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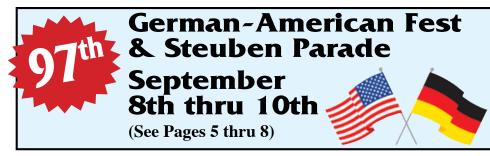
Issue 16 August 25, 2017

FREE



And Best Of Luck To All Of Our Young People As They Begin Their New School Year. Study Hard, Do Well And Have Fun.

Here's a quote from Frank Bappert on the subject of laboring and working, translated from the original German: "Whoever invented work must not have had anything to do."



Cook County Issues Cautionary Rabies Alert

Cook County Animal and Rabies Control urges Cook County residents to vaccinate their pets against rabies after a kitten tested positive for rabies in Carroll County IL.

"Finding rabies in cats is unusual and Cook County Animal and Rabies Control wants to make sure all domestic animals are protected against the disease, which can be fatal," Animal and Rabies Control Administrator Dr. Donna Alexander said. "Pet owners should not panic, but should take precaution to protect their pets.'

A total of 18 bats have tested positive for rabies in Cook County this summer.

"This is not an unusual number at this time of year, but pet owners should make sure their indoor cats are vaccinated. The small brown bat is the major carrier of rabies in Illinois and is small enough enter a home through a crack or small opening. A curious cat may come into contact with the bat,' Alexander said.

Last year, 23 bats tested positive for rabies in Cook County.

Residents should also be cautious around stray animals, outdoor animals and wildlife, and prohibit pets from roaming outside.

A number of Cook County's low-cost rabies vaccine clinics remain this season. The full schedule is available on the Cook County website, https://www.cookcountyil.gov/service/low-cost-rabies-

The cost of a one-year rabies shot at the rabies clinics is \$7 for dogs and cats and a three-year rabies shot is \$21. Ferret vaccines, which last one-year, are \$9. Only rabies vaccinations will be available at the low-cost rabies vaccination clinics.

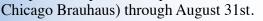


Twilight Canoe Fundraiser for Clark Park

(See Page 11)

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

The annual Summer Concert Series, Lincoln Square's favorite free summer event, will soon be over! The series will occur every Thursday evening from 6:30pm - 9:00pm in Kempf Plaza (across from



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

Volunteer to be a VITA Literacy/ESL Tutor at Oakton Community College.

Help adults learn to read and/or speak English. Learn about methods and materials especially suited for tutoring individuals new to the U.S. or American-born residents who need help improving their English language skills.

Required four-part training at the Skokie Campus:

Thursday, September 7, 5:00 - 8:45 p.m. Tuesday, September 12, 5:00 - 8:45 p.m.

Saturday, September 23, 1:00 - 4:00 p.m. Saturday, October 7, 1:00 - 3:30 p.m.

Call 847.635.1426 for information about Winter/Spring classes.



7701 N. Lincoln Avenue, Skokie, IL 60077



LIVE MUSIC FROM THE 50s • 60s • 70s

80s • 90s

Sept. 8-9-10

(See Page 9 for Complete Details)



EMS Personnel Allowed To Take Injured Police Dogs To Veterinary Clinics

Bruce Rauner signed House Bill 2661, which allows Emergency Medical Services (EMS) professionals to transport police dogs injured in the line of duty to a veterinary clinic, provided no people require medical attention or transport at that time.

"Police dogs are critical to helping our law enforcement officers do their jobs," said Gov. Rauner, who signed the bill today at the Illinois State Fair. "They are valued members of Illinois' law enforcement family, and we should make sure they are taken care of. This bill will help ensure injured police dogs get the care they need as quickly as possible.'

HB 2661 was passed by a bipartisan group



of legislators and was supported by the Illinois State Police.

"Our canine officers are a vital part of our state, county and local police and sheriff departments," said state Rep. Carol Sente (D-Vernon Hills), the primary sponsor of

HB 2661. "They are on the front line assisting their handlers to reduce drug traffic and other crimes. We need to get a police dog injured in the line of duty to the nearest veterinary clinic as quickly as possible for life-saving measures just as we would another member of the police department.

An Act Concerning Regulation Action: Signed Effective: Jan. 1, 2018

The internationally-renowned Midnight Circus in the Parks tour will return the weekend of August 26 & 27 to continue what's become an annual Chicago family tradition. The all new production, which features new performers and acts, will pitch its big top tent

in eight parks each weekend through mid-October. As part of the Park District's "Night Out in the Parks" initiative, the Midnight Circus opens in Gately Park before visiting other new parks as well as old favorites across Chicagoland. For the 11th consecutive year, Jeff and Julie Jenkins are preparing to take their acclaimed show all over the city with a mission to "create community, raise funds, and rebuild parks...one circus at a time.

This year, the Midnight Circus has a large contingent of new world-class performers, perhaps more than any other year. "We are fortunate to enjoy a fantastic reputation in the world-wide circus community and can attract top-tier talent," added Jeff, who has performers from France, Canada and across the US.

The 11th season of the Midnight Circus in the Parks show will also involve an all-new storyline to join its wildly eclectic cast of characters. The troupe features a wide-ranging ensemble of acrobats, aerialists, eccentrics, rescued Pit Bulls and even a couple amazingly talented kids who don't have to run away to join the circus (because their parents own it)!

For its 2017 tour, the Midnight Circus will tour eight Chicago parks from August through October. Each 90 minute-show takes place under an intimate, little big top tent where there is no such thing as a bad seat and kids can get within an arm's length of the action. With new acts and returning favorites, including Jeff's wife and two children, the Midnight Circus in the Parks show is truly a Chicago family tradition.

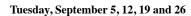
Schedule: Gately Park - August 26 - 27 Hamilton Park - September 2 - 3 McKinley Park - September 9 - 10 Wicker Park - September 15 - 17 (Remaining schedule to appear in next edition.)

For more information & tickets, visit the website, www.midnightcircus.net.



Community First Medical Center September Health Events

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



Community First Medical Center Walking Club 9:00 a.m. - Portage Park (Meet at the Senior

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

Thursday, September 7

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

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

Thursday, September 7, 14, 21 and 28

Overeaters Anonymous - 7:00 p.m. Community First Medical Center, Café Meeting Room

A fellowship of individuals who through shared experience, strength and hope are recovering from compulsive eating. If you think you may be a compulsive eater, please feel free to attend our free

Thursday, September 7 and 21

Arthritis and Total Joint Replacement - Taking the Right Steps, 10:00 - 11:00 a.m., Community First Medical Center, Community Education Room, 2nd Floor.

These free sessions will be conducted by Carleen Nunez, R.N., B.S.N., O.N.C., along with staff from rehabilitation services. Attendees will receive educational materials, get questions answered, learn what to expect from surgery and meet some professional staff. To register, please call 773-794-4640

Sunday, September 3, 10, 17 and 24

Alcoholics Anonymous - 9:30 - 10:30 a.m. Community First Medical Center, Conference Room A, 7th Floor.

Alcoholics anonymous is a group of men and women who share their experience, strength and hope with each other that they solve their common problem. If you think you have a drinking problem, please join our free AA Group.

Tuesday, September 5, 12 and 26

Learning Interventions Family Education (LIFE) - 7:00 - 8:30 p.m., Community First Medical Center, Café Conference Room, Ground Floor.

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

Friday, September 1, 8, 15, 22 and 29

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

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

Friday, September 8

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

Craig W. Halihan, D.P.M. will give a talk on Healthy feet, diabetes and wound care. To register, please call 773-282-7000.

Sunday, September 24

Fall into Fitness 5K walk/fun – 7:30-9:30 a.m. Join us for a run or a walk around the Portage Park neighborhood. Proceeds will go towards the continuing development of educational health and wellness programs for our entire community. Register on-line: www.raceroster.com/12825 by 12:00 p.m. on September 21, 2017

What to Look For in an Audiology Office

You've made a big step. You've talked with a loved one and convinced him or her that getting a hearing test and possibly being fitted with a hearing device would increase his or her quality of life. The next step is to find an audiology office that you can trust to take care of your loved one and do the best job possible. What are some things to look for in an audiologist office?

Find a referral

If you have friends or family members who have been to an audiologist and have had a good experience, you may be able to use that information to your advantage. If you have an older parent, there's a good chance that one of his or her peers have already had experience with an audiologist.

Longevity of the practice

A practice that has been in business for a long time is usually a good sign, because it shows that the audiologist has returning patients who are happy with the level of service. This also is important because there is no worry about them leaving suddenly and closing their business.

Patient testimonials

Check the audiologist's website, and see if it has helpful information and client testimonials you can read through. That is not to say that the quality of the website reflects on the quality of service, but a modern and frequently updated website does reveal that the audiologist is "with the times" and probably follows the latest developing trends in the field. In this same category of things to research are other reviews from third party websites such as Yelp, where you'll know you're getting feedback straight from the patient.

