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FREE

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www.OurVillageChicago.com

P.O. Box 31391, Chicago, IL 60631 Issue 12 July 13, 2018

**FREE** 



# Taste of Chicago July 11-15 • Grant Park

Taste of Chicago, the world's largest FREE- admission food festival, returns this July 11 to 15 in Grant Park.

Come for the over 300 menu items from more than 70 eateries; stay for the music, arts and family fun. The evening concert lineup includes Juanes, Brandi Carlile, yasiin bey and Talib Kweli are Black Star, The Flaming Lips, George Clinton and more. Concert seating tickets and Taste Oasis day passes are on sale now at tasteofchicago.us.



## Wildlife At Lurie Garden In Millennium Park July 24 @ 6:00 pm - 8:00 pm

Come visit the Fox Valley Wildlife Center at the Lurie Garden! Observe common urban reptiles and mammals, learn about their habitat, adaptations and the challenges that they face this urban environment. This is a drop-in, all ages event, no registration required. The Fox Valley Wildlife Center provides hospital care for wild animals who are in need of help. Most of the animals that we receive have been impacted by man in some way. They are caught by a cat, hit...



# Join C.A.R.E. Volunteers for Washes and Wags at the Dog Wash!

C.A.R.E. volunteers will scrub your dog—at no charge to you!-at the annual summer Dog Wash taking place Saturday, July 14, at Evanston Subaru in Skokie at 3340 Oakton.

Dog owners can have their best friends washed and dried for no charge on Saturday, July 14, when lucky canines are transformed from scruffy to fluffy at C.A.R.E.'s Summer Dog Wash. The Dog Wash will run from 11 a.m. to 2 p.m. at Evanston Subaru in Skokie, 3340 Oakton, Skokie. For every dog washed by C.A.R.E. volunteers, Evanston Subaru will dente \$10 to Community Animal Research



donate \$10 to Community Animal Rescue Effort

This family-friendly event is a chance to get the family pup washed and ready for more fun and learn about C.A.R.E.'s exciting plans for opening its new Animal Shelter and Adoption Center in Skokie.

No reservations required. Just pack up your pooch and join us at Evanston Subaru in Skokie from 11 a.m. to 2 p.m. on Saturday July 14.

## C.A.R.E. Volunteer Fair

Calling all pet-loving people who want to give back! C.A.R.E.'s beautiful new Adoption Center is opening soon in Skokie. The C.A.R.E. Volunteer Fair, slated for Sunday, July 22, from 11 am to 2 pm, at 4927 Main St., Skokie, will be your chance to visit the shelter and see how you can play a role.



5:30 PM

JT JAMES ACOUSTIC

8:00 PM

5:00 PM

8:00 PM

TALKING HEADS

C.A.R.E. is recruiting dedicated, reliable volunteers to feed, clean and socialize C.A.R.E. cats and dogs. We are also seeking people for general support roles – greeting, counseling, gardening, fundraising, event planning, publicity and more. Young animal-lovers aged 12-15 are welcome to volunteer with a parent. People age 16 and over can volunteer on their own. Fill out an application online at CAREnorthshore.org/volunteer-application. Please note that C.A.R.E. is 100% volunteer-operated.

# **Gov. Rauner Meets One Of Oldest Living WWII Veterans**



# "Pianos In The Parks" Returns

Mayor Rahm Emanuel and the Chicago Park District, along with the International Music Foundation, Make Music Chicago (MMC), Keys 4/4 Kids, and the Chicago Public Library, today announced the return of Pianos in the Parks, a free, six-week program in which pianos have been installed in five parks to inspire neighborhood residents to make music. A sixth piano will travel to various parks throughout the summer as part of the "Piano on Tour."



4:00 PM

7:00 PM

5:00 PM

8:00 PM

WEDDING BANNED

AT PROESEL PARK IN LINCOLNWOOD \* 6900 N. LINCOLN AVE.

MORE INFO \* WWW.LINCOLNWOODFEST.COM

The pianos, which are available to the public for free, are located in five parks – Buttercup Park, Jackson Park, Washington Square Park, McKinley Park and Mozart Park – from now until August 1. Patrons can learn more about the "Piano on Tour" schedule each week through signage at their local parks and frequent social media updates.

A tarp will cover the pianos and allow them to remain outdoors and accessible through all weather conditions. Visiting is completely free to the public and everyone is encouraged to play, decorate and program around the pianos.

These repurposed instruments were given a new lease on life in Chicago's neighborhood parks and now give individuals of all ages and talents a place to perform and acquaint themselves with an instrument through play and practice.



# **Carter-Westminster United Presbyterian Church Installs Kenneth Hockenberry As Their Pastor**



The upcoming installation for Pastor -Elect Hockenberry will be in the line of installed pastors - from 1913 to the present - only the 6th pastor in 105 years - for the Carter "side" of the family – still the largest part of their three church family - merged congregations - Carter Memorial Assyrian Presbyterian Church, Westminster Presbyterian Church, and Irving Park Presbyterian Church.

Now all together as "Carter Westminster United Presbyterian Church"

Rev Haidow Ablahat 1913 - 1956 Rev Robert Odishaw 1956 - 1968 Rev Joseph Tamaraz 1969 - 1981 1982 - 1995 Rev Louis Haas Rev Michael Porter 1998 - 2014

Rev Kenneth Hockenberry 2018 - ???? During the inbetween years they were served by Interim Pastors:

Rev. Arthus Odishaw 1968 - 1969 Rev. Kenneth Eimer 1995 – 1998

Technically, Pastor Hockenberry served as Interim Pastor from February 2016 through May of 2018 - when the Carter-Westminster United congregation and the Presbytery of Chicago called him to serve as their "installed" pastor. In the Presbyterian Church (U.S.A.) such a move would not have been allowed until about 8 or so years ago, when the larger church approved this change to the church constitution, to allow an interim pastor to become an installed pastor of the same

church. This action still requires a 75% vote of the Presbytery. The approval here in Chicago Presbytery was unanimous.

The congregation and the Chicago Presbytery has taken action to call Pastor-Elect Hockenberry to Installed Pastor. The service of installation will be Sunday, July 22, 2018 at 3:00 at Carter-Westminster United Presbyterian Church at 4950 W. Pratt Avenue in Skokie.

This is a joint service with the congregation of the Church and the Presbytery of Chicago. The Presbytery will empower a Commission to act on its behalf, for this installation.

