



# OUR VILLAGE



FREE

Now Includes **STREET LEVEL**  
For the Collar Suburbs

Next Edition  
February 3rd

FREE

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[www.OurVillageChicago.com](http://www.OurVillageChicago.com)

P.O. Box 31391,  
Chicago, IL 60631

Issue 2  
January 20, 2016



*Early Spring?*  
Find Out February 2nd  
Happy Groundhog's Day  
(See Page 8 For History)

## Polar Adventure Days

It's winter in Chicago - come out and enjoy it!

Have fun while enjoying all the wonders of nature at the 11th annual Polar Adventure Days at Northerly Island. It's free!

January 23, 2016,  
February 20, 2016;  
Noon to 4 p.m.

Explore Northerly Island and come face-to-face with live animals, engage in winter activities, and create nature-inspired crafts. See the full list of activities below. Dress for the weather as events take place both outdoors and inside the visitor center.

Take part in the following activities at Polar Adventure Days:

- Tour the new Northerly Island Natural Area during Winter
- See Siberian huskies, wolves, and other live animals
- Encounter birds of prey from Flint Creek Wildlife Rehabilitation
- Explore the island on snowshoes (if there's snow)
- Make a nature-inspired winter craft
- Enjoy a treat at the CLIF Kid Healthy Snack Station
- Sip hot cocoa while strolling across the prairie

Raffle prizes and giveaways provided by Coca-Cola

Northerly Island is located at 1521 S. Linn White Drive, on the Museum Campus.

Limited parking is available for \$3, cash only, during Polar Adventure Days.

Activities are subject to change.

For more information, call 312-742-PLAY (7529).




**National Catholic Schools Week**  
January 31- February 6, 2016  
(See Page 3 For More Information)

**WINTER, CHICAGO STYLE**  
**HAS ARRIVED**  
BE CAREFUL - BE AWARE - HELP OTHERS

**Governor Rauner Proclaims Jan. 24-30**  
**"School Choice Week in Illinois"**  
**Joining Leaders Nationwide in**  
**Celebrating Opportunity in Education**

*Illinois students, communities to hold over 900 events as part of nation's largest-ever celebration of school choice*

## Governor Rauner Extends Tax Filing and Payment Deadlines for Businesses and Individuals Impacted by Recent Flooding

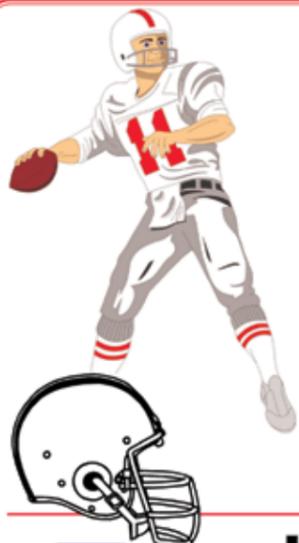
Governor Bruce Rauner today announced that the State will waive penalties and interest for taxpayers who cannot file or pay on time as a result of the December 2015 and January 2016 floods. The waiver applies to taxpayers in the 23 disaster declared counties for payments or returns due between December 23, 2015 and June 30, 2016.

"Right now, our impacted communities are dealing with catastrophic damage as a result of the flooding," said Governor Rauner. "Now is the time to focus on healing and recuperation, not deadlines. Once these affected families and businesses have had the opportunity to recuperate, they can gather the essential paperwork to file their returns and pay taxes."

The 23 declared disaster counties include: Alexander, Calhoun, Cass, Christian, Clinton, Cumberland, Douglas, Iroquois, Jackson, Jersey, Lawrence, Madison, Marion, Menard, Monroe, Morgan, Moultrie, Pike, Randolph, Richland, Sangamon, St. Clair, and Vermilion.

Taxpayers who opt to mail their deferred returns and payments should write Flood - December 2015 on the outside of the envelope in red ink and on the top of each page of the tax filing, so the account can be updated and handled appropriately. Filers using MyTax Illinois or electronic filing methods are instructed to refer to the Illinois Department of Revenue's website: Tax.Illinois.Gov. For questions, the Illinois Department of Revenue has set up a mailbox dedicated to those impacted by the floods at: REV.DisasterRelief2015@illinois.gov.

**The City of Chicago reminds residents and business owners to keep your sidewalk shoveled this winter: it's neighborly and it's the law. There is no holiday for shoveling.**



## Chicago Brauhaus

4732 N. Lincoln Avenue — Chicago, IL 60625

**ANNUAL POST SUPER BOWL PARTY**

**Monday, February 8, 2016**

5:00 P.M. to 8:30 P.M.

Call For Table Reservations  
**(773) 784-4444**

GREAT HOT AND COLD  
ALL YOU CAN EAT BUFFET  
COFFEE AND DESSERT

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[www.chicagobrauhaus.com](http://www.chicagobrauhaus.com)



**\$20.00**  
per person (Tip & Tax Not Included)  
**CASH BAR**

**Live Entertainment by the BRAUHAUS BAND**  
**—LOTS OF DOOR PRIZES—**



## Community First Medical Center Jan./Feb. Health Events For Area Residents

Community First Medical Center, 5645 West Addison Street, Chicago, will offer the following health events in January/February.

The Arthritis Support Group will meet Thursday, January 28, from 1:00-2:30 p.m. This session is free. Registration is not required.

There will be a thyroid screening, a blood draw for TSH (thyroid stimulating hormone), Thursday, January 28, from 8:00 - 9:00 a.m. There is a \$10 fee. Neither fasting nor preparations are needed. Advanced registration is required by calling 1-844-236-CFMC (1-844-236-2362). Results will be mailed.

The Diabetes Support Group will meet Tuesday, February 2, from 5:30-7:00 p.m. This free support group aims to provide mutual support and education. For information call 773-794-8329.

In honor of National Wear Red Day,® Friday, February 5, hospital staff will provide free blood pressure screenings and free heart health information outside the cafeteria from 11:00 a.m. to 1:00 p.m. Show your support for the awareness of heart disease by wearing red.

Thinking about joint replacement? Community First Medical Center will offer free joint replacement information sessions Thursdays, February 11th and 25th, from 3:30-4:30 pm in the Community Education room. 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. Registration not required.

David Fishman, M.D. a cardiologist from Community First Medical Center will discuss heart health, signs cardiac disease may be present and what you can do to keep your heart healthy. The lecture, being held for American Heart month, will be held Friday, February 12, 3:00 p.m. at Mather's Café located at 7134 W. Higgins Ave. To register call 773-774-4804.

A free Healthy Aging Program will be held Friday, February 12, from 1:00 -2:30 p.m. This program is for individuals aged 55 and older and consists of social time, health topics and guests lectures. Dorothy Keane, O.T, will discuss how to help arthritis. Registration is not required.

## Niles Township Saves Residents Over \$2.4 Million On Prescription Costs

Since its launch in 2010, Niles Township has saved residents \$2.4 million dollars by offering the Coast2Coast Rx prescription program. "We had to find a solution to offer some relief to residents without health or prescription insurance and the Coast2Coast program satisfied that need," said Kitty Kendrick, Niles Township Deputy Clerk who administers the program.

The Coast2Coast program provides a prescription card offering discounts on prescription medications, lab and certain diagnostic tests at substantially reduced prices. The card is offered at no-charge and can save money on dental, vision, veterinary, hearing and diabetic equipment and supplies.

During 2015, the Coast 2 Coast saved Township residents \$ 454, 680 in prescription discounts. For more information on the free Coast2Coast Discount Card, phone the Township office at (847) 673-9300, or visit [www.nilestownshipgov.com](http://www.nilestownshipgov.com).

Since 1850, Niles Township Government has been dedicated to improving life for its residents. Niles Township is located in the northeast corner of Cook County. With a population of over 105,000 the Township includes the villages of Skokie, Lincolnwood and Golf, and sections of Morton Grove, Niles and Glenview.

## HUGS: Devices 4 The Disabled

Last month WBBM-TV/CBS 2 reported on north side neighbors Ed Kane and Bob Shea and a new charity that Ed started last year to make life easier for disabled people. Devices 4 The Disabled (also known as D4D) has joined with Rainbow Hospice & Palliative Care, and Project HUGS - the foundation started by Dr. Severko Hrywnak 15 years ago - and Pickens-Kane Moving & Storage to pick up and deliver durable, used medical equipment. (Pickens-Kane is currently owned by the Munroe family, but many decades ago it was owned by the Kane family.) Bob Shea told reporter Brad Edwards: "Every time somebody in need gets a cane or a walker or a wheelchair, that's my friend Ed." Devices 4 the Disabled is at [www.supportd4d.org](http://www.supportd4d.org) and it is a 501(c)3 nonprofit organization.



## Dyslexia Parents Support Group

### Start date for Fox Valley Institute's Open Support Group for Parents of Children with Dyslexia changed to Jan. 25th, 2016

Do you ever find yourself saying, "Does anyone else feel frustrated and alone trying to help their child cope with their dyslexia?"

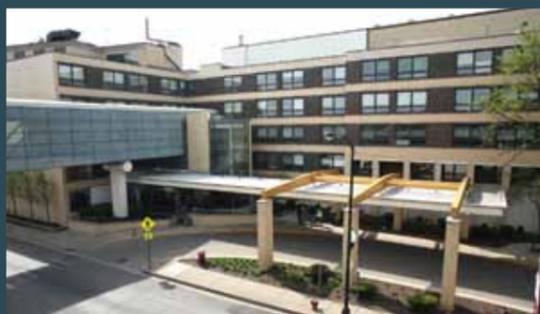
Everyone Reading Illinois has been contacted by the Fox Valley Institute in Naperville about a new support group for parents who have children with dyslexia.

