



OUR VILLAGE



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Issue 4
March 8, 2019

LENTEN SEASON BEGAN
MARCH 6TH
Turn to Page 7 for Delicious Recipes



**St. Patrick's Day In Chicago Is
Definitely A Party Of A Lifetime!**
Join The Fun On March 16, 2019



Photo by Max Talbot-Minkin

You can watch the river going green between Columbus and Wacker drives. Then festivities continue with St. Patrick's Day Parade on Columbus Dr. with many colorful floats and flags, bagpipes and of course lots of Irish beer.

The Chicago St. Patrick's Day Parade begins at noon, but the festivities start with the dyeing of the Chicago River at 9am on Saturday, March 16. For optimal views of the fluorescent green water, head to the east side of the Michigan Avenue bridge, the west side of the Columbus Drive bridge, or find a spot on the Riverwalk between State Street and Columbus Drive.

Where is the Chicago St. Patrick's Day Parade?

This year's parade steps off from the intersection of Columbus and Balbo Drives at noon, continuing north on Columbus until concluding at Monroe Street. Barricades are set up along Columbus, and attendees typically arrive early to set up seats. The main viewing stand is located in front of Buckingham Fountain, where dancers and bands pause to wave to the crowd.

Everyone knows that the colour of St. Patrick's Day is green. But how many cities have actually dyed their rivers green? Chicago has been dyeing its river for several years now, apart from celebrating the day massively. The huge party that includes people from all walks of life, St Paddy's is something to look forward to!

03.17.2019



**NORTHWESTSIDE
IRISH PARADE
SUNDAY, MARCH 17**

www.northwestsideirish.org

The 16th annual Northwest Irish Parade is a celebration of faith, family, & heritage on the Northwest side of Chicago in Norwood Park.

(Turn to Pages 4 & 5 for Full Details)



Like Us On Facebook! #NWSI

**Happy
St. Patty's Day!**
March 17th



**DAYLIGHT
SAVINGTIME**
Begins March 10th, 2:00 a.m.

**Did You Remember To Check Batteries And
Carbon Monoxide Detectors? It Can Save Your Life!**

SPRING BEGINS ON MARCH 20TH

Saint Joseph's Day • March 19

Turn to Page 7 for History & Recipe

10:30A.M to 3:00 P.M.

Providence Hall located
7263 W. Talcott Ave
Chicago, IL 60631

**PLEASE JOIN US FOR A
FAMILY FRIENDLY TREAT!**

ALL ARE WELCOMED!

Immaculate Conception Parish Invites you to our annual

St. Joseph's Table

Hosted by the IC Holy Name Men's Club

Sunday, March 24, 2019

Come celebrate a 30+ year tradition by enjoying a delicious selections of baked fish served with meatless pasta dishes, cooked vegetables in hot casseroles, fresh fruit and salad, Italian and Polish desserts, homemade pastries, red and white wine, coffee, tea, pop and water.

Suggested \$5/Adult \$1/Child donation helps support St. Vincent de Paul Society, Immaculate Conception School and others in need in the community.

WE THANK YOU FOR YOUR GENEROSITY!

VIVA SAN GIUSEPPE! / DZIEN SWIETEGO JOZEFA!

To donate food or baked goods, contact Connie Gronek 773-671-8025 or cgronek@aol.com.
To volunteer or donate gift certificates, contact Mike Bednarz 847-361-9766 mikebednarzCPA@yahoo.com or Rob Lohman rlohman@LNT-LAW.com.



YOUR ALL-ACCESS PASS TO FUN!

ST. THECLA'S BLUE & WHITE NIGHT

Red Carpet Afterparty

Friday,
5/10/2019

White Eagle Banquets
6839 N. Milwaukee
Niles, Illinois

7:00pm -
Midnight

TICKETS:

\$75 / Person or \$65 / Senior Ticket (65+)

Tickets available online and at Parish & School Offices.

RSVP: tickets must be purchased by May 5th

Exclusive Access to

Unlimited Dinner Buffet from 7:30-9:30pm
Premium Open Bar • Music & Dancing
Tons of Raffles • Wine & Dine Wheel
Naming-Rights Auction Items
Speed-Round Queen of Hearts

**ACT
NOW**

Purchase your tickets by April 1st and receive:

one free door prize entry per person, PLUS:

family out-of-uniform privileges every Friday through May 10!

**For information and ticket purchases, call the Parish Office
at 773/792-3077 or visit www.saintthecla.org**

Mayor Announces Another Record Breaking Year In Chicago Film, Television And Media Production

Mayor Rahm Emanuel and the Chicago Film Office at the Department of Cultural Affairs and Special Events (DCASE) today announced another record breaking year for film, television and media production in 2018. Last year, 520 film and media projects took place in Chicago, resulting in an estimated economic impact of approximately \$474 million in job creation and local expenditures locally according to data from the State of Illinois. Since 2011 the Chicago film industry has experienced significant growth, with a total economic impact of more than \$2.6 billion, 90,000 jobs created and 3,700 projects produced.

“Chicago’s film and television industry is not just taking off, it is putting down roots,” said Mayor Emanuel. “The city’s local film industry shows no signs of slowing down as we continue creating thousands of new jobs, supporting industry investments across the city and welcoming hundreds of film and television productions to bring their projects to Chicago.”

Film, television and media production continued with record level activity in 2018 with 9 full-season series, plus portions of four others, filming throughout the year. NBC’s Chicago Fire, Chicago PD and Chicago Med, FOX’s Empire, Showtime’s The Chi and Shameless (Showtime) renewed for additional seasons. New series included Proven Innocent (FOX), Red Line (CBS) and South Side (Comedy Central). The pilot Lovcraft Country (produced by JJ Abrams and Jordan Peele) was HBO’s largest budgeted pilot to date, filming for 2 months in Chicago and throughout the Illinois. Portions of the new series The Second City (USA) and Gotham (CW) were filmed locally. The feature Beats (Netflix) and several independent features were filmed here in their entirety and continued a six-year trend in the production of home grown content for national distribution.

Record-Breaking Year for Passengers and Flight Operations at Chicago Airports

Mayor Rahm Emanuel and the Chicago Department of Aviation (CDA) today announced 2018 was another record-breaking year for O’Hare and Midway International Airports combined, with the most passengers served and highest volume of cargo tonnage handled to date. According to preliminary data from airlines, more than 105 million passengers traveled through O’Hare and Midway International Airports last year, surpassing the previous record set in 2017.

Also setting records, the total flight operations for O’Hare topped 900,000 for the first time since 2007. This is according to new data out by the Federal Aviation Administration (FAA), which confirms Chicago-O’Hare has again surpassed Atlanta’s Hartsfield-Jackson International Airport for most departures and arrivals in the nation.

“Chicago is proud to be the home of the best connected airport in the U.S., and now the busiest airport for total flights, as well,” said Mayor Emanuel. “The record number of passengers in 2018 is a testament to the investments we are making to build Chicago’s aviation future. With more people visiting Chicago every year, our modernization programs at O’Hare and Midway will keep passengers connected to our two leading gateway airports, and will fuel new opportunities for the City and the region for years to come.”

Supporting Chicago’s leading global connectivity, the O’Hare Modernization Program has delivered new runways and a modern new airfield layout, with approximately 50 percent more capacity than when the program launched in 2001. Working with federal partners, including the FAA, to improve O’Hare’s airfield has resulted in more flights in and out, new routes, better connections and fewer delays for passengers at O’Hare.

The Midway Modernization Program (MMP) is a nearly \$400 million investment in the future of Midway International Airport by the CDA and its airline partners. It’s the largest improvement program at the airport in nearly 20 years and will upgrade travelers’ experience flying from, to, or through Midway. Midway’s modernization is expected to create over 2,500 jobs and includes amenities such as updated and expanded concessions, a vastly improved passenger screening experience, and improved parking facilities.

