



OUR VILLAGE



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2017 Metropolis Of Chicago Philoptochos Quilt-A-Thon

The Greek Orthodox Metropolis of Chicago Philoptochos Society held their annual Quilt-a-thon on Saturday, March 18, 2017, at Ss Constantine & Helen Greek Orthodox Church in Palos Hills. This was the 16th year for this outstanding act of charity.

As in previous years, the objective was to make over 200 quilts which will then be distributed to various Hospitals and Institutions such as Children's Memorial, Comers, La Rabida, Hope, Crisis Center, Philoxenia House and more, to be given to children with life threatening diseases and to seriously ill children.

Six years ago, Metropolis of Chicago Chancellor Bishop Demetrios of Mokissos named



and dedicated this annual event the "Maria Pazoles Memorial Quilt-a-thon", recognizing Maria's indelible efforts and contributions to this most heart warming and worthwhile project.

The project has been supported in part from our Metropolis and mostly from donations and sponsors of

the quilts. Although it is a year long project implemented by the diligent efforts of the Quilt-a-thon Committee, many of the quilts are finished on Quilt-a-thon day by Philoptochos Ladies from throughout the Greater Chicago Area. In addition to the over two hundred quilts expected to be made, one hundred fleeces and one hundred neck pillows are also expected to be finished.



Chicago Police Job Fair

The 25th District station is planning to hold a job fair for young adults between the ages of 18-25 years old in the month of April.

If you would like your business to participate in the fair, or know someone who would like to hire young adults for the summer months, please contact

Officer Jim Mackin, Chicago Police Department
25th District Community Office • Office: (312)746-5090
Email: james.mackin@chiagopolice.org



Christian Holy Week Begins
April 9th On Palm Sunday
Schedule of Services and Events Will Appear In Our April 7th Edition

LENTEN MENU IDEAS CONTINUE ON PAGE 7

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ASSORTED CAKES & KOLACHKI

\$27.50 - ADULTS**
\$15.50 - CHILDREN (AGES 3-12)**

Buffet Style Menu 11:00am - 6:00pm*
(SEATINGS EVERY 1/2 HOUR)

BREAKFAST STATION
OMELETS, FRENCH TOAST, BACON, SAUSAGE, ASSORTED FRESH BREADS & PASTRIES

FISH STATION
SMOKED TROUT, FRIED PERCH, BAKED NEW ENGLAND COD, SALMON WITH DILL SAUCE & SHRIMP COCKTAIL

CARVER STATION
HONEY-BAKED HAM, ROASTED LEG OF LAMB, HAND-CARVED ROASTED BEEF BRISKET, ROSEMARY POTATOES, ROASTED CHICKEN WITH GOLDEN GRAVY, BROCCOLI ROMAN & GLAZED CARROTS

ITALIAN STATION
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POLISH STATION
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Community First Medical Center March/April Health Events



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

Sun, March 26, April 2, 9, 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.

Tues, March 28, April 4, 11, 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.

Wednesday, March 29, April 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, March 30
Osteoporosis & Bone Density – 2:00 p.m.
Mather’s Café on Central, 3235 N. Central Avenue, Chicago
Carrie Stalec, PT, DPT, Community First Medical Center, will discuss valuable tips for persons living with or at risk of osteoporosis. To register, please call 773-205-3300.

Thurs, March 30, April 6, 13, 20 & 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.

Monday, April 3
Ophthalmologist– Kathleen Scarpulla, 1:00 p.m. Mather’s Café on Central, 3235 N. Central Avenue, Chicago
Bring questions about your vision, and learn a little about proper vision and eye health. Dr. Scarpulla will conduct cataract and glaucoma screenings for those interested. To register, please call 773-205-3300.

Thursday, April 6
Diabetes Support Group - 2:00 – 3:00 p.m.
Community First Medical Center, Community Education Room, 2nd Floor.
Nutritionist will be on site to answer any questions. This free support group aims to provide mutual support and education.

Thursday, April 6 and 20
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

Friday, April 14
Free Healthy Aging Program - 12:00 -1:00 p.m.,

Community First Medical Center, Conference Room C, 7th Floor.
April is National Foot Health Awareness Month. Come hear our expert Dr. Darla Thomas, and Dr. Hemabh Mishra, Podiatrist will talk on tips for healthy feet that will also lead to a healthier life overall. To register please call 773-282-7000.

Wednesday, April 19
Northwest Middle School Health Fair– 1:00 p.m. – 3:00 p.m., 5252 W. Palmer, Chicago
Community First Medical Center will be providing free blood pressure screenings and a nutritionist will be on site to answer any questions.

Wednesday, April 19
Hanson Park – 1:00 p.m. – 4:00 p.m., 5411 W. Fullerton, Chicago
Spring Business Fair, Community First Medical Center will be providing free blood pressure screenings.

Wednesday, April 26
Hemorrhoids & Colon Cancer– 1:00 p.m.
Mather’s Café on Central, 3235 N. Central Avenue, Chicago
Henry Govekar, M.D., Community First Medical Center. Dr. Govekar will discuss the causes, prevention, and treatment of hemorrhoids and explain the connection between this ailment and colon cancer. A must-see lecture on a subject that nobody wants to talk about. To register, please call 773-205-3300.

Wednesday, April 26
Hearing Screenings – 10:00 a.m. – 12:00 p.m.
Audiologist Marie Vetter will provide free hearing screenings, the screenings will be done in a sound proof booth in suite 502, in the professional building across the street from the main hospital, 5600 W. Addison, Chicago. To register please call 773-282-7000.

