



OUR VILLAGE

Next Edition
July 28th

FREE

FREE

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P.O. Box 31391,
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Issue 13
July 14, 2017

Author's Resolution to Boost State Song Passes Illinois House

Chicago author Stan "Tex" Banash (center) was honored in the Gallery of the Illinois House of Representatives recently when HR 184, a resolution that he drafted and arranged for State Rep. Michael P. McAuliffe (left) to introduce, was passed recently by the Illinois House. The resolution encourages the playing of Illinois, the official state song, at official government events as well as at commence-

ment exercises and other major functions at schools within the state university system. At time of passage, members of the Illinois House were led in singing Illinois by State Rep. Terri Bryant (right). Letters with copies of the resolution were sent to university presidents and chairpersons of the boards of trustees by Rep. McAuliffe. Banash has been boosting state pride and state history since

publication of his book, Roadside History of Illinois, several years ago. His effort takes on special significance as Illinois celebrates its bi-centennial on December 3, 2018. Similarly, Banash drafted a resolution that recognized December 3 as Statehood Day in Illinois. That resolution, converted to a House bill, is now under consideration by the Illinois Senate as a commemorative state holiday.



Washes & Wags At C.A.R.E.'S Summer 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 15, at Evanston Subaru in Skokie.

Dog owners can have their best friends washed and dried for no charge on Saturday, July 15, 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 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.

- C.A.R.E.'s Summer Dog Wash will feature:
- FREE shampoo and towel dry for your dog;
 - Professional Puppy Pedicure for a \$10 donation;
 - Adorable homeless dogs looking for their forever homes (?)
 - Lunch courtesy of Evanston Subaru, which



is will host a Barbecue For The Troops, serving burgers, brats and hot dogs with all proceeds to benefit the USO of Illinois.

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 15.



The Forest Glen Community Club is pleased to respond to high demand and conduct the Forest Glen Garden Walk on Saturday July 15, 2017 from 10 am to 3 pm. Tickets are \$8 in advance / \$10 at the gate and include a map for a self-guided tour of the gardens and presentations by Master Gardeners. Check in is at 5303 N. LaPorte Avenue, Chicago.

Attendees will enjoy exclusive one-day access to 18 gardens of this already naturally lush Chicago neighborhood.

Residents of the neighborhood today cultivate their yards with great pleasure and creativity. Rain gardens, koi ponds, English cottage style, and unique specimens abound in this extremely walkable and charming neighborhood. Attendees will find each garden to hold a delightful surprise from carousel horses to lawns transformed into fairy prairies to Master Gardener presentations.

Forest Glen is an area of 550 homes is bordered on one entire side by forest preserve. Forest Glen has a long history of stewarding its outdoor spaces, from its beginnings as part of the Indian Boundary Line, to its time as a cherry orchard, to its vigorous response to Dutch Elm disease, resulting in 600 replaced trees. The woods are the newest branch of the bike trail and a picturesque bridge crosses the North Branch of the Chicago River.

All proceeds from this event benefit beautification of public areas for the enjoyment of all.

Forest Glen Community Club's Garden Committee develops and maintains extensive and award-winning spaces on Edens Parkway, Forest Glen, Elston and anywhere a seed may find purchase.

(Transportation: Metra Milwaukee North, Forest Glen stop, Free, plentiful, street parking)

LINCOLNWOOD FEST * JULY 20 - 23
RIDES * GAMES * FOOD * MUSIC * CARS * BINGO

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THUR-7/20 5PM-10PM BOY BAND NIGHT MARLON LONGID & THE SHAKES	FRI-7/21 5PM-11PM TRIBUTOSAURUS AS CREEDENCE CLEARWATER REVIVAL SIMPLY SOUND	SAT-7/22 1PM-11PM THINK FLOYD USA 228	SUN-7/23 10AM-9PM ROSE HILL REVIVAL FOUR MAN BAND
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MORE INFO - WWW.LINCOLNWOODFEST.COM

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Community First Medical Center July Health Events



Community First Medical Center, 5645 West Addison Street, Chicago, will offer the following health events in July

• **Friday, July 14**
Free Healthy Aging Program - 12:00 - 1:00 p.m., Community First Medical Center, Conference Room C, 7th Floor.
 This program is for individuals aged 55 and older and consists of social time, health topics and guest's lectures.

• **Friday, July 14, 21 and 28**
11th Step Mediation - 6:45 - 8:00 p.m., Community First Medical Center, Conference Room C, 7th Floor
 Silent mediation, a brief positive talk or reading followed by 12 step sharing. Open AA meeting format, everyone is welcome to attend. Coed, non-smoking. This is a fellowship open to learning how the art of listening leads to developing an improved 'real' relationship with their higher power and our fellows. For all who seek through prayer and meditation to improve their conscious.

• **Monday, July 24, thru Friday, July 28, 2017**
Wellness Back to School Fair
 Community First Medical Center and the Volunteer Steering Committee will be collecting school supplies for the children at Avondale/Logandale School. All school supplies are needed from kindergarten thru 8th grade. For your convenience, there will be a collection box set up outside of the Port Café and in the Main Lobby.

