



FREE

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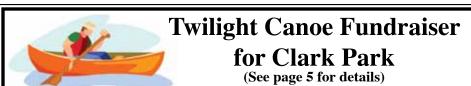


And Best Of Luck To All Of Our Young People As They Begin Their New School Year. Study Hard, Do Well And Have Fun.

Here's a quote from Frank Bappert on the subject of laboring and working, translated from the original German:
"Whoever invented work must not have had anything to do."

(See pages 4 & 5 for things to do)













Scoutmaster, Bob Waddick, Honored by Gov. Rauner

Northwest side Boy Scout leader Bob Waddick of Troop 834 was just honored on what Governor Bruce Rauner proclaimed as "Robert Waddick Day" on August 19, 2018. Family and friends and decades of Boy Scouts feted Bob at the Copernicus Center with a special dinner provided by Harmony Catering. Guests included two other scout leaders who worked with Bob decades ago - Jerry Latin and Leo Rojek - plus John Harris (who presented the proclamation) and local musician/ artist Jon Langford who presented Bob with a custom painting. Aside from his decades of leading Troop 834, Bob has actually been involved in scouting since the age of 10, so he has been involved with the Boy Scouts for 75 of his 85 years!

Mayor Emanuel And Chicago Public Schools Announce More High School Students Staying In School Than Ever Before

Mayor Emanuel and Chicago Public Schools announced recently that more high school students are staying in school than ever before, with the one-year dropout rate at an all-time low of 6.4 percent, and with the biggest improvements coming from African American students. CPS' investments in mentoring, after-school programming and social-emotional learning continue to support students and help them stay in school. Since 2011, the one-year dropout rate has decreased by 43 percent.

In recent years, CPS has prioritized initiatives to keep students more connected to their school communities, including after school programming, investments in arts education, social-emotional learning, restorative justice and mentoring programs. Earlier this month, Mayor Emanuel announced a \$10.4 million investment in proven youth mentoring programs that help reduce violence and keep kids in school.

The 2017-2018 one-year dropout data is available atwww.cps.edu/schooldata/pages/schooldata/aspx

Chicago Public Schools serves 371,000 students in 646 schools. It is the nation's third-largest school district.

Oakton Community College is seeking qualified instructors to teach in the Adult Education Program.

Instructors who have experience in teaching
Adult Basic Education, Literacy,
Special Education, High School Equivalency (GED),
and English as a Second Language are encouraged
to call 847.635.1486 for more information.



7701 N. Lincoln Avenue, Skokie, IL 60077





BELLS ARE RINGING -SCHOOL'S BEGINNING!





Adult Enrichment Course At Resurrection

Resurrection College Prep High School is offering a Fall 2018 Adult Enrichment Course entitled "America at a Crossroads" on Tuesday evenings from 6:30 to 8:30 pm on September 4, September 18, October 9 and October 23, 2018. Resurrection faculty member Mr. Mike Longo will lead an exploration of current events in comparision with historical events. The books that will be used in the course include Fascism: A Warning by Madeleine Albright and The Soul of America by Jon Meacham. These two authors give their perspective on where we stand as a nation during this particular time of human history. Along with the perspectives of Albright and Meacham, the class will be looking at the speeches and writings of Pope Francis as he addresses some of the social issues facing our world today.

The course will meet at Resurrection College Prep High School and will be taught by Resurrection faculty member Mike Longo, Religious Studies teacher and Chamber Orchestra director, who holds a Master's degree in Music and Humanities from DePaul University and a Master's degree in Religious Studies from Loyola University. The fee for the course is \$50; to register or for more information, please contact Alisa Martorano at amartorano@reshs.org or 773.775.6616 Ext 142.



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 14,000 alumnae. For more information about Resurrection College Prep High School, call 773.775.6616 Ext 129 or visit www.reshs.org.





Volunteer to be a VITA Literacy/ESL Tutor at Oakton Community College.

Help adults learn to read and/or speak English. Learn about methods and materials especially suited for tutoring individuals new to the U.S. or American-born residents who need help improving their reading and writing skills.

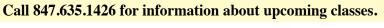
Required four-part training at the Skokie Campus:

Thursday, September 6 5:00 - 8:45 p.m.

Tuesday, September 11 5:00 - 8:45 p.m.

Setunday, September 22 1:00 4:00 p.m.

Saturday, September 22 1:00 - 4:00 p.m. Saturday, October 6 1:00 - 3:30 p.m.





