



OUR VILLAGE

Next Edition
August 11th

FREE

FREE

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ATTENTION PUBLIC ART LOVERS

The Lincoln Square Ravenswood Chamber of Commerce and Special Service Area #21 are joining forces with YOU to paint the town red! Or blue! Or whatever other colors we choose! New for 2017, the Lincoln Square PaintWorks initiative is paying for local artists to create splashy public murals throughout the neighborhood. Our inaugural mural - inaugural? - will be placed on the side of 2308 W Lawrence Ave, next to the Easy Breezy Laundromat parking lot. The artist will be Franklin Riley - director of the Fulton Market Gallery!

Research has shown murals prevent blight, create more walkable communities, and enhance the values of surrounding properties. All of our murals are designed to enhance Lincoln Square - a neighborhood known for its public art and inviting public spaces. Each mural will be in place for no shorter than three years, with up to two new murals being added to Lincoln Square every year.

With your help, we can build upon Lincoln Square's reputation as a public art hotspot and reclaim our streets with color! Call or email the Lincoln Square/Ravenswood Chamber of Commerce at 773/728-3890 or info@lincolnsquare.org for more information and how to donate to this project.

Meet the Artist - Franklin Riley

Franklin Riley is the Director of the Fulton Market Gallery in Chicago's West Loop. He specializes in landscape vistas and often features stencil motifs - often airplanes - in his art. View examples here. Franklin often scatters his stencils throughout the neighborhoods where he works - be on the lookout for hidden planes in Lincoln Square!



Franklin Riley

Web Payments for Property Taxes Jump 13.2%, Pappas says

Cook County Tax Bills Due August 1, 2017

Second Installment property tax bills are being issued as the number of people in Cook County paying their property taxes online climbs.

About 260,000 taxpayers paid this year's First Installment for Tax Year 2016 using cookcountytreasurer.com, a 13.2 percent jump from last year's Second Installment, when about 229,600 persons used the website.

"Property owners are embracing the trend toward online payments and we are moving right along with them," Cook County Treasurer Maria Pappas said today, noting that payment can be made from any computer, smart phone or tablet.

The bills are being mailed to 1.75 million

owners of homes, businesses and land with a due date of August 1, Pappas said.

For owners who prefer to receive bills by email, the Treasurer's Office has introduced electronic billing. An eBilling account can be set up using an enrollment form at cookcountytreasurer.com. Property owners can also download a copy of their bill by going to the website, clicking on Make an Online Payment and entering their Property Index Number (PIN.)

Information about other ways to pay can be found on the bills and the website. Owners should pay their taxes before the due date to avoid interest of 1.5 percent per month, as mandated by state law.

Norwood Park Senior Center To Host AARP Driver Safety Class On August 1 & 3

Are you up-to-date on changes to the "Rules of the Road" in Illinois or want to improve your defensive driving knowledge? If so, consider enrolling in the two-day AARP Driver Safety Class, hosted by the Norwood Park Senior Center. The sessions are open to persons age 55 or older who want to refresh their knowledge. Classes will be held on Aug. 1 and Aug. 3, from 1:00 p.m. - 5:00 p.m., at the Senior Center, 5801 N. Natoma Ave. in Chicago.

The sessions are informative, engaging and spirited. Completion of the course may qualify participants for a three-year discount on

their liability insurance, an aggregate savings that could exceed \$100. Both class sessions must be completed to qualify for a certificate. Cost of the class is \$20 per person (\$15 per person for AARP members). To register, please call the Center at (773) 775-6071 or email info@npseniorcenter.org.

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

YOU ARE INVITED

TO JOIN
COMMANDER WILLIAM LOONEY
THE 16th DISTRICT POLICE
AND
THE CHICAGO PARK DISTRICT
FOR

"NATIONAL NIGHT OUT"

When: Tuesday, August 1st 2017
Where: Norwood Park 5801 N. Natoma
Time: 5:00 p.m. - 9:00 p.m.

Please join us for a night of family fun to celebrate police and the community coming together to make our homes, streets, schools, and parks safer! This amazing event at Norwood Park will feature live musical performances by Todd and the Ten Pins and T&R Productions. Fun activities for all ages include a Balloon Artist, Face Painter, Children's Inflatable Jump Arouns, Family Swim, Antique Car Show, MeTv-fm, Awesome Giveaways, a Community Blood Drive and Food for purchase!

Sponsors Corrine Schreiber, Phyllis Bober, Terry Mallarkey and the following:

Celebrate National Night Out in Skokie on Aug. 1!

The Skokie Police Department's Crime Prevention/Community Relations Unit hosts the 6th Annual National Night Out Campaign on Tuesday, August 1 from 6 to 9 p.m., at Oakton Park, 4701 Oakton Street.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live.

Come out, meet your neighbors and talk to Skokie Police officers and Village Staff members about crime prevention, Neighborhood Watch, the new Many Cultures, One Community - Keeping Skokie Safe campaign and

other happenings in the community.

The National Night Out campaign complements the Skokie Police Department's "COPS" Community Outreach Police Substation program by providing Skokie residents with a unique opportunity to meet police officers. Tours of the COPS vehicle will be available. Meet McGruff the Crime Dog, the Skokie Explorers, enjoy food, play games and win prizes!

For more information and to RSVP for this free event, please visit @skokiepolice on Facebook for details and then click "Events" or contact the Skokie Police Department Crime Prevention Unit at 847/982-5922.