• **Sunday, July 16, 23 and 30**
Alcoholics Anonymous - 9:30 - 10:30 a.m.

Community First Medical Center, Conference Room A, 7th Floor.
 Alcoholics anonymous is a group of men and women who share their experience, strength and hope with each other that they solve their common problem. If you think you have a drinking problem, please join our free AA Group.

• **Tuesday, July 18 and 25**
Learning Interventions Family Education (LIFE) - 7:00 - 8:30 p.m., Community First Medical Center, Café Conference Room, Ground Floor.
 A Compassionate Recovery Education curriculum specializing in "Helping Family and Individuals Navigate the Recovery System". This free training will provide education to family members to help them improve their personal understanding of the recovery process. To register, please call 708-536-8775.

• **Thursday, July 20 and 27**
Overeaters Anonymous - 7:00 p.m. Community First Medical Center, Café Meeting Room
 A fellowship of individuals who through shared experience, strength and hope are recovering from compulsive eating. If you think you may be a compulsive eater, please feel free to attend our free meetings.

• **Wednesday, July 26**
Courage to Quit Smoking - 1:00 - 2:00 p.m. Community First Medical Center, Community Education Room, 2nd Floor.

Faisal Master, RRT, Advanced Respiratory Care Practitioner will provide sessions on how to have enough courage to quit smoking.

• **Thursday, July 27**
Arthritis and Total Joint Replacement - Taking the Right Steps, 10:00 - 11:00 a.m., Community First Medical Center, Community Education Room, 2nd Floor.
 These free sessions will be conducted by Carleen Nunez, R.N., B.S.N., O.N.C., along with staff from rehabilitation services. Attendees will receive educational materials, get questions

answered, learn what to expect from surgery and meet some professional staff. To register, please call 773-794-4640

• **Thursday, July 27**
Prostate Specific Antigen Screening (PSA) - 2:00 - 3:00 p.m. Community First Medical Center, Community Education Room, 2nd Floor.
 When it comes to beating cancer, early detection is everything. Register for your prostate cancer screening. \$10.00 fee. To register, please call 773-794-4640.

Mather's—More Than a Café in Norwood Park Serves up Evening Entertainment, Education, and More

As summer in Chicago heats up, so do the program offerings at Mather's—More Than a Café in Norwood Park. The location, which has traditionally served breakfast, lunch, and a variety of lectures and classes for those age 50 and better, is now open weekday evenings, providing a cool spot to have dinner and perhaps learn something new.

"We recently extended our hours until 8:00 p.m. Monday through Friday to allow us to serve people who aren't able to make it in earlier in the day," explains Café Manager Eileen Gabriel-Galán. "Now, people who work or are busy during the day have plenty of opportunity to try us out—whether it's bringing their family in for dinner, or—if they're 50 or better—signing up for an art class like Paint and Sip with Val or a cooking demo and tasting."

Mather's features an ever-changing selection of programs including lectures, hands-on art workshops, live music, fitness classes, and... well, more. Here is a sample of this month's evening programs:

Acoustic Evenings - Every Thursday from 6:30 to 7:30 p.m.

Come to Mather's for a showcase of local talent! Each week features a different musician—and a unique musical experience! Come early for dinner, and keep in mind we're BYOB. Suggested Donation \$5

Monday, July 17 - 6:00 p.m. Every Hour Was Cocktail Hour! Life at the Garden of Allah Hotel
 Martin Turnbull, Author

The Garden of Allah Hotel was an infamous playground where the soon-to-be-legendary and the already-celebrated gathered to share Prohibition cocktails and Hollywood insider secrets. Martin Turnbull, author of Hollywood's Garden of Allah novels, joins us by Skype to bring to life Golden-Era Hollywood as seen through the eyes of the people who lived it. FREE

Thursday, July 20 - 3:30-5:30 p.m. Spinning Discs with "Jivan" Ivan

DJ Ivan Rivera will dip into his impressive music collection to play your favorite songs. All requests welcome. FREE

Friday, July 21 - 3:30-7:00 p.m. The Culinary Delighters Present: The Blackhawk Restaurant (Private Dining Room)

For over 60 years, Don Roth's Blackhawk was a fixture on the Chicago restaurant scene. We will recreate authentic signature items like carved prime rib, Boston scrod and the legendary "Spinning Salad." Cost \$25

Monday, July 24 - 6:00 p.m. Navigating the Midlife Transition

Hélène Tragos Stelian, Certified Life Coach & Midlife Expert

In midlife, many of us face an overload of demands from work, children, and aging parents, not to mention our own struggles. We'll delve into the challenges and opportunities of midlife and learn critical steps to thrive in middle age and beyond. FREE



Evening programs at Mather's—More Than a Café in Norwood Park includes monthly "paint and sip" classes, acoustic concerts, lectures, and more.