Expertise of the Audiologist

Hearing devices are a big investment. You want a professional who has the training necessary to fit you with the best technology. You should feel you are being helped instead of just pushed a product. Treating hearing issues goes beyond the product. You will be with this person for a long time so having someone you can trust and feel comfortable with is vital. Are they able to explain your hearing loss and how hearing aids will help you? Are they knowledgeable about devices to help you hear better? Do they explain everything thoroughly and take time to

Business Ownership

Not all hearing aid practices are created equal. Some offices may be owned by hearing aid dispensers, large corporations, or even insurance companies. The result is not quality care and customer service. You may also experience high turnover with the employees. Hearing devices purchased at these places can be locked so that the patient can only return to that location to have anything reprogrammed, adjusted, or repaired. A privately owned practice will allow patients to receive the upmost service, patience from the staff and audiologist, and hearing aids that are unlocked.

Location

Though proximity may be your first search criteria when looking for an audiologist, it shouldn't be your main deciding factor. Finding someone who is a great fit nearby is always a plus, but don't choose an audiologist simply because they are the closest to your home. Consider the other factors in this post and be willing to go a little further if necessary to get the best quality care.

Helpfulness of the staff

Once you think you've found the right place, what is your experience like when you walk in? Is the staff welcoming and helpful? Do they take care to answer all your questions, from ones about hearing health and hearing devices to more routine questions about insurance billing

Chicago Hearing Services was established in

Call (773) 685-9202 to schedule your ap-

make sure everything is answered?

and industry trends?

1990 to enhance the lives of the patients we serve in Chicagoland. Our office is built upon high standards, training and expertise, patient education, and most of all a positive patient experience. The entire team is dedicated to providing you with excellent, personalized care and service to make your or your loved one's visits as comfortable and pleasant as possible.

pointment!



Marie Vetter-Toalson, AuD is the owner and audiologist of Chicago Hearing Services. She received her undergraduate degree from the University of North Dakota and her Doctorate of Audiology from The Ohio State University. Dr. Vetter-Toalson is involved in the American Academy of Audiology, the Illinois Academy of Audiology, and Big Shoulders Fund Chairman's Advisory Council. Chicago Hearing Services has served northwest Chicago since 1990.

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

OUR VILLAGE & STREET

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Residents Attend Workshop to Learn Property Tax Appeal Process

Cook County Commissioner Bridget Gainer Hosts Property Tax Workshop, Guides Residents Through Appeals Process

Dozens of residents filled the room in the 20th District CAPS office to attend a property tax appeals workshop, hosted by Commissioner Bridget Gainer with Alderman Patrick O'Connor and representatives from the Cook County Assessor's office.

The window to file appeals for residents living in Jefferson Township is closing on August 28. Elected and County officials were on hand to guide residents through the appeals process to reduce their tax bills.

"County residents have the opportunity to potentially save hundreds and sometimes thousands of dollars on their tax bills each year by appealing," said Cook County Commissioner Bridget Gainer. "I host workshops like these every year to equip residents in my district with the knowledge and tools needed to save money on their taxes.'

Different townships in Cook County have different appeal deadlines throughout the year. For more information about what township you live in and how you could appeal taxes or file for exemptions, contact Commissioner Gainer's office at (312) 603-4210.





Stroke Awareness: Nominations are now open!

The RAISE Awards give the National Stroke Association a chance to bring national attention to individuals and groups doing amazing work in stroke. We've been able to highlight seven individuals and groups each year, but this year we're adding a new Outstanding Stroke Survivor award.

In previous years, stroke survivors have won: • the Outstanding Individual award,

- the Most Creative award,
- the Most Impactful award,
- the Most Impactful Community Fundraising

Event award (now called the Outstanding Fundraising Effort award), and

• the Voter's Choice award.

While stroke survivors can still be nominated in any category, they also get their own category to help shine an inspiring light on their comeback stories and efforts to raise awareness of stroke.

Visit our website to nominate your stroke survivor today so you don't miss the Aug. 31 deadhttp://www.stroke.org/stroke-resources/ raise-awareness-stroke/raise-awards

Jefferson Park Neighborhood Association

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



6205 N. Sheridan Road • 773/761-0376



our flag



(Part 5) Fifteen Stars and Stripes

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

When two new States were admitted to the Union (Kentucky and Vermont), a resolution was adopted in January of 1794, expanding the flag to 15 stars and 15 stripes. This flag was the official flag of our country from 1795 to 1818, and was prominent in many historic events. It

inspired Francis Scott Key to write "The Star-Spangled Banner" during the bombardment of Fort McHenry; it was the first flag to be flown over a fortress of the Old World when American Marine and Naval forces raised it above the pirate stronghold in Tripoli on April 27, 1805; it was the ensign of American forces in the Battle of Lake Erie in September of 1813; and it was flown by General Jackson in New Orleans in January of 1815.

However, realizing that the flag would become unwieldy with a stripe for each new State, Capt. Samuel C. Reid, USN, suggested to Congress that the stripes remain 13 in number to represent the Thirteen Colonies, and that a star be added to the blue field for each new State coming into the Union. Accordingly, on April 4, 1818, President Monroe accepted a bill requiring that the flag of the United States have a union of 20 stars, white on a blue field, and that upon admission of each new State into the Union one star be added to the union of the flag on the fourth of July following its date of admission. The 13 alternating red and white stripes would remain unchanged. This act succeeded in prescribing the basic design of the flag, while assuring that the growth of the Nation would be properly symbolized.

Eventually, the growth of the country resulted in a flag with 48 stars upon the admission of Arizona and New Mexico in 1912. Alaska added a 49th in 1959, and Hawaii a 50th star



in 1960. With the 50-star flag came a new design and arrangement of the stars in the union, a requirement met by President Eisenhower in Executive Order No. 10834, issued August 21, 1959. To conform with this, a national banner with 50 stars became the official flag of the United States. The flag was raised for the first time at 12:01 a.m. on July 4, 1960, at the Fort McHenry National Monument in Baltimore, Maryland.

Traditionally a symbol of liberty, the American flag has carried the message of freedom to many parts of the world. Sometimes the same flag that was flying at a crucial moment in our history has been flown again in another place to symbolize continuity in our struggles for the cause of liberty.

One of the most memorable is the flag that flew over the Capitol in Washington on December 7, 1941, when Pearl Harbor was attacked. This same flag was raised again on December 8 when war was declared on Japan, and three days later at the time of the declaration of war against Germany and Italy. President Roosevelt called it the "flag of liberation" and carried it with him to the Casablanca Conference and on other historic occasions. It flew from the mast

of the U.S.S. Missouri during the formal Japanese surrender on September 2, 1945.

Another historic flag is the one that flew over Pearl Harbor on December 7, 1941. It also was present at the United Nations Charter meeting in San Francisco, California, and was used at the Big Three Conference at Potsdam, Germany. This same flag flew over the White House on August 14, 1945, when the Japanese accepted surrender terms.



"Old Ironsides" in the War of 1812.

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

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

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

FIRST WORLD WAR Book Club Event

Why The United States Entered World War I Wednesday, September 6 @6:30pm

Mr. Paul Herbert, Executive Director of the First Division Museum at Cantigny Park, will discuss the reasons for America's entry into World War I. Mr. Herbert is a retired colonel and a graduate of West Point. He holds a PH.D in military history from Ohio State University and has served as a strategist for the Joint Chiefs of Staff. He has appeared on C-Span.

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

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

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

Phone For Legal Advice At No Cost

The Chicago Bar Association (CBA) Lawyer Referral Service hosts Call-A-Lawyer on the third Saturday of every month from 9 a.m. to 12 p.m. Volunteer attorneys will give free legal advice over the phone to Chicagoland residents who call (312) 554-2001.

Attorneys will be available to answer general questions on a variety of legal issues including (but not limited to) bankruptcy, domestic relations, immigration, personal injury and Social Security. Callers can explain their situations to attorneys who will suggest self-help strategies to resolve their legal issues. If callers need further legal services, they will be advised to see their attorney or to contact the CBA Lawyer Referral Service.

The CBA Lawyer Referral Service is one of few bar associations in the country to meet the American Bar Association Standards for lawyer referral and approved to use its logo and slogan, "The Right Call for the Right LawyerTM." For referral to an experienced attorney, the public can contact the CBA Lawyer Referral Service at 312-554-2001 during business hours or through the Web site at www.chicagobar.org.

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 Unites States military services during the armed conflicts listed below. Our first open meetings of the Fall Season will be September 7th and 24th.

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

All male descendants, adopted sons and stepsons of members of The American Legion and such males descendants of veterans who died in service during WWI - WWII - Korean War - the Vietnam War - Lebanon Grenada - Panama and the Persian Gulf War, during the delimiting periods set forth in Article 1 of the National Constitution of the The American Legion or who died subsequent to their Honorable Discharge form such Service shall be eligible for membership in the Sons of the American Legion.

Visit our website at http://amerlegion541.wix.com/americanlegion541

Honor Flight Chicago - "Operation Locate A Hero" - 2017 Season Planning Underway

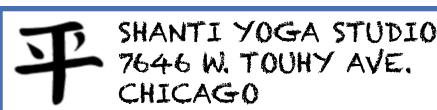
Honor Flight Chicago (HFC), part of the National Honor Flight Network, was founded to recognize our Veterans – most specifically our WWII Veterans with a day of Honor, Remembrance, and Celebration from a proud and grateful Nation. HFC is currently working on the 2017 season flight schedule - with projected monthly flights from Chicago Midway to Washington, DC to visit their WWII Memorial. The trip is provided at (no) cost to the Veteran.

