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Congratulations to the Boy Scouts of America on 115 Years

of service, dedication and excellence. The American people stand proud of the exemplary values and traditions you have brought to our Country.



The American's Creed

I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed, a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.

I therefore believe it is my duty to my country to love it, to support its constitution, to obey its laws, to respect its flag, and to defend it against all enemies. (Authorized Version)

The Creed was written in 1918 by William Tyler Page of Friendship Heights, Maryland in the course of a nation wide contest on the subject. Page was a descendent of President Tyler, and Representative John Page, who served in the Congress from 1789-97. William Tyler Page began his government career as a Congressional page in December of 1881. In 1919 he was elected Clerk of the House of Representatives, and held that position until December of 1931. A new post, Emeritus Minority Clerk, was then created for him which he occupied until his death on October 20, 1942.

(The above information has been Taken from "Our Flag", printed by authority of Senate Concurrent Resolution 61, 105th Congress.)

Belief is the beginning of creation

The Neighborhood Connection Project (NCP) is a citizen-led effort to build community brilliantly disguised as a bricolage mural. Started in March 2010 when the Edgebrook Community Association asked Board Member Jac Charlier to take a look at the damaged walls of the underpass, 5 1/2 years later NCP would become the largest outdoor public bricolage mural on Chicago's NW side. On that day, Jac took with him his oldest son Jean-Luc, who after realizing his dad was likely to turn this into another community project asked "Hey dad, can't you do something other than just repair the underpass, maybe paint it or do some artwork?". (See pictures of Jean-Luc Charlier from March 2010 of what the underpass looked like on that very day). Within one month, that conversation between a father and son would lead to the first NCP meeting.

The first three years of NCP were spent conceiving of the project, building community and raising funds. In addition, the design of the mural was decided through an intentional process focused on community inclusion. Various themes were presented and residents discussed, debated and chose the final designs. The artwork finally selected reflects the neighborhood's history, the railroad as well as the greenery and vegetation of the area. Special homage is paid to our Native American predecessors and the famous Hiawatha train which ran overhead on these very tracks. Also, the street that runs on either side of the underpass is named Hiawatha Avenue and the

name of the famous Seneca Indian chief, Hiawatha, looms large as he, like NCP, brought together neighboring communities or tribes. (see Hiawatha's belt)

NCP Phase I began in June 2013 and finished with the completion of the Eastern wall. Phase II started in July 2014 and saw the completion that summer of the Western wall. Finally, in June 2015 Phase III would begin and resulted in the connection of the East and West murals. The name "Neighborhood Connection Project" is appropriately included at the very center of the mural.

Since its inception, over 370 citizens and 12 organizations joined NCP. Their names are reflected in the golden tiles found on the mural wall directly East of the north side of the tunnel. The gold color of the tiles reflects the Golden Spikes used to connect the East and West railroad tracks laid during the American heyday of railroad building (see separate story about the Golden Spike).

NCP leadership included: Jac Charlier, Rick Graham (lead community artist), Marie Kowalchuk and Gina Metelica. The four original NCP artists were Elizabeth Fisher, Rick Graham, Kara Johnson and Andrea Puccini. Railroad pictures and designs were hugely aided by Mark Kristoff.

For more information about the Neighborhood Connection Project, contact Jac Charlier at jac.charlier@gmail.com or Gina Metelica at gina.metelica@gmail.com. You can also check us out on Facebook at "Neighborhood Connection Project".

"THE EASTLAND DISASTER" – 100 Years Ago

July 24, 2015 marked the 100 year anniversary of this tragic event on the Chicago River. The morning brought thousands of eager participants to the dock to board the excursion boat "The Eastland", known as the "Speed Queen of the Great Lakes". 7,000 tickets were sold to the employees of Western Electric Company who anticipated a day filled with festivities for their families and friends at this fifth annual picnic hosted by the company.

They were heading off across Lake Michigan to Michigan City, Indiana, but The Eastland never left the Clark

Street Bridge on the Chicago River. In one of the worst maritime tragedies ever recorded, the ship capsized into the River at the wharf as people were boarding. More than 2,500 passengers and crew members were already on board at the time of the disaster. 844 of them lost their lives, including 22 entire families.

This is a day that we, particularly Chicagoans, should never forget. Our prayers and hopes are that similar disasters may be prevented so that the pain and loss of all those effected are not relived.



Norwood Park 141st Birthday!



AUGUST 21, 22, 23

FUN FOR THE WHOLE FAMILY AT CHICAGO'S GREEKFEST!

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Saturday 2:00 p.m. - 11:00 p.m.

Sunday 12:00 noon - Midnight

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VILLAGE 15



Community First Medical Center August Health Events For Area Residents

Join our Community! Our new physician referral and event registration number is available for your convenience. Call our toll free number, 1-844-236-CFMC (1-844-236-2362).

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

There will be a thyroid screening, a blood draw for TSH (thyroid stimulating hormone), Tuesday, August 11, from 8:00-9:00 a.m. There is a \$10 fee. Neither fasting nor preparations are needed. Advanced registration required by calling, 1-844-236-CFMC (1-844-236-2362). Results will be mailed.

"What is Pain," a free lecture will be held Thursday, August 13, from 6:00-7:30 p.m. in Conference room A on the 7th floor of the hospital. Michael Rock, M.D., will discuss types of pain, treatment options and ways to deal with chronic pain. Refreshments will be served. Advanced registration is required by calling 1-844-236-CFMC (1-844-236-2362).

A free Healthy Aging Program will be held Friday, August 14, from 1:00- 2:30 p.m. This program is for individuals aged 55 and older and consists of social time, health topics and guests lectures. Mary Schuman, R.N., director of quality, patient safety and risk at Community First Medical Center, will discuss safety in the home. Registration is not required.

Free blood pressure screenings will be offered Monday, August 24, from 9:00-10:00 a.m., in the hospital's main lobby. A health care professional will perform screenings and answer questions about blood pressure readings. Registration is not required.

The Arthritis Support Group will meet Thursday, August 27, from 1:00-2:30 p.m. This session is free. Registration is not required.

