



# OUR VILLAGE



FREE

Now Includes **STREET LEVEL**  
For the Collar Suburbs

FREE

Volume XVII

773/633-4059

contact@ourvillagechicago.com

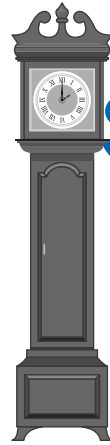
[www.OurVillageChicago.com](http://www.OurVillageChicago.com)

P.O. Box 31391,  
Chicago, IL 60631

Issue 2  
February 21, 2013

## ROMAN LENT HAS BEGUN (FIND LENTEN SEASON RECIPES ON PAGE 6)

EASTERN ORTHODOX LENTEN SEASON BEGINS...  
MARCH 18TH. SEE PAGE 7 FOR THE FIRST ANNUAL  
ST. DEMETRIOS WINTER FOOD FEST.



## DAYLIGHT SAVING TIME BEGINS

March 10, 2:00 a.m.

Spring Forward and Test Your Batteries

## Celebrate Saint Joseph's Day March 19

### TOPINKA MAKES VALENTINE'S DAY VISIT Comptroller Delivers Valentines at Veteran's Hospital

Illinois Comptroller Judy Baar Topinka celebrated Valentine's Day with residents and staff of Edward Hines, Jr. VA Hospital Thursday, February 15, 2013. In the spirit of the holiday, Comptroller Topinka walked the halls and visited with veterans, delivering well wishes and patriotic valentines. Edward Hines, Jr. VA Hospital is located 12 miles west of downtown Chicago on a 147-acre campus. It offers primary, extended and specialty care services for veterans of the Chicagoland area.

## Edison Park Inn

With Wood Burning Oven  
Pizza And A Lot More!  
Open 7 Days a week from 11:00AM  
Visit our website at  
[www.edisonparkinnchicago.com](http://www.edisonparkinnchicago.com)  
6715 N. Olmsted  
Chicago, IL 60631  
(773) 775-1404  
(Dine In or Take Out Orders)  
Full Service Lounge With All  
Sporting Events On Satellite & Cable

\$2.50 Domestic bottles:  
Tuesdays & Thursdays  
\$5.00 Domestic Pitchers:  
Wednesdays

Entertain your family, friends,  
or business associates for the  
Holidays or Special Occasions  
with a party package to fit  
every event!

Live Music,  
Bowling and  
Billiards Upstairs

Private Parties  
Available

(Pizza/Appetizers/Buffer Meal)

## TAX PREPARATION SPECIAL

COMPLETE TAX PREPARATION

**\$75** \* ONE LOW PRICE  
EVERY YEAR

February 6 thru April 15 - Age 55+ Only  
CALL FOR APPOINTMENT EARLY. WE FILL UP FAST.

AGT Tax and Insurance Services  
THE SAFE MONEY PEOPLE

**(847) 933-9222**

5009 W. OAKTON STREET, SKOKIE

Helping Seniors to Pay  
Less for Tax Preparation

\*OFFER NOT VALID FOR CORPORATIONS. PERSONAL INCOME TAX ONLY. \$75 INCLUDES STATE AND FEDERAL RETURN, SCHEDULES A & B. COMPLICATED RETURNS ARE WELCOME AND WILL COST MORE THAN \$75 BUT, MUCH LESS THAN YOU'RE PAYING NOW.

## Skokie Art Guild's 2013 Members' Only Spring Exhibit

"Nature's Palette"

Friday, March 8 through Sunday, May 5  
Emily Oaks Nature Center, 4650 Brummel Street, Skokie

### Opening Reception

Friday, March 8, 7:00 PM - 9:00 PM



Celebrate nature with an evening of original Art  
Meet the Artists  
Refreshments will be served.  
All are welcome.



Skokie Art Guild is an affiliate of the Skokie Park District.  
More Info: [Skokieartguild.org](http://Skokieartguild.org)

## Our Lady of the Resurrection Medical Center Offers March Health Programs

Our Lady of the Resurrection Medical Center, 5645 W. Addison St., Chicago, will offer the following health events in March.

A free lecture titled **Improving Cardiac Arrest Survival** will be given Tuesday, February 26, from noon to 1 p.m. Cardiac arrest survivors frequently suffer devastating effects from lack of oxygen. Therapeutic hypothermia is a therapy that improves cardiac arrest survival and decreases brain injury due to cardiac arrest. Pulmonologist Rada Ivanov, M.D., will discuss this therapy that improves outcomes for patients that have received cardiopulmonary resuscitation. Advance registration is required by calling 877-737-INFO.

The **Arthritis Support Group** will meet Thursday, February 28, from 1 p.m. to 2:30 p.m., in the seventh floor Centennial Conference Center. These free sessions aim to provide mutual support and education. Registration is not required.

The **Diabetes Support Group** will meet Tuesday, March 5, from 6:30 p.m. to 8 p.m. The free support group aims to provide mutual support and education. For more information, call 773-794-8329.

A free **Healthy Aging Program** will be held Friday, March 8, from 1 p.m. to 2:30 p.m. This program for individuals aged 55 and older consists of social time, health topics and guest lectures. Meltem Randle, R.N., will discuss sepsis, which is a potentially life-threatening complication of an infection. Registration is not required.

A free lecture titled **Managing Medications** will be given Thursday, March 14, from 2 p.m. to 3 p.m. Pharmacist Bina Walsh, RPh, will discuss the dos and don'ts of taking medication safely, how to remember to take medications on time and how to speak up about personal medications if ever hospitalized. Advance registration is required by calling 877-737-4636.

**Cholesterol screenings** will be conducted Thursday, March 21, from 7 a.m. to 9 a.m. This screening requires a 12-hour fast and tests for total cholesterol, triglycerides, HDL and LDL levels. Test results will be mailed. There is a \$15 fee payable at the screening. Advance registration is required by calling 877-737-4636.

Free parking is available in the hospital's parking facility on Addison Street.

---

## Lubavitch Chabad of Skokie Notecards

We are excited to announce the arrival of our new notecards! These are truly beautiful and classy cards, and appropriate for many occasions.

Purchase these distinctive cards now by making a donation and supporting the organization that you love. As you know, at Lubavitch Chabad of Skokie, we do our utmost to help every Jew, however we possibly can, embodying the Rebbe's teaching of passionate and uncompromising love for every Jew, regardless of background, affiliation, or level of observance. Your contribution will directly benefit and help Jews in Skokie.

Now is the time to make a contribution in honor of a special occasion, for Purim, or to thank someone in a thoughtful and meaningful way. Cards are available in our office for \$10/each, \$18/3 cards, \$54/10 cards. Be a part of something great this year!

You can see an image of the cards here: <http://www.skokiechabad.org/2136156>  
To purchase the cards, click here to contact us, or call us at 847-677-1770.

---

## Brides Against Breast Cancer Dress Show

The Original Nationwide Tour of Gowns Charity Wedding Gown Sale Designer wedding gowns and bridal accessories at up to 85% off retail price to benefit Brides Against Breast Cancer

Proceeds from the gown sales provide education, information, & outreach to people impacted by cancer.

Friday, Mar. 8th, 2013 – 6pm – 9pm (\$45 VIP\* Unveiling of the Gowns Tax Deductible Donation includes 1 guest; \$20 Tax Deductible Donation each additional guest)

Saturday, Mar. 9th, 2013 – 10am – 5pm (\$5 Tax Deductible Donation for Brides; FREE Guest General Admission)

Event Venue: Millenium Knickerbocker Hotel, 163 East Walton Place, Chicago, IL 60611

\*Be among the first brides in the Chicago area to browse through hundreds & hundreds of exquisite name brand and designer wedding gowns while enjoying a signature beverage, light bites, entertainment, giveaways, & meeting the top vendors in the wedding industry! Purchasing a \$45 VIP ticket gives you a chance to learn more about the mission of BABC and how you or your business can make a difference, a preview of designer discounted gowns, and the ability to browse, try on, and purchase a dress ahead of the general admission!!!

• Hundreds of designer, couture, and upcycled gowns available ranging from \$99 to \$4,000, all styles in sizes 0-30.

• We have a gown to match any wedding theme or budget.

• Layaway is available with up to 12 month payment terms.

• Most gown prices range between \$99 and \$799\*, including hundreds of beautiful new name brand and designer gowns valued up to \$8,000.

• A selection of exclusive designer and couture gowns valued up to \$20,000 are also available at an incredible 25% to 85% savings!!

• We gladly accept Visa, MasterCard, Discover, American Express and debit cards

• 20% discount for active military and reserves (proof of service required)

HAVE A GOWN TO DONATE?? We are accepting gown donations at the show!

Info: [www.bridesabc.org](http://www.bridesabc.org) or <http://bridesagainstreet-cancer.org/index.php/upcoming-events/march-8th-9th-2013-chicago-il/> to register/order tickets or call 877-721-HOPE (4673) for more information.

## Seniors Frequent Targets of Fraud Scams

By Ron Hegel

While there are many types of fraud schemes (ex: internet fraud, funeral/cemetery fraud, investment schemes, counterfeit drug fraud, telemarketing fraud, etc.), this article will focus on health care and health insurance fraud. Future installments will address some of the other types.

Unfortunately, senior citizens are frequently the target of fraud scams. Why senior citizens? Some of the primary reasons are:

• They oftentimes have a “nest egg”.

• Older Americans are less inclined to report a fraud because they don't know who to report it to, are embarrassed to have been defrauded or simply do not realize they have been scammed.

• People who grew up in the 1930s, 40s and 50s were raised to be more trusting – something a con artist can exploit.

There are numerous fraud schemes in health care. Some of the more frequent ones are:

**Services Not Rendered** – Customers or insurers are billed for services never performed.

**Rolling Lab Schemes** – Unnecessary and/or fake tests are performed at health clubs, retirement homes or malls and billed to Medicare/insurance companies.

**Medical Equipment Fraud** – Manufacturers offer “free” products in exchange for your insurance number (especially prevalent in Medicare) and then bill insurers for products that were not needed or may not even have been delivered.

**Medicare Fraud** – Using one of the schemes above, scammers bill Medicare for items that were not needed/ordered/provided. Medicare requires proof of medical necessity for services and con artists will forge doctors' signatures or bribe corrupt doctors to sign the forms.

### SOME TIPS TO AVOID HEALTHCARE FRAUD

• Never sign blank insurance forms.

• Carefully review all Explanation of Benefits statements sent by your insurer to make sure you received all services/goods paid by the insurer.

• Know if your physician ordered equipment or tests for you.

• Keep accurate records of all medical appointments.

If you think you might have been a victim of fraud, first check with your insurer. As a last resort, contact the state's Attorney General's office

Sources: Federal Bureau of Investigation Ron Hegel is President and Privacy Officer of First Life Home Health

Ron Hegel is President of First Life Home Health Inc ([www.firstlifehealth.net](http://www.firstlifehealth.net)). He can be reached at 847-410-8781 or [rhegel@firstlifehealth.net](mailto:rhegel@firstlifehealth.net)

*(Please refer to our ad on page 12)*

---

## Radon Gas Testing Kits Available

The Cook County Department of Environmental Control has announced the availability of Radon Gas Detector Kits for purchase at the low cost of \$7.00. Radon is an odorless naturally occurring gas that can seep into a house through cracks in the basement floor and walls, around openings of the sump pump or through crawl spaces.

