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March 11

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P.O. Box 31391,
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Issue 4
February 25, 2015

ORTHODOX LENT BEGINS
MONDAY, FEB 23RD
Turn to Page 11 for Lenten Recipes



Snowy Bicycle *by Frank Styburski*



Casimir Pulaski Day
Monday, March 2nd
See More Page 10



LAW ENFORCEMENT TORCH RUN
POLAR PLUNGE
2015
FOR SPECIAL OLYMPICS ILLINOIS



See Page 5 For Details

Millennium Park's Ice Rink
Is Now Open
See Page 4 For Details And More Locations.




Volunteer to be a ViTA Literacy/ESL tutor.

Help adults learn to read or speak English. Learn about methods and materials especially suited for tutoring adult American or immigrant students. Attend four workshops at the Skokie Campus:

Tuesday, March 24 • 6:00 - 9:45 p.m.
Thursday, March 26 • 6:00 - 9:45 p.m.
Saturday, April 11 • 1:00 - 4:00 p.m.
Saturday, April 18 • 1:00 - 3:30 p.m.


Call 847.635.1426 for an interview.



Chicago's Birthday

Join us to celebrate the city's 178th birthday! The festive occasion includes special remarks and music to pay tribute to the City of Big Shoulders.

Cost: Free for Illinois residents. Free for kids 12 and under. Free with Museum admission for all other visitors. No reservations needed.



The event will be held at The Chicago History Museum, 1601 North Clark Street (Our parking lot is at the corner of LaSalle & Stockton)

DAYLIGHT SAVING TIME
BEGINS March 8th, 2:00 a.m.

Spring Forward And Check Batteries And Carbon Monoxide Detectors – It Can Save Your Life

FREE SEMINAR
PROTECTING YOUR FAMILY AND LEAVING A LEGACY

This seminar could save you and your family thousands of dollars and bring you peace of mind

- Learn Why Most Estate Plans Fail and What to Do About It!
- How to keep your estate out of an expensive Probate
- What is Guardianship, and how can you avoid it?
- The real danger of "Do-It-Yourself" Trusts
- Can you avoid losing everything you worked for if you enter a nursing home?
- How can you protect your children from creditors, ex-spouses and themselves?
- How Veteran's Benefits can be used to pay family members for caregiving
- Why your parents' estate plan won't work for you



JOIN US AT ONE OF THESE FOUR SEMINARS

Wednesday, March 18, 2015
10:00 a.m. with Continental Breakfast or 1:00 p.m. with Refreshments
Basilico Restaurante • 4701 N. Cumberland Ave., Norridge, IL 60706

Thursday, March 19, 2015 **Saturday, March 21, 2015**
7:00 p.m. with Refreshments 10:00 a.m. with Continental Breakfast
White Eagle Banquet Halls Hilton Garden Inn O'Hare
6837 N. Milwaukee Ave., Niles, IL 60714 2930 South River Rd, DesPlaines, IL 60018

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Community First Medical Center

February Health Events For Area Residents

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

Heart disease is not just a man's disease. According to the American Heart Association, each year one in three women die of heart disease and stroke. To learn about your risk for heart disease, attend a free lecture titled "Women's Heart Health," Thursday, February 26, at 2 p.m. Mary Schlitter, R.N., will discuss symptoms of a heart attack and how to reduce heart disease risks. To register or get more information, call 773-794-8486.

Sickweather Alert:

Chicago Illnesses Going Around 2/17/15 – 2/24/15

Sickweather is observing that while Flu season is passing in Illinois, residents are still experiencing fevers and a lingering cough. Sickweather is prepared to help Chicagoans navigate through the transition from Flu to Allergy season. This is the weekly forecast for your area:

Common Cold, Cough, and Fever are going around in Chicago. Reports of cough persist, and Measles continues to circulate.

Here's the link to the Animated 5-Day Chicago Map: <http://sick.io/011zg>

Sickweather Forecast & Maps explained: Sickweather uses a patent-pending process to track and map reports of illness on Twitter and Facebook. The forecast represents the top trending illnesses reported in any given area. The maps show clusters of activity as represented by a heat map, or individual reports as represented by blue "SICK" map markers.

About Sickweather: Sickweather, a Baltimore-based company, provides online reports and a mobile app that scans social networks for indicators of illness, and maps real time data on more than 23 different symptoms and illnesses. Sickweather launched their beta website in November 2011, and now qualifies over 2 million reports of illness each month. In 2012, they were recognized among "100 Brilliant Companies" by Entrepreneur Magazine and featured on the Today Show, NBC Nightly News and The Doctors for successfully identifying the early start of the 2012 Flu Season 6 weeks before the Centers for Disease Control & Prevention (CDC). For more information, please visit: <http://www.sickweather.com>

Kiwanis Club Of Ravenswood



The Kiwanis Club of Ravenswood meets at Noon every 2nd & 4th Thursday (with some exceptions) at the Hilltop Restaurant, NW corner of California & Foster Avenues, Chicago. Plenty of FREE PARKING is available in the lot west of the restaurant, on the north side. To confirm the meeting dates please call Maria Bappert at 773-728-8127. Thank you

February 26 – Regular Club Meeting with Guest Speaker Alexander Brown, Interim Executive Director of the Friedman Place, 5527 N. Maplewood Avenue.

February Flower: Violet. Birthstone: Amethyst.

February Media Topic suggested by Kiwanis International: "We Love Kids!"

Looking ahead to March, please mark your calendar for Thursday, March 5, and join your Fellow Kiwanians at Ann Sathers Restaurant on Belmont Ave. for the annual St. Patrick's Day celebration from 6:00 to 9:00 pm. The cost is \$30.00 per person. RSVP with Leah Steele at 773-742-2488.

Career Exploration Summer Camp Offered For Deaf And Hard-Of-Hearing High School Students

The Explore Your Future (EYF) program at Rochester Institute of Technology's National Technical Institute for the Deaf in Rochester, N.Y., offers deaf and hard-of-hearing college-bound high school students who will begin their junior or senior year in fall of 2015 a unique opportunity to experience life on a college campus, explore their interests and sample various careers. This six-day, summer career-exploration program provides students with hands-on activities related to careers in art, business, computer science, engineering, health sciences, information technology, science and more.

Explore Your Future sessions for summer 2015 run July 11-16 and July 18-23. On the final day of each session, parents attend a workshop that helps them prepare their student for life after high school.

Students can apply online at <http://www.rit.edu/NTID/EYF>. For more information, call 585-475-6700, 585-743-1366 (videophone) or email EYFInfo@rit.edu. The application deadline is May 31.

RIT's National Technical Institute for the Deaf offers educational programs and access and support services to 1,200 hard-of-hearing and deaf students who live, study and work with more than 15,000 hearing students on RIT's campus. Go to www.rit.edu/NTID for more information.

OUR VILLAGE & STREET LEVEL

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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.

Illinois Recognized For Outstanding Suicide Prevention Efforts

Illinois Chapter Of American Foundation For Suicide Prevention Receives Top Awards At National Leadership Conference

The American Foundation for Suicide Prevention (AFSP) Illinois Chapter was awarded Outstanding Chapter of the Year among large markets and took first place in Out of the Darkness Community Walks for its 2014 Chicagoland Community Walk at the 2015 AFSP National Leadership Conference.

The Outstanding Chapter recognition acknowledges amazing work in local communities and overall excellence in education, outreach, research and fundraising.

"I am humbled by the dedication of our volunteers, walkers, donors, advocates and mental health professionals across the state of Illinois that have earned this prestigious honor," said AFSP Illinois Area Director Rachelle Jervis. "The recognition validates their relentless efforts to end suicide and save lives."

The Illinois Chapter also took first place among 325 Out of the Darkness Community Walks for the fifth consecutive year. The Chicagoland Out of the Darkness Community Walk convened more than 5,300 walkers and raised \$766,553.95 for suicide prevention education and research last September.



"The record numbers achieved at the 2014 Out of the Darkness Chicagoland Community Walk, in terms of number of walkers as well as funds raised, make a statement that suicide prevention and mental health initiatives are a primary public concern in the state of Illinois and that the time has come to bring these topics into conversation and 'Out of the Darkness,'" said Chicagoland Walk Co-Chairperson Erika Barber. "This recognition is such an honor and is indicative of a reality where mental health and suicide can be discussed without the stigma these topics so often carry."

The 2015 Chicagoland Out of the Darkness Community Walk takes place on Sept. 26 at Grant Park in Chicago, Ill. To register or for more information, please visit www.ChicagoWalk.org.

Mental Illness Family Class in Northfield, March 3

The National Alliance on Mental Illness, Cook County North Suburban Chapter, will offer the Family-to-Family Education Program, a 12-week course for families of adult loved ones with mental illness. The classes are held at New Trier Northfield High School, 7 Happ Rd, Northfield, on Tuesday evenings, March 3 – May 26 (off March 31), from 7:00 to 9:30 pm. This course is free of charge and is taught by trained family members who have had first-hand experience.

Family members learn about the major mental illnesses – symptoms, medications, side effects, services available, communication and coping strategies. A recent class member wrote, "This class helped us when we were in our darkest hours, lost and without support. The leaders were amazing - informative and compassionate, caring beyond my expectations." Classes fill up quickly. Please call NAMI at 847-716-2252 to register.

Shattered Dreams: Coping with Loss

Meet Fran Girard, Psy.D., a Clinical Psychologist in private practice for almost 20 years, focuses on issues surrounding life transitions inherent in loss of all kinds. Fran has worked with individuals, couples and families managing the challenges in life that accompany divorce, illness, disability, job loss and other changes.

The National Alliance on Mental Illness, Cook County North Suburban, invites the public to this free program on Monday, March 9, from 7:00 to 8:30 p.m. at the Patty Turner Center, 375 Elm St, Deerfield. For more information or directions, call 847-716-2252.

