springs Fire Department also recommends that residents check their smoke alarms monthly, and that batteries be replaced once every year or when they begin to chirp, signaling that they are running low.

Holiday Tree Wanted



Do you have a large, magnificent evergreen tree on your property that you would like to donate to the Village of Western Springs? The Village is seeking a donation of a very large, well-shaped tree to light up the Tower Green for the 2016 holiday season. Removal and placement of the tree will be courtesy of the Village in mid-November. The tree will be featured at the tree lighting ceremony on Saturday, December 3, 2016 during the annual Western Springs Business Association Christmas Walk. If interested, please contact Matt Supert (Director of Municipal Services) at 708-246-1800 ext. 205 or msupert@wsprings.com.

Become a Member of the Fire Department



For over 120 years, the Western Springs Fire Department has been providing quality fire protection and emergency medical services to the Village of Western Springs. Residents' commitment to this program has enabled these services to flourish by providing necessary support and containing associated costs. Although one of the local stations is staffed 24 hours/day with two certified firefighter paramedics, the Department also relies heavily upon paid-on-call personnel to fully service the community. Paid-on-call personnel, otherwise known as volunteer firefighters, are individuals who act as emergency responders and provide vital services to the community.

The Department is currently looking for a group of men and women to become members of the Western Springs Fire Department team.

Why join this local department? Although community involvement and fellowship can be expressed in many ways, there is no greater service than "neighbors protecting neighbors" in a time of need. As a member of the Western Springs Fire Department, you too can exemplify the caring nature of our Village by providing invaluable services to fellow residents. State-certified training, personal protective equipment, uniforms, per-call compensation, and a sense of accomplishment are provided to all volunteers. In addition to fire and ambulance response, the Department is involved in fire prevention and public education, and provides opportunities for volunteers and their families to participate in a variety of educational and recreational events.

The department is seeking individuals who fit the following criteria:

- Energetic and physically fit
- Minimum age of 18
- Live in the Village or within a mile of the border

To learn more about these positions, please attend our Information Orientation Open House on Tuesday, September 13 at 7:30 p.m. The Open House will be located at the Headquarter Station (4353 Wolf Road) and spouses/significant others are encouraged to attend.

Questions may be directed to Chief Patrick Kenny at 708-246-1800 ext. 171 or pkenny@wsprings.com.

Schools Have Started—Please Obey Crossing Guards!

Please be observant of the crossing guards that assist your children going to and from school. Slow down and obey all crossing guards. When entering a school zone, reduce your speed to 20 mph. Motorists in particular must slow to 20 mph in school zones and stop for crossing guards as well as pedestrians of all ages crossing the street.

Where Does Our Storm Water Go and How Does It Get There?

By Richard Fisher, Infrastructure Commission Member

Storm Water Infrastructure

The Village is divided into two watersheds. About two-thirds of the Village is part of the Flagg Creek watershed to the south and the remainder is in the Salt Creek watershed to the north. The Chicago region's storm water infrastructure has evolved over the past 150 years. It began in a very rudimentary form, ditches and simple drainage ways carrying water to creeks and rivers. As the population increased and people moved closer together, a more complex storm water infrastructure was needed to sustain urban life. This infrastructure continues to evolve today. A prime example of this is the Tunnel and Reservoir Plan, TARP (commonly referred to as "The Deep Tunnel" project), which protects the area's drinking water from raw sewage. Although this infrastructure expands and is enhanced as new technology and practices are developed, it is still necessary to utilize parts of our storm water infrastructure that are over 100 years old.

Types of Sewer Systems

The streets and storm sewer infrastructure carry the storm water in Western Springs. Like many communities, Western Springs has two types of storm sewer systems. Separate storm and sanitary sewers serve the areas south of 47th Street. This means that storm water and sanitary waste (the discharge from our homes and businesses) are conveyed separately in dedicated pipes. The combined sewer system in Western Springs is limited to the area north of 47th Street. This means that both the storm water and sanitary waste are carried in the same pipe. Combined sewer flows discharge to the Metropolitan Water Reclamation District of Greater Chicago (MWRDGC) and are treated before being released to the Sanitary Drainage and Shipping Canal in Stickney.