New Fitness Class At The Norwood Park Senior Center!

Exercise designed for you!

We want you to know about a continuing health and fitness program offered at the Norwood Park Senior Center. If you or a family member are 66 or older, has stiffness or pain in the lower back, hips, knees, ankles or feet, has arthritis and are someone who has not been exercising but wants to - the "Fit and Strong" program is just the ticket to feeling stronger and more agile.

"Fit and Strong," is an 8-week, 3 times per week, fitness and lifestyle program where you will learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop and maintain a more active lifestyle. "Fit and Strong" starts on March 9th.

Norwood Park Senior Center, 5801 N. Natoma, Chicago, IL 60631
Phone: 773-775-6071, info@npseniorcenter.org Join Today!



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.

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 VILLAGE & STREET LEVEL

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What is the most important variable when considering buying a home?



Karen Feldman

There are many variables to consider when buying a home. Size, style, price, community, lot, etc... However, some are more important than others. Since one size does not fit all, focus on the constants affiliated with the home in question. These are the things which don't change and that buyers will always look for. When it comes time for you sell again, you will have an easier time.

Location: you can always change the decorating, color scheme, size, and facade of the house. You can not change its location. Premier locations with wonderful views, quiet, walk to town, train, or school, or cul-de-sac locations are the top picks for most buyers. If a buyer's budget comes into play, they may sacrifice location slightly if the price is right. Just keep in mind that when it comes time to sell, you may have to pass on the same financial sacrifice to the next buyer.

School district: I am finding more and more that school district is sometimes the primary reason for moving to an area. If you buy in a top school district, property value will remain higher in any real

estate market because of the demand.

Real Estate Taxes: Differing areas have differing tax rates. There are many factors that play into that tax bill like the county, school districts, and municipalities. If taxes are outrageous, it's hard for buyers to perceive value. Some communities may have a tax cap, which is an assurance for the future for buyers, that taxes won't skyrocket too quickly year to year.

If a home doesn't check all the buyer's boxes, hopefully it can be bought at a slight discount as compared to similar houses that do check all the boxes. This way you will be able to pass on the discounted price to your next buyer

karenfeldman@atproperties.com
www.athomewithkaren.com



Karen Feldman
@properties
North Shore
847/858-5875

WestRidge chamber of commerce

Learn How to Gain FREE Access to Valuable Databases

Wednesday, August 5th, 10:30 am to 11:30 am, Northtown Public Library 6435 N. California Avenue.

Your Chicago Public Library card allows you free access to databases, including Reference USA and Hoover's These data-

bases offer valuable business data and marketing resources that would be very costly to purchase.

Register now to save your space! info@lwestridgechamber.org or 773-743-6022.

Money Is the Only Thing You Lose With Phony Weight Loss Products, Says Better Business Bureau

With swimsuit season quickly approaching, now is the time when people are in a hurry to lose weight. The Better Business Bureau (BBB) warns consumers of scammers selling phony weight loss products. Con artists create fake emails and websites to lure in buyers. The weight loss supplements are often filled with unauthorized endorsements from celebrity Oprah Winfrey.

The scam works when the recipient opens an email from a friend containing a short message saying "Breaking News" or a celebrity greeting. When the link is clicked it leads to a fake news website promoting a weight loss supplement filled with statements from doctors and established news reporters. Ads on the website often contain claims such as "1 tip for a tiny belly."

"Scammers are hacking into email accounts and sending out messages to everyone on the victims' contact list," said Steve Bernas, president and CEO of the Better Business Bureau serving Chicago and Northern Illinois. "Consumers who wish to lose weight need to understand there are no magic answers to weight loss."

These products may show unrealistic "before and after" photos, promise to burn as much as 25 pounds a month without diet or exercise, guarantee permanent weight loss, fail to disclose whether results are typical or use logos of news organizations with fake or altered media coverage of the pills.

BBB has tips to how to spot a fake news site:

• **Be skeptical of exaggerated claims.** Ignore any product that promises out-of-the-ordinary results or dramatic changes within a short period. There are no instant fixes.

• **Be selective about your online research.** Rather than doing a quick search through an online search engine, when you look for information on supplements, use respected websites run by the government, a university or reputable medical database.

• **Don't believe what you see.** The site may have the logo of a legitimate news organization and photographs of reporters, but this can be easily copied from the real website.

• **Look for "first-hand" experience.** These sites typically contain articles where "reporters" write about their first-hand experience using the product. The reporter claims a dramatic weight loss - like 25 lbs over several weeks - with little or no change in diet or exercise.

The site has testimonials and "free" trail links. These fake news sites have testimonials or comments from supposedly satisfied customers on the site. The website contains links to other websites where you can buy the "weight loss" products or sign up for a "free" trial.

For more tips, visit www.bbb.org/chicago, like us on Facebook, follow us on Twitter or add us on Pinterest.

Neighborhood Farmers Markets

Chicago Farmers Markets

Chicago Farmers Markets presented by Country Financial open across Chicago this spring and run through October. The city-run markets sell fresh fruits, vegetables, plants and flowers, and some community markets also feature music programming, prepared food and local artisan (non-food) vendors. A complete list of all markets with dates and times can be found at chicagofarmersmarkets.us.

2015 Schedule Of Downtown And Neighborhood Farmers Markets

Weekly Neighborhood Markets

TUESDAYS

*Lincoln Square

(Lincoln/Leland/Western)
June 2 – October 27; 7 a.m.-1 p.m.

WEDNESDAYS

Devon Community Market

(2720 W. Devon Ave.)
July 8 – August 26; 3 p.m.-8 p.m.

THURSDAYS

Argyle Night Market

(Argyle & Sheridan Rd.)
July 9 – September 3; 5-9 p.m.

SATURDAYS

Lincoln Park

(Armitage & Orchard)
May 9 – October 24; 7 a.m.-1 p.m.

Northcenter

(Belle Plaine/Damen/Lincoln)
June 13 – October 24; 7 a.m.-1 p.m.

SATURDAYS

Morton Grove

6210 W. Dempster — 8 a.m. to Noon

SUNDAYS

Portage Park

Northwest Corner of Portage Park at Berseau & Central — 10 a.m. – 2 p.m.

