



# OUR VILLAGE



FREE

FREE

Volume XIII

P.O. Box 31391,  
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[www.OurVillageChicago.com](http://www.OurVillageChicago.com)

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Issue 3  
March 6, 2009

## BASEBALL AND PLAY BALL ARE BACK!

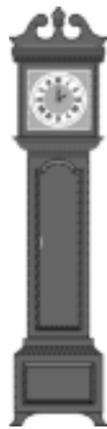
Celebrate the boys of summer and join in the fun as the City of Chicago and National City Bank present Play Ball, Chicago! Wednesday, April 8, from 10:00 a.m. to 3:00 p.m. on Daley Plaza (Washington and Dearborn Streets). This 2nd annual celebration unites fans of the Chicago Cubs, Chicago White Sox, Kane County Cougars, Windy City Thunderbolts, Joliet Jackhammers and Schaumburg Flyers as they begin their seasons in Chicago.

Chicago is a town rich in baseball history; in addition to seeing some of your favorite players there will be loads of interactive play. FREE activities include baseball inflatables, picture booth with photo scenes of Wrigley and U.S. Cellular Fields, batting cages, speed pitch, fun giveaways and more. The Picasso statue will even get in the spirit with a baseball hat-sporting both the Chicago Cubs and Chicago White Sox logos on its front.



Step aside American Idol, AKF Entertainment will offer the opportunity to shoot a music video based on select sports themed songs. Visitors will have the opportunity to take home a DVD of their performance - FREE!! BIG Baseball academy will be on hand to offer tips on baseball and will have an area to test your arm with a radar gun speed pitch.

For further information and all other events go to our website at [www.cityofchicago.org/specialevents](http://www.cityofchicago.org/specialevents).



## DAYLIGHT SAVING TIME BEGINS

### March 8, 2:00 a.m.

## PAPPAS NAMES LOUISE VOLZ, 100, HONORARY DEPUTY TREASURER



Cook County Treasurer Maria Pappas named Louise Volz (left) an honorary Cook County deputy treasurer. Pappas congratulated Volz on turning 100 years old on January 4, 2009. Volz was an original member of a chorus group called Lyra Gesang Verein, where she was president. The chorus merged with the Schubert Men's Chorus and became the Schubert-Lyra. She is an active member of the Chorus and holds the honorary title of Ehrenpräsident.

### St. Patrick's Day Party & Casino Night at St. Peter Catholic Church, March 14th, 7:00 pm to Midnight



**Featuring:** Live Music by Velvet Green  
Casino Night Entertainment & Prizes  
Silent Auction & Raffles  
Assorted Appetizers  
Corned Beef, Cabbage & Chicken Dinner  
Cash Bar  
... Fun for Everyone

Location: St. Peter School Auditorium & Gym  
8140 Niles Center Rd., Skokie

Cost is \$35.00 per person (Must be 21 years old)  
All proceeds to benefit St. Peter School



**Yes, I can attend.** Please reserve me \_\_\_ tickets at \$35.00 per person (Must be 21 years old)  
(Tickets will be held at the door and available for pick-up on evening of the event)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Please return reservations, along with payment, to St. Peter School (address below) or to St. Peter Rectory 8116 Niles Center Road, or by mail to:  
St. Peter School  
8140 Niles Center Road  
Skokie, IL 60077-2520

For further information, call (847) 673-0918

**Sorry, I cannot attend,** but please accept my donation of \$ \_\_\_ to benefit St. Peter School

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# Our Lady of the Resurrection Medical Center Offers March Health Programs

Our Lady of the Resurrection Medical Center, 5645 W. Addison St., Chicago, will offer the following health events in March.

One in two women and one in four men over age 50 will have an osteoporosis-related fracture. Are you at risk? Join Physical Therapist Carrie Stalec, DPT, for the free program "How Strong Are Your Bones?" to be held Wednesday, March 11, from 6 p.m. to 7 p.m., in the seventh floor Centennial Conference Center A. Stalec will discuss osteoporosis signs and symptoms, risk factors, screenings and treatment. She will demonstrate exercises to help strengthen bones and deter disease onset. Wear comfortable clothing to participate. Come with questions. Advance registration is required by calling 877-RES-INFO (877-737-4636).

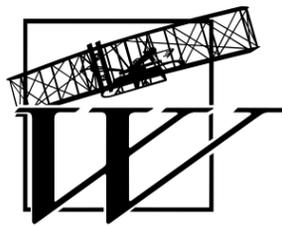
A free **Healthy Aging Program** will be held Friday, March 13, from 1 p.m. to 2:30 p.m., in the seventh floor Centennial Conference Center A. This program for seniors aged 55 and older consists of social time, health topics and voluntary armchair exercises. Registration is not required.

"**Living a Healthier Lifestyle**" is a program to help heart patients and people concerned about cardiac health develop a healthy lifestyle. Sessions are part of the hospital's cardiopulmonary rehabilitation program. A cardiac stress test, lipid profile, risk factor analysis and diet counseling are required to participate. To learn more, call the Cardiopulmonary Rehabilitation staff at 773-794-8420.

A **cholesterol screening** will be conducted Wednesday, March 25, from 8 a.m. to 10 a.m., in the lower level Café Meeting Room. A 12-hour fast is required for this blood draw that tests for total cholesterol, triglycerides, HDL and LDL. Test results will be mailed. There is a \$15 fee, payable at the door. Advance registration is required by calling 877-RES-INFO (877-737-4636).

The **Arthritis Support Group** will meet Thursday, March 26, from 1 p.m. to 2 p.m., in the seventh floor Centennial Conference Center B. These free sessions aim to provide mutual support and education. Registration is not required.

Free parking is available in the hospital's parking facility on Addison Street.



# Free Income-Tax Preparation Available at Wright

Free income-tax assistance is available at Wilbur Wright College until this year's filing deadline to help local families and individuals maximize their tax refunds.

Trained volunteers from Ladder Up (formerly known as the Tax Assistance Program) will be at Wright College, 4300 N. Narragansett Ave, from 8:30 a.m. to 11:30 a.m. on Saturdays through April 4. Spanish and Polish translators will be available.

This free tax-filing service is available to families who earned up to \$45,000 in 2008 and to individuals who earned up to \$20,000 that year.

Ladder Up can also help filers submit their tax return electronically for free and obtain a tax refund in about two weeks, avoiding high-interest tax anticipation loans that slash refunds.