March is Colorectal Cancer Awareness Month

Dr. Henry R. Govekar, colorectal and general surgeon at Community First Medical Center wants to raise awareness of colorectal cancer. This preventable disease is the fourth most common cancer in the USA, and the second leading cause of cancer death among men and women. Colorectal cancer will be diagnosed in approximately 140,000 people this year alone. It will claim up to 56,000 lives. This is a highly preventable disease with appropriate screening and early intervention (i.e. colonoscopy). There are often no symptoms of colorectal cancer. Some people may develop vague abdominal pain or rectal bleeding, but at that point it may be too late. The only way to prevent colorectal cancer is through early screening with a colonoscopy. In fact, a recently published paper in Annals of Internal Medicine on March 5, 2013 found that a colonoscopy can decrease the likelihood of a colorectal cancer diagnosis by 70% in adults.

Most colon cancers start as polyps, which are precursors to cancer. If they are found and removed early, a cancer can be prevented. This also can prevent patients from having to undergo a major surgery to remove part of the colon or rectum.

Colorectal surgeons are experts in the surgical and nonsurgical treatment of colon and rectal issues. They play a pivotal role in the screening, prevention and treatment of colon and rectal disease. Studies have shown that patients treated by colorectal surgeons are more likely to survive colorectal cancer because of their advanced training and the large number of colon and rectal disease surgeries they perform.

ASCRS Screening Guidelines

The American Society of Colon and Rectal Surgeons (ASCRS), which is dedicated to advancing the treatment of patients with diseases affecting the colon, rectum and anus, supports the following colorectal cancer screening guidelines:

- For people at average risk of getting colorectal cancer, a digital rectal examination and fecal occult blood test, which screens for hidden blood in the stool, are recommended annually beginning at age 50.
- Flexible sigmoidoscopy (a test that allows the physician to look directly at the lining of the lower colon and rectum) is recommended every 5 years at age 50 or older.
- A colonoscopy (a test that allows the physician to look directly at the lining of the entire colon and rectum) every 10 years or a barium enema (x-ray of the colon) every 5 to 10 years are acceptable alternatives.
- People at increased risk for colorectal cancer include those with a personal or family history of colorectal polyps or cancer, those with a personal history of breast, uterine or ovarian cancer, and those with chronic ulcerative colitis or Crohn’s disease.
- Increased risk patients may need earlier and more frequent screening depending upon the recommendations of their healthcare provider.

Prevention Tips

Dr. Govekar notes that in addition to timely and regular screening for colorectal cancer, people may be able to lower their risk of getting the disease by:

- Eating plenty of fiber. The recommended amount is 25 to 35 grams of fiber a day. Most people do not obtain this amount from fruits, vegetables and cereal so it is recommended to start a fiber supplement.
- Eating a low fat diet and including leafy green vegetables.
- Exercising at least 20 minutes a day, three days a week. This can include climbing steps and walking outside.
- Limiting excessive alcohol intake and stop smoking.
- Lastly, screening with a colonoscopy.

For more information call Dr. Henry R. Govekar at 708-453-6800 or visit his website at http://www.suburbansurgery.com/our_staff/doctor_henry_govekar/



Research Connection

Join us for the 2017 Research Connection taking place on Wednesday, April 5 at the Drake Hotel in downtown Chicago. This annual event is a great opportunity to hear from an AFSP-funded researcher.

Dr. Sally Weinstein, Ph.D., the University of Illinois at Chicago will give remarks about her work on suicide prevention in pediatric bipolar disorder. The event is from 12:00 p.m. to 1:00 p.m. and lunch will be provided. This is a great event for educators, students and anyone interested in learning more about this research topic. Register today!

Interactive Screening Program

AFSP is accepting applications for college and university counseling centers to implement AFSP’s signature prevention program, the Interactive Screening Program (ISP), this fall. ISP is an online tool used by college and university counseling centers to reach distressed students and help connect them to mental health services before a crisis emerges. AFSP will cover the program fees for 20 campuses to help implement the program nationwide.

For more information and to apply, please visit our website at www.afsp.org/ISP2017. Applications are being accepted through April 15, 2017. AFSP will review applications on a rolling basis.

You can help with suicide prevention by bringing AFSP educational programs to your community. Email chicago@afsp.org to learn more.

If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.

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.

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“THE KING & I” A Spectacular Performance Event Was Enjoyed By Everyone



The Resurrection Theatre Department's spring production of one of Roger & Hammerstein's finest works, "The King and I" thrilled crowds at the Resurrection College Prep Little Theatre on March 10th thru 12th. The play explores East versus West when an English widow, Anna Leonowens (played by Resurrection senior Katie Velisaris) and her young son arrive at the Royal Palace in Bangkok in 1862. The King (played by Notre Dame senior Sean Cunningham) has hired Anna to serve as the tutor to his his many wives and children. The musical featured beloved classics such as "Getting To Know You," "I Whistle a Happy Tune," "Hello Young Lovers," "Shall We Dance" and "Something Wonderful."

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.

Mayor Emanuel Encourages Youth To Apply To One Summer Chicago 2017

City Welcomes Back Largest Summer Jobs Program On Record, Offering New Opportunities For Youth And Ways For The General Public To Donate To Support A Greater One Summer Chicago Experience

Mayor Rahm Emanuel today announced that his One Summer Chicago program will return to provide over 30,000 job and internship opportunities this summer for youth ages 14 to 24 from neighborhoods across the city. The City of Chicago is welcoming applications to the more than 30,000 job and internship opportunities available through the 2017 program by applying at www.onesummerchicago.org now and through May 15, 2017.