Final reports on 2018 year-end performance will be published on the CDA website this spring. For more information on airport performance for O’Hare and Midway, please visit www.flychicago.com

Cook County Assessor’s Office Releases Update On 100 Day Reform Plan

Cook County Assessor Fritz Kaegi released an update today on his 100 Day Plan to bring ethics, fairness and transparency into the operations of the Cook County Assessor’s Office (CCAO).

“We made promises during the campaign that we would start reforming this office on day one,” said Assessor Kaegi. “We’ve kept that promise and took immediate action. This report is part of our effort to be fully transparent with taxpayers about our work.”

After reaching the halfway mark of the first 100 days of his administration, Assessor Kaegi and the leadership team of the CCAO have made significant changes in every department. The CCAO’s 100 Day Plan was created to prioritize Assessor Kaegi’s promises of reform and ensure the continuity of service for taxpayers and property owners.

“The work of the assessor’s office impacts the homes and neighborhoods of the people of Cook County,” said Assessor Kaegi. “It affects where they live and how they live. Few things are more important. We want people to know that that the work of restoring fairness to this office will continue in the months and years to come.”

Highlights of the changes made in the first 50 days include:

- An audit by the International Association of Assessing Officers to identify ways the CCAO can adopt best practices in assessment methodologies and operations
- The adoption of a new ethics order, including the public posting of a visitors log which will provide transparency about meetings held by executive leadership
- The relaunch of social media channels on Facebook and Twitter to provide easier communication with the public
- Creating an extra oversight and approval layer for Certificates of Corrections and assessor review
- The release of the 2019 tax calendar, created with the Cook County Board of Review
- Improvements in quality control of valuation data processes

The full report can be viewed on the Medium blogging platform bit.ly/AssessorCook50Days or via the CCAO’s Facebook (facebook.com/CookCountyAssessorsOffice/) or Twitter (twitter.com/AssessorCook) pages.

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-Affairs-and-Special-Events](https://facebook.com/Department-of-Cultural-Affairs-and-Special-Events)) to receive daily updates about DCASE events and activities.



OUR VILLAGE & STREET LEVEL

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Cinespace Chicago Film Studios, located in Lawndale, will soon be the largest film studio in the country. Cinespace currently has 31 sound stages on its 1.45 million square foot main campus. With new studios under construction at 31st and Kedzie, Cinespace will have 37 sound stages encompassing nearly 200 million square-feet. Since opening in 2011, Cinespace has helped bring more than 16,000 new jobs to the area. Cinespace is a family-owned company specializing in the development, management and operation of studio space and support facilities for the film, television and digital media production industry.

The Illinois Film Office awards a 30 percent tax credit to film, television and advertising productions for qualified expenditures on local crew, goods and services. According to recent data, projects in 2018 employed 13,848 non-extra job hires and generated more than \$282 million in wages. Women and minority hires made up 46 percent of reported crew employees.

Data from the Illinois Film Office shows that the rise in Chicago filming and commercial production has boosted local spending and job creation, while increasing commerce for a wide range of local businesses, hotel rooms, office and warehouse leasing, vehicle and equipment leasing, construction supplies, and local tax revenues.

Mayor Emanuel Announces Sister City Relationship with Sydney, Australia

Recently in Paris, Mayor Emanuel and Lord Mayor Clover Moore of Sydney, Australia, signed a sister city agreement, making Sydney Chicago’s 29th sister city and expanding Chicago’s sister city network to every inhabited continent in the world. The signing took place while Mayor Emanuel is in Paris to attend the C40’s Women4Climate Summit.

“Chicago is strengthening our relations with cities across the world” said Mayor Emanuel. “We are proud to call Sydney a sister city, and we look forward to moving forward together in a spirit of friendship and camaraderie.”

“I’m delighted to sign this agreement today, strengthening Sydney’s relationship with the city and the people of Chicago,” said Lord Mayor Moore. “Our cities share much in common, including our commitments to pursuing design excellence in architecture and public art, and taking strong action on climate change.”

Chicago has the largest sister city program in the U.S. The City’s sister city relationships are managed by Chicago Sister Cities International (CSCI), an initiative of World Business Chicago. CSCI has an extensive network of volunteers who work to deepen Chicago’s sister city relationships by working on programs, exchanges, and initiatives between Chicago and its sister cities.

Chicago’s 29 sister cities are: Accra, Ghana (1989); Amman, Jordan (2004); Athens, Greece (1997); Belgrade, Serbia (2005); Birmingham, United Kingdom (1993); Bogota, Colombia (2009); Busan, Republic of Korea (2007); Casablanca, Morocco (1982); Delhi, India (2001); Durban, South Africa (1997); Galway, Ireland (1997); Gothenburg, Sweden (1987); Hamburg, Germany (1994); Kyiv, Ukraine (1991); Lahore, Pakistan (2007); Lucerne, Switzerland (1998); Mexico City, Mexico (1991); Milan, Italy (1973); Moscow, Russia (1997); Osaka, Japan (1973); Paris, France (1996); Petach Tikva, Israel (1994); Prague, Czech Republic (1990); Shanghai, China (1985); Shenyang, China (1985); Sydney, Australia (2019); Toronto, Canada (1991); Vilnius, Lithuania (1993); and Warsaw, Poland (1960).

Skokie Fire Department Partners with Nonprofit IFSA/State Fire Marshal’s Office to Provide Home Smoke Alarm Installations and Fire Safety Education

On February 12, 2019, the Skokie Fire Department was recognized by the Illinois Fire Safety Alliance (IFSA) and Office of the Illinois State Fire Marshal (OSFM) for the Department’s outstanding contributions to fire safety education and installation of smoke alarms within the Village of Skokie over the past year.

At the beginning of 2018, the nonprofit IFSA and OSFM launched the Be Alarmed! smoke alarm installation program, a fire safety education and smoke alarm installation initiative administered cooperatively between the two organizations. The program distributes fire safety educational materials and 10-year, concealed-battery smoke alarms to participating fire departments in the state of Illinois. Departments then distribute the educational materials and install smoke alarms in at-risk homes within their communities. Both the educational materials and smoke alarms are provided to fire departments at no cost as a result of funding from both the IFSA and OSFM.

“We are excited to be able to partner with the Illinois Fire Safety Alliance and State Fire Marshal’s Office in providing these 10-year battery smoke alarms to our residents,” said Skokie Fire Department Deputy Chief Kathleen Furgala. “Fire can spread through a home in a matter of minutes, and smoke alarms can give residents the warning needed to get out safely.”

“We want to make sure residents have functional smoke alarms in their homes, as well as the information to develop their own fire escape plans,” said State Fire Marshal Matt Perez. “These are tools proven to save lives, because even one fire death is one too many.”

The alarms through the Be Alarmed! program are free to community residents, but must be installed by trained fire department personnel. “The Skokie Fire Department did a tremendous job educating their residents on fire safety in 2018,” said Illinois Fire Safety Alliance Executive Director Philip Zaleski. “In total, the Skokie Fire Department installed 168 10-year battery smoke alarms in 50 homes as a result of their participation in the Be Alarmed! program.”

For additional details on the Village of Skokie Fire Department’s in-home fire safety inspection and smoke alarm installation programs, contact the Department at 847/982-4700, or via email to smokedetectorprogram@skokie.org.

Pappas: 136,000 public employees work in Cook County, while 127,000 draw pensions

For every retiree taking money out of a public pension fund in Cook County, there is barely one current employee putting money in, a sign of growing demographic pressure on underfunded retirement plans, according to the Debt Disclosure Report issued today by Cook County Treasurer Maria Pappas.

- There are 135,757 local government employees, compared with 126,528 retirees, a ratio of just 1.07 to 1, according to an analysis of 384 governments in Cook County by the Office of Cook County Treasurer Maria Pappas.
- The City of Chicago reports 35,655 employees and 47,592 retirees.
- Of Cook County’s 547 primary governments, 169 have fewer employees paying into pension funds than retirees receiving payments from the funds – up from 130 in late 2016. This is an ominous trend.
- Increasingly, public pension funds are paying out more money than they bring in through investments, contributions by local governments, and payments by employees – their primary revenue streams.
- To see how many employees and retirees your taxing districts have, as well as their pension obligations and total debt, visit cookcountytreasurer.com and select the purple box labeled, “Your Property Tax Overview.” You can search by address.