Radon is the second leading cause of lung cancer in the United States and is associated with 15,000-20,000 lung cancer deaths each year. Almost 50% of homes which have been tested in Illinois by professionals have been found to have Radon gas levels higher than what is recommended by the United States Environmental Protection Agency.

Testing for Radon is easy and if high levels are found, measures can be taken to reduce Radon levels. To obtain a Radon testing kit, mail a \$7.00 check and your return address to:

Cook County Department of Environmental Control, 69 West Washington Street, Suite 1900, Chicago, IL 60602

For questions, residents may call the Radon Awareness hotline at 708-865-6177 or visit <http://blog.cookcountyl.gov/sustainability/2013/01/15/elevated-radon-levels-found-in-roughly-1-in-15-homes-nationwide/>

---

## Take the Evanston 150 Volunteer Pledge to Help Log 150,000 Hours

Evanston150 wants all Evanston community members to take a pledge to help log 150,000 volunteer hours this year to celebrate Evanston's 150th anniversary.

Over one hundred people took the Volunteer Pledge at Martin Luther King Jr. Day events over the January 19-21 weekend.

Evanston community members have currently logged over 4,000 hours, but we still have a long way to go to reach 150,000.

You can log your hours by signing up for Volunteer Evanston (<http://volunteer.truist.com/coe/volunteer/>). You can also use the site to search for volunteer opportunities and post opportunities for your organization!

You can download sign up instructions (<http://evanston150.org/volunteer>) for individuals and organizations from the Evanston150 website. You can also stop by the Evanston History Center's Research Room from 1-4pm on Wednesdays to sign up in person and receive a free anniversary wristband and Andy's Frozen Custard coupon.

Possible volunteer opportunities include attending community board meetings, assisting with school or church events, the Evanston150 10 Ideas, or just helping shovel snow. You can also retroactively log your hours for January. Take the pledge!

### The Evanston150 Volunteer Pledge

\* I am proud that Evanston is MY community.

\* We are a community dedicated to making a difference.

\* Today I mark a year-long observance of its founding 150 years ago.

\* To help shape our future and to chronicle our collective civic engagement,

\* I promise to VOLUNTEER to the fullest extent I am able, and to LOG my hours on the Volunteer Evanston website.



## 4th Annual 'Evanston Day' in Springfield Set for March 13

The City of Evanston invites residents to participate in the 4th Annual Evanston Day in Springfield on Wednesday, March 13, 2013. The event allows community members and organizations to reach out to state elected officials and discuss a variety of issues relevant to residents, institutions and the city. The City of Evanston recognizes the vital role that Illinois officials play in making decisions that affect everyone's lives, and encourages residents to join them in the state capitol to directly speak with key policy makers and leaders of the State of Illinois.

Last year, 55 people participated in the event and went to Springfield to discuss the issues important to this community. The group was headed by Evanston Mayor Elizabeth Tisdahl, members of the Evanston City Council and Northwestern President Morton Schapiro. Other participants included elected officials, business, civic, education leaders, religious leaders and local media, as well as everyday Evanston residents.

For more information regarding Evanston Day in Springfield 2013, please contact the City of Evanston's Intergovernmental Affairs Coordinator, Matt Swentkofske, at 847/859-7835 or by email at [mwentkofske@cityofevanston.org](mailto:mwentkofske@cityofevanston.org).

## 'The Bridge to Darrow' marks 75 years since Clarence Darrow's death March 13

On the seventy-fifth anniversary of Clarence Darrow's death, this year's annual Darrow commemoration on Wednesday, March 13, seeks to build a bridge between Darrow's ideals and the social injustices of our own time. This year's program is titled "The Bridge to Darrow" with speakers Tom Geoghegan, Juan Perea and Anita Weinberg

The day begins with a brief ceremony at the Darrow Bridge in Jackson Park at 10 a.m., where Darrow's ashes were scattered after his death and where, as a bet, he once agreed his spirit would return if it turned out communication was possible from the afterworld. For the past 56 years, through the annual commemoration ceremony and lecture, his spirit has returned-usually to remind us that his work is not yet done. This year's speakers will focus on the labor movement and on class and race issues-exploring where Darrow stood and where we are today.

After the ritual outdoor wreath-tossing ceremony, guests will move inside to the Museum of Science and Industry's New Columbia Room for a lecture and discussion.

Tom Geoghegan is a partner at the law firm of Despres, Schwartz and Geoghegan. He has filed suits in a wide variety of public interest, labor and employment law cases, and successfully represented countless individuals who were discriminated against in the workplace due to their race, sex, disability, age or sexual orientation, and he has sued employers for violating sexual harassment laws and the Family and Medical Leave Act. Geoghegan is the author of a number of books including *Which Side Are You On*, an eloquent plea for the relevance of organized labor in America.

Juan Perea is a Professor of Law at Loyola University Chicago School of Law and is visiting at John Marshall Law School as the Distinguished Lee Chair in Constitutional Law. His teaching and writing focuses on race and race relations, constitutional law, and employment law.

Anita Weinberg, daughter of Darrow biographers Arthur and Lila Weinberg, and director of the ChildLaw Policy Institute at Loyola University Chicago School of Law will set the stage with a brief look at the range of Darrow's ideals as they relate to current events. This winter the University of Chicago Press reissued Arthur Weinberg's bestselling book, *Attorney for the Damned*, on the 55th anniversary of its publication. The book is a compilation of Darrow's summations to juries in which he eloquently challenged society's injustices.

Darrow, who died March 13, 1938, is remembered for his crusading role as "attorney for the damned" in such controversial cases as the Scopes Monkey Trial, the Leopold and Loeb murder case, and the pardoning of the Haymarket anarchists.

Darrow's death on March 13, 1938, was memorialized throughout the world. The Darrow Bridge, where his ashes (and later those of his wife Ruby and son Paul) were scattered, was dedicated to his memory by the Chicago Park District in 1957.

For more details see [www.darrowbridge.org](http://www.darrowbridge.org).

## Easter Ham Raffle Held By

### Belmont-Central Chamber of Commerce

Sign up now to raffle Easter Hams. Hams are \$20 each. Deadline is March 1st.

The raffle will take place between March 15th to March 25th. The Chamber will provide tickets, raffle buckets and contact the winners for you.

Contact us at 773-647-1644 or [reid@belmontcentral.org](mailto:reid@belmontcentral.org)

BELMONT-CENTRAL CHAMBER OF COMMERCE | 5534 W BELMONT AVE | CHICAGO | IL | 60641

## KIWANIS CLUB OF RAVENSWOOD

Meets every 2nd & 4th Thursday at Noon at the Hilltop Restaurant. 2800 W. Foster Avenue (NW corner of Foster & California)

Kiwanis Club of Ravenswood Program

We are pleased to announce that Mr. Luke Schmitt, Area Director of Young Life Chicago-Northside, will be our guest speaker at the meeting of the Kiwanis Club of Ravenswood on Thursday, February 28, at Noon. The meeting will take place at the Hilltop Restaurant, 2800 W. Foster (N.W. corner of Foster & California Avenues), in the private dining room.

Mr. Schmitt will give a presentation about this world-class organization for adolescents. The staff and volunteers of Young Life enter the world of kids, focusing on what matters to them – fun, adventure, friendship, and a sense of significance. In doing so, they earn the privilege of talking to them about something that matters most of all – the truth about God and His love for all of us.

Please make every effort to attend this meeting and tell your friends and co-workers about it. The luncheon cost is \$15.00 per person. Free parking is available in a lot just west of the Hilltop Restaurant on the north side of Foster Avenue. Please mark your calendar and plan to attend. RSVP with Dr. Ronald Heiderman, DDS, at 773-561-0455.

Thank you.

Submitted by Maria Bappert, President, Kiwanis Club of Ravenswood

## No CTA Purple Line Express March 4-8 and April 29 - May 3 Due to Construction Work

The CTA recently announced that the Purple Line Express service will be impacted by the Wells St. Bridge project over the Chicago River. Service will be interrupted for two periods in the spring: March 4-8 and April 29 – May 3.

There will be no Purple Line Express service to the Loop for the weekday schedules during these two periods. Purple Line trains will terminate at the Howard Station. Customers can transfer to Red Line trains at Howard or should consider alternative transportation.

For more on the project, <http://www.transitchicago.com/>

## Nursing Home Costs...

### Will They Wipe Out Your Life Savings?

Call today to schedule a **free, 15-minute phone consultation with an attorney to discuss if you might qualify for Medicaid.**

**Call 773-631-2525**

**Law Offices of Chester M. Przybylo and Associates**  
[www.PlanOurEstate.com](http://www.PlanOurEstate.com)

## OUR VILLAGE & STREET LEVEL

Published by

Village Publications

P.O. Box 31391, Chicago, IL  
60631; 773-633-4059

[www.ourvillagechicago.com](http://www.ourvillagechicago.com)

email: [contact@ourvillagechicago.com](mailto:contact@ourvillagechicago.com)

Copyright ©2013 *Our Village*. All rights reserved as to entire content. All articles, letters, pictures sent to Village Publications are at own risk.

## WANTED

TO BUY:

- Old St Patrick's and Easter Items
- Old Costume Jewelry
- Old "Pretty" Things (Purses, Hats, etc.)

### The Antique and Resale Shoppe Inc.

7214 N. Harlem  
Chicago, IL 60631  
(773) 631-1151

Mon - Sat.  
10:30 am - 4:30 pm

• FREE APPRAISALS •

## CHICAGO'S #1 CAR WASHES! WE DO IT FASTER! WE DO IT BETTER! WE DO IT FOR LESS!



Daily 7am-9pm  
Sunday 8am-6pm

INTERIOR CLEANING AVAILABLE!

5724 N. Lincoln, Chicago  
7130 N. Western, Chicago  
4900 N. Broadway, Chicago  
900 Civic Center Dr., Niles

### \$3.50 CAR WASH

25¢ Extra on Fri., Sat., Sun.,  
Holidays and the day before.

### Free Sealer Wax!

With this Coupon and Wash Purchase.  
Exp. 03/21/13 One per customer.  
Not valid with other offers.



# Local Arts and Entertainment

## SKOKIE ART GUILD

### FIGURE DRAWING WORKSHOPS

Saturday Sessions continue every week 9:00 AM - 12:00 PM

(Thursday evening sessions have been eliminated)

Live models / no instructor

Fees per session SAG Members \$12.00; non-members \$20.00. For information: Steve Gal 847/673-4450



Devonshire Cultural Center, 4400 Greenwood St., Skokie, IL 60076  
www.skokieartguild.org Members: \$12.00 / Non-Members: \$20.00

**CALL FOR ARTISTS:** Skokie Art Guild's 52nd Annual Art Fair.

July 13-14, 2013. Fine Art. Held outdoors on Skokie's

Village Green, 5211 W. Oakton. Prizes and Awards. APPLY NOW!