NAMI CCNS, founded in 1991, is a not-for-profit organization of individuals, families, and professionals dedicated to helping individuals overcome mental illness and supporting their families. We provide information, educational programs, advocacy, support, and referrals.

The communities we serve include north and northwest Chicago, Deerfield, Des Plaines, Evanston, Glencoe, Glenview, Golf, Highland Park, Kenilworth, south Lake County, Lake Forest, Lincolnwood, Morton Grove, Mt. Prospect, Niles, Northbrook, Northfield, Park Ridge, Prospect Heights, Skokie, Wilmette, and Winnetka.

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



Avila To Address Golden Hours

Commissioner Frank Avila, with the Metropolitan Water Reclamation District of Greater Chicago, will address the Golden Hours Seniors, Thursday, March 12th at 10:30 a.m. at St. Tarcissus Church, 6020 W. Ardmore.

Mary Ann Heywood, coordinator, announced the Commissioner will talk about flooding in the community.

Commissioner Avila is the newly elected Chairman of Finance at the District. He has over 40 years of experience as an engineer and land surveyor, lending his talent to over 300 engineering projects. He received his bachelor of science degree in Civil Engineering from the University of Illinois Champaign-Urbana and a master of science from the University of Arizona.



Nominate An Older Adult In Evanston For The 2015 Aging Well Award

Evanston community members and organizations are encouraged to nominate an older adult in Evanston who has made an impact in the local community through his or her interest in aging for the 2015 Aging Well Award. Nominations must be submitted by Friday, February 27 and can be completed online at cityofevanston.org/agingwellconference.

All nominees will be critiqued on both outstanding personal acts and/or community impact. The nominee may have impacted the community and improved the quality of the lives of older adults through outstanding leadership as well as the application of time, resources or advocacy.

The Evanston Aging Well Conference Planning Committee will select the honoree at its committee meeting on Thursday, March 19. The winner of the 2015 Aging Well Award will be honored at the Evanston Aging Well Conference on Friday, May 8, 8 a.m. to 12:30 p.m., at The Merion, located at 1611 Chicago Ave., in Evanston.

The free half-day conference provides strategies for healthy aging for older adults, their families, caregivers and professionals. The conference includes a continental breakfast and a choice of two workshops. Space is limited to 175 attendees. Registration for the event will open in March 2015.

Previous winners of the award include Lorraine H. Morton, Father Robert Oldershaw, William Logan and Julia Hagwood.

For more information regarding the Evanston Aging Well award or conference, please contact Ann Searles at 847-679-2372.

Northwest Side Irish Friends and Family St. Patrick's Day Parade in Norwood Park Sunday, March 15, 2015 at 12pm

Northwest Side Irish Parade (NWSI)
Sunday March 15, 2015 starts at: 6634 W. Raven Street (Onahan School)
Kick-off @12pm Assembly begins at 10am and will run south up Neola Avenue to Northwest Highway north to Harlem Avenue
Ends - Approximately 1:30 pm at Harlem Ave. & NW Hwy
NWSI Official After Party --
Start --Immediately after the parade at Immaculate Conception Elementary School Recreation Center 7211 W. Talcott Chgo, IL Ends-5pm



Tickets for the after party are \$10 per person includes a Danny Boy Corned Beef and cabbage dinner, beer, wine and soda. \$5 for children 10 and under includes hot dog, chips and a soda. The after party includes live entertainment, face painting, balloon magic, raffles and extended family fun. www.northwestsideirish.org for more info.

NWSI Grand Marshal and Recipient of the 2015 Humanitarian of the Year Award. Congressional Medal Honor Recipient The "Original Forest Gump" Sammy L. Davis.

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In Memory Of Vee Ulrich Gallo

The Norwood Park Chamber of Commerce extends its deepest sympathy to the family and friends of Vee Ulrich Gallo, who recently passed away. Her death has brought shock and sorrow to our community.

Vee inspired and motivated many clients over the years at her business, HardCore Fitness Studio. She worked as a certified personal trainer, inspiring others to reach their personal goals.

Vee's wonderful life and legacy will live on forever through her adoring husband Joe and her 8 beautiful children; Kelly, Joe, Sherri, Elizabeth, Hannah, Nico, Daniel and Brendan. The family respectfully asks that their friends and family keep them in their prayers as they try to work through this difficult time. The Chamber has set up a "YouCare" webpage and donations are being graciously accepted as the family struggles to cope with their loss.

Please consider making a donation <http://www.youcaring.com/memorial-fund-raiser/vee-ulrich-gallo-memorial-fund/303892>



Purim Activities Community Calendar

Purim in Outer Space!

Purim is going intergalactic! Come blast off with Lubavitch Chabad of Skokie for a celebration that is OUT OF THIS WORLD and FUN FOR THE WHOLE FAMILY! With entertainment, activities, food and fun for all ages, including: Live animals, photo booth, moonbounce, lunar sand, space camp fun, interstellar crafts, galaxy rovers, delicious food, and even an adult "Space Station" (id required).

Everyone in costume receives a prize!

Wednesday night, March 4, 2015. Free Megillah Reading is at 6:30pm followed by the Purim Celebration at 7:15 pm. Admission to the party: \$24 adult, \$14 child, \$180 sponsor (includes 4 reservations). \$2 discount for every reservation paid online through the website, www.SkokieChabad.org/Purim.

Hourly Megillah Readings

To relive the miraculous events of Purim, listen to the reading of the Megillah (the Scroll of Esther) twice: once on Purim eve, Wednesday night, March 4, 2015, and again on Purim day, March 5, 2015.

This year we will once again have around the clock Megillah readings every hour on the hour, on March 4 from 7:00 pm - midnight, and during the day on

March 5 from 8:00 am - 5:00 pm. This service is provided free of charge, no reservations required. Organized in conjunction with Lubavitch Chabad of Illinois, hourly readings are available at Lubavitch Chabad of Skokie, 4059 Dempster St., Skokie and at Lubavitch Mesivta of Chicago, 2756 W. Morse Ave, Chicago.

For more info contact us via the website, www.SkokieChabad.org/Purim.

Family Purim Meal with Live Music

Bring your family for a delicious Seudat Purim, and let the festivities continue! There will be live music and delicious food starting at 5:00pm on Thursday, March 5, 2015, by reservation only. At Lubavitch Chabad of Skokie, 4059 Dempster St. in Skokie. \$22 adult, \$12 child, \$180 sponsor (includes 4 reservations). \$2 discount for each advance reservation paid online. For more information call 847-677-1770. RSVP through the website at www.SkokieChabad.org/Purim.

Haben Funeral Home And Crematory Creates Comforting Atmosphere With Renovation

Haben Funeral Home and Crematory (habenfuneral.com) has done a full interior remodel in the effort to make the painful visit to them a little less painful. From entry way to parlor room, everything has been renovated to reflect the empathy and care they show towards their community.

Family owned and operated, Haben Funeral Home and Crematory has been serving the Skokie and surrounding community since 1923. For the past 92 years, this family owned business has made it their goal to help their community during the hardest times of their lives.

The parlors have been fully renovated, bringing in more seating, and offering more personalized space. The fireplace area has been enhanced to help bring in more warmth, whilst the entrance has also had a full renovation. All rooms have had new paint, to make the tones

more relaxing, and the lighting has been upgraded to softer tones.

"We are happy to bring even more warmth and comfort to our home with this renovation", says owner, John Haben. "We strive to do everything in our power to make these hard times, as comforting as possible."

The Haben Funeral Home and Crematory comes equipped with more than just a full interior remodel. There are special rooms for viewings, cremation, memorial services and more. They have experienced staff that are empathetic towards the families and their needs during these difficult times. In addition, they are available 24/7 to handle emergency situations.

For more information on services available or requesting assistance, please visit www.habenfuneral.com or call 847-673-6111. Haben Funeral Home and Crematory is located at 8057 Niles Center Road, Skokie, IL 60077.

Spring Arts And Craft Fair At



Resurrection College Prep High School will host a Spring Arts & Craft Fair on Saturday, March 7, 2015 from 10:00 am to 4:00 pm at 7500 W. Talcott Avenue. As we approach spring, Easter and Mother's Day, patrons are welcome to visit the fair to explore the wide variety of items at over 100 vendors and craft displays, including unique hand crafted gifts, seasonal items, house wares, jewelry, tasty treats and more! Admission for this school fundraising event is \$5 for adults, \$2 for seniors and children under 10 are free.



Preventing Unnecessary Early Deliveries Presence Resurrection Medical Center Honored For Commitment To Patient Safety

Presence Resurrection Medical Center (PRMC) has received recognition for elite performance on minimizing early-elective deliveries of newborns.

Health care leaders recommend that an expectant mother wait until the 39th completed week of pregnancy to deliver her baby. Early-elective-delivery rates measure how often newborns are delivered at the 39th week or later.

"Important fetal development takes place in your baby's brain and lungs during those last few weeks of pregnancy," according to the Leapfrog Group, a group that encourages transparency and easy access to healthcare information and recognizes hospitals that have a proven record of high quality care.

"We are dedicated to educating our moms about the importance of these last weeks of development, which also helps to ensure the delivery of a healthy baby," said Heather Murphy, Regional Lead of Quality Improvement and Patient Safety, Northwest Chicago Region, Presence Health.

The March of Dimes and the Illinois Perinatal Quality Collaborative recently presented PRMC with a banner announcing the hospital's commitment to keeping patients safe. PRMC has sustained its commitment to keeping early-elective delivery rates at zero.

Facets Kids Film Camp Expands

Facets will add a second, intermediate level to its popular summer Facets Kids Film Camp, now in its 16th year as a summer destination for kids 7-14 who just happen to love the movies. The camp helps children develop important 21st century skills by learning how to critically view films, learn film grammar and structure, and then work in diverse teams to conceive, write, storyboard, act, light, shoot, record, and direct a short film. The camp is marked by a graduation ceremony at which the films of all of the Facets Kids Film Camp teams are screened.