7701 N. Lincoln Avenue, Skokie, IL 60077

Guerin Prep Achieves High Marks During Five-Year Accreditation Renewal

This fall, Guerin College Prep students, faculty and staff returned to school with some high marks, before the first day of class! Results from a recent two-day accreditation evaluation conducted every five years showed significant progress in the seven categories of learning environments assessed by the AdvancED external review team.

Principal Karen Booth recently shared the results in a letter to parents, reporting that the AdvancED team was "particularly impressed with the learning environment at Guerin Prep and rated classroom instruction higher in all seven categories, as compared to five years ago."

"The observations provided strong evidence that learners are challenged to meet high expectations in most classes. The team observed learners engaged in rigorous coursework and discussion where they were required to use higher-order thinking skills in math, world language studies, science and language arts to name a few," reported Principal Booth.

She stressed to parents that she was most proud of the gains Guerin Prep has made in Digital Learning that exceed what is typically observed or expected in an institution. Digital Learning's five-year gain was a 67% improvement over the previous rating from 2013. All seven of Guerin Prep's ratings showed improvement, landing solidly above a 3 rating on a 4 point scale, ranging from 3.08 to 3.73.

"Guerin Prep provides a comprehensive technology program wherein teachers, students, parents, staff and other stakeholders have digital accessibility designed to insure improved instruction, higher student performance, effective communication and efficacy in school operations," according to the report.

The external review team of four highly-credentialed educators provided by AdvancED also noted that one of Guerin Prep's greatest strengths is the commitment to the vision of "promoting an exemplary student centric Catholic High School where the faith-based community is tailored to the students' needs and aspirations. This is supported in the school's Mission and is evidenced in the school's culture. High expectations and a supportive learning environment are the norm at this school. The school's leadership, teaching staff, and support staff model the qualities of this learning environment, and it is reflected in the behavior of the students."



Sharing in the mission of the Sisters of Providence, Guerin College Preparatory High School, a Catholic Learning Community, committed to works of Love, Mercy and Justice, is dedicated to the education and faith development of young women and men and to the cultivation of individual values and skills.

DO YOU NEED TO CREATE OR UPDATE YOUR ESTATE PLAN?

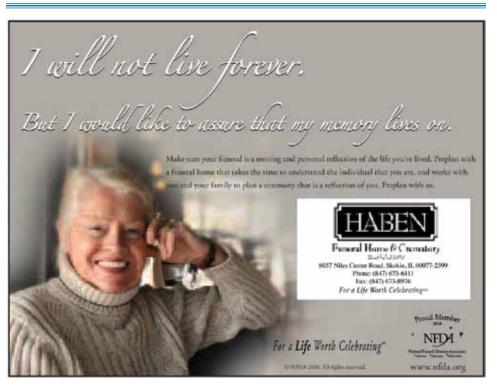
Request a FREE consultation today if you are interested in protecting your assets with a Will or Living Trust.



- Formerly known as Chester M. Przybyło & Associates -

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OUR VILLAGE & STREET LEVEL

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98th German-American Fest



98th Annual German-American Fest and **53rd Annual Steuben Parade**

September 7th, 8th and 9th, 2018 **Lincoln, Leland &** Western



Join us for the Parade 2:00 pm Saturday, September 8th **Lincoln Ave**

The parade begins at 4000 N. Lincoln Ave. traveling to Wilson Avenue and north on Western Ave. The parade's reviewing stand is located at Leland and Western avenues.

German-American Oktoberfest 2018 Program of Events

Friday, September 7th

8:00pm Opening Ceremony and Introduction of Kornflower Queen

Lisa Mende National Anthems are being sung by Katrina Giannoni

Saturday September 8th

2:00 pm Von Steuben Parade

3:00 pm Combined Choruses of Chicago

3:10 pm Greetings by G.A. Society President Erich Himmel

3:15 pm German American Childrens

Choir

3:30 pm Schuplattler Edelweiss Dancers

3:45 pm D'Lustigen Holzhacker Buam Chicago Dancers

4:00 pm Rheinischer Verein Chicago, Fanfaren players and Amazonen

Dancers

BAND SCHEDULE FOR GERMAN-AMERICAN DAYS

SEPTEMBER 7, 8 & 9

IN THE LARGE TENT:

FRIDAY; 6:00pm to 10:30pm

PAILOMIA

SATURDAY; 4:00pm to 10:30pm

SUNDAY; 1:00pm to 5:00pm

TURMIPOS

SUNDAY; 5:30pm to 10:00pm

PHOBINITY

IN THE SMALL TENT:

FRIDAY; 6:00pm to 10:30pm

PHOENIX

SATURDAY; 5:00pm to 10:30pm

PATROMA

SUNDAY; 4:00pm to 10:00pm

<u> PAJLOMIA</u>

OUTSIDE STAGE:

FRIDAY; 6:00pm to 10:00pm

PIDEPTONE

SATURDAY; 5:00pm to 10:00pm

SUNDAY; 5:00pm to 10:30pm

PITEPTONE

German American Day Commemoration

2:30 pm, Sunday, Sept. 30, 2018 St. Benedict's Church 2215 W Irving Pk Rd, Chicago

Sunday, September 9th

11:00 am Sunday Mass at the Fest Site 12:00 pm Festival begins in the big tent 2:00 pm Program starts on the big stage

with the National Anthems sung by Katrina Giannoni and Greetings by the President of G.A. Society Erich Himmel

2:15 pm German American Children's Chorus

2:30 pm Donauschwaben Children Dancers

2:45 PM American Aid Society Children dancers

3:00 PM American Aid Society Youth Dancegroup

3:15 PM Donauschwaben Youth Dancegroup

3:30 PM "Noch Ein Mal" American Aid Society Adult Dancers

3:45 PM Donauschwaben Adult Dancers

4:00 PM Egerlander Volks Dancegroup

4:15 PM Schuplattler Edelweiss Dancers

4:30 PM D'Lustigen Holzhacker Buam

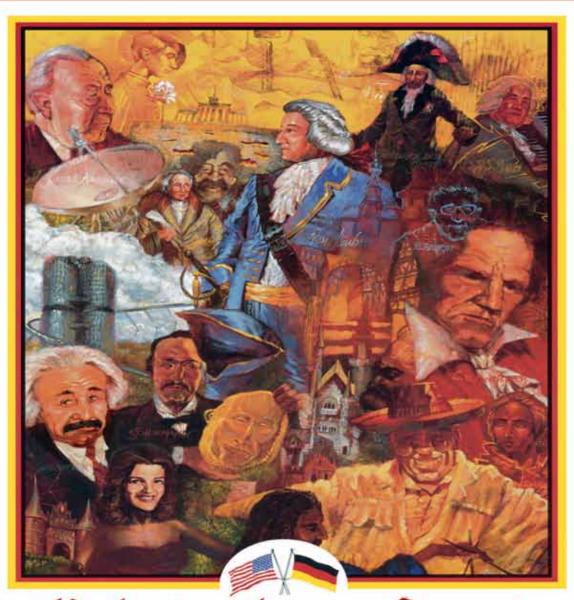
Chicago Dancers

4:30 PM Rheinischer Karneval Verein

Chicago - Fanfaren Players and Amazonen Dancers

S.T. Prince Robert Ludwig I and

I.L. Princess Hildegard II



September 7-8-9, 2018 FRIDAY - 5:00 PM TO 11:00 PM

8:00 PM OFFICIAL OPENING CEREMONY SATURDAY - NOON TO 11:00PM SUNDAY - NOON TO 10:00PM 11:00am German Mass And Service





GOOD FOOD, DANCING, WINE, ENTERTAINMENT AND GERMAN GEMÜTLICHKEIT IN TWO LARGE TENTS AT LINCOLN AND LELAND AVENUES.



Sponsored By The United German-american Societies Of Greater Chicago
Through The Cooperation Of Mayor Rahm Emanuel, Ald. Ameya Pawar And Lincoln Square Chamber Of Commerce

53rd ANNUAL STEUBEN PARADE - SATURDAY, SEPT. 8, 2018

2:00 PM LINCOLN AVE & IRVING PARK

German Commemoration Day - St. Benedicts Church Sunday Sept 30th At 2:30pm. 2215 W. Irving Park Rd. Chicago

PAINTING BY: LOTHAR SANCHEZ-SPREE POSTER BY: BOZE HARZ GRAPHICS

Things To Do Over Labor Day, And Beyond!

Museum Free Days!

Free Admission Days are the perfect opportunity to explore our general admission exhibitions with your family or a group of science-loving friends.