For more information about Carter-Westminster, please visit their website at www.cwupc.org

# **Mayor Emanuel Announces Commitment To Generate 1,600 New Housing Units** For Chicago's Residents Experiencing Homelessness

Mayor Rahm Emanuel today announced a commitment to support 1,600 new units of housing for individuals and families experiencing homelessness in Chicago. The commitment is part of the Mayor's five-year housing plan and will result in a 21 percent increase in available housing for Chicago's most vulnerable residents.

"Everyone should have a roof over their heads, and every child should have a safe space to call home," Mayor Emanuel said. "By creating more housing that is stable, safe and secure for the most vulnerable among us, we can help put an end to homelessness in our city."

The 1,600 housing units will be allocated from the City's existing housing programs and resources and earmarked for homeless residents including those who experiencing multiple barriers to housing, and are unable to maintain housing stability without supportive services. The expansion will include both non-time limited rental assistance and new subsidized housing

units to be used as permanent supportive housing units.

The new units will serve to more quickly move individuals out of Chicago's shelter system or off the street by providing housing and the supports needed to help individuals and families gain or regain independence. Services are designed to build independent living and tenancy skills, while connecting people with health-care, treatment, and employment services. Currently Chicago has approximately 7,600 publicly- and privately-funded supportive housing units.

Recognizing that the solution to homelessness is housing, Mayor Emanuel, together with the Chicago Housing Authority (CHA) and the Center for Supportive Housing, created the innovative Flexible Housing Subsidy Pool (FHSP). The one-of-a-kind supportive housing rental subsidy model combines both housing/rental subsidy expertise and intensive case management to effectively house residents who are experiencing homelessness.

## Mosquitoes Test Positive for West Nile Virus in Skokie

The Skokie Health Department works diligently with the Northshore Mosquito Abatement District (NSMAD) each summer to monitor mosquito activity in the Village in order to lower the risk of West Nile Virus (WNV) infections.

This week, a mosquito pool in Skokie has tested positive for WNV. There have been no human WNV cases reported in Skokie for 2018, but this may change over the next few weeks and the Skokie Health Department urges residents to take precautions to prevent mosquito bites. Measures to reduce your risk of being bitten include staying indoors at dawn, dusk or early evening; wearing long-sleeved shirts and long pants whenever you are outdoors; spraying clothes with repellants and wearing protective clothing if spending time in a heavily wooded area and applying insect repellents containing DEET very sparingly on exposed skin.

Remember, if an outdoor object can hold water, it can serve as a breeding ground for mosquitoes. Property owners can eliminate mosquito breeding areas in the following manner:

- Remove standing water where mosquitoes can breed. For example, standing water in plant pots, children's toys, roof gutters, downspout drainage, ornamental birdbaths and ponds.
- Clean and maintain any catch basins that may be on the property. NSMAD will treat your catch basin for mosquito larvae. For more information, please call 847/446-9434.
  - Change the water in birdbaths and plant pots at least once a week.
  - Empty plastic pools at the end of each day and store indoors.
  - Keep grass and shrubbery cut short. Adult mosquitoes accumulate in cool, shady areas. Keep gutters clean and free-flowing. Eliminate dips and low areas that collect water.

Most people infected with the virus will have few or mild symptoms including fever, headache, body aches, skin rash and swollen lymph nodes. Severe infections can cause high fever, stiff neck, disorientation, muscle weakness and, rarely, death. Symptoms generally occur three to 14 days following the bite of an infected mosquito. Anyone can get WNV, however, people over age 50 or individuals with a weakened immune system have the highest risk of developing severe illness. If you suspect you have WNV you should contact your doctor.

If you find a dead bird it is important to contact the Skokie Health Department to collect the bird for testing. Historically, some birds have tested positive for WNV, and results from testing help to determine the extent of WNV activity. To report a dead bird, please call 847/933-8484.

For more information on WNV or to report potential mosquito breeding sites, please contact the Skokie Health Department at 847/933-8484 or the NSMAD at 847/446-9434. The Skokie Health Department is one of only seven state-certified municipal health departments in Illinois and provides a wide range of services to the community.

To learn more about the Skokie Health Department, please visit www.skokie.org or call 847/933-8252.

# "Making Your Money Last In Retirement" Is **Timely Talk At Norwood Crossing On July 18**

Already retired and concerned about how long your money will last? Hear Elizabeth Caddy, financial advisor with Edward Jones, explain the steps to take and options available to make your retirement savings and investments last through your lifetime. Her presentation, "Making Your Money Last in Retirement" will take place at 2:00 p.m., on July 18, at Norwood Crossing, 6016-20 N. Nina Ave. in Chicago. She'll also explain how to address key concerns, such as inflation, health care expenses, market volatility, and unexpected events, in relation to your retirement savings.

Caddy is active in her local community and is a member of several area chambers of commerce. Light refreshments, a question and answer session and raffle will follow the talk. For more information or to RSVP, please call (773) 577-5323 or email info@norwoodcrossing.org.

## **Phone For Legal Advice At No Cost**

The Chicago Bar Association (CBA) Lawyer Referral Service hosts Call-A-Lawyer on the third Saturday of every month from 9 a.m. to 12 p.m. Volunteer attorneys will give free legal advice over the phone to Chicagoland residents who call (312) 554-2001.

Attorneys will be available to answer general questions on a variety of legal issues including (but not limited to) bankruptcy, domestic relations, immigration, personal injury and Social Security. Callers can explain their situations to attorneys who will suggest self-help strategies to resolve their legal issues. If callers need further legal services, they will be advised to see their attorney or to contact the CBA Lawyer Referral Service.

The CBA Lawyer Referral Service is one of few bar associations in the country to meet the American Bar Association Standards for lawyer referral and approved to use its logo and slogan, 'The Right Call for the Right LawyerTM." For referral to an experienced attorney, the public can contact the CBA Lawyer Referral Service at 312-554-2001 during business hours or through the Web site at www.chicagobar.org.

# The Adoption Process From A To Z

"The Adoption Process from A to Z," a seminar presented by Chicago and Northbrook Attorney Sally Wildman, will be offered through McHenry County College, School of Continuing Education, 8900 US Hwy 14, Crystal Lake, IL 60012, on Saturday, August 11, 2018, from  $1.\overline{00} - 2.50$  p.m.

