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P.O. Box 31391, Chicago, IL 60631

Issue 15 July 27, 2016



(See Pages 6 & 7 For Local Happenings)

Congratulations to the Boy Scouts of America on 116 Years

of service, dedication and excellence. The American people stand proud of the exemplary values and traditions you have brought to our Country.



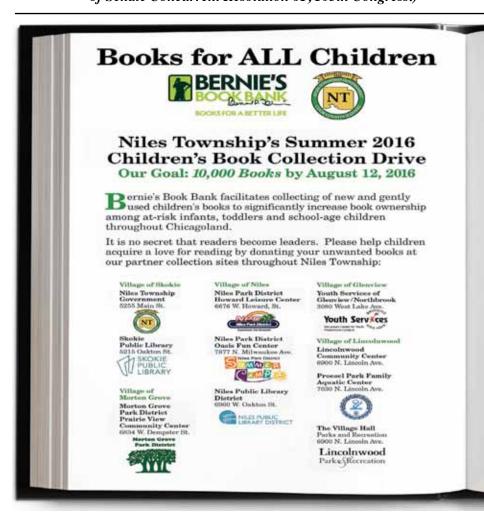
The American's Creed

I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed, a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.

I therefore believe it is my duty to my country to love it, to support its constitution, to obey its laws, to respect its flag, and to defend it against all enemies. (Authorized Version)

The Creed was written in 1918 by William Tyler Page of Friendship Heights, Maryland in the course of a nation wide contest on the subject. Page was a descendent of President Tyler, and Representative John Page, who served in the Congress from 1789-97. William Tyler Page began his government career as a Congressional page in December of 1881. In 1919 he was elected Clerk of the House of Representatives, and held that position until December of 1931. A new post, Emeritus Minority Clerk, was then created for him which he occupied until his death on October 20, 1942.

(The above information has been Taken from "Our Flag", printed by authority of Senate Concurrent Resolution 61, 105th Congress.)





Scholarship Program allows Republic of Georgia Greek Orthodox Youth to Enjoy Southern Wisconsin Facility.

> (Turn to Page 9 for Details)



Norwood Park 142nd Birthday!

August 19,20,21 St. Demetrios **67th Annual Festival**

GREEKFES

Featuring Great Food:

- Chicken
- Lamb
- Souvlakia
- Pastichio
- Loukoumades

BIG CASH RAFFLE AND DOOR PRIZE GIVEAWAYS

- Kafenio and Taverna
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\$10,000 **CASH RAFFLE**

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Third Prize: \$1,500 Fourth Prize: \$1,000

Come Join Us for a Weekend of FUN!

- Kiddie Rides
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- Beverages

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- Greek Imports/ Souvenirs
- Church Tours
- Gyros, Saganaki And Much More!

Friday 5:00 p.m. - 11:00 p.m. Saturday 3:00 p.m. - 11:00 p.m. Sunday 12:00 noon - 11:00 p.m.

Celebrate at St. Demetrios Greek Orthodox Church 2727 W. Winona, Chicago, Illinois 60625 (1 block south of Foster and California)

For More Information Call (773) 561-5992

Present This Coupon At The Gate To Receive ANY DAY OF THE FESTIVAL **FREE ADMISSION** FOR TWO ADULTS

Village 16

Community First Medical Center July & August Health Events

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

Thursday, July 28 Thinking about Joint Replacement – 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, lean what to expect from surgery and meet some professional staff. Registration is not required.

Thursday, July 28: Arthritis Support Group – 1:00 – 2:00 p.m., Community First Medical Center, Conference Room C, 7th Floor.

This free support group aims to provide ways to manage your arthritis. Registration is not required.

Monday, August 1: Amplify Hearing, Experience Your Life – Mather's Café on Central, 3235 N. Central Avenue, Chicago – 1:00 p.m.

Dr. Maria R. Vetter, Audiologist, Chicago Hearing Services. Find out the signs, causes, and treatment of hearing. To register, please call 773-205-3300.

Tuesday, August 9, and August 23: Toastmaster International – 7:00 – 8:30 p.m. Community First Medical Center, Sr. Jerome Conference Room, 7th Floor.

Toastmasters International is a world leader in communication and leadership development. Toastmasters International empowers individuals become more effective communicators and leaders. Registration not required, guests are welcome anytime. www.toastmasters.org/about/who-we-are.

Tuesday, August 2, August 9, August 16, August 23 and August 30 - Community First Medical Center Walking Club - 9:00 a.m.

Portage Park (Meet at the Senior Center). This is a supervised program for independent seniors looking to improve their overall fitness, which includes educational and walking sessions. **Tuesday, August 2: Diabetes Support Group** - 5:30 – 7:00 p.m. Community First Medical

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

Center, Community Education Room, 2nd Floor.

Tuesday, August 2, August 9, August 16, August 23 and August 30: Learning Interventions Family Education (LIFE) – 7:00 – 8:30 p.m., Community First Medical Center, Café Conference Room, Ground Floor.

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

Thursday, August 4: Courage to Quit Smoking - 1:30 – 2:30pm. Community First Medical Center, Community Education Room, 2nd Floor.

Pablo Castillo, RRT, Director, Respiratory will provide sessions on how to have enough courage to quit smoking.

Friday, August 5: How Posture Impacts Health. Mather's Café on Central, 3235 N. Central Avenue, Chicago – 1:00 p.m.

Virginia Chung, PT, Community First Medical Center. Lear the components of good posture and how it affects different aspects of health such as breathing balance and strength. To register, please call 773-205-3300.

Thursday, August 11: Family Wellness & Back to School Fair, Avondale / Logandale School, 3212 W. George – 10:00 a.m. – 1:00 p.m. Hosted by Senator Iris Y. Martinez.

Community First Medical Center will be providing free blood pressure screening. The Community First Medical Center Volunteer Steering Committee with be donating school bags/supplies.

August 11 and August 25: Thinking about Joint Replacement – 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, lean what to expect from surgery and meet some professional staff. To register, please call 773-794-4640.

Friday, August 12: Free Healthy Aging Program - 1:00 -2:00 p.m., Community First Medical Center, Conference Room A, 7th Floor.

This program is for individuals aged 55 and older and consists of social time, health topics and guests lectures. Mary Schlitter, RN, Community First Medical Center will discuss low key exercises. Registration not required.

Friday, August 12: Health Bones: Osteoporosis – The Facts on Prevention & Treatment – Mather's More than a Café on Higgins, 7134 W. Higgins, Chicago - 1:00 p.m.

Presented by Carrie Stale, PT, DPT, physical therapist from Community First Medical Center. This program will focus on prevention and treatment for people living with or at risk for osteoporosis. Please wear loose fitting closing as exercise will be spotlighted during this lecture. To register, please call 773-774-4804.

Saturday, August 13: Alderman Milly Santiago, Country Commissioner Luis Arroyo, Jr. State Representative Will Guzzardi present their 2nd Annual

Back-to-School Fair – Kelvyn Park High School, 4343 W. Wrightwood Ave, Chicago, 10:00 a m – 2:00 p m

Community First Medical Center will be providing free blood pressure screenings.

Thursday, August 25: Arthritis Support Group – 1:00 – 2:00 p.m., Community First Medical Center, Conference Room C, 7th Floor.

This free support group aims to provide ways to manage your arthritis. Registration is not required.

Thursday, August 25: Heartland Blood Drive – 8:30 a.m. - 12:30 p.m., Community First Medical Center, Conference Room A, 7th Floor.

Community First Medical Center will be holding a blood drive; every donor will receive a Heartland Blood Center t-shirt. Appointment preferred; walk-in welcome. To register visit www.heartlandbc.org or call 1-800-786-4483 to schedule your appointment. Please remember to eat a good meal and drink plenty of water before donating

New Fitness Class At The Norwood Park Senior Center!

Exercise designed for you!

We want you to know about a continuing health and fitness program offered at the Norwood Park Senior Center. If you or a family member are 66 or older, has stiffness or pain in the lower back, hips, knees, ankles or feet, has arthritis and are someone who has not been exercising but wants to - the "Fit and Strong" program is just the ticket to feeling stronger and mo re agile.



"Fit and Strong," is an 8-week, 3 times per week, fitness and lifestyle program where you will learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop and maintain a more active lifestyle. "Fit and Strong" starts on March 9th.

Norwood Park Senior Center, 5801 N. Natoma, Chicago, IL 60631 Phone:773-775-6071, info@npseniorcenter.org Join Today!







Caring For Our Community



Community First Medical Center

5645 W. Addison Street | Chicago IL 60634 1-773-282-7000 | www.cfmedicalcenter.com

All Your Healthcare Needs In The Comfort Of Your Own Community.

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1-844-236-CFMC

(1-844-236-2362) toll free









Governor Rauner Signs Legislation to Expand Driver's License Designation for Veterans

At the 98th Annual American Legion Department of Illinois Convention in Spring-field today, Governor Bruce Rauner signed Senate Bill 2173 to allow National Guard members and reservists to obtain the veteran identifier on their Illinois driver's license.

"Some National Guard members and reservists were concerned when they learned that they did not meet the requirements to receive the veteran identifier on their driver's license," said Governor Rauner. "This bill rights that wrong and ensures that they receive the same benefit as active duty veterans, as they, too, have served and worked to protect our freedoms."

In 2015, the Secretary of State implemented a new law that allowed individuals to have a veteran identifier added to their driver's license to offer a form of tangible recognition for their service to this country.

In order to receive that designation, veterans were required to present a copy of their certificate of release or discharge from active duty, certified and stamped by the Illinois Department of Veterans Affairs (IDVA), to the Secretary of State. This left some National Guard members and Reservists unable to have their status verified.

