

Village of Westchester

NOVEMBER, 2024

Inside This Issue

FIRE DEPARTMENT

LIBRARY 5

POLICE 8
DEPARTMENT

SCHOOL

GROW 12

PUBLIC 14
WORKS

BUSINESS 15



From the desk of Village President Greg Hribal

I'm hoping that residents were only minimally impacted during the transition from Waste Management to SBC Waste Solutions. As difficult as it is to work through a decision changing such an important service in town, the extreme cost increases proposed by Waste Management, almost 75% more than SBC is currently billing, was a reason to seek bids and work through that process. Please visit the village website to make sure you are taking advantage of all of the services they provide.

The Village of Westchester recently partnered with ABC Wildlife providing discounted services for the removal of wildlife from one's property. Various wild animals such as racoons, coyote, skunk or possum are native to Illinois and cannot be trapped by those not licensed in the State of Illinois. Trapping is generally required when wildlife has made a home on your property or in a garage. ABC Wildlife can be contacted at 847-870-7175 for an estimate and a review of your property.

This year's fall shred and recycling event was an extreme success, having over 200 vehicles come through to properly dispose and shred their private and financial documents. Also present was Amanda Grant from the Westchester Food Pantry collecting donations of dry goods. In addition to a full carload of food, they received cash donations of almost \$1,500 during the 2-hour event. Thank you to all that donated.

We recently held a liquor hearing for a restaurant opening at 1929 Mannheim Road, the former Christophers Speakeasy location. Tastefull, is currently preparing a menu of pizza, burgers and wings with an area for serving drinks and should be opening in the coming weeks.

Also opening soon in Westchester is WingSnob

and Lalos Mexican. WingSnob, a Warren Michigan chain of chicken wing franchises, is opening this month at Mannheim and Roosevelt. Lalos, a family run Mexican restaurant for over 50 years is opening on Roosevelt Road across from the Westchester Fire Department.

Celebrating its first full year of business in Westchester is Jungle Plate serving an African and Caribbean cuisine. They are located at 9916 Roosevelt Road and recently updated their menu. Please remember that shopping and dining in Westchester not only supports the businesses, but also helps Westchester by providing needed tax dollars that otherwise is collected by the community you are dining or shopping in.

With winter almost here, please be aware of the parking restrictions involving snowfall that are posted on each block. Our public works department tries hard to plow and clear the roadways effectively but needs your help to avoid excessive snow from being left in the street. Having over 60 miles of roadway to plow and salt, working safely but also diligently is required to completely clear the roads. Those 60 miles translates into 120 miles traveled covering both sides of the street.

Speaking of winter, the village is once again partnering with the Westchester Park District for the annual 2-day Winter Wonderland Walk Wednesday December 4th and Thursday December 5th at the Westchester Community Center at 10201 Bond Street from 6pm-8pm. Live reindeer will be present Wednesday night and camel rides on Thursday. With many more activities to enjoy, visit the Westchester Park District or village website for much more information.

Village of Westchester

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General Questions/Information

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THE ONLINE VILLAGE CALENDAR IS CONTINUALLY UPDATED AND INCLUDES MANY MORE LIBRARY & PARK DISTRICT ACTIVITIES. PLEASE SCAN THE QR CODE OR VISIT THE VILLAGE WEBSITE FOR ALL THE DETAILS!





** ***						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					O1	PUMPKIN SMASH COMPOST
DAYLIGHT SAVINGS TIME ENDS	04	O5 ELECTION DAY VOTE *****	O6 FIRE & POLICE COMMISSION MEETING - 6PM VILLAGE HALL	O7 GROW ECOLOGICAL COMMISSION MEETING 6:30PM VILLAGE HALL	08	09
VETERANS 5K WALK/RUN WESTCHESTER PARK DISTRICT	11 HAPPY	12 VILLAGE BOARD & COMMITTEE OF THE WHOLE MEETING - 6PM VILLAGE HALL	13 VILLAGE OFFICES CLOSED FOR IN-SERVICE DAY AGING WELL SEMINAR 11:15AM-1PM MAYFAIR REC CENTER WESTCHESTER MIDDLE SCHOOL FALL CHOIR CONCERT - 6:30PM	14 OLDER ADULT FREE FOOD MARKET 12:30-2PM PAV YMCA - BERWYN	15	HARVEST OF CRAFTS FAIR 9AM-2PM WESTCHESTER COMMUNITY CHURCH
17 WINTER WONDERLAND HOLIDAY MARKET 11AM-4PM WESTCHESTER FOOD PANTRY	18	19	20	BWJWA MEETING 10AM - BROADVIEW VILLAGE HALL OLDER ADULT FREE FOOD MARKET 12:30-2PM PAV YMCA - BERWYN	22	23
24	25	26 VILLAGE BOARD & COMMITTEE OF THE WHOLE MEETING - 6PM VILLAGE HALL	27	28 Nappy, Thanksgiving	29	30

VILLAGE MEETINGS
 VILLAGE EVENTS
 OTHER LOCAL EVENTS



Snow Removal Rebate Program for Low-Income Seniors & Low-Income Disabled Residents

ELIGIBILITY REQUIREMENTS:

- 1. INCOME REQUIREMENTS:
 - ALL PARTICIPANTS MUST BE ENROLLED IN A QUALIFYING STATE LOW-INCOME PROGRAM, SUCH AS SNAP, MEDICAID, OR LIHEAP.
- 2. AGE OR DISABILITY REQUIREMENTS:
 - PARTICIPANTS MUST BE 65 YEARS OF AGE OR OLDER, OR
 - HAVE A QUALIFYING DISABILITY AND AN ILLINOIS PERSON WITH A DISABILITY IDENTIFICATION CARD
- 3. NO PERSONS CAPABLE OF REMOVING SNOW CAN RESIDE IN THE HOUSEHOLD

VISIT WWW.WESTCHESTER-IL.ORG/SNOW PROGRAM FOR ALL DETAILS AND PRINTABLE APPLICATION

NOVEMBER 2024

Stay Safe This Holiday Season: Tips from the Westchester Fire Department

As we begin the holiday season in Westchester, please take a moment to plan for a safe Thanksgiving and other traditional family events. The cool weather statistically brings more calls to the fire department as furnaces are started, fire pits are used, and turkey fryers are brought out later in the month. We ask you and your families to have working smoke detectors and carbon monoxide alarms in your homes, keep a clean kitchen, and have a lid nearby to stamp out fires on the stove. Remember to always follow manufacturer recommendations for turkey fryers and use them away from your home, garage, and decks. Below are some tips on safety from the National Fire Protection Association:

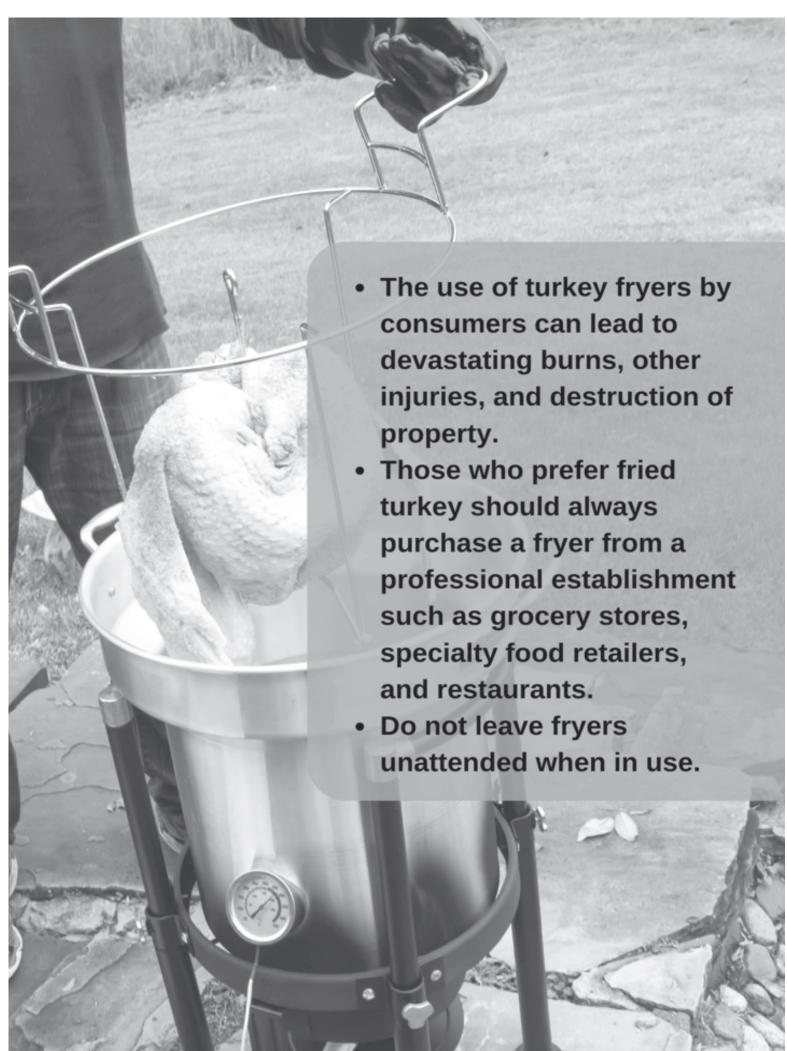
Cook with Caution...

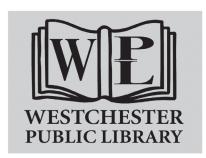
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed. If you have any doubt about fighting a small fire...
- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 from outside the home.

The Westchester Fire Department wishes you a wonderful and safe holiday season!





WESTCHESTER PUBLIC LIBRARY

EWSLETTER

November 2024

What's Cooking? Youth Scavenger Hunt

All Month | Youth Department Complete the scavenger hunt in the Youth Services department. When you finish, come to the YS desk for a

November Book

November 19th 6:30 PM This month we're reading *James* by Percival Everett. Copies are available at the Circulation Desk

Adult Crochet Group

Our Adult Crochet Group meets on the first Monday of every month! Our next meeting will be **December 2nd at 6 PM** in the Conference Room. All materials provided, no experience necessary

Adult Take-and-Make

November 11 | While Supplies Last Come and grab a take and make kit just for adults! This month we're making macramé leaves!

Visible Mending Thursdays | November 7th - 21st | 6 PM | Community Room

Come learn about the exciting varieties of visible mending! In the first session, we'll show the different techniques, then in the next two we'll help you mend the textiles you've brought from home.

Candle Making 101 Tues, November 12 | 6 PM | **Community Room**

Learn about the candle making process and make your very own organic soy wax candle with Soapy Roads of Lombard!

The Saddle Shoe Sisters **Present 40's, 50's, and 60's Holiday Music!**

Thur. Dec. 19 | 6 PM | Community Room Hear the best holiday music of the 40s, 50s & 60s from a fabulous retro girl group who sing and play their own instruments! Registration is open.

Killers of the Flower Moon (2023) to be shown at the Library

Wed, November 20th | 1 PM - 4 PM | Community Room

Based on a true story, directed by Martin Scorsese, and starring Leonardo Robert DiCaprio, DeNiro newcomer Lily Gladstone, Killers of the Flower moon is an epic western crime saga set in 1920's Oklahoma. Real love paths with unspeakable crosses betraval as Mollie Burkhart, a member of the Osage Nation, fights to survive and bring to light the spree of greedfueled murders committed against the Osage community after oil discovered on their land.



Killers of the Flower Moon was nominated for ten Academy Awards, including Best Picture, seven Golden Globe Awards, including Best Motion Picture - Drama, and with Gladstone winning Best Actress, nine British Academy Film Awards, and three SAG Awards, with Gladstone winning Best Actress.

© Paramount Pictures- 206 minutes - R.

Qigong and Sound Meditation with Gail Morales Sat, December 7th | 11 AM | Community Room

Join us for this beginner-friendly workshop! Qigong involves a series of slow, flowing movements and deep breathing while in a chair or standing. The workshop ends with soothing sounds from crystal singing bowls, chimes, and other sound instruments. The combination of gigong and sound will help reduce stress by calming the mind and body, and improve sleep. Registration is required, and opens one month before each event date.



If special accommodations are required to attend a library program, please contact us at least seven days in advance.

STORYTIMES

Mother Goose on the Loose

Wednesdays | November 6th - December 4th |

Get ready to sing, hear stories, and make a craft based on the theme of the day! Best for babies -PreK.

Gobble Up a Good Book!

Tues, November 19 | 11 AM | Youth Department Join us for this delicious storytime! All ages welcome.

Teen Programs

Monthly Teen Craft

Monday, November 4 | While Supplies last Drop by for our monthly teen craft kit! While supplies last.

Teen Crochet

Tuesdays | November 5th - December 3rd | 4

Teens, want to learn how to crochet? We'll teach you step by step! All skill levels welcome, materials will be provided.

Teens Behind the Lens

Thursdays | November 7th - December 5th | 4 PM

Learn how to take stunning photos with the library's cameras! Each week you'll explore a new theme! Final pieces may be selected for artwork in our Teen Room.

Registration required, limit 8. For ages 13-

Teen Treats: Mini Apple Pies Mon, November 18th | 6 PM 7 Community Room

Whip up some mini apple pies to enjoy with your holiday feasts! This recipe calls for butter, white flour, apples, sugar, nutmeg, and cinnamon. For grades 6 - 12. Registration required.

NOVEMBER YOUTH PROGRAMS

Mario Kart Mondays

Mondays | November 4th - December 2nd | 4

Zoom through the colorful world of Mario Kart and show off your racing skills! This program is intended for grades 2 and up.

Kids Crochet Club

Wednesdays | November 6th - December 4th |

Come learn basic crochet with Miss Julie. All skill levels are welcome! Materials will be supplied! For grades 3 - 5.

Art Explorers with Miss Julie Thursdays | November 7th - December 4th | 4

Learn about different types of art and make a magnificent creation! Best for grades 2 - 5.

Miss Julie's Super Awesome Craft

Biweekly Mondays | November 4th & 18th Join Miss Julie to make cool crafts, check out themed books, and more! While supplies last. Best for K-5.

Lego Club

Biweekly Fridays | November 8th & 22nd | 3:30 PM

Don't miss out on this fun club where you can show off your building skills and get to put your creations on display! Best for K-5.

Kindness Rocks

Wed, November 13th | 6 - 7 PM | Community Room Paint a kind phrase on a rock to leave in nature. You will make some lucky person's day! Best for Grades 2-5. Children under the age of 8 must be accompanied by an adult caregiver.





A HUGE THANK YOU to all of the volunteers who helped at all of the events last month!

