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P.O. Box 31391, Chicago, IL 60631

Issue 15 August 11, 2017

## The 59th Annual Chicago Air & Water Show presented by Shell Products Soars into Town this August 19 and 20

10am-3pm Both Days - North Ave. Beach • FREE Admission

Strong in tradition, the free admission event is one of the largest events of its kind, featuring the U.S. Navy Blue Angels, the U.S. Navy Leap Frogs, the F-35 Heritage Flight and the F-22 Demonstration Team.

#### The 59th Annual Chicago Air & Water Show

Presented by Shell and the City of Chicago, the Air and Water Show celebrates 59 years of daredevil thrills in the air and on the water at North Avenue Beach and along Chi-



cago's magnificent lakefront on Lake Michigan. With Chicago's Skyline as a backdrop, audience numbers reach 2 million annually making the Chicago Air & Water Show the largest FREE admission air and water exhibition of its kind in the United States. Over the years the show has featured some of the top civilian and military pilots and aircraft. Biennially, the U.S. Navy Blue Angels and the U.S. Air Force Thunderbirds headline along with the U.S. Army Parachute Team Golden Knights and the U.S. Navy Leap Frogs.

The Chicago Air & Water Show is conducted in an extremely safe and conscientious way. Safety precautions are taken at all times before, during and after the show. Planes take off and land at the Gary/Chicago International Airport in Gary, Indiana. All pilots perform stunts over the water in a set safety area. When a plane does fly over buildings, it is merely doing so in its flight path to return to the show area or the airport.

Organizers work closely with the FAA and various City Departments in a highly proactive manner to assure the safety of all involved. All pilots and air personnel must attend morning meetings each day before flying to receive up-to-date information about weather and pertinent details to assure safe flights. Additionally, the event employs its own air traffic controller who oversees the downtown air space during show hours.

#### History

In 1959 the first show was held under the direction of Al Benedict, a Chicago Park District Supervisor at Lakeshore Park. Held at Chicago Avenue and Lake Michigan, the show was titled the Lakeshore Park Air & Water Show, and was a part of a "Family Day" celebration for children enrolled in the Chicago Park District's day camp program. The budget was \$88, and the show featured a Coast Guard Air Sea Rescue demonstration, water skiers, a water ballet, games and a diving competition.

The following year, the U.S. Air Force Thunderbirds and Golden Knights Parachute Team performed to a huge crowd and the event became a Chicago summer tradition.

Eventually, the show was renamed the Chicago Park District Air & Water Show, expanded to two days, and moved to its current location at North Avenue Beach. Corporate sponsorship participation was incorporated in 1989, and now provides substantial support for the production costs of the show. The event has been managed by the Department of Cultural Affairs and Special Events since 1994.

Check out the full schedule at www.chicagoairandwatershow.us.



# Exciting Changes At The Pole! Santa Changes Invitation Policy For 2017!!!!

All Seriously III Children Throughout Usa Are Now Offered The Opportunity To Apply For Onp 2017!!!

As ONP's reputation has grown over the years, so too have the requests of seriously ill children from around the USA to attend Operation North Pole. This year ONP will offer an Invitation to Apply to Eligible Families regardless of where they live or Hospital affiliation. If you know a family who may be eligible, please forward this message to them!

Operation North Pole ("ONP") encourages Eligible Families who have a child battling a life-threatening/terminal illness to apply to participate in our Fantasy Trip to the North Pole on December 9, 2017. The first 75 families who complete the Invitation to Apply

and meet the criteria of our Selection Committee will be notified and offered the opportunity to attend our event. Our Application, when open, will be able to be accessed on the home page of our website, www.operationnorthpole.org. If you do not see a green button on the banner of our webpage, the Invitation to Apply is not open. The Application should be available on August 11th. Make sure to visit our website often to see if we are still accepting applications.

Below are guidelines to help you determine if your family is eligible to apply.

- 1. Families may only attend Operation North Pole once, no repeat participation is permitted.
- 2. ONP does not provide transportation to or from the event.
- 3. The sick child must be 12 years of age or younger at the time of the event.
- 4. The illness must be life-threatening/terminal or result in permanent disability.
- 5. The sick child must be healthy enough to participate in activities that span up to 10 hours.
- 6. ONP requires releases that must be signed by the parent regarding Use of Image and Likeness and a General Hold Harmless. We cannot make exceptions to this policy.
- 7. Families agree to authorize hospital and/or physician contact by ONP for verification purposes of information provided.