For information/application: [www.skokieartguild.org](http://www.skokieartguild.org)

skokieart@aol.com 847-677-8163

## Piccolo Raises The Spirits with Noël Coward High Comedy

Piccolo Theatre finishes its 2012-2013 season with Blithe Spirit by Noël Coward. Successful author

Charles Condomine and his wife Ruth invite spiritualist Madame Arcati for a séance as research for Charles' new book. The novelty of this midsummer's diversion has unexpected results when Charles' former wife Elvira appears with a seductively supernatural agenda. A highly comedic battle of wits plays out in this ethereal and corporeal love triangle. In this world where wit is a weapon but also a mask, truth and mystery unravel as Charles and Arcati lift the spirits from limbo to levity.

Directed by Christopher Marino (Piccolo Theatre Associate Artistic Director); cast includes Piccolo Theatre Company Members Lauren Goode (Ruth), Vanessa Hughes (Mrs. Bradman), and Jason Martin (Dr. Bradman); with Kevin Bishop (Charles), Kate McDermott (Elvira), Joan McGrath (Madame Arcati), Genesee Spridco (Edith), and Alyson Grauer, Claire Hart, and Nathan Thompson (Understudies).

Blithe Spirit previews March 15 - 17, and opens Friday, March 22 at 8PM with a free reception to follow. Performances run March 23 - May 11; all performances are Friday and Saturday at 8PM, and Sunday at 3PM. Ticket prices include \$12.50 (previews only), \$25 (adults), \$22 (seniors), \$15 (students), \$10 (Children 10 and younger). Group discounts are available for all performances. For tickets and more information, call the Box Office at (847) 424-0089, or visit [www.piccolotheatre.com](http://www.piccolotheatre.com).

For a pdf of this press release, photos and photo credits, please visit our online Dropbox at <https://www.dropbox.com/sh/ipsimo09y2qbrum/ha32UVGjse>. If you encounter any issues with accessing this link or downloading any of the images, please contact Joshua D. Allard at <mailto:joshua@piccolotheatre.com>

## Illinois Shakespeare Festival 2013 Season Details

It's time to start dreaming about the 2013 Season, and there is so much to dream about...This year, we are excited to produce on our main stage two of Shakespeare's most popular plays - Comedy of Errors and Macbeth - and a great new play by Philip Dawkins, Failure: A Love Story. We have joined forces with The Shakespeare Project of Chicago to offer a staged reading of The Reign of Edward III and the Improvised Shakespeare Company for their performance of A Play That Has Yet To Be Written. Lori Adams returns to our stage in her one-person show: Shame the Devil! An Audience with Fanny Kemble, and Phil Johnson is back again as MooNiE the Magnificent. If that's not enough, The Shakespearean Globetrotters will be performing their improv show, Time to Make the Shakespeare, on Destihl Restaurant and Brew Works' patio, and local playwright Nancy Steele Brokaw has written two zaney green shows for us: Double Trouble and The Ballad of Macbeth and Other Campfire Stories. Glenn Wilson and Friends will be back each Friday and Saturday night to play jazz on the Courtyard Stage. Kelly's Bakery & Cafe will provide Cafe Meals on Wednesdays through Sundays, and the Two Blokes and a Bus will have 'Victoria', their English double-decker food bus, at Ewing on Tuesdays.

We have a long list under our 'New-to-the-Festival' heading: Kevin Rich has taken over as Artistic Director. We are offering matinees on Saturdays and Sundays in our beautiful air-conditioned theatre in the Center for the Performing Arts on Illinois State University's campus. Coming from out of town? We have great tourism specials available. In addition, the Courtyard will be open after the shows for desserts, drinks, and entertainment. We have an Adopt-A-Bard-Buddy program - if you live in Bloomington-Normal, here is your chance to be a host to a Festival company member. Finally, the 'Flex' ticket has arrived, and \$10 Tuesdays... now anyone who has ever wanted to come to the Festival can, so no excuses to miss this year.

Get your summer started with tickets! Tickets go on-sale Monday, February 18th (Society members may buy tickets now). Visit [Ticketmaster.com](http://Ticketmaster.com) or call 866-IL-SHAKES.

Illinois Shakespeare Festival at the Ewing Cultural Center, Corner of Emerson St. and Towanda Avenue, (48 Sunset Rd.), Bloomington, Illinois. Tickets: 866-IL-SHAKE

## Lincolnwood Featuring New Artist

Beginning March 1, 2012, the paintings of Peter Bialecki will be featured in the Village's art gallery. This show, entitled "Art for All Seasons" will run through April 30, 2013. The Village will host a public reception for the art exhibit on March 19, 2013 from 5:00 p.m. to 7:00 p.m. at Village Hall. Light refreshments will be served and attendees will have the opportunity to meet the artists.

The art is displayed at Village Hall, located at 6900 North Lincoln Avenue and is open Monday through Friday from 9:00 a.m. to 5:00 p.m. For more information, visit the Art Gallery section of the Village's website at [www.lincolnwoodil.org/artgallery.cfm](http://www.lincolnwoodil.org/artgallery.cfm).

## DANK-HAUS GERMAN AMERICAN CULTURAL CENTER

4740 North Western Avenue, 5th floor, Chicago, IL 60625

773.561.9181 [www.dankhaus.com](http://www.dankhaus.com)

### Gallery Opening: Pictures At An Exhibition / Bilder einer Ausstellung 21 Feb 6 pm - 9 pm

Experience a mini-museum right in Lincoln Square Ravenswood!

The Scharpenberg Gallery presents PICTURES AT AN EXHIBITION, an exhibition and sale of original oil paintings and fine art prints by DANK Haus and Granville Picture Framing and Gallery Arts.

View a diverse collection of selected fine art from High Renaissance, Rococo, Romanticism, Realism, Impressionism and many more - this extensive collection offers something for everyone and is very affordable.

Gallery hours: Wed-Fri, 9am - 5pm, Saturday is open gallery from 11am to 3pm. Admission is FREE and open to the public!

### Cabaret Fundraiser 9 Mar 9 pm

Venture into the dark strasse and even darker cafes of Weimar Berlin with us. Somewhere through the haze of tobacco, a sultry voice calls to you, its gender erased by wine and liquor, its message of heartbreak and heat warms your cheeks as the champagnes cools your lustig thirst.

And you can only wish the caress of the ivory keys was for you.

Elizabeth Doyle seduces you with German & French sets and gets a little bawdy. Ticket includes entertainment, one glass of sparkling Sekt, and appetizers. Proceeds benefit DANK Haus Fine Arts acquisitions!

### Volunteer at DANK Haus

Share your love of German culture with the public! Sign up today!

### Kaffee & Kuchen \$4-\$6 Around Town

2 Feb - 28 Feb Series of 8 DDR films at Gene Siskel Film Center

8 Feb - 3 March Wagner's Die Meistersinger von Nürnberg at Lyric Opera

23 Feb at Chicago Theatre

### Upcoming Events

21 Feb Gallery Opening

9 Mar Cabaret

22 Feb German Cinema Now

9 Mar Japanese German New Year

Full Metal Village

Experience

2 Mar Hunters Dinner

### Heimat Films

Kaffee, Kino, & Kuchen

Feature at 1:45 pm

23 Feb Romanze in Venedig

Doors Open at Noon

7 Mar Sensation in San Remo

Admission Free

Stop in at

# Chicago Brauhaus

For their famous

## Corned Beef and Cabbage Dinner

HAPPY  
ST. PATTY'S  
DAY



Visit our website at  
[www.chicagobrauhaus.com](http://www.chicagobrauhaus.com)

**FOR RESERVATIONS**

**PLEASE CALL:**

**(773)**

**784-4444**

**4732 N. Lincoln Avenue — Chicago, IL 60625**

# Local Arts and Entertainment

## Outdoor Ice Rinks Closed for Season

The City of Evanston's three outdoor ice skating rinks are now officially closed for the season. Typically, the outdoor ice skating season runs from December to February. Ice skating rinks are located at Ackerman Park, Central St. at McDaniel; the lagoon at Dawes Park, Sheridan Rd. at Church St.; and Baker Park, Forest Ave. at Keeney St.

Residents can take advantage of indoor ice skating at the Robert Crown Ice Complex, located at 1701 Main St. Ice skating is available on the main rink 11:30 a.m. to 1 p.m. Monday through Friday and from 2 p.m. to 4 p.m. on Sundays. Ice skating is available on the studio rink 4:30 p.m. to 5:45 p.m. on Mondays; 6:15 p.m. to 7:30 p.m. on Tuesdays and Thursdays; 7 p.m. to 9 p.m. on Fridays; and 4 p.m. to 5:30 p.m. and 7 p.m. to 9 p.m. on Saturdays. Admission is \$6 and skate rental is \$3. The annual skate pass is \$100. For more information, call 847/448-8258.

## Norwood Park Seniors Club

at 5801 N Natoma Chicago meet the second and fourth Thursday of the month. We play pinochle and bingo, have parties on special occasions. Meetings start at 10:30 with coffee and a sweet roll. Call Joan at 773-774-7075.

## The Lincolnwood Social Club

Day trips, drop-in programs, guest speakers and seasonal mixers are just a few of the activities enjoyed by Lincolnwood Social Club members. Area seniors, age 55 years and better, are encouraged to join the program and start taking advantage of some of the upcoming programming including theater outings to see *The Pirates of Penzance* (May 16), *Dream Girls* (October 10) and *Singin' in the Rain* (November 28). Other day trips include the Glenn Miller Orchestra (May 22), History Lunch Tour on the Spirit of Chicago (June 20) and Lake Geneva Lake Tour and Lunch at The Abbey (July 18). Registration fees include round trip transportation and lunch for most outings. Drop-in programs are offered on a weekly basis at the Lincolnwood Community Center (6900 N. Lincoln Avenue). Weekly activities include bridge, mah jongg and senior exercise. Classes are offered either free of charge or at a discount for Social Club members. In addition to day trips and drop-in programs, members enjoy monthly activities including movie viewings with catered lunch, area restaurant outings as well as outings to city locales (transportation included) and monthly social mixers highlighting member birthdays.

For membership information and a list of activities, please contact the Parks and Recreation Department at (847) 677-9740 or access at [www.lincolnwoodil.org](http://www.lincolnwoodil.org).

## Chabad of Bucktown/Wicker Park Once Again Hosts Wicker Purim

Attention Hassids and Hipsters! Wicker Purim Returns. Saturday night, February 23, 9pm. Be ready for the biggest Purim insanity yet.

Open bar, free bites, live music, megillah reading, crazy people, crazy dancing, good times... Music by AyOh! (<http://ayohmusic.com/>) and Farbrengiton!

