



SOUTHPORT NEIGHBOR

JANUARY 2005

VOL. 14, NO. 1

1st Community Meeting of 2005

Jan. 24th, 7:30pm • Mercury Theater • 3745 N. Southport

Happy New Year! Please join your neighbors for our first quarterly meeting of 2005. It's a great way to learn about the issues that impact our neighborhood, and bring up other issues that are important to you. And you may just meet some new neighbors in the process. Our meeting will be at the Mercury Theater, 3745 North Southport, beginning at 7:30pm and ending by 9:00pm.

The Cubs' VP of Community



Relations, Mike Lufrano, will be back at this meeting to discuss the bleacher expansion project, which has currently gone 'back to the drawing board' per the City's request. He will answer any questions you may have about the expansion, the "rock concert" proposal that made the news recently, or any other Cubs-related topics. SNA is still working to get more neighbor-

continued on page 2

January 24, 2005 Agenda

7:30 PM

TRAC—Next Steps in Property Taxes

7:45 PM

Cubs Expansion Update with Q&A session

8:10 PM

Planning & Development updates

8:20 PM

Community Forum: What's on your mind?

9 PM

Adjourn

Crime & Safety update

Start off the year by making safety a top concern – please attend your Beat Community Meetings! On the second Tuesday of every month up to seven police officers who serve our neighborhood show up at 4100 N. Greenview (Lakeshore Baptist Church) for an informative meeting. Neighbors who attend are welcome to raise questions and concerns while the police officers listen and offer advice. The reason these meetings are worth 30-45 minutes of your time once a month are:

- 1.** You get to know and recognize the police officers who work your Beat (and vice versa).
- 2.** You will learn about any recent crimes/incidents that may have taken place close to you and gain insight on how you can avoid being a victim

3. By showing up – the police officers see that safety is an important concern to our community and it should be!

All residents were very concerned to learn of the recent rape crimes that occurred in the Lakeview area. As a response to this, the January Beat meeting was a special "Safe and Sound" presentation that focused on self-defense for women. The basics from this presentation were to be ALERT while walking: Don't use headphones, Don't talk on the phone, Do walk in groups and Do be aware of those around you. They referred women to Thousand Waves Martial Arts and Self Defense at 1220 W. Belmont.

Most of all – the police officers stress that you should call **911** when you see something suspicious – trust

your instincts. It's up to the police officers to prioritize calls, so you do not need to worry or decide whether or not your call is important enough for **911**. Detectives are still trying to nab our local thief – the guy that comes to your door saying his wife is in labor in the suburbs and he needs cab fare – and they want you to call **911** if he comes to your house or if you see him. Your safety is important and you need to report these things. (If you are not receiving our e-mails about the thief, please sign up!)

Mark your calendars now for the next BEAT 1923 Meetings. Again they are the second Tuesday of the month, 7pm at 4100 N. Greenview. The next scheduled meetings are: February 8th, March 8th, April 12th, May 10th.

NEIGHBORHOOD HAPPENINGS

SNA Welcomes New Board Member

The SNA Board recently welcomed our newest member, Maria Betti, by a unanimous vote at our November meeting. Maria, her husband and their two children moved to our neighborhood 4 years ago, but it was actually a homecoming for her husband, who grew up here. Maria is a chemical engineer by trade, and we are thrilled that she is willing to give some of her time to benefit the neighborhood. **Welcome Maria!**

It's Hitting the Fan!

We've heard from a few neighbors that the age-old problem of dog doo has resurfaced (did it ever go away?) Parkways are being littered with dog doo, and residents are getting angry. While we know that most dog owners are responsible, picking up after their dogs, some are not. There has even been one report of a man threatening a woman who confronted him peacefully about allowing his dog to do his business in her flowers. Yikes! Let's try to be more neighborly out there! Remember, it's not just your responsibility to pick up after your dog—**it's the law!**

SNA Is Looking for a Few Talented Neighbors or Would You Like to Serve On an SNA Committee?

SNA is looking to round out some of our committees with new volunteers. If you have a little spare time and energy, please join us! Currently, the following committees need members, both in leadership and task roles:

Social Committee — We're looking for individuals to plan a few member events throughout the year. Ideally, this will be a diverse committee, planning events for various demographic groups within the neighborhood — not just for singles and not just for families.

Neighborhood Communications Committee — Do you have a background in communication, public relations or marketing? We are looking for individuals to assist with various communications to neighbors. This includes working with our newsletter team, signage in our kiosk, any poster advertising for events, and other general communication.


