



OUR VILLAGE

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Governor, First Lady Welcome Public As Illinois Governor's Mansion Reopens

On July 14th, Gov. Bruce Rauner and First Lady Diana Rauner welcomed guests and visitors at the grand reopening of the Illinois Governor's Mansion on East Jackson Street in Springfield.

Joining Mansion Curator Justin Blandford to unlock the front door at a celebratory ceremony this morning, the Rauners cheered the results of the two-years long, privately funded project and encouraged Illinoisans to plan a visit soon to "the People's House."

"This is a great day for the state of Illinois," Gov. Rauner said. "Diana and I have been eager to reopen the doors of the mansion and we are so excited to invite the people of Illinois back to this historic facility."

In addition to workers and project benefactors, the governor thanked U.S. Reps. Darin LaHood, R-Peoria, and Rodney Davis, R-Taylorville, who shared an American flag that had flown over the U.S. Capitol to grace the Governor's Mansion property.

"Of course, the biggest thanks of all goes to my wife, my First Lady Diana, who serves as chair of the Illinois Governor's Mansion Association and is really the heart and soul of this renovation project," the governor said.

Diana Rauner praised the association members, partners, donors and supporters who made the project possible — taking the 1800s-era mansion that had last undergone extensive renovation in the 1970s from a virtually uninhabitable, dilapidated state to an ADA-compliant, energy efficient, elegant space with a new visitors' center, dedicated art space and more.

"As the third oldest governor's mansion in use, the residence was in desperate need of attention," she said. "The exterior needed repair, the furnishings were worn out and the facilities were showing their age ... today, we can't wait to welcome you all inside to see



the tremendous strides we've made."

In addition to welcoming visitors and guests and applauding project supporters, Diana Rauner introduced Loyola University Chicago graphic design student Chrystal Ragasa, who created the new logo for the Mansion Association. Ragasa's design was selected from among entries submitted by college-level students from throughout the state.

Public tours followed the reopening ceremony; the Illinois Governor's Mansion is now open for daily public tours from 1 to 4 p.m. Tours last roughly one hour and may vary depending on age and size of group. For more information on group tours and to learn more about the Illinois Governor's Mansion, visit illinoismansion.org.

"We consider the Governor's Mansion the People's House," Gov. Rauner said. "Today and for generations to come, we invite the citizens of Illinois and visitors from around the world to visit this remarkable structure and to glimpse the history of our state, see the creations of its people and experience the hospitality that is endemic to Illinois."

SAVE THE DATE Chicago Air and Water Show

Saturday & Sunday, August 18-19, 10am-3pm
North Avenue Beach, 1600 N. Lake Shore Dr.

Presented by Shell Oil Products
U.S. and the City of Chicago is
the largest FREE show of its
kind in the United States. The
show can be viewed along the
lakefront from Fullerton to
Oak Street, with North Avenue
Beach as the focal point.



Community Animal Rescue Effort
Matching Pets With People Since 1987

ADOPTION CENTER GRAND OPENING



Saturday, August 4, 2018 • 12:00 – 3:00 P.M.
4927 Main Street, Skokie
(Main Street & Niles Center Road)

RIBBON CUTTING CEREMONY AT NOON

Community Animal Rescue Effort, an all-volunteer run organization for more than 30 years, is pleased to announce the opening of its new Adoption Center in Skokie.

C.A.R.E.'s official Community Grand Opening event will include building tours, opportunities to learn about volunteering, face-painting for kids, refreshments, photos with our mascot, meeting adoptable pets, and more.

The brick building, on the corner of Main Street and Niles Center Road, is more than 100 years old. In its new life as an animal rescue facility, C.A.R.E. will be able to host up to 30 cats and 20 dogs.

Highlights of the building include:

- Spacious cat enclosures, designed for group living, called 'catios'
- A 'real life' room for dogs or cats to spend time in during office hours
- Three adoption rooms, where potential adopters can meet future pets
- Two shaded, enclosed dog runs, ideal for dog play time and bad weather
- A canine training space
- Community room that will be used for events, outreach and as a gathering space
- A nearly 60-foot-long mural of frolicking cats and dogs by local artist Jay Ryan, owner of The Bird Machine print shop in Skokie
- A wellness room
- Hot water system boosted by solar panels

C.A.R.E. looks forward to welcoming everyone to our new Adoption Center during the Grand Opening of our long anticipated arrival to our new location.

For more information, visit our website, CAREnorthshore.org.

ABOUT C.A.R.E. --- Community Animal Rescue Effort is an all-volunteer, not-for-profit 501(c)(3) animal rescue organization founded in 1987. C.A.R.E.'s mission is to place companion pets into safe, healthy, lifelong homes; and serve as an educational and counseling resource. CAREnorthshore.org

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Is There a Link Between Migraines and Hearing Loss?

Migraines are one of the enduring medical mysteries in our age of modern medicine. Scientists and doctors have some good theories about why migraines might happen, but no research has proven conclusive yet.

If you're lucky enough not to be one of the 37 million Americans who suffer from migraines, you may not know how the condition manifests itself. Migraines are a form of a headache but with more extreme symptoms. Migraines usually have a quick onset, and can vary in strength from somewhat mild to completely debilitating. Sufferers frequently describe a throbbing or pulsing, sensitivity to light and sound, and even nausea and vomiting.

In addition to its unknown causes, little is known about the effects that this condition could have on the body. Research has shown that there may be a link between migraines and hearing loss, which the site healthyhearing.com drew attention to last month. A study tested the hearing of those who suffer from migraines and those who do not, and found that two thirds of those who suffer from migraines had some type of abnormality of the hearing apparatus. One possible reason the researchers came up with for these abnormalities is decreased blood supply to the auditory system during the migraine attacks.

So, while it's important to note that correlation does not mean causation, what the study appears to show is that those suffering from migraines may have an increased risk of hearing loss due to a lower blood flow to the hearing apparatus.

More concerning, another study, this one from Taiwan, found those who suffer from migraines could be twice as likely to develop a rare condition known as sudden sensorineural hearing loss (SSHL), which consists of sudden-onset hearing loss. In the majority of cases, doctors are not able to find the cause of SSHL.

