

SMOKE SIGNALS



Volume 40/Number 7 August 2007

Administration's Message

Dear Residents:

Throughout our lives we encounter and touch many lives. Each life has meaning and a connection to who we are and what we become as we get older. Some lives we encounter have more impact on us than others. Some lives we encounter have a special impact on us and those around us. One such life was that of Patrick Crowley, our Chief of Police, who recently passed away.

Patrick touched the lives of an entire Village. I should know because I remember Pat Crowley coming to the Village of Indian Head Park as a young police officer in 1988. Patrick found himself a young man beginning a family while following in the footsteps of his father, who was a policeman in Oak Park. Pat brought a sense of dedication and professionalism to this Village. He tackled his job with a modest upbeat personality. He once made local headlines for rescuing a drowning man in Indian Head Park. That's right, a drowning man in Indian Head Park. An elderly man drove his car into an in-ground swimming pool in a residential area of the Village. Pat came upon the scene and jumped into the water to save the man. Pat had to make three attempts underwater to pull the man out of the car. His perseverance paid off and the man survived. The Cook County Sheriff's Office recognized Pat Crowley's heroism in the line of duty by awarding him a lifesaving award. This act was an example of Pat's commitment to protecting not only his family, but the lives of others. Pat was a lifesaver to his family, the Village of Indian Head Park and all those whose lives he came upon.

As the years went by, the young officer I encountered blossomed in his career as a police officer in Indian Head Park. His dedication was noticed by all. In 1999, Pat was promoted to the rank of Police Sergeant. In 2005, he rose to the highest rank in the Police Department and he was sworn in as Chief of Police. Pat passed his dedication and commitment down to his fellow officers. The morale of the Indian Head Park Police Department was as high as I have ever observed when Pat was named Chief. Pat made sure his officers were publicly recognized for their service and accomplishments by rewarding them with commendations. He recently beamed with pride as he recognized his officers for the capture of a man who had committed felony robberies of local businesses in neighboring communities as well as a business in Indian Head Park. Pat mentioned the



fine work of his officers but not once did he credit himself or the leadership he provided.

I personally witnessed Pat dedicate many hours of his time to implementing the transition to Southwest Central Dispatch. With pride, I watched as Pat took the reigns of leadership as he worked with other departments to get the project off the ground.

Pat faced his fight against cancer with an optimistic upbeat attitude. He displayed courage and strength as he continued to work countless hours no matter how sick he felt. Pat stood tall like the mighty Oak tree described in a poem. The poem which is reprinted in this newsletter sums up the Pat Crowley we knew and loved. Pat's passing has left a legacy not only for his wife Mary, his sons Patrick and Ryan but also the entire Village. In the future, the Village will dedicate an Oak tree as an appropriate memorial for Pat Crowley to remember the strength of a man who stood brave and tall in his life.

The Mighty Oak

A mighty wind blew night and day. It stole the oak tree's leaves away. Then snapped its boughs and pulled its bark, until the oak was tired and stark. But still the oak tree held its ground, while trees fell all around. The weary wind gave up and spoke "How can you still be standing, oak?" the oak tree said, "I know that you can break each branch of mine in two, carry every leaf away, shake my limbs and make me sway. But I have roots stretched in the Earth, growing stronger since my birth. You'll never touch them, for you see, they are the deepest part of me." Thank you to Mary Crowley for sharing this beautiful poem.

Fondly, Trustee Anne Bermier

On behalf of Mayor Andrews, the Village Board, Village Clerk, Police Department personnel, Public Works staff, Administration Office staff and all residents of Indian Head Park, I wish to extend our condolences to Pat's wife Mary, his sons Ryan and Patrick as well as the entire Crowley family.

Please visit the Village of Indian Head Website homepage at www.indianheadpark-il.gov and link to the legacy site if you wish to add a personal message for the Crowley family.