Ladder Up volunteers help tax filers obtain all the deductions and tax credits they qualify for, such as the Earned Income Tax Credit (EITC), which can mean hundreds or thousands of dollars in a tax refund. Ladder Up works with Chicago Mayor Richard M. Daley in the Mayor's EITC Initiative to help families claim the money to which they are entitled.

Tax filers should bring their tax documents, such as W-2s and 1099s, and identification, such as Social Security cards and ITINs for all family members. The service is confidential.

Ladder Up is a Chicago-based nonprofit organization that recruits and trains more than 1,800 professionals from the area's top accounting, law and financial service firms to provide free tax preparation, financial aid form and banking services.

For more information about additional locations and program requirements, please visit [www.taxassistance.org](http://www.taxassistance.org) or contact TAP at (312) 466-0771. Prospective clients can call the TAP hotline at (312) 409-1555.

# Wilder Focus of Wright Film Series

The classic movies "Some Like It Hot", "The Lost Weekend" and "Sunset Boulevard" as well as other films by director Billy Wilder will be featured in Wright College's Spring 2009 Film Discussion Series, starting March 4.

Wilder was one of the great talents of Hollywood's Golden Age. He won seven Academy Awards and was nominated for 15 others. Some of his other masterpieces include "Double Indemnity" "The Seven Year Itch" and "Stalag 17." The American Film Institute ranks "Some Like it Hot" as the top comedy of all time. The film series will view several of these films and examine clips of others. Background is provided before each film and a discussion follows.

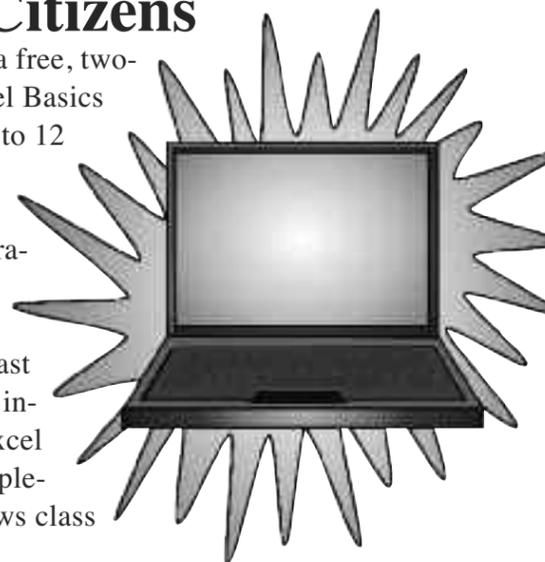
The class, taught by Professor Michael Petersen, meets 6:30 p.m. to 9 p.m. on Wednesdays March 4 through April 1 at Wright, 4300 N. Narragansett Ave. The cost is \$40. New students must register in person in Room A120. Returning students can register by phone at (312) 553-3450 or online at [my.ccc.edu](http://my.ccc.edu). For more information, contact (773) 481-8583.

# Liberty Bank for Savings to Offer Computer Class for Senior Citizens

Part of an ongoing series, a free, two-day class for seniors on Excel Basics will take place from 10 a.m. to 12 noon on Tuesday, Mar. 10 and Wednesday, Mar. 11, at Wright College, 4300 N. Narragansett, Chicago.

Students who attend the class will learn how to forecast loan payments and calculate investment values using the Excel computer program. The completion of a prerequisite Windows class is required to register.

Liberty Bank for Savings has been providing safe and secure banking service since 1898. The community bank, with offices on the northwest side of Chicago, in Park Ridge and Lincolnwood, celebrated its 110th anniversary in 2008. To make a reservation for an event or for more information on times, cost or location, call Susan Andrews at 773-489-4458 or visit [www.libertybank.com](http://www.libertybank.com).



State Representative  
**Michael McAuliffe**, 20th District  
and  
Alderman **Brian Doherty**, 41st Ward

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## Liberty Bank for Savings Hosts Trip to Chicago Flower Show

The public is invited to join Liberty Bank for Savings for a trip to Navy Pier for the Chicago Flower Show. The day-trip will take place on Wednesday, Mar. 11, 2009. Call 773-489-4458 for departure locations and times.

Catch spring fever at the Pier's annual show by taking a leisurely stroll through the exhibit hall. After enjoying the sights and smells, lunch will be served at Bubba Gump Shrimp Company. Space is limited. The cost is \$64 per person. Advanced payments and reservations are required.

Liberty Bank for Savings has been providing safe and secure banking service since 1898. The community bank, with offices on the northwest side of Chicago, in Park Ridge and Lincolnwood, celebrated its 110th anniversary in 2008. To make a reservation for an event or for more information on times, cost or location, call Susan Andrews at 773-489-4458 or visit [www.libertybank.com](http://www.libertybank.com).

## St. Patrick's Day Wish



## ATTENTION U S MILITARY VETERANS and ACTIVE DUTY PERSONNEL

American Legion Edison Park Post #541 is having a meeting in Thursday March 12th starting at 7:30 PM. Location is Edison Park Field House located at 6755 Northwest Hwy. (just west of Harlem Ave.) Chicago. We are seeking new members. If you've been thinking about joining a veteran's organization, stop in and visit our meeting. You might find that our post might be for you.

For additional information please contact: Post Commander Gerald Skotzko at 773-693-3448 or Sr Vice Commander Robert Fuggiti at 773-736-8738

## Old Time Radio Comes to Ravenswood

The Ravenswood Community Council presents Old Time Radio performed by Those Were the Days Radio Players on Saturday, March 14th from 10:30am to 12:30pm at the Sulzer Library Auditorium located on Lincoln Avenue at Sunnyside. The Players will recreate two radio shows from 1942 – A Fiber McGee and Molly show and a Jack Benny show. The Ravenswood Community Council will also give a short presentation outlining their 2009 programs including the neighborhood's new pedestrian special service area (SSA). Coffee and goodies will be served. All are welcome. For more information call 773-784-0400.



## Couple's Movie Night

St. Paul Lutheran School and Church, 5650 N. Canfield Ave. Chicago, will be hosting a Couple's Movie Night on March 14th at 7:30pm in the school gymnasium. Couple's Movie Night will be a chance for all married couples—newlywed to veteran—to enjoy an evening out together for a positive and encouraging movie. The March movie will feature "FIREPROOF," an action packed love story to inspire married couples and transform relationships. There will be free on-site childcare, refreshments, and an opportunity to share thoughts about the movie. This free event is open to the entire community. For more information call the school and church office at (708) 867-5044.