Membership Committee — we are looking for help in managing our membership activities, including the renewal process, keeping our database current and conducting membership drives, perhaps in conjunction with the social committee (see above.)

Festival Committee — If you would like to serve in any capacity for our summer festival, from planning and organizing to actually working at the festival, please email or call us.

Community Meeting • continued from page 1
hood protections in conjunction with the expansion.

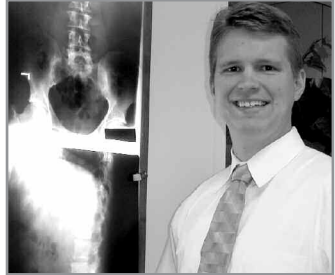
Also on hand will be Barb Head, president of TRAC (Tax Reform Action Coalition). Many of you enjoyed a cap on the increase in your property tax bill this year but may not be aware that the tax relief bill passed recently will sunset in 3 years. Barb will be discussing plans for further tax reform.

We will also be giving a brief update on Development in the neighborhood, and as always, we will end the meeting with our Community Forum, where you may bring up your own issues for discussion. Hope to see you there!




Wellness Center Ltd.

- Chiropractic
- Acupuncture
- Rehab
- Nutrition
- Therapeutic Massage



773.525.2225

For your creative needs in the sphere of printing.
Contact Larry at 773.880.0182



This newsletter was designed by Larry's World of Design.



*That's Amore
Florist Ltd.*

3454 N. Southport
773.472.6673

city # suburb # worldwide delivery
www.thatamoreflorist.com

Eating for a Healthy 2005

2005 is here and with the arrival of each New Year most of us pledge to change the things about our life that we feel dissatisfied with. As a wellness care physician, the resolution I encounter most often...you guessed it: "I need to lose weight"

When embarking on this journey, the majority of the population takes a quick glance at their options (diet or exercise), then picks the choice that seems quickest and easiest. The choice is most often diet, sometimes exercise, and occasionally a combination of both. Regardless of the chosen path, few people last more than a couple of weeks before they stray. Months pass, seasons change, and with the summer wardrobe comes another pledge, another couple weeks, another stray etc.

So why is it so hard to stick with our resolutions? How can we keep our promises and succeed with weight loss? The answer may be in our approach, not our execution. Here are a couple tips to help you stay on target this winter:

CHANGE YOUR MINDSET

You may "need" to lose weight or feel

that you "should", but you will never succeed until you convince yourself that you "want" to lose weight and that you "will."

BE REALISTIC

One of the reasons we fail is because our goals are not realistic. Losing 20 pounds is realistic. Losing 20 pounds in two months is not. A good, safe goal is 1 to 1.5 pounds/week.

TAKE NOTE

Jot down your daily routine including what you eat and drink for three days. Then look for easy ways to reduce calories or burn more. For every 3500 calories you cut or burn, you can lose one pound. Eliminating one 12oz. soda/day cuts 55,000 calories/year (16 pounds), taking the stairs instead of the elevator-5 flights/day burns 18,000 calories/year (5 pounds), standing instead of sitting for 1 hour/day, burns 14,000 calories/year (4 pounds).

SET REALISTIC GOALS

This is your key to success. Create realistic goals, and write them down with a plan on exactly how you "will" achieve them. "I am going to lose 20 pounds" is a goal with a poor outlook.

A successful plan looks more like this..."I am going to lose twenty pounds by June 1st. I plan to lose 1 pound/week. I will achieve this goal by burning 1500 extra calories each week and by reducing my caloric intake by 2000 calories per week. I will modify my daily routine starting today. I will make these changes:

- I will take the stairs instead of the elevator.
- I will walk to and from the El in 10 minutes instead of 15.
- I will drink tea instead of soda for lunch.
- I will drink regular coffee instead of a latte for breakfast.

DON'T GO OVERBOARD

If you resolve "I will run 5 miles every morning at 5a.m. 365 days a year" or "I will never eat another carbohydrate again," you set yourself up for failure. If your goal is unattainable, your mindset shifts to "need" and "should or should not" instead of "want" and "will."

*Christopher C. Wolcott D.C., F.I.A.M.A.
Southport Grace Wellness Center
1413 West Grace Street
www.southportwellness.com
773.525.2225*



It's that time again—when we must brave the Chicago wind, cold, and yes, snow. The snowfall has been light so far this winter, but the upcoming months are when we usually see Mother Nature turn flurries into blizzards and the city receives its yearly average of 39 inches of snow.