Standing Tall and Proud — Indian Head Park Police Officers



Back Row: (from left to right) Sergeant Raymond Leuser, Officer Richard Goluszka, Officer Jerry Formanski, Officer Lee Zeitlin, Officer Eric Majcen, Officer John Elza, Officer Mike Lyman, Officer Ron Tamasik, Officer Mike Dzierwa, Officer George Georgis. Front Row: (from left to right): Sergeant Scott Clendening, Sergeant Curt Novak, Officer John Mudra, Officer Eric Forsner, Officer Lance Karesh, Officer Ed Oziemkowski, Officer Kris Gardner, Officer Joe Duca, Officer Amanda Felgenhauer, Officer Jim Clendening, Officer Jeff Studlow

Smoke Signals **Volume 40, Number 7**
 Newsletter Coordinator, Kathy Leach Circulation 2000
 (708) 246-7099, extension 101
 kleach@indianheadpark-il.gov

Smoke Signals is published by the Village of Indian Head Park to inform its residents of present activities in the village and the ever-growing plans for the future in the pursuit of better government and good citizenship.

Teepee Topics news items should be submitted to the Newsletter Coordinator at the Municipal Offices.

Full page advertisements - \$200.00, 1/2 page advertisements - \$125.00, 3 1/2" x 3 1/2" size advertisements - \$75.00, business card size advertisements - \$45.00, trading post advertisements - \$20.00 (no commercial advertisements - the advertisement will run two times at no cost, then a \$20.00 charge).

Extra copies and back issues (up to one year) of *Smoke Signals* can be obtained at the Village Hall.

Deadline date for the next issue is August 13, 2007.
www.indianheadpark-il.gov

VILLAGE OF INDIAN HEAD PARK
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 Thursday 9:00 a.m. to 7:00 p.m.
 Closed Saturday, Sunday and Holidays

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Chief of Police:

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The advertisements and notices of privately sponsored events or activities contained in Smoke Signals are provided for informational purposes only, and do not necessarily reflect the opinions or policies of the Village of Indian Head Park, its officials or employees. The inclusion of a product advertisement or notice of a privately sponsored event or activity herein should not be construed as an endorsement by the Village of that product, event or activity.

Landscape Design and Energy Efficiency

The proper placement of trees and shrubs around a home will have a significant impact on the energy required to heat and cool the structure. The few simple strategies outlined below will not only increase the property value of your home, but also decrease energy costs.

Planting shade trees to the south of your home is one of the most obvious energy saving techniques; properly placed deciduous trees will block the hot summer sun, but allow the winter sun to reach the house. In some areas, planting a deciduous shade tree to the southwest or west may be desired. The U.S. Department of Energy estimates that the proper placement of only three trees will save the average household between \$100 and \$250 in annual energy costs. Be sure to account for the mature size of the tree - a common mistake is to plant too close to the house.

Evergreen trees are useful as a winter windbreak; a double or staggered row of dense evergreens on the windward side of the home can save an average of 25% of energy costs, even more in windy areas. This technique is even more effective when smaller evergreens are included on both sides of the larger trees. Plant your windbreak at a distance from your home equal to three to five times the height of the mature trees.

Choose plant material that is appropriate for your region. To the south of your home, shade trees with high spreading crowns like oak, maple and ash are best to block the summer sun. To the west, trees with lower crowns, or evergreens, can



be used to shade the hot afternoon sun. Avoid the fast growing trees like willow, poplar and silver maple – these are short lived and brittle.

Smaller plants can also help reduce energy costs. Vines are quick growing and will shade a south or west wall in one or two seasons. Vines can also be grown on a strategically placed trellis. Shrubs planted near the house

will help to shield from the cold wind of winter and the hot sun of summer. In very damp climates, however, keep plantings at a sufficient distance from the house to insure adequate air circulation.

Groupings of shrubs can be used to “funnel” cool, nighttime breezes to open windows. If the incoming air is from low vents or screened windows and the outgoing air leaves the structure at a higher point, this “chimney effect” moves a lot of air and does an excellent cooling job. If you're in an area which cools off in the evening, give this a try.

When designing your new landscape, or adding to the existing, keep in mind that each region and each site has unique characteristics which must be considered to maximize energy efficiency. Study these characteristics in all seasons.

Scheduled Meeting Dates

Village Board of Trustees 7:30 p.m.:
Thursday, August 9, 2007

Planning and Zoning Commission 7:30 p.m.:
Tuesday, August 7, 2007

Police Commission 7:00 p.m.:
No meeting scheduled at this time.

E-911 Board 6:30 p.m.:
No meeting scheduled at this time.

All meetings are held at the Municipal Facility at
201 Acacia Drive. All residents are welcomed!