The basic Facets Kids Film Camp will be offered in five separate sessions – four of these are full-day (9 a.m. to 5 p.m.), divided by age-ranges (ages 7-10, and ages 11-14) and two of them are half day. The camp sessions run from June 22 through July 31.

Graduates of the Facets Kids Film Camp become eligible to serve on the Children's or Youth Juries for the Chicago International Children's Film Festival.

The Intermediate Level camp (or Facets Kids Film Camp 2) is a new, two-week program for children and youth ages 10-15 who are graduates of Facets Kids Film Camp or have demonstrable video production knowledge. Participants will work collaboratively to develop and produce a short film, gaining valuable knowledge and skills in cinematography, screenwriting, directing, and editing. Film Camp 2 will be held for 10 days, from August 3-14, 2015.

Taught by a team of media educators and film professionals, the Facets Kids Film Camp provides a unique, interactive mix of discussion, learning, and creating, and provides children self-confidence and a drive to learn.

Tuition for Facets Kids Film Camp is \$450 for the full-day session, \$350 for the half-day session and \$700 for the two-week Film Camp 2. For further information, call Facets at 773-281-9075 ext. 3011 or enroll online at www.facets.org

All camp sessions are held at Facets, 1517 West Fullerton Avenue, Chicago.

Facets is an independent non-profit organization, celebrating its 40th year, dedicated to providing a broad range of public performance, education, and distribution programs for audiences ranging from pre-school to post-retirement.

St. Thecla Seniors Meetings

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

Evanston/Skokie Valley Metropolitan Family Services - Giving Hope And Opportunity To Families

With your help last year Metropolitan served more than 53,000 individuals and families in the Chicago area, helping them become more self-sufficient and strengthening family bonds. Learn more about our organization by visiting our website, metrofamily.org.

Norwood Park Seniors Club

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



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2015 University Guild Program Calendar Northwestern University Campus, Scott Hall, in the Guild Lounge 601 University Place, Evanston

Tea, coffee and cookies are served after the program.

March 2— Sartorial Choices of Jane Austen's Gentlemen

Janet Messmer, Program Committee, Head of Costume Design & Technology, DePaul University

How many of Jane Austen books have you read? How many films, based on the books, have you seen? What would the men have worn? This program was originally presented to the Jane Austen Society of North American, Greater Chicago Region.

March 16— Forensics & History: The Mystery of the Romanovs

Hal Tinberg, Program Committee, Ph.D., Abbott Laboratories (retired)

The Russian Revolution ended 300 years of rule by the House of Romanov. Learn how state of the art DNA testing was used to identify Tsar Nicholas II and his family, the last of the Russian royals. The presentation describes the incredible story and how science was used to solve this decades old mystery.

2015 Illinois Farm Families® 'City Moms' Selected

Illinois family farmers are again welcoming Chicago-area moms to their farms to answer their questions about how food is grown. The "City Moms" will tour Illinois pig, corn and soybean, dairy and beef farms and a northern Illinois grocery store between February and October to see how farmers care for their animals and the environment.

On each tour, the City Moms will meet farmers and their families, who have been farming in Illinois for several generations. The moms also will see how every farm is different - from size and what is raised and grown, to how the farm functions and how many people work there.

Their first tour was of Mariano's grocery store in Wheaton, on Feb. 7. While there, the City Moms had a chance to tour the grocery store and go on a scavenger hunt with Illinois farmers, Michele Aavang and Pam Janssen, to find samples of healthy and non-healthy foods. They discussed nutrition with registered dietitian, Peggy Balboa, and talked about opportunities for their children to learn about agriculture with Cook County Ag in the Classroom Coordinator, Diane Merrion.

The 2015 Northside City Moms are:

Sarah Deitch, Park Ridge
Anna Duckmann, Des Plaines
Nicole Foster, Chicago
Alicia Gonzalez, Chicago
Kristina Nickels, Skokie
Jen Roberts, Glenview
Laurie Viets, Chicago
Victoria Webb, Des Plaines

In addition to the tours, the City Moms will be paired with pen pals who are farmers.

Now in its fourth year, the Illinois Farm Families City Mom tours continue to grow, drawing moms from Chicago and suburban Chicago who are excited to learn what farming is all about.

"I want to learn more about how our farms are run by visiting them, not by speculating and not by reading different news sources," added 2015 City Mom Jen Roberts, Glenview.

The City Moms each will record their days on the farms by taking photos and videos and journaling their observations. City Moms will share what they learned with other moms and consumers on www.WatchUsGrow.org, www.facebook.com/IllinoisFarmFamilies and <http://twitter.com/ILFarmFamilies>.

Millennium Park's Ice Rink Is Now Open

The McCormick-Tribune Ice Rink in Millennium Park opened on Friday, November 14, and will remain open through Saturday, March 7, 2015, weather permitting. For more than a decade, the rink has drawn over 100,000 skaters annually and is free and open to the public. The rink, located on Michigan Avenue between Washington and Madison Streets, offers skate rentals.

The McCormick Tribune Ice Rink will operate under the following hours:

- Monday-Thursday: Noon-8pm
- Friday: Noon-10pm
- Saturday (Through Jan. 3): 10am-10pm
- Saturday (Beginning Jan. 10): 10am-9pm
- Sunday: 10am-9pm

For more information about events in Millennium Park during the winter months, visit millenniumpark.org or call 312.744-3316. Like us on Facebook and follow us on Twitter, @Millennium_Park.



City Wide Ice Rinks

The Chicago Blackhawks sponsor the Chicago Park District's ice rinks which remain open through February 23rd (weather permitting). All rinks will be closed on December 25th for Christmas Day.

New this year, most rinks will feature programming, including pick-up hockey games. Please contact the individual Northside parks listed below for lists of schedules and fees or call the Chicago Park District at 312/742-7529. you may also visit www.chicagoparkdistrict.com.

Indoor Rink McFetridge Sports Center at California Park: 3843 N. California Avenue, 773/478-2609

Outdoor Rinks Riis Park: 6100 W. Fullerton Avenue, 312/746-5735
Warren Park: 6601 N. Western Avenue, 773/761-8663

Evanston's Outdoor Skating Rinks Open

Thanks to the recent wave of cold temperatures, City of Evanston parks crews were able to flood the three outdoor ice rinks for community members to enjoy skating outdoors at their neighborhood parks this weekend. This year, community members can skate at:

- Bent Park, Central St. at Cowper Ave.
- Arrington Lagoon at Dawes Park, Sheridan Rd. at Church St.
- Baker Park, Forest Ave. at Keeney St.

Baker and Bent Parks will officially open to the public on Saturday, January 10 while the Arrington Lagoon location is expected to open on Sunday, January 11. Signs will be posted to alert residents when ice is thick enough to skate safely. For an update on outdoor ice rink conditions, please visit cityofevanston.org/skating-and-sledding or call 847-859-7822, ext. 8.

Please note that attendants will not be on duty to supervise rinks and shelter houses will be closed.

Residents who prefer to participate in indoor activities this winter can take advantage of the Robert Crown Community Center and Ice Complex, located at 1701 Main St. Ice skating is available on the main rink Monday through Friday, from 11:30 a.m. to 1 p.m., and Sundays, from 2 p.m. to 3:30 p.m.

Ice skating is also available on the studio rink on Mondays, from 4:30 p.m. to 5:45 p.m.; Tuesdays and Thursdays, from 6 p.m. to 7:15 p.m.; Fridays, from 7 p.m. to 9 p.m.; and Saturdays, from 4 p.m. to 5:30 p.m. and 7 p.m. to 9 p.m. Admission is \$8 and skate rental is \$3. The annual skate pass is \$125. For more information, please call 847-448-8258.

Evanston community members are also reminded that sledding, tobogganing, skiing and snowboarding on the James Park large center hill is prohibited by Ordinance (Evanston City Code 7-10-4). Evanston police and park supervisors are instructed to issue violation tickets to those individuals trespassing on the center large hill.

Sledding on the small and intermediate hill is at the user's own risk. No tobogganing, skiing or snowboarding is permitted. Users assume full responsibility for determining if conditions are safe for sledding. Adults are responsible for supervising children in their care.

Law Enforcement Torch Run Polar Plunge Season Arrives!

22 Events Around The State To Support Special Olympics Illinois Athletes

Polar Plunge season kicked off its 2015 season with the SUPER Plunge in Evanston. It is the first of 22 Law Enforcement Torch Run Polar Plunges (including 7 in Chicago-land) that will benefit Special Olympics Illinois in February and March around the state.

Adventurous souls were invited to join law enforcement officers, as well as media and business and civic leaders from their community by donning bathing suits, costumes or any clothing of choice (just no wet suits!) to jump in a lake. Each Plunger must raise a minimum of \$75 in donations.

The league of 55 SUPER Plungers includes law enforcement officials, Special

Olympics representatives and others. They began jumping into Lake Michigan at Northwestern University's North Beach in Evanston at 2 p.m. Friday, Feb. 20. The very cold but determined plunging elite continued immersing themselves in the icy water once an hour for 24 hours until 1 p.m. Saturday, Feb. 21.

The following are other Plunges this year:

February 28 – Carbondale, Carlyle, Effingham, Mahomet/Champaign and Quincy

March 1 – Galesburg and Palatine

March 7 – Decatur, Lake Bluff, Manteno, Rend Lake, Rockford, Springfield and University of Illinois/Champaign

March 8 – Yorkville

March 14 – Joliet

March 21 – Lincoln

March 22 – Rock Island

For more information or to register for one of these Plunges listed above, visit the Special Olympics Illinois website at <http://www.plungeillinois.com>.

