



OUR VILLAGE

Next Edition
July 14th

FREE

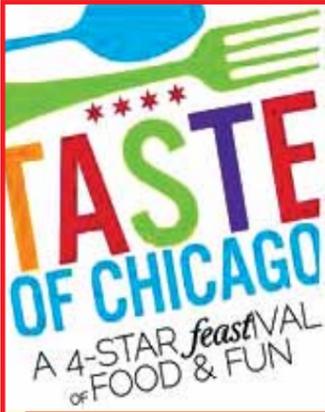
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Volume XXI 773/633-4059
contact@ourvillagechicago.com

www.OurVillageChicago.com

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Issue 12
June 23, 2017



The 37th Annual Taste of Chicago is July 5-9 in Grant Park with hours 11am-9pm, Wednesday-Friday, and 10am-9pm, Saturday and Sunday. For more information on the FREE admission festival, call 312.744.3316 or visit tasteofchicago.us. Join the conversation on Facebook at Taste of Chicago and follow us on Twitter, @TasteofChi (#TasteofChi) and Instagram, @ChicagoDCASE (#TasteofChi).

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).

Mayor Emanuel Announces City's 37th Annual Taste of Chicago to Serve Up a Cultural Feast for Your Senses

Lineup of 66 food establishments includes 16 new vendors. Other culinary highlights include the Celebrity Chef du Jour three-course dining experience, the Lifeway Foods Taste Kitchen, the CH Distillery Cocktail Lounge and the Wine and Beer Garden.

Mayor Rahm Emanuel and the Chicago Department of Cultural Affairs and Special Events (DCASE) announced today the lineup of 67 restaurants that will participate at the 37th Annual Taste of Chicago – the world's largest free food festival – this July 5-9 in Grant Park. Showcasing Chicago's diverse culinary scene, this year's list of five-day vendors, pop-up restaurants and food trucks will offer Taste-goers an endless variety of dining options to suit every palate.

"As our culinary reputation grows on the national and international stage, the Taste of Chicago is a reflection of Chicago's vibrant and diverse restaurant scene," said Mayor Emanuel. "Taste of Chicago brings together a unique array of cuisines and cultural offerings, giving Chicagoans and visitors alike the opportunity to sample the greatest foods our city has to offer from both new restaurants and long-time favorites."

Taste of Chicago is excited to welcome 16 newcomers to the event in 2017 – including three new five-day restaurants, six new food trucks and seven new pop-up participants who will sell for one or two days. The new food vendors are: American Glory, Aztec Dave's Food Truck, Bop Bar Truck, Brightwok Kitchen, Broken English, Cheesie's Pub and Grub, Doom Street Eats, El Patron, Hakka Bakka Indian Kati Rolls, Just Salad, Lawrence's Fish & Shrimp, The Little Beet Table, Seoul Taco, The Cajun Connoisseur, Ukai Japanese Restaurant and Warm Belly Bakery.

"Taste of Chicago showcases the city's stellar culinary scene by uniting a diverse set of restaurants, food trucks and pop-ups," said Sam Toia, president and CEO of the Illinois Restaurant Association. "The Association has been a part of Taste since its inception, and we're proud to welcome visitors to beautiful Grant Park year after year. It's a time-honored summer festival that truly captures Chicago's hospitable spirit and exciting range of culinary offerings."

All 67 vendors will offer signature items, as well as the popular "Taste Of" portions priced at \$3.00 or less, allowing guests the opportunity to sample an even greater variety of items. Many will also include Humana Healthier Choice selections for those seeking lighter options. Admission to the Taste of Chicago is FREE, and tickets for food and beverages can be purchased in strips of 14 tickets for \$10. Whether craving the robust flavors found in ethnic cuisine, epicurean delights, sweet treats or classic Chicago dishes – and more – Chicagoans and visitors won't want to miss this year's Taste!

For a complete schedule of events, activities and events throughout the Summer, visit DCASE@CityofChicago.org.



(See page 3 for the first in a series on "Our Flag")

Fourth of July Fireworks at Navy Pier

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!

Evanston's 4th of July Parade:

The all day celebration begins at 9:00 am at eight (8) playground sites throughout the city providing games and activities for all ages, followed by a Fun Run along Central Street at 12:45 pm. The parade down Central St. kicks off at 2:00 pm. At 7:30 pm there is concert at the lakefront, and then the grand fireworks display at dusk.

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 2017 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.

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.

Skokie

Skokie's celebration begins with a parade at noon, before moving to Niles West High School for food, drinks and live music. The fireworks display gets some extra spark with "3D fireworks." Guests receive special glasses that add color to the aerial display, making them really pop. Niles West High School (5701 Oakton St, Skokie). July 4 at dusk. Free.

Glenview

The annual Glenview Independence Day Celebration begins with a parade on Harlem Ave. This year, the evening events take place in Gallery Park and include a twilight concert by the North Shore Concert Band at 7pm, followed by fireworks. Gallery Park (2400 Chestnut Ave, Glenview). July 4 at dusk. Free.

Lincolnwood Independence Day Concert

The Village of Lincolnwood's Human Relations Committee (HRC) invites all community members to a free Independence Day concert from 10:30 a.m. to noon on Tuesday, July 4th at the Proesel Park Shelter at 6915 Kostner Avenue. The concert will feature the Lincolnwood Youth Strings Orchestra performing patriotic music.

(ALL EVENTS WILL TAKE PLACE TUESDAY, JULY 4)

Bicycling Basics

Sat., June 24 at 10:00 a.m. Roden Branch

Know how to safely navigate the City streets?
Know the proper equipment to have when riding your bicycle?
Know how to change a flat tire?

Come to this presentation by the City of Chicago's Bicycling Ambassadors and find out. For teens & adults. Registration suggested by calling 312-744-1478.