Everyone Reading Illinois supports and encourages the study and remediation of dyslexia. To learn more or support our mission, please visit our website: [www.everyonereadingillinois.org](http://www.everyonereadingillinois.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](http://www.AFSPILSpeaker.org). For free AFSP materials and resources thanks to the generosity of Walkers like you go to [www.AFSPMaterials.org](http://www.AFSPMaterials.org). To donate to support AFSP go to [www.Chicagowalk.org](http://www.Chicagowalk.org).

*If you are in crisis, call the National Suicide Prevention Lifeline at:*  
**1-800-273-TALK • 1-800-273-8255**



**Community First Medical Center**

5645 W. Addison Street | Chicago IL 60634  
1-773-282-7000 | [www.cfmedicalcenter.com](http://www.cfmedicalcenter.com)

*Community First Is  
Not Just Our Name -  
It Is Our Mission.*

**Putting Our Patients' Needs First -  
Treating You Like Family While  
Extending The Highest Quality Of  
Care, Dignity And Compassion.**

***Find The Perfect Physician  
For Your Family***

**Call our toll free number to find a  
physician or register for an event.**

**1-844-236-CFMC  
(1-844-236-2362) toll free**



## Doing Good Is Good For You!

Those who are retired and looking for ways to stay healthy should consider volunteering. That's right—doing good works is actually good for your health, according to a growing body of research. Those who volunteer their time and energy for any type of philanthropic activities enjoy better physical and mental health. Specifically, studies show that people who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life compared to those who don't volunteer.

"We have a number of volunteers across our Mather's—More Than a Café locations," says Nina Kuzniak, director of Café operations. "Although I can't speak for their physical health, I do know that helping us out keeps them physically active, socially engaged, and gives them a strong sense of purpose."

The more you volunteer, the greater the benefits; one study shows that those who devote about 100 hours per year (or more) of their time are the most likely to benefit. And older adults are most likely to reap the greatest benefits from volunteering.

### Mather's—More Than a Café: A Great Place to Volunteer!

If you're retired and looking for an opportunity to volunteer that is conveniently close, as well as a warm and welcoming environment, look to Mather's—More Than a Café at 3235 N. Central Avenue.

"We rely on our volunteers to help keep Mather's—More Than a Café running smoothly," says Kuzniak. "We strive to offer older adults a warm and welcoming environment, and that goes for our volunteers too. At the same time, they play a big part in helping us maintain that environment for customers."

Long-time volunteer Wayne Miller says he and other volunteers "jump in as needed" at Mather's with serving food and bussing tables. "It makes you feel good," he says. "You get a nice warm feeling that you're doing something for someone when you make them feel comfortable."

"Volunteering here is really enjoyable," agrees Buddy Cole, who has been a volunteer at Mather's for two years. "I enjoy serving [food to] people—I want to give these customers the same level of service that I demand when I go out. I like to make them feel comfortable, and to see smiles on their faces." Cole says that volunteering at Mather's—More Than a Café is his way of thanking Mather's for all they do for older adults in the community.

Interested in volunteering? Stop in at Mather's—More Than a Café and learn about opportunities. Mather's on Central Avenue is open Monday through Friday, 8:00 a.m. to 4:00 p.m. For general information on Mather's—More Than a Café, visit: [www.mathersmorethanacafe.com](http://www.mathersmorethanacafe.com) or call (888) 600.2560.



## What Is National Catholic Schools Week?

National Catholic Schools Week is the annual celebration of Catholic education in the United States. It starts the last Sunday in January and runs all week, which in 2016 is January 31 - February 6. The theme for the National Catholic Schools Week 2016 is "Catholic Schools: Communities of Faith, Knowledge and Service." Schools typically observe the annual celebration week with Masses, open houses and other activities for students, families, parishioners and community members. Through these events, schools focus on the value Catholic education provides to young people and its contributions to our church, our communities and our nation.

## Ice Survival Tips From The Snow & Ice Management Association

Ice creates picturesque winter scenery. But when ice coats roads, sidewalks and power lines, it turns from beautiful to dangerous.

"Of the more than 1M injuries in the U.S. caused by falls, the most common type of fall is the slip and fall caused by ice," said Martin B. Tirado, CAE, CEO of the Snow & Ice Management Association. "Ice can be more dangerous than snow because it's harder to see and definitely more challenging to walk or drive on."

In addition to causing injuries, ice has residual effects such as loss of power, road closures, car accidents, fallen trees and impassible sidewalks. Melting and freezing conditions also can create (and recreate) icy conditions days after the initial storm ends.

SIMA, the North American nonprofit organization representing snow and ice removal professionals, has these tips on surviving an ice storm.

**TIP #1: Wear winter shoes.** While fashion is great, in ice be careful about high heels or slick soled loafers. The right shoes to navigate ice place the entire foot on the ground, have heavy treads, and a flat bottom.

**TIP #2: Anticipate the ice.** Watch out for black ice—thin sheets of ice that may appear as wet pavement. Black ice is often the result of ice melting and refreezing in thin layers that are tough to see. And the melting and freezing pattern may repeat day after day—ice appears in the morning as you leave for school or work, melts during the day, and it refreezes as the sun sets. Be particularly careful in shady spots where sunlight may not melt the ice at all.

**TIP #3: Plan ahead.** While walking on icy sidewalks or parking lots, walk mindfully. Anticipate where your next step will be. Pay attention when stepping off a curb, using steps, or getting into a car because shifting your weight may make it easier for you to lose your balance resulting in a fall.

Following these tips will help ensure that you survive an ice storm safely.

## Thank You to Our Volunteers

Did you know that the folks who greet you and give tours at the Chicago Cultural Center are volunteers? And these are just two of the exceptional ways they help support DCASE. For more information on how to become a volunteer, visit our webpage at: [www.cityofchicago.org/city/en/depts/dca.html](http://www.cityofchicago.org/city/en/depts/dca.html). Last month, we recognized our volunteers at the annual Volunteer Appreciation Breakfast - and we give special thanks to Mr. Finis Abernathy, who has greeted visitors to the building for over 10 years and sadly passed away recently.



## Edison Park Parking...

Please remember that the two parking lots owned by the Edison Park Chamber of Commerce are for customer parking only. You and your employees can park in the Metra parking lots for just \$2 a day.

Here is some more info about our lots which you can share with your customers...

Northwest Hwy/Oshkosh Lot:

2 hour parking

No limit after 6pm; No overnight parking

Olyphant Lot (Behind The Curragh):

2 hour parking until 5pm

After 5pm, parking lot is leased to Regional Valet Service

No overnight parking

Red's Towing will be monitoring the parking lots beginning today. If you have any questions, give us a call at 773.631.0063 or send us an email: [melissa@edisonpark.com](mailto:melissa@edisonpark.com).

Have a great day!

## Stay Safe During Bitterly Cold Temperatures And Dangerous Snow Conditions

Dangerously low temperatures and accumulating snow are in the forecast for much of the Midwest and the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) wants individuals and families to be safe when faced with the hazards of cold temperatures and winter weather.

"Subfreezing temperatures and wind chills can be dangerous and even life-threatening for people who don't take the proper precautions," said Andrew Velasquez III, FEMA Regional Administrator. "It is important for everyone to monitor their local weather reports and take steps now to stay safe, whether traveling or at home, during times of extreme cold temperatures."

During cold weather, you should take the following precautions:

- Stay indoors as much as possible and limit your exposure to the cold;
- Dress in layers and keep dry;
- Check on family, friends, and neighbors who are at risk and may need additional assistance;
- Know the symptoms of cold-related health issues such as frostbite and hypothermia and seek medical attention if health conditions are severe.
- Bring your pets indoors or ensure they have a warm shelter area with unfrozen water.
- Make sure your vehicle has an emergency kit that includes an ice scraper, blanket and flashlight - and keep the fuel tank above half full.
- If you are told to stay off the roads, stay home. If you must drive, don't travel alone; keep others informed of your schedule and stay on main roads.

You can find more information and tips on being ready for winter weather and extreme cold temperatures at <http://www.ready.gov/winter-weather>.

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.



## Anti-Cruelty Society

For more info on The Anti-Cruelty Society and our adoption process, please visit our website [www.anticruelty.org](http://www.anticruelty.org) or call (312) 644-8338.

## Winter Weather Brings Challenges for Pet Owners

The early cold snaps of the past few weeks should serve as a reminder to pet owners that special precautions should be made for health and welfare of their dogs and cats as winter gets under way.

Dr. Donna Alexander, Administrator of the Cook County Department of Animal and Rabies Control, offered a number of tips for pet owners to keep in mind during winter and the upcoming holidays.

"Given that this is only December, and we realistically have several months of severe weather ahead of us, it is important for pet owners to remember that they should adjust their pets' normal routine," Alexander said. "Prolonged exposure to cold, snow and ice can be as dangerous for dogs and cats as it is for humans."

Among her recommendations:

- Bring all pets indoors. All dogs and cats, whether acclimated to outdoor living, must be brought indoors during sub-zero weather. Even creatures of the wild seek shelter when temperatures plummet. As the responsible caregiver of a pet, you should provide an indoor heated shelter for your animal. Despite their abundance of hair, all domesticated dogs and cats are subject to frostbite and hypothermia.