For information contact: Christine Barnes at (815) 455-8717 or cbarnes@mchenry.edu; To register, call 815-455-8588

Fee: \$15 single/\$25/couple- Registration closes August 9, 2018.

# **How To Book A Free AFSP IL Speaker**

American Foundation for Suicide Prevention, Illinois Chapter speakers are available to speak for free thanks to the generosity of our walkers, donors, and volunteers. To request a free AFSP Illinois volunteer speaker at your company, organization, club, religious center, meeting or other group complete the simple form at www.AFSPILSpeaker.org. For free AFSP materials and resources thanks to the generosity of Walkers like you go to www.AFSPMaterials.org. To donate to support AFSP go to www.Chicagowalk.org.

If you are in crisis, call the National Suicide Prevention Lifeline at:

1-800-273-TALK • 1-800-273-8255

# OUR VILLAGE & STREET LEVEL

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LIVE FULL STRENGTH LOVE YOUR TRAINER

# Gov. Rauner Meets One Of Oldest Living WWII Veterans

Gov. Bruce Rauner welcomed WWII veteran Sidney Walton to the state capitol on July 3rd, helping the 99-year-old advance his "National No Regrets Tour" to raise awareness of the vanishing number of WWII veterans. Walton is one of the country's oldest surviving WWII veterans.

"It's a privilege to meet Sidney Walton, one of the many brave heroes who helped keep us free," said Rauner, who arranged for Walton to have the first luncheon in the dining room of the newly renovated Governor's mansion. "The work Mr. Walton is doing to raise awareness about what the greatest generation did to save the world for democracy during WWII is incredible."

Through the "National No Regrets Tour," Walton and his son Paul are traveling the nation to visit all 50 governors in their state capitols. The father son duo plans to have the tour culminate at the White House on February 11, 2019, Sidney's 100th birthday. Gov. Rauner is the eleventh governor to welcome them.

Walton embarked on the tour in April to make up for a life-long regret of missing the opportunity to meet a few of the last surviving Civil War veterans in New York City in 1941, the year he joined the Army. He is using the tour to give as many people as he can the chance to speak with a WWII veteran while they still can.

"In this moment when the country has been so divisive, this is the one thing that unites Democrats and Republicans alike," said Paul. "They revere a person who saved both the country and the world. It makes us feel like we have a national treasure."

In addition to the Governor's Mansion, the Waltons visited the Lincoln Tomb Memorial, the War Memorials at Oak Bridge, and toured the Lincoln Home.

"We are the home of the free because of brave men and women like Sidney who put it all on the line to protect our way of life. It was inspiring to hear his stories of the sacrifices he and his band of brothers made to protect and defend our freedom," said Rauner.

Since beginning this one-year journey, Walton has been welcomed by governors in Rhode Island, Massachusetts, Maine, Connecticut, New York, New Jersey, Indiana, Nebraska, Tennessee, and Kentucky.

# Chicago's Minimum Wage Set to Increase to \$12 on July 1, Rise to \$13 Next Year

Mayor Rahm Emanuel today announced that Chicago's minimum wage will increase to \$12 per hour starting July 1, 2018 – a 45 percent increase in the minimum wage since 2011. The increase is part of Mayor Emanuel's 2014 ordinance that will raise the minimum wage for 410,000 workers annually to \$13 per hour in 2019.

"Next week, Chicago will get a raise," said Mayor Emanuel. "No parents who work full time in the City of Chicago should ever have to raise their children in poverty. Higher wages are good for families, communities and our economy."

In December 2014, City Council passed Mayor Emanuel's ordinance to raise the Chicago minimum wage from \$10.50 per hour to \$13 per hour by 2019. The minimum wage is currently \$11 dollars an hour, will increase to \$12 an hour plus \$6.25 for tipped employees on July 1, 2018, and will reach a minimum wage of \$13 an hour on July 1, 2019. Beginning July 1, 2020, the yearly increase in Chicago's minimum wage will be tied to the rate of inflation but not to exceed 2.5 percent.

# **Guerin Prep's Nolan Program Leads to Top Tier College Acceptance**

Since the fall of 2008, Guerin College Prep has offered a four-year course of study, known as the Nolan program, where students - beginning as freshmen - take honors level courses, participate in enrichment opportunities and gain mentoring experiences aimed at preparing them to succeed at top-tier colleges and universities. Among the benefits, the Nolan Program - named for Guerin Prep's first principal, Sr. Nancy Nolan - is designed to create positive role models for academic achievement, raise scores taken on standardized tests taken throughout their four years in high school, and improve scholarship opportunities for college, while enabling students to take the Advanced Placement Test

To maintain their standing through high school, Nolan Scholars must show academic excellence each semester, continuously attaining a 3.65 grade point average or higher and must adhere to a heightened level of conduct, described in their Nolan Scholar Code of Conduct. Nolan Scholars have an impressive record of performance on the

in various disciplines.

ACT, achieving an average composite of 28. Graduates of the Nolan Program have a 100% college acceptance rate and have also been able attain the fast track to earning college credit with Guerin Prep's duel enrollment programs with Concordia University and Triton College.

Nolan Scholars meet two to three times each week with the Director of Nolan Scholars and participate in a minimum of two years participation in either the Mock Trial program, WYSE Team or the Scholastic Bowl program. They participate in an annual service program (this year fundraising and volunteering for Misericordia, last year for Ronald McDonald House).

The highest standards of behavior are expected, as is annual participation in an extra-curricular and a minimum two-year commitment to an athletic team, theater/chorus ensemble or as a class officer or member of the student activities board.

111 students have graduated from Guerin Prep with the designation of Nolan Scholar since the first graduation of program members in 2012. For more information on this program, contact Tony Pecoraro at admin@guerinprep.org.

## Norwood Park Senior Center To Offer Fishing Clinic On August 1

Never too old to learn is a good guide to follow for older adults. And those interested in learning about the hobby of fishing and preserving the aquatic environment in local lakes, rivers and streams will have their chance. The Illinois Department of Natural Resources will provide a free Fishing Clinic on fishing, conservation and ecology, at 11 a.m., on Aug. 1, at the Norwood Park Senior Center, 5801 N. Natoma Ave. in Chicago.

Older adults attending the program will learn about the fish in nearby lakes, including those along the tollways, locations where fishing is permitted, how to obtain a fishing license, and other helpful hints to make fishing locally a fun experience. Both seasoned fishermen and beginners will find something of interest in this presentation.