There are approximately (21,000) WWII Veterans remaining in the Chicago area – which HFC is requesting assistance from the public to help locate these WWII Heroes.

For more information please contact Jac Charlier at jac. charlier@gmail.com or visit (www.honorflightchicago.org)



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.



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BELLS ARE RINGING -SCHOOL'S BEGINNING!





Mayor Emanuel, CTA To Offer Students Free CTA Rides On The First Day Of School

Mayor Rahm Emanuel and Chicago Transit Authority (CTA) President Dorval R. Carter, Jr., today announced CTA will again this year provide all students and accompanying adults with free bus and train rides on the first day of Chicago Public Schools' school year, which is Tuesday, September 5, 2017.

First launched in 2011, Mayor Emanuel's "First Day, Free Rides" program is designed to encourage school attendance. Last year it provided approximately 128,000 free rides to students and parents or guardians.

Each year, CTA transports thousands of students every day to school and to extracurricular activities. Whether catching a bus to class, football practice or a debate tournament, students

can be confident that CTA will take them where they need to go.

CTA this year will continue to offer its low 75-cent fares for elementary and high school students Monday through Friday from 5:30 a.m. – 8:30 p.m. when school is in session.

The CTA's 75-cent student fares are the result of efforts made by Mayor Emanuel and the CTA in 2013 to ensure transit is even more affordable during the school year. Beyond school hours, elementary students ages 7-11 pay reduced fares of \$1 on the bus and \$1.10 on rail. Passengers who are 12 and older pay the full fare of \$2 on bus and \$2.25 on rail. For more information about student fares, please visit: http://www.transitchicago.com/students/

State's Attorney Foxx Joins Local Officials at Opening of Community Garden at Winnemac Park

Cook County State's Attorney Kimberly Foxx, was joined by Alderman Patrick O'Connor (40th Ward) and other local officials as they celebrate the opening of the new Winnemac Youth Garden at Winnemac Park, 5100 N. Leavitt (corner of Winnemac & Leavitt).

The garden is a collaborative effort between the State's Attorney's Office's North Side Community Justice Center and the Chicago Park District's Winnemac Park After School Program along with local businesses and residents who worked in partnership to bring the garden to life.

Niles North Athletics receives \$30,357 year-end donation from its Boosters

The NNHS athletic department received a yearend gift of \$30,357 from their Athletic Boosters, in addition to \$12,000 donated to students and teams by the Boosters during the 2016-17 school year. Multiple athletic programs are slated to benefit from the donation, and new projects sponsored by the Boosters will be underway this fall.

Booster Club Treasurer, Andrew Toy, reported that throughout the school year, the Boosters also awarded \$2,000 in scholarships to outstanding senior athletes, gave almost \$7,000 to teams who volunteered to work concessions, provided a \$1,000 sponsorship to the school's P.E. Leaders program, and awarded a \$500 grant to the dance team for their dream trip to Disney where they will perform later this year. "All told, the Booster's donated over \$42,000 to Niles North athletics during the 2016-17 school year." said Toy.

Funds were primarily raised through corporate

sponsorships, memberships, concessions, and the Club's major fundraiser, a Bingo & Silent Auction fundraiser held last April. The event was supported by about 300 guests and over 100 generous sponsors and donors. Fundraising Chair Cindy Dwyer noted, "It was our first time having a bingo night as our major fundraiser. It was so successful that we are going to do it again this school year. So save the date for April 21, 2018!"

The Boosters expressed gratitude for the support they received from their new principal, Jim Edwards, and the thoughtful guidance of their new Athletic Director, Brett Bildstein. "Together, they have helped us change, grow and succeed as an organization. Our school motto is 'We are One' -- and we truly are," said Booster Club President, Christine Aragon. "We understand the importance of working together as one because it's not about us, it's about the kids."

Ald. Moore's Back to School Picnic



SUNDAY, August 27th, from 12:00 noon to 4:00 p.m. at Loyola Park (Farwell and the Lake)

St. Mary of the Woods Reunion

St. Mary of the Woods '77 has their 40th reunion coming up on Saturday, September 16. It will start at 4:30 in the afternoon with a mass at SMOW, followed by a school tour, then a 7:00 party at the new Wildwood Tavern at Caldwell and Touhy. Cash bar, spouses welcome, \$20 per person for a dinner buffet. For tickets and/or more information contact Mary Marth Leipold at mary.leipold@yahoo.com, or on Facebook - save the date!



Northwest Side Hunger Walk

The month of September is National Hunger Action Month and the organization Feeding America reports that 1 in 6 Americans struggle with hunger. According to Feeding America, "Hunger can affect people from all walks of life. Many Americans are one job loss or medical crisis away from food insecurity – but some people, including children and seniors, may be at greater risk of hunger than others."

The 2017 Northwest Side Hunger Walk will be held on Sunday, September 24, 2017, to raise awareness and funds to reduce hunger in the local community and throughout the world. The annual Northwest Side Hunger Walk is an ecumenical effort by local churches and the community and funds will be donated to organizations that serve the people on the neighborhood, citywide and international level. The Resurrection Key Club and Celtic Club are instrumental in organizing the event each year. Funds are donated to the following organizations: New Hope Methodist Food Pantry, which serves neighborhood residents on the northwest side Chicago; Catholic Charities, which serves the Chicagoland area; and Heifer International which serves the international community.

The walk will begin and end at Resurrection College Prep High School at 7500 W. Talcott Avenue in Chicago. Participants do not need to register in advance. Sign-in will be at 1:00 pm on Sunday, September 24, 2017, in the Resurrection College Prep parking lot. Walkers will step off at 1:30 pm for the approximately 3-mile walk. All community members are welcome to participate and information and a pledge sheet can be found atwww.reshs.org or donations can be made the day of the walk. Questions may be directed to Kathleen Heneghan at 773.775.6616 Ext 125 or kheneghan@reshs.org.

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



Help Children in Our Community! Donate Before August 31st

Sponsored by:

7821 W. Belmont Ave., Elmwood Park, IL 60707 • (708) 402-9095

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

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

For more information, please contact Resurrection Cross Country Coach, Fred Angelini at fangelini@reshs.org or Kelly McClearn at 773.775.6616 Ext 140.



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



Open Houses

Thursday, October 19, 2017 6:00 to 8:00 pm

Sunday, October 29, 2017 1:00 to 3:00 pm

Entrance Exam Saturday, December 2, 2017 7:45 am

Shadow Days

8th grade girls welcome on select dates to shadow a current Resurrection student. 7th grade girls welcome to a special "Experience Res Day" on February 9, 2018.

Schedules & registration at www.reshs.org



7500 West Talcott Avenue, Chicago 60631 773.775.6616





97th German-American Fest 🥜



97th Annual German-American Fest and 52nd Annual Steuben Parade

September 8th, 9th and 10th, 2017 Lincoln, Leland & Western



Join us for the Parade 2:00 pm Saturday, September 9th Lincoln Ave

The parade begins at 4000 N. Lincoln Ave. traveling to Wilson Avenue and north on Western Ave. The parade's reviewing stand is located at Leland and Western avenues.

German-American Oktoberfest 2017 Program of Events

Friday, September 8th

8:00pm Opening Ceremony and Introduction of Kornflower Queen Stefanie Lorenz

National Anthems are being sung by Katrina Giannoni

Saturday September 9th

2:00 pm3:00 pm3:00 pm3:10 pmGreetings by G.A. Society

President Erich Himmel
3:15 pm German American Childrens
Choir

3:30 pm Edelweiss Bavarian Dancers 3:45 pm The Jolly Lumberjacks Bavarian

Dancers

:00 pm Rheinischer Karneval Verein Chicago, Fanfaren players and Amazonen Dancers

BAND SCHEDULE FOR GERMAN-AMERICAN DAYS

SEPTEMBER 8, 9 & 10

IN THE LARGE TENT:

FRIDAY; 6pm to 10:30pm

PAILOMIA

SATURDAY; 4pm to 10:30pm

5:30pm to 10pm

15)18080600X

IN THE SMALL TENT:

FRIDAY; 6pm to 10:30pm

TO THE SECOND SE

SATURDAY; 5pm to 10:30pm

PALOMA

SUNDAY; 4pm to 10pm

PATOMA

OUTSIDE STAGE:

FRIDAY; 6pm to 10pm

PIONONIE EL PROPIETORIE

SATURDAY; 5pm to 10pm

PIONISIEUS

SUNDAY; 5pm to 10pm

PIPPRONE

National German American Day Celebration

2:30 pm, Sunday, Oct. 1, 2017 St. Benedict's Church 2215 W Irving Pk Rd, Chicago

Sunday, September 10th

11:00 am Sunday Mass at the Fest Site
12:00 pm Festival begins in the big tent
2:00 pm Program starts on the big stage
National Anthem sung by
Katrina Giannoni

Greetings by President of G.A Society Erich Himmel

2:15 pm German American Children's Chorus

2:30 pm Donauschwaben Children dancers American Aid Society Children

dancers
2:45 pm American Aid Society Youth
dancers

3:00 pm Donauschwaben Youth dancers 3:15 pm "Noch Einmal" American Aid adult dancer