The Southport Neighbors Association (SNA) reminds you to

please take caution during the winter months and remove snow promptly from your sidewalks, walkways, and in front of fire hydrants. Snow covered and icy sidewalks make travel hazardous for you and your neighbors, especially our elderly residents and those with strollers. Don't forget to shovel your front steps, too-your mail carrier will appreciate a clear path to your mailbox. Southport has so many great shopping and entertainment destinations, so let's keep them accessible for pedestrians! Please remember your neighbors who may have trouble shoveling or moving in the cold, and offer to help by clearing their sidewalks in addition to your own

or by running local errands for them.

As well as being neighborly and responsible, snow removal is required by Chicago City Code. Chapter 10-8-180 of the City's Municipal Code refers to snow and ice removal policies, and you can view the exact wording of the code by visiting www.chicityclerk.com/legislation/codes/chapter10_8.html. The City of Chicago Department of Streets and Sanitation gives residents a few more tips on ways in which we can all help during winter months:

- When shoveling around your parked car, please shovel the curbside, front and back. Toss snow on the curb, not in the street.

continued on page 5

TunneyTalk

Happy New Year!

Well winter has finally come. With the falling of the temperature, comes the decrease in infrastructure activity. Several paving projects in the ward have been completed, including Southport Avenue from Byron to Belmont. You may have also noticed the new planters and benches along Southport. Even though these projects slow down during the winter months, our office remains busy on many other fronts.

As many of you have heard, there were some rapes on the north side in late December. Our office jumped into action and worked with CAPS to flyer CTA stations and neighborhood residences and businesses to notify people of the situation and provide tips to help keep women safe. We also facilitated a community CAPS meeting to

give neighbors an update on the situation and show women how they can decrease their chances of being a victim. This issue received a lot of media attention, which is now being hailed as the reason why they were able to catch one of the perpetrators so quickly. Thanks to the dozens of volunteers who came forward to help our office with the distribution of over 5000 flyers.

A new 23rd Police Station has been approved by City Council and is now in the land acquisition phase. The station is currently located at Addison and Halsted. This building will remain, but a new state of the art station will be built just west of this at Addison and Fremont. This project is part of the larger plan for this area which includes the Lemoyne Campus park and the Center on Halsted.

The 44th Ward Community Directed Development Council continues its hard work into 2005. We are

Winter Office Hours	
January 1st — April 4th of 2005	
Monday–Thursday	8am–7pm
Friday	8am–5pm
Saturday	8am–noon

working on developing a Master Plan for the 44th Ward to let developers and others know upfront where the community would like to see the Ward go as it moves forward. For more information on the CDDC, visit www.44thward.org or attend a CDDC meeting, which meets the fourth Wednesday of every month at 6:30pm at Ann Sather on Belmont.

One of the most common development concerns we hear about in our office is that of construction site cleanliness. A new ordinance has been introduced in the City Council that institutes “Chicago’s Guide to Construction and Demolition Cleanliness and Recycling.” The measures approved by the City Council contain

continued on page 5

An open letter from Commissioner Mike Quigley



Dear Neighbors:

Budget season in Cook County has begun! President Stroger finally released the Cook County 2005 budget in the first week of January, over a month after the 2005 fiscal year began. President Stroger’s proposed budget includes increases in the hotel/motel tax, the food and beverage tax and the coin-operated amusement device tax. Mom-and-pop restaurants, independent hotel operators and their employees will be hardest hit by these increases. Anyone who works in the hospitality, entertainment or food service industries should be very concerned about this budget. These tax hikes will cost many of them their jobs. These are not just taxes that will affect tourists, but taxes that will affect all of the citizens of the county.

I firmly oppose these tax increases and plan to vote against them. I believe that there are many areas of waste and inefficiency in County Government that need to be fixed before we can, in good conscience, ask the taxpayers to contribute more money.

The new Cook County vehicle policy is one great example of an area where inefficiency has been eliminated. This ordinance imposes a number of procedures that ensure all our drivers are licensed and that limit the overnight use. I proposed several amendments to the original ordinance with additional requirements. For example, the ordinance now states that County vehicles be equipped with location-tracking devices and that the vehicles must prominently display the County logo. Also, drivers are now required to enter their name, destination, mileage, fuel consumption, and other information in a vehicle log. Finally, the County is required to set

up a hotline that members of the public can call to report misuse of County vehicles.