Museum of Science and Industry

Free Admission for Illinois residents September 4-6, 10-13, 17-20, 24-27, 9:30an

September 4-6, 10-13, 17-20, 24-27, 9:30am-4pm
Museum of Science and Industry, 5700 S. Lake Shore Dr.
Visit the largest science museum in the Western Hemisphere during one of the Illinois Free Days (Museum Entry is free for all Illinois residents who show valid proof of residency!)
Housed in the only remaining building from the 1893
World's Fair, Museum of Science and Industry is a Chicago



John G. Shedd Aquarium Illinois Resident Discount/Free

Illinois Resident Discount/Free General Admission Days Tuesday, September 4 - Sunday, September 30,

1uesday, September 4 - Sunday, September St 9am-6pm

Shedd Aquarium, 1200 S. Lake Shore Dr.
Illinois residents enjoy FREE admission to Shedd Aquarium on select free days throughout the year!



Adler Planetarium

Illinois Resident Discount Days Sunday September 9-Sunday, September 16, 9:30am-4pm

Museum Campus, 1300 S. Lake Shore Dr.

Illinois residents can enjoy complimentary general admission on Illinois Resident Discount Days. A valid ID with an Illinois address is required for these special admission prices.



Field Museum

Just for Illinois residents: Spend a day at the Museumfor free!

Saturday, September 15, Friday, September 17 and Sunday, September 30

9am-5pm, with last admission at 4pm

Field Museum, 1400 S. Lake Shore Dr.

On Free Admission Days, Basic admission is free for Illinois residents with proof of residency.

"Could not be MORE FUN or CHARMING to watch!" - Chris Jones, Critic's Choice, Chicago Tribune "BEST AVENUE Q TO DATE!" - Hedy Weiss, Chicago Sun-Times NOW PLAYING THRU NOV 4! T73.325.1700 mercurytheaterchicago.com THEATER CHICAGO 3745 N. Southport Ave

Cultural Appreciation: Cantonese Opera

Thursday, September 20, 4-5pm Brighton Park, 4314 S. Archer Ave.

Explore the wonders of the pre-Columbian Aztec civilization as we look into their beautiful artistic minds, learn about their art and culture, and then make our own Aztec masks!



CHICAGO PUBLIC LIBRARY CELEBRATING DIVERSITY

Aztec Masks: Myth & Mystery

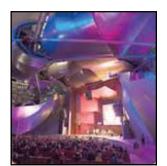
Thursday, September 20, 4-5pm Brighton Park, 4314 S. Archer Ave.

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Chicago Jazz Festival

Friday, August 24-Sunday, September 2 Hours and Schedule vary Chicago Cultural Center, Millennium Park and Venues Across Chicago

The 40th Annual Chicago Jazz Festival showcases the greatest jazz artists from Chicago and around the world across the city during new, extended festival dates. Headliner performances in Millennium Park include Ramsey Lewis, Kurt Elling, Dianne Reeves, Maceo Parker and Orbert Davis' Chicago Jazz Philharmonic. The Chicago Jazz Festival is produced by the Department of Cultural Affairs and Special Events and programmed by the Jazz Institute of Chicago.





Spend Your Labor Day Weekend Supporting The Paa At Chicago's Ultimate Polish Food And Music Festival: The Taste Of Polonia!

The Taste of Polonia is a 4 day festival that takes place every year at the Copernicus Center, 5216 W. Lawrence Ave.

The Polish American Association will be at this event running the Money Wheel on both Friday and Saturday! 100% of the proceeds from the Money Wheel will go toward PAA programming, which helps the Polish immigrant community in the Chicagoland area.

Day 1: Friday, August 31st from 5-10 PM

Day 2: Saturday, September 1st

from 12-10 PM Admission tickets are \$5 before 5 PM and \$10 after 5 PM. Children 12

and under are free.

For more information, please visit our website: https://topchicago.org/



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.



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.



Things To Do Over Labor Day, And Beyond!



SkokieTheatre.org

847-677-7761

Chasing Windmills is a Good Thing

By Wayne Mell, Artistic Director

Many people believe that the novel Don Quixote is one of the greatest works of fiction ever published. In 1605, Spanish writer Miguel de Cervantes introduced us to the old nobleman, who was so enamored of chivalry and ethics that he loses his sanity and sets off on a quest to

restore honor and civility to the world. The local inns become castles, and the wenches are fair damsels that must be rescued from distress. And although he tries to fight the menacing giants, they turn out to just be windmills in the field.

For centuries, the story has inspired us to see the beauty in the commonplace, and to always fight for ideals, even if the foe is bigger than us.

