



OUR VILLAGE

Next Edition
July 13th

FREE

FREE

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Issue 11
June 22, 2018



HOME OF THE FREE, BECAUSE OF THE BRAVE

**Celebrate Independence Day 2018 with Fireworks,
Special Concerts, and Spectacular Lake Cruises**

This Fourth of July, enjoy the summer's biggest holiday in Chicago, with events that salute the nation and honor its history. From spectacular fireworks at Navy Pier that light up the city's lakefront to Rhapsody in Blue in Millennium Park, there's no better place to celebrate the country's independence. (Turn To Page 5 For Local Events)

Grant Park Music Festival: Independence Day Salute

FREE · Millennium Park · 201 E Randolph St

A Grant Park Music Festival tradition! Bring your family and friends to the lakefront on Wednesday, July 4 from 6:30-8:45 pm for an evening of patriotic favorites, along with Gershwin's Rhapsody in Blue, featuring 16-year-old pianist, Emily Bear. Christopher Bell conducts.

Celebrate the Fourth with the Grant Park Music Festival's annual Independence Day Salute, one of Millennium Park's most popular concerts of the summer season. Christopher Bell conducts the Grant Park Orchestra in this holiday tradition, full of rousing marches and patriotic anthems, including Tchaikovsky's 1812 Overture, Sousa's Stars and Stripes Forever, the Armed Forces Salute. This year, the Festival welcomes sixteen year old pianist and Rockford, Illinois native Emily Bear to join the festivities, performing George Gershwin's Rhapsody in Blue.

The Independence Day Salute takes place Wednesday, July 4, 6:30 p.m. at the Jay Pritzker Pavilion in Millennium Park.

For NOTE: There are NO fireworks on Independence Day in Millennium Park. The AON Summer Fireworks at Navy Pier will take place on July 4 at 9:30 p.m.



Fireworks at Navy Pier!

Ranvestel Photographic

Enjoy a spectacular pyrotechnics show along the downtown lakefront. At Navy Pier beginning at 9:30 pm on Wednesday, July 4, fireworks will light up the sky, in synch with a score of patriotic music. All summer long, in fact, Navy Pier hosts free fireworks displays on Wednesday and Saturday evenings.

Navy Pier is the destination for spectacular fireworks in Chicago, perfectly synchronized to music on Lake Michigan. Our biweekly Aon Summer Fireworks shows occur on Wednesdays and Saturdays throughout the summer, from Memorial Day through Labor Day. Be sure to check the schedule for additional shows added throughout the year.

Whether you're viewing them from the dock or aboard an evening cruise, fireworks are the perfect way to end your day at Navy Pier! For information on fireworks cruises offered at Navy Pier, visit navypier.org/explore/fireworks. FREE · 600 E Grand Ave.



July 11-15, 2018 • Grant Park
FREE Admission
Wednesday-Friday: 11am-9pm,
Saturday & Sunday: 10am-9pm

Taste of Chicago is the nation's premier outdoor food festival showcasing the diversity of Chicago's dining community. The delicious array of food served at Taste of Chicago is complemented by music and exciting activities for the entire family. Every summer since 1980, Chicago's beautiful Grant

Park at Jackson & Columbus on the city's magnificent lakefront has been home to the world's largest food festival.

Taste of Chicago Concert Tickets Are On Sale Now

Taste of Chicago, the world's largest free food festival, features delicious eats from over 70 restaurants and food vendor. Come for the food, but stay for then celebrity chefs, cooking demonstrations, dance performances, family fun and concerts by Brandi Carlile, Juanes, yasiin bey & Talib Kweli are Black Star, The Flaming Lips and George Clinton. Concert seating tickets start at just \$18 and are on sale now at tasteofchicago.us.

History of the Taste of Chicago

In 1980 a group of restaurateurs approached the Mayor of Chicago with the idea of a food festival on the Fourth of July, and Taste of Chicago was born. Inspired by a "build it and they will come" attitude, a \$150,000 budget, and confidence the event could attract 75,000 people, plans for the one-day food frenzy got under way. The festival was held in a three-block area of Michigan Avenue bordered by the Chicago River and the upscale stores and buildings that were then beginning to grace the Magnificent Mile; and between the architectural wonders of the Wrigley Building and Tribune Tower.

It was a huge success, (250,000 attended the first "Taste," and food and soda sales grossed \$330,000).

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(Turn To Page 5 For
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SAVE THE DATE!

ST. DEMETRIOS LINCOLN SQUARE GREEK FEST

FRIDAY, JULY 27 | 5:00-11:00PM
SATURDAY, JULY 28 | 3:00-11:00PM
SUNDAY, JULY 29 | 12:00-10:00PM

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Logan Square Art Festival

June 22, 23, 24

LOGAN SQUARE
ARTS FESTIVAL 2018

Hey everyone - join us this weekend at the Logan Square Arts Festival!

We are working on filling up the last spots in the beer tents for both Saturday and Sunday afternoon and evenings. We've got expanded space this year and we'd love for YOU to join our team of amazing volunteers. Pick up some extra cash for that thing you've been you've been saving for! Raise money for your neighborhood organization! Contact me at the email below to be a part of Logan Square's biggest event of the year!
For more info: logansquareartsfestival.com

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Celebrating The Resurrection Class Of 2018

The Resurrection College Prep High School Class of 2018 was comprised of one hundred and twenty-two young women. The graduates celebrated their Baccalaureate Mass and Commencement ceremony at Holy Name Cathedral on Thursday, May 31, 2018. Reverend Daniel McCarthy celebrated the Baccalaureate Mass at Holy Name Cathedral, assisted by Reverend Ron Kalas and Deacon John Mikan. Nineteen graduating seniors are the daughters or granddaughters of Resurrection alumnae, and during the Baccalaureate Mass these graduates presented their alumnae mothers or grandmothers with a red rose to acknowledge the continued Resurrection legacy within their families.

Since 1922, Resurrection has focused on developing strong, capable women who are confident, healthy, well-rounded and college ready. The members of the Class of 2018 have distinguished themselves in academics, service, athletics and the arts and will be attending colleges and universities nationwide. Fourteen graduates were Illinois State Scholars, including Ewelina Adamczak, Brenda Bortis, Ellen Bubloni, Bailey Cunningham, Katherine Cuscaden, Shannon Dunne, Isabella Giannoni, Marija Lakić, Danielle LaSusa, Julia Riordan, Adriana Whitmore, Chengrui Wu, Melanie Zuniga and Chloe Zwolfer.

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

The Resurrection motto, Charity & Truth, is core to the values and philosophy of Resurrection College Prep and is part of the school's approach to education. During the Commencement ceremony, Salutatorian Shannon Dunne presented a student address on the topic Charity. While at Resurrection Shannon was an active member of the National Honor Society, the Vice President of



Key Club, a Student Ambassador Officer, and President of the Science National Honor Society. She was also a Res Scholar and Illinois State Scholar. Shannon played softball on various teams and volunteered at Camp Invention and Meals on Wheels. Shannon Dunne will be attending the University of Alabama where she has been awarded the University of Alabama Scholar Scholarship and plans study psychology with the goal of becoming a psychologist.

Valedictorian Ewelina Adamczak presented a student address on the topic Truth. While at Resurrection, Ewelina was a Res Scholar, an Illinois State Scholar, secretary of the Go Green Club and a member of the Math Club. During her four years at Resurrection, she was also a member of Worldwide Youth in Science and Engineering (WYSE), where she has placed 1st in chemistry and 2nd in physics in the regional competition. She has also interned at Camp Invention and volunteers at Gift From The Heart Foundation, helping kids with special needs. Ewelina is bilingual in English and Polish and studied Spanish for over six years, including AP Spanish her senior year.

Members of the Resurrection Class of 2018 were awarded over \$17.8 million in scholarships and awards from colleges and universities nationwide and will be attending the following institutions: Allegheny College, Arizona State University, Bradley University, Brandeis University, Carroll University (Wisconsin), Carthage College, Wilbur Wright College, Columbia College Chicago, Concordia University Chicago, DePaul University, Dominican University, Drake University, Eastern Illinois University, Elmhurst College, Grand Valley State University, Illinois State University, Iowa State University, Loras College, Loyola University Chicago, Marquette University, Michigan State University, Michigan Technological University, New Mexico State University, North Park University, Northern Michigan University, Oakton Community College, Olivet Nazarene University, Saint Mary's College, Saint Mary's University of Minnesota, Saint Xavier University, St. Ambrose University, St. Norbert College, Texas Christian University, The Ohio State University, The University of Alabama, The University of Iowa, Triton College, University of Dayton, University of Illinois at Chicago, University of Illinois at Urbana-Champaign, University of Kansas, University of Kentucky, University of Louisville, University of Mississippi, University of Missouri Columbia, University of Nebraska at Lincoln, University of Pittsburgh, University of Wisconsin - Oshkosh, University of Wisconsin - Whitewater, Upper Iowa University, Valparaiso University, Washington State University, Western Michigan University, William Rainey Harper College, Xavier University.

Resurrection Honors The Life Of Sr. Lydia Mary Yokiell, C.R.

Resurrection College Prep High School mourns the loss of former principal, Sister Lydia Mary Yokiell, C.R., who passed away on May 7, 2018, at the Resurrection Life Center at the age of 104. She spent 87 years in the Sisters of the Resurrection Congregation. Sister Lydia Mary taught and served as a principal in grade schools and high schools for 54 years. Coincidentally, on May 7, 2018, the new Sister Lydia Mary Welcome Center was dedicated at Resurrection College Prep High School in honor of the past principal. This space will serve to welcome visitors, including parents and prospective students, when they visit Resurrection.



Sister Lydia Mary Yokiell, C.R.

Sister Lydia Mary was a teacher and principal at St. Thecla, St. Mary of the Angels, Resurrection and St. Casimir High Schools. At Resurrection, Sister Lydia Mary served as a biology teacher and as principal. She was instrumental in the planning of the current Resurrection High School building that opened in 1962 and worked closely with the parents clubs and other community groups to raise funds for building the school and for continuing updates and modernization.

After spending 54 years in education, Sister became a hospital chaplain and spent 16 years and providing ministry in Spiritual Services at Our Lady of the Resurrection Medical Center and Resurrection Medical Center. Memorials in honor of Sister Lydia Mary Yokiell, C.R. may be made to Resurrection College Prep High School for tuition assistance or Sisters of the Resurrection Retirement Fund.



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.reschool.org.

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Even a princess occasionally chose to mow the lawn.

There's a good reason why you didn't always play 'dress up' with your friends on Saturdays. His name was Dad. With him, even yard work was fun. And while you've idolized Dad your entire life, you'll want to celebrate these times after his death.

A meaningful funeral allows you to grieve and say goodbye, as well as remember and laugh. It's a significant celebration that honors Dad. One that in many ways, is also for you.

Contact your local NFDA member, who knows the value of creating a meaningful funeral service.

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Cook County Department of Animal and Rabies Control Issues Pet Safety Tips for Summer Heat

Cook County Animal and Rabies Control urges pet owners to take special precautions to protect the health and welfare of their pets during the forecasted excessive heat.

