



THE DEARBORN EXPRESS

SPONSORED BY THE
SOUTH LOOP REFERRAL GROUP
SERVING PRINTERS ROW AND
DEARBORN PARK

AL HIPPENSTEEL, EDITOR
JANICE KOERBER, ASST. EDITOR

Dearbornexpress.net

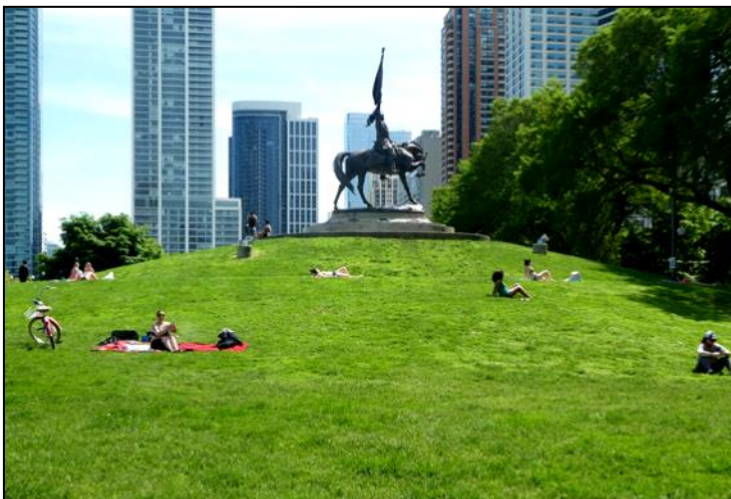


This too shall pass

One of my mother's favorite sayings. We are all looking forward to seeing this pandemic in the rear view mirror. People, usually the ones who can least afford it, are suffering the most. The poor always seem to take the brunt of catastrophes. And businesses who were prepared to tough it out for six weeks are now looking at twelve weeks with increasing apprehension. The salon where I get a haircut will do okay. Everybody needs a haircut. But not everybody needs to go out to eat.

My real concern is that this is all occurring during an election year. Coping with a pandemic does not need to be politicized. And we've only seen the tip of the iceberg.

In the meantime, stay safe, look in on neighbors, support your local businesses and use common sense.



Statue of General John Logan, the founder of Decoration Day, now Memorial Day. Sunday, May 24, 2020

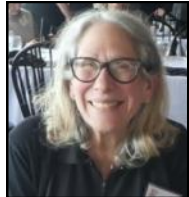
May 30, 2020

Vol. 8, No. 7

In this Issue



Beth Finke.
Questions Big Kids Ask: Are Seeing Eye Dogs Taught Social Distancing?
Page 14



Bonnie McGrath.
Page 5



Mondays with Mike:
Just put on the dang mask
Page 9



Marianne Goss:
We're not all in this equally
Page 4

INDEX

Jazz Showcase.....	p 2
South Loop Neighbors	p 3
Beth Finke	p 14
Marianne Goss.....	p 4
Lorraine Schmall's Book Review.....	p 7
Bonnie's Blog.....	p 5
Newcity.	p 11
Mondays with Mike.....	p 9
Alderman King.....	p 22, 23
Police Blotter	p 24
Real Estate	p 25,26

COMING TO THE JAZZ SHOWCASE



Dearborn Station

312.360.0234

806 S. Plymouth Court

CHICAGO, 60605

Jazzshowcase.com

Welcome to Jazz Showcase where Jazz lives in Chicago since 1947. Our exclusive 170 seat venue features the best Jazz acts you'll find anywhere in the Chicago area. Tickets are now available online. Don't forget to sign up for our e-mail newsletter so you don't miss out on our upcoming shows!

Dee Alexander performing at a Fund Raiser for Joe segal, founder of the Jazz Showcase last November.

We look forward to providing you the best in Jazz soon. In the mean time, stay safe.

Wayne, Joe, Ainsley, Tijana, Carly, Babo, Johathan G. & Jonathan T.

Spa Anjou



Manicure, Pedicure, No-chip Manicure, Waxing, Facial, and Massage

724 S. Dearborn street,
Chicago, IL 60605
(312) 962-5800
www.spaanjou.com

M - F 11:00am - 8:00pm
Sat: 9:00am - 6:00pm
Sun: 10:00am - 6:00pm

IMPACT

PHYSICAL THERAPY



At IMPACT, we treat patients from start to finish with a wide range of physical therapy and athletic recovery services. Our model is comprehensive care designed to heal and strengthen our patients by enhancing recovery, preventing injuries, and improving performance.



Stop in today for a free wellness consultation or recovery session!

SOUTH LOOP CLINIC
1103 S. State St. Ste 300
Chicago, IL 60605
312-877-5101

ImpactPhysicalTherapy.com

ChicagoRecoveryRoom.com



deep roots

natural medicine

ACUPUNCTURE
HERBAL MEDICINE
MASSAGE

deerootsnm.com

1006 S. Michigan Ave. #604 Chgo IL, 60605



South Loop Neighbors

South Loop Neighbors is a non-profit membership based organization dedicated to enhancing the quality of life in South Loop's neighborhoods and preserving the area's landmark districts.

South Loop Neighbors represents South Loop residents who are concerned about:

- Ensuring high-quality, reasonably-sized real estate development as well as infrastructure improvements that respect the unique character of our community
- Preserving and protecting the area's Landmark Districts, including Printing House Row and Historic Michigan Boulevard
- Promoting quality education, recreation, services, retail, community activities, and events
- Maintaining a socially, culturally, and economically diverse neighborhood
- Developing strong relationships with key city officials to ensure they respect, hear, and act on the concerns and ideas of the South Loop community. South Loop Neighbors serves members and residents within the area bounded by Congress Parkway to approximately 25th Street and from the Chicago River to Lake Michigan.

www.southloopneighbors.org

South Loop Neighbors

Jim Wales- President
Benjamin Cottrell- Vice Pres.
Dorothy Miaso- Treasurer
Rob Degnan- Secretary
Dennis McClendon- Director
of Planning and Development
Roger Marsh- director
Christine Hunt- director

Bartending with the Board

Date: Fri. May 22

Time: 6:30 pm

Location: Your home

Join us by Zoom to learn how to make some classic cocktails with your South Loop Neighbors board members. Learn a bit about the origins of the cocktails, ingredient selection, and get a glimpse into the homes of your board while you watch them teach you how to mix your favorite classic cocktails.

Jim Wales: Pisco Sour

Christine Hunt: Old Fashioned

Benjamin Cottrell: Martini

Join class with this link:

[https://uic.zoom.us/j/92046498090?](https://uic.zoom.us/j/92046498090?pwd=RVcyK3JlVmF1SUt1WXlNRDdyOFZWQT09)

[pwd=RVcyK3JlVmF1SUt1WXlNRDdyOFZWQT09](https://uic.zoom.us/j/92046498090?pwd=RVcyK3JlVmF1SUt1WXlNRDdyOFZWQT09)

Meeting ID: 920 4649 8090



899 S. Plymouth Ct.

312-922-5888

If it ain't broke, don't fix it, We'll take what you've got,
add what you want & make it great

Jaqi@JaqiGreenInteriors.com



 Christine M. Hunt, P.C.
Attorney at Law

Family Law
Estate Planning
Business Formation

899 S. Plymouth Ct.
Suite G 10
Chicago, Illinois 60605

312-583-0847
ChristineHuntJD@gmail.com
www.HuntLawChicago.com

OPINION

The views and opinions expressed in this newsletter are those of the contributors and do not necessarily reflect those of the editor or South Loop Referral Group.



Retired in Chicago

We're not all in this equally

By **Marianne Goss**, May 11, 2020

Not surprising for educated, informed people, my friends have opinions about reopening the economy. Mostly they, as do I, think that it's too soon to ease up. But we do need to acknowledge that we're privileged.

Seniors are the greatest beneficiaries of the lockdown, since coronavirus is deadlier for us than for younger age groups.

My retirement income hasn't changed.

None of my nonretired friends has lost a job. They are among the white-collar professionals working in the safety of home now. When April's job report came out last Friday, the unemployment rate for college graduates was relatively low, 8.4 percent, compared with the overall rate of 14.7 percent.

Contrast that with the rates for Latinos, 18.9 percent, and African Americans, 16.7 percent. African Americans and Latinos who haven't lost their jobs make up a disproportionate share of those who are performing the "essential" jobs — such as grocery and drug store cashiers, transportation workers, and deliverers of food. They do not have the luxury of earning their pay in front of a home computer.

When asked how I am, I could answer, "Tired of this," which would be honest, but the better answer would be "I'm grateful."

Other than boredom, why wouldn't retirees want to continue to be protected? I'd like to hear more from the people who aren't as fortunate as I am. What goes through their minds when they hear "We're all in this together"?

WHY CAN'T WE TEST MORE?

Some commentators have argued that lives versus jobs is a false debate. We could save both if we do enough testing. Those who test positive should isolate themselves; everyone else can return to business as usual but should be retested periodically. Only the infected instead of the whole population would be shut down, so businesses could operate.

We're not testing enough is the catchphrase from everyone but Donald Trump and his toadies. I understand why we can't have a vaccine or effective treatments at the snap of our fingers, but what's the deal with testing? The problems are mostly with supplies, it's reported. How can the world's greatest economy not produce and distribute enough test supplies? Other countries have done it.

I've read the explanations, including unpreparedness, botched starts, regulatory barriers, breakdowns in supply

lines, shortages of money and staff. But these needn't have existed if the federal government had developed a national plan and coordinated the implementation.

Prognosticators from all over the political spectrum say that testing is the buffer until we have a vaccine. Without testing, we either continue locking down and crippling the economy, or states open up and expose hundreds of thousands, maybe millions, to unnecessary sickness and death. The latter, unfortunately, is what many states are doing.

Meanwhile, Trump continues to say that massive testing isn't needed. He's covering up the shortage of tests and trying to cover up how many more people are infected — both of which would make him look bad.

MOM FINALLY GETS RELIEF FROM ISOLATION

My mother's first Mother's Day as a widow looked to be sad and lonely. Like others in long-term-care centers across the country, she has been sequestered in her apartment in an assisted living community. She isn't allowed visitors. Because she doesn't have internet access, she hasn't seen us via Zoom or FaceTime. We only communicate by phone.