In 1965, playwright Dale Wasserman turned the story into a musical. Instead of telling the story directly, he crafted it into a flashback told by a prisoner of the Spanish Inquisition awaiting trial. Featuring stirring classic songs includ-

ing "The Impossible Dream," Man of La Mancha is a multi-Tony Award-winning theatrical masterpiece that, like the novel it's based on, is considered one of the finest pieces of the modern musical theatre.

MadKap Productions is bringing Man of La Macha to life for twelve performances in September. Instead of taking place in a Spanish prison, the story will be told by the residents of a homeless shelter who are looking for hope and nobility in a world filled with despair.

Sean Caron takes on the dual role of Cervantes and Don Quixote, with Victoria Olivier by his side as his faithful squire, Sancho. Rachel Carreras stars as Aldonza, the rough and tumble barmaid who he renames Dulcinea and in whose honor he dedicates his quests. The cast includes Mark Anderson, Andrew Buel, Brandon Campbell, Margaret Garofalo, Perry Georgopoulos, Garrett Wade Henry, Gretchen Kimmeth, Aimee Kleiman, Michael Rawls, Devi Reisenfeld,

Jenny Rudnick, Matthew Schnitker, and Anita Silver.

The show is directed by Stephen M. Genovese, who directed previous productions of Funny Girl and The Drowsy Chaperone at Skokie Theatre. Music Direction is by Aaron Kaplan. Set Design is by Jeremy Hollis, Costume Design



is by Beth Laske-Miller, with lighting by Andrew Vanderbve.

Man of La Mancha performs from September 7 to September 30, 2018. Fridays and Saturdays at 7:30 pm, Sundays at 2:00 pm, with a matinee on Wednesday, September 12 at 1:30 pm. Tickets are \$42 general admission, \$36 for seniors, and \$32 for students.

Man of La Mancha is the second show in MadKap Production's 2018-19 Play Series. This summer's California Suite was the first in the series which includes the Pulitzer Prize-winning Proof by David Auburn in November, and Bonnie and Clyde: The Musical by in February. You can see the remaining three-shows of the series, including Man of La Mancha, with a subscription ticket for only \$72.

Tickets are on sale now through the Skokie Theatre Box Office by calling 847-677-7761 or by ordering online at SkokieTheatre.org. Use code VILLAGE for \$5 off the single ticket price.

Tomato Fest At Kilbourn Park

Kilbourn Park, 3501 N. Kilbourn Ave is Hosting Their Annual Tomato Fest on Saturday, September 8 from 11am-2pm. The Event is Free and Family-Friendly.

Join local food and gardening lovers as we highlight the many ways you can enjoy your bountiful

Together with Slow Food USA and the Kilbourn Park Organic Greenhouse, this free event celebrates all things Tomato! Tomato Fest is dedicated to showing gardeners how to make the most of this bumper crop at a time of year when our gardens are the most bountiful. This family friendly event will host demonstrations on food preservation, seed saving, recipe samples, art activities for kids, plus garden and greenhouse tours and a Homemade Salsa Contest!

Bring a jar of your own homemade salsa and join us for an afternoon of Tomato fun!

Kilbourn Park, home to the Park District's only teaching greenhouse, offers workshops throughout the year. For questions regarding the event or to register for a class, call Kilbourn Park at either 773-685-3351 or 773-685-3359 or visit www.chicagoparkdistrict.com

Twilight Canoe/Kayak Trip & Dinner in the Park

Evening includes all canoe/kayak equipment, catered dinner, silent auction and entertainment provided by the Horner Park Jazz Band! Proceeds benefit park improvements.



Sunday, September 9th 5:30 pm to 9:30 pm Clark Park at Rockwell & Roscoe

Cost: \$75/person, \$25/child with an adult family member Register at: ClarkParkAdvisoryCouncil.blogspot.com



Alderman Ameya Pawar (47th)











Norwood Park Senior Center To Celebrate Ninth Anniversary With Live Music On Sept. 13

The party of the year in Chicago's Norwood Park will take place on Sept. 13 to celebrate the ninth anniversary of the Norwood Park Senior Center, the largest and most successful senior center in Chicago. The event will be held at 2:00 p.m., at the Senior Center, 5801 N. Natoma Ave. in Chicago.

This is a great time to make new friends, savor refreshments and enjoy live musical entertainment. Two ukulele groups will entertain with Hawaiian music and old-time favorites. With more than 1,000 members, the Norwood Park Senior Center is known as one of the most active and lively gathering places in Chicago

Although there is no cost for this event, those planning to attend should make their reservation early. There is limited seating and table space available. To reserve your place, call the Senior Center at (773) 775-6071 or email them at info@npseniorcenter.org.