Association of Sheridan Condominium/Co-op Owners

National Night Out - Tues. August 1, 2017 • 6 p.m - 8 p.m

Meet at Swift School, Corner of Thorndale/Winthrop

The walk route: start at corner of Thorndale/Winthrop: walk down Winthrop to Hollywood to Kenmore to Granville to Winthrop to Thorndale.

Walk will be led by Ald. Harry Osterman, Cook County Commissioner Bridget Gainer, State Rep. Kelly Cassidy, State Sen. Heather Steans, and Lesile Combs for U.S. Congresswoman Janice Schakowsky.

Food courtesy of Ann Sather's, Castle Food/Liquors, Corner Restaurant and Patio Beef.

CPD 24th DAC giveaways will be distributed.

Join in on paying tribute to our men and women in blue and saying NO to crime in our neighborhood.

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Community First Medical Center August Health Events



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

Tuesday, August 1, 8, 15, 22 and 29
Community First Medical Center Walking Club
9:00 a.m. – Portage Park (Meet at the Senior Center).

This is a supervised program for independent seniors looking to improve their overall fitness, which includes educational and walking sessions.

Tuesday, August 1
25th District Chicago Police Night Out - 5:00 – 8:00 p.m. 5555 West Grand Avenue, Chicago

Community First Medical Center will provide free blood pressure screenings and Dr. Craig Halihan, Podiatrist will be present to discuss symptoms and common causes of foot pain.

Thursday, August 3
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, August 3, 10, 17, 24 and 31
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, August 10
20th Legislative District Annual Family Wellness & Back to School Fair, hosted by Senator Iris Y. Martinez. 10:00 a.m. – 1:00 p.m. – Avondale / Logandale School - 3212 W. George.

Community First Medical Center will provide free blood pressure screenings and Lab test for anemia.

Thursday, August 10 and 24
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, August 6, 13, 20, and 27
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, August 1, 8, 15 and 22 and 29
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, August 4, 11, 18 and 25
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 consciences.

Friday, August 11
Free Healthy Aging Program - 12:00 -1:00 p.m., Community First Medical Center, Conference Room C, 7th Floor.

Elizabeth Caddy, Financial Advisor from Edward Jones will present “Standing Guard: Protect What You’ve Worked for shares proactive ways

to address key risks you may encounter and strategies to help prepare for the unexpected”. Lunch will be provided. To register, please call 773-282-7000.

Tuesday, August 22
Skin Lesions & what you should know about them – 12:30 p.m. - Mathers Café, 3235 N. Central Avenue, Chicago

Belmina Michael, MD, Community First Medical Center. What the symptoms and common cause of skin lesions? Are there chronic conditions tied to skin changes? Hear firsthand from a dermatologist. To register, please call 773-205-3300.

Tuesday, August 29
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.

Village of Skokie and Northwestern University to Partner on South Asian Health Study

The Village of Skokie is partnering with Northwestern University on a five-year project to improve the health of South Asians in Skokie and the surrounding area, Skokie Health Director Dr. Catherine Counard announced today. “Numerous studies confirm that South Asians are at much higher risk for heart disease, diabetes and high blood pressure when compared to other populations. Our partners at Northwestern University have successfully addressed these issues with the South Asian Healthy Lifestyle Intervention (SAHELI), a recent pilot program that encourages South Asian individuals to adopt specific lifestyle changes to improve their health,” said Counard. “The National Institutes of Health (NIH) is providing a \$3.5 million grant for a study in which Northwestern University, the Village of Skokie, NorthShore University HealthSystem, Metropolitan Asian Family Services and other agencies will partner to expand the reach of SAHELI to Skokie and surrounding communities.”

Northwestern University successfully applied for the NIH grant and will administer the project over the five-year grant term. The recent SAHELI pilot was led by Dr. Namratha Kandula and her team at Northwestern University. “Individuals who participated in SAHELI lowered their blood sugar and weight,” said Kandula. “Most health advice is not geared to the unique cultural aspects of South Asians’ lifestyle, but in SAHELI, we provide education and behavior change strategies that are evidence-based and specifically geared to South Asians. The aim of the continued, larger study funded by the NIH grant is to implement and evaluate healthy lifestyle intervention adapted to the cultural context of South Asians, who are the second fastest growing ethnic minority group in the U.S.”

“The Skokie Health Department will assist Northwestern University with recruitment, health education and community outreach for the study. We look forward to working with Dr. Kandula, the rest of her team at Northwestern University and study partners on the expanded SAHELI to improve the health of South Asians living in and around Skokie,” said Counard. “We are grateful for the strong community partnerships that led to this important collaboration.”

Recruitment of study participants is expected to begin in early 2018. For more information on the study, email southasianhealth@skokie.org or call the Skokie Health Department at 847-933-8252.

“10 Warning Signs And Symptoms Of Alzheimer’s Disease” Is Special Presentation At Norwood Park Senior Center

Some people equate memory loss with Alzheimer’s disease, but often that is not the case. There is a difference between memory loss due to the aging process and memory loss related to everyday functioning.

Hear a representative of the Greater Illinois Chapter, Alzheimer’s Association discuss “10 Warning Signs and Symptoms of Alzheimer’s Disease,” in this special presentation, from 11:00 a.m. – 12:30 p.m., on Aug. 7, at Norwood Park Senior Center, 5801 N. Natoma Ave. in Chicago. The knowledge gained from this presentation can help one to recognize the differences between age-related changes and more serious concerns, the treatments available and options to remain independent longer. A question and answer session will follow. Please RSVP by calling (773) 775-6071 or emailing info@npseniorcenter.org.

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



It's time to
Register for Fall Programs
 with the **Chicago Park District!**

FALL SESSION REGISTRATION

Online Registration Begins:

Monday, August 7 at 9AM for parks WEST of California Ave. (2800 W.)