The residence, American House—Cedarlake in Plainfield, has been preparing to permit residents to sit outside on warm days, with visitors allowed as long as they keep social distance. Mom was oblivious about the plans when a nurse came to her apartment last Wednesday, a sunny, mid-60-degrees day, and asked her to put on a sweater because they were going out.

Waiting outside the main entrance was my brother. Even though Rick lives only a half-mile away, it was the first time she had seen any of us for two months. We learned of his visit when he texted a photo of Mom standing outside with her walker and wearing a face mask. Rick went again late Saturday afternoon with his son. By that time chairs were out. Mom needed a warmer coat, but she was thrilled to sit and chat with Rick and Matt for more than a half-hour. She celebrated Mother's Day about eight hours early.

Since it's likely that long-term-care residences will be among the last facilities to reopen, we're happy to have warm weather arriving so that we can visit Mom outdoors. My sister Nancy is even talking about making the three-hour drive from suburban Indianapolis, visiting for an hour, and driving three hours home. "I don't have anything better to do on a weekend," she said. "Why not?"

ANTI-TRUMP COMMENTS: 113TH IN AN ONGOING SERIES

"The [federal government's] response to this global crisis has been so anemic and spotty. . . . It has been an absolute chaotic disaster."

— Barack Obama

<http://www.chicagonow.com/retired-in-chicago/>

College evaluates finances and budgeting, eliminates Columbia Online

In the midst of a pandemic now threatening to claim financially-induced as well as human casualties, President and CEO Kwang-Wu Kim announced the closure of Columbia College Chicago Online, which will result in the elimination of positions associated with the program.

In a Tuesday, May 26 email from the Office of the President to faculty and staff, Kim said the decision to cease the program after its current eight-week session concludes in June comes from budgeting pressures due to the coronavirus pandemic and the struggle to find its fit in a challenging market, with “modest” enrollment and revenue growth. It was not immediately clear how many positions will be eliminated.

“The college will continue developing robust, effective course offerings in remote and online formats in its undergraduate and graduate degree programs while remaining committed to the hands-on, in-person instruction that is the hallmark of a Columbia education,” Kim said in the email.

The Columbia College Chicago Online program, which is a non-degree-granting online continuing education division offering certificate programs and courses geared toward working professionals, was launched in 2017, led by Vice Provost of Digital Learning Robert Green, as part of a five-year operating plan, but will now end in the middle of its third year. Kim said the program was projected to be profitable by fiscal year 2022, but the program’s growth “has been more modest than we had hoped and has consistently lagged projections and operating expenditures.”

It may not be the only program at Columbia to face a financial hit in the coming weeks.

THE COLUMBIA
CHRONICLE

<https://columbiachronicle.com/>

The Four Seasons by Vivaldi

<https://www.youtube.com/watch?v=g1hEszuZ4lo>

Simon and Garfunkel

April come she will
When streams are ripe and swelled with rain
May, she will stay
Resting in my arms again

June, she'll change her tune
In restless walks she'll prowls the night
July, she will fly
And give no warning to her flight

August, die she must
The autumn winds blow chilly and cold
September I'll remember
A love once new has now grown old

https://www.google.com/search?client=firefox-b-1-d&sxsrf=ALeKk03YfXMEgxJY1qqV-NxIMh9DDybUHQ:1590452620790&q=simon+%26+garfunkel+april+come+she+will&stick=H4sIAAAAAAAAAAONqFuLQz9U3MMvLMVPiOU_XNyw0zcopKTi00hLLTrbSzy0tzkzWTywqySwusSrOz0svfsS4j5Fb4OWPe8JSWxqnrTI5jXEtIxcOtUqXGyueSWZJZVCUIw8UnCbNBikuLgQ9mYaBe-6NO0cm6-gUwUDg9e-MAc-pWcGdh2UO_P_3l5Jilvds9gnPzKxByGmyLnp3dN4983v7QVf-P-v_XXw0GCRYFBq8Gwp4mR4XqyiYMWQxDYApOinLSmfSsOsbFwMAowWDFpMPEsYIUtzszNz1NQU0hPLEorzctOzVFILCjKzFFIzs9NVSjOSFUoz8zJAQC_Pa6qHAEAAA&sa=X&ved=2ahUKEwic5fnbodDpAhWUGs0KHfdaChkQri4wNnoECCIQQA



Jim Wales, ABR, e-Pro
Baird & Warner
South Loop Office
847-815-9459

Jim.wales@bairdwarner.com



Specializing In Printer's Row Properties

ATHLETICO
PHYSICAL THERAPY

LIVE PAIN FREE

Request your free injury screen*
and get back to doing the
things you love.



Athletico Printers Row
557 S. State St.
312-361-0261
athletico.com/PrintersRow

*Per federal guidelines, beneficiaries of federal funded plans are not eligible for free injury screens.

www.roiholisticfitness.com



ROOTS™
OF INTEGRITY
Holistic Fitness & Wellness

PILATES / YOGA / GYROTONIC®
HOLISTIC LIFESTYLE COACHING

Roots of Integrity, Holistic Fitness offers Pilates, Yoga, and GYROTONIC® training for individuals of all ages and ability levels. Our mission is to find the best holistic fitness program for your needs and interests to help you achieve overall well-being.



1006 S Michigan Ave. Suite 600 Chicago 60605
info@roiholisticfitness.com | 312.818.1191

GYROTONIC®, GYROTONIC EXHAUSTION SYSTEM® and GYRONESS® & logo are registered trademarks of Gyrotonic, Sales Corp and are used with their permission.

In the Shadow of the Valley, by Bobi Conn (Little A, 2020)

The greatest challenge in life, according to Socrates, is to “know thyself.” Recently, sources as diverse as the *New York Times* and *High Times*, *Guideposts* and *Glamour* have run stories advocating soul-searching and self-discovery in the age of corona. Bobi Conn, who hails from an oxy-continent-drenched “holler” in Eastern Kentucky, shows us how it’s done. Her heart-wrenching memoir, **In the Shadow of the Valley**, is an examined life *par excellence*. Conn is not the same girl who grew up and grew scared in the valley. She is a writer who learned to tell her own story but rejected the trope that “the self, of course, is the main character of each of our stories – the hero, the martyr, the one whose suffering really matters and whose goodness is remarkable, whose shortcomings are both comprehensible and forgivable.” Bobi gives us all of herself: not just the pretty parts. Her people, she writes, “are probably stereotypes.” There were few of her parents’ or neighbors’ bad habits that she escaped: “I thought of the choices people make—choices my family made, choices I made and was still making – and how ugly they look to the world. Smoking, drinking, my dad and his pills. Cutting myself. My mother’s choice to marry a monster, her choice to have his children – was it a choice? Would it have been better to never have been born at all?” These are some heavy questions for self-study.

Conn’s life wouldn’t be good fodder for a movie: it’s too bleak, too violent, too unkempt. She grew up on a dirt road, a couple miles from the nearest town, in a small, beautiful valley that was surrounded by dense forest and circled by the ancient Appalachians. Her wooded playground was a paradise, where she played for hours with her younger brother, hiding and swimming and eating wild blueberries and skinny-dipping in the creek. Inevitably, they were called back to witness their father’s uncontrolled, inexplicable rage, and their mother’s maddeningly meek suffering. Her house was filthy, with garbage overflowing and cigarette butts piled in the corner; guns, drugs, sheets for shades. “I wondered whether any other men were ever good, whether any of them ever loved their children or touched their wives with tenderness. I wonder whether the women were gentle, or whether the hallow expressions accurately reflect their despair, their loneliness, their sense of futility.” Whew. Not in her town, where pain and poverty was a constant most of us will never understand. But it’s worth it to try.

Lorraine Schmall

Dearborn Park

May, 2020



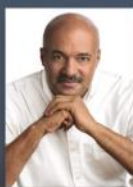
DISCOVER YOUR UNTAPPED POTENTIAL...

JUST BE...

Reflection of an awakening
and discovering the path to Being

JUST BE... takes you on a journey of self-discovery where you come back home to yourself and find everything you thought you needed you already have.

Begin your journey,
order your copy Today!



Author & Possibility Facilitator
VICTOR ELLIOT POWELL
info@justbeing2.com

AVAILABLE AT SANDMEYER'S BOOKSTORE

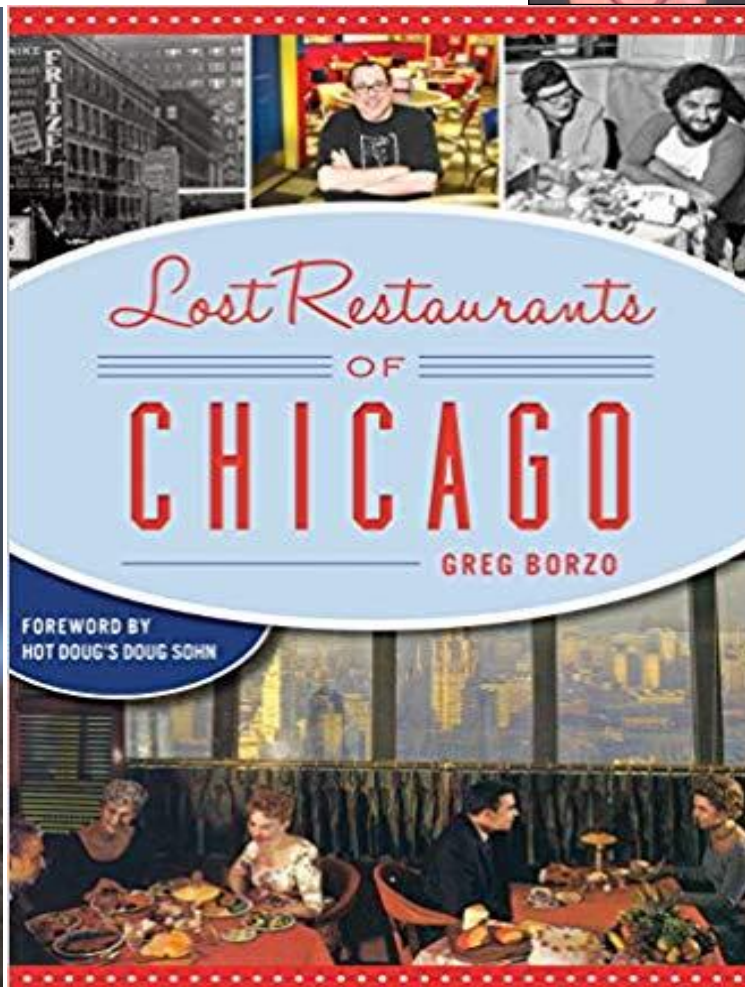
To place your order, visit:
www.justbeing2.com

Available now from

 **BALBOA**
PRESS
A DIVISION OF HAY HOUSE

978-1-45256-724-2
(Softcover ISBN)
978-1-45256-725-9
(Hardcover ISBN)
978-1-45256-723-5
(Ebook ISBN)

www.amazon.com
www.barnesandnoble.com



Welcome to Sandmeyer's Bookstore!