Friday, July 28 - 6:00-8:00 p.m. Paint & Sip with Val

Val Zucker-McCune, Owner, Smart Art Studios 6:00 to 6:30 p.m. is a pre-party, followed by painting. Perfect for the stick-figure challenged! Enjoy an evening of painting with local artist Val McCune. She'll guide you through recreating a selected piece while you enjoy your favorite BYOB beverage. Take home your very own masterpiece! Includes painting supplies and canvas. Suggested Donation \$25

Monday, July 31 - 6:00 p.m. The Tunnel under the Lake

Benjamin Sells, Author
 Benjamin's book recounts the gripping story of how, in the 1860s, the young city of Chicago constructed a two-mile tunnel below Lake Michigan in search of clean water. The tunnel was an engineering marvel that drew world acclaim. FREE

Preregistration is recommended for all programs. An Evenings at Mather's schedule is available at the Café, or you can download a monthly schedule online from matherlifeways.com/mathers-more-than-a-cafe/norwood-park.

Open for Dinner

In addition to the programs above, the Café offers a full dinner menu of Café favorites and new entrees including daily specials. Dinner service starts at 4:00 p.m. and has table service with a no-tipping policy. They are also BYOB, both in the restaurant and at live concert events.

Hours are from 7:30 a.m. to 8:00 p.m. Monday through Friday, and from 8:00 a.m. to 3:00 p.m. on Saturday.

Please note that the other Mather's—More Than a Café location in Portage Park (3235 N. Central) is open Monday through Friday from 8:00 a.m. to 4:00 p.m.

For more information on Mather's—More Than a Café, visit mathermorethanacafe.com, or call 773-774-4804.

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 Lawyer™." 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.



our flag



(Part 2) The History of the Stars and Stripes

We continue our series on the History of "Our Flag". This will continue over the next few editions and hope that it proves to be of interest and an educational reference for all of our readers - young, and not so young. (This is taken directly from the booklet titled "Our Flag" issued by the 105th Congress, 1st Session, and printed by the U.S. Government Printing Office, Washington, 1998, under Senate Concurrent Resolution 61)

The Stars and Stripes originated as a result of a resolution adopted by the Marine Committee of the Second Continental Congress at Philadelphia on June 14, 1777. The resolution read:

"Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field representing a new constellation."

The resolution gave no instruction as to how many points the stars should have, nor how the stars should be arranged on the blue union. Consequently, some flags had stars scattered

on the blue field without any specific design, some arranged the stars in rows, and some in a circle. The first Navy Stars and Stripes had the stars arranged in staggered formation in alternate rows of threes and twos on a blue field. Other Stars and Stripes flags had stars arranged in alternate rows of four, five and four. Some stars had six points while others had eight.

Strong evidence indicates that Francis Hopkinson of New Jersey, a signer of the Declaration of Independence, was responsible for the stars in the U.S. flag. At the time that the flag resolution was adopted, Hopkinson was the Chairman of the Continental Navy Board's Middle Department. Hopkinson also helped design other devices for the Government including the Great Seal of the United States. For his services, Hopkinson submitted a letter to the Continental Admiralty Board asking "whether a Quarter Cask of the pub Wine will not be a proper & reasonable Reward for these Labours of Fancy and a suitable Encouragement to future Exertions of a like Nature." His request was turned down since the Congress regarded him as a public servant.

VFW Announces Kick-Off of Annual \$30,000 Scholarship Competition

Illinois Veterans of Foreign Wars State Commander Jeffrey Hastings announced the kick-off of this year's VFW's Voice of Democracy Scholarship competition. Illinois high school students have the opportunity to compete for thousands of dollars in scholarships and a trip to Washington, D.C.

Students must write and record a three-to-five minute essay on the selected theme using an audio CD or flash drive and present their recording, typed essay and completed entry

form to their local VFW Post by October 31. The 2017-18 theme selected is "American History: Our Hope for the Future." Students begin by competing at the local Post level, then Post winners compete at the District level with the winner advancing to the state competition.

FOR DETAILS VISIT: www.vfw.org/VOD and pick up the next edition of Our Village News for complete details.

Honor Flight Chicago - "Operation Locate A Hero"- 2017 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 2017 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.

There are approximately (21,000) WWII Veterans remaining in the Chicago area - which HFC is requesting assistance from the public to help locate these WWII Heroes.

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 starting today, May 1, 2015 to May 29, 2015 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.



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



Night Out in the Parks brings world-class performances to Chicago's neighborhood parks!

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View our upcoming Night Out events at:

www.NightOutInTheParks.com or access them in the free **My Chi Parks™** mobile app.

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For more information about your Chicago Park District visit www.chicagoparkdistrict.com or call 312.742.7529 or 312.747.2001 (TTY).

STAY CONNECTED.



@ChicagoParks #InTheParks

“Fresh Beer Here”



The Gormally-Bourke family hails from Ireland and England and their local tour guide John (black t-shirt) brought them to the new Alarmist Brewing Taproom by Peterson and Pulaski. Back home they usually drink Guinness beer and Newcastle Brown Ale, but here their two favorites were “Skewmageddon” Oatmeal Stout and “Mr. James” Brown Ale. They said it was a great first experience with fresh American beer!