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# GREAT OUTDOORS

## BOATING SAFETY CLASSES

The United States Coast Guard Auxiliary will present the following classes in the coming months in the Chicago area: Boating Skills and Seamanship, a 7 – 9 lesson class intended for primarily beginning and experienced power boaters, GPS for Mariners, a 2 hour course intended as a basic introduction to navigating with GPS (Global Positioning System), and Weekend Navigator, a comprehensive course of 12 hours (6 sessions) intended for both the novice and experienced powerboat and sailboat operator.

The following classes are offered at REI Sports, 1466 N. Halstead. For more information and online registration see [www.teamcoastguard.us](http://www.teamcoastguard.us).

**Boating Skills and Seamanship** Sundays February 22 to April 4, 2-5 pm  
7 weeks Bscript@aol.com 773-545-0497 \$60

**GPS for Mariners** Wednesdays March 25, April 15, May 20, 7-9 pm One session class Bscript@aol.com 773-545-0497 \$20

The following class will be offered at North Park Village, 5801 N. Pulaski (at Ardmore) in the Administration building. For online registration or more information, visit [www.teamcoastguard.com](http://www.teamcoastguard.com).

**Weekend Navigator** Mondays March 2 to April 6, 6-8 pm 6 weeks  
Bscript@aol.com 773-545-0497 \$75

If you do not see classes in your area, please visit the Ninth District web site at [www.9thwestern.com](http://www.9thwestern.com), and go to the Boating Education pages.

## National Wildlife Federation

### Help a Wildlife-Friendly Stimulus

#### Package Become Law

Currently, the Senate is considering whether to cut important funding for wildlife from their version of the economic stimulus bill.

Your actions helped ensure that the U.S. House passed green economic recovery legislation last week, but now we need to make sure the U.S. Senate passes equally strong legislation.

Take Action : Send a message to your Senators

Already Sent a Message? Tell your friends

Go the Extra Mile: Make the call

### Green Education is on the Agenda

Economic and education experts recently joined the National Wildlife Federation to push for investments from the economic stimulus package that would repower America with green education, green jobs and green schools.

"With its infrastructure already well established across American communities, the education system is by definition shovel-ready. That's why we're urging an \$11.3 billion investment for green schools and colleges, environmental education and green job training in America's classrooms to create more than 250,000 jobs in the short-term and ensure long-term economic growth," said Heather White, Director of Education Advocacy for the National Wildlife Federation.

National Wildlife Federation *Adapted from materials provided by USDA/Agricultural Research Service. Contact us at [info@nwf.org](mailto:info@nwf.org), 1-800-822-9919, National Wildlife Federation, 11100 Wildlife Center Drive, Reston VA, 20190. © 2008 National Wildlife Federation. All rights reserved.*



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## Legends of the Lake

by Tracy Seglin

Ever wonder about those lonely looking buildings in the lake, so far from shore?

Our drinking water comes from Lake Michigan – the source is miles out and hundreds of feet deep. Water cribs, the buildings you see, protect the water from pollution at the intake point.

Lake Michigan Crib Sheet

Why are they called “cribs”?

Like a baby’s crib, these structures are designed to surround, protect, and keep precious contents from harm.

When was the first one built? Completed in 1867, the “Two-Mile Crib” was located – you guessed it – two miles offshore. The underwater tunnel was five feet wide and lined with brick. The structure was replaced in 1900, and several others were built since, including at Wilson Avenue and 68th Street.

Crib Tragedy. Chicago’s history is inextricably linked with fire, even on our waterways. On January 20, 1909, a blaze killed at least 50 workers in a temporary crib located one and a half miles from shore at 68th Street. The structure provided underwater access and housed the tools and dynamite used to excavate the new filtration tunnel. An early morning explosion rocked the crib and the wooden building was quickly consumed by flames. Brutal winter conditions likely made matters worse: boat rescue efforts were slowed by ice and those who were able to escape the burning building faced death from hypothermia. Work resumed in the spring and the 68th Street Crib stands today.

Is anyone out there? Not anymore. Crib tenders used to live and work in the water cribs, replete with kitchen and many modern conveniences. Each crew of four would work a one-week shift. Now much of the maintenance and water quality testing has been automated.



## Urban Wildlife Coalition

### Helping Birds During Spring Migration

Chicago is one stop on a bird migration route known as the Mississippi Flyway, extending from northwest Canada, along the Great Lakes, south to the Mississippi River Valley. More than five million birds representing upwards of 250 species are expected to pass through our area this spring.

Unfortunately, each year thousands of birds collide with city windows, where they fall to the ground stunned and unconscious. With timely treatment, more than 80% of these injured birds can be saved and released back to the wild. Urban Wildlife Coalition works closely with Flint Creek Wildlife Rehabilitation, a state- and federally-licensed facility dedicated to rehabilitating injured and orphaned wildlife.

Volunteers are urgently needed during the upcoming spring migration (begins around March 15). A few hours one morning a week can save hundreds of avian lives. Training is provided. For more information, please visit [www.flintcreekwildlife.org/volunteer.htm](http://www.flintcreekwildlife.org/volunteer.htm) or phone 847-842-8000.

In the meantime, if you find an injured or orphaned bird:

Place the bird in a paper bag with a folded paper towel at the bottom. Secure the bag with a clip.

Place the bag in a dark, quiet location and phone the number above (enter this number into your cellular phone for quick emergency access)

Do not give the bird food, water, or try to provide medical care which may cause further injury.

Injured birds can be dropped off at Flint Creek’s Northerly Island facility daily between 8:30 and 10:30 a.m. (visit [www.flintcreek-wildlife.org](http://www.flintcreek-wildlife.org) for directions).

Urban Wildlife Coalition is a community-based organization founded to help preserve our treasured urban wildlife. For more information about urban animals and tips for living in harmony with them, visit [www.urbanwildlifecoalition.org](http://www.urbanwildlifecoalition.org). Questions? Call 773-545-8136 or e-mail us at [urbanwildlifecoalition@gmail.com](mailto:urbanwildlifecoalition@gmail.com).

# 28th Annual



St. Pascal School is looking for volunteers to work on committees listed below and/or to volunteer to help at the 28th Annual St. Pascal Carnival June 3-7, 2009. If you would like to volunteer or would like more information, please contact Kelly Villanti at 773-427-1768 or submit an online inquiry at [www.stpascalschool.com](http://www.stpascalschool.com) by following the Carnival link.