Independent. Local. Family-owned.
From the moment you walk into Sandmeyer's Bookstore, you can tell the difference.



714 S. Dearborn
312.922.2104

Sandmeyer's Bookstore has served Chicago's South Loop since 1982, providing quality new books and unbeatable service. A true mom-and-pop shop, Sandmeyer's Bookstore has been family-owned and operated since the beginning.

Come browse our extensive collection of new releases, travel guides and children's books. Whether it's a fresh copy of an old favorite or the latest bestseller, you're always going to find something good at Sandmeyer's

JUNE 4 | 6:30 PM

C PAM
ZHANG



Jeanne & John Rowe
Program Series

My America: C Pam Zhang

Born in Beijing but mostly an artifact of the United States, **C PAM ZHANG** presents her much-talked-about debut novel *How Much of These Hills Is Gold*. Named one of the most anticipated books of 2020 by numerous publications and online outlets, this is an electric debut set against the twilight of the American gold rush featuring two siblings on the

run in an unforgiving landscape—trying not just to survive but to find a home. This program will be hosted live via Zoom, **register for the free webinar here**. To purchase a copy of the book please visit our bookselling partner, [Seminary Co-op Bookstores](https://seminaryco-op.com) or visit our page at [Bookshop.org](https://bookshop.org).

American Writers Museum
180 N. Michigan Avenue,
2nd Floor

<https://americanwritersmuseum.org/>



Writing Out Loud

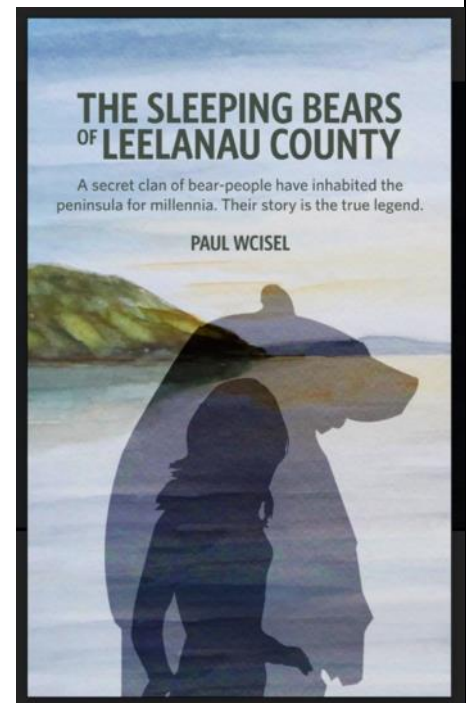
what a blind teacher learned from leading a memoir class for seniors

Beth Finke

A new novel by
local author, Paul
Wcisel
(paulwcisel.com)

In a remote corner of northern Michigan, the residents of Leelanau County have a secret society that has been living on the peninsula for thousands of years. They are the bear-transforming descendants of tribes who crossed Lake Michigan millennia ago to escape the destruction of their clan.

One evening, a traveler has a chance encounter with a spirit bear and discovers he has a hidden history of his own. In the months that follow, he becomes deeply involved with the Sleeping Bear Clan and—depending on your point of view—a murder.



OPINION

The views and opinions expressed in this newsletter are those of the contributors and do not necessarily reflect those of the editor or South Loop Referral Group.

Mondays with Mike:

by [mknezo2014](#) | May 18, 2020



[Just put on the dang mask.](#)

I've had the dreaded virus, and though the jury's out, it's fairly likely I have some immunity for some time. That means it's likely I'm a pretty safe bet to be around for at least awhile.

But.

I like wearing my mask.

I like signaling to people around me that I'm taking this seriously, and that I care enough about them to make this tiny little effort. It's a show of solidarity. And I appreciate seeing others doing the same thing. Besides that, [evidence shows if we wear masks, we can drastically reduce the spread of the disease.](#)

I also completely understand that how one views this virus thing has everything to do with where they are sheltering in place. At the board of directors Zoom meeting of the organization I work for, one member told us that in Maine, where he lives, covid19 is just not much of an issue up there. (Though, it is an issue at the local nursing home, which is why even in such places, we should be careful.)

Our friends in Champaign-Urbana are having a substantially different experience than we are up here. It's an issue there, to be sure. Students are taking classes online, dorms are empty. And residents are mostly taking it seriously, according to some good friends we've been in touch with since this started.

They don't have the problem back in our old stomping ground that we do up here in Chicago. And they'd like to keep it that way. But our friends there tell us that people from surrounding towns come into Urbana and Champaign to shop and do other business, and apparently, just don't bother with the masks.

Beyond that, a friend's father-in-law had to go to an emergency room for a heart-related issue in Decatur, Illinois. He's 89. People in the waiting room weren't wearing masks. He asked the security guard about it. "I asked them to," the guard replied.

The kicker is, at one point, he had to ask a nurse, a NURSE, to put on a mask.

Yeesh.



My fancy mask, courtesy of Donna Hippensteel.

I simply don't understand that. I understand concerns and reasonable arguments about when and where to suspend the lockdown orders. But I don't understand laziness and selfishness. And I call bullshit on the freedom people. Freedom doesn't mean an absence of social obligation and responsibility.

It's crazy. I feel like I'm that kind of old guy Republican from my youth telling shaggy-haired callow young guys like me that freedom didn't equate to sitting around and smoking dope and having sex all day. (Still an attractive thought, though.)

Only now I'm telling people that freedom doesn't mean being able to carry rocket launchers around in public and ignoring the health and safety of fellow citizens.

Whatever happened to that kind of Republican?

MOST RECENT EPISODES

Chase Woodruff is angry and he thinks you should be too

As an On the Media listener, you follow the news - probably more so during this pandemic. And you will have noted articles filled with compassion for the families of those who have died, perhaps cynicism in the coverage of politicians' motives and a ton of data analysis to interpret the numbers we're bombarded with. Chase Woodruff, a journalist who was recently laid off from his alt-weekly job in Denver, Colorado thinks that's all fine...but not enough. What's

CLICK



Wednesday, May 27, 2020

[Illinois Legislature Sets Aside \\$50M for Near South High School](#)

Interesting to see this story pop-up about a new high-school for Chinatown (and Bridgeport and South Loop) residents (via [Sun Times](#)):

The Illinois Legislature set aside \$50 million in a new capital budget approved over the weekend for a new high school to be built on the Near South Side, boosting the hopes of Chinatown residents who have spent years pushing for a neighborhood school to serve their community.

The grant doesn't guarantee a new school will be built, but it revitalizes an effort that was set back a few years ago when a plan to transform a South Loop elementary school into a high school failed.

Given the cost of building a school in recent years, CPS would need to commit an additional \$25 million to \$60 million for the project to have any chance of becoming reality. A CPS spokeswoman didn't answer questions about the state funding Tuesday.

It's not clear where this could come but the article does allude to the fact that location could be a challenge as South Loop real estate is expensive and Chinatown/Bridgeport are already pretty built-up.

Don't hold your breath on this one, but maybe some progress is being made on a neighborhood high school (even if it wouldn't be IN the South Loop).

<http://www.sloopin.com/>



Mau's House

Where Pets Are Family

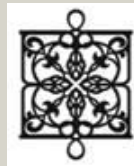
Julio & Lisette
Pet Stylist

901 S. Plymouth Court
Chicago, IL

773-849-5158

MausHouseofGrooming@gmail.com

Chicago's only condominium management firm specializing exclusively in vintage buildings. Property managers for Peterson Lofts, Harrison Street Lofts and The Moser Condominiums. All located in Printers Row



PRAIRIE SHORES PROPERTYMANAGEMENT LLC

700 N. Sacramento Blvd. Suite 301
Chicago, Illinois 60612

773-878-3300 tel.

773-878-3306 fax

www.PrairieShoresManagement.com



20% OFF First Time Clients

Spend \$50 & Get a FREE Pedicure
Hair. Nails . Wax . Skin . Massage

312-888-9265

DEARBORN STATION

47 W. Polk, Chicago, Ste. G4

Mercy
BEAUTY SPA

CPA _____

Valero & Associates, Inc.

*Marlene P. Valero, CPA,
MST*

47 W. Polk Street

Ste. 100-273

Chicago, IL 60605

(773)592.0472

Marlene.p.valero

@gmail.com

WHAT IF FITNESS WAS FUN?

Clark Street CrossFit welcomes
EveryBody into our community.

This is a great community for CrossFit, especially if you are new to group fitness. There are lots of friendly people here at Clark Street Cross-Fit, from all walks of life and from all over the world. Everyone is very welcoming and encouraging. It is what we are known for.

Find out more by scheduling a free consultation and find out what CrossFit is all about and how Clark Street CrossFit make fitness fun

Mention our ad in Dearborn Express at time of inquiry we'll take 20% off your first month.