What does this mean for you? If you suffer from regular migraines, you should get your hearing tested to make sure everything is working as it should be. While there may not be much you can do about your migraines or the possible risk of hearing loss from them, correctly diagnosing and correcting any hearing loss can tangibly improve your quality of life. Contact us today to schedule an appointment.



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.

Frieda Helps Children With "Songs From The Heart"

Frieda Grizzi Zeidel says that her album "Songs From The Heart" is a labor of love and her inspiration came from a young girl (Joyce) who is the daughter of a teacher (Gayle) that Frieda knew years ago in high school on the northwest side. Frieda explains: "By the age of six Joyce developed an inoperable brain tumor. It meant many surgeries, but through it all she was always a trooper and every day greeted everyone with a smile. She's always a ray of sunshine, nothing dims her sparkle. She loves music so I told her that this was for her and asked if she would like to help me begin work on the art for the cover and of course she was very excited." Frieda wants to sell her album to keep kids happy, but the compassionate side of her and her husband, Jim, means that charity comes first: "So far we are close to 3800 CDs donated worldwide." Frieda is sometimes asked about Joyce, that little girl from years ago? Her answer is: "She will be 40 this year!" Frieda is online at: www.facebook.com/SongsFromTheHeartbyFrieda.



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.

The Adoption Process From A To Z

"The Adoption Process from A to Z," a seminar presented by Chicago and Northbrook Attorney Sally Wildman, will be offered through McHenry County College, School of Continuing Education, 8900 US Hwy 14, Crystal Lake, IL 60012, on Saturday, August 11, 2018, from 1:00 – 2:50 p.m.

For information contact: Christine Barnes at (815) 455-8717 or cbarnes@mchenry.edu; To register, call 815-455-8588

Fee: \$15 single/\$25/couple- Registration closes August 9, 2018.

OUR VILLAGE & STREET LEVEL

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Mayor Rahm Emanuel Honors Ms. Edith Renfrow Smith – Age: 103

City of Chicago's Senior Fest held at Millennium Park, September 14, 2017 showcased Mayor Rahm Emanuel honoring Ms. Edith Smith, Age 103 as one of Chicago's great SUPERAGERS!



Ms. Edith Smith has lived at Bethany Retirement Community, located at 4950 N. Ashland Avenue in Chicago for the past 7 years. MANY MORE HAPPY HEALTHY YEARS TO YOU EDITH!

"Safety In The Home" Is Timely Talk At Norwood Crossing On Aug. 15

Studies have shown repeatedly that most personal accidents happen in the home where many people feel safe. Falls, cuts, sprains, stumbles, bumped heads, and other more serious accidents often occur where we are more secure and confident, often putting ourselves at risk. There are things we can do to minimize accidents to improve our in-home personal safety. To find out more, attend the Timely Talk presentation, "Safety in the Home," at 2:00 p.m., on Aug. 15, at Norwood Crossing, 6016-20 N. Nina Ave. in Chicago.

In her presentation, Laura Shaw-deBruin, director of Norwood Seniors Network, will examine the big and small things that each of us can do to improve home safety inexpensively. She will also explain the various options and assistance available to help elderly people live more independently in their own homes with a greater sense of security.

A question and answer session, light refreshments and a door prize drawing will follow the talk. Please RSVP by calling (773) 577-5323 or emailing info@norwoodcrossing.org.

Timeless Ageless Sizeless Health Old Age vs Active Aging (Part 1)

When I look back to my parents when they were my age (66), I would have considered them older than I am now, but not "old age". My dad was still working in the company that he owned, and my mom was still golfing. Even now, my dad is 96 and I would not consider him "old age".

According to the Daily Mail, 95-year-old Finnish woman, Magit Tall, may have set the record for the world's oldest woman to complete a bungee jump. Magit walks with the assistance of a cane and took a nearly 500-foot plunge, with the aid of a tandem jumper. She said that she wanted to make the jump before she died.

Johanna Quaas is living proof that age is just a number as the 92-year-old grandmother is still competing as the world's oldest gymnast. Quaas, who was born in Germany, took part in her first gymnastics competition at the age of 10 and has been hooked on the sport ever since.

Harriette Thompson, became the oldest woman to finish a marathon in 2015 at 92 years and 93 days. She finished the marathon in 7:24:36, breaking the record for oldest woman to run a marathon previously held by Gladys Burrill, who at 92 years and 19 days ran 9:53 at the Honolulu Marathon in 2010.

When is Old Age?

"It's mostly about losing independence: 79% of survey respondents said people have reached old age when they can no longer live on their own." (American Society on Aging, The West Health Institute/NORC Survey on Aging in America, 2017)

According to a Pew Research Center's Social & Demographic Trends survey, they found that you're really as old as you feel.

- Sixty percent of adults aged 65 and over said they feel younger than their actual age
- 32 percent said they feel their exact age
- 3 percent said they feel older than their age.

Also from the Pew Survey, perceptions of the onset of old age varied widely according to the respondent's age.

- People under 30 believe that old age strikes before the average person turns 60
- Middle-aged respondents said that old age begins at 70
- Adults aged 65 or older put the threshold closer to 74

Facts:

• Nearly 8 in 10 people aged 70+ say they can live independently and accomplish daily tasks without assistance from caregivers or community resources. (The United States of Aging Survey, 2012)

- Only 3.6% of people over 65 years old are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more likely to live alone.
- By age 75, about 1 in 3 men and 1 in 2 women don't get ANY physical activity.
- Elderly people occupy over 1/3 of all federally subsidized housing.

There is a choice between old age and active aging. It is a choice for most people. The decisions you make, your habits and your lifestyle all affect how you live your senior years. Even if you made poor health choices earlier in life, you can change direction right now. It's up to you. BUT you have to do something about it NOW!!!

The choice is yours. If you are making smart choices for your body and for your mind and spirit you will look better, feel better and age better. In my next article we will talk about active aging and how to get on the path to Ageless Fitness.



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.