In addition to the array of opportunities for youth to engage in meaningful summer jobs and internships, the City of Chicago will debut a new crowd-funding component, allowing the general public to donate funds to the mission of keeping youth safe and engaged in productive experiences during summer months.

"Every year, One Summer Chicago opens the doorway of opportunity to a valuable work experience and a summer paycheck today, leading our children to realize their full potential and a brighter future tomorrow," said Mayor Emanuel. "We all have a role to play, which is why I'm encouraging members to be a part of our mission to create a safe and positive summer experience for youth in every neighborhood."

Through the city's partnership with the Robert R. McCormick Foundation, the new "One Summer Chicago 2017 Fund" launches today and provides the general public a chance to support positive summer opportunities and safer communities through the OSC program, focusing on enhancements to four distinct program areas: neighborhood beautification, college access, youth-led anti-violence initiatives and summer opportunities and supports.

Sponsorship ranges from financing work supplies and transportation for participants, to major community beautification projects, like murals and planters; donations can also support FAFSA workshops for students and families, and stipends for books for first-time college students. A top-tier donation can support an entire summer job to serve an additional youth in the program, and all donations made to the One Summer Chicago Fund will directly benefit the youth participants through added opportunities to contribute to their communities and build new skills.

"This year's program will give youth a deeper experience than in years past, with new opportunities for youth to contribute their skills and talents to Chicago's vibrant communities," said Chicago Department of Family and Support Services (DFSS) Commissioner Lisa Morrison Butler. "For many One Summer Chicago participants, this is their first segue into the workforce, and we work hard to provide a safe and positive summer experience that will teach our youth skills to last them a lifetime."

Donations to the "One Summer Chicago 2017 Fund," a fund of the McCormick Foundation, can be made online at onesummerchicago.org/donate or by mail with checks payable mailed to: One Summer Chicago 2017, 23912 Network Place, Chicago, IL 60673-1245

"We are honored to support One Summer Chicago as it provides tremendous employment and engagement opportunities for Chicago's youth," said David Hiller, President and CEO of the McCormick Foundation.

The Mayor announced One Summer Chicago 2017 today at the Opportunity Youth Summit, where city leaders launched a three-year campaign to engage more "opportunity youth," or youth aged 16-24 who are neither employed nor in school, in opportunities to learn and earn. Just as the program does every year, it will provide opportunities for youth in this target group to engage through the One Summer PLUS program, with 2,000 opportunities this year for the city's most at-risk young men and women. The PLUS program combines intensive mentoring and cognitive therapy with the traditional work experience, both of which together have shown to reduce violent crime involvement among participants for at least 16 months after the program ended.

This year's One Summer Chicago will also link young men and women participating in Becoming a Man (BAM) and Working on Womanhood (WOW) to jobs with After School Matters, one of the city's leading youth employers and One Summer Chicago partners. Exposure to these programs has proven to reduce involvement in crime and to increase on-time high school graduation rates by nearly 20 percent. Following a commitment to expand these programs as part of the Mayor's Mentoring Initiative, 2,000 BAM and WOW participants will have an opportunity to build on progress made during the school year with meaningful work opportunities this summer.

A new-and-improved application process will use a tiered matching process to pair youth applicants with jobs, apprenticeships and skill-building opportunities based on their interest area and skill-level. New opportunities in 2017 include the Youth Arts Corps, enabling youth to contribute to public art projects as part of the city's 2017 "Year of Public Art." Returning this

year are the traditional work and apprenticeship opportunities—including urban agriculture, bike repair, outdoor forestry projects—as well as office and clerical work.

Each year the City continues to diversify the public-private program to provide youth more choices in job and internship opportunities. Last year, the program exceeded its own plans to serve 25,000 youth, expanding with \$17 million in support from the private sector to serve more than 31,000 youth. A significant investment by Emerson Collective to expand the 2016 One Summer Chicago program created an additional 4,700 employment and internship opportunities. The 2016 program also added many new employer partnerships, due to First Lady Amy Rule's role in leveraging new partners, including the Chicago Cubs, Hyatt, and Navy Pier.

Under the Mayor's leadership, the city has steadily increased its investment every year in mentoring and other youth programs to address some of the most urgent needs facing the city: keeping youth safe, improving school outcomes and reducing crime. In the past six years alone, One Summer Chicago has more than doubled to meet the overwhelming demand for these programs, serving more than 130,000 youth to date with valuable job training and work experiences.

Roadside History of Illinois

This is the third in a series of monthly short articles about places in Chicago and nearby suburbs 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, by Chicago author and Illinois native Stan Banash.



John Lane, Sr., Inventor of the Steel Plow

Many people believe that John Deere invented the first steel plow, but historical evidence shows that John Lane, Sr., a Will County farmer and blacksmith, was the true originator, having created a steel-bladed plow several years before Deere received the patent for his own plow design in 1837.

Born in New Hampshire in 1793, Lane migrated to northeastern Illinois at age 40, along with his family and a few other settlers, to pursue farming. Like other farmers in the area, Lane used a plow with an iron or wooden blade, or moldboard, which tended to get jammed with mud and tangled roots and so required frequent scraping with a wooden paddle.

Determined to find a solution to this problem, Lane set up a forge in front of his cabin and began to experiment in 1833. He believed that thin sheets of steel fused together, if properly shaped and highly polished, would pass through the ground without muck clinging to the blade. Taking worn or broken saw blades from a nearby sawmill, Lane fused the steel pieces together and cut, shaped, hammered, and polished them into plow blades. He and his neighbors conducted field tests and made adjustments until a working design evolved. He had no interest in obtaining a patent, however; he was satisfied just to be of service to other farmers.