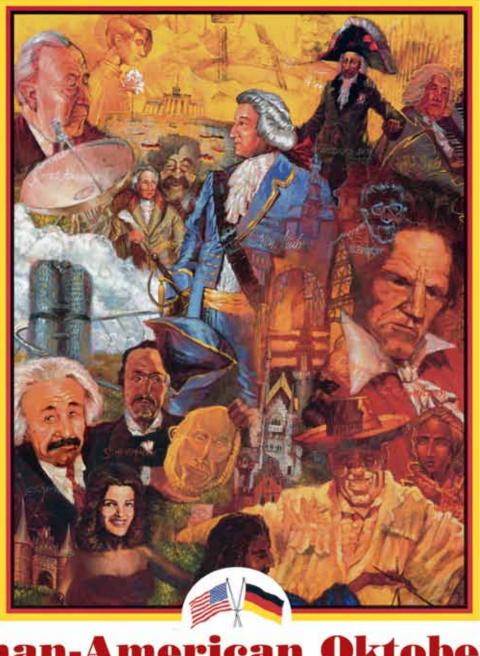
3:30 pm Donauschwaben dancer 3:45 pm Egerlander Volks dancers 4:00 pm Edelweiss Bavarian dancers

4:15 pm The Jolly Lumberjacks Bavarian dancers

4:30 pm Rheinischer Karneval Verein Chicago

Fanfaren players and Amazonen dancers

S.T. Prince Robert Ludwig 1st and I.L. Princess Hildegard 2nd



German-American Oktoberfest September 8-9-10, 2017



8:00 PM OFFICIAL OPENING CEREMONY
SATURDAY — NOON to 11:00 PM
SUNDAY — NOON to 10:00 PM
11:00AM GERMAN MASS AND SERVICE
ADMISSION IS FREE

GOOD FOOD, DANCING, WINE, ENTERTAINMENT AND GERMAN GEMÜTLICHKEIT IN TWO LARGE TENTS AT LINCOLN AND LELAND AVENUES.

SPONSORED BY THE UNITED GERMAN-AMERICAN SOCIETIES OF GREATER CHICAGO
THROUGH THE COOPERATION OF MAYOR RAHM EMANUEL, ALD. AMEYA PAWAR AND LINCOLN SQUARE CHAMBER OF COMMERCE

52nd ANNUAL STEUBEN PARADE - SATURDAY, SEPT. 9, 2017

2:00 PM LINCOLN AVE & IRVING PARK

German Commemoration Day - St. Benedicts Church Sunday Oct. 1st at 2:30PM. 2215 W. Irving Park Rd. Chicago FOR INFO: WWW.germanday.com PAIXTING BY: LOTHER SANCHER-SPEER PONTER BY: BOZE HARZ GRAPHICS

97th German-American Fest



General Friedrich Wilhelm Von Steuben German-American Hero

General Friedrich Wilhelm Ludolf Gerhard Augustin Von Steuben was born in Magdeburg, Germany on September 17, 1730.

Von Steuben's military career began at an early age, when he entered the Prussian army and served with Distinction in the Seven Year's War. He later became the aid of Frederick the Great of Prussia, who was recognized as the military genius of his time. Von Steuben became expert in the drilling and training of troops. Because of this exceptional ability, Benjamin Franklin and Count St. Germain, French Minister of War persuaded Von Steuben to volunteer his military expertise to the American Revolutionists.

Von Steuben sailed for America and arrived at Portsmouth, NH in 1778 to aid the young nation in its fight for independence. He offered his services to General Washington without rank or pay, arriving at Valley Forge in the late winter of 1777-78. He found the soldiers in deplorable condition, without uniforms, weapons or food. Appointed by Congress to be inspector General of the Army, Von Steuben set about training the unorganized band of ragged soldiers. He infused in them a sense of discipline and converted them into an excellent fighting force, training them



to bear arms, march, form columns and to execute maneuvers with precision. He gave confidence to the officers and men, enabling them to continue on to victory at Yorktown.

As "Drill Instructor" of the Continental Army, Von Steuben wrote "Regulations of the Order and Discipline of the Troops of the United States." Although his Manual has been modified, it still remains in the basic guide for the discipline and drill of the Army.

On June 28, 1778, Von Steuben's training was put to test when the American troops encountered the British Army near Monmouth Courthouse in the town of Freehold, Monmouth County, New Jersey. What early threatened to become a disastrous defeat for the Colonial forces was turned into a glorious victory by General Von Steuben. The retreating troops of General Lee were brought to a halt by Von Steuben and reformed under heavy fire. The retreating men knew how to conduct themselves and wheeled into line with the precision of veterans. What seemed to be a certain defeat turned into a patriot victory and a turning point in the war. This battle was followed by victories in Stony Point, Yorktown and other places.

HUNDLAN ARKET

Chicago's Most Beloved Holiday Tradition Returns!!

The Christkindlmarket Chicago returns to downtown on November 17th, 2017 for 38 days of festive shopping, delicious German foods, hot spiced wine (Gluhwein), Imported beers, hand crafted ornaments, entertainment, family fun and

much more! The Christkindlmarket is an outdoor traditional German holiday market that has, for the past 22 years, transformed Daley Plaza in downtown Chicago into a magical picturesque European Christmas village filled with candy cane striped wooden huts and vendors from all around the world. As one of the largest authentic German market outside for Europe, the Christkindlmarket Chicago has become the most beloved holiday event in Chicago, attracting over a million visitors annually from Chicago, around the US and the world. Open daily from 11/17/17 to 12/24/17, come experience this free event and enjoy the wondrous atmosphere and festive cheer of The Christkindlmarket Chicago.

Since 1996 German American Events, LLC., a subsidiary of the German American Chamber of Commerce of the Midwest, has hosted the Christkindlmarket Chicago, featuring nearly 60 vendors boasting one-of-a-kind offerings that are destined to become treasured gifts for loved ones of all ages. The traditional wooden huts are filled with a wonderland of fine gifts including hand-made holiday ornaments, nutcrackers, cuckoo-clocks, beer steins, wooden toys, jewelry, wood carvings, and European sweets and treats. With more than 65% of the vendors travel from Germany to Chicago each year to share their fine wares and holiday traditions, The Christkindlmarket Chicago has various heated walk-in cabins that offer a cozy place to take time and shop for unique gifts. The Grand Timber House and Festival Tent also provide visitors a place to warm up, sit down, and enjoy delicious food and drinks such as specialty sausages, potato pancakes, schnitzel, Stollen, and pretzels. Guests can also quench their thirst with a refreshing imported German beer or warm up with a cup of Glühwein (hot spiced wine), which is served in the popular annual collectable souvenir mug.

Throughout the 38-day event, the Christkindlmarket hosts live entertainment and performances including Theatre troupes, professional singers, dance groups and much more. On weekends, the roaming

Fall Concert Of The Austrian Mixed Chorus

The AUSTRIAN MIXED CHORUS of Chicago was established in 1979 and has been thriving ever since. Our goal is to keep Austrian song and music alive so that generations yet to come will be able to experience the pleasures we have had for many years. Folk songs and classics have delighted our guests year after year. We hope to entertain you with music along those lines now and also in the future. It is only fitting that this year's concert is titled, "Along the Danube," under the direction of our dedicated and very capable Director, David Crane. Mr. Crane is well known for bringing out the best in singers not only locally, but also internationally.

The public is cordially invited to the 38th Annual Concert which will take place on Sunday, October 15, at the Avalon Banquets, 1905 E. Higgins Road (just south of Oakton) in Elk Grove Village. The afternoon starts with cocktails (cash bar) at 2:30 pm, followed by the concert at 3:00 pm, and dinner at 4:30 pm. The cost is \$50 per person, which includes complete dinner, dessert, coffee, and of course, our concert and dancing. The fabulous Anthony Kawalkowski Orchestra will provide the music once again. Dinner choices are Chicken Vesuvio or Tilapia in Ginger Sauce. All tickets will be held at the door. Checks should be made payable to: Austrian Mixed Chorus and mailed to Trudy Nika, 7157 Dexter, Downers Grove, IL 60516. Place cards, which will serve as your tickets, will be held at the door. For more information call Trudy at 1-630-960-1123 or email her at Nika7157@comcast.net for your reservations.

We are pleased to inform you that the Elmhurst Damenchor under the direction of Laura Susanne Schmult has accepted our invitation to appear as our guest chorus. It is our goal to bring a little "Heimat" to your day with our concert, and we look forward to welcoming you to what promises to be a truly special musical experience. And just one more item: PARKING IS FREE.

Submitted by Maria P. Bappert

United German American Societies of Greater Chicago a 501(c)3 not for profit charitable organization or German Day Association

The United German American Societies of Greater Chicago, the parent organization for over 50 German-American or-



ganizations in Chicago, is pleased introduce our new website and social media outlets.

For the latest events hosted by any of these organizations, visit the below website for dates & details. For coverage of events hosted by the German Day Association, and other activities in the German-American community, visit our Facebook & Twitter pages.