How the Storm Sewers Were Designed and Sized

Since much of the community is older, most storm sewers were not designed or constructed to current standards. There are portions of the storm sewer system that are well over 100 years old. In areas serviced with a combined sewer, it was common practice to place an 8" diameter pipe to carry both the sanitary sewer and storm water. Roughly 70% of the Chicagoland area is serviced with combined sewers. MWRDGC (Cook County's storm water authority) adopted storm water management standards in 1972. Current industry standard is for storm sewers to carry a 10-year storm event (10% chance of occurring every year) and then provide an overland route to carry up to a 100-year storm event (1% chance of occurring every year). In a typical new development, sanitary sewage is carried in an 8" diameter pipe and storm sewers start at the most upstream areas as a 12" diameter pipe and quickly enlarge as storm water is carried downstream. Since combined sewers were typically not sized large enough to adequately carry storm water from significant storm events, a combined sewer overflow (CSO) relief system was constructed to allow overflow into Flagg Creek. Unfortunately, such CSO overflows contain not only storm water but sewage also.

How Often Is the CSO Utilized?

Overflow depends on the weather, but flows are discharged to Flagg Creek with any significant amount of rain. Even with the severe drought in 2012, there were storm events when the CSO was used. Currently, the EPA's National Pollutant Discharge Elimination System (NPDES) permits the overflow into Flagg Creek for CSO. However, there has been recent concern about the polluting effects of similar discharges into creeks and rivers. Relevant litigation suggests that CSO discharges may eventually be eliminated.

Complaints Filed

The Natural Resource Defense Council, The Sierra Club, Prairie Rivers Network, and The Environmental Law & Policy Center sued MWRDGC in 2011 over discharges from their treatment plants and CSOs (http://docs.nrdc.org/water/wat_11050301.asp). A Mississippi River Collaborative also filed suit against the USEPA in 2011 for pollution associated with sanitary sewer impacting the Mississippi River and the Gulf of Mexico (http://docs.nrdc.org/water/wat_12031401.asp). As our system evolves, we may be required to eliminate our CSO in the future. A relief system(s) would be required to handle excess storm water, and such systems would require major expense of funds and time to implement. To date, the Village has already installed roughly 25,000 feet of relief sewers. An excellent presentation on the Chicago region's storm water infrastructure is available at the Metropolitan Water Reclamation District's website (www.mwrdd.org) for those interested in learning more.

2016 Leaf Removal Program

The Village's annual leaf removal program will begin the week of October 17. The schedule will be mailed in October to every residence in the Village and will be posted at www.wsprings.com. Residents may also use the leaf hotline, 708-246-1800 ext. 305, for schedule updates. Please refrain from raking the leaves to the curb before the removal process begins. If you need to dispose of leaves before October 15, then it will be necessary to bag them as yard waste.

Mulch leaves—it benefits the environment and your lawn!



Voting Information for Presidential Election



The 2016 presidential election is Tuesday, November 8. Is your voter registration up-to-date? Did you know that you can vote by mail? The Cook County Clerk's website at www.cookcountyclerk.com can help you with all your voting questions.

Voter registration closes Tuesday, October 9. If you have moved or changed your name, you must re-register. Registration is available at the Village Hall or you may download the form at the Clerk's website.

Regular registration ends October 9 but there is a "grace period" from October 10 to November 3 when you can register and vote in person at the downtown County Clerk's office. Check the Clerk's website for additional locations.

Vote early! You do not need a reason to vote early and you can do it from October 22 to November 3 at various locations. Bring photo ID (current driver's license, state-issued ID card, university/college ID or another government-issued ID with a photograph). Locations for early voting are available at the Clerk's website.

Vote by mail—Illinois voters can vote by mail with no excuse needed. The mail-in application is available at the Clerk's website and you can expect to receive your ballot one week after mailing in your application. You will also be able to track the status of your ballot at the website. November 1 is the last day to request a mail ballot, including military and overseas voters.

Before you vote, visit the Clerk's website to verify your polling place, confirm your registration, and view your virtual ballot.

First Congregational Church Rummage Sale



The First Congregational Church of Western Springs (1106 Chestnut Street) will hold its annual two-day Fall Rummage Sale on Tuesday and Wednesday, October 18 & October 19. The sale will be held from 5–8 p.m. on

Tuesday and continue from 10 a.m.–noon on Wednesday. The event will conclude with a half-priced bag sale from 6–8 p.m. on Wednesday evening.