Est. 1935 **ROBERTS CYCLE**

evo REID DIAMONDBACK RALEIGH



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We Assemble Target, Wal-Mart, Schwinn and All Internet Bicycles
7054 N. Clark St. | 773-274-9281 | robertscycle.com

 We are under 10 miles East on Touhy Ave. from the Pickwick Theatre (Then 1-1/2 blocks South on Clark St.)
Expires 7/9/17. Must present coupon. Not valid with any other offer. (OV)



Norwood Park Neighborhood
GARDEN WALK

SATURDAY, JUNE 24th 10am-2pm

Suggested Donation: \$20 (advance)/\$25 (day of the walk)

Call 773-775-6071 for tickets
or more information.

Community First Medical Center June/July Health Events



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

• Sunday, June 25 — 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.

• Tuesday, June 27 — Learning Interventions Family Education (LIFE) – 7:00 – 8:30 p.m., Community First Medical Center, Café Conference Room, Ground Floor.

A Compassionate Recovery Education curriculum specializing in “Helping Family and Individuals Navigate the Recovery System”. This free training will provide education to family members to help them improve their personal understanding of the recovery process. To register, please call 708-536-8775.

• Wednesday, June 28 — Courage to Quit Smoking - 1:00 – 2:00 p.m. Community First Medical Center, Community Education Room, 2nd Floor.

Faisal Master, RRT, Advanced Respiratory Care Practitioner will provide sessions on how to have enough courage to quit smoking.

• Thursday, June 29 — 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 may be a compulsive eater, please feel free to attend our free meetings.

• Thursday, June 29 — 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

• Thursday, July 6 Diabetes Support Group - 2:00 – 3:00 p.m. Community First Medical Center, Community Education Room, 2nd Floor.

This free support group aims to provide mutual support and education.

• Thursday, July 6, 13, 20 and 27 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 may be a compulsive eater, please feel free to attend our free meetings.

• Thursday, July 13 and 27 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

• Sunday, July 2, 9, 16, 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.

• Tuesday, July 4, 11, 18 and 25 Learning Interventions Family Education (LIFE) – 7:00 – 8:30 p.m., Community First Medical Center, Café Conference Room, Ground Floor.

A Compassionate Recovery Education curriculum specializing in “Helping Family and Individuals Navigate the Recovery System”. This free training will provide education to family members to help them improve their personal understanding of the recovery process. To register, please call 708-536-8775.

• Friday, July 7, 14, 21 and 28 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.

• Friday, July 14 Free Healthy Aging Program - 12:00 -1:00 p.m., Community First Medical Center, Conference Room C, 7th Floor.

This program is for individuals aged 55 and older and consists of social time, health topics and guest’s lectures.

• Monday, July 24, thru Friday, July 28, 2017 Wellness Back to School Fair

Community First Medical Center and the Volunteer Steering Committee will be collecting school supplies for the children at Avondale/Logandale School. All school supplies are needed from kindergarten thru 8th grade. For your convenience, there will be a collection box set up outside of the Port Café and in the Main Lobby.

• Wednesday, July 26 Courage to Quit Smoking - 1:00 – 2:00 p.m. Community First Medical Center, Community Education Room, 2nd Floor.

Faisal Master, RRT, Advanced Respiratory Care Practitioner will provide sessions on how to have enough courage to quit smoking.

• Thursday, July 27 Prostate Specific Antigen Screening (PSA) - 2:00 – 3:00 p.m. Community First Medical Center, Community Education Room, 2nd Floor.

When it comes to beating cancer, early detection is everything. Register for your prostate cancer screening. \$10.00 fee. To register, please call 773-794-4640.

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.

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



Community First Medical Center

5645 W. Addison Street | Chicago IL 60634
1-773-282-7000 | www.cfmedicalcenter.com

Community First Medical Center now has specialists in the following areas:

- Pain Center/Pain Management • Bloodless Medicine**
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- Orthopaedic/Sports Medicine • Otolaryngology/ENT**
- Rheumatology • Wound Care**

All conveniently located on the 2nd Floor Outpatient Specialty Clinic.

Caring For Our Community

**Please call (773)527-5071 for appointment and information.
(1-844-236-2362 toll free)**





our flag



We begin our series on the History of "Our Flag". This will continue over the next few editions and hope that it proves to be of interest and an educational reference for all of our readers - young, and not so young. (This is taken directly from the booklet titled "Our Flag" issued by the 105th Congress, 1st Session, and printed by the U.S. Government Printing Office, Washington, 1998, under Senate Concurrent Resolution 61)

INTRODUCTION:

During the night of September 13, 1814, the British fleet bombarded Fort McHenry in the harbor at Baltimore, Maryland. Francis Scott Key, a 34-year old lawyer-poet, watched the attack from the deck of a British prisoner-ex-

change ship. He had gone to seek the release of a friend, but they were refused permission to go ashore until after the attack had been made. As the battle ceased on the following morning, Key turned his telescope to the fort and saw that the American flag was still waving. The sight so inspired him that he pulled a letter from his pocket and began to write the poem which eventually was adopted as the national anthem of the United States - "The Star-Spangled Banner". Key was returned to Baltimore and later that day took a room at a Baltimore tavern where he completed the poem.

Years later, Key told a hometown audience in Frederick, Maryland: "I saw the flag of my country waving over

a city - the strength and pride of my native State - a city devoted to plunder and desolation by its assailants. I witnessed the preparation for its assaults. I saw the array of its enemies as they advanced to the attack. I heard the sound of battle; the noise of the conflict fell upon my listening ear, and told me that 'the brave and the free' had met the invaders."

The Joint Committee on Printing is pleased to present the latest edition of "Our Flag". This Congressional publication briefly describes the history of the flag, and sets forth the practices and observances appropriate to its display. The Committee hopes that this document will be both useful and informative to its audience.

PLEDGE OF ALLEGIANCE TO THE FLAG

"I Pledge Allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation under God, Indivisible, with Liberty and Justice for All"

The Pledge of Allegiance received official recognition by Congress in an Act approved on June 22, 1942. However, the pledge was first published in 1892 in the Youth's Companion magazine in Boston, Massachusetts to celebrate the 400th anniversary of the discovery of America, and was first used in public schools to celebrate Columbus Day on October 12, 1892.