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

Guerin Prep Crusader Football Hosts Season Opening BBQ Preview

Guerin College Prep's Crusader football program will host an open practice for students, family and friends on Saturday, August 18 from 11AM to 1PM on the Holy Cross athletic field of the River Grove campus.

"We'll have a part of the field roped off to allow the audience to get as close as possible, to give them an insight of what we attempt to accomplish during a day-to-day practice session," said first year head coach Charles Miserendino.

The open practice will last about 90 minutes and will also feature routines by the Guerin Prep Cheerleaders and Guerin Prep Dance team. The practice will include both the Crusader's Varsity and Junior Varsity football squads. Following the practice demonstrations, students, family and friends will be treated to a barbecue in the stands. While admission is free, there will be a voluntary donation of \$5 requested to participate in the BBQ.

"We'd like the students, alumni and family members to mingle with the athletes, get to know one another and build a Crusader family bond. We stress this to the boys on a daily basis, we are all family," Miserendino added.

For more information on the Crusader football program, contact Coach Miserendino at cmiserendino@guerinprep.org

New Direction For Guerin Prep Boys/Girls Basketball Programs

Guerin College Prep Athletic Director Bob Carlson recently announced a new direction for the Crusader and Gator Basketball programs. Coach Josh Izzo, a former Assistant Boys Varsity Coach at Nazareth Academy from 2014-2018, will lead the Crusader Basketball program into the 2018-19 school year, while Coach Barry Osborne, a former Assistant Girls Varsity Coach at Zion-Benton High School from 2015-2018, will set the direction for the Guerin Gators program.

Coach Josh Izzo comes from serving as Nazareth's head freshmen boys and head sophomore boys coach for the past four seasons, while also supporting head coaches John Bonk (2014-2016) and Sean Pearson (2017-2018) as an assistant on the Nazareth boys varsity bench. Izzo had previously served in a similar capacity at Joliet Catholic Academy, under the leadership of Coach Joe Gura.

"I am absolutely thrilled and excited to be here and to be a part of the Guerin Prep family. I fell in love with the Holy Cross Gymnasium the moment I walked into it. I envisioned the stands filled with the Crusader community and families cheering on their team as we compete every time we step onto the floor. We are ready to build and create the culture that once was here, and give them a team that will play like there's no tomorrow, and leave it all on the floor every night. You never know what life will throw at you so you can't take anything for granted. So we will get after it every day in practice and carry ourselves with professionalism on and off the court, representing ourselves and the school with the utmost respect. That's the bottom line, and I can't wait to get things going and see everyone out this year. We're going to be committed to being a Crusader, and I couldn't be more excited about it," Izzo stated.

Coach Barry Osborne has served as Zion-Benton's Assistant Varsity Coach for the past three seasons, while serving as the girls freshman program head coach for two seasons and has been the longtime director of the Jr. Zee-Bees girls feeder program. Osborne acknowledges his appreciation to Zion-Benton Coach Tanya Johnson, one of the most decorated girls basketball coaches in Illinois, for the opportunity to learn from her while serving the program as her assistant. He brings with him a strong defensive philosophy and believes that a strong foundation in fundamentals will lead to success.

"I'm excited to be a part of Guerin community. It is a unique opportunity and I'm ready to bring a fast and exciting style of basketball that the students, parents and alumni will enjoy. The first part of the season might be bumpy while we install our offensive and defensive systems, but we will definitely surprise some teams in the second half," Osborne offered.

"We're really lucky to catch Josh and Barry at a time in their careers where they are ready to step up and create their own legacies. Both come to Guerin Prep with incredible recommendations and have already been an integral part in growing successful programs from the bottom up. The energy and enthusiasm they bring to the Crusader and Gator basketball programs will be infectious and make every night of basketball exciting for the students, parents and alumni," stated Guerin Prep Athletic Director Bob Carlson.

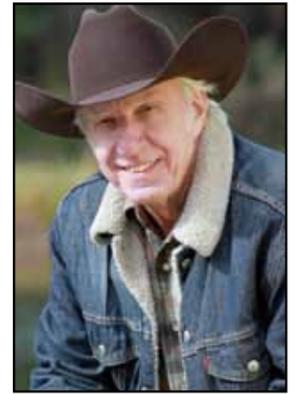


Sharing in the mission of the Sisters of Providence, Guerin College Preparatory High School, a Catholic Learning Community, committed to works of Love, Mercy and Justice, is dedicated to the education and faith development of young women and men and to the cultivation of individual values and skills.

Chicago Author Stan "Tex" Banash To Present Scars Of Custer's Defeat Program At Eisenhower Public Library In Harwood Heights

The public is invited to hear award-winning Chicago author Stan "Tex" Banash discuss "Scars of Custer's Defeat" at the Eisenhower Public Library, 4613 N. Oketo Ave., in Harwood Heights, at 7:00 p.m., on August 8.

Banash's power point presentation is based on his feature article, "Scars of Custer's Defeat," which was the cover story in the June 2017 issue of Wild West magazine. The article focused on the impact of George Armstrong Custer's death upon his family, friends and residents of Monroe, Michigan, where he and his wife, Libbie, had a home. The presentation covers the trials and tribulation imposed on his immediate family during a difficult 18-month period afterward, and further explains what happened to the other principal participants associated with them. Most discussions focus on the battle itself and related issues, but this talk breaks new ground and includes seldom discussed other material.



The author has a long history of voluntary service to the Norwood Park and Edison Park communities, and received an award for his book, Roadside History of Illinois, from the Illinois State Historical Society and recognition by the Illinois state legislature for promoting Illinois history. His two earlier books were Best of Dee Brown's West and Dee Brown's Civil War Anthology. He also reviews books for a number of western publications, and is a member of Western Writers of America, Illinois State Historical Society, the Society of Midland Authors, Western History Association, American Legion Edison Park Post 541, and the Westerners—Chicago Corral, where he served as its sheriff for five years.

Copies of his three books will be available for purchase and inscription following the program.

Studs Terkel Award Nominations

For nearly 30 years, the Studs Terkel Awards and Scholarship celebration has honored journalists telling great stories, the way Studs Terkel would.

We've moved the event from cold, dark spring to the fall for a warm and bright Terkel ceremony.