The Dollar Figures Are Staggering

- Total municipal and school debt in Cook County has shot up to \$145 billion, an increase of more than 10 percent since late 2016, when it was \$131.6 billion.
- Total debt, including pensions, has grown to an average of \$106,704 per household in Chicago, and to an average of \$36,875 in the suburbs.
- Chicago gave \$1 billion to its pension funds in 2018. Cook County gave more than \$550 million to its pension fund in 2018.



Norwood Park Chamber's Dollars for Scholars 2019

We're seeing green! March is here, which means the Norwood Park Chamber's annual Dollars for Scholars essay competition is open! The Norwood Park Chamber of Commerce and Sprout Pediatric Dentistry are proud to offer a \$1,000 scholarship to one Graduating Elementary School student and a \$1,000 scholarship to one Graduating High School Senior.

The Dollars for Scholars competition is open to high school or elementary school students who meet specific eligibility criteria. The scholarship is payable to the college, high school or postsecondary (technical or trade) degree program of the student's choice. All applicants must be Norwood Park residents. Applications will be accepted starting March 1, 2019 and are due no later than 5:00 PM on March 29, 2019. Scholarship winners will be announced on Memorial Day, at the parade ceremony at Taft High School: May 27, 2019.

The goal of this scholarship is to support the educational/career plans of a graduating elementary or high school senior who has demonstrated a commitment to personal integrity, ethics, and community service. Details on the essay topic, requirements and applicant eligibility are listed on norwoodpark.org under the "Events" tab. For more information, email info@norwoodpark.org.

Dosido For Dogs: Local Square Dance Group Plans Novel Fundraiser for C.A.R.E.

A Local Square Dance Club Will Be Dosido-Ing For Dogs At A Benefit Square Dance For C.A.R.E., Taking Place Thurs., March 21, In Glenview.

In an unusual crossover fundraiser, members of the not-for-profit Glenview Square Dance Club will be rallying local square dance friends on behalf of C.A.R.E. cats and dogs.

The Benefit Square Dance For C.A.R.E. will take place from 6 pm to 9 pm, Thurs., March 21, at The Book Market, 2651 Navy Blvd., Glenview. Proceeds from the dance will be donated to Community Animal Rescue Effort, an all-volunteer not-for-profit animal rescue group based in Skokie.

Highlights of the evening will include a chance for square dancers to meet adoptable C.A.R.E. dogs, including C.A.R.E. mascot Foster, a 6-ft. tall 'canine' who will be testing whether or not old dogs can learn new tricks on the dance floor.

One volunteer with feet in both organizations helped make this hybrid event come about. "When we learned a nationally known square dance caller would be coming to town, we thought it would be a good chance to organize an event that would be fun for local square dancers AND help our local animal shelter at the same time," says Benefit Dance Coordinator Janice Cha, who serves as president of Glenview Squares and as board member for C.A.R.E.

"Dancing, dogs and books—three great things together in one spot," Cha adds, referring to The Book Market, the dog-friendly setting for the dance.

Event organizers welcome experienced square dancers to "square up for C.A.R.E." But everyone is welcome to come watch the fun.



Edison Park Goes Bald for Baldricks

Sunday, March 31st, 1pm-4pm • Firewater Saloon • 6689 N. Oliphant

Since we began Edison Park Goes Bald for Baldricks in 2014, we have raised \$278,034!! Join us this year, and be a hero for kids with cancer! Join this St. Baldrick's event, and whether you decide to shave your head, volunteer, or donate, we hope you'll be a part of the excitement! The St. Baldrick's Foundation is a volunteer-powered charity that funds more in childhood cancer research grants than any organization except the U.S. government. Get involved and you'll be giving hope to infants, children, teens and young adults fighting childhood cancers!

Visit our website at: www.stbaldricks.org/events/mypage/11176/2019 to join as a shaver or donate to this great cause!



GOLDEN NUGGETS

"You are never too old to set another goal or to dream a new dream." - C. S. Lewis

All of us these days should be careful not to lose our ability to communicate due to our dependence on the electronic devices we have available. Beginning at a very young age, we have stopped talking to one another, and even worse, we've stopped listening. We feel, as we age, that we are marginalized, and in some cases, isolated if we don't use the new ways of sharing information and we are encouraged to learn about the world and the people around us through these channels. Personally, I like having conversations. Not battles or conflicts, but true and meaningful exchanges of ideas and thoughts. The ability to do this is something, I fear, being discarded in lieu of speed. Also, if you speak only 15% of the time and listen the remaining 85%, it's amazing what you will learn!!

D. Namlig

"SHARE YOUR WISDOM" by sending in your ideas.

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>.

Polish National Alliance "Song & Dance Concert – 2019"

Sunday, March 17th at 1:00pm
Lake Zurich High School Performing Arts Center
300 Church Street, Lake Zurich, IL 60047

More than 15 Polish-American Song and Dance Ensembles from the greater Chicago area will perform on stage at the Lake Zurich High School Performing Arts Center.

Polish National Alliance proudly supports dozens of Polish Song and Dance Ensembles and Choral Groups. It is one of many ways in which PNA fulfills its mission to support and promote Polish culture in the USA.

The annual Concert is a perfect opportunity to meet up-close with rich Polish folklore and culture. Professionally choreographed dances, in stunning, colorful, hand-crafted costumes resembling diversity of various regions of Poland.

Tickets are available for purchase through the dance groups participating in the concert. \$23 – adults. \$13 children and seniors 65+. Space is limited, please get your tickets early. All seats require a ticket.

For more information about the Song and Dance Ensembles Concert 2019, please contact Mary Srodon at: 773-286-0500, Ext. 312 or mary.srodon@pna-znp.org

Happy 182nd Birthday, Chicago!



Happy 182nd birthday to the greatest city in the world! It is remarkable to reflect on the rapid rise of a frontier trading outpost into not just the most American of American cities, but a true global city. I join residents across the City of Chicago in celebrating all we have accomplished together throughout our storied history, and looking forward to a future that is even brighter than our incredible past.

(Statement from Mayor Rahm Emanuel)

Annual "Battle of the Badges" between Oak Park Police and Fire Departments March 9

The annual "Battle of the Badges," where Special Olympics athletes join police and firefighters to compete for bragging rights to benefit charity, returns on Saturday, March 9 from 1 to 3 p.m. at Brooks Middle School in Oak Park.

"Battle of the Badges" is an Oak Park Best Buddies and Special Olympics fundraiser where personnel from the Oak Park Police and Fire Departments, supplemented by area Special Olympics athletes, face off in a rousing game of basketball. The halftime performance will be especially memorable. The event also features carnival games, food, raffles, and costumes. The doors open at 1 p.m. and the game begins at 2 p.m. The suggested donation is \$5 per person or \$20 per family, with all proceeds going to charity.

The "Battle of the Badges" is sponsored by Oak Park Fraternal Order of Police (FOP) Lodge # 8 and International Association of Fire Fighters Local # 95. Last year the fire department came out on top by just one point.

"We normally collaborate with the fire department in the community, but on March 9 we will dominate!" said FOP Lodge # 8 team member Tracyye Love. "Game on for charity, firefighters!"

"It would be a crime if we lost to our friends at the police department," said Oak Park firefighter Timothy Steffen. "Win or lose, we can take the heat."

The Fraternal Order of Police, founded in 1915, is the largest organization of sworn law enforcement officers in the United States. With a proud tradition of officers representing officers, the FOP is the most respected and most recognized police organization in the country. The Illinois FOP, chartered in 1963, is the second largest State Lodge, proudly representing more than 34,000 active duty and retired police officers - more than 10 percent of all FOP members nationwide. Visit www.ilfop.org for more information.