Among the recommendations: Do not leave your pet in a hot car: Even with the windows rolled down, studies have shown that the temperature inside the car can increase by 15 degrees above the outside temperature. The law requires that any time the ambient temperature is above 78 degrees, you cannot leave your dog in a car.

Keep your pets cool when outside: All dogs should be provided with cool water and shade, and monitored when outside. Short-coated animals and animals with white or tan fur are susceptible to sunburn, especially on their noses.

Consider a haircut: If your dog has a thick coat, consider a haircut for summer. One inch is a good length to keep you dog more comfortable while avoiding sunburn.

Vaccinate your pets: Make sure that your dog is up-to-date on all shots, including canine influenza virus and rabies. Cook County Animal and Rabies Control is offering low-cost rabies vaccine clinics throughout the County.

Take care of your dog's paws: Remember that asphalt and sidewalks are hotter than grass, and dogs' paw pads are highly sensitive to heat. Whenever possible, walk your dog on grass, dirt or gravel, and avoid asphalt and concrete during a heat wave.

Keep inside temperatures cool: Make sure your indoor pets have water and are comfortable when in the home. And don't be alarmed if you see your cat sleeping somewhere odd, like the bathtub or the closet. Cats look for the coolest spot in the home.

Wicker Park Garden Society Dedication

From the Northtown Garden Society – With Sadness Friends of Wicker Park Gardens and Richard Tilley, Richard Tilley passed away on Saturday, May 19.

We all miss him in our lives – he was simply the 'best': intelligent, helpful, and with a great sense of humor!

RICHARD TILLEY'S GARDEN in the Park - The Wicker Park Garden Club members have designed and begun planting a garden dedicated to Richard Tilley within the 10,000 sq. ft. of ornamental gardens in Wicker Park, 1425 N. Damen. We Invite You to support the Garden - You can donate to the garden either on-line or by sending a check. Details below.

GARDEN DEDICATION: We will hold an opening for Richard's Garden in Mid-Late-July. This should be a good time for the garden, since the garden is designed with annuals that take some time to develop and need warmer weather. We will keep you informed - so, you will know about 2 weeks in advance of the date.

GARDEN DESCRIPTION: The Richard Tilley Garden in Wicker Park will feature a Spring display of tulips and a Summer/Fall display of annuals that will include most of Richard's favorites: Geraniums, large and small Dahlia varieties, Cannas, The Cocktail Series of small ever blooming begonias (Whiskey, Vodka, Gin, Brandy), Antirrhinum (snap dragons), Datura

(moon flower bush) and Moon Flower Vine, tall blue Ageratums, Salvia, and various types of elephant ears. Each year, Spring blooming bulbs will be added in the fall and annuals added in the summer. The garden will be maintained by the Wicker Park Garden Club, a 501c3 organization.

PLAQUE – The garden will feature an 8.5in X 11in plaque mounted to a wooden pedestal constructed by WPGarden's Jim Angrabright - similar to the plaque image below.

DONORS will receive a letter that they can use for their taxes. Wicker Park Garden Club is a not-for profit organization. Donors name will appear on the plaque. The plaque will be changed monthly to reflect the names of new donors.

DONATIONS - On-Line or with a Check
On-line – Go to <http://wickerpark.org/donate/>
Choose to Donate to Richard Tilley Memorial Garden Fund

Donation Site Accepts All Cards and PayPal
Donations will be directed to the Wicker Park Garden Club's Tilley Garden Project.

CHECKS: Write Checks to Wicker Park Garden Club
SEND TO: Denise Browning

Neighborhood Farmers Markets Open

Pick Up Our Next Edition For More Market Openings

• SUNDAY MARKETS

Portage Park Farmers Market

4100 N. Long Ave.

1st & 3rd Sundays, June 3–Oct 7, 10am-2pm

Glenwood Sunday Market

6924 N. Glenwood Ave.

June 3–October 28, 9am-2pm

This market accepts: Link/SNAP & Link Match

Jefferson Park Sunday Market

4820 N. Long Ave.

June 10–October 28, 2nd & 4th Sundays,

9:30am-1:30pm

This market accepts the Link Card

• MONDAY MARKETS

Loyola Farmers Market

6550 N. Sheridan Rd.

June 4–October 15, 4-8pm

This market accepts: Link/SNAP & Link Match

• TUESDAY MARKETS

Lincoln Square Farmers Market

2301 W. Leland Ave.

June 5–October 30, 7am-1pm

New - Polish Triangle Marketplace

1200 N. Milwaukee Ave.

June 5–August 28, 4-8pm

• WEDNESDAY MARKETS

Ravenswood Farmers Market

4900 N. Damen Ave.

June 13–August 29, 4-8pm; September 5–

October 17, 4-7pm (no market July 4)

This market accepts: Link/SNAP & Link Match

• THURSDAY MARKETS

City Market at Daley Plaza *

The longest running farmers market in

Chicago

50 W. Washington St.

May 10–October 25, 7am–3pm

This market accepts: Link/SNAP & Link Match

Eli's Cheesecake Farm Stand and Fresh

Market

6701 W. Forest Preserve Dr.

June–August, 7am-1pm

Lincoln Square Farmers Market

2301 W. Leland Ave.

June 7–October 25, 4-8pm (no market

September 7)

* City Sponsored Markets (markets are

subject to change)

• SATURDAY MARKETS

Lincoln Park City Market *

700 W. Armitage Ave.

June 2–October 27, 7am–1pm

Hornor Park Farmers Market

2741 W. Montrose Ave.

June 9–October 6, 9am-1pm

Edgewater Farmers Market

5917 N. Broadway

June 16–October 13, 8am-1pm

This market accepts: Link/SNAP

Northcenter Farmers Market

4100 N. Damen Ave.

June 16–October 27, 7am-1pm

Edgebrook Neighborhood Farmers Market

6525 N. Hiawatha Ave.

July 7–September 29, 9am-1pm

Illinois Bicentennial Rosé Wine Uncorked

Gov. Bruce Rauner recently joined the Danenberger family to uncork their vineyards' Illinois Bicentennial Rosé, one of sixteen wines from thirteen wineries across the state designated by the Illinois Grape Growers and Vintners Alliance (IGGVA) as official Bicentennial Illinois-grown rosés. Dry to semi-dry rosé was chosen as the featured style because Illinois producers are developing these world-class wines from a variety of grapes that are successfully grown in both northern and southern Illinois.

There are nearly 1500 grape-bearing acres of land in the state. In 2017, Illinois wine makers produced 2.4 million gallons of wine.

"Illinois is home to more than 72,000 farms, and the Bicentennial Rosé recognizes our rich agricultural heritage by featuring vineyards from across the state," Rauner said. "As we celebrate 200 years of remarkable productivity, we raise a glass to the Illinoisans who have cultivated our lands and built up their businesses throughout the decades so that we could become a national leader in agriculture."

"We are so honored to be named one of the official bicentennial wines for the State of Illinois," Danenberger Family Vineyards Winemaker Susan Sullivan Danenberger said. "I am proud of my family's heritage on our centennial farm and that we are continuing the tradition by making local Illinois wine. So many people have supported us along the way, so we'd like to say thank you to our amazing patrons and the local community for enjoying our wine and sharing our vision."

For more information, please visit illinoiswine.com.

Edison Park Salutes Those In Uniform

Join us as we salute our men and women in uniform.

July 7th from 11:00am to 10:00pm

OLIPHANT and OLMSTED

Live music, Food trucks, Beer, Inflatables, Kids Activities

July 8th at 9:30am

IMMACULATE CONCEPTION

7211 W. Talcott

Pancake Breakfast to follow.

As a community that is home to so many first

responders, military personnel, and veterans, we feel strongly that their dedication to keeping us safe should be recognized. In that spirit, we are raising funds to be donated, equally, to the Brotherhood for the Fallen, Ignite the Spirit, and Salute Inc., charities that help our uniformed professionals in the same way they help us.

All active and retired police, firefighters/paramedics, and military personnel will receive an appreciation wristband with three free beers. Must show ID.

Visit edisonpark.org for a Schedule of Events.

The American's Creed



I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed, a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes. I therefore believe it is my duty to my country to love it, to support its constitution, to obey its laws, to respect its flag, and to defend it against all enemies. (Authorized Version)

Honor Flight Chicago - "Operation Locate A Hero"- 2018 Season Planning Underway

Honor Flight Chicago (HFC), part of the National Honor Flight Network, was founded to recognize our Veterans – most specifically our WWII Veterans with a day of Honor, Remembrance, and Celebration from a proud and grateful Nation. HFC is currently working on the 2018 season flight schedule - with projected monthly flights from Chicago Midway to Washington, DC to visit their WWII Memorial. The trip is provided at (no) cost to the Veteran.

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

For more information please contact Jac Charlier at jac.charlier@gmail.com or visit (www.honorflightchicago.org)

Honor Flight Chicago is a 501(c)3 non-profit organization dedicated to the mission of flying our World War II veterans to Washington DC to see the WWII Memorial built in their honor.



Edison Park Post 541 Of The American Legion



Edison Park 541 of The American Legion invites Veterans and Sons of Veterans on the 2nd and 4th Thursdays of each month at 7:30 p.m., to attend our informational meeting. Location is Edison Park Field House 1st floor North at 6755 N. Northwest Hwy., Chicago, IL 60631. The Sons of the American Legion (SAL) squadron are looking for Sons of Veterans to be members. All male descendants, adopted sons and stepsons of members of The American Legion, and such male descendants of veterans who died in Service during World I, World War II, the Korean War, the Vietnam War, Lebanon, Grenada, Panama, the Persian Gulf War and the War on Terrorism, during the delimiting periods set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service, shall be eligible for Membership in the Sons of The American Legion. This is an informational meeting. All Veterans are invited and if you qualify we would love for you to join us. Veterans qualifications are for service during the periods stated above. Contact: Past 9th District Commander Bob Fugiti 847-921-8738 Edison Park Post 541 — AmerLegion541@aol.com 6755 W. Northwest Highway, Chicago - Meeting on the 2nd and 4th Thursday of the month.

Cell Phones For Soldiers

Representative D'Amico has partnered with Cell Phones For Soldiers, a nonprofit serving troops and veterans, to collect gently used cell phones for members of our military. Donated phones will be used to provide free communication services to military members so they can connect with their loved ones. Donations will be accepted in Representative D'Amico's public service office located at 4404 W. Lawrence Ave., Chicago, IL 60630. Office hours are 9 AM to 4:30 PM.



Gov. Rauner Announces Release of Funding for Department of Agriculture Programs

Gov. Bruce Rauner joined the Director of the Illinois Department of Agriculture Raymond Poe, local officials, and the Stremsterfer family at Stremsterfer Farms in Pleasant Plains recently to announce the release of \$16M in agriculture grants. The funds being released from the fiscal year 2018 budget will fund soil & water districts, county fairs and agriculture societies, and the University of Illinois Extension services.

"These three entities provide services that are vital for the future of Illinois agriculture," Rauner said. "From protecting our farmland for future generations to fostering agriculture careers and educating consumers, these organizations

support Illinois agriculture, the backbone of our state's economy."

"Funding for these organizations comes at a critical time," said Ag Director Raymond Poe. "We must continue to fund these organizations in order to sustain their key programs. I want to thank our agricultural partners for commitment to Illinois agriculture and for their cooperation in these fiscally challenging times."

