

SOUTH HOLLAND

Living

August | September 2019

Back to School Days

Formerly South Holland Today

2019 FALL REGISTRATION KICK-OFF

Walk-In Registration
South Holland Residents Only

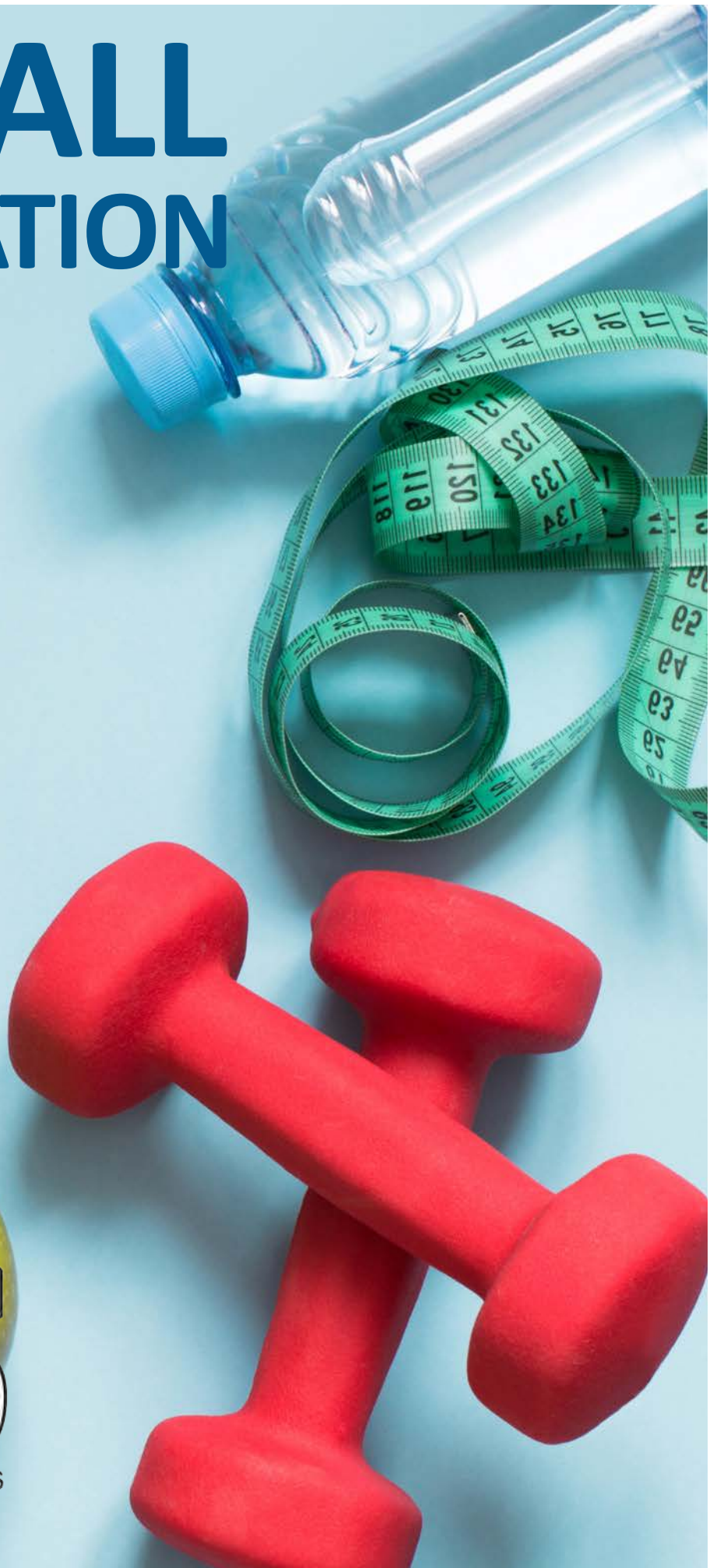
Thursday, August 29
9:00am - 7:00pm

Walk-In Registration
Residents and Non-Residents

Friday, August 30
9:00am - 7:00pm

Saturday, August 31
9:00am - 2:30pm

Online Registration Begins
Friday, August 30
7:00am



FROM YOUR MAYOR



Dear South Holland Residents and Friends,

The time has quickly come for our youth to return to school, refreshed and ready to learn after a fun-filled summer. In the coming weeks, our streets will be filled with yellow buses, our sidewalks with students in their newest back-to-school gear.