The Illinois Law Enforcement Torch Run is the single largest year-round fund-raising vehicle benefiting Special Olympics Illinois. Special Olympics Illinois is a not-for-profit organization offering year-round training and competition in 19 sports for nearly 22,000 athletes with intellectual disabilities

and nearly 21,000 Young Athletes ages 2-7 with and without intellectual disabilities. Special Olympics transforms the lives of people with intellectual disabilities, allowing them to realize their full potential in sports and in life. Special Olympics programs enhance physical fitness, motor skills, self-confidence, social skills and encourage family and community support. If you are interested in learning more about Special Olympics Illinois, volunteering or providing financial support to help make Special Olympics programs possible, contact your local Special Olympics agency, call 800-394-0562 or visit our website at www.soill.org.

Mayor Emanuel, Chicago Park District Announce Spring Park Program Registration To Begin February 23

Mayor Rahm Emanuel and the Chicago Park District today announced that online registration for spring programming begins on Monday, February 23 with in-person registration to begin on Saturday, February 28. Ballet, yoga, softball, boxing, ice skating, boot camp and soccer are among many of the offerings soon to be available for the upcoming season.

"Although we still have snow on the ground, spring is just around the corner and the Park District is helping to keep residents in every neighborhood active and engaged, all year long," said Mayor Emanuel. "No matter your age, neighborhood or income level, the Park District has something for everyone."

Programs can now be viewed online. Registration kicks off Monday, February 23 at www.chicagoparkdistrict.com. Online registration takes place over two days and in two different zones:

- Parks located west of California Avenue will begin online registration on Monday, February 23 at 9 a.m.

- Parks located east of California Avenue will begin online registration on Tuesday, February 24 at 9 a.m.

"There isn't a better time to go out and get active with the Chicago Park District," said Michael P. Kelly, General Superintendent and CEO. "We are the best deal in town with more

program offerings than ever – there is no reason to miss out."

In-person registration begins at local parks Saturday, February 28 or Monday, March 2 depending upon the park location. The Park District works with residents to ensure that no child is turned away due to their inability to pay, and financial assistance is available.

The Chicago Park District continues to reach record registration numbers. In 2014, there were 330,638 enrollments in Park District programming. This winter, registrations for programming grew by 14 percent to over 75,000 residents. Instructional programming offered by the Park District also increased, growing nine percent this year to over 5,100 opportunities, up from 4,965 opportunities available in 2013.

Given the popularity of programs, patrons are encouraged to follow the registration tips listed below.

Preparing for Registration Day

- Check your account login and password before registration begins.

- Add all persons who you plan to register for on your account.

- Create a wish list with the programs that you plan to register.

- View the registration process page for additional information.

For more information, visit www.chicagoparkdistrict.com or call 312-742-PLAY.

City Installed And Restriped 51 Miles Of Bikeways In 2014 Mayor Emanuel's Goal Of Building 100 Miles Of Protected Bike Lanes Will Be Completed This Spring

Mayor Rahm Emanuel announced today the Chicago Department of Transportation (CDOT) installed and restriped more than 51 miles of on-street bike facilities throughout Chicago in 2014, including 36.5 miles of protected bikeways. His plan to install 100 miles of protected bike lanes in the Mayor's first term in office will be complete this spring.

CDOT has installed 85.5 miles of protected bike lanes throughout the city since Mayor Emanuel came into office in May 2011. Chicago's bikeways network now totals more than 227.5 miles, according to CDOT's annual bikeways report, which was released today.

"Chicago is a national leader in building new and improved cycling facilities, and we are setting a new standard for other cities to

follow," Mayor Emanuel said. "I look forward to continuing our bikeways construction efforts this year, making cycling safe and more accessible in every part of the city."

This spring, CDOT will install 14.5 miles of protected bikeways in order to reach the 100-mile goal, including:

- The extension of the Milwaukee Avenue bikeways project from Elston Avenue to Division Street, with a combination of buffer and barrier-protected lanes.

- The extension of the Vincennes Avenue bikeways project down to 105th Street in order to connect with the popular Major Taylor Trail.

- The City also plans to expand the Divvy bike share program with the installation of 175 new stations this spring, bringing the system to 475 stations and 4,750 bikes. The

expansion will give Chicago the most bike share stations and largest service area in North America.

In 2014, CDOT installed more miles of bikeways than in any previous year and expanded the use of green bike lane markings on the street and through intersections. In October, Chicago was ranked the 2nd Best City for Cycling in the United States by Bicycling magazine.

The 51.25 miles of bike facilities and restriped on-street bikeways in 2014 included:

- 3.25 miles of new barrier-protected lanes on Broadway, Harrison Street and Lake Street

- 33.25 miles of new buffer-protected lanes across the city, including large projects

on Armitage Avenue, Damen Avenue and Hubbard Street

- Half-mile neighborhood greenway on Wood Street between Augusta Boulevard and Milwaukee Avenue

- 2.5 miles of new standard or shared bike lanes

- 11.75 miles of restriped bike lanes

Mayor Emanuel's Chicago Streets for Cycling Plan 2020 calls for a 645-mile network of biking facilities to provide a bicycle accommodation within half-mile of every Chicagoan. A guiding principle of the plan is the concept of balancing roadway space to ensure that all users – pedestrians, transit users, bicyclists and motorists – can travel along and across the street safely.

Circus Summer Camp Provides Safe Environment For Youth To Learn To Fly

This summer, The Actors Gymnasium (AG) will offer Circus and Performing Arts Camps (CPAC) at their space in the Noyes Cultural Arts Center. The camps are perfect for young performers who want to strengthen, stretch, and flex their creative muscles and learn circus and aerial skills that include juggling, tumbling, trapeze, tightwire, and stilts.

"Kids who started the summer with no confidence or experience [were] transformed by the time of the camp show into beaming performers," says former board member and camp parent Peggy Nelson.

Each day is structured with a warm-up, followed by training and workshops in circus, drama, and movement. Each week is capped by talent shows, skills contests, and fun-filled field trips to local beaches or water parks. Each session of camp culminates with a circus-theatre performance where campers gain hands-on experience creating and performing in these shows.

Camp director Sylvia Hernandez-DiStasi is a second generation circus performer who grew up touring with various circuses, including Ringling Bros and Barnum & Bailey Circus. She also performed at The Circus World Championships in London, England. In 1990 she moved to Chicago and began her career as a circus teacher and choreographer. Sylvia is a co-founder of The Actors Gymnasium and an Artistic Associate of The Lookingglass Theatre Company. Other theater credits include The Lyric Opera of Chicago, Chicago Children's Theater, Marriott Theater, and The Steppenwolf Theatre, among others. She recently won the 3Arts award for design, and she has been nominated for five Joseph Jefferson Awards for her choreography, winning four.

AG has provided children in the community with a fun, safe environment to grow and learn through summer camps for 18 years, starting as part of the Evanston Art Center's Summer Art Camps.

To ensure that all youth have the chance to experience camp, The Actors Gymnasium offers financial assistance to those in need through donations by individual donors, family foundations and governmental entities. Scholarship information is available at the Scholarships tab.

Registration for the youth summer camp is open to boys and girls ages 9 to 15. Registration started on December 3, 2014 at noon. All registrations take place online. The first session of camp will begin June 15 and end on July 10, with performances of alternating casts on July 9 and 10. Second session will begin July 13 and end on August 7, with performances of alternating casts on August 6 and 7. For more information, visit www.actorsgymnasium.org or call (847)328-2795.

Lutheran Unity School Open Houses & Shadow Days

Lutheran Unity School is holding Open Houses in February for both campuses. The East Campus is located at 3740 W. Belden Avenue in Chicago and the West Campus is located at 5650 N. Canfield Avenue in Chicago. The dates for the Open Houses are

East Campus, Feb. 25th 5-7PM

West Campus, Feb. 24th 5-7PM

We will also be holding a Shadow Day for both our East and West campuses. The date for the Shadow Day is February 17th. Have your child(ren) visit us and attend our school for the day. Lunch will be provided. Since space is limited, registration is suggested.

To register or for more information, contact Lisa Tichel at 708-867-5044 or ltichel@lutheranunity.com. Open House dates and Shadow Day Registration Forms are also posted on our website www.lutheranunity.com.

Property Tax Bills Due March 3 Show Local Government Debt

The latest property tax bills show local government debt and have a due date of Tuesday, March 3, Cook County Treasurer Maria Pappas said today.

Pappas said taxpayers can pay online at cookcountytreasurer.com, and noted that county offices will be closed on Monday, March 2, for Casimir Pulaski Day.

Property owners can pay:

- Online at cookcountytreasurer.com, from a checking or savings account

- At nearly 400 Chase Bank locations in Illinois (Chase will be open on Pulaski Day)

- From an account at some 200 participating community banks

- By mail with a U.S. postmark no later than March 3, 2015

Payments received or postmarked after March 3 will be charged 1.5 percent monthly. Partial payments are accepted. Taxpayers must reference their 14-digit Property Index Number (PIN) located at the top of each tax bill for all payments and must write their PIN on the face of each payment check.

Pappas said the First Installment bills for tax year 2014 now being mailed show every unit of government (taxing district) that has levied a tax on a home or other real property. The information listed is:

- Money Owed by Your Taxing Districts

- Pension and Healthcare Amounts Promised by Your Taxing Districts

- Amount of Pension and Healthcare Shortage

- Percentage of Pension and Healthcare Costs Taxing Districts Can Pay

"Taxpayers have a right to know how much debt is owed by the governments that tax them," Pappas said, adding that further financial information was on her office's website at cookcountytreasurer.com.



On Golden Pond

February 26 - March 29

Ernest Thompson's beautifully composed treasure of a play seems to glow more brightly than ever." - *New York Daily News*

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Comedy and Curiosity

By Wayne Mell - Managing Director

There are jokes that always make us laugh: a man in a dress ... a pie in the face ... a jive-talking grandma. But why? Who cares ... they work. And the Eclectic Full Contact Theatre is putting all of them on stage plus many, many more when the present The History of Comedy at the Skokie Theatre on the First Friday of March, the 6th, at 8 pm.