Soil and Water Conservation Districts, which protects our state's farmland through strategic conservation efforts, will receive \$6 million. The 97 districts around the state play a central role in efforts to protect and sustain the viability

of Illinois soil and water resources in order to preserve our farmland for future generations. The Department will be issuing more than \$61,000 to each of the districts to help fund operations.

More than \$54,000 will be sent to each of the 92 county fairs across the state. It will help operations at the fairs and may be used to support critical facility rehabilitation needs. Illinois county fairs are economic drivers for rural Illinois. A study from the University of Illinois shows county fairs generate more than \$90 million annually and create more than 1,000 jobs each summer. In addition to providing family friendly entertainment, county fairs provide an

outlet for our state's youth to become involved and engaged in Illinois agriculture.

"County fairs are a big footprint of rural Illinois and a huge part of the economic strength and morale of each county in Illinois," said Gary Hadden with the Morgan County Fair. "We appreciate Gov. Rauner making these funds available as this will provide a great boost to local counties across the state to help make necessary upgrades so they can increase activities. This will bring more people to their county fairs and with the increase of travel, people will spend more money to help stimulate the Illinois economy."

Community First Medical Center June Health Events

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

Friday, June 22 and 29

11th Step Meditation – 6:45 – 8:00 p.m., Community First Medical Center, Conference Room C, 7th Floor

Silent meditation, a brief positive talk or reading followed by 12 step sharing. Open AA meeting format, everyone is welcome to attend. Coed, non-smoking. This is a fellowship open to learning how the art of listening leads to developing an improved 'real' relationship with their higher power and our fellows. For all who seek through prayer and meditation to improve their conscious.

Sunday, June 23 and 30

Alcoholics Anonymous – 9:30 – 10:30 a.m. Community First Medical Center, Conference Room A, 7th Floor.

Alcoholics anonymous is a group of men and women who share their experience, strength and hope with each other that they solve their common problem. If you think you have a drinking problem, please join our free AA Group.

Thursday, June 28

Overeaters Anonymous – 7:00 p.m. Community First Medical Center, Café Meeting Room

A fellowship of individuals who through shared experience, strength and hope are recovering from compulsive eating. If you think you are a compulsive eater, please feel free to attend our free meetings.

Thursday, June 28

Arthritis and Total Joint Replacement – Taking the Right Steps, 10:00 – 11:00 a.m., Community First Medical Center, Community Education Room, 2nd Floor.

These free sessions will be conducted by Carleen Nunez, R.N., B.S.N., O.N.C., along with staff from rehabilitation services. Attendees will receive educational materials, get questions answered, learn what to expect from surgery and meet some professional staff. To register, please call 773-794-4640.

Save the Date: Sunday, September 30

Community First Medical Center Annual Fall into Fitness 5K, Portage Park, 8:30 – 10:00am
On-Line Registration is open now – www.raceroster.com/18438



Tularemia Found in Wild Rabbit; Caution Urged

A wild rabbit found June 13 in Tinley Park has tested positive for tularemia. Cook County Animal and Rabies Control urges residents to avoid touching live or dead wildlife.

Tularemia is a disease of animals and humans caused by the bacterium *Francisella tularensis*. Rabbits, hares, and rodents are especially susceptible, according to the Centers for Disease Control and Prevention.

The bacterium is present in some wildlife in northeast Illinois. Some animals, such as wild rabbits, muskrats and beavers, may be carriers, but are unaffected by the bacterium. Generally, wild animals do not exhibit signs.

A person can be infected with tularemia through a tick bite or exposure to infected animals, such as rabbits.

To avoid exposure:

- Do not handle wild animals.
- Keep pets away from wild animals.

• Be alert for dead rabbits, especially when mowing the grass. Do not mow over a dead rabbit.

• If you find a dead rabbit, call Cook County Animal and Rabies Control, (708) 974-6140.

• If you find a sick rabbit or other animal in your yard, leave it alone and keep pets away, then contact a licensed wildlife rehabilitator.

Symptoms of disease in humans include:

- Fever
 - Flu-like symptoms
 - Rashes or red lesions on skin
- In pets, symptoms can include:
- Fever
 - Enlarged lymph nodes in the head and neck
 - Abdominal pain
 - Jaundice
 - Lethargy

If you or your pet experience these symptoms, seek medical attention and contact Cook County Animal and Rabies Control at (708) 974-6140.

Kiwanis Of Ravenswood

You and your Kiwanis Kin, family members, co-workers and friends are cordially invited to a Special Event hosted by the Kiwanis Club of Ravenswood.

Here are the details:

Performance of the INSPIRED YOUTH CHORUS led by Dorie Burrell and accompanied on the piano by their Director, Beth Palmer. The youngsters will not only sing songs, but will also recite poems of their own composition.

The date is Thursday, June 28, beginning at Noon, at the Barba Yianni Grecian Taverna, 4761 N. Lincoln Avenue, on the east side of the street. We will eat lunch first. The kids' menu is cheeseburgers, French Fries, ketchup, a drink of their choice, and vanilla ice cream with chocolate syrup for dessert. The Kiwanis Club will pay for all the children.

Adults can order off the menu and pay for their food, plus tip. Drinks from the bar are available at reasonable prices. Every time we have guests at our meetings at Barba Yianni, they comment on how good the food is. You can select from Greek, Mediterranean or American dishes. Or you might want to go for the cheeseburgers special.

FREE PARKING courtesy of mb Financial Bank is available on the north side of Lawrence Avenue. Enter off of Lincoln/Western Avenues at Gunnison (just south of McDonald's), go west just a bit, and then immediately south and pick a spot in the parking lot. Disregard the "Unauthorized Vehicles will be Towed" signs and walk the short distance to the restaurant.

IT IS VERY IMPORTANT THAT WE RECEIVE YOUR RESERVATIONS BY SATURDAY, JUNE 23. Please call Maria Bappert at 773-728-8127 (you can leave a message if! am not at home) or Email meatweindorfermitzi@att.net. We guarantee that you are in for a real treat, and we look forward to the pleasure of your company.

Sincerely yours, Maria Bappert, President



Phone For Legal Advice At No Cost

The Chicago Bar Association (CBA) Lawyer Referral Service hosts Call-A-Lawyer on the third Saturday of every month from 9 a.m. to 12 p.m. Volunteer attorneys will give free legal advice over the phone to Chicagoland residents who call (312) 554-2001.

Attorneys will be available to answer general questions on a variety of legal issues including (but not limited to) bankruptcy, domestic relations, immigration, personal injury and Social Security. Callers can explain their situations to attorneys who will suggest self-help strategies to resolve their legal issues. If callers need further legal services, they will be advised to see their attorney or to contact the CBA Lawyer Referral Service.

The CBA Lawyer Referral Service is one of few bar associations in the country to meet the American Bar Association Standards for lawyer referral and approved to use its logo and slogan, "The Right Call for the Right Lawyer™." For referral to an experienced attorney, the public can contact the CBA Lawyer Referral Service at 312-554-2001 during business hours or through the Web site at www.chicagobar.org.

Mayor Emanuel Joins McDonald's To Open Company's New Global Headquarters In Chicago

Mayor Rahm Emanuel today joined the McDonald's Corp. to open its new corporate headquarters in Chicago's West Loop neighborhood. The move marks a return to Chicago where the company was headquartered from 1955 to 1971. In addition to the approximately 2,000 people based there, it will house the flagship Hamburger University location, providing state-of-the-art learning for the company's employees and future leaders.

"McDonald's has been a top global innovator for more than half of a century because they recognize the key to success is access to the world's best talent, technology and transportation networks," Mayor Emanuel said. "This new global headquarters represents a renewed commitment to that strategy and I'm proud to welcome them home to the city of Chicago."

"Our move back home to Chicago is about more than a building – it's symbolic of our journey to transform our brand and become more closely connected with our customers," McDonald's CEO Steve Easterbrook said. "Our new location enables us to better listen, learn and engage with our customers whilst providing a modern, worker-friendly headquarters that fosters collaboration and re-energises employees. We are thrilled to join the West Loop and add to the vitality of this community."

The ground floor is home to a one-of-a-kind McDonald's restaurant that features a rotating menu of favorites from around the globe – as well as classic menu items – connecting McDonald's international reach to Chicago. This Experience of the Future (EOTF) restaurant illustrates the company's commitment to transforming the customer experience with self-order kiosks, table service, enhanced hospitality, mobile order and payment and McDelivery with Uber Eats.

Mayor Emanuel Announces Innovative Initiative To Create New Affordable Housing Option For Low-Income Chicagoans

Mayor Rahm Emanuel today announced an initiative to create new affordable housing options in neighborhoods across Chicago. On Friday the Department of Planning and Development issued a Request for Information (RFI) to evaluate the viability of tiny homes in Chicago. The RFI specifically seeks proposals with a focus on the potential for tiny homes to serve residents experiencing homelessness and seniors in the city.

"Every Chicagoan should have a place to call home, period," Mayor Emanuel said. "These innovative homes have the potential to create affordable and permanent housing options for some of Chicago's most vulnerable residents."

Tiny homes are stand-alone structures that contain minimally-sized living areas, sleeping spaces, kitchens and bathrooms. The homes are designed to support targeted populations, including the chronically homeless, low-income residents, seniors, and individuals desiring minimal space for daily needs.

The purpose of the RFI is to help the City gather information and determine next steps. The complete RFI can be downloaded at www.cityofchicago.org/tinyhomes. RFI responses must be received by 5 p.m. on Friday, July 13, 2018. Submissions will be accepted via email or at DPD offices at City Hall, 121 N. LaSalle St., Room 1000, Chicago, Illinois.

Walgreens To Move Approximately 1,800 Positions To New Chicago Office

Walgreens announced today it plans to open a new office in Chicago where it anticipates 1,800 people will be based. The new office space will include approximately 200,000 square feet in The Old Post Office building, 433 W. Van Buren St.

The Old Post Office building allows Walgreens to increase its presence in Chicago, where the company was founded in 1901, in order to meet the needs of its current and future workforce while continuing to attract and retain the best talent. The 1,800 people expected to work at the new space over time will include approximately 1,300 positions that will relocate to the City of Chicago. This will be the largest number of corporate employees Walgreens has ever had based in Chicago.

Walgreens Boots Alliance will remain headquartered in north suburban Deerfield, Ill., where approximately 3,200 employees are expected to continue to work.

"Walgreens was born in Chicago with one small pharmacy on the South Side, and their big new presence in one of our city's most iconic locations is a great way to look to the future," said Mayor Rahm Emanuel. "This is a smart decision by an innovative company, it will contribute to our city's thriving tech sector, and we are looking forward to cutting the ribbon and welcoming 1,800 members of the Walgreens team to Chicago."

The new office at The Old Post Office is anticipated to open in fall 2019. Walgreens currently employs nearly 4,500 people in the City of Chicago, where it also operates 120 drugstores.

Statement From Mayor Emanuel On June 13th

"Last night CPD, in partnership with state and federal law enforcement agencies, took more gang members and guns off our streets and sent a clear message that there is zero tolerance for illegal activity or violence. Our children deserve to grow up free from fear and gang violence, and I commend the brave men and women of Chicago's Police Department for their steadfast commitment to a safer and stronger city for all."