Even for adults, this season brings about an innate desire to focus and set new goals. The long and relaxing days of summer are almost over; now is the time to get back to our regular routine, both at home and work.

Of course, work and education are closely linked, as one cannot happen well without the other. Strong education is imperative here in South Holland, and I am delighted by the energy coming from our leaders at our public and private schools. Our teachers and administrators are more committed than ever to engagement, innovation, and creating a challenging classroom environment. I am confident that in the coming years, our community will see many benefits from their commitment.

This issue of *South Holland Living* celebrates the exciting back-to-school season. From our youngest residents at the South Holland Community Center Preschool, to our top middle school, high school and college students, and to parents who help lead their children to success in and out of the classroom. This issue just scratches the surface of South Holland's vibrant educational scene.

Whether you are a student, parent, grandparent, or educator, let's all work together to make this school year the best ever. I am here to cheer you on along the way.

Don A. De Graff
Mayor

VILLAGE BOARD

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Clerk

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Andrew Johnson, Jr.
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Vickie Perkins
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Pat Mahon

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DID YOU KNOW?

LEARN ABOUT THE VILLAGE ORDINANCES THAT HELP KEEP SOUTH HOLLAND A CLEAN, BRIGHT AND BEAUTIFUL COMMUNITY.



Did you know...

...that it is the responsibility of the owner of the lot adjacent to a parkway to maintain the trees and the grass in the parkway?

...that it is unlawful for anyone to engage in home solicitation sales within the village without first securing a license from the police department?

...that no person shall permit garbage or household waste to accumulate on their premises for more than seven days?

...that any dog, while on a street, sidewalk, public way or other public space, shall be secured by a leash or chain of no more than six feet in length?

...that dogs are prohibited in all public parks?

For more information about Village ordinances, call the Building and Code Department at 708.210.2900.

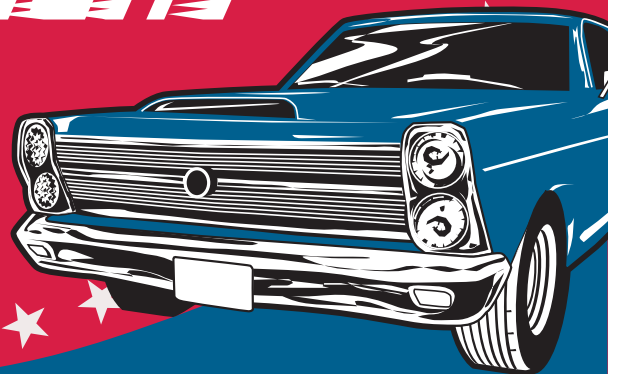
**Live Music
Food Vendors
Bounce Houses
Face Painting
Fun for Kids
and
Adults!**

**South Holland
Town Center Social
and**

***CRUISE
NIGHT***

**August 24
4:00-8:00pm**

**Town Center Commons
South Park Avenue north of Route 6**



**VISIT SOUTHHOLLAND.ORG
FOR MORE INFO.**

VILLAGE NEWS

WHAT'S HAPPENING AROUND SOUTH HOLLAND



RESIDENT RECOGNITION

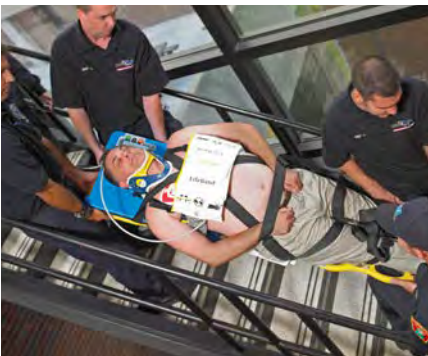
It's been an exciting year for South Holland School District 151 board member Lanell Gilbert. On April 29, Gilbert was elected as president of the South Holland School District 151 Board of Education. He has been on the school board since January 1999. On June 6, he was also elected as the director of the South Cook Division of the Illinois Association of School Boards. He is the first African-American man to hold this position.

Gilbert, a resident of South Holland since 1994, also serves as pastor of the Family Ministry of Nehemiah Christian Center Ministries Church in Harvey and is an active member of Alpha Phi Alpha Fraternity. He has shown his commitment and continuous dedication of serving others. "I love living in a community where we share the same core values, faith, family and future," he says.



