

VILLAGE OF FOREST VIEW

NEWSLETTER



Thanksgiving 2021



VIEW POINTS

FROM THE DESK OF THE PRESIDENT



Our first Oktoberfest was a hit. Delicious food, games for adults and kids, a fabulous polka band and we were blessed with a sunny autumn day. All who attended had a good time and enjoyed socializing with family, neighbors and friends.

Please mark your calendar for Thursday, November 11th @ 11:00 am. We will be having a Veterans Day Celebration at the Village Hall honoring all who served in the armed forces. We will have a short ceremony followed by refreshments. Note the new banners in windows of Village Hall & Police Station.


Reminder to check out the bulletin board in the Village foyer. The "Mayors Corner" features government help sites, items of interest, fundraising events from Home School PTO. etc. If you see something of interest, please feel free to take the add as we can always print more.

We have many talented artists in our neighborhood! The "Kid's Corner" is currently displaying the Halloween pumpkins submitted by the local kids. They did a wonderful job and their pumpkins have been admired by many. Next up are the turkeys in this newsletter. Ok kids, get coloring and bring those turkeys in so we can proudly display!

Another Thanksgiving is here. Think about all the special people in your life and be grateful for the times you have shared. Wishing that your Thanksgiving is filled with love, warmth, laughter and extra special moments.

Warm Regards,

Village President, Nancy L. Miller





Veteran's Day 2021
Honoring All Who Served

On the 'eleventh hour of the eleventh day of the eleventh month' of 1918 - the war to end all wars was over.

JOIN US FOR A SHORT CEREMONY AND REFRESHMENTS

THURSDAY, NOVEMBER 11, 2021 | 11:00 AM

FOREST VIEW VILLAGE HALL, 7000 W. 46TH STREET

SOMEONE YOU SHOULD KNOW



POLICE OFFICER BILL MARGALUS

Officer Bill Margalus started employment with the Forest View P.D. in February, 2021. He is not new to our Village, Officer Margalus worked here from 2010 through 2018. When asked what he likes most about his job, he replied that he has been in Law Enforcement for over 30 years and he likes to help people when needed.

After college, Officer Margalus started employment with the Cook County Sheriffs Department where he was a Sergeant. During that time, he also was a Police Officer for Lemont, Crestwood and Orland Hills. He is a State Certified Juvenile Officer & C.I.T. Officer.

On a personal note, Officer Margalus was a C.C.D. Teacher and a Eucharistic Minister. He enjoys spending time with his wife Jeanette, children: Rachel, Jon and Joseph. He is a very proud Grandfather to precious Payton Jax born July 1, 2021. He is also a Grandfather to 4 cute dogs: Bailey, Oscar, Lily & Rusty. When he has some free time, he enjoys working around the house, going to the golf range, camping, bonfires and spending time with family & friends.



POLICE OFFICER DAN MULICA

Officer Dan Mulica started employment with the Forest View P.D. in August, 2020. When asked what he liked most about his job, he replied that he loves to work with people. He truly wants to assist and protect the community.

Officer Mulica holds a Bachelor's Degree in Liberal Arts with an area concentrated in Biology from Saint Xavier University.

Before graduating from Triton College Police Academy, Officer Mulica worked as a Community Service Officer in Orland Park, Orland Hills and Palos Hills. He also worked as a part time Police Officer in Orland Hills.

On a personal note, Officer Mulica attended Polish School and holds a certificate in the Polish language. He is in a relationship, and enjoys spending time with his girlfriend. In his free time, he enjoys spending quality time with his family and friends. He frequently attends sporting events and really enjoys playing sports with his friends when they have the chance.



Public Works Employees

The Village of Forest View is seeking qualified applicants to join our **Public Works** Department as a **Part Time Worker**.

Public Works is looking to hire part time help. Approximately 15 – 20 hours per week. Compensation is \$18.16 per hour.

- Must have a High School Diploma or GED equivalent and a valid Illinois Driver's License.
- Must be able to lift fifty pounds consistently.
- Must pass background and drug test.

Applications available at the Village Hall. Due back by Monday, November 15, 2021.

The History of the Thanksgiving Turkey

Lisa McCoy



What bird cannot fly, runs up to 20 miles per hour and has a “wattle”?

The domestic turkey.