Step one: nominate a great journalist! Let us know whom we should be honoring this year.

Date and location: Coming soon.

A committee of journalists who previously won Public Narrative's Studs Terkel Awards will select this year's honorees.

The Studs Terkel Awards:

Recognize a body of work, rather than a single article or series.

Are open to any journalist on any platform at any stage of their career. This can go beyond bylines and include editors, producers or other 'behind-the-scenes' journalists.

Must demonstrate quality journalism, authentic storytelling and be exemplary when it comes to Studs' gift of elevating people's voices above power.



Think about an investigative reporter, who deals in data. But make sure the work brings the data to life via stories of people. Or a great radio journalist who tells stories about people you would never have otherwise met.

Deadline for nominations: Friday, Aug. 10, 2018. Questions? Contact us at 312-369-6400 or info@publicnarrative.org.

Niles Township Government Seeking Donations for 10th Annual Back to School Supply Drive

Niles Township Government officials are inviting the community to join in and help support its 10th annual School Supply Drive. Supplies are now being collected and can be dropped off prior to August 6 to the Township Food Pantry at 5255 Main St. in Skokie.

School supplies will be distributed to Food Pantry client families between August 13-17 and includes backpacks for kindergarten thru 12th grade students. The Niles Township Food Pantry Foundation provides a generous donation but funds and school supplies from residents throughout our community are still sorely needed to help meet the demand, according to Supervisor Marilyn Glazer.

"Distribution is based on a first come first serve basis," explains Glazer. "While we are able to assist most of those in need, we sometimes run out of supplies before helping everyone so the generosity of residents who are able to provide support is greatly appreciated."

"Nothing is more difficult than going to school hungry and without the proper materials to learn," said Food Pantry Director Tony Araque. "The Niles Township Food Pantry is here to help with both of these essential aspects in the life of a student."

For more information, call (847) 673-9300 or visit <http://nilestownshipgov.com>.

North Trail Alliance: NBTA Trail Newz for July 25: Niles Cycling Classic - July 26; North Shore Century Ride #ChiNBT

Greetings NBTA!

We've got something new and exciting for you starting today! Yup, it's this email, the new NBTA every-so-often newsletter "Trail Newz."

In Trail Newz, you'll find news (of course!), updates, pics (send us some), rides, riders (that's you!), and our NBTA Business Partners. Oh yeah, and whatever you send us that you think NBTA should know about. (The lawyers made us say as long as it's in line with our mission and purpose, we'll gladly share.)

OK, with this out of the way, let's get to our premiere, first-ever, inaugural Trail Newz.

Join our mailing list at northbranchtrailalliance@gmail.com and to receive details for each upcoming ride.



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Two Great Ladies Of Chicago Jazz Perform In Skokie

By Wayne Mell, Artistic Director

Chicago has long had a reputation for great jazz lounges. From the nightclubs on Rush Street, to the piano bars in the great hotels like the Palmer House and the Intercontinental, Chicago built a reputation for cold cocktails and hot music, served by sultry-throated ladies who knew how to tame both a lyric and an audience.

Two iconic ladies of Chicago jazz will be performing at Skokie Theatre next weekend, Judy Roberts and Charlene Brooks.

Fri, Aug 3 at 8 pm – Jazz Duo Judy Roberts and Greg Fishman

Chicago was heartbroken when Judy Roberts left Chicago and moved to Arizona.

Her hard-swinging piano playing and fun-loving approach to an eclectic and extensive repertoire had made her a weekly fixture at the InterContinental Hotel, and caused the Chicago Tribune to award her the title of “Chicago’s favorite Jazz Woman.” But Judy missed Chicago as much as Chicago missed her, so she and husband Greg Fishman have returned to delight new audiences.

A multiple Grammy nominee, she has twenty-plus album/CD releases to her credit and continues to record and perform locally and around the world. Tickets to hear Judy and Greg are only \$25.

Sat, Aug 4 at 8 pm – Charlene Brooks: Barbra and Friends

As a Skokie resident, local audiences are well acquainted with Charlene Brooks. But don’t think for a moment that her shows are ordinary. Charlene sells out the theatre regularly, and audiences can’t get enough of her bold style and dynamic performances. She is as comfortable crooning songs from the great American songbook as she is weaving through the intricate melodies of Stephen Sondheim.

Barbra and Friends is an encore performance of her sold-out New Year’s Eve show from last year, where she shares the music and passions of some of the great female singers from the era including Barbra Streisand, Carole King, Bonnie Raitt, and the incomparable Bette Midler. Charlene is accompanied by Howard Pfeifer and five other talented musicians. It’s a show you won’t want to miss and tickets are only \$30.

Tickets for either show can be purchased online at SkokieTheatre.org or by calling the box office at 847-677-7761. Come feel the heat this summer and enjoy two the great Chicago jazz legends.



Judy Roberts and Charlene Brooks

August At The Grant Park Music Festival

Summer in Chicago wraps up in August with the final weeks of the Grant Park Music Festival’s 84th season, led by Artistic Director and Principal Conductor Carlos Kalmar with Chorus Director Christopher Bell and the award-winning Grant Park Orchestra and Chorus at the Jay Pritzker Pavilion in Millennium Park. The 2018 season concludes on August 18 with Carl Orff’s Carmina Burana, featuring the Grant Park Orchestra and Chorus and guest soloists.

All concerts take place on Wednesday and Friday evenings at 6:30 p.m., and Saturday evenings at 7:30 p.m. (Concerts on August 3 and 4 move indoors to the Harris Theater during Lollapalooza). The August program schedule is below and available at www.gpmf.org.

Patrons can order One Night Member Passes for reserved seats, starting at \$26, by calling 312.742.7647 or going online at gpmf.org and selecting their own seat down front in the member section of the Jay Pritzker Pavilion.

All memberships, including One Night Member Passes, are tax-deductible and help to support the Festival’s mission of keeping classical music accessible for all. For every Grant Park Music Festival concert, there are seats that are free and open to the public in the Seating Bowl and on the Great Lawn, available on a first-come, first-served basis.