Please be aware that our event includes therapy dogs and miniature horses as well as loud noises and bright lights. Our event may not be appropriate for your child if they have certain allergies or sensitivities. Food is also served at various times during the day, including breakfast and lunch. Unfortunately, we do not have the ability to accommodate special dietary needs. Finally, because our event includes a train ride on the Chicago Metra Union Pacific Northwest Line, we have limited space for children requiring use of a motorized wheelchair. If your child requires use of a wheelchair and you feel your family is otherwise eligible, we encourage you to apply as early as possible.



# **Community First Medical Center August Health Events**

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

Friday, August 11, 18 and 25

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

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

Friday, 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.

Sunday, August 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 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

Thursday, August 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.

Tuesday, August 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 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.

Thursday, August 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

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

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.

#### **Jefferson Park Neighborhood Association**

The August 30th meeting of JPNA, Jeff Park Neighborhood Association, will feature brief talks by State Rep. Martwick, State Sen. Mulroe, and Federal Representative Quigley about budgets. The meeting will be on the lower level of the Congregational Church of Jefferson Park, 5320 W. Giddings, at 7:00 P.M. Meetings are free and open to the public with light refreshments. For more information, call 773 282 3879.

#### **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 LawyerTM." 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.

#### Registration Deadline Approaching for City Colleges of Chicago's Fall 2017 Semester

- New application page makes it easier to become a CCC student
- Tuition-free Star Scholarships are available for eligible CPS graduates
- All City Colleges locations offer an affordable, quality education and pathways to bachelor's degree programs and career opportunities

Chicagoans who want a quality, affordable education to prepare for further college or a career should register now for the Fall 2017 semester at City Colleges of Chicago (CCC), the largest community college system in Illinois. The registration deadline for the 16-week Fall term is Monday, August 21, 2017 with classes beginning Monday, August 28.

CCC courses are offered during the day, in the evening, on weekends, and also online. It is now easier to apply, using CCC's enhanced application page (www.ccc.edu/apply). Visitors to www.ccc.edu/apply will find clear, step-by-step application instructions, whether they are interested in certificate and associate degree programs, continuing education or free programs for high school students. Free ESL and high school equivalency classes begin August 21, 2017.

Credit classes (degree and certificate programs) for the 16-week Fall Semester begin Monday, August 28, 2017. The 12-week session begins Monday, September 25 (the registration deadline for the 12-week session is September 18). For more information, visit www.ccc.edu or call 773-COLLEGE.

The two City Colleges of Chicago on the North and Northwest Side are:

Harry S Truman College – 1145 W. Wilson Ave. Wilbur Wright College – 4300 N. Narragansett Ave.



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

Pain Center/Pain Management • Bloodless Medicine
Endocrinology • Gastroenterology
Nephrology • Neurosurgery/Spine
Obstetrics & Gynecology • Orthopaedic/Hand Surgery
Orthopaedic/Sports Medicine • Otolarynology/ENT

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

Rheumatology • Wound Care

# Caring For Our Community

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





# our flag

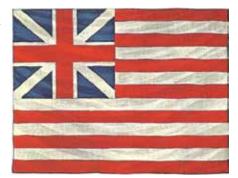


# (Part 4) The Grand Union Flag

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)

The first flag of the colonists to have any resemblance to the present Stars and Stripes was the Grand Union Flag, sometimes referred to as the Congress Colors, the First Navy Ensign, and the Cambridge Flag. Its design consisted of 13 stripes, alternately red and white, represent-

ing the Thirteen Colonies, with a blue field in the upper left-hand corner bearing the red cross of St. George of England with the white cross of St. Andrew of Scotland. As the flag



of the revolution it was used on many occasions. It was first flown by the ships of the Colonial Fleet on the Delaware River. On December 3, 1775, it was raised aboard Captain Esek Hopkin's flagship *Alfred* by John Paul Jones, then a Navy lieutenant. Later the flag was raised on the liberty pole at Prospect Hill, which was near George Washington's headquarters in Cambridge, Massachusetts. It was our unofficial national flag on July 4, 1776, Independence Day; and it remained the unofficial national flag and ensign of the Navy until June 14, 1777, when the Continental Congress authorized the Stars and Stripes.

Interestingly, the Grand Union Flag also was the standard of the British East India Company. It was only by degrees that the Union Flag of Great Britain was discarded. The final breach between the Colonies

and Great Britain brought about the removal of the British Union from the canton of our striped flag and the substitution of stars on a blue field.