- Salt and ice. Both salt and ice can irritate your dog's footpads. If your dog will tolerate them, foot coverings are advised. If your dog will not tolerate foot coverings, avoid the salt when possible and wash their paws with warm water when you return home. Walking the dog in the snow as opposed to the salted sidewalk may be advisable, but in extreme low temperatures this could add to frostbite concerns.

- Frostbite. Dogs and cats may have fur coats but they also have exposed areas that are susceptible to frostbite. Limit their time outdoors for waste elimination only. Walks should not exceed 10 minutes in sub-zero temperatures. Check their pads when you get home and wash with warm (not hot) moist towels. If you suspect frostbite on any extremity (don't forget the nose or the tips of the ears) contact your veterinarian.

- Properly secure potentially poisonous material, such as antifreeze. Antifreeze is extremely toxic to all living creatures. It is sweet to the taste but even a drop can be lethal. Keep antifreeze bottles out of the reach of animals and clean up all antifreeze spills immediately.

Feral cats and wild animals will seek refuge and warmth wherever they can, Dr. Alexander said. A car's engine, for example, may provide a warm spot to "hole up" in sub-zero conditions.

"Honk your horn before you start your car to give a wake-up call to any critters before you turn on the ignition," she advised. "If an animal has chosen your attic, your garage or even space under a deck as refuge, close off access to the rest of the house. Contact local officials for their removal but be prepared for an assessment of your home for its accessibility to wildlife intrusion."

Dr. Alexander also reminded pet owners that they should have an established doctor-patient-client relationship with a veterinarian close to home and establish an emergency protocol.

"If your pet is receiving ongoing prescription treatment, make sure you have adequate amounts in case of closures due to weather," Alexander said. "Know where your closest emergency veterinary clinic is located or the policies of your primary care veterinarian regarding emergencies."

# Police Board Begins Review Of Candidates For Chicago Police Superintendent

Statement of Police Board President Lori E. Lightfoot:

"The application period for the superintendent job is now closed. We have received applications from individuals inside the department, with prior department experience, military experience, and from law enforcement outside of Chicago. We truly appreciate the amount of interest in one of the most important positions in local law enforcement in our country.

"We also want to thank the hundreds of voices from across Chicago and beyond who have passionately communicated with us about the attributes for the next superintendent, the priorities that the superintendent should embrace, as well as the need for respectful engagement with the community. We have heard you. Your voices have already informed our work and will continue to influence the interview process itself. The process has helped define our focus. Simply put, we are looking for the person who can best be an agent of change and make integrity the highest value held by the men and women of the Chicago Police Department.

"Next steps will be review of the materials from all applicants and then the selection of individuals for interviews. Because this is a formal employment process, we are limited in the amount of details we can disclose at this time. As with

any job application, disclosure of interest in another position can impact an individual's existing relationship with his or her employer and in this case, potentially an entire city. And until we get to the finalists, we will not have any further substantive comment. We welcome, however, continued input from our community and we look forward to our upcoming public meeting on January 21, where we will again formally solicit comments from the public about the superintendent search.

"This great city and great department need and deserve a great leader and that's what we expect to deliver."

As required by city ordinance, when there is a vacancy in the superintendent's position, the Police Board is responsible for nominating three candidates for consideration by the Mayor.

The application for the superintendent position was made available on December 10; candidates were given five weeks to complete and return the application to meet the January 15 deadline.

The Police Board is an independent body of citizens appointed by the Mayor with the advice and consent of the City Council.

## Jefferson Park Safety Meeting

The Safety Committee of the JPNA will meet on Feb. 5th, Friday, 2016 at 7:00 p.m. at the 16th District Police Station meeting room on Milwaukee Av. just south of Foster. Every one is welcome who has an interest in safety on the Northwest side. Current projects to be considered are 1) child safety in the area, 2) revival of block watches, C) traffic around Lawrence and Central where 2 people have died from hit and run accidents in recent years. Meetings are free and open to the public. A parking lot (free) is to the south of the meeting area.

## Jefferson Park General Meeting

The Jefferson Park Neighborhood Association, JPNA, will hold its next General Meeting on Wednesday, January 27, at 7:00 p.m. where the guest speaker will be Adam Corona of the Streets and Sanitation Department of the Chicago. There will be a question and answer period after his talk. Many residents may want to ask about street repairs and snow removal. There are projects dealing with education and safety. Volunteers are needed to be judges at 2 science fairs. The meetings are held on the lower level of the Congregational Church of Jefferson Park, 5320 W. Giddings. It is open to the public and free.

## Public Hearing Scheduled on New Comprehensive Plan for Village of Lincolnwood

After nearly a year, the Village's Comprehensive Plan Committee has completed its work on a new Comprehensive Plan for the Village. A public hearing on the proposed new Comprehensive Plan will be held before the Plan Commission at 7:00 p.m. on Wednesday January 27. At this hearing, all interested citizens are invited to provide comment on the proposed plan. At the conclusion of this public hearing, the Plan Commission will render its recommendation on the proposed plan for consideration by the Village Board.

The purpose of a Comprehensive Plan is to help guide future decision-making, especially in areas of land use and development. Typically a community prepares a new updated Comprehensive plan every 15 to 20 years. The Village's current Comprehensive Plan was adopted in 2001 and amended in 2006.

Sections of the new plan provide a summary of community demographics and existing land use patterns in the Village. To assist in guiding decision makers, a vision of the community in year 2030 also has been developed. To help achieve this vision, additional chapters in the Plan provide a Land Use Plan, identify transportation and mobility goals and policies, establish goals and objectives for open space, parks and environmental features and provide policies for community facilities. A final chapter discusses implementation of the plan. The proposed Comprehensive Plan may be viewed at [www.lincolnwoodil.org/government/plans-and-reports/](http://www.lincolnwoodil.org/government/plans-and-reports/).

The proposed Comprehensive Plan is the work of the Comprehensive Plan Committee, a citizens committee comprised of residents; Paul Eisterhold, Jim Persino, Demerise Gratch, Scott Anderson, Kathy O'Brien, Claude Petit, Mark Collens, and Jesal Patel, along with Jackie Boland, the Executive Director of the Lincolnwood Chamber of Commerce. The work of this Committee was aided by the award winning planning consultant firm, Houseal Lavigne Associates, who assisted the Committee in preparing this new Plan for the community.

To obtain resident input in developing the proposed Comprehensive Plan, Village residents and businesses were invited to provide feedback via online questionnaires. A Community Workshop was also held last April to solicit additional community input.

Community Development Director Tim Clarke stated that the plan, once adopted, will provide the community with broad policies to help guide future decision-making toward achieving the community vision. If you have any questions, please contact Tim Clarke, Community Development Director at (847) 745-4710 or [tclarke@lwd.org](mailto:tclarke@lwd.org).

## CAPS 25th District Business Meeting

All businesses are encouraged to attend this meeting to learn about new and ongoing efforts to eliminate crime in your area. This meeting will also provide the opportunity to share your crime concerns with Police Officers from the 25th District.

Complimentary lite lunch is provided.

Thursday, January 21st, 2016 at 11:30 am  
5555 W. Grand, Chicago, IL

## Ald. Napolitano Community Meeting

Alderman Napolitano is hosting a meeting to gain community feedback on a proposed Wine and Spirits retail shop at 6060 N. Northwest Hwy. The owners will present their business plan and

will answer any questions. All 41st Ward residents are encouraged to attend.

**Wednesday Jan. 27th; 6:30 pm**  
**Norwood Park Field House**  
**5801 N. Natoma Ave.**

## City Announces New Incentive For Businesses That Complete Start-Up Certificate Program

The City of Chicago's Small Business Center (SBC) has partnered with The PrivateBank to make entrepreneurs who complete the city's Business Start-Up Certificate Program eligible to apply for low-interest and no-fee loans through the bank's Entrepreneurial Loan Program. The city's free certificate program is designed to educate business owners and entrepreneurs on the essential elements of opening and growing a business.

"This is another incentive the City of Chicago offers to encourage business owners and entrepreneurs to attend these informative and beneficial workshops," said BACP Commissioner Maria Guerra Lapacek. "We want Chicago business owners to have ample educational resources to maximize their bottom line and eliminate costly mistakes."

Business Start-Up Certificate Program participants must complete a curriculum of business education workshops, which consists of nine workshops that must be completed within six months of attending their first workshop. The first session will run from January 2016 through June 2016 and the second session is from July 2016 through December 2016.

Program participants who complete the curriculum will now qualify to apply for The PrivateBank Entrepreneurial Loan. This low-interest, no-fee loan can range from \$1,000 to a maximum of \$10,000 for new businesses and \$25,000 for businesses with one-year of filed tax returns. All financing decisions are made by the bank.

"The PrivateBank is committed to creating opportunities for small business owners who make important financial impacts in their communities," said Larry D. Richman, President and Chief Executive Officer, The PrivateBank. "We know two things that make entrepreneurs successful are good business training and access to capital. We are pleased to work with the City of Chicago Small Business Center to ensure small business owners in the city have access to both."

The SBC hosts free workshops every Wednesday afternoon and Friday morning in Room 805 at City Hall, 121 N. LaSalle St., Chicago. All workshops hosted by the SBC are free and open to the public. To access the 2016 workshop calendar click here. The SBC shares all workshop dates, times, topics and presenters on our social media platforms; Twitter at @ChiSmallBiz, Facebook at /ChiSmallBiz, Pinterest at ChicagoBACP, and Instagram at ChicagoBACP.