We had two successful book fairs at WPS and WIS, along with WIS and WPS Math and Reading Night. We also enjoyed Parents and Pastries at WPS.

We were thrilled to have our Fall Family Dance and WMS's first dance this year. And we cannot forget our fun fall classroom parties at WPS and WIS.

The WPTC board is looking forward to WPS and WIS McTeacher Night on November 4. School staff will be serving orders and selling \$1 apple pies. This is always a fun night for the kids!

The next WPTC Meeting is November 6, in the WIS cafe beginning at 6:00 p.m. Our restaurant fundraiser this month will be at Panera Bread in Westchester, on Tuesday, November 19th. This will be from 4 pm to 8 pm.

Our events can only take place with the help of our volunteers. Thank you to those who have taken the time to help out at our past events. We have many more coming up and will need help. There are plenty more opportunities to help out!

We have some fun events coming up! Be on the lookout for these events and volunteer opportunities:

- *November 4th- WPS and WIS McTeacher Night
- *November 6th- WPTC Meeting 6pm WIS Cafe
- *November 19th- Panera Benefit Night 4-8 PM

The Women from the Westchester Community Church

1840 Westchester Blvd. in Westchester



Harvest of Crafts

Saturday, November 16, 2024

The sale is from 9:00 a.m. to 2:00 p.m. Admission is free.

The church women feature: *Homemade crafts * *Raffle prizes*

* Our Treasures and Trinkets for \$2.00 and up features

Christmas Holiday Village, Christmas items, and house hold items, etc. *

Crafters/Vendors are selling: pillow covers, dish towels, table runners, color graphics metal earrings, unique earrings, chocolate covered treats, house plants, hand painted ornaments, lighted wine bottles, Christmas décor, homemade jams and fudge, doggie treats, framed puzzles, hand knitted items: swifter covers, infinity dog scarves, blankets, etc., Afrocentric products, calendars, black books, Kwanzaa and Christmas cards, calendars, wooden porch signs and boards, and much more.
.....register to have your crafts at the sale – see below.

To reserve a space, a non-refundable fee of \$30 (\$50 for two tables) needs to be paid by Monday, Oct. 28^{th} . If reserving a space on or after Tuesday, Oct. 29^{th} the cost of the table will be \$35 (\$55.00 for two tables). Contact Westchester Community Church, 708-865-1282, if interested or have questions!

NOVEMBER 202

Protecting Our Pets - and Our Neighbors

Throughout my life, my family and I have always had dogs and cats, and, as many of you can relate, it often fell on me to handle their care-from vet visits to cleaning up after them. While I may have grumbled about the daily routine of baths. vacuuming dog hair, or repairing the yard they happily tore up, it was always worth it because of their unconditional love. Every evening when I came home, my dogs would go wild at the sight of my squad car pulling in. While everyone else was asleep, my dogs greeted me with excitement, never argued, and certainly never left a long list of chores on the counter waiting for me! Their presence was a constant source of joy, and they never failed to make me smile.

However, with the love of pets comes great responsibility—not only for their safety but also for the safety of others. Each

year, the Westchester Police Department issues 30-40 citations for dogs running loose. Every dog call carries the risk of an officer being bitten while trying to secure a stray or check for a microchip. We also respond to incidents where people and pets are bitten or, sadly, where a pet has been seriously injured or killed.

As a pet owner, I make it a priority to ensure my dog is safe and secure. I regularly check my fence line to prevent any escape attempts, stay outside with my dog until it's time to come in, and make sure all gates have sturdy latches. If you have children, please be mindful not to let them walk dogs alone, as they may not be able to control them if something unexpected happens.

Over my 37 years of service, I've seen many heartbreaking incidents involving dogs. It's easy to believe your dog would never bite anyone, but time and again, we get calls after a serious altercation has occurred.

And I'll share a little secret with you all—I consider myself a pretty tough guy, but when I've had to put down one of my dogs over the years due to old age or illness, I couldn't hold back the tears. It's one of the hardest things to experience, because our pets really do become family. They're always loyal to us.

So let's be loyal to them as well, and please, take the time to secure your pets. Check your doors, fences, and gates, and always keep them on a leash when outside. It's the best way to ensure their safety—and the safety of others.

Sincerely, Chief Daniel Babich



Chief Babich pictured with his daughter and his grand-dog

WESTCHESTER POLICE BLOTTER

All defendants are considered innocent until proven guilty in a court of law.

24-03914 - 09/09/2024 1:14AM -DOMESTIC BATTERY - WESTCHESTER, IL

42-year-old man from Westchester finds himself charged in Cook County Circuit Court with one count of Domestic Battery following an incident. The 42 year old was taken into custody, processed and then transported to the 4th District Cook County Courthouse in Maywood for a bond hearing.

24-03976 09/13/2024 - 1:44AM

RETAIL THEFT - 825 MANNHEIM RD

WPD Officers were dispatched to the BP Gas Station reference a call for a retail theft. Officers arrived and spoke to an employee who stated a subject came into the store caused a disturbance and stole an item. A subject matching the description was located near the I-290 expressway ramp and was detained. The 41-year-old from Chicago was cited for Retail Theft and Resisting Arrest. The subject was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03828 - 09/03/2024 4:35PM TRAFFIC STOP - MANNHEIM RD & PELHAM ST

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 34 year old male from Cicero, was cited for Speeding, 26 mph to less than 35 mph over posted Limit. The 34 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood. IL.

24-03645 - 08/23/2024 11:20PM TRAFFIC STOP - ROOSEVELT RD & 25TH AVE

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 46 year old male

from Westchester, was cited for Improper use of Registration, No Valid Insurance, and Driving while License Revoked. The 46 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03661 - 08/25/2024 3:22AM MOTOR VEHICLE ACCIDENT 10300 BLK CANTERBURY ST

WPD Officers were dispatched to the area for a motor vehicle accident. A 25 year old female from Chicago, was cited for Failure to Reduce Speed to Avoid an Accident, Driving Under the Influence of Alcohol, and Operating a Vehicle while Registration is Suspended. The 25 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03747 08/30/2024 2:10AM

TRAFFIC STOP 1100 BLK MANNHEIM RD

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 47 year old male from Westchester, was cited for Disregarding Red Traffic Control Device, No Valid Insurance, Driving while License Suspended and Open Alcohol. The 47 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03517 08/16/2024 6:37PM TRAFFIC STOP ROOSEVELT RD & OAK RIDGE AVE

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 22 year old male from Chicago, was cited for Driving with an Expired License. The 22 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03560 08/19/2024 7:06AM TRAFFIC STOP CAMBRIDGE ST

& MANNHEIM RD

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 19 year old male from Corryton,TN was cited for Speeding 80mph in a 30mph zone. The 19 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood. II.

24-03586 08/20/2024 4:03PM RETAIL THEFT 2128 MANNHEIM RD

A WPD Officer was patrolling the parking lot of the Jewel and was flagged down by the store manager who advised the officer of a retail theft of liquor that just occured. The Officer observed the vehicle traveling southbound across the parking lot, at which time the vehicle was stopped and subjects were detained. A 46 year old male from Newport Richey, FL and a 41 year old female from Cortland, IL were cited with a Local Ordinance Citations for Retail Theft. Both subjects were released with a Local Ordinance Citation and given a court date at the Westchester Municipal Courtroom.