The Norwood Park Senior Center operates as an affiliate of Norwood Life Society in partnership with the City of Chicago Department of Family and Support Services, Senior Services Area Agency on Aging and the Chicago Park District.

The Adler Planetarium

Adler Planetarium to Honor Longtime Partner Magellan Corp. and American Hero Captain James A. Lovell, Jr. at Celestial Ball

-Annual Gala Raises Funds for Education Programs throughout the Museum-

On Saturday, September 8, 2018, the Adler Planetarium Women's Board will host their biggest fundraising event of the year: 2018 Celestial Ball. This one-of-a-kind fundraiser raises about \$1.7 million and supports everything we do. It helps our neighbors see Saturn through a telescope for the first time, our teens find a home in the scientific community, and our guests explore the farthest reaches of our Universe.

During the gala, the Adler Planetarium will present a Lifetime Achievement Award to Captain James A. Lovell, Jr.. Before he helped bring the crew of Apollo 13 safely back to Earth, before Apollo 8, before the Gemini missions, before there was even such a thing as an astronaut, Captain Lovell was a boy who loved rockets. In dedicating his life to space exploration, Captain Lovell has inspired countless young people to dream bigger and rise to every challenge they encounter.

Over the decades, Captain Lovell and his wife, Marilyn, have generously shared their stories with the Adler and our guests. Several items from his personal collection are on display in the Adler's Mission Moon exhibit, where the Adler invites people of all ages to see America's first steps into space through the eyes of Captain Lovell and his family. It is an honor for the Adler to present Captain Lovell with a special Lifetime Achievement Award to commemorate the 50th anniversary of NASA's Apollo 8 mission, to celebrate his legacy, and to express our deep appreciation for his friendship.

A special pre-Celestial Ball press event will be held in the Mission Moon gallery at the Adler Planetarium on Wednesday, Sept. 5, at 9:30 am. Members of the media will have the opportunity to attend a question and answer session with Captain Lovell. To RSVP for the event, contact Jennifer Howell at jhowell@adlerplanetarium.org.

For more information about this event, and to purchase tickets, please visit: www.adlerplanetarium.org/celestial-ball

About the Adler: The Adler Planetarium—America's First Planetarium—is more than a museum; it is a laboratory, a classroom, and a community exploring the Universe together. Each year, nearly 570,000 visitors experience the museum's interactive exhibitions, live planetarium shows, hands-on, minds-on STEM education programs, and world-class collections. Founded in 1930 by Chicago business leader Max Adler, the Adler Planetarium is a recognized leader in public engagement. The museum's scientists, historians, and educators inspire the next generation of explorers and invite you to explore space with us.

> **Adler Planetarium** 1300 South Lake Shore Dr., Chicago, IL 60605 312.542.2424 • adlerplanetarium.org





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for 24-hour referrals.







312-554-2001 or www.chicagobar.org/LRS

Ask the Expert

Dear Dr. Marie Vetter: I recently was diagnosed with a hearing loss. I know I need amplification but feel overwhelmed. What are some things I should consider before choosing amplification? Sincerely, Overwhelmed Consumer

Dear Overwhelmed Consumer,

Being diagnosed with hearing loss can seem daunting and overwhelming. There is a lot of information out there, but we are here to make that process easier for you. Here are some things to consider when choosing amplification.

- 1. Why does the right professional matter? Choosing a Doctor of Audiology (AuD) is an important first step in your journey. They are the best qualified to diagnose your hearing loss and providing you the help you need. Audiologists are uniquely qualified to diagnose and non-medically treat hearing loss. When calling a business regarding hearing and hearing loss, make sure you will be seeing a Doctor of Audiology such as Dr. Marie Vetter. The expert you will work with is much like choosing your primary care physician. It will be an ongoing long-standing relationship. Be wary of those offering "free hearing tests" as they are dispensaries that make their cost up in the final price of the hearing aid.
- 2. Why do I need to see a professional? In the age of the internet, many people turn first to the internet for research and information. Yes, hearing aids can be purchased online. However, it is missing one important component, which is the expert of hearing and hearing care. Just like you can choose to have your taxes done online or professionally done by an accountant, hearing aids work the same way. An audiologist knows about hearing and hearing loss and how best to adjust the hearing devices for each unique patient. This ensures the patient can communicate at their best. A process called "real ear measurement" is the only way you can know if your hearing aids are set appropriately for your hearing loss. Choosing an expert that listens to your needs will be the important puzzle piece to ensure you are hearing optimally.
- **3. Does service matter?** Choosing the proper amplification is just one component in receiving

hearing help. Hearing aids need adjustments and personalization. Once you have utilized amplification for some time, fine tuning adjustments or repairs will also have to be made. The service provided by the office will play a vital role in that ongoing process. Here at Chicago Hearing Services, we have different service plans to best meet all of our patient's needs. Some additional things to consider include what their office hours are, do they provide loaners when your hearing aids go for repair, and can they see you within a short amount of time.