To register for a workshop or for more information, call 312.744.2086 or email [BACPoutreach@cityofchicago.org](mailto:BACPoutreach@cityofchicago.org). Learn more about the Small Business Center programs, workshops and expos by visiting, [www.cityofchicago.org/SBC](http://www.cityofchicago.org/SBC).

## 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](http://www.chicagobar.org).

## Foster-Harlem Property Owners Association Meeting

Thursday, February 18, 7:00 PM

St. Monica's Beyenka Hall, 5105 North Mont Clare Avenue (Mont Clare and Carmen Avenues)

Guest Speakers: Alyssa Triptow Executive Director, Norwood Park Chamber of Commerce will present on the services that this local organization provides to the Norwood Park community.

Candidates for 41st Ward Democratic Committeeman will discuss their platform in a forum setting. Election day is Tuesday March 15, 2015.

## A Helpful Hand

Hi Kari! A quick but very heartfelt "thank you!" to the staff at Home Comfort!! Over the holiday weekend, the evening of Thanksgiving, my dear friend, Simone, realized that her basement was flooding. Her husband was recently and unexpectedly deployed to Afghanistan for 9 months ... seemingly nothing has gone right for her and her two young kids since he left. Josh ran over to help, thinking it was her sump pump, but soon realized there was nothing he could do, that she'd have to wait til the morning to call someone. She was a mess, terrified and exhausted and so very worried. She called your office and had Ryan come out on Friday and, despite the broken sewer pipe, she has had nothing but amazing things to say about the kindness and care from Home Comfort. We knew Home Comfort would take care of her ... thank you for employing the gentlemen who make that statement perfectly true!!! Happy holidays to you and your beautiful family!! ~ Diana



We look forward to helping you, your family and friends throughout 2016. May you have a blessed and prosperous New Year.  
6881 N Milwaukee Ave., Niles, IL 60714 • Visit our NEW Showroom!

## Honor Flight Chicago – “Operation Locate A Hero” - 2016 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 2016 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](http://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.

## Kiwanis Of Ravenswood

The Kiwanis Club of Ravenswood meets at Noon every 2nd & 4th Thursday (with some exceptions) at the Hilltop Restaurant, NW corner of California & Foster Avenues, Chicago. Plenty of FREE PARKING is available in the lot west of the restaurant, on the north side.

To confirm the meeting dates please call Maria Bappert at 773-728-8127. Thank you.

JANUARY 28 PROGRAM – A representative from the Tattler Post #973 of the American Legion at 4355 N. Western Avenue will be our guest speaker to talk about the functions of their TOM RYAN YOUTH FUND, which marked its 55th year on October 24, 2015. We look forward to hearing exactly how the Youth Fund supports children and young adults in our community. Please mark your calendar and save the date to attend this regularly scheduled Kiwanis Club Meeting.

*Inspirational Message from Father Flanagan: “When you help a child today, you write the history of tomorrow.”*

## Edison Park Post 541 Of The American Legion

Edison Park Post 541 of the American Legion will be meeting on the 2nd and 4th Thursday of each month at the Edison Park Field House, 6755 N. Northwest Hwy, Chicago, IL 60631. The meeting will start at 7:30 P.M. and is open to all Veterans who served in any branch of the United States military services during the armed conflicts listed below.

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>

## Chicago Firefighter & Family Need Our Help

The Edison Park Chamber of Commerce is assisting our member, Ignite the Spirit, in helping a Chicago Firefighter and his family. Yesterday, a fire destroyed their home. We are accepting donations for them until 2pm today. After 2pm and throughout the weekend, you can drop off donations to Firewater Saloon. Thank you!

Items Needed:

Girl Clothes Size 5T; Girls Shoes Size 8; Gift Cards to any stores

Drop Off Locations:

Edison Park Chamber of Commerce, 6730 N. Olmsted (inside Metra Station)

Firewater Saloon, 6689 N. Oliphant, Opens daily at 7am

Gift cards can also be mailed to:

Ignite the Spirit, 6400 N. Northwest Hwy, Unit 402, Chicago, IL 60631

## Tattler Post Burger Night

Enjoy a GOURMET BURGER with a choice of (with or without) cheese, onions (grilled or raw), lettuce, tomato, potato salad or baked beans on Friday, January 29, from 5:00 to 8:00 pm. This also includes salad with assorted dressings and an appetizer. The cost is only \$7.00 per person. A group of dedicated female supporters prepares a plate of cookies and cakes for each table for those of us who have a sweet tooth. The Tattler Post has Burger Nights every last Friday of the month unless otherwise announced, so you can mark your calendar. Soft drinks and other choices are available at reasonable prices. COME JOIN IN THE FUN AND SUPPORT YOUR LOCAL VETS. Submitted by Maria P. Bappert

## Expanded Property Tax Exemptions Available for Disabled Veterans

The City of Evanston encourages residents to contact its Property Tax Assessment Review Office with any questions related to a new Illinois law that expands property tax exemptions for disabled veterans. Residents should call Mitzi Gibbs, Tax Assessment Reviewer, at 847-448-8168.

Under the new law, veterans with a 30-49 percent disability (as certified by the U.S. Department of Veterans Affairs) will receive a \$2,500 annual property tax exemption; veterans with disabilities of 50-69 percent will qualify for a \$5,000 yearly exemption; and veterans with a service-connected disability of 70 percent and greater are exempted from all property tax payments.

The new property tax exemption forms will be available on January 1, 2016 on the Cook County Assessor's website, [cookcountyassessor.com](http://cookcountyassessor.com). Applications for the property tax exemptions will be due March 1, 2016, and the exemptions would first appear on property owners' second installment 2015 property tax bills mailed out late next year.

The City of Evanston's Property Tax Assessment Review Office acts as a taxpayer advocate for Evanston residents. The Office does not assess property, but answers residents' questions and aids in exemption and appeal applications. Property assessment is done by the Cook County Assessor's Office for all of Cook County.

For more information, please call/text 847-448-4311. For convenience, residents in Evanston may simply dial 3-1-1.

## Easter Ham Raffle

Sign up now to raffle Easter Hams.

Hams are \$20 each.

The raffle will take place between March 11th to March 21st. The Chamber will provide tickets, raffle buckets and contact the winners for you.

All business participants plus raffle entry forms will be listed in the TV Facts for free.

Over 800 entries were received for the 2015 Ham raffle, 300 being TV Facts entries.

The deadline to sign up is Friday, January 29th.

Contact the BCCC office at 773-647-1644



## Here's Johnny: Cash For Kids & Johnny Cash

North side musician and Johnny Cash fan Steve Davern will hold his annual "Cash For Kids" fundraiser on January 23. All proceeds will help kids baseball and softball programs through the Gompers Park Athletic Association. Scheduled to perform are: Hayden Thompson, Pin Drop Theatre, Maybe April, Iron Horse, Hodie Snitch, Gin Palace Jesters, and Eddie Clendening. Admission to the Irish-American Heritage Center (<http://irish-american.org>) is \$20 and the concerts are from 6 p.m.-1 a.m.

## Mayor Emanuel Statement on the Passing of Lois Weisberg

Lois Weisberg made it her mission to weave the arts and culture into the social fabric of the City of Chicago. As Chicago's Cultural Affairs Commissioner, Lois revolutionized the role that arts and culture can play in building a better Chicago. From our public spaces to programming for our youth, Lois brought art and culture into the lives of every Chicagoan. The Taste of Chicago, the Chicago Blues Festival, and the Gallery 37 job-training program are just some of the pieces of her large and lasting legacy. Amy and I extend our deepest sympathies to Lois's family and her countless friends during this difficult time. We give thanks for her extraordinary service to the City of Chicago.

### LIGHT OPERA WORKS to change its name

As Light Opera Works' 35th season recently concluded with December performances of GUYS AND DOLLS, general manager Bridget McDonough and artistic director Rudy Hogenmiller announced the company will debut a new name, to become official in its 2017 season.

McDonough said, "After 35 years, we've decided to make a change. Light Opera Works has been a wonderful name for a long time, but we feel it no longer

tells the full story of who we are and what we do."

"The company will remain a home for light opera -- for example, Die Fledermaus is on the 2016 season," she continued, "but we are also the home of Broadway classics, Great American Songbook concerts and popular educational programs for young people. We would like our new name to reflect the diversity of our repertoire and programs."

Hogenmiller said that people unfamiliar with the company often ask "if we perform short -- 'lite' -- versions of grand operas. There's nothing 'lite' about our productions! We pride ourselves on full-scale stagings of musical theater classics. Everything from Gilbert and Sullivan and Franz Lehár to Lerner and Loewe and Jerry Herman, with big casts and full orchestras. We need a name that gives people a sense of that."

No name has yet been chosen. McDonough and Hogenmiller asked for input from the Light Opera Works audience at the GUYS AND DOLLS performances. "Suggestions have begun pouring in," said Hogenmiller. "Our audience is not shy!"

Submissions are being accepted at [info@lightoperaworks.org](mailto:info@lightoperaworks.org) through January 31, and McDonough and Hogenmiller plan to announce the new name at the company's annual gala on April 16, 2016, at the Sunset Ridge Country Club in Northfield.