Downtown Markets

TUESDAYS

*Federal Plaza (Adams & Dearborn)

May 19 – October 27; 7 a.m.-3 p.m.

Museum of Contemporary Art (MCA)

(Chicago & Mies van der Rohe Way)
June 2 – October 27; 7 a.m.-3 p.m.

THURSDAYS

*Daley Plaza (Washington & Dearborn)

May 14 – October 29; 7 a.m.-3 p.m.

Willis Tower (233 S. Wacker Dr.)

June 25 – October 29; 7 a.m.-3 p.m.

*MARKET ACCEPTS LINK

Edison Park Farmers Market

Wednesday, July 29 & Wednesday, August 26 • 4-8PM

6730 N. Olmsted • Center Metra Parking Lot (Across From Edison Park Inn)

Come one, come all to this family friendly, dog friendly neighborhood event! Fresh produce, soaps, homemade doggie treats, cheese, inflatable, acoustic entertainment by Robbie Gold, balloon artist, and specialty beers.

*Please note this parking lot will be closed at 7am. Violators will be towed at owner's expense. Alternate parking is available in the east and west Metra parking lots).



Maxwell Street Farmers Market

The Maxwell Street Market is a Chicago tradition of bargains and bargaining with an international flavor. The market offers an eclectic mix of merchandise—from tools to tires, plus fresh produce, furniture, clothing, rare finds and collectibles—and some of the best Mexican and Latin street food in Chicago.

Free Admission • Weekly: Every Sunday • 7 am - 3 pm



The Devon Community Market is just around the corner! The Market will be held on Wednesdays from July 8th through August 26th, from 3 pm to 8 pm, at Republic Bank, 2720 W. Devon Avenue.

This year's Market will showcase vendors offering a wide variety of products, including:

Fresh-from-the-Farm Fruits, Vegetables, Eggs, and Meat, Baked Goods, Right-Off-the-Grill Barbecue, Coffee and Teas, Health & Beauty Products, Henna Designs, Health & Fitness, More!

There will be LOTS of Kid-Friendly activities, including: Face Painting, Craft Projects, Story

Time, Science Experiments, More!

And, plenty of live entertainment for all ages!

The mix of vendors will change each week so visit often to get the full flavor or the Devon Community Market!

Go to devoncommunitymarket.com for more details about the Market.

HELP WANTED!

We are looking for volunteers and interns to help with the Market. You can come a few times or every week, whatever works for you. Just let us know in advance so we can schedule properly.

Contact Farid Muhammad, the Market Manager, at ssa@westridgechamber.org or 773-462-4268 for more info.

Able to make a more significant commitment? There are a couple paid positions available. Farid can help you with that, too.

Snowballs in July?

By Nick Urhausen, Urhausen Greenhouses

The popular perennial flowering shrub, known as the Hydrangea, begins blooming at the start of July. The blooms are either shaped like a large snowball, technically known as a mophead, or like a cone. White is the most popular color. This is why hydrangea flowers are sometimes called "snowballs"... they are white in color and shaped like a ball. However, there are some blue, pink, and red varieties available now which will survive our cold Chicagoland winters.

There are a few reasons why white is the most popular color. First, most of the old fashion varieties that are hardy in Chicago only came in white. Second, the new colorful hydrangeas often require an acidic soil, something we don't have in Chicago because our soil is quite alkaline. In some of the newer varieties like "Endless Summer" and "all Summer Beauty" acid in the soil changes the color of the flower from pink to blue. In the Chicagoland area, one must add sulfur to the soil to make it more acidic to produce more vibrant colors. These varieties seem to do best in the southeastern part of America where the soil is naturally more acidic.

Hydrangeas can be divided into three size categories. First there are the 3' tall varieties. This size is the most popular. Second, there are the tall varieties that can easily grow to 6'. Third, there are the climbing hydrangeas which they say will grow to 85' tall. Personally, the climbing hydrangeas make a nice climbing plant, but I have never seen one anywhere near to 75' tall.

Hydrangeas prefer growing conditions which range from full sun to part shade. If the plant is in too much shade, then it will not bloom. In my experience, hydrangeas need at least half a day of sun to really bloom well. People might argue with me, but that has been my experience. Some even promote hydrangeas as shade plants and I just do not agree.

The flowers of hydrangeas can be picked in bloom and put in a vase with water. The flower heads can also be picked and allowed to dry out, and then used in dried flower arrangements. When fall approaches, some people leave the dried flower heads on the plant for interest in the garden during winter.

If you want to grow a hydrangea your best chance for success will be to grow one of the old fashion white varieties. I recommend the variety "Annabelle." This is a white, mophead or snowball type flowering variety which grows about 3' tall and 4' wide. "Annabelle" is very hardy during cold Chicagoland winters, and is very easy to grow. Unless you really want to exert a lot of time and effort growing a hydrangea, I do not recommend any of the newer blue and pink varieties. From talking to many gardeners, I have not heard many success stories. So, give yourself the best chance for success by growing an "Annabelle" hydrangea.

Urhausen Greenhouses is located at 6973 N. East Prairie Road in Lincolnwood.

Phone 847-675-1573; Website urhausengreenhouses.com



Jefferson Park Sunday Market

The Jefferson Park Sunday Market which is held in Jefferson Park from 9:30 a.m. until 1:00 p.m. on alternate summer Sundays will begin on June 14th. The market which sells fresh produce, bake goods, and food from food trucks is held on the corner of Long and Lawrence. Volunteers are always welcome. Entertainment by local musicians often brightens the days. For more information contact Merrill at 847 902 2961 or Jefferson Park Sunday Market or facebook.com/JeffersonParkSundayMarket. Dates for the summer are June 14, June 28, July 12, July 26, August 9, August 23, Sept. 13, Sept. 27, Oct. 11, October 25. The Sunday Market will go on rain or shine. Volunteers do not have to commit for the entire season; one day will help.