HOUSING MARKET ON RISE

The housing market in South Holland has rebounded nicely from the market crash of a decade ago and has shown a dramatic increase in just the past three years. In 2016, the average list price of a home for sale in the village was \$111,069 and the average sales price was \$106,718. Houses for sale averaged 103 days on the market. In 2017, those numbers had shown sharp increases. The average list price had climbed to \$132,355 with the average sales price increasing to \$129,122. It took on average 97 days for homes to sell. Last year, the numbers jumped again. Average list price was \$150,088 and the average selling price has jumped to \$146,852. And it took only 70 days for houses to sell in 2018.



LIFESAVING TECHNOLOGY

South Holland is constantly looking for ways to provide the finest emergency care for our residents. Now, South Holland firefighter/paramedics have new tools for helping heart patients who need chest compressions. The AutoPulse Resuscitation System squeezes the chest of victims of sudden cardiac arrest to improve blood flow to the heart and brain. The device automatically sizes to the patient and has shown improved outcomes in numerous clinical trials. The system is designed to maintain compressions while paramedics are moving down stairwells, around corners and even in elevators. It reduces interruptions in compressions during transport by more than 85 percent.



ROAD REMINDERS

Van Dam Road at Route 6 is still under construction to allow for a larger intersection. A portion of the road will be closed for a 10-day period. We will post the exact dates at southholland.org, our Facebook page, and via an email newsletter. If you have not signed up for our email newsletter, you can do so at southholland.org.

SOUTH HOLLAND SPORTS



SOUTH HOLLAND JETS

The South Holland Jets are set to kick off their 47th season! All five football levels ages 6-14 and two cheer levels ages 6-10 have begun practice sessions to prepare for a seven-game schedule and playoffs/competition. The Opening Day game will take place on Sunday, August 25, as the Jets host their longtime rivals, the Eastside (Kankakee) Bulldogs, at Thornwood High School. The first of five games will kick off at 10 a.m. Come on out, wear your green and white, indulge in great food from the concession stand, and help cheer the young men and young ladies to victory!

Volunteer opportunities are available; please email so.holland.jets72@gmail.com. For more information and for the Jets game schedule, visit shjets.org.

MEMORIAL DAY PARADE FLOAT WINNERS



**Congratulations to the following
1st Place winners of our
Memorial Day Parade float
contest!**

MARCHING BAND DIVISION:
Coolidge Middle School Band

PROFESSIONAL FLOAT:
Spirit of God Fellowship

AMATEUR FLOAT:
Cottage Grove Christian Church

WALKING UNIT:
Dazzling Diamonds

MOTOR UNIT:
Spyder Riders

ANNUAL MAYOR'S TROPHY:
Wess Towing

OUT AND ABOUT

FACES FROM EVENTS AROUND THE VILLAGE

INDEPENDENCE DAY CELEBRATION

South Holland's 85th annual Independence Day Celebration took place at Veterans Memorial Park. Community members gathered for a day full of activities, music, and food. The day kicked off with a Rib Fest contest, where competitors showcased their best cooking skills and Mayor Don De Graff thanked everyone for participating. Friends and families of the community enjoyed live music, line dancing, games, contests, and much more throughout the day. As the sun went down, everyone awaited the most anticipated part of the event—fireworks! Vibrant fireworks graced the sky and were a spectacular end to the day.



OUT AND ABOUT

FACES FROM EVENTS AROUND THE VILLAGE

SOUTH HOLLAND MUNICIPAL BAND 75TH ANNIVERSARY

The South Holland Municipal Band celebrated their 75th anniversary with a concert at Van 'O Park followed by a reception at the nearby Legion Hall. Friends and fans of the band gathered on a beautiful summer evening to hear a variety of musical arrangements led by director Roland Rose. Afterward, attendees filled Legion Hall to enjoy cake and refreshments served by the South Holland Garden Club.





Calling All Artists

SHOWCASE YOUR WORK AT OUR
ANNUAL ARTISTS' GALLERY!

Artists of all ages are welcome.

October 2-5, 2019
South Holland Community Center
501 East 170th Street

Register at southholland.org or at
Village Hall (16226 Wausau Avenue).

CALENDAR OF EVENTS



HERITAGE FEST

August 14 BLOOD DRIVE

10am-2pm, South Holland Public Library,
16250 Wausau Ave

Celebrate National Minority Donor Awareness Week by donating blood. Pre-register for an appointment by calling the Library's Information Desk at 708.527.3160.

The Village is awarding two lucky blood donors a \$50 Amazon gift card.