Tuesday, August 8 at 9AM for parks EAST of California Ave. (2800 W.)

In-Person Registration Begins:

Saturday, August 12 for most parks. Some parks begin Monday, August 14.

Activities start the week of September 11 for most programs.

Learn more and register at

www.ChicagoParkDistrict.com

312.742.7529 or 312.747.2001 (TTY)

MAYOR RAHM EMANUEL
 Chicago Park District Board of Commissioners
 Michael P. Kelly, General Superintendent & CEO

Please note: registration dates vary for gymnastics centers as well as Morgan Park Sports Center & McFetridge Sports Center.

STAY CONNECTED:

 @ChicagoParks



our flag



(Part 3) An Early Stars And Stripes

We continue 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)

During the Revolutionary War, several patriots made flags for our new Nation. Among them were Cornelia Bridges, Elizabeth (Betsy) Ross, and Rebecca Young, all of Pennsylvania, and John Shaw of Annapolis, Maryland. Although Betsy Ross, the best known of these persons, made flags for 50 years, there is no proof that she made the first Stars and Stripes. It is known that she made flags for the Pennsylvania State Navy in 1777. The flag popularly known as the "Betsy Ross flag," which arranged the stars in a circle, did not appear until the



early 1790's.

The claims of Betsy Ross were first brought to the attention of the public in 1870 by one of her grandsons, William J. Canby. In a paper he read before the meeting of the Historical Society of Pennsylvania, Canby stated:

"It is not tradition, it is report from the lips of the principal participant in the transaction, directly told not to one or two, but a dozen or more living witnesses, of which I myself am one, though but a little boy when I heard it... Colonel Ross with Robert Morris and General Washington, called on Mrs. Ross and told her they were a committee of Congress, and wanted her to make a flag from the drawing, a rough one, which, upon her suggestions, was redrawn by General Washington in pencil in her back parlor. This was prior to the Declaration of Independence. I fix the date to be during Washington's visit to Congress from New York in June, 1776 when he came to confer upon the affairs of the Army, the flag being no doubt, one of these affairs."

Veterans' Museum

The National Veterans Art Museum (NVAM) is proud to present its upcoming exhibition, Portraits and Memories: Legacies of Service by Chicago-area artist Jeanine Hill-Soldner. The exhibit will showcase two series of oil paintings: Portraits of American Veterans, and Memories of an Era: Reflections of Our Time.



Portraits and Memories: Legacies of Service presents a unique perspective on an experience of military service that is often overlooked—that of the spouse, parent, sibling, or child of an active duty service member or veteran. The juxtaposition of veteran portraits with scenes of family life highlights an integral aspect of military culture that is rarely explored. Jeanine Hill-Soldner grew up in a military family. Her father, Sgt. Maj. Dan L. Hill, was a 30-year U.S. Marine Corps Veteran who served in WWII, Korea, and completed two tours in Vietnam. After he passed away, the artist felt compelled to create work that honored his service and experiences along with those of other military veterans and members of their communities. Personal stories and memory are integral to her work as Hill-Soldner links the experiences of veterans and those of their loved ones through a poignant visual program.

Portraits and Memories: Legacies of Service will be on display beginning Tuesday, August 22th through Saturday, October 28th, 2017 with an opening reception Friday, October 25th from 6-9PM.

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.

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.



VFW Announces Kick-Off of Annual \$30,000 Scholarship Competition

Illinois Veterans of Foreign Wars State Commander Jeffrey Hastings announced the kick-off of this year's VFW's Voice of Democracy Scholarship competition. Illinois high school students have the opportunity to compete for thousands of dollars in scholarships and a trip to Washington, D.C.

Students must write and record a three-to-five minute essay on the selected theme using an audio CD or flash drive and present their recording, typed essay and completed entry form to their local VFW Post by October 31. The 2017-18 theme selected is "American History: Our Hope for the Future." Students begin by competing at the local Post level, then Post winners compete at the District level with the winner advancing to the state competition.

All state first-place winners receive a four day trip to Washington, D.C., and the chance to compete for their share of more than \$150,000 in scholarships. The first-place winner receives a \$30,000 college scholarship.

The National Association of Broadcasters (NAB) started the Voice of Democracy Scholarship program in 1947. The VFW became a national sponsor in the late 1950s and assumed sole responsibility for the program in 1961. The competition was created to provide students grades 9-12 the opportunity to express themselves in regard to democratic ideas and principles. Around 40,000 students participate in the competition each year and VFW awards more than \$2.1 million in educational scholarships every year.

Interested students and teachers should contact the Voice of Democracy Chairman at your local VFW Post or contacting the Illinois State Voice of Democracy Director Robert McLeod by phone at (708) 363-7462 or email at rock76@yahoo.com for more information.

FOR DETAILS VISIT: www.vfw.org/VOD.

Jewish Calendar Listing

Dear Friend,

We are about to begin production of the coming year's Jewish Art Calendar, and this is your opportunity to get yourself into the calendar!

Mark your special dates publicly in the calendar, and ensure that they are celebrated. For just \$36 you can have a birthday or a yahrtzeit or an anniversary listed in this popular calendar which

is used devotedly by literally thousands of people.

The deadline is next week. Please call 847 677 1770.

Attention business owners! Please ask us for more information about advertising, and join the dozens of other businesses who make the Jewish Art Calendar part of their marketing plan for the year.

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.



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Roadside History of Illinois

This is the seventh 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.