Downtown Evanston Farmers' Market 40TH Year

The Downtown Evanston Farmers' Market kicks off its 40th year. It features fresh and locally grown fruit, vegetables, flowers and plants, along with meat, cheese, eggs and bakery items.

The market will take place every Saturday from 7:30 a.m. to 1 p.m. through November 7 at the intersection of University Pl. and Oak Ave., behind the Hilton Garden Inn. Parking is free in the adjacent 1800 Maple Avenue Self Park Garage with ticket validation at the City of Evanston tent (click on map to expand).

LINK cards are accepted and reusable bags are sold on site. Popular canning and food preservation workshops will be back at the market again this year in June, July and August, with exact dates to be announced.

For more information, visit cityofevanston.org/market, or call 311 (847-448- 4311 outside of Evanston). Community members can also sign up to receive information about Farmers' Market vendors, upcoming programs and events at cityofevanston.org/newsletter.

Visit Chicago Brauhaus During The Summer Concert Series In Lincoln Square

The annual Summer Concert Series, Lincoln Square's favorite free summer event, will begin soon!

The series will occur every Thursday evening from 6:30pm - 9:00pm in Kempf Plaza (across from Chicago Brauhaus) through August 29th.

Join us for brats, beer, music and fun! 4732 North Lincoln Avenue



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What Can You Do In Ten Minutes?

By Wayne Mell, Artistic Director

If you're a teenager, you can bake a frozen pizza ... if you're an adult, you can save 15% or more on car insurance ... and if you're a playwright you can make people laugh or cry or think. The ten-minute play can be one of the most exciting formats in theatre and we're going to put it on display for you.

MadKap Productions will be holding its 1st annual Short Play Festival on August 15 and 16 at 7:30 pm. Each evening, eight short plays will be presented by a collection of Chicagoland's finest actors and directors. There are comedies and dramas, realistic pieces and abstract pieces. Some are original plays, others are old classics. There's even a musical. Audience votes will be collected, and your favorite play will be named "Best of the Fest" and receive a \$100 prize. The plays include:

"Postal Service" by Samantha Beach. Four young artists try to survive by getting a day job hand-writing invitations to a Harry Potter themed birthday party. Directed by Charlie Marie McGrath and starring Rachel Shapiro, Annie Munch, Megan DeLay, and Jake Meyer. With music provided by Pocketful of Scoundrel

"I Have It" by Bekah Brunstetter. Two strangers with the same disease meet on a park bench and come to realize that they're the only people who can save each other. Directed by Lexi Saunders. Starring Miden Wood and Goran Norquist

"City Minyan" by Susan Lieberman. Meryl an attorney and a founder of the City Minyan Choir sees a therapist after fainting at a choir, and learns to come to grips with her ex-husband and his new wife. Directed by Anna C. Bahow and starring Kirsten D'Aurelio

"Ribbit" and original musical with story and lyrics by Myrna Petlicki and music by Gina Lyden Masland. A frog turns into a prince and must find the kiss of a princess to prevent his turning back.

"The Magic Garden" written and directed by Lauren Rawitz. A poetic dialogue about



six women who have lost a loved one due to HIV/Aids. Starring Lainie Kray, Alyson Low, Allison Phillips, Katia Podtynov, Ray Weisz and Emily Wynn

"Buster Keaton Passes By" written by Federico García Lorca. Translated for the festival and directed by Robert Eric Shoemaker. Starring Ruben Lesnick as Buster Keaton with performances by Rebecca Segall and Robert Eric Shoemaker.

"A Short History of Weather" by Jonathan Yukich. The story of a man and a woman who literally fell from the sky. Directed by Rocco Thompson. Starring John Rhodes and Adrienne Lee.

"Sample at Your Own Risk" by Jeff Taylor. Behind the scenes at your local discount store. Directed by Josh Johnson. Starring Chris Miller, Rob Grabowski, Megan Skord, Jay Cook and Josh Johnson.

Admission is only \$12, so there's no reason not to come and vote for your favorite. Call 847-677-7761 for tickets or visit SkokieTheatre.org.

New Soapbox Series



Coming later this month and in August, watch for FREE performances and pop-ups on the steps of the Chicago Cultural Center, noon-1pm on Thursdays. The new Soapbox Series will feature theater, dance and music performances; fashion and culinary pop-ups; plus vendors from the Chicago Farmers Markets. Learn more about art, music and more at the Chicago Cultural Center at chicagoculturalcenter.org. Like us on Facebook and follow us on Twitter and Instagram for Soapbox Series alerts.

World Famous Tenor To Perform At Skokie Synagogue

Cantor Benjamin Warszawski, the world famous tenor who has been dubbed "this generation's Richard Tucker" will present a concert, "Music In The Air", at Ezra-Habonim, the Niles Township Jewish Congregation, 4500 W. Dempster St., Skokie, Sunday, August 9 starting at 6:30 p.m.

Warszawski is recognized worldwide

for his extraordinary talents in both operatic and cantorial realms. He has the ability to bring polished, classical style to his cantorial singing and rich, soulful emotion to the operatic stage. For further information, contact the office of Ezra-Habonim, the

Niles Township Jewish Congregation at 847-675-4141.

SKOKIE ART GUILD

FIGURE DRAWING WORKSHOPS

Saturday Sessions 9:30 AM - 12:30 PM
 Live models / no instructor



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

Public Transportation Offers Best Travel Option for Summer Festivals

Summer fun is just a short ride away and the Regional Transportation Authority (RTA) is reminding riders that they can beat the traffic by taking the fastest and most convenient way to get around the region: public transportation. Take a bus or train to enjoy family time, meet friends at an event or just enjoy our great city.

Riders can use the RTA's Trip Planner to plan travel and select routes with ADA accessible services when necessary. It is the only website in the region that provides a variety of options for getting around by using transit, walking, bicycling and driving. For more information about how the RTA Trip Planner can help you plan your next trip, visit www.RTACHicago.org.