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Indian Head Park Woman's Club News

The Indian Head Park Woman's Club, a member of the General Federation of Women's Clubs, has completed another successful club year of activities related to their educational, social and philanthropic goals. The club's seventy members were pleased to have been able award a \$500 scholarship to Gabrielle Walsh, who will be attending Northern Illinois University. Congratulations Gabrielle! In April, the club hosted an event “Red, White, Blue and You—II” that was held at the LaGrange Country Club. Proceeds from that event made it possible to donate \$3,600 to the new Edward Hines Jr., VA Hospital's Spinal Cord and Blind Rehabilitation Center. In all, thanks to the efforts of club members and their families and friends, the Indian Head Park Woman's Club was able to make contributions totaling \$7,425.37. At the May installation dinner, the following officers were sworn into office for the year: President, Irene Macke, First Vice-President, Adrienne Ingebrigtsen, Second Vice President, Liz Ghodes, Treasurer, Judith Solomon, Secretary, Stefania Jacyno. Meetings are announced in the Smoke Signals and local newspapers. From September to May, meetings are generally held on the third Tuesday of the month starting at 6:45 p.m. at the Municipal Facility at 201 Acacia Drive.

Insect Repellent Use and Safety

General Questions

Q. Why should I use insect repellent?

- A. Insect repellents can help reduce exposure to mosquito bites that may carry viruses such as West Nile virus that can cause serious illness and even death. Using insect repellent allows you to continue to play and work outdoors with a reduced risk of mosquito bites.

Q. When should I use mosquito repellent?

- A. Apply repellent when you are going to be outdoors. Even if you don't notice mosquitoes there is a good chance that they are around. Many of the mosquitoes that carry West Nile virus bite between dusk and dawn.

If you are outdoors around these times of the day, it is especially important to apply repellent. In many parts of the country, there are mosquitoes that also bite during the day, and some of these mosquitoes have also been found to carry West Nile virus.

Q. How often should repellent be reapplied?

- A. In general you should re-apply repellent if you are being bitten by mosquitoes. Always follow the directions on the product you are using. Sweating, perspiration or getting wet may mean that you need to re-apply repellent more frequently. Repellents containing a higher concentration (higher percentage) of active ingredient typically provide longer-lasting protection.

Q. How does mosquito repellent work?

- A. Female mosquitoes bite people and animals because they need the protein found in blood to help develop their eggs. Mosquitoes are attracted to people by skin odors and carbon dioxide from breath. The active ingredients in repellents make the person unattractive for feeding. Repellents do not kill mosquitoes. Repellents are effective only at short distances from the treated surface, so you may still see mosquitoes flying nearby.

Active Ingredients (Types of Insect Repellent)

Q. Which mosquito repellents work best?

- A. CDC recommends using products that have been shown to work in scientific trials and that contain active ingredients which have been registered with the US Environmental Protection Agency (EPA) for use as insect repellents on skin or clothing. When EPA registers a repellent, they evaluate the product for efficacy and potential effects on human beings and the environment. EPA registration means that EPA does not expect a product, when used according to the instructions on the label, to cause unreasonable adverse effects to human health or the environment. Of the active ingredients registered with the EPA, CDC believes that two have demonstrated a higher degree of efficacy in the peer-reviewed, scientific literature. Products containing these active ingredients typically provide longer-lasting protection than others:

• DEET (N,N-diethyl-m-toluamide) • Picaridin (KBR 3023)

Oil of lemon eucalyptus [active ingredient: p-menthane 3,8-diol (PMD)], a plant-based repellent, is also registered with EPA. In two recent scientific publications, when

oil of lemon eucalyptus was tested against mosquitoes found in the US it provided protection similar to repellents with low concentrations of DEET.

Q. How does the percentage of active ingredient in a product relate to the amount of protection it gives?

- A. Typically, the more active ingredient a product contains the longer it provides protection from mosquito bites. The concentration of different active ingredients cannot be directly compared (that is, 10% concentration of one product doesn't mean it works exactly the same as 10% concentration of another product.)

DEET is an effective active ingredient found in many repellent products and in a variety of formulations.

• A product containing 23.8% DEET provided an average of 5 hours of protection from mosquito bites. • A product containing 20% DEET provided almost 4 hours of protection • A product with 6.65% DEET provided almost 2 hours of protection • Products with 4.75% DEET were both able to provide roughly 1 and a half hour of protection.