SKOKIE THEATRE
 NOTHING COMPARES TO THE THRILL OF LIVE ENTERTAINMENT
 7924 Lincoln Ave, Downtown Skokie
 SkokieTheatre.org 847-677-7761

A Summer of Comedy Fun

By Wayne Mell, Artistic Director

It's no secret that Jan Slavin is a funny lady. She performs all over Chicagoland to sold-out houses at places like Zanie's, The Laugh Factory, and The Comedy Bowl. And she has entertained thousands of people nationally and a member of Caryn Bark's Funny Old Broads. This summer, she's got a special treat for us all.



Jan is rounding up a lineup of Chicago's best comedians, and is bringing them to beautiful downtown Skokie in a program she calls “Joking at the Skokie”. Her all-star lineup includes people who have performed nationally at places like The Second City, Carnegie Hall, and Lincoln Center.

Friday, August 11 – “It Take a Woman” features a line-up of all female comic. This doesn't mean that it's an evening of men bashing. These women will be sharing their sharp wit and observational comedy on a variety of subjects including work, dating, family, the government, and all-around life. The comics featured include Mona Aburmishan, Colleen Brennan, Kat Herkovic, Eunji Kim, Denise Medina, Janice V. Rodriguez, and Mary Zee.

Friday, August 18 – “High-Fiber Comedy” anyone who thinks that comedy is a game for young need to think again. These comics have been around the block once or twice, and have seen far more than your average twenty year-old. The comics featured include Bill Gorgo, Tom Gotlund, Laura Hugg, Michelle Krajecki, Joe Nuccio, Julie Paradise, and John Petlicki.

Both Joking at the Skokie shows are at 8 pm, and tickets are only \$15. Easy, affordable, and right in your own back yard. Comedy doesn't get better than this. Come see for yourself. Call 847-677-7761 or order your tickets at SkokieTheatre.org.

But wait ... there's more.

Laughs That Will Keep you Jung – The Therapy Players
 Saturday, July 22 at 8 pm. Tickets \$17

How many psychotherapists does it take to make a crowd laugh? Come find out when the Therapy Players take the stage! Professional psychotherapists by day, they've been performing together as a comedy improv troupe since 2013, and were the winners of the 2015 Chicago Collider Improv competition. Their revue “Phobia Shmobia” won a standing ovation at the Anxiety Disorders Association of America, and they brought down the house at the International Society for the Study of Self Injury, where they performed at the happy hour. The troupe has also played, usually to sellout crowds, at theaters and clubs in Chicago, Evanston, and Oak Park. Their January 28 debut at the Skokie Theatre, “Laughs Even Your Insurance Company Can't Deny!” was a big hit, so they return with 90 minutes of new material and short scenes improvised on the spot from audience suggestions.

Taking a Stand – Rajiv Satyal and Taylor Alexander

Friday, August 25 at 8 pm. Tickets \$25

Comedian Rajiv Satyal, with the aid of singer/songwriter Taylor Alexander, breaks down pop music to explain how America got to where she is today. Satyal performs weekly at the Laugh Factory in Hollywood. He has garnered 50 million+ online views and been featured on/in NBC, NPR, Nickelodeon, Fx, Netflix, Bob & Tom, Times Now, Zee TV, Pandora, The New York Times, The Wall Street Journal, Variety, Advertising Age, The Times of India, The Huffington Post, and The LA Times. Rajiv wrote No Man's Land, a 100-minute one-person show about his dating life that sold out all performances from LA to NY to San Francisco to Cincinnati.

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.



Chicago Cultural Affairs

Summer has arrived in Chicago. Discover the Season 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.



North Shore Art League's
ART in the VILLAGE
 Winnetka, Illinois

Winnetka is located north of Chicago along the shores of Lake Michigan. This annual fair generates enthusiastic art buyers to our village. The North Shore Art League's 92 year history and quality event reputation is apparent in all of the pre-show interest from artists and patrons.

The League is a locally well-known organization with close ties to the Art Institute of Chicago, Columbia College and many art galleries, schools and organizations throughout the area. We draw art enthusiasts from the entire Chicagoland area and beyond. Art in the Village will be promoted in all of our mailed and emailed communications, through advertising in Chicago and local publications, through strategically placed articles, posters, yard signs and more.

Please let us know if you have any questions. We hope you will join us at our show next summer! Questions? www.northshoreartleague.org or 847-446-2870

Fall into Fitness

5k
 run/walk

Sponsored by:
 Community First Medical Center

Sunday, September 24, 2017
 Start and Finish at Portage Park
 5K Run/Walk starttime: 8:30 a.m.