#### Vietnam Veterans of America to Hold Town Hall Meeting on Generational Effects of Agent Orange/Dioxin

Vietnam Veterans of America Chicago Chapter 242 will hold a Town Hall meeting to address the birth defects, diseases, and learning disabilities affecting the children and grandchildren of Vietnam veterans. The forum will be held on Saturday, September 23, 2017, at 1:00 PM, at the Irish American Heritage Center, 4626 N. Knox Avenue, Chicago, Illinois 60630. "We cannot be silent about the effects of our battlefield exposures on our children in the face of overwhelming evidence connecting many diseases and birth defects to exposure to Agent Orange in Vietnam," said Jim Mindak, President of VVA Chapter 242. "We encourage all veterans with children and/ or grandchildren suffering from illnesses, learning disabilities, or physical disabilities to come share their stories. We will explore issues surrounding Agent Orange exposure, including scientific information, health effects, and methods for educating the public and elected representatives about the issues of Vietnam veterans, their children, and their families," said Jim Mindak. The goal of the town hall meeting is to bring attention to the hidden cost of our service and to encourage the government to create and maintain a registry of these birth defects as well as assist our doctors in finding ways to diagnose and treat these birth defects. Veterans of all wars are subjected to many contaminates, and most were not aware of what was being used or what effects they might have on our health. Said Jim Mindak "Our children are the innocent victims of our war, and we need the help of our government to cope with these problems. We worry, who will be there to take care of them when we are gone?" In keeping with VVA's founding principle, "Never again will one generation of veterans abandon another," Vietnam veterans throughout the state of Illinois continue to fight for the welfare of our nation's veterans from

Vietnam Veterans of America (VVA) is the nation's only congressionally chartered veterans service organization dedicated to the needs of Vietnam-era veterans and their families. VVA's founding principle is "Never again will one generation of veterans abandon another."

#### **Edison Park Post 541 Of The American Legion**



Edison Park Post 541 of the American Legion will not have any open meeting until September 7th and 24th 2017.

We WILL have a Veterans' Benefit table set up at the Edison Park Fest 2017 which will be August 18th thru the 20th on the Northwest Side of Chicago, Northwest Hwy. & Oliphant Street.

We invite all Veterans to visit us.

We are also forming a Sons of the American Legion Squadron. The requirement for becoming a member is:

All male descendants, adopted sons and stepsons of members of The American Legion and such males descendants of veterans who died in service during WWI - WWII - Korean War - the Vietnam War - Lebanon

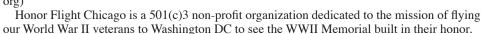
Grenada - Panama and the Persian Gulf War, during the delimiting periods set forth in Article 1 of the National Constitution of the The American Legion or who died subsequent to their Honorable Discharge form such Service shall be eligible for membership in the Sons of the American Legion. Visit our website at http://amerlegion541.wix.com/americanlegion541

#### 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)



#### **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.



# FIRST WORLD WAR Book Club Event

# First World War Living History Reenactor Program Saturday, August 12@11am

Living history reenactors J. Perkins and Amy Cawley will discuss the experiences of everyday participants in the First World War. They will be displaying artifacts from that conflict. Mr. Perkins and Ms. Cawley serve as volunteers at the First Division Museum at Cantigny. They have made many appearances in their living history roles at local schools and libraries.

Ask your librarian or visit chipublib.org for more information.

Chicago Public Library ~ Austin-Irving Branch 6100 W. Irving Park Road

Hours: Mon. & Wed. 12:00 p.m.-8:00 p.m.; Tues. & Thurs. 10:00 am.-6:00 p.m. Fri. & Sat. 9:00 a.m.-5:00 p.m. (closed Sunday) 312-744-6222

#### **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



#### C.A.R.E. Introduces The 'Precious **Pays It Forward' Project**

Community Animal Rescue Effort debuts a new way to help pets find forever homes through a 'pay-it-forward' fundraising program that covers adoption fees.





C.A.R.E. Cat Queen Agatha serves as the first beneficiary of the Precious Pays It Forward project.

The seed for C.A.R.E.'s recently debuted "Precious Pays It Forward" project was planted back in 1992 when a C.A.R.E. adopter named Andrew adopted an orange tabby named Zucchini. The cat was Andrew's best friend for 19 years. When Zucchini was in his later years, Andrew made a donation to C.A.R.E. in honor of his companion to subsidize the adoptions of 10 difficult-to-place C.A.R.E. cats.

Fast-forward to 2016. A woman who had adopted one of the Zucchini Fund cats decided to also "pay it forward" by covering the adoption fee for a cat named Precious. And thus, the "Precious Pays it Forward" project began to sprout.

If there is a C.A.R.E. dog or cat a supporter loves but cannot adopt for whatever reason, the Precious Project, powered by online donation site GiveGab, allows them to make a tax-deductible donation toward that animal's adoption fee.