All of this splendor for only: \$25 at the door, \$23 with costume, \$20 in advance online Celebrate Purim with Chicago's Young Adult community... action will continue late into the night

Saturday, February 23 @ 9:00 pm – at The Living Room: 1630 N. Milwaukee Ave., Chicago. \$20 in advance; \$23 with costume; \$25 at the door. All the details can be found on our site at [http://www.jewishbucktown.com/templates/articlecco\\_cdo/aid/1446648/jewish/Wicker-Purim-2013.htm](http://www.jewishbucktown.com/templates/articlecco_cdo/aid/1446648/jewish/Wicker-Purim-2013.htm)

## EVANSTON/SKOKIE VALLEY METROPOLITAN FAMILY SERVICES - GIVING HOPE AND OPPORTUNITY TO FAMILIES

With your help last year Metropolitan served more than 53,000 individuals and families in the Chicago area, helping them become more self-sufficient and strengthening family bonds. Learn more about our organization by visiting our website, [metrofamily.org](http://metrofamily.org).

## NATIONAL VETERANS ART MUSEUM

### HAS TWO NEW BOARD MEMBERS

Museum Welcomes Julie Chavez with Bank of America and Phil Maughan, Formerly of Northern Trust Company

In early January, 2013, the National Veterans Art Museum (NVAM) announced the appointment of two new board members: Julie Chavez, Senior Vice President and Market Manager for Bank of America, and Phil Maughan, formerly of Northern Trust Company. The NVAM's Board of Directors, which is currently sized at eleven members, is chaired by consultant and artist Mike Helbing and vice-chaired by public affairs consultant Ron Gibbs.

It is the mission of the NVAM, as the nation's only institution devoted to veteran art, to continue to collect, preserve and exhibit art inspired by combat and created by veterans. Toward that end, the NVAM recently launched the NVAM Collection Online, a searchable online database. The NVAM Collection Online features digital images and information about more than 1,200 pieces of art from the permanent collection. The NVAM opened the doors to its new location at 4041 N. Milwaukee Avenue, Chicago, Illinois in the Six Corners / Portage Park neighborhood.

"In a continuation of the NVAM's growth and development, the Board is pleased to welcome two new board members: Julie Chavez and Phil Maughan. These dedicated leaders of the community and active supporters of Chicago arts are enthusiastic about forwarding the NVAM's mission and bring a wealth of expertise from their exemplary careers," said Levi Moore, Executive Director.

## Spring Events that Celebrate Evanston

The Celebrate!2013 campaign has launched an event calendar on the Evanston150 website to keep community members aware of the many ways that Evanston is celebrating its sesquicentennial. Take a look at the entire Celebrate!2013 calendar at <http://evanston150.org/volunteer/calendar>.

A night of

# BRIGHT FUTURES

Presented by **Onward Neighborhood House Auxiliary Board**

**MARCH 2, 2013 AT 7:30 IN THE EVENING**  
**VENUE ONE • 1044 W. RANDOLPH • CHICAGO**

Entertainment provided by **TVK ORCHESTRA**

Fabulous hors d'oeuvres & cocktails

Silent & Live auction with amazing getaways, artwork by **Onward Neighborhood House** students & more!

Tickets are \$125 each or \$150 at the door.

[www.onwardhouse.org/gala](http://www.onwardhouse.org/gala) • BLACK TIE OPTIONAL

I am a spiritual person.

I believe in something larger than myself.

I have tried my whole life to do the right thing.

I want my cremation service to reflect that.

**HABEN**

Funeral Home & Crematory

8057 Niles Center Road, Skokie, IL 60077-2599

Phone: (847) 673-6111

Fax: (847) 673-8976

For a Life Worth Celebrating™

Your family can still have a ceremony if you choose cremation. We can help you discover the choice that is right for each of you. To learn more about the options available to you and your loved ones, please contact us.

Proud Member

2010

NFDA

National Funeral Directors Association  
Funerals • Education • Advancement

[www.nfda.org](http://www.nfda.org)

For a Life Worth Celebrating™

© NFDA 2010. All rights reserved.

## VITA Tutors Needed

Many adults need help with basic English reading, writing and speaking skills.

Call Oakton Community College at 847- 635-1426 to learn how to become a VITA tutor.

A required four part training will be held at the Skokie Campus on

Tuesday, March 19, 6:15 - 10:00 p.m.

Thursday, March 21, 6:15 - 10:00 p.m.

Saturday, April 20, 1 - 3:30 p.m.

Saturday, May 11, 1 - 4:00 p.m.





# Chicago Brauhaus

4732 N. Lincoln Avenue — Chicago, IL 60625

## GREAT EASTER SPECIALTIES



INCLUDING:

BRAISED LAMB SHANK  
TENDER VENISON STEAKS  
WIENER SCHNITZEL

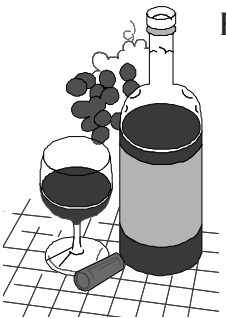
BROILED LAMB CHOPS

ROAST YOUNG DUCKLING

FISH SPECIALTIES

DESSERTS

AND MUCH MORE...



LIVE MUSIC FROM 1:00 P.M. 'TILL ?

FOR RESERVATIONS CALL

**773/784-4444**

*Music & Dancing • Fine Food & Drinks*

*Closed Tuesday*

[www.chicagobrauhaus.com](http://www.chicagobrauhaus.com)

## Village Cooking Corner

**HERE ARE SOME GREAT DISHES TO ENJOY DURING THE LENTEN SEASON, OR ANYTIME**

### **Broiled Salmon Fillets (Moroccan style)**

*by Elizabeth Elkayam*

3 to 4 salmon fillets  
2 tablespoons fresh chopped parsley  
4 tablespoons of olive oil  
1/2 stick of butter, melted  
3 garlic cloves - crushed  
2 tsp. paprika  
1/4 tsp. of cayenne pepper  
1 tablespoon of cumino  
juice of 1/2 lemon

Arrange the fillets in a baking dish and place them under a very hot broiler. Cook, with the broiler door open for 3 to 5 minutes or until golden brown. Melt the butter, add oil and all the remaining ingredients, mix them all well, and pour over the salmon. Continue to broil for additional few minutes till a nice crisp on the top of this dish. Sprinkle with fresh lemon juice. Serve immediately with quartered lemon, if desired.

### **Fresh Vegetable Ragout (Ratatouille)**

*by Elizabeth Elkayam*

1 small eggplant (about 1 pound)  
1 medium onion, sliced  
1 clove garlic, chopped  
2 tablespoons olive or vegetable oil  
4 medium tomatoes, cut into fourths  
1 medium zucchini, sliced  
1 medium green pepper, cut into strips  
1/4 cup snipped parsley  
1 teaspoon salt  
1/2 teaspoon dried basil leaves  
1/4 teaspoon pepper

Cut eggplant into 1/2 inch cubes. Cook and stir onion and garlic in oil in 12-inch skillet until onion is tender. Add eggplant and remaining ingredients. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until vegetables are crisp-tender, about 10 minutes.

### **Baked Scallops**

*Taken from "A Maine Cookbook."*

1 quart scallops  
1 green pepper, chopped fine  
1 1/2 cups fine bread crumbs  
1/2 teaspoon dry mustard  
1/4 teaspoon black pepper  
1 teaspoon Worcestershire  
Dash of tabasco  
1/4 cup melted butter

Mix the green pepper, bread crumbs, mustard and pepper, Worcestershire and tabasco. Roll the scallops in the melted fat and then in crumb mixture until well coated. Put in greased baking dish large enough so that scallops are not more than three deep. dot with butter and bake in 350 degree oven for 30 minutes. Garnish with thin slices of lemon and little parsley. Serves 6.

### **Alphonso Potatoes**

*Taken from "A Maine Cookbook."*

2 cups cold cooked potatoes, cubed  
1 green pepper  
3/4 cup milk  
1/2 teaspoon salt  
1 1/2 tablespoons grated Parmesan cheese

Remove seeds from pepper. Parboil peppers 6 minutes. Cut in 1/8 inch squares. Add to potato with milk and salt. Simmer 15 minutes. Put in buttered baking dish. Sprinkle with cheese. Bake 10 minutes. Serves 6.

# Cabaret

Fundraiser for Fine Arts Committee



*Roaring 20's*

*Berlin, Paris & New York*

*Elizabeth Doyle does her best Marlene!*

**Saturday, March 9 2013**  
**at 9 pm**

DANK Haus German American Cultural Center

**Limited Seating,**  
**reserve your Ticket today!**

*Tickets are \$50 each and include entertainment, a glass of sparkling Sekt and appetizers!*

*All proceeds benefit the permanent collection at DANK Haus.*

**DANK HAUS**  
GERMAN AMERICAN  
CULTURAL CENTER



4740 North Western Avenue | Chicago, IL 60625  
phone 773.561.9181 | [www.dankhaus.com](http://www.dankhaus.com)



## LENT

In Western Christianity, Lent is the forty day period preceding Easter lasting from Ash Wednesday to Holy Saturday. The forty day period is symbolic of the forty days spent by Jesus in the wilderness and possibly the forty hours he spent entombed. The Lenten period of forty days owes its origin to the Latin word "quadragesima", signifying forty hours. This referred to the forty hours of total fast which preceded the Easter celebration in the early Church. Initially the word simply meant "spring", and later became associated with the fast. The English word "lent" derives from the Germanic root for "Spring".

There are traditionally forty days in Lent which are marked by fasting, both from foods and festivities, and by other acts of penance. In the Roman Catholic Church it is tradition to abstain from meat every Friday for the duration of Lent, although fish and dairy products are still permitted. Fasting during Lent is a way for Christians to identify with Jesus' suffering.

Many modern Protestants and Anglicans consider the observation of Lent to be a choice, rather than an obligation. They may decide to give up a favorite food or activity for Lent, or they may instead decide to take on a Lenten discipline such as devotions, volunteering for charity work, and so forth. Roman Catholics may also observe Lent in this way, in addition to the dietary restrictions outlined above, though observation is no longer mandatory under the threat of mortal sin. Many Christians who choose not to follow the dietary restrictions cite 1 Timothy 4:1-5 which warns of doctrines that "forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth."

Personally, I prefer Matthew 15:11, which, paraphrasing, warns man to be careful of what comes out of his mouth, rather than what goes in it.

One thing I think we all can agree on is that our taste buds don't have to suffer just because we're observing Lent. Even if you're not observing Lent, it's a great time to take advantage of special menu items that are not available all year round.

By Anthony Pinello, REX Italian Foods, Inc. Harwood Heights, IL

## PURIM IN PERSIA

RSVP now to make sure you and your family gets to experience our PURIM IN PERSIA, Saturday night (February 23) after Shabbat, and the free Megillah reading.