HAPPY JULY 4TH – BE SAFE AND LET THE PROFESSIONALS DO THE FIREWORKS!!



We Salute All Of Our American Heros



4th of July Parade in Elmwood Park

9:45am to 12:30pm

The parade starts at 11 Conti Parkway in Elmwood Park and ends at the Elmwood Park High School Evening Events (Elmwood Park High School). Fireworks Show: 9:30PM-11:00PM

Oak Park Parade and Fireworks

Annual July 4th parade at 10AM, stepping off from Ridgeland and Adams

Glenview Fourth of July

Due to road construction work, the parade route will be moved to Glenview Road. This change will only be effective for 2017. The parade will kick off at 11:15AM from Glenview Community Church (1000 Elm St.) and head west on Glenview Road. The parade will end just before Glendale Road. Children ages 3-9 are invited to lead the parade with their own bike parade. Parents and children who would like to participate can bring their decorated bike to Glenview Community Church by 10:30 a.m. The bike parade route will end at Shermer Road in the St. David's Episcopal Church parking lot. Parent participation and helmets are encouraged.

The evening show begins with a patriotic concert by the 100-piece North Shore Concert Band in the beautiful Gallery Park. The fireworks show will be synchronized to a patriotic music recording.

Evanston 4th of July

(All of the following events take place on Wednesday, July 4th)

Parade at 2PM from Central Park to Ryan Field. Live music. 2017 Musical Lakefront Fireworks Extravaganza will be launched from Clark Street Beach and best viewing will be from Centennial Park (North) and Dawes Park (South).

Evanston 4th of July Twilight Concert and Fireworks

7:30 pm to 9:00 pm – Twilight Concert

The Palatine Concert Band will be back again this year playing our favorite patriotic music and much more. The Concert will follow Association President Tracy Alden and Celebration Co-Managers Dick Peach and Kate Fester's announcement of the first place winners of the parade.

9:30 pm – Lakefront Fireworks

Our 2018 musical fireworks extravaganza will be launched from Clark Street Beach and can be viewed from any part of the lakefront area east of Downtown Evanston. (Map Below)

Simply find a place to watch, tune your radio to 90.5 FM, and sit back to enjoy the show.

Parking is available in Downtown Evanston public lots

Lincolnwood Fourth of July Concert in Proesel Park

The Lincolnwood Human Relations Commission (HRC) invites all community members to a free Independence Day concert from 10:30 am to 12 pm on Wednesday, July 4 at the Proesel Park Shelter featuring the Lincolnwood Youth Strings Orchestra performing patriotic music.

59th Annual Fourth Of July Celebration

Presented By: Chicago History Museum • Location: Chicago History Museum

Address: 1601 N. Clark St., Chicago, IL 60614 • Phone: (312) 799-2461 • Dates: July 4, 2018

Gather your friends and family for a Chicago tradition at the 59th Annual Fourth of July Celebration, free and open to the public. Join the Museum for time-honored traditions, family-friendly festivities and a keynote oration by The Honorable Anne M. Burke, Illinois Supreme Court Justice. Other highlights include patriotic musical performances, a reading of the Declaration of Independence and a children's costume parade led by the World's Tallest Uncle Sam. Following the event, the Museum is open from 12 p.m. until 4:30 p.m. with free admission for Illinois residents.

Admission: Free Hours: 10 a.m. - 12 p.m.

Naval Station Great Lakes 4th of July

Two day festival and there is a Fireworks show on July 3rd at 9:45p.m. as well. Voted by the International Festivals and Events Association in 2011, as "One of the top three festivals in the world," the MWR Department invites all families, friends and neighbors of the Naval Station Great Lakes to be a part of the base's annual 4th of July Celebration on historic Ross Field on July 3 and 4. All are invited to come out and celebrate the nation's independence with two days of fire-cracking festival fun at one of the biggest 4th of July celebrations in the area with fireworks, live bands, family entertainment, carnival rides, delicious food and much more! Join in as MWR celebrates our freedom and patriotism at the Naval Station Great Lakes at this free, fun-for-all-ages, open to the public, celebration July 3 and 4. Headlining this year on July 3rd will be Skillet.

Summer Donor Rewards Feature Santa's Village Tickets, Patriotic T-shirts Plus Donations to Operation Support Our Troops

LifeSource, announced several summer programs that will reward donors with Santa's Village tickets, limited edition patriotic T-shirts and generate donations for a local nonprofit that provides care packages to our military men and women serving overseas.

Beginning June 15 and running through the end of the month, all participating donors who visit any of the area's 17 LifeSource Community Donor Centers and mention the words 'Santa's Village' will receive a voucher for a buy one, get one free entry ticket to the East Dundee 'Azoosment Park'.

In addition, all participating donors who visit at any community donor center, fixed sight, or select mobile drive between June 28 thru July 7 will receive a limited edition LifeSource patriotic T-shirt, while supplies last. During this period, LifeSource will also make a donation on behalf of each donor to Operation Support Our Troops, a Naperville-based nonprofit organization supporting the morale and well-being of American troops and veterans.

In preparation for their donation, donors are asked to eat well, stay hydrated and arrive with proper identification. Proper ID is required to donate blood. A LifeSource or military ID, driver's license or employee badge with a picture and full name are all approved forms of ID. A birth certificate along with a picture ID that includes the donor's full name will also be accepted.

More than four and a half million patients need blood transfusions each year in the U.S. and Canada, with 43,000 pints being used each and every day. Additionally, someone needs blood every two seconds, and while only on 37% of the U.S. population is eligible to donate, less than 10 percent do so annually.

President Preckwinkle and County Board Honor Military Veterans As Part of Silver Star Service Banner Program

Cook County Board President Toni Preckwinkle and County Commissioners recently recognized 42 military veterans for their sacrifice and service to nation under the annual Silver Star Service Banner program.

The veterans were saluted for their service in wartime during the Board meeting. To be eligible for the Silver Star Service Banner program, a veteran must have been wounded or become ill while serving in a war zone. The veterans honored served in conflicts ranging from World War II to Afghanistan.

The Silver Star Service Banner is a national program run by the nonprofit Silver Star Families of America. Cook County began participating in the Silver Star Service Banner program in 2008.

"It is so important to take time to salute these veterans and reflect upon the tremendous sacrifices they have made in the defense of this great nation," said Commissioner Jeffrey R. Tobolski (16th), chairman of the County Board's Veterans Committee. "Each level of government has an obligation to our veterans and I am proud of Cook County's commitment to support those who defended our freedom."

Celebrate the Fourth of July in Skokie!

Celebrate America's Birthday at the 34th annual Skokie Fourth of July Parade beginning at noon on Wednesday, July 4 in Downtown Skokie. The route starts at Oakton Community College on Lincoln Avenue, proceeds to Oakton Street in Downtown Skokie and concludes at Oakton Park. The parade takes place rain or shine. The 2018 Grand Marshal is Terri Hemmert of WXRT Midday Host & Music Historian and Roger Badesch from WGN Radio is back as parade reviewing stand announcer. This year's Military Grand Marshal is Skokie resident, P.F.C Irving M. Abramson, U.S. Army, who also serves on the Village Consumer Affairs Commission. The parade is sponsored by the Village of Skokie and the Skokie Park District.



Following the parade is an evening of family festivities at Niles West High School, 5701 Oakton Street. The gates open at 5 p.m., musical entertainment begins at 6 p.m. and the evening ends with a spectacular, 3-D fireworks celebration scheduled for dusk. The fireworks are sponsored by the Village of Skokie, Skokie Park District and Niles Township High School District 219.

For more information on the 2018 Skokie Fourth of July parade, please visit www.skokie4th.org or call 224/592-0092. Consider arriving early and having breakfast, brunch or an early lunch at one of Downtown Skokie's great restaurants! Visit www.downtownskokie.org for info.

Lincoln Square and Rogers Park Fireworks

Winnemac Park
Lincoln Square
5100 N Damen Ave, Chicago
(312) 742-5101

Loyola Park
Rogers Park
1230 W Greenleaf Ave, Chicago
(773) 262-8605

Gross Park
Lincoln Square, Ravenswood
2708 W Lawrence Ave, Chicago
(312) 742-7528

Saddle & Cycle Club

Edgewater
900 W Foster Ave, Chicago
(773) 275-6600

Chicago Park District - Welles Park
Ravenswood, Lincoln Square
2333 W Sunnyside Ave, Chicago
(312) 742-7511



Lincolnwood Fourth of July Concert in Proesel Park

The Lincolnwood Human Relations Commission (HRC) invites all community members to a free Independence Day concert from 10:30 am to 12 pm on Wednesday, July 4 at the Proesel Park Shelter featuring the Lincolnwood Youth Strings Orchestra performing patriotic music.

MADE in the USA

Manufacturing is as American as apple pie. Buy American, Drive American, Proud to be an American. We use these phrases proudly and stick them on our car bumpers. We may see a motorcyclist in a flag bandana riding a Harley Davidson, and feel a sense of pride, a sense of belonging. But where is this feeling actually coming from, and how can millions of people from different origins, with different backgrounds and cultural differences all feel the same sense of pride? What does it mean to "be an American"? My family and I owe everything to this country. As a four year old, I had little say in my parents' decision to move across the Atlantic, leaving every possession and every relative behind. They did not know what was ahead or what to expect upon their arrival. But what they did know, or at least believed deep in their hearts, was that they are coming to the Land of Opportunity. A country where you can become anything and anyone you want to be. A country where you are free to be as right or as wrong as you want to be. A country that will reward you for hard work, perseverance and grit. This country gave my father the opportunity to build something out of nothing, and grow it to a point where it is today, supporting not only his family but countless other families that are touched by this industry. It drives our country's economy, innovation and growth. It puts millions of Americans to work. This is the Manufacturing industry.

But manufacturing is dead in the US, you say. Companies have all moved overseas for cheap labor, and besides, with all the technology now, we do not rely on manufacturing as much anymore.

Nothing could be further from the truth. Not only is manufacturing stronger than ever

in America, but it has been increasing in importance over the last decade. In fact, many companies have come back to the US to save on shipping costs, import taxes and that all too forgotten asset that makes or breaks any forward-looking company... Quality. So why is manufacturing here to stay, and how does it affect every single one of us?

When you get up in the morning and go to brush your teeth, the people of this profession are making sure the water is delivered to your faucet. It comes through the pipes and mechanisms which are built by those professionals.

You come down to breakfast. The cup and the saucer, the fork and spoon, the frying pan and microwave – all you see around in your kitchen is designed and delivered to you by people in this profession.

The car or the train you take to work, the desk or tools you use during your working day and all the machines which help you make a living are thought out and built by the people of this very necessary profession.

And so on through the whole day, the work of the people in this profession affects you at every turn. Go where you will, you cannot escape its influence. We can neither go to war nor live in peace without them.

So it hardly seems possible that this profession, so essential to our daily existence, should be totally unfamiliar to the average person... But such is the case.

Our country works, and it works well, because of millions of people who design, build, create and make what we use everyday. In a word, they MANUFACTURE. And this makes me proud to be an American.