This ordinance also established a strong environmental standard for vehicle purchases. Departments are required to purchase vehicles no larger than absolutely necessary. In all cases, full, written justification is required before any exemptions to these rules will be considered. This new law will save money, create greater accountability, and encourage more efficient practices.

It is my hope that the board will continue to support ideas like the vehicle policy which encourage more efficiency in County government. If we continue in this direction, we will be able to fill our budget gap without implementing unnecessary taxes like those proposed in the 2005 budget.

Sincerely,
Mike Quigley
County Commissioner, 10th District

47th Ward's Alderman Schulter

I hope the Southport Neighbors had Happy Holidays,

As the 47th Ward Alderman, one of my primary functions is to oversee the provision of city services throughout



the the ward. I hope you will stop by my Public Service Office at 4237 North Lincoln Avenue, whenever you have a service request, or with any general questions about the ward or the city. My office has information on events, community programs, and our Pilot Recycling Program including stickers that can be placed on any garbage bag and placed into your garbage cart. You may contact my office at **773.348.8400**.

Up-to-date information and community links are available on my web-

47th Ward Office Hours	
Monday–Friday	9am–5pm
Wednesday Evenings	7pm–9pm
Saturday	9am–noon

site at www.ward47.com. I encourage families to submit their e-mail address to receive information about Alderman Schulter's Kids Club family events, please provide their ages. Register your e-mail address on my website or send an e-mail to: ward47@cityofchicago.org.

Eugene Schulter,
Alderman, 47th Ward

Ald. Tunney • continued from page 4

regulations for clean construction sites, recycling requirements for construction and demolition sites, steep fines for violations (\$200 - \$500 for each infraction) and extends the authority to issue a 10-day stop-work order to the Departments of Streets and Sanitation and the Department of the Environment. Streets and Sanitation will work with other City Departments as the main enforcer for construction site cleanliness and recycling by using new, uniform guide-

lines. As with any request for City Services, Chicago residents should call 311 to report any construction site problems in their neighborhood. 44th Ward Residents can also reach out to the alderman's office for assistance.

The 44th Ward Senior Advisory Council continues to meet monthly and they are assisting the Alderman in coordinating Town Hall Meetings in Senior buildings around the Ward. They are also working on starting a program where they read to elementary school children.

As always, our office stands ready to serve you. Please feel free to give one of the ward staff a call at **773.525.6034**. Alicia Obando handles issues regarding zoning, buildings, CTA and legislation. Bennett Lawson handles community issues involving festivals, parades, schools, parks, seniors, CAPS and LGBT matters. Denise Poelstrel is a wealth of information on city services and also schedules the Alderman's appointments. You can reach us online at www.44thward.org and ttunney@cityofchicago.org

Let it Snow • continued from page 3

- Clear your garbage carts of ice and snow; conventional plowing only buries garage doors, dumpsters and garbage cans, so alleys are not plowed.
- Building managers and business owners should shovel adjacent sidewalks and bus stops, and remove icicles.
- When you can, use public transportation.

Let's work together this winter to keep our sidewalks and walkways safe. It's neighborly and it is also the law. If you have a young son or daughter willing to shovel sidewalks

for a few dollars, or if you are young, able, and looking for extra cash, get the word out on your block and maybe your neighbors will put you to work! Please remember to give assistance to your elderly neighbors and those who are less able than you during the cold months. A friendly check in with them during extreme cold spells and snowfall is not only kind, but it will make sure that everyone stays safe and healthy through the winter.

As a reminder, city

services are accessible to you and your neighbors 24 hours a day at the city's non-emergency number, **311**. For more information on snow season programs and winter information, visit: www.cityofchicago.org.

Fuga Italian escape salon & spa
3853 N. Southport Ave
Chicago, IL 60613
P: 773-890-1980
10% off any service in the month of February.
www.salonfuga.com

**CDDC
UPDATE**

The Community Directed Development Council (CDDC) is currently in the process of drafting a strategic plan for the 44th Ward. To that end, CDDC delegates and alternates have been assigned to select subcommittees to begin developing the master plan. SNA's CDDC representatives are assigned to the business and residential subcommittees.