What will be your favorite part of this party? There is a lot to choose from for all ages and sizes! This place NEXT Motzei Shabbat, February 23 2013! Free Megillah reading is at 7:00 pm. Purim in Persia Celebration is at 7:45 pm. You can get the party started earlier, by purchasing your discounted wristbands in advance, and picking up in the hallway before Megillah begins. Wristbands will be available for purchase after Megillah as well. Family Purim Seudah Dinner - Purim day, February 24, 2013. This is by reservation only. For more information <http://www.skokiechabad.org/>

## St. Demetrios Greek Orthodox Church 1st Annual Winter Food Fest A Touch of Greece On the North Side of Chicago

### Authentic and Homemade Greek Food, Wine and Pastries!

Lincoln Square/Budlong Neighborhoods, Chicago, Illinois- A touch of Greece just a short distance from home! Let us do the cooking and come and celebrate Greek culinary traditions and wine at the first annual St. Demetrios Greek Orthodox Church Winter Food Festival. Add to your day with a wonderful Greek meal, sweets and a glass of delightful Greek wine. March 1st-3rd, 2013, in the Church's Miller Center at 2727 West Winona Ave. Hours are Friday March 1st from 5 p.m. to 9 p.m., Saturday, March 2nd from noon to 9 p.m. and Sunday, March 3rd from noon to 6 p.m.

Now you do not have to wait until August to enjoy our famous festival food! Guests are invited to dine on their choice Greek favorites: Pork Tenderloin Souvlaki (Shish-ke-bob), Baked Greek Chicken, Gyros sandwich, Pastichio (Greek lasagna), Spinach or Cheese pies. Main entrees come with Greek rice, salad and bread roll. Desserts will include delicious Loukoumades (fried honeyed doughnut holes), kourambietes, melomakarona and koulourakia, all made on the premises by the ladies of the community.

Each night will feature a cash 50/50 raffle for your chance to win!

Free parking available in church parking lot and Budlong Elementary School. Additional parking available (\$4.00) at Swedish Covenant Hospital garage.

St Demetrios is celebrating 85 years of serving the needs of the Greek Eastern Orthodox community on the north side of Chicago.

## St Thecla Women's Council's Rummage Sale

Save the Date: We've changed the date to Springtime! Spring clean & donate...

### St Thecla Women's Council's Rummage Sale

St Thecla Church basement

6725 W Devon Ave (corner of Devon & Oak Park), Chicago 773.792.3077

Sale: Friday, April 12, 2013 (9:00a - 6:00p), Saturday, April 13, 2013 (9:00a - 4:00p), Sunday, April 14, 2013 (9:00a - 3:00p)

Looking to clean out your closets? Donate gently used or new articles to the St Thecla Women's Council's Annual Rummage Sale! We are counting on your support. Donations accepted March 25 - April 10, 2013. Contact Maribeth Ruehlmann 773.266.3831 with any questions or for additional information!

## The Ron Smolen Big Band / Orchestra

Our next "PUBLIC" Dance is Sunday, February 24, 2013, 2 - 5 pm at The Willowbrook Ballroom, 8900 S Archer Avenue, Willow Springs, Illinois, 708 839 1000. Admission \$14 per person. Dancers Dinner Buffet available at 3pm for an additional fee. The Ron Smolen Big Band / Orchestra "Every Night is New Years Eve", P.O. BOX 346152, Chicago, Illinois 60634; (773) 545 - 1881

Information - Pictures - Schedule... <http://www.ronsmolenorchestra.com>

Proudly serving Chicagoland and the Midwest for over 40 years.

# ST. DEMETRIOS 1st Annual Winter Greek Food Festival

**\*\*Free Admission\*\***



Dine In

OR

Carry Out

Bring this ad in and receive

**\$2 off a dinner entree**

Offer good for Dine In only. One per customer, per day.

March 1, 2013  
5pm to 9pm

March 2, 2013  
12pm to 9pm

March 3, 2013  
12pm to 6pm

Come join us for 3 days of delicious traditional Greek Cuisine including appetizers, a variety of main course entrees, mouth watering deserts and drinks.

Each night a 50/50 raffle will be held for cash prizes!

St. Demetrios Greek Orthodox Church

2727 W. Winona St., Chicago, 60625 • Office: 773-561-5992



# SCHOOL, LIBRARY AND PARK EVENTS

## Jason Ness Named New Niles West Principal

Niles West Assistant Principal of Student Services Jason Ness has been named the next Principal of the school, effective July 1. The Niles Township High School District 219 Board of Education approved his transfer at its February 11 meeting. Ness will succeed Kaine Osburn, who accepted a new job as Deputy Superintendent of Naperville Community School District 203.

Ness has led the school's Student Services programs since he became Assistant Principal in 2009 and was responsible for guidance and college counseling, all psychological, social work and nursing services, crisis intervention, coordinating response to intervention, and student scheduling.

## Corrie Wallace Is D219's New Director of Equity, ELL

The Niles Township High School District 219 Board of Education has appointed Corrie Wallace to be its first Director of Equity and ELL. Wallace has served as Director of the Niles Township Schools' ELL Parent Center in Skokie since it opened in 2008.

Wallace will oversee the district's English Language Learner (ELL) programs, and, as Director of Equity, she will coordinate district initiatives and interventions to meet D219's goal of ensuring a quality education for every student, regardless of racial, ethnic or socio-economic background.

## Guardians of Hope 2013 is March 1, and the Celebrity Guest is... Jarrett Payton!

Jarrett is a former professional football player and the son of Chicago football legend, Walter Payton. Jarrett attended a Chicago-area Catholic high school, and he has experienced firsthand the difference that a Catholic education can make in a young person's life. He has become a friend of Holy Trinity over the past few years and is interested in inspiring others to give back, just as he was taught by his parents to give back.

Jarrett will be giving a welcoming address, and Gold Circle ticket buyers will have the opportunity to meet him personally. Gold Circle tickets also include a behind-the-scenes tour of Soldier Field, and a champagne toast in the guest locker room. For ticket information, click here.

Holy Trinity is excited to celebrate The Power of One with you on March 1 at 6 p.m. at Soldier Field for the 20th annual Guardians of Hope Dinner. Please join us.

For more information, please contact: Geoff Pan, Special Events Coordinator, (773) 278-4212 x3043, gpan@holyltrinity-hs.org, holyltrinity-hs.org/guardians.

## RESURRECTION WYSE TEAM TAKES FIRST PLACE

The Resurrection College Prep High School Worldwide Youth in Science and Engineering (WYSE) Team competed in the WYSE annual regional competition on Friday, February 1, 2013. Resurrection students competed in academic competitions in a variety of academic categories including: mathematics, physics, biology, chemistry, English, and engineering graphics. Fourteen Resurrection students won medals and the Resurrection team came in 1st place in their division. The Resurrection WYSE team will advance to the sectional competition to be held on March 14, 2013 at North Central College in Naperville.

Members of the Resurrection WYSE Team who participated in the competition included seniors Sarah Black '13, Gabrielle Carello '13, Kristy Getty '13, Hailee Higgins '13, Siobhan McManus '13, Erin Raddatz '13, Christy Vargas '13, Hannah Zver '13, juniors Alexa Akana '14, Rebecca Borghi '14, Joelle Denver '14, Yasmeen Ihmoud '14, Marya Kanakis '14, Danielle Kawaguchi '14, Erin Kennedy '14, Erin Radcliffe '14, Marisa Villasenor '14 sophomores Feranmi Adeyemo '15, Erin Behland '15, Kristin Israel '15, Victoria Miechowicki '15, Cecylia Rudel '15, Georgiana Stanley Yarbrough '15 and freshman Bella Crum '16, Melanie Kanakis '16, and Gracie Torres '16.

The Resurrection College Prep High School WYSE Team members who won medals at the regional competition were: Sarah Black '13 (Engineering Graphics - 1st place); Gabrielle Carsello '13 (Chemistry - 1st place and Biology - 1st place); Hailee Higgins '13 (English - 1st place; Biology - 2nd place); Siobhan McManus '13 (Math - 1st place, English - 2nd place); Erin Raddatz '13 (Biology - 3rd place); Hannah Zver '13 (Engineering Graphics - 1st place); Marya Kanakis '14 (Math - 1st place), Erin Kennedy '14 (English - 3rd place), Feranmi Adeyemo '15 (Chemistry - 3rd place); Kristin Israel '15 (Chemistry - 2nd place; Engineering Graphics - 3rd place); Cecylia Rudel '15 (Chemistry - 2nd place; Engineering Graphics - 2nd place); Bella Crum '16 (Physics - 3rd place); Melanie Kanakis '16 (Physics - 1st place); and Gracie Torres '16 (Physics - 2nd place).

Resurrection College Prep High School, located at 7500 West Talcott Avenue in Chicago, is the largest all girls' Catholic, Christian college preparatory high school for young women on the north side of Chicago. Since its founding in 1922, Resurrection has graduated over 13,500 alumnae. For more information about Resurrection College Prep High School, call 773.775.6616 Ext 129 or visit [www.reshs.org](http://www.reshs.org).

## MAKE UP ENTRANCE EXAM TESTING DATE OFFERED AT RESURRECTION

Resurrection College Prep High School is offering a Make Up Entrance Exam for eighth grade girls on Tuesday, March 19, 2013 from 7:45 am until 11:30 am. Pre-registration is necessary for the March 19 testing date. Please contact Debbie Gillespie at [dgillespie@reshs.org](mailto:dgillespie@reshs.org) or 773.775.6616 Ext 129 to pre-register or with any questions regarding the test. Eighth grade girls who will be testing on March 19 and have not had the opportunity to experience a Shadow Day at Resurrection are welcome to stay for the remainder of the school day in order to experience Resurrection College Prep High School.

On the morning of the Entrance Exam, students should arrive by 7:45 am and enter through the Main Entrance at 7500 West Talcott Avenue. Please bring number 2 pencils and a \$25 testing fee (cash or check made payable to Resurrection College Prep High School). Due to a change in the exam that will be administered, calculators will not be allowed during testing.

Resurrection College Prep High School, located at 7500 West Talcott Avenue in Chicago, is the largest all girls Catholic, Christian college preparatory high school for young women on the north side of Chicago. Since its founding in 1922, Resurrection has graduated over 13,500 alumnae. For more information about Resurrection College Prep High School, call 773.775.6616 Ext 129 or visit [www.reshs.org](http://www.reshs.org).



### St. Ferdinand School

3131 N. Mason Ave.  
Chicago, IL 60634  
(773) 622-3022  
[www.saintferdinand.org](http://www.saintferdinand.org)

**Join Us for Our Upcoming Open House Dates!**

*Middle School Open House*  
Tuesday, February 26th  
9AM-11AM  
6PM-8PM

*Pre K-8th Open House*  
Friday, March 1st  
4:30PM-7:30PM

Now Accepting Registrations for Pre K-8th grade!

Contact Michelle Ruiz at (773)622-3022x401 or email [mruiz@saintferdinand.org](mailto:mruiz@saintferdinand.org) for more information or to schedule a personal tour!






**Stop by to tour the school, meet with our teachers and students, and learn more about the St. Ferdinand Advantage!**

*"A faith based, technology rich education, in a safe and secure learning environment."*



### Notre Dame High School for Girls

3115 N. Mason Ave. Chicago, IL 60634  
773.622.9494 [www.NDHS4Girls.org](http://www.NDHS4Girls.org)

**Save The Date!**

Our Upcoming Open House Dates Are:

*Tuesday, February 26th*  
6PM-8PM

*Friday, March 1st*  
4:30PM-7:30PM

Tour the school, meet our teachers and students, and learn more about how you can become a Lady Panther!