Open lunchtime rehearsals of the Grant Park Orchestra and Chorus continue through August 18 and typically take place Tuesdays through Fridays from 11 a.m. - 1 p.m. Audiences are welcome to sit in the Pavilion Seating Bowl during rehearsals, and Festival docents will be on site to talk about the week’s concerts during rehearsal breaks. There will be no open rehearsals on August 2 and 3.

For information about the Grant Park Music Festival, visit gpmf.org or call 312.742.7647. For additional information, visit the Grant Park Music Festival Facebook page or follow the Festival on Twitter @gpmf.

National Veterans Art Museum To Open New Exhibition: The Lost Children of Chon Thanh

The exhibit, The Lost Children of Chon Thanh, juxtaposes images of children photographed by U.S. Army medic Bob “Doc” Shirley in Chon Thanh, Vietnam in 1969, with recent photographs by Reed Young of these same children taken nearly 50 years later.

The National Veterans Art Museum is proud to announce The Lost Children of Chon Thanh, our upcoming exhibition of then-and-now photographic portraits by Bob Shirley and Reed Young.

In 1969, U.S. Army medic Bob “Doc” Shirley worked in a temporary clinic in the village of Chon Thanh, providing medical care to the local people. During that time, he captured poignant images of some of the children he treated.

Over 40 years later Larry Johns, curator of the current exhibition, saw Shirley’s haunting portraits and began to wonder whether any of these children had survived, and what their lives were like now. Johns had lost a brother who was serving at a remote artillery post near Chon Thanh and had been trying to seek out people who might have had a connection with his brother during the war.

Johns and his Vietnamese wife began a two-year search for the ‘lost children.’ With the help of New York freelance photographer, Reed Young, and others, they were able to find 16 ‘kids’ who had survived.

The exhibit will be on display from Tuesday July 31st through Saturday September 22nd at the National Veterans Art Museum.

For more information about The Lost Children of Chon Thanh, visit: <https://bit.ly/2zrf5FF>



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.

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.

Adler Planetarium to Host Mars Viewing Event July 30 The Closest the Red Planet has been to Earth in the Last 15 Years

This summer, Mars will be the brightest and closest it’s been to Earth since 2003, making it a spectacular sight to see in the night sky! Check out Earth’s closest neighbor through one of our telescopes at a special free viewing event on July 30, from 9-11 pm, and imagine what life might be like on the Red Planet. The next time Mars will be this close is in 2035, so you won’t want to miss it! Come #Lookup with us!

Every 26 months, Mars and Earth are on the same side of the Sun, called opposition, but when Mars is also near its closest point to the Sun (called perihelion) at about the same time as opposition (also called perihelic opposition), AND when Earth is near its farthest point from the Sun (called aphelion), the two planets are particularly close together, and Mars is quite bright in our sky. The time to see Mars at its brightest will be throughout July and August, 2018. At the end of July, Mars will be just under 36 million miles away from the Earth...which is actually close!

If you can’t make it to the Adler for this event, #Lookup wherever you are to see Mars in the southeast sky starting at approximately 9 pm local time between July 30-August 1. That bright orange dot is actually the Red Planet! Your local circumstances (trees, buildings, houses, etc.) will determine what time you will begin to see it; Mars will be low in the southeast, south, and southwest skies all throughout the night. At its highest point, it will be only about a third of the way up from the southern horizon.

Adler Planetarium

1300 South Lake Shore Dr., Chicago, IL 60605

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FRIDAY 8:00 - 10:15 pm KASHMIR
SATURDAY 6:00 - 7:30 pm BIG SUGAR COUNTRY
SUNDAY 3:00 - 4:45 pm DIXIE CRUSH

\$5 SUGGESTED DONATION

8:15 - 10:15 pm SMOKIN GUNZ
5:30 - 7:30 pm R-GANG
8:00-10:00 pm GENERATION

DIXIE CRUSH

R-GANG

GENERATION

www.guerinprep.org for more information.
 All festivities take place on Guerin Prep grounds.
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Mayor Emanuel And The Chicago Park District Announce Completion Of The Lakefront Trail Separation Project From Roosevelt To Wacker

On July 22nd, Mayor Rahm Emanuel and Chicago Park District Superintendent Michael P. Kelly cut the ribbon on the lakefront trail separation project from Roosevelt Street to Wacker Drive. In addition to the completion of the 1.5 mile section, extensive repairs were made to the Queen's Landing lakefront promenade. Chicago's entire 18-mile Lakefront Trail, which runs from Ardmore Avenue on the north to 71st Street on the south, will be separated for cyclists and pedestrians, and is expected to be complete by late 2018.

"Opening the trail today from Roosevelt to Wacker is a step forward in our continued efforts to make the Lakefront Trail both more accessible and more enjoyable for the thousands of Chicagoans and visitors that travel the path each day," said Mayor Emanuel. "This is yet another example of our commitment to executing Daniel Burnham's vision for Chicago."

Initial funding was provided by the Chicago Park District. Completion of the project was made possible by a generous donation from Ken Griffin, philanthropist and Founder and Chief Executive Officer of Citadel.

"Chicago's lakefront attracts millions annually and the completion of this portion of the trail helps us accommodate various types of recreation," said Chicago Park District General Superintendent and CEO Michael Kelly. "Thanks to the generosity of Ken Griffin, we are

able to make these vital improvements that make the trail safer and more enjoyable."

Extensive repairs were also made to revitalize concrete at Queen's Landing, the lakefront promenade east of Lake Shore Drive that runs from the Chicago Yacht Club to the Shedd Aquarium. Queen's Landing, which covers approximately 158,000 square feet, connects major tourist destinations including downtown, the museum campus and the Buckingham fountain. The promenade is a vital transportation connection for residents and visitors.

Chicago's Lakefront Trail is one of the busiest in the United States. Used by cyclists, joggers and people enjoying the scenery, it is estimated that more than 100,000 people per day use the trail during summer weekends according to a study by Chicago Area Runners Association (CARA) and the Active Transportation Alliance (ATA).