"This bill ensures that every man and woman who has served this state and nation is recognized," said Illinois Department of Veterans' Affairs Director Erica Jeffries. "Our veterans have given so much for us, and I am glad Illinois is taking this step to expand designations."

Senate Bill 2173 allows the IDVA to approve additional forms of proof of a veteran's status so that a member of any reserve component or National Guard unit can receive the veteran identifier.

"This legislation is a common-sense way we can connect both active and non-active veterans with the resources they've earned because of their service," said Sen. Pam Althoff (R-McHenry). "Whether they served in active duty or not, their service to our country is beyond what we can ever repay. This is just a small way we can help support them for their sacrifice."

The veteran designation is no additional cost for first-time driver's license applicants and driver's license renewals. If veterans choose to add the designation before their renewal date, they may obtain an updated driver's license for \$5 and an updated ID card for \$10. Veterans over the age of 65 can obtain an updated state ID card at no cost.

SB 2173 is effective immediately.

Cell Phones for Soldiers

Representative D'Amico has partnered with Cell Phones For Soldiers, a nonprofit serving troops and veterans, to collect gently used cell phones for members of our military. Donated phones will be used to provide free communication services to military members so they can connect with their loved ones. Donations will be accepted starting today, May 1, 2015 to May 29, 2015 in Representative D'Amico's public service office located at 4404 W. Lawrence Ave., Chicago, IL 60630. Office hours are 9 AM to 4:30 PM.

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.

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

Remember Pet Safety During Late Summer Heat Wave

As people endure the heat wave blanketing the Midwest this week, doctors from BluePearl Veterinary Partners are urging pet owners to take precautions for their pets during the sweltering days ahead.

BluePearl doctors recommend these simple steps to help prevent your pet from taking a trip to the emergency room:

- Avoid physical activity during the heat of the day; keep exercise to the cooler mornings and evenings.
- Ensure your pet has access to plenty of water throughout the day and during times of exercise.
- Spray your pet down with room temperature or cool water, but never ice water. Ice cold water causes a decrease in blood flow to the skin and heat can't escape the body properly, which actually makes heat exhaustion symptoms worse.
- Make sure pets are kept inside of air-conditioned spaces to avoid excess exposure to heat.
 When walking or jogging with your pet, try to avoid asphalt as your pet's paw pads
- can burn. Instead, stick to concrete, dirt or grass, as those surfaces are less hot.

 Never leave your pet in a car unattended, even with the air conditioning running.
- If the air conditioning fails, your pet could easily over-heat in as little as a few minutes.

 Don't give sports drinks or electrolyte supplements to pets. Dogs cool off by pant-
- Don't give sports drinks or electrolyte supplements to pets. Dogs cool off by panting and they do not sweat like people. Supplements like sports drinks can actually harm animals and make pets sick.

Most importantly, be familiar with your pet and know when they aren't acting right. Lethargy, vomiting, diarrhea and dark red gums are all signs of heat related distress. If your pet is panting uncontrollably or collapses, take the animal to your veterinarian or nearest emergency veterinary hospital immediately.

About BluePearl Veterinary Partners

Formed in 2008, BluePearl Veterinary Partners employs more than 1,350 people including more than 350 veterinarians. BluePearl hospitals offer referral-only, specialty care services and most offer 24-hour emergency care. BluePearl does not provide primary care. The company is one of the world's principal providers of approved veterinary residency and internship programs. BluePearl also participates in clinical trials that investigate the effectiveness of new veterinary drugs and treatments, providing pet families access to cutting-edge medicine that is not yet commercially available. BluePearl is headquartered in Tampa, Fla.

Statement From Mayor Emanuel On Bob Mariano

On behalf of the City of Chicago, I want to congratulate Bob Mariano on his retirement. As someone who has worked closely with Bob, I know firsthand just how strongly he believes in the economic potential of every community and just how hard he has worked to bring great service and great opportunities to residents throughout Chicago. Bob may be retiring, but with more than 30 grocery stores in just as many neighborhoods, his impact will continue to be felt throughout Chicago. Bob is a dedicated Chicagoan, and I'm proud to say he's a true friend. I wish him and his family nothing but the best as they start this new chapter.

Ezra-Habonim, The Niles Township Jewish Cong. To Offer Free Tuition To Children In Grades K-2

Children in Grades Kindergarten through Two will receive free tuition for the 2016-2017 school year at Ezra-Habonim, the Niles Township Jewish Congregation's Religious School, 4500 W. Dempster, Skokie.

"We are making a commitment to families who realize the importance of a Jewish education for their children," says Shimrah Bullock-Adkins, Chair of the EHNTJC Religious School.

"We are a vibrant and active Conservative synagogue," she continues. "We strive to give each student the tools and opportunities to develop a strong connection to the Jewish community, while embracing Jewish traditions."

The youngsters learn to recite and lead prayers, learn the weekly Torah portion in ageappropriate readings, games and activities, all under the guidance of enthusiastic teachers.

As an added benefit, all of the Religious School students participate actively in the main Shabbat service and join their parents and the congregation for Kiddush, another way to strengthen their sense of Jewish community.

"We are proud to provide a concerned, caring, compassionate community that infuses our children with spirituality and a positive Jewish identity," Bullock-Adkins adds.

While tuition is waived, parents are required to pay a book and supply fee upon registration.

The EHNTJC Religious School serves children from Kindergarten through grade Ten. K-2 students attend one day a week, Saturday, from 9:00am to 12:00pm. Grades 3-7 attend two days a week, Tuesdays from 4:15-6:15pm, and Saturdays from 9:00am. to 12:00pm.

Lehrhaus Confirmation Class - Grades 8-10 meet one evening a week on Tuesdays, from 7:00 pm- 8:30pm.

For further information, please call the synagogue office at 847-675-4141 or go to EHNT.org

Excessive Heat Warning - Be Careful During Summer Heat and Be Safe

The National Weather Service has issued an "Excessive Heat Watch" is expected to continue through July 22. Heat Advisories, at a minimum, are likely for the remainder of the week. During high heat conditions, the Skokie Health Department recommends the following:

- \bullet Use a buddy system to check in on family, neighbors, and friends;
- If possible, plan activities for the coolest times of the day (early morning and late afternoon);
 - Drink plenty of fluids;
 - Wear light colored, loose fitting clothing outdoors;
 - NEVER leave children or pets in a parked car; and
- Protect your pets. Make sure your pet always has cool, clean water and a shaded area to rest if left outside

The following public locations are typically available for cooling in Skokie. If closed, cooling should be sought in available locations with air conditioning:

Illinois Department of Human Services at 8020 St. Louis, Skokie, Monday to Friday, 8:30 a.m. to 5 p.m.

Skokie Public Library at 5215 Oakton St. Skokie, 847/673-7774. Monday to Friday, 9 a.m. to 9 p.m. Saturday, 9 a.m. to 6 p.m. and Sunday, 12 to 6 p.m.

Skokie Park District:

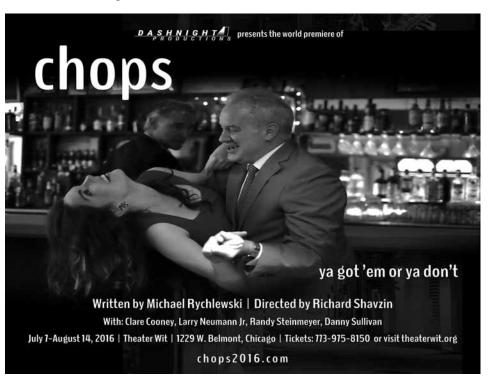
The Skatium at 9300 Weber Park Place (at the rear of the building), Skokie,

847/674-1500 ext. 2900. Sunday through Thursday, 6:30 a.m. to 10 p.m.,

Friday, 6:30 a.m. to 8:30 p.m. and Saturday, 6:30 a.m. to 5:30 p.m.

Oakton Park Community Center at 4701 Oakton Street Monday through Friday 8:30 a.m. – 8 p.m., Saturday 8:30 a.m. – 6 p.m., and Sunday 9 a.m. - 5 p.m.

For more information contact the Skokie Health Department at 847/933-8252, or visit www.skokie.org.



Governor Rauner Signs Molly's Law

Governor Bruce Rauner today signed House Bill 6083 and House Bill 4715, the bills known as Molly's Law. These bills strengthen Illinois' Freedom of Information Act and extend the period of time in which a victim's family can file a wrongful death lawsuit where the act is intentional and violent in nature.

"Today is an important day for Illinois families seeking justice," Gov. Rauner said. "This bill provides families a longer timeframe to bring wrongful death actions against perpetrators of intentional violent crimes and gives families access to the necessary public information to find closure in a loved one's death."

Molly's Law is comprised of two pieces of legislation, HB 6083 and HB 4715. HB 6083 extends the statute of limitations for wrongful death cases and allows a lawsuit to be brought within 5 years after the date of the death or within one year after the criminal case against the perpetrator concludes.

In addition, House Bill 4715 provides for additional fines – up to \$1,000 per day -- in cases where a public body fails to comply with a court order resulting from a FOIA action. It also incentivizes public bodies to act in a timely manner in response to binding opinions from the Attorney General in FOIA cases.

Today's signing of Molly's Law by the Governor is a victory for Molly Young's family," said Rep. Terri Bryant (R-Murphysboro), chief sponsor of both bills. "I want to thank the Governor for his attention to this very important issue and for traveling to southern Illinois to sign Molly's Law today. I also want to thank Molly Young's father, Mr. Larry Young, who traveled to Springfield to testify on behalf of Molly's law to help ensure its passage."