For more information or to schedule a personal tour please contact Ms. Kim Duncan at 773-622-9494 or email [kduncan@ndhs4girls.org](mailto:kduncan@ndhs4girls.org)

*"A faith based, technology rich, college preparatory education, in a safe and secure learning environment."*

### Lutheran Unity School Association

*Faith - Family - Future*  
**Please join us for an Open House!**

<b>West Campus</b>		
February 21, 5pm-7pm	March 4, 9am-Noon	March 18, 9am-Noon
February 25, 9am -Noon	March 11, 1pm-3:30pm	March 25, 1pm-3:30pm
<i>Located at:</i>	<i>Call for more information:</i>	
5650 N. Canfield Ave.	(708)867-5044	
Chicago, IL 60631		
<b>East Campus</b>		
February 22, 1pm-3:30pm	March 8, 1pm-3:30pm	
March 1, 9am-Noon	March 22, 9am-Noon	
<i>Located at:</i>	<i>Call for more information:</i>	
3740 W. Belden Ave.	(773)342-5854	
Chicago, IL 60647		



**Check out our website: [www.lutheranunity.com](http://www.lutheranunity.com)**



# SCHOOL, LIBRARY AND PARK EVENTS

## FREE AUTHOR EVENTS CONTINUE AT CHICAGO PUBLIC LIBRARY IN MARCH

In March, the Chicago Public Library hosts numerous author discussions including its free monthly Authors @ the Library series, as well as several Columbia College Story Week Festival of Writers events. All programs listed take place at the Harold Washington Library Center, 400 S. State St., in the Cindy Pritzker Auditorium (Lower Level), unless otherwise noted. For more information, please call (312) 747-4050 or visit [chicagopubliclibrary.org](http://chicagopubliclibrary.org).

**SARU JAYARAMAN** Tuesday, March 5 at 6 p.m. Author Saru Jayaraman discusses and signs her book, *Behind the Kitchen Door*, her examination of the working conditions, wages and labor practices of the American restaurant industry. Jayaraman is Co-Director and co-founder of the Restaurant Opportunities Center United, a national restaurant workers' organization.

**AGATA TUSZYNSKA** Thursday, March 7 at 6:30 p.m. Author Agata Tuszynska, one of Poland's most popular biographers, discusses and signs her book, *Vera Gran: The Accused*. Vera Gran is a multidimensional exposition on the tragic choices and moral consequences of a celebrated nightclub singer from the Warsaw ghetto, accused of collaborating with the Nazis. This program is presented in partnership with the Polish Cultural Institute of New York and the Adam Mickiewicz Institute in Warsaw.

**GERRY SOUTER** Tuesday, March 12 at 6 p.m. The Society of Midland Authors presents author Gerry Souter for a discussion of his new book *American Shooter: A Personal History of Gun Culture in the United States*. In *American Shooter*, Souter takes a look at gun ownership, handgun bans and the controversy over how to interpret the Second Amendment from a liberal gun owner's point of view. The Society of Midland Authors is an organization established in 1915 for published authors in the Midwest.

**NEIGHBORHOOD WRITING ALLIANCE** Thursday, March 14 at 6 p.m. The Neighborhood Writing Alliance presents an evening of powerful readings by emerging writers from Chicago's dynamic literary scene, in celebration of the release of *When We Listen: JOT Writers on Body Wisdom*, the Winter 2013 issue of the *Journal of Ordinary Thought*.

**SUSAN CRAWFORD** Thursday, March 14 at 6:30 p.m. Multipurpose Room, Lower Level Author Susan Crawford discusses and signs her book, *Captive Audience: The Telecom Industry and Monopoly Power in the New Gilded Age*. In *Captive Audience*, Crawford details how American consumers are losing the fight for affordable, high-speed Internet access due to the government's deregulatory policies. This program is presented in partnership with the Roosevelt Institute.

**COLUMBIA COLLEGE STORY WEEK FESTIVAL OF WRITERS** The Chicago Public Library joins the Fiction Writing Department of Columbia College of Chicago to present the 17th Annual Story Week Festival of Writers – Vision and Voice -- with the following programs:

**SAPPHIRE** Monday, March 18 at 2 p.m. Conversation and question and answer session with Sapphire, nationally acclaimed author of *Push*. Hosted by Alexis Pride. Book signing follows. At 6 p.m. later the same day, a second event features Sapphire reading from and discussing her new book *The Kid* with Donna Seaman, Senior Editor of *Booklist*.

**RAY BRADBURY: TRIBUTE TO A VISIONARY** Tuesday, March 19 at 2 p.m. Authors Joe Meno and Audrey Niffenegger discuss and read from the immense works of the late Ray Bradbury, author of many beloved classics including *The Martian Chronicles*, *The Illustrated Man* and *Fahrenheit 451*, as well as dozens of plays, screenplays and television scripts. Hosted by Sam Weller and Mort Castle.

**WILDLY IMAGINATIVE VOICES AND VISIONS** Tuesday, March 19 at 6 p.m. Panel discussion and readings from authors Susan Hahn, *The Six-Granddaughters of Cecil Slaughter*; T. Geronimo Johnson, *Hold It 'Til It Hurts*; Adam McOmber, *The White Forest*; and Emma Straub, *Laura Lamont's Life in Pictures*. Hosted by Anne Hemenway

**EMMA DONOGHUE** Wednesday, March 20 at 3:30 p.m. A conversation with award-winning novelist Emma Donoghue, author of the national best-seller *Room*. Hosted by Karen Osborne. Book signing follows upstairs in lobby. At 6 p.m. later the same day, a second event features Emma Donoghue reading from and discussing her book *Room* with host Garnett Kilberg Cohen.

**VISION RECOGNIZED—GETTING PUBLISHED** Thursday, March 21 at 2 p.m. Panelists including Jotham Burrello, Publisher, Elephant Rock Books; Eleanor Jackson, Literary Agent at Markson Thoma Agency; Nancy Miller, Executive Editor, Bloomsbury Publishing; Stephanie Kip Rostan, Literary Agent, Levine Greenberg Agency; and Johnny Temple, Publisher, Akashic Books discuss the publishing world. Hosted by Donna Seaman, Senior Editor of *Booklist*.

The Chicago Public Library continues to encourage lifelong learning by welcoming all people and offering equal access to information, entertainment and knowledge through materials, programs and cutting-edge technology. Through its 79 locations, the Library provides free access to a rich collection of materials, both physical and digital, and presents the highest quality author discussions, exhibits and programs for children, teens and adults. For more information, visit [chicagopubliclibrary.org](http://chicagopubliclibrary.org), or call (312) 747-4050.

LINCOLNWOOD PUBLIC LIBRARY  
4000 W. Pratt Ave., 847-677-5277

*The library is closed Sunday, March 31, for Easter.*

Book Discussion. March 11, 11 a.m. "11/22/63" by Steven King.

Book and Travel Reviews. March 1, 10:30 a.m. Elise Ginsparg presents a travel talk about "Jewish Life in Amsterdam."

Cinematic Classics shown Thursdays at 1 p.m. March 7: "The King and I"; March 14: "12 Angry Men"; March 21: "National Velvet"; March 28: "Out of the Past."

Coming Together in Skokie: Book Discussion. Thursday, March 7, 7 p.m. A community-wide celebration designed to promote literacy and to explore in depth a different culture each year, through reading and discussing selected books and enjoying a host of cultural activities. The Lincolnwood Library is proud to participate in celebrating Greece, the culture of focus in 2013. We will read "The Green Shore" by Natalie Bakopoulos and a representative from the Greek community will attend the discussion. Copies of the book are available in advance to participants at the Circulation desk.

Dining for Wellness. March 20, 11:30 a.m. Chef demonstration by Lincolnwood Place.

Friday Films shown weekly at 1 p.m. March 1: "Flight"; March 8: "Argo"; March 15: "The Master"; March 22: "End of Watch"; March 29: "California Solo."

Library Board Meeting. March 21, 7:30 p.m. This meeting is open to the public.

Live@Lincolnwood. March 17, 2 p.m. Chicago Voice Exchange entertains with a cappella harmonies of rock classics and originals. Free tickets available at the library's Circulation desk, three weeks prior to event to Lincolnwood residents and one week prior to non-residents.

Morning Matinees. Thursdays at 10:30 a.m. March 7: "Pitch Perfect"; March 14: "Celeste and Jesse Forever"; March 21: "A Late Quartet"; March 28: "Alex Cross."

News and Views. March 25, 11 a.m. Join us on the fourth Monday of each month for an hour-long discussion of current events led by Mary Oppenheimer. This is not a lecture; your views are welcome and encouraged.

Stamp Club. March 21, 7 p.m.

Acting Class. Mondays, 2-3 p.m. January 28-May 20 when school is in session. Theater games, improv, bit parts, and more for grades 3-5. Directed by Debbi Brodsky. Registration required. Contact the Youth Services Department at 847-677-5277 x234 or [youthservices@lincolnwoodlibrary.org](mailto:youthservices@lincolnwoodlibrary.org).

Afterschool Chillout. Mondays at 2:30 p.m., Tuesdays at 3 p.m. Relax, do some homework, and hang out. Students 3-8th grade. No program on no-school days.

Beginning with Books. Wednesdays, ends March 13, 10 a.m. Stories, songs and activities geared for very young children and their caregivers. Participants are invited to stay for the Playtime program directly following. Registration required. Contact the Youth Services Department at 847-677-5277 x234 or [youthservices@lincolnwoodlibrary.org](mailto:youthservices@lincolnwoodlibrary.org).

Bingo. March 18 "Get in the Game: Sports." Grades 3-8.

Chess. Sundays, ends March 10, 3 p.m. If you like puzzles and playing strategic games against your friends, community member Larry Rabyne is here to help you learn chess. Grades 3-5. Registration required. Contact the Youth Services Department at 847-677-5277 x234 or [youthservices@lincolnwoodlibrary.org](mailto:youthservices@lincolnwoodlibrary.org).

Family Night Storytime. March 7, 7 p.m. The Green Golly Project performs "Last Night I Dreamt I Ate a Giant Marshmallow and When I Woke Up My Pillow Was Gone!" Families with young children are invited to join us for an evening of stories, activities, and celebrations. All ages are welcome but especially ages 3 through 8. Registration required. Contact the Youth Services Department at 847-677-5277 x234 or [youthservices@lincolnwoodlibrary.org](mailto:youthservices@lincolnwoodlibrary.org).

Games Galore. March 11 and 13, 3:30 p.m. Video or board games especially for school-age kids.

Greek Myth Monsters. Sunday, March 10, 1-3 p.m. An afternoon of mystical tales with storyteller Megan Wells, complimented by a Greek-mask craft project run by Global Explorers Kids. Free tickets are required and available at the Circulation desk to Lincolnwood residents three weeks prior and to non-residents 1 week prior.

Just Because. March 6, 3:30 p.m. "Game Show." Have you ever wanted to do something wild and wacky, or crazy and fun, just because? Well, now is your chance. Grades 3-5.

Knitting for All Ages. Fridays, 3:30-4:30 p.m. Adults and children, ages 10 and up, can learn to knit or work on a project.