August 24 MOVIE IN THE PARK

At dusk, Veterans Park, 160th Pl
and South Park Ave

The Lego Movie will be shown on a big screen in the park for free. Concessions will be open throughout the movie. Remember to bring chairs or blankets.

TOWN CENTER SOCIAL AND CRUISE NIGHT

4-8pm, 16113 South Park Ave

Vintage and exotic cars will be on display, live music, a full series of activities and games, and food vendors. This is a great opportunity to connect with family, friends, and neighbors!

August 22 and September 2 SOUTH HOLLAND MUNICIPAL BAND CONCERTS

The South Holland Municipal Band will perform August 22 at 7 p.m. at Veterans Memorial Park. The final concert of the season is at 3 p.m. on September 2 at the Heritage Festival at Paarlberg Park.

September 2 HERITAGE FEST

9am-4pm, Paarlberg Park,
172nd & Paxton Ave

Heritage Fest, hosted by the South Holland Historical Society, will have a magic show, DJ, food, line dancing and music by the South Holland Municipal Band and Master Chorale.

September 10 MAYOR'S COFFEE

7pm, South Holland Community Center,
501 E 170th St

Residents can meet with the mayor and enjoy coffee and refreshments.

September 14 HERITAGE HAUL

7am (opening ceremony),

Veterans Memorial Park, 450 E 160th Pl

The 14th annual Heritage Haul features a 5K Run/Walk, 10K, and half marathon. Runners can sign up at southholland.org/haul or at Village Hall. Fifty percent of each registration fee benefits the Special Olympics Illinois regional office, whose events and programs support athletes in South Holland and surrounding communities. Read more about Heritage Haul on page 21.



AT THE LIBRARY

**THE FOLLOWING ARE PROGRAMS
HELD AT THE SOUTH HOLLAND PUBLIC
LIBRARY (NORTH MEETING ROOM),
16250 WAUSAU AVE.**

AUGUST 20

**WHAT ARE WE GOING TO DO THIS
WEEKEND?**

7pm

Molly Page, author of *100 Things to Do in Chicago Before You Die*, will help you answer that nagging question, "What are we going to do this weekend?" Copies of her book will be available for purchase.

AUGUST 22

BODY SMART GARDENING

7pm

Learn how to protect yourself from injury while gardening. Registration required.

SEPTEMBER 3-24

BEGINNING STEPPIN'

7pm

Learn this eight-count dance that reflects the influences of various dance styles like the jitterbug, swing, and salsa.

SEPTEMBER 14

HATHA YOGA

1pm

It's National Yoga Month! Align and calm your body, mind, and spirit in during this relaxing yoga experience.

SEPTEMBER 18

CHAIR YOGA

1pm

Chair yoga isn't just for seniors! Come and learn what chair yoga is all about.

FAITH IN

Motion

WHAT ARE YOU SHARING?

By Elder Phyllis Neuman Brown of Free Spirit Ministerial Worship Center

Many of us like to share good news, celebrations, recipes, bargains, and ideas with others. The utilization of modern day technology has afforded us the opportunity to share information across the state, country and the world. It has provided a vehicle by which we can connect worldwide with family, friends and even individuals we do not know until they become our "friend." We can share a plethora of information about every topic imaginable. Unfortunately, this same vehicle of technology, with all of its positive advantages, also carries negative consequences. In a time when bullying, slander, and acts of hatred seem to be at an all-time high, many of our technology outlets have been used to fuel hateful and harmful messages versus positive, uplifting, encouraging and inspiring ones.

This state of affairs leads me to reflect on what Jesus would do. In reviewing several Bible scriptures and biblical principles, I recall Luke 6:27-28: "But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you." John 13:35 says, "By this everyone will know that you are my disciples, if you love one another." Then, I Corinthians 13:13 continues with the statement, "And now these three remain: faith, hope and love. But the greatest of these is love."

When we are sharing information, comments, statements or opinions, are we evaluating their value to uplift and bring positive results or are we thoughtless in our actions and the consequences that would result from them? I really wonder how pleasant it would be in our families, neighborhoods, communities, states and even our world if we would practice more compassion and shared more love to



Elder Phyllis Neuman Brown

one another. We usually have faith that things will get better in our world; most of us hope that things will get better in our world; now I challenge you to love one another so things would be better. Let us challenge our Christian walk and spiritual maturity by putting into practice the act of loving one another as Christ loves us. I believe that if each of us takes on the Love Challenge, we would see a significant difference everywhere we go. In the day of modern technology, let's use the social media vehicle to share love, sow love and to display acts of compassion.

