



Walking May Help Slow Down Progress for Alzheimer's Patients



By Dr. R. Pletsch

The Newsmax magazine dated February, 2026 has given some hope to some of our sick neighbors and friends. Having spent much of my adult life in Educational Leadership, I've been involved with many students, parents, teachers and staff members whose families have undergone terrible problems with some diseases, like ALS, Alzheimer's, Autism, Cancer, MD, MS, and Parkinsons. These are a few of the diseases. The impact on the families varies for everyone but adults given a survey list

that Alzheimer's is constantly listed as one of the most feared.

Today's medicine can give great hope. But recently Lynn C. Allison was published in Nature Medicine that walking from 5,000 to 7,000 steps a day as indicated in a study with very hopeful results for patients with Alzheimer's. With an estimated number of 7 million patients with Alzheimer's, the government believes that this number may double by 2060.

The study by Dr. Wai-Ying Wendy Yau, a neurologist at Mass General Brigham, is impressed by the slowing of cognitive issues from walking. Dr. Yau believes that an increased blood flow to the brain may be a huge reason that walking has helped.

Several doctors have started suggesting this walking plan to their Alzheimer's patients. It is easy to understand why this can give hope if by simply walking you may slow Alzheimer's decline and give these patients longer and better quality of life.

Spring Events At Lincoln Park Zoo



Photo provided by Lincoln Park Zoo

Lincoln Park Zoo, 2001 N. Clark st. will conduct Sunset Garden Tours on the second Thursday evening of each month through October.

The content will be geared towards adults. The cost is \$20.

Learn how to recognize the early signs of spring on trees and shrubs across the arboretum on Thursday, March 12th from 5 to 6 p.m.

Egg-Stravaganza on Saturday, April 4th from 7:45 to 11:45 a.m. \$25, all ages. Children ages 1 to 8 can scoop up colorful eggs, smile for a photo with the Easter Bunny and enjoy kid-friendly musical entertainment.

Spring Into Bloom on Thursday, April 9th from 6 to 7 p.m. Enjoy the sea-

son's first flowers, including tulips, daffodils, and spring flowering trees like magnolias and cherries.

The Language of Flowers on Thursday, May 14th from 6 to 7 p.m. Explore the folklore and symbolism behind popular spring flowers like lilacs, irises, and flowering dogwoods.

The 2026 Run for the Zoo is scheduled for Sunday, May 31st with a 10K Run, 5K Run/Walk and Kids' Course. \$24.99+, all ages. This year's spotlight belongs to the eastern black rhinoceros. The race medal and race shirt will feature this iconic animal.

For registration, visit lpzoo.org.

Museum Pass For 12th Ward Residents



The 2026 Constituent Education Resource Card, also known as the "Museum Pass," is now available to 12th Ward resident. Residents can request an access letter at 3868 S. Archer ave., (773) 475-6783 or email ward12@cityofchicago.org. Proof of 12th Ward residency and first date of pass usage must be provided.

Passes allow free entry for up to 4 guests to Adler Planetarium, Art Institute of Chicago, Brookfield Zoo Chicago, Chicago Botanic Garden,

Chicago Children's Museum, Chicago History Museum, DuSable Black History Museum, Field Museum, Griffin Museum of Science and Industry, Illinois Holocaust Museum & Education Center, Lincoln Park Zoo, Museum of Contemporary Art, National Museum of Mexican Art, National Museum of Puerto Rican Art & Culture, Peggy Notebaert Nature Museum and Shedd Aquarium.

Visit museumsinthe park.org/constituentcard for instructions.

Park District Schedules Events

Free Fitness Centers Week allows you to try anaerobic and aerobic exercise equipment at a Chicago Park District facility Fitness Centers will be free through Feb. 15th; register at chicagoparkdistrict.com.

Studies show that exercise reduces the likelihood of chronic disease, and improves mental wellbeing.

The Chicago Park District invites residents, park users, and neighbors to provide input on park improvement ideas through the Citywide Participatory Budget process.

Submit your ideas by March 31st at chicagoparkdistrict.com/citywide-participatory-budget.

The Maggie Daley Park Ice Skating Ribbon is open through March.

Join us this spring for "Showers of Flowers", the 2026 spring flower show at the Garfield Park Conservatory, 300 N. Central Park ave. 80 hanging baskets will feature trailing vines, like ivy and sweet potato, bushy asparagus ferns, and colorful flowers like pansies, petunia, and calibrachoa. Enjoy ground plantings, including daffodils, tulips, lupines, cymbidium orchids, astilbe, snapdragons, and ranunculus, against a backdrop of azaleas, camellias, and hydrangea. Reservations are required at https://garfield-conservatory.org/visit/

The 2026 spring flower show at the Lincoln Park Conservatory, 2391 N. Stockton dr., "Jewels of Spring," highlights the Tower of Jewels, also known as Echium or Pride of Madeira that grows flower spikes two to three feet tall. Favorite spring beauties include tulips such as 'Gold Rush' and 'Flaming Flag', '4D Violet Ice' African daisies, Cymbidium Orchids, Delphinium 'Cobalt Dreams', and Primula 'Wild Flame Shades'. All are planted against a backdrop of camellias, azaleas, peonies, and hydrangeas.

Open Basketball For Deaf & HoH

The Chicago Park District will offer Open Basketball for Deaf & Hard of Hearing at Archer Park, 4901 S. Kilbourn on Friday, Feb. 27th from 6 to 8:30 p.m.