Site of the SS Eastland Disaster

On what is now West Wacker Drive between LaSalle and Clark Streets, near the present-day Marshall Suloway (LaSalle Street) Bridge in downtown Chicago, is the site of the worst boat accident in Great Lakes history. On July 24, 1915, several thousand employees of the Western Electric Company in suburban Cicero and their families gathered at what was then an open dock on the Chicago River for their annual company outing, a daylong boat excursion across Lake Michigan from Chicago to Michigan City, Indiana, and back. Six ships were chartered for the trip, but the three largest steamer ships—the SS Eastland, the SS Theodore Roosevelt and the SS Petoskey—were docked on the south side of the Chicago River.

Boarding started at 6:30 a.m., and within an hour, the 269-foot SS Eastland had reached its capacity of 2,500 people. The passengers were not assigned seats, so some went below deck while many others stayed atop to wave to onlookers. Most of them were standing on the starboard side to face the crowd on the wharf, causing the steamer to list to starboard. The crew compensated for this by adding ballast to the port side. The ship steadied briefly but then listed ten degrees to port, so the crew filled the starboard ballast tanks.

Meanwhile, passengers moved freely from one side of the ship to the other, thinking little of the wobbling. Suddenly, for reasons that are still uncertain, the ship leaned sharply to port, causing water to pour in through the portholes and gangways. Within a few minutes, the ship had capsized and sank to the river bottom. The passengers standing below deck became trapped. Heavy furniture crashed into some of these unfortunates and crushed them; other passengers were crushed against one another.

Hundreds of rescuers responded. A nearby tugboat, the Kenosha, pulled alongside the Eastland and helped victims scramble aboard. Bodies were taken in commandeered vehicles to a makeshift morgue at the 2nd Regiment Armory on Washington Boulevard (decades later becoming the site of Oprah Winfrey's Harpo Studios and more recently the relocated headquarters of McDonald's Corporation in 2018). Identification of the dead took several days. A total of 844 people lost their

lives that day, including 22 entire families and three crewmembers, two from the Eastland and one from the Petoskey.

Three weeks after the accident, the Eastland was righted and removed from the Chicago River. It was acquired by the U.S. Navy and re-commissioned as a military training vessel, renamed the USS Wilmette. The ship was decommissioned in 1945, sold in 1946 and scrapped one year later. A plaque near the LaSalle Street Bridge, dedicated in 1989, marked the site of the tragedy until it disappeared (presumably stolen) in 2000. The city of Chicago installed a temporary replacement later that year. Today, a plaque that describes the occurrence is located nearby, where passersby can become familiar with the event that took place 102 years ago this month.

An interesting sidelight surfaced afterward. George Halas, who later became a founder of the National Football League, owner and coach of the Chicago Bears, was employed with Western Electric for the summer and planned to attend the picnic. The 20-year-old Halas arrived late that morning and missed the tragedy.

Legal proceedings attempted to find fault. It was pointed out that the 1903 built ship experienced instability and had other problems off and on throughout its history. After the Titanic disaster in 1912, additional lifeboats were added in 1915 and other alterations made. However, the ship did pass a federal inspection for seaworthiness in 1915.

Two trials were held. The first was a criminal trial that ended in acquittal of the charge presented—originally negligence and manslaughter that was changed by judicial action to conspiracy to operate an unsafe ship. The second was a civil trial to determine liability and assess claims. It was resolved 20 years later in part when blame was attached to the civil engineer for not properly maintaining the ballast. Any monetary payouts were limited to the total value of the Eastland's hull, then worth approximately \$50,000. When creditors were satisfied, the litigants who filed monetary claims received nothing. The City of Chicago, the Red Cross and Western Electric Company, however, raised private funds to provide some compensation to the victim's families.

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

The Adler Planetarium

Adler Planetarium's Citizen Science Initiative Zooniverse Celebrates 10 Years of People-Powered Discovery with Launch of 100th Project

Zooniverse, an initiative co-led by the Adler Planetarium and the University of Oxford that utilizes volunteer "citizen scientists" from across the globe, is celebrating its 10th anniversary this year. Galaxy Zoo, its first project launched in 2007, asked volunteers to classify galaxies based on their shape. Classifications from the public proved better than both experts and computers. Today, Zooniverse has 1.5 million registered users around the world who work alongside professional researchers to achieve their research goals that would not be possible or practical otherwise. Garnering more than 145 million classifications to date, Zooniverse has become the world's largest and most popular platform for people-powered research.

"What makes Zooniverse particularly exciting is that our citizen scientists, five year olds to 95 year olds, are in the driver seat of discovery," said Dr. Laura Trouille, Director of Citizen Science at the Adler Planetarium. "In our astronomy projects alone, Zooniverse volunteers have been the discoverers of the first planet in a four-star system, an exotic pulsar, dozens of gravitational lenses, over 1,000 new supernovae candidates, the rare, ghost remnants of supermassive black hole outflows, and much more."

To join in the discovery of Galaxy Nurseries, visit <https://www.zooniverse.org/projects/hugh-dickinson/galaxy-nurseries>

In 2013, Zooniverse was the recipient of the prestigious Google Global Impact Award. The award supports organizations using technology and innovative approaches to tackle some of the toughest human challenges. It is awarded annually to nonprofit organizations with a specific project that tests a big, game-changing idea.