"There are a lot of animals who get overlooked because of their size, age, or they are just not 'right' for a potential adopter's home," says Diane Moe, C.A.R.E. cat adoption counselor and the lead driver behind making the program a reality. "I see the Precious Project as a 'feel good' for people who cannot adopt a given cat or dog, but they've still 'clicked' with that animal and want to help it.'

Animals selected for the Precious Project are those who have been with C.A.R.E. for a longer-than-usual time. It could be their age, size or personality quirks that have made finding the perfect match more of a challenge. C.A.R.E.'s first Precious Project beneficiary is a tabby cat nicknamed Queen Agatha for her sometimes imperious ways.

Precious Project supporters can help an animal take an important step toward finding his or her forever family by helping offset its adoption fee. "And by bringing attention to our animals in a different way," Moe adds, "we hope this campaign will catch the right person's attention and heart."

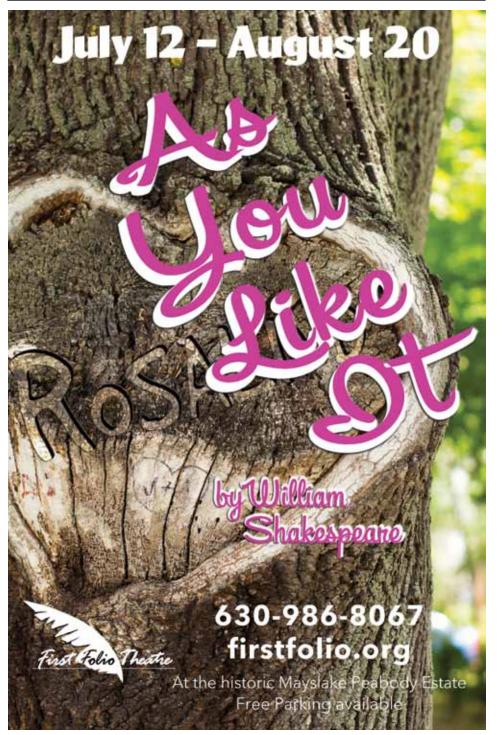
How to Sponsor: Supporters can make a one-time contribution on behalf of a specific C.A.R.E. cat or dog through C.A.R.E.'s GiveGab site. Here's the link: gvgb.co/CAREnorthshore.

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

# 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.







SkokieTheatre.org

847-677-7761

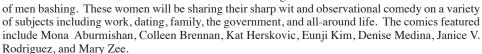
#### August is comedy month

By Wayne Mell, Artistic Director

It's no secret that Jan Slavin is a funny lady. She performs all over Chicagoland to sold-out houses at places like Zanie's, The Laugh Factory, and The Comedy Bowl. And she has entertained thousands of people nationally and a member of Caryn Bark's Funny Old Broads. This summer, she's got a special treat for us all.

Jan is rounding up a lineup of Chicago's best comedians, and is bringing them to beautiful downtown Skokie in a program she calls "Joking at the Skokie". Her all-star lineup includes people who have performed nationally at places like The Second City, Carnagie Hall, and Lincoln Center.

Friday, August 11 – "It Take a Woman" features a line-up of all female comic. This doesn't mean that it's an evening



Friday, August 18 - "High-Fiber Comedy" anyone who thinks that comedy is a game for young need to think again. These comics have been around the block once or twice, and have seen far more that your average twenty year-old. The comics featured include Bill Gorgo, Tom Gotlund, Laura Hugg, Michelle Krajecki, Joe Nuccio, Julie Paradise, and John Petlicki.

Both Joking at the Skokie shows are at 8 pm, and tickets are only \$15. Easy, affordable, and right in your own back yard. Comedy doesn't get better than this. Come see for yourself. Call 847-677-7761 or order your tickets at SkokieTheatre.org.

But wait ... there's more.

Defending the Caveman

Saturday, August 19 at 8 pm and Sunday, August 20 at 3 pm. Tickets \$25 with code VILLAGE. The national touring production of America's longest running solo show is making its final stop in Skokie. Defending the Caveman is a hilariously insightful play about the ways men and women relate. This prehistoric look at the battle of the sexes is full of wonderful scenarios that celebrate the differences between men and women, making it a perfect entertainment option for couples, or girls' night out. The show has also been seen and recommended by thousands of marriage and family therapists and counselors, for its humorous look at the inherent differences between the sexes. Caveman is now in its ninth year in Las Vegas, currently playing seven days a week downtown at the "D" Hotel and Casino and tours all over the United States and around the world. At last count, Caveman has been performed in 45 different countries and been translated into more than 20 languages!