Open to adults with all types of hearing loss. 5-on-5 pick-up games. Must wear athletic clothing and gym shoes. Registration is required.

Contact timothy.owens@chicagoparkdistrict.com for more information.

Reservations are required at www.lincolnpark-conservatory.org/conservatory-reservations/

Four Teen Opportunity Fairs will take place at Warren Park, Malcolm X College, and Kennedy-King College on Feb. 21th, 28th and March 14th, respectively, from 10 a.m. to 1 p.m. An additional Teen Opportunity Fair will be offered at Park No. 596, 4830 S. Western Ave., for young people who are deaf and hard of hearing on Saturday, March 7th. Registration is available at chicagoparkdistrict.com. Job opportunities available for teens ages 16 and older include Lifeguard, Recreation Leader, Special Recreation Leader, and Junior Laborer.

Polar Adventure Day at Big Marsh Park, 11559 S. Stony Island ave., features husky dog sledding demonstrations, nature play with materials from the Chicago Park District tree recycling program, puppet shows from the Jabberwocky Marionettes, ice sculpting from Nadeau's Ice, live music from the Jake Vinsel Quartet, and more on Saturday, Feb. 21st from 11 a.m. to 3 p.m. The event is free and open to visitors of all ages. Patrons can enjoy all of these sights and activities with hot cocoa alongside a bonfire!

Registration for Polar Plunge® Chicago at North Avenue Beach on Sunday, March 1st will support people with intellectual and developmental disabilities. Make a splash and sign up at https://specialchildrenscharities.org/

Appreciation For Crossing Guards

Chicago Public Schools will celebrate the more than 600 crossing guards who help students and families arrive and depart schools during Appreciation Month which runs through March 14th.

Nominations for the Crossing Guard of the Year award will be accepted until 5 p.m. Friday, April 17th. Four exceptional individuals will be chosen as winners, one from each region, and their names will be revealed during a District event this spring. Nominees will be evaluated on factors such as years of service and attendance, among other criteria. Nominations can be submitted at cps.edu/campaigns/crossing-guard-awards/.

Your Property Taxes

You may not look forward to receiving your property tax bill, but it's crucial that you get it. Not getting it can lead to missing the due date, which can cost you money in late interest charges.

The website, cook-countytreasurer.com, offers an easy way to correct, change or update name and address information to ensure that the property tax bill is received.

If something must be changed, the easiest option is to request the change online on the website. On the homepage, go to the purple box that says, "Your Property Tax Overview." Find your property with your 14-digit Property Index Number or property address. Results will show a picture of the property. Then, under "Mailing Information" on the right, click on the highlighted text that says, "Update Your Information." Fill out the form with the correct name and address and provide a telephone number and email address, then submit the form electronically. Lastly, agree to the terms and conditions by checking a box that certifies you own the property or are authorized to act on behalf of the owner. You will then receive an email from the Treasurer's office with a link which you must click on to finalize any changes.

You may also request

a change of address in person on the first floor of the Cook County Building at 118 N. Clark st., Room 112.

Address changes are not processed by phone to prevent the growing problem of identity theft.

To use the mail, just download a pdf copy of the change of mailing address form from the website located under the "Forms" banner at the top of the webpage. Print and fill it out and put it into a mailbox. This method requires notarization.

There are several reasons why people request address changes. Your name on your bill may be misspelled, an address may be incorrect, a child may be managing the property for their parents, or someone may need to update their information due to marriage or divorce.

When an owner pays through escrow, the Treasurer's Office mails the original tax bill to the owner. The office doesn't mail tax bills to mortgage companies even though they may pay the bill.

There can be a distinction between mailing address and property location address. The mailing address is simply where the bill should be mailed. The property location is the physical location of the property.

Changing the name on a tax bill or changing the address isn't the same as changing ownership of a property.

Open House For DPD Project



Photo provided by City of Chicago

As part of Department of Planning and Development's Moving Archer Forward planning process, a Feb. 28th open house and resource fair will solicit public input on potential improvements between Halsted st. and Cicero ave. The event will run from 1-3 p.m. at the McKinley Park Fieldhouse Auditorium, 2210 W. Pershing road.

The initiative launched in spring 2025 to evaluate land use, zoning and development opportunities, with a focus on transit access and Equitable Transit-Oriented Development opportunities near CTA Orange Line stations.

Made possible by a grant from the RTA's Community Planning Program, Moving Archer

Forward covers portions of Archer Heights, Bridgeport, Brighton Park, Garfield Ridge and McKinley Park. The study area includes Ward 11 (Ald. Nicole Lee), Ward 12 (Ald. Julia Ramirez), Ward 14 (Ald. Jeylu Gutierrez) and Ward 23 (Ald. Silvana Tabares).

Questions, comments or concerns can be shared via email at dpd@city-ofchicago.org.

Fall roadway construction along Archer Avenue between 47th Street and Western Avenue is occurring through the Chicago Department of Transportation's Complete Street program and is not directly part of the Moving Archer Forward work scope.

Training Academy For Police & Fire

The Chicago Police and Firefighter Training Academy invite high school sophomores to attend training twice a week during the school year. The curriculum emphasizes academics, physical fitness, leadership training, career exploration, and the basic knowledge and skills necessary to become a police officer or firefighter/EMT.

Applications are open until May 1st. Students are encouraged to attend an information session in the winter or spring before applying. More information about these sessions will be available at cps.edu/cpfta. CPS, Chicago Fire Department, and Chicago Police Department representatives will be present at the sessions to help answer any questions.