Some reports state that Lane began manufacturing his plow in 1835, but he

probably started limited production the year before. After producing about 200 plows, using old saw blades, Lane began buying new sheet steel from Pittsburgh for his plow blades. With demand soon outpacing production, Lane's son, John Jr., opened a factory in Lockport, where he made plows as well as carriages and other equipment. Additional plants were built to fill orders from throughout the nation. After the elder Lane died in 1857, John Jr. successfully continued manufacturing, taking out patents for his own plow designs, including the "soft center" steel plow. At this point he was competing with John Deere, whose name would become synonymous with farm machinery, while his father's name became little more than a historical footnote.

A monument to John Lane, Sr. is located at 16217 S. Gougar Road (south of 159th Street) in unincorporated Lockport (Homer Township), on the 3.44 remaining acres of the farmstead where he invented the steel plow. To John Lane Sr. goes credit for the invention in 1833, and to John Deere goes credit for the patent.

Persons interested in visiting this historic location might want to wait until July 8-9, 2017 when John Lane Days is celebrated with a variety of historic activities related to farming and frontier life. The event takes place from 11:00 a.m. – 5:00 p.m., both days. For more information, call Sunny Lane Acres Farm at (815) 342-2656.

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.

The 2017 Dollars For Scholars Scholarship Application Is Now Available!

Win \$500!

Must be a graduating High School Student or Elementary Student to apply. Essay is due by: April 28, 2017.

Winner announced at the Memorial Day Parade.

Visit our website for more information:

www.norwoodpark.org/dollars-for-scholars/

Music Theater Works Celebrates 37 Years With “Make Our Garden Grow” Gala Benefit On April 1

On Saturday, April 1, 2017, Light Opera Works will celebrate its 37th year and its new name, Music Theater Works, with its annual spring gala benefit at the Sunset Ridge Country Club in Northfield, Illinois.

This year's theme is “Make Our Garden Grow,” in celebration of “Candide,” the first production under the new company name, coming up in June.

Proceeds will benefit the Music Theater Works 2017 season and Youth Reach programs.

The Music Theater Works benefit committee includes Diane and Tom Blake (Wilmette), Penelope Boukidis (Libertyville), Jefferson C. Collins (Evanston), Fran Faller (Skokie), Joseph Greco, M.D. (Chicago), Electra Kontalonis (Chicago), Mary Nicholas (Evanston), Pamela T. Pettibone (Chicago), Pamela P. Rosenbusch (Evanston), Catherine Westphal (Glencoe) and Trudene Westerman (Chicago).

The VIP Reception, “Everything’s Coming Up Roses,” at 4:45 pm honors Mary Robin Roth, star of Music Theater Works’ upcoming August production of “Gypsy.” It is hosted by Catherine Westphal and Gary Raphael (Glencoe).

The benefit begins at 5:30 pm with cocktails and a silent auction, followed by dinner at 6:30 pm with performances paired with each course, directed by Music Theater Works artistic director Rudy Hogenmiller.

A raffle drawing will be held to win \$1000 cash. Raffle tickets are one for \$10, three for \$25, seven for \$50 and 15 for \$100.

Benefit sponsors include Footlights Magazine, Marcus Promotions, On Track Fulfillment Inc., Davenport Designs and Horizon Photography.

Tickets for the event are \$195, \$265 and \$390 per person, or tables of 10 for \$1,950, \$2,650 and \$3,900. For benefit tickets, call the Music Theater Works box office at (847) 920-5360.

Music Theater Works (formerly Light Opera Works) is a regional professional theater, founded in 1980. The organization produces three shows each year at Cahn Auditorium (a 1,000-seat theater in Evanston), and an annual concert at Nichols Concert Hall (an intimate 450-seat venue in Evanston).

Music Theater Works’ mission is to produce musical theater from a variety of world traditions, to engage the community through educational and outreach programs, and to train artists in musical theater.

Company name change

Light Opera Works is now known as Music Theater Works, effective January 2, 2017.

General manager Bridget McDonough said, “After 36 years, we decided to make a change. Light Opera Works was a wonderful name for a long time, but we felt it no longer told the full story of who we are and what we do.”

“The company will remain a home for light opera,” she continued, “but we are also the home of Broadway classics, Great American Songbook concerts and popular educational programs for young people. We wanted our new name to reflect the diversity of our repertoire and programs.”

Artistic director Rudy Hogenmiller added that people unfamiliar with the company often asked “if we perform short -- ‘lite’ -- versions of grand operas. There’s nothing ‘lite’ about our productions! We pride ourselves on full-scale stagings of musical theater classics. Everything from Gilbert and Sullivan and Franz Lehár to Lerner and Loewe and Jerry Herman, with big casts and full orchestras. We needed a name that gives people a sense of that.”

McDonough and Hogenmiller asked for input from Light Opera Works subscribers and patrons earlier this year. “Suggestions poured in,” said Hogenmiller. “Our audience was not shy!”



Doc10: Chicago’s Premiere Documentary Film Festival Comes To Lincoln Square

The LSRCC is proud to be working closely with the Chicago Media Project, the premiere non-profit organization supporting social-impact documentary film, to promote the second annual DOC10 Film Festival from March 30th through April 2nd at the recently renovated Davis Theater. The Chicago Tribune calls DOC10 “pocket-sized and highly pedigreed.” It features Chicago premieres of 10 of the best documentaries of the current season, stimulating discussions and post-screening events.

Visit our website for more info and to purchase tickets: www.doc10.org.



DCASE Year of Public Art



Mayor Rahm Emanuel and the Chicago Department of Cultural Affairs and Special Events (DCASE) have designated 2017 the “Year of Public Art” with a new 50x50 Neighborhood Arts Project, the creation of a Public Art Youth Corps, a new Public Art Festival, exhibitions, performances, tours and more -- representing a \$1.5 million investment in artist-led community projects.