For more information about this program or other Norwood Park Senior Center events, call (773) 775-6071 or email info@npseniorcenter.org

# Now Hiring in Your Area Custodial Workers ~ 2nd Shift Chicago O'Hare Airport No experience necessary \$13.35 to start, PT Custodial Manager 2nd/3rd Shift Chicago O'Hare Airport Competitive Salary, FT Custodial Worker Substitutes 1st or 2nd Shift Chicago Public Schools Visit www.geralexinc.com to apply. No phone calls please.

# Chicago Author Stan "Tex" Banash To Discuss "Illinois—The Road To Statehood" At Norwood Park Historical Society On July 21

The public is invited to hear Chicago author Stan "Tex" Banash discuss "Illinois—The Road to Statehood," at 10:00 a.m., on July 21, at the Norwood Park Historical Society, 5624 N. Newark Ave., in Chicago. His program is one of many activities that day as part of the 144th birthday celebration of the Village of Norwood Park.

Banash's power point presentation begins in 1673 with the arrival of early French explorers and concludes in 1818 when Congress granted statehood to Illinois. Using maps and images of key participants, the audience is taken on a path that helps them understand the roles of France, Great Britain and Spain in early America, the impact of wars, battles and



treaties on establishing territorial and state borders along with other events related to creation of the Northwest Territory and the formation of Illinois and the other four related states.

Copies of his third book, Roadside History of Illinois, will be available for purchase and inscription following the program.

Banash has a long history of voluntary service to the Norwood Park and Edison Park communities, and has received an award for his book from the Illinois State Historical Society and recognition by the Illinois state legislature for promoting Illinois history. His two earlier books were Best of Dee Brown's West and Dee Brown's Civil War Anthology. He also reviews books for a number of western publications, and is a member of Western Writers of America, Illinois State Historical Society, the Society of Midland Authors, Western History Association, American Legion Edison Park Post 541, and the Westerners—Chicago Corral, where he served as its sheriff for five years.

# Patriotism & Community Action Artist Reception And Panel Discussion

#### Monday July 23 @6pm

A reception for artist and author Mariah Karson's exhibit "American Legion: A Photographic Editorial" will be held followed by a moderated panel discussion on the topic of patriotism and community. Participants will include members of the Billy Caldwell American Legion Post, the Great Books Foundation, and the National Veterans' Art Museum.



Austin-Irving Branch, 6100 W. Irving Park Road, 312-744-6222 Hours: Mon. & Wed. 12:00 p.m.-8:00 p.m.; Tues. & Thurs. 10:00 a.m.-6:00 p.m. Fri. & Sat. 9:00 a.m.-5:00 p.m. (closed Sunday)

# CHICAGO PUBLIC LIBRARY

Ask your librarian or visit chipublib.org for more information.

# Take part in Rahm's Readers Summer Learning Challenge:

- $\bullet$  Keep track of READ, DISCOVER and CREATE Activities.
- Visit Roden Branch to report on what you read and learn.
- Enter weekly drawings for free books.
- Children ages 0 to 5 will receive a new book courtesy of KPMG.
- Children who complete the challenge by September 1 will earn a book bag.

  Grown-ups, pick up a Family Learning Log to participate alongside your child.

Carl B. Roden Branch • 6083 N. Northwest Hwy., Chicago, IL 60631 312-744-1478 Hours: Monday & Wednesday 10 am -6 pm; Tuesday & Thursday 12-8 pm; Friday & Saturday 9 am - 5 pm; Closed on Sunday

# CHICAGO PUBLIC LIBRARY

Ask your librarian or visit chipublib.org for more information.

# DO YOU NEED TO CREATE OR UPDATE YOUR ESTATE PLAN?

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SkokieTheatre.org

847-677-776

### The Upside Down Cabaret

#### By Wayne Mell, Artistic Director

The Upside Down Cabaret - Sat, July 21 at 8 pm

One of the biggest challenges as an actor is that someone has to give you permission to create your art. You have to audition, and you have to be cast. That's a difficult process. So you can't

just wake up one morning and decide, "I want to be Dolly Levi today," or, "I'm ready. It's time to play Hamlet." It's a necessary part of the process of creating a hit show, but it leaves a lot of really great performances on the drawing board.

As MadKap Productions gets ready for our hit production of Man of La Mancha this September, we were struck by how many great performances we had to pass up. We thought it was time to turn the casting office upside down, and let the performers cast themselves. So we invited several of our audience's favorite performers from past musicals to return. Only this time, they tell us what they're going to do.



The results are amazingly fun as the performers embrace songs they would never get to sing otherwise. Sarah Sapperstein (25th Annual Putnam County Spelling Bee) Rachel Whyte (The Drowsy Chaperone) return to one-up Marlon Brando and Frank Sinatra as the gangsters from Guys and Dolls. Ben Isabel (Sweet Charity) and Dustin Rothbart (Funny Girl) will make you think they're Shirley Maclaine in a past life when they sing "There's Gotta Be Something Better Than This." Other returning stars include Joe Lewis (The Drowsy Chaperone), Mark Yacullo (25th Annual Putnam County Spelling Bee) and Hannah Mary Simpson. Musical Direction is by Nick Arceo (The Drowsy Chaperone).

The topsy-turvy fun is held on Saturday, July 21 at 8 pm. Tickets are \$25 and are available from the Skokie Theatre Box Office at 847-677-7761, or online at Skokie Theatre.org. Use code VILLAGE to receive \$5 off.

#### Encore Performance – The Boomer Babes – Sun July 22 at 7 pm

You know you love them. You know you missed them in June. Don't let them go quietly into the night. Pam Peterson and Jan Slavin return in an encore performance of their hit show Still Rockin'! Join them as they celebrate and spoof their generation with zany wit and musical flair. Pam and Jan sing and schmooze about the '60's, friendship, love, and facing their age with gutbusting humor. Their YouTube parodies have topped 6.9 million views.

Tickets are only \$25. Call 847-677-7761 or order online at SkokieTheatre.org



### **Lincolnwood Summer Concert Series**

Lincolnwood Summer Concert Series is a perfect way to enjoy warm summer nights in beautiful Proesel Park. Thursday evenings in June and July feature live music, free children's activities, and bingo with great prizes! The concerts are located near the big tent in Proesel Park (7055 Kostner Ave.) in front of the Proesel Park Family Aquatic Center, where ample parking is available. You're welcome to bring your own food and non-alcoholic refreshments or purchase food and beverages from our concession stand, which will remain open during the event.