Edward Kogan

Director of Business Operations



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Neil Simon's California Suite June 22 - July 14

By Wayne Mell, Artistic Director

We've all wondered what we'd see as a fly on the wall in a hotel room. And if you're going to be a fly, few places would be more fun to be than the Beverly Hills Hotel. It's famous Polo Lounge has been a hang-out for the Hollywood elite for decades. Frank Sinatra had Bungalow 22 redecorated to his tastes for when he and the Rat Pack were in residence. Even Donald Trump was known to retreat from the public eye there and spend a quiet evening alone relaxing and watching shark movies on TV. The staff at the hotel is famous for impeccable service and discretion in handling billionaires, visiting royalty and superstars.



In 1968, Neil Simon debuted his blockbuster hit, Plaza Suite, where he put a fly on the wall of New York's Plaza Hotel and told three different stories about the occupants of a single room. When he went to write the sequel in 1976, what better target could he find than the Beverly Hills Hotel? America's master of comedy wrote four stories about the occupants of Suite 203, and these are being presented at Skokie Theatre from June 22 to July 14.

In Visitor from New York, Hannah Warren is a Manhattan workaholic who flies to Los Angeles to retrieve her teenaged daughter Jenny after she leaves home to live with her divorced father Billy. Billy, a former New York elitist has embraced a new life in California filled with yoga and whole grains. The bickering divorced couple is forced to decide what living arrangements are best for their daughter. Hannah is played by Susan Steinmeyer and Billy by Michael Dwiggins.

Conservative middle-aged businessman Marvin Michaels is the Visitor from Philadelphia, who awakens after consuming a bottle of vodka to discover a prostitute named Bunny unconscious in his bed. The front desk calls to tell Marvin that his wife, Millie, is on her way up to the suite. In a scene worthy of I Love Lucy, he must find a way to conceal all traces of his roommate while keeping his wife out of the bedroom. Tim Walsh returns to Skokie Theatre as Marvin after appearing last summer as the Vice-Principal in The 25th Annual Putnam County Spelling Bee. Nancy Grego, last seen in Rocket City, Alabam' plays his wife.

The Visitors from London are British actress Diana Nichols, a first-time nominee for an Academy Award, and her husband Sidney. The Oscar is an honor that could jumpstart her faltering career. Although Diana knows she doesn't have a chance of winning, she prepares for her moment in the spotlight with her mood fluctuating from hope to panic to despair. Elizabeth Rude (Rocket City, Alabam') starts as Diana, with Vincent P. Mahler as her husband. Mahler was last seen as Dr. Dysart in Equus.

The Visitors from Chicago are two couples who take a much-needed vacation together. After two weeks of travelling together, things deteriorate into hilarity when a mixed-doubles tennis match goes horribly wrong. Mitch Conti, Sarah Hazel, Brian Anthony Hoffman, and Katie Incardona star.

California Suite is performed from June 22 through July 14. Performances are Fridays and Saturdays at 7:30 pm, Sundays at 2:00 pm, with a Wednesday afternoon matinee on June 27 at 1:30 pm. Tickets are \$34 general admission, \$29 for seniors, and \$24 for students and can be purchased online at SkokieTheatre.org or by calling 847-677-7761.

California Suite is the first play in the 2018-19 Play Series by MadKap Productions. Other shows in the series include Man of La Mancha (Sept.), Proof (Nov.) and Bonnie and Clyde: The Musical (Feb.) A series ticket only costs \$94 and includes a fifth guest ticket to any one of the performances.

Lincolnwood Summer Concert Series

Lincolnwood Summer Concert Series is a perfect way to enjoy warm summer nights in beautiful Proesel Park. Thursday evenings in June and July feature live music, free children's activities, and bingo with great prizes! The concerts are located near the big tent in Proesel Park (7055 Kostner Ave.) in front of the Proesel Park Family Aquatic Center, where ample parking is available. You're welcome to bring your own food and non-alcoholic refreshments or purchase food and beverages from our concession stand, which will remain open during the event.

For more info visit: www.lincolnwoodil.org/summer-concert-series

Lincoln Square Summer Concert Series



The annual Summer Concert Series, Lincoln Square's favorite free summer event, begins every year on the first Thursday in June! Swing by Giddings Plaza between 6:30pm - 9:00pm (weather permitting) and check out the tunes of local Chicago musicians. The Series runs through the end of August. Be sure to tell your entire family and all of your friends! No one is going to want to miss out on this great event!

For a complete line-up of concerts, visit lincolnsquare.org/summer-concert-series

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.

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Downtown Evanston Hosts Thursday Night Live Concert Series At The New Fountain Square Plaza

Back for its 19th year, Thursday Night Live returns with a 10-concert series to downtown Evanston at the newly renovated Fountain Square plaza. From mid-June through August, each Thursday night will spotlight a different music genre from classic rock, blues, Beatles tribute, R&B, Swing, Americana and more.

Bring friends and family to enjoy an evening of live music, dancing and relaxing from 7:00 to 9:00 pm at the Fountain Square south plaza. Swing by a restaurant to take advantage of happy hour specials and grab a to-go dinner to dine al fresco. Chairs and tables are provided, but guests are welcome to bring other seating. Downtown Evanston will provide activities for children at the concerts including big Jenga, Scrabble, bubbles, Connect Four and more.

This is a free event and all ages are welcome. Thursday Night Live, in downtown Evanston, is accessible via public transit by taking the CTA Purple Line to the Davis; or take Metra to the Davis stop. There is street parking and garage parking available at Sherman Plaza (entrances on Davis St. or Benson Ave.)

In the event inclement weather, Downtown Evanston will cancel the show by 4pm on the day of the concert. Please connect with us on Facebook, Twitter and Instagram or visit downtownevanston.org to learn about changes or cancellations and for concert details and dates.

2018 Starlight Concert Series to Feature Eight Free Outdoor Performances in Evanston Parks

Evanston's 2018 Starlight Concert Series will feature eight free outdoor concerts at park locations throughout the city June 5 through July 31. The series is presented by the City's Parks, Recreation and Community Services Department.

Starlight concerts will take place on Tuesdays from 7 p.m. to 8:30 p.m. Interactive family activities will occur before each concert from 6 p.m. to 6:45 p.m. The concert schedule is available at cityofevanston.org/starlight. There will be no concert on July 3.

In the event of inclement weather, concerts will take place at the Levy Senior Center, located at 300 Dodge Ave. Updates will be available after 4:30 p.m. on the show date by calling 847-448-4311 (until 7 p.m.) or by visiting cityofevanston.org/starlight.



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9th Annual Brush With Nature Plein Air Painting and Sketching Arts Festival

Emily Oaks Nature Center in Skokie, IL welcomes the return of Anatomically Correct's Brush with Nature artists program for its 9th year!

We invite you to step away from your electronics on Sunday, July 8, 2018 from 9:00 am – noon to watch over 50 Chicago area professional artists "plein air" paint and create sketches during the Nature Center's outdoor Pancake Breakfast in the Woods. (Plein air is a French term which means out in the open air.) Visitors are invited to eat delicious pancakes served hot off the griddle with syrup or strawberries, enjoy turkey sausage, and assorted beverages; and take a walk to enjoy the Brush with Nature plein air painters and sketches working along the Nature Center trails.

There is no charge for the plein air painting event or to walk the trails of the

Nature Center. Visitors can purchase pancake breakfast tickets through the Skokie Park District website.

Newly added to the open participation art tables is SKOKIE ROCKS, a grassroots, community art project, where individuals create art designs on small river rocks, label them, and hide them in and around Skokie for others to find. (Participants are asked to bring their own smooth river rocks. Paint and Brushes will be provided.)

A little like a game of hide and seek, Skokie Rocks invites you paint a river rock and hide it someplace in the Skokie community – a secret place, but not too hard to find. The rocks are there to brighten your day! Hiding it is only half the fun. Finding a rock that someone else hid completes the cycle. Once you find a rock, take a photo and post it on the Skokie Rocks/Brush with

Nature Facebook page to share with your neighbors and friends.

Artists who would like to paint or sketch should pre-register through the website: www.BrushWithNature.org.

Brush with Nature is sponsored in part by the Skokie Park District, the Village of Skokie Fine Arts Commission, and the Illinois Arts Council, a state agency. Founded in 1991,

Anatomically Correct is a 501(c)(3) not-for-profit organization dedicated to showcasing works by artists in alternative spaces in a combined effort to educate, diversify, and promote community awareness of the visual and performing arts. www.brushwithnature.org

Emily Oaks Nature Center, 4650 Brummel Ave, Skokie, IL 60076



Evanston Artist -Amanda Roman paints Brush with Nature 2016.



Brush with Nature 2016 - Youth Art Table

Science Up Close As Field Scientists Band EPL Falcons

Four young falcons (eyasses), three males and one female, were scooped out of their EPL fourth floor nest on Tuesday for banding and blood draws by Field Museum scientists, Mary Hennen (pictured at right) and Josh Engel. More than 150 people, about a third of them children, gathered to watch science up close. Front row seats went to those who won a contest for naming the birds. Welcome to young falcons Tango, Lightning Bolt and Ford Falcon who will soon fly from the nest. Mary Hennen asked to choose one of the names this year, announcing at the event that one be named Karen after EPL Library Director Karen Danzak Lyons (left with Karen the falcon). Keep your eye on the growing birds at epl.org/falconcam.

For more on the falcons check out these stories filed by The Daily Northwestern and Evanston Now.



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>.

Summer Day Camp
June 25 to August 3

***Late Summer Camps**
August 6 to August 10 or August 17
(varies by park) *offered at select parks

Online & In-Person Registration is Now Open!
View programs and register today at ChicagoParkDistrict.com or at your local park. Spaces are limited!

Financial assistance is available for eligible Chicago residents. Learn more at: ChicagoParkDistrict.com/day-camp/

Help send a kid to camp! Donate to the camp assistance fund at: ChicagoParkDistrict.com/donate

City of Chicago, Rahm Emanuel, Mayor
Chicago Park District Board of Commissioners
Michael P. Kelly, General Superintendent & CEO

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

Free Global Day of Inclusion
Join us! Saturday, July 21
Soldier Field | 1-7 PM

Music Theater Works Summer Workshops For Kids Start Next Month



Sign up the young people, ages 8 to 13, in your life now for a summer they'll never forget!

Kids develop confidence in a nurturing and fun atmosphere. No auditions or experience required and everyone gets a part in the show!

The Sound of Music [SOLD OUT]
Oklahoma! • July 16-21
The Addams Family • July 23-28
Once Upon a Mattress • July 30-August 4
Mary Poppins [SOLD OUT]
Sign up now while space is still available at www.musictheaterworks.com.