More events, exhibits and tours at cityofchicago.org/yopa

The Northwestern Wildcats May Be Out, But The Anti-Cruelty Society’s Domestic Cats (& Dogs) Are In!

Help Us Win \$5,000 And An All Expense Paid Adoption Event!

The Anti-Cruelty Society is excited to announce we have been selected to participate in Animal Planet’s nationwide Adoption Mania tournament! In partnership with the ASPCA and 3 other shelters, each representing one of the four key regions, Animal Planet has created a bracket featuring dogs and cats of each shelter’s choosing, with the goal of raising awareness for the shelter. The Anti-Cruelty Society was chosen to represent the Midwest and the mania kicks off today!

For the duration of Adoption Mania (March 23-April 2), animal lovers nationwide will have the opportunity to vote online for their favorite cat or dog. They can select who they would like to see move on to the “Final Four” and ultimately compete for the winning position and the grand prize, a fully funded adoption event at the winning shelter.

Additionally, for each vote, Animal Planet will donate \$1 to the animal’s shelter up to \$5,000.

Four animals from The Anti-Cruelty Society are participating: Lupin, Jimiri, Frosty, and Ebi. They have incredible, unique stories, and need your votes to help us get to the championship!

How it works:

Today, March 23, Animal Planet’s Facebook page will post the photos and stories of all the animals representing The Anti-Cruelty Society. Each “like” or “love” reaction on an individual animal’s photo/post will be counted as a vote for that animal. For each “like” or “love” reaction, Animal Planet will donate \$1 to the ASPCA to support that animal’s shelter. The following 4 days, 1 animal from the Society will be featured. We need you to vote for the Society’s featured animal each day! The animal from the Society with the most votes will move on to the “Final Four”.

How you can participate:

Vote! If you are on Facebook, vote for our animals today on Animal Planet’s Facebook page. Share Animal Planet’s post about the Society’s featured animal for the following 4 days and help us get the word out to all of your family and friends! Be sure to stay tuned as we find out who will compete for us in the Final Four and help spread the word about The Anti-Cruelty Society and these wonderful pets!



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DCASE

CULTURAL AFFAIRS & SPECIAL EVENTS

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>.

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





2017 Skokie Idol Finalists

By Wayne Mell, Artistic Director

After 200 songs, eight weeks of singing, and dozens of contestants, the Skokie Idol finalists have been chosen.

Representing the Junior Division in the finals are Caoimhe McDonagh from Des Plaines, Molly McDonagh from Chicago, and Samantha Ratliff from Morton Grove. The junior division was made up from contestants from 4th - 7th grades. Their finals will be held on Friday, April 7 at 7:30 pm.

Representing the Teen Division are Charise Pisani and Maja Todorovic. The teen division is made up of 8th graders and high school students. Everyone else falls in to the adult division. The two finalists from the adult division are Yaz Shawamrah and Julianne Arvisu from Skokie. The teen and adult finals are held on Saturday, April 8 at 7:30 pm.

Each contestant will sing three songs for the finals. One song will be a repeat of something they have already sung in the competition. Their second song will be chosen specifically for them by the judges. The judge's choice song will be accompanied live by Liz Jackson from the Voice Lab in Chicago. Their final song is a personal selection made by each contestant and can be from any genre they choose.

The finalists went through seven weeks of competition to arrive at the finals. Each week on Saturday afternoon, they brought in a new song from a genre assigned to the week. Different genres they were assigned included Broadway, Motown, Disney, Elton John, Beatles and top 100 songs from the year they were born.

The audience in attendance for the weekly sing-offs got to vote on which contestants were invited back for the next week. The audience votes were combined with scores from a panel of judges, who also offered critique and feedback after every performance. Judges included Carla Gordon from Cabaret Scenes Magazine, Catherine Warbeonsky from the Voice Lab, Katie Sommers from the Top Note Music Academy in Skokie, Chicago Tribune feature writer Myrna Petlicki, Christoph Ptack from the Lyric Opera, and top-name cabaret stars from the Chicago Cabaret Professionals.

The Skokie Idol winner from each division will be featured in a free concert on July 5, 2017, as part of the Skokie's Wednesdays on the Green. Wednesdays on the Green is sponsored by the Skokie Chamber of Commerce and Industry and the Downtown Skokie Alliance.

Audience members will be invited to vote one more time to select the Skokie Idol winners. Admission to the finals is \$10, and tickets will only be sold at the door on the evening of the finals. For more information, call 847-677-7761 or visit SkokieTheatre.org



Start Your Saturday With An Aerial Adventure

The Actors Gymnasium is opening its doors to anyone who has ever wanted to try aerial circus. The two hour open house gives locals the chance to pop in, get into the air, meet the teachers, and check out the space without needing to join a class.

The event is open to all ages and free to the public. No RSVP necessary. Takes place from 1-3 pm on Saturday, April 8 at the Noyes Cultural Arts Center, 100 ft from the Noyes Purple Line stop.

Learn about our classes. Registration for our Spring classes is now open.

The Actors Gymnasium is located at the Noyes Cultural Arts Center, 927 Noyes Street, Evanston, IL - just off of the Noyes purple line 'L' stop. The Noyes Cultural Arts Center is owned by the City of Evanston and home to over 20 artists and arts organizations offering music, theater, and visual arts programs and studios. The galleries exhibit local artists, with exhibitions changing every two months.