The show was created by actors Andrew Pond and Michael Woods who said, "The History of Comedy is the result of decades spent watching cartoons, making silly faces in mirrors, studying goofy walks, perfecting ridiculous voices, and generally being an embarrassment to our siblings." It's a loving and completely irreverent homage to comedy in all its forms, from the beginning of time to today. From slapstick to sarcasm, from wordplay to whoopee cushions, it's an unscientific survey of silliness through the centuries!

The show is coming to Skokie Theatre as part of the IMODS First Fridays series. The Independent Merchants of Downtown Skokie, (IMODS) is a not-for-profit organization of people, (shopkeepers, business owners, developers, residents, and others), who have an interest in seeing the successful growth and development of our amazing downtown community here in Skokie. You can count on the first Friday of every month to be something fun and exciting, with events that will get you moving around downtown for everything from fire hydrants to wine.

The First Friday Comedy and Curiosity event takes place right before the History of Comedy, from 6 - 8 pm, and is free to participate. You start by checking in at Skokie Theatre and picking up a game card. Then you'll visit participating merchants. Take selfies of yourself at these locations and present them at the end to receive raffle tickets and prizes.

The grand prize is a Kindle Fire 6 HD. Other prizes include a free gallon of "Ben" Paint (\$36 Value) from Skokie Paint & Wallpaper, gift certificates from Tolziens Auto Service, and more! There will also be special sales and promotions at each location.

Then return to Skokie Theatre as the final destination and enjoy The History of Comedy. Tickets are \$20 each, but if you have a full game card then tickets are only \$15. And if you're a card-carrying IMODs member, your ticket is only \$10.

For advance tickets, call the Skokie Theatre box office at 847-677-7761 or order online at SkokieTheatre.org. For more information about IMODS, visit DowntownSkokie.org. And to learn more about Eclectic Full Contact Theatre, please visit www.eclectic-theatre.com.

We look forward to seeing you at The History of Comedy. Don't slip on any banana peels on your way.



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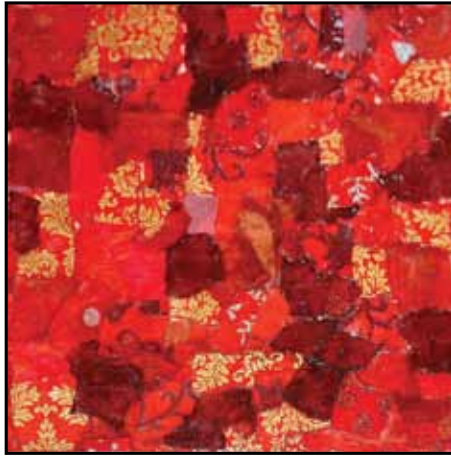
312-554-2001 or www.chicagobar.org/LRS

Irving-Austin Business Perkolates Art And Hot Coffee

When Joe and Melissa Basilone opened PERKOLATOR in the Irving-Austin Business District last September, they saw an opportunity to serve the community with a cup of perfectly brewed coffee, a welcoming space for conversation, and stimulating contributions from the area's growing art scene.



A new art exhibit by painter, Erika Doyle; illustrator, Andrew Krueger; and collage artist, Patti Melzer; will open on February 16, 2015. The show is part of a series presented in conjunction with the Northwest Arts Connection, a grassroots organization dedicated to promoting and supporting the arts in the neighborhoods of the northwest side of the city.



Doyle's canvasses are a mix of bright colors and diverse techniques, inspired by

Pre-Columbian cultures with samplings of primitive folk art, and elements of Indian, Japanese, Mayan, tango and other cultural heritages. She draws her inspiration from her experience growing up in Argentina, and her new context as an adult living in the United States.

Krueger's playful sense of humor was instru-

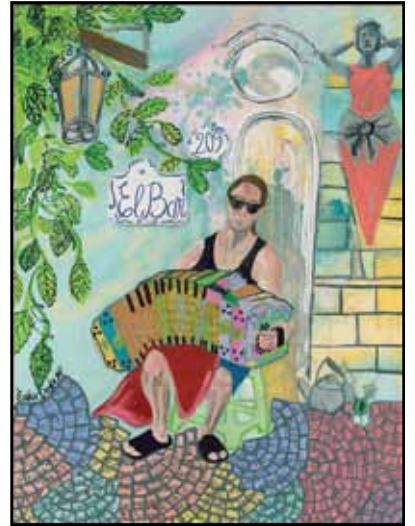
mental in developing his unique art of "Still-o-ettes". These intricately crafted drawings in black and white are packed with a complexity of detail and nuance which gradually build a three-dimensional understanding of each piece.

Melzer's work with collage takes the viewer into a nontraditional world of changing shapes and colors- replete with an occasional shimmer to invite the viewer deeper inside her work. Her pieces are abstract and whimsical. She finds inspiration in working with shades of pink- signs of energy, hope and peace.

This group exhibit will continue through March 31, 2015. It is the third show in continuing collaborations that are planned between the Northwest Arts Connection and PERKOLATOR. A "Meet The Artists" event will take place on February 28, 2015, from 2:30-4:00pm. PERKOLATOR is located at 6032 W. Irving Park Road.

For more information about the artists, contact Frank Styburski at nac_art@att.net

For more information about the Northwest Arts Connection, contact Marlena Ascher at marlenaascher@sbglobal.net



L. Woods & Sima S.

Fox 32 reporter Dawn Hasbrouck recently took her famous "Dawn's Dish" segment to the legendary "L. Woods" restaurant in Lincolnwood. The star of the show was their famous hostess Sima Southgate. Sima is 87, but she proudly says that she'll be 88 in June. Her life story includes living in Jerusalem - and moving to Chicago 50 years ago - and having the "pounded chicken a la Sima" named after her. Patrick Gallivan - another L. Woods legend - says: "Heart and Soul of the place for many many years! Hopefully many more...everybody loves her." The night of the show L. Woods proudly announced: "Whether you know her as Sima, Mama or Schmooser...you know her and love her! Don't miss a special feature on this very special lady on Fox Chicago News "Dawn's Dish" at 9:30pm!" If you've never been to L. Woods you can look for it in the movie "Ocean's 12" or you might've been there when it was named Bones or Kenilworth Inn.



Polish National Alliance Announces "Song And Dance Concert 2015" Spring has sprung... Let's celebrate

The Polish National Alliance is pleased to announce the Educational Department will host the Annual Song and Dance Concert 2015. The Concert will be held on Sunday, March 8, 2015 at the Lane Tech High School Auditorium, 2501 W. Addison St., Chicago, Illinois. The Song and Dance Concert will begin promptly at 1:00 p.m.

The Song and Dance Concert will feature the talents of over 400 children to young adult students of the Polish Dance groups in the Chicago area and surrounding suburbs, performing a variety of music and folk dances, from a various regions in Poland.

Tickets for the performance are \$20.00 each and \$10.00 for Students/Seniors 65+

Tickets may be purchased from the PNA Home Office, 6100 N. Cicero Ave., Chicago, Illinois or call 1-773-286-0500 ext 312. Tickets may also be purchased through the Dance Groups taking part in the concert. Additional details may be found on the PNA website: www.pna-znp.org in the "Event" section. Let's Welcome Spring through Song and Dance.

The Polish National Alliance is the largest Polish Fraternal Ethnic Insurance Organization since 1880.

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Special Events Are Featured At Chicago Public Library In March

In March, Chicago Public Library hosts several notable authors including Dav Pilkey, Jennifer Holland, James McGrath Morris and Robert D. Putnam, for fascinating discussions as part of its One Book, One Chicago and monthly Authors @ the Library series. Moreover, the conversations continue as the Library marks the opening of The August Wilson Celebration; chronicles the efforts of Gilbert and Eleanor Krause; discusses Bullying in Schools; and hosts several Columbia College Chicago Story Week Festival of Writers events as well. All programs will be held in the Cindy Pritzker Auditorium (Lower Level) at the Harold Washington Library Center, 400 S. State St. To learn more about the Columbia College Chicago Story Week Festival of Writers go to www.colum.edu/story-week/.

March 2015 Authors & Events

FILM SCREENING: HEROES AND SAVIORS—THE STORY OF MR. AND MRS. KRAUS Tuesday, March 3 at 6 p.m.

One Book, One Chicago presents the acclaimed film 50 Children: The Rescue Mission of Mr. and Mrs. Kraus. The HBO film chronicles the efforts of Gilbert and Eleanor Kraus—two Americans who undertook the successful rescue of 50 Jewish children from Vienna in the late spring of 1939. Presented as part of the current One Book, One Chicago program theme, Heroes: Real & Imagined. One Book, One Chicago is made possible by Allstate and BMO Harris Bank through the Chicago Public Library Foundation.

AUGUST WILSON IN CHICAGO WITH GOODMAN THEATRE— Monday, March 9 at 6 p.m.

Marking the opening of The August Wilson Celebration, local artists and scholars visit the Library to discuss August Wilson's work and experiences in Chicago, from world-premiere productions at Goodman Theatre to Wilson's love for Chicago jazz and art legacies. Presented in partnership with Goodman Theatre.

ONE BOOK, ONE CHICAGO PRESENTS DAV PILKEY — Tuesday, March 10 at 6 p.m.

Children and parents delight in the antics of Captain Underpants, the famed superhero of a homemade comic strip who came to life. Celebrated author Dav Pilkey visits the Library to chat about his life experiences creating a hero that has inspired 11 books and legions of fans worldwide. Presented as part of the current One Book, One Chicago program theme, Heroes: Real & Imagined. One Book, One Chicago is made possible by Allstate and BMO Harris Bank through the Chicago Public Library Foundation.

JAMES MCGRATH MORRIS— Wednesday, March 11 at 6 p.m.