As a result of the the \$1.8 million Google Global Impact Award, Zooniverse rebuilt its platform so that groups with no web development expertise can build and launch their own citizen science projects. In July 2015, Zooniverse launched the DIY Zooniverse Project Builder. Since its launch, over 2000 projects have been created with 36 having passed review and launched on Zooniverse.org/projects. 30 more are currently under review. To build your own Zooniverse project, go to: <https://www.zooniverse.org/lab>

To learn more about Zooniverse, and to become a volunteer citizen scientist visit <https://www.zooniverse.org>

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

7924 Lincoln Ave, Downtown Skokie

SkokieTheatre.org 847-677-7761

Hot Jazz for Hot Summer Nights

By Wayne Mell, Artistic Director

Summer is a time for cold drink and hot tunes, which is why you find so many music festivals around Chicago in the summer months. But no one wants to travel to Chicago for anything when it's hot. You sit in a hot car for hours on a crowded highway only to fight crowds of people when you get there.

So we're bringing the music to you. August 4th – 6th is Jazz Weekend at Skokie Theatre.

August 4 at 7:30 pm. David Floodstrand presents "Billy Snow", a "Chicago Noir" story set in 1950s Chicago, about an out of work bartender and his journey to find a job and get his life back on track. Written and narrated by David Floodstrand, "Billy Snow" is a peak into the dark side of Chicago nightlife in the 1950s, as we are taken for a ride into the dusty smoke filled strip clubs and honky-tonks along Clark Street, to the apex of night time entertainment, the exciting Chez Patee night club, widely considered to be the finest night club in the country at the time. Vocalist and actress Shara Maxwell and David Floodstrand sing a number of well known songs of the time as well as self penned music reflective of the era. Live performances are interspersed with vintage period Chicago photographs and illustrations. Directed by Carla Gordon and musical direction by pianist Tommy Muellner. Tickets are \$30.

August 5 at 8:00 pm, internationally known jazz singer Ava Logan returns to Skokie Theatre with "Luminaries of Jazz." Ava and her jazz quintet celebrate the music and life stories of Lena Horne, Sarah Vaughan, Nat King Cole, Frank Sinatra, Nancy Wilson, Carmen McRae, Tony Bennett and others. The show features classics like "The Best is Yet to Come", "Straighten Up and Fly Right", "Whatever Lola Wants", "Guess Who I Saw Today", "Tenderly", and many more! Come find out why Harry Porterfield called Ava "a jewel of a vocalist." Tickets are \$35.

August 6 at 7:30 pm, Daryl Nitz Entertainment presents "Ella, Live! At Mr. Kelly's." On August 10, 1958, Ella Fitzgerald recorded her "Live at Mister Kelly's" LP. In 2007 the concert was remastered and re-released in its entirety, including the early and late sets. This Ella centennial celebration concert presents the entire concert, without song duplication, of both sets. Featuring such songs as "Nice Work If You Can Get It," "The Lady Is a Tramp," "Summertime," "Witchcraft," "Come Rain or Come Shine," "Stardust," and many more from the classic American songbook of Gershwin, Rodgers & Hart, Porter, and others. Featuring Lynne Jordan, Frieda Lee, Liz Mandeville, LaSera Moore, Daryl Nitz, Alina Taber, Jeannie Tanner, and Ellen Winters. Musical direction by Andrew Blendermann, with Joe Policastro on bass, Phil Gratteau on drums. Tickets are \$32.

You don't have to travel to the Lakefront to enjoy first-rate jazz music this summer, but you do have to bring your own pier. Call 847-677-7761 for tickets or visit SkokieTheatre.org.



For Your Summer Reading List

Looking for a great gift idea? Consider reserving your copy of *The Dogs of Chicago*, a true labor of love from authors, Susan Curtain and Deborah Schalm. Throughout this vibrant collection of images, readers will be taken on a journey of some of the most captivating and picturesque spaces of this great city we call home. This book is a delight for all, and proceeds benefit the abandoned animals at the Society.

Purchase Your Copy Today at: www.thedogsofchicago.com.



The Anti-Cruelty Society
157 W. Grand Avenue, Chicago, IL 60654-7105
312.644.8338 | www.anticruelty.org



C.A.R.E. Animals for Adoption



Nanette
Domestic Shorthair, Born in 2014, Brown Tabby with White, Spayed female

Hi...I'm Nanette and I am a small, very outgoing, friendly girl. I love to jump into your arms and have your undivided attention. However, I do startle easily because I am deaf. I will not hear you walk into the room or talk to me. If I am sleeping, I do not wake to your voice or noises in the room. I will flinch when touched but will then greet you enthusiastically. I have been known to play with another cat but do not hear it sneak up behind me when we are playing. Are you up to my challenge and can you keep me safe?

Adoption Information:

Children: 10 and older • Cats: Yes, with proper introduction • Dogs: No, is afraid of dogs
Special Needs: Nanette is deaf • Adoption Fee: \$150
Nanette is microchipped, spayed, and has had a full veterinary checkup and vaccines.



Doodle Bug
Boxer Mix, Born in December 2016, Neutered male

Take one look into my trusting, hopeful brown eyes and you'll be smitten. My early days were rough—never enough food and not much care—but when angels from C.A.R.E. scooped me up from Chicago Animal Care & Control, I knew life would take a turn for the awesome. My foster mom thinks I'll always be on the small side because of that early malnutrition. But she's fed me well, nursed me back to health and filled my life with love. Now, I'm a happy, high energy playful pup filled with wiggles and cuddles. Won't you come meet me soon?

Adoption Information:

Size: Medium / weighs 29 lbs. • Children: Yes • Dogs: Yes • Cats: Unknown
Housebroken: Yes, and crate-trained • Adoption Fee: \$250
Doodle Bug is neutered, microchipped and has had a full veterinary checkup and vaccines.

