



Bellwood UPDATE



FROM THE MAYOR'S DESK
by Dr. Frank A. Pasquale

Although the summer has been quite mild so far, temperatures may rise soon. Therefore, I encourage all residents to take the necessary precautions to beat the heat.

Many people may not be aware that they suffer from heat exhaustion. Heat exhaustion is a milder form of heat-related illness that can develop after being exposed to high temperatures and having insufficient amounts of replacement fluids for several days. Symptoms may include severe headaches, muscle cramps, profuse perspiration and shallow breathing. The skin may also become cool and clammy.

According to the Cook County Sheriff's Emergency Management Agency, individuals who show these signs should rest in a cool place with loose clothing and lower their head slowly while raising the feet, and immediately seek medical attention. There are times when heat exhaustion may require hospitalization. The best defenses are:

- Drink lots of water and natural juices
- If possible, simply avoid going out in high temperatures
- Keep shades and blinds closed
- Keep electric lights down or off
- Take a cool bath or shower periodically; use cool towels
- Take advantage of air conditioning
- Wear loose, light cotton clothing
- Avoid alcoholic beverages, coffee and cola
- Avoid heavy meals
- Avoid using ovens
- Avoid extensive physical activity
- Call family and friends; check on elderly neighbors
- Call 911 immediately for medical attention, if needed

Notice On Handicap Parking

Handicapped parking signs should not be used to justify parking in front of homes, garages or driveways. The handicap signs clearly indicate that they are for loading and unloading passengers. All residents who have handicapped signs in front of their homes are also reminded that alternate side street parking rules apply to all vehicles.

VFW Donates to Bellwood Youth Programs



(Photo by Johnny Boston, Sr.)

Continuing its long-standing support of youth programs in the Bellwood community representatives of the VFW Post 5081 presented a \$750 check to Police Chief Greg Moore to support a variety of programs.

Congressional Town Hall Meeting Planned

Bellwood residents are invited to talk to Cong. Danny K. Davis about what is going on in Washington, D.C., when he hosts a Congressional Town Hall Meeting in Bellwood on August 19 starting at 7 p.m. in the Community Room. The congressman will discuss such critical issues as education, health care, the war in Iraq, tax cuts and other matters of importance to residents. For more information, call the suburban congressional office at (708) 345-6857.

Reminder About Loud Music Ordinance

The Bellwood Police Department is issuing warnings in response to loud music played in public. The Village's Loud Music Ordinance requires that no person shall play, use or operate any reproducing recorded sound if the device for receiving broadcast sound is located in a public way or in any vehicle on the public way, and if the sound is audible at a distance of 75 feet. The administrative fine for this violation is \$500 plus towing and storage fees. The Police Department will begin issuing citations in August.

Details About Amnesty Parking Program

The Amnesty Program will allow all people who have parking tickets in the Village to pay half of the

current balance owed for one month (mid-September - mid-October). After the one-month period, the fine returns to the original amount and goes through the new incremental fine schedule process then through the license suspension process and finally to the collection agency. Citations issued from 1996 - 2001 will be pursued.

Bellwood Students Receive Legislative Scholarship Award

On June 27 Bellwood students Terya V. Miller and Corey Carmichael were honored with scholarship awards at Ill. Rep.'s Karen Yarbrough's 3rd Annual Legislative Scholarship Reception at Proviso East High School. Congratulations are in order for the 2003 scholarship recipients.

(Continued on back)

IMPORTANT BELLWOOD PHONE NUMBERS

Village Hall
(708) 547-3500

Police/Fire/Ambulance Emergency
911

Police (non emergency)
(708) 547-3528

Fire (non emergency)
(708) 547-3525

Water Bill (Billing Questions)
(708) 547-3520

Building Department
(708) 547-3545

Public Works Department
(708) 547-3540

Community Service
(708) 649-3060

Human Resources
(708) 547-3509

TDD (hearing impaired)
(708) 547-0011

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Tips About Water Conservation

Everyone knows that water is a natural resource that is needed to live, making it vital to each of us everyday. We drink, bathe, cook and clean with water daily. It is also used as a power supply, to grow food, heat and cool, and even control fires. We also use water for recreational purposes like swimming, fishing, boating and gardening. Nevertheless, water can be a limited resource.

Therefore, it is critical that we take the necessary steps to conserve water. In some areas of America already there are water shortages, which means that we must learn and make efforts to conserve water to avoid any potential shortages in the future. Moreover, by saving water you can also save money on water and utility bills, sewer and septic costs, and state and local taxes. Energy can be saved by reducing the amount of hot water and electricity used to pump water.

The Village has made efforts to conserve water by adopting a sprinkling ordinance. As a condition to receiving Lake Michigan water, the Illinois Department of Natural Resources requires that all suburbs must observe the following sprinkling ordinance:

Effective May 15 – September 15

The use of water outdoors will be permitted between the hours of 6:00 a.m. – 10:00 a.m. or 6:00 p.m. – 10:00 p.m. Odd address numbers shall water on odd calendar days and even address numbers shall water on even calendar days.

If you have questions about water conservation or the ordinance, contact the Bellwood Water Department at (708) 547-3542.