Requirements include: current high school sophomores that are residents of Chicago, grade point average of 2.3 or higher, good attendance (90% and above), two letters of recommendation. Complete an online application and program consent form. Valid school ID, state ID or driver's license. Proof of a current

physical. Complete a background check.

Cadets are offered additional opportunities in public safety-related fields of study including Public Safety Certifications, Paid Summer Internships and College Credit.

Contact (773) 553-2486 or email cpfta@cps.edu.

First Installment Property Tax

Property owners face an important tax deadline in the coming weeks, and Cook County Board President Toni Preckwinkle and Treasurer Maria Pappas are encouraging residents to plan ahead and take advantage of available payment options.

First Installment property tax bills for 2025 will be mailed by March 2nd and will be due April 1st, for nearly 1.8 million properties. That's a month later than usual because lawmakers passed an extension after second installment bills for 2024 were late.

Property owners can pay online for free as soon as Feb. 20th.

For those unable to pay their Second Installment bill in full, there's a free Payment Plan Calculator, available at https://www.cook-countytreasurer.com.

Taxpayers may create customized monthly or twice-monthly payment schedules and to develop plans to catch up on delinquent taxes over 100.

First Installment 2025 collection money will be distributed to more than 2,000 local government agencies within 30 days after receipt of the funds.

Pettenon Honored

Dominic J. Pettenon, a student at Loras College of Dubuque, Iowa was recognized for academic achievement during the recent semester.

Honorees must earn a minimum grade-point average of 3.50 for the term and be a full-time student taking at least 12 graded credits.

Retail Project For 43rd and Cicero



Photo provided by the City of Chicago

A \$5.5 million retail project will replace vacant City land at 4301-37 S. Cicero ave., Department of Planning and Development Commissioner Ciere Boatright announced.

Planned by Blackwood Group LLC and GoVest LLC in response to a 2025 DPD Request for Proposals, the 18,000-square-foot, single-story building will include up to 14 storefronts for retailers, service providers and restaurants. Parking spaces for 34 vehicles and landscaping would also be provided.

Located about one mile from Midway Airport and across the street from the planned, 32-acre LeClaire Courts mixed-use project, the property has been vacant for more than 20 years. The proposed purchase price for the .9-acre site is its appraised value of \$1 million.

When fully leased, the project is estimated to support up to 80 permanent jobs.

CPS Seniors Lead Posse Scholars

Nearly 100 graduating seniors from Chicago Public Schools have been selected to this year's group of "Posse Scholars," making up the majority of a cohort of students receiving full-tuition scholarships to attend partner colleges and universities.

CPS students represent the largest share of Chicago-area recipients, with 95 of the 119 local scholars coming from the District. More than \$30 million in full-tuition scholarships from partner colleges and universities include Connecticut College, Cornell University, DePaul University, Hobart and William Smith Colleges, Middlebury College, Pomona College, Trinity College, University of Wisconsin-Madison and Whitman College.

Local CPS scholars include Yamilet Aceves, Back of the Yards College

Prep, Middlebury College; Berenise Benitez, Back of the Yards College Prep, Middlebury College; La'Niya Cobbins, Curie Metropolitan High School, Hobart & William Smith Colleges; and Iriz Lugo, Back of the Yards College Prep, Whitman College.

February Fun At Navy Pier

Chicago Shakespeare Theater at Navy Pier is performing "Hamlet" through Feb. 28th. Experience the timeless drama as the young Prince of Denmark grapples with the loss of his father, his mother's betrayal, and fractured relationships.

Starring Jaylon Muchison in the title role and supported by an ensemble of seven, this production brings Shakespeare's enduring questions to life.

Explore the new Chicago Children's Museum experience, "I AM WILD: A Charley Harper Exhibit" through May 10th and step into six habitats, including the Desert, Ocean, Rainforest, Sky, Woods, and City.

The exhibit invites guests to explore, discover, and celebrate the amazing diversity of life.

For more information, visit navypier.com.

On Dean's List

Desean Logan-Russell was recently named to the Dean's List of Lincoln University in Jefferson City, Missouri, for the fall 2025 semester.

Full-time undergraduate students earning a minimum term GPA of 3.00, excluding grades in courses that do not carry credit toward graduation are honored.

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Archer Heights Library Schedules Programs

The Archer Heights Branch Library, 5055 S. Archer has scheduled a wide range of informative programs.

ALL AGES

Technology Help is available Drop-in (first come, first served when adult librarian is on duty) or by appointment. Get help with your devices, computer questions, using online library resources (eBooks, databases, job resources).

CHILDREN

Family Story Time for children 0 to 5 and their caregivers will be held on Thursdays, Feb. 19th and 26th from 11 a.m. to 12 noon. Start your day with stories, songs and fun for the whole family.

Renaissance Project presents LEGO Club: Meet Dr. Leonidas Berry on Monday, Feb. 23rd from 6 to 7 p.m. Participants will be putting together a model plane like the ones used by the Flying Black Medics, of which he was a founding organizer.

TWEENS & TEENS

High school students who need help with research for a school assignment can request an appointment with our Teen Librarian to review databases, printed sources and other resources. Call (312) 747-9241 to make an appointment.

Teen Volunteer Hour on Thursdays, Feb. 26th and March 26th from 4 to 5 p.m. Earn 2 volunteer hours while helping at your library. Grades 6-12 only.

Teacher in the Library Wednesdays from 4 to 7

p.m. and Sundays, 1:30 to 4:30 p.m.