## Announcing the MadKappers Youth Theatre Ensemble

By Wayne Mell, Artistic Director

Kids and theatre are a combination that goes together like a horse and carriage, or peanut butter and chocolate. Educators everywhere will tout the benefits of enrolling children in the arts. It gives them a poise and confidence that sets them apart. After all, once you belted out a tune and danced in front of 100 of your friends, boardroom presentations are a cinch. And the teamwork skills and confidence building are beyond priceless. But let's not forget the pleasure it brings them. Children approach the arts with an honesty and a passion that is a ridiculous amount for fun for performers and audience alike.



For many seasons, Debbie, Chelli and Lizzie Brodsky have been bringing these marvelous experiences to Skokie Theatre kids through their Broadway, Our Way! classes. Local children have performed in wonderful productions like Willie Wonka, Legally Blonde, and School House Rock. But recently, Chelli gave birth to the next generation of Brodskys, and the ladies find that it's time to take a break for a few terms.

As a result, we are pleased to announce the MadKappers Youth Theatre Ensemble, and new set of educational opportunities for our talented students. We've lined up some exciting projects for kids from 2nd to 12th grade that will inspire, educate, and entertain at a whole new level.

First, there is a fabulous course for all who love singing and dancing. Students will learn how to incorporate dance and singing skills in fun and exciting performances. Class will focus on theatre dance, singing, creating dynamic characters, and overall stage presence while students work toward a fully staged production of You're a Good Man Charlie Brown. There are two reasons this course is unique from other performance classes. The first is instructor Ty Perry, a professional actor and director/choreographer in the Chicago-land area with a twenty year history working with and performing for kids. He has been nominated for several Joseph Jefferson citations for direction and choreography and he's bringing that experience here to share with our kids. The second reason is the script itself, You're a Good Man Charlie Brown is an award winning musical with beloved characters. Students will get to explore the world by playing children, not adults, and the songs spring from the characters and their feelings as opposed to large-scale production numbers.

Next, there is Acting Up! -- a non-musical acting class for grades 2 - 6. Interactive theatre games and will help students develop their stage skills as they work towards the presentation of a play written specifically for them. Instructor Robert Eric Shoemaker is a local playwright who has assembled a team of playwrights who will work with the children and create a role specifically for them during the course of the show. Each student will have a starring role in the final production that they helped create and will show off their abilities in a unique, personal way.

The MadKappers Youth Theatre Ensemble kicks off on January 31 with a benefit fundraising concert. Ty Perry will perform his cabaret show, The Kid Inside with help from many of the adult performers who have frequented our stage including Daryl Nitz, Kaylee Durow, Pamela Sue Fox, Laura Freeman, Jenifer French, Dan Michel, Brandon Moorhead, Melissa Young, and 2015 Skokie Idol finalists, Katie Somers and Turrell Brown. Tickets are \$20 for adults and \$10 for kids, and the proceeds will go directly back into the MadKappers program in the form of equipment and scholarship assistance. For tickets, call 847-677-7761 or visit [SkokieTheatre.org](http://SkokieTheatre.org).

And come celebrate Broadway, Our Way! one more time as the kids perform Fame Jr. on January 22 - 24. This iconic musical as inspired thousands of kids to "light up the sky like a flame." Nothing inspires young artists as much as seeing other kids perform, and this is a spectacular show to light that spark in your child.

## Evanston Special Event Permit Applications Due January 29

Groups and organizations that wish to hold special events in the City of Evanston will need to submit a Special Event Permit Application by Friday, January 29, 2016. The application is available online at [cityofevanston.org/specialeventpermit](http://cityofevanston.org/specialeventpermit).

A non-refundable \$150 application fee must be submitted along with the initial Event Permit Application for all non-City sponsored events.

Events are subject to final approval of the City's Special Events Committee and, in some cases, the City Council.

Applicants should submit the application, along with a description of their proposed event, to the City of Evanston, Parks, Recreation and Community Services Department, c/o Special Events Committee, 2100 Ridge Ave., Evanston, IL 60201; email it to [specialevents@cityofevanston.org](mailto:specialevents@cityofevanston.org); or fax it to 847-448-8051.

For more information, please visit [cityofevanston.org/specialeventpermit](http://cityofevanston.org/specialeventpermit) or call 847-866-2914.

### Miss Universe Is...

The Bob Schulman and Rose Sybico family were at a Miss Universe viewing party last month and they were hoping for some excitement. Chicago-based host Steve Harvey ended the show by saying Miss USA is 3rd, Miss Philippines is 2nd, and Miss Colombia is the winner. Steve suddenly said he misspoke and he meant to name Miss Philippines the winner and it was the most exciting (albeit confusing) ending in the history of the Miss Universe pageant.



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Garfield Park Conservatory,  
Horticulture Hall, 300 N. Central Park Ave.

\* All performances 11-11:45AM \*

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**Tatsu Aoki's Tsukasa Taiko Ensemble**

**Dreamtree Shakers**

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## Adler Planetarium for Festivities on the Red Planet during Mars-di Gras on February 6th

Mardi Gras is a huge celebration marked with festive street parties, masked balls, and lots of colorful beads. But why should the party begin and end on this planet? It's about time we take the festivities further into our Solar System and celebrate Mars. On February 6th, we're saying goodbye to Earth and heading to Mars for a once-in-a-lifetime event. Guests will be transported to the Red Planet, masquerade as the first Martians and experience firsthand what it would be like to live, work, and play on Mars. Join us on this once in a lifetime Mars-di Gras mission and let the good times rove!

### Planned Martian Festivities:

#### Exploring Mars with Emily Lakdawalla

Was Mars ever warm and wet? Or always cold and dry? Was there Martian life? Many orbiters, landers, and rovers have been sent to Mars to attempt to answer these questions. Thanks to a recent renaissance in Mars exploration, we now have a new picture of Mars as a complex world with a rich history. The Planetary Society's Emily Lakdawalla will discuss Mars and explain the science of the Red Planet with stunning photos.

#### Welcome to Mars

For one day only, we're turning an exhibit into Mars! Discover new planting techniques with Plant Chicago as they showcase three out-of-this-world demos. Demos include Aquaponics (goldfish and edible plants), mushroom log (mushrooms growing on organic matter such as sawdust or straw), and Algae bio-reactor (algae growing from waste, food for fish). Then leave the safety of the Martian lab behind and venture out onto the surface as an astrogeologist and uncover unique samples from our Mars-Dig-Rocks! dig site.

#### Robotics Zoom-in

Mars-di Gras enthusiasts will have the opportunity to command a robot through a variety of challenges and learn more about the rovers that have traveled on Mars.

#### Mapping Mars

How will we find our way on Mars when we get there? Learn how astronomers and planetary scientists have been mapping Mars over the last 150 years, and make your own Mars globes!

#### Masquerade on Mars

Design and decorate your very own Martian spacesuit helmet. When you're living on Mars, you'll need a helmet that not only works well and feels good, but looks good too!

#### Humans of Mars Photo-Op

The Humans of Mars photo booth gives Earth dwellers a chance to capture a memento from their travels on Mars. Deck yourself out in helmets, masks and the finest jewels the Red Planet has to offer. Post your photo on Twitter or Instagram with the hashtag #AdlerMarsDiGras or #HumansOfMars for a stellar memento of an out-of-this-world celebration!

#### Lowdown Brass Band

Mars-di Gras wouldn't be complete without a roaming jazz band! Hailing from Chicago, the Lowdown Brass Band (LDB) is a horn-driven tour-de-force. Featuring dynamic vocals, hip-hop MCs, and body movement, LDB will have everyone up on their feet!

#### Mars Drop

NASA has researched the possibilities of launching a glider on Mars through the Mars X Plane project. Take up the challenge yourself and launch your personally designed glider from a high altitude balloon floating above you! Will yours fly the farthest?

For more information, visit:

<http://www.adlerplanetarium.org/events/mars-di-gras-2016-02-06/>.

This event is FREE with General Admission.

## MacArthur Awards 19 Documentary Film Grants

MacArthur, a supporter of social-issue film and digital media projects for more than three decades, today announced 19 grants totaling nearly \$2.5 million for documentary and interactive projects. The new grants represent the Foundation's largest single year investment in documentaries, and they bring the total number of documentary films supported since 1985 to more than 300.

The projects address a range of timely issues, including the Syrian refugee crisis, race relations and inequality in the United States, mental illness, police and community relations, and environmental pollution.

## The Adler Planetarium Presents REEL Science Film Series

Have you ever wondered what warp drive might be like? Or why spacecraft in movies are always right side up? The Adler Planetarium is offering an exciting new series this winter that may be able to answer these very questions and those that you didn't even think to ask! The REEL Science Film Series will combine cinematic favorites with science conversations about the film—providing a unique opportunity to discuss the facts vs. the creative liberties taken in Hollywood.

Designed to appeal to moviegoers, science enthusiasts and families alike, this three-series offering will take place one evening in January, February and March. Purchase your tickets now for exclusive after-hours museum access, pre-show trivia, a post-show discussion and Q&A with a panel of Adler astronomers, and an opportunity to nerd-out in your favorite movie-themed costume or character of choice. Prizes will be awarded!

Purchase Tickets:

[www.adlerplanetarium.org/events/reel-science-back-future-03-10-16-2016-03-10/](http://www.adlerplanetarium.org/events/reel-science-back-future-03-10-16-2016-03-10/)

## City Wide Ice Rinks

The Chicago Blackhawks sponsor the Chicago Park District's ice rinks which remain open through February 23rd (weather permitting). All rinks will be closed on December 25th for Christmas Day.