Participants	Pre-Race	Race Day
Adults (18+)	\$20	\$30
Youth (ages 6-17)	\$10	\$20
Seniors (ages 60+)	\$10	\$20
Family Rate (up to 5 members)	\$45	\$55
Children 5 and under	Free	Free



For more information, call 773-794-7648
 On-Line: www.raceroster.com/12825

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Visit us during the Summer Concert Series in Lincoln Square

Enjoy a Food Truck Festival and Starlight Concert at Brummel Park July 18

Community members can sample delectable delights from eight food trucks and enjoy the music of Chicago Tribute Anthology at the 2017 Food Truck Fest and Starlight Concert at Brummel Park on Tuesday, July 18, 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 Amanecer Tacos, Babycakes, CheSa's Gluten Tootin Free Food Truck, Grill Chasers, The Happy Lobster, Pierogi Wagon, Piko Street Kitchen and T-male Spaceship.

Chicago Tribute Anthology features a driving rhythm section, powerful horns and authentic vocals, combining to recreate the sound of legendary rock band, Chicago. 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 @parkrecreation on Twitter.

REMAINING SCHEDULE:

Tuesday, July 25

Mason Park, Church Street at Florence Avenue

Lynne Jordan and The Shivers - One of Chicago's musical divas belts out the blues, jazz, funk and rock

Starlight Junior Concert -

Wednesday, August 2

Tallmadge Park, north of the Noyes Cultural Arts Center

Miss Jenny and Dawn-Marie Hamilton will lead a sing-a-long concert

For the complete Starlight Concert Series schedule, visit cityofevanston.org/starlight.

Lincolnwood Parks & Recreation Community Park Play Dates Provide Free Fun at Lincolnwood Parks

Join in on the fun at Lincolnwood parks throughout the summer. Each Thursday, the fun crew will roll up to a different park to provide a jam-packed hour of fun, including active games, outdoor crafts, and more! No registration required. For all ages.

Day/Time: Thursday, 1-2pm
 July 13 - Rossi Park, 7025 Keystone Ave.
 July 20 - Goebelt Park, 6621 Kilbourn Ave.
 July 27 - Kildare Park, 7245 Kildare Ave.
 August 3 - Drake Park, 6750 Drake Ave.
 Aug 10 - O'Brien Park, 7260 East Prairie Rd.

Lincolnwood Summer Concert Series Features Family Fun and Live Music on Thursday Nights in July

The Lincolnwood 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.

- 6-8:30pm - Free bingo & a fun inflatable activity for kids
- 6:30-8:30pm - Free face painting by Rosa Flor Designs
- 7-8:30pm - Live music

Concert & Activity Lineup

Lincolnwood Fest (July 20-23)

July 27 - Final Say

Tight grooves and seamless harmonies from one of Chicago's top party band

The Grant Park Music Festival Continues in July

The 83rd season of the Grant Park Music Festival continues in July with Artistic Director and Principal Conductor Carlos Kalmar leading the Grant Park Orchestra, along with Chorus Director Christopher Bell and the Grant Park Chorus, in Millennium Park's Jay Pritzker Pavilion. Concerts are Wednesdays and Fridays at 6:30 p.m. and Saturdays at 7:30 p.m. The July program schedule is below. A complete Grant Park Music Festival schedule is accessible at www.gpmf.org.

Patrons can order One Night Membership Passes for reserved seats, starting at \$25, by calling 312.742.7647 or going online at gpmf.org and selecting their own seat down front in the member section of the Jay Pritzker Pavilion. Membership support helps to keep the Grant Park Music Festival free for all. For every Festival concert, there are seats that are free and open to the public in Millennium Park's Seating Bowl and on the Great Lawn, available on a first-come, first-served basis.

Open lunchtime rehearsals of the Grant Park Orchestra and Chorus continue through August

19 and typically take place Tuesdays through Fridays from 11 a.m.-1 p.m. Audiences are welcome to sit in the Pavilion Seating Bowl during rehearsals, and Festival docents will be on site to talk about the week's concerts during rehearsal breaks.

For more information about the Grant Park Music Festival including membership, One Night Passes and group seating, 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.

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The Grant Park Music Festival is a key partner in Mayor Rahm Emanuel's Night out in the Parks program. Night Out in the Parks is an initiative featuring more than 2,000 cultural activities annually in Chicago Park District locations citywide in support of the City of Chicago's Cultural Plan.

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Medicaid Asset Transfer Rules – When Gifting Can Cost You



Chester M. Przybylo

Even if you have never needed to rely on Medicaid before to help with your health care costs, the odds are good you will need to as a senior. Why? The answer can be found in the high cost of long-term care (LTC). At an average yearly cost of over \$80,000 nationwide, and an average length of stay of 2.5 years, it should come as no surprise that over half of all seniors in need of LTC rely on Medicaid to help cover the cost of care. Given the likelihood that you (or a spouse) will need to qualify for Medicaid at some point in the future, a basic understanding of the Medicaid assets transfer rules is crucial. Gifting assets can cost you if you don't understand the rules.