Senator Christine Radogno, the legislation's sponsor in the Senate, echoed Rep. Bryant. "The Young family was tenacious in their pursuit of this legislation. They worked with Rep. Bryant to help other families avoid a battle with bureaucracy in the pursuit of justice for their loved ones and closure in these circumstances," Radogno (R-Lemont) said.

In May 2015, a judge dismissed a wrongful death lawsuit filed by Larry Young ruling he failed to file the lawsuit within two years of Molly's death.

HB 6083 and HB 4715 go into effect on January 1, 2017.

Paper Shredding **Electronics and Textile Recycling**

Republic Bank Parking Lot, 2720 W. Devon Ave.



Sunday, August 7, 2016 9 am to Noon

PAPER SHREDDING

Personal and business documents. Remove large binder clips. Paper clips are OK.

TEXTILE RECYCLING

Clothing, towels, linens, drapes, blankets, socks, shoes, purses, belts, etc. (No rugs or carpet)

Questions?

WestRidge[>] chamber of commerce

info@westridgechamber.org 773-743-6022

ELECTRONICS RECYCLING

We will gladly accept:

- Computers, laptops, servers Telephones and telephone stations
- Audio/video devices
- Printers and fax machines
- Wires, cables, etc.
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We <u>CANNOT</u> accept:

- TVs or CRT monitors
- Fluorescent bulbs
- Any devices containing Freon such as de-humidifiers, AC units, refrigerators, etc.

New

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- Any hazardous items or cans under pressure. Including devices containing mercury, such as old thermostats, etc.
- Batteries

Cook County Releases Long Range Transportation Plan

Cook County has produced a Long Range Transportation Plan to guide the County's transportation decisions and their impact on economic growth and quality of life over the next 25 years.

The Long Range Transportation Plan, Conecting Cook County, which will be introduced at today's County Board meeting, lays the groundwork for how the County invests in transportation to attract and retain businesses, people, capital and talent. The report will next be presented to the Board's Roads and Bridges Committee.

"Cook County is the second most populous county in the United States and sits at the center of our nation's transportation infrastructure, including its largest freight hub," Cook County Board President Toni Preckwinkle said. "Our transportation system is one of our region's most important assets - key not only to our economic prosperity but to the well-being of our residents."

"It's clear that Cook County must be a leader in this arena. Connecting Cook County is our guidebook to promote strategic partnerships and investments that strengthen our economy and lead to more livable communities," Preckwinkle said.

The County has developed five policy priorities to shape its transportation agenda. They are:

• Prioritize transit and other transportation alternatives

- Support the region's role as North America's freight capital
 - Promote equal access to opportunities Maintain and modernize what already exists
 - Increase investments in transportation Connecting Cook County calls on Cook

and implementing regional transportation policies. The plan details the commitment of its Department of Transportation and Highways (DOTH) to expand its traditional agenda focused on roads and bridges to include pedestrian walkways, bike lanes, public transportation options and freight facilities. This better links

the resources of DOTH with the needs of our communities and residents. It also emphasizes the importance of collaborating across different levels and units of government to deliver regionally significant improvements that yield long term dividends.

The Cook County Department of Transportation and Highways led creation of the plan. The last time such a plan was authored was 1940. That document laid out the current expressway system within Cook County.

The Long Range Transportation Plan was a collaboration between Cook County, residents and stakeholders. Residents were asked to weigh in on a dedicated website and at kiosks that were placed at numerous locations throughout the County.

Emerging Business Permit Paves Way For Parking App Company To Operate In Chicago

Mayor Rahm Emanuel and the City of Chicago Department of Business Affairs and Consumer Protection (BACP) today announced "Luxe" is the latest company to join the growing list of Emerging Business Permit (EBP) license holders.

Luxe, an on-demand valet parking and car services mobile app offers consumers pickup and delivery of their vehicle to and from consumer designated locations. Luxe parks vehicles in secure licensed parking lots and also offers other services such as vehicle washing, fueling and oil changes. The new EBP permit is part of a two-year pilot program for new business activity and targets innovative businesses that don't fall under the current license structure. The two-year pilot license costs \$250.

"This is an example of the kind of business we want to encourage to consider applying for the emerging business permit," BACP Commissioner Maria Guerra Lapacek said. "The EBP is an opportunity for entrepreneurs to take their ideas to the next level and become legally licensed business owners.'

This year mobile boutique operators were licensed under an emerging business permit. The first permit was issued to North & Hud-

"As a new business seeking to simplify car ownership by making parking and maintenance an affordable and convenient experience, the formal support of the City allows us to more easily forge new partnerships, expand our business and provide additional peace of mind to our customers," Chris Marshall, Chicago General Manager, Luxe said. "At Luxe we are always proactive in working with cities to understand requirements and be the best partner. We thank Mayor Emanuel for having the vision and providing support which allows services like ours to operate.'

The Emerging Business Permit was created during licensing reform efforts in 2012. The new permit is intended to support and encourage new mobile businesses that don't fall under the existing license structure.

Celebrate National Night Out in Skokie on August 2!

The Skokie Police Department's Crime Prevention/Community Relations Unit hosts the 5th Annual National Night Out Campaign on Tuesday, August 2 from 6 to 9 p.m., at Gross Point Park, 9100 Gross Point Road.

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

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

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

For more information and to RSVP for this free event, please visit https://www. facebook.com/skokiepolice, then click "Events" or contact the Skokie Police Department Crime Prevention Division at 847/982-5922.

Mayor Emanuel Breaks Ground On Plumbers' Local 130 Training Center

Mayor Rahm Emanuel today joined Business Manager James Coyne and leadership from Plumbers' Local 130 to break ground on the union's new training center in the West Loop. When complete the center will provide a modern, green learning environment for more than 4,000 journeymen and apprentice plumbers.

"Skilled workers are a part of the fabric of Chicago," Mayor Emanuel said. "From the success that comes with advanced training to the values that come from vital work, this new center is building a strong foundation for the City of Chicago."

The 50,000-square-foot new training center will be complete in July 2017. When complete the center will offer a number of technology-related and green, as well as traditional plumbing

"The Plumbers Local 130 is building a green building for the City of Chicago that will serve as a state-of-the-art learning center for the future of skilled labor," Business Manager and JAC Chairman James F. Coyne said. "This 50,000-square-foot, three-story building will create jobs and pave the way for the future by showcasing rainwater harvesting, solar energy and grey water systems, and training thousands of Apprentices and Journeymen who Protect the Health of the Nation.'

The center will also prepare apprentices to work on projects involved appliances, fixtures, rain and gray water harvesting systems and solar systems. Plan reading will be taught, as well as the safe, correct and efficient installation and maintenance of systems including underground water supply, storm water, sewer drainage, fixture installation, and waste and vent piping both inside and outside of commercial buildings and residential homes.

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.

OUR VILLAGE & STREET LEVEL

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Neighborhood Farmers Markets

Chicago Farmers Markets

Chicago Farmers Markets presented by Country Financial open across Chicago this spring and run through October. The city-run markets sell fresh fruits, vegetables, plants and flowers, and some community markets also feature music programming, prepared food and local artisan (non-food) vendors. A complete list of all markets with dates and times can be found at chicagofarmersmarkets.us.

THESDAYS

- Downtown Federal Plaza Farmers Market* Adams St. & Dearborn Pkwy. May 17–October 25; 7am–3pm
- Lincoln Square Farmers Market* 2301 W. Leland Ave. June 7–October 25; 7am–1pm

THURSDAYS

- DALEY PLAZA DOWNTOWN MARKET* The longest running Farmers Market in Chicago 50 W. Washington St. May 12–October 27; 7am–3pm Downtown
- Willis Tower Farmers Market* 233 S. Wacker Dr. July 14 October 17; 7am–3pm
- Garfield Park Community Market* 200 N. Kedzie Ave. Monthly June 16, July 17, August 18, September 15 and October 13; 10am–1pm

SATURDAYS

- Division Street Farmers Market* Division St. & Dearborn Pkwy. May 14–October 29; 7am–1pm
- Garfield Park Community Market* 200 N. Kedzie Ave. Monthly July 9, August 13, September 10, October 8; 10am–1pm
- Lincoln Park Farmers Market Armitage Ave. & Orchard St. June 18–Oct 29; 7am–1pm
- NorthCenter Farmers Market 4100 N. Lincoln Ave. June 25-October 29; 7am–1pm
- Printers Row Farmers Market* Polk St. & Dearborn St. June 25–October 29; 7am–1pm **SUNDAYS**
- Maxwell Street Market, 800 S. Desplaines St., Open year-round; 7am–3pm.
- Jefferson Park Sunday Market, Jefferson Park at the corner of Lawrence and Long; Hours: 9:30 a.m. - 1:30 p.m. 2nd & 4th Sundays: August 14, 28, Sept. 11, 25, October 9, 23. More information, like performance schedules are on our website, which I personally update: www.JeffersonParkSundayMarket.com

*Markets accept LINK

Skokie Farmers' Market is Where it's At!

The Skokie Farmers' Market season has officially begun. The Market is open every Sunday through Sunday, November 6, 2016. Hours are 7:30 a.m. until 12:30 p.m. Arrive early for the best selection. The Market is located at Village Hall, 5127 Oakton Street.

A wide selection of fresh grown seasonal fruits and vegetables are always in abundance at the Farmers' Market. Also available are fresh baked goods, farm fresh eggs, a variety of mushrooms and cheeses, fresh cut flowers and plants and much more.

For more information on the Skokie Farmers' Market contact Janelle Silva, Market Manager, at 847/933-8257 or visit www.skokie.org.