Shop and save on gently used clothing, books, toys, housewares, sporting equipment, and more. Local checks will be accepted. Come rain or shine. Stroller parking available. All profits will be donated to local, national, and international charities. Seeing is believing! This is a sale you won't want to miss.

Donations of gently used rummage will be accepted in the church parking lot of Woodland Avenue from 9 a.m.–1 p.m. on Saturday, October 15, and 1–3 p.m. on Sunday, October 16. For more information, call 708-246-1900 or visit www.wscongo.org.

Western Springs Historical Society Lecture



The Western Springs Historical Society invites residents to participate in the Fall Adult Education Lecture:

Oftentimes individuals discover old family letters, photos, and other documents tucked away in the attic and are unsure of how to preserve them or, if they are damaged, how to restore them. On Wednesday, October 5 at 7 p.m. at the First Congregational Church of Western Springs (Siem Room), Russ Maki, President of Graphic Conservation, will offer a presentation about paper conservation. This lecture will focus specifically on family documents and the best ways to restore and preserve them. Maki will discuss the manner in which paper-based works can degrade over time and share before and after examples of various works on paper, including some documents of national historic significance that Graphic Conservation has had the honor to work on. Attendees are welcome to bring old family documents with them to the lecture; there will time after the presentation for Maki to offer advice on restoring and preserving these documents. For more information, please contact the Historical Society at 708-246-9230.

Happy Halloween—Be Safe

Monday, October 31: Recommended Trick-or-Treating Hours are 3–8 p.m.

The Western Springs Police Department would like to share the following Halloween safety tips to ensure that your celebrations are safe.

Travel in groups and use sidewalks—Travel in groups with neighbors and friends on well-lit streets. Always be sure to avoid spaces in between cars and cutting through yards.

Inspect all candy—It is important to conduct a thorough inspection of candy and dispose of anything suspicious.

Keep your house and yard well lit—A well lit home will protect against damage to your property and allow trick-or-treaters to safely walk to your doorstep. Keep all pets inside.

Don't be easy targets—Make sure you lock all windows and doors and shut your garage door. Lock your vehicles, as an unlocked vehicle often contains a garage door opener.

Keep an eye on your neighbor's house—Do not hesitate to report any mischief or suspicious activity to the Western Springs Police Department immediately by calling 708-246-8540 or, if an emergency, dial 9-1-1.

TOWER TOPICS
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 Police non-emergency 708-246-8540
 Public Works Department 708-246-1800 Ext. 200
 Recreation Department 708-246-9070
 Refuse/Recycling (Republic/Allied Waste) 708-345-7050
 Village Hall 708-246-1800

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Outstanding Garden Contest Winners

The Western Springs Garden Club is delighted to announce the winners of the 90th Anniversary "Outstanding Garden" Contest. The winners are: the Brosnan Home (4748 Wolf), the Cahill Home (4118 Howard), the Frontier Home (3840 Clausen), the Hammond Home (4560 Clausen), the Kiehl Home (5100 51st Street), and the Leenheers Home (4112 Franklin). Congratulations to the winners and to all entrants on your beautiful gardens. Winners of this contest received a \$50 cash prize and an "Outstanding Garden" yard sign.

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WESTERN SPRINGS, IL
60558



Field Park
 2016
 5K
 Fit Family

**Field Park Fit Family 5K
 Run/Walk & Kid's Dashes**
 Saturday, September 17th, 2016

- Kids Races – 50 yard dash & 1/3 mile begin at 4:30 pm
- 5K Run/Walk begins at 5pm
- Start/Finish behind Field Park School
 4335 Howard Ave, Western Springs, IL
- Registration costs \$15-\$25, race day \$20-\$30
 T-shirts are only guaranteed to those registered by 9/3/2016
- Sign up online at: www.signmeup.com/114409
- Post race party and awards ceremony to follow
 with food, drinks and music to celebrate!
- Questions: contact Michelle Boyd - 708-707-7463

Thank you to our Sponsors!