- Carnival Committees
- Entertainment
- Gaming
- Publicity
- Food
- Set Up/Clean Up
- Volunteers
- Administrative
- Alternate Games

## Sauganash Elementary School's Annual Benefit Takes Place March 28

### *Sauganash Speakeasy Theme Celebrates Chicago's Roaring 20s*

Sauganash Elementary School's spring benefit, the school's largest annual fundraiser, helps provide classroom teacher aides, after-school programs, teacher grants, school supplies, classroom books, computer lab equipment, live in-school performances and educational programming, field trips, and professional development opportunities for teachers. This year's gala takes place March 28 at 6 p.m., at the Holiday Inn North Shore (5300 W. Touhy Ave., Skokie, IL). Tickets are \$50 per person (\$60 at the door).

"This fundraiser is so important to the enrichment of our students," says Christine Munns, Sauganash School principal. "Put simply, the revenue generated makes it possible for us to provide educational opportunities our children need and deserve, opportunities that foster academic excellence."

Adds PTA president and event co-chair Amy Lallas, "We're so fortunate this top-notch Chicago Public School is right in our own backyard. But, you don't have to be a parent of a Sauganash School student to attend. In addition to raising money, the benefit also is a fun-raiser, a community-building event, and a chance for friends and neighbors to celebrate our children."

Streamlined art deco, the occasional Charleston, "gangsters" and flappers will bring to life the party's Roaring 20s Speakeasy theme. The evening's activities include live and silent auctions; a variety of raffles; hors d'oeuvres, dinner, open bar, and dancing.

Reservations to the Sauganash Elementary School Spring 2009 benefit are strongly recommended. Tickets are available online at [www.sauganashpta.org/springbenefit](http://www.sauganashpta.org/springbenefit). Individuals and businesses may make tax-deductible donations of goods or services for the auction by calling 773-725-0434 or e-mailing [jagull@comcast.com](mailto:jagull@comcast.com).

Sauganash Elementary is a Chicago Public School located at 6040 N. Kilpatrick. For more information about the school, visit [www.sauganash.cps.k12.il.us](http://www.sauganash.cps.k12.il.us)

## Call for Artists for Evanston Festivals

The City of Evanston is seeking artists for its two summer arts festivals, the Ethnic Arts Festival, July 18-19, and the Lakeshore Arts Festival, Aug. 1-2. Set against the scenic backdrop of Evanston's lakefront, both festivals are held in Dawes Park, Church St. and Sheridan Road.

The Ethnic Arts Festival is a juried festival open to all ethnic, folk and fine artists whose work expresses the heritage of a national, regional, tribal or language group. Exhibitor fees are \$240 and the nonrefundable jury fee is \$35. The deadline for submitting applications is Monday, April 6.

Always held the first weekend in August, the Lakeshore Arts Festival continues to earn its reputation as one of the North Shore's premiere fine arts summer festivals. Also a juried event, it is open to all fine visual artists and crafters. Exhibitor fees are \$310 and the nonrefundable jury fee is \$35. Applications for the Lakeshore Arts Festival must be received by Friday, March 6.

Artist applications for both festivals are now available online at [www.cityofevanston.org/arts](http://www.cityofevanston.org/arts). For more details, call 847-448-8260. The Ethnic Arts Festival and Lakeshore Arts Festival are produced by the City of Evanston's Cultural Arts Division and are partially supported by a grant from the Illinois Arts Council, a state agency.



### Please Welcome: Moshe Feiglin

Prominent Leader in the Likud Party

**Get behind the scenes insights into Israeli politics, the elections, and coalition negotiations, and what they mean to you.**

**Please join us** for a town hall style event with internationally known Jewish leader and speaker Moshe Feiglin. Moshe emphasizes strengthening Jewish identity as a key to resolving Israel's conflicts. Moshe will give a "behind the scenes" view of Israeli politics and the latest elections and coalition negotiations. After his brief talk, he will spend the evening answering your questions about Israel and its leadership issues that concern and affect all of us. Moshe has held events of this type all across Israel and North America and has captivated and excited his audiences with his sharp insights and his bright vision for Israel's future. We hope to bring that same excitement right to the heart of the Jewish Community of Chicagoland area.

**Date:** Monday, March 16th  
**Time:** 8:00PM  
**Location:** KINS Congregation  
 2800 W North Shore Ave., Chicago IL 60645

**For more information, contact Shlomo Vile 847-401-6640**  
**Email:** [chicago@jewishisrael.org](mailto:chicago@jewishisrael.org)  
**Website:** [www.jewishisrael.org](http://www.jewishisrael.org)

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[westridgechamber@sbcglobal.net](mailto:westridgechamber@sbcglobal.net)



## Mad Science

Mad Science is here with one of our favorite series of fun, spectacular, hands-on science experiments! Some of the spectacular science program topics we will explore include Laser Light, Dry Ice, Rocketry, Acids and Bases and more. Each young Mad Scientist will be making some great take home projects too, including silly putty, a real launchable model rocket and more. All materials are included and instructions are provided by Mad Science of Northern Illinois.

(Min 6 / Max 15) Refund requests must be made one week prior to class start date.

Ages: Students in grades 1 - 5

Date: Monday(s), March 30 – May 4, 4:00 – 5:00pm

Location: Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, IL

Fee: Resident: \$91 Non-Resident: \$114

Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

## It's A Stamp-Ede!

Here's the hottest new craft idea! Stamping lets you personalize your own bookmarks, gift tags, stationary, envelopes and more. Take this class to stamp, stencil, paper punch and emboss different paper materials to create custom designs. All supplies are included but you are welcome to bring your own fabric or material to class. Take home some lovely personalized works to give as gifts or to have as keepsakes. Please register by March 27. (Min 12 / Max 20)

Ages: Active Adults

Date: Friday, April 3, 10:00 – 11:30am

Location: Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, IL

Fee: Resident: \$21 Non-Resident: \$27

Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

## Park District Helps Chicago 'Flip the Switch' During Earth Hour

For one hour on March 28 at 8:30pm, the Chicago Park District along with the City of Chicago, area businesses and residents will participate in a global event, Earth Hour, which draws attention to climate change by doing the simple act of safely turning out lights.

During the Earth Hour event, the Chicago Park District has committed to turning off all field house lights and architectural lighting that includes Buckingham Fountain, various monuments throughout the Park District and Waveland Clock Tower. All security lights will remain illuminated for the safety of our residents and park patrons.

"The Park District is encouraging all of our staff and park patrons to participate in this global event that helps raise awareness about climate change," said Timothy J. Mitchell, Chicago Park District Superintendent and CEO. "Our commitment to the environment extends beyond this singular event. We are continuously striving to operate with a higher level of energy efficiency year after year by implementing new practices that would help protect our environment."