Actors Gymnasium classes are taught in a 3,000 sq/ft gymnasium space that features a 1,600 sq/ft sprung floor and a fully rigged 24 foot ceiling. All aerial equipment such as the Aerial Hoop, Spanish Web, aerial silks, static trapeze and more are provided, as well as the equipment for ground skills such as unicycling, juggling, tight wire and gymnastics. Starting Fall Session 2015 additionally classes will be taught in Studio 108, a 900 sq/ft classroom space that features a floating sprung White Oak dance floor, a fully rigged 14 foot ceiling, a handstand wall, conditioning ladders, and room length 12 foot mirrors for aerial work.

The Actors Gymnasium is dedicated to bringing a new physicality to the American Theatre. Encouraging ground-breaking theatrical exploration, The Actors Gymnasium teaches circus arts, physical theatre and multi-disciplinary performance to children and adults; produces original, daring works of circus-theatre; and serves as a talent resource, providing performance opportunities to our students and innovative professional event entertainment for a wider audience. At The Actors Gymnasium, people Learn To Fly - physically, emotionally, and creatively. For more information, please visit www.actorsgymnasium.org

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Groups: 773-327-3778 or info@grouptix.com

Volunteers Needed for Lincoln Park Docent Program

The Lincoln Park Conservancy is seeking volunteers to become docents at the Alfred Caldwell Lily Pool or Lincoln Park Conservatory and Gardens in Lincoln Park.

Docents, volunteers trained to educate the public, foster a greater appreciation and understanding of these two beautiful and historic park treasures. Training begins on Saturday, April 8, 2017 and continues for six Saturday mornings where trainees will learn from area experts about the art of interpretation, the history of Lincoln Park, wildlife, plant life and landscape architecture. Deadline to register is Friday, March 31, 2017.

One of the few landscapes in the Midwest with National Historic Landmark status, the Alfred Caldwell Lily Pool is a Prairie-Style masterpiece with native trees, shrubs and wildflowers, a wooden pavilion, stone paths, a tranquil pond and waterfall. The Lily Pool was restored to its award-winning 1936 design by the Lincoln Park Conservancy and Chicago Park District at a cost of \$2.4 million in 2002.

The Lincoln Park Conservatory and Gardens is a late-1800s Victorian glass house containing soaring tropical palms, ancient ferns and a vast orchid collection that delights visitors year round.

After completing the training, docents will give free tours to the public and private groups. Volunteer docents are asked to commit to two shifts (six hours total) per month. Be an ambassador for nature and meet visitors from around the world!

For more information, please contact Rebecca Conant, Lincoln Park Conservancy Programs Manager at (773)883-7275, rconant@lincolnparkconservancy.org

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Medicaid Planning- If You Fail to Plan You May As Well Plan to Fail



Chester M. Przybylo

Are you prepared to cover the expenses of long-term health care (LTC) if you need nursing home, assisted living or regular at home care down the road? If you are like many seniors, you will turn to Medicaid for help with your LTC costs. While Medicaid will cover LTC expenses, getting approved can be challenging. The old adage is that “if you fail to plan, you may as well plan to fail.” Your failure to plan could put your hard-earned assets at risk. Even worse, if you try to conceal those assets, you could face serious legal consequences even prison for Medicaid fraud. The good news is that Medicaid planning – through proper planning – can help.

Medicaid May Be Your Only Hope for Help

The older population in the United States is growing at an unprecedented rate. In fact, by the year 2050, experts tell us that the older population (age 65 and older) in the U.S. will outnumber their younger counterparts (age 21 and younger) for the first time in history. As the average life expectancy steadily increases, it also means there will be a dramatic increase in the need for long-term care (LTC) in the U.S. – and

the cost of that care will be high. By 2036, experts tell us that the average cost of LTC across the United States will be over \$150,000 a year per person receiving such care. With an average length of stay of 2.5 years, that puts the average future LTC bill at almost \$400,000. While most seniors can count on Medicare to cover the majority of their healthcare-related expenses, Medicare will not cover LTC costs except under very limited circumstances, and even then only for a short period of time. Most basic health insurance plans also exclude LTC expenses unless you purchased a LTC rider at an additional cost. For over half of all seniors in LTC, that leaves Medicaid, a needs tested program, as the only hope for help.

Qualifying for Medicaid

While Medicaid does cover LTC costs, you must first qualify for benefits. Because Medicaid is intended to help low income applicants, the program imposes a “countable resources” limit that applicants cannot exceed and may impose an income limit. The income limit is tied to the Federal Poverty Level (FPL) in the geographic area where an applicant lives and changes each year. For seniors on a fixed income, even if the state has an income limit that is not generally where the problem lies. The problem applicants often face is the very low “countable resources” limit. In many states, the limit is as low as \$2,000 for an individual applicant. Unfortunately, this can lead applicants to try to conceal resources.

The Wrong Way to Approach Medicaid Planning

Medicaid uses a five-year look-back period that effectively penalizes any asset transfers made by an applicant for less than fair market value during the five-year period prior to applying for benefits. Knowing this, some applicants try to hide assets when applying for Medicaid. Take, for example, the case of Stephen Gossman. Gossman applied for Medi-Cal (California’s Medicaid program) for his grandmother. On the application he stated that his grandmother had no money when, in fact she had \$220,000 from poker winnings and another \$115,000 from the sale of her Los Angeles residence in cash hidden in her home. Medi-Cal paid \$116,000 in expenses for her San Diego County nursing home. Gossman made the mistake of taking his grandmother’s unreported money and using it for a down payment on his home and then depositing the remainder in small amounts to avoid bank transaction reporting requirements. Medi-Cal eventually found out about the money. As a result, Gossman was charged with 17 counts of money laundering and health care fraud for which he was sentenced to almost four years in prison, fined \$315,000, and ordered to reimburse Medi-Cal the \$116,000 it paid for his grandmother’s nursing home expenses. Even if you aren’t concealing assets there are other ineffective ways to plan.