There is a song by Dionne Warwick that says, "What the world needs now is love sweet love. It's the only thing that there's just too little of. What the world needs now is love sweet love, No not just for some but for everyone." It is so interesting that those lyrics are as relevant today as they were in 1966 when they were written.

This world needs more love. Let's do our part to share love by allowing the love of Christ to flow from our heart to others. After all, that's what being a believer in Christ is all about.

ASK THE Experts

BEAUTY BOOM THE RISE OF BEAUTY BUSINESS IN SOUTH HOLLAND, AND EVERYWHERE

By Carrie Steinweg
Photos by Isaiah Easter

Beauty is big business. About a million people are employed in the primary service segment of the market. For hair stylists, cosmetologists, manicurists and skincare specialists, the number of professionals in the field is expected to rise by at least 10 percent by 2024. It's an industry that tends to thrive even during economic downturns, including the 2008 recession.

Azuka Morah, owner of Great Face Café, has been in business for 17 years in South Holland and believes a reason for the continued success in the beauty industry is social media. "There are celebrities making tons of money in this industry, plus a plethora of YouTube tutorials that have made makeup very appealing," she says.

The Great Face Café has its own line of cosmetics for women of color in addition to offering brow waxing, individual lashes and makeup application. "We do makeup for bridal parties, prom send-offs and any other special occasion," Morah says. She enjoys having the freedom to be creative in the workplace. "It is a blessing to work within my purpose instead of working a job which sets limits on my life."

Michelle Paino agrees that social media has played a large role in how beauty care is perceived and promoted. "Another reason is because the idea of self-care has shifted from being selfish to being a necessity," Paino adds.

Michelle Paino is the owner of Divinity Luxe Beauty Bar, one of the four beauty businesses in South Holland.

She owns Divinity Luxe Beauty Bar, which opened in early 2017 as an upscale beauty bar that provides expert eyebrow shaping, eyelash extensions, full body waxing, professional makeup artistry and skincare services.

As a self-professed people person, Paino says she is in her element as an owner/operator



with the opportunity to work one-on-one with customers. She also likes providing a space for fellow estheticians and beauty professionals to service their clients and grow in the field.

Glitz Fix Waxing Studio was founded in November of 2015 and offers full-body waxing and v-steams. Owner Ashley Harris says she believes that beauty services thrive because of the positive feelings and confidence it creates in clients. "No matter what people go through in life, self-care can uplift one's spirits," says Harris. "The thing I most like about running my business is the day-to-day interactions with my clients and being a part of their lives in such a special and unique way."

Ashely Simon, owner of Ay Renee Spa, loves being in a business where she can serve others

and make them feel better about themselves. She also believes South Holland is a prime spot for beauty-related businesses like her lash lounge and beauty bar because of its accessibility via the interstate, which makes the village an easy commute for Chicago and Indiana customers as well as those in the suburbs.

The boom in beauty is part of an overall movement toward healthier living, Simon explains. "I think that society as a whole is trending toward people being more health-conscious and people are more consciously awake to their physical appearance," she says. "I think everything has gone Hollywood and everyone wants to look good and feel good."



Divinity Luxe Beauty Bar is one of several businesses offering services like waxing, lash extensions, skincare and makeup.

SOUTH HOLLAND BEAUTY BOUTIQUES

Ay Renee Spa LLC

1040A E 162nd St
708.825.9006
ayreeneespa.com

Great Face Café

250 W 162nd St
708.339.2157
greatfacecafe.com

Divinity Luxe Beauty Bar

629 E 162nd St
708.872.0161
divinityluxebeautybar.com

Glitz Fix

16146 State St
708.566.1811
glitzfixwaxingstudio.com

back to school

AS WE PREPARE FOR KIDS TO EMBARK ON A NEW SCHOOL YEAR, HERE IS A LOOK AT SOME EDUCATION-THEMED STORIES HAPPENING AROUND THE VILLAGE.



MOTHER OF BOYS PARENTING YOUR KIDS TO SUCCESS THIS SCHOOL YEAR

By Shanetta Davis
Photos by Michelle Hamstra

Being a *Mother of Boys* is the best, most challenging, most interesting, yet most rewarding assignment I'll ever take on. The idea of raising the men of the future is electrifying and intimidating but I am up for the challenge. Whether it's preparing Darnell, 17, for his first year of college; traveling across the country for baseball tournaments with Derrick, 10; practicing addition problems and sports drills with Dylan, 5; or learning ABCs and 123s with Dallas, 1—this mom is on the go from son up to son down!