In 2008, the Chicago Park District committed to decreasing energy usage by 10% across the more than 7600 acres of land it owns and operates. 30% of the District's electrical energy is being supplied from a renewable energy source through a new contract with the State of Illinois and the energy supplier; Integrys Energy Services, who has agreed to provide 10% of the renewable energy at the same fixed price rate of standard electricity.

With close to 300 field houses ranging in size from 800 – 8000 square feet and some dating back to the 1890s, the Park District is working to renovate the thermal shell of inefficient buildings, install new high efficient equipment and control systems and retrofit the lighting systems. Additionally, systematic replacement of incandescent light bulbs with compact florescent light bulbs began in 2005 and continues today.

To register for Earth Hour or for more ideas about how to celebrate Earth Hour in Chicago, visit <http://www.earthhour.org/chicago/chicago.php>.

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# "A Theatre Review"

**"Slaphappy"**  
**Theatre Building**  
**1225 West Belmont Avenue**  
**Chicago, Illinois**

Reviewed by Richard Allen Eisenhardt

Beat the Jester Productions in association with John F. McNamara and Jeffrey Katz is giving Chicagoans the world premiere of a new comedy by Gary Slezak and under the direction of one of Chicago's top directors Richard Shavzin.

After seeing three heavy dramas in "Desire Under the Elms," "The Wild Duck" and "Not Enough Air" I was all set for a comedy.

Unfortunately I found "Slaphappy" a major disappointment at the performance I attended. The audience was polite with its applause and the show had its moments but while Slezak is a good writer this is not one of his better scripts.

I found no problems with the talented cast that includes three talented equity actors. Judy Blue plays Laurel, Michael Joseph Mitchell is Stanek and Doug Mackenzie is Kip. Judy blue is one outstanding actress who deserves better. Her costumes were glamorous. Others in the cast are Maurice McNicholas as Valerie, Lucas Neff as Phillippe and Annie DiMara as Cherie. They all try their best to entertain the audience, but it's the material that fails. The play takes place in Paris but it should have been set in London as the French accents of the two actors French simply don't work.

The show runs two hours and the actress playing Cherie, who the bellboy and doctor are interested in has a beautiful body but after running around in her bikini lingerie for 1 hour and 40 minutes it becomes too much. It was nice to see her in a shirt and blouse for the last 10 minutes of the show. One hopes by the time the show ends its run she doesn't have pneumonia.

Kip is a doctor who chases after Lauren and ends up with Cherie. Slamming doors, exploding rockets, mistaken medications that Kip, Stanek and Phillippe get injected with during the course as well as dressing up as a duck, hiding behind furniture and curtains simply doesn't work for me.

"Slaphappy" runs through March 15. For show times, show dates and reservations call 773-327-5252. Tickets are \$25 - \$30.

## Bohemian Theatre Ensemble presents *Playing with Fire* (after *Frankenstein*)

by Barbara Field

Directed by Peter Marston Sullivan

BoHo continues its 5th season by exploring a literary classic from a different perspective. As a company, BoHo strives to illuminate the classics of years past and make them accessible to today's audiences. Through the intimacy of its writing, Barbara Fields' *Playing with Fire* (after *Frankenstein*) fulfills this goal by bringing back to life the tragic tale of one of literature's most notorious creatures in a most unique way. And, as usual, the talented cast is able to bring the complexities of this piece to life deftly.

Join us as we present this fascinating and soul-searching piece of art. The questions brought to the fore are ones all of us examine throughout our lives and must sometimes be willing to let go ...unanswered.

*Playing with Fire* (after *Frankenstein*) allows BoHo to continue to push its creative and artistic boundaries while bringing another outstanding piece to the BoHo Theatre @ Heartland Studio space.

### AT A GLANCE:

Where: BoHo Theatre, 7016 N. Glenwood

When: Preview: Friday, March 6, 2009 at 8:00

Opening: Saturday, March 7, 2009 at 8:00

Running: Thursdays, Fridays, Saturdays at 8:00; Sundays at 2:00

Closing: Saturday, April 11, 2009

Tickets: Call the box office at 866-811-4111 or online at [www.bohotheatre.com](http://www.bohotheatre.com)

Cost: \$16 - \$20

**"The Maids"**  
**Writers Theatre at the Books on Verdon Ave.**  
**664 Verdon Avenue**  
**Glencoe, Illinois**

Reviewed by Richard Allen Eisenhardt

Writer's Theatre in Glencoe, IL is an established theatre company and one I'm always impressed with. Productions of "Lion in the Winter" and "Picnic" are some of their highly critical productions.

In 1947 French playwright Jean Genet wrote "The Maids" and Writers Theatre has a translation by Martin Crimp that is having a production in Writers theatre/s smaller theatre.

I maybe in the few, but I must admit this is indeed a strange play and I didn't find it one that I enjoyed with the exception of the director and the strong performance of its three person cast. I maybe in the minority of my evaluation but I was glad when the 100 minutes came to an end with no intermission but I'm sure many of the audiences won't find the evening taxing.

McDermott has assembled three top actresses who are Elizabeth Laidlow as Solange, Helen Sadler as Claire and Niki Lindgren as Madame.

It is billed as a French thriller that deals with jealousy, resentment, sexual tension and murder.

You'll see the sisters hate but serve their wealthy socialite employer and enjoy putting on Madame's wardrobe.

"The Maids" runs through April 5 in Writers "Books on Vernon" theatre. For performance schedule, show times and reservations call 847-242-6000. Tickets are \$40 to \$65.00

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## After School Homework Help!

Northtown's Teacher in the Library provides free homework help for elementary, middle and high school students! The Teacher in the Library is available Monday through Thursday from 3:00 PM to 6:00 PM. No registration is required.

## Homework Break

Wednesday, March 11 & 25 at 4:00 PM

Take a homework break at the Northtown Branch and listen to folk- and fairytales at 4:00 PM. Homework Break is designed for school-age children. No registration is necessary.

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## ADULT PROGRAMS

On Thursday, March 19 at 7 pm, the **Edgebrook Historical Society** in cooperation with the Edgebrook Branch, 5331 W. Devon Ave. will feature a lecture by Fred Christensen on Sauganash's Father, Captain William Caldwell.

The **Adult Book Club** will discuss *On Chesil Beach* by Ian McEwan, on Thursday, March 26, from 7 to 8 p.m.

## CHILDREN'S PROGRAMS

**Story Time** Warm up through the winter and greet the spring with stories, songs and more! Are you and your children ready to have some fun together? Join us for an engaging program of stories, songs, rhymes and games.