ADULTS

Grab and Go: Spice Club Kits (Cumin) on Mondays through Feb. 23rd from 12 to 8 p.m. Each kit will include a sample as well as recipes and information on its cultural and historical significance. Visit the reference desk for a free spice kit.

Adult Book Discussion of "Sisters in Arms" by Kala Alderson on Wednesday, Feb. 25th from 1 to 2 p.m. Copies are available for checkout at the Circulation Desk. Grace Steele and Eliza Jones may be from completely different backgrounds, but when it comes to the army, specifically the Women's Army Auxiliary Corps, they are both starting from the same level. Not only will they be among the first class of female officers the army has even seen, they are also the first Black women allowed to serve.

Craft Lab on Saturday, Feb. 21st at 2 p.m. Handmade bookmarks. Come out to try a new craft, socialize and have fun. All materials are provided. Register online.

CINEMA

Film Screening of "Beauty and the Beast" (1991) on Sunday, Feb. 22nd from 2 to 4 p.m. Oscar-nominated animated musical about the romance between a French belle who sacrifices her happiness to save her father and a prince who's been transformed by a magic spell, which can only be broken by finding his true love. Snacks available. © Walt Disney Pictures - 85 min - G.

Family Events At Brookfield Zoo



Photo credit © Brookfield Zoo Chicago

Brookfield Zoo Chicago will present "Glow Wild: A Lantern Festival of Hope" a breathtaking journey of light, art, and conservation on Thursdays through Sundays, March 19th to May 10th from 6 to 10 p.m. Wander paths under the moonlight, illuminated by handcrafted lanterns representing wildlife nad mythology from around the world. General admission for adult on Thursdays, \$19.95, Fridays to Sundays \$24.95, General admission for child, Thursdays, \$9.95 and Fridays to Sundays, \$14.95 Tickets at [https://www. brookfieldzoo.org/glow-wild](https://www.brookfieldzoo.org/glow-wild).

Chinatown Library Schedules Programs

The Chinatown Branch Library, 2100 S. Wentworth ave. has scheduled interesting programs.

Family Story Time on Thursdays, Feb. 19th through March 26th from 10:30 to 11:30 a.m. Support your child's pre-literacy skills through songs, stories and play. For ages to 5 and their caregivers.

Multilingual Playground on Fridays, Feb. 20th and March 6th & 20th from 9:30 a.m. to 10:30 a.m. For children who speak Mandarin or Cantonese Chinese. For ages to 5 and their caregivers.

Family Game Day on Mondays, Feb. 23rd and March 9th & 23rd from 4

to 5 p.m.

Parachute Play on Fridays, Feb. 27th, March 13th & 27th from 9:30 to 10 a.m. Songs, stories and movement for ages to 3 with their caregiver.

Tween Club on Thursdays, Feb. 19th, March 5th & 19th from 4 to 5 p.m. An after-school session to do homework, participate in a craft, enjoy a snack, or socialize.

Game On: Board Game Play for ages 13 & up on the first Saturday of the month from 10 a.m. to 1 p.m.

Arts and Crafts for ages 3 to 13 on Sunday, March 8th from 1:30 to 2:30 p.m.

ESL: English Conversation Circle for adults on Saturday, Feb. 21st from 11 a.m. to 12 p.m. Learn to be more confident speaking in English, gain new vocabulary and meet new people.

Book Swap for adults on Sunday, Feb. 22nd from 1:30 to 3 p.m. Bring up to 3 books to swap and find your next read!

LEGO at the Library for ages 5 & up on Thursday, Feb. 26th from 4 to 5 p.m. Drop in for some design challenges and open play time with our collection.

Registration is suggested at (312) 747-8013.

Jazz Institute Schedules Fair

The Jazz Institute of Chicago welcomes music lovers to the Winter Jazz Fair at the iconic Chicago Cultural Center, 78 East Washington st. on Friday, Feb. 20th from 11:30 a.m. to 10 p.m.

The event features professional musicians, student artists, scholars, educators, live performances, panel discussions and talks, a vendor fair and a closing performance honoring the legacy of Miles Davis.

Featured artists & ensembles include: Robert Irving III, Bobbi Wilsyn, Velvet Lounge Jam Session led by Isaiah Spencer, Gustavo Cortiñas, Swan Brothers Collective and Jazz Links Ensemble.

A \$10 suggested donation provides full-day access to all performances and talks. Proceeds support the Jazz Institute of Chicago and its programs, many of which are offered free to the public.

For more information, visit jazzinchicago.org/jazzfair.

Brighton Park Library Schedules Programs

The Brighton Park Branch Library, 4314 S. Archer has scheduled engaging programs. Hours are Monday and Wednesday 10 a.m. to 6 p.m.; Tuesday and Thursday noon to 8 p.m.; Friday and Saturday 9 a.m. to 5 p.m.; Sunday 1 to 5 p.m.

The Southwest Collective community box is available for patrons to take or leave toiletries and non-perishable food items.

Toddler Story Time, ages 18 months to 3 yrs on Mondays at 11 a.m.

Middle School Gaming for 5th to 8th graders on

Mondays at 4:30 p.m.

Family Story Time for ages 2 to 6 years on Tuesdays at 6:30 p.m.

Baby Story Time for ages to 18 months on Wednesdays at 11 a.m.

Lego Club for 6 years and up on Thursdays at 6:30 p.m.

Art in the Library. Create unique pieces with special materials inspired by exhibits at the Art Institute of Chicago.