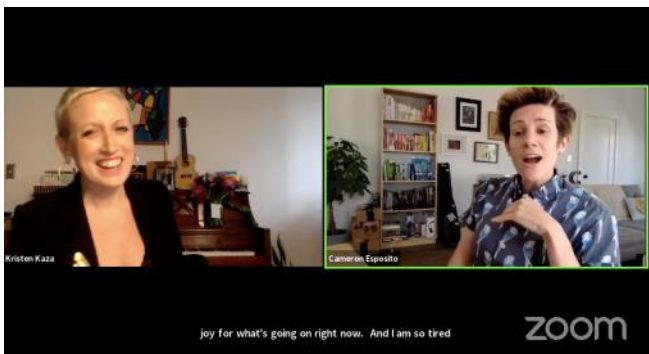
730 SOUTH CLARK STREET
info@ClarkStreetCrossFit.com

(312)535-3164

FaceBook/instagram
@clarkstreetcrossfit

Collective Vision: Stay Home with the Chicago Humanities Festival

May 19, 2020 by [Kaycie Surrell](#)



Things look different this year as Chicago festivals and outdoor events respond to stay-at-home orders and social distancing. Spring festivals like the [Chicago Humanities Festival \(CHF\)](#) would already have live and in-person events at venues across the city with impressive guest speakers and live audiences in an ordinary year. This year, they've had to make changes.

What began in November 1990 as a one-day affair with a keynote address delivered by Arthur Miller to an audience of 3,500 has since expanded to nearly 150 programs over two seasonal festivals attracting a combined audience of over 50,000. The Chicago Humanities Festival's Spring Fest celebrated its thirtieth anniversary last year and brought in speakers like Stacey Abrams, Jennifer Egan and Bill McKibben for programming concurrent with the theme, "Year of Power." This year's theme for year-round programming is "Vision" and invites people to ask themselves what it means to have vision for oneself, the world, or the future.

The theme was decided well before the pandemic derailed scheduled programming in local venues but it's more poignant than ever, given current circumstances. Alison Cuddy—Chicago Humanities Festival's Marilyn Thoma Artistic Director—along with the dedicated CHF team, quickly made the transition from programming public events to a digital festival platform.

The digital events have included a livestream chat with comedian and author Cameron Esposito regarding her memoir, "Save Yourself," which is centered on the importance of queer visibility. A livestream with WBEZ Nerdetta podcast host Greta Johnsen and "Divergent" series author Veronica Roth detailed her latest book, a dystopian novel set in Chicago, "Chosen Ones."

"Right at the start we asked CHF audiences if they'd be up for this—they came back with a resounding yes—and what kind of content they were thirsty for," says Cuddy. "We feel lucky to have an audience willing to go along on this experiment with us. They've shown up and really engaged with presenters during the live events."

NEWCITY newcity.com

Click here for the rest of the story

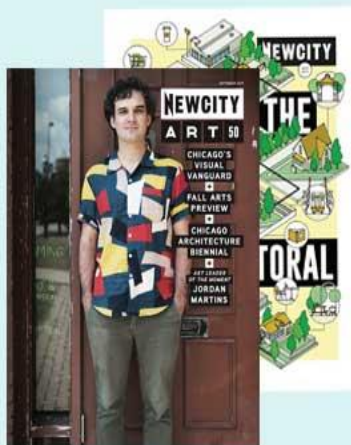
https://design.newcity.com/2020/05/19/stay-home-with-the-chicago-humanities-festival/?utm_source=Newcity+Chiletter&utm_campaign=ebd1d21535-Chiletter+Newsletter+2-24_COPY_01&utm_medium=email&utm_term=0_db7461bd4f-ebd1d21535-306512713&mc_cid=ebd1d21535&mc_eid=64a14289af

NEWCITY

Subscribe to
Newcity for
monthly delivery

Just \$5 an issue,
renewed monthly.

SUBSCRIBE



In Chicago Cooks: 45 Perfect Recipes for the Passionate Palate, the basics are covered for any kind of meal.

Not every food category is included here, but the ones we have chosen represent a foundation any cook will need to provide for a family or to entertain brilliantly. We hope you will trust us and try these recipes so that you can experience food made with care and passion, food that stimulates your palate, and inspires you to share each recipe with those you love.

The two authors are long-time residents of Chicago. Returning to Chicago after 40 years in California as a jazz producer and recording engineer, **Jonathan Horwich** has continued pursuing his passion for music and high quality sound. **Carol Montag** grew up in St. Louis, MO and came to Chicago to attend The University of Chicago and never left. She has been an educator for 52 years as a classroom teacher, school administrator, and educational coach.

<https://www.chicagocooks.net/>
Available at Sandmeyer's and Amazon.

Chicago Cooks



45 PERFECT Recipes for the PASSIONATE Palate

Jonathan Horwich & Carol Montag

Indivisible Chicago Podcast

Every Sunday, Indivisible Chicago members Tom Moss releases a new episode of the [Indivisible Chicago Podcast](#) (ICP). It's a great way to keep up with the latest news about the Indivisible movement on a local level and to stay plugged in to upcoming efforts around the city.

- [Give it a listen here](#)
- [Subscribe via iTunes](#) and rate the show to help get the word out

Take a minute to [rate us on iTunes](#). It helps us get the word out about the ICP.

Segment 1: I thought the pandemic would finally give Democrats and Republicans something to agree emphatically about — the desire to avoid our own demise. Not so fast. The PEW Research study discussed is [here](#).

Segment 2: Lawrence Lessig is the Roy L. Furman Professor of Law and Leadership at Harvard Law School. He was the co-founder of Creative Commons, and was a candidate for president in 2016. He is the author of numerous books, most recently *They Don't Represent Us* published by Dey Street and *America: Compromised* from the University of Chicago Press. He hosts the podcast [Another Way](#). Professor Lessig joins to talk electoral reform, finance reform, our dire circumstances, and glimmers of hope.

Online LIVE Class Schedule

Gentle Yoga Stretch:
Monday, 11:30 AM with Sylvie
Props: Strap or similar

GYROKINESIS®:
Monday, 5 PM with Briana
Props: Chair

Gentle Pilates Mat (35 Minutes):
(w/ focus on Neurological Conditions)
Wednesday, 11:30 AM with Briana

Intermediate Mat Pilates:
Thursday, 11:30 AM with Sylvie

Gentle GYROKINESIS®:
Friday, 11:30 AM with Briana
Props: Chair

Advanced Registration is required:

\$10 for ROI members

\$15 for non-members

Unless otherwise noted, all classes are 50 minutes
All classes EXCEPT gentle GYROKINESIS® would benefit from having a mat

To register, email info@roiholisticfitness.com &
visit www.roiholisticfitness.com/online-live-class-schedule

We will send you a ZOOM link to the class once you are registered.



Summertime is for

- Great Burgers!
- Great Salads!
- Chicago's Best Turkey Burger
- Tuna Steak Sandwich

312.360.1776



Standing Room Only Chicago
610 S Dearborn Street
Chicago IL 60605

SOUTH LOOP MARKET



Grocery. Here you will find everything and any-thing; from staple products and brands, to specialty items that you don't see often. You will also find a great selection of organic and natural products.

GROCERIES DELI PRODUCE

BEER, WINE & SPIRITS

9th and State

A CHEF DRIVEN COCKTAIL LOUNGE

POWER HOUR TO
HAPPY HOUR

FROM WORK, TO FUN
MONDAY-FRIDAY
4PM-7PM

SX
SKY BAR

808 SOUTH MICHIGAN AVENUE | CHICAGO | 60605
RESERVATIONS: RSVP@SKYBAR.COM
773.633.0214 | SKYBAR.COM



Operation Backpack 2020

By: Volunteers of America of Illinois in Dearborn Station | Closes On Jul 31st, 2020

[Operation Backpack](#) is an annual drive hosted by [VOA Illinois](#) to collect backpacks and school supplies for children in [foster care](#) and children of the [Veterans](#) served by VOA Illinois. Our goal is to provide each child we serve with a brand new backpack and everything they need to start the school year off on a positive foot. We know without the proper materials and support a child will not succeed in the classroom.

Due to COVID-19 our drive will be completely virtual this year. All items will be purchased on this site and shipped to our offices in August. If you have any questions about this drive or the work we do at VOA Illinois, please don't hesitate to contact Bridget at bhickey@voail.org.

Monday, May 18, 2020

[Heavy Rains Flood Chicago River in the Sloop](#)

After a long couple of days of rain it looks like the Chicago river is overwhelmed (via [Hello South Loop Facebook page](#)):

<http://www.sloopin.com/>



Dearborn Park on May 16, 2020

Best Indian and Nepali food at Curry house

Our recipes are simple, natural, low fat, and authentic. Prepared from the freshest chicken, lamb, seafood, and vegetables.

10% Off total bill when
mentioning this ad.

Chicago
CURRY Indian
house &
Nepalese
Cuisine

899 S. Plymouth Court

312.362.9999

KURAH

MEDITERRANEAN



Kurah Mediterranean offers a unique culinary experience within the South Loop neighborhood of Chicago.

With a dining room that includes a capacity of one hundred guests, a Private Room, mezzanine level dining area, and patio seating availability, Kurah is a full-service Mediterranean restaurant with various salad, appetizer and entrée platters suitable for any occasion.

(312) 624-8611

[1355 S. Michigan Avenue Chicago, IL](#)

www.kurahchicago.com

HALF SOUR

Neighborhood Cafe & Bar



755 S. Clark St.



www.halfsourchicago.com

@halfsourchicago

*Mention The Dearborn Express
for a neighborhood discount

Safe & Sound Blog

by Beth Finke

<http://Bethfinke.com/blog>



Questions Big Kids Ask: Are Seeing Eye Dogs Taught Social Distancing? May 21, 2020

School closures this year meant our presentations to students were cancelled, too. It's been months since I shared new questions little kids ask about working with Luna, my Seeing Eye dog. I miss them!