In its original version, the pledge read "my flag" instead of "the flag of the United States." The change in the wording was adopted by the National Flag Conference in 1923. The rationale for the change was that it prevented ambiguity among foreign-born children and adults who might have the flag of their native land in mind when reciting the pledge.

The phrase "under God" was added to the pledge by a Congressional Act approved on June 14, 1954. At that time, President Eisenhower said: "in this way we are reaffirming the transcendence of religious faith in America's heritage and future; in this way we shall constantly strengthen those spiritual weapons which forever will be our Country's most powerful resource in peace and war."

Honor Flight Chicago - "Operation Locate A Hero"- 2017 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 2017 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.



How to Fly the United States Flag

(From literature by the VFW National Veterans and Military Services)

1. The flag should be hoisted briskly and lowered ceremoniously.
2. The flag is never allowed to touch the ground or the floor.
3. When hung over a sidewalk on a rope extending from a building to a pole, the union stars are always away from the building.
4. When vertically hung over the center of the street, the flag always has the union stars to the north in an east/west street, and to the east in a north/south street.
5. The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of states or localities or pennants of societies are grouped and displayed from staffs.
6. The flag should never be festooned, drawn back, nor up, in folds but always allowed to fall free.
7. The flag should be displayed at half-staff until noon on Memorial Day then raised to the top of the staff.
8. Never fly the flag upside down except as a signal of distress in instances of extreme danger to life or property.
9. The flag is never flown in inclement weather except when using an all-weather flag.
10. The flag can be flown every day from sunrise to sunset and at night if illuminated properly.

Cell Phones For Soldiers

Representative D'Amico has partnered with Cell Phones For Soldiers, a nonprofit serving troops and veterans, to collect gently used cell phones for members of our military. Donated phones will be used to provide free communication services to military members so they can connect with their loved ones. Donations will be accepted starting today, May 1, 2015 to May 29, 2015 in Representative D'Amico's public service office located at 4404 W. Lawrence Ave., Chicago, IL 60630. Office hours are 9 AM to 4:30 PM.



Falcon Banding Cancelled; Falcon Book Signing Still On

We are sorry to announce that the Peregrine nest at Evanston Public Library has failed and the chick banding has been cancelled. The falcons have abandoned the nest, flying off with the last remaining living chick. It is unknown whether the chick remains alive. Three eggs were laid this year by Squawker and Fay: one egg did not hatch, one chick died a few days after hatching, and the fate of the last chick is unknown after it was taken away by Squawker.

The book signing will proceed as planned on Thursday June 29th at 11 am in the Community Meeting Room. Mary Hennen from The Field Museum and Peggy MacNamara, illustrator, will sign their new book: The Peregrine Returns: The Art and Architecture of an Urban Raptor Recovery. Books will be available for purchase.



Lincolnwood Summer Day Camp Begins June 20. Registration Is Open But Camps Are Filling Quickly.

Lincolnwood Summer Day Camp provides a safe, engaging, affordable, and accommodating environment for children ages 3-15, with the lowest camper-to-counselor ratios in the area. Open to both residents of Lincolnwood and surrounding communities, our seven general recreation camps feature a variety of activities including arts and crafts, small and large group games, athletics, field trips, and recreational swimming. Campers also have the option to enroll in swim lessons, tennis lessons, weekly before-and after-camp programs, and specialty skill programs such as soccer and dance. To accommodate busy summer schedules, parents can sign up for one or both of our four-week camp sessions, or take advantage of the "pick-a-week" option to select individual weeks that fit their needs. Parents can also add onto the camp day with an option that starts at 7am and/or extends the fun until 6pm. Camp registration is available at the Parks and Recreation Office in Lincolnwood Village Hall, or online at <http://www.lincolnwoodil.org/camp>. Registration is required by 3pm on Friday prior to the start of each session (including "pick-a-week"). For questions, please call the Parks and Recreation office at 847-677-9740.



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<ul style="list-style-type: none"> ■ Wiener Schnitzel ■ Chicken Schnitzel ■ Roast Veal Shank ■ Sauerbraten ■ Pork Shanks ■ Roast Duckling 	<ul style="list-style-type: none"> ■ Bratwurst ■ Steak Tartar ■ Homemade Soups ■ Homemade Apple Strudel ■ Fresh Fish of the Day
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 SkokieTheatre.org 847-677-7761

Can You Spell HILARIOUS?

By Wayne Mell, Artistic Director

You will, along with so much more when The 25th Annual Putnam County Spelling Bee opens on the Skokie Theatre stage. The Tony Award-winning musical follows six awkward spelling champions as they compete in their regional tournament to determine who will represent Putnam County in the final competition in Washington D.C. Through a series of songs and flashbacks, we learn of their peculiar personalities, their home life, and what draws them to the exciting world of competitive spelling.



Part sketch comedy, part Broadway musical, this show is as unique today as it was when it first premiered in New York. It was based on an original improvisational comedy play which came to the attention of playwright Wendy Wasserstein. She recommended the show to composer William Finn (who wrote the score to Falsettos which is currently on Broadway). He in turn brought playwright Rachel Sheinkin on board, and they transformed the night of sketch comedy into a full-length musical.

The production retains many aspects of its late-night comedy roots. The quirky middle-school contestants are played by adults. And the adult moderators turn out to be even more quirky than the kids. The moderators provide ridiculous usage-in-a-sentence definitions for the words, and four members of the audience are brought up on stage to compete and see if they can make Spelling History by wresting the "Spelling Champion" title away from the cast.

The original Broadway production was nominated for three Drama Desk Awards, six Tony Awards, and a Grammy Award for Best Musical Theatre Album. It launched the career of Jessie Tyler Ferguson from television's Modern Family.