Website – http://germanday.com/ https://www.facebook.com/germandaychi/ https://twitter.com/germandaychi/

The Original "Christmas Tree Ship"

The Rouse Simmons was the original "Christmas Tree Ship" that came to Chicago at the beginning of the holiday season for over 30 years in the early 1900's. The "Christmas Tree Ship" was a three masted schooner that was easily recognized by waiting crowds when they saw a Christmas tree tied to her main mast and her decks loaded with thousands of Christmas trees destined for Chicago families. For more of the story visit our website at www.christmasship.org.

The Chicago's Christmas Ship Executive Committee wishes to thank all that made this year's event a tremendous success! The 2015 Chicago's Christmas Ship will be Saturday, December 5th, 2015.

We couldn't make this happen without the help of individuals and groups that support us through financial and in-kind donations. 100% of donated funds are used for the purchase of Christmas trees.



Alpine Brass band, with its festive German holiday music, is sure to stir and awaken the spirit of the season in all.

The popular "Kinder Club" boasts fun activities geared towards the youngest visitors. Children and the young-at-heart can go on a scavenger hunt to explore the market, interact with the vendors, and learn more about German holiday traditions. Collect an ornamental paper crown and the Christkindlmarket Passport activity book, which includes coloring pages, riddles and much more.

The Christkindlmarket Chicago 2017 is the perfect destination to get into the spirit of the holiday season, whether through an evening out with family and friends or a get-together with co-workers. The market offers the chance to plan holiday gatherings with reserved tables and food and beverage packages ranging from individual family tables up to 100 guests. Whether enjoying a "Stammtisch", which means small get-together with friends, or a full tent reception, the Christkindlmarket

is the perfect place to celebrate the season.

History of the Christkindlmarket Christkind

The Christkind, a fairy-like being dressed in gold and white robes with a crown upon her golden locks, is the namesake of the Christkindlmarket Chicago. Christkind folklore dates back to the 1500s and stems from traditional customs: parades during the holiday season were guided by one "grand" angel, the Christkind. Since then, and still today, she is the bearer of gifts to most children in German speaking countries, much like Santa Claus is in the United States. Traditionally, gifts are exchanged December 24th and delivered by the Christkind, who leaves gifts under the Christmas tree and disappears before the children can catch a glimpse of her.

For more information, please contact us and visit the official website at www.christkindlmarket.com.

Chicago Christkindlmarket Location

On Daley Plaza in the Chicago Loop (on Washington, between Dearborn and Clark street)

Dates & Times of Christkindlmarket Chicago

Friday, Nov. 17 – Saturday, Dec. 24 Sundays - Thursdays 11am – 8pm • Fridays & Saturdays 11am – 9pm Special Hours: Thanksgiving Day & Christmas Eve: 11am - 4pm

KINDERCHOR

The German American Children's Chorus or The DA Kinderchor was founded in 1935 in hopes of preserving German culture through music and song. 80 years later the Kinderchor still thrives under the direction of Ms. Carol Himmel. The children range in age from 4 to 21. The Kinderchor sings at various engagements throughout the City of Chicago. Each year the Chorus has two annual concerts, the Christmas and the Mother's Day concerts. The Chorus has taken three very successful Concert Tours in Germany. The Kinderchor has also sung at Epcot Center in Orlando, FL and has sung for the German Consulate at The Union League Club of Chicago. The Kinderchor will also participate this year at the annual Von Steuben parade held on Lincoln Ave. on Saturday Sept. 9, 2017. The Kinderchor will also have a food and beer tent this year at the annual Germanfest held in Lincoln Square. The Kinderchor is always looking for new members. The Chorus rehearses every Saturday morning beginning in early October 2017, 9:30 am.

For more information please take a look at our website, www.dakinderchor.org

THE OTHER "OKTOBERFEST"!! The Cannstatter Wasen Or Stuttgart Beer Festival

The Winter of 1815- 16 in Wuerttemberg was the coldest since records were kept. Harvesting was made impossible. People were starving and the little existing flour was stretched with sawdust to feed the hungry.

when Wilhelm the First became King of Wuerttemberg in 1816, the crisis was at its worst. His brother-in-law, Czar Nikolaus of Russia, helped relieve the biggest misery by delivering grain to the starving people in his relative's region. Then in 1817, when the first harvest wagon was brought in, King Wilhelm and his wife Katharina, had the glorious idea to sponsor a harvest festival. This would take place annually on the King's birthday of September 28th in the area of Cannstatter Wasen, by the river

Starting as an agricultural festival lasting up to 5 days, in 1972 this Autumnal Fair, as it is better described, has expanded to a celebration of 16 days and includes carnival games and rides including the tallest Ferris Wheel in the world. Food, beer and wine tents are also an important site at the Volksfest since as many as 3 to 4 million people attend each year. In the center of the Festival grounds stands the symbol of "Thanks-



giving", a 25 meter high pillar decked in fruit with a huge basket of more fruit on the top.

This tradition, second in size some believe only to the Oktoberfest in Munich, has not changed and will continue for years to come. Beginning 1 week before the Munich Festival, the 167th Cannstatter Wasen, or as referred to by locals, "Wasen" will take place from September 27th to October 13th in the extensive Wasen are of the Stuttgart City District of Bad Cannstatt. (Portions of this article submitted by Helga Zettl

and other portions taken from Wikipedia)



97th German-American Fest



Chicago Brauhaus/Treffpunkt 1965-2017

Congratulations On A 50+ Year Tradition As "The Golden Standard" In Dining And Entertainment!

Everyone from far and near seem to know this place, but does everyone know how it all began and continues, to this day?

First, and most importantly,

Harry and Guenter Kempf are, of course, the Chicago Brauhaus. We know them as consummate business men and leaders of the community in Lincoln Square. Their contribution to the preservation of their ethnic heritage is appreciated by, not only their fellow German-Americans, but by all who relish in the diversity of Chicago's neighborhoods.

It wasn't always, however, the Chicago Brauhaus as we know it today and Harry and Guenter Kempf weren't always as well known and heralded as they are now. In fact, Lincoln Square was at one time, only an idea.

Since all great ideas require great people to make them a reality the Kempf brothers were the perfect people, in the perfect place, at the perfect time.

The Kempf family has had a long musical tradition. Their Father was a gifted, though no formally trained piano and bass player. Since the time of their youth, Harry, Guenter and their Dad played music together, mastering many different instruments along with singing.



The Kempf brothers, Harry (left) and Guenter (right) flank their iconic emblem of the Chicago Brauhaus as they overlook Kempf Plaza.

Live music six days a week invite dancing on the central dance floor or listening and enjoyment of German and English standards. You will see couples, children or groups dancing to German and American favorites including the chicken dance.

Seasons bring the special events which have become a tradition for the generation of families who have been enjoying Brauhaus hospitality. There is always a party going on, whether it's Oktoberfest in September/October, a 5-week long celebration of fun, music, food and drinks, the Summer Concert Series in Lincoln Square, or special bands and entertainers from Europe, make Chicago Brauhaus a yearly stop.

In 2000, the City of Chicago honored Harry and Guenther Kempf by naming Giddings Plaza the "Kempf Plaza." The plaza, which sits directly across the street from Brauhaus, hosts band concerts in the warm weather and is a lovely spot for sitting and relaxing in front of the fountain. It is a true European setting which befits its location and deserves the respected name it so proudly bears.

Harry's journey to American began in 1956 when he was only 19 years old. He came to Chicago, bought a bass fiddle at Lyon and Healy, and used his talents by acquiring a job singing at Zum Deutchen Eck. He was soon playing his bass as well. He eventually formed a trio which performed at Little Hawaii at 5100 N. Western Avenue. He then went on to gather nine other musicians to play in a 10 piece band called The Continental Ensemble.

In 1963 Harry opened Zum Lieben Augustin next to the German Theatre (which is now the Davis) on Lincoln Avenue, and offered lunch, dinner and music, of course, to his patrons.

Guenter arrived in Chicago in 1965 leaving behind a prosperous job in an appliance manufacturing company in Stuttgart. After serving in the army into which he was drafted, he decided to spend a year in America with a promise from his old boss in Stuttgart that he was welcome to his previous job when he returned.

He, as we all know now, did not return to Germany, instead, joining his brother Harry to open Treffpunkt restaurant on Lincoln Avenue in 1965. There they played music, with Harry on his bass, Guenter on the drums and Max on the accordion. They served German traditional foods and developed quite a following.

In 1965 Lincoln Avenue consisted of Meyers Deli (now Gene's), the Treffpunkt and various storefronts. The street was unfinished and a bridge connected one side with the other. The Chamber of Commerce had an idea to create an ethnic center with businesses being established around that area, but with no streets and no businesses, the hope seemed distant.

Enter Harry and Guenter.

To bring the people there, Harry and Guenter decided to run an Oktoberfest. They had a tent set up from Lawrence Avenue to Giddings (on Lincoln Avenue) and on their own, orchestrated what has become an eagerly anticipated event which thrives to this day.

Even though it was mid-November by then, they decided to set a time for a Friday and Saturday, and hoped the weather would cooperate. Mrs. Ed Kelly invited all the senior citizens in the area for brats and coffee and Bingo on Saturday afternoon to kick off the Fest.