24-03448 08/12/2024 11:26PM AGGRAVATED ASSAULT 11201 CERMAK RD

WPD responded to 11201 Cermak (BP Gas Station) for a call of a man with a gun. Proviso Central Communications advised responding officers that the subject was described wearing a multi color shirt and white bucket hat. Officers arrived and observed the subject matching the description walking southbound on Wolf away from the gas station. The subject was detained by police, searched and located a BB gun in a drawstring bag. A 29 year old from Westchester was cited for Aggravated Assault, released with a Citation and Noice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03464 TRAFFIC STOP MANNHEIM RD & CERMAK RD

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 33 year old male from Chicago, was cited for No Valid Drivers License, and Unsafe Equipment. The 33 year old was released with a Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL. All defendants are considered innocent until proven guilty in a court of law.

24-03417

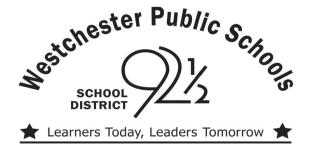
CRIMINAL TRESPASS TO VEHICLE 11201 CERMAK RD

WPD responded to the area of Cermak and Wolf to speak with Store manger reporting a subject wearing a red shirt, gray shorts going inside vehicles at the BP. Officers spoke to the victim reported approximately 340.00 dollars US Currency inside, when she came back out it was missing. R/O and employee went back to look at video when R/O spotted the M/B with red shirt and gray pants enter white vehicle for a few seconds then leave. Responding Officers located a subject matching the description near the McDonald's on 31st Street. A 25 year old male from Chicago, was cited for Resisting a Peace Officer and Criminal Trespass to Vehicle. The 25 year old was released with a Citation & Notice and was given with a court date at the 4th District Cook County Courthouse in Maywood, IL.

24-03382 08/08/2024 8:45PM

TRAFFIC STOP 11000 BLK 31ST ST

WPD Officer on patrol observed a vehicle perform a traffic infraction. A 28 year old male from Chicago, was cited for Driving with one Headlamp and Driving while License is Suspended. A Citation & Notice and given a court date at the 4th District Cook County Courthouse in Maywood, IL.



A Letter from the Superintendent

Dear Parents and Guardians,

As we enter the month of October, I want to recognize the tremendous efforts of our students, staff, and families as we continue to build momentum in this school year. October brings exciting opportunities for learning, growth, and community engagement. Below are some of the events that took place in October.

October was National Bullying Prevention Awareness Month. We will use this month-long observance to educate and raise awareness about bullying and cyberbullying prevention. On October 16th, we participated in Unity Day to come together and wear ORANGE to show that no child or adult should ever experience bullying.

I want to share information about Safe2Help once again. It's a free service that allows students to reach out for help 24/7 via text (Text: SAFE2 (72332), phone 844-4-SAFEIL (844-472-3345), the internet, or the app. Students can anonymously share information about dangers or concerns.

In celebration of Hispanic Heritage Month, our District was proud to honor Hispanic and Latinx communities' rich culture, history, and contributions. Throughout the month, students engaged in various activities, lessons, and events that highlight the significant impact of Hispanic individuals on our nation's history, arts, and society. We encouraged families to join us in recognizing this important month and supporting our efforts to promote diversity, inclusion, and cultural understanding in our school community. Our culminating activity occurred on Thursday, October 3rd, at WIS (5:30 pm).

As you can see, October was busy with several exciting events and activities planned. To ensure you stay on top of school-related events, visit https://www.sd925.org/apps/events/ so you are in the know.

We value our families' involvement in our schools. If you have ideas, feedback, or questions, please don't hesitate to contact me by phone (708-670-1927) or email (psalemi@sd925.org). Thank you for your continued support, trust, and commitment to our school district. Have a great month.

Sincerely, Philip Salemi, Ed.D

Westchester Primary School

With the first trimester coming to a close on November 20th, students at Westchester Primary School have been growing due to explicit instruction, strong school-home partnerships, and community events. There have been many activities for our students and families in October and coming up in November, including Parent-Teacher conferences on November 25th and 26th.

WPS and WIS were thrilled to continue our combined Math and Reading night at WIS on October 10th. This year's theme was Blast Off, and the smiling faces of all of our students and families while engaging in reading and writing activities were seen throughout the event. Thanks to the WPTC, raffle prizes were possible!

To celebrate Hispanic Heritage Month, our ESL teachers provided our students with engaging activities including a slideshow with videos of words and phrases in English and Spanish for our students to learn daily. Also, Soledad Jimenez collaborated with Mike Gibson, our PE teacher, to teach our second graders The Macarena. Also, many Westchester families participated in the district Hispanic Heritage Celebration held at WIS to honor our community. Additionally, October was German, Italian, and Polish Heritage Month. Each day a new word or phrase in each language was learned by our students! Now in November, it is National Native American Heritage Month, and we continue to highlight those who have contributed to our world a better place.

Also, our students participated in many activities to continue teaching Dolphin Pride expectations and promote bullying awareness in October. WPS students were "Bucket Fillers Not Bullies," Our students listened to read-alouds, created projects, collected raindrops to fill buckets, and decorated a Unity Tree Mural to commit to caring for all! We celebrated Unity Day on October 16th by wearing Orange!

During November, our students will show their appreciation to our Veterans. On November 11th, Westchester Primary School will honor our veterans with an assembly. All veterans from our school community are invited. The Veterans will be serenaded and honored during the assembly.



Westchester Intermediate School

Our first trimester will be coming to a close soon and it has been a positive start to the school year. We have been working diligently with our students to get them focused on growing as learners. We continue to take opportunities to focus on building relationships with students to guide their social emotional well being. Creating those positive interactions with each other has been a major part of our first couple of months of school and has been shown to have a positive impact on student success.

We celebrated Hispanic Heritage month during our Language Arts Block by including activities and stories that celebrated the lives and accomplishments of Latinos throughout our shared history. We also took time each morning in our announcements to celebrate a Latino or Latina who has contributed to our community through science, literature, art, television, and music. It culminated with our Hispanic Heritage Celebration! We will continue to celebrate Latinos beyond this month along with other cultures represented in our school.

We continue to be thankful to the WPTC for working with us and being creative with our Fall Parties or our Fall Book Fair. Our Book Fair is always fun for students. The Fall Family Dance was amazing as well. We appreciate all the WPTC does for us.

We will take time this month to celebrate our Veterans through an assembly, activities and shared stories. We will also hold Parent Teacher Conferences on November 25th from 12:00 to 7:00 pm (in person) and November 26th from 10:00 am to 5:00 pm (virtual). Keep an eye out for more information on conferences coming soon. Please make sure to join us so you can see how your child is growing.

Go Huskies!





JEN & JIM CAVANAUGH REALTORS®/Brokers

Jen: 708.408.9910 Jim: 630.215.8202

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CavanaughTeam.com

One Parkview Plaza, Suite 100 Oakbrook Terrace, IL 60181







Westchester Middle School

As a school we will continue to reinforce our Warrior Expectations for everyone in the WMS learning community. Students and staff should:

- •Be Responsible
- •Be Respectful
- •Be Safe
- •Be There, Be Ready

Congratulations to our September Warriors of the Month! 6th Grade: Viola O'Donnell and Kimaya Willett, 7th Grade: Lia Feldbauer and Makiyah Stevenson, 8th Grade: Julian Avila and Nathan Koch. Warriors of the Month are selected by their teachers for setting a strong example and exceeding the expectations of the 4 Bs: Be Responsible, Be Respectful, Be Safe, Be There/Be Ready.