Edison Park Farmers Market

July 27, August 3, 10, 17, 24, and 31, From 4–8PM. 6739 N. Northwest Hwy., next to the Edison Park Field House.



This family and pet friendly event will have fresh produce, prepared foods, flowers, live acoustic entertainment,

inflatable jump houses, and kids activities. Please note that this parking lot will be closed on the Edison Park Farmers Market dates from 1PM-9PM. All vehicles will be towed at owner's expense. Alternate parking is available in the Metra parking lots.

Downtown Evanston Farmers' Market 41ST Year

The Downtown Evanston Farmers' Market kicks off its 41st year. It features fresh and locally grown fruit, vegetables, flowers and plants, along with meat, cheese, eggs and bakery items.

The market will take place every Saturday from 7:30 a.m. to 1 p.m. through November 5th at the intersection of University Pl. and Oak Ave., behind the Hilton Garden Inn. Parking is free in the adjacent 1800 Maple Avenue Self Park Garage with ticket validation at the City of Evanston tent (click on map to expand).

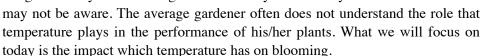
LINK cards are accepted and reusable bags are sold on site.

For more information, visit cityofevanston.org/market, or call 311 (847-448-4311 outside of Evanston). Community members can also sign up to receive information about Farmers' Market vendors, upcoming programs and events at cityofevanston.org/newsletter.

How Does a "Heat Wave" Affect Your Plants?

By Nick and Gerard Urhausen, Urhausen Greenhouses

Once again this year our Chicago weather has changed from the cool of Spring to the heat of Summer almost overnight. This sudden and rapid change from cold to hot impacts the growth of your flowering annuals in ways of which you



For all plants there is an ideal temperature range consisting of a night time low and a day time high which is optimal for producing blooms and flowers. Having a heat wave the night time low is usually not cool enough, and the day time high is often exceeded. When this occurs, most plants tend to slow down, just like people do, when it is hot. Some plants will either go out of bloom completely or decrease the number of blooms significantly. This is the survival mechanism of the plant kicking in. The plant will shut down blooming to concentrate on just staying alive. Dianthus and snapdragons are some example of plants that often times go out of bloom when the real heat hits. This does not mean that the plant is dead. Continue to water, and when the weather cools the blooms and flowers will magically reappear. In other plants the number of blooms will not decrease, however the size of the flowers will shrink. New Guinea Impatiens and nonstop Begonias will often follow this pattern. Again, keep up the watering and continue feeding the plants every two weeks, and all will be fine when the weather cools down. During a heat wave all a gardener can really do is just wait for the cooler more moderate weather to return.

Urhausen Greenhouses, Inc. is located at 6973 N. East Prairie Road in Lincolnwood. Phone: 847-675-1573, fax: 847-675-0661

Village Cooking Corner

COLE SLAW – A SIMPLE SUMMER SALAD

First make the cooked dressing. By cooking or simmering the dressing, it allows the flavors to blend real well. You will need 1 cup water, 1/2 cup of white vinegar, ¼ cup Wesson oil, 2 tablespoons sugar, 1 tsp. salt, and pepper to taste. Combine all ingredients except the pepper in medium to large pot, stir to blend and melt the sugar and salt, then simmer it for about 5 minutes. Set aside to cool.

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

Submitted by Maria Bappert

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







SkokieTheatre.org

847-677-7761

You Don't Have To Be A Clown Fish To **Know What's Funny**

By Wayne Mell, Artistic Director

Everyone like to laugh. Some people like pratfalls, others like witty banter. But at the end of the day, everyone likes to laugh at something. Well, we aim to please. This year the Skokie Theatre will host the first ever Skokie Comedy Crown from August 11 - 13.

Hosted by local comics Kailyn Grissom and Jan Slavin, the Skokie Comedy Crown brings 25 of the city's top comedians into town to share their own styles of comedy. Afterwards, it's your turn to tell us what's funny and what's not. Audience votes will deter-



mine who moves on to the final round, and ultimately who becomes the last comic standing. The person who wins the Comedy Crown will be invited back for a solo show later in the year. The first runner up will be their opening act.

The show is divided into five sets of comedians. The person with the highest number of audience votes in each set will participate in a sixth "Best of Fest" program, where audience votes will determine the winner. Comedians from all over the city will be pulling into town to compete for the coveted title. But many local entertainers will be performing as well.

Seth Davis was raised in Skokie, and brings much of his experience with his family, his hot/ gross ex-girlfriend and life in Skokie to his comedy routines. Seth has found national acclaim off-Broadway in The Awesome 80's Prom and on Comedy Central's The Daily Show. He is the producer and performer of of the critically acclaimed live comedic storytelling and podcast show I Shit You Not. And he'll return to his home town Saturday, August 13 at 7 pm.

Host Jan Slavin is known to many of us as a member of the Boomer Babes, and regularly performs as a member of The Funny Old Broads. She's organized a special "High-fiber" division for 4 pm on Saturday, August 13. They're out to prove that comedy isn't just for the young. Local "man about town" John Petlicki will be making his claim for the crown with the other "High-fiber" contestants.

Actor John Howard got his comedy start at the Laughing Chameleon Comedy Club, formerly in Glenview, and will be part of the group kicking off the festival on Thursday, August 11 at 7:30 pm. And Skokie Theatre's own Wayne Mell (yes, that's me) will be giving it a go on Friday, September 12 at 7:00 pm.

Admission is \$5 cash at the door, so there's no excuse for young and old not to come and tell us what's funny and what isn't. The five qualifying sets are Thursday, August 11 at 7:30 pm. Friday, August 12 at 7:00 pm and 9:00 pm. And Saturday, August 13 at 4:00 pm and 7:00 pm. The final "Best of Fest" round will be help on Saturday, August 13 at 9:00 pm and admission is \$10 at the door. Why choose? A \$25 festival pass is available. Good for all six events, the pass can be bought in advance by calling 847-677-7761 or online at SkokieTheatre.org.

Young or old, witty or silly, we guarantee we'll have a comedian who will tickle your funny bone. Come on out and choose the winner of the Skokie Comedy Club.

Interested in becoming a Sponsor or Vendor for FALL FEST $\overline{2016}$?



Norwood Park Train Station (Centennial Park) 6088 N. Northwest Hwy



Visit our website www.norwoodpark.org:



SAVE THE DATE! We are also looking for Local BANDS please forward any suggestions to ATriptow@Norwoodpark.org

Millennium Park Summer Celebration Through September

The Millennium Park Summer Celebration will feature hundreds of FREE events and exhibitions including an expanded Downtown Sound concert series, the first-ever Chicago Mariachi and Folklórico Festival and the 81st season of the Grant Park Music Festival; plus indie rock, electronic, jazz, classical and world music; the Summer Film Series on an outdoor, 40-foot LED screen; the Family Fun Festival; Summer Workouts; nature programs in the Lurie Garden; tours and more. More info at millenniumpark.org.



New DCASE Opportunities Newsletter

Do you know that DCASE is now sending a separate monthly email focused on opportunities, including grants, artist calls and professional development, for artists and creative professionals? If you would like to receive this mid-month newsletter, visit our website at http://www.cityofchicago.org.

Chicago Cultural Affairs

Spring has sprung in Chicago! Discover how to put a "spring" in your step this month with FREE events presented by the Department of Cultural Affairs and Special Events.



Follow us on Twitter (twitter.com/chicagodcase) or like us on Facebook (Facebook/Department-of-Cultural-Affairsand-Special-Events)to receive daily updates about DCASE events and activities.



Edison Park Fest August 19th thru 21st

Edison Park Fest, our neighborhood fundraiser, is just 23 days away! Fest goers will notice some changes this year as we have recognized the different needs of the community. If you have questions or concerns about our neighborhood fest, please feel free to contact the Edison Park Chamber of Commerce at 773.631.0063 or email us at info@edisonpark.com.



"A Theater Review"

"Man of LaMancha"

Marriott Theatre, 10 Marriott Drive Lincolnshire, Illinois

Reviewed by Richard A. Eisenhardt

The Marriott Theatre is presenting a classic favorite of theatregoers and the current production is a terrific one. The strong cast was put together and directed by Nick Bowling.

Nathaniel Stampley has the role of Cervantes, known also as Don Quixote. In the role of Sancito, his companion, is Richard Ruiz. Danni Smith has the role of Aldonza, the prostitute with whom Quixote fall in love. Jonathan Butler has the role of Duplessis. Others in the cast are James Harms as the Padre and the well-known Mueller brothers - Andrew as Anseimo and Matt as Duke/Knight of the Mirrors and one other character. Craig Spidle is the Governor and Innkeeper.

The story has a book by Dale Wasserman with music by Mitch Leigh and lyrics by

"La Mancha" first premiered in 1964 and is one major favorite musical!

Marriott's production runs one hour and forty minutes without an intermission.

The most popular song from the show is "The Impossible Dream," but there are others that are well sung by an extraordinary cast that include "I'm Only Thinking of Him," and "To Each his Dulcinea."

You'll find it to be a play-within-a-play. The story takes place in prison.

I urge theatregoers not to miss this production.

"Man of LaMancha" runs through August 14th. For reservations, ticket days and show times call 847-634-0200 or visit the website at www.marriotttheatre.com. Ticket prices are \$50 - \$55.