The evening on Saturday and all day Sunday were a rousing success. The temperature was 60 outside and inside the tent the warmth and fun made it seem even toastier. On Sunday night, after the party finished, a heavy rain began to fall - holding off just long enough for everyone to finish enjoying themselves.

The current German Day Fest is, of course, the offshoot of this original Oktoberfest and now is held every September in Lincoln Square at Leland and Western Avenues.

There are now many more tents, more people and more food and music and cultural activities and performances to delight young and old alike, and the senior citizens still kick off the festivities with a luncheon on Friday afternoon before the 2-day/3-night event begins.

As a result of all of the hard work and planning and hoping, people began to come back to Lincoln Square to shop, dine and congregate. The streets were finished and everything looked like it was only going to improve.

Then in 1985 there was a fire at Witzel's shoe store, right next door to the Treffpunkt restaurant. The area was once again in ruin.

As though they had a premonition, the year before Harry and Guenter had purchased Roehrich's furniture store just across Lincoln Avenue from the Kempf's Treffpunkt. They planned to remodel the building to eventually house banquets, weddings, and large events. When the fire hit, Treffpunkt was destroyed along with a lot of the area businesses.

Within 60 hours, the old Treffpunkt would become the current Chicago Brauhaus. Like a Phoenix, the Kempfs built their dream of a rendition of Munich's Hoffbrauhaus. Little by little, while still remaining open for business, they remodeled from the ground up.

The original lamps from Henrici's Restaurant still hang from the ceilings, and the bar stools from Rush Street are still in place.

Harry, who played music all the time at the Treffpunkt, now jumped in and became Chicago Brauhaus' chef. The nightly music still continued with Guenter at the helm.

Through these many years, Harry and Guenter Kempf have managed to remain an institution in Chicago. People still come from far and wide, and from just down the street, to experience the togetherness and friendly ambience of this one-of-a-kind place. The family Kempf has always stuck together, continuing with Alfred (Freddie) Kempf, Harry's son, who represents the next generation. The basic, strong work ethic, talent and perseverance nurtured by their parents and upbringing, have made them a success in every way.

Generations of Chicagoans and visitors alike have been drawn to Chicago Brauhaus which has served as an anchor to the German-American culture and traditions. Just as the extraordinary staff and musicians have been there for what seems, always, so have the families who look to this icon as a place for special celebrations and events, or to join in anytime with festivities which are constantly going on. In one visit, you will feel a part of the Chicago Brauhaus family, all ages, always welcome, enjoying the good clean fun while dining on German traditional favorites, topped off with a beer, wine or cocktail.

A little extra note:

A friend recently returned to Chicago after being away for quite a few years. One of the very first outings she had with her Family was to Chicago Brauhaus. She remarked that it was "like truly coming home again". Everything was as she remembered; the same wonderful food, the same lively and fun entertainment and the same contagious feeling of warmth that has continued for, now generations of families, old and new.

Congratulations Harry & Guenter Kempf on the September Anniversary of the Dedication of Kempf Plaza in Lincoln Square





7th German-American Fest



The First Germans in America

While individual Germans had been in America as early as 1608, 1683 is rightfully celebrated as the beginning of group immigration from the German states. The first to arrive as a group were religious dissenters who landed at Philadelphia aboard the Concord in Mid-August 1683. Francis Daniel Pastorius, an agent for a land purchasing company in the city of Frankfurt am Main, organized the original party of settlers. It was a group largely made up of nonconformist sects such as the Mennonites, Amish, Moravians German Quakers, and other Protestant minorities, notably dissidents of the Reformed and Lutheran persuasion.

These settlers were from Krefeld, Frankfurt and the Palatinate. Germantown, the settlement they established near Philadelphia, became a point of entry for later waves of German immigrants to Pennsylvania. By 1689, the settlement had grown so large that it had to be incorporated. Germantown's citizens were pious, peaceful, industrious people, who quickly established southeastern Pennsylvania as a leading agricultural region.

Over the centuries, the community has continued to cling to the language and culture of its native land. Descendants of the first German immigrants are called Pennsylvania Dutch - an Anglicization of the word "deutsche" meaning "German."

The eastern counties of Pennsylvania became the center of German immigration to America during the colonial period, but there were several other important areas of settlement. One of these was New York state, including the Mohawk Valley region around Utica and the area around Schoharie. The latter area was settled by so-called Palatines, Protestant refugees from the Palatinate in southwest-central Germany. The Shenandoah Valley region of Virginia was also an important area of German settlement in colonial times. Other areas were in Georgia and the Carolinas. Salem, NC preserves many historic buildings reminding one of early German settlement there.

When the first American census was taken in 1790, Pennsylvania's German population was put at 225,000 which amounts to a third of the state's entire population. If we further count those Germans who in the course of the 18th century settled in the English colonies of New York, New Jersey, Maryland, Virginia and South Carolina, especially those from the Palatinate, Baden and Wurttemberg, and include their children, then Americans of German origin were about 9% of the total population of the youthful United States around the close of the 18th century.

The term "German-American" refers to immigrants from German-speaking areas and their descendants. In the narrow political sense, the term "German-American" can refer to emigrants from Germany and its given geographical area in a specific historical period.

Taken in the broad ethno-linguistic and cultural sense, German-Americans also include immigrants--and their offspring--from Austria and South Tyrol, Switzerland, Liechtenstein and Luxembourg, Germans from Russia and the Balkan countries, and Jewish-German immigrants. In earlier centuries most of these areas were within the boundaries of "Germany."

Before the "homogenizing" processes of the 20th century, there were many more distinct differences in how people live in the various German-speaking regions. It was often possible to tell where someone came from by observing how he or she was dressed. And there were -- and still are -- numerous regional customs and traditions.

Role of German Immigrants in the Archdiocese of Chicago

In the 8th Century, the English monk St. Boniface (Winfrid) was given a direct commission from the Holy See to Christianize the vast pagan wilderness of present-day Germany. his 36 years of labor in the region and subsequence martyrdom earned him the title of "Apostle of Germany."

German immigrants came to Chicago since the 1830, bringing their strong Catholic faith with them. By 1860 more than 22,000 Chicagoans were from Germany. The immigrants continued to pour steadily resulting in the German population in Chicago tripling in size between 1870 and 1900. In addition, the German Evangelical Association encouraged large numbers of German from Pennsylvania to resettle in Chicago. over 400,000 men, women and children of German descent inhabited Chicago at the turn of the century, representing a quarter of the City's population. German Americans are the largest ethnic group, not just in the Chicago area, but in the entire United States. German immigrants built many churches, both Catholic and protestant, and also organized and maintained schools to preserve the German language and literature. Following is a chronological listing of the Roman Catholic Churches in Chicago founded by German or a combination of German and Irish immigrants. Over the course of the years, all have evolved intermediate ethnic parishes.

1846 - St. Joseph's, 1500 W. Monroe

1846 - St. Peter's, 110 W. Madison

1852 - St. Michael's, 1625 N. Cleveland 1853 - St. Francis of Assisi was the oldest German parish on the west side of Chicago at 11th and Clinton Streets. It is no longer in existence.

1864 - St. Boniface, 1348 W. Chestnut

1875 - St. Vincent dePaul, 1004 W. Webster 1882 - St. Alphonsus Parish and school were founded at Lincoln, Southport & Wellington. The buildings of the parish comprising of the Gothic style church, which is a local landmark, rectory, theater, school, and former convent occupy a full city block. St. Alphonsus is the only Roman Catholic Church in Chicago which still holds German language Masses every Sunday at 9:15 a.m. The German Choir sings every first Sunday of the month, as well as for Easter and Christmas.

1886 - St. Martin's 59th Street & Princeton Av-

1887 - St. Matthias, 2336 W. Ainslie

1890 - St. Maurice in Bridgeport

1894 - St. Clara, 6401 S. Woodlawn

1896 - St. Nicholas, 12330 S. State

1897-99 - St. Paul's, 2234 S. Hoyne 1901 - Epiphany Church, 2524 S. Keeler

1903 - Ŝt. Benedict's 2215 W. Irving Park

Road. For many years now on the first Sunday in October, it hosts the Annual German-American Commemoration.

1905 - St. Henry, 6360 N. Ridge

1905 - St. Kilian, 8725 S. May

1908 - Immaculate Conception, 3101 S. Aberdeen

1909 - Queen of Angels, Western & Sunnyside

1911 - St. Gertrude, 1420 W. Granville

1915 - St. Raphael, 6001 S. Justine 1922 - St. Philomena, 4130 W. Cortland

1924 - St. Gregory the Great, 5533 N. Paulina

1925 - Sacred Heart, 7003 S. May

1927 - St. Cajetan, 112th & Artesian

1927 - St. Francis Xavier, 3035 N. Francisco

Choirs, Organizations and Newspaper: Currently, there are 5 Men's Choruses, 2 Women's Choruses, 6 Mixed Choruses and one Children's Choir in existence. These choruses belong to the United German-American Choruses of Greater Chicago. Once a month, all choirs and organizations are listed on the back page of the Eurracht Weekly Newspaper, 9456 N. Lawler, Skokie, IL 60077-1290; telephone 847-677-9456. Names, addresses, and telephone numbers of contact persons are included in the listing.