Big kids to the rescue! Here's a sampling of questions students in my memoir-writing classes have been asking me lately, along with some answers:

- **Did Luna miss Mike when he was gone because of his Covid-19 illness?** Yes. As Mike likes to say, he and I had established "separate kingdoms" at home for the ten days he was sick here before being admitted to the hospital. I slept on a pull-out bed in my office, His kingdom was our bedroom, and as his illness continued to get worse, he spent days and nights in bed there with the door closed. I didn't want to be far from home, so I kept Luna's walks very routine. And short. Boring for her, and she expressed her ennui by lying flat on her stomach with her chin on the floor.
- **After Mike was admitted to the hospital, do you think Luna knew he was gone?** Yes. Afraid of being exposed to the virus, I kept the door to his kingdom closed the entire time he was away. Luna started looking out the window hoping to find him.
- **Does she like to play?** Yes! Dog parks in our area are closed right now, so she's left to chase her ball and Nylabones around the house. Mike throws a ball better than I do, see above about her searching out the window for him while he was away.
- **Was Luna a comfort to you while Mike was away?** Luna was a tremendous comfort to me throughout Mike's illness. She's a good listener.
- **Was it hard to take care of Luna when Mike was in the hospital and you were all alone with her?** The Seeing Eye trains all of its graduates to care for our dogs on our own, whether we live alone or with others. It's dark when she goes for her last outing of the day, and for safety's sake here in the city he usually takes her out for that final "empty." Without him here, I donned a mask for Luna's nightly walk and, assuming bad guys are staying home during the pandemic, I wasn't scared.

Did you know that the city ordinance to pick up after your dogs specifically exempts blind people and their service dogs? Yes, but I always pick up after Luna anyway. Here's why: I hate stepping in poop left

behind by other dog's. I couldn't feel so righteous barking, as it were, about the negligence of other dog owners if I didn't pick up after Luna myself. Bonus: picking up after her consistently is a good way to make sure she isn't sick and/or hasn't eaten anything rotten.

- **But how do you pick up after her if you can't see?** We've designated a couple neighborhood spots for her to, well, go, and I take her harness off when we get there. With her leash still in my hand I can sense she is walking around in countless circles, and when she finally stops circling I feel for her back. If it's rounded, it's #2, I place my foot near her tail, slip a plastic bag over my right hand, reach down to feel through the bag for warm lumps, pick them up, fold the bag over my palm, tie a knot in the bag and deposit it in the nearest trash can.
- **Does your dog get confused when you wear a mask?** Well, she doesn't balk if I'm wearing the mask and call her to come, and she follows my commands en route, which means she can hear my muffled voice through the mask. Her sense of smell is *wyyyyyyyyyy* stronger than her sense of sight or sound, so if anything is confusing her right now, it's my aroma: I didn't used to wash my hands every 20 minutes!
- **Are you (and Luna!) enjoying the relative lack of car traffic compared with normal times?** Not really. I rely on the surge of traffic at my parallel to recognize when the signal is green, and with so little traffic now I'm not always sure.
- **How does she do with social distancing?** With Mike back home and feeling better now, I feel more comfortable going on long walks with Luna to keep her guiding skills sharp. Luna was trained at the Seeing Eye to slip us by obstacles (including people) without either of us brushing them when we do. She doesn't know to keep six feet away, though! On these longer walks through the city, footsteps and voices of people walking ahead of us in the same direction alert me we're coming close, and when that happens, I just stop, give Luna the "sit" command, and wait. When we can't hear them anymore, I pick up her harness, command "Forward!" and we're off again. It's harder to detect people standing still or walking towards us, especially if they're the silent type. I talk more to Luna during walks now, trust others will look up, see us coming, and slide six feet away to the side. As far as I can tell, they do!

Luna is so young, do you worry being home so much will make her forget everything she just learned at the Seeing eye? I wrote a [post about a phone call The Seeing Eye had with graduates](#) earlier this month, and during that call they assured us our dogs won't lose their skills. They also reminded us how important it is to correct our dogs if they start getting a little sloppy. Luna is a bouncing bundle of black Lab energy — she loves getting outside and going to work. She is **so** enthusiastic, though, that when we get to a street without any traffic she sometimes forgets to stop. I give her a correction, either verbally or with the leash, then show her where she made her mistake by bringing her back

(Continued on next page)

Saturdays with Seniors: Guest Post by Gretchen McCann.

May 23, 2020

I am pleased to introduce Gretchen McCann as our featured "Saturdays with Seniors" blogger today. New to Chicago, Gretchen joined the Thursday memoir class last summer and continues writing — and reading — essays while we meet via Zoom.

Born in New England, Gretchen was raised in California, graduated from Berkeley and met her husband, Skip, in Washington, D.C. during the heady days of LBJ's Great Society program. They raised their family in Philadelphia, where she worked as a freelance editor and publicist for the Philadelphia Youth Orchestra. When it came time to downsize, Gretchen and Skip found a home in Chicago around the corner from their son and his family. She says her toddler granddaughter, Adara, "provides the joy in sheltering at home."

Life's Little Lessons

by Gretchen McCann

I couldn't seem to get a handle on Beth's "Lessons Learned" writing prompt this week. I'm sure I've had a lot, but most seem not worthy of 500 words (for example, learning to play the accordion, or not learning to speak Spanish). The remaining could consume an entire, if somewhat tedious, autobiography. So I redefined the topic to "Life's Little Lessons." Here with a few:

- I have learned that few folks appreciate the contribution of an editor, even if they're paying for it. They don't understand the changes suggested and resent the tampering of their deathless prose.
- Eyeglasses are a toddler magnet and will not survive their attention.
- It took a few years, and not a few dead plants, but I now see the secret of a successful garden is to water.
- It is impossible for a lefty to learn to crochet from a righty.
- I absolutely should not wear pastels.
- It may be true that a watched pot will not boil, but if I turn my back it will surely boil over. Especially if it's tomato sauce.
- Black marble is a terrible choice for a bathroom counter.
- I thought we couldn't have too many books, but then we decided to downsize and move 900 miles.
- The things that scared me the most turned out to provide some of the best life experiences.
- One should definitely read the book before seeing the movie.
- I'll never learn to play chess.

- A new container of cayenne is way hotter than the one I bought in 1995.
- The trouble with housework is that I'm supposed to do it all over again tomorrow.
- If you rescue a stray kitten, be prepared to never leave your food unguarded.
- When I need a laugh, I should try on hats.
- In parenting, just when you figure out what's going on with a child, they move on to the next puzzling thing.
- I won't always know why I walked into a room.
- I've accepted that my spouse is not a mind reader and I should tell him outright what I want for my birthday. Or skip that and just get it myself.
- Once they leave home, children have wayyyyy more to share when they initiate the call.
- A duck can be a surprisingly wonderful pet.
- I can call them age spots, but they're really from too much sun.
- I now appreciate that beach vs. mountain is a real dichotomy. I might have paid better attention to this.
- It's true. Mothers-in-law, especially grandmas, really really really have to keep their mouths shut.
- An accordion is not an adequate substitute for a piano.
- Knitting is a wonderful — and useful — pastime, but some otherwise steadfast friends will find it amusing. And say so. Especially after a few drinks.
- Watching the news is not good for my mental health, and by extension, my temperament. This has not always been true.

Gretchen and her granddaughter Adara.

COVID 19 has put me back in regular touch with people I love. Is it too much to hope that this truly scary time will offer other positive life experiences?

(Beth Finke continued from previous page)

to the curb and commanding "Sit!" I tap the curb with my footthen and praise her. "Good girl, Luna! Here's where you stop. Good girl!" We take a few steps backwards then, maybe two dog lengths, and we re-work the approach to the curb. Luna almost always, always gets it right the second time. And when she does? I praise the bejeezus out of her. "Good girl, Luna! Attagirl!" I rub her up. Her tail wags. "Good girl, Luna. Good girl!" Luna eats it up, and she rarely misses that curb again. Luna is curled in a ball sleeping under my desk as I type this, but once I hit the "save" button and grab my shoes, she'll jump up ready to go. I've been trying to keep a routine going, and that includes an hourlong walk each morning. It's good for both of us.

SLN BINGO

Let's play bingo! Have fun and support local businesses by playing a fun game of South Loop Neighbors bingo. Download the SLN Bingo Card and participate in social distancing activities to win exciting prizes donated by 3 South Loop Neighbors Community Builder Members!!

Game Description and Rules

The SLN bingo game will run from May 10, 2020 until May 31, 2020. Cards will be accepted until 11:59 pm on May 31, 2020. All eligible entries will be entered into a drawing with the winning entries to be pulled during the week of June 1, 2020.

Fill 5 spots in a row, column, or diagonal line to be entered to win a prize! Fill the entire card to receive two entries into the prize drawing.

Download Bingo card at:

<https://files.constantcontact.com/1825db5a001/a386d223-9f3d-41fe-a3b3-9214dae30d8b.pdf>

Prizes Include

1st Prize - Summer Fun Gift Basket, \$100 approx. value, donated by **Baird & Warner**, South Loop Office

2nd Prize - Movie Night Gift basket, \$75 approx. value, donated by **Byline Bank**, Dearborn Station

3rd Prize - \$25 Gift Certificate donated by **Harbor**, 1312 S. Wabash St.



SLN BINGO

COMPLIED WITH STAY AT ORDER HOME ALL WEEK	CHECKED SLN FACEBOOK PAGE	HAD A VIDEO CHAT WITH FRIENDS OR FAMILY	BOUGHT A CUP OF COFFEE FROM A SOUTH LOOP COFFEE SHOP OR CAFE	WORE A MASK WHILE OUTSIDE
PICKED UP FOOD FROM A SOUTH LOOP RESTAURANT	PICKED UP TRASH AT A SOUTH LOOP PUBLIC SPACE	SENT A THANK YOU NOTE TO A FIRST RESPONDER	WENT FOR A WALK WHILE PRACTICING SOCIAL DISTANCING	DONATED TO A FOOD PANTRY
TRIED A NEW RECIPE	CHECKED ON AN ELDERLY NEIGHBOR VIA PHONE, VIRTUALLY OR IN PERSON	HAVE A SOUTH LOOP PRIDE FACE MASK*	PURCHASED A BAKERY ITEM FROM A SOUTH LOOP STORE	REGISTERED, OR HAVE ALREADY REGISTERED, FOR SLN NEWLETTER ON WEBSITE
VOLUNTEERED FOR AN EVENT WITH A SOUTH LOOP NOT FOR PROFIT	DID A RANDOM ACT OF KINDNESS FOR A STRANGER	JOINED SLN MEMBERSHIP (OR CURRENTLY ARE A MEMBER)	FINISHED A BOOK	HAD FOOD DELIVERED FROM A SOUTH LOOP RESTAURANT
PARTICIPATED IN SOUTH LOOP NIGHTLY LIGHT SHOW	SHOPPED AT A LOCALLY OWNED SOUTH LOOP STORE	COMPLETED 2020 CENSUS RESPONSE	"LIKED" OR HAVE ALREADY "LIKED" SLN FACEBOOK PAGE	DREW A CHALK MOTIVATIONAL SAYING OR PICTURE ON A SIDEWALK

SOUTH LOOP FARMERS MARKET DIRECT

Our team at South Loop Farmers Market has been hard at work with our vendors and WhatsGood and we are very excited to launch **South Loop Farmers Market DIRECT**, powered by WhatsGood!