The 25th Annual Putnam County Spelling Bee is directed by Wayne Mell, with musical direction by Ken Preuss and choreography by Marianne Brown. The lighting design is by Andrew Vanderby with costume design by Beth Laske Miller.

The six young spellers are played by Shana Dagney, Heidi Hansfield, Ben Isabel, Jillian Mayer, Dustin Rothbart, and Mark Yacullo. The adult proctors are played by Shane Roberie, Sarah Saperstien, and Tim Walsh.

Performances are held from Friday, June 23 through Sunday, July 9 at the Skokie Theatre, 7924 Lincoln Ave in Downtown Skokie, Friday and Saturdays at 7:30 pm, Sundays at 2:00 pm, with a special Wednesday afternoon matinee on June 28 at 1:30 pm. Tickets are \$39 General Admission, with \$34 for Seniors and \$29 for students.

The 25th Annual Putnam County Spelling Bee is the first play in MadKap's 2017-18 Play Series. The remaining plays include the Tony Award-winning musical The Drowsy Chaperone in September, the Midwest premiere of a new play, Rocket City, Alabam' in November, and the romantic comedy Crossing Delancy in February. A four show subscription series is available for only \$94.

How do you spell TICKETS? SkokieTheatre.org, or call the box office at 847-677-7761.

North Shore Art League's
ART in the VILLAGE
 Winnetka, Illinois

Winnetka is located north of Chicago along the shores of Lake Michigan. This annual fair generates enthusiastic art buyers to our village. The North Shore Art League's 92 year history and quality event reputation is apparent in all of the pre-show interest from artists and patrons.

The League is a locally well-known organization with close ties to the Art Institute of Chicago, Columbia College and many art galleries, schools and organizations throughout the area. We draw art enthusiasts from the entire Chicagoland area and beyond. Art in the Village will be promoted in all of our mailed and emailed communications, through advertising in Chicago and local publications, through strategically placed articles, posters, yard signs and more.

Please let us know if you have any questions. We hope you will join us at our show next summer!

Questions? www.northshoreartleague.org or 847-446-2870

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 TO BUY:
 • Old Holiday Items
 • Old Costume Jewelry
 • Old "Pretty" Things
 (Purses, Hats, etc.)
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 7214 N. Harlem
 Chicago, IL 60631
 (773) 631-1151
 Mon - Sat.
 10:30 am - 4:30 pm

Visit Chicago Brauhaus During the Summer Concert Series in Lincoln Square

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



The series will occur every Thursday evening from 6:30pm - 9:00pm in Kempf Plaza (across from Chicago Brauhaus) through August 31st.

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

Roadside History of Illinois



This is the sixth 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

Chicago – Site of the First Wigwam

For the Algonquian Indians, a wigwam was a temporary dwelling constructed of tree branches and bark. In Chicago, a wigwam was a place for choosing presidential candidates. The first and most famous Wigwam was constructed at the southeast corner of Lake Street and Market Street (now Wacker Drive), near the Chicago River. It housed the second Republican National Convention—the first political party convention held in Chicago—in May 1860.

The original Wigwam, built in just five weeks, was a temporary, two-story wooden building nearly a block long. Though simple in design, it did boast 20-foot-high arched entrances, tall rectangular windows for air circulation and square turrets at each corner. The building cost \$5,000 to construct; each attendee was charged a 25 cent admission fee to offset the expense.

The week of the convention, attendees poured into Chicago by train. Ten thousand delegates gathered inside the building, sitting on chairs borrowed from local residents. An equal number stood outside to follow the proceedings. Shouters relayed information to those who were too far away to hear.

New York senator William H. Seward was the favorite candidate. His supporters already had one-third of the delegates locked up. Twelve other men were also in the running. One of the hopefuls, Abraham Lincoln, was considered a dark horse. But Lincoln's supporters had a plan. The night before the final day of balloting, Ward H. Lamon, a Springfield friend and former law partner of Lincoln, and others printed counterfeit tickets and distributed them to Lincoln supporters, instructing them to arrive early. Lincoln's backers packed the convention, and by the time Seward's delegates arrived they were

barely able to find a seat. Abe's faction also assigned men to lead loud cheers, drowning out the words of the other delegates. The scheme worked. Lincoln's side created a groundswell of support that won him the nomination on the third ballot.

After the convention the wigwam was used for meetings and rallies; part of it was used as retail space. Sometime between 1867 and 1871, the building was destroyed. It may have been razed by the city, or it may have been burned down. Some believe the building burned in 1867; others maintain that it was a victim of the 1871 Great Chicago Fire. Two other wigwams were later constructed in Chicago for national conventions, 1864 and 1892, both of them hosting the Democratic Party. The 1864 wigwam was located on the southeast corner of Michigan Avenue and Randolph Street in what was then known as Lake Park. The 1892 wigwam was built further south on the southeast corner of Michigan Avenue and 12th Street. Both buildings were disassembled afterward. When the 1892 convention ended, the building was dismantled and the wood reused to construct a building that housed women who worked at the 1893 World's Columbian Exposition. No plaques mark the location or significance of these two sites.

The site of the first Wigwam, today marked by a Chicago Landmark plaque on the side of a building, was 30 years earlier the location of Chicago's first hotel, the Sauganash Hotel. Early settler Mark Beaubien built a tavern, the Eagle Exchange Tavern, here in 1829, and two years later he expanded it into a two-story hotel. The Sauganash served as a community meeting place and, for a time, as a theater—the first in Chicago—before burning down in 1851.

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.