Music: German immigrants have made significant contributions to Chicago's and the world's great musical traditions both in the liturgical and secular arenas. They brought with them their love for classical music by the masters such as Bach, Beethoven, Brahms, Mozart, Handel, just to name a few. In 1860, Hans Balaka, a well know, Austrian director, came to Chicago and organized the Philharmonic Society. The Schiller Theater was built by the German Opera House Company and opened in 1892. It was renamed the Garrick, and continued to operate until 1980. The Orchestra Association was founded in 1891. The 90 member, largely German, symphony orchestra opened its first season with Theodor Thomas Conducting. Thomas was born in Hanover. He became the musical director of the 1893 World's Columbian Exposition. Orchestra Hall was built in 1905 to house his orchestra. Upon Thomas' death in 1905, Frederick Stork, who had played first violin, became the new Music Director. He held the position over 50 years, until 1942. Stork was born near Aachen and graduated from the Cologie Music Conservatory before coming to Chicago. To this day, the CSO is known as the "most German of American orchestras.'

The Above Submitted Courtesy of Maria Bappert and Taken From Information Provided By The American Aid Society of German Descendants, The Catholic Kolping Society of America, The German Choir of St. Alphonsus Church and The Society of Danube Swabians.

Inducted 2007

Village Cooking Corner

BANANA ORANGE NUT CAKE

Recipe is for one 8-1/2" x 4-1/2" loaf pan; 3X the recipe makes 4 small 6-1/2" x 3" loaves

Ingredients:

2 cups flour

½ tsp. baking powder, ½ tsp. baking soda

¼ tsp. salt, ¾ cup sugar

1/4 cup butter or margarine, softened

1 large egg, 1 tbsp. grated orange rind 34 cup mashed ripe banana

3 tbsp. orange juice

½ cup chopped walnuts or pecans

Instructions: Sift flour, baking powder, salt & baking soda together. Beat butter and sugar until well blended; beat in egg; stir in mashed banana, orange rind & juice. Add dry ingredients, including nuts. With cooking spoon stir only enough to dampen flour. Turn into greased pan and bake in a preheated 350 to 375 degree oven for 50 minutes to one hour. (Test in center should come out clean.) Bread will crack on top. Remove from pan and cool on wire rack.

Recipe is also suitable for baking mini cup cakes which can be frosted with your favorite Submitted by Trudy Nika, Secretary of the Austrian Mixed Chorus of Chicago

GERMAN-AMERICAN HALL OF FAME

Inducted 2007





Inducted 2007



Inducted 2007



Schurz, Carl



Steinbrenner.

George Michael





Dwight D.

Strauss, Levi Trump, Donald J.



Established in 2004 as a 501 (c) 3 nonprofit organization registered in the State of New York, the GERMAN-AMERICAN HALL of FAME (GAMHOF) will pay ongoing tribute to outstanding Americans of German heritage as they are inducted by the Board of Trustees, in consultation with the Advisory Board and other opinion leaders. Inductees will be selected from five major categories: Arts & Humanities; Business and Industry; Government & Military; the Sciences; and Athletics. Those honored are all great Americans with remarkable stories who have truly enriched our history

Siegfried & Roy

The distinguished inductees pictured above have all received many awards, decorations and accolades. Yet the select few who are inducted into the German-American Hall of Fame will have achieved one of the highest honors a German-American can receive in the United States

The German-American Hall of Fame is already the ultimate destination for the celebration and recognition of the most noteworthy German-Americans. It serves as an inspiration to supporters and visitors around the world. Visit www.gamhof.org.

O Tannenbaum! Nominate Your **Christmas Tree Today**

The City of Chicago is now taking submissions for the 103rd Christmas Tree to grace Daley Plaza this holiday season. If you or someone you know has a very large spruce or fir tree that is more than 55-feet tall and you would like to donate it to be the city's official tree, submit three photos and why you think it should shine on Daley Plaza to DCASE@cityofchicago.org. If your tree is chosen, you and your family will be invited to light the tree at the 103rd Annual Christmas Tree Lighting Ceremony in late November with Mayor Emanuel.





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Friday, Sep 8th 4pm-10:30pm

Saturday, Sep 9th 11am-10:30pm

Sunday, Sep 10th 11am-10pm

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Guarding Against Mental Incapacity



Mental incapacity is something that concerns all of us as we age. Like physical decline, the loss of mental alertness may not be entirely within our control. This only increases the need for proper planning. If you have not planned, and are no longer able to handle you financial affairs, a competency hearing may be necessary. This article discusses certain estate planning tools that are available to help avoid this hearing and take care of you and your family in the event of your incapacity.

As we age, one of our most deeply held concerns is that we may begin to lose our mental alertness. We can try to stave off mental decline by doing crossword puzzles and other brain building games that help maintain alertness. But, like physical decline, the loss of mental acuity may not be entirely within our control. However, we can lessen the consequences of that decline through preparation.

If and when you are no longer able to handle your financial

affairs, someone must step in to make decisions for you. If you have not planned, your family would have to go to court and have a judge decide on your capacity to make your own decisions. The judge would then appoint someone to make those decisions for you, someone you may not even like or trust. The competency hearing, sometimes called a living probate or guardianship proceeding, is a public process where your friends and neighbors can learn why your family thinks you should not be making decisions for yourself.

There is a better way. You can use a Revocable Living Trust, Powers of Attorney for Property and Advance Health Care Directives. The assets placed in the Trust are managed by you while you are able to do so. When you are no longer able, the person whom you chose and trust will manage the assets of the Trust for your benefit. You can name the same person or someone different for health decisions. You can even set the standard as to when you will be considered to lack capacity. Typically, it is when two physicians make the determination that you are no longer able to manage your own affairs or a panel of trusted persons you select in advance makes the determination of your competency.

Having a trusted friend or family member as your eventual decision-maker reduces the chance that others will go to court to seek an incapacity determination. After all, they will know that they will not get control of your assets even if they prevail in the embarrassing hearing.

Estate planning is planning for your life, as well as your death. An experienced estateplanning attorney can help you structure a plan that cares for you and your family in the event of your mental incapacity.

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.

Calling All Seniors

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



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

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Roadside History of Illinois

This is the eighth in a series of monthly short articles about places in Chicago, nearby suburbs and elsewhere in the state that can be visited by those who seek to learn more about local history. The articles are partial excerpts from the book, Roadside History of Illinois (Mountain Press, 2013), by Chicago author and Illinois native Stan Banash



Lincoln Park (The Park)

Chicago's largest public park lies all along the lakeshore from Ohio Street Beach in Streeterville to Ardmore Avenue in Edgewater. Created in 1860 as Lake Park, it was renamed for President Abraham Lincoln after his assassination.

The oldest part of the 1,028-acre park was once Chicago Ĉity Cemetery, which dates back to 1843. Around 1870 local residents, believing the proximity of the graves to Lake Michigan risked contaminating the water supply, persuaded the city to close the cemetery and exhume the remains. Most of the interred were reburied at cemeteries outside the city limits. The body of former mayor James Curtiss, however, was lost during the removal, and his remains along with others that were inadvertently left behind still lie beneath the parkland.

One grave left in the park was that of David Kennison, who moved to Chicago in the late 1840s and claimed, among other things, to have been born in 1736 and that he was a participant in the Boston Tea Party. At the time of his death in 1852, he was supposedly 115 years old and was a Chicago legend. The city paid for his funeral, an elaborate military pageant attended by thousands. Most of the stories he told about his life--including his age-- were later debunked. His supposed grave, near Wisconsin Avenue and Clark Street, is marked with a plaque on a large boulder, placed there in 1903.

There are at least 15 statues disbursed throughout Lincoln Park, including several by world renowned sculptors Augustus Saint-Gaudens (Abraham Lincoln: the Man) and Gutzon Borglum (John Peter Altgeld). The (Indian) Alarm is the oldest in the park, and another sculpture related to Native Americans reflects A Signal of Peace. Other sculptural pieces include: Danish storyteller Hans Christian Andersen; Chicago Daily News columnist and poet Eugene Field; Dr. Greene Vardiman Black, the "Father of Modern Dentistry;" Founding Fathers Benjamin Franklin and Alexander Hamilton; Illinois governors Richard J. Oglesby and John Peter Altgeld; German poets Johann Wolfgang von Goethe and Frederich Schiller; French explorer Rene-Robert Cavalier Sieur de LaSalle: President Abraham Lincoln; English playwright William Shakespeare; and Filipino nationalist Jose Rizal. Overlooking Cannon Drive is a memorial to General Ulysses S. Grant. Each is

Over time, Lincoln Park was chosen as the site of many prominent institutions, including the Peggy Notebaert Nature Museum and Museum of the Chicago Academy of Sciences, the Chicago History Museum, the Lincoln Park Conservatory, and the world-renowned Lincoln Park Zoo. The latter, founded in 1868, is one of the country's oldest zoos. The history museum, formerly known as the Chicago Historical Society, opened in Lincoln Park in 1932. Among the thousands of manuscripts and artifacts obtained in 1920 from the estate of Charles F. Gunther, was the bed on which Abraham Lincoln died. Other exhibits include treasures of fine, decorative and industrial arts.