New this year, most rinks will feature programming, including pick-up hockey games. Please contact the individual Northside parks listed below for lists of schedules and fees or call the Chicago Park District at 312/742-7529. you may also visit [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com).

\***Indoor Rink\*** McFetridge Sports Center at California Park: 3843 N. California Avenue, 773/478-2609

\***Outdoor Rinks\*** Riis Park: 6100 W. Fullerton Avenue, 312/746-5735  
Warren Park: 6601 N. Western Avenue, 773/761-8663

## Millennium Park's Ice Rink Is Now Open

The McCormick-Tribune Ice Rink in Millennium Park opened on Friday, November 14, and will remain open through Saturday, March 7, 2015, weather permitting. For more than a decade, the rink has drawn over 100,000 skaters annually and is free and open to the public. The rink, located on Michigan Avenue between Washington and Madison Streets, offers skate rentals.

The McCormick Tribune Ice Rink will operate under the following hours:

- Monday-Thursday: Noon-8pm
- Friday: Noon-10pm
- Saturday (Through Jan. 3): 10am-10pm
- Saturday (Beginning Jan. 10): 10am-9pm
- Sunday: 10am-9pm



For more information about events in Millennium Park during the winter months, visit [millenniumpark.org](http://millenniumpark.org) or call 312.744-3316. Like us on Facebook and follow us on Twitter, @Millennium\_Park.

### Celebrate The Start Of The Winter Season At North Park Village Nature Center

For a list of great nature-inspired events and programs at North Park Village Nature Center, 5801 N. Pulaski Rd., go to [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com) or contact (312) 744-5472 or TTY/TDD (312) 744-3586.

## Coming Together In Skokie & Niles Township Presents: ¡Viva! Coming Together A Celebration Of Latino & Hispanic Cultures Opening Ceremony Is Sunday, January 31, 2016

Join CTIS, for ¡VIVA! COMING TOGETHER programs celebrating the Latino & Hispanic cultures, starting with the opening program on Sunday, January 31, 2016, 1 pm in Niles West High School auditorium. School, 5701 Oakton, Skokie, with ¡Viva! Coming Together offering over 50 other programs going on in Niles Township over the course of the following 8 weeks. Programs are scheduled throughout Niles Township at libraries, the community college, Skokie Village Hall, Niles Township High Schools and other local schools, Park Districts and local businesses.

Go to [comingtogether.in](http://comingtogether.in) for a list of activities, or get a program book at any Niles Township library at 6960 West Oakton, Niles.



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or call 312.742.7529 or 312.747.2001 (TTY)

## Evanston Figure Skater Competed In National Championship



Evanston resident Zoe Parrilli, age 11, competed in the 2016 Prudential U.S. Figure Skating Championships in St. Paul, Minnesota Saturday, January 16.

Parrilli placed first in her division at the Upper Great Lakes Regional competition in October and fourth in the Midwestern Sectional competition in November to qualify for the U.S. Championships. She is the only girl in the Upper Great Lakes region who will be competing in Minnesota at her level.

For the last eight years, Parrilli has trained under coaches Vicka Belovol and Nick Belovol at Evanston's Robert Crown Community Center. Parrilli has also participated in past performances of the Center's Spring Ice Show and The Nutcracker on Ice.

Parrilli is a seventh grade student at St. Athanasius School in Evanston. She dreams of qualifying for the Olympics and also trains in ballet

## Do You Know About the Skokie TeenLink Program?

The Skokie TeenLink program is a database collection of Skokie teens who are available to do outside yard work, including snow shoveling, which is provided to Skokie residents upon request. Many residents who request the TeenLink list are unable to do physical work themselves, unable to afford the cost of a professional contractor on a regular basis or only need assistance during one season. The TeenLink list provides contact information for Skokie teens including the name and address of the teen, days of availability, type of work they are willing to do and their expected rate of pay. Residents can receive the list by mail or email.

This program becomes very popular and sought after during the snow season. It's always best to receive the TeenLink list early in the year and contact the teen before needing assistance.

The resident is responsible for contacting the teen and for making financial and scheduling arrangements.

Do you know a Skokie resident who may benefit from the TeenLink list? Please contact the Village Manager's Office at 847/933-8257 for more information. Skokie teens can also complete an application to be added to the TeenLink program by contacting the Village Manager's Office or visiting [www.skokie.org](http://www.skokie.org) to download an application.



## Resurrection "Vino Valentino" Wine Glass Painting Party

Resurrection College Prep High School is hosting a wine glass painting party, "Vino Valentino," on Friday, January 29, 2016 from 6:00 to 10:00 pm at Resurrection, 7500 West Talcott Avenue in Chicago. All adults in the community (21 and over) are invited to enjoy an evening of painting, wine and music. Group instruction will be provided by Lisa O'Reilly, & Koozies, and teacher Jen Salering with projects the mood for par-and paint.



Each participant will receive a wine glass to paint, materials, instruction and a drink ticket. A cash bar will offer wine, beer, soft drinks, coffee, cappuccino and hot chocolate. Participants are welcome to bring their own snacks. Basket raffles and split-the-pot chances will also be available. Doors open at 6:00 pm, painting will be from 7:00 to 9:00 pm and the bar will close at 10:00 pm. Space is limited and reservations are available at [www.reshs.org](http://www.reshs.org) or by calling 773.775.6616 Ext 112. The cost is \$35 per person.

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 13,500 alumnae. For more information about Resurrection College Prep High School, call 773.775.6616 Ext 129 or visit [www.reshs.org](http://www.reshs.org).

## National Wildlife Federation The Real Reason for Groundhog Day

Punxsutawney Phil, America's most famous weather forecaster, will have love, not weather, on his mind when he emerges from his hole on February 2. Researchers tracked 32 groundhogs for more than four years and concluded that the real reason for the early February appearance is a version of the dating game, groundhog style.



Male groundhogs wake up after three months of hibernation to check out the available pool of ladies within their territory. They select a female with whom they spend the night, and this sleepover acts as a first date, allowing the groundhogs time to get to know each other before the official start of mating season the following month. During these meet and greet sessions, contact is confined to rubbing noses - there's no going "all the way."

After scoping out two or three females, the male groundhog returns to his burrow to sleep again until March, dreaming of the hotties he has just met. When he awakes and revisits each of the females, the earlier slumber parties allow the woodchucks to skip the small talk and get right down to the business of breeding.

### Climate Change

Here's a round-up of recent news on how climate change is affecting wildlife: (Go to [nwf.org](http://nwf.org) for articles.)

Has Punxsutawney Phil been predicting climate change?

Are the seasons shifting? The highest summer and lowest winter temperatures have been happening an average of two days earlier.

Antarctica is warming faster than previously thought.

Deep sea life is being impacted by climate change.

Climate change forces tropical insects to higher elevations.

Forests are in decline as temperatures rise.

Climate change effects are irreversible according to new study.

David Mizejewski, Naturalist  
National Wildlife Federation

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

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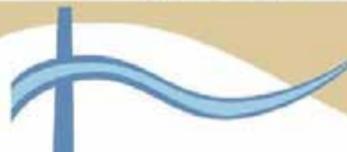

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**OPEN HOUSE**

SUNDAY JANUARY 31 11:00AM - 1:00PM

6323 North Newcastle Avenue | Chicago, IL 60631 [www.saintthecla.org](http://www.saintthecla.org) **773-763-3380**



MASS BEGINS AT 10:00AM

## Seventh Grade “Experience Res” Day



Seventh grade girls are invited to a special “Experience Res” Day on Friday, February 12, 2016. Registration is required and is available on the Resurrection website at [www.reshs.org](http://www.reshs.org).

Eighth grade girls and their families who have not had the opportunity to visit at Resurrection are welcome to contact Nancy O’Leary at [noleary@reshs.org](mailto:noleary@reshs.org) or 773.775.6616 Ext 129 to learn more about Resurrection.

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](http://www.reshs.org).

## Second Annual Winter Bike Challenge Tracks Riders who Roll the Cold

Today the Active Transportation Alliance opened registration for its second annual Winter Bike Challenge, which will be held January 22 through January 29. Participants in the challenge will track their trips to earn bragging rights for the most miles biked during a frigid week that follows the anniversary of Chicago’s coldest day ever on January 20, 1985. Last year, hundreds of cyclists participated in the Challenge.

Challenge participants will receive information and tips on staying safe and warm while biking through the winter (which includes not biking at all when road and/or weather conditions are unsafe). New to this year’s challenge, riders can compete with one another to see who can bike the most miles and track their trips in real-time using a special app! Register for the Challenge and get the app at [www.activetrans.org/winterbike](http://www.activetrans.org/winterbike).

Cycling is on the rise in Chicago, and winter biking is now common. Data from the U.S. Census and City of Chicago bike counts indicates that more than 8,000 Chicagoans bike commute in the winter, with many more biking to transit, school, the grocery store and other destinations.

Active Transportation Alliance, a non-profit advocacy group that promotes better biking, walking and transit, is hosting the Winter Bike Challenge to recognize these winter warriors and raise money to continue the fight to make our streets safer for everyone who uses them.