Millennium Park Summer Celebration Through September

The Millennium Park Summer Celebration will feature hundreds of FREE events and exhibitions including an expanded Downtown Sound concert series, the first-ever Chicago Mariachi and Folklórico Festival and the 81st season of the Grant Park Music Festival; plus indie rock, electronic, jazz, classical and world music; the Summer Film Series on an outdoor, 40-foot LED screen; the Family Fun Festival; Summer Workouts; nature programs in the Lurie Garden; tours and more. More info at millenniumpark.org.

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



Great Music • Great Stories • Great Shows

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With original 30-piece orchestrations!

"Some Enchanted Evening"
 "Younger Than Springtime"
 "There is Nothin' Like a Dame"

LIGHT OPERA WORKS
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35 YEARS 1981-2016

An Incredible Weekend Of Our Popular Greek Cuisine, Continuous Entertainment And Fun For The Whole Family

By Anastasia E. Weaver

According to the calendar it was Spring in Chicago, but sitting at my computer compiling some of the notes we had discussed regarding the forthcoming August Festival for our Church, I was awed with the snow that was falling at a pretty good pace. That is how long it has been since we started to plan for the St. Demetrios Greek Fest 2015. We have been planning for several months by this writing as to how we would include the best of what we have already presented and what we would like to offer our guests this year. Just think about planning a wedding for a loved daughter or son – couple hundred guests, pre-nuptial parties, the wedding ceremony and then the reception. Let us now think about a three-day party where thousands come through our doors each of the three days to enjoy the food, entertainment, games, marketplace, rides, clowns and more with family and friends and all of us. We have a mammoth job in front of us and such a short time in which to put it all together. That is why the four of us chair people Zach Bazianos, Dr. John Laftsidis, Chris Tsiones and myself Anastasia Weaver have taken a portion of the Festival preparation and have worked to improve each year. We also listen to our guests as they come through and last year some of you said you wanted more time on Saturday. Our goal each year is to provide our guests with an awesome weekend with lots of memories and also prepare and share some of the best of our Greek Cuisine and arranged for a star-studded entertainment program for the whole family. We have perfected some of our plans and ideas hoping to please each guest that comes through our doors. Join us at St. Demetrios Church as we are about to celebrate the 87th anniversary of our parish in the community.

We extend an invitation to all! Bring your family, friends and neighbors and business associates and enjoy an incredible three-day escape weekend August 21, 22, 23, without the cost of an expensive plane fare to Greece. By this I in no way mean you should not consider a

trip to the beautiful land of Greece. St. Demetrios is located just two blocks South of Foster Avenue (5200 North) and one block East of California (2800 West) in the far north section of Lincoln Square nestled next to Swedish oventant Hospital on a quiet residential street exactly where this parish got its start in 1928. The undaunted spirit and dreams of those early founders continues with the same fervor as each new generation takes the helm to continue the work of our parish. St. Demetrios is a living entity and continues its growth and beauty. Many improvements and changes have taken place at St. Demetrios Church over the years and much more needs to be done to our aging building. As I write this article, the office space of our parish is being rebuilt due to water damage from one of the roofs. Our dreams are never extinguished. We continue to accept each anomaly with a spirit of “not giving up”.

Our Greek ethnic background and the dreams of our founders is still strong and provides us with the passion for good food, passion for living and passion for our church, families and friends.

One thing we know for sure, the clergy, parish council members, church staff, parishioners young and not-so-young and all the friends of St. Demetrios Church and everyone surrounding this large family of our church is pitching in with the same fervor to help whether with donations or volunteering to serve in some capacity so we can make this another success. One thing I may have forgotten to mention, we also have a passion for good music and dance – please take notice that we have planned continuous musical entertainment with some of the best in the musical world. What is exciting is the return visit of virtuoso Dr. Athanasios (Thanasi) Zervas, composer, professor and musician arriving from Thessa-



loniki, Greece to thrill his audience with his clarinet and flute. In addition, we bring back by popular demand Johnny Vargas and the lyrical voice of Carolina LoVerde.

You cannot miss this great opportunity.

FRIDAY, AUGUST 21 – OUR DOORS OFFICIALLY OPEN, AT 5:00 P.M. for an awesome three-day weekend. A Greek experience that may be equal to any trip to the beautiful Islands of Greece. With the exception of the weather, of course, because who knows what it will be like on August 21-22-23 in Chicago. But for sure we guarantee whatever the weather conditions will be, rain or sunny skies or even a few thunder storms the entertainment, as well as the greatest in Greek Cuisine, are all being orchestrated for our guests' enjoyment. Most of all our warm hospitality will greet each of our guests no matter what comes our way. Remember we have a large air-conditioned facility that is always ready in the event of any major change in our weather conditions. An alternative plan can be put in action for our guests' comfort. Come and enjoy the exciting music of the **NORTH SIDE – Rock 'n roll** group that grew up and got their start right here at St. Demetrios' Miller Center (then known as the Grand Hall) back in the 80's. On Stage Chris Stamos/Drums, Bob Spiliotis/Bass.

Louie Kritikos/Lead Guitar, George Skoubis/Guitar and Keyboards and Rebecca Bolluyt Pressas/Vocals and Keyboards. They will be joined again by Cadence as well as Opening Doors at 7:15 p.m.

SATURDAY, AUGUST 22 – we listened to some of our guests so we will open the doors at 2:00 p.m. to give families an opportunity to have the same fun and great food that is available each evening at St. Demetrios during this