Free Homework Help is available on Mondays, Tuesdays and Thursdays from 3:30 to 6:30 p.m.

Visit chipublib.org to register.

Free Days At Shedd Aquarium



Photo provided by Shedd Aquarium

Shedd Aquarium is announcing new Illinois resident free days in February, giving guests an opportunity to dive into aquatic environments from coral reefs to freshwater rivers.

Admission includes daily Animal Spotlights that highlight the adaptations of marine mammals, touch experiences with sturgeon and starfish, live programs with the chance to see an animal feeding and chats about sharks, penguins and more. Every visit is unique, with evolving habitats like Wonder of Water and opportunities to ask questions about aquatic life.

Resident Free Days are Feb. 19th, 24th - 26th. Resident Free Evenings (5 to 9 p.m.) are on Tuesdays, March 3rd through June 30th.

Advance reservations for free days and evenings are recommended due to high demand. Guests can secure tickets ahead of a visit using Shedd's website shedd-aquarium.org. There is a \$5 convenience fee per order for free day/evening reservations made online. You can reserve tickets at no extra cost at (312) 939-2438.

Adults must provide proof of residency in person when redeeming tickets at a discounted rate.

Gage Park Library Schedules Programs

The Gage Park Branch Library, 2807 W. 55th st., has scheduled exciting programs for all ages. Hours are Monday and Wednesday 10 a.m. to 6 p.m., Tuesday and Thursday 12 p.m. to 8 p.m., Friday and Saturday 9 a.m. to 5 p.m. Call (312) 747-0032 or visit www.chipublib.org for more information and to register for the following programs.

CHILDREN

After-school Fun on Thursdays through March 19th from 4 to 5 p.m. Listen to music, play board games, do puzzles or enjoy the weekly craft.

Popcorn Reading on Thursdays, Feb. 19th, March 5th to 19th from 5 to 6 p.m. Practice your reading skills at our read aloud group. Snacks are provided. For ages 6 and up.

Gala de Arte will be celebrated on Friday, May 1st, at the Aon Grand Ballroom at Navy Pier.

Visit nationalmuseumofmexicanart.org for more details.

FAMILIES

Family Game Day on Saturday, March 28th from 12 to 2 p.m. For kids 3 and up and their families.

ADULTS

3D Modeling with Tinkercad on Saturdays, Feb. 21st and March 7th from 1 to 2 p.m. The focus will be on designing a key-chain to print and take home.

Symphony Center Schedules Concerts

Chicago Symphony Center, 220 S. Michigan ave. offers Mäkelä conducts "Ein Heldenleben" on Feb. 19th-21st. Richard Strauss casts himself as the hero in *A Hero's Life*. Zell Music Director Designate Klaus Mäkelä pairs it with Sibelius' *Lemminkäinen*, a symphonic portrait of Finland's legendary folk hero.

After the Feb. 21st performance, join Professor Thomas Dubois for a presentation about the story and artistic influences of the folk hero. This event is open to all ticket holders in Grainger Ballroom with limited seating.

Order tickets at cso.org.

Ladder Up Offers Free Tax Prep

Ladder Up will be providing free tax preparation services for qualifying families and individuals at the Brighton Park Branch Library, 4314 S. Archer ave. on Fridays, 9 a.m. to 3 p.m. and Saturdays, 9 a.m. to 12 p.m. through April 11th.

Walk-ins only, arrive early, doors will close when capacity is reached.

Requirements include: Personal Information - Social Security, ITIN cards, and photo ID, bank account info, health insurance (1095-A). If you are married and filing jointly, both spouses must be present and identity theft PIN, if applicable.

Year-End Income Statements: W-2s (Income wages) and 1099s (SSA, Railroad retirement, pensions, dividends). Note: self-employment and cash income is out-of-scope.

Expenses and Credits

K-12 & College tuition (forms 1098-T), student loan interest (1098-E), childcare info (provider + tax ID/ssn) and property taxes.

For more information, call (312) 409-1555 or visit www.ladder.up.

Opportunity Fair For Deaf & HoH

The Chicago Park District will conduct a Deaf & Hard-of-Hearing Teen Opportunity Fair at Park No. 596, 4830 S. Western ave. on Saturday, March 7th from 10 a.m. to 2 p.m.

The teens will be able to interact with representatives from a wide range of fields to learn about possible future options such as college, trainings and employment.

Register at <https://endurancecui.active.com/event-reg/select-race?e=96303220>.

Church Services

ST. BRUNO CHURCH
48th & Harding

ST. RICHARD CHURCH
50th & Kostner

Mass scheduled for Thursday, Feb. 19th, St. Bruno, 8 a.m., Misa Diaria, 3 to 6 p.m. Adoration. Friday, Feb. 20th: St. Richard Church, 8 a.m. Daily Mass; St. Richard Hall, 4 to 7 p.m. Lenten Dinners; St. Richard Church, Stations of the Cross, 4 p.m. Polish, 5 p.m. Spanish, and 6 p.m. English; St. Bruno Church, 5 p.n. English, 6 p.m. Spanish, 7 p.m. Polish.

Saturday, Feb. 21st, St. Bruno, 8 a.m. Polish, 4 p.m. confession and 4:30 p.m. English Mass.

Sunday, Feb. 22nd, Mass, St. Richard, 7:30 a.m. Polish, 9 a.m. English, 10:30 a.m. Spanish, St. Bruno, 10:30 a.m. Polish, 12:30 p.m. Spanish, and 7 p.m. Spanish.