Lincoln Park also comprises seven miles of public beaches, including those at Ohio Street, Oak Street, North Avenue, Foster Avenue, and Montrose Avenue (the largest). Amenities vary, but all of these beaches are developed and maintained for public swimming and recreation. Chicago's first public beach opened in Lincoln Park in 1885. Daniel Burnham and Edward H. Bennett's 1909 Plan of Chicago, which encouraged lakefront development, led to the creation of additional public beaches, which were further expanded through the second half of the twentieth century.

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

Norwood Park Fall Fest 2017 ~ Sept. 15th & 16th



Drinks - Food - Bands — September 15th 5pm-10pm Drinks - Food - Bands - Vendors - Kids entertainment — September 16th 12pm-10pm • Be a Sponsor • Be a Vendor

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Call the Norwood Chamber for information and details at 773/763-3606 or email atriptow@norwoodpark.org.





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The Drowsy Chaperone -Non-stop Musical Theatre Fun

By Wayne Mell, Artistic Director A musical theatre addict known simply as 'Man in Chair' sits alone in his apartment, where he drops the needle on his favorite LP — the fictitious 1928 musical comedy The Drowsy Chaperone, and suddenly, from the crackle of his hi-fi, the uproariously funny musical magically bursts to life on stage, telling the tale of Janet Van de Graaf, a pampered Broadway starlet who wants to give up show busi-



ness to get married to millionaire Robert Martin. Other characters who join the fun include her producer who sets out to sabotage the nuptials, her drowsy (aka intoxicated) chaperone, the debonair groom, the dizzy chorus girl, the Latin lover and a pair of gangsters who double as pastry chefs. Hailed by New York Magazine as "The Perfect Broadway Musical," The Drowsy Chaperone is a delightful parody of jazz-age musicals, lovingly poking fun at all the familiar devices including mistaken identities, spit takes, and lavish dance numbers. It will delight anyone who is a fan of musical theatre.

The play was originally developed in 1998 as a wedding present for the real life Janet Van de Graaf (a Winnetka native) and her fiancée Bob Martin. It was created by Toronto theatre mainstays Don McKellar, Lisa Lambert and Greg Morrison, who presented it for the first time at Martin's stag party in a notorious bar called The Rivoli. Martin enjoyed it so much that he signed on as a writer and continued to develop it for the Toronto Fringe Festival the next year.

The show was the hit of Broadway in 2006, where it starred people like Sutton Foster, Georgia Engel and Bob Sagat. It was nominated for 13 Tony awards and won 5 of them including best score, best book, and best features actress. It also won 7 Drama Desk awards after being nominated in all major categories.

The Skokie production stars Rachel Whyte as Janet Van de Graaf and Christopher Johnson as Robert Martin. With Mark Anderson, Nick Arceo, Sean Barrett, Abby Boegh, Zeke Dolezalek, Sabrina Edwards, Edward Fraim, Connor Hernandez, Megan Leigh, Joe Lewis, Bob Sanders, Debby Shellard, James Spangler as the Man in the Chair, and Mandy Corrao as the Drowsy Chaperone.

It is directed by the team responsible for last year's production of Funny Girl, Steven M. Genovese directs, with musical direction by Aaron Kaplan and choreography by Julie Salk. The set is designed by Emmy Weldon, with costume design by Patty Halajian, And lighting design by Andrew

Performances are from September 8 through October 7, Friday and Saturday nights at 7:30 pm and Sunday afternoons at 2:00 pm. There is a special matinee on Wednesday, September 13 at 1:30 pm, and one Thursday night performance at 7:30 pm on October 5. There are no performances Friday Sept 22, Friday Sept 29 or Sat Sept 30.

Tickets can be purchased by calling our box office at 847-677-7761, or online at SkokieTheatre. org. Tickets are \$39 general admission, \$34 for seniors, and \$29 for students. You can save \$5 per ticket by using code VILLAGE at checkout.

The Drowsy Chaperone is part of a three-show subscription package. For only \$66, you can see The Drowsy Chaperone plus two other shows. Rocket City, Alabam' (Nov 3 – Nov 19) is based on a true story about Werner Von Braun and the Nazi rocket scientists who were moved to Huntsville, Alabama by the US Military to develop nuclear missiles before the Russians could, and how this affected the Jewish population of that small southern town. Crossing Delancey (Feb 2 - Feb 18) a romantic comedy a young Jewish girl who must choose between being a modern woman, or following tradition and marrying the man her Grandmother picked for her.

Statement From Mayor Emanuel On Chicago's Selection As Top Restaurant City Of The Year By **Bon Appetit Magazine**

"From the James Beard Awards to today's recognition, people throughout the world are finding out what Chicago's residents have always known – the Second City's restaurants are second to none.

This recognition from a globally-renowned publication also recognizes Chicago's thriving culinary scene is not only the nation's best, but it reaches neighborhoods throughout the city - from Logan Square to Little Village to Hyde Park and far beyond.

The author put it best when she said, "Chicago is clearly America's most exciting city to eat in right

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



Twilight Canoe Fundraiser for Clark Park



Come out for an evening of paddling in the quiet twilight; enjoy the finest natural scenery and wildlife of the North Branch of the Chicago River. A riverine tour will be conducted by experienced River paddlers, followed by a delicious catered dinner. (Rain or Shine - If weather is unsafe for kayaking and canoeing, dinner will be held in the scenic WMS Clark Park Boathouse.)

What: "Twilight Canoe or Kayak" on the North Branch, includes all canoe/kayak equipment and ca-

Also, there will be raffles! Prizes! A silent auction. Entertainment provided by the HORNER PARK JAZZ BAND! DINNER CATERED BY NOON O KABAB! All to benefit improvements to the park.

When: Sunday September 10th, 5:30pm – 9:00 pm

Where: Richard Clark Park- Rockwell and Roscoe (2600 W/3400 N)

Cost: \$60 per person, \$25 for child with an adult family member **Please make your reservation by September 4th, online or by mail. Either mail check made payable to: Clark Park Advisory Council/Friends of the Parks, Attn: William Donahue, 2334 W Melrose, Chicago, IL 60618

OR RSVP and pay online at: http://clarkparkadvisorycouncil.blogspot.com/ Any questions email: ClarkParkAdvisoryCouncil@gmail.com

Sponsored by: Clark Park Advisory Council,, Chicago River Canoe and Kayak, Chicago Park District, Friends of the Parks, Alderman Ameya Pawar (47th), KIDS WORK, Chicago Rowing Foundation, Illinois Senate President John J. Cullerton(6th District).

YOUR LIFE....YOUR HEALTH

We live in a time of conflicting advice. In the 70's, we were told that butter was very bad for us. So, the advice was "switch to margarine".

Not so in the 21st century we live in now. Butter is good and margarine is bad.

Vitamins and minerals are pushed at us constantly and "studies" tell us that we should be using them in various amounts. But they are no substitute for healthy foods.

Simple rules for healthy living.

- * Eat well less fat, less sugar and less salt.
- * Exercise every day.
- * Drink alcohol in moderation no more than one drink a day.
 - * Sleep well Seven to eight hours a night.

Taking responsibility for your own health has not changed. It takes effort and if you feel that it is time to reverse the changes in your health that have occurred over the last few years, you can

Don't try to make the changes all at once. Take little steps that will lead to great strides in improving your life. No one can do it for you.

The summer and fall are great times to begin, especially for that walk around the block after a

So, start out by giving up dessert after dinner and watch the impact that it will have on your

And as always, live long and prosper.

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Village Cooking Corner

Tandoori Chicken

From the Kitchen of Prashant Shukla Indian BBQ chicken recipe which is typically cooked in Tandoora clay oven but can also be cooked on a BBQ grill or oven

2 skinned chicken leg pcs with thigh Cup of plain whipped yogurt Salt and crushed black pepper to taste 1tbs red pepper powder

1tbs each of cumin and coriander powder 2 cloves of freshly chopped garlic 2tbs of freshly squeezed lemon juice



Pinch of turmeric powder 2tbs of green chili and ginger paste 1tsp of mustard or veg. oil Pinch of red color powder or saffron (optional)

Method:

Place chicken leg pcs in a mixing bowl and make 3 cuts each, making sure it's not cut all the way Add rest of the ingredients to the bowl, mix well

Cover the bowl with plastic wrap and marinate the chicken from 4 hours to overnight Remove from fridge and layer the chicken pcs on a backing sheet with rack, lined with aluminum foil Save residual marinade for basting

Preheat oven to 400*, place chicken for 20 minutes, turn the chicken cook for 10 minutes

Next baste the chicken with the remaining marinade and cook it for another 15 minutes or until done The tandoori chicken should be cooked until it has nice grill marks and is completely tender Remove chicken from the oven & brush it with melted butter on both sides

Cover chicken with aluminum foil for 10 minutes before plating/serving

Serve Tandoori Chicken with lemon wedges and raw or grilled onion slices Bon Appetit!

(To see recipe videos showcasing recipes from around the world from Prashant Shukla, visit www.YouTube.com and search for Gastro Guru)

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