**Toddler Story Time**, for children ages 2-3, will meet at 10 a.m. and 11 a.m. on Thursdays, February 19 through April 2.

**Preschool Story Time**, for children ages 3-5, will meet at 10 a.m. on Tuesdays, February 17 through April 7 (please note there will be no Preschool Story Time on Tuesday, March 17, due to a staff training day).

Both sessions will meet with Children's Associate Sharon in the second-floor community room. All children must be accompanied by a parent or caregiver; no registration is required. For further information, please call 312-744-8313.

## SCHOOL-AGE PROGRAMS

Please join us this winter for a program that's fun for the whole family! **Family Time** will feature stories, crafts, and other activities, each week highlighting a different magical creature. This program, designed especially for children ages 6-9 and their families, will meet on Wednesday evenings, March 4, 11, 18 and 25, from 7-8 p.m. Join Children's Librarian Sandy Art in the second-floor community room. For more information and to register, please call 312-744-8313 or stop by the reference desk at the library.

## Free Choral Concert!

Seven area synagogue choirs take part in the annual Zemer Am ("Song of the People") Choral Festival, a free choral concert to be held Sunday, March 29, 4:00 p.m. at Shaare Tikvah (5800 N Kimball Ave, Chicago, 773-539-2202). Participating choirs are from Temple Beth Israel (Skokie), Jewish Reconstructionist Congregation (Evanston), Anshe Emet (Chicago), Shir Hadash (Northbrook), Am Shalom (Glencoe), B'nai Tikvah (Deerfield), and B'nai Jehoshua Beth Elohim (BJBE - Glenview) Also featured will be Kol Zimrah Community Singers, a volunteer civic chorus of Jewish singers from many backgrounds serving the metropolitan Chicago area, and the Milwaukee Jewish Community Choir.

## Skokie Theatre Offers Free Tickets to Men and Women in the Armed Forces, Veterans and Families

Tickets will be distributed through organizations like the Cook County Veterans Assistance Commission, VA hospitals and veterans groups in the Chicagoland area. We welcome your help in directing us to any related organization you feel would benefit from this program. We want to offer tickets for our weekday programming and selected weekend shows. Please check our website [www.skokietheatre.org](http://www.skokietheatre.org) to learn more about our shows.

A donation in any amount will help us make this program a reality. Please direct your donations to: Skokie Theatre Music Foundation, 7924 N Lincoln, Skokie, IL. 60077

## Sports Mania

This class will feature a variety of sports and active games. These include, but are not limited to, basketball, soccer, and floor hockey. Time may be spent outdoors, weather permitting, and a snack will also be provided. What are you waiting for? Sign up today! (Min 6 / Max 12)

Ages: Students in grades K - 2

Date: Monday(s), April 6 - May 18, 2:00 - 3:00pm

Location: Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, IL

Fee: Resident: \$55 Non-Resident: \$69

Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

## Cartoon Drawing

Learning to draw can be lots of fun! Especially if we are creating silly characters, funny expressions, and drawing sequences that tell jokes! This delightful program combines Young Rembrandt's innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations. Come join us! All materials supplied! New lessons every session. (Min 6 / Max 15) \* Refund requests must be made one week prior to class start date.

Ages: Students in grades 2 - 5

Date: Monday(s), April 6 - May 18, 2:00 - 2:45pm

Location: Rutledge Hall, Multipurpose Room, 6850 N. East Prairie Road., Lincolnwood, IL

Fee: Resident: \$70 Non-Resident: \$88

Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

## Todd Hall Drawing

Todd Hallers are so eager to learn and a joy to teach! Young Rembrandt's instructors provide a positive, nurturing environment for your child. Each week we will draw something these little ones are interested in, from fish to teddy bears, rainbows to cowboys, and we talk about the subject matter as we learn to draw it together. We will concentrate on the skills of drawing and coloring, and also work on developing fine motor skills, focus, listening, staying on task, spatial organization, and patience. All materials are provided and happy, smiling faces are guaranteed! New lessons every session. (Min 6 / Max 15) \* Refund requests must be made one week prior to class start date.

Ages: Students in grades K - 2

Date: Monday(s), April 6 - May 18, 2:00 - 2:45pm

Location: Todd Hall, Library, 3925 W. Lunt, Lincolnwood, IL

Fee: Resident: \$70 Non-Resident: \$88

Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

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# Real Security



Chester M. Przybylo

During these unsettling times everyone is searching for ways to feel more secure. This article provides details on how different components of a complete estate plan can provide real security for you and your loved ones, while building a solid foundation that can bring peace of mind during these unsettling times and in the future.

There are some things you cannot control, like the economy or the weather. But you can do things that will provide real security in unsettling times.

Financial security is one aspect of your security and, of course, it is important to meet with your financial planner to make

sure you are investing your assets appropriately.

However, real security goes far beyond that. Security is knowing that you and your loved ones are taken care of now and in the future. A complete estate plan can do that, bringing peace of mind in unsettling times. I'm sure you'll agree, that now, more than ever before, it is vital to build a solid foundation that brings real security by protecting your assets and your family.

A complete estate plan allows you and your family to rest easier at night, knowing that you have planned for death and incapacity.

A complete estate plan includes:

A Revocable Trust. This allows for management of your assets in the event of disability and avoids probate.

Powers of Attorney. A Power of Attorney for Health Care allows someone to make medical decisions for you when you are unable to make them for yourself. A Property Power of Attorney appoints someone to make decisions over your financial assets and, if desired, can be effective upon your incapacity.

A HIPAA Authorization Form. This authorization form allows people you designate to find out information about you from medical providers. Without this, a hospital might refuse to disclose even your presence in the emergency room.

A Will. A Will is the document in which you appoint guardians for your minor children.

At night, before you go to sleep, you make sure the doors are locked and the kids are tucked in. With a complete estate plan in place, you can sleep a little easier at night knowing that the people you trust have the power to act for you in any eventuality.

We cannot control the world around us. But, just as we make sure that the doors are locked and the kids are safe in bed, we can put in place a structure to take care of things when needed. A qualified estate planning attorney, one who focuses his or her practice in the area of estate planning, can help design a plan that fits your unique needs.

After completing your estate plan, you'll be able to relax knowing that everything is handled and the kids are safe. Sweet dreams!