Because I take my role as a Mother of Boys so seriously, I am fully committed to and heavily involved in every organization my sons are affiliated with, including Calvin Christian School, Lou Collier Baseball Association, and the South Holland Jets Youth Organization. It is truly fulfilling for me to commit my free time to things my children truly love and enjoy.

Understanding that being present for our children is critical for their development, here are some tips parents can use to encourage academic and emotional success as we roll into the new school year:

1. Focus on your child's gifts and talents as well as the things he is most passionate about.
2. Embrace how your child learns and never make him feel insecure when things don't come easily.
3. Connect what your child learns in school to real-life, real world situations.
4. Help your child get organized and work at a steady pace that doesn't overwhelm him.
5. Encourage your child to take control of his future and success by doing his best.
6. Include your child's friends by promoting healthy relationships and conflict resolution strategies.
7. Promote excellence in all that he does!

Also, while there is no blueprint to parenting, here are a few tactics that have helped me manage my busy schedule on a daily basis:

1. Blend (not balance) your work, school, and family life.
2. Delegate and rely on support. This is especially difficult for me but I have learned to accept that someone else may not do things exactly how I would but they will do their best with the best interest of the children at the forefront.
3. Learn to say no. It is perfectly fine not to overcommit yourself to things that are not your highest priority.
4. Schedule your actions and slay your goals!

By far, the most exciting thing I've done as a Mother of Boys, is birthed The SONshine Party—a family lifestyle and entertainment company that provides experiential events for young men and their mothers. Through our events, we offer mothers and sons a safe space for bonding, networking, and growing in love. Through our fellowship, we are a community committed to celebrating our sons in the most extraordinary ways. Believing that a child's interaction with his mother sparks a lifelong journey of learning, it is my hope that I exemplify for my sons

a relentless work ethic, a willingness to put others first, and an unapologetic drive to operate from a place of excellence. I will always encourage my sons to take risks and do everything big!

Shanetta Davis is a South Holland resident who is highly active in the community: wife of South Holland Little League president, Derrick Davis; brand and marketing visionary behind the consulting firm The Davis Connect; a member of South Holland's Economic Development Council; and Public Relations Chairman of Alpha Kappa Alpha Sorority, Inc. For more information on The SONshine Party, email celebrate@thesonshineparty.com.



The Davis family: Darnell, Dallas, Shanetta, Derrick Sr., Derrick Jr., Dylan



FROM DUSK TO DAWN PRESCHOOL DIRECTOR CELEBRATES DECADES OF SERVICE

Story and photos by Isaiah Easter

For Dawn Stremplewski, 2019 marks the 30th year that she has been pouring into the lives of young children at the South Holland Community Center Preschool.

After graduating from Marian Catholic High School in 1989, Dawn took a position as a summer camp counselor for the South Holland Community Center upon her mother's suggestion. From there, she was offered to work at the preschool in the fall. Accepting the position, she thus launched her bright career.

Dawn says she has always loved working with kids. When she was young, she imagined herself having five or six of her own. Now having worked in the preschool for so many years, she "feels like she has had hundreds." For her, working with kids brings the most joy. "They are all so unique and loving," Dawn says. "I truly love my job. I am so blessed to be here."

Throughout her time at the preschool, Dawn has found that the best way to facilitate kids' growth is to make sure the children know that you care about them and that you respect them. Putting this in action, Dawn makes sure to create an environment that is always improving and provides what is best for the kids. She takes time to see how society changes and how to teach the kids most effectively while being sure to do so in a

PRESCHOOL OPEN HOUSE

Meet Mrs. Dawn and the
Preschool staff and visit the
classroom at their upcoming
open house!

**August 21, 2019
10-11am and 6-7pm**

**South Holland
Community Center
501 E. 170th St.**

708.331.2940

fun and exciting way. "I want them to experience opportunities they might not otherwise be able to do," Dawn says, reflecting on a camp trip to the Museum of Science and Industry.

Dawn applauds her team for helping her accomplish this goal. "It's not just me in the program," she says. "If I didn't have my team, then it really wouldn't be as successful. It really does take a village to run a preschool."