Millennium Park Upcoming Events

Millennium Park Summer Music Series

Select Dates, Jun 18-Aug 16, 6:30pm
June 18: Lean On Me: José James Celebrates Bill Withers
June 21: The Aces
June 28: Sons of Kemet and more



Millennium Park Summer Film Series

Tuesdays through Aug 21, 6:30pm
June 19: Kinky Boots
June 26: Groundhog Day
July 3: High Fidelity and more



Bears of Hope Gets Helping Hand

College of American Pathologists (CAP) encourages its employees to volunteer their time to assist socially responsible programs and activities. A group of CAP employees were looking for a non-profit organization to volunteer their service. Employee and a Bear volunteer Dani Spanjer, recommended Bears of Hope. She told them it's a volunteer organization that makes fabric bears for sick children and adults. Hearing what the Bears do, the group agreed they wanted Bears of Hope to be their volunteer project. Carrie Glas, the group's leader, arranged for the event to occur at CAP headquarters in Northfield, Illinois.



CAP employees working on various materials for Bears of Hope

In March, Bears volunteers, Carolyn Reiner and Sandy Taylor, brought a variety of tasks for the employees to do such as: iron-on bears facial features, tie ribbon around Bears necks with a bow and cut out material tags & labels. CAP employees worked on these finishing touches before the bears are delivered, to social service agencies for the clients/patients under their care.

Bears founder, Reiner, thanked the employees and told them how their efforts today will give bears to sick children and adults who need something soft to cuddle and help them feel better. Employee Susan Williams, said, "We had a great time finishing everything with time to spare! Our sincere thanks to Carolyn and Sandy for coming to CAPS and sharing Bears of Hope's program with us." CAP gives its employees time to do charitable work and listed Bears of Hope on its recommended organizations for volunteer opportunities.

Bears of Hope does community outreach events. These events, like the one for CAP, show the community how they 'Make a Difference' in the lives of children and adults facing challenging life experiences.

This is Bears of Hope's 11th year. Over 2,400 bears are being loved by those needing 'extra hugs' to feel better. Bears of Hope relies on volunteers to make bears and community-minded individuals and businesses financial gifts for materials needed for bears. For more information, contact Bears of Hope: Bears@bearsofhope.com 847-673-4098 www.Bearsofhope.com.

Calling All Seniors

Join the Senior Polka Association North. Yearly membership \$10.00. Meets at the Lone Tree Manor: 7730 North Milwaukee, Niles, IL on the first Tuesday of the month. Live Polka music from 5-6pm. There is a short meeting at 6pm followed by cake, coffee, and bingo. Join us for an enjoyable evening. Call Richard 847-209-1385.



Young At Heart Ballroom Dancing



Young at Heart Ballroom dancing for dancers of all ages. We are a not for profit organization and have been in existence for 18 years.

Dance Friday nights from 7:30pm - 10:30pm at the American Legion, 9757 W. Pacific, Franklin Park, Illinois. Doors open at 6:30. Admission - members \$10, guests \$12 - Cash Bar.

Dances every 2nd and 4th Friday of each month.

We are a friendly group, large dance floor, plenty of free parking.

For more information or directions please call Char at 773-203-2053.

Ann Landers

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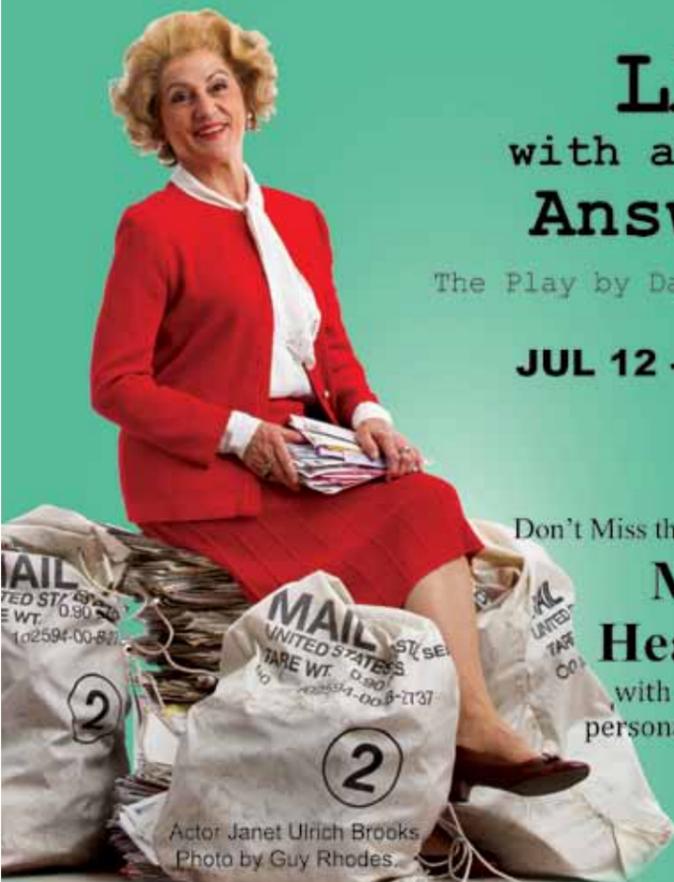
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Mayor Emanuel Announces Plan To Make Full Day Four-Year-Old Pre-Kindergarten Universal

Mayor Rahm Emanuel today announced plans to implement universal full-day pre-kindergarten for 4-year-olds, starting with an expansion for an additional 3,700 children next school year in CPS. Access to universal full-day pre-kindergarten will roll out more each year over the next four years, prioritizing communities with the most children in need. By the fall of 2021 pre-kindergarten will be universal for all 4-year-olds in Chicago.

“Early education is a necessity for every child, not a luxury for some children,” said Mayor Emanuel. “Universal full-day pre-kindergarten ensures that every child in Chicago, regardless of their family’s resources, gets the great start that all children deserve. This investment will help level the playing field, further close the achievement gap and build stronger communities across Chicago for generations to come.”

Studies consistently show that full-day preschool helps prepare children for kindergarten better than half-day programs, and also better meets the needs of working families. Full day programs typically have higher enrollment and attendance rates than half-day. The Mayor’s aggressive plan to ensure that all children have access to this critical resource was developed in partnership with Action for Children, learning from local stakeholders and national experts to develop a robust model for Chicago.

All current early learning site locations can be found on the City’s easy-to-use, interactive online portal at <http://www.chicagoearlylearning.org>.

Mayor Emanuel, Fire Department Commissioner Santiago Graduate 32 New Paramedics

Mayor Rahm Emanuel and Chicago Fire Department (CFD) Commissioner Jose Santiago today announced 32 new fire paramedics are graduating from the Fire Academy in a ceremony at Malcom X College.

“This ceremony is a celebration of the new paramedics’ commitment to duty and their dedication to the residents of Chicago,” said Mayor Emanuel. “We are all safer because of what they are willing to do on behalf of an entire city.”

This graduation ceremony recognizes new paramedics who will begin their district assignments with CFD Emergency Medical Services this month. Paramedics are licensed by an accredited institution before joining the Fire Department. Fire Academy training includes handling hazardous materials, Department policies and protocols, and coordinating medical services with hospitals, mental health clinicians and dispatchers. These paramedics have now received advanced training and clinical experience to provide pre-hospital healthcare and emergency services to Chicago residents in need.

“These candidates all came to us as licensed paramedics, but now after an intense training program they are ready to be CFD paramedics and the latest members of the fire service family,” said Fire Commissioner Santiago. “They are ready to live up to our motto, ‘we’re there when you need us.’”

Today’s graduating class of paramedics include six Chicago Public Schools students.

Chicago Earns Gold Medal For Policies Improving Quality Of Life

Mayor Rahm Emanuel and the Chicago Department of Public Health (CDPH) Commissioner Dr. Julie Morita today accepted a Gold Medal award from the CityHealth initiative for implementing policies that improve the health, well-being and economic opportunity of residents. For the second year in a row, Chicago is one of just five cities nationally to receive a gold medal among the 40 cities ranked in CityHealth’s updated city ratings. Chicago will be awarded a gold medal at the U.S. Conference of Mayors 86th Annual Meeting in Boston, Massachusetts.

“Chicago is proud to win a gold medal for our health policies, and we strive to be the gold standard for cities when it comes to public policy that improves residents’ lives,” said Mayor Rahm Emanuel. “I view this gold medal not just as a recognition of what Chicago has accomplished, but as a challenge to redouble our efforts and ensure our entire city has a clean bill of health today, tomorrow and for generations to come.”

Chicago received an overall gold medal for improving people’s health and quality of life, as well as individual gold medals for successful policies in affordable housing, alcohol sales control, complete streets, smoke-free indoor air and raising the age of tobacco sales to 21. The city also received silver medals in earned sick leave, healthy food procurement and high-quality universal pre-kindergarten.

Chicago earned a gold medal overall, demonstrating that city leaders understand the role of policy as a valuable prescription for public health, and a tool to make cities vibrant, prosperous places to live.

Some of the policies that earned medals include:

Affordable Housing, Complete Streets, Earned Sick Leave, Healthy Food Procurement, High-Quality, Universal Pre-Kindergarten, Smoke-Free Indoor Air

Mayor Emanuel Congratulates 293 New And Promoted Officers

Mayor Rahm Emanuel recently joined Chicago Police Department (CPD) Superintendent Eddie Johnson in commemorating the graduation of 293 new police officers, sergeants and lieutenants in a ceremony at Navy Pier as part of ongoing hiring plan to grow CPD by nearly 1,000 officers. The graduating class includes 230 new police officers and celebrates the promotion of 50 Sergeants and 13 Lieutenants.

“These new officers are part of fulfilling a hiring plan that is meeting our city’s challenges head on,” said Mayor Emanuel. “I congratulate these new police officers and those stepping into leadership roles for answering the call to be the change and helping to make our city safer, stronger and more secure.”

Today’s 230 graduating police recruits are 30% women and approximately 64% from minority backgrounds. In addition, the graduating class includes 85 CPS graduates, 24 veterans and 21 who have a CPD family member. Police recruits spent six months at the Police Academy and will now begin their one-year probationary period, which includes three months training with a Field Training Officer and district patrol functions.

“The individuals that we celebrate today, who will serve as our newest police officers and supervisors, are part of the next generation of CPD members that will forever change how we serve the City,” said CPD Superintendent Eddie Johnson. “Through best-in-class training, they have learned the value of de-escalation tactics, body cameras, and cultural sensitivity among other topics. I would like to thank them for answering the call to serve in and helping us to be a better Department for every Chicagoan in every community.”

In addition to the new police recruits graduating, CPD is celebrating new promotions, including the promotion of 50 Sergeants and 13 Lieutenants. The addition of these ranks will provide police officers increased facetime with supervisors and ensure greater professional standards when enacting new reform measures across Departmental units. Prior to promotion, Sergeants spend six weeks training in the Academy and Lieutenants spend five weeks training.

This graduation continues to fulfill CPD’s hiring plan to add nearly 1,000 officers to the Department that reflect the values of the communities they serve. Since the beginning of 2017, more than 2,400 CPD members have been hired or promoted as part of the hiring plan. This includes more than 1,600 new recruits, 77 Lieutenants, 214 Sergeants, 370 Detectives and 213 Field Training Officers who have entered the Academy.

Roadside History of Illinois

This is the eighteenth in a series of monthly short articles about places in Chicago, nearby suburbs and elsewhere in the state that can be visited by those who seek to learn more about local history. The articles are partial excerpts from the book, Roadside History of Illinois (Mountain Press, 2013), by Chicago author and Illinois native Stan Banash.