-- Four Stars --

JOIN US FOR AN INCRECDIBLE WEEKEND – AUGUST 19, 20, 21, 2016

The Best In Greek Cuisine And Entertainment And Fun For The Whole Family

By Anastasia E. Weaver

It seemed like only yesterday that we concluded our work for the successful 2015 Chicago's Greek Fest in our community. The telephone call from one of the chairs on our team was like a wake up call to duty. Since that call back in May 2016 we have been planning for several months by this writing as to how we would include the best of what we have already presented and what we would like to offer our guests this year. Just think about planning a wedding for a loved daughter or son – couple hundred guests, pre-nuptial parties, the wedding ceremony and then the reception. Let us now think about a three-day party where thousands come through our doors each of the three days to enjoy the food, entertainment, games, marketplace, rides, clowns and more with family and friends and all of us. We have a mammoth job in front of us and such a short time in which to put it all together. That is why the four of us chair people Zach Bazianos, Dr. John Laftsidis, Chris Tsiones and myself Anastasia Weaver have taken a portion of the Festival preparation and have worked to improve each one of the areas of our responsibility. We also listen to our guests as they come through the doors and we add the comments to our "To Do Lists". Thank you for your suggestions and comments as well as compliments. Our goal each year is to provide our guests with an awesome weekend with lots of memories and also prepare and share some of the best of our Greek Cuisine and arranged for a star-studded entertainment program for the whole family. We have perfected some of our plans and ideas hoping to please each guest that comes through our doors. Join us at St. Demetrios Church as we are about to celebrate the 88th anniversary of our parish in the community.

We extend an invitation to all! Bring your family, friends, neighbors and business associates and enjoy this incredible three-day escape weekend August 19, 20, 21, without

the cost of an expensive plane fare to Greece. By this I in no way mean you should not consider a trip to the beautiful land of Greece. St. Demetrios is located just two

blocks South of Foster Avenue (5200 North) and one block East of California (2800 West) in the far north section of Lincoln Square nestled next to Swedish Covenant Hospital on a quiet residential street exactly where this parish got its start in 1928. The undaunted spirit and dreams of those early founders continues with the same fervor as each new generation takes the helm to continue the work of our parish. St. Demetrios is a living entity and continues its growth and beauty. Many improvements and changes have taken place at St. Demetrios Church over the years and much more needs to be done to our aging building. As I was writing this article, the office space of our parish had just been rebuilt after many months of interruptions and construction. The office space unfortunately had been damaged because of a leaking roof, which has now been corrected thanks to a generous donation to our parish from a caring parishioner. Our dreams are never extinguished. We continue to accept each anomaly with a spirit of "not giving up".

Our Greek ethnic background and the dreams of our founders is still strong and provides us with the passion for good food, passion for living and passion for our church, families and friends.

One thing we know for sure, the clergy, parish council members, church staff, parishioners young and not-so-young and all the friends of St. Demetrios Church and everyone surrounding this large family of our church is pitching in with the same fervor to help whether with donations or volunteering to serve in



some capacity so we can make this another success.

One thing I may have forgotten to mention, we also have a passion for good music and dance – please take notice that

we have planned continuous musical entertainment with some of the best in the musical world. We continue to seek the best for our guests so we are pleased to have back on stage at our Chicago's Greek Fest the very popular and exciting NORTHSIDE. We are also excited to introduce for the first time the best in dancing music the popular RYTHMOS. For sure you must bring along your dancing shoes.

FRIDAY, AUGUST 19- the doors of our CHICAGO'S GREEK FEST will officially open at 5:00 p.m. for an awesome three-day weekend A Greek experience that may be equal to any trip to the beautiful Islands of Greece. With the exception of the weather, of course, because who knows what it will be like on August 19-20-21 in Chicago. While we can't give you a guarantee on the weather conditions, except to say this year it will be hot, we can guarantee that whatever it is rain or shine or muggy as it often is in Chicago, or even a few thunderstorms we can guarantee to provide the best in our Greek cuisine and the greatest in entertainment for the entire family. Most of all we will offer our warm hospitality as we greet each of our guests no matter what comes our way. Remember we have a large air-conditioned facility that is always ready in the event of any major change in our weather conditions. An alternative plan can be put in action for our guests' comfort. Come and enjoy the exciting music of the NORTH SIDE - Rock 'n roll group that grew up and got their start right here at St. Demetrios' Miller Center (then known as the Grand Hall) back in the 80's. On Stage Chris Stamos/Drums, Bob Spilios/Bass. Louie Kritikos/Lead Guitar, George Skoubis/Guitar

and Keyboards and Rebecca Bolluyt Pressas/ Vocals and Keyboards. They will be joined again by Cadence as well as Opening Doors at 7:15 p.m.

SATURDAY, AUUST 20 - we will open the doors at 3:00 p.m. to give families an opportunity to have the same fun and great food that is available each evening at St. Demetrios during this Festival week-end to remember. SUNDAY, AUGUST 21 – our Festival doors will open at Noon and close at 11:00 p.m. for your enjoyment and entertainment. We are excited to present for the first time at our Chicago's Greek Fest this year the best band for live music and dancing in our town – the now famous and popular RYTHMOS Be sure to bring your dancing shoes because you will be inspired! The RYTHMOS will perform Saturday from 3:00 p.m. to 11:00 and Sunday 3:00 p.m. to closing at 11:00. Join us for this unforgettable weekend. Our very own SO-LON GREEK DANCERS, in authentic Greek dress, will also perform on Sunday evening, August 21 at 8:30 p.m.

During this entire weekend you will also have an opportunity to TOUR OUR BEAUTI-FUL CHURCH, with host and tour guide Father Christos Mihalopoulos, Assistant Priest, and enjoy the treasure of our Byzantine Iconograph6y throughout the Church. Tour hours will be posted in the church. We are also presenting our GREEK MARKETPLACE (AGORA) just like it was in Ancient Athens at the Foot of the Acropolis...but our Marketplace is in air-conditioned comfort in the Miller Center (Grand Hall) and all kids will have an opportunity to enjoy our now popular and fun Kid's Craft Classroom plus kids can enjoy Clown, Puppet Shows, rides, games and much more

KALOS ORISATE – WELCOME to our CHURCH FESTIVAL and don't forget to bring your dancing shoes, OPA!! More Information will be coming in the Village Papers, etc. - For further information you may also call the church office at 773-561-5992 or visit our website www.stdemetriosgreekfrest.com.

See you there!

Visit Chicago Brauhaus During the Summer Concert Series in Lincoln Square

The annual Summer Concert Series, Lincoln Square's favorite free summer event, will begin soon!
The series will occur every Thursday evening from 6:30pm - 9:00pm in Kempf Plaza (across from Chicago Brauhaus) through August 29th.

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

Attend the 2016 Evanston Lakeshore Arts Festival at Dawes Park August 6-7

Community members are encouraged to attend the annual Evanston Lakeshore Arts Festival on Saturday, August 6 and Sunday, August 7, from 11 a.m. to 6 p.m. The festival is held in Dawes Park, located on Sheridan Rd. at Church St., in Evanston. The event is free and open to the public.

The nationally-recognized juried fine arts and crafts festival showcases work from more than 80 artists in 11 categories, including photography, jewelry, painting, wood, ceramics, and more. Attendees will have the opportunity to meet artists and purchase their work, have fun at the Children's Crafts Tent, and participate in a silent art auction both days.

Attendees will also enjoy various genres of live music, including classical, jazz, neo-folk, bluegrass, rockabilly, and Motown. To view a complete schedule of performances, please visit cityofevanston.org/lakeshore.

This year, the festival will host nine restaurants serving a variety of culinary delights, including tamales, salmon burgers, spicy peanut pasta, Chicago-style hot dogs, gyro sandwiches, and chocolate-covered frozen bananas.

For more information about the Evanston Lakeshore Arts Festival, please visit cityofevanston.org/lakeshore or call/text 847-448-4311. For convenience, you may simply dial 3-1-1 while in Evanston.

Public Transportation Offers Best Travel Option for Summer Events

Summer fun is just a short ride away and the Regional Transportation Authority (RTA) is reminding riders that public transportation offers a fast and convenient way to get around the region. Take a bus or train to avoid sitting in traffic and paying for parking to meet friends and family or just enjoy our region.

Riders can use the RTA's Trip Planner to plan travel and select routes with ADA accessible services, when necessary. It is the only online site in the region that provides a variety of options for getting around by using transit, walking, bicycling and driving. For more information about how the RTA Trip Planner can help you plan your next trip, visit www.RTAChicago.org. Enjoy some of these featured weekend events:

• Chicago Summer Dance - Kick off the City of Chicago's 20th Annual Chicago Summer dance with more than 40 live bands at Grant Park beginning June 24. Dancers can enjoy more than 4,900 square feet of open dance floor to Swing, Salsa, and Waltz, among other fun dances every weekend until September 11. Learn more about the Chicago Summer Dance.



Announcing Links Hall's Fall 2016 - Winter 2017 LinkUP Resident Artists!

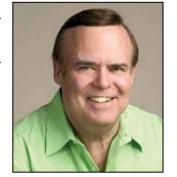
LinkUP is Links Hall's six month residency program supporting Chicago based independent artists and collaboratives in the research, development and presentation of new innovative work in movement based arts. These residencies are awarded annually by a panel selected by Links Hall's Programming Co-Chairs and Links Hall's staff.

Residents receive up to 10 hours of studio time per week, a modest stipend, a paid mentorship, a works in progress showing, the opportunity to participate in the Art of Rehearsal workshop series to assist in the process and presentation of their work throughout the residency, and an end of residency showcase weekend.

Links Hall's Residencies are supported by the generous contributions of the Links Hall Commissioning Collective, a handful of dedicated individuals who are committed to excellence in Chicago's live arts. Visit our website at www.linkshall.org.