Adult Enrichment Course At Resurrection College Prep High School

The Way of the Cross for Modern Times An Adult Lenten Spirituality Course Tuesdays 6:30 - 8:30 pm ~ March 5, 19 & April 2, 2019 ~ Course Fee \$50

All community members are welcome to participate in an Adult Lenten Spirituality course entitled The Way of the Cross for Modern Times. Classes will meet at Resurrection College Prep High School on the following Tuesdays from 6:30 - 8:30 pm:

March 5, 19 & April 2, 2019.

The cost is \$50 - to register for the course, please contact Alisa Martorano at 773.775.6616 Ext 142 or amartorano@reshs.org.

The Stations of the Cross have been a popular prayer form going back to the Middle Ages and the course will explore the Stations of the Cross as a Lenten reflection on personal, societal and economic choices. The course will study how this prayer form can help us address both spiritual and social issues facing the Christian community in our world today. Along with the Stations of the Cross, course participants will use Catholic social teaching to help explore the walk with Jesus and experience our lived faith in our world today. A book of meditations on the Stations of the Cross by Pope Francis will be provided to each participant. Below are the books and resources that will be utilized in the course.

Participants will explore Catholic social teaching on the corporal works of mercy as we live out these works we bring healing to ourselves and to our world. The books for the course include the following: The Way of the Cross with Pope Francis by Pope Francis; Stations of the Cross - A Resource by Catholic Relief Services; and Resurrecting Easter: How the West Lost and the East Kept the Original Easter Vision by John Dominic Crossan & Sexton Crossan

The course will be taught by Resurrection faculty member Mike Longo, Religious Studies teacher and Chamber Orchestra director, who holds a Master's degree in Music and Humanities from DePaul University and a Master's degree in Religious Studies from Loyola University.



Resurrection College Prep High School, located at 7500 West Talcott Avenue in Chicago, is the largest all girls' Catholic, Christian college preparatory high school for young women on the north side of Chicago. Since its founding in 1922, Resurrection has graduated over 14,000 alumnae. For more information about Resurrection College Prep High School, call 773.775.6616 Ext 129 or visit www.reshs.org.



Northwest Side Irish Parade



On Sunday, March 17, 2019, the Northwest Side Irish (NWSI) celebrates their 16th annual St. Patrick's Day celebration. The Parade is a celebration of faith, family and heritage on the Northwest side of Chicago.

The NWSI parade kick's off at 12:00 pm from Onahan School 6634 W. Raven, south on Neola to Northwest Highway, north on Northwest Highway to Harlem. The NWSI review stand is at the corner of Northwest Highway and Raven.

In 2004 Daniel Murray, a life long Sheet Metal worker and his daughter Elizabeth-Murray Belcaster founded the parade in memory of Daniel's late wife, Judith Arlene Cregan Murray. Judith, like most Irish matriarchs was a strong Irish mother of five, Daniel Murray, Jr., Mary Jo Raysby (Murray), Brian Murray, Elizabeth Murray-Belcaster and Thomas Murray. Judith passed on October 9th, 2002 and the Northwest Side Irish was founded in 2003. The first NWSI Parade took place in March of 2004.

It is now NWSI 16th year as a community organization with support from the City of Chicago Special Events, the Chicago Police and Fire Department, the 41st Ward office, Union Labor organizations, local businesses as well as family, friends and volunteers from abroad.

NWSI President and Founder, Daniel Murray says "We have been blessed by so many over the years. Our success is defined by the support we have had from the community we live in. The support is inclusive to the City of Chicago, CPD and the residents and businesses who have par-

icipated and attended. It's really been quite a journey. I never imagined at 83 years old I would be this active and engaged in my community. It truly is a blessing and there are too many to thank but we are so appreciative. It's not just a parade it is truly is a celebration with family and friends. St Patrick and this day allows us the opportunity to celebrate.

Northwest Side Irish (NWSI) 2019 Grand Marshal is Mr. Bryan D. Hancock. Bryan Hancock is an inspiration to many young adults, in particular those who live in the Autism community. His success in life as a young adult with Autism is a success that NWSI is proud to highlight and one we know will inspire others. We are honored to have Bryan as our 2019 Grand Marshall

Northwest Side Irish 2019 Humanitarian of the Year is Teamsters JC 25 President Mr. Terrence J. Hancock. Terry Hancock is recognized as our NWSI 2019 Humanitarian for the many years of support he has lent to the Autism community and in particular his commitment to "In Search of a Cure".

"Together we will cure autism," Terrence J. Hancock said. "I'm so proud of my courageous and inspiring son Bryan for everything he's given to me and the vital work that we do with the union and our charity. The millions we've already raised and the millions more still to come will benefit children and adults living with autism around Chicago now and long into the future."

NWSI 2019 Queen is Katelyn (Katie) Anne Kelly. Katie is a graduate of the Chicago School of Phlebotomy and very proud of her Irish Heritage as a young child she took Irish dancing and found her love for Irish music.

The Emerald Society Pipes and Drums will kick off the parade at 12:00pm with participants that include St. Patrick's High School band and alumni, Notre Dame Band and Athletic Associations, William Howard Taft band and of course Trinity Irish Dance Academy along with many other Irish Dance and Music participants. The parade review stand and announcing area is at the corner of NWHwy and Raven.

NWSI has had a great deal of community support and sponsor over the years. The Joseph Mul-larkey Distributors, Teamsters JC 25, Vulcan Materials and Ozinga Ready Mix, IBEW Local 134 and this year for the first time NWSI welcomes their first Whiskey sponsor, Jameson Irish Whiskey.

The NWSI 2019 Official After Party will take place immediately after the parade at Immaculate Conception Church at 7271 W. Talcott Avenue. The cost for the event is an admission of \$10.00 per person plus and additional \$5.00 wrist band for those partaking in alcoholic beverages and The cost for adults includes corned beef and cabbage and cabbage dinner, beer, wine (wrist-band holders only), soda and Eli's Cheesecake for dessert. The cost for children 10 and under is \$5.00 which includes provided hot dog, chips and a beverage. The cost also includes live entertainment including the Emerald Society Pipes and Drums, DJ, raffles and many Irish Dance groups. NWSI afterparty also provides have face painting and balloon artists for the children as well.

The sole purpose of Northwest Side Irish is to promote our Irish Heritage, through organizing and managing the parade. NWSI takes great pride in raising awareness and funds for extended community efforts and charitable organizations. We have raised funds and awareness for many charitable communities over the past seven years. Misericordia, Muscular Dystrophy, Chicago-land Food Depository and Dixon Center for Veterans and Military Community Services are just a few. Veterans and Military Families have always had a special place with the parade as our founder Daniel Murray is an Army Veteran and co-Founder Elizabeth Murray Belcaster has been working with veterans and military families for the past ten years. For more information go to www.northwestsideirish.org

MON- SAT
10:30 - 4:30
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Ancient Gaelic Prayer

God be in my head and in my understanding.
God be in my eyes and in my looking.
God be in my mouth and in my speaking.
God be in my heart and in my thinking.
God be at my end and in my departing.

Submitted by Maria Bappert

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Happy Anniversary to the Northwest Side Irish on 16 Years of Parade Celebrations

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NORTHWESTSIDE IRISH PARADE

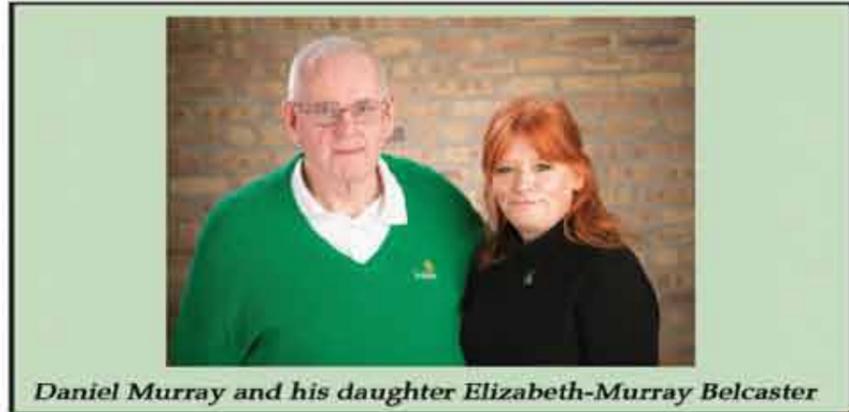
Celebrating Irish Heritage in Chicago
SUNDAY, MARCH 17, 2019



16TH ANNUAL NORTHWESTSIDE IRISH PARADE SUNDAY, MARCH 17th, 2019

North West Side Irish Parade is a celebration of faith, family and heritage on the Northwest side of Chicago. In 2004 Daniel Murray, a life long Sheet Metal worker and his daughter Elizabeth-Murray Belcaster founded the parade in memory of Daniel's late wife, Judith Arlene Cregan Murray.