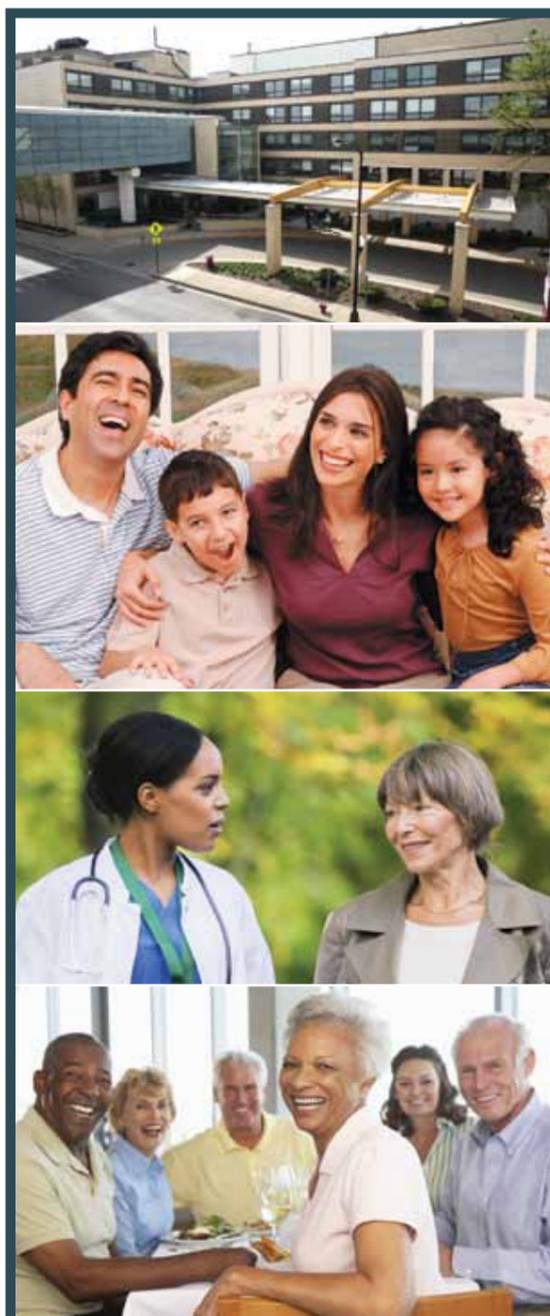
Festival week-end to remember.

SUNDAY, AUGUST 23 – our Festival doors will open at Noon and close at Midnight for your enjoyment and entertainment. The incomparable **JOHN LINARDAKIS** band will perform both Saturday and Sunday continuously. We are presenting with the Linardakis Band the great composer, professor and musician Dr. Athanasios Zervas directly from Thessaloniki, Greece! He will perform both Saturday and Sunday on clarinet and flute. The lineup of musicians accompanying John Linardakis, musical director on bouzouki and vocal are Andreas Georgas on keyboards and vocal, Nick Gerakaris on guitar, Mike Kantzavelos on drums and of course Athanasios Zervas on clarinet and flute.

On a return engagement by popular demand will be Johnny Vargas on Trumpet (Saturday evening) and soprano Carolina LoVerde (Sunday evening) There will also be two popular Dance Troupes Saturday and Sunday for your enjoyment. During this entire weekend, at specified hours you will also be able to **TOUR OUR BEAUTIFUL CHURCH**, with host and tour guide Father Christos Mihalopoulos, Assistant Priest, and enjoy the treasure of our Byzantine Iconography throughout. Stroll through our **GREEK MARKETPLACE (AGORA)** just like it was in Ancient Athens at the Foot of the Acropolis...but our Marketplace is in air-conditioned comfort in the Miller Center (Grand Hall) and all kids will have an opportunity to enjoy our now popular fun Kid's Craft Classroom plus enjoy Clown, Puppet Shows, rides, games and much more.

KALOS ORISATE – WELCOME to our **CHURCH FESTIVAL** and don't forget to bring your dancing shoes, OPA!! More Information will be coming in the Village Papers, etc. - For further information you may also call the church office at 773-561-5992 or visit our website www.stdemetriosgreekfest.com

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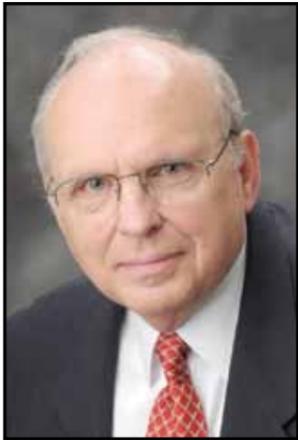
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No Kids? No Need for an Estate Plan?



Chester M. Przybylo

In the 30 years between 1980 and 2010 the number of women reaching the age of 40 and opting not to have children doubled from 10% to 20%. The reasons for this phenomenon are varied. Some decided to devote themselves to careers that were just then opening up for women. Others simply preferred the lifestyle that left them freer to travel and follow their own pursuits. Still others were concerned about the state of the world and what it might look like for any offspring.

Some men and women who are childless make the unfortunate assumption that estate planning is just about passing assets from one generation to the next. However, estate planning is more than that narrow definition and it is just as important for this demographic as it is for individuals with children. Good estate planning covers your financial bases and other

considerations such as healthcare, taxes, insurance, creditors and other legal considerations.

Two very important aspects of an estate plan are a financial power of attorney and a healthcare proxy. Let's say an individual is involved in a serious accident or has a stroke and cannot make decisions for themselves. Who will make important healthcare decisions? What are your wishes concerning life support if a medical condition is hopeless? Who will pay the individual's hospital and other medical bills? What about the mortgage and utilities? These are situations where properly prepared and executed plans are imperative.

If an individual has assets that remain after their passing, how could these assets make a real difference in the lives of nieces and nephews? Maybe providing a college fund or a down payment on a first home would make a real difference in their lives. What a great legacy that might be.

Don't forget charitable giving. Is there an organization that you were active in and believe in its goals? Is there an animal shelter that you've supported for years? Maybe a scholarship fund at your alma mater would be the legacy you would like to leave.

More and more estate planning is taking into account those furry little creatures that make our lives so much richer. What if an individual can no longer take care of that devoted pet or is no longer around to take care of it? In cases such as these a pet trust could be set up. These are simple documents that allow one to express their wishes for their pet while financially providing for their care.

While many individuals choose to remain childfree, their need for a sound estate plan is all the more important. Seeking a law firm that is experienced in guiding individuals in good estate planning should be a priority.

Chester M. Przybylo is a founding member of the prestigious American Academy of Estate Planning Attorneys, a nationally acclaimed organization whose members are dedicated to the highest standards of estate planning and elder law. His Chicago-based firm, Chester M. Przybylo and Associates, has served its clients for over 45 years. Visit the firm website for helpful information on estate planning: www.PlanOurEstate.com, or call 773-631-7100 for an appointment.

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.