South Loop Farmers Market is now available to order online for pickup and delivery to select buildings! Each week you can access fresh seasonal produce, meats, eggs, bread, baked goods, specialty foods, plants, craft beers, unique artisan products and more from 25+ local, sustainable vendors from Illinois, Wisconsin, and Indiana.

South Loop Farmers Market online marketplace will open for new orders every Friday at 9:00 AM and the SLFM marketplace will remain open until Tuesday at 11:00 PM or until we reach capacity. **Your order will be packed and ready for pickup on Thursdays between 2:00 and 6:00 PM at Second Presbyterian Church, 1936 S. Michigan Ave or for delivery directly to your registered building. Pickup/delivery Fee is only \$10.**



<http://www.southloopfarmersmarket.com/slfm-direct>

<https://sourcewhatsgood.com/>



we miss you!

THINKING OF ALL OUR AWESOME CLIENTS AS WE CONTINUE TO SHELTER IN PLACE.

STAY SAFE AND HEALTHY EVERYONE!

<https://www.bigshoulders.com/>

Development Stories

Photo April 24, 2020



Busy building out the interior apartments at 717 S Clark, CMK Development is offering virtual or self-guided tours. Imprintapts.com. The apartments range from Studios to Four bed penthouses.

Studio - \$1600

Convertibles - \$1705

One bed/One Bath - \$2090

One Bed/Two bath + Den - \$2700

Two bed/ Two bath - \$2850

Three Bed Penthouse - \$6875

Four bed Penthouse - \$7425

The original plan called for 349 units, 75% of which would

Photo May 26, 2020



The other development of note is the greatly anticipated Roots Pizza. They have been working diligently through the Pandemic. The face brick which nicely matches neighborhood buildings, is completed and we can see workers inside building out the space. I haven't found out anything official but there is a rumor for an August opening.

C&J COLLECTIONS

CONSIGNMENT. CURATED. CHIC.

773.680.5502

CANDJCOLLECTIONS.COM

1945 S HALSTED SUITE #302

CANDJCOLLECTIONSCHICAGO@GMAIL.COM

Website: <https://www.webinsightco.com>

Services: Search Engine Optimization (SEO),
Web Development, PPC, Cyber Security

We have had the opportunity of working with top rated companies that provide services in Law, HVAC, Insurance, Dentistry, Real Estate, Food & Beverage, Financial and other service-related industries.

Companies like Berkshire Hathaway/Koenigrubloff, Keller Williams, The Aladon Network, Kids First Pediatric Partners, Bob Oetting & Associates Insurance Agency and many other companies can testify that we get results. Since the inception of the brand, WebInsight has grown mostly by referrals offered by satisfied clients. We have helped many businesses grow in very short periods. Contact us by sending an email to brianna@webinsightco.com



NEAR SOUTH PLANNING BOARD

Support Your Local Businesses

Take out & Delivery Guide

Burger Bar

1150 S. Michigan Ave
Delivery 11:30am - 8pm
312-988-0162
Doordash

Cafe Press

800 S. Clark St.
Delivery & Pickup Daily
7am - 8pm
312-588-1101

Devil Dawgs

767 S. State St.
(312) 583-9100
Only go-go orders, Pick-Up and Deliveries
Sunday - Saturday: 11am - 8pm

Flaco's Tacos

725 S. Dearborn
Take-out & Delivery 11am - 8pm
312-922-8226
GrubHub, Uber Eats, Doordash, Postmates

Grant Park Bistro

800 S. Michigan Ave. Chicago, IL 60605
(312) 753-3420
Curbside Pick-Up Available Open Daily from 6am - 9pm

Il Culaccino

2134 S Indiana
Take-out & Delivery 3pm - 8pm
312-794-5300
GrubHub, Uber Eats, Doordash

Kroll's South Loop

1736 S Michigan Ave Chicago IL 60616
312-235-1400
Friday & Saturday 4pm-9pm

Kurah Mediterranean

1355 S Michigan Ave
Take-out & Delivery 4pm - 9pm
312-624-8611
GrubHub, Uber Eats, Doordash

La Cantina Grill

1911 S. Michigan Ave
Take-out & Delivery
11am - 8:30pm Mon-Sat & Sun
3pm - 8pm
312-842-1911

Printers Row Wine Shop

719 S. Dearborn St.
Take-Out Only 12pm - 8pm
312-663-9314

South Loop Club

701 S. State St.
Take-out & Delivery 11am - 12am
312-427-2787
GrubHub, Uber Eats, Doordash

The Spoke & Bird

205 E. 18th St
.Take-out & Free Delivery to South Loop Residents
7am - 5pm Daily
(929) 263-2473

The Chicago Firehouse Restaurant

1401 S Michigan Ave, 60605
Take-out available
Open 7 days a week

Victory Tap Chicago

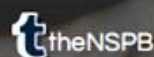
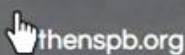
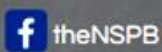
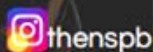
1416 S. Michigan Ave
Take-out & Delivery 12pm - 8pm
312-566-9300
GrubHub, Doordash, Caviar, Postmates

Windy City Ribs & Whiskey

67 E Cermak Rd
312-794-5901
Delivery available on all platforms 3:00pm-11:00pm every day

Weather Mark Tavern

1503 S Michigan Ave
Take-out & Delivery 11pm - 8pm
312-588-0230
GrubHub, Doordash



Design From a Distance

While I shelter in place as most of my clients, we're still working... virtually! Currently I'm doing both interior and exterior projects. While most of what I do is interior, a full service approach has carried over into everything from getting roofs replaced to tuck-pointing, garage doors, pads and paint. Since this is the season for sprucing up our yards and all things outdoors...and crews are happy for the work (still using caution of course) you can continue moving forward with your wish list.

Most of you are able to send photos and measurements and with those I can do floor plans / space planning, find furnishings, see where/what light-



ing is needed. Many of my suppliers are open and sending samples of fabrics, wallpapers and window treatment options.

Take a look at your surroundings, this may be the time / opportunity for you to make some updates.

Here are a few thoughts and tips from other designers around the world-

Why Interior Designers Are Essential to Society

Claire Tardy, Editor, Houzz France

By definition, the role of an interior designer is to create beauty, comfort and functionality by playing with space, light, color, materials and furniture — all while keeping clients' wishes and constraints top of mind. But are interior designers essential? As pandemic containment measures prioritize goods and services deemed essential for society, this question gains new immediacy.

Houzz's editorial teams reached out to design professionals around the world for answers, here are a few shared thoughts...

Lynne Bradley Interiors

The work of interior designers is meant to improve quality of life. "Our surroundings have an enormous impact on the way we behave and feel, and the role of the interior designer is more important than ever as we retreat to our homes during COVID-19," Australian interior designer Lynne Bradley says. "A good interior designer will resolve the functionality of a space and address scale, curate a desirable aesthetic, inject soul and tell a story for the inhabitants as well as effecting productivity. Good interior design evokes happiness and soothes the soul. It can inspire confidence, empathy, pride, creativity, security and energy.

"Creating a meaningful space that fulfills the needs of the inhabitant and optimizes their space is one of our key roles as designers and is essential to our society," Bradley says.

Bryan and Catherine Design -

Bring the outdoors in...Greenery is one of the easiest ways to bring life and energy into a space. Low-maintenance plants, like rubber plants and snake plants, are a few of our favorites. If you go faux, try placing your tree or plant in a natural setting, like in front of a window, and you might just forget it's not real.

Improvise a dedicated workspace...This can be one end of a dining room table, a desk, or another surface that you won't have to set up and clear off everyday. Having a space that's reserved for work helps keep home life + work life separate, and helps you stay organized.

Make playtime portable...Play spaces can be practically anywhere in a home, but keeping clutter at bay – especially when everyone is at home at once – can be a challenge. Place a few storage baskets or bins in the rooms your kids play in for toy storage when they're not being used (pro tip: have your kids help!). They're flexible and can be easily tucked away behind furniture so you can reclaim your home when playtime is over.

So, stay safe as you shelter in place, let me know what questions you have and lets get you moving on a comfortable path forward in your home! Jaqi

Jaqi@jaqigreeninteriors.com

Indigo Digital Printing LLC services are available

By Appointment Only!

Please contact us via the e-mail or website to place an order and/or schedule a contactless pick up or curbside delivery appointment.

The maximum occupancy in the pickup designated area is 1 customer.

All customers must wear a mask when entering this facility as of May 1.

IF YOU HAVE A MEDICAL CONDITION that prevents you from wearing a mask, you do not need to wear one. If you are not wearing one, we will assume this is the case. Due to HIPPA, and the Fourth Amendment we will not ask you about your medical condition.

Thank you for allowing us to be of service!

Indigo Digital Printing.com

900 South Wabash Avenue
(Entrance on 9th Street)
Chicago, Illinois 60605
(312) 753-3025
Fax: (312) 753-3151
www.indigodigitalprinting.com
e-mail: indigo@rcn.com

8:30 a.m. to 5:30 p.m. Monday through Friday
11 a.m. to 4 p.m. Saturday

**Color Digital Prints • B&W Digital Prints • Business Cards
Personal & Business Stationery • Brochures • Post Cards
Newsletters • Booklets • Flyers • Posters • Banners
Large Format Printing • Binding and More...**



Caribbean Jerk Palace now open in the old HAX place. Pick up only til further notice.



New reflectors on Plymouth between 9th and Polk to prevent those Renault drivers from trying to squeeze through the bike lane.