HOLY CROSS EV. LUTHERAN CHURCH
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(773) 523-3838

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BETHANY BAPTIST CHURCH

3532 S. Hoyne
(773) 523-7911
bethanychicago.org

Ministering in McKinley Park since 1888

Sunday, 10 a.m., Worship Service, speaker, Alfredo Delgadillo, who will continue our series in the Psalms with Psalm 100. Tuesday, 6:30 p.m., dinner and Bible study. Discussion will be centered on Sunday's sermon topic: Psalm 100.

Wednesday, 6:30 p.m., AWANA kids clubs (3 yrs. - 6th grade) and Youth Group (7th - 12th grades).

ST. ANDREW LUTHERAN CHURCH

3658 S. Honore
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Join us for services every Sunday at 9:30 a.m., Bible Study & Sunday School at 11 a.m., Chinese Bible Study every Saturday in the Ministry Center at 7:45 p.m.

Pancake Breakfast Benefits Police

19th Ward Alderman Matt O'Shea will sponsor the Get Behind the Vest Pancake Breakfast at Saint John Fisher Kane Hall, 10200 S. Washtenaw ave. on Sunday, Feb. 22nd from 8 a.m. to 12 p.m.

Tickets are \$5 person, \$25 per family. All proceeds will benefit the Chicago Police Memorial Foundation's Get Behind the Vest Campaign.

For more information, contact mattoshea@the19thward.com or (773) 238-8766.

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Ridge Library Plans Programs

The Garfield Ridge Branch, 6347 S. Archer, has scheduled interesting programs.

KIDS

Morning Stories for ages up to 4 are recited on the first Saturdays of each month at 10:30 a.m. Featuring a simple story, new song and familiar nursery rhyme. Playtime follows.

Stories & Songs on Wednesday, Feb. 25th from 10:30 to 11:15 a.m. Ages 1-3.5 years. Children will listen to stories, sing songs and move to music. Play time follows.

Quilting 101 for ages 6 & up on Saturday, Feb. 21st from 11 a.m. to 1 p.m. Children and their parents will create a fabric and paper patchwork piece inspired by quilts from the Art Institute of Chicago.

Lego Club: "Planes" for ages 8 to 13 on Saturday, Feb. 21st at 11 a.m. Learn about the *Flying Black Mechanics*. Each child receives one kit to build and keep.

TEENS

Diamond Painting: National Pokemon Day on Friday, Feb. 27th at 2:45 p.m. Work on Pokemon themed diamond painting stickers and themed crafts. Registratiton is required.

ADULTS

Games People Play is scheduled for Thursdays through March 12th and Sundays, March 22nd & 29th from 2 to 4 p.m. Bring your own games or borrow one of ours - Chess, Scrabble, UNO, Board games, cards, Pinochle, Canasta and more.

Senior Drop-In Games Saturdays through May 30th from 10 a.m. to 3 p.m. Bring a game or borrow some of ours.

The adult book club meets on the second Thursday of the month at 6 p.m. Feb. 19th topic is "The Husbands" by Holly Gramazio and March 12th is "Starter Villain" by John Scalzi.

"Brain Games": Sticker by Number Puzzle on Saturdays, Feb. 28th & March 28th at 11:30 a.m. Brain games are activities and puzzles designed to help with memory, cognitive function and mental stimulation.

Planner Meet Up on Saturday, March 7th from

10 a.m. to 1 p.m. Bring your own journal/planner, stickers, washi tape, gel pens, and anything else to create a one-of-a-kind planner.

SENIORS

Self-defense class on Thursday, March 19th from 12:30 to 2:30 p.m. Learn about awareness and basic safety techniques. There will also be the opportunity for hands-on work, as you practice basic self-defense moves on Cook County Sheriff officers.

Coffee House on Thursday, April 23rd from 1 to 2 p.m. Guest speaker, Celeste, our travel guru will discuss her trip from England, Wales and Scotland. Refreshments will be provided.

Identity Theft Program on Thursday, April 30th at 12:30 p.m. Ways your ID information can be stolen and what you can do to prevent that from happening. Presented by the Cook County's Sheriff Office.

FAMILIES

The Artist's Studio at the Library will present "Quilting 101" for ages 6 & up on Saturdays, Feb. 21st and March 7th from 11 a.m. to 12 p.m. Children and their parents will create a fabric and paper patchwork piece inspired by quilts from the Art Institute of Chicago. Families are welcome to attend multiple sessions and are encouraged to leave their project at the library to be put on display.

Register for events at chipublib.org/events.

Beats 815 & 821 Plan Meetings

Chicago Police Department Beats 815 & 821 will conduct a public meeting at the Archer Park Field House, 4901 S. Kilbourn on Wednesday, April 1st at 7 p.m.

Boundaries for 815 are 38th st to 55th st. / Pulaski rd to Cicero ave. 821 boundaries are 38th st. to 51st st. / Pulaski rd. to Kedzie ave.

For more information, contact (312) 747-8724 or email at caps.008district@chicagopolice.org.

Open Studios At Bridgeport Art Ctr.



Provided by Bridgeport Art Center

The Bridgeport Art Center, 1200 W. 35th st. will conduct 3rd Fridays Open Studio on March 20th from 6 to 10 p.m. Attendees will explore various art studios, interact with local artists, and witness their works in progress. Reserve tickets for free at bridgeportart.com

Be sure to explore the other floors of the Art Center and discover the studios and workshops of

tenants. In addition to over 10,000 sq. ft. of gallery space, there are artists on every floor. The Chicago Maritime Museum is open for free on the River Level during open studios.