Madlibs. March 20, 3:30 p.m. Each month we'll create a new hilarious madlib and play different games to spark creativity and have fun. Grades 3-5.

Playtime. Wednesdays, ends March 13, 10:30 a.m. A relaxed play experience that helps young children develop social skills. Toys are provided.

Stories and More. Tuesdays, ends March 12, 10 a.m. This fun, interactive storytime is tailored for children ages 3-5 and emphasizes letters, numbers, shapes, colors and other concepts. Through a combination of picture books, online stories, magnetic board stories, songs, fingerplays, and crafts, each session provides a language-rich experience. Registration required. Contact the Youth Services Department at 847-677-5277 x234 or [youthservices@lincolnwoodlibrary.org](mailto:youthservices@lincolnwoodlibrary.org).

Thursday Club. Thursdays, 3:30 p.m. Grades 6+. Each month a new theme, each week, who knows what we will be doing? Come and find out during Merry March.

A Close-Knit Group. Wednesdays, 11:30 a.m.-12:30 p.m. All skill levels welcome.



# Providing for Your Children in Your Revocable Living Trust: Don't Overlook Special Needs Planning



Chester M. Przybylo

If you're a parent who has taken the time and energy to create a Revocable Living Trust ("RLT") you should be commended for your initiative and perseverance for ensuring your children and grandchildren are properly cared for when you are gone. If you have not yet created an estate plan, doing so could be one of the most important actions you can take on behalf of your children's future well being. A properly drafted estate plan designates who will care for your minor children upon your death, as well as providing for the smooth transfer of wealth to your children.

Many parents assume that making sure a child is financially secure after they are gone means leaving the assets outright to the children. For many reasons, such as a child's inability to manage finances, outright distribution of your assets to your children may not be the most prudent option. This becomes especially true if any of the beneficiaries of your trust estate have, or develop in the future, special needs and require the assistance of government aid.

There are generally two types of government assistance: Employment-based assistance and need-based assistance. Employment-based assistance is those benefits available to an applicant based upon the work history of the applicant or a close relative. Within this category you would find Social Security and Medicare. In contrast, need-based assistance is offered, generally, to lower-income applicants only. Need-based assistance, such as Supplemental Security Income, or "SSI", and Medicaid, has stringent income and resource requirements for receiving financial assistance. Leaving assets outright to a special needs child could render them ineligible to receive otherwise valuable government assistance until those assets are exhausted. But what is a parent to do to avoid this result?

One option is to disinherit the special needs child completely, thereby allowing the child to receive aid from the government they would otherwise not be able to receive with an inheritance. Although the parents could instruct their other children to care for the special needs child, there is no guarantee that this will be done. Additionally, there is no assurance that the government program will continue in existence or will provide the expected level of assistance. Finally, and possibly most significantly, the psychological effects of disinheriting the child could be devastating to the child and the parents during their lifetimes. Therefore, for most parents this option is not an option at all.

A second and more viable option for fulfilling a parent's desire to care for a special needs child without interfering with his or her ability to receive government assistance is through the use of a properly drafted RLT. Special provisions can be included in your RLT limiting the child's access to the trust assets and, hence, the inheritance's effects upon assistance eligibility.

As any mandatory distributions from an RLT will be taken into consideration in determining a child's eligibility for government assistance, the Trustee of your trust should instead be given full discretion to distribute income and/or principal for the benefit of a special needs beneficiary. In this manner, only those assets actually distributed are counted towards qualification. If the trustee does decide to distribute trust assets for the benefit of a special needs child, it is important that the trust document limit such distributions to only supplemental purposes. Distributions for the support of the child, such as for food, clothing, shelter or routine medical care, will be considered when determining the child's eligibility for aid. Therefore, distributions for the beneficiary's support should be prohibited. It is important to state clearly your intention that distributions supplement, but not diminish, any form of government or private support that a beneficiary is then receiving or becomes eligible to receive. Although this may seem to limit distributions drastically, your child still may receive trust assets for his or her comfort and general welfare.

Benefit planning is a highly specialized area of the law. The rules and requirements vary from state to state and failing to be aware of your state's law can severely hinder your child's chances of receiving government assistance. Some states have introduced legislation allowing trust assets to be accessed where certain needs of a beneficiary are not being met, unless the trust clearly states that the statute is inapplicable. Therefore, it is imperative that you consult with a qualified estate planning attorney to discuss your particular needs and to incorporate any unique provisions into your trust required by your state. Failing to include special needs provisions in your RLT, or failing to have them drafted by a knowledgeable estate planning attorney specializing in benefits planning, could result in the loss of valuable government assistance for your special needs beneficiary.

*Chester M. Przybylo has been elected to the Board of Governors of the prestigious American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 40 years. To register for an upcoming seminar, call the 24 hour reservation hotline at 1-800-638-7878 or register online at [www.PlanOurEstate.com](http://www.PlanOurEstate.com).*

## SOCIAL (IN)SECURITY

by Aryeh Goldbloom

Social Security plays a critical role in our society. For more than 65% of those over 65, the monthly Social Security benefit checks provide more than half of their total income. With all its flaws, Social Security is the main pillar of financial security for most retirees, and it's the only source of guaranteed lifetime income for most Americans.

The following is a brief description of how the Social Security system works, the challenges it faces in coming years, and some common myths about it.

Social Security Benefits are funded primarily by the payroll tax of 12.4% on wages up to \$113,700. Employees pay half, and employers pay the other half of this tax. Riding on the wave of Baby Boomers in the workplace, Social Security income from payroll taxes boomed from the 1970s through the early part of this millennium, creating a massive surplus. This surplus is in a trust fund, which, by law, is invested in interest-bearing US Treasury Bonds. The Social Security Trust Fund is currently valued at approximately \$2.7 Trillion.

Here are some common myths about Social Security.

### **Myth #1: Social Security will be bankrupt by the time I start taking it.**

Boosted by the interest earnings of the Trust Fund bonds, the Social Security system is expected to continue running surpluses until the year 2023, at which point the Trust Fund is expected to have grown to \$3.7 billion. However, the volume of Baby Boomers reaching retirement during that decade is such that if no other changes are made to the system, this surplus is expected to be exhausted by 2033. This has led some people to question whether Social Security will still be there when they reach retirement.

On the bright side, though, there are a number of relatively simple changes that have been suggested that would keep Social Security solvent for many more years. In 2013, the payroll tax rate increased by 2%, so more money will be collected this year and in coming years to pay Social Security benefits. Many have suggested raising or eliminating the wage cap on payroll taxes. This and other proposed changes would dramatically increase the longevity of the Trust Fund. There are lots of feasible solutions. As there is the political will to implement some of these solutions, Social Security will continue to be a pillar of financial security for retirees.

It's also helpful to keep in mind that this will not be the first time Social Security has faced solvency challenges. There have been many changes made to the system along the way to help keep it in the black.

### **Myth #2: Social Security Trust Fund assets are worthless**

Social Security Trust Fund assets are invested in US Treasury Bonds – still considered one of the safest investments on the planet. Interest from these bonds is currently generating over \$100 billion in revenue for the Social Security system. The government has never defaulted on its bonds, and the bonds issued to the Social Security Trust Fund are special issue, at least as secure as regular US Treasury Bonds.

No investment in the world is 100% guaranteed to maintain its value. However, the Social Security Trust Fund assets are truly about as safe as you can get.

### **Myth #3: I can make more on my own**

Social Security is designed to be a GUARANTEED source of retirement income that cannot be outlived. For most people, it's their only source of guaranteed lifetime income.

This is a recent development. Thirty years ago, in addition to receiving Social Security, over 60% of employees were covered by company pension plans that guaranteed a lifetime income. Now, less than 17% of employees are covered by such plans. In place of pensions, employees were given the keys to their own retirement funds via 401(k) and other qualified plans. However, the assets in these employee-controlled funds have been devastated over the last 13 years by market crashes and market stagnation. Social Security assets are immune from these shocks.

In addition, Social Security benefits are indexed for inflation, a precious benefit that is practically unavailable in other investments.

Since most of the bonds in the Trust Fund were purchased years ago, they're still earning a decent interest rate. On average, these assets currently earn 4.1% - not bad at all in today's low interest environment.

Finally, the administrative costs for Social Security are low, less than 1% for every dollar collected, significantly lower than most mutual funds, 401(k) plans, and broker-managed accounts.

### **Find Out How to Maximize Your Benefits**

Social Security is, and will remain, a vital component of retirees' finances. People who are now, or will soon be eligible to claim their benefits, should seriously explore how best to maximize those benefits. Choosing when and how to claim your Social Security benefits are among the most important financial decisions of your life. There are many different strategies for getting the most benefits to which you're entitled. However, the rules are complex, and the stakes are high. Making the wrong choice can cost you many thousands of dollars in benefits. It's best to speak to a financial advisor who is well-versed in these strategies before deciding when and how to file for your benefits.

Aryeh Goldbloom, President, AGT Tax and Insurance Services. 5009 Oakton, Skokie IL 60077; 847-933-9222

Aryeh graduated Cal Polytechnic in Business Finance in 1986. His initial Chicago-land career as a financial professional started in 1997, when he joined The Financial Group, a 75-year old financial services firm in Chicago. He was the top financial planner in that group of 40 planners from 1998 through 2000 and ranked #3 nationwide in a Fortune 500 financial services company. Since he became independent in 2001, he has not lost one penny for any of his clients and every penny gained has been locked in and guaranteed. Aryeh specializes in safe money for older people.



# OUTDOORS & PETS

## Add a Pet to Your Family and Live Longer!

Anyone who has ever held a kitten or hugged a puppy knows that pets can be good for the soul. But according to recent research, they also may be good for the heart, the brain, and other vital organs. A UCLA study showed that Medicare patients who have pets visit their doctors much less frequently, and seem to tolerate stressful events better, than their pet-deprived peers. Another study found that stockbrokers with high blood pressure fared much better in their response to stress when they had been given a pet as a companion for a six-month period. Among stockbrokers in this study who had received only an antihypertensive drug, blood pressure soared into the unhealthy range under stressful conditions. However, the stockbrokers who had received both the drug and a furry companion experienced only a small rise in blood pressure - well within healthy limits - when subjected to stress.

The health benefits of pets go on and on. From studies of the use of "animal-assisted therapy" with stroke patients to the benefits of pet ownership for people with Alzheimer's, there is growing interest in the important role animals can play in helping patients cope with or recover from serious illness.

The special relationship between you and your pet is unlike any relationship you have with another human. Receiving this unconditional love is a great stress-reducer. What's more, petting an animal, brushing a cat, or walking a restless dog all make you extend yourself when you wouldn't otherwise. This can provide balance for busy, hard-driving people.

Whether you live in a big house with a large backyard or a tiny apartment with a "no dogs allowed" policy, you can probably find a pet that suits your needs and lifestyle. You can check your library or bookstore for books on choosing a pet, or visit the Internet for a wealth of free information on the selection, care, and feeding of pets as varied as iguanas, chinchillas, cockatoos and peke-a-poos. Whatever you choose, you'll have a friend for life.