The Lakefront Trail separation project is designed to alleviate areas of congestion by separating the Lakefront Trail into two distinct paths. Mayor Emanuel originally announced plans to separate the 18 mile trail in March 2016 when he unveiled Building on Burnham plan to protect, preserve and invest in natural areas and recreational opportunities in neighborhoods across the city. Developing recreation and supporting private investments along the Chicago River is a major component of Building on Burnham, under which 985 acres of parks have been acquired and 5 miles of waterfront have been developed.

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5:30 - 8:30 PM

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MEET & GREET WITH LOCAL BUSINESSES,
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Roadside History of Illinois

This is the nineteenth 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.



Union Stock Yard

As the nation expanded west, increased demands for fresh meat created a burgeoning industry in the fledgling settlement of Chicago. The town's first meatpacker was former fur trader Gurdon Saltonstall Hubbard, who in the late 1820s began butchering cattle and hogs and delivering the meat to troops stationed at Fort Dearborn. In 1834 he constructed a large brick warehouse by the Chicago River, in what is now the Loop, to store processed meat. Skeptics, doubting the business would succeed, referred to it as "Hubbard's Folly." When the railroad came to the city, however, Hubbard enjoyed the last laugh. His business exploded, and it wasn't long before others entered the meatpacking game. Although a series of misfortunes, capped off with the Great Chicago Fire, financially destroyed Hubbard, the industry he started permanently transformed Chicago's economy and culture.

In 1864 independent stockyard owner John B. Sherman convinced several railroad companies to support the construction of a large central facility to consolidate the resources of various meatpackers and streamline operations. Eleven railroads and eight meatpacking companies signed on to be part of the project. The Union Stock Yard & Transit Company of Chicago was incorporated on February 13, 1865, and the facility, at the far south side of town, opened on December 25, 1865. It covered over 300 acres and was bounded by Halsted, Racine, 39th Street, and 47th Street.

The stock yard had fifteen miles of railroad tracks, five hundred animal pens, and two thoroughfares for moving cattle from the train cars to the pens. The meatpacking industry continued to expand into the 20th century as new technologies, such as refrigerated rail cars, made operations easier and more efficient. The Yard eventually covered more than

one square mile, while meatpackers such as Gustavus Swift, Philip Armour and Nelson Morris became millionaires.

Due largely to the Union Stock Yard, Chicago became the meatpacking center of the century, supplying 82 percent of the nation's meat by 1880. At its peak, the stockyard employed as many as 47,000 workers. But the poor sanitation and working conditions in the Yard were gaining notoriety, as exposed by Upton Sinclair in his 1906 novel *The Jungle*, leading to tighter federal inspection standards in the meatpacking industry. Working conditions at the stockyard remained rough, however.

Employees—mostly poor immigrants and African Americans—worked in round-the-clock shifts. Most lived nearby, creating the neighborhoods of Bridgeport, McKinley Park, Back of the Yards, and Canaryville. Workers were not well paid, and the meatpacking companies considered most of them dispensable. Eventually stockyard employees began to organize for better pay, shorter hours, and safe conditions. Labor struggles began with an unsuccessful strike in 1894 and continued with mixed results into the mid-20th century. Stockyard workers were finally fully unionized in 1943, with the formation of the United Packinghouse Workers of America. Within a decade or so, however, the industry was in decline.

By the 1950s, changes in the industry caused many meatpacking companies to move elsewhere, including both Swift & Company and Armour & Company. On July 31, 1971, after 106 years, the Union Stock Yard officially closed. Today, it is a modern industrial park. Standing as a lone reminder of the Yard's former dominance is the original arched limestone entrance gate at Exchange Avenue and Peoria Street. The gate is designated as both a Chicago Landmark and a National Historic Landmark.

Copies of *Roadside History of Illinois* (Mountain Press, 2013) 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.

St. Thecla Seniors Meetings

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

Norwood Park Seniors Club

at 5801 N Natoma Chicago meet the second and fourth Thursday of the month. We play 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.

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.

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Attention Young High School Men



Immaculate Conception (IC) Parish in Chicago (Harlem & Talcott) will host a FREE Quigley Scholars Awareness event August 5th – immediately after 6pm Mass @ the back of the Church. Fr. Peter Snieg, Rector and President of St. Joseph's Seminary will be available to answer questions.

The program is sponsored by the Archdiocese of Chicago for young men of high school age, interested in God's call to the priesthood. It meets once a month at St. Joseph College Seminary or Mundelein Seminary from September to April. It provides \$2,500 scholarships (renewed annually) to eligible participants on a first-come basis to help students enrolled in a Catholic high school pay their tuition.

Complimentary Pizza and refreshments will be provided and ALL are welcomed to come. For more information and to reserve your spot, please contact Mike Bednarz at (847) 361-9766 or mike-bednarzcpa@att.net. IC is located 7211 W. Talcott in Chicago, just two blocks north of the Kennedy Expressway from the CTA Blue Line or five blocks south from the Metra Norwood Park stop.



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.



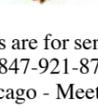
Cell Phones For Soldiers

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.



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.



Kiwanis Of Ravenswood

THE KIWANIS CLUB OF RAVENSWOOD is now meeting at the Barba Yianni Grecian Taverna, 4761 N. Lincoln Avenue just south of Lawrence. Arrangements have been made for our Kiwanis Kin for FREE PARKING in the mb Financial parking lot. If you plan to attend, please RSVP with Maria Bappert at 773-728-8127 as the restaurant needs to know for how many people to set the table. Thank you.

SERVICE PROJECTS UPDATE - MANY THANKS to Herb Miller who continues to purchase paper shopping bags from Jewel for the clients of the Lincoln Square-Ravenswood Friendship Center (LSRFC). Maria Bappert delivered them on March 29, along with an assortment of Easter items and other useful items. Members of the Austrian Mixed Chorus and the Greater Rockwell Organization have joined us in collecting aluminum pull tabs, and special thanks to Jose Galarza who clips the Box Tops for Education which Maria Bappert drops off at the Queen of Angels School. They are very happy to receive these, as each one is worth 10 cents. The money is used to purchase new books for the Library.

