The newest craze seems to be Pokémon Go, and while it does afford children a chance to get out and move, Jay Wojcik has other ways in mind to help keep kids active during the sum-

It's the Flat Apple initiative, an outgrowth of the Healthy Lombard Foundation she started in late 2009 (that became a 501(c)(3) non-profit in 2010), which provides an incentive to get children ages preschool to high school moving and involved in physical activ-

The program has been around for six years, she said, and since that time, has grown and evolved from visits to Cruise Nights and organized bike rides and races, to partner-based activities, thanks to the numerous partners who are on board with Healthy Lombard.

Wojcik explained that early on, Flat Apple encouraged children to walk 10,000 steps a day for the chance to win a raffle prize. Then, she enlisted local businesses to have exercise items available for children to use during the summer, with which to engage in even

Eventually, she said, she and the board thought, "Maybe we should open it up to all the partners," meaning that they could create their own specific activities for the children while still offering them a chance to enter the Flat Apple raffle for a prize.

That way, Wojcik added, the partners themselves would be "more in charge of it."

By asking the partners what kind of event they wanted to put together, "That made a lot more sense to them," the founder commented.

Wojcik said that last year, four partners contributed to the Flat Apple activities, while this year, 12 were on

For instance, Wojcik outlined, the Helen M. Plum Memorial Library held two events, one of which was to



read a book about animal movement Press," "Block Carry & Load," "Sled to the children, with a yoga instructor on hand to teach them some specific

The library's second program involved reading to the children about dance, and dancers showing them some dance moves, Wojcik described.

Another example is how the VFW and Lombard Historical Society partners worked together to have the children play games of the era at this past weekend's Civil War re-enactment.

Two upcoming activities include an event at Paradise Bay Water Park, 437 E. St. Charles Road, Lombard, on Tuesday, Aug. 2, with the Lombard Park District, also a partner. Children who come to the water park that day can swim for free and earn a Flat Apple raffle ticket from 5-9 p.m.

Also, on Sunday, Âug. 14, children can stop by 2XL Strength & Fitness and Ironclad Performance, located in the strip mall suite at Yorktown Center, from 1-4 p.m., for the Lombard's Strongest Kid Challenge.

different challenges like "Victory day.

Push" and some mystery events. There will be boys and girls divisions for ages 8-11, 11-12 and 13-15.

Two ongoing events are taking place as well. Children (with a parent) can stop by LiNiTo Cycle, 22 Kenilworth Ct., Lombard (near the Great Western Trail) between now and Saturday, Aug. 13, between 10 a.m. and 3 p.m. for a complimentary bike safety check.

Or, they can participate in the Happy Smiles Activity at the dental office of Dr. Michael Cerone, 845 S. Main St., #303, Lombard, between now and Aug. 14 for a check-up or cleaning, to receive a Flat Apple raffle ticket.

In all of the above cases, Wojcik said children can earn the chance for an extra raffle ticket if they take a selfie or have someone take a photo of them participating in the activity.

In fact, she continued, children can earn a raffle ticket if they submit a photo of themselves participating in general physical activities, such as riding a bicycle, jumping rope, swimming, etc. Children will compete in fun and There is a limit of one submission per



LOMBARDIAN / VILLA PARK REVIEW

The Healthy Lombard Foundation is holding its annual Flat Apple initiative to get kids moving, and there's still time to participate. The Helen M. Plum Memorial Library sponsored two events, one of which was to read a story about dancing, (left) and then have children learn some dance moves. Healthy Lombard also made an appearance at Cruise Nights (right) to get kids involved in physical activities.

'We're just looking for something that has some movement to it," Wojcik emphasized, but noted that in order to earn a raffle ticket, the child must be registered for the Flat Apple program, which they can do at the afore-mentioned events.

The founder said of the variety of activity opportunities, "This is the first year we're targeting every ability lev-

"We're really happy we got that many partners to step up," she praised.

"I think the message is getting through that we have to be active," Wojcik added.

The 2016 Flat Apple program will conclude on Aug. 14, and Wojcik said when the Healthy Lombard board meets on Aug. 19, the winners will be

selected, and they will be notified by e-mail. Prizes will be awarded at a future event slated for September.

Prizes include a bicycle, two sets of Beat Headphones, an iPad mini, a backpack tent, workout equipment, four tickets to an upcoming Red Stars Women's Soccer game, gift cards and more. Wojcik said the prizes were made possible thanks to proceeds from Healthy Lombard's recent shoe drive.