Mural on the back of Roosevelt collection facing the soccer field for the British School. A space in front of the mural was approved for a Highrise building a number of years ago prior to the 2008 Recession.

COVID-19 CASES AS OF MAY 27 IN 60605 Zip Code

164 Confirmed Cases

1511 Tests completed

By age group

<20	3%
20-29	16%
30-39	41%
40-49	13%
50-59	10%
60-69	14%
70-79	6%

No data on deaths per zip code

From WBEZ Public Radio <https://www.wbez.org/>

THE DEARBORN EXPRESS

We welcome letters to the editor. This publication is sponsored by the South Loop Referral Group, a professional and business networking group. It is our mission to provide the Printers Row area with current news and to promote local businesses and organizations. This publication will be distributed through email to individuals who wish to receive it. If you have any questions or would like to contribute information, please email us: thedearbornexpress@gmail.com

www.dearbornexpress.net

ASAP
WELLNESS CENTER

OFFICE HOURS:
 Mon, Wed, Thurs, Fri 10 am - 6 pm
 Tues: 12 pm - 8 pm
 Sat: 9 am - 2 pm

(312) 588-1104
 730 S. Dearborn St. Chicago, IL 60605

www.asapwellnesscenter.com



ALDERMAN * 4TH WARD
SOPHIA KING

The 4th Ward Service Office is closed during this time. We can be reached at: (773) 536 8103 or

Ward04@cityofchicago.org.

Visit our new website at: King4thWard.com

Face Masks Our office has a limited supply of face masks for residents. If you are in need of a mask, please do not hesitate to reach out.

Health

Reported Illinois Cases Currently, there are [102,686 confirmed cases of COVID-19](#) identified in Illinois. As this outbreak has spread globally, the Chicago Department of Public Health (CDPH) is tracking it closely and is [using data to guide its response](#).

Chi COVID Coach The City has launched Chi COVID Coach, a mobile friendly, web-based application to support residents during the COVID-19 pandemic and beyond. This forward-thinking app will allow CDPH to communicate directly with Chicago residents who may be COVID-19 positive or experiencing symptoms, providing them important information and guidance. The first app of its kind, Chi COVID Coach creates an opportunity for pre-registration for vaccine dissemination once it becomes available, among many other things. To get started, visit: www.Chicago.gov/covidcoach.

Mental Health Emotional reactions to this emerging health crisis are expected. Remind yourself, your family and your friends that feeling sad, anxious, overwhelmed or having other symptoms of distress such as trouble sleeping is normal. If symptoms become worse, encourage them, and yourself, to reach out for support and help. Call 311 or [NAMI Chicago Helpline 833-626-4244](#) for a mental health counselor. [Bright Star Community Outreach](#) also has a helpline at 833-TURN-123. For after hours, there is the Crisis Text Line which serves anyone, in any type of crisis, 24-hours a day. Instructions: Text HELLO to: 741741 to access a trained crisis counselor.

Individuals and Communities should familiarize themselves with [recommendations to protect themselves and their communities](#) from contracting and spreading respiratory illnesses like COVID-19

Older People and People with Severe Chronic Conditions should [take special precautions](#) because they are at higher risk of developing COVID-19.

Housing

- **Expansion of Testing Throughout Chicago** The City is undertaking an effort to expand our testing capacity from roughly 3,000 to 10,000 tests per day. Through this expansion, six additional sites will be opened serving Latinx and African American communities. Locations near the 4th Ward are: Senka Park (5656 S. St Louis Ave) and Kennedy-King College (6301 S. Halsted St). The City is actively working to create a website to allow for pre-registration at these locations. While pre-registration is not necessary, it is strongly recommended.

Rental Assistance The City of Chicago has an emergency rental assistance program. This program provides financial assistance to Chicago residents, to prevent homelessness, to eligible individuals and families who are in danger of eviction in order to stabilize individuals and families in their existing rental unit. For more information about this program, please [click here](#).

- **Property Taxes** The Cook County Assessor's Office has announced the temporary suspension of assessment notice mailings and appeal deadlines. This suspension will remain in place until further notice while the office remains closed to the public.

Mortgage Relief for Apartment Owners: The Federal Housing Finance Agency has announced that Fannie Mae and Freddie Mac will grant mortgage forbearance to owners of multifamily properties in exchange for suspending evictions. The move applies to all Fannie and Freddie-backed mortgages in situations where renters can't afford to make their monthly payments due to Coronavirus. For more information, please visit the FHFA website [here](#).

Business/Non-Profit

4th Ward Food Establishments The 4th Ward is home to many fantastic small businesses and food establishments, some of which have remained open during these times for delivery or takeout. Our office has been compiling a list of these establishments, which can be found [here](#). If we missed a business, or their hours of operation has since changed, please let us know.

Small Business Resource Navigators To provide additional individualized support to our neighborhood businesses, Chicago's Department of Business Affairs and Consumer Protection has created [Small Business Resource Navigators](#). These navigators consist of ten business service organizations who are prepared to provide 1:1 counseling and support to help business owners navigate the financial and support resources available to them. These groups have been trained by the SBA to help business owners access federal funding dollars as they become available.

Unemployment Insurance The COVID-19 pandemic has had a profound impact on the United States economy, leading to an unprecedented number of unemployment claims. Through the five weeks from March 1 to April 4, Illinois received 513,173 initial unemployment claims. That is greater than the total number of initial claims for the entirety of 2019 (489,831) and five times greater than the claims filed in the first five weeks of the 2008 great recession. The state is taking steps to increase the capacity of the system as well as expanding the pool of individuals who can be covered by unemployment insurance. For more information, [click here](#).

Community- and faith-based organizations should review existing emergency operations plans, including strategies for social distancing and modifying large gatherings. Community-based organizations should take steps to protect both the clients they serve and their employees. See CDPH's [COVID-19 Guidance for Community- and Faith-based Organizations](#).

Government/Infrastructure

Where is My Stimulus Check? Many individuals have yet to receive their stimulus check from the Treasury Department. While the federal government is working diligently to distribute these checks, a good amount of eligible individuals have not yet received their checks. The IRS has created a helpful tool to check the status of your check. To check your status, [click here](#).

Pandemic Unemployment Assistance Recently, Illinois began providing unemployment benefits through the CARES Act Pandemic Unemployment Assistance program. PUA provides benefits for individuals (1) who are out of work due to a specific COVID-19 related reason and (2) who have been determined ineligible for state unemployment benefits. For more information regarding this program, [click here](#).

2020 Census is currently underway. The Census takes place every ten years and is used to determine how federal tax dollars and resources are distributed. Therefore, it is imperative that individuals complete their Census forms to ensure that our city receives adequate funding and representation in Congress. Currently, 43.3 percent of households in the 4th Ward have completed their Census information, slightly below the total city's amount of 44.8 percent. If you need more information regarding the census, [click here](#)

Parks & Libraries Mayor Lightfoot also announced the closure of Park District facilities and Libraries. For more information, please [click here](#).

- **Ticketing Enforcement** There has been some confusion regarding the issuance of parking tickets in the city. While the number of enforcement agents has been decreased, tickets will still be issued for the following violations: bus lane, bicycle path, rush hour parking, parking in the fire lane, fire lane blockage, alley blockage, driveway blockage, double parking, standing zone violations, parking in a disabled parking spot, and expired meters.

- **Lake Front Closed** As a necessary precaution, Chicago's lakefront has been closed to the public. The closure includes all trails, parks and beaches. This order has been put in place to assure residents are practicing responsible social distancing that is imperative to slow the spread of the Coronavirus. The Chicago Police Department and the Chicago Park District will be enforcing this measure.

CARES ACT On Friday, March 27, 2020, the Federal Government authorized the CARES Act, a comprehensive federal government stimulus plan which will support citizens, businesses and industries during these times. For a brief overview of the stimulus plan [click here](#). For a small business specific overview, [click here](#). The act in its entirety can be found [here](#).

Debt Relief Programs Mayor Lightfoot announced temporary suspension of debt collection, ticketing and towing practices to provide relief in response to the COVID-19 outbreak. For more information on this policy, please [click here](#).

Miscellaneous

Coronavirus Survey The City wants to hear from residents about their goals and needs when it comes to reopening Chicago. They have created a survey for residents to take to assist with the reopening. To take the survey, [click here](#).

DIY Face Masks The CDC has created a helpful flyer to assist with the creation of homemade facemasks. Instructions can be viewed [here](#).

4th Ward Food Pantries Our office has compiled a list of all food pantries located in the 4th Ward. To access this list, [click here](#). In addition, the Greater Chicago Food Depository is working extensively to support individuals dealing with food insecurity. If access to local food banks is an issue, please contact the depository [here](#) for information on alternative options. In addition to the facilities above, food will also be distributed at Grace Place (637 S. Dearborn) every Saturday morning at 8:30 am.

Fight Stigma and Fear by [understanding the facts about COVID-19](#) and taking the effective precautionary steps recommended by health professionals. Support people returning from COVID-19 quarantine and help reduce the spread of rumors by letting people know that viruses cannot target people from specific populations, ethnicities, or racial backgrounds.

One Summer Chicago Applications are now being accepted for the city's One Summer Chicago Program, which connects over 30,000 of our city's young residents with summer employment and internship opportunities. For more information, [click here](#).

- **Tax Filing Information** Governor Pritzker has announced he will delay the Illinois state income tax filing deadline until July 15. This aligns with the new filing deadline for federal taxes, which is also July 15.

#Solidarityat8 This [daily event](#) calls on everyone to come together at 8 p.m. on balconies and porches to cheer, sing and make noise in support of our health care workers, first responders and essential workers. We encourage individuals and families to show your support and upload a video of you cheering at 8 with the hashtag **#Solidarityat8** and **#4thWardStrong**.

Price Gouging To report price gouging, [click here](#).

Event Organizers Stay informed on [the latest developments and public health guidance](#). We strongly encourage groups to consider cancelling or postponing planned events.

Childcare Facilities and Colleges/Universities Closure of childcare facilities is still voluntary. See CDPH's [COVID-19 Guidance for Childcare Programs](#). Many institutions of higher learning are voluntarily closing their campuses and moving instruction online. See CDPH's [COVID-19 Guidance for Schools and Institutions of Higher Education](#).