For more info visit: www.lincolnwoodil.org/summer-concert-series

# **Lincoln Square Summer Concert Series**



The annual Summer Concert Series, Lincoln Square's favorite free summer event, begins every year on the first Thursday in June! Swing by Giddings Plaza between 6:30pm - 9:00pm (weather permitting) and check out the tunes of local Chicago musicians. The Series runs through the end of August. Be sure to tell your entire family and all of your friends! No one is going to want to miss out on this great event!

For a complete line-up of concerts, visit lincolnsquare.org/summer-concert-series

# **Main-Dempster Mile Announces Summer Concert Series**

The Main-Dempster Mile, a neighborhood and merchants association in Southeast Evanston, is happy to announce the addition of live music on both Main and Dempster Streets this summer. Six concerts will be held on selected Fridays in June, July and August. All concerts will run from 5:30pm-7:30pm. All are free and open to the public.



The Main Street Summer Concert Series will be held on the following Fridays: June 1, June 29, August 3. Each concerts will be held in the Train Station Alley at 600 Main Street (between the CTA and Metra tracks), and will feature local talent.

School of Rock Summer Fridays will be held on the following Fridays: June 22, July 20, August 17th. Each concert will be held on the parking lot at 1308 Chicago Avenue, just north of Dempster Street. The School of Rock House band will headline each of these concerts.

For more information

Main-Dempster Mile website: www.maindempstermile.com Facebook page: www.facebook.com/MainDempsterMile

# Grant Park Music Festival's "Festival Connect" Heads To The Neighborhoods

The Grant Park Music Festival continues its commitment to Festival Connect, its comprehensive initiative aimed to increase music education and engagement opportunities for audiences of all ages. Working with the Chicago Park District and Mayor Emanuel's Night Out in the Parks program, Festival Connect will continue to focus on the neighborhoods with performances by the Grant Park Orchestra, the Grant Park Chorus, and Project Inclusion Choral and String Fellows.

A complete listing of Festival Connect programs is below. For more information about the Grant Park Music Festival and Festival Connect, visit gpmf.org or call 312.742.7647. For additional information, visit the Grant Park Music Festival Facebook page or follow the Festival on Twitter @gpmf.

## Food Truck Festival and Starlight Concert at Brummel Park July 17

Community members can sample menu items from ten food trucks and enjoy the music of South Boulevard Band at the 2018 Food Truck Fest and Starlight Concert at Brummel Park on Tuesday, July 17, from 5:30 p.m. to 8:30 p.m.

Guests are encouraged to arrive early and hungry to purchase various menu items from food trucks, including cookiesw/flavor, Pierogi Wagon, Lucy's, Happy Lobster, More Cupcakes, CheSa's Gluten Tootin' Free Food Truck, Da Pizza Dude, La Cocinita, Piko Street Kitchen and Tamale Spaceship. Food trucks will be on site beginning at 5:30pm

The free event will feature music from South Boulevard Band, a dynamic group of Chicago music scene veterans specializing in classic rhythm and blues and rockin' soul tunes. Together, the band's members have almost 200 years of musical experience, delivering a great show every time they take the stage. The concert will take place from 7 p.m. to 8:30 p.m. Interactive family activities will be offered before the concert from 6 p.m. to 6:45 p.m.

Brummel Park is located on Brummel Street at Elmwood Avenue. In the event of inclement weather, the rain site for the concert will be the Levy Senior Center, 300 Dodge Ave. Information will be available, if necessary, at 4:30 p.m. on the show date by calling or texting 847-448-4311 or by following @parkrecevanston on Twitter.

The Starlight Concert Series is presented by the City's Parks, Recreation and Community Services Department. For the complete concert series schedule, visit cityofevanston.org/starlight.

# **Chicago Cultural Affairs**

Spring has sprung in Chicago! Discover how to put a "spring" in your step this month with FREE events presented by the Department of Cultural Affairs and Special Events.



Follow us on Twitter (twitter.com/chicagodcase) or like us on Facebook (Facebook/Department-of-Cultural-Affairsand-Special-Events) to receive daily updates about DCASE events and activities.



# CHICAGO DEPARTMENT OF

# New DCASE Opportunities Newsletter

Do you know that DCASE is now sending a separate monthly email focused on opportunities, including grants, artist calls and professional development, for artists and creative professionals? If you would like to receive this mid-month newsletter, visit our website at http://www.cityofchicago.org.

# Groundbreaking Ceremony for New Robert Crown Center Set for July 13



The groundbreaking ceremony for the new Robert Crown Community Center, Ice Complex & Library will take place on Friday, July 13 at 4 p.m. at 1701 Main St., Evanston. The event is free and open to the public.

For more information, visit the Robert Crown Center project webpage or call/text 847-448-4311. For convenience, you may dial 3-1-1 while in Evanston.

### Northtown Garden Society's "West Ridge Garden Walk"

You are invited for a Walk of the Charming Gardens of West Ridge on Chicago's north side on Sunday, July 22, 2018 from 1:00 PM to 6:00 PM. The walk is sponsored by the Northtown Garden Society (NGS). The gardens are located on Estes, Greenleaf and Lunt Aves between Ridge Blvd and Western Ave.

Registration is from 1:00 PM to 4:00 PM at the Armstrong School Parkway at the corner of Bell and Estes Avenues. There is a \$5.00 per person fee for non-NGS members. Proceeds from this walk support the educational and community service activities of NGS. Please visit our web site at www.northtowngardensociety.org for more information..

#### **Grant Park Music Festival's "Pastoral Picnic In White"**

Saturday, July 28, 6 PM on the Great Lawn in Millennium Park before the Grant Park Orchestra takes the stage for the sounds of Mendelssohn's Scottish Symphony and Vaughan Williams' Norfolk Rhapsody

Dress in white from head to toe, add a white tablecloth and picnic basket, then grab your friends and head to Millennium Park's Great Lawn on Saturday, July 28 at 6 PM for the Grant Park Music Festival's Pastoral Picnic in White.

Everyone is invited, there is no registration fee and anyone can join this free, themed picnic in the Park, before the Grant Park Orchestra takes the stage at 7:30 p.m. for the sounds of Mendelssohn's Scottish Symphony and Vaughan Williams' Norfolk Rhapsody No. 2. Macy's is the Grant Park Music Festival's official picnic sponsor.