These examples represent results from only one study and are only included to provide a general idea of how such products may work. Actual protection will vary widely based on conditions such as temperature, perspiration, and water exposure.

Choose a repellent that provides protection for the amount of time that you will be outdoors. A product with a higher percentage of active ingredient is a good choice if you will be outdoors for several hours while a product with a lower concentration can be used if time outdoors will be limited. Simply re-apply repellent (following label instructions) if you are outdoors for a longer time than expected and start to be bitten by mosquitoes.

Q. Why does CDC recommend certain types of insect repellent?

- A. CDC recommends products containing active ingredients which have been registered with US Environmental Protection Agency (EPA) for use as insect repellents on skin or clothing. All of the EPA-registered active ingredients have demonstrated repellency however some provide more longerlasting protection than others. Additional research reviewed by CDC suggests that repellents containing DEET (N,N-diethyl-m-toluamide) or picaridin (KBR 3023) typically provide longer-lasting protection than the other products and oil of lemon eucalyptus (p-menthane-3,8-diol) provides longer lasting protection than other plant-based repellents. Permethrin is another long-lasting repellent that is intended for application to clothing and gear, but not directly to skin. In general, the more active ingredient (higher concentration) a repellent contains, the longer time it protects against mosquito bites.

People who are concerned about using repellents may wish to consult their health care provider for advice. The National Pesticide Information Center (NPIC) can also provide information through a toll-free number, 1-800-858-7378 or npic.orst.edu

Aging Well Initiative News



The Aging Well Community Action Team of Western Springs/Indian Head Park will host a seminar called "Money Saving Tips for Seniors" on Thursday, August 9, 2007 from 1:00 – 2:00p.m. located at the Senior Drop-In Center, 2nd floor of Grand Avenue Community Center, 4211 Grand Avenue in Western Springs.

The speakers, Jack & Cheryl Bartz own Active Personal Business Management, Inc. They assist seniors with personal business needs, paying bills, reviewing medical insurance claims and acting as an advocate in nursing homes. Drawing on their day-to-day experience, they will suggest several ways that seniors can save money and manage their personal finances.

The seminar is open to older adults in Western Springs/Indian Head Park and surrounding communities. There is no charge for this seminar and refreshments will be served.

This forum is sponsored by Aging Well, a community partnership that was started in 2001 by AgeOptions. The project's goal is to work with communities to create an environment in which people can age well. Aging Well Community Action Teams exist in many communities in greater Lyons Township. These teams are composed of volunteers who work together to address the needs of older adults in their communities. Projects vary and include health fairs, distribution of the File of Life and cell phones for 911 emergency use, community health clinics, community forums, and more. For more information on this seminar or about how you can participate on the Aging Well Community Action Team of Western Springs/Indian Head Park please contact team leader Mike Doepke at (708)783-1220.

Aging Well is a project of AgeOptions and is supported by The Robert Wood Johnson Foundation through its Community Partnerships for Older Adults (CPFOA) national initiative. CPFOA is a national program funded by the Robert Wood Johnson Foundation to help communities develop leadership, innovative solutions, and options to meet the needs of older adults over the long term.

Student's in the News

We applaud all of the students on their academic achievements and congratulations to all of you:

Illinois State University – Spring Graduates and Dean's List – Michael Callan, science, Steven Mierop, science, Jeannie Stupka, cum laude, science, Andrew Welebir, education. Dean's list: Jeannine Stupka.

Northern Illinois University – DeKalb – John Durso was named to the honor roll.

DePaul University – Michael Maino was named to the dean's list for the spring term.

University of Iowa – Spring Graduates and Dean's List – Earning Master's degrees are Edward Rice, dance, and Matthew Wortel, geo-science.

Lewis University – Jonathan Andrews was named to the dean's list for the spring semester.