The Right Way to Approach Medicaid Planning

Probably the saddest part of Gossman’s story is that his attempt to hide his grandmother’s money was not necessary. *Gossman’s grandmother could have been approved for Medicaid without losing her money by using legitimate Medicaid planning strategies.* Although the rules vary by state, all states exempt certain assets from an applicant’s “countable resources.” A primary residence, for example is almost always exempt as is income producing property. The Gossmans could have used the cash to purchase a home, or other exempt assets, thereby converting non-exempt assets into exempt assets.

The key to protecting the assets you have spent a lifetime accumulating, and still qualifying for Medicaid if you need it, is proper Medicaid planning. The rules for Medicaid eligibility vary by state; however, in every state, the earlier you incorporate Medicaid planning into your comprehensive estate plan, the better off you will be when the time comes to apply for benefits. Consult with a Medicaid planning attorney in your area to find out how you can protect your hard-earned assets in the event you need to pay for long-term care down the road.

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.

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19th Annual Evanston Aging Well Conference Evanston Celebrates Older Americans Month

Coming in May: The 19th Annual Aging Well Conference and Film Night

As part of Older Americans Month, Evanston’s 19th Annual Aging Well Conference will take place at the Levy Center on Friday, May 5, 2017.

This FREE half-day conference for older persons and those who care for them presents an array of educational workshops on topics ranging from health and wellness, safety, nutrition, technology, legal issues, financial planning and the arts. On Friday, May 5th at the Levy Center, located at 300 Dodge Avenue, the Conference will open with registration at 8:00 AM, followed by a continental breakfast and a welcome by Evanston’s outgoing Mayor Elizabeth Tisdahl. Conference participants can attend one workshop from 9:30-10:30 AM and a second workshop from 10:45-11:45 AM. Workshop pre-registration is required and begins Monday, April 3rd.

Each year the Evanston Aging Well Conference pays tribute to an Evanston older adult who has made an impact on the community through his/her interest in aging and service to the local community.

Transportation is available for the Conference through the City of Evanston’s Levy Senior Center for individuals who live within Evanston boundaries.

The Aging Well Film Night: Wednesday, May 3, at the Evanston Public Library, 7:00 PM. Film: A New Color: The Art of Being Edythe Boone

Long before Black Lives Matter became a rallying cry, Edythe Boone embodied that truth as an artist, an educator, and a great-grandmother. When a personal tragedy ignites a national outcry, everything that Edythe has worked so tirelessly for is at stake.

From humble Harlem beginnings herself, the indefatigable Edy has for decades introduced underserved youth and seniors to the transformative power of art. Filmed in an observational style over three years, A New Color creates an opening to see the world through Edy’s eyes and her artistic legacy commemorating the great events of her time. Those events keep coming, as we see, when the death of Edy’s nephew becomes a national symbol of racist policing.

For further information, please call Services for Adults Staying in Their Homes (SASI) at 847-864-7274 or visit the City of Evanston’s website at <http://www.cityofevanston.org/senior-services/aging-well-conference-film-festival>.

Admission to the Evanston Aging Well Conference and Film Night is FREE and open to ALL.

Adoption Event

An adult continuing education class offers an in-depth look at “The Adoption Process from A to Z”. Offered through the Community Education Township High School District 214, one session will be held on Wednesday, April 19, 2017, from 7:00 – 9:15 p.m. at the Forest View Educational Center, 2121 S. Goebbert Rd., Arlington Hts., IL 60005. This program is open to the public.

“Decluttering Your Home” Will Be Timely Talk At Norwood Crossing On April 19

Looking around the house and finding dust bunnies behind stacks of things you’re eventually going to get rid of? Need to figure out how to contain your “stuff” so your home is more manageable? If you are interested in answers to these and other questions, then come to Norwood Crossing’s Timely Talk, and hear Jennifer Prell discuss “De-cluttering Your Home,” at 2:00 p.m., on April 19, at Norwood Crossing, 6016-20 N. Nina Ave. in Chicago.

Jennifer Prell, an accredited senior move manager and professional estate liquidator, started Paxem, Inc., a senior move management company in 2003. She helps in all aspects of moving—organizing, de-cluttering, estate sales, estate clean outs, sorting, packing, set up, staging, move management, floor plans, and more. In her talk, she will offer tips and tidbits to help you streamline your home and accomplish your goals.

Most recently, she was quoted in a February 5 Chicago Tribune story about “Downsizing’s upside.” She is a member of many senior groups that focus on improving the environment for older adults, several chambers of commerce and maintains an “A” rating with Angie’s List.

A question and answer session, refreshments and a raffle will take place after the event. For more information or to RSVP, please call (773) 577-5323 or email HYPERLINKmailto:info@norwoodcrossing.org

Tax Incentives To Support Economic Growth Approved By Cook County Board

Cook County commissioners today approved proposals by President Toni Preckwinkle’s Bureau of Economic Development (BED) that will provide tax incentives to business in four suburban communities, as well as retain and create jobs.

Four separate Incentives were approved in the following communities: Bellwood, Dolton, Lynwood and Niles. These incentives should yield creation of an estimated 44 new jobs, retain an estimated 162 jobs and support approximately 45 construction jobs.

“Helping businesses create and retain good-paying jobs is a major focus of our economic development efforts,” said Cook County President Toni Preckwinkle. “The companies receiving these incentives have demonstrated their commitment to their communities and our

residents, and deserve our assistance in growing their businesses.”