To register for Flat Apple, visit the link at www.healthylombard.com. To submit a photo, e-mail jay@healthylombard.com, and it will be posted on the Healthy Lombard Selfie Facebook

For more information, contact Wojcik at 630-916-0519 or jay@healthylombard.com.

Calvary Episcopal member donates for a cause

Sally McClure

After the death of Sally McClure's mother, her mother's "stuff," as she Virginia Lotz, last year, she had a decision to make: what to do with her "stuff"? As she tells it, she asked herself the question, "Lord, what can I do?'

After a number of serendipitous events, it occurred to her to have an estate sale and donate the proceeds to her church, Calvary Episcopal in Lombard. She had attended some meetings of the vestry (similar to a board), and thought that maybe the church could use the money. That, and she heard someone say, "You can sell anything with an

The individual had read an article in Woman's Day magazine called "Got Clutter?," McClure continued, adding, "That gave me the idea of oh, my gosh ... we can sell my mother's stuff and give all the money to Calvary."

However, McClure quipped, "I'm just learning to use my cell phone," so the idea of installing an app was not on her radar. She decided instead to hold an estate sale, and got some volunteers from the church to help her

McClure has a nearly lifelong association with the church, as did her parents. She explained that her mother had lived in the same house, on South Stewart, for 67 years.

"As a family, we came to Calvary in 1948. My dad was senior warden [similar to a board president] and worked with a group of men making the bricks for the parish hall,'

Her mother sang in the choir, played the organ and was active in the Episcopal Church Women group, McClure recounted, adding that she and her brother Ralph grew up attending Sunday school at Calvary Episcopal. As teenagers they were also active in the Cal-teens youth group.

She said another aspect of her decision to donate the estate sale proceeds to Calvary involved what she called a series of "God events" in her life, and after agonizing over

calls it, "My prayers were answered.

Moon Khan, one of Lotz's neighbors, recalled the longtime Lombard resident fondly, highlighting how, "She loved her neighbors as Jesus Christ would have treated ... Being a Muslim, I never felt we

were of two faiths because we both were intertwined with each other in the bond of

He also remembered how she dressed up for church each Sunday "like an elite lady with a colorful hat on," adding that Lotz "amassed her family belongings like a curator of a museum."

"To epitomize the bravery of an independent American woman, she staved in her home until her death," Khan added.

McClure quipped that after going through Lotz's belongings, her mother "had more clothes than a boutique," adding that the estate sale will also include furniture, household items, and yard tools, to name a

Fellow Calvary member Carla Castle, who knew Lotz and who serves the vestry on the stewardship committee, praised McClure for her willingness to help the church.

"I thought it was a beautiful idea," she said of the estate sale, adding that she knows McClure is doing it "for God's greater glory."

"It's a blessing to see when people do things like that," she continued. "It's really beautiful what people do for their church." Lisa Pardue, vestry senior warden, said of McClure, "Her family has been a big part of our church for a very long time," so it didn't come as a surprise that the Calvary member would make such a contribution.

We're very honored that she wanted to donate the proceeds to the church," the warden continued, adding that the money will help launch two new ministries the church is

One is called Helping Hands. Pardue explained that this ministry will offer assistance with small household tasks or chores, or with errands. The request would come through e-mail or by phone, and volunteers would work in pairs.

"Our goal is to respond to every request depending on the size and the scope of the request," she said, noting that this ministry would be open to the community.

Tot Town is the second ministry being considered. The warden highlighted that this program would take place in the fall and winter, when parents and their young children could come to the church once a week for a few hours: play time for the children and social time for the parents.

Therefore, "This is a huge contribution, truly an act of faith for her," Pardue said of McClure's gesture.

McClure sees the estate sale as a win-win situation, in that it is helping her dispose of her mother's belongings, and at the same time, is contributing to her church.

"I cannot do everything, but I can do something," she said.

"I believe my mom is up in heaven with my dad, relatives, friends and church friends, looking down and saying, 'Good job, Sally.'

The estate sale will be held Aug. 4-7, from 8 a.m. to 4 p.m., at 558 S. Stewart, Lombard.

I believe my mom is up in heaven with my dad, relatives, friends and church friends, looking down and saying, 'Good job, Sally'."

- Sally McClure



PHOTOS COURTESY OF SALLY MCCLURE

Virginia Lotz (above) was a longtime member of Calvary Episcopal Church in Lombard. After her death last year, her daughter, Sally McClure, was wondering what to do with her belongings. McClure, also a longtime member of Calvary, says a series of "God events" led to her holding an estate sale, for which she will donate the proceeds to her church. According to church vestry members, the funds will help pay for two new ministries that will be open to the community.