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Pet Control Regulations

Pets bring so much joy to so many of us, but it is important to be a courteous pet owner. Residents are reminded to be considerate of their neighbors and community by following these ordinances:



- Do not allow your dog to bark excessively and cause a disturbance to your neighbors.
- Your pet should always be walked on a leash and never be allowed off your property without restraint.
- Always pick up after your pet eliminates. Be courteous and dispose of the waste properly.
- Even though we all try extremely hard not to lose our pets, accidents do occur. It is imperative that your pet is wearing proper identification tags. A rabies tag is not enough and cannot be traced at night or on weekends. Make sure your pet wears a current Village license along with rabies tags and nametags.

Following these simple guidelines ensures fun and safe outdoor activities for all. If your pet is lost, report it immediately to the Police Department at 708-246-8540.

Whiz-ba!

THE
WESTERN
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Physical Therapy: how can it help? In more ways than you might think!

By Clarity Physical Therapy
& Wellness Center

When the kids return to school, many of us return to more regular schedules, which in turn may allow for a return to more regular exercise!

Whether you walk, run, do yoga, or hit the gym, you may find that time off this summer has left you de-conditioned or dealing with pain that hinders your activities. Most people understand that you can see a physical



therapist pre- and post-surgery for orthopedic and sports related injuries, but did you know that you can also see a physical therapist for:

- Pain
- Loss of function
- Balance issues
- Muscle soreness from de-conditioning
- Cardiovascular / pulmonary conditioning
- Headaches
- Jaw pain
- Gait abnormalities

What does a physical therapist do and how can they help with an injury?

A physical therapist can help you move better. Whether you are having trouble getting out of bed, picking up your kids, reaching into

the cupboard, or finding it difficult to perform other daily tasks, a PT can help. We spend one-on-one time with you to ensure that we tailor to your every need. We also come up with a comprehensive plan to help you get back to what YOU want to do, which is the whole point, right?

A physical therapist can help facilitate your recovery, giving you the tools to be successful. We want to empower you to be able to do the things necessary to keep you healthy for the long run.

What makes Clarity different?

Every member of Clarity's physical therapy

(Continued on back)

Fall
Festival 2016
Friday, October 7

4:30 - 8:30 PM
at the
Tower Green

- Food and Beer
- Live Entertainment
- Pumpkin Decorating Contest
- Hayrides
- Fire Pits
- Storytelling

(See other side)



Fall Festival 2016



FUN AND FAMILY-FRIENDLY!

SAVE THE DATE...

**Friday, OCTOBER 7
4:30 PM – 8:30 PM**

There will be some new and exciting changes at this year's Fall Festival! In addition to the pumpkin decorating contest*, hayrides and storytelling, Hillgrove Tap will provide a selection of craft beers for purchase at the event.

Local restaurants will have food available for purchase as well.

You can also expect live entertainment this year! The family-friendly German band *The Happy Wanderers* will perform festive music from 5:00 – 7:00 p.m.

**PLEASE NOTE: You will be responsible for providing your own pumpkin for the pumpkin decorating contest this year. Be creative, but please do not cut your pumpkin.*

What is Physical Therapy and how can it help?

(Continued from front)

team holds advanced degrees, certifications and credentials in orthopedics, manual therapy, strength and conditioning, dry needling, and advanced soft tissue techniques, to name a few.

Additionally, the one-on-one treatment approach ensures you are evaluated and cared for by one of these trained professionals. Clarity is committed to combined manual therapy (“hands on”) and prescribed exercise programs, which research has shown to be more effective and efficient than traditional physical therapy.



The staff at Clarity Physical Therapy & Wellness Center includes (L to R): Don Issacson, PTA, CSCS, Ellen Welter, PT, DPT, COMT, Craig Mawdsley, PT, DPT, COMT, FAAOMPT, Kevin Callahan, PT, DPT, CMPT, and Joan Peters, Office Manager.

if Clarity can help you. FREE injury screens available!



PHYSICAL THERAPY & WELLNESS CENTER

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References:

- Mintken, PE et al. Cervicothoracic Manual Therapy Plus Exercise Therapy versus Exercise Therapy Alone in the Management of Individuals with Shoulder Pain: A multi center randomized control trial. JOSP. Vol 46, Num 8 August 2016, 617-628.
- www.getptfirst.com

Do I need physical therapy?

If you are experiencing musculoskeletal pain, loss of strength, endurance or general function, contact our office to see

QUESTIONS?
COMMENTS?

Email us:
info@westernspringsbusiness.com

or write to us:
Western Springs
Business Association
P.O. Box 172
Western Springs, IL 60558



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