*Chester M. Przybylo is a member of the American Academy of Estate Planning Attorneys and has been engaged in the practice of law for the last 40 years. For more information or to attend an upcoming seminar, call (773)631-2525.*

## National Study Recognizes Our Lady of the Resurrection Medical Center for Clinical Excellence

Our Lady of the Resurrection Medical Center, 5645 W. Addison, Chicago, is among the nation's top five percent of hospitals with the highest survival and lowest complication rates, according to a new study released by HealthGrades®, an independent health care ratings company. The hospital ranks among the top five percent of hospitals in the nation for overall clinical excellence, having received the HealthGrades 2009 Distinguished Hospital Award for Clinical Excellence™. This is the second year in a row that Our Lady of the Resurrection Medical Center received this award.

On average, patients treated at hospitals in the top five percent for overall clinical excellence are 27 percent less likely to face in-hospital mortality and eight percent less likely to suffer from an in-hospital complication than patients treated at other hospitals, according to the study.

"As a team, our physicians, nurses and staff deliver superior care to our patients," said Ivette Estrada, Executive Vice President and Chief Executive Officer, Our Lady of the Resurrection Medical Center. "This new study illustrates our commitment to our patients and their families and our focus on the highest standards of performance. We are pleased to be recognized as a top hospital for patient care excellence." Our Lady of the Resurrection Medical Center is one of 270 hospitals nationwide and one of 18 hospitals in Illinois to receive this award.

Our Lady of the Resurrection Medical Center also received HealthGrades 2009 five-star ratings, the highest level for successful patient outcomes, in eight clinical areas: coronary interventional procedures, hip fracture repair, gastrointestinal procedures and surgeries, and treatment of heart attack, stroke, sepsis, respiratory failure, diabetic acidosis and coma.

For the second year in a row, Our Lady of the Resurrection Medical Center ranks in the top ten percent of hospitals in the nation for coronary intervention, stroke care and critical care, having received 2008 and 2009 HealthGrades Specialty Excellence Awards in these clinical areas.

For more information, visit [olr.reshealth.org](http://olr.reshealth.org).

## Call for Artists for Evanston Festivals

The City of Evanston is seeking artists for its two summer arts festivals, the Ethnic Arts Festival, July 18-19, and the Lakeshore Arts Festival, Aug. 1-2. Set against the scenic backdrop of Evanston's lakefront, both festivals are held in Dawes Park, Church St. and Sheridan Road.

The Ethnic Arts Festival is a juried festival open to all ethnic, folk and fine artists whose work expresses the heritage of a national, regional, tribal or language group. Exhibitor fees are \$240 and the nonrefundable jury fee is \$35. The deadline for submitting applications is Monday, April 6.

Always held the first weekend in August, the Lakeshore Arts Festival continues to earn its reputation as one of the North Shore's premiere fine arts summer festivals. Also a juried event, it is open to all fine visual artists and crafters. Exhibitor fees are \$310 and the nonrefundable jury fee is \$35. Applications for the Lakeshore Arts Festival must be received by Friday, March 6.

Artist applications for both festivals are now available online at [www.cityofevanston.org/arts](http://www.cityofevanston.org/arts). For more details, call 847-448-8260. The Ethnic Arts Festival and Lakeshore Arts Festival are produced by the City of Evanston's Cultural Arts Division and are partially supported by a grant from the Illinois Arts Council, a state agency.

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## Presidential Pooch

By Bosley

It seems that our Human's have recently elected a new President; supposedly it is someone to run the country. Humans always need someone "in charge," they are not like us dogs that decide things in the moment and adapt easily. We are much simpler than our beloved Humans, why don't we run the country? Of yes, because we are smart enough to not want the pawache! Anyway, it turns out that this new Pres. Wants a pooch for the family and the country is in a tizzy over what breed or rescue he should get, so I am throwing my paw into the ring!

Its nothing unusual that a President has a dog, who do you think helps makes the important decisions? You know Humans are helpless on their own! Anyway the issue is that the little Humans have allergies, so they are trying to make an educated decision on what dog to get.

My ears really perked up at this because of all the talk about hypoallergenic dogs. News flash; THERE IS NO SUCH THING! Many believe that it's the hair that makes them sneeze; actually it's the dander of the pet that does it. Why don't Human's realize this, it's a cruel twist of fate that man's best friend is not always tolerated by the Human nose. Yes, some of us dog's are easier for some people with allergies to tolerate, but that truly depends. There is NO GUARANTEE that just because you get a certain "so called hypoallergenic breed" that you won't be allergic.

We are told that the Presidential family is doing their homework, and that is very important! What I think anyone should do before adopting a new pup is go to the breeder's home, spend time with the dogs and see how you react. Do the same for the shelter dogs, most will let you spend time with the pups. Really love them and put your face in their hair. How does the allergic person react? Breeders and shelters want their pups in forever homes; they want to match the right pooch with the right family. Humans should not be afraid to ask their expertise.

There is NO GUARANTEE that a dog is hypoallergenic ( I know I just said that, but sometimes Humans are a bit slow.) My Human has helped rehome many dogs that where suppose to be hypoallergenic and it turned out that the Human couldn't tolerate them. Humans please do your homework! There has also been some talk about those "designer breeds," as being hypoallergenic; I no you are laughing with me my furry friends; Human's just don't get how us dogs are made. Just because you breed one dog to something that is supposed to be hypoallergenic does NOT mean you get a hypoallergenic dog. The pure breed dogs of today took years of dedicated breeding and understanding of dogs to get us here, there was a purpose to each breed and why they wanted certain things. I don't think any breed was ever created to be hypoallergenic; it just turn out that some of us dogs got luckier than others. The point is, that you Humans need to make an educated decision about what pet to bring home. The effect the dog has on your nose is only one consideration (they only give me some much room to write so I won't get into anything else) so please do your homework.

My suggestion for the President is a Poodle of course! We are usually well tolerated by Humans, very smart, very classy, very pawfect! I don't know why Poodles get such a bad rap, did you know that Poodles where originally breed to go into the water and retriever the birds that the hunter shot, Yuck! Well, that shows how sporty and intelligent we are, but I am not putting any dead thing in my mouth!

Anyway, to the lucky pooch that will run our country, I really would like a day dedicated to us Dogs. For Heavens sake, even Groundhogs have a day!

Bark on!

Submitted by Bosley's mom, Nicole Carfora, CMG, owner of Canine Corral.



## Rabies: A Discussion for Kids

by Peter S. Sakas DVM

*Rabies cases in the United States (2006):*

All animal cases	6943
Domestic animals	547
Wild animals	6393
Human cases	3

### Rabies In Animals

Animals with rabies may act differently than healthy animals. Wild animals may move slowly or act tame. Also, some wild animals, like foxes, raccoons, and skunks, that normally avoid porcupines, may receive a face full of quills if they become rabid and try to bite these prickly rodents. A pet that is usually friendly may snap at you and try to bite.