Taking a Stand - Rajiv Satyal and Taylor Alexander

Friday, August 25 at 8 pm. Tickets \$25

Comedian Rajiv Satyal, with the aid of singer/songwriter Taylor Alexander, breaks down pop music to explain how America got to where she is today. Satyal performs weekly at the Laugh Factory in Hollywood. He has garnered 50 million+ online views and been featured on/in NBC, NPR, Nickelodeon, Fx, Netflix, Bob & Tom, Times Now, Zee TV, Pandora, The New York Times, The Wall Street Journal, Variety, Advertising Age, The Times of India, The Huffington Post, and The LA Times. Rajiv wrote No Man's Land, a 100-minute one-person show about his dating life that sold out all performances from LA to NY to San Francisco to Cincinnati.

#### The Adler Planetarium

#### Adler Planetarium Hosting Giant Block Party, Offering Free Admission for Everyone for August 21 Solar Eclipse

On August 21, 2017, a total solar eclipse will be visible in parts of the United States for the first time since 1979. In Chicago, at 11:54 am CST, the Moon will start to block our view of the Sun, covering up to 87 percent of it by 1:19 pm. The last time Chicago was this close to the path of totality (when the Moon blocks the Sun completely) was 92 years ago in 1925! In celebration, the Adler Planetarium is throwing a giant block party, inviting everyone to come together to experience this rare celestial event as a community, and making it possible by offering free general admission to all.

From 9:30 am-6:00 pm, the Adler is hosting Chicago's Eclipse Fest—the celebration of the summer—on the Adler grounds and in the parking lot adjacent to the planetarium. All guests will get #EquippedToEclipse with free safe solar viewing glasses, and can enjoy live entertainment, hands-on science for all ages, programming from partners across the city, local food trucks, and experience the solar eclipse with us and 10,000 of their Chicagoland neighbors and

Inside the museum, guests will receive free general admission to check out our exhibitions, including our latest, Chasing Eclipses, which prepares you to experience an eclipse. Guests will also be treated to a live-feed of the total solar eclipse from locations that are in the path of totality in one of our immersive dome theaters.

#### Chicago Eclipse Fest experience includes:

- · A Mad Science Show live on stage
- Entertainment by Jim & the Povolos
- Ask an Astronomer!
- Eclipse Trivia
- Design challenges including solar car races, making solar ovens, and creating pinhole pro-
- Solar science demonstrations including UV beads, a sundial station, and sun prints
- Fun for our littlest guests including bubbles, sensory activities, and light and shadow activi-
- Carnival fun including giant Jenga®, a jumbo bounce house, gladiator obstacle course, giant parachute, jumbo ladder toss, bean bag toss, and a sandbag game
- Collections Corner (inside the museum)
- Rocket fun
- Telescope viewing
- A selfie station
- More to be announced!

#### DALEY PLAZA COMMUNITY VIEWING LOCATION

Work in Chicago's Loop and can't make it to the planetarium during the eclipse? The Adler will also host a viewing station at Daley Plaza. Staff will be on-site to hand out safe solar viewing glasses and answer eclipse-related questions.

For more information on the Adler's eclipse-day plans, visit our Solar Eclipse page: http://www.adlerplanetarium.org/events/total-solar-eclipse-2017-08-21/

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

## **Broadway in Chicago Summer Concert**

August 14, 2017 6:15-7:45pm **FREE Admission** Millennium Park, Jay **Pritzker Pavilion** 

Broadway In Chicago returns to Millennium Park for the sixth time this August for their annual Free Broadway In Chicago Summer Concert, hosted by ABC 7 Chicago's Janet Davies, with selections from over 10 shows. This



year's performances include songs from Disney's Aladdin, Beautiful: The Carole King Musical, Les Misérables, and Wicked, with more to be announced.\*

For more information, visit www.broadwayinchicago.com

#### The Grant Park Music Festival

Summer in Chicago wraps up in August with ing weekend, August 18 and 19. the final weeks of the 83rd season of the Grant Park Music Festival, led by Artistic Director and Principal Conductor Carlos Kalmar with Chorus Director Christopher Bell and the award-winning Grant Park Orchestra and Chorus at the Jay Pritzker Pavilion in Millennium Park

Highlights of the season include Legacy, a world premiere commission by the Pulitzer Prize-winning American composer, Aaron Jay Kernis on August 11 and 12, and Beethoven's Symphony No. 9 with the Grant Park Orchestra and Chorus and acclaimed guest soloists on clos-

All concerts take place on Wednesday and Friday evenings at 6:30 p.m., and Saturday evenings at 7:30 p.m. (Concerts on August 4 and 5 move indoors to the Harris Theater during Lollapolooza). The August program schedule is below and available at www.gpmf.org

For more information about the Grant Park Music Festival including membership, One Night Passes and group seating, visit gpmf.org or call 312.742.7647. For additional information, visit the Grant Park Music Festival Facebook page or follow the Festival on Twitter @gpmf.

