

WRITERS WANTED!

Welcome to new GRO members Susan Saenger, Lillian Anguiano, Flora & Misty Colon, Lisa Guralnick, Joanne Iovannisci, and Jennifer Toral.

Send your article in for consideration to:
newsletter@greaterrockwell.org.
It's like a blog only more papery.

Special Thanks to Mr. Lee and Westwood Liquors for continuous and generous support of GRO

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Street Sweeper Dates

Going out of town, on a trip or vacation? Know in advance if your car needs to be moved from an on-street parking location.

There are detailed schedules for each Ward online for the Streets & Sanitation Department at:

<http://www.cityofchicago.org/city/en/depts/streets.html>

Avoid getting a ticket by having a friend, relative or neighbor move your car as needed. Street cleaning is scheduled all summer through November 2013.

More people are on the go with food and drink, pets and kids; please do not put your household trash into the public cans on the streets.

Hot Summer? Cool Workout!

The heat and humidity have finally come around making outdoor exercise less attractive. If you want to get exercise but are tired of the usual gym routines, there is another option. I have rediscovered the fun of ice skating at nearby McFetridge Sports Center.

Home of a large, well lit ice rink and a suite of indoor tennis courts, McFetridge Sports Center is located at 3843 N. California Ave. A large adjacent parking lot is free of charge and there are small lockers on location to store your personal items; you need to bring your own padlock with to secure the locker and leave with everything. Park of the Chicago Park District, there are many programs available. McFetridge's summer classes are already enrolled; yet there are many open public events that are available on a drop-in basis.

Ice skating is fantastic as an aerobic workout that is lower impact than running. Skating uses a lot of

balance and core strength and your leg muscles are engaged. If you hate doing crunches and want to work out your abdominal muscles and use your back strength at the same time, skating engages everything from your rib cage down. You can glide around at an easy pace to start with and build up to faster speeds, stopping, turning, going backwards and other on ice skills. People with figure skating experience practice spins and axel jumps, usually in the center of the ice rink.

Summer Public Skate Schedule

Mondays 12:30 pm-2:00 pm (Adults Only)

Tuesdays 7:30 pm - 9:00 pm

Saturdays 10:30 am - 12:00 pm

Stick and Puck

Sunday 10:00 am - 11:00 am

This is an "all ages" practice time for hockey skills; nets and pucks are provided. You need at the minimum a hockey helmet, a stick, hockey gloves and your own skates since rentals are not available on Sunday morning.

Got Grubs?

Grubs are the immature larvae of beetles and are very destructive to garden plants. These distinctive white, fleshy parasites will wind themselves into the roots of your lawn and garden plants and chew away until they become beetles only to reproduce and perpetuate themselves. There is an organic solution to get rid of grubs without poisons or chemicals. I have had great success with the Gardens Alive organic catalog "Grub Away" beneficial nematodes which the seller advertises for use to remove flea larvae, fungus gnat larvae, weevils, borers and grubs. Gardens Alive is online at www.GardensAlive.com.

Nematodes live in the soil and in a nutshell, they are microscopic worms. There are many species and strains of nematodes. If you order nematodes the smallest

July Calendar

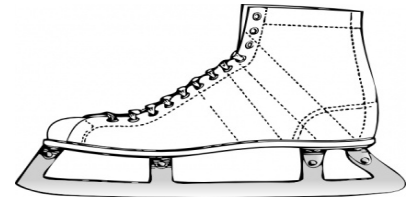
- 1 Horner Park Advisory Council @ Horner Park Fieldhouse, Montrose & California, 7:00 pm
- 2 GRO Meeting @ Luther Memorial Church on the (corner of Campbell & Wilson), 7:30 pm
- 4 Independence Day
- 10 Gross Park Advisory Council @ Lawrence & Washtenaw, 6:00 pm
- 14 Bastille Day
- 23 Ward Garden Group meeting at Sulzer Regional Library, 7:00 pm

amount is one package of 5 million for \$25 they arrive in a sponge. You need to place the sponge into a large bucket of water and use a watering can to sprinkle them around the lawns and garden beds affected. In my case, grubs were eating my lawn to death. It helps to water the lawn after adding the nematodes or to apply them ahead of a rain shower as water disperses them. The nematodes consume the grubs and other pests in the same way that red ladybugs will eat aphids. My nematodes traveled on to my adjacent neighbors' lawns and lasted for years.

Shellie Lewis

Skating (continued)

McFetridge offers rentals for both hockey style and figure skating style skates for \$3.00 per person. Skating fees for adults and teens is \$5.00 a session, kids under age 12 is \$4.00, seniors over 60 is \$2.00. If you are bringing in your own skates and they need to be sharpened, the fee is \$7.00. The main office can be reached by phone at 773-478-2609.



GROnews is published by the Greater Rockwell Organization

(GRO), a community group dedicated to making our neighborhood a safe and pleasant place in which to live. Tenants, homeowners, landlords, and business owners are welcome to join us in improving our community.

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