Details on the incentives follow for Niles:

Applicant Name: SSN Group LLC or its nominee

Business Name: LSL Healthcare

Project Address: 6200 W. Howard, Niles

Type: Class 6b

Project Description: LSL Healthcare will occupy the site for light manufacturing and distribution of disposable medical devices.

Estimated full-time jobs created -- 10; estimated full-time jobs retained -- 111; estimated construction jobs supported -- 5.

For more about the tax incentive programs offered by the Cook County Bureau of Economic Development, go to www.cookcountyil.gov/economicdevelopment.

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.

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.

Village Cooking Corner

Nest Egg

Ingredients:

6 swirls (rounds) of dry fettuccine pasta
 2tbs of olive oil
 2tbs butter
 3 cups of canned tomato sauce
 1 small onion-chopped
 3 cloves of garlic-chopped
 2 cups of chopped baby bella or any other mushrooms
 3tbs shredded fresh basil leaves
 2 cups of shredded Mozzarella cheese
 Salt, crushed black pepper & red pepper flakes to taste
 6 eggs-poached



Method:

Place 6 rounds (that look like a birds nest) of dry packaged fettuccine pasta in salty boiling water
 Cook fettuccine until el dente (neither soft nor hard) for about 7 minutes
 Meanwhile in a non-stick sauce pan saute chopped onions in 2tbs of olive oil, until they turn light brown
 Add chopped garlic and saute for 30 seconds, making sure you don't burn the garlic
 Next add mushrooms, saute then add salt pepper and dry red chili flakes to taste
 Add butter until it melts and blends in with ingredients in the pan
 Now add tomato sauce, mix well
 In an oven ready casserole dish brush some olive oil and place cooked fettuccine in it
 Pour about 3tbs of tomato sauce on each fettuccine nest until all are covered well with it
 Sprinkle a generous amount of mozzarella cheese on top
 Next put the casserole dish in a 375°F preheated oven for 5 minutes or until cheese melts
 Remove fettuccine from oven, lift each nest carefully with a slotted spoon and place it on a plate
 Top the fettuccine nests with a poached egg. Garnish with crushed black pepper and chopped basil
 Buon Appetito!

From the Kitchen of Prashant Shukla

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

Welles Park Natureplace

The Welles Park Advisory Council, in partnership with the Chicago Park District and Friends of the Parks, is working to create a space for nature in the city.

This space will be special because it will be designed for unstructured nature play for children of all ages.

This NaturePlace will take the place of a former playground near the busy intersection of Western and Montrose Avenues but will serve as a wild place, full of hidden nooks, climbing challenges and buzzing wildlife.

Visit our website to see how you can help make this project become a reality!
www.crowdrise.com/welles-park-natureplace

Northtown Garden Society April 2017 Meeting

Northtown Garden Society will meet on Thursday, April 6, 2017 at 7:00 at Warren Park, 6601 N. Western Ave.

Our guest speaker will be artist, Pamela Feldman.

Pamela cultivates a natural dye garden in Chicago with such plants as Japanese indigo, madder and weld. She is an expert in the art of making color and the process of weaving those colors into rugs. Pamela also teaches weaving and dyeing classes at the Chicago Botanic Garden. A new class starts on April 4, "Dying the Blues".

She is the publisher and editor of the Turkey Red Journal, an online newsletter on natural dyes.

Her website shows the plants she uses and the beautiful results of her efforts as well as class information: pamelafeldman.com

There will be a \$5.00 fee for non-NGS members and refreshments will be served.

Find Great Deals at Robert Crown Center's Spring Flea Market April 8

On Saturday, April 8, community members are invited to attend Robert Crown Center's 8th annual Spring Flea Market, located at 1701 Main St., from 9 a.m. to 4 p.m. Admission is free and open to the public.

The annual market is known to connect people who are looking to resell their great 'stuff' to folks who like a bargain and believe in the three R's: reduce, reuse and recycle! Anticipated sale items include sporting equipment, household goods, jewelry, books and more.

Tables can be rented for \$35 to sell items at the market; call Gladys Flores at 847-448-8258.

For more information about the flea market, call/text 847-448-4311. For convenience, Evanston residents can simply dial 3-1-1.

Easter Ham Raffle

Sign up now to raffle Easter Hams.

Hams are \$20 each.

The raffle will take place between April 1st-April 11th. The Chamber will provide tickets, raffle buckets and contact the winners for you.

The deadline to sign up is

Wednesday, March 15th.

Contact the BCCC office at 773-647-1644



NEW Jefferson Park Indoor Farmers' Market – Join Us!!

The Farmers Market in Jefferson Park is now both a summer and winter market.
 Winter Sunday Market - Jefferson Park Copernicus Center-Annex, 5214 W. Lawrence, 10:00am - 2:00pm April 2, May 7. Produce, canned goods, meats, crafts and more. Brunch available - Cash Bar!

Visit us at www.jeffersonparksundaymarket.com to learn more.

Shop at the Ecology Center's Indoor Winter Farmers' Market on Saturdays

The Evanston Ecology Center's Indoor Winter Farmers' Market is held from 8 a.m. to noon every Saturday, December 3, 2016 through April 29, 2017, except for December 24 and 31.

Location: 2024 McCormick Blvd., Evanston (Intersection of McCormick Blvd. and Bridge St.)

Parking: Parking is available in the lot across the street from the Ecology Center, accessible via McCormick Blvd. Parking will not be permitted in the Ecology Center Circle Drive



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Saturday 9:00 a.m.–1:45 p.m.

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Menu available: Monday–Friday

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