#### Resurrection Best Ball Scramble Golf Outing

On Sunday, September 10, 2017 the Resurrection College Prep High School Men's Club will sponsor the Best Ball Scramble Golf Outing at Tam O'Shanter Golf Course, 6700 W. Howard Street in Niles. Check-in will be at 7:00 am with an 8:00 am shot-gun start. All are welcome - men, women, alumnae, community members and friends of Resurrection College Prep High School. Registration is available on-line at www.reshs.org - the cost is \$95 for an individual or \$35 for lunch only. The outing includes 9 holes of golf, green fees, cart, coffee and donuts at



check-in and an excellent buffet style lunch. Longest drive, closest to the pin and other contests will be held during the golf outing. Hole sponsorships are also available at www.reshs.org.

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

# **MeTV's Svengoolie Headlines Library's First-Ever Fandom Fest**



The Niles-Maine District Library invites the community to one of its biggest events of the year on Saturday, August 19 from 11am-3pm. Fandom Fest is a free, all ages, family-friendly event celebrating comics and pop culture. Meet and greet with MeTV's Svengoolie, take a selfie with a StormTrooper, test your Buffy the Vampire Slayer knowledge, and much more. Come dressed as your favorite character!

What You Can Expect at Fandom Fest:

- Meet and greet with MeTV's Svengoolie
- Take photos with the 501st Midwest Gar-
- Visit the Artist Alley featuring nearly 20 local artists and vendors
- Take a stab at Buffy the Vampire Slayer
- Escape Room Adventure
- Drawing Workshops, Crafts for All Ages, Makeup Tutorial and Face Painting
- Fan Girls and Feminism Panel

- Green Screen Photos
- Dress up for the Teen Cosplay Contest • Purchase tasty goods from Blue Box Café
- and YummPops
  - Free Swag Giveaways
- And Much More!

Parking will be available at the Library, 5/3 Bank on Oakton Street, Culver Elementary School, and Village Hall. Attendees interested in taking public transportation are encouraged to take Pace Bus 410 (Niles Free Bus). Attendees must refrain from parking on Oakton

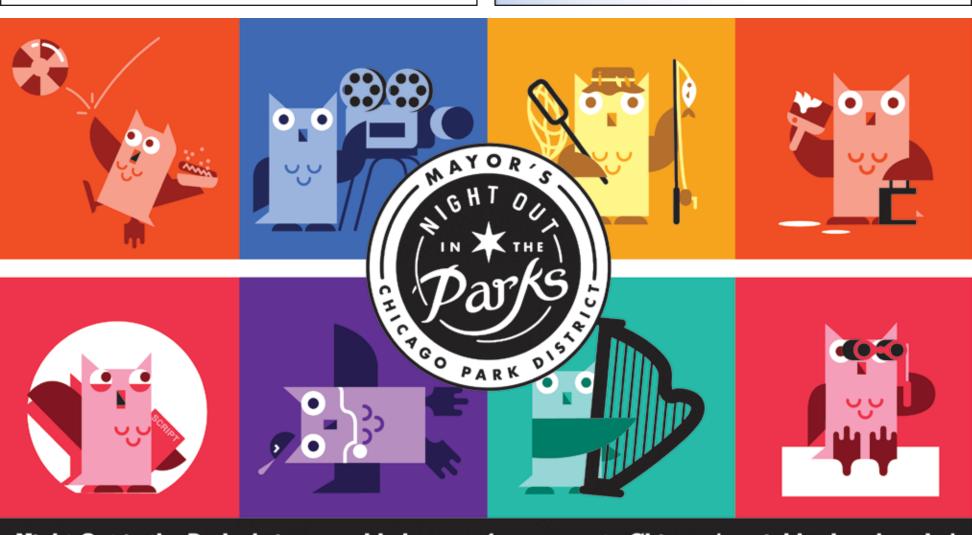
For more details about Fandom Fest, please visit: www.nileslibrary.org/fandom-fest

Niles-Maine District Library is located at 6960 Oakton Street, the northeast corner of the Oakton and Waukegan intersection. Library hours are Monday through Thursday, 9am to 9pm, Friday, 9am to 7pm, Saturday, 9am to 5pm and Sunday, 1 to 5 pm.

#### Visit Chicago Brauhaus During the Summer Concert Series in Lincoln Square

The annual Summer Concert Series, Lincoln Square's favorite free summer event, will begin soon! The series will occur every Thursday evening from 6:30pm - 9:00pm in Kempf Plaza (across from Chicago Brauhaus) through August 31st.