A tradition that is shared by most Americans is the Thanksgiving turkey. The origin of this special day is traced back to the Pilgrims and American Indians sharing a celebratory feast for the fall harvest. However, historians tell us that turkey was not the main focus of the first Thanksgiving.

Many people believe that Sarah Josepha Hale, nicknamed the “godmother of Thanksgiving,” is responsible for our traditional turkey feast on Thanksgiving Day. As an author and magazine editor, she wrote about the ideal Thanksgiving feast with the turkey as the main star of the meal.

Hale lobbied to make Thanksgiving a national holiday for 17 years, including writing to several American presidents. Her letter to Abraham Lincoln finally got a response when he invited Americans to “observe the last Thursday of November as a day of Thanksgiving.” His hope was to unite the country after a bitter Civil War.

It became an official national holiday in 1939 when President Franklin Roosevelt moved the holiday to the fourth Thursday in November.

The turkey was probably selected as the main course since one large bird can feed a large group of family and friends. The National Turkey Federation estimates that approximately 46 million turkeys are eaten at Thanksgiving.

The average weight of a Thanksgiving turkey is 15 pounds, which amounts to 675 million pounds of turkey consumed by Americans on Thanksgiving.

An unusual Thanksgiving tradition is the presidential pardon of one very lucky turkey that will not be eaten for dinner. For over 50 years, the National Turkey Federation has presented the president of the United States a live turkey and two dressed turkeys to celebrate Thanksgiving. George H.W. Bush gave the first official presidential pardon to the live turkey in 1989. Since then, one turkey is pardoned each year and sent to a farm to live out its days.

Thanksgiving is often a time to reflect on what we have to be grateful for. This Thanksgiving, take some time to write a list of what you are thankful for, even small things. Invite the whole family to do this and then share your lists with each other as you enjoy the meal together.



FUN FACTS

The first professional Thanksgiving Day football game was played in 1920.

A century ago, Thanksgiving Day fell on November 25 and there were six football games played, according to the Pro Football Hall of Fame. Non-league teams like Elyria Athletics that went up against league teams counted in standings. Football fans, whip these stats out from the results of that year's games and you will WIN at table talk:

- Akron Pros (7) vs. Canton Bulldogs (0)
- Decatur Staleys (6) vs. Chicago Tigers (0)
- Elyria (OH) Athletics (0) vs. Columbus Panhandles (0)
- Dayton Triangles (28) vs. Detroit Herald (0)
- Chicago Boosters (27) vs. Hammond Pros (0)
- All-Tonawanda (NY) (14) vs. Rochester Jeffersons (3)

Benjamin Franklin wished the turkey was the national bird.

In a letter to his daughter, Benjamin Franklin wrote, "For my own part I wish the Bald Eagle had not been chosen the Representative of our Country...For the Truth the Turkey is in Comparison a much more respectable Bird." And although Franklin didn't have his wish granted, his letter inspired a song performed in 1776, the Tony-winning musical about the drafting of the Declaration of Independence.



Broccoli Casserole

- **Prep time:** 10 minutes **Cook time:** 35 minutes **Servings:** 8-10

Ingredients

- 2 (10 oz) packages cooked and drained frozen chopped broccoli
- 1 cup mayonnaise
- 1 cup grated sharp cheddar cheese
- 1 (10 3/4 oz) can condensed cream of mushroom soup
- 2 lightly beaten eggs
- 2 cups crushed buttery crackers
- 2 tablespoons melted butter

Directions

Preheat oven to 350 °F. Spray a 13 by 9 inch baking dish with vegetable oil cooking spray. In a large mixing bowl, combine broccoli, mayo, cheese, soup and eggs. Mix well with a metal spoon. Place the mixture in the prepared baking dish. Top with the crushed crackers and pour the melted butter evenly over the crackers. Bake for 35 minutes or until set and browned.

(Try substituting sour cream instead of the mayonnaise for a different taste)



Medical Tips for Everyday Living

Are melatonin, sleep, and neurologic disorders connected?

Ask Your Neurologist

TEMITAYO OYEGBILE-CHIDI, MD, PHD, RESPONDS

Yes, there are strong links among low melatonin levels, poor sleep, and worse neurologic symptoms, according to research.