Medicaid is a health care program that is primarily funded by the federal government, but is administered by the individual states within federal guidelines. Consequently, the eligibility and benefits offered can vary somewhat from state to state. Because Medicaid is a "needs-based" program, all states use income and asset limits when determining eligibility. For a single person, if the value of your available resources exceed the program limit, typically \$2,000, you do not qualify. If you are married, there is a

gap on your spouse's assets too. A hasty transfer of assets in anticipation of the need to qualify for Medicaid, however, is not the answer if your assets exceed the limit because of the Medicaid five-year "look-back" rules.

There was a time when you could transfer assets at the point when you realized you needed to qualify for Medicaid without incurring sanctions. However, changes to the Medicaid eligibility rules now make that impossible. Medicaid now uses a five-year "look-back" rule when evaluating applicants. The rule allows Medicaid to review your finances for asset transfers during the five-year period prior to your application. Transfers made for less than fair market value, "uncompensated transfers," will cause a penalty period of disqualification starting when the applicant would be otherwise qualified to receive and in need of Medicaid benefits. The length of the disqualification period is determined by dividing the uncompensated transfer by the average monthly cost of LTC private pay in your area.

For example, imagine you have uncompensated transfers of \$118,000 and the average monthly cost of LTC in your area is \$8,000. You would divide \$118,000 by \$8,000 for 14.75. Rounding up, your disqualification period would be 15 months. During that time, you would not be qualified for Medicaid.

If you find that you (or a spouse) need to qualify for Medicaid, and your non-exempt assets exceed the asset limit, you may be able to implement a Medicaid "spend-down strategy" that involves spending your excess assets on things that will effectively lower your non-exempt asset total. Examples of things that may qualify include:

- Paying down or paying off a mortgage on your principal residence
- Purchasing a new home
- Making home improvements
- Purchasing household furnishings
- Purchasing a new car or making car improvements
- Purchasing pre-paid funeral plans

Keep in mind the rules regarding what can be part of your spend-down strategy will vary somewhat depending on your state of residence. Be sure to consult with an experienced estate planning and elder law attorney before implementing a Medicaid spend-down strategy to ensure your planned expenses qualify.

The best way to ensure you qualify for Medicaid when you need it, without putting any of your retirement nest egg at risk, is to incorporate Medicaid planning into your comprehensive estate plan long before the need for Medicaid eligibility arises. Medicaid planning utilizes strategies and tools, such as an irrevocable Medicaid trust, to protect your assets and set you up for Medicaid eligibility. Consult with your estate planning and elder law attorney about adding a Medicaid planning component to your estate plan.

If you have additional questions about the Medicaid transfer rules, or you wish to know more about a Medicaid spend-down strategy, consult with your estate planning and elder law attorney.

Chester M. Przybylo has been elected to the Board of Governors of the prestigious American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 45 years. To register for an upcoming seminar, call the 24 hour reservation hotline at 1-800-638-7878 or register online at www.PlanOurEstate.com.

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.

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"Brain Fitness" is Timely Talk at Norwood Crossing on July 19

The aging process affects individual physical and mental health. Both have to be challenged and nurtured to function properly, and there are things that can be done to assure their success. To learn more, join Michael Turner, aging expert and owner of Senior Helpers Lincolnwood, as he discusses keys to maintaining a healthy brain. He will be joined by a clinical dietitian from Presence Resurrection Medical Center who will discuss how nutrition affects brain health.

The Timely Talk presentation, "Brain Fitness," will take place at 2:00 p.m., on July 19, at

Norwood Crossing in the Assisted Living building, 6016-20 N. Nina Ave. in Chicago. Among the topics covered will be improving memory and concentration, the contribution of foods to good brain health, breakthroughs in brain research and its personal impact, and how exercise and social interaction can improve longevity.

A question and answer session, light refreshments and a raffle will follow the talk. For more information or to RSVP, please call (773) 577-5323 or email info@norwoodcrossing.org.

Traditional Hearing Aid or High-Tech Hearable: Which One's Right for You?

If you've heard of the new market of hearables, then you might be wondering how this new technology compares to more traditional hearing aids. We hear this question a lot, so we thought we'd cover some of the basics.

First, a couple of definitions: a traditional hearing aid or hearing device is a medical device meant to improve hearing for those who are suffering from hearing loss. A hearable, on the other hand, coming from the word wearable, is a recent type of over-the-counter technology meant to enhance hearing for anyone who is interested in such a device. A hearable, for instance, can be used to improve hearing at a sporting event by an individual who doesn't suffer from hearing loss.

One great thing about hearables is that by coming from the tech industry, they've introduced things like bluetooth integration, automatic hands-free phone use, and mobile app interfaces that help you customize the device and the hearing experience to your needs and to the environment you're in. Now, traditional hearing aid manufacturers also understand how important these features are to patients, and these features are being incorporated into many traditional hearing devices as well.

Obviously, there is middle ground between these two types of devices, because they both aim to enhance hearing. With that being said,

each excels at different sides of the spectrum.

For those with moderate to significant hearing loss, traditional hearing aids offer more options for customization and have specialized technology that is too niche to be included in mass-market hearables. They also have the power and strength to provide enough amplification to aid someone's hearing so that conversations will be easier.