There are two common types of rabies. One type is "furious" rabies. Animals with this type are hostile, may bite at objects, and have an increase in saliva. In the movies and in books, rabid animals foam at the mouth. In real life, rabid animals look like they have foam in their mouth because they have more saliva.

The second and more common form is known as paralytic or "dumb" rabies. An animal with "dumb" rabies is timid and shy. It often rejects food and has paralysis of the lower jaw and muscles.

### Signs of rabies in animals include:

- changes in an animal's behavior
- general sickness
- problems swallowing
- an increase in drool or saliva
- wild animals that appear abnormally tame or sick
- animals that may bite at everything if excited
- difficulty moving or paralysis
- death

Animals in the early stage of rabies may not have any signs, although they can still infect you if they bite you. The incubation period is the time from the animal bite to when signs appear. In rabies, it is usually 1-3 months. But it can last as long as several years. Once the virus reaches the brain or spinal cord, signs of the disease appear.

### Rabies In Humans

In humans, signs and symptoms usually occur 30-90 days after the bite. Once people develop symptoms, they almost always die. This is why it is very important to tell an adult and go to your doctor right away if you have been bitten by an animal that might be rabid.

Early symptoms of rabies include fever, headache, sore throat, and feeling tired. As the virus gets to the brain, the person may act nervous, confused, and upset.

### Other symptoms of rabies in humans include:

- pain or tingling at the site of the bite
  - hallucinations (for example, seeing things that are not really there)
  - hydrophobia ("fear of water" due to spasms in the throat)
  - paralysis (unable to move parts of the body)
- As the disease advances, the person enters into a coma and dies.

### How Do I Keep My Pet From Getting Rabies?

The best way to prevent rabies is to make sure your pets get and stay vaccinated against rabies!!

### Other Ways To Prevent Rabies In Your Pets:

- Walk your dog on a leash.
- Never let them roam freely where wildlife may be present.
- Consider keeping your pets indoors.
- Call animal control to take wild or stray animals away, especially if you see an animal acting strangely.
- If an animal bites your pet, handle your pet carefully so you do not get bitten.

Get a rabies booster vaccination for them. Even if they have had the rabies vaccination, a booster shot will help them fight off the disease better.

Get your pets spayed or neutered. Pets that are fixed are less likely to leave home, become strays, and make more stray animals.

### How Do I Keep From Getting Rabies?

- Never touch unfamiliar or wild animals. Enjoy wild animals from afar.
- Avoid direct contact with stray animals. Stray cats and dogs may not have been vaccinated against rabies.
- Never adopt wild animals or bring them into your home.
- Do not try to nurse sick animals to health. It is common to want to rescue and nurse a hurt wild animal, but that animal may have rabies. Call an animal control person or animal rescue group if you find a sick animal.
- Make sure that your trash cans and pet foods are secured so that they do not attract wild animals.

*Continued next issue*

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# Active Transportation Alliance News and Events

## ***New Share the Trails Brochures and Posters Available***

"Share the Trails: A Guide to Trail Etiquette" brochures and posters are available with tips on sharing the trail to enhance the trail experience for all users and minimize conflicts. The project was coordinated by the League of Illinois Bicyclists and funded through a grant from the Illinois Department of Natural Resources. The brochures and posters available for display at trail kiosks, display cases, and other trail information outlets. They are available at [www.bikelib.org](http://www.bikelib.org). For copies, contact Gina Kenny at [gina@bikelib.org](mailto:gina@bikelib.org) or (708) 334-2244 or mail your request to the League of Illinois Bicyclists, 2550 Cheshire Drive, Aurora, IL 60504.

## ***North Suburban advocacy meeting – Mar. 10***

North Suburban and Lake County Complete Streets volunteer advocacy meeting 7 to 9 p.m. at Alberto's Cycles, 1770 1st St., Highland Park. All are welcome. Learn more about North Suburban and Lake County Complete Streets Advocacy in the ModeShift newsletter.

## ***Early Registration Opens for GITAP Bicycle Tour***

Explore Illinois by bike! The 7th Grand Illinois Trail and Parks supported bicycle tour will take place June 14-20. The week-long loop includes rural roads with some trails; overnight camping at Shabbona, White Pines, Johnson-Sauk, and Starved Rock State Parks (hotel option available); and more. Last year, the limit of 160 participants was reached months before the ride. For details and registration, see the League of Illinois Bicyclists' <http://www.bikelib.org/gitap/2009/>.

## ***Write Your Congressperson for Bike/Ped/Transit Funding***

Urge your congressperson to use the federal stimulus package for biking, walking and transit projects. Remember: A hand-written or hand-signed letter mailed to your congressperson is the most effective way to reach him or her.

Go to our blog to see the biking, walking and transit projects in Chicagoland that are eligible for stimulus package funding and an example letter you can send your congressperson. Find out who represents you at [www.ILGA.gov](http://www.ILGA.gov).

## **Safari-Land (Teen Trip)**

Safari Land has created some of the wildest entertainment areas, with something that everyone can enjoy! High-tech hunters can capture any of our 170+ Video Arcade Games or try their luck at the Rifle Shot Gallery. Hunt down the Tiger Terror Roller Coaster - the largest indoor roller coaster in Illinois! Or discover jungle adventures like the Safari Speedway Go Karts and Snake Pit Bumper Cars. Other journeys await aboard the Tilt-A-Whirl and MaxFlight Simulator or the Lion's Den Merry-Go-Round! Fee includes transportation, supervision, lunch, unlimited bumper cars, tilt-a-whirl, monkey jump, merry-go-round, lions den and 2 rides on the roller-coaster, max-flight and kiddie go-carts. Please register by April 1st. (Min 15 / Max 50) Ages: Students in grades 6 - 8 Date: Friday, April 10, 10:30am – 5:00pm Location: Bus departs from and returns to the Lincolnwood Community Center, 6900 N. Lincoln Ave., Lincolnwood, IL Fee: Resident: \$55 Non-Resident: \$75 Pre-Registration is required, for more information contact the Lincolnwood Parks & Recreation Office at (847) 677-9740.

# Lenten Menu Ideas

## ***Broiled Salmon Fillets (Moroccan style)***

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

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

Prepared by: Elizabeth Elkayam

**Send your favorite Lenten recipes to us so  
we may share them with our readers.**

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