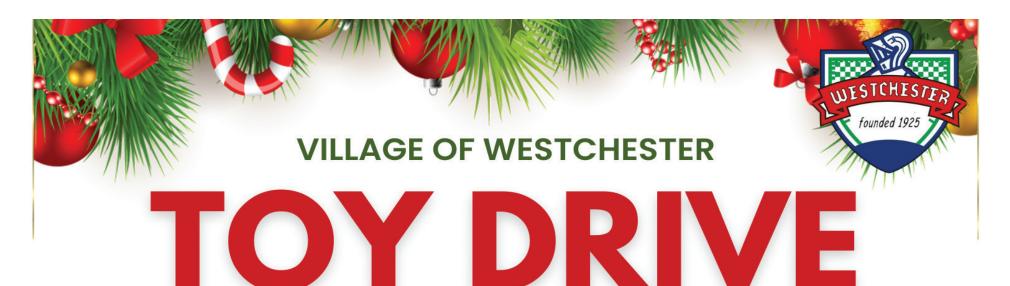


Congratulations to our Boys Softball team on their undefeated 9-0 season. The team recently completed their season and were also the LTESAC Conference Champions. The team included: Julian Avila, Ryan Bradford, Brayden Creamer, Hayate Crone, Nathan Koch, Jesse Jimenez, Rylen Magbalon, Santino Ortoneda, Santi Raygoza, Quinn Sabatino, Shea Smith, Charlie Stratis, Jack Wesolowski, and Oliver Zapata.

Congratulations Coach May and his team on a wonderful season!



We send our weekly updates each Friday afternoon at 4:00 PM. Please review them for important information about WMS.





KINDNESS STARTS WITH YOU!

Help us spread joy to less fortunate children by donating new, unwrapped toys to the Village of **Westchester's Toys for Tots collection drive!**

ACCEPTING DONATIONS NOVEMBER 1 - DECEMBER 4 AT THE FOLLOWING LOCATIONS:

VILLAGE HALL 10300 W Roosevelt Rd Westchester, IL 60154

JEWEL-OSCO 2128 S Mannheim Rd Westchester, IL 60154

COMMUNITY CENTER 10201 Bond St Westchester, IL 60154

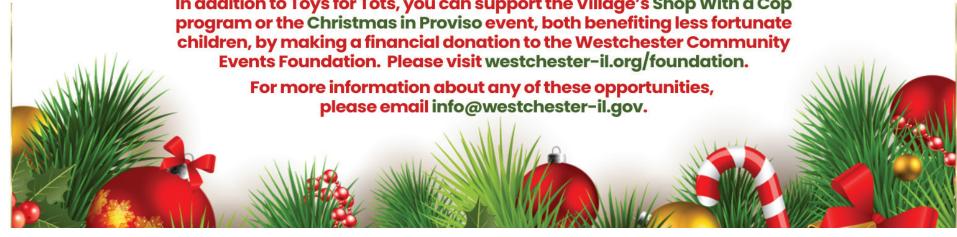
WESTBROOK CORP. CENTER (TWR. 2) 2 Westbrook Corp. Center Westchester, IL 60154

MAYFAIR REC. CENTER 10835 Wakefield St Westchester, IL 60154

WESTCHESTER INT. SCHOOL 10900 Canterbury St Westchester, IL 60154

OTHER WAYS TO GIVE:

In addition to Toys for Tots, you can support the Village's Shop With a Cop Events Foundation. Please visit westchester-il.org/foundation.



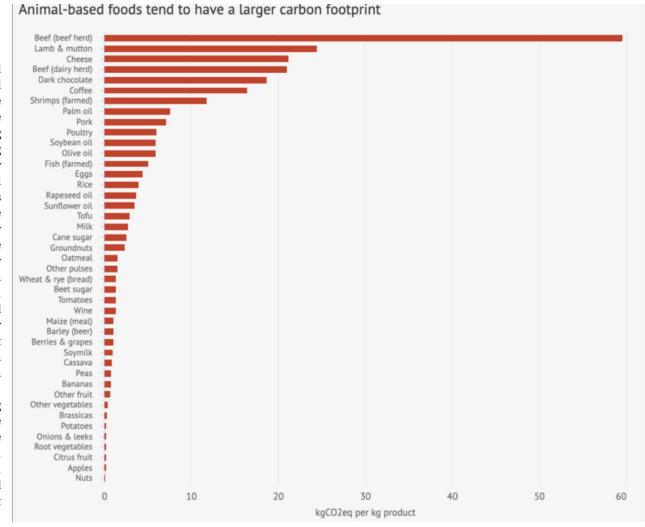
Eating a Healthy Diet Is Good for You and the Environment

BY WALT WOJCIK **GROW** Commissioner

While still working as a neurologist, I advised my patients to cut down and, if possible, avoid eating beef, lamb, and pork (all of these meats are from mammals, like us humans). Usually these conversations revolved around my patient having had a stroke or trying to minimize the risk of getting a future stroke. A change in diet was one of many strategies discussed. At the beginning of my medical career, medical scientists understood that humans had difficulty in breaking down mammalian fat. The fats found in avian species like chicken and turkey are more easily digested, while the fats from fish are even more digestible. Plant-based fats are also very healthy for humans to eat. The human body can eliminate ingested mammalian fat in various ways, but when fat is deposited along the inner arterial blood vessel wall, such deposits become a major contributing factor leading to strokes and heart attacks. Heart attacks are the leading cause of death in the USA, while ischemic strokes are the fourth most common cause of death.

More recently, medical science is now learning that our meaty mammalian diet including foods like dairy products (milk, cheese) and to some degree eggs from chickens, are related to obesity, diabetes, coronary artery (heart) disease, and strokes (1). Thus, a vegetarian diet is better than the usual American diet containing meat, but a vegan diet (plant based diet only, i.e. no dairy products or eggs) is now thought to be the best diet for humans. Such a diet can provide you with a longer and healthier life by up to 10 years (2).

In addition, the process of producing red meat is becoming an import factor in creating carbon dioxide and greenhouse gases that lead to global warming - see chart showing the carbon footprint of various foods taken from reference 3. "The foodsupply chain is responsible for approximately 23% of all human-related greenhouse gas emissions, and (also) uses approximately 70% of the planet's consumptive freshwater withdrawals and nearly 40% of global land" (4, 5). To make matters worse, the food industry created foods that are now known to be unhealthy. For example, healthy plant based foods include: whole grains, beans, nuts, fruits and vegetables. Whereas, foods that are unhealthy include: ultra-processed foods, refined grains, fruit juices, and foods with added sugar. Lastly, a



recent report documents that a plant based diet is 16% cheaper and more nutritious than the usual American diet containing meat (6).

Thus, GROW is providing both vegetarian and vegan recipes for you to try. For nearly twenty years, my wife and I have been vegetarian, but now we are trying more vegan recipes. I understand that changing your diet to plant based foods may not be easy. To ease into this change, consider eating meatless meals on 1 to 3 days of the week. As a physician, I wish you a long and healthy life on a clean Earth and a better life from eating a plant based diet.