On the other hand, if you suffer from mild hearing loss and consult with a doctor of audiology, you may be able to use a hearable to achieve the same effect as a traditional hearing aid, and possibly at a lower cost.

So, it all comes down to the question, does this hearable offer sufficient customization to work with my particular type and severity of hearing loss?

Only an audiologist has the expertise to make that call, so, while it may be tempting to purchase an affordable hearable device over the counter, you may ultimately be doing your hearing a disservice. Dr. Marie Vetter can provide you with the proper recommendations as well as the proper devices to help you hear at your best.

Have a question about traditional hearing aids or hearables? We're here to help! Call 773-685-9202 or email info@chicagohearingservices.net to set up a consultation!



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.

Jefferson Park Meeting

The Wednesday, July 26th General meeting of the Jeff Park Neighborhood Association, JPNA, will have keynote speaker Manager Eileen Dohnadek of the Jefferson Park Library Branch who will explain the process for obtaining free activity passes for various cultural institutions for Chicago residents. She will also talk about arranging tours of our local branch and answer questions after her speech. Meetings of JPNA are on the last Wednesday of the month at 7:00 p.m. on the lower level of the Congregational Church of Jefferson Park, 5320 W. Giddings. Meetings are free and open to the public with light refreshments. For questions call 1 773 282 3879.

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.

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.

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Resurrection Class of 2017



The Resurrection College Prep High School Class of 2017 was comprised of one hundred and forty-six young women. The graduates celebrated their Baccalaureate Mass and Commencement ceremony at Holy Name Cathedral on Wednesday, May 31, 2017. For the past 95 years Resurrection has focused on developing strong, capable women who are confident, healthy, well-rounded and college ready.

The members of the Class of 2017 have distinguished themselves in academics, service, athletics and the arts and will be attending colleges and universities nationwide. Fifteen graduates were Illinois State Scholars, including class Valedictorian Clare Hobson and Salutatorian Meredith Nowotarski, as well as the following 2017 graduates: Rahma Almajid, Julia Baase, Elyse Boldt, Alison Crivlare, Mary Donohoe, Lauren Gawlinski, Natalie Markech, Analisa Martorano, Noelle McGlenn, Melanie Persangi, Eleanor Riordan, Cherryshe Sinfuego and Emma Sudie.

Reverend Daniel McCarthy, Reverend Britto Berchmans and Reverend James Blazek celebrated the Baccalaureate Mass at Holy Name Cathedral. Twenty-three graduating seniors are

the daughters or granddaughters of Resurrection alumnae, and during the Baccalaureate Mass these graduates presented their alumnae mothers or grandmothers with a red rose to acknowledge the continued Resurrection legacy within their families.

During the Commencement ceremony that followed the Baccalaureate Mass, both the Principal's Award and the Sr. Anne Medal of Distinction in Faith, Leadership and Service were presented. The Principal's Award, presented by Principal Richard Piwowarski, recognizes a high-achieving graduating senior who has contributed to the school community through her service and scholarship and was awarded to Elyse Boldt. The Sr. Anne Medal, presented by Resurrection President Sr. Donna Marie Wolowicki, C.R., recognizes a student who exemplifies the values of Resurrection College Prep and its 1922 founder, Sr. Anne Strzelecka, C.R., and was awarded to Alyssa Walsh.

The Resurrection motto, Charity & Truth, is core to the values and philosophy of Resurrection College Prep and is part of the school's approach to education. During the Commencement ceremony, Salutatorian Meredith Nowotarski presented a student address on the topic Charity and Valedictorian Clare Hobson presented a student address on the topic Truth.

Resurrection College Prep High School, lo-



Twenty-three graduating seniors are the daughters or granddaughters of Resurrection alumnae who honored their mothers or grandmothers with a red rose during the Baccalaureate Mass.



Left to right: Valedictorian Clare Hobson, Class President Shannon Borner, Class Secretary Gillian van Brenk, Class Vice President Olivia O'Hehir, Class Treasurer Katia Velisaris and Salutatorian Meredith Nowotarski

cated 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 found-

ing 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.

Kiwanis Of Ravenswood



THE KIWANIS CLUB OF RAVENSWOOD is now meeting at the Barba Yianni Grecian Taverna, 4761 N. Lincoln Avenue, just south of Lawrence. Arrangements have been made for our Kiwanis Kin for FREE PARKING in the mb Financial parking lot. If you plan to attend, please RSVP with Maria Bappert at 773-728-8127 as the restaurant needs to know for how many people to set the table. Thank you.

ONGOING SERVICE PROJECTS OF OUR CLUB ARE: *Lift tabs from aluminum cans; *Plastic bread & bagel bags for our four-legged friends; *Plastic shopping bags for the Women's Ministry at Luther Memorial Church who weave mats for homeless people; Paper shopping bags for area food pantries; *Outdated prescription eyeglasses; and last, but not least, *Box Tops for Education" for the Queen of Angels School.