Dawn says she takes comfort in knowing that she and her team help build a good foundation for kids' lives. She loves to see the kids grow. Some of her students even return to work for her. "It is so satisfying to see these kids become doctors, accountants, bankers, and teachers," she says. "I love when they come back to say hi because I feel like I did a job well done."

Now in her 30th year at the preschool, Dawn is still overjoyed to be working with children, just as she was fresh out of high school in 1989.

CONTINUING EDUCATION AT SOUTH SUBURBAN COLLEGE



Fall registration is in progress at South Suburban College (SSC). The 2019 Fall semester begins the week of Monday, August 19th for both credit and non-credit classes at the college's main campus and Oak Forest Center. The fall semester is an excellent opportunity for students to begin or resume pursuing their college goals at a convenient, affordable institution that is focused on student success.

MAKE YOUR NEXT MOVE

For class schedules and to register, visit ssc.edu or contact the Admissions Office at 708.210.5718.



THE NEW STUDENT GOVERNMENT DAY

By Mia Bearden

Photos by Mark Hall and Lawrence Bickerstaff

Every year, the Village of South Holland hosts local students for its annual Student Government event. This year's event, which occurred in May, took on a brand new format that brought fresh life to the experience.

In previous years, the Village hosted Student Government Night, where a select group of students from South Holland schools facilitated a mock Village Board meeting by presenting a report. This year, the administration chose to switch gears, providing students with a half-day experience and introduction to day-to-day functionality of Village government. One boy and one girl—each honor roll students in 8th or 9th grade—were chosen from six South Holland schools to participate.

The day began with a short orientation at Village Hall, followed by a guided visit to various Village departments, where they were given a facility tour, experienced direct interactions with staff members, and learned about careers in government and the importance of an involved citizenry. The event culminated with a pizza lunch in the company of Mayor De Graff, the Village Board of Trustees, and the Village Leadership team.

The workshop held by the Recreational Services department included a tour of the Community Center. Students met the employees who make the center run and also tried some of the workout equipment, even while wearing dress clothes.

In another workshop held by the Human Resources department, students learned tips on what to do and not do at a job interview. "I learned how first impressions are very important," says Jayda Taylor, who attended Calvary Academy at the time but is at Marian Catholic High School this fall. "I also learned how I

should act in an interview and what I should wear. It was helpful to hear from someone who has actually hired someone before and get their point of view."

Some of the students participated in a workshop held by the Police Department. "The police shared their experiences," says Devin Melvin, now a sophomore at Unity Christian Academy. "They also demonstrated how they investigate crime scenes by letting us take our fingerprints off a water bottle. It was really fun." Devin's favorite part was when the police showed them how to use the police sirens, he says.

Another one of the more interactive workshops took place at the Public Works department, where students were able to ride in and operate construction equipment. At the Fire Department, students held the running hose attached to a fire truck and watched videos of firefighters in action.

Student Government Day came to a close at the Community Center. All students had lunch with Mayor Don De Graff, Village Trustees, and the department heads who lead the workshops, then viewed a vibrant slideshow of photos from their activities of the day.

Reflecting on the day, Jayda says, "I was surprised at how much work firefighters do and how much work they put in. I was also surprised by how many people help to make South Holland run. They do a lot."

Devin adds, "The day in general was surprising to me, I did not know what to expect. It was helpful, I was able to understand the different jobs and what they do for the community." Devin and Jayda both say they would recommend this experience for anyone who qualifies and would do it again if they could.

The students are not the only ones who enjoyed the day. Pat Mahon, Deputy Village Administrator, deemed it a success as well. "Student Government Day was excellent," she says. "It provided students with a more practical view and enticed them to have positions in government. They are actually experiencing and talking with elected officials, it was great."



Devin Melvin of Unity Christian Academy in the Public Works session



Jayda Taylor of Calvary Academy

DO YOU WANT TO BE A PART OF STUDENT GOVERNMENT DAY THIS SCHOOL YEAR?

All 8th and 9th grade
students who make the
honor roll at the following
schools qualify:

- Calvary Academy
- Calvin Christian
- Christ Our Savior
- McKinley Junior High
- Thornwood High School
- Unity Christian Academy

**WORK HARD
AND HOPEFULLY
WE WILL SEE YOU
IN THE FALL!**

SOMETHING Special

ANNUAL RUNNING EVENT TAKES ON A NEW PARTNER

By Julia Perla Huisman

In September, the Village of South Holland is hosting the 14th annual Heritage Haul, a 5K run/walk, 10K, and half marathon race that takes runners through the Village's most scenic neighborhoods.