The Festival's Pastoral Picnic in White is inspired by the French phenomenon that began in Paris in 1988, when friends gathered at the Bois de Boulogne for a dinner party and dressed in white so they could see each other in the dark. Now, every year, thousands of people gather in Paris, as well as other cities in Europe, Canada and throughout the States for these elegant pop-up dinner parties.

There is no "right way" to participate in the Festival's Pastoral Picnic in White. It's all free, set against the backdrop of the Frank Gehry-designed Jay Pritzker Pavilion in the heart of downtown Chicago. For more information, visit gpmf.org/picnic.

# **Ann Landers** The with all the Answers The Play by David Rambo **JUL 12 - AUG 12** Don't Miss the Free Exhibit Making Headlines with Ann Landers' personal typewriter! Actor Janet Ulrich Brooks Photo by Guy Rhodes. EXPERIENCE BROADWAY IN NWI! 219-836-3255 THEATRE AT THE CENTER TheatreAtTheCenter.com 1040 Ridge Road | Munster, IN Save big with groups of 11+

### Comcast to Open Xfinity Store in Norridge

On June 28th, Comcast announced plans to open an Xfinity Store in Norridge, IL, at 4270 North Harlem Ave. in the Harlem Irving Plaza Shopping Center. The 4,600-square-foot store, which is slated to open this fall, will give visitors hands-on experience with Xfinity's range of products and services, from cable TV, high-speed Internet and the company's new mobile phone service, Xfinity Mobile, to its home security and home automation platform, Xfinity Home.

"The goal of the new store is to give customers the best possible experience," said John Crowley, Comcast's Greater Chicago Region senior vice president.



"It will give our employees the ability to demonstrate the latest Xfinity products and services and educate visitors about how to use all of their features. In addition, the store will have comfortable seating areas that will allow visitors to settle in and experience our products and services as though they're in their own living rooms."

"Norridge is a great location for an Xfinity Store," said Norridge Mayor James Chmura. "The new Xfinity Store will be part of an incredibly vibrant retail area with an array of stores and restaurants. Its location in the Harlem Irving Plaza Shopping Center is convenient for thousands and thousands of Xfinity customers."

Along with product and service demos, customers will be able to pay bills, pick up and return equipment and get assistance from trained, knowledgeable sales and service consultants.

For more information about Xfinity products, services and retail stores, call 1-(800)-XFINITY or visit www.Xfinity.com.





# Funding Your Hearing Device: Some Options

Most health insurance policies don't cover hearing aids, and neither does Medicare. The latter can be hard to believe considering the fact that old age is highly correlated with increased risk of hearing loss, but alas, these are the circumstances we find ourselves in. These funding difficulties are almost certainly a part of the reason why only 30% of the 33 million Americans with hearing loss currently use a hearing aid.

If you do find yourself in need of a hearing aid and don't have the funds to purchase one outright, here are some creative options for getting this crucial piece of medical equipment. UTILIZE THE HEARING AID TAX CREDIT (WHEN IT BECOMES AVAILABLE)

This proposed bill would provide a tax credit of up to \$500 per hearing device (\$1,000 if two are needed, one for each ear) once every 5 years, for those making less than \$200,000 a year. This credit could also be used by persons over 55 years of age for the purchase of a hearing aid.

FLEXIBLE SPENDING ACCOUNTS

Many employers offer a Flexible Spending Account that allows individuals to put money away for medical expenses directly from their paycheck. These funds are contributed on a pretax basis, which effectively saves the individual 15% to 25% on medical costs, depending on his or her income bracket. In 2017, the contribution limit was \$2,600 per individual.

The trick is that it may take a while to save up a significant amount of money in an FSA, so if you have a hearing test that uncovers the need for a hearing aid, you would have to already have the money put away to get the device right away. Still, if you don't have any other options, you could wait until your FSA account grows sufficiently, and then get the hearing aid you need with pre-tax earnings.

#### CREATIVE FINANCING

Chicago Hearing Services is proud to offer 0% APR for 12 months for qualified individuals. It makes it easier for patients to get the hearing aid they need right away and then be able to pay it off over time. This works in the same way as 0% APR on a car purchase or any other large purchase where the manufacturer has an interest in helping people afford it.

If no such options are available, those with good credit may want to consider private financing options. Many credit card companies offer cards with 0% financing for a certain term, sometimes up to two years. That may give you plenty of time to pay off the cost with no extra interested added on. However, those taking that option should be very careful to ensure they can pay off the cost within that time so they don't have to pay the typically high interest rates that follow.

Lastly, speak with Chicago Hearing Services and Dr. Vetter. There are many alternatives that may help reduce the cost of hearing aids. We have hearing aids that begin at \$500 and with different service plans, this can reduce the patient's cost greatly.

Have a question about how to finance your hearing aid? We're here to help! Contact us today to discuss!



Marie Vetter-Toalson, AuD is the owner and audiologist of Chicago Hearing Services. She received her undergraduate degree from the University of North Dakota and her Doctorate of Audiology from The Ohio State University. Dr. Vetter-Toalson is involved in the American Academy of Audiology, the Illinois Academy of Audiology, and Big Shoulders Fund Chairman's Advisory Council. Chicago Hearing Services has served northwest Chicago since 1990.

# Mayor Emanuel Announces New Early Childhood Education Sites across Chicago

Just two days after CPS released its budget which included the first year of funding towards making pre-k universal in Chicago, Mayor Rahm Emanuel today joined Chicago Public Schools and the Department of Family and Support Services to announce capital investments in five early education sites. The centers, which will open between Fall 2018 and Fall 2019, will be at Dore Elementary, Perez Elementary, Gads Hill Center, Little Angels Learning Center, and Asian Human Services Passages Charter School.

"Early education is a necessity for every child, not a luxury for some children," said Mayor Emanuel. "In Chicago, we are proud to build out more early education sites alongside community-based organizations across the city, to provide every student with the high-quality, early education that they deserve."

Families can apply for preschool programs through the universal online application. This online site provides a single point of entry to access a comprehensive menu of over 600 programs for three- and four-year olds available under Chicago CPS, DFSS and city-administered community-based sites citywide. All locations can be found at http://www.chicagoearlylearning.org.