Winter Bike Challenge participants who raise money to support Active Trans will be eligible for prizes, including com-

plimentary entries into MB Bike the Drive, thermal biking gloves and a fat tire bike provided by Kozy’s Cyclery! The participant with the most tracked miles will win the title of King or Queen of the 2016 Winter Bike Challenge and be featured on the Active Trans blog and social media pages.

As part of the challenge, January 22 is designated Winter Bike to Work Day. There will be a rally at Daley Plaza on that day, 6:30 – 9 a.m. Mingle with Winter Bike Challenge participants, other winter cyclists and Active Trans members while you enjoy free Dark Matter coffee, and giveaways from Clif Bar, New Belgium Brewery and Eli’s Cheesecake.

General winter biking photos and Winter Bike to Work Day photos available upon request.

The Active Transportation Alliance is a non-profit, member-based advocacy organization that works to make bicycling, walking and public transit so safe and convenient that we will achieve a significant shift from environmentally harmful, sedentary travel to clean, active travel. The organization builds a movement around active transportation, encourages physical activity, increases safety and builds a world-class transportation network. The Active Transportation Alliance is supported by more than 7,000 members and 1,000 volunteers.

For more information on the Active Transportation Alliance, visit [www.activetrans.org](http://www.activetrans.org) or call 312.427.3325.

## Special Service For Tots At Ezra Habonim, The Niles Township Jewish Cong.

Stories, songs, prayers and games will be part of a special prayer service for children ages two to five at a “Tefila Tots Shabbat,” Saturday, February 13, starting at 11:15 a.m., in the Chapel at Ezra-Habonim, the Niles Township Jewish Congregation, 4500 W. Dempster, Skokie.

Playtime and Kiddush luncheon with the whole congregation follows the service.

This is free and open to any Jewish family with small children. Older siblings are welcome, as well.

“We are delighted with our Tefila Tots Shabbat and are very excited to see it grow,” says Rebbetzin Julie Weill who will lead the program with two other Jewish educators, Laura Brody and Sara Chupack.

For further information, please call the synagogue at 847-675-4141.

## 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](http://metrofamily.org).

## 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.

## 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.

## Eisenhower Library: Molly Wizenberg and other February Events at Eisenhower Public Library District

We are excited to announce that Molly Wizenberg will headline our Food in February series of programming. Throughout February, Eisenhower will host a series of food-related movies, classes, and other events all leading up to a visit and conversation with noted Seattle food writer, restaurateur, and New York Times Best Selling author Molly Wizenberg.

The month starts off with a Foodie Film Fest, screening food themed movies every Friday afternoon in February. Featured films will include The Hundred Foot Journey, Moonstruck, Julie & Julia, and Big Night. On February 6th, Tim and Kendra Griffin, the new owners of the Pick Restaurant in Park Ridge, will take you along on their not-for-the-faint-of-heart journey from remodeling the 1928 building to opening night, and beyond. Green kitchen economist Laura Bruzas will reveal dozens of practical tips and insider secrets to save time and money when eating in, dining out, and entertaining on February 7th.

On February 21st, the highlight of the month’s activities will be a conversation

with James Beard Award winner, Molly Wizenberg. Molly is the voice behind the Spilled Milk podcast and Orangette, named the best food blog in the world by The London Times. She will share stories of family and cooking, and discuss her New York Times Best Selling books, *Delancey*, the story of opening a restaurant with her husband, and *A Homemade Life*, a personal reflection on how food creates the memories of our lives. Molly’s books will be available for purchase. Warm beverages and pastries from Fannie’s Cafe will be provided.

In addition, Eisenhower will offer classes on finding recipes on the internet and starting your own food blog like Orangette. Winners of a month-long coloring contest based on famous paintings of food will be awarded memberships and passes to the Art Institute of Chicago.

All of these events will be free and open to the public. Space is limited so reservations can be made by calling 708-867-2299. More information and options to register for events can be found at [www.eisenhowerlibrary.org/food](http://www.eisenhowerlibrary.org/food)

## Edison Park Facebook Workshop

Once again this year, we will be offering FREE Facebook workshops to assist our members with creating fan pages and how best to use Facebook for your business.

Space is limited to eight people as we will be meeting in our conference room located in the Edison Park Metra Station. You will need to bring a laptop. Pizza and refreshments will be provided!

Wednesday, February 17th 12:00pm

Please RSVP to [melissa@edisonpark.com](mailto:melissa@edisonpark.com) as soon as possible since space is limited. Other dates will be added as needed!

## Mount Carmel Donates Over 3,500 Canned Goods, 1,000 Toys To Charity

Through Mount Carmel High School’s annual Advent Action campaign, students, faculty, and staff of the 116-year-old institution donated over 3,500 canned goods and 1,000 toys to Chicago charities.

For over 15 years, Advent Action has emphasized thankfulness for what we have and reflecting on the opportunities our friends, family, and the Mount Carmel community has provided us.

Sean Sweeny, Director of Student Activities, highlighted Advent Action’s aim to “encourage the generosity of the school community to serve people that have less than we do during the holiday season.”

Over the last month, Advent Action incorporated a Canned Food Drive, Goodwill Clothing Drive, Mission Collection, and Toy Drive to provide for Misericordia Heart of Mercy Homes, Heifer International, and other charitable organizations.

Designed to promote service and collectivity, Mount Carmel High School Studiums were encouraged to compete against one another by providing the leading amount of donations for each campaign.

Leading Studiums then were able to transcend their service outside of the classroom, as they were allowed to deliver the donated items with Mount Carmel High School faculty and staff members.

The canned food was delivered to the Maple-Morgan Park Food Pantry, run by Mount Carmel alumnus Matt Taylor ’57. The Mount Carmel High School student body surpassed its goal of donating 3,500 items to the annual Thanksgiving Canned Food Drive.

Over 1,000 new, unwrapped toys were assembled and delivered to St. Bernard Hospital. With a turnout of over 400 children last year, hundreds of Chicago’s underprivileged youth will receive a donated gift at the Englewood-area health center’s Christmas gathering. The Mount Carmel High School Mission Collection amounted to over \$2,100. Each Studium selected a specific charity to donate contributions to. Although Advent Action has officially concluded, the Mission Collection will continue throughout the school year. IMPACT, a holistic and integrated program of service-learning and reflection on and off campus, will continue on January 25th.

## OUR VILLAGE & STREET LEVEL

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## Ya'll Come Back Now, Ya Hear? The Importance of Having Your Estate Plan Reviewed



**Chester M. Przybylo**

To many, the charm of the South has always been their delicious home-cooked meals and good old-fashioned southern hospitality. Southerners treat you like family and then invite you back for more. But whether you're from the South or another part of the country, someone else is always looking forward to seeing you again - your Estate Planning Attorney.

Having the initiative and commitment needed to create an estate plan is something to be proud of. But it is necessary to realize that your efforts don't stop there. Changing circumstances in one's home life and financial affairs may necessitate changes to your estate plan. These changes, in addition to the ever-changing tax laws, mandate periodic reviews with your Estate Planning Attorney.

### *Changes Within the Family Unit*

Changes that occur within the family unit can dictate a review of an estate plan. If you get married or divorced, it is necessary to review your beneficiary designations for Trusts, Wills, Life Insurance and Retirement Plans. Similarly, it's imperative to also review fiduciary designations. This includes a review of who is named as a Power of Attorney (for health care and for property), as a Personal Representative/Executor of a Will, and as Trustee of your Trust(s). A marriage may also require the change to your estate plan to provide for children from a previous relationship.

Although it may seem obvious that your marriage or divorce will necessitate a review of your estate plan, did you know that the marriage or divorce of one of your family members could also necessitate a review? This is particularly true in the case of a child or grandchild's divorce. Of course, where an ex-spouse was named as a direct beneficiary to your assets, as a result of the divorce you may want to change such a designation. However, it may also be necessary to change the terms of any transfers to your child, so as not to have those assets subject to claims by the ex-spouse.

The birth or death of a child, or grandchild, will also require a review of your estate plan. In some states, where a Will is not updated to include a child born after the execution of the document, the creator is assumed to have included the child in the document terms.

Changing family relationships can also require a review of your estate plan. Where relationships with certain family members have deteriorated, you may want to change the distribution terms of your estate plan. Conversely, where a particular family member has stepped-up to take on the responsibility of providing you with extra care during an illness, you may want to provide them with extra assets in appreciation for his or her sacrifice and hard work.

Additionally, if a child is born disabled, or subsequently becomes disabled, it is crucial that proper planning be added to your estate plan to not disqualify the child from receiving government assistance. On the other hand, you may want to change the terms of your estate plan to provide for a larger portion of your estate to be passed to the disabled heir. This is especially true when the child's ability to earn a living is lost due to the disability.

### *Changes in Financial Circumstances*

Especially true today with the prevalence of investments in securities and the volatility of the stock market, it is quite possible that your current financial outlook is much different than when your estate plan was created. Planning which suited your situation years ago may no longer be appropriate for your current needs.

But just as changes in the make-up of your immediate family are pertinent to the need for a review, the same holds true with changes in the financial circumstances of your immediate family. For example, you may wish to change distribution terms to protect children who over time have proven themselves incapable of managing their financial affairs. You may also want to change distribution amounts among children to take each child's financial stability into consideration. For example, an adult daughter with a highly successful business and no children of her own may need less from you than an adult son with a large family and a modest income. However, keep in mind the emotional impact of unequal distributions to children.