This year, the Village is partnering with Special Olympics Illinois, a not-for-profit organization offering year-round training and competition in 18 sports for athletes with and without intellectual disabilities. The goal of the organization's programs is to enhance physical fitness, motor skills, self-confidence, social skills and encourage family and community support.

Fifty percent of every Heritage Haul registration fee will benefit the Special Olympics Illinois regional office, whose events and programs support athletes in South Holland and surrounding communities. Many of their local athletes will be running in and volunteering for Heritage Haul as well.

We had the chance to learn more about the Special Olympics experience in a conversation with Patty Welsh, assistant director of the regional office, and Victoria Traylor, a Special Olympics athlete and Thornwood High School graduate.

"Locally we host 19 different sports in our region," Welsh says. "Thornwood High School is one of our biggest supporters. They provide facilities for multiple events including

basketball, our spring games, and in a pinch we can call them and pretty much use it for anything we want."

Traylor graduated from Thornwood last year and was a multi-sport athlete for Special



Patty Welsh, Assistant Director of Special Olympics Region E, and Victoria Traylor, Special Olympics athlete / Photo by Isaiah Easter

Olympics, having participated in track, volleyball, cheerleading, golf and gymnastics. "What I like best about sports is hanging around with friends and getting to know new people," she says. "Plus it gets me active and out of the house." Traylor likes running in particular because of "the freedom, the air, and my favorite video game character is Sonic the Hedgehog," she says with a smile.

Special Olympics has played a vital role in supporting and enriching Traylor's athletic experiences. "It helped me understand I'm not the only one with special needs, there's a bunch of people in the world who has a disability," she says. "It makes me feel better and it makes me feel like, 'Wow, I can do anything.'"

The funds raised from Heritage Haul will help pay for the uniforms, equipment, and competition fees for Special Olympics athletes. "We were pleased when the Village approached us about partnering with the Heritage Haul," Welsh says. "It will bring us more than just revenue, but also publicity in the community."

J. Wynsma, South Holland Village Administrator, says, "The Village of South Holland, most notably through our Police Department, has a long-running relationship with Special Olympics, not only because of its active presence at Thornwood High School but also because we share the same values. We felt it was a natural fit to support them through Heritage Haul, our biggest athletic event of the year."

Those interested in supporting the Special Olympics via the Heritage Haul can do so

in three ways: by running or volunteering for the race, or giving a financial donation directly to Special Olympics. The registration for all three of those options can be found at southholland.org/haul.

Heritage Haul takes place on September 14, with a 7 a.m. opening ceremony at Veterans Memorial Park. The race spans from a 5K walk to a half marathon, so people of all ages and activity levels can participate. There are new routes this year, which allow for better safety and a more scenic route through the village. The male and female winners of each race will receive a cash prize, and awards will be presented to winners in each age division. Every participant receives a finisher's medal.

There is something special about bringing people together to push their bodies and improve their mental and physical health through an athletic event, whether at the Heritage Haul or Special Olympics. Victoria Traylor sums up one of the greatest benefits of such an experience: "It makes me happy to see people try their best to do what they love to do."



The Heritage Haul is South Holland's annual 5K run/walk, 10K and Half Marathon. / Photo by Mark Hall



The Special Olympics Spring Games are held at Thornwood High School in South Holland. / Photo courtesy of Special Olympics Illinois



THE VILLAGE
OF SOUTH
HOLLAND
PRESENTS

14TH ANNUAL HERITAGE HAUL 2019



5K RUN/WALK | 10K | HALF MARATHON

Saturday, September 14
7:00AM
Veterans Memorial Park
160th Place & South Park Ave

Participant Perks

- Cash Prizes
- Chip Timing
- Finisher Medals
- Race T-shirt

Register Today!

Sign up by August 31
to receive 20% off
your entry price!

southholland.org/haul

**Special
Olympics**
Illinois



Fifty percent of every registration fee will benefit the Special Olympics Illinois regional office, whose events and programs support athletes in South Holland and surrounding communities.

*****ECRWSSDDM*****

LOCAL POSTAL CUSTOMER



Mayor's Coffee

September 10, 7pm

**South Holland
Community Center
501 E. 170th Street**

**Come meet
Mayor Don De Graff
and enjoy coffee
and refreshments!**



southholland.org