References

- 1. Barnard, Good Medicine Vol 33, No 1, p 6-9, 2024.
- 2. Shad Clark, https://thehumaneleague.org/ article/plant-based-life-expectancy May 2022

https://search.app/V4ybYq3NLbkYP4cA9 Interactive: What is the climate impact of eating meat and dairy? | Carbon Brief. Adapted from Dr. Hannah Ritchie/Our World in Data (2020)

Musius et. al. Lancet Planet Health Vol 6, p e892-900, 2022,

- 1. Poore et al. Science 360 p 987-92, 2018.
- 2. Kahleova et. al Good Medicine Vol 33, No 1, p 7,

Quote of the Month

"To produce a pound of steak, which provides us with 500 calories of food energy, takes 20,000 calories of fossil fuel, expended mainly in producing the crops fed to livestock."

Credit: Diet for a Small Planet, Francis Moore Lappe, 2021

Recipe of the Month

This month's meatless meal works great for breakfast, lunch, or dinner! A hearty, but light meal perfect to weave into your weekly rotation.

Adding at least one meatless meal a week adds yummy alternatives to your diet, and also makes huge positive impacts on our environment.

Have a plant-based recipe you'd like to share with the community?

Send it to GROW@westchester-il.gov for consideration for future newsletters.

Spinach and Leek Frittata

makes about 4-6 servings

Ingredients

2 tablespoons of olive oil

1 medium leek, roughly chopped (white and light green parts only)

2 cloves of minced garlic

½ teaspoon paprika

2 cups of chopped spinach

6 eggs, beaten

1/4 teaspoon salt

3 ounces of Muenster cheese (grated or diced)

Black pepper (add to your taste)

Instructions

- Add leek and garlic to hot oil in a medium broiler-safe skillet and saute over medium heat for 2-3 minutes until leeks are translucent. Add paprika and spinach, stirring until spinach has wilted.

- In a medium-sized bowl, mix salt, eggs, and cheese, before adding to skillet. Then gently mix all ingredients in skillet. Cover skillet and cook over low heat for 8-9 minutes until egg mixture has set.
- Place skillet under broiler for 2-3 minutes, until top browned and eggs completely cooked.
- Cool the frittata for a few minutes, slice and then serve with a sprinkle of freshly ground black pepper to taste.

Credit: Diet for a Small Planet (2021), by Frances Moore

Submitted by Walt Wojcik, GROW





DON'T MISS OUT - STAY CONNECTED

WPDPARKS @WPDPA

WWW.WPDPARKS,ORG

@WPDPARKS

PUBLIC WORKS

Village branch collection for November will be the week of November 4th-8th

Please note this will be the last collection until the week of April 7, 2025

The Public Works Department collects branches the first full working week of each month, April-November. Please see the colored section map below for your collection day.

- All brush must be placed on the front parkway by 7am on your designated collection day.
- Branches must be stacked with the butt ends facing the street in the same direction.
- Dirt must be removed from any root balls.
- Public Works Crews will only pass through a designated collection area once due to time, scheduling, and other workload responsibilities. We do not collect branches on demand.

Landscapers & tree services are responsible for their own brush disposal.

Please note the following schedule for branch pickup:

NOVEMBER'S HOLIDAY RUBBISH SCHEDULE

• VETERAN'S DAY

There will be no service delays for rubbish collection the week of November 11th.

• THANKSGIVING DAY

There will be no collection on Thursday, 11/28 - Thanksgiving Day.

Thursday's collection will be Friday, 11/29.

Friday's collection will be Saturday, 11/30.

Monday's and Tuesday's collections are not affected.

S.B.C. Waste Solutions, Inc. – (312) 522-1115

- If your garbage, recycling, and/or yard waste was at the curb by 6am but was not collected by 6pm on your regular day, please call S.B.C. directly to report a missed collection.
- You may place two (2) large items that will not fit in your receptacle (couch, chair, table, etc.,) at the curb every week for collection. Please call S.B.C. directly to inform them of large items.
- S.B.C. will collect household hazardous waste and electronic waste (e-waste), at no additional charge, including household chemicals, automotive products, paint products, garden chemicals, universal materials, batteries, long fluorescent lightbulbs, and swimming pool chemicals. This special collection must be pre-scheduled by calling 312-522-1115.
- As leaves begin to fall, please remember DO NOT pile your leaves into the street. This causes storm sewer problems which leads to flooding. Yard waste is collected by S.B.C. through December.

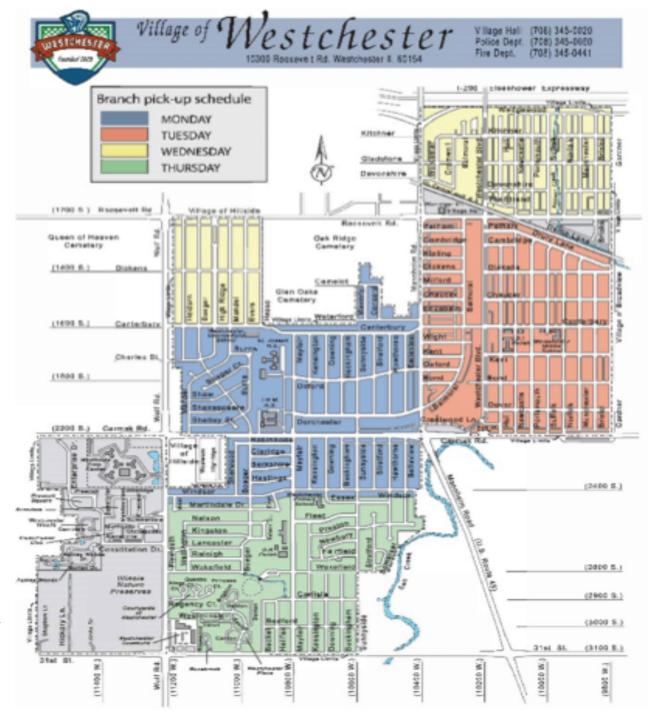
Street Parking Restrictions

Street maintenance parking restrictions are still in effect until December 1st.

Snow parking restrictions will take effect December 1st after 2" or more of snowfall until streets are cleared.

Westchester Tree Replacement Program

- 1. The Village has been planting trees on eligible parkways at no cost to the resident. This replacement program does not allow for residents to choose the species of tree planted, the location, the number of trees planted, nor are residents able to opt-out of having a tree planted in the Village parkway in front and/or side of their residence. Please call Public Works if you would like to request a tree be planted sooner rather than later in a parkway.
- 2. If you would prefer to choose the species of the tree to be planted, this can be achieved through the 50/50



program. The resident can choose the tree(s) from a list provided by the Village, and shares half of the cost of the tree(s) and planting with the Village. To request the list of 50/50 trees, please call the Public Works Department at 708-345-0041.

2025 Construction News

- Water Main/ Service Line Replacements, Sewer Lining, and Street Program
- o Norfolk Ave from Wedgwood Dr to Roosevelt Rd o Pelham St from Westchester Blvd to Newcastle Ave
- o Drury Ln from Newcastle Ave to Gardn r Rd o Canterbury St from Mannheim Rd to Westchester Blvd o Balmoral Ave from Canterbury St to Wight St-WM & SL

Replacements only

- Street Program
- o Waterford St from Mannheim Rd to cul-de-sac
- o Kitchner St from Westchester Blvd to Worcester Ave
- Canterbury St from Suffolk Ave to Gardn r Rd

As always, residents are asked to call Public Works at 708-345-0041 if an unusual amount of water is visible in the street or parkway. This could be a main break or water leak that requires our immediate attention. If after 3:30pm M-F & on weekends and holidays, please call police non-emergency at 708-345-0060.

Remember...