AUGUST, 2018 DATES - PLEASE MARK YOUR CALENDAR
Thu., Aug. 9 - Board of Directors' Luncheon Meeting at Barba Yianni.
Sat., Aug. 11 - Kiwanis Club of Ravenswood celebrates its 84th Anniversary! (Founded in 1934.)



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Neighborhood Farmers Markets Open

Pick Up Our Next Edition For More Market Updates

• 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

Maxwell Street Market

800 S. Desplains St., Chicago
Every Sunday, Year-round • 7am-3pm
The Maxwell Street Market is a Chicago tradition of bargains and bargaining with an eclectic mix of merchandise—from tools to tires, plus fresh produce, furniture, clothing, rare finds and collectibles—and some of the best Mexican and Latin street food in Chicago.

• 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 & 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 Sept. 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
Park Ridge Farmers Market
15 Prairie Ave. in Park Ridge
Open through the End of October, 7am - 1pm

Great selection of fruits, vegetables and other food products are available every week. Browse our vendors, and be sure to check back for the latest events and programs offered.

Downtown Evanston Farmers' Market Open

The market will be held every Saturday through November 3 from 7:30 a.m. to 1 p.m. at University Pl. and Oak Ave., behind the Hilton Garden Inn. Free parking is available in the 1800 Maple Self Park Garage with ticket validation at the City of Evanston tent.

Visitors are encouraged to arrive to the market hungry, as food will be sold on site. This season, up to 58 vendors will sell a wide variety of goods, including fruits, vegetables, meat, flowers, cheese, milk, eggs, baked goods and more. LINK cards are accepted at the market. Again this year, LINK customers will be able to receive a match of up to \$25 per Saturday.

Parents can get their children involved in healthier eating through the Spud Club educational program. Children can obtain a punch card at the City of Evanston tent to be validated each week they visit the market. After seven punches, a prize is awarded!

Shoppers also will be able to purchase original artwork at the market. The Homegrown Artists showcase for Evanston artists and their work will be featured for 16 weeks, starting in mid-June.

Live animals and pets, other than service animals, are not allowed at the market. To learn more about the Downtown Evanston Farmers' Market, please visit cityofevanston.org/market or call/text 847-448-4311. For convenience, you may dial 311 directly while in Evanston.

The Skokie Farmers' Market

The Market is open every Sunday from June 10 through November 4, 2018. Hours are 7:30 a.m. until 12:30 p.m. Arrive early for the best selection. The Market is located in the west half of the Village Hall parking lot at 5127 Oakton Street.

New this year, the Skokie Farmers' Market accepts SNAP (Supplemental Nutrition Assistance Program). To further support SNAP recipients, the market offers a Match program, matching the recipients with up to \$10 per day through the generous contribution of the NorthShore University HealthSystem. A wide selection of fresh seasonal fruits and vegetables are always in abundance at the Farmers' Market. Also available are fresh baked goods, farm fresh eggs, fresh fish and meat, a variety of mushrooms and cheeses, plants and much more.

Join us for community activities throughout the season, including several visits with RC Juggle the amazing balloon artist, free Yoga on the Green, Fire Department demos, a Touch-a-Truck event and paper shredding to name a few activities that are scheduled throughout the season!

For more information on the Skokie Farmers' Market contact Janelle Silva, Market Manager, at 847/933-8257 or visit www.skokie.org.

Weekly Fulton Market Expo Launches In Historic District

On Saturday, April 7, 2018, a ribbon-cutting ceremony officially marked the launch of Fulton Market Expo (FMX) at the corner of Fulton Market and Green Street. Every Saturday between the months of May through October, FMX will be held on Fulton Market between Peoria and Green Streets from 9:00 am to 2:00 pm. The block, first constructed in 1887 as the historical Fulton Street Wholesale Market, will once again be the home of a bustling exhibition.

The West Loop Community Organization is a 501(c)(3) membership organization that represents hundreds of businesses, dozens of local non-profits, and the various residential communities within the West Loop. For more information, visit the WLCO website at <https://westloop.org>.

We Celebrate The Ethnic Diversity Of Chicago's Heritage Village Cooking Corner

Tandoori Chicken

From the Kitchen of Prashant Shukla

Indian BBQ chicken recipe which is typically cooked in Tandoor - a clay oven but can also be cooked on a BBQ grill or oven



Ingredients:

2 skinned chicken leg pcs with thigh
Cup of plain whipped yogurt
Salt and crushed black pepper to taste
1tbs red pepper powder
1tbs each of cumin and coriander powder
2 cloves of freshly chopped garlic
2tbs of freshly squeezed lemon juice
Pinch of turmeric powder
2tbs of green chili and ginger paste
1tsp of mustard or veg. oil
Pinch of red color powder or saffron (optional)

Method:

Place chicken leg pcs in a mixing bowl and make 3 cuts each, making sure it's not cut all the way
Add rest of the ingredients to the bowl, mix well
Cover the bowl with plastic wrap and marinate the chicken from 4 hours to overnight
Remove from fridge and layer the chicken pcs on a backing sheet with rack, lined with aluminum foil
Save residual marinade for basting
Preheat oven to 400*, place chicken for 20 minutes, turn the chicken cook for 10 minutes
Next baste the chicken with the remaining marinade and cook it for another 15 minutes or until done
The tandoori chicken should be cooked until it has nice grill marks and is completely tender
Remove chicken from the oven & brush it with melted butter on both sides
Cover chicken with aluminum foil for 10 minutes before plating/serving
Serve Tandoori Chicken with lemon wedges and raw or grilled onion slices. Bon Appetit!
(To see recipe videos showcasing recipes from around the world from Prashant Shukla, visit www.YouTube.com and search for Gastro Guru)

Asparagus Salad (Sparga Salata)

Recipe from "The Hungarian Cookbook" by Susan Derecskey

2 lbs. asparagus, cooked and cooled
1-1/2 Tablespoons chopped scallions
1 Tablespoon finely chopped parsley
1/2 Cup French sauce vinaigrette (see below)
1 hard boiled egg yolk

Arrange the asparagus stalks in an oblong glass dish. Mix the scallions and parsley into the sauce vinaigrette, and pour it over the asparagus. Refrigerate for at least 30 minutes. Crumble the egg yolk rather coarsely so that it resembles blossoms of mimosa or golden rod. Just before serving, baste the asparagus with the sauce and sprinkle the crumbled egg yolk on top.