Lincolnwood Fest 2017
LINCOLNWOOD FEST * JULY 20 - 23
RIDES * GAMES * FOOD * MUSIC * CARS * BINGO

BEER GARDEN * BUSINESS EXPO * FOOD VENDORS * CAR SHOW
FREE LIVE ENTERTAINMENT NIGHTLY

THUR-7/20 5PM-10PM BOY BAND NIGHT MARLON LONGID & THE SHAKES	FRI-7/21 5PM-11PM TRIBUTOSAURUS AS CREEDENCE CLEARWATER REVIVAL SIMPLY SOUND	SAT-7/22 1PM-11PM THINK FLOYD USA 228	SUN-7/23 10AM-9PM ROSE HILL REVIVAL FOUR MAN BAND
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AT PROESEL PARK IN LINCOLNWOOD * 6900 N. LINCOLN AVE.
 MORE INFO - WWW.LINCOLNWOODFEST.COM

Grant Park Music Festival Celebrates America's Birthday With An Independence Day Salute Tuesday, July 4 At 6:30 Pm In Millennium Park

Plus an encore performance Wednesday, July 5 at 6:30 PM at the South Shore Cultural Center

Celebrate the Fourth with the Grant Park Music Festival annual Independence Day Salute, one of Millennium Park's most popular summer concerts of the 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, and more.

The Independence Day Salute takes place Tuesday, July 4, 6:30 p.m. at the Jay Pritzker Pavilion of Millennium Park, with an encore performance on Wednesday, July 5, 6:30 p.m. at the South Shore Cultural Center, located at 7059 S. South Shore Drive.

Patrons can order One Night Membership Passes for reserved seats, starting at \$25, by calling 312.742.7647 or going online to gpmf.org and selecting their own seat down front in the member section of the Jay Pritzker Pavilion. Membership support helps to keep the Festival free for all. For every Grant Park Music Festival concert, there are seats that are free and open

to the public in Millennium Park's Seating Bowl and on the Great Lawn, available on a first-come, first-served basis. All seats are free at the South Shore Cultural Center.

An open rehearsal of the Independence Day Salute will take place Tuesday, July 4, at 11 a.m. in Millennium Park. Audiences are welcome to sit in the Pavilion Seating Bowl during rehearsal, and Festival docents will be on site to talk about the program during rehearsal breaks.

The July 4 concert will be broadcast live on 98.7WFMT, Chicago's classical and fine arts radio station, and also online at wfmt.com/streaming.

For more information about the Grant Park Music Festival, including membership, One Night Passes and group seating, 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.

NOTE: There are NO fireworks on Independence Day in Millennium Park. July 4th fireworks presented by Miller Lite will take place at Navy Pier at 9:30 p.m.

8th Annual Brush With Nature Program Returns To Emily Oaks Nature Center In Skokie For Its Brush With Nature Plein Air Painting Event And Exhibition.

Brush with Nature is a family friendly plein air painting program presented by the non-profit arts organization Anatomically Correct, where visitors gather to watch professional artists paint plein air style (a French term which means out in the open).

The outdoor painting event will be held on Sunday, July 9, 2017 from 9:00 am – noon at Emily Oaks Nature Center, 4650 Brummel

Ave, Skokie, IL 60076. Visitors are invited to watch over 50 artists from all over Illinois set up their easels and "plein air" paint along the walking paths of the Nature Center during its Pancake Breakfast in the Woods event.

During the painting event, Emily Oaks offers pancakes served hot off the griddle with syrup or strawberries, turkey sausage, and assorted beverages. After breakfast, visi-

tors can walk the nature trails and meet the plein air painters. (Pre-paid reservations for the breakfast can be purchased through Emily Oaks Nature Center. Ph (847) 674-1500, ext. 2500 for more information.) Cost is for the breakfast only. There is no charge to watch the artists.

Participating artists must pre-register online: <http://www.BrushWithNature.org>

An exhibition of many of the artworks created during this event will be on display inside the Emily Oaks Nature Center Gal-

lery in 2018.

Brush with Nature is sponsored in part by the Village of Skokie Fine Arts Commission, Blick Art Materials 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.

<http://www.brushwithnature.org>



Brush with Nature 2016 - Youth Art Table



Evanston Artist -Amanda Roman paints Brush with Nature 2016.

2017 Starlight Concert Series Returns with Eight Free Shows June 6 through August 2

Evanston's 2017 Starlight Concert Series will feature eight free outdoor concerts, including a Starlight Junior Concert geared towards families with young children, at park locations throughout the city June 6 through August 2. 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. New this year, interactive family activities will occur before each concert from 6 p.m. to 6:45 p.m. In the event of rain, concerts will take place at the Levy Center, located at 300 Dodge Ave. The Starlight Junior concert will take place on Wednesday, August 2, from 6 p.m. to 7 p.m. The rain site is the Noyes Cultural Arts Center, 927 Noyes St.

For more information and the concert schedule, visit cityofevanston.org/starlight or call/text 847-448-4311.

For convenience, residents may simply dial 3-1-1 in Evanston.

Starlight Concert Schedule

Tuesday, June 27 - Food trucks on site at 6 p.m.

Bent Park, Central Street at Cowper Avenue
Lawrence Peters Outfit - Chicago Music Awards' "Best Country and Western Entertainer," featuring a deep-rooted honky-tonk sound

Tuesday, July 11

Leahy Park, Lincoln Street west of Ridge Avenue

Maracujaz - Brazilian jazz band playing mellow bossa novas, upbeat sambas and jazz classics

Tuesday, July 18 - Food Truck Festival starting at 5:30 p.m.

Brummel Park, Brummel Street at Elmwood Avenue

Chicago Tribute Anthology - Driving rhythm section and powerful horns recreating the sound of the legendary rock band Chicago

(July and August Concert Listings Will Appear In Future Editions Of Our Village News)

Lincolnwood Summer Concert Series Features Family Fun and Live Music on Thursday Nights in June and July

The Lincolnwood 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.

- 6-8:30pm - Free bingo & a fun inflatable activity for kids
- 6:30-8:30pm - Free face painting by Rosa

Flor Designs

- 7-8:30pm - Live music

Concert & Activity Lineup

June 29 - Wild Skies

Folk/Americana with a modern twist

July 6 - Rockstar Rodeo

Electrifying rock n' country

July 13 - Jose Valdes & the Mambo All Stars

Energetic Latin dance rhythms - Salsa, Merengue, Cumbia, Cha-cha, Mambo and more.