Visit our website for more information: www.carenorthshore.org
Community Animal Rescue Effort (C.A.R.E.™) • P.O. Box 1964, Evanston, IL 60204
Voicemail 847-705-2653

Grant Park Music Festival's "Pastoral Picnic In White"

Saturday, August 12, 6 PM on the Great Lawn in Millennium Park before the Grant Park Orchestra takes the stage for an evening of Tchaikovsky, Rimsky-Korsakov and a world premiere

Dress in white from head to toe, add a white tablecloth and picnic basket, then grab your friends and head to Millennium Park's Great Lawn on Saturday, August 12 at 6 PM for the Grant Park Music Festival's Pastoral Picnic in White.

Everyone is invited, there is no registration fee and anyone can join this free, themed picnic in the Park, before the Grant Park Orchestra takes the stage at 7:30 p.m. for an evening of Tchaikovsky, Rimsky-Korsakov and a world premiere by the Pulitzer Prize-winning American composer, Aaron J. Kernis. Macy's is the Grant Park Music Festival's official picnic sponsor.

The Festival's Pastoral Picnic in White is inspired by the French phenomenon that began in Paris in 1988, when friends gathered at the Bois de Boulogne for a dinner party and dressed in white so they could see each other in the dark. Now, every year, thousands of people gather in Paris, as well as other cities in Europe, Canada and throughout the States for these elegant pop-up

dinner parties.

There is no "right way" to participate in the Festival's Pastoral Picnic in White. It's all free, set against the backdrop of the Frank Gehry-designed Jay Pritzker Pavilion in the heart of downtown Chicago. For more information, visit gpmf.org/picnic.

For more than 80 years, the Grant Park Music Festival has been Chicago's summer musical sensation, demonstrating that classical music, performed by a world-class orchestra and chorus can have a transformative impact on the city. Showcased in the city's most spectacular setting, the Festival continues to be the summer gathering place for all of Chicago. The Jay Pritzker Pavilion in Millennium Park is the official home of the Grant Park Music Festival, with free seats available for every concert. The Festival's 2017 season runs June 14—August 19.



Everyone's Picasso: 50th Anniversary Celebration

Tuesday, August 8, 12-1:30pm
Daley Plaza, 50 W. Washington St.

To mark the sculpture's 50th anniversary, public historian and artist Paul Durica - along with an intergenerational cast collaborating organizations, artists, and advocates from across the city - will restage the unveiling of the Chicago Picasso.



Evanston's Starlight Concert and Movies

The series continues through Sat., Aug. 26 in Evanston parks with interactive family activities from 7 p.m. to 8 p.m. and movies shown at dusk. Jumanji (1995) will be screened at newly renovated Penny Park on Tues., Aug. 1. Admission is free. Movies are canceled in inclement weather.

Fleetwood-Jourdain Theatre's Summertime Season continues with Sweet, by Harrison David Rivers. Sweet is a coming-of-age story about the sacrifices we make to hold on to the ones we love. Performances take place Saturdays at 7 p.m. and Sundays at 3 p.m. through July 30 at the Noyes Cultural Arts Center.

Starlight Junior Concert - Wednesday, August 2

Tallmadge Park, north of the Noyes Cultural Arts Center

Miss Jenny and Dawn-Marie Hamilton will lead a sing-a-long concert

For the complete Starlight Concert Series schedule, visit cityofevanston.org/starlight.



Meet "Sue" the T-Rex

Thursday, August 10 • 1400 S. Lake Shore Dr.

The Field Museum hosts many exciting exhibitions including the famous Sue the T. rex. Come visit Sue on August 10th with free basic admission, available for Illinois residents with a valid proof of residency.

Calling All Seniors

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



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



CHICAGOLAND PREMIERE!

JUL 13 - AUG 13

The Tin Woman

A Play by Sean Grennan

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Friday September 15th from 5PM to 10PM
Saturday September 16th from 12PM to 10PM

6088 N Northwest Hwy, Chicago
Norwood Park Train Station

Probate—A Good Thing, or Not? You Decide



Chester M. Przybylo

After giving hundreds of seminars on estate planning over the years, it still amazes me that the public often has a real misunderstanding of what Probate is. Basically, probate is a legal process that transfers a decedent's assets to the intended beneficiaries and/or heirs of the estate.

Sounds like a good thing. But why are so many informed people choosing to avoid it? The answer to that question may be because of some inherent pitfalls in the process. First of all, it is a legal process and the courts are involved in it. The will needs to be filed with the courts and creditors need to be notified of the decedent's death so they have the opportunity to file claims within six months against the estate. All documents that are filed are available to the general public and a notice of the probate must be published in a local newspaper so that all known and unknown creditors are aware that the decedent's estate is being probated. All tax obligations of the decedent need to be satisfied. Needless to

say, this is not a do-it-yourself project. Legal representation is needed.

Since anyone can go to the Probate Court and make a copy of a decedent's will there is more than just a lack of privacy involved. The intended heir or heirs are identified, making them targets of unscrupulous individuals. Individuals selling get-rich-quick schemes can target unsophisticated heirs while they are most vulnerable.

Underage heirs and those heirs with a mental incapacity cannot receive the inheritance directly. A court appointed guardian will oversee a legal guardianship—another legal process that does not come cheaply. Should the will bequeath funds directly to someone who is collecting government benefits for a disability, that individual may lose their government benefits.

Besides the lack of privacy and all the pitfalls it provides, Probate takes time. A short Probate in our area can take anywhere from seven months to a year and a half. In the meantime, assets in the estate such as stocks or real estate may change in value. Money that might be needed by the heirs for tuition or medical costs can be frozen until the probate is completed.