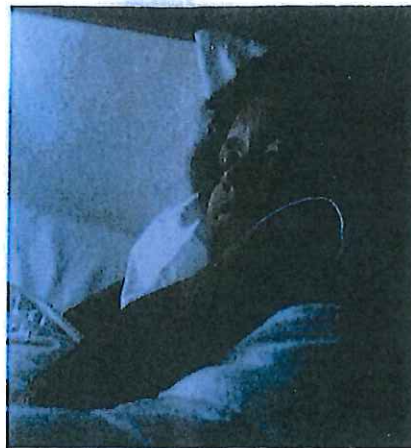
Melatonin is a hormone produced by the pineal gland in the brain. Darkness prompts the pineal gland to start producing and secreting melatonin into the bloodstream, while light causes it to stop. That's how melatonin synchronizes the sleep-wake cycle with night and day.

Studies in the last few years have indicated that lower melatonin levels may increase seizures in patients with epilepsy and affect cognition in people with Alzheimer's disease. They also may worsen symptoms related to stroke, migraine, autism, multiple sclerosis, Parkinson's disease, and attention deficit-hyperactivity disorder.

Some animal studies and a few human studies suggest that melatonin may protect cells and DNA from damage by free radicals—unstable molecules produced as a byproduct of metabolism or by exposure to toxins such as tobacco smoke. Melatonin also may decrease inflammation in the brain after damage from a stroke or traumatic brain injury. And recent animal studies indicate that melatonin may reduce amyloid levels, which contribute to Alzheimer's disease. Additional research is needed to clarify these findings and to determine if there is any therapeutic benefit to humans.

Current studies suggest that melatonin improves sleep in children and adults with epilepsy or autism.

Ask your neurologist if melatonin is appropriate for you. A sleep study may reveal other problems, such as snoring



or airway obstruction, that could be interfering with sleep.

More research is expected to be published in the next few years on the genetic basis of melatonin levels; the connection among melatonin, neurologic disorders, and sleep; and precision dosing. In the meantime, these tips may help to ensure longer, more restful sleep.

Set a schedule. Plan a bedtime and wake-up time and stick with them—and avoid napping during the day if possible.

Create a sleep-inducing environment. Keep your bedroom dark and cool (around 70 degrees in winter) and remove any electronic devices, including televisions. Bright screens can throw off your sleep cycle. Invest in comfortable bedding and extra pillows. If pets thrash or make noise, train them to sleep elsewhere. If household or outside sounds distract you, consider getting a white noise machine to muffle those sounds, or wear earplugs.

Limit caffeine and alcohol. Stop drinking caffeinated beverages at least

six hours before going to bed, and don't overindulge in alcohol. While alcohol may help you sleep at first, you might awaken once it wears off and have trouble falling asleep again.

Use light wisely. Open blinds and shades during the day and close them at night to reinforce your sleep cycle.

Up your physical activity. Exercise is good for overall health, and it can help make you tired at bedtime.

Rule out other conditions. Ask your doctor about a sleep study; in such studies, patients are monitored overnight in a hospital or clinic or at home to see if obstructed airways or similar problems are disrupting sleep.

Review your medications. Some drugs, such as certain antidepressants, can interfere with sleep. Work with your neurologist and pharmacist to adjust doses so the drugs don't keep you awake. If other symptoms such as nighttime stiffness are a problem, ask your doctor if a nonprescription pain reliever is appropriate.

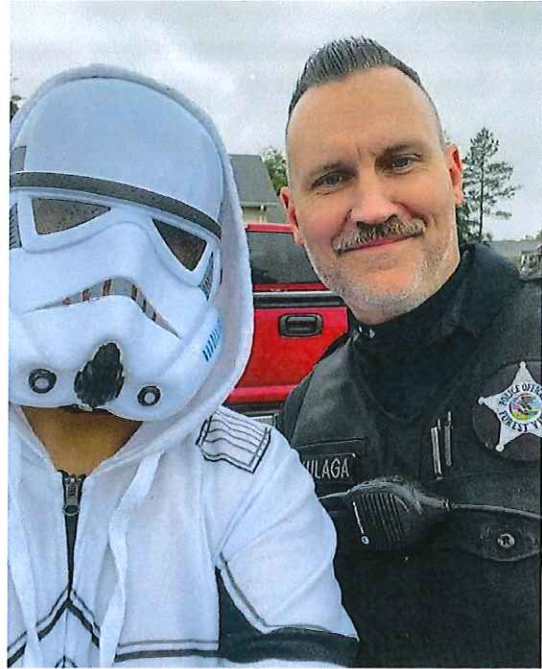
Consider cognitive behavioral therapy (CBT). A targeted form of talk therapy, CBT helps patients identify and reframe thoughts that have negative behavioral effects. Once identified, these thoughts are modified and replaced with rational ones.