- **4. Does lifestyle matter?** Your hearing is important—it allows you to experience your life! Because of this, choosing a hearing aid that is right for your lifestyle, not only your hearing loss, is important. A trustworthy professional will work with you to recommend and provide you the best hearing devices for your hearing loss, lifestyle, and budget.
- 5. Does it matter what technology I receive? The technology of the computer chip is important when choosing a hearing device. Better computer chips do much better in complex noise environments such as church, restaurants, and meetings. All major hearing aid brands have hearing devices that are able to do this. The audiologist will work with you to choose what brand and technology level is most appropriate. However, one thing to be careful of is the branding limitations that may accompany hearing aids. Some companies may "lock" their hearing aids in which, you, the patient is unable to go elsewhere for adjustments. This can become a headache if the business closes, you move or are traveling, or you are dissatisfied with the care provided. When making a decision, choose an office that works with several manufacturers and is able to make adjustments as well.

Good luck on your hearing journey! You will be happy you are hearing better again! Sincerely, Dr. Marie Vetter

Do you have a question for Dr. Vetter? Call, write, or email us! May is Better Hearing Month. For questions or to book an appointment with Marie Vetter, AuD, call us at (773) 685-9202 or visit our website www.Chicagohearingservices.net



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.

THE CITY OF CHICAGO'S SMALL BUSINESS CENTER ON THE ROAD

Saturday, September 8 10AM-2PM FREE SMALL BUSINESS EXPO

Truman College 1145 W. Wilson Ave Chicago

CTA Wilson Station
Free Parking 2 Food Trucks
On Site



Keynote Speaker:

Josh Deth, Revolution Brewing

Chairman of the Party at Revolution Brewing in Chicago's Logan Square neighborhood. Revolution Brewing operates two facilities, an award-winning brewpub and a production brewery growing by leaps and bounds. After landing his first brewery job cleaning kegs at age 20, Josh spent three years at Goose Island Beer Company before launching Revolution Brewing in 2010.

WORKSHOP

At Noon:
"Roadmap to Business Financing"
Presented by:



ACCION

HEADSHOTS

FREE
Professional Headshots &
Mini-Makovers

TRICOCI UNIVERSITY

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The Jefferson Park Neighborhood Association

The JPNA, will hold its next meeting on August 29, 2018 at a different location. It will be held at the 16th District Police Station Community Room at 5151 N. Milwaukee Ave at 7:00 P.M.

The Main speaker will be John Kane of the F.A.I.R. organization. He will talk and answer questions about O'Hare Airport noise.

The meeting is fee and open to the public. The room has a free parking lot adjacent and is handicapped accessible. For more information, call (773) 282-3879.

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.

Timeless \mathcal{A} geless \mathcal{S} izeless \mathcal{H} ealth **Old age vs Active Aging (Part 2)**

"What is active aging?"

According to ICAA (International Council on Active Aging), "active aging promotes the vision of all individuals—regardless of age, socioeconomic status or health-fully engaging in life within all seven dimensions of wellness: emotional, environmental, intellectual/ cognitive, physical, professional/vocational, social and spiritual."

Sarah Harper, director of Oxford Institute of Aging, suggests that people in their 70's and 80's should be considered active adults and not "old".

WHO (World Health Organization) says "Healthy Ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their

WHO defines Healthy Ageing "as the process of developing and maintaining the functional ability that enables wellbeing in older age". Functional ability is the ability to perform activities of daily living, including bathing, dressing, and other independent living skills, such as shopping and housework. It's about having the abilities that enable you to be and do what you value. This includes your ability to:

- meet your basic needs
- to learn, grow and make decisions
- to be mobile
- to build and maintain relationships
- to contribute to society.

Do you want to become or remain active and injury free? Physical activity is the number one contributor to longevity, and to adding extra functional years to your life.