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



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# **Selecting an Estate Planning Attorney –** Wisely



When you plan your estate, you are putting together your road map to your legacy. Your estate plan determines who will be entitled to your assets, how they can use them, and the protections which they and the assets you leave them may have from creditors, divorcing spouses, etc. The attorney whom you select to assist you in creating that plan is integral to its success. That is why you need to choose wisely.

When Bill and Mary were planning their estates, they went to an attorney who was a family friend, had a general practice and dabbled in many areas of the law. Their attorney, Frank, was very nice and even gave them a discount because of their friendship. Frank drafted Wills for them that appeared to work on the surface. Bill wanted one-half of his assets to go to Mary and one-half of his assets to go to his children from his first marriage. His Will seemed to do this. However, when Bill died, it did not work out that way. Bill had \$750,000 in assets at his

death. His one-half interest in the house he owned with Mary was worth \$250,000. His one-half interest in the ranch he owned with

his brother, Sam, was worth \$300,000. Finally, his IRA was worth \$200,000. Unfortunately, but unbeknownst to Bill and Mary, estate planning does not just entail writing down your wishes in a Will, like Frank did for them. It takes knowledge and experience to create an effective estate.

When Bill died, they discovered that the house was held in joint tenancy, so his \$250,000 interest in the \$500,000 house passed to Mary automatically at his death. It was not controlled by his Will at all. Likewise, the ranch was held in joint tenancy with Sam. Bill's \$300,000 interest in the ranch automatically passed to Sam, even though the Will provided otherwise. Finally, the IRA had a beneficiary designation naming Bill's mother. After Bill's first marriage ended, he had changed the designation to his mother. He forgot to update the designation when he remarried. Frank, though meaning well, did not think to ask about the beneficiary designations because he did not focus in estate planning and did not have the experience to know better.

So, of his \$750,000 in assets, Bill wanted one-half, or \$375,000, to go to his kids from his first marriage and \$375,000 to Mary. Instead, Mary only got \$250,000 and his kids from his first marriage got nothing-even though that's not what his Will provided. An experienced attorney would have recommended that Bill change the house and ranch to tenancy-in-common property and would have made sure the beneficiary designation was updated. That way, Bill would have provided for his family as he had wanted.

Don't make the same mistake that Bill and Mary did. Go to a qualified estate planning attorney who focuses his or her practice in estate planning. Make sure they get continuing legal education to stay updated on the latest developments in the field of estate planning. For example, the American Academy of Estate Planning Attorneys requires its members to earn 36 hours of training in estate planning or elder law annually. Once you select a qualified estate planning attorney, have confidence that your legacy is in good hands.

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

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

Request a Free Consultation if you are interested in a trust or will Call 773-631-2525

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

## **Some Tips on Living with Tinnitus**

Have you ever heard a ringing noise in your ears that went away after a few seconds? If so, you've experienced what 25 million Americans have — tinnitus is a ringing in the ears that can happen very rarely, or be so prevalent that it interferes with daily activities. If you've ever experienced it, you probably know how distracting

Tinnitus is a symptom associated with many forms of hearing loss. It can also be a symptom of other health problems. If you're experiencing tinnitus on a regular basis, here are some strategies that may be able to help:

- 1. Over 60% of patients with tinnitus find relief from amplification and hearing aids. So, if vou've experienced tinnitus on an ongoing basis, the first step you should take is to visit an audiologist and get a hearing test that can help to identify the cause of the symptoms.
- 2. If nothing hearing-related is uncovered, your audiologist can also point you to a general doctor who can explore other potential causes such as obesity or environmental stressors.
- 3. If you find that the tinnitus recurs on a regular interval after a particular activity, such as being at a loud concert, share the information with your audiologist and get some hearing protection, or avoid the environment that causes the symptoms.
- 4. Occasionally, tinnitus can be caused by stress. Relaxation exercises, such as meditation. have been show to help in certain cases.
  - 5. Noise machines, including specially de-

signed pillows that create background noise may help with the reduction of your tinnitus symp-

- 6. Special tinnitus apps generate a variety of background sounds that are helpful in the alleviation of tinnitus symptoms and can be used on-the-go with headphones.
- 7. Cognitive behavioral therapy has been identified as one potential avenue for reducing the impact of tinnitus on a patient. Since there is no known cure for tinnitus, CBT attempts to instead change the person's perception of tinnitus to make it less distracting and easier to live with.
- 8. Nicotine, alcohol and caffeine use makes tinnitus worse by reducing blood flow to the structures of the ear. Stop smoking and drinking coffee, and see if symptoms improve.
- 9. Limit your use of aspirin, products containing aspirin, and other nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or naproxen, all of which can exacerbate tinnitus symptoms.
- 10. Exercise regularly. Exercise improves blood flow to the structures of the ear. However, extended periods of exercise that keep your neck in a hyperextended position, such as bicycle riding, should be avoided because they can temporarily make symptoms worse.