Join a support group. Worrying about being able to sleep can keep you awake. Talking about it with others may be helpful. If you hear of any tips, discuss them with your doctor first to be sure they're safe for you.

Dr. Oyegbile-Chidi is associate professor of neurology at the University of California, Davis, where she specializes in sleep and epilepsy.

Coming..... More on Alzheimer's Awareness.

HOME SCHOOL TRICK OR TRUNK



EVERY CHILD IS AN ARTIST

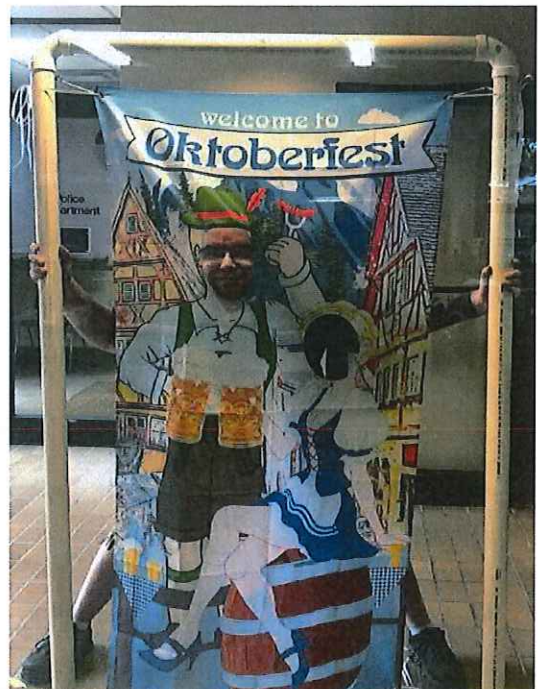


OKTOBERFEST



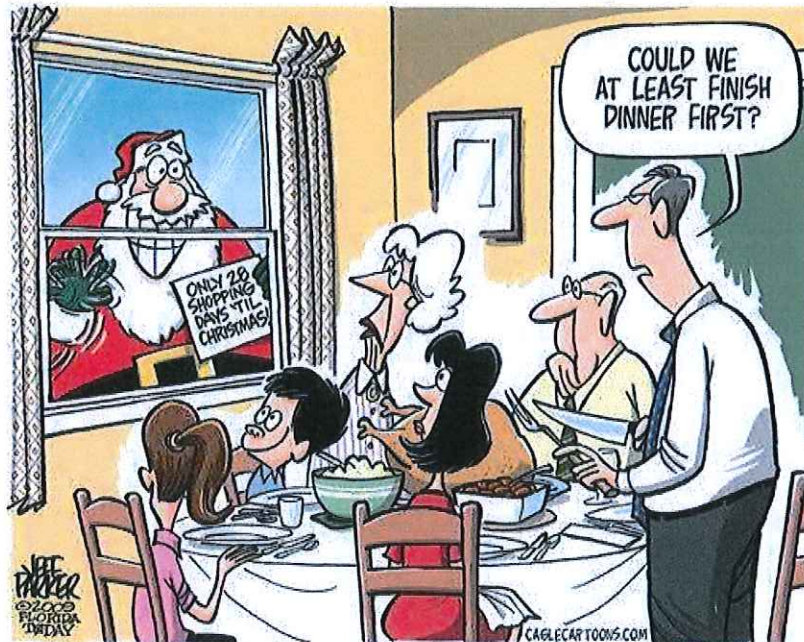






We have some mugs left over from Oktoberfest and we have had residents asking if they can purchase more. If you would like additional mugs, you can purchase at the Village Office for \$3.00 each. They would make great stocking stuffers for Christmas or fill with candy and a gift card or lotto tickets for a last minute gift.

SMILE.....