# Young At Heart Ballroom Dancing



Young at Heart Ballroom dancing for dancers of all ages. We are a not for profit organization and have been in existence for 18 years.

Dance Friday nights from 7:30pm - 10:30pm at the American Legion, 9757 W. Pacific, Frankin Park, Illinois.Doors open at 6:30. Admission - members \$10, guests \$12 - Cash Bar.

Dances every 2nd and 4th Friday of each month.

We are a friendly group, large dance floor, plenty of free parking. For more information or directions please call Char at 773-203-2053.



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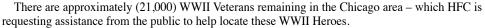
Have you ever wanted to listen to FREE Catholic programming without commercials 24/7 from anywhere in the world? If you answered yes, well then you are in for a spiritual treat. There is a radio station, called "We Are One Body" (WAOB), which broadcasts a wide

range of religious programming to help bring you closer to God any time of the day!

The easiest way to get started is to go to their website: http://www.waob.org/ to listen live or download their iPhone/Android application for your particular time zone. Since they broadcast 24/7 commercial free, you may want to look at their schedule tab on the Home Page to get an idea when any of the following programs might be broadcasted for a particular day.

## Honor Flight Chicago - "Operation Locate A Hero"-2018 Season Planning Underway

Honor Flight Chicago (HFC), part of the National Honor Flight Network, was founded to recognize our Veterans – most specifically our WWII Veterans with a day of Honor, Remembrance, and Celebration from a proud and grateful Nation. HFC is currently working on the 2018 season flight schedule - with projected monthly flights from Chicago Midway to Washington, DC to visit their WWII Memorial. The trip is provided at (no) cost to the Veteran.



For more information please contact Jac Charlier at jac.charlier@gmail.com or visit (www. honorflightchicago.org)

Honor Flight Chicago is a 501(c)3 non-profit organization dedicated to the mission of flying our World War II veterans to Washington DC to see the WWII Memorial built in their honor.

# **Cell Phones For Soldiers**

Representative D'Amico has partnered with Cell Phones For Soldiers, a nonprofit serving troops and veterans, to collect gently used cell phones for members of our military. Donated phones will be used to provide free communication services to military members so they can connect with their loved ones. Donations will be accepted in Representative D'Amico's public service office located at 4404 W. Lawrence Ave., Chicago, IL 60630. Office hours are 9 AM to 4:30 PM.



## **Edison Park Post 541 Of The American Legion**



Edison Park 541 of The American Legion invites Veterans and Sons of Veterans on the 2nd and 4th Thursdays of each month at 7:30 p.m., to attend our informational meeting. Location is Edison Park Field House 1st floor North at 6755 N. Northwest Hwy., Chicago, IL 60631. The Sons of the American Legion (SAL) squadron are looking for Sons of Veterans to be members. All male descendants, adopted sons and stepsons of members of The American Legion, and such male descendants of veterans who died in Service during World I, World War II, the Korean War, the Vietnam War, Lebanon, Grenada, Panama, the Persian Gulf War and the War on Terrorism, during the delimiting periods set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service, shall be eligible for Membership in the Sons of The American Legion. This is an informational meeting. All Veterans are invited and if you qualify we would love for you to join us. Veterans qualifica-

tions are for service during the periods stated above. Contact: Past 9th District Commander Bob Fuggiti 847-921-8738 Edison Park Post 541 — AmerLegion541@aol.com 6755 W. Northwest Highway, Chicago - Meeting on the 2nd and 4th Thursday of the month.

# Calling All Seniors

Join the Senior Polka Association North. Yearly membership \$10.00. Meets at the Lone Tree Manor:7730 North Milwaukee, Niles, IL on the first Tuesday of the month. Live Polka music from 5-6pm. There is a short meeting at 6pm followed by cake, coffee, and bingo. Join us for an enjoyable evening. Call Richard 847-209-1385.



#### St. Thecla Seniors Meetings

St. Thecla Seniors located at 6725 W. Devon meet at 11:30 a.m. on the first and third Thursdays of the month in the Queen of Peace room. There is a short meeting followed by sweet rolls and coffee. Bingo and cards are played. We have parties!!! Please join us as you may like us! For information, please call Joanie at 312/608-4092.

# 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.

#### **Norwood Park Seniors Club**

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



# Neighborhood Farmers Markets Open

Pick Up Our Next Edition For More Market Openings

#### • SUNDAY MARKETS

**Portage Park Farmers Market** 4100 N. Long Ave.

1st & 3rd Sundays, June 3–Oct 7, 10am-2pm

**Glenwood Sunday Market** 

6924 N. Glenwood Ave. June 3-October 28, 9am-2pm

This market accepts: Link/SNAP & Link Match

Jefferson Park Sunday Market

4820 N. Long Ave.

June 10-October 28, 2nd & 4th Sundays, 9:30am-1:30pm

This market accepts the Link Card

**Maxwell Street Market** 

800 S. Desplaines St., Chicago Every Sunday, Year-round • 7am-3pm The Maxwell Street Market is a Chicago tradition of bargains and bargaining with an international flavor. The market offers an eclectic mix of merchandise—from tools to tires, plus fresh produce, furniture, clothing, rare finds and collectibles—and some of the

best Mexican and Latin street food in Chicago. • MONDAY MARKETS

Lovola Farmers Market 6550 N. Sheridan Rd.

June 4-October 15, 4-8pm

This market accepts: Link/SNAP & Link Match



• TUESDAY MARKETS **Lincoln Square Farmers Market** 2301 W. Leland Ave. June 5-October 30, 7am-1pm New - Polish Triangle Marketplace 1200 N. Milwaukee Ave.

• WEDNESDAY MARKETS **Ravenswood Farmers Market** 

June 5-August 28, 4-8pm

4900 N. Damen Ave.

June 13-August 29, 4-8pm; September 5-October 17, 4-7pm (no market July 4) This market accepts: Link/SNAP & Link Match

#### **Downtown Evanston Farmers' Market Open**

The market will be held every Saturday through November 3 from 7:30 a.m. to 1 p.m. at University Pl. and Oak Ave., behind the Hilton Garden Inn. Free parking is available in the 1800 Maple Self Park Garage with ticket validation at the City of Evanston tent.

Visitors are encouraged to arrive to the market hungry, as food will be sold on site. This season, up to 58 vendors will sell a wide variety of goods, including fruits, vegetables, meat, flowers, cheese, milk, eggs, baked goods and more. LINK cards are accepted at the market. Again this year, LINK customers will be able to receive a match of up to \$25 per Saturday.