Allan Pinkerton and the Pinkerton Detective Agency

A cooper by trade, Allan Pinkerton stumbled upon his future career after he moved to West Dundee. The Scottish-born Pinkerton had settled in Chicago with his new wife, Joan Carfrae, in 1842. About a year later, upon learning that Dundee, forty miles northwest of Chicago, had a large concentration of Scots and also needed a cooper, Pinkerton relocated and opened a barrel-making shop near the Fox River. As an avid abolitionist, his home also became a stop on the Underground Railroad.

Pinkerton took advantage of a free wood supply for barrel hoops from the forests along the Fox River. One day in 1847, while searching for wood, he rowed out to an uninhabited island and found remnants of a fire and some suspicious materials. After reporting his findings to Kane County sheriff Bartholomew C. Yates, Yates deputized Pinkerton, and together they caught nearly a dozen counterfeiters trying to cache their phony cash on the island.

Local merchants and the town council wanted Pinkerton to find the people who were passing the bogus banknotes. He tracked down the ringleader, John Craig, and, supported by local police, arrested the man in the Sauganash Hotel in Chicago. After this success, Pinkerton later wrote, “I suddenly found myself called upon from every quarter to undertake matters requiring detective skill.”

In the late 1840s or early 1850s, Pinkerton accepted a position as a Cook County deputy sheriff and moved his wife and children back to Chicago. He was appointed Chicago’s first detective, and amassed a number of celebrated arrests while there. In 1855, tired of police work, Pinkerton opened Pinkerton National Detective Agency. As his agency broke open cases and collared

crooks, his reputation mushroomed.

Pinkerton developed a code of conduct for his staff and insisted upon honesty and integrity as well as thoroughness. His procedures laid the groundwork for organizing other law enforcement agencies. Pinkerton also hired the nation’s first woman detective, Kate Warne. During his tenure, Pinkerton uncovered a plot to assassinate President-elect Abraham Lincoln in Baltimore, and after the Civil War began, Maj. Gen George B. McClellan asked Pinkerton to organize a secret service for the president.

After the war, Pinkerton resumed his private detective work, joined by his two sons, William and Robert. During a coal miners’ dispute in eastern Pennsylvania, he squelched a secret labor society known as the Molly Maquires, further enhancing his national reputation. Out West, the Reno brothers, Jesse James’s gang, Butch Cassidy’s Wild Bunch, and countless others felt the heat of “a Pinkerton on their trail.”

Allan Pinkerton died in 1884 and is buried in Graceland Cemetery in Chicago. Sons William and Robert ran the agency until their deaths, followed by other family members. After Robert Pinkerton II, a great-grandson of the founder, died in 1967, the company became a public corporation, and in 1999 it merged with Securitas AB, headquartered in Stockholm, Sweden. A historical marker (South Third Street and West Main Street) now identifies the site of Pinkerton’s home in West Dundee. He also maintained a home in downstate Onarga, called “The Larches.” The one-and-one-half story structure with a windowed cupola atop was lavish for its time. It was situated on 254 acres that contained 85,000 larch trees, all transported from Scotland. Recent reports indicate that the home, in a state of disrepair, is being restored.

Copies of Roadside History of Illinois may be obtained at Amazon.com or through your local bookstore. More information about the author can be found by visiting his website www.stantexbanash.com.

The Jefferson Park Neighborhood Association

The JPNA, will hold its next meeting on June 27, 2018, Wed, at 7 P.M. on the lower level of the Congregational Church of Jefferson Park, 5340 W. Giddings.

The Main speaker will be Sara Moskowitz, Citizens Utility Board, C.U.B. She will explain saving money through the use of “Real Time Pricing” and “What’s up” with all the electrical companies trying to sign us up. Are they a Scam?

The meetings are free and open to the public. Light refreshments are served. Free parking is available at Hoyne Savings Drive-up Bank, located at Milwaukee and Giddings. For more information, call (773) 282-3879.

The Adler Planetarium

Adler Planetarium Presents Summer Film Fest Featuring Six Sky Shows from Across the World

This summer from Memorial Day to Labor Day (May 25-Sept. 3), the Adler Planetarium is showcasing six of the best full-dome planetarium films from around the world. With topics ranging from the birth of the Universe to interstellar flight, you’ll travel backwards and forwards in time, and across the Universe, all from the comfort of your seat in our newly remodeled Definiti Space Theater, where each of these special sky shows will be shown.

Last year the Definiti underwent a complete renovation thanks to a gift from The Grainger Foundation of Lake Forest, Illinois. A new 8k resolution projection system providing a brighter, crisper and more colorful image on screen was installed, as well as new carpeting, new seats, and a new seamless dome surface.

Film Fest shows will be offered in addition to the Adler’s regular sky show lineup, and are included with a basic admission pass and above. They will be offered in pairs, and will screen for a week at a time. Nowhere else will you be able to see this many offerings in one location!

For more information, visit: www.adlerplanetarium.org/events/adler-summer-film-fest

About the Adler: The Adler Planetarium—America’s First Planetarium—is more than a museum; it is a laboratory, a classroom, and a community exploring the Universe together. Each year, nearly 570,000 visitors experience the museum’s interactive exhibitions, live planetarium shows, hands-on, minds-on STEM education programs, and world-class collections. Founded in 1930 by Chicago business leader Max Adler, the Adler Planetarium is a recognized leader in public engagement. The museum’s scientists, historians, and educators inspire the next generation of explorers and invite you to explore space with us.

Adler Planetarium

**1300 South Lake Shore Dr., Chicago, IL 60605
312.542.2424 • adlerplanetarium.org**

Celebrating Independence with your Estate Plan



Izabela Czajkowska and Michael Otte

As the Fourth of July holiday nears, it may be appropriate to consider how creating an effective estate plan can help you celebrate your independence.

Today's seniors are living longer and more active lives due to the advances in medicine and the availability of better health care. Some of our parents and grandparents like to travel and explore the world during their retirement and others like to stay put and maybe live more social lives or spend more time with their families. Regardless of the lifestyle you choose, it is certain that your goal will always be to preserve your independence for as long as possible.

This goal can only be achieved with proper planning ahead. Such planning cannot be complete without a solid estate plan in place. A good estate

plan in most cases will not only include a Will to dispose of someone's property after death but it will also contain a complete package of documents that work together to provide for what should happen to one's person and how their property should be managed during their life. For example, your estate plan should include medical and health care directives to tell your loved ones what your wishes are with respect to your health. You can also indicate if you want a certain individual to serve as your legal guardian for your property and your estate in the event that you become unable to manage your affairs. If your wish is to remain in your home for as long as possible your estate plan can contain provisions to that effect or you can provide directions to your loved ones about other living arrangements that may be acceptable in the event of incapacity or inability to live on your own. If your spouse intends to leave property to you after death, will it be in a trust or outright? If property is left for you in a trust, who will control the manner in which the property is utilized during your life?

The reality is that the process that you go through in order to create an estate plan will be helpful in realizing how much independence you will really be able to have as you age. Putting an estate plan together requires creating a list of your assets and liabilities, your health wishes, a list of people such as family members and friends who will be around you and how each person's role may allow you to remain independent for as long as possible.

Take the time to think about your own independence goals this Fourth of July holiday and contact us today to discuss your future and your estate plan. We can be reached at 773-631-7100. Our office of Otte & Czajkowska LLC is located at 5339 N. Milwaukee Ave. Chicago, Illinois 60630.

Norwood Park Senior Center To Host AARP Driver Safety Class On July 10 & July 12

Are you up-to-date on changes to the "Rules of the Road" in Illinois, eager to learn research-based safety strategies or want to improve your defensive driving knowledge? If so, consider enrolling in the two-day AARP Driver Safety Class, hosted by the Norwood Park Senior Center. The sessions are open to persons age 55 or older who want to refresh their knowledge. Classes will be held on July 10 and July 12, from 12:30 p.m. – 5:00 p.m., at the Senior Center, 5801 N. Natoma Ave. in Chicago.

The sessions are informative, engaging and spirited. Completion of the course may qualify participants for a three-year discount on their liability insurance, an aggregate savings that could exceed \$100. Both class sessions must be completed to qualify for a certificate. Cost of the class is \$20 per person (\$15 per person for AARP members). To register, please call the Center at (773) 775-6071 or email info@npseniorcenter.org.

The Norwood Park Senior Center is an affiliate of Norwood Life Society in partnership with the City of Chicago Department of Family and Support Services, Senior Services Area Agency on Aging and the Chicago Park District.

How To Book A Free AFSP IL Speaker

American Foundation for Suicide Prevention, Illinois Chapter speakers are available to speak for free thanks to the generosity of our walkers, donors, and volunteers. To request a free AFSP Illinois volunteer speaker at your company, organization, club, religious center, meeting or other group complete the simple form at www.AFSPILSpeaker.org. For free AFSP materials and resources thanks to the generosity of Walkers like you go to www.AFSPMaterials.org. To donate to support AFSP go to www.Chicagowalk.org.

If you are in crisis, call the National Suicide Prevention Lifeline at:

1-800-273-TALK • 1-800-273-8255

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 pinocle and baingo, have parties on special occasions. Meetings start at 10:30 with coffee and a sweet roll. Call Joan at 773-774-7075.

OUR VILLAGE & STREET LEVEL

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The Dangers of Loud Workout Music

Over the past few years, people have become increasingly aware of hearing health, particularly in relation to listening to loud music. Concerts are obviously one place that has the potential for high sound levels and hearing loss, and more people than ever are now wearing hearing protection there. Another potential problem area is loud workout music that gets played either via gym speakers or in people's headphones. Spin and crossfit classes that aim to energize their audience can be frequent culprits, and these workout classes are rapidly growing in popularity.

We totally get the reason individuals and gyms usually do this: listening to loud music can help you get pumped up, creates extra energy, and may actually result in a better and more pleasant workout. But it's ironic that the same activity that's helping people get healthier could be detrimental to another aspect of their bodies: their hearing. I always say "people are trying to get healthy but they are hurting their ears and making them unhealthy".

A lot of the time, it may not even seem like you're listening to music at excessive levels, because our ears get used to sound levels over time. So, if your workout mix starts out a bit slow and then kicks in at full blast, you may not even notice that you're turning the volume louder and louder throughout your workout. What may seem natural to you during the workout itself could be something you'd consider deafening if you were to hear it all of a sudden without the gradual ramp-up.

So, while we like to encourage our patients to work out as much as possible, here are 4 tips for protecting your hearing during your workouts:

1. Set a reasonable volume level and stay there — be conscious of the fact that you may want to turn up the music as you get "in the zone", but resist that temptation.

2. In class, don't be afraid to speak up — if you're paying for a class, it's OK to request the music be turned down a bit. If you don't want to interrupt the class, you can always wait until the end and then ask the instructor to make an adjustment for next time.

3. Bring earplugs — some classes do have earplugs for volume-sensitive customers, but few people take advantage of these. To ensure you're never without, bring some with you. Earplugs are actually a great thing to keep in your car in general, because you never know when you may encounter a noisy environment.