Having issues with tinnitus? Follow step #1 above and get in touch with an audiologist for a hearing test!

Call (773) 685-9202 to set up your consulta-



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.

## "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

#### 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.

# The Adoption Process From A To Z

"The Adoption Process from A to Z," a seminar presented by Chicago and Northbrook Attorney Sally Wildman, will be offered through the New Trier Extension Community Education Program, New Trier High School, 7 Happ Rd., Northfield, Illinois, 60093, on Tuesday, September 12, 2017, from 7:00 - 9:15 p.m.

Fee: \$18.00 per person. To register, call 847-446-6600 or view: www.newtrierextension.org. Course # 173-753 under "ONE OF A KIND" in the catalogue. Registration closes on Sept. 10, 2017.





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# Resurrection Cross Country Invite For Girls & Boys - Grades 5-8 Teams & Individual Runners Welcome

Resurrection College Prep High School is hosting a Cross Country Invite for girls and boys in grades 5 to 8 on Saturday, September 9, 2017. Teams and individual runners are welcome to participate. Check in time is 8:00 am and races will be at 9:00 am for 5th & 6th grade girls; 9:20 am for 5th & 6th grade boys; 9:45 am for 7th & 8th grade girls; 10:15 am for 7th & 8th grade boys. The event will take place on the campus of Resurrection College Prep High School at 7500 W. Talcott Avenue in Chicago. The entry fee is \$100 per team or \$10 for an individual runner. Registration is available until



Wednesday, September 6, 2017 and details and registration forms can be found at www.reshs.org. For more information, please contact Resurrection Cross Country Coach, Fred Angelini at fange-lini@reshs.org or Kelly McClearn at 773.775.6616 Ext 140.

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

# Village Cooking Corner

#### **BRIAMI OR BRIAM**

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

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

Ingredients

- 2 Eggplants washed and cut horizontally in  $\frac{1}{2}$  inch slices and cut each slice again in  $\frac{1}{4}$  pieces. 4 to 5 zucchini washed and cut into  $\frac{1}{4}$  inch slices
- 4 potatoes peeled and cut into ¼ thick slices (I like to use Yukon Gold potatoes but any potato peeled will work fine. Greek cooks always peel the potatoes.
  - 1 l bag of Frozen Okra -thawed
  - 2 Red bell peppers and 1 Green Bell pepper cut in strips then each strip in half.
  - 3 garlic cloves sliced thin
- 2 large onion cut in half and cut into then in 1/4 size pieces You can use any onion I have a preference for Vidalia onions.

1/2 cup of Kefalograviera or Miyzthra (both Greek Cheeses) if you can find. There are two Greek markets that carry it in the Chicago area – Market Place on Oakton Street in Skokie and Harvest Times on Lawrence Avenue in Chicago. If you can't find a local Greek Market then you may use a hard cheese like Guyvere or Parmesan.

1/2 cup of olive oil

1/4 cup of water

- 1 can of Stewed Tomatoes with juice My preference is Hunt's.
- 2 tbsps. of Dried Oregano
- 2 tbsps. of Dried Mint
- 1/2 cup of chopped Parsley

Directions:

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

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

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

# Belmont-Central Chamber of Commerce Presents Back to School Supply Drive



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





# TRANSPORTATION ORIENTED DEVELOPMENT PUBLIC FORUM

Transit Oriented Development (TOD) is an increasingly popular concept that is having a major impact on Chicago. TODs can pack more units onto a given property parcel, and proponents see TODs as a means to create more affordable residential and commercial development, promote efficient land use and reduce auto traffic. Yet, TODs aren't without controversy. Critics worry about excessive density, a lack of public transit capacity and other issues. With plans for TODs rapidly proliferating on the North Side, this is a good time to further explore this concept.

#### Would you like to learn more?

A free public forum, open to all - "Transportation Oriented Development - A Philosophy of Urban Planning and Development, and Its Implementation in Chicago" will be held

> August, 22nd at THE DANK HAUS 4740 N Western Ave From 7 to 9pm

Led by moderator *Dick Simpson*, former 44th Ward Alderman and Professor of Political Science at UIC, it will feature presentations by four highly qualified panelists, who will then respond to questions from the moderator and audience.



The forum has been organized and is being presented by the Greater Rockwell Organization and the Northcenter Neighborhood Association in association with Northside Neighbors.





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Call 847.635.1426 for information about Winter/Spring classes.



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