It is now NWSI 16th year as a community organization with support from the City of Chicago Special Events, the Chicago Police and Fire Department, the 41st Ward office, Union Labor Organizations, local businesses as well as family, friends, and volunteers from abroad.

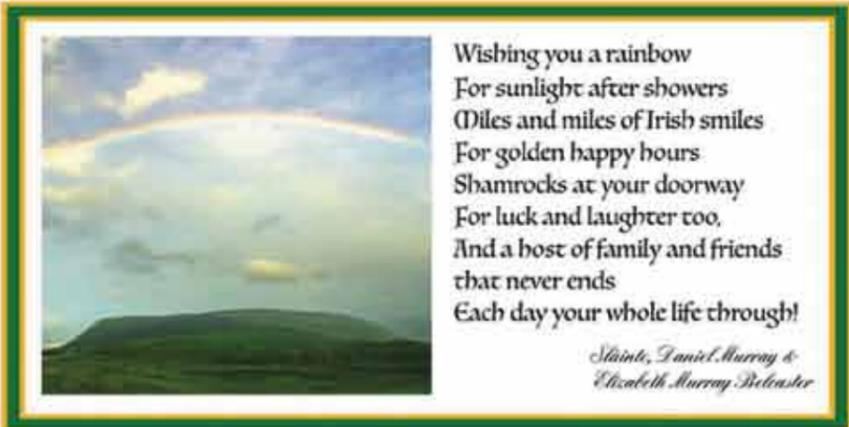


Daniel Murray and his daughter Elizabeth-Murray Belcaster



NWSI 2019 Queen
Katelyn (Katie) Anne Kellie

Katie is a graduate of the Chicago School of Phlebotomy and very proud of her Irish Heritage as a young child she took Irish dancing and found her love for Irish music.



Wishing you a rainbow
 For sunlight after showers
 Miles and miles of Irish smiles
 For golden happy hours
 Shamrocks at your doorway
 For luck and laughter too,
 And a host of family and friends
 that never ends
 Each day your whole life through!

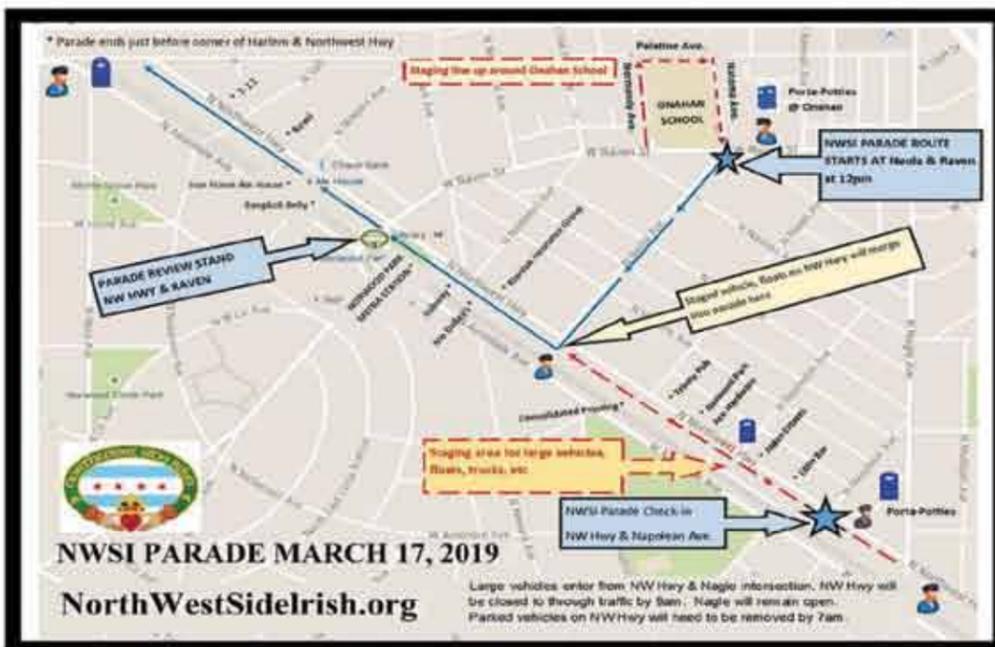
Stinks, Daniel Murray & Elizabeth Murray Belcaster



NWSI 2019 Grand Marshal
Bryan D. Hancock

and

NWSI 2019 Humanitarian of the Year
Terrence J. Hancock



Parade Line-up
 Starts at Onahan Elementary School: 6634 W Raven St, Chicago
 Parade Line up - 10am • Kick off - 12pm

Official NorthWest Side After Party
 The Official Northwest Side Irish After Party is at Immaculate Conception Parish Hall 7271 W. Talcott Avenue. Tickets for NWSI After Party are \$10.00 for adults plus \$5.00 (Alcohol Beverages 21 and Over) wristband which includes: Corned Beef and Cabbage dinner and Eli's Cheesecake for dessert. \$5.00 for children 10 and under includes hot dog, chips and beverage. The after party includes live entertainment by the Emerald Society Band and Trinity Irish Dancers, Dillian Gavin Irish Dancer, Momentum Performing, Marsh-mellow Entertainment, food and drinks, face painting for the kids and balloon artistry, all inclusive to your ticket price.

Many thanks to our Sponsors who make the NWSI Parade Possible:



northwestsideirish.org

What Comprises And Estate Plan



Izbela Czajkowska and Michael Otte

When a new client calls our office, they usually tell us they “need a Will.” Further discussion almost always leads to the discovery that the client doesn’t just need a Will. They also need everything else that generally comes with a well put together and comprehensive estate plan. What comprises such a plan?

A Will or a Last Testament is certainly an important part of it. A Will is a document that names the executor, or the person in charge of your property upon death. It also names a guardian for any minor children or disabled adult children that are under your care. Additionally, a Will has provisions regarding the payment of your taxes, if any are due, and the administrative expenses associated with your death. Of course, the most important function of the Will is to name the

recipient(s) of your personal property and your other assets upon your death. This is generally where estate planning considerations come into play to determine if “only a Will” is enough. If the client’s objective is to avoid probate upon death and the client owns real estate or has a certain amount of assets titled in their individual name with no beneficiary designations, a trust will also need to be created.

A trust that usually comes with an estate plan is a revocable or a living trust. What this means is that during your life the trust may be changed or revoked and you can transfer or sell any property that is in the trust as you see fit. This trust will not protect you from your creditors, including former spouses. However, on your death, the trust will help to avoid a costly probate court proceeding. It will also allow the administration of your estate and the distribution of your assets to remain private because, unlike a Will, the trust is not a public document. A trust also allows you to defer certain estate taxes if you have a taxable estate and there is surviving spouse. Your trust can provide creditor protection for your children and grandchildren if the assets that you leave for them remain in a trust for their benefit. You can also control when your children receive the assets. When a trust is needed to make the estate plan effective, the Will still gets created. However, the Will is then a “pour-over Will” because it transfers everything you own to your trust upon your death. The revocable trust is the core of the estate plan and contains all the operative provisions necessary to make your estate plan function as intended.