Tim Walkoe Puts The Edge In Edgebrook

Tim Walkoe is a famous comedian best-known as a winner on "America's Funniest People" and for his appearances on A&E, FOX, HBO, PBS, Showtime, TNN, plus many appearance at many Zanies locations. Tim has lived in the Edgebrook area for almost his whole life, but he's just a regular guy to his neighbors. Tim has been called a "clean, edgy comic" and he'll soon have another chance to perform for his neighbors since he'll be returning to the local Zanies in Rosemont from August 3 to 6. Details can be found at www.timwalkoe.com and Tim says: "Bring your neighbors - and mine!"



Chicago Park District Summer Activities

Celebrating another summer of free music in the parks, Tuesdays at the Gazebo concert series is back at Welles Park 6601 W. Sunnyside, with a variety of live musical performances through August 23. Musical styles range from jazz to pop and Latin, offer something exciting for all ages on Tuesdays beginning at 6:30pm, rain or shine.

The annual concert series is a great opportunity for families to grab a picnic basket and blanket and head to the park to enjoy more of their summertime outdoors

July 19 | Laura Doherty & The Heartbeats | Children's Concert

July 26 | Yves Francois y Rocambu Jazz | Jazz, Rumba, & Calypso

August 2 | Movie in the Park at Dusk (approx 8:30pm) | Grease

August 9 | Muscovy Ducks | Cajun Harmonica

August 16 | Wendy and DB | Children's Concert

August 23 | School of Rock | Live concert starring 12-18 year old students

This free 2016 concerts in the park series is brought to your local Lincoln Square neighborhood through a partnership of organizations. Funded in part by Old Town School of Folk Music and WPPA Baseball. Produced by the Chicago Park District and Welles Park Advisory Council. Event information is subject to change.

For more information on any Night Out in the Parks events, visit www.nightoutintheparks.com or call 312.742.PLAY.

2016 Proesel Park Aquatic Center Memberships Save with a Business Rate

Did you know that non-resident employees of businesses and organizations located within the Village of Lincolnwood are eligible to receive discounted season passes at the Proesel Park Family Aquatic Center? To receive this special pricing, we ask for proof of employment, including a recent pay stub, or letter from a supervisor verifying current employment at a Lincolnwood business or organization. To purchase passes, please visit the Lincolnwood Parks and Recreation office in Village Hall, at 6900 N. Lincoln Ave. If you have questions, please feel free to call us at 847-677-9740 or visit www.recreation.lwd.org



NorVolution Gives Special Recognition to Two Volunteers for 2016

Joe Henmueller and Carol Duet received special recognition at the 2nd Annual norVOLution Volunteer Appreciation Picnic held recently on the grounds of Norwood Crossing, 6016-20 N. Nina Avenue in Chicago. NorVOLution is Norwood Life Society's volunteer program.

Henmueller, a resident of Chicago's Oriole Park neighborhood, received the 2016 Lifetime Achievement Service Award, and Duet, a resident of Norwood Crossing for the past five years, was presented with the 2016 Betty Ohlgren Volunteer of the Year Award.

The more than 100 volunteers in attendance heard Kate Roche, director of norVOLution, describe the importance of volunteering. "It requires compassion and love of others," she said. "The late Muhammad Ali said that 'Service to others is the rent you pay for your room here on earth.' And the service that each of you renders on a regular basis to Norwood Life Society, Norwood Crossing, Norwood Seniors Network, and Norwood Park Senior Center is one of immense value. And for this, I thank you for your contribution to helping better the lives of those we serve together."

Joe welcomed the arrival of the 21st century in 2001 by volunteering as a home delivered meals driver at Norwood Seniors Network—a



Carol Duet (center), the recipient of the 2016 Betty Ohlgren Volunteer of the Year Award, is congratulated by Mike Toohey, CEO of Norwood Life Society, and Kate Roche, director of norVOLution.

commitment that has now surpassed 16 years and about 8,000 home delivered meals. His reward and satisfaction comes from seeing the happiness on the faces of seniors when their meal arrives. "I get more out of the meal delivery than I put in," said Joe. "I feel that a smile and 'have a nice day' probably are more meaningful to them since most of the people rarely see anyone else that day."

A veteran of the Korean War who spent 16 months as a helicopter crew chief, Joe knows how to handle emergencies. In 2012, his instincts played a role in saving the life of a meal delivery recipient. When Joe arrived to deliver a meal at a home in nearby Niles, he sensed there was something wrong when normal routines had not been completed. He called NSN who in-turn called the daughter in Iowa who called the Niles fire department. Emergency responders found the lady on the floor, learning later that she laid there for 12 hours, and transported her to a hospital where she recovered and returned home. She was thankful that someone was there



Long-time Norwood Seniors Network meal delivery volunteer Joe Henmueller (second from right), accepts the 2016 Lifetime Achievement Service Award from Kate Roche, director of norVOLution, while Libby Davis (left), director of Norwood Seniors Network, and Mike Toohey, CEO of Norwood Life Society, look on.

when assistance was needed.

Joe and his wife, Grace, who volunteers in the Norwood Life Society Thrift Shop, were married in 1955, shortly after completing his military service. They have seven children, 17 grandchildren and four great-grandchildren.

As a new resident of Norwood Crossing, Carol was eager to get involved. "There are so many activities to do, and I could help with many of them," she said. "I'm a member of the Porch Group that helped start a monthly resident newsletter. We're now on our 52nd edition. In addition to bowling, I volunteer at Pokeno, Bingo, Horse Racing, and I help in our business office every Monday with 102-year old Helen Strandberg. I like the interaction with my fellow residents, and I enjoy helping out."

Carol recalled one of her early encounters with other volunteers. "When I first came (to Norwood Crossing), I was introduced to Mary Cormack in the Gift Shop." Mary, who also is a resident, was very involved, and encouraged Carol to do the same. "I looked at all the activities and right away I started bowling and loved it. Our late volunteer, Ken Bjork and then Wayne Zischke asked me if I wanted to help out. I've been keeping score and keeping (volunteers), Wayne and George Weiss, on track ever since. We started with nine bowlers, and now we get almost 25 every Thursday morning."

Carol, one of four children, was born in New Orleans and moved with her family to Chicago at the age of two. Before retiring, she worked as a clerical trainer at Underwriters Laboratory for 39 years.

Last year, over 400 volunteers provided nearly 21,500 hours participating in 25 separate activities. Those interested in volunteering can contact Kate Roche at (773) 577-5329.

Norwood Life Society is a non-profit organization in Chicago and sponsor of Norwood Crossing (Assisted Living, Skilled Nursing, Rehab, Medicare, and Respite Stays), Norwood Seniors Network (In-Home Senior Caregiving, Care Management, Home Delivered Meals, Transportation Services, and Social Outings) and Norwood Park Senior Center. Norwood Life Society has been Reshaping Aging® in Chicago's Norwood Park community and nearby suburbs since 1896. Learn more at: www.ReshapingAging.org.

Chicago Park District Kicks Off Soccer On New Mini-Pitch At Palmer Park Thanks To Support From Dr Pepper Snapple Group, KaBOOM! And U.S. Soccer Foundation

Aspiring soccer players in Chicago will have a unique new place to hone their skills thanks to a \$15,000 Let's Play Mini Pitch grant from Dr Pepper Snapple Group (DPS), KaBOOM! and the U.S. Soccer Foundation. The grant enabled the Chicago Park District to install an acrylic soccer mini-pitch that will provide a safe place for children to play, to learn and to grow. A grand opening event for the new pitch is scheduled for Wednesday, July 20, 2016 at 10 am CST.

This grant was made possible through Let's Play, an initiative of Dr Pepper Snapple Group, to provide the tools, resources and inspiration for children and families to be active. The U.S. Soccer Foundation, through its Safe Places to Play program, and in partnership with KaBOOM!, is focused on bringing small-sided soccer-specific play spaces to urban, underserved communities nationwide.

"Thanks to the generosity of the U.S. Soccer Foundation and KaBOOM, we're bringing soccer to Palmer Park," said Chicago Park District General Superintendent & CEO Michael Kelly. "This new facility will help further our efforts to support the community's growing interest in soccer, keep children and teens engaged in constructive recreation and expand opportunities that bring families into our parks."

"Many of the top soccer players in the world fell in love with the game in back yards, dirt roads, and paved streets - any open space big enough for a goal," said Ed Foster-Simeon, President & CEO, U.S. Soccer Foundation. "Building these mini-pitches grew out of the idea that, even with minimal resources, we can create safe places for children to play and invest in introducing the next generation to the world's game."

Created in 2011, Let's Play provides the tools, places and inspiration to make play a daily priority. The initiative began with a three-year commitment to KaBOOM!, the national non-profit dedicated to ensuring that all kids get the balanced and active play they need to thrive. Through the first three years, they built 41 playgrounds, with more than 2,300 DPS employees contributing nearly 19,000 volunteer hours in the construction, and provided grants ranging from \$500 to \$30,000 for the improvement of another 2,004 playgrounds by the end of 2013.

Visit Let's Play at www.LetsPlay.com to join the conversation and learn how to apply for the various available grants to make communities more active and playful.

Scholarship Program Allows Republic of **Georgia Greek Orthodox Youth to Enjoy Southern Wisconsin Facility**

Over 500 youth from throughout the Greek Orthodox Metropolis of Chicago's six states of Illinois, Wisconsin, Iowa, Minnesota, Missouri and Indiana have traveled this year to Kansasville, Wisconsin to enjoy FANARI Camp at the St. Iakovos Retreat Center. Each has their own story of how they got to FANARI and distance they traveled. But 15 year old George from Tbilisi, Georgia, stands

George's mom works at one of the many Hellenicare facilities that have served all the citizens of the Republics of Albania, Armenian, Georgia and Ukraine. Hellenicare, a non-profit based in Chicago, was established by Andrew Athens in 1997 to provide healthcare in the impoverished former Russian provinces.