Author James McGrath Morris visits the Library to discuss his book Eye on the Struggle: Ethel Payne, the First Lady of the Black Press. Working for the Chicago Defender, Ethel Payne led a riveting life as a pioneering female African American journalist. Morris discusses Ms. Payne's life from her childhood growing up in Chicago to her career as a journalist and network news commentator, covering some of the most crucial events in modern American history. Presented in partnership with the Chicago Defender.

Upcoming Events at Chicago Public Library's Edgebrook Branch

5331 W. Devon Ave., Chicago, IL 60646

Sherlock Holmes Discussion of "The Gloria Scott"

Wednesday, March 4, 2015, 6 p.m.

Do you enjoy a good mystery? Are you dying to talk about it? Please join the Devon Avenue Beggars to travel back in time to a world where it is always 1895 as they dissect a different short story by Sir Arthur Conan Doyle every other month. Newcomers are welcome to join the group. The group aims to tempt new readers and entertain and prompt others who already treasure the stories in the Sherlock Holmes canon. Discussion questions are available at the library's reference desk. Registration is not required.

Open Play for Toddlers & Preschoolers

Wednesday, March 11, 2015, 1-3 p.m.

Drop in to play and learn. Puzzles, puppets, Legos, Duplos and more will be available for toddlers and preschoolers to enjoy during this time. For ages 1 to 5. Registration is not required.

Adult Book Discussion

Wednesday, March 25, 2015, 6:30-7:30 p.m.

The group will discuss The Whip by Karen Kondazian. Contact Edgebrook branch at (312) 744-8313 or email the branch at edgebrook@chipublib.org for a copy of the book.

Evanston Book Sale: March 13-15

Why did the Chicago Reader call our used book sale "The Best"? Shop it and you'll see.

The Evanston Public Library will hold a Big Bargain Book Sale from Friday, March 13 through Sunday, March 15. The 3-day event features a huge collection of recent fiction, children's books, non-fiction, gardening and history books, and much more, in excellent condition at very low prices. Book lovers can expect to find 1000s of very gently used children's and adult books, audiobooks, movies, music, magazines, large print, and vintage selections in every imaginable category of fiction and non-fiction.

All proceeds from the sale, which takes place in the third floor Book Sale Room, benefit the Evanston Public Library and help grow our collection. Join the hundreds of people who know that EPL book sales are a great way to stock up on high quality reading material at low, low prices.

Book Sale Hours:

Friday, March 13 and Saturday, March 14: 10am to 5:30pm. (There will be an Early Bird Preview on Friday from 10am to Noon, \$5 admittance fee for Preview only.)

Sunday, March 15: 12pm to 5:30 pm, all books half-price.

The Evanston Public Library is located at 1703 Orrington Avenue. Parking is available in the Library's underground parking garage, as well as in the nearby surface lot, metered street parking, and City Parking Garage at Church St. and Chicago Ave.

BoatUS: Lightning Facts Analysis of Decade of Lightning Strike Insurance Claims and What It Means

The odds of getting struck by lightning are about one in a million. But if you own a boat, the odds of it being struck by lightning are significantly higher – about one in a thousand. However, not all boats are created equal when it comes to lightning. A just-released analysis of 10 years of insurance claims by



Boat Owners Association of The United States (BoatUS) shows that certain boats are significantly more at risk than others. But which ones? And, what can you do if you're caught on open water? BoatUS has some answers:

Let's first state the obvious: While even PWC's can be hit, it's a no brainer why monohull sailboats with their tall masts pointing to the sky have significantly more lightning claims than powerboats – 3.8 chances per 1,000 versus a 0.1 chance in 1,000 for bass boats-runabouts-pontoons. The national average for the probability of a boat lightning strike claim for all types of boats and sizes is 0.9 chance per 1,000.

Size matters: It's also not a stretch to understand why larger boats of all types – which present a larger target to the skies – are struck more often than smaller ones. A boat 40-65 feet in length has 6 chances per 1,000 while boats 16-25 feet have just a 0.2 chance per 1,000. Increasing the height of a sailboat mast from 35 to 45 feet nearly triples the odds of being hit.

Location matters, too: Where boating populations are dense and lightning is common, strike insurance claims are high. Six of the top 10 states in terms of frequency of lightning claims – Florida, Mississippi, Louisiana, Alabama, South Carolina and North Carolina – all lay within the thunderstorm hotspot in the Southeast and midsection of the country. Heading west, the frequency of lightning claims falls to about 1 chance in 10,000 along the Pacific Coast, or about 1/10th the national average.

The effect of two hulls: A multihull sailboat is almost twice as likely to have a lightning claim as a monohull. But this is true only for sailing craft – the frequency of pontoon boat lightning claims is well below average. Why sailing cats get hit more is unclear, although theories include lack of a keel, more wetted surface, larger footprint, the dockage of cats at the outside edges of a marina, and higher average mast height.

What can you do to lessen the chance of a strike on open water? According to the University of Florida's "Boating Lightning Protection" by William Becker, it's better to run for protection than remain in the open, so long as you can make it all the way back to shore and take shelter in your car or an enclosed building and are not caught at the shoreline.

If that's not possible, pull in the fishing lines or wakeboarders early as strikes can occur a mile in front of thunderstorm cloud. Listen to the weather reports and learn to read weather conditions. Lower antennas. In an open boat, stay low, keep arms and legs inside. If there's an enclosed cabin go below to the center. If your boat has a lightning protection system, avoid touching anything connected to it such as a mast. Turn off any electronics and don't touch them. That includes avoiding the VHF if possible. If you can, remove it and store down below.

To view the full analysis online, "Striking Lightning Facts", in the January 2015 issue of BoatUS Seaworthy Magazine, go to BoatUS.com/lightningfacts.

Spring Forward and Test Your Batteries

Daylight savings time begins on Sunday, March 8, 2015 at 2 a.m. when clocks need to be set forward one hour.

The Skokie Fire Department reminds residents to check and change batteries once a year in all smoke alarms, carbon monoxide detectors and all emergency accessory kits to make sure they are in working condition. Be sure to replace smoke alarms every 10 years for optimal effectiveness and follow the manufacturer's recommendation regarding carbon monoxide detector replacement, as all models vary.

Additionally, all Illinois homeowners and landlords must have carbon monoxide detectors in buildings containing bedrooms and sleeping facilities. All residential units are required to have at least one carbon monoxide alarm within 15 feet of every room used for sleeping purposes.

For more information about smoke and carbon monoxide detectors, contact the Fire Prevention Bureau of the Skokie Fire Department at 847/982-5340.

Get Disaster Preparedness Tips from Local Professionals

Join the Skokie Fire Department for an overview of Citizen and Community Disaster Preparedness on Thursday, March 12, 2015 from 6 to 7:30 p.m. in the Radmacher meeting room of the Skokie Public Library. The program is sponsored by the Skokie Chamber of Commerce.

The Disaster Preparedness program is open to all residents and businesses and will review community and personal emergency preparedness.

- Citizens will be advised how to prepare and protect themselves and their families for all types of hazards.

- Community preparedness efforts will be presented on the Village of Skokie's preparation for withstanding and recovering from disasters.

Presenters include Claudia Braden, Emergency Preparedness Coordinator of the Skokie Health Department, and Skokie Fire Chief Ralph Czerwinski. The program will close with a question and answer session.

For more information regarding this event, please contact the Skokie Public Library at 847/673-7774. For more information regarding Emergency Preparedness, please contact the Skokie Fire Department at 847/982-5340.

Spring Is In The Air Join The Arbor Day Foundation In March And Receive 10 Free Trees

The Arbor Day Foundation is making it easy for everyone to celebrate the arrival of spring by planting trees.

Join the Arbor Day Foundation in March 2015 and receive 10 free white flowering dogwood trees.

"White flowering dogwoods will add beauty to your home throughout the year," said Matt Harris, chief executive of the Arbor Day Foundation. "Dogwoods are known for their showy spring flowers, scarlet autumn foliage, and red berries that attract songbirds during winter."

The free trees are part of the nonprofit Foundation's Trees for America campaign.

The trees will be shipped postpaid with enclosed planting instructions at the right time for planting between March 1 and May 31. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

Arbor Day Foundation members also receive a subscription to Arbor Day, the Foundation's bimonthly publication, and The Tree Book, which contains information about tree planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE DOGWOOD TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by March 30, 2015. Or join online at arborday.org/march.

Evanston Animal Shelter Partners with Merrick Pet Care

On Thursday, February 5, the Evanston Animal Shelter announced its new partnership with Merrick Pet Care to feed animals in the shelter while they await their forever home.

"Each pet will enjoy healthy recipes made in Merrick's kitchens with locally sourced USDA-inspected deboned meat, fresh produce and high-quality protein," said Merrick Vice President of Communications and Pet Parent Relations Pete Brace.

In addition to providing quality food to the shelter at a discounted rate, which includes free delivery and the opportunity to receive free orders periodically throughout the year, Merrick will provide each forever family with a coupon to receive a free small bag of Merrick food.

Evanston Animal Warden David Rose, Police Commander James Pickett and Evanston Animal Shelter volunteer Alisa Kaplan were present for the adoptable dog, Donna, to enjoy her first taste of Merrick food.

For more information regarding the partnership, please contact the animal shelter at 847-866-5082. To view a list of adoptable pets, visit evanstonanimalshelter.net.

Beware of Shelf Ice on Lake Michigan's Shoreline

Lakefront visitors are reminded to walk only on the sandy beach section and not walk on the ice. The City of Evanston's lakefront now has significant areas of shelf ice on Lee Street Beach and South Boulevard Beach, with some sections of shelf ice at other public beaches.

Shelf ice is formed by waves pushing ice against the beach. It is very dangerous to walk upon because the ice is not attached to the bottom of the lake, but only to the shore.