Regardless of when your estate plan was initially created, it is always important to keep in mind that an estate plan isn't cast in stone, never needing alteration or fine-tuning. On the contrary, routine changes in your family or financial circumstances, as well as changes in the law, make the occasional review of your estate plan crucial to preserving its benefits for you and your family. Consult with a qualified estate planning attorney soon to make sure your estate plan meets your ever-changing needs.

*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](http://www.PlanOurEstate.com).*

## Senior Citizen Property Tax Reduction Applications Due February 3

Evanston residents age 65 years or older should have received renewal forms for senior citizen property tax exemptions, and must file them by Wednesday, February 3, 2016. Local seniors are encouraged to call Evanston's Property Tax Assessment Review office at 847-448-8168 for help completing the forms.

The recently mailed senior applications are for 2015 property taxes, which are paid in calendar year 2016. The savings from the exemptions will appear on the second installment tax bills that are anticipated to be mailed in late June of 2016 and will be due August 1, 2016.

There are two senior tax exemptions:

The Senior Exemption, available to all seniors regardless of income, reduces property taxes by about \$400 to \$500. It is available to any owner-occupied residential property if the owner was born in 1950 or earlier.

The Senior Freeze may provide some seniors with additional savings if the combined 2014 income of all members of the household was less than \$55,000, and if the senior has been an owner-occupant of the property since January 1, 2014.

Seniors must renew every year to receive these exemptions.

Information for Seniors Who Did Not Receive Mailings or First-Time Applicants

Homeowners who were born in 1950 turned age 65 in 2015, and thus are likely to be eligible for one of the senior exemptions for the first time. Taxpayers who recently turned 65 will probably not receive applications when the senior renewal forms are mailed. Such individuals are encouraged to call the Property Tax Assessment Review Office at

847-448-8168 to obtain the forms and information necessary to receive the senior exemptions. The forms are also available online at [CookCountyAssessor.com](http://CookCountyAssessor.com).

Information for the Homeowner Exemption

Homeowners who purchased a home in 2014 may be eligible to receive the Homeowner Exemption, which would reduce property taxes by about \$600 to \$700 if the home is their primary residence. New homeowners will only need to apply for the Homeowner Exemption once. It will be automatically applied each year thereafter. The Homeowner Exemption is also automatically applied when filing a senior tax exemption.

Law on Erroneous Exemptions Relating to Seniors

Owners of properties that erroneously receive tax exemptions can be made to repay the tax savings from any exemption for which they are not eligible. To avoid erroneous senior citizen exemptions, it is important to understand the eligibility rules for such exemptions. Although generally straightforward, the rules can be confusing when a senior moves.

If a senior was in residence on January 1, 2015, the property should be eligible for the 2015 senior exemptions (paid in 2016), even if the senior citizen no longer lives in the property. But, in most cases, the property will not be eligible for senior tax exemptions in subsequent years.

Residents with questions about eligibility for senior exemptions and other exemptions should call Mitzi Gibbs, Tax Assessment Reviewer, at 847-448-8168, or email [mgibbs@cityofevanston.org](mailto:mgibbs@cityofevanston.org).

## Governor Announces Appointments

Governor Bruce Rauner will appoint Jean Bohnhoff as the Director of the Illinois Department on Aging. She has served on the Effingham City/County Committee on Aging and will bring tremendous experience to this position.

In her current role, Bohnhoff oversees the day-to-day operations of the Effingham City/County Committee on Aging, which manages five offices and spans nine counties. The committee provides programs and services to seniors 60 years of age and older, and individuals with disabilities. Previously, she served as an associate manager of sales administration for Yellow Book USA and a dealer services coordinator

for Nova Solutions.

Bohnhoff is an active community member, dedicating her free time to many boards, commissions and clubs including the Effingham County Chamber, the Effingham County Youth Commission, the Effingham County United Way, and the Dieterich Women's Club, as well as 12 years of service to the Dieterich Unit #30 School District. She also volunteers for Meals on Wheels, the Special Olympics, and is a past Girl Scout troop leader.

Bohnhoff received a bachelor's degree from Simon Fraser University in business administration. She lives in Dieterich.

## Nursing Home Costs...

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## Village Cooking Corner

### Piquant Meat Balls

2 pounds ground beef  
2 tablespoons bread crumbs  
pepper, to taste  
6 ounces grape jelly  
1 egg  
1 teaspoon salt  
12-ounce bottle of chili sauce  
juice of 1 lemon

Combine meat, egg, bread crumbs, and seasonings. Shape into balls the size of a walnut. Heat chili sauce, jelly, and lemon juice in a heavy skillet or Dutch oven until blended. Add the meat balls, cover, and simmer for 30 minutes.

Uncover and cook 15 minutes longer, stirring frequently to prevent sticking. Serves 8 to 10.

*Pick up the next edition of Our Village for great "Super Bowl" ideas*

### Harness Racing Returns To Hawthorne Race Course After 8-Year Hiatus

In September the Illinois Racing Board approved a proposal to bring harness racing back to Hawthorne, following the closure of both Maywood and Balmoral Parks. As the track puts final touches on a dramatic conversion of its facility from thoroughbred to standardbred racing, which included removing over 11,000 TONS of sand, horsemen and race fans are clamoring for the opportunity to win on opening weekend. Track officials are expecting full capacity fields of horses based on early entries and several thousand fans on-site to witness the extreme sport of winter harness racing.



Founded in 1891, Hawthorne Race Course is the 4th oldest racetrack in the nation and the oldest sporting venue in Illinois. Located in Stickney, Illinois on the edge of Chicago's city limits, the 125 year old facility hosts thoroughbred racing in the Spring and Fall/Winter, and standardbred harness racing in January and the Summer. The family-owned and operated business has been an innovator in horseracing for more than 100 years and features the nation's most rewarding players program. For additional information: [www.HawthorneRaceCourse.com](http://www.HawthorneRaceCourse.com)

| [Facebook.com/ClubHawthorne](https://www.facebook.com/ClubHawthorne)

| [@ClubHawthorne](https://twitter.com/ClubHawthorne).

### All Cracked Up?

Dry, warm air tends to pull moisture away from your skin making it really dry. Every year during the heating season many people deal with really dry skin, nosebleeds and colds. Heating the air in your home or office literally sucks a great deal of moisture out of the air. With lower levels of moisture in the air we don't feel warm enough so we turn up the thermostat making it even DRIER INSIDE.



Over time, exposure to lower moisture or humidity can dry out and inflame the mucous membrane lining your respiratory tract. When this natural barrier is no longer working properly, it can increase your risk of colds, the flu and other infections. Certain viruses may be able to survive longer, further increasing your risk of contracting an infection. WOW! Is it any surprise why people tend to have more cold and flu issues during the heating season?

My goodness! There really is a great remedy for the dry air issue. When the temperature outside falls, your furnace runs more. In extreme cold conditions, your home humidity level can drop as low as 10 percent. By comparison, the Sahara Desert has an average relative humidity of 25 percent. When you consider that people generally are most comfortable when the relative humidity is around 40 percent, it's no wonder dry air can take a toll on you and your family.

Your home suffers, too. Low humidity can cause havoc with your woodwork and furniture. You'll notice shrinkage, hardwood floor separation and warping, your piano will go out of tune, wallpaper peels at the edges, drawers loosen and molding gaps start to appear.

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## Fat Tuesday Crazy Hat Night Mardi Gras Party



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### Illinois Poison Center Warns About "Silent Killer" Carbon Monoxide Poisoning

As the weather gets colder, the Illinois Poison Center (IPC) is encouraging the public to be mindful of potential sources of carbon monoxide (CO), frequently called the "silent killer" because it cannot be seen, smelled or tasted. Carbon monoxide related poisonings increase in the winter due to the use of faulty or malfunctioning heaters and furnaces.

"Carbon monoxide poisoning can strike at any time of the year, but the risk increases significantly as the weather grows colder and people turn on the furnace or use other gas-powered appliances to heat their homes," said IPC Operations Director, Carol DesLauriers, PharmD. "The presence of carbon monoxide in a home can easily go undetected in the absence of a functioning carbon monoxide detector, and with the early surge of bitter cold weather this year, we want all Illinoisans to be aware of the risks."

Gas-powered heating appliances are the most common cause of carbon monoxide injury in the winter time. Other sources include oil, wood and gas furnaces and heaters, gas space heaters, charcoal grills, lanterns, gasoline-powered vehicles such as snow blowers, dryers, and gas stoves and ovens.

Carbon monoxide poisoning may result in flu-like symptoms including headaches, nausea, vomiting and dizziness. Severe poisonings may cause convulsions, unconsciousness, brain damage and even death.

Carbon monoxide poisoning usually occurs slowly over a period of several hours; however, at very high concentrations, carbon monoxide can kill in minutes.

"The IPC strongly recommends installing carbon monoxide detectors on each floor of your home, as required by Illinois law, and to have furnaces and other heating equipment inspected annually by professionals," added DesLauriers.

If you believe you or someone you know is a victim of carbon monoxide poisoning, seek fresh air immediately. Once you or the victim is out of immediate danger, call the IPC at 1-800-222-1222 to receive treatment advice. In the event someone loses consciousness, please call 911 immediately.

IPC experts are available to answer questions and provide information and treatment advice 24 hours per day, 365 days per year, including holidays.

For more information about the carbon monoxide poisoning and prevention, please visit: [www.illinoispoisoncenter.org/carbonmonoxide](http://www.illinoispoisoncenter.org/carbonmonoxide)

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