Lincolnwood Fest (July 20-23)

July 27 - Final Say

Tight grooves and seamless harmonies from one of Chicago's top party band

CHICAGOLAND PREMIERE!

JUL 13 - AUG 13

The Tin Woman

A Play by Sean Grennan

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Don't Trust Your Legacy to Just Anyone



Chester M. Przybylo

Protecting our families and our assets after we are gone is an essential part of life. However, in planning our estates, we need to take into account the many potential life changes that may come up for our surviving family members and ensure that we have various protections built into our estate plan.

For example, it's no secret that the divorce rate in this country is high and a significant percentage of Americans have been divorced several times. These statistics should concern all of us, but especially those people who are planning, or failing to plan, their estates. These are very real and potential dangers that may come up for you or your surviving family members, and which can be managed with an effective estate plan.

However, not all estate plans are created equal. There are many Wills and Living Trusts available that are designed to be one-size fits all, and which leave out many important provisions that are intended to protect your family and assets from the very real world concerns that affect many Americans.

Therefore, the most important part of your estate plan is not the documents. It is the knowledge used by the attorney who creates your plan. How do you know if someone has the necessary knowledge? Be sure to check the background of the attorney you hire and make sure that they meet the following criteria:

- **Experienced.** Only an experienced professional has seen what works and what does not work. You do not want to be someone's guinea pig.
- **Licensed.** Many people purport to provide estate planning services, from annuity salespeople to paralegals. Estate planning involves complex legal issues which require a licensed attorney.
- **Focused.** Licensed attorneys practice in areas from antitrust law to water rights law, and everything in between. An attorney who is focused in estate planning has the background, ability, and demonstrated commitment helping people with developing and implementing their estate plans.

The right attorney has the experience to avoid imprecision in the drafting of your documents. In addition to exposing your family and assets to the dangers of divorce and lawsuits, imprecision in documents can lead to family disputes which can wreak havoc on their emotional and financial wellbeing. Further, an experienced, licensed, and focused attorney has the skills necessary to craft an estate plan that not only meets your goals, but also provides:

- **Remarriage Protection.** If your surviving spouse remarries, it protects and passes your assets and your legacy to your children, instead of the new spouse.
- **Divorce Protection.** It protects your children's inheritance in case of their own divorce, ensuring that up to 50% does not just walk away with your future ex in-law.
- **Creditor Protection.** It protects your children's inheritance from the ravages of potential lawsuits and creditor claims, in case your children become the target of litigation.
- **Tax Savings.** It provides the framework and flexibility to maximize savings on a range of taxes, including federal and state income taxes, local property taxes, and federal and state estate, gift, and inheritance taxes.
- **Tailored Solution.** It is a plan that is tailored to take advantage of the laws of your state to best achieve your individual goals.

Your legacy and your family are the most important elements in your life. Protect them from the perilous times we live in and from untrained, inexperienced, or even unscrupulous "planners."

Chester M. Przybylo has been elected to the Board of Governors of the prestigious American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 45 years. To register for an upcoming seminar, call the 24 hour reservation hotline at 1-800-638-7878 or register online at www.PlanOurEstate.com.

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

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

St. Thecla Seniors Meetings

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

**Do you have an
Estate Plan?
Or is your Estate Plan
out of date?**

**Request a Free Consultation if you
are interested in a trust or will**

Call 773-631-2525

**Law Offices of Chester M. Przybylo & Associates
www.PlanOurEstate.com**

Four Indicators That You Should Replace Your Hearing Device

Like any other medical device, hearing aids do not last forever. Even if you're happy with the performance of your hearing device, eventually, you'll have to replace it. But how do you actually know when it's time to replace your hearing device?

One general rule is that most hearing devices last, on average, 5-7 years. However, we need to stress that each case is unique, and only you, in consultation with your audiologist, can determine when the time is to replace your existing hearing device.

If you experience one of these 4 scenarios, it's probably time to replace your hearing aid:

Your hearing device is over 5 years and has been sent in for repair.

When it's that close to the end of its useful lifespan, your hearing aid should be replaced instead of being repaired. That way, you don't have wait for your hearing aid to be repaired only to have it potentially operate unreliably and have to be replaced. You might as well upgrade when you have the chance. Repairs on hearing aids greater than five years can also be very costly and do not have a long repair warranty. Sticking money into an old device instead of saving it and purchasing new technology is not always the best thing.

You are noticing you aren't hearing as well as you or your family expect.

Problems with hearing, relative to what you're used to, could mean that your hearing device is malfunctioning. Or, it could mean that

your hearing has deteriorated and you need to be evaluated for a hearing aid again. In any case, you should visit an audiologist to get evaluated and figure out the cause of the problem and a new solution that will work well for you.

Your hearing aid isn't comfortable anymore.

As we live, our bodies are always undergoing change. Likewise, a medical device you use every single day may eventually bend or warp from the constant use. If you're noticing a lower level of comfort, you may be able to get your audiologist to re-mold the hearing device for a better fit or find you a new hearing device that fits more comfortably.

Advances in technology have changed the effectiveness of hearing devices.

You may be perfectly happy with your hearing device, but things in the hearing industry are changing so quickly that devices go through entire life cycles in 5 years. You may think your hearing device is functioning adequately, but you'll never know what you could be missing out on with the newest generation of devices currently available on the market. So, during your regular checkup, it pays to ask your audiologist about how technology has advanced and how you may be able to benefit from these changes.

Thinking it may be time to replace your hearing device? Contact us by calling 773-685-9202 or email info@chicagohearingservices.net to set up an appointment and we can help you decide if there may be a better device for your needs!



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.

Join the Arbor Day Foundation in July and 10 Trees Will Be Planted in High-Need National Forests

Forests across America are a prized natural resource, and anyone can help plant trees in these vital areas by joining the Arbor Day Foundation this month.