The ice may appear stable, but it is floating on water. Cracks, thin ice or holes may be hidden by drifted snow. Anyone who ventures onto shelf ice could easily fall through and rescue is nearly impossible.

If you are planning to view Evanston's beautiful lakefront scenery, be sure to stay on the shore and never walk on snowy or icy areas or mounds of snow near the lakefront.

Winner Of 2014 Data Challenge Divvy Releases 2013-2014 Trip Data As Part Of City-Wide Data Challenge

The Chicago Department of Transportation (CDOT) and Divvy, Chicago's bike share system, today released data from over 3.2 million trips as part of the second annual Divvy Data Challenge. The contest encourages data scientists, designers, and programmers to analyze and present last year's trip data in visually compelling ways.

The website, which was among the "Most Creative" Data Challenge winners in 2014, was built by gravitytank—an innovation consultancy that uses research, strategy and design to help organizations identify and pursue growth opportunities—based on data provided during the 2014 Data Challenge.

The 2015 Data Challenge will be the first time a full year's worth of Divvy data will be made available to the public. The contest is open to anyone, and submissions are due by March 18 at 11:59 p.m. and can be submitted at <http://DivvyBikes.com/datachallenge>. It's also the first time the public will be able to weigh in on the winners. Once Divvy judges evaluate the entries, finalists will be selected to be featured on the newly re-designed RedEyeChicago.com, where the public can cast a vote for their favorite visualizations.

"The Divvy Data Challenge is a fun and fascinating opportunity that lets us visualize the patterns of use from 3.2 million Divvy trips across the city," said CDOT Commissioner Rebekah Scheinfeld. "We saw some incredible entries last year, and we're looking forward to seeing what the community develops based on trip data from our first 18 months of operations."

Judges will select a winner for each of the following categories: "Best Overall Visualization," "Most Beautiful," "Most Comprehensive," "Most Insightful," and "Most Creative."

The winning entries in each category will receive a hardware and software package from Microsoft as well as two Divvy memberships, two Divvy t-shirts, and five 24-Hour Passes to share with friends and family. Winning entries will also be featured in a full-page ad in RedEye.

The data for each trip will be anonymized and will include:

- Trip start day and time
- Trip end day and time
- Bike ID
- Trip start station
- Trip end station
- Rider type (Member or 24-Hour Pass)
- If a Member trip, it will also include Member's gender and year of birth

Full Challenge details and guidelines are available at <http://DivvyBikes.com/datachallenge>.



A Commitment to Caring Since 1899

Greetings from The Anti-Cruelty Society February 2015

Dear Friend,

Happy New Year! One of my resolutions is to tell you how much The Anti-Cruelty Society values your support.

Your love and concern for animals has meant the difference between life and death for cats and dogs in our community.

Last year, support from friends like you helped:

- Find forever homes and loving families for animals
- Provide spay/neuter services to prevent overpopulation
- Educate our community on how to care for animals
- And so much more!

But there are still so many animals at risk. Hundreds and possibly thousands of pets need us right now.

That's why I'm urging you to make a gift today. Help make 2015 a year of hope for vulnerable animals in our community. Thank you for caring.

Gratefully,

Robyn Barbiere, D.V.M.

President

P.S. Please make a generous gift today to give a second chance to every cat, dog and other deserving animal who comes through our doors in 2015. Thank you!

Pour Your Heart Out

When: Thursday, February 26, 6-8:30 p.m.

Where: Union League Club

65 W. Jackson Blvd., Chicago

What: Join us for a wine and spirits tasting adventure, complete with delicious appetizers and a silent auction. Pour Your Heart Out is a wonderful opportunity to sample a variety of wine and spirits, to let your taste buds become accustomed to the different flavors and characteristics, and to discover what you truly like. And, best of all, the proceeds from this special evening will support the animals and programs of the Society.

Tickets: \$55 in advance or \$65 at the door.

Purchase tickets here: <http://bit.ly/1FQlx5w>



Save the Date and Register Now for Bark in the Park!

When: SUNDAY, May 3 at 9 a.m.

Where: Montrose Harbor

What: Chicago's largest dog party of the year is set for Sunday, May 3! This 5K walk with your dog up Chicago's lakefront kicks off the spring season and helps raise much-needed funds for the Society and all of our animals, programs, and services. Visit www.barkinthepark.org to get signed up!

Jefferson Park Meeting

Despite the snow, JPNA, Jefferson Park Neighborhood Association, thinks it is time everyone should think about our yards, plants, grass and prepare for Spring. To that end, the February 25th, Wed., 7:00 p.m. meeting will have as its speaker, Irene Flebbe, Forest Preserve District worker, talking about "Getting Your Garden Ready." There will be a question and answer period. Meetings are at the lower level of the Congregational Church of Jefferson Park, 5320 W. Giddings, are free and open to the public. Very light refreshments are served.

Northtown Garden Club

Calling All Artisans...

The Northtown Garden Society (NGS) is holding a Nature and Garden Arts and Crafts Fair in May of 2015 to raise funds for our community service and educational programs. We are seeking artists and crafters to sell their creations at our fair.

Here are the particulars:

The theme of our fair is Nature and Gardening thus all art works need to depict gardening or nature or, in the case of soaps, candles, jewelry or foods, be made of natural products. We will offer all media including but not restricted to paintings, woodworking, textiles, soaps, ceramics, mosaics, photography and jewelry.

The fair will be held indoors in the gymnasium at the Warren Park Field House, 6601 N. Western Avenue, Chicago, on Saturday, May 2, 2015 from 10:00 A.M. to 5:00 P.M.

Participants may purchase space for a 6' x 2.5' table for \$25.00 or a 6' x 8' booth for \$30.00. Tables may be shared by 2 participants.

Each participant must donate one item to NGS to be raffled. Raffle proceeds will go to NGS.

For more information or if you are interested in participating, review the rules and complete the application available on our web site, www.northtowngardensociety.org and mail in no later than February 28, 2015.

Got questions? E-mail Ginny at ngschicago@gmail.com

Avoid “Deer in the Headlights” Estate Planning



Chester M. Przybylo

Imagine a deer, wandering onto a dark country road and looking up to see the bright headlights of an oncoming vehicle. It stands frozen; overwhelmed by what is coming down the road...it neither bolts to the left nor bolts to the right to avoid a disaster. In some ways, individuals are a lot like that deer when it comes to planning their estate. And it doesn't end well. Too many people are so overwhelmed by the thought of making an estate plan that they just stay frozen in their indecision.

This phenomenon is very common, and very human. Without expert help the task of planning one's estate can feel overwhelming. Where to even start?

Some individuals do start the process. But, unfortunately, they may be a lot like that “deer in the headlights” when it comes time to press on. Having done many hundreds of estate planning seminars over the years, our firm has experienced this scenario a num-

ber of times: a parent has passed away and the family finds a brochure from our seminar in their parent's papers. Assuming that our firm has done an estate plan, they come to our office only to find out that the parent never made an appointment for a consultation. Or, even worse, the parent had a consultation and never followed up with making an estate plan. If there is no existing estate plan, their parent has died “intestate”, meaning without any will or trust. That means that the parent's estate will go through probate, an expensive and time-consuming process before they can receive anything from the estate. Our firm can help with this legal process, but had the parent taken the time to plan, everything concerning their estate would have been so much faster and easier during this difficult time for the family.

Probably the easiest way to begin planning your estate might be attending an estate planning seminar given by a firm that is concentrated in estate planning and elder law. By attending a seminar, you would be getting information from a professional... not from a well-meaning, but possibly uninformed friend or relative. A seminar will explain how proper estate planning works. You'll find out what mistakes to avoid and what kind of plan would suit you best. By investing an hour or so to attend a seminar you will have acquired more information on estate planning than if you had just read about the subject for several hours.

The next step would be to make an appointment for a consultation, and then go to the consultation. In the hands of a skilled, experienced estate planning attorney the experience would probably be a lot easier than you had imagined. If you decide to go ahead with the estate plan that is developed for you, you will come back to sign the legal documents that have been tailored to your needs. If you are using a trust, the firm should guide you on how to fund the trust.

When you have completed your plan you will be amazed at how relieved you will be...and surprised that it wasn't all that hard. And best of all, you won't feel like a deer caught in the headlights.

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.

**Join Us At One Of Our Upcoming Seminars.
See Page 1 for a Listing.**

Graduate from the Evanston Citizen Police Academy this Spring, Class Begins March 4

This year the Evanston Police Department is celebrating 20 years of the Citizen Police Academy and currently accepting applications for its spring session, which begins Wednesday, March 4. The free 12-week program gives students the opportunity to learn about the world of law enforcement while developing a partnership with the police department. The program is open to anyone who is at least 18 years of age and lives or works in Evanston.

Classes and discussions will take place on Wednesday evenings from 7 p.m. to 9:30 p.m., and are limited to 30 students. The interactive curriculum includes a tour of police headquarters, CSI

practices, a mock trial, exercises in self-defense, and an explanation of use-of-force decision making. Upon completion of the academy, students are invited to enjoy a commencement ceremony where they will receive a citizen police academy jacket and diploma.

The deadline to register is Friday, February 27. Please note that there are limited spaces currently available. To register, please visit cityofevanston.org/cpa and complete the online form.

For more details regarding graduation requirements and the academy's curriculum, visit cityofevanston.org/cpa or contact Academy Coordinator Officer Loyce Spells at 847-859-7843.

Casimir Pulaski Day — Monday, March 2nd

Casimir Pulaski Day is a holiday observed in Illinois on the first Monday of every March in memory of Casimir Pulaski (March 6, 1745 – October 11, 1779), a Revolutionary War cavalry officer born in Poland as Kazimierz Pułaski. He is praised for his contributions to the U.S. military in the American Revolution and known as “the father of the American cavalry”.