Earlier this year she asked Dr. Charles Kanakis, who was serving as volunteer physician at the Hellenicare facility in Tbilisi, Georgia, about the possibility of her young son visiting America. Dr. Kanakis brain stormed with members of the St. Iakovos Retreat Center Board concerning the possibility of helping make this a reality.

Together, they recalled some funding which had been contributed for this type of purpose by the Andrew Athens trust. In recognition of the over \$100,000 personally donated to the St. Iakovos Retreat Center by the Andrew Athens trust and much more raised by him for the facility, the St. Iakovos Retreat Center Board several years ago decided to place \$20,000 in reserve as the Louise Athens FANARI Scholarships to allow them the resources to help youth in need of assistance enjoy time at FANARI Camp, with the name of the scholarship program in honor of Andrew Athens wife.

With assistance from this fund which covered his cost during his stay, and with his family covering the expense of his travel to get here, George has found himself at two weeks of FANARI.

I had the chance to sit with him and ask him during his final week about his experience. "It has strengthened my religion. Best experience of my life" immediately responded George. "The experience of living orthodox, being amongst so many loving our faith!"

Earlier this week, George had the opportunity to visit with Alex and Jackie Athens James thanks to St. Iakovos Retreat Center Board President Bill J. Vranas. Jackie is the daughter of the late Andrew Athens and lives in Lincolnshire, Illinois, and a parishioner of Ascension of our Lord Greek Orthodox Church.

"Dad always believed in providing funding for children, in investing in the

"The St. Iakovos Retreat Center Board has done an great job with the funding dad provided them" continued Alex. "Dad completely trusted them with this gift. And they have taken this gift and utilized it to the

Explaining the driving force behind Andrew Athens with his contribution, they mentioned his appreciation of John Rockefeller, Andrew Carnegie, and other great philanthropist with the idea of spending the first part of your life making money so you can spend the later half giving all your

"I have often told individuals the only living Saint I have met was Andrew Athens" continued St. Iakovos Retreat Center Board President Bill J. Vranas.

When asked about highlights of his time at the St. Iakovos Retreat Center, George mentioned the athletics. "I learned to throw a spiral!" he gleefully exclaimed noting his new love of not only Football but also softball. "The happiness of everyone, the positivity, the openness of everyone here is amazing."

That last part struck me particularly. Ever generation looks back fondly to past times when we had been happier, more positive, more open. Too often those of us immersed in the qualities that have made America great tend to miss these images alive today. Yet to this stranger amongst us from a distant land beyond our boundaries, it was refreshing to see that vision of America at it's best still alive in an individual witnessing it for the first time.

Asked about adapting to his fellow campers at the St. Iakovos Retreat Center, "Our love of our religion is the bond we

While the funding he provided the St. Iakovos Retreat Center was just a small part of the global generosity provided by Andrew Athens, and millions of citizens of the Republic of Georgia have and will continue to have their lives forever enriched by the blessings provided by Andrew Athens vision and foresight, this writer is honored to have witnessed the power this generosity has had to positively impact the life of a single

While George will soon be leaving FANARI Camp and the St. Iakovos Retreat Center to return home to Georgia, this writer is convinced the memories of these two weeks will last with him forever. Furthermore, I can only speculate the impact this experience will have on his future and his interpretation of America and American Values. And that may very well turn out to be the greatest gift provided by Andrew Athens.

Two Hebrew Classes For Adults To Start At Ezra-Habonim, The Niles Township Jewish Cong. In Skokie

Two different eight-session Hebrew classes for adults will start on Monday, August 1, at Ezra-Habonim, the Niles Township Jewish Cong., 4500 W. Dempster, Skokie.

The first class, "Beginner's Hebrew," is designed for those who have little or no knowledge of the Hebrew language. Students will learn to read and understand prayers as well as learn the roots of Hebrew words.

This class will run Mondays from to 3:00 weekly from August 1 to September 26, except for Labor Day. Fee is \$75 for synagogue members; \$85 for non-members.

The second class, "High Holiday Hebrew," is designed for those with basic Hebrew skills or who have completed the "Beginner's Hebrew" course. Students will be prepared for the High Holy Days while learning to understand the meaning of the prayers that give the holidays a profound impact on life.

This class will run Mondays from 3:15 to 4:45 weekly from August 1 to September 26, except for Labor Day. Fee is \$75 for synagogue members: \$85 for non-members.

Teaching the class will be Gloriann Levy who has been a Jewish educator for more than 45 years. She has taught adults and teenagers in synagogue schools, Jewish Community Centers and retirement homes.

Levy has two Bachelor's of Arts Degrees, and a Master's Degree in Education from New York University. She has, as well, a teaching certificate from Hebrew University in Jerusalem.

For further information or for questions, please call 847-675-4141 or go to the web site at EHNT.ORG

West Ridge Night Out — August 2, 2016 24th District National Night Out Event

- Lunt) 6-8PM
- Warren Park (6601 N. Western)
- 6-7:30PM 2413 - Green Briar Park (2650 W. Peter-
- son) 6-8PM
- 2422 Willye White Park (1610 W. Howard) 6-8PM
- 2433 Tsuhy Park (7348 N. Paulina) 6-7:30PM
- 2411 Indian Boundary Park (2500 W. 2424 Walk on Howard w/Evanston PD
 - 6:30-7PM 2431 - Loyola Park (Lakefront Morse-
 - Farwell) 6:30-8PM 2432 - Langdon Playlot (Albion/Ravenswood) 7-9PM
 - Swift School (Thorndale/Winthrop) 6-8PM

Rep. Lou Lang to Speak at Skokie Synagogue

"Illinois Marijuana Laws" will be the focus of a program presented by State Representative Lou Lang, Sunday, August 7 at 10:00 a.m., at Ezra-Habonim, the Niles Township Jewish Cong., 4500 W. Dempster, Skokie.

It is free and open to the public. Rep. Lang's lecture will be preceded by morning services at 9:15 a.m.

The program is presented by the Decalogue Society of Lawyers in conjunction with the Social Action Committee of Ezra-Habonim, the Niles Township Jewish Cong. Medical marijuana is a reality in Illinois. Rep. Lang will explain the recent legislative initiatives and reforms to our marijuana laws and how this could impact all of us.

Registration is required. MCLE credit for lawyers is two hours. For MCLE registration, go to www.decaloguesociety.org

Everyone else can register at the synagogue by calling Bill Gerberat 847-675-4141.

For further information on any EHNTJC program, please go to the website at EHNT.

RTA Celebrates 26th Anniversary of Americans with Disabilities Act

The Regional Transportation Authority (RTA) joins nearly 50 million Americans with disabilities in celebrating the 26th anniversary of the Americans with Disabilities Act. The law, signed by President George H.W. Bush on July 26, 1990, guarantees equal opportunity for people with disabilities in public accommodations, commercial facilities, employment, transportation, state and local government service and communications. The RTA administers programs serving people with

"The RTA, along with CTA and Metra and Pace, is committed to ensuring that riders with disabilities in our region have safe and convenient access to transit," said Leanne Redden, Executive Director of the RTA. "We are proud to provide many services for riders with disabilities, as being able to move around our area is important to the quality of life we all enjoy in the RTA region."

Highlights of the accessibility features of the region's transit system include:

The RTA issues Reduced Fare and Ride Free permits to eligible riders throughout the region. The Reduced Fare Permit allows adults age 65 and older, qualified people with disabilities and Medicare recipients to ride all RTA fixed-route and commuter services (regularly scheduled Pace, Metra and CTA buses or trains in Cook, DuPage, Kane, Lake, McHenry and Will Counties) at a reduced fare. The RTA also issues Ride Free Permits for all RTA fixedroute and commuter services to any Illinois resident who is enrolled in the Illinois Department of Aging Benefit Access Program.

Assistance is available at various locations throughout the region to serve the nearly 600,000 riders who qualify for reduced fare or ride free permits. RTA staff is located in four of the City of Chicago Department of Family and Support Services (DFSS) office locations, the place many customers regularly visit to receive other information and support services. More details can be found at http://rtachicago.com/ rider-resources/reduced-fare/reduced-fare-permits or http://rtachicago.com/rider-resources/ reduced-fare/ride-free-permits.

The RTA manages the ADA Certification program, which determines eligibility for the ADA paratransit service operated by Pace throughout the region's ADA service area. ADA Paratransit service is an advanced reservation, shared ride, origin-to-destination service for persons who are unable to use the CTA or Pace systems for some or all of their trips because of a disability or health condition. The RTA operates two ADA paratransit certification interview and assessment sites in the RTA region and processes about 18,000 ADA paratransit applications and recertifications each year.

• The RTA also oversees the popular individual travel training program, which teaches individuals with disabilities and older adults how to use Pace, Metra and CTA buses and trains. In the Trip Training Program, participants work one-on-one with a travel trainer to practice using buses and trains to travel to frequent destinations. The RTA also offers the Individual Transit Orientation Program in which participants work one-on-one with a travel trainer to receive a general introduction to bus and train accessibility across the entire transit system. Travel Training is free except for the cost of transit fares during training sessions.

- The CTA has a fully accessible fixed route bus fleet and L trains also are accessible. A total of 100 L stations are accessible for people with disabilities.
- Buses kneel and are equipped with ramps for accessible boarding.
- · Buses and L trains include audio and visual route identification and stop announce-

ments. The CTA has added audio and visual bus arrival information at more than 330 shelters that are served by multiple routes.