4. Educate others — it's always easy to forget that not everyone may be as well-informed about hearing loss as you are. As you go about your workouts, if you find an opportunity to educate someone who may be at risk for hearing loss, don't be afraid to speak up. (One way to tell? If you can hear what they're listening to in their headphones from a few steps away, it's too loud and probably causing hearing loss.) You may be doing them a huge favor by helping them protect their hearing.

We hope these few simple tips will help keep your ears as health as the rest of your body when you're getting a good workout at the gym. Questions or comments? Get in touch with us!



Marie Vetter-Toalson, AuD is the owner and audiologist of Chicago Hearing Services. She received her undergraduate degree from the University of North Dakota and her Doctorate of Audiology from The Ohio State University. Dr. Vetter-Toalson is involved in the American Academy of Audiology, the Illinois Academy of Audiology, and Big Shoulders Fund Chairman's Advisory Council. Chicago Hearing Services has served northwest Chicago since 1990.

Mayor Emanuel And American Airlines CEO Doug Parker Open The First New Gates At O'Hare In 25 Years

Mayor Rahm Emanuel joined American Airlines CEO Doug Parker today for a ribbon-cutting ceremony to mark the opening of five new gates at O'Hare International Airport. The \$78 million investment by American Airlines to extend Terminal 3's L-Concourse is the first major expansion of gate capacity in 25 years and marks the first step in O'Hare's major \$8.5 billion terminal expansion plan.

"Today marks a historic moment for O'Hare as we open the airport's first new gates in 25 years," said Mayor Emanuel. "I want to thank American Airlines for recognizing the value of this investment and look forward to working with all of our airline partners as we begin moving forward on our transformational plan that represents a watershed moment for O'Hare and Chicago's economic future."

The investment by American Airlines, a hub partner at O'Hare, was first announced as part of the \$1.3 billion landmark infrastructure plan designed to enhance airline performance and improve the customer experience for Chicago travelers.

For the tens of thousands of travelers who depend on O'Hare each day, they can expect improved on-time performance, more space for concessions and amenities, and greater connectivity for domestic as well as international destinations served by American. Just last week American launched service to Venice, Italy and Vancouver, Canada, and announced new flights to Honolulu and islands in the Caribbean that will start this winter.

The new gates opened this spring underscore a series of improvements set to occur over the next eight years as a result of the recently approved O'Hare terminal expansion plans by the City and its airline partners. Overall, these investments will expand gate capacity by 25 percent, enabling a significantly enhanced airline performance and passenger experience.

The 41,000 square foot L concourse, or "L stinger," gate expansion project was completed on time, and created 300 jobs during the 20-month project.

Tree Identification Book from the Arbor Day Foundation Helps People Identify Tree Species

The Arbor Day Foundation has a book that helps people identify trees in a simple, step-by-step process. The book, *What Tree Is That?*, is available for a \$5 donation to the non-profit tree-planting organization.

What Tree Is That? is a fun, easy-to-use tree identification guide that features hand-drawn botanical illustrations highlighting the distinctive characteristics of many tree species.

Nature lovers and professional arborists alike have called this pocket field guide a must-have, user-friendly resource. Its beautiful, full-color illustrations are in precise detail and depict natural colors, shapes and textures so users can make a positive species identification in just a few easy steps.

The Arbor Day Foundation offers this book to help people identify trees throughout the Eastern and Central regions of the United States. *What Tree Is That?* uses a unique step-by-step approach for identifying the species of each tree, explaining what to look for in the shape and arrangement of the leaves, differences in the leafstalks and specific characteristics of fruits, flowers, buds and bark.

"Our *What Tree Is That?* Pocket guide is an ideal resource for developing a greater appreciation for trees," said Matt Harris, chief executive of the Arbor Day Foundation. "The Arbor Day Foundation strives to help people enjoy and appreciate trees, and we feel our pocket field guide will do just that."

What Tree Is That? is also available as an online interactive version at arborday.org.

To obtain a tree identification guide in full color, send your name, address, and \$5 for each guide to *What Tree Is That?*, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410. You can also order the book online at arborday.org.



Is It Time To Give Back?

How about volunteering with C.A.R.E.? Our new Adoption Center in Skokie will open in July. All we need is YOU!

With the new space, additional volunteers are needed not only for a weekly shift caring for cats or dogs, but also as adoption counselors, helping with database entry, assisting adoption center visitors or doing adoption events/outreach in the community.

Orientations and training will begin in June/July.

CAREnorthshore.org/volunteer-application/

Our next Adoption Events Are:

Saturday, June 23, 12 - 3 p.m., Pet Supplies Plus, 7204 Dempster St, Morton Grove, IL
For more information on these events and their locations, visit CAREnorthshore.org



**Community Animal
Rescue Effort**

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Roden Library Costumers

The Chicagoland Costumers' Guild, a non-profit organization for people interested in masquerade, competitive costuming and cosplay, will have an 'open house' meeting at the Roden Public Library, 6083 N. Northwest Highway, Chicago 60631, from 3:00 PM to 4:45 PM on July 14, 2018. The topic is 'Introduction to Costuming and Cosplay, and admission is free.

Patrick J. O'Connor, President, Chicagoland Costumers' Guild



Village Cooking Corner

Follow Recipes Using Fresh Fruits, Vegetables, Dairy, etc., Featured During Farmers' Market Season at www.cityofchicago.org/underFarmersMarkets/Recipes. Also, Watch Future Editions Of Our Village News

COLE SLAW – A SIMPLE SUMMER SALAD

First make the cooked dressing. By cooking or simmering the dressing, it allows the flavors to blend real well. You will need 1 cup water, 1/2 cup of white vinegar, 1/4 cup Wesson oil, 2 tablespoons sugar, 1 tsp. salt, and pepper to taste. Combine all ingredients except the pepper in medium to large pot, stir to blend and melt the sugar and salt, then simmer it for about 5 minutes. Set aside to cool.

You'll need one medium head of cabbage, one large carrot and one onion. Cut the head of cabbage in quarters and shred into a large bowl. If any of the outer leaves fall off, wash them and slice finely. Peel the carrot and shred, and peel and chop the onion. Add to the dressing, mix well, and refrigerate for at least six hours, stirring occasionally. Sprinkle with freshly-ground pepper when serving. This cole slaw keeps in the fridge for several days ... and it's so healthy! File: Salads.

Submitted by Maria Bappert

COLORED DEVILED EGGS

Even though we're focusing on "Summer Fruits and Veggies" in the Cooking Corner over the next few months, we thought the following would be a very fun way to create "red, white & blue" for your "July 4th Gatherings":



- 10 Large hard boiled eggs
- 3 Dashes of food coloring
- 1 C. cold water
- 1 tsp vinegar for each color you are using

You can use any food dye to dye these eggs Paas Neon Dye is what is used in the picture. (Wilton icing colors or concentrated gels work great but use sparingly. If you want a more pastel color. And use boiling water instead of cold water)

If you are trying to do the pastel shown in the picture you don't want to leave them in the dye for very long. Because the egg is very porous, they will take the dye very quickly!!! Give them a quick dunk in the water and very quickly pull them out to see if it is the color you want. Don't let them soak for long!!!!

Remove the shells from the hard boiled eggs and slice each egg in half

Remove the yolks from the egg halves and place in a bowl. Set the yolks aside.

Get enough glasses or mugs for the number of colors you want to use. Fill the mugs or glasses 2/3 of the way full with cold water.

Add 3 drops of desired food coloring along with 1 tsp vinegar to each mug or cup.

Place egg whites in the mugs and allow to sit in the food coloring until desired color is reached. I could fit 3 egg whites in each of my mugs at a time

Remove whites from dye and drain on a plate lined with a couple of paper towels.

Prepare Mashed egg yolks with your favorite recipe.

Pipe or spoon the yolk mix into the colored egg whites.

Submitted by Laurie Atkeisson

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Quantity of Live vs Quality of Life – It's Your Choice

If you had a choice between living to 100 not knowing what your quality of life would be like or living to 80 being able to completely function on your own, which would you choose? Are you excited about your life? Are you living the best life possible? How would you like to celebrate your next birthday feeling 3, 5, or even 10+ years younger and stronger than you did last year? Disability is not a forgone conclusion when you hit your 70's, 80's or 90's, as long as you start using your body the way it was intended.

The typical over 50 crowd is not looking for the 6-pack abs. They are NOT looking to take up marathon training or extreme sports. The majority of the 50+ crowd is looking to maintain movement and independence for as long as possible and to never become a burden to their family or friends. They want to stay above the disability threshold and continue the functions of everyday life which include driving, living independently, and taking care of themselves. It could mean traveling more often with friends and family and being able to keep up with everyone. It could mean playing golf or tennis. It means being able to keep up with their friends and playing with their grandchildren without pain or fear of not being able to get up from the floor.

If you have not lead a healthy lifestyle up to this point in your life, PLEASE don't stop reading. It's not too late to begin your path to health, but you have to start! The old saying "Use it or lose it" is very true when it comes to the aging process. And it is not just working your muscles, it includes working balance, flexibility, your mind, coordination and so much more. They say doing Sudoku and crossword puzzles is like digging a hole with a shovel. It makes you good with Sudoku and crossword puzzles. But using your brain for cognitive strategies (we'll talk more about this in future articles) is like using a bulldozer to dig a hole.

As a Functional Aging Specialist, I partner with my members to begin their path to health as soon as possible. My own father started working with a trainer in California when he was 85 years old. When he was 89 he broke his hip, but because he worked on his balance and strength, after his surgery he was up and walking without a cane within 6 weeks. His physicians all thanked me for getting him started with training properly at 85.

Now is the time to take action. I can guarantee that you are not getting any younger. It is totally up to you on how you are going to spend the Autumn and Winter seasons of your life. Are you ready to take action? What are you waiting for????



Sharan Tash is the owner of TASH Wellness for Women, a boutique size, women only health, wellness and fitness facility in Skokie. As a 66 year old personal trainer and Functional Aging Specialist that has reduced her weight by 177 pounds, she understands what it takes to be healthy. She partners with women on their unique journey to health through a 6 pronged approach. Sharan can be reached at Sharan@TASHFitness.com or you can call her at 847-379-5777.

Military and their Families: Come Grow With Us at the Chicago Botanic Gardens on June 24th

Military and their Families: Come Grow With Us at the Chicago Botanic Gardens on June 24th

In partnership with the Chicago Botanic Garden, USO of Illinois, and the American Legion, we are welcoming military service members and their families on Sunday June 24th, 2018 to a special day at the Chicago Botanic Garden.

Made possible by a gift from the Annie and Gregory K. Jones family, military and family will enjoy a day of fun experiences throughout the Chicago Botanic Garden.

Admission and all activities are free and will include tram tours, admission to the Model Railroad Garden: Landmarks of America, the Butterflies & Blooms exhibit, a lunch program, and drop-in workshops in the Buehler Enabling Garden hosted by the Chicago Botanic Gardens Horticultural Therapy Department.

Yoga and culinary art workshops will take place in the Regenstein Learning Campus. Plus an entire activation of Nichols Hall will feature artwork and programs by the National Veterans Art Museum!

PLEASE NOTE: Tickets are for military service members (veterans, active duty, and reservists) and up to 4 guests. If you have more than 5 in a family please contact NVAM directly.

To register for this event, please visit: <https://bit.ly/2t7r1ad>

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