Check Your Home For Radon Gas

According to the Cook County Department of Environmental Control, radon gas is the second leading cause of lung cancer after cigarette smoking. In response, a radon awareness program was established to educate the public about the dangers of radon gas, encourage testing, and urge mitigation, if needed.

The U.S. Environmental Protection Agency and the U.S. Surgeon General recommends testing all homes below the third floor for radon. Radon levels over the 4.0 Pico curie action level have been found throughout Cook County. To find out if radon gas levels are problematic, a test should be conducted. Individuals can obtain free information and coupons to order test kits or inquire about radon. A radon hotline number—(708) 865-6177—has been established that can be used if you are interested in any of the program's radon services.

Police Department Community Policing Meeting Schedule

If a holiday falls on your regular beat meeting day, your meeting will be held the following week.

	<i>For those living between:</i>	<i>Date/Time</i>	<i>Location</i>
Beat #1	Railroad Ave. & Grant Ave. (north) and I-290 (south)/22nd Ave. (east) and 29th Ave. (west)	Every fourth Monday of each month 7:00 - 8:30 p.m.	530 23rd Ave. (Lemm Bldg.) 2nd Floor
Beat #2	Warren Ave. (north) and I-290 (south)/Cernan Drive (east) and Mannheim Rd. (west)	Every third Monday of each month 7:00 - 8:30 p.m.	3420 Jackson Blvd. (Lincoln Elementary School)
Beat #3	Railroad Ave. (north) and St. Paul Ave. (south)/30th Ave. (east) and Mannheim Rd. (west)	Every second Thursday of each month 7:00 - 8:30 p.m.	3200 Washington Blvd. Village Hall (Community Room) 2nd Floor
Beat #4	Railroad Ave. (north) and Butterfield Rd. (south)/Mannheim Rd. (east) and 53rd Ave. (west)	Every second Saturday of each month 10:00 a.m. - noon	3200 Washington Blvd. Village Hall, (Community Room) 2nd Floor

Protect Yourself Against The West Niles Virus

The Cook County Department of Public Health will continue its focus this year on educating the public on the many ways to reduce the risk of becoming infected by minimizing exposure to mosquitoes. The West Nile Virus is spread to humans almost exclusively through the bite of an infected mosquito. Mosquitoes become infected with the virus when they feed on birds that carry the virus in their blood. Then the mosquito can spread the virus to humans and other animals. Most human cases occur in late summer and early fall.

Most people who contract the virus have no symptoms of illness and may never become ill. However, some people may become ill three to 15 days after being bitten. The symptoms include fever, headache and body aches. More severe symptoms may include high fever, stiff neck, confusion and muscle weakness.

Anyone can be come infected, so it's important to protect yourself by following the recommendations below. Additionally, people over age 50 and those with chronic diseases such as heart disease or cancer may be at risk for more serious illness. Check the areas around the outside of your homes for places where mosquitoes may breed.

- Water should be emptied from containers like garbage cans, buckets, cans, planters and empty, unused swimming pools.
- Change the water in birdbaths every day
- Store boats covered or upside down
- Remove old tires
- Keep weeds and grass cut short
- Be sure window screens in homes are in good repair and are tight fitting
- Keep gutters around the home clean

To decrease the risk of becoming infected with the virus you may want to:

- Limit the amount of time that is spent outside when mosquito activity is the heaviest (dusk to dawn)
- If outside, wear socks, shoes and long pants and a long-sleeved shirt. Loose-fitting, light colored clothing is the best
- Use repellents containing 25 percent to 35 percent deet (consult your physician before applying insect repellent to infants or children)
- Protect infants and small children by using mosquito netting over strollers

Contact the Village right away if you notice

dead birds, especially crows or blue jays, which are signs of the West Nile Virus.

There is no specific treatment or vaccine for the virus. In severe cases hospitalization may be needed. Nevertheless, if you believe you have been infected, immediately call your physician.

We hope that this summer we can help our residents reduce their exposure to mosquitoes and by fall work together to prevent any unnecessary infections, disability and premature death from this emerging disease.

Announcement About Ambulance Ordinance

The Village of Bellwood has determined that residents' payment of real estate taxes constitutes the payment of a deductible amount for ambulance services. Therefore, the Village will only pursue any insurance that is available to cover the Village for the cost of ambulance service.

Free Computer Training Classes



Commander Jesse Williams congratulates Delores Morrison (left) and Alva Akridge for completing the basic computer training class.

(Photo by Johnny Boston, Sr.)

Free basic computer training classes are offered at the Village Hall on Monday - Friday from 5:30 p.m. - 7:30 p.m. Participants can learn Microsoft Word, Power Point, Excel and Access and the Internet by using the most up-to-date technology and software. Training requires attendance and participation for 20 hours.

At the end of the class, a certificate will be awarded to candidates. Only five or six people are trained per session, which allows for personal attention. The program has great trainers, who are well versed in computer technology. Coming soon are advanced classes available at a nominal fee.

You must be registered to take the classes. The next available session is the week of August 25. Register now before seats are filled. For more information, call (708) 547-3631.

AUGUST CALENDER

2 Family Day Picnic, 11:00 a.m. - 4:00 p.m.

13 Recycle Day

20 Board Meeting, 7 p.m.

27 Recycle Day

*Refuse will be collected on the following business day



RECYCLING DATES
August 13, 27