Through the Replanting Our National Forests campaign, the Arbor Day Foundation will honor each new member who joins in July by planting 10 trees in forests that have been devastated by wildfires, insects, and disease.

The cost for joining the Arbor Day Foundation is a \$10 donation.

America's national forests face enormous challenges, including unprecedented wildfires that have left a backlog of more than 1 million acres in need of replanting. The Foundation has worked with the United States Forest Service for more than 25 years to plant trees

in high-need forests. Our national forests provide habitat for wildlife, keep the air clean, and help ensure safe drinking water for more than 180 million Americans.

"Keeping our forests healthy is vital to the health of people and the entire planet," said Matt Harris, chief executive of the Arbor Day Foundation. "By planting trees in our national forests, we will preserve precious natural resources and the benefits they provide for generations to come."

To join the Arbor Day Foundation and help plant trees in our national forests, send a \$10 membership contribution to Replanting Our National Forests, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410 or visit arborday.org/july.

New Minimum Wage Rates For City of Chicago Employers

**Effective July 1, 2017 the Minimum Wage Rate will increase as follows:
Non Tipped Employees \$11.00 • Tipped Employees \$6.10**

Please visit the City of Chicago website at: www.cityofchicago.org for specific guidelines regarding the City of Chicago minimum wage ordinance. In search box type: Minimum Wage Increase. Any additional questions should be directed to the City of Chicago.

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 sponsored by Evanston Public Library and Chicago Bar Association's Law at the Library, to take place at Evanston Public Library, 1703 Orrington Avenue, Evanston, Illinois, 60201, on Thursday, July 13, 2017, at 7:00 p.m. – 8:30 p.m.

For additional information and to register (optional), call 847-448-8630 or visit: www.epl.org – Calendar of Events Adults. This program is free and open to the public.

Norwood Park Seniors Club

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

OUR VILLAGE & STREET LEVEL

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Resurrection Outstanding Spring Athletes



Resurrection College Prep High School held their Spring Athletic Banquet on Wednesday, June 7, 2017, to honor student athletes in Lacrosse, Soccer, Softball, Track & Field and Water Polo. Resurrection prides itself on the academic success of its student athletes. Fifty-eight student athletes were recipients of the GCAC/MCAC All-Conference Academic Award, which is earned by student athletes who have maintained a cumulative GPA of 4.0 or higher at the Varsity level of competition.

Seven student athletes were recipients of the GCAC/MCAC All-Conference Athletic Award, which recognizes student athletes who have been recognized and chosen by the coaches of the GCAC for their exemplary athletic ability at the Varsity level. The All-Conference Athletic Awards were presented to Lacrosse team member Margaret Torres '17, Soccer team members Lorena Soria '17 and Natalie McDermott '17, Softball team member Caitlin Flaherty '17, and Track & Field team members Mary Quinn '18, KD O'Brien '18 and Faith Cloherty

'18. The Resurrection Lacrosse team was also recognized by the State in selecting Margaret Torres '17 to the All-State team.

Eighteen student athletes were recognized as Tri-Athletes for their successful participation in three sports at Resurrection during the 2016-17 school year, including the following: Samantha Saldana '20, Madison Van Horn '18, Margaret Torres '17, Mairead Dunne '19, Brigid Early '19, Rebecca Gawlinski '20, Nayelli Soria '20, Danielle LaSusa '18, Meredith Nowotarski '17, Mary Quinn '18, Ann Quinn '20, Nicole Bendig '20, Anna Snider '20, Jacey Gagnon '20, Mackenzie Van Horn '20, Kelley Moritz '20, Keeley Cunningham '20, and Shannon Borner '17.

Individual teams also presented awards and the following student athletes were Sports Award Recipients:

Varsity Lacrosse: MVP: Shannon Borner '17; Coaches: Gillian van Brenk '17; Sportsmanship: Bridget McKenna '17; Spirit: Anne Kealy '18.

JV Lacrosse: MVP: Claire Anderson '19; Coaches: Isabella Salerno '19; Sportsmanship: Morgan McCarthy '19; Spirit: Mary Kathryn Borner '19.

Freshmen Lacrosse: MVP: Megan Thornton '20; Coaches: Grace Ignowski



Bandits Varsity Lacrosse team member Maggie Torres '17 was recognized by the Illinois High School Women's Lacrosse Association as a 2017 All-State player. Maggie will playing Lacrosse at the collegiate level at Illinois Wesleyan University in the fall.

'20; Sportsmanship: Jacey Gagnon '20; Spirit: Anna Snider '20.

Varsity Soccer: MVP: Lorena Soria '17; Coaches: Claire Brugioni '18; Sportsmanship: Julia Baase '17; Spirit: Jeslyn Dorband '18.

JV Soccer: MVP: Clare Dillon '20;

Coaches: Sofia Bellwoar '20; Sportsmanship: Samantha Gomez '20; Spirit: Samantha Appelhans '17.

Varsity Softball: MVP: Caitlin Flaherty '17; Coaches: Joanna Cirrincione '18; Sportsmanship: Tara Nikolich '17; Spirit: Christina Gatta '19.

JV Softball: Coaches: Nicole Bendig '20; Sportsmanship: Emily Kadus '19 and Brigid Early '19; Spirit: Nicole Bendig '20.

Freshman Softball: MVP: Samantha Saldana '20; Coaches: Alyssa Nomellini '20; Sportsmanship: Kaitlyn Jettner '20; Spirit: Giovanna Dante '20.

Track & Field: MVP: Faith Cloherty '18; Coaches: Mary Quinn '18; Sportsmanship: Mary Claire Weber '19; Spirit: Kimberly Dunleavy '19.

Water Polo: MVP: Ruth Gleason '18; Coaches: Victoria Creed '19; Sportsmanship: Sarah Erickson '19; Spirit: Emily Riccio '20.