So what is the best way to handle your estate? I would recommend that you seek a law firm that specializes in estate planning. There is a way to keep your affairs totally private, avoid probate and the time that it takes to distribute an estate, and address some of the other pitfalls we have enumerated above. That legal document would be a Living Trust. It is a wonderful tool that can be used to help you reach many of your estate planning goals with a minimum of complications. Educate yourself and then make the decision that works best for your estate.

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.

Norwood Park Seniors Club

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

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

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

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?**

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are interested in a trust or will**

Call 773-631-2525

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www.PlanOurEstate.com**

OUR VILLAGE & STREET LEVEL

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Are Hearing Devices (and Hearables) Always Covered by Insurance?

After clearing the hurdles of realizing you may have hearing loss, going to a Doctor of Audiology and getting a hearing test, and choosing a suitable hearing aid, comes the real challenge: figuring out how to pay for your new hearing device. Here's what you need to know about hearing devices and insurance policies.

MEDICAL INSURANCE

The vast majority of Americans have health insurance, but they may be surprised to find out that the majority of insurance companies do not cover hearing aids. In some instances insurance companies do cover these devices, in which case we can verify the insurance coverage and benefit, and help you select a hearing device that fits with the plan at the time of your hearing aid consultation.

Some insurances offer discount plans to cover hearing tests and hearing devices, but these may not always be the best option for the patient. These plans can limit where you are able to go for your services and limit what device you are allowed. Chicago Hearing Services can help discuss all these options with you.

MEDICARE

At this time, Medicare does not cover hearing aids, which can be hard to believe but is unfortunately the truth. However, Medicare will cover an audiologic evaluation if you have a medical referral from your physician. Visit the Medicare website for more information.

CHILDREN AND EARLY INTERVENTION

Early intervention through the Individuals with Disabilities Education Act (IDEA) guarantees coverage of certain costs associated

with audiology services. Early intervention services are provided through the child's local school system or local health department, depending on the state in which you live. You can inquire with your early intervention service coordinator to find out whether your child qualifies for an early intervention and what exactly would be covered. Most times hearing aids are not covered and is an out of pocket expense to parents. Chicago Hearing Services can help parents find necessary funding to help with these out of pocket expenses.

COMING SOON? THE TAX HEARING AID CREDIT

A newly proposed bill called the Hearing Aid Tax Credit would provide a tax credit of up to \$500 per hearing device (\$1,000 if two are needed) once every 5 years, for those making less than \$200,000 a year. This credit could also be used by persons over 55 years of age for the purchase of a hearing aid. Contact your national legislator regarding this important legislation.

A SPECIAL WORD ABOUT HEARABLES

Hearables, which are devices that are meant to enhance one's hearing but are not medical devices, have recently been growing in popularity, in part because they can be bought over the counter and used by anyone. Because these are not classified as medical devices, they are never covered by insurance policies and the consumer has to cover the entire cost of the device.

Have a question about whether a hearing test and a hearing device are covered by your insurance policy? Call (773) 685-9202 or email info@chicagohearingsservices.net for more information or to schedule an appointment to discuss your options.



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.

Hastings Elected Illinois VFW State Commander

Jeff Hastings was elected State Commander of the Illinois Veterans of Foreign Wars at the 96th annual State Convention June 17, 2017 held in Springfield, Illinois.

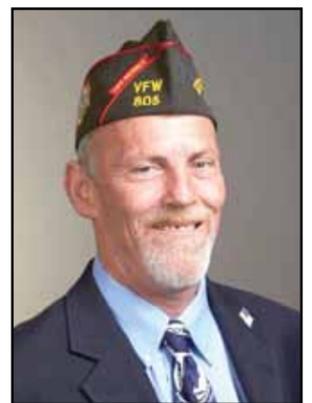
Jeff served in the United States Air Force prior to joining the Missouri Air National Guard and later the Illinois Air National Guard, retiring in 2003 as a Vehicle Operations Superintendent.

Jeff earned his eligibility to the Veterans of Foreign Wars while deployed during Operation Northern Watch, Operation Southern Watch.

Hastings joined the Sgt. Charles A. Fricke Post 805 in O'Fallon, Illinois in 2001 where he maintains his life membership. He has served in a variety of positions at the Post level. Jeff served as the District 14 Commander during the 2010-2011 term, earning both All-State and All-American District Commander honors.

Jeff has served in a variety of positions at the State level – Membership Director; Chief of Staff; and the State Inspector during the 2015-2016 term.

Jeff and his wife, Kelly, have five children, including Brandi, who is serving in the United States Army and is a member of the VFW; and Anthony, serving in the United States Air Force, also a member of the VFW. They also have two grandchildren.



“Medicare 101” Is Timely Talk At Norwood Crossing On August 16

Understanding Medicare insurance can be confusing, but it doesn't have to be nor do the many other health insurance programs that are available to older people. Michelle Rickter-Liskovec, owner with her husband, Frank, of HealthMarkets Insurance Agency in Park Ridge, will discuss Medicare, billing and other forms of health insurance during the Timely Talk, “Medicare 101.” The event will be held at 2:00 p.m., on Aug. 16, at Norwood Crossing, 6016-20 N. Nina Ave. in Chicago.

Rickter-Liskovec is expected to discuss Medicare billing, premiums, coverage, supplements, claims, appeals, forms, and resources, all of which prompt frequent questions from older adults. HealthMarkets is uniquely positioned to answer these and many other questions as a result of their wide experience with thousands of insurance plans offered by more than 180 insurance companies.