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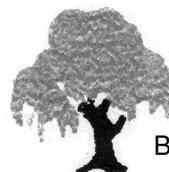
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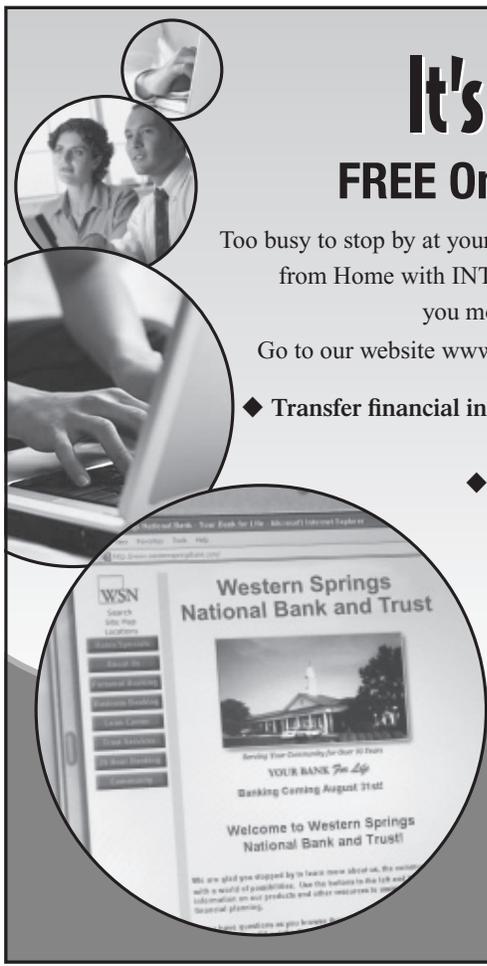
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TEEPEE TOPICS

Duplicate Bridge Games in Indian Head Park, on-going and year round. Director: Kanti Chandarana, M.D., will be hosting the bridge games at his home in Indian Head Park. Non-ACBL sanctioned games. Every Monday and Thursday evening beginning at 7:00 p.m. and ending at 10:00 p.m. For further details or to participate, please contact Dr. Chandarana at (708) 246-2468 or by e-mail at kantichandarana@yahoo.com

The Northeastern Illinois Area Agency on Aging is proud to present the 12th Annual Senior Lifestyle Expo. The expo will be held at Drury Lane Theatre in Oak Brook Terrace on Wednesday, September 5, 2007 from 9:00 a.m. to 3:00 p.m. and Thursday, September 6, 2007 from 9:00 a.m. to 3:00 p.m. This is one of the most comprehensive and largest senior events in the area. The expo will have attractions on health and wellness, seminars on aging, health and travel information, 100 plus product and service exhibitors, interactive game show challenges, video horse racing, giveaways and drawings. Parking is free and food concessions will be on-site. For further details regarding this event, please contact the agency at (630) 293-5990 or visit their website at: www.seniorlifestyleexpo.org

The Indian Head Park Heritage Center Library located at 6250 South Wolf Road is open to the public on Saturdays from 10:00 a.m. to 3:00 p.m. and Sundays from 12:00 noon to 3:00 p.m. Please note the library will be closed on Saturdays and Sundays during holidays. If you wish to make a donation of books to the Heritage Center, please contact the Village Offices at (708) 246-3137.

Community Support Services Inc., located in Brookfield, is a private, not-for-profit service agency that initiates, promotes and provides services for people with developmental disabilities and their families within their communities, in order to strengthen their independence, self-esteem and ability to participate in and contribute to community life.

Community Support Services serves fifty-three (53) communities throughout west suburban Cook County and eastern DuPage County. For further information, please call (708) 354-4547 or visit the Website: www.communitysupportservices.org.

Our condolences to the families and friends of the following who recently passed away: Patrick M. Crowley, Indian Head Park Chief of Police, age 48. Pat served previously as an Auxiliary Police Officer for the City of Berwyn during the early 1980's, as a police officer for the Village of Indian Head Park for the past eighteen years and he was appointed Chief of Police for Indian Head Park in 2005. He will be missed by everyone who knew him. Charmaine Cooper, age 79, who was a retired administrative assistant and four year resident of Indian Head Park. Jean Coontz, age 80, a resident of Indian Head Park. Michael Buncak, age 55, a seven year resident of Indian Head Park. Mr. Buncak served in the Army during the Vietnam era, he worked for S & C Electric in Chicago and he was a 30 year member of the American Legion Stickney Post 687. Ann McNulty, age 62, a resident of Indian Head Park passed away. She was a beautiful witty woman who appreciated life's simple pleasures.

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