French Sauce Vinaigrette

The following recipe makes 1/2 cup of sauce, enough for 2 medium heads of Boston lettuce. A larger quantity may be made at one time and stored in the refrigerator for several days.

1/2 teaspoon dry mustard
1/4 teaspoon salt
Pinch of black pepper
2 Tablespoons wine vinegar
6 to 8 Tablespoons olive oil or cooking oil

Blend the mustard, salt, and pepper, add the vinegar, and mix thoroughly with a fork. Add the oil and stir or shake vigorously. Just before serving, mix the sauce thoroughly again and pour it over the salad or vegetables. If using lettuce or other vegetables than asparagus, turn them quickly and carefully until all of the pieces are coated. Serve in individual plates or bowls.

BRIAMI OR BRIAM

(A GREEK VEGETABLE DISH – SIMILAR TO THE FRENCH RATATOUILLE WITH SOME VARIATIONS) From the kitchen of Anastasia E. Weaver

This is a Greek Vegetarian dish that is easy and not only healthy but very delicious. In Greece and sometimes here, during especially Lenten Fast days. Briami is a main dish. Briami although a main dish in the USA it is frequently served in restaurants and homes as a side dish with Fish, Chicken, and Beef and certainly with Lamb. The recipe below is for a main dish of Briami but cutting down on the ingredients can be done in order to serve as a side dish. While it is definitely used as a summer dish I and many Greek cooks use it all year round as either a main meal or a side dish. Many Greek Chefs or home cooks use Okra and peppers as part of the vegetables for this recipe. I add (small bag) of Frozen okra and peppers most of the time that I prepare this meal which is often. If you are not keen on okra or peppers you can omit.

Ingredients:

2 Eggplants washed and cut horizontally in 1/2 inch slices and cut each slice again in 1/4 pieces.
4 to 5 zucchini washed and cut into 1/4 inch slices
4 potatoes peeled and cut into 1/4 thick slices (I like to use Yukon Gold potatoes but any potato peeled will work fine. Greek cooks always peel the potatoes.
1 bag of Frozen Okra -thawed
2 Red bell peppers and 1 Green Bell pepper cut in strips then each strip in half.
3 garlic cloves sliced thin
2 large onion cut in half and cut into then in 1/4 size pieces You can use any onion I have a preference for Vidalia onions.
1/2 cup of Kefalograviera or Miyzthra (both Greek Cheeses) if you can find. There are two Greek markets that carry it in the Chicago area – Market Place on Oakton Street in Skokie and Harvest Times on Lawrence Avenue in Chicago. If you can't find a local Greek Market then you may use a hard cheese like Guyvere or Parmesan.

1/2 cup of olive oil
1/4 cup of water
1 can of Stewed Tomatoes with juice – My preference is Hunt's.

2 tbsps. of Dried Oregano
2 tbsps. of Dried Mint
1/2 cup of chopped Parsley

Directions:

- Grate the Cheese you are going to use
- Prepare a baking pan 10 x 12 with olive oil spread at the bottom of the pan
- Preheat oven to 365 degrees
- Place vegetables in layers starting with eggplant, zucchini, potatoes, onions, okra (if you use) peppers (if you use) topping each layer with the herbs and seasonings.
- At this point you may want to mix the vegetables with clean hands or leave in layers as arranged. Either way the meal will be great.
- Finalize the top with the stewed tomatoes and juice, water and sprinkle
- With the olive oil.
- Place in the preheated oven and set the timer for 1-1/2 hours checking periodically in the event you need to add a little water. Continue baking until vegetables are done but not burned on top. Keep in mind that the vegetables will excrete water so you may not have to add anything. Its nice to have a little juice for dunking your bread.

Serve this delicious Greek Vegetarian meal with rice having prepared while the vegetables are cooking or alone as the main dish on the menu. Serve with Kalamata Olives and Feta Cheese and don't forget crusty bread! Bon Appetit and in Greek Kale Orexi.

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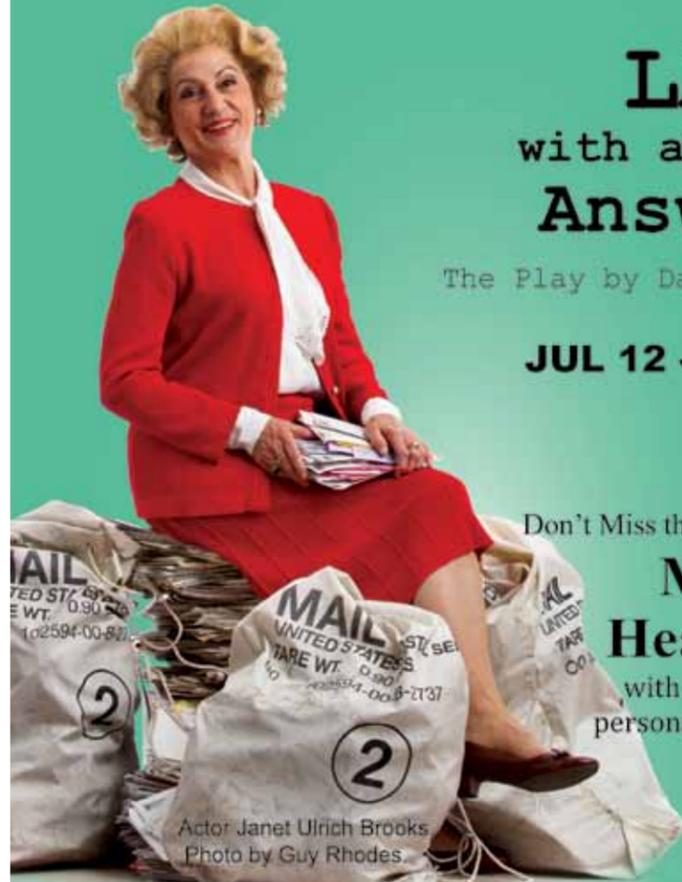
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