The day is celebrated mainly in areas that have large Polish populations, such as Chicago and Bloomington. The focus of official commemorations of Casimir Pulaski Day in Chicago is at the Polish Museum of America where various city and state officials congregate to pay tribute to Chicago's Polish Community.

This is a separate holiday from the federal observance, General Pulaski Memorial Day, which commemorates Pulaski's death from wounds suffered at the Siege of Savannah on October 9, 1779.

Illinois enacted a law on September 13, 1977, to celebrate the birthday of Casimir Pulaski and held the first official Pulaski Day celebrations in 1978. The bill was introduced by State Senator Norbert A. Kosinski, a Democrat from Chicago, and signed by Thomas Hynes, President of the Senate, on June 26, 1977. Cook County government offices, the Chicago Public Library, Springfield Public Schools, and state-wide public and private schools are closed on this holiday.

Wisconsin public schools also observe Casimir Pulaski Day. Banks in Illinois may close for the holiday.

Section 118.02 of the Wisconsin Statutes provides that, “...when school is held or, if the day falls on a Saturday or Sunday, on a school day immediately preceding or following the respective day, the day shall be appropriately observed...” The use of “shall” denotes this as a mandatory requirement. Each public school in Wisconsin must observe Casimir Pulaski Day on March 4. How the day is observed — “appropriately” — allows for some discretion among the schools.

Buffalo, New York also acknowledges a “Pulaski Day,” which is held in the middle of July, and is celebrated with an annual parade.

On November 6, 2009, President Barack Obama signed a joint resolution of the U.S. Senate and House of Representatives making Pulaski an honorary American citizen, 230 years after his death. He is one of eight people to be granted honorary United States citizenship.

Grand Rapids, Michigan hosts a “Pulaski Days” celebration annually on the first full weekend of October in recognition of General Pulaski and the Polish culture in general.



Reduce Your Phone, Gas and Electricity Bill Free Clinic to Reduce Your Phone, Gas and Electricity Bill

On Wednesday, March 11 from 6:30 to 8:30 p.m., the Skokie Telecommunications and Technology Advisory Commission (STAT), in collaboration with the Citizens Utility Board (CUB), will offer a free seminar on how to reduce your electric, natural gas and phone (cellular) bills. The clinic is free to Skokie residents and will be held at Skokie Village Hall, 5127 Oakton Street. Participants must reserve their individual session by March 5 by calling the Village Manager's Office at 847/933-8257. The clinic can accommodate up to 50 attendees and spaces are reserved on a first-come, first-served basis.

Participants should bring two or three months of their utility bills for a one-on-one consultation with a CUB expert who will search for ways to lower their utility costs.

At CUB's clinic, consumers will get information on:

- CUB Energy Saver, www.CUBenergysaver.com, a free online service that has helped consumers cut energy bills by an average of more than \$100 a year.
- How to spot unnecessary charges on electric, natural gas and phone bills. Including cell phone bills.
- The low-cost Consumer's Choice local-calling plans, designed by CUB under a legal settlement with AT&T. The plans have been saving Illinois consumers an average of about \$200 a year.
- Illinois' best long-distance plans and how to get a \$10 credit negotiated by CUB. That amounts to about five hours of free calls.
- Line-Backer, a costly—and optional—AT&T service that most people don't need.
- CUB's Cellphone Savings Center, www.CUBCellPhoneSaver.com, which gives the latest tips and information to cut wireless costs.

Attendees should bring two or three months of their phone, electric, and gas bills so CUB experts can look them over. For more information please contact the Village Manager's Office at 847/933-8257.

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Lenten Menu Ideas

Lenten Coffee Flavored Cake

This is one of my favorite desserts for the Lenten season but it can also please any vegetarian guests at any time of the year.

1 cup brewed coffee	1/4 tsp salt
3/4 cup granulated sugar	1/2 tsp ground cinnamon
1/2 cup Sun Maid raisins or other brand	1 tsp baking soda
1/4 cup Sun Maid chopped dates	1/2 tsp ground allspice (optional)
1/3 cup vegetable oil	2 cups all-purpose flour
Icing: 1/2 cup of confectioners' sugar (sifted)	
1/4 tsp vanilla extract	1-2 tablespoons cold coffee or water

Combine the first 3 ingredients in a saucepan and simmer until the sugar is melted. Transfer the mixture to a bowl and set aside to cool. When cooled stir in the vegetable oil. Add the remaining cake ingredients and mix until well blended.

Coat a 9 inch square pan with no stick cooking spray or a little of the vegetable oil and then lightly flour pan. Pour batter into prepared pan and bake in a pre-heated 350 degree oven for about 25 to 30 minutes. Test by inserting a toothpick in the center. It is ready when the tooth pick comes out clean. Cool the cake.

For the Icing: Sift the confectioners sugar into a small bowl. Add the coffee or water (whatever is your preference) 1 teaspoon at a time. The icing will spread smoothly. Stir in the vanilla extract. Spread the icing or drizzle over the cooled cake.

Serves 8 to 10

Submitted by: Anastasia E. Weaver

Mediterranean "Comfort Food" Seafood Stew

Whenever I want to provide a healthy heart warming stew, I go for this seafood creation, which seems to delight spouse and guests! Serve with a warm crusty Vienna or Greek Bread or if you wish a home made bread, and enjoy! A nice Greek salad on the side is also a nice accompaniment! Kali Orexi (Bon Appetit) In the Greek Orthodox Faith this stew would only be served if fish was permitted. Otherwise, I would normally substitute other seafood e.g., scallops for the fish on a strict fast day.

3-4 fillets of Wild Caught Cod Fish or Alaskan Halibut fresh, or frozen (thawed) and cut into 3 inch pieces.
 1/2 lb medium uncooked frozen (thawed) shrimp
 6- 7 Tbsp. Olive Oil
 1 large onion chopped
 3-4 large garlic cloves, chopped
 1/2 cup pitted Kalamata olives, sliced
 1 large can (28 oz) peeled, diced No Salt added tomatoes
 1 Tbsp No Salt added tomato paste
 1 can (8 oz) clam juice
 1/4 cup of fresh lemon juice
 1 tsp Greek Oregano
 1 tsp Thyme
 Dash of salt
 Freshly ground pepper to taste

In a large pot over medium-heat, heat the olive oil. Add the chopped onion and garlic and saute about 4-5 minutes until onion/garlic are soft. Add the olives and stir 2 minutes. Add the diced tomatoes, tomato paste and continue to cook for about 2-3 minutes. Add the clam juice. Lower the heat and simmer covered for about 15 minutes.

Add the fish fillets and the shrimp and simmer until seafood is cooked about 6-8 minutes (do not overcook). Stir in the lemon juice, stir and simmer another 4 minutes.

Season with salt and pepper. Ladle into soup bowls and serve hot with crusty Vienna or Greek Bread, or if available home made bread.

Submitted by: Anastasia E. Weaver

Alphonso Potatoes

2 cups cold cooked potatoes, cubed
 1 green pepper
 3/4 cup milk
 1/2 teaspoon salt
 1 1/2 tablespoons grated Parmesan cheese

Remove seeds from pepper. Parboil peppers 6 minutes. Cut in 1/8 inch squares. Add to potato with milk and salt. Simmer 15 minutes. Put in buttered baking dish. Sprinkle with cheese. Bake 10 minutes. Serves 6.

Taken from "A Maine Cookbook."

Salmon Patties

1 can red or pink Salmon cleaned and deboned
 Put in bowl and mash.

Add 1 small onion, chopped fine.

Beat in one egg, about 1T ketchup (more if you like the tomato taste)

Add bread crumbs so that it will hold together in patties. Coat with bread crumbs and fry in hot oil, only until lightly browned on both sides.

You may add a little Worcestershire sauce if you like.

From the Kitchens of Rose Suter

Broiled Salmon Fillets (Moroccan Style)

3 to 4 salmon fillets	2 tsp. paprika
2 tablespoons fresh chopped parsley	1/4 tsp. of cayenne pepper
4 tablespoons of olive oil	1 tablespoon of cumino
1/2 stick of butter, melted	juice of 1/2 lemon
3 garlic cloves - crushed	

Arrange the fillets in a baking dish and place them under a very hot broiler. Cook, with the broiler door open for 3 to 5 minutes or until golden brown. Melt the butter, add oil and all the remaining ingredients, mix them all well, and pour over the salmon. Continue to broil for additional few minutes till a nice crisp on the top of this dish. Sprinkle with fresh lemon juice. Serve immediately with quartered lemon, if desired.

Prepared by: Elizabeth Elkayam

Baked Scallops

1 quart scallops	1 green pepper, chopped fine
1 1/2 cups fine bread crumbs	1/2 teaspoon dry mustard
1/4 teaspoon black pepper	1 teaspoon Worcestershire
Dash of tabasco	1/4 cup melted butter

Mix the green pepper, bread crumbs, mustard and pepper, Worcestershire and tabasco. Roll the scallops in the melted fat and then in crumb mixture until well coated. Put in greased baking dish large enough so that scallops are not more than three deep. dot with butter and bake in 350 degree oven for 30 minutes. Garnish with thin slices of lemon and little parsley. Serves 6.

Taken from "A Maine Cookbook."

Fresh Vegetable Ragout (Ratatouille)

1 small eggplant (about 1 pound)	1 medium onion, sliced
1 clove garlic, chopped	2 tablespoons olive or vegetable oil
4 medium tomatoes, cut into fourths	1 medium zucchini, sliced
1 medium green pepper, cut into strips	1/4 cup snipped parsley
1 teaspoon salt	1/2 teaspoon dried basil leaves
1/4 teaspoon pepper	

Cut eggplant into 1/2 inch cubes. Cook and stir onion and garlic in oil in 12-inch skillet until onion is tender. Add eggplant and remaining ingredients. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until vegetables are crisp-tender, about 10 minutes.

by Elizabeth Elkayam



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IAC (Intersocietal Accreditation Commission)
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