Are you an artist looking for a perfect office in a unique creative community? Learn about finding your space the Bridgeport Art Center, call (773) 843-9000.

Back of the Yards Schedules Programs

The Back of the Yards Branch Library, 2111 W. 47th st. has scheduled the following events.

ADULTS

Adult Book Club will discuss "Klara and the Sun" by Kazuo Ishiguro on Thursday, Feb. 19th from 6 to 7 p.m. Title is available in English and Spanish.

A Stitch in Time Crochet Club on Tuesdays through Feb. 24th from 6 to 7 p.m. We have yarn and crochet hooks to share! Bring your own project or start one based on one of our ideas!

Adult Book Club will discuss "Klara and the Sun" on Thursday, Feb. 19th from 6 to 7 p.m. In this luminous tale, Nobel Prize winner Kazuo Ishiguro looks at our rapidly changing modern world through the eyes of an unforgettable narrator to explore a fundamental question: what does it mean to love? Book discussion will be bilingual.

TWEENS & TEENS

Gaming Club on Mondays, Feb. 23rd from 3:30 to 5:30 p.m. We will have video games, chess, ping-pong and more.

DIY Vinyl Cutter on Thursday, Feb. 19th from 3:30 to 4:30 p.m. Learn

how to use our vinyl cutter to create fun stickers. Bring your own t-shirt or tote bag and you can use our heat sensitive vinyl to add your design there as well.

CHILDREN

Club Create for ages 3 to 13 on Tuesday, Feb. 24th from 6 to 7 p.m. An afternoon program for kids and tweens to unleash their creativity.

Science Connections on Wednesdays, Feb. 25th from 4 to 5 p.m. Join Ms. Corina and Ms. Maria for fun STEM (science, technology, engineering, or math) activities. For ages 6 to 13.

CINEMA

Film Screening of "Just Wright" (2010) on Friday, Feb. 20th from 10 a.m. to 12 p.m. Leslie Wright (Latifah) is a physical therapist who gets the gig of a lifetime working with injured NBA star Scott McKnight (Common). She not only whips Scott into shape, she helps take his game to the next level and all is going well-- until Leslie finds herself falling for him. Oblivious to her growing affection, Scott only has eyes for Morgan (Paula Patton), Leslie's sexy and seductive friend. ©Twentieth Century Fox Home Entertainment - 101 Minutes - MPAA Rating: PG

Visit chipublib.org to register.

Lifesaving Skills Courses Offered

Millions of Americans serve as caregivers, supporting both young children and aging loved ones, often at the same time. Yet many lack life-saving training, including how to respond in a cardiac arrest emergency. Only about one-third of U.S. adults say they feel confident and ready to act if someone goes into cardiac arrest.

The American Red Cross is urging people to take a First Aid, CPR and AED class and other life-saving skills courses.

The Red Cross recently enhanced its First Aid/CPR/AED training program to include updated infant CPR techniques and instruction on using epinephrine nasal spray, which is now an approved treatment for anaphylaxis.

Visit redcross.org/takeaclass to find a class near you.

Law at Library Online Series

The Chicago Bar Association, Chicago Public Library, and Evanston Public Library are offering free monthly virtual information series to answer legal questions and provide practical resources and insights into today's legal issues.

The Wednesday, March 18th topic is "Legal and Business Issues for Creatives" from 6 to 7 p.m.

This event takes place on Zoom. Register at least 24 hours in advance at chipublib.org. You'll receive an email link to the secure Zoom meeting about 24 hours before the meeting. Automatic transcription is included.

McKinley Library Schedules Programs

The McKinley Park Branch Library, 1915 W. 35th st. has scheduled interesting and informative programs. Hours are: Monday and Wednesday, 12 to 8 p.m.; Tuesday and Thursday, 10 a.m. to 6 p.m.; Friday and Saturday, 9 am. to 5 p.m. Sunday, 1 to 5 p.m.

KIDS & FAMILIES

Little Learners Story Time, ages 0-5, Friday, Feb. 20th, 10:30 to 11:30 a.m. Join us for 30 minutes of songs, movements and stories. Play time follows.

LEGO Club, ages 6-13, Thursday, Feb. 19th, 3:30 to 5 p.m. Complete one of our design challenges or let your imagination run wild. LEGO bricks and materials will be provided.

Family Fun Series, ages 3 to 13, Saturday, Feb. 21st, 2 to 3 p.m. Drop-in activity may include a STEM or craft activity, building materials, games or coloring. Parent or Adult Guardian must

be present.

Bingo on Tuesday, Feb. 24th, 4:30 to 5 p.m.

TWEEN/TEEN

Gamers Choice, ages 12-16, Wednesday, Feb. 25th, 3 to 5 p.m. Students can hang out, play games, snack, and use the PCs/laptops and digital equipment.

ADULTS

The Adult Book Club will discuss "Anxious People" by Fredrik Backman, ages 18+, on Wednesday, March 25th from 5:30 to 6:30 p.m.

Adult Craft Club: "Book Page Rose", ages 18+, Sunday, Feb. 22nd, 2 to 3:30 p.m. Join Ms. Shelley as we construct a beautiful rose from old book pages. Advanced registration is required. Adults only. Children will not be permitted.

Teacher in the Library returns on Tuesdays from 4 to 6 p.m.

Visit chipublib.org to register.