In addition to drafting language for the master plan, the business subcommittee, which includes the Lakeview Chamber of Commerce, is developing a survey with the Alderman, to poll the 44th Ward residents, visitors, and the business community to determine how best to diversify our business community. The goal of the subcommittee is to use the results of the survey as a marketing tool to attract various new businesses to the community to fill gaps where demand is unmet and to try to diminish the replication of businesses in a single area where demand is saturated.

The residential subcommittee is drafting language to incorporate each neighborhood organization's zoning and quality of life goals. Other subcommittees that have been formed include transportation, traffic and parking; service organizations; affordable housing; green space; city services and safety; and zoning. Each group has reported their progress to the Council each month which is reported in the CDDC's minutes.

Your SNA-CDDC representatives (who are also SNA Board Members), are working with our Board President and other Board members, to establish a local Southport business development organization to develop a similar survey just for the Southport area, and to work with business and property owners to attract more diverse businesses to Southport. While we have seen a proliferation of ice cream shops and nail bars, there is still a need for greater diversity of business types (i.e. bookstores, cookware and houseware stores, children's clothing, etc.) and a need for those anchor stores such as Jewel and Osco, to update their appearance on the street.

Your SNA-CDDC representatives and the SNA Board have formed the SNA Preservation Committee which had its first meeting in November. The group walked the area with Jonathan Fine, of Preservation Chicago, to survey those area businesses and residences that might qualify for landmark preservation status. The SNA-CDDC and SNA Preservation Committee will continue to meet to discuss preservation issues with landmark preservation as one option that

with community groups, developers, real estate brokers and agents, and the press to promote renovation and rehabilitation of our beautiful greystone buildings. Many developers have realized the value of restoring and rehabilitating the greystones as single family homes and they have realized significant profit in addition to preserving and protecting our neighborhood's unique character.

Finally, your SNA-CDDC representatives have again inventoried those sections of the SNA area that are considered historic because of their wide lots with large, early 20th Century frame and brick single and 2 flat homes. These include, at a minimum, the 3600 blocks of Greenview and Janssen, and the 1400 block of Addison. As discussed in past issues and at community meetings, these areas are at



risk for overdevelopment as has occurred on the 3800-3900 blocks of Greenview. Even under the new zoning code, there is potential to lose many historic homes. SNA-CDDC representatives have discussed their findings and concerns with the Alderman's office and will continue to work with his office, and the CDDC, as well as the SNA preservation committee, to further evaluate whether zoning and/or preservation tools can protect this unique and historic area.

CDDC meetings are held on the fourth Wednesday of each month at 6:30p.m. at Ann Sather's Restaurant on Belmont. These meetings are open to the public and the minutes from each meeting

may significantly benefit homeowners and business owners, and will also preserve our neighborhood's early 20th Century architecture.

Alderman Tunney's Office has continued to promote the Greystone Initiative by meeting

southport grocery
AND CAFE

MODERN, SIMPLE AND FUN FOOD EXPERIENCES

BREAKFAST LUNCH AND TAKE-AWAY
FINE FOOD GROCERY & CATERING

3552 NORTH SOUTHPORT 773.665.0100
WWW.SOUTHPORTGROCERY.COM

TUESDAY-FRIDAY 7AM-7PM
SATURDAY 8-5 * SUNDAY 8-3

continued on page 7

Neighborhood new Businesses

A Note to New Businesses:

If your new business has opened in the last 3 months and has not appeared in the newsletter, please pardon the oversight! Let us know who you are and we will spread the word and add you to the list in our next newsletter. Welcome, one and all!

Business Owners: Please note that advertising opportunities are available to you. Please contact Kelly Lawrence at **773.612.3321** for more information.

Cold Stone Creamery

3755 N. Southport
773.348.0779

Owners: George and Davida Capra

Indulgence has arrived! Cold Stone Creamery is now in the Southport neighborhood. You can now indulge yourself with custom ice cream creations and custom cakes. Join us for the Grand Opening on January 29th for raffles, live music, celebrity scoopers and fun for kids!



**Now Open for Breakfast
Served from 10 am to 2 pm
Saturdays and Sundays**

**3660 N. Clark Street
773-755-4444**

Available for Private Parties!

CDDC • continued from page 6

are posted on Alderman Tom Tunney's website at: www.44thward.org/zoning. For more information on the new code, visit the City of Chicago's website at: www.cityofchicago.org/mayor.zoning.

The CDDC also welcomes your input, please contact us at info@Southportneighbors.com with your comments or questions, or call us at **312.458.0762**.