## Anti-Cruelty Society

For more info on The Anti-Cruelty Society and our adoption process, please visit our website [www.anticruelty.org](http://www.anticruelty.org) or call (312) 644-8338.

### Feel The Love CATpaign

Because we have absolutely no time or space limits on any animal, some of our pets stay longer than others for various reasons. Some pets have longer stays because they are older, some have special needs, and some are just hidden gems that are patiently waiting for their forever home. Unfortunately, the average cat's stay in the shelter environment is much longer than a dog's stay.

With that said, we are highlighting the five longest-term cats in our care at [www.anticruelty.org/feelthelove](http://www.anticruelty.org/feelthelove). If one of these five feline friends does not catch your attention, then take a look at our general cat adoption page to see who else is searching for a forever home at [www.anticruelty.org/cats](http://www.anticruelty.org/cats).

Hope you are able to stop by soon to give and receive some love!

Sincerely, Robyn Barbiers, D.V.M. President

### Success Story - Pizza Pie

7-year-old domestic shorthair mix

Pizza Pie (formally known as Pizza Party) had the best thing in the world happen to her last week. She left our shelter after many months to be with her new forever family. Pizza Pie is a 7-year-old domestic shorthair that came to us in May 2012 after her owner no longer had enough time for her. Pizza Pie spent 8 long months waiting patiently for her perfect family to take her home. She was THE longest-term cat here and was part of our "Feel the Love" CATpaign. During this promotion, the five longest-term cats in our shelter have their adoption fee waived in an effort to find them their forever home as soon as possible. We are happy to say that Pizza Pie is no longer part of the CATpaign and is now enjoying her new life.

### Save the Date: Bark in the Park

Saturday, May 4 at 9 a.m., Montrose Harbor, Chicago, IL Bark in the Park is now open for registration! The run returns this year! Sign up now so you can start raising funds to win great prizes and help animals most in need. Visit [barkinthepark.org](http://barkinthepark.org) for more details.

### Animal Expressions Young Artist Contest

Help The Anti-Cruelty Society celebrate its 114th birthday by promoting kindness to animals! This year's theme: Celebrating the Spirit of Animals. This art contest is open to all young people between 5 and 18 years of age. Special recognition will be given at each age level for each artistic genre in which entries have been received. The deadline for contest submissions is February 8, 2013.

### Guy's Blog

Follow our ambassador cat and learn what's happening at The Anti-Cruelty Society. Email questions, comments, or hellos to [guy@anticruelty.org](mailto:guy@anticruelty.org). In the meantime, read his latest blog post at [www.anticruelty.org/guy](http://www.anticruelty.org/guy).

## The "Bad" Wolf Debunked

By Bob Akerley

Wolf. The very word sends chills down the backs of millions of people across North America, Europe and Asia. From our earliest days, we all learn of Little Red Riding Hood and the Big Bad Wolf. Modern cinema reinforces the perception with blockbuster movies of deadly werewolves. Throughout the centuries wolves have been hunted to near extinction. And where wolves still roam in the wild, ranchers stand guard over their herds to protect them from the wolf while "aerial hunting" takes place to protect caribou herds.

Yet in stark contrast, dog is known as "man's best friend" and is a beloved member of tens of millions of families; a loyal, brave, loving protector of the family. Wolves and dogs' genealogy is closely related - cousins if you will. So how did the wolf get such a bad rap while dogs became our best friends? Massive misinformation.

There are many false myths associated with wolves. One of the earlier ones is that the devastating 14th century Black Plague which originated in China and traveled to Europe killing more than 75 million people was caused by wolves. The now accepted cause of the bubonic plague was fleas carried by rats and had nothing to do with wolves but the assault was on. Additional myths grew of wolves wiping out entire herds. Biologists have proven time and again that wolves, like most predators, select out the old and weak for an easier hunt hence making the herd stronger. Fast forward to today and in many states where wolves have been eliminated; there is a growing problem with coyotes. With wolves to keep the balance of nature intact, coyotes were kept in check; without wolves, man is left to control the growing coyote population. A population that frequently finds itself on the six o'clock news as they move into large suburbs and even major cities putting everyone on edge as family pets go missing and small children are at risk.

Wolves range in size from as small as 45 pounds to as large as 140 pounds. They are known for having long snouts, 1000 pounds per square inch biting capability, long legs, and large paws that act like snowshoes. They can be all black, all white, or some variation of grey. Man's fear of wolves has germinated a subculture of wolf breeding and cross breeding with dogs to produce "wolf-dogs". However many of these animals cannot be made into family pets, get severely abused, and end up at sanctuaries like the Loki Clan Wolf Refuge in Conway, NH ([www.lokiclans.org](http://www.lokiclans.org)). Wolves in the wild and at the Refuge live in family units or "packs". A wolf pack is typically from four to twelve wolves although some packs in the arctic have been as large as twenty wolves. Each member of the pack has a specific role to play in the leadership and overall harmony for the pack. A pack is lead by an Alpha Male and an Alpha Female; they make all the key pack decisions and enforce the rules. At the other end of the spectrum are the Omega Male and Omega Alpha. Their role is a sad but necessary one: being the social outcast. As such, they are the last to eat and take the abuse of the rest of the pack - a necessary way to rid frustration within the pack. Other pack members help with hunting and rearing of pups. Wolves are a tight knit family group and new pups are always a reason for great celebration. Roles can change over time - the Alpha may not always be the Alpha, and the Omega may not always be the Omega.

In subsequent articles we will explore wolf-dogs, the current state of reintroduction programs of wolves into the wild, and the saving efforts of the sanctuaries.



## Chicago K-9 Rescue

The Jefferson Park Neighborhood Association, JPNA, will have as its guest speaker at its next meeting, the shelter Supervisor, Anna, of the The Chicago K-9 Rescue organization of the 5200 block of north Elston. The next meeting is at 7:00 P.M., Wed. Feb. 27, at the Congregational Church of Jefferson Park, 5320 W. Giddings. Meetings are free and open to the public with light refreshments. There will be a question and answer period after the talk about this "No-kill" shelter. If more information is wanted about this meeting call 1-773-282-3879.

Submitted by, Board Member C.M. Blumenthal.

## Evanston Dog Beach Public Meeting Set for February 23

Alderman Judy Fiske (1st Ward) invites all Evanston residents to attend a meeting regarding the Evanston Dog Beach, which is located just north of the Church St. launch facility where Church St. meets the lake. Residents are invited to share their suggestions on how the city can make the Dog Beach an even more positive experience for pets and their owners. The 2013 Dog Beach season begins April 1.

The meeting will take place from 10 a.m. to noon on Saturday, February 23 in Room 2200 of the Lorraine H. Morton Civic Center, located at 2100 Ridge Ave.

If residents cannot attend, they can submit their comments or questions at [www.engageevanston.org](http://www.engageevanston.org). For more information, please contact Joe McRae, Deputy City Manager at [jmcrac@cityofevanston.org](mailto:jmcrac@cityofevanston.org) or by phoning 847/866-6972.



## Becker Professional Pharmacy

**(773) 561-4486**  
24 hr. voice & fax (773) 334-3162

### FREE PRESCRIPTION DELIVERY

We are a Family Owned, Independent Pharmacy Serving the Health Care Needs of the Community since 1943

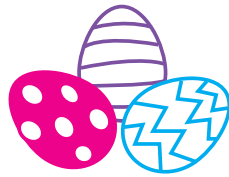
- Blood Glucose Monitors
- Braces & Supports
- Jobst Hose
- Post Op. Surgical Supplies
- Compression Stockings (expertly fitted)
- Ostomy Supplies • Commodes
- Jodee Breast Forms • Cervical Pillows
- Bathroom Safety • Traction Equipment
- Therapeutic Shoes • Crutches & Canes



**Alvin C. Klein, R.Ph., Owner & Operator**  
4744 N Western Ave. • Chicago, IL 60625

## White Eagle Banquets & Restaurant

*A Przybylo family tradition*



**Easter Sunday**  
**March 31st, 2013**

### Menu

*Choice of 3 soups*

- ~ Mushroom Barley ~ Chicken Noodle ~ Czarnina ~
- Mashed Potatoes
- Chef's Salad
- Kluski
- Colored Easter Eggs
- Baked Holiday Ham
- Vegetable of the Day
- Pierogi of the Day
- Roast Chicken w/Golden Sauce
- Asst. Polish Sausage w/Kraut
- Asst. Easter Pastries
- Horseradish ~ Red & White
- Coffee ~ Hot Tea ~ De Café ~ Milk

### FEATURING

Live Entertainment by **Gene Mikrut**  
*Miss Merry Berry* will be doing complimentary face & hand painting & balloons  
The *Easter Bunny* will distribute candy to good little boys and girls

**COMPLIMENTARY**  
**BUNNY & GIFT BASKET RAFFLE**

Space is Limited So Call Early for Reservations  
**(847) 647-0660**

6839 N. Milwaukee Ave. • Niles, IL 60714 • (847) 647-0660  
www.thewhiteeagle.com

**Eat, Drink, and Be German!**



## Chef Werner's Mirabell

Restaurant & Lounge

Bring in this Ad for

**50% OFF**

on a 2nd Entree, Lunch or Dinner  
(Excludes Veal Dishes and Steaks) 1 coupon per table.  
(Not valid on Holidays or for special performances)

**Schlagernacht mit Pieptone - 5 Friday's in March**

Enjoy the Best "Wiener Schnitzel"

Gift Certificates

Party Room Available

Open Tues.-Sat.  
Lunch 11:30-3:00pm  
Dinner 3:00-10:00pm

Sundays 12-8pm  
Closed Monday

Parking Available In The Lot Across the Street

**3454 W. Addison, Chicago (773)463-1962**

www.mirabellrestaurant.com

## Norwood Crossing



- Assisted Living
- Memory Support
- Nursing Care
- Rehabilitation
- Respite Stays

- Studio, One and Two Bedroom Apartments
  - Exceptional Dining Venues
  - Whole Person Wellness Center and Programs
- Affordable Options Available**

**Call Today!**

*Reshaping Aging™*

Providing Exceptional Quality Care Since 1896

**6016 N. Nina Ave / Chicago / 60631**

**773-577-5323**

www.NorwoodCrossing.org



## First Life

LEADING HEALTH CARE

### Caregiver & Companion Services

When the simple tasks of daily living become difficult, First Life Home Health can bring peace of mind to you and your family.

- Hourly and Live-in Care
- Professional, compassionate care by trained caregivers
- Supervision/Monitoring by licensed registered nurse
- Free In-Home Assessment
- Licensed, Bonded & Insured

**SAY YOU SAW US IN OUR VILLAGE AND RECEIVE 25% OFF YOUR FIRST WEEK'S SERVICE**



5559 W. Howard St., Suite C, Skokie, IL 60077



**847-410-8781**



www.firstlifehealth.net

State Representative, 20th District

**Michael P. McAuliffe**

*Have a Safe and Happy St. Patrick's Day*

5515 N. East River Road  
Chicago, IL 60656  
Phone: 773-444-0611