S.B.C. will also collect your branches if they are tied in bundles of no more than 50 pounds & no more than 4 feet in length. They may also be cut up into "Yard Waste Only" containers or lawn bags. These will be collected on your regular garbage day every week April – December.

Presented by the Economic Development Committee

BUSINESS SPOTLIGHT

Ashanti Signs & Graphics Jungle Plate Restaurant

This month's business spotlight article is highlighting the dynamic duo of Nicholas and Wilma Poku, the husband and wife team who own both Ashanti Signs & Graphics and The Jungle Plate restaurant. While the Pokus are owners of both businesses, each business was opened because of a passion of Nicolas and Wilma. Nicholas is passionate about art and design, while Wilma has a love and passion for cooking. The Pokus are originally from Ghana, West Africa, and while they have lived in other suburban areas in Illinois, they decided to plant roots in Westchester in 2015 because they believe Westchester gives a suburban lifestyle while offering a location near Miday and O'Hare International Airport, as well as various highways. The Pokus believe in contributing to the community in which they reside, which is a major driving force behind opening two businesses in the Village.

Ashanti Signs and Graphics, located at 9825 Roosevelt Road (just east of Donald's Famous Hot Dogs), opened in August 2018. Nicholas originally thought he would pursue a career in computer science as he was skeptical of a career in art being profitable, but that view began to change the more exposure he got to the melting pot of America. While attending Lindenwood University in St. Charles, Missouri, Nicholas took classes in art and graphic design and graduated with a degree in fine arts. (As a side note, please do not hesitate to ask Nicholas about his time playing table tennis in college as he received a scholarship to Lindenwood for table tennis, helping his school achieve great success in the National Collegiate Table Tennis Association tournaments).

During his time at Lindenwood Nicholas began creating art for individuals, including a portrait made for rapper Nelly (who grew up in the nearby St. Louis area). After leaving college, Nicholas worked for a sign company in Desplaines, Illinois before relocating in Westchester and eventually opening Ashanti Signs & Graphics. They offer almost anything you can imagine related to signs and graphics, including custom t-shirts, photo boards, event props, yard signs, graphic designs for every occasion, business cards, LED lightings, digital displays, floor decals, casket wrappings, and many more offerings. A challenge is always welcomed, and the Pokus believe they can always meet their clients' expectations. The name of the business, Ashanti, is a tribute to the Ashanti Tribe in Ghana, West Africa as Nicholas Poku is a descendant of the Ashanti Tribe. Nicholas hopes that the Ashanti Tribe can help contribute to his community in Westchester and more.

Similarly, the name Jungle Plate also has a deeper meaning. As Nicholas is a cancer survivor both Nicholas and Wilma knew Nicholas would have to lead as healthy a lifestyle as possible. They found it interesting that some of the healthiest animals didn't live in a city setting, but rather the jungle where many animals thrive on food naturally grown from the earth. While not all offerings at the Poku's restaurant are vegan and naturally grown from the earth, there is an emphasis on healthy eating, hence the name Jungle Plate. Before Jungle Plate was established, Wilma leaned into her love and passion for cooking and started experimenting with various dishes at home, with the goal of one day getting into the hospitality services. After experimenting with various dishes, Wilma knew she was ready for a full menu and Jungle Plate opened in November 2023 at 9916 Roosevelt Road in between Norfolk Ave. and Manchester Ave.

The Pokus realized that there were not many restaurants in the area that offered foods they were accustomed to in Ghana. That realization was a reason they wanted to open up a restaurant that would strive to offer a unique style of flavor of African-Caribbean cuisine into a community lacking such menu items. Jungle Plate started with a jerk cuisine menu and began evolving the menu offering a plethora of African-Caribbean food options. Recently, Jungle Plate has partnered with Chef Folashade Oguntade to assist in taking Jungle Plate to the next level in African-Caribbean cuisine by adding Nigerian cuisine to their menu. Wilma continues to work on menu items to both expand the menu, but also constantly improve dishes. She continues to put an emphasis on healthy dishes both vegan and non-vegan. Jungle Plate works to appeal to every type of eater and hopes to continue to grow. The mission statement for Jungle Plate is as follows: An African-Caribbean restaurant that seeks to connect people through great tasting African & Caribbean delicacies. Priding ourselves in introducing unique tropical spices & flavors that maximize the pleasure of simple taste, leaving you with a great experience that keeps you coming back for another thing on our menus. Please stop in to visit Wilma





at Jungle Plate and don't be afraid to experiment or ask what may be best for your appetite as Wilma is always happy to help customers new and old.

Ashanti Signs and Graphics 9825 Roosevelt Road (708) 203-5329 The Jungle Plate 9916 Roosevelt Road (708) 978-4068 Website: thejungleplate.com



Proviso Handyman department

November 2024

Winter is fast upon us! If you have not called to have your home winterized call NOW!

The weatherproofing is best done before the cold weather sets in to ensure the caulk or plastic covers will adhere for the winter season. Have your filter in your furnace changed to help it run efficiently. Last call for work that needs to be done on anything outdoors (lightbulbs,

light fixtures, furniture put away, rain barrels, spigots cover for winter).

Call 708-547-4001

The Proviso Township Handyman Program serves homeowners over the age of 60 and disabled homeowners who are residents of Proviso Township.



Bellwood · Berkeley · Broadview · Brookfield · Forest Park · Hillside · LaGrange Park · Maywood · Melrose Park · North Riverside · Northlake · Stone Park · Westchester · Western Springs

+ Only Homeowners within the boundaries of the Proviso Township+

Michael A. Corrigan Supervisor

Anthony "Tony" Williams

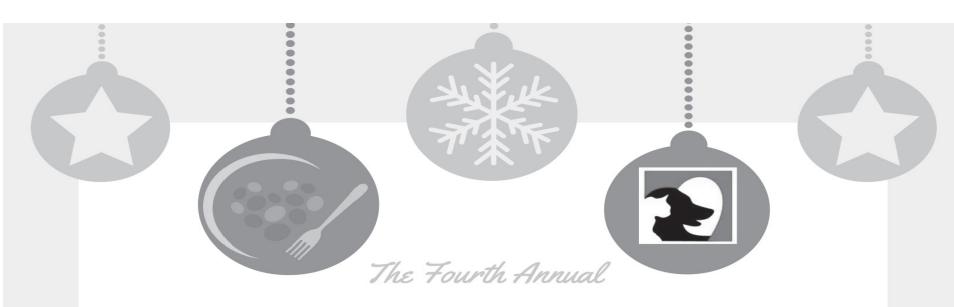
Steven J. Zawaski

Assessor

Clerk

Evelyn Chavez · Joseph Christopher · Gay F. Chase · Clarence E Thomas

Trustees



WINTER WONDERLAND

HOLIDAY MARKET

SUNDAY, NOVEMBER 17, 2024 11:00 AM TO 4:00 PM 1938 S. MANNHEIM, WESTCHESTER ADMISSION IS FREE

Featuring the following local artisans:

Kind Cafe and Catering **Grassroots Garden Group** Luxe Lyte Vibe LLC Grandma's Sewing Room Marbella Boutique Good Dolly, Miss Molly! Ray of Soledad Creations LLC

Design with Millie **Wooly Mama** Sew Beary Nice The Bird Nerd Lanay May Mas Cakes Ife Tete

Threads Worldwide Socialpreneur My Eye on the World Photography and more!