The other documents or tools of a comprehensive estate plan are powers of attorney. These documents are necessary to designate a person, or an agent, who will handle your health and financial decisions if you are unable to handle them yourself. Powers of attorney are only effective during your life. They automatically terminate upon your death. During your life, if you become ill or unable to care for yourself, your agent will be able to handle your matters on your behalf as you would be able to do yourself. The alternative to not having a designated decision maker is to have the court designate a guardian for you if a designated decision maker is necessary. The guardianship process may become very complicated, costly and most of all, the guardian that may be appointed by the court may not be the same person that you would have chosen to care for you. For this reason, it is very important to have powers of attorney in place during your life.

If you would like to learn more about the right estate plan for you, please contact our office by phone at 773-631-7100, or by email at info@oclawyergroup.com. We are now at our new office location! Our new office address is 6035 N. Northwest Highway, Suite 201, Chicago, Illinois 60631.

Norwood Park Garden Walk

The Norwood Park Historical Society and Norwood Park Community Garden Club will sponsor the 2019 Norwood Park Garden Walk this summer.

The tour date is set for July 20th, 2019 and coincides with the Historical Society Norwood Park birthday party for the community.

Would you like to add your garden to the tour?

We would love to have you show other aficionados the planning and work reflected in the beauty of your gardens. And, for you to be a part of the celebration of the Norwood Park community. Select participants may have their garden featured in the first-ever Norwood Park Garden Club calendar, slated for 2020!

Please consider participating in the tour and contact Sharon Gums at npcgc@gmail.com or Judy Rustameyer at info@norwoodparkhistoricalsociety.org for details.

2019 Clarence Darrow Symposium Marks 95 Years Since Darrow’s Historic Defense of Leopold and Loeb

Annual Commemoration Of Clarence Darrow Adopts A New Two-Part Format This Year On The Anniversary Of His Death, Wednesday, March 13

The annual Chicago tradition marking the anniversary of the death of famed Chicago attorney Clarence Darrow will mark the 95th anniversary of the Leopold-Loeb murder case, which raised profound and disturbing questions about social class, criminal psychology, morality, justice, and mercy that are still relevant and thought-provoking today.

Darrow successfully defended Nathan Leopold and Richard Loeb from a possible death sentence after they confessed to the brutal murder of 14-year-old Bobby Franks in the spring of 1924.

This year’s Darrow symposium will, for the first time, be celebrated in a two-part format, beginning as usual Wednesday morning at the Clarence Darrow Bridge in Hyde Park at 10 am with a flower-tossing ceremony to commemorate Darrow, including remarks and a dramatic reading. The annual Symposium on topics relevant to Darrow’s life and work will be held Wednesday evening at 6 pm at the Newberry Library, 60 W. Walton, where author Nina Barrett will give a talk based on her recently published book *The Leopold and Loeb Files: An Intimate Look at One of America’s Most Infamous Crimes*.

Both events are sponsored by The Clarence Darrow Commemorative Committee, whose mission is to honor and remember the life, work, values, and philosophy of famed Chicago lawyer Clarence Darrow (1857 - 1938). Particular emphasis is placed upon Darrow’s devotion to the American ideal of the universal application of the rule of law for the protection of all persons and causes, no matter how unpopular. For many decades the Committee has gathered admirers, academicians, judges, lawyers, advocates, and fans on the anniversary of his death to summon his spirit by throwing a wreath into the water at the bridge in his beloved Jackson Park, where he once, as a bet, said his spirit would return if it turned out that communication was possible from the afterworld. To ensure that his spirit does, in fact, return, the Committee then organizes a Symposium to discuss a topic that would have been dear to Darrow’s heart.

People with disabilities and other accessibility concerns can request to be seated first. To reserve an access-friendly space in the room, first register using the link above, then email publicprograms@newberry.org at least 48 hours before the event. Seats arranged in this way will be held until 10 minutes before the event start

For more information, see <http://www.facebook.com/DarrowBridgeorg-207085072651434/> or www.darrowbridge.org or call 773-387-2394

Resurrection Young Women’s Math Olympics Challenge Girls In Algebra & Geometry

On Friday, February 15, 2019, Resurrection College Prep High School’s Mathematics Department and the Resurrection Math Club sponsored the Young Women’s Math Olympics. The competition allowed 6th, 7th and 8th grade girls to compete in the area of Algebra and Geometry and participate in math related games and activities. The Math Olympics have been an annual event at Resurrection and the school encourages young women to challenge themselves in all academic areas and explore math, science and technology related fields.

Over 100 girls from 18 area schools competed in the Young Women’s Math Olympics contest at Resurrection. Schools represented included: Beaubien Elementary, Cauty Elementary, Culver Elementary, Ebinger Elementary, Farnsworth Elementary, Immaculate Conception, Mary Seat of Wisdom, Oriole Park, Pennoyer, Pope Francis Global Academy, Queen of All Saints, Sauganash Elementary, St. Benedict Preparatory, St. Celestine, St. Eugene, St. John Brebeuf, St. Matthias, and St. Paul of the Cross.

Awards were given to the top five scoring 6th, 7th and 8th grade students in algebra and geometry.

8th grade algebra competition winners were as follows: 1st place - Weronika Wojdak, Cauty; 2nd place - Lydia Elbert, St. Matthias; 3rd place - Kirra Stopka, Pope Francis Global Academy; 4th place - Olivia Esposito, Cauty; 5th place - Morgan Gioia, Pope Francis Global Academy.

8th grade geometry competition winners were as follows: 1st place - Lydia Elbert, St. Matthias; 2nd place - Kirra Stopka, Pope Francis Global Academy; 3rd place - Maribella Kontil, Oriole Park; 4th place - Olivia Esposito, Cauty; 5th place - Eldana Zhakypbaeva, Oriole Park.

7th grade algebra competition winners were as follows: 1st place - Rachel Kubiak, Sauganash; 2nd place - Margaret Capitani, St. Paul of the Cross; 3rd place - Emily McLoughlin, Beaubien; 4th place - Maggie Dorgan, St. Paul of the Cross; 5th place - Shannon Longo, Queen of All Saints.

7th grade geometry competition winners were as follows: 1st place - Maggie Dorgan, St. Paul of the Cross; 2nd place - Kiera Ridgeway, Oriole Park; 3rd place - Sofia Cook, Pope Francis Global Academy; 4th place - Margaret Capitani, St. Paul of the Cross; 5th place - Patricia Murawa, Pope Francis Global Academy.

6th grade algebra competition winners were as follows: 1st place - Anne Figueroa, Pope Francis Global Academy; Annabel Schuler, Pope Francis Global Academy; 3rd place - Julia Martin, St. John Brebeuf; 4th place - Riley McGrath, Pope Francis Global Academy; 5th place - Maisie Pyzyk, Pope Francis Global Academy.

6th grade geometry competition winners were as follows: 1st place - Annabel Schuler, Pope Francis Global Academy; 2nd place - Maeve McNamara, St. Matthias; 3rd place - Anne Figueroa, Pope Francis Global Academy; 4th place - Riley McGrath, Pope Francis Global Academy; 5th place - Isabella Allison, St. John Brebeuf.



Resurrection
COLLEGE PREP HIGH SCHOOL

Resurrection College Prep High School, located at 7500 West Talcott Avenue in Chicago, is the largest all girls’ Catholic, Christian college preparatory high school for young women on the north side of Chicago. Since its founding in 1922, Resurrection has graduated over 14,000 alumnae. For more information about Resurrection College Prep High School, call 773.775.6616 Ext 129 or visit www.reshs.org.

Coalition Calls for Added Funding of Brookfield Zoo

As negotiations over the state’s first major capital construction program in a decade get underway, the B-NICE Coalition (Brookfield Zoo: Needed Infrastructure for Compassionate Education) is calling on lawmakers and Gov. J.B. Pritzker to include funding for Brookfield Zoo among those important infrastructure investment projects.