Niles Township Saves Residents Over \$2.2 Million on Prescription Costs

Since its launch in 2010, Niles Township has saved residents \$2.2 million dollars by offering the Coast2Coast Rx prescription program. "We had to find a solution to offer some relief to residents without health or prescription insurance and the Coast2Coast program satisfied that need," said Kitty Kendrick, Niles Township Deputy Clerk who administers the program.

The Coast2Coast program provides a prescription card offering discounts on prescription medications, lab and certain diagnostic tests at substantially reduced prices. The card is offered at no-charge and can save money on dental, vision, veterinary, hearing and diabetic equipment and supplies.

Ms. Kendrick also shared that the Coast2Coast Prescription Card can help residents who end up in

the "donut hole," the uncovered portion of Medicare prescription costs absorbed by the Medicare recipient, until he or she reaches the catastrophic-coverage threshold amount. Over 40,000 residents of Niles Township have been served by the Coast2Coast program, which has no health restrictions and does not require paperwork.

For more information on the free Coast2Coast Discount Card, phone the Township office at (847) 673-9300, or visit www.nilestownshipgov.com.

Since 1850, Niles Township Government has been dedicated to improving life for its residents. Niles Township is located in the northeast corner of Cook County. With a population of over 102,000 the Township includes the villages of Skokie, Lincolnwood and Golf, and sections of Morton Grove, Niles and Glenview.

Celebrate National Night Out in Skokie on August 4!

The Skokie Police Department's Crime Prevention/Community Relations Unit hosts the 4th Annual National Night Out Campaign on Tuesday, August 4 from 6 to 9 p.m., at Oakton Park, 4701 Oakton Street.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live.

Come out, meet your neighbors and talk to Skokie Police officers and Village Staff members about crime prevention, Neighborhood Watch, the new Many Cultures, One Commu-

nity - Keeping Skokie Safe campaign and other happenings in the community.

The National Night Out campaign complements the Skokie Police Department's "COPS" Community Outreach Police Substation program by providing Skokie residents with a unique opportunity to meet police officers. Tours of the COPS vehicle will be available. Meet McGruff the Crime Dog, the Skokie Explorers, play games and win prizes!

For more information please contact the Skokie Police Department Crime Prevention Division at 847/982-5922.

Visit the Skokie Police Explorer Car Wash

The Skokie Police Explorers, Post 300, host their annual car wash fundraiser on Saturday, August 15, 2015 from 9 a.m. to 1 p.m. at the Skokie Police Headquarters parking lot, 7300 Niles Center Road. A \$5 donation is suggested per vehicle.

The Explorers is a division of the Boy Scouts of America and the carwash proceeds will fund the annual Scouts membership.

For more information about the Skokie Police Explorers or the carwash please contact the Crime Prevention Division at 847/982-5919.

Coyne Re-Elected



James Coyne

James F. Coyne is the Business Manager of Plumbers Local Unions 130 U.A.

Jim is a 38 year member of the Union and in his first 25 years of his plumbing career he worked on many commercial buildings in downtown Chicago. In 1987, Jim was appointed by Business

Manager James J. McCarthy as a part time officer. Since then, he has held multiple part time positions up until 2000 when Business Manager Gerald M. Sullivan appointed Jim a full time position as the Recording Secretary. In 2002 Jim was appointed as the Financial Secretary-Treasurer where he served for the next 10 years. In 2012 Jim was elected as the Business Manger.

Jim also serves as the President of the Chicago St. Patrick's Day Parade Committee which produces the annual downtown parade.

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

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Village Cooking Corner

Mediterranean Chicken And Vegetables Combo

2 lbs. of chicken drumsticks, thighs and breasts
 2 or 3 tablespoons of Olive Oil for cooking
 1 Vidalia Onion sliced and then separated into rings
 3 cloves of garlic – diced
 1 14-1/2 ounce can of Hunt's stewed tomatoes
 1 medium eggplant (about 3-4 cups) diced
 1 medium zucchini cut into 1/2 inch chunks
 1 medium yellow squash cut in 1/2 inch chunks
 1/2 bag of frozen three-colored peppers
 1 can of Pearls Fresh Cured green ripe medium pitted California olives
 1 teaspoon of dried crushed oregano
 1 teaspoon of crushed dried thyme
 Pinch of salt or 1/2 teaspoon of salt (depending on your salt restrictions if any)
 1/4 teaspoon of pepper – I generally season with coarse ground pepper (if you prefer use regular pepper)

- Skin and wash the chicken and pat dry. In a 5 quart pot place the chicken and olive oil and saute for about 10 to 12 minutes or until the chicken is lightly browned. Remove chicken and set aside.
- Add the onions and the garlic to the pot in the drippings and sauté for about 6 minutes or until soft but not browned in any way. Stir in the undrained stewed tomatoes, eggplant, zucchini, squash, peppers, olives, oregano, and thyme, salt and pepper and return chicken to the pot.
- Bring to a boil and reduce heat. Cover and simmer for about 35 or 40 minutes or until chicken is tender, stirring occasionally. When chicken is no longer pink transfer chicken to a bowl and cover to keep warm. Continue to cook vegetables and sauce for another 5 to 8 minutes but be careful not to overcook.
- Arrange chicken in a large serving bowl or platter and then pour vegetables and sauce over or around the chicken.

Serve Mediterranean Chicken and Vegetable Combo over Rice Pilaf and enjoy. See recipe for Rice Pilaf below.

Rice Pilaf/Pilaffi

Serves Four
 2 cups of long grain rice
 2 cups of water
 2 cups of low sodium chicken broth
 4-5 tablespoons butter
 Salt

Bring the water and chicken broth to a boil; add the butter rice and salt and stir well cover and Simmer over a low fire for about 20 minutes.
 ENJOY!

From the Kitchen of Anastasia E. Weaver

Active Transportation Alliance looks toward the future in celebrating 30th anniversary Five game-changing goals and sister nonprofit organization announced

Today the Active Transportation Alliance marked its 30th anniversary by announcing two forward-looking initiatives: the 2020 TransFormation Campaign and the creation of a new sister non-profit called Walk Bike Go.