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

Village Cooking Corner

The Art of Summer Grilling

Keep the grill clean with a complete top to bottom scrubbing. Start by removing the grill grates and wiping down the interior of the grill with a paper towel; or mildly abrasive sponge in order to remove any built up grease and residue. By removing grease and residue on a frequent basis you are significantly reducing the likelihood of severe flare-ups so it definitely doesn't hurt to do a full scrubbing every few months.

Start with a clean grill: Removing remnants of last night's dinner and thoroughly, cleaning your grill will decrease the chance of flare ups and over-charring food. Using a grill brush, thoroughly clean the grates and remove food remnants. Empty drip pans and ash catchers to start with a clean slate!

Apply non-stick spray or a light coat of olive oil on the grates before turning on the grill: a well-oiled surface will keep food from sticking!

Use a meat thermometer and take the guess work out. Using a thermometer will make you less likely to OVERCOOK your meat and will give you the courage to go ahead and pull it off the grill!! No more serving "rubber chicken!"

Grilled Salmon - Italian

Two 4 oz. pieces of Wild Caught Salmon
Marinate for 30 minutes in 1/2 cup of Italian Salad Dressing

Make an aluminum foil tray with sides folded up to hold marinade.

Put skin side down on the tray and place on the grill at 350 degrees for about 10 minutes.

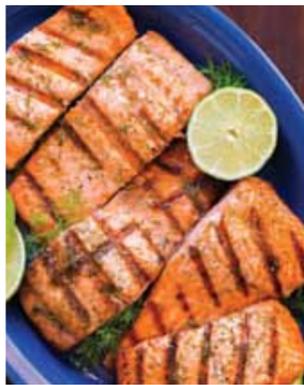
Pour extra marinade over the fish.

Sprinkle a tbsp. of paprika over the salmon.

Test with a fork after 10 minutes to see if meat breaks apart.

Serve immediately.

(Only use wild caught salmon to avoid the dyes and antibiotics used in farmed fish.)



Submitted by John Graham, Owner, Shanti Yoga Studio

Cole Slaw – A Simple Summer Salad

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

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



Submitted by Maria Bappert

Village Cooking Corner will be featuring recipes using all the fresh Farmers' Market offerings throughout the Summer months ahead.

LITTERBUGS BEWARE!

We are the folks who hunt the bugs
That litter up our streets
With papers, bottles, old tin cans,
And wrappers off their sweets.
We want to keep our playground clean
Without a lot of fuss.

Let's start today to do our share –
No litterbugs for us!
No litterbugs, no litterbugs,
No litterbugs for us.
Let's start today to do our share,
No litterbugs for us!

The above text can be sung to the tune of "Auld Lang Syne," and is very appropriate for Earth Day and every day. I found it in my Cub Scout file. Let's all work together to KEEP AMERICA BEAUTIFUL.

Submitted by former Den Mother Maria Bappert

SHANTI SUGAR CHALLENGE Sugar and Pre-Diabetes

Over the last few weeks, I have talked about the fact that we find sugar in all of its forms present in our food and drink and even in some medicines.

The health crisis that faces this country is diabetes and pre-diabetes.

For those who fall into the latter category, there is some hope of saving yourself from the health problems that occur with diabetes. Making changes requires three things: motivation, time and knowledge.

Let me explain.

Motivation: Several years ago, when I fell into the category of pre-diabetes, I was shocked to find so many serious physical problems that result from uncontrolled blood sugar. But of all of these, blindness was the one that really caught my attention. Life without your vision or greatly impaired vision would be full of so many challenges. There are 50,000 new cases of blindness every year due to untreated diabetes.

Staying healthy for your family and those who depend on you is also a great motivator. Better living will pass on to those you live with and help them to build good habits

Time: Change requires effort and time to plan and actively remake your lifestyle. Time to research the issue and find solutions that might work for you. Time to plan new meals, learning how to shop for healthier foods, how to control portions of food that you eat at meal time and time to make daily exercise a part of your life.

Something as simple as walking around the block every night after dinner can begin to have a positive effect on your health. Eat less – walk more.

In my experience, a one hour yoga class can drop your blood sugar by up to 20 points! If I add in a bicycle ride or a walk to the yoga studio, I can lose another 10 – 20 points! A little effort can go a long way in improving your health.

Knowledge: Nutrition labels on food products offer a wealth of information. The first item listed under the ingredients gives you an idea of what is in your product. If you are looking at a product

that has one of the following names for sugar as the 2nd or 3rd listed items, you will be consuming mostly sugar.

- Agave Nectar
- Barley Malt Syrup
- Beet Sugar
- Brown Rice Syrup
- Brown Sugar
- Cane Crystals (or, even better, "cane juice crystals")
- Cane Sugar
- Coconut Sugar, or Coconut Palm Sugar
- Corn sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Evaporated Cane Juice
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Palm Sugar
- Raw sugar
- Rice Syrup
- Sucrose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinat
- Xylose

I hope I have given you some "food" for thought and you use this information to improve your lifestyle.

Be healthy and live long and prosper.

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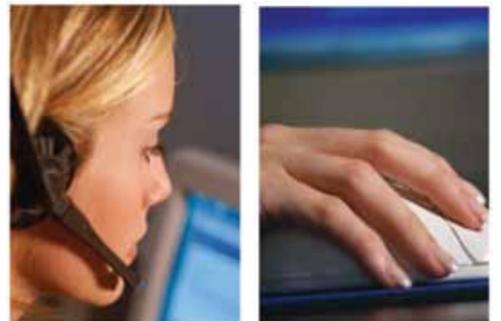
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