Latin Guitar Concert



Nicaraguan concert guitarist Francisco Romero will perform a classical Latin concert at the Scottsdale Branch Library, 4101 W. 79th st. on Saturday, Feb. 21st from 3 to 4 p.m. The program is recommended for adults. Admission is free. Visit chipublib.org for more information.

Beverly Arts Center Schedules Programs

The Beverly Arts Center, 2407 W. 111th st. has scheduled Feb. 13th: Superstar - A Salute to Luther Vandross. Feb. 26th - March 1st: Centerstage presents "Newsies".

March 7th: American English - Beatles Tribute.

Disney's Newsies is based on the real Newsboys' 1899 Strike in New York City. The musical is based on the 1992 Disney film and features classic numbers including "Seize the Day," "Once and For All," and "King of New York." Thursday & Friday, Feb. 26th & 27th at 7:30 p.m.; Saturday, Feb. 28th at 3 p.m. and Sunday, March 1st at 3 p.m. Tickets are \$50.

Nat Soti In the Simmerling Gallery: "All These Words Are" through Feb. 22nd. The exhibition by Nat Soti explores visual language and world-building at the intersection of art and graphic design.

Museum Free Days For Illinois Residents

Illinois residents may enjoy free admission to the following museums during February.

Adler Planetarium, Feb. 23rd. Art Institute of Chicago, Feb. 20th, 23rd and 25th to 27th. Brookfield Zoo, Feb. 28th. Chicago History Museum, Feb. 20th and 24th to 27th. DuSable Museum, Feb. 25th. Field Museum, Feb. 25th. Griffin Museum of Science & Industry, Feb. 19th and 23rd to 26th. Museum of Contemporary Art, Feb. 25th, 5 to 9 p.m. Shedd Aquarium, Feb. 19th and 24th to 26th.

Chapter Meeting For TreeKeepers

The Bridgeport / McKinley Park / Pilsen TreeKeepers will conduct a chapter meeting at the McKinley Park Fieldhouse, 2210 W. Pershing rd. on Thursday, March 5th at 4 p.m.

For more information, visit openlands.org.

Orchid Show At Botanic Garden



Photo provided by Chicago Botanic Garden

The Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe will conduct its Annual Orchid Show daily from 10 a.m. to 4 p.m. through March 22nd.

Rewind to the '60s and '70s at the Orchid Show: "Feelin' Groovy," where 10,000 vibrant orchids are the hottest thing since bell bottoms. Lose yourself in a 10-foot lava lamp aglow with colorful blooms, then hit the road as a flower-filled Volkswagen Beetle carries you through a Route 66 dream. The experience is pure good vibes.

Orchid After Hours will feature Silent Disco on Feb. 21st & Mar. 21st from 5 to 8 p.m. Slip on wireless headphones, choose your channel, and groove to the era's hits.

Saturdays: Feb. 21st, 28th; Mar. 7th, 14th, 21st. Fridays: Feb. 20th, 27th;

Mar. 6th, 13th, 20th. Thursdays: Mar. 12th & 19th. Mingle with the blooms and enjoy a vibrant night out featuring cocktails and light bites for purchase. Separate ticket required.

Photographers' Hours are Tuesdays through Mar. 17th, 8:15 to 9:45 a.m. & 4:15 to 5:45 p.m.

Illinois Orchid Society will conduct its Spring Show and Sale on Saturday, Mar. 14th & 15th from 10 a.m. to 4 p.m. Post-Orchid Show Plant Sale is set for Thursday, Mar. 26th.

A Rare Book Exhibition of *Slipper Orchids: Retro, Mellow & Groovy* will be held in the Lenhardt Library, Wednesday to Sunday, through Mar. 22nd from noon to 4 p.m.

Visit <https://www.chicagobotanic.org/orchid> for more information.

Remote Expo For Small Business

The Chicago Department of Business Affairs and Consumer Protection announced the free remote Chicago Small Biz Expo will be held on Thursday, March 12th, from 9 a.m. - 12:30 p.m. Attendees will have access to expert-led webinars featuring industry professionals and government officials discussing community-level support for current and future business owners.

The interactive remote expo will cover topics such as: From Licensing to Labor Laws: What You Need to Know About Business Ownership. Business Support 360: Full Suite of Resources and Insights from Business Service Organizations.

The keynote address will be delivered by Julie Roth Novack, CEO and Co-Founder of Party Slate. PartySlate is a leading platform where event professionals showcase their work, connect with new clients, and turn their photo content into a powerful business asset.

Since founding the company nine years ago, more than 30,000 planners, venues, and vendors have uploaded over 3.5 million photos and videos to the platform. Julie is now leading PartySlate's expansion into AI-powered photo management, including the launch of

Photo Hub, a tool designed to help businesses use their photos more strategically across sales, marketing, and client communications.

By making it easier to search, find, and share the right images at the right moment, PartySlate helps small businesses save time, communicate value more clearly, and convert opportunities into booked business. Julie brings over 25 years of experience helping Fortune 500 companies enhance their digital presence at top digital agencies, including Razorfish and Agency.com.

For more information and to register, visit Chicago.gov/BizExpo.

Free Workshop For Homeowners

The Greater Southwest Development Corporation, 2601 W. 63rd st. will conduct Free Homeowners Resource Workshop on Saturday, Feb. 21st at 10 a.m.

Programs that can help include: Protect the property value of your home, Access available home repair programs and Explore energy assistance programs

Register at greater-southwest.org or call (773) 436-1000.



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