Parents can get their children involved in healthier eating through the Spud Club educational program. Children can obtain a punch card at the City of Evanston tent to be validated each week they visit the market. After seven punches, a prize is awarded!

Shoppers also will be able to purchase original artwork at the market. The Homegrown Artists showcase for Evanston artists and their work will be featured for 16 weeks, starting in mid-June.

Live animals and pets, other than service animals, are not allowed at the market. To learn more about the Downtown Evanston Farmers' Market, please visit cityofevanston.org/market or call/text 847-448-4311. For convenience, you may dial 311 directly while in Evanston.

#### The Skokie Farmers' Market

The Market is open every Sunday from June 10 through November 4, 2018. Hours are 7:30 a.m. until 12:30 p.m. Arrive early for the best selection. The Market is located in the west half of the Village Hall parking lot at 5127 Oakton Street.

New this year, the Skokie Farmers' Market accepts SNAP (Supplemental Nutrition Assistance Program). To further support SNAP recipients, the market offers a Match program, matching the recipients with up to \$10 per day through the generous contribution of the NorthShore University HealthSystem. A wide selection of fresh seasonal fruits and vegetables are always in abundance at the Farmers' Market. Also available are fresh baked goods, farm fresh eggs, fresh fish and meat, a variety of mushrooms and cheeses, plants and much more.

Join us for community activities throughout the season, including several visits with RC Juggle the amazing balloon artist, free Yoga on the Green, Fire Department demos, a Touch-a-Truck event and paper shredding to name a few activities that are scheduled throughout the season!

For more information on the Skokie Farmers' Market contact Janelle Silva, Market Manager, at 847/933-8257 or visit www.skokie.org.

## **Guerin Prep Car Wash**



Guerin College Prep's Athletic Booster Club will be sponsoring a CRUSADER FOOTBALL FUNDRAISER CAR WASH on Saturday, July 21, in the front parking lot of the school from 10 a.m. to 2 p.m. The price for cars is \$5, while the price for trucks and SUV's is \$7. Of course, additional donations will be accepted.

Rain date for the fundraiser will be Saturday, July 28. Guerin College Prep is located at 8001 West Belmont Ave in River Grove. Any questions can be referred to: athleticbooster@guerinprep.org

Info: 847-524-9590 or wolffs.com

#### Weekly Fulton Market Expo Launches In Historic District

On Saturday, April 7, 2018, a ribbon-cutting ceremony officially marked the launch of Fulton Market Expo (FMX) at the corner of Fulton Market and Green Street. Every Saturday between the months of May through October, FMX will be held on Fulton Market between Peoria and Green Streets from 9:00 am to 2:00 pm. The block, first constructed in 1887 as the historical Fulton Street Wholesale Market, will once again be the home of a bustling exhibition.

The West Loop Community Organization is a 501(c)(3) membership organization that represents hundreds of businesses, dozens of local non-profits, and the various residential communities within the West Loop. For more information, visit the WLCO website at https://westloop.org.



• THURSDAY MARKETS City Market at Daley Plaza \* The longest running farmers market in Chicago

50 W. Washington St. May 10-October 25, 7am-3pm

This market accepts: Link/SNAP & Link Match

Eli's Cheesecake Farm Stand & Fresh Market 6701 W. Forest Preserve Dr.

June-August, 7am-1pm

**Lincoln Square Farmers Market** 2301 W. Leland Ave.

June 7-October 25, 4-8pm (no market Sept. 7) \* City Sponsored Markets (markets are subject to change)

• SATURDAY MARKETS Lincoln Park City Market \* 700 W. Armitage Ave.

June 2-October 27, 7am-1pm

**Horner Park Farmers Market** 2741 W. Montrose Ave. June 9-October 6, 9am-1pm **Edgewater Farmers Market** 5917 N. Broadway June 16-October 13, 8am-1pm This market accepts: Link/SNAP Northcenter Farmers Market 4100 N. Damen Ave. June 16-October 27, 7am-1pm **Edgebrook Neighborhood Farmers Market** 6525 N. Hiawatha Ave. July 7-September 29, 9am-1pm Park Ridge Farmers Market 15 Prairie Ave. in Park Ridge Open through the End of October, 7am - 1pm

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## Baked Haricot (Butter) Beans

1 lb of large dried haricot (butter) beans 3/4 cup of olive oil (Greek preferred) 1 medium sized onion 3 cloves of garlic, chopped 3 ripe (or canned) tomatoes parsley, finely chopped salt & pepper



Having soaked the beans overnight, change the water and boil beans untill soft. Then drain and allow to dry for a while. Put the oil into a frying pan with chopped onion and garlic. If using fresh tomatoes, cut as fine as possible; add these to the pan along with the parsley. Bring the ingredients to a boil.

Put the beans into an oven dish, pour over them the boiled sauce and bake in oven at 325 degrees for three quarters of an hour, or until cooked.

If you wish, you can put all the ingredients into a roasting pan without having cooked them in the above manner, however, it takes longer this way.

Cooking time: 45 minutes/Makes 6 portions/1 portion is 410 calories

From Anastasia Weaver

## Salmon Braise with Tomatoes and Peppers (Moroccan style)

4 salmon steaks or fillets, about 1/2 pound each

3 tomatoes, cut in chunks

2 red peppers

2 green bell peppers

3 garlic cloves - crushed 2 large shallots –chopped 4 tbl. spoons of olive oil salt and pepper to taste 1 tsp. of paprika 1/2 tsp. of cayenne pepper

Bouquet garni (parsley, thyme, bay leaf)

In a skillet, lightly brown the steaks/fillets of salmon on both sides in the oil. Cut the bell peppers open, remove the seeds, and cut it into wide strips.

Cut the tomatoes into large chunks.

In a large sauté pan, heat the olive oil over moderately low heat. Add the minced garlic and shallots and stir until translucent, about 3 minutes. Add tomatoes, peppers and bouquet garni and increase the heat to moderate.

Season with salt, pepper, paprika, and cayenne pepper. Cook for about 5 minutes until the flavors are well blended. Add salmon steaks/fillets and sauté for about 10 minutes. Discard the bouquet garni. Transfer to a deep serving dish, garnished with lemon slices and serve hot for the main course. Submitted by Elizabeth Elkayam



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