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

Northtown Garden Society

Saturday, June 24, we're heading to the Pie Patch Pick-it-Yourself Farm! Think fresh Strawberry Pie with ice cream...yum! There is no entry charge you just pay for your strawberries. 12 Noon, 5045 S Laffin. Carpool will meet at Warren Park at 11am. Reserve your spot with: evamannaberg@yahoo.com

July

Saturday, July 9 is the Bowmanville Garden Walk. 9am to 4:30pm

For more details: www.bcocichicago.org

Thursday, July 20, 7pm at Warren Park Fieldhouse, 6601 N Western Ave.

A representative of West Ridge Nature Preserve will present a slide show.

This will introduce us to this new area.

Northtown Garden Society

Member, West Ridge Chamber of Commerce; Member, Garden Clubs of Illinois
www.northtowngardensociety.org

Future events will appear in the next edition of *Our Village News*

Watch the Food Network's upcoming episodes of *Coast-To-Coast Chow* featuring **Harry Kempf, owner, operator and chef of the Chicago Brauhaus.**



Village Cooking Corner

Mediterranean Chicken And Vegetables

From the Kitchen of Anastasia Weaver

- | | |
|--|--|
| 2 lbs chicken drumsticks, thighs and wings or even breast | 1 Vidalia Onion (chopped) |
| 1 medium sized eggplant cut in circles than circles in four pieces | 1 garlic clove |
| 2 zucchini (cut in circular 1/2 inch pieces) | 1 can of "no salt" Stewed tomatoes |
| 1 yellow squash (cut in circular 1/2 inch pieces) | Salt and pepper to taste |
| 1 green pepper (chopped) | 1 tbsp. Mint (dried crushed) |
| 1 red pepper (chopped) | 1 tbsp. Oregano (dried) crushed |
| | 3tbsp of Olive Oil |
| | 1 cup Orzo or 1 cup Rice (prepared as on package) or pasta |

Wash and pat dry the chicken parts you have planned to serve for your dinner. Put aside.

Wash and chop all vegetables and ready for use in chicken Mediterranean

Chop Onion (you may use yellow onions if desired (I prefer Vidalia)

Chop garlic you may use one or two cloves depending on your taste.

Sauté Chicken in olive oil until lightly browned Put the onion and garlic and into the chicken and sauté along with chicken parts until onion is soft but not burned.

Stir in the chopped eggplant, zucchini, yellow squash and peppers. Sauté for approximately five minutes.

Pour in the white wine and stewed tomatoes as well as the mint, oregano, salt and pepper. (you may require a 1/2 cup of water although the vegetables will provide the water. Stir together for approximately five minutes. Bring to a boil and then reduce heat. Cover and permit to cook for approximately 45 minutes to an hour until Chicken is done. Vegetables will be soft

In the meantime prepare Orzo, pasta or Rice whatever your preference and place chicken and vegetables on top of the Orzo, pasta or Rice. Enjoy with a loaf of crusty Greek Bread, Vienna Bread or French Bread whatever your preference and depending on availability and enjoy with a glass of Rose Wine.

Village Cooking Corner will be featuring recipes using all the fresh Farmers' Market offerings and listing all of the Local Market locations throughout the Summer months ahead, beginning next edition.

Receive a Free Parkway Tree

To encourage more parkway tree planting, the Village is waiving fees for parkway trees planted in 2017. Free parkway trees are available for houses and multi-unit residential buildings, businesses, religious congregations, schools and other properties.

The free parkway trees are being offered in cooperation with the Sustainable Environmental Advisory and Beautification & Improvement Commissions to promote recovery of tree canopy losses throughout the Village because of trees that had to be removed due to Emerald Ash borer damage.

Trees are important as they increase proper-

ty values, reduce air conditioning bills, clean the air, intercept storm water and decrease exposure to harmful UV rays.

If you are interested in having a free parkway tree planted on your property, please call the Public Works Forestry Division at 847/933- 8427. Supplies are limited and will be offered on a first-come, first-served basis. A Village forester will evaluate the parkway to determine if there is adequate space for a tree. Eligible property owners will receive a list of available tree choices, and will be required to water the tree for two years.

Shanti Sugar Challenge

Any exercise program is only part of a total approach to improved health and physical fitness. How much food we eat and the type has a significant impact on the progress and success of a total fitness program

In this series of articles, I am going to concentrate on only one food additive.

The average American consumes 60 pounds of sugar a year. This consumption does not include sugary soft drinks or fruit juices.

Sugar is present in sandwich meats such as turkey or chicken. The label will often show that the product contains carbohydrates derived from added sugar. Sugar is the worst ingredient in our modern diets. Remember, meat is protein and by itself contains no sugar.

Over the next few weeks, Shanti offers you a chance to change your habits and reduce the amount of sugar you consume.

The goal is to help you feel better and have more energy and to lose weight.

Shanti is asking you to take this challenge to eliminate sugar that you currently add to your food.

Take the sugar bowl and put it away. Sugar sprinkled on cereal, added to coffee or tea or mixed into food that you prepare is your target.

If "going cold turkey" is not your style, try reducing the amount you use in half and then decrease that amount as the week progresses.

Watch out for pancake syrup. It is so easy to over use.

As the next few weeks unfold, you may want to keep a chart of your weight. Perhaps you may lose weight from reducing just this one food ingredient.

Coming up next: **HIDDEN SUGARS.**

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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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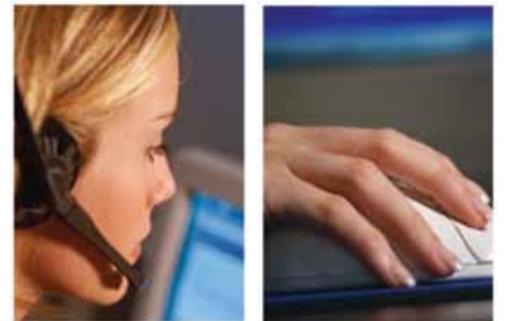
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