July Event Dates:

Thu., July 13 – Regularly scheduled Luncheon & Board Meeting at Barba Yianni

Thu., July 27 – Regularly scheduled Luncheon Meeting

PRAYER FOR OUR COUNTRY

Lord God, You guide the universe with wisdom and love. Hear the prayer we make to You for our country: Through the honesty of our citizens and the wisdom of those who govern, may concord and justice flourish, and real progress in peace be achieved. Amen.

Norwood Park Farmers Market July 22

This is supporting healthy eating in our community.

We're proud to bring a farmers market to our neighborhood! Please join us to get your veggies straight from the field.

There's no better way to get your fill of veggies, cheeses and other healthy foods than straight from the farmers who produce them.

Presence Resurrection Medical Center is happy to host three special farmers markets in our neighborhood this summer. We hope you'll join us!

Thursday, June 8, 3 to 8pm; Saturday, July 22, 9am to 1pm; and Saturday, Sept. 16, 9am to 1pm.

Presence Resurrection Medical Center

7435 W. Talcott Ave., Parking Lot 2, Chicago, IL 60631

Village Cooking Corner

Grilled Corn Salad Recipe

From the Kitchen of Prashant Shukla

8 ears of corn, husk and silk removed
1 jalapeno pepper, seeded and finely chopped

1 semi ripe mango cut in small cubes
1 medium size red onion finely chopped
1 cup chopped fresh cilantro leaves
½ cup of chopped fresh mint leaves
Red cherry tomatoes, halved
1 ripe avocado-optional
2tbs of extra virgin olive oil
1 lemon cut into half

1tsp red pepper powder
Salt and crushed black pepper to taste



Grill corn on preheated grill for about 7 to 10 minutes turning it often. Remove from grill when cooked, shave and most kernels have the grill marks. In a large glass bowl remove the grilled corn kernels off the cob with a knife. Add rest of the ingredients to the bowl except the olive oil, cilantro, mint leaves and lemon. Finally, drizzle the olive oil, squeeze in the lemon juice from the fresh lemon and add cilantro. Mix well and serve at room temperature or cold along with Tandoori Chicken or any other protein.

Final Note: Grill extra corn ears to eat as a starter item. Rub the grilled corn on the cob, once done, with fresh lime, salt and red pepper powder. Eat it off the cob, goes well with fresh lemonade, margarita, beer or any other citrusy summer cocktail.

Bon Appetit!

(To see recipe videos showcasing recipes from around the world from Prashant Shukla, visit www.YouTube.com and search for Gastro Guru)

Village Cooking Corner will be featuring recipes using all the fresh Farmers' Market offerings throughout the Summer months ahead.

Northtown Garden Society Field Trip

On Saturday, July 22 we will have a field trip to the Preserve! Our tour begins at 11am, then we will picnic at the site. Bring a sack lunch, NGS will provide water and dessert.

The West Ridge Nature Preserve is located at 5801 N Western Ave.

Carpool will meet Warren Park at 10:30 am.

RSVP to: evamannaberg@yahoo.com



Shanti Sugar Challenge - Hidden Sugars

How did you do the last two weeks? If you couldn't make a dent in your sugar use, now it will get a little easier or harder depending on how you approach the task.

Although this is not a plan to lose weight, the scale may be your best way to track your progress. To be accurate, try not to change your regular diet. Let the sugar do the walking and your weight will do the talking. Our target this week is the "friendly juices", processed teas, wine, mixed drinks and some milk. YES, milk!

Before I started this program, I had a passion for orange juice and would daily consume two 16 oz. glasses. Perhaps a soft drink or bottled tea as well. But then I began looking at the nutritional labels.

You must begin reading labels. Watch out for HIGH FRUCTOSE CORN SYRUP which many producers use as a cheap substitute for natural sugars. One major condiment maker out of Pennsylvania uses it in virtually all of their products. I was also shocked to find that a very popular dairy that sells its milk in glass bottles used HIGH FRUCTOSE CORN SYRUP in my favorite egg nog.

Tip: When you read labels listing the sugar

content in drinks, look at the top line and see how many servings are in each bottle. If it is 2, then multiply the sugar content by 2 to get the real total of sugar consumed and total calories.

Processed teas also contain different types of sugars. Remember that none of these sweeteners have any nutritional value. They are all just a pathway to the "caloric valley of death"

And wine: Yes, I know you love a glass of wine. But serving size has grown rapidly from 5 ounces to full glasses. Remember the size of a wine goblet is there so you can swirl the wine to let it breathe and to release flavor before you enjoy it. It does not mean that you have to fill the glass to the brim. Wine manufacturers have fought government attempts to list the sugar content in their products on the back of the bottle. So the actual content can only be approximated.

Mixed drinks also need to be consumed very sparingly. Remember, there is no sugar in alcohol. It has been consumed in the fermentation process. The only sugar in an alcoholic beverage comes from the sweet add-ins.

Next time: Sugar and Pre-diabetes.

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