Managed by the non-profit Chicago Zoological Society, the zoo supports nearly 2,000 jobs and offers vital conservation, education and engagement programs throughout the region, including free training and learning experiences for teachers and students in some of the state’s most diverse and disadvantaged areas. This investment from the state will ensure Brookfield Zoo can update aging facilities that have led to leaky roofs and gas lines, electrical failures, flooded paths, potholes and buckled pavement. A recent assessment by an outside firm puts a total price tag of immediate needs at roughly \$260 million.

“We know that’s a big number, but it’s important to consider that the more we receive from the state, the more we are able to focus on sustaining and expanding conservation, science, nature, leadership and accessibility programs that directly benefit our communities,” said Stuart Strahl, president and CEO of the Chicago Zoological Society. “Without help, we’ll be forced to divert funds away from these important missions in order to address basic safety concerns for guests and animals alike.”

Currently the zoo’s educational programs, which range from early childhood nature-play activities to elementary and high school STEM programing, reach more than 4,000 individuals every year and serve mainly under resourced communities. Over 250,000 students and teachers visit the zoo on free field trips each year, and the Chicago Zoological Society provides more than half a million free passes annually to under resourced communities and organizations serving veterans, seniors, and individuals with disabilities, among others.

“Brookfield Zoo’s dedication to furthering conservation efforts both on their grounds and off is impressive,” said Walling. “Future generations will particularly benefit from the zoo’s focus on early education programs that invite children to explore and play in the natural world, where they gain knowledge, skills, and the inspiration to protect our planet and its diverse inhabitants.”

Additional state funding will help Brookfield Zoo build new exhibits that inspire conservation, expand free admission programs for those from under resourced communities and allow for greater outreach in the community. Those funds will also help spur additional economic activity, including creating more than 4,000 jobs, at least \$240 million in wages, and \$80 million in local, state and federal tax revenues.

“Brookfield Zoo has proven to be an important part of the social and economic fabric of the entire region,” said John Carpenter, president and CEO, Choose DuPage Economic Development Alliance and co-chair, Community Engagement and Social Innovation Committee for the Brookfield Zoo Board of Directors. “This investment is critical to maintain and grow the fantastic conservation and education programming that brings great value to regional communities.”

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SPRING SHOW
April 26 – 28



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Lenten Menu Ideas

St. Joseph's Day Cream Puffs

Yield 16-20 Sfingi Units US

Ingredients:

Dough

- 1/2 cup butter
- 1 cup water
- 4 eggs
- 1/2 tsp finely grated fresh lemon and/or orange zest (optional)
- 1 pinch salt (1/8 teaspoon)
- 1 cup pastry flour
- 1 tablespoon sugar

Filling

- 1 lb impastata ricotta (or regular ricotta cheese, well drained)
- 1 teaspoon almond flavoring (or 1 jigger amaretto)
- 1 teaspoon vanilla
- 1/2-1 cup confectioners' sugar (10x or powdered sugar)
- 1 (28 ounce) can water, packed well drained sour pitted cherries (or well drained, pitted Morello cherries)

1. For cream puffs: Combining butter, salt and water in a sauce pan.
2. Bring mixture to a boil.
3. Add flour all at one time, mixing well by hand (with a wooden spoon), until the dough forms a ball and leaves the sides of the pan.
4. Remove pan from heat, and let cool a little.
5. Add eggs, one at a time, beating well after each addition.
6. Add sugar and grated lemon and orange peels, and mix thoroughly (dough should have a slight gloss or sheen to it).
7. Preheat oven to 400°F.
8. Line a large sheet (or jelly roll) pan with parchment.
9. Attach a #4 tip (large star tip) to a pastry bag.
10. Fill the pastry bag with the dough, and squeezing the dough through the bag, form donut shaped circles on the parchment, be careful that you do not move the bag too quickly or the dough will be stretched too thin.
11. The dough circles should be about 1 inch thick.
12. Leave a 2-inch space between each circle.
13. Bake at 400F for about 10 minutes, reduce heat to 325F and bake for 30 minutes more or until golden brown.
14. Remove from oven, carefully cut a small slit horizontally into the side of each puff, place on a rack to cool.
15. When completely cooled, carefully slice each puff in half horizontally (forming a top and a bottom).

16. Filling: In a large bowl; cream the drained ricotta well, until very smooth.
 17. Add flavorings and stir to blend well.
 18. Add sugar and mix well, filling should be thick (stiff) enough to hold its shape, if it is not, add more sugar.
 19. Fill a pastry bag fitted with a #4 tip (large star tip) with the ricotta mixture.
 20. Squeeze the filling on to the bottom half of each puff.
 21. Place cherries on top of the filling (spaced about 1/2 inch apart).
 22. Replace tops on the puffs, and gently press down just enough to press the cherries part way into the filling.
 23. Serve immediately or cover and refrigerate until serving.
 24. Sfingi may be lightly dusted with a sprinkle of powdered sugar before serving (optional).
- Note: Sfingi are best served/eaten the day they are made, because once they are filled, the puffs can soften. The puffs may be made a day ahead, and filled before serving. The filling may be made a day ahead of serving and stored (covered) in the refrigerator.

Taken From The Food.com website

Lenten Chocolate Cake

A rich and moist chocolate cake recipe that tastes indulgent but still complies with the dietary restrictions of the Lenten season.

Ingredients:

- 3 cups all-purpose flour
- 6 tbsp. cocoa powder
- 2 cups granulated sugar
- 2 tsp. vanilla extract
- 2 cup cold water
- Confectioner's sugar for dusting
- 2 tsp. baking soda
- 1 tsp. salt
- 3 tbsp. white vinegar
- 3/4 cup vegetable oil
- 1 cup chopped nuts (optional)

Method: Sift the flour, baking soda, cocoa powder, and salt into a mixing bowl and mix using a whisk. In a separate bowl, combine the sugar, vinegar, vanilla extract, vegetable oil, and water. Whisk together until the sugar is dissolved and the wet ingredients are combined.

Add the dry ingredients to the wet ingredients and mix until incorporated and a smooth batter forms. Mix in the chopped nuts if using.

Preheat the oven to 350 degrees.

Lightly oil a 9 x 13 baking pan or spray with cooking spray to prevent sticking. Pour the batter and smooth the top with a spatula.

Bake in a preheated 350-degree oven for approximately 45 minutes or until a tester inserted into the center of the cake comes out clean.

Note: This recipe can also be used to make cupcakes. It will yield approximately two dozen regular cupcakes or 48 mini cupcakes. For cupcakes, reduce the baking time to 20 minutes.

When the cake has cooled, serve with a dusting of confectioner's sugar and enjoy.

Submitted by Eleni Andritsakis

Salmon Braise with Tomatoes and Peppers (Moroccan style)

- 4 salmon steaks or fillets, about 1/2 pound each
- 3 tomatoes, cut in chunks
- 2 red peppers
- 2 green bell peppers
- 3 garlic cloves - crushed
- 2 large shallots -chopped
- 4 tbl. spoons of olive oil
- salt and pepper to taste
- 1 tsp. of paprika
- 1/2 tsp. of cayenne pepper
- Bouquet garni (parsley, thyme, bay leaf)

In a skillet, lightly brown the steaks/fillets of salmon on both sides in the oil. Cut the bell peppers open, remove the seeds, and cut it into wide strips.

Cut the tomatoes into large chunks.

In a large sauté pan, heat the olive oil over moderately low heat. Add the minced garlic and shallots and stir until translucent, about 3 minutes. Add tomatoes, peppers and bouquet garni and increase the heat to moderate.

Season with salt, pepper, paprika, and cayenne pepper. Cook for about 5 minutes until the flavors are well blended. Add salmon steaks/fillets and sauté for about 10 minutes. Discard the bouquet garni. Transfer to a deep serving dish, garnished with lemon slices and serve hot for the main course.