The 2020 TransFormation Campaign aims to achieve five bold goals in the next five years. The goals will capitalize on the great momentum already underway in the region to make biking, walking and transit dramatically easier and safer.

Bike Walk Go, the new sister organization, will focus on fee-for-service work while also exploring innovative mission-aligned partnerships and ventures, helping to amplify Active Trans' goals of creating communities that are healthy, vibrant and environmentally friendly through better biking, walking and transit.

Founded in 1985 as the Chicagoland Bicycle Federation (CBF), Active Trans has been the leading civic voice contributing to a sea change in support for so-called "alternative transportation" by advocating for more funding, street design improvements like the addition of bike lanes and pedestrian refuge islands, transit expansion, safe routes to schools, and laws that reduce traffic crashes.

"We go back to when very few people biked in the Chicago region and ours was often a lone voice," said Active Trans board member and CBF's first Executive Director, Randy Neufeld. "Even 10 years ago, ideas like protected bike lanes, the Divvy bike-sharing program, thousands of daily bikes trips to Metra stations, or the thought that 6,000 bikes per day would travel Milwaukee Avenue would have been viewed as pipe dreams by most everyone!"

With the intention of building on this existing momentum now underway, Active Trans is launching the 2020 TransFormation Campaign to raise money that will be used to achieve five game-changing goals in the next five years. The five goals are

1. Region-wide low-stress bike network: A dense, connected network of low-stress bike routes across Chicago and the suburbs.
2. Transit Future: Funding for the "Transit Future" plan to build multiple new rapid transit projects.
3. Biking/walking education in elementary schools: All public elementary schools in the state begin teaching biking and walking safety and encouragement.
4. Mobility education in high schools: High school driver's education becoming "mobility education" with bike, walk and transit training in addition to driving.
5. Vision Zero: The state, the city of Chicago and suburbs adopt and implement comprehensive Vision Zero plans that focus on eliminating traffic fatalities and serious injuries.

Thanks to ongoing efforts to influence legislation and policy at the state and local levels, Active Trans claims a long list of triumphs on behalf of people who bike, walk and take transit. Examples include state laws that require cars to stop for pedestrians in crosswalks, create distracted driving restrictions, and clarify that cyclists can pass cars on the right. Active Trans has also played a key role in Chicago

becoming a national leader in building protected and buffered bike lanes, the addition of Divvy bike sharing, trail expansion in the suburbs, and fighting for funding to keep transit affordable while improving and expanding service.

Active Trans also created Safe Routes to Schools programs and educated tens of thousands of children and adults on walking and biking safety. In addition, Active Trans' annual Bike Commuter Challenge has engaged thousands of companies and encouraged tens of thousands of employees to incorporate biking in their work commutes.

Over its history, Active Trans' expertise around cutting-edge transportation strategies led local, regional and state agencies to seek the organization's help. This was the beginning of the fee-for-service consulting that enabled Active Trans to bring its know-how and passion to local transportation planning and safety initiatives. With a "seat at the table," Active Trans has left its mark on transportation plans, programs and policies in Chicago and more than 100 suburbs, while also winning awards from the American Planning Association and other organizations.

"Where there is overlap between the goals of Active Trans and a city, that's a platform for partnership," said Active Transportation Alliance Executive Director Ron Burke. "The partnerships result in far better outcomes than if Active Trans participated from a distance, and cities get a good deal because we are a non-profit organization with low expenses; we'll even do additional work and pay for it with other funds."

Burke said the creation of Walk Bike Go will strengthen the fee-for-service and entrepreneurial work that Active Trans has carried out and distinguish it from the education, encouragement and advocacy programs for which the organization is better known.

Working with the city of Chicago, Active Trans provides pedestrian and bike safety education for roughly 70,000 people per year. For two other programs in Chicago, Active Trans is educating residents about transportation options in five Chicago neighborhoods and is helping produce 75 pop-up playgrounds in Chicago's underserved neighborhoods on the city's South Side.

Through a contract with the Cook County Health Department, Active Trans is developing six active transportation plans for underserved municipalities in suburban Cook County, and helping eight underserved Cook County municipalities develop and implement Complete Streets policies. In addition, Active Trans is currently developing active transportation plans for the Villages of Lombard and Bensenville, and for the Kane County Department of Public Health. Active Trans is developing three small-scale walkability studies for underserved neighborhoods in Aurora, Elgin and Carpentersville.

Active Trans began the process to create Walk Bike Go more than one year ago. It is now legally incorporated and will begin to operate when its 501(c)(3) non-profit status is approved, which is expected later this year.

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Resurrection Arts And Craft Fair Applications Available

Applications are available for crafters who are interested in participating in the Resurrection College Prep High School Arts & Craft Fair on Saturday, November 14, 2015. The annual event will be held from 10 am to 4 pm at 7500 W. Talcott Avenue. Each year, more than 2,000 patrons visit the fair to explore the wide variety of handcrafted items at over 180 craft displays. Spaces for professional company vendors are sold out. The application for crafters is available on the Resurrection website at www.reshs.org or by con-



tacting Carol Marchetti at 773.775.6616 Ext 112 or cmarchetti@reshs.org.

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



Edison Park Fest August 14th, 15th, & 16th Greetings!

Edison Park Fest, our neighborhood fundraiser, is just 17 days away! Fest goers will notice some changes this year as we have recognized the different needs of the community. If you have questions or concerns about our neighborhood fest, please feel free to contact the Edison Park Chamber of Commerce at 773.631.0063 or email us at info@edisonpark.com.

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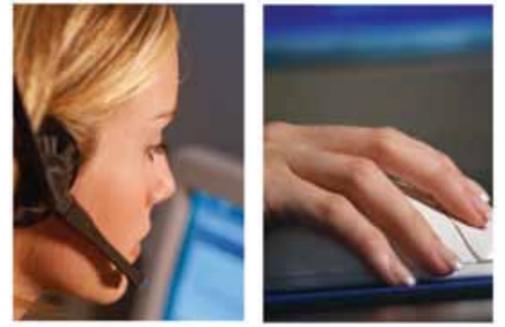
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