HAPPY THANKSGIVING



BOARD BRIEFS

**** The Board meets in the Municipal Building on the second and fourth Tuesday of the month and the meetings begin at 7:00 P.M. and are open to the public

September 14, 2021

Motion to approve the donation of Survivair Airpacks to Cruz Ambar Guadalajara Fire/ENS Department in Mexico was approved.

Alan Dudek, Deputy Fire Chief is requesting approval to purchase a complete set of Genesis Rescue System Extrication Tools. The Genesis Rescue Extrication Tools are battery operated and lighter and will include 1-spreading tool, 1-cutting tool, 1-Hydraulic Ram and 6 batteries. Note: This is coming out of a budgeted expense for new equipment.

The Village Hall grounds beautification project is underway. Bushes have been removed, stone and mulch have been spread on the southwest corner by the Fire house. Trustee David Liska offered his assistance with his knowledge of flowers and bushes making plans for early spring.

September 28, 2021

Interim Chief of Police Perez is requesting to purchase one Dell Latitude 5420 Rugged Lap Top Computer at \$2,100.00 from Dell Technologies, for the new squad car # 138.

Interim Chief of Police M. Perez is requesting to hire Part-Time Police Officer Salomon A. Guzman.

Superintendent O'Donohue stated we will have an EPA inspection on the Village sewer system.



October 12, 2021

Village Administrator Dropka discussed his proposal to issue pension obligation bonds that were first discussed at the budget hearing in July and the Pension Obligation Bond Ordinance No. 21-08 or the Pension Bonds.

Village Administrator Dropka presented to the Board, Ordinance No. 21-09 that is an ordinance amending Section 3-4-3 of the Forest View Village Code to provide for a discounted Village vehicle sticker rate for Veterans.

Village Administrator Michael Dropka discussed working with Com Ed and Attorney Murphey to get an easement from them, to transfer the corner property at 49th and Central Ave over to the Village. We will then transfer the property over to Fed Ex so that they can install a Stop light on the corner. This will assist Fed Ex in getting their trucks out of their yard and it will also benefit the Village in the future by allowing the Village to further annex land west of Central Ave that is unincorporated Cook County.

The Village will be having a Veteran's Day Ceremony for November 11th that will start at 11:00 AM. The ceremony be held outside in front of the flag pole. It will include the flag raising, the playing of anthems, a few speeches, a salute to departed veterans and the playing of TAPS followed by refreshments inside.

Superintendent of Public Works & Water O'Donohue announced that they tested water samples at 10 households and did not detect any lead in the water samples.

Fire Chief Jones is planning to have 6 employees go next week for Live Fire Training.



VILLAGE OF FOREST VIEW CHRISTMAS HOME DECORATING CONTEST

Show off your holiday spirit and enter the Village of Forest View's Christmas Outdoor Home Decorating Competition.

REGISTRATION BEGINS ON NOVEMBER 27TH ENDS DECEMBER 17TH

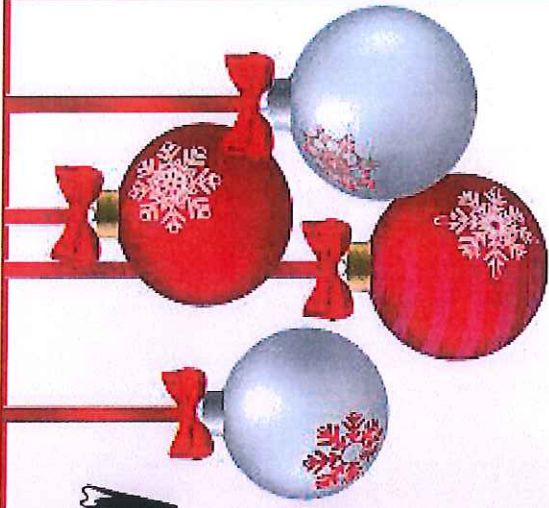
We will be awarding the top three houses for Christmas.