BENEFITTING THE WESTCHESTER FOOD PANTRY



Westchester - Upcoming Event Schedule





Mayfair Recreation Center 10835 Wakefield Street Westchester, IL 60154

Wednesdays 11:15am-1:00pm

Nov. 13th Caring for the Caregiver presented by

Mattie Stevenson, Aging Care Connections

AND...

Crafts with Kids! Intergenerational Playtime!

Dec. 11th Holiday Party!

RSVP: Registration Preferred – Space limited.

Email Gia Marie Benline <u>giabenline@gmail.com</u> or Barbara Kohley <u>bkohley@agingcareconnections.org</u>

These programs are brought to you by the:

WESTCHESTER Aging Well Team

The Westchester Aging Well Team is a group of volunteers working to make Westchester a great place to age well. Through a series of free informational programs, we help to promote lifelong wellness, support aging at home, raise awareness of available resources, provide a sense of community, and support healthy, informed, and safe aging.

Anti-Discrimination Statement

Aging Care Connections does not discriminate In admission to programs or treatment of programs or treatment of employment in compliance with Appropriate state and federal statutes. If you feel You have been discriminated against, call 708-354-1323.

Diversity, Equity, and Inclusion Statement

Aging Care Connections is committed to building a diverse, equitable, inclusive, accessible, and supportive work environment that fosters a sense of belonging. We believe that individuals with a variety of lived experiences, backgrounds, and strengths who share a passion for helping older adults and those that support them, are essential to successfully serving our diverse communities.





The Biggest Little Farm

Movie Documentary Presentation

Sunday – November 10, 2024

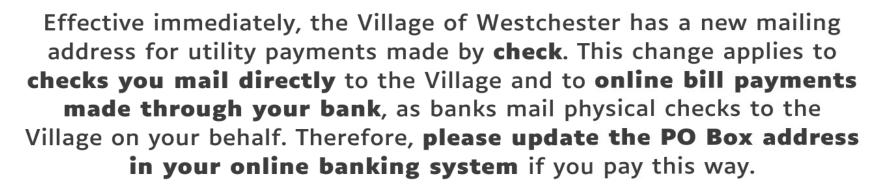
1 pm

Wolf Road Prairie House
11225 Constitution Drive, Westchester



IMPORTANT ANNOUNCEMENT:

NEW MAILING ADDRESS FOR UTILITY PAYMENT CHECKS



NEW CHECK PAYMENT MAILING ADDRESS:

Village of Westchester PO Box 5233 Carol Stream, IL 60197-5233

PLEASE NOTE: THIS APPLIES ONLY TO CHECKS MAILED DIRECTLY BY YOU OR THROUGH YOUR ONLINE BANKING SYSTEM. YOU MAY CONTINUE TO PAY IN PERSON AT VILLAGE HALL. THROUGH THE VILLAGE'S ONLINE SYSTEM, OR BY USING THE DROPBOX LOCATED OUTSIDE VILLAGE HALL.

LOOKING FOR A NEW JOB?

Interfaith Career Network offers FREE assistance - Open to all!

Thursday, November 21, 2024, 7-9 pm

"Leverage Indeed.com and other Social Media sites to Energize Your Search"

Mike Vogel, Presenter

Join us Thursday, 11/21 at 7:00 pm for an informative and enlightening evening as Mike Vogel, Director of Sales, National Accounts at Indeed.com, shares thoughts and insights into how Indeed.com and other social media sites can be used to broaden your job search approach. Mike has progressed through multiple roles with Indeed.com and enjoys sharing his thoughts about various social media sites to expand your search outreach. Mike's presentations are always thought-provoking, engaging, and highly interactive. Mike leads teams of sales professionals with Indeed.com who help people find new jobs while also helping Indeed.com clients find top talent for their company's future.

We hope you can join us on Thursday, 11/21, at 7 pm at St. John of the Cross, 5005 S. Wolf Rd, Western Springs for a great night of learning and sharing new ideas to make your job search more successful!

We look forward to seeing you at St. John of the Cross-, 5005 Wolf Road in Western Springs. Everyone is welcome!

Visit interfaithcareernetwork.com for additional resources



VETERANS 5K RUN / WALK

Westchester Park District community Veterans 5K is the perfect way to celebrate, remember and honor all our Military Veterans, Active Duty, Reserves, Spouses, and Friends of the Military. Advanced registration for this event will be \$35 5K and \$35 1 Mile Walk. Registration fees will increase after our event registration deadline of November 6th, 5pm. Same-day registration will begin at 7:30am Sunday morning and will include an option to purchase a t-shirt if available. Our run will begin and end at Mayfair Park. Shirts are guaranteed only if registered by 10/18/24. Online registration closes on Thursday, 11/6/24 at 5 pm. More information has been made available at wpdparks.org.

Pur /Walk, START: 9:00am Run/Walk START: 9:00am

SALUTE TO VETERANS - BRUNCH

The Westchester Park District salutes all military service members, active and retired! As a token of our appreciation, we would like to provide a free buffet style brunch to our Veterans and immediate family on November 10, 2024, Though this is a free event, we do require everyone attending to register by November 1, 2024 for capacity and meal ordering purposes. Pre-registrations are accepted at the Community Center, Mayfair Center or through the QR code above. Location: Mayfair Banquet Center . Time: 11am-1pm

DON'T MISS OUT - STAY CONNECTED







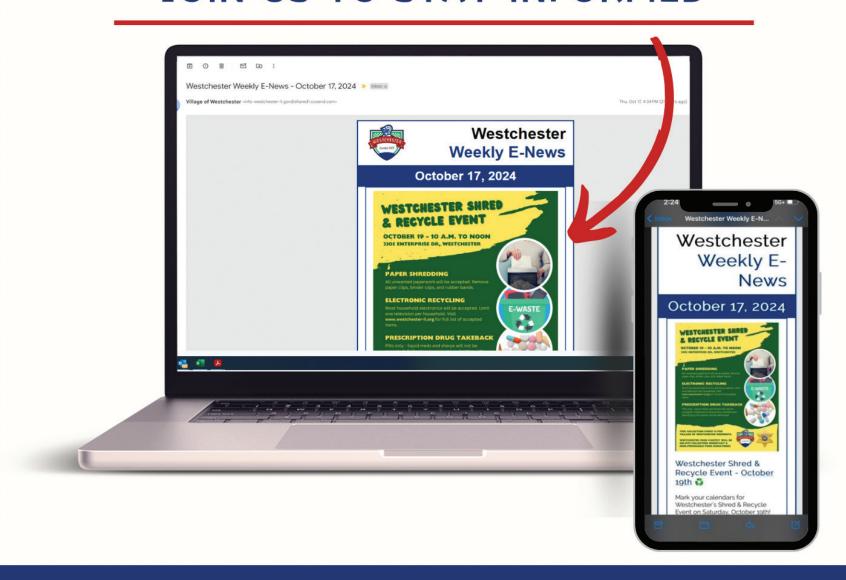


SIGN UP FOR WESTCHESTER WEEKLY E-NEWS



OVER 3,100 SUBSCRIBERS!

JOIN US TO STAY INFORMED



Stay informed with our weekly Village e-newsletter, bringing you the latest updates on Village Board meetings, operations, and projects, as well as exciting community events, activities, and important local news and resources. Don't miss out—sign up today by visiting our website and scrolling to the bottom of the page:

www.westchester-il.org/community/village-newsletter.

Thank you for staying connected with us!