Summer on Southport 2005

Planning is underway for Summer on Southport, July 23 – 24, 2005. We will again be relying on the talents and energy of our neighborhood vol-

unteers to make this fundraiser a big success. If you have marketing or public relations experience, we would love to put your talents to use in planning the festival. Please send an email to fest@southportneighbors.com, or

call SNA at **312.458.0762**. We are also looking for people to help with obtaining sponsorships to support the festival. Join us! It's a great way to meet your fellow residents and get involved in your neighborhood.

GNC

General Nutrition Center

Frank Tsiones
3601 North Southport Chicago, Illinois 60613
(corner of Addison & Southport - on Addison)
Phone: (773) 665-9425 Fax: (773) 665-9429
e-mail: wrigleyvillegnc@yahoo.com

20% Off Coupon

Must present coupon at time of purchase. One coupon per customer. Not valid with any other offers including Gold Card. Valid only at 3601 N. Southport.
Expires 3/10/05

Considering buying or selling a home?

I live in the neighborhood and would love to help you with your real estate needs.

Please call for a free market analysis of your home.

**Koenig & Gallego
Strey**



Elizabeth Bennan
Realtor Associate
Direct: 312-893-8131
ebennan@ksgrmac.com

Oreste Jewelers

A jewelry design and repair boutique

Special orders, customizing, repair and design of fine jewelry are offered

3539 N. Southport Avenue 773 281 6931



for men/women

3740 N. Southport
Chicago, IL 60613

773.929.5253

info@shopjake.com

Southport Neighbors Association

Officers

President
Connie Jurczyk

Vice President
Colleen Gibbs

Secretary/Business Liaison
Kelly Lawrence

Treasurer
Michelle Krage

Board Members

Beautification Committee
Sean Buino

Festival Committee
Lisa Chalem

Retail Committee
Maria Betti

Membership Committee
Kelly Leiseca

Planning & Development
Peter Uliasz

Planning & Development
CDDC/Beautification
Sally McPherrin

Planning & Development/CDDC
Jill Peters

Newsletter Design & Layout
Larry Roth • Larry's World of Design

Sign me up! I gotta join Southport Neighbors Association (SNA)

Name _____

Address _____

Phone (H) _____

(W) _____

Email _____

TYPE OF MEMBERSHIP:

Individual • \$7 Family • \$10 Business • \$10 Senior • \$2

Please send me the *Southport Neighbor* via email (*our preferred method!*)

Please send me the *Southport Neighbor* via US mail (*no charge*)

Also enclosed is my additional tax-deductible donation of \$ _____ to support the work of the Southport Neighbors Association.

Total enclosed: \$ _____ Mail check payable to:

Southport Neighbors Association

3540 N. Southport Avenue • #201 • Chicago, Illinois 60657-1475

I'D LIKE TO VOLUNTEER WITH SOUTHPORT NEIGHBORS IN THE FOLLOWING AREAS:

Beautification

Education

Newsletter

Block Representative

Fundraising

Traffic & Safety

Property Tax Reform

Social

Business Liaison

Planning & Development

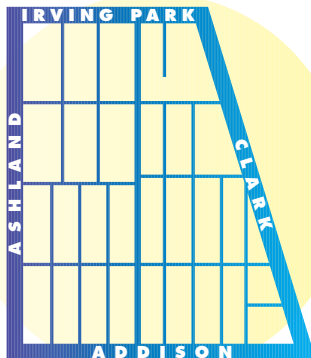
Garden Walk

Membership

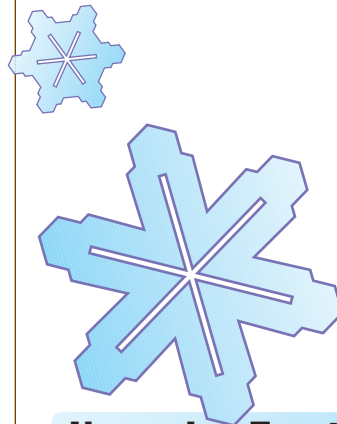


**SOUTHPORT
NEIGHBORS
ASSOCIATION**

3540 N. Southport Ave. #201
Chicago, Illinois 60657-1475
☎ 312.458.0SNA (0762)
www.southportneighbors.com



Founded August 8, 1988



Upcoming Events for 2005:

Jan. 24 SNA Community Meeting @ 7:30pm

Feb. 2 Ground Hog Day