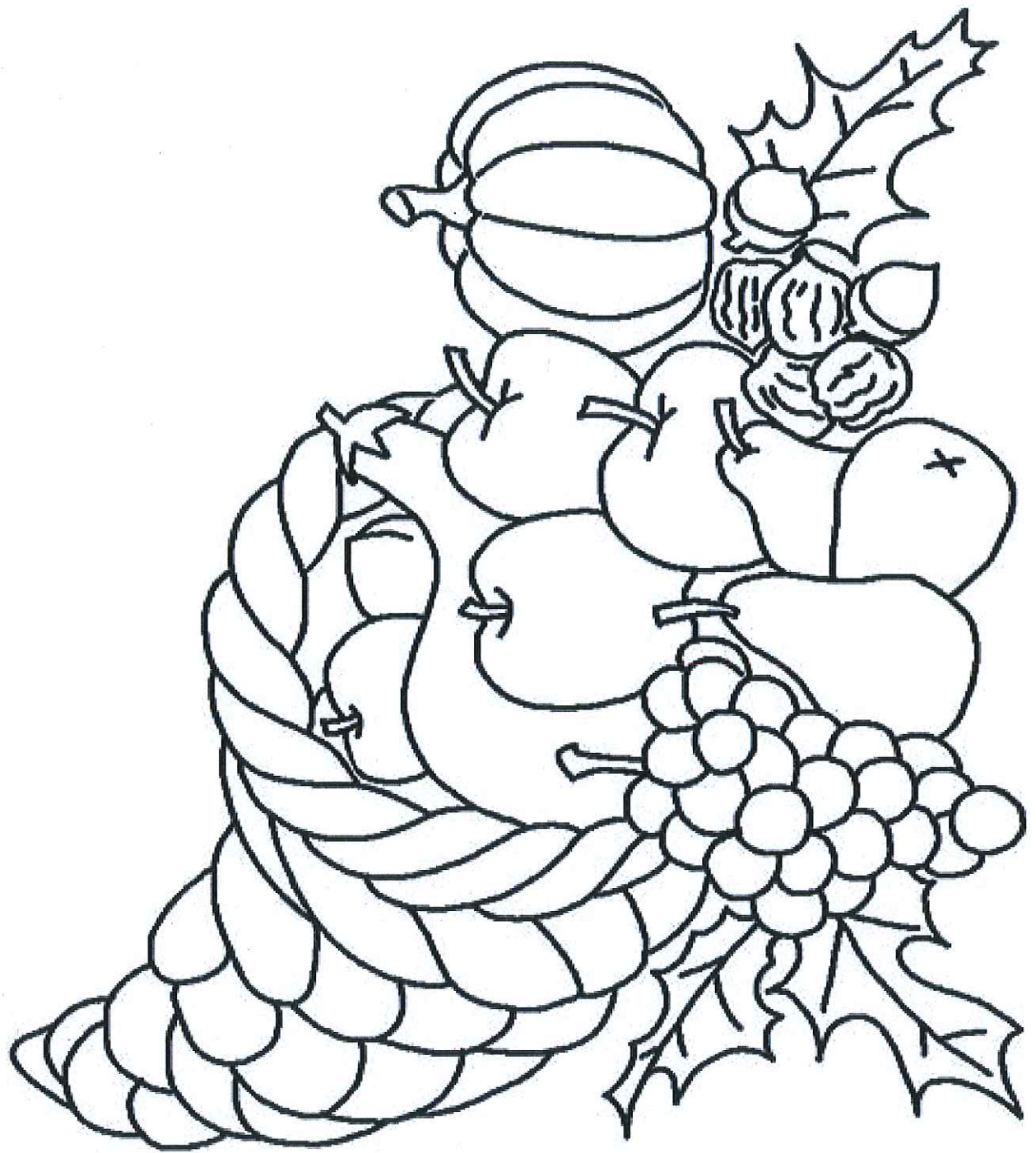
Winners will receive a gift card.

YOU MUST REGISTER - NO REGISTRATION FEE.

TO REGISTER, CALL (708) 788-3429 OR EMAIL info@forestview-il.org

**THE OUTSIDE OF YOUR HOUSE MUST BE DECORATED BY
DECEMBER 18TH.**





CALLING ALL LOCAL ARTISTS.....COLOR & DECORATE, THEN DROP YOUR MASTERPIECE OFF AT THE VILLAGE HALL. YOUR ARTWORK WILL BE DISPLAYED IN OUR LOCAL ARTISTS CORNER. DON'T FORGET TO INITIAL YOUR ART.