Submitted by Elizabeth Elkayam

St. Joseph's Day ~ March 19

St. Joseph, who is the patron saint of the family, is celebrated at the Spring equinox and his day is a feast of bread. At one time, the Feast of San Giuseppe, as he is called in Italy, was an Italian national holiday. St. Joseph's feast day is still celebrated with families gathering together to create enormous buffets for neighbors and friends. The table is said to overflow with an abundance of food that the Father of the Holy Family provides. The centerpiece of St. Joseph's Day festivities is an alter laid with fine linens and decorated with flowers and decorative breads. In America, the festival is like a giant potluck dinner, but the dishes served are similar to those eaten in Italy and are always meatless - from fried croquettes of fish, sardines, calamari, and shrimp to pasta with anchovies and breadcrumbs, stuffed artichokes, spring vegetable frittatas, fava bean soup or minestrone. But in America, as in Italy, a highlight of the meal is the special sweets that are prepared. Although the names and shapes of these hot delicate fritters differ from region to region, they are as much associated with St. Joseph's Day as turkey is to Thanksgiving. They are usually called zeppole or fritelle; other names are cassatedde, sfinci, or bigne. The pastries may be fried or baked and are sometimes filled with a sweetened ricotta, pastry cream, or custard. In some areas the zeppole are made of rice while in others they are based on flour.



St. Joseph's Day: 10 Facts, History And Traditions For San Giuseppe

By Maria Vultaggio, International Business Times

Whether it's called St. Joseph's Day, The Feast of St. Joseph or La Festa di San Giuseppe, the March 19 holiday is dedicated to the husband of the Virgin Mary. To celebrate the feast, which is usually held two days after St. Patrick's Day, check out some facts gathered from Fisheaters.com and The Times-Picayune.

1. St. Joseph's Day is widely celebrated by Catholics in the Italian community.
2. St. Joseph is the patron saint of Sicily.
3. The altar, also known as "St. Joseph's Table" or "la tavola di San Giuseppe," is an important part of the ceremony. People decorate it with flowers, candles, wine and some "lucky" foods.
4. Fava beans are supposedly "lucky" since they survived during a draught in Italy during the Middle Ages when nothing else did. St. Joseph, through God, saved worshipers from the draught, some believe.
5. Lemons are also thought to be good luck on this day. A side fact: If a woman looking to get married steals a lemon from the altar, it will help her find a husband.
6. Breadcrumbs are usually incorporated into dishes. They represent sawdust, which commemorates Joseph's job as a carpenter. They could also represent the dry earth during the draught.
7. Meat is usually left off the altar since St. Joseph's Day takes place during lent. Instead, believers feast on fish and other seafood.
8. St. Joseph's Day is arguably best known for its pastries, with sfinge (cream puffs) and zepole (doughnuts) being the most popular.
9. While Irish Americans wear green on St. Patrick's Day, it's tradition to wear red on St. Joseph's Day.
10. St. Joseph's Day is largely celebrated in New Orleans, which was a popular port among Sicilian immigrants in the 19th century. The French Quarter has even garnered the nickname "Little Palermo."

LENT

In Western Christianity, Lent is the forty day period preceding Easter lasting from Ash Wednesday to Holy Saturday. The forty day period is symbolic of the forty days spent by Jesus in the wilderness and possibly the forty hours he spent entombed. The Lenten period of forty days owes its origin to the Latin word "quadragesima", signifying forty hours. This referred to the forty hours of total fast which preceded the Easter celebration in the early Church. Initially the word simply meant "spring", and later became associated with the fast. The English word "lent" derives from the Germanic root for "Spring".

There are traditionally forty days in Lent which are marked by fasting, both from foods and festivities, and by other acts of penance. In the Roman Catholic Church it is tradition to abstain from meat every Friday for the duration of Lent, although fish and dairy products are still permitted. Fasting during Lent is a way for Christians to identify with Jesus' suffering.

Many modern Protestants and Anglicans consider the observation of Lent to be a choice, rather than an obligation. They may decide to give up a favorite food or activity for Lent, or they may instead decide to take on a Lenten discipline such as devotions, volunteering for charity work, and so forth. Roman Catholics may also observe Lent in this way, in addition to the dietary restrictions outlined above, though observation is no longer mandatory under the threat of mortal sin. Many Christians who choose not to follow the dietary restrictions cite 1 Timothy 4:1-5 which warns of doctrines that "forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth."

Personally, I prefer Matthew 15:11, which, paraphrasing, warns man to be careful of what comes out of his mouth, rather than what goes in it.

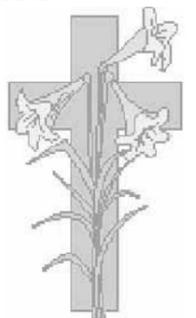
One thing I think we all can agree on is that our taste buds don't have to suffer just because we're observing Lent. Even if you're not observing Lent, it's a great time to take advantage of special menu items that are not available all year round.

By Anthony Pinello, REX Italian Foods, Inc. Harwood Heights, IL

Give It Up For Lent ... And Beyond

- Give up complaining ... Focus on Gratitude
- Give up pessimism ... Become an Optimist
- Give up worry ... Trust in Divine Providence
- Give up bitterness ... Turn to Forgiveness
- Give up hatred ... Return Good for Evil
- Give up negativism ... Be more Positive
- Give up anger ... Be more Patient
- Give up pettiness ... Become Mature
- Give up gloom ... Enjoy the Beauty all around you
- Give up jealousy ... Pray for Trust
- Give up gossiping ... Control your tongue
- Give up sin ... Turn to Virtue
- Give up giving up ... Hang in there!

(From the GUIDE, the Queen of Angels Church Bulletin) Submitted by Maria Bappert



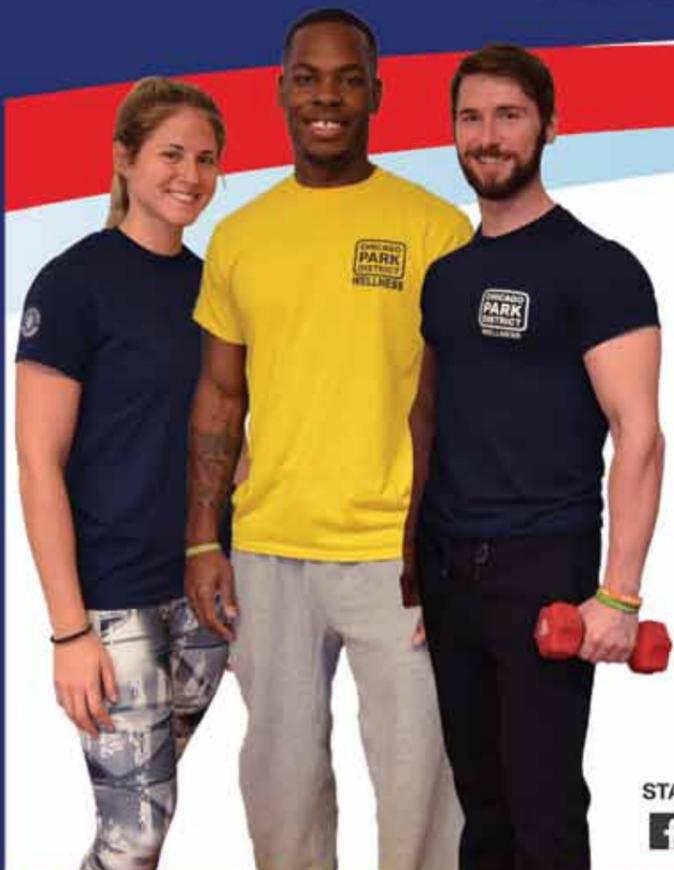
CHICAGO PARK DISTRICT

FREE FITNESS WEEK

March 18 - 24

FREE
Water Bottle
& Towel

with a fitness center membership purchase!
While supplies last.



- Free fitness center access at all citywide fitness center locations
- Free wellness classes at select locations (visit website for more information)
- Free access to pools during lap swim (adults only; hours and times vary by park)
- Veterans: Free fitness center access for one month starting March 18!

Advance registration is encouraged.
All activities are first come, first served based on availability.

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

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