If you have been in a country with widespread sustained transmission (any country with a Travel Alert Level 3) or have been exposed to someone sick with COVID-19 in the last 14 days, you will face [some limitations on your movement and activity](#). Please follow instructions during this time. Your cooperation is integral to the ongoing public health response to try to slow the spread of this virus..

Next CAPS Meeting June 10, 2020

6:30pm at 525 S. State St.

(Every 2nd Wednesday)



Police Blotter

<http://home.chicagopolice.org/>

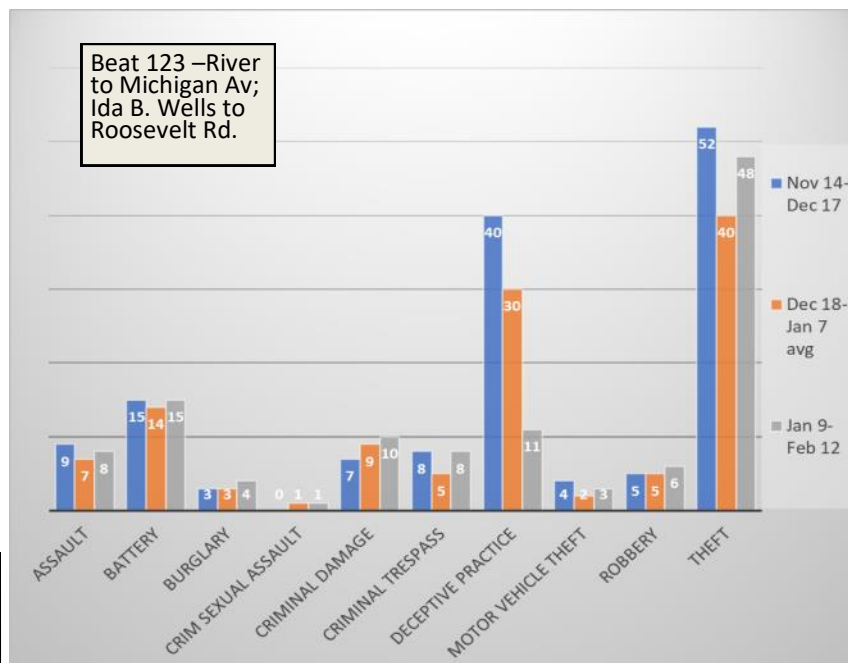
BEAT 123

- Wed, 13 May 2020 22:30 500 S State St
ARMED ROBBERY- Handgun Small Retail Store
- Mon, 18 May 2020 08:00 800 S Wabash Ave
TRUCK THEFT Parking Lot/ Non Res
- Mon, 11 May 2020 08:15 0 E Roosevelt Rd
AGGRAVATED BATTERY Senior Sidewalk
- Tue, 05 May 2020 22:00 100 W Roosevelt Rd
AUTO THEFT Street - Arrest Made
- Fri, 15 May 2020 14:40 800 S Wabash Ave
AUTO THEFT Street
- Sat, 16 May 2020 16:00 700 S Federal St
AUTO THEFT Apartment
- Tue, 05 May 2020 20:15 0 W Roosevelt Rd
STRONG ARM ROBBERY CTA Train Arrest Made
- Wed, 20 May 2020 03:26 State and 9th St
BURGLARY Convenience Store
- Mon, 18 May 2020 12:00 900 S Wabash Ave
AGGRAVATED ASSAULT- Handgun Non Res
Parking Garage

BEAT 131

- May 2020 22:20 2200 S Michigan Ave
ARMED ROBBERY Handgun in Alley
- Fri, 15 May 2020 22:40 1900 S State St
BURGLARY Apartment
- Sun, 10 May 2020 23:00 2000 S State St
CRIMINAL SEXUAL ASSAULT CHA Hallway

We focus on crime that is violent or may affect your physical safety. If you look at the graph on top of this column, you will see that the highest incidence of crime is theft, usually on the street or in restaurants (like cell phones stolen from tables). The crime shown on this page is based on Beat 123 131 and 132.



Cyclist dies days after being hit by vehicle in South Loop

Andrew Peterson was biking east about 7:45 a.m. Wednesday when he was struck by a northbound Volkswagen as he crossed an intersection in the 600 block of West Taylor Street, Chicago police said.

By [Sun-Times Wire](#) May 24, 2020, 5:18pm CDT

A cyclist died after being struck by a vehicle May 20, 2020, in the South Loop. *Adobe Stock Photo*

A cyclist who was hit by a vehicle Wednesday in the South Loop died from his injuries Saturday.

Andrew Peterson, 37, died about 7:25 a.m. Saturday, according to the Cook County medical examiner's office. He lived in the Gold Coast. Peterson was biking east about 7:45 a.m. Wednesday when he was struck by a northbound Volkswagen as he crossed an intersection in the 600 block of West Taylor Street, Chicago police said. An autopsy Sunday said Peterson died of injuries related to the collision, according to the medical examiner's office. His death was ruled an accident.

The Volkswagen's driver, a 27-year-old man, was cited for failing to reduce his speed, police said.

3 more COVID-19 cases in Chicago Police Department

Of the 551 total confirmed cases, 521 are officers and 30 are civilian employees.

By [Sun-Times Wire](#) May 27, 2020, 5:06pm CDT

Three more Chicago police employees tested positive for COVID-19, officials announced May 27, 2020. *Getty*

Chicago police announced three more cases of COVID-19 Wednesday, bringing the total number of cases in the department to 551. Of the confirmed cases, 521 are officers and 30 are civilian employees, police said.

Thirty other employee reported positive test results but the department's medical section has yet to confirm those cases, police said. The department announced the death of a [third officer](#) from complications of the coronavirus on April 17.

Real Estate Transactions

\$592,500
1335 S PRAIRIE ST 1104
3/3/20

\$192,500
40 E 9TH ST 1706
3/16/20

\$771,500
1335 S PYMOUTH CT
3/16/20

\$520,000
125 E 13TH ST 808
3/13/20

\$540,000
1201 S PRAIRIE AVE 3606
3/13/20

\$370,000
1220 S FEDERAL ST A
3/13/20

\$435,000
1160 S MICHIGAN ABE 3202
3/12/20

\$330,000
680 S FEDERAL ST 901
3/12/20

\$400,000
1322 S PRAIRIE AVE 508
3/12/20

\$434,000
1250 S MICHIGAN AVE 1009
3/12/20

\$160,000
899 S PLYMOUTH CT 902
3/11/20

\$525,000
1439 S MICHIGAN AVE 603
3/4/20

\$402,000
1530 S STATE ST 140
3/4/20



Thomas Palmen

@properties

312.543.9380

<https://www.atproperties.com/agents/5682/thomas-palmen>



Compass

Tom Bezanes

**Tom.bezanes
@compass.com**

312.622.2850

Selling your home in the Chicago area?

WE WILL REPRESENT YOU FOR ONLY \$299

BRADFORD MILLER LAW, P.C.

WWW.BRADFORDMILLERLAW.COM

NO FEE IF IT DOES NOT CLOSE!

855-897-9410/ www.bradfordmillerlaw.com

Located at 10 S. LaSalle, Suite 2930, Chicago, IL 60603

Dearborn Street Realty

Tom Feddor,

312.203.3841

tomfeddor@gmail.com

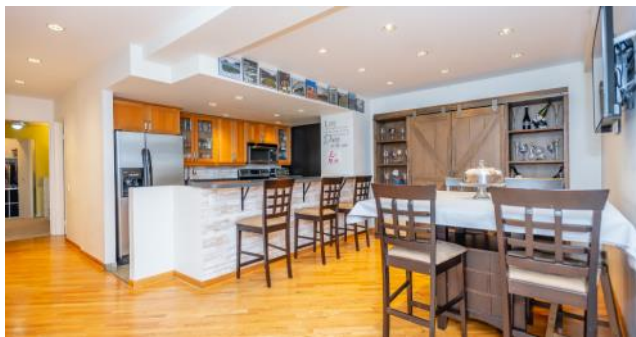


Past Issues . . .

Archives at:



<http://dearbornexpress.net/>

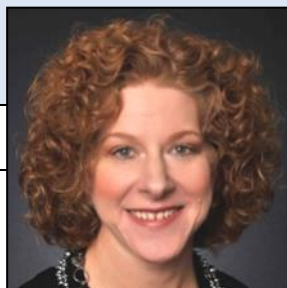


888 S Michigan Ave #903
2 bed, 2.5 bath, 1727 sq ft
\$499,900

Nick Rendleman
Exit Strategy Realty
630.631.8600



40 E 9th St, Unit 2 bed/ 2 bath
1250 Sq Ft
Addl \$35,000 for indoor garage
parking
\$320,000



Anne Rosen
Keller Williams

312.545.7148

Buyarosenhome.kw.com

1211 S Prairie Ave
#2301
3 bed, 3.5 bath, 2920 SF
\$1,799,500

Matthew McCollum
Keller Williams Premiere
Properties
630.318.0107



1101 S State St #1902
2 bed, 2 bath, 1200 sq ft
\$325,000

Lindsey Richardson
Dream Town Realty
312.890.8777

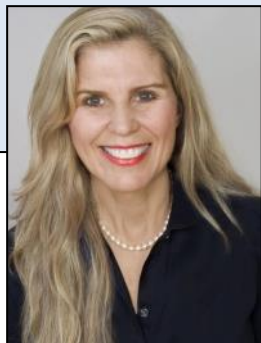


901 S Plymouth Ct, #506
3 bed/ 2 bath 1550 Sq Ft
\$415,000

Thomas Palmen
@properties
312.543.9380



1182 S Plymouth Ct #2SE
2 bed, 1.5 bath
\$460,000



Susan Dickman
Berkshire Hathaway
HomeServices
Chicago

773.627.8176

sdickman@koenigrubloff.com

100 E 14th St #1302
2 bed, 2 bath, 1358 sq ft
\$525,000

Sarah Ziehr
Redfin Corporation
312.818.3059



740 S Federal St #1110
3 bed, 2 bath, 1300 sq ft
\$339,500

Nancy Kalchbrenner
@properties
815.262.3216