The NIH (National Institute of Health) sug-

gests the following steps to help us optimize our journey to functionally longer life:

- Get Moving: Exercise and Physical Activity
- Pay Attention to Weight and Shape
- Healthy Food for Thought: Think About
- Participate in Activities You Enjoy Harvard Medical School has come up with 10 actions you can take to increase your odds of a longer and more satisfying life as you age:
- Don't smoke
- Enjoy physical and mental activities every day
- Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats
- Take a daily multivitamin, and be sure to get enough calcium and vitamin D
- Maintain a healthy weight and body shape
- · Challenge your mind. Keep learning and trying new activities
- Build a strong social network
- Follow preventive care and screening guidelines
- Floss, brush, and see a dentist regularly
- · Ask your doctor if medication can help you control the potential long-term side effects of chronic conditions such as high blood pressure, osteoporosis, or high cholesterol

If you notice, there are several similarities in the list, and physical activity, movement, and eating healthy are just a few. These are all actions that are in YOUR hands, not part of your genetic code. Throughout the next few articles we will be touching on different aspects of Ageless Fitness and how you can live a functionally active life, well into your 50's, 60's, 70's, 80's, 90's, and beyond.

Sharan Tash is the owner of TASH Wellness for Women, a boutique size, women only health, wellness and fitness facility in Skokie. As a 66 year old personal trainer and Functional Aging Specialist that has reduced her weight by 177 pounds, she understands what it takes to be healthy. She partners with women on their unique journey to health through a 6 pronged approach. Sharan can be reached at Sharan@TASHFitness.com or you can call her at 847-379-5777.





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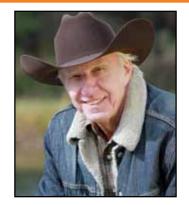
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Roadside History of Illinois

This is the twentieth in a series of monthly short articles about places in Chicago, nearby suburbs and elsewhere in the state that can be visited by those who seek to learn more about local history. The articles are partial excerpts from the book, Roadside History of Illinois (Mountain Press, 2013), by Chicago author and Illinois native Stan Banash



The Blackstone Hotel and Merle Reskin Theatre

The current 21-story Blackstone Hotel and the adjacent Merle Reskin Theatre, 60 E. Balbo Drive, were built in 1910 by John and Tracy Drake, sons of hotel magnate John Drake. The hotel site at 636 S. Michigan Avenue was purchased from the widow of Timothy B. Blackstone, a prominent railroad executive and founding president of the Union Stock Yard. Blackstone was once a business partner of the elder John Drake. The Blackstones' once-opulent 1860s mansion was among the last private residences in the area to be razed to make way for new commercial development. To honor the site's history, the Drake brothers named their new Beaux Arts hotel for Blackstone. The Drakes would later build the famous Drake Hotel on North Michigan Avenue.

The hotel weathered turbulent times and various owners. In 2005 after years of neglect and other related issues, renovation of the hotel began and was completed three years later at a cost of \$128 million. More name and ownership changes followed. Finally, the historic building returned to its original name--The Blackstone Hotel.

During its more than 100 years, the hotel proudly earned its historic status for having hosted innumerable public figures, including U.S. presidents, movie stars and gangsters. It was in Suite 915 that Warren G. Harding, in a backdoor meeting, was chosen as the Republican nominee in the 1920 presidential election. Afterward, a reporter coined the phrase "smoke-filled room" to describe the shady proceedings. It was also at the Blackstone that John F. Kennedy took the call informing him of the Cuban Missile Crisis in 1962. While the renovation consumed much of the hotel, two areas were preserved: the presidential suite on the 10th floor and the 'smoke-filled room" on the ninth floor.

Scenes for the movies, "The Untouchables" and "The Color of Money" were also filmed at The Blackstone Hotel.

The hotel lies within the Michigan Boulevard Historic District, was listed on the National Register of Historic Places in 1986 and was named a Chicago Landmark in 1998.

The Merle Reskin Theatre was purchased in 1989 by DePaul University and offers live performances by the Theatre School of DePaul as well as other groups, and is used for special events. The theatre was named for Merle Reskin, a professional actress and wife of Harold Reskin, following a substantial contribution to the university in

The Blackstone Hotel and the Merle Reskin Theatre are among the more than 200 historic buildings in Chicago and nearby suburbs that can be visited this year during Open House Chicago, October 13-14, coordinated by the Chicago Architecture Foundation. There is no admission charge.

Copies of Roadside History of Illinois may be obtained at Amazon.com or through your local bookstore. More information about the author can be found by visiting his website www.stantexbanash.com.

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