• The CTA L trains provide designated priority seating areas for people with disabilities and older adults, including areas for people using wheelchairs and power scooters. Bridge plates are available when needed to span the gap between the platform and railcar. Rail operators will assist passengers with disabilities when boarding and exiting trains, if needed.

- Metra has more than 220 fully and partially accessible stations, representing its busiest stations that are used by more than 94 percent of its customer base. Customers who use wheelchairs at partially accessible stations can access train platforms from the street.
- All 11 train lines in the Metra system (plus the South Shore Line operated by the Northern Indiana Commuter Transportation District) are fully accessible to customers with disabilities.
- Cars on the Metra Electric are equipped with roll-on bridge plates that cover the gap between the vestibule and the high-level platforms. The diesel-powered lines have at least one lift-equipped car per train to provide access from low-level platforms.
- Each accessible car has three wheelchair areas for riders who prefer to remain in their chairs. Customers can also transfer to standard seats. Stations outside the downtown area have accessible boarding areas where the liftequipped train car will stop for boarding.

- Pace has a fully accessible fixed route bus fleet, and was the first transit agency in northeastern Illinois and the second in the state to achieve this status.
- Buses have automated audio and visual route identification and stop announcements.
- Pace's bus shelter program provides for the ability to install new shelters that are fully accessible as well as retrofitting old shelters for accessibility.
- Pace's ADA Paratransit service, which includes both the Pace and CTA ADA service areas, is among the largest in the country and covers the largest

The region's transit system has designated priority seating areas for people with disabilities and older adults, as well as wheelchair securement areas. Bus operators will assist riders with disabilities to board and exit vehicles, and will assist with securing wheelchairs and other mobility devices, if needed.

The RTA is proud to continue to support the people with disability community by serving as a Gold Sponsor at this year's 13th Annual Disability Pride Parade on Saturday, July 23 in downtown Chicago. The march kicks off at 401 South Plymouth Court and ends at Daley Plaza. RTA, Pace, CTA and Metra staff will be on hand at Daley Plaza to provide information about the region's accessible public transportation programs.

Last week, the RTA participated in AccessChicago 2016 at Navy Pier. This premiere event draws more than 100 of Chicagoland's top disability-related service providers, product merchandisers, assistive technology suppliers and recreational exhibitors together under one roof. CTA and Pace were also onsite with buses, assisting riders with practicing boarding buses and using wheelchair securements, as well as becoming more aware of the accessibility features of the region's fixedroute system.

The RTA also hosts a RTA Citizens Advisory Board meeting on a quarterly basis. This committee provides input into all of the RTA's services with an emphasis on those provided to the disability community.

For more information about the various programs the RTA provides, please visit RTAChicago.org.

U.S. Gift and Estate Tax for Non-Citizens – What You Need to Know



Chester M. Przybylo

In the United States, any federal gift and estate tax due from an estate must be paid during the probate of the estate and prior to assets being distributed to beneficiaries and/or heirs of the estate. The gift and estate tax rules are complex enough for a U.S. citizen; however, when the decedent and/or the surviving spouse is NOT a U.S. citizen, the rules become considerably more difficult to understand and follow.

However, this is even more reason to have at least a basic understanding of some of the major differences between how U.S. citizens, non-citizen residents, and nonresident non-citizens are treated with regard to federal gift and estate taxation.

Who's Who?

In the U.S., your citizenship and/or residency status decides your tax treatment. Therefore, it is important to understand where you fit. Most taxpayers are U.S. citizens, either by birth or by naturalization. Others are

not citizens but are legal residents of the United States. For taxation purposes, a non-citizen who lives in the United States is treated the same way as a citizen. A non-citizen, nonresident is someone who is not a citizen and does not live here. For tax purposes, non-citizen, nonresidents are often referred to as "nonresident aliens", or "NRAs." NRAs are not treated the same as citizens and residents when it comes to federal gift and estate taxation.

How Are U.S Citizens and Residents Taxed?

After death, the assets of the decedent's estate are identified and valued. The taxable estate consists of everything owned by the decedent, regardless of where those assets are located. The value of those assets, combined with the value of gifts made during the decedent's lifetime, is potentially subject to federal gift and estate tax at a rate of 40 percent. Fortunately, each taxpayer is entitled to exclude up to the lifetime limit which was set at \$5 million but adjusted annually for inflation. For 2016, the lifetime exclusion limit is \$5.45 million.

How are Nonresident Aliens (NRAs) Taxed?

A nonresident alien is taxed only on property situated in the United States; however, a NRA is not entitled to the typical lifetime exclusion – this exclusion is only \$60,000.

How Is Someone with Dual Citizenship Taxed?

Dual citizenship means you are a citizen of two countries, for example Argentina and the United States. As a general rule, citizenship in another country does not change your tax obligation in the U.S., meaning you will be taxed as a U.S. citizen.

How Does the Marital Deduction Work?

For a U.S. citizen or resident, the marital deduction allows you to leave an unlimited amount of assets to a spouse upon your death tax-free. The unlimited marital deduction is not available if the surviving spouse is a non-citizen unless the assets are left in a Qualified Domestic Trust, or QDOT. The reason for this is simple.

If a citizen inherits a large estate that estate, will eventually be taxed when the assets are passed down either as gifts or at the time of the survivor's death. If, however, that same large estate is left to a non-citizen there is no guarantee that those assets will be taxed down the road, making it necessary to tax them at the time they are transferred. A QDOT alleviates these concerns by ensuring that the property does not escape the country without taxation. A QDOT must have a U.S. citizen or financial institution as a Trustee who must have the legal authority to withhold taxes. The QDOT can periodically pay the trust's income to the surviving spouse; however, any other distributions must have estate tax withheld unless hardship can be shown. Only if the surviving spouse becomes a U.S. citizen can the assets be removed from the QDOT.

As the world becomes smaller, it is becoming more and more common for people to marry someone from another country given the ease with which we now travel across borders. For a non-citizen, or the spouse of a non-citizen, estate planning takes on a heightened importance. If you are a NRA, or you plan to leave part, or all, of your estate to a non-citizen spouse, it is imperative that you consult with an experienced estate planning attorney early on to ensure that you, your spouse, and your assets are protected.

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.

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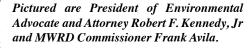
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Nutrients Recovered By MWRD Lead To New Resources, Cleaner Environment For Mississippi River Basin And Gulf Of Mexico

Metropolitan Water Reclamation District President Mariyana Spyropoulos, MWRD Vice President Barbara McGowan, President of Environmental Advocate and Attorney Robert F. Kennedy, Jr. and MWRD Commissioners Frank Avila, Kari Steel and David Walsh officially opened the world's largest nutrient recovery facility is open for business, working to clean the country's waterways, save taxpayers money, provide for farmers and protect the entire planet facing a scarcity of phosphorus and harmful algae blooms.

The Metropolitan Water Reclamation District of Greater Chicago (MWRD) in partnership with Ostara Nutrient Recovery Technologies and Black & Veatch officially opened the world's largest nutrient recovery facility recently at the Stickney Water Reclamation Plant (WRP) in Cicero.

"The MWRD is dedicated to becoming the utility of the future," said MWRD President Mariyana Spyropoulos. "Ostara's technology



is a solution to managing the overabundance of phosphorus while creating a revenue stream through the sale of the fertilizer. This is a win for the environment and a win for Cook County taxpayers."

MWRD's new nutrient recovery facility is an example of how progressive technology can be implemented to transform a wastewater treatment facility into a resource recovery center, providing significant environmental benefits to the Chicago Area Waterway System and downstream to the Mississippi River and the Gulf of Mexico.

Through Ostara's technology, phosphorus and nitrogen will be recovered to create a high value fertilizer, marketed as Crystal Green. The process is both economically and environmentally viable. The new facility has a production capacity of 10,000 tons of Crystal Green per year. As part of the commercial sale of Crystal Green, the MWRD will receive revenue for every ton of fertilizer it produces. By removing phosphorus from the water and returning it to farmers and other agricultural producers, this facility represents a significant shift in the wastewater industry from treatment to recovery for reuse.

While excess phosphorous discharged to waterways can contribute to water quality problems, it is also a non-renewable resource which is essential for life. It is estimated that there are fewer than 50 years of phosphorus reserves remaining worldwide. Most phosphorus is sourced from rock mines and must be transported considerable distances.

Closer to home, however, this renewed water stewardship will pay an instant impact on area waterways, especially in Chicago, where river walks are being constructed and recreational use of the Chicago River and area waterways has increased dramatically in recent years. Cleaned water from Stickney WRP is released into the Chicago Sanitary and Ship Canal southwest of the Chicago River so taking proactive steps in protecting the local watershed continues to be a priority for the MWRD.

Designed to treat up to 1.44 billion gallons of water each day and serving a population equivalent to 2.3 million residents including the central part of Chicago and 46 suburban communities, the Stickney WRP discharges into the Chicago and Sanitary and Ship Canal, making it the largest water reclamation plant in the world. MWRD's mission is to protect the water supply source, improve the quality of area waterways, and protect businesses and homes from flood damages while sustainably managing this vital resource for the Greater Chicago

First Friday Eucharistic Adoration

Please join us August 5th for our next First Friday of the month Adoration service at Immaculate Conception Church, which starts with 5:30pm Mass and is followed by praying in the Presence of Christ in the form of Eucharistic Exposition until 7:30 P.M. This Immaculate Conception tradition was started by the Passionist Priests almost 30 years ago who recognized our fast-paced lives needed one hour of peaceful time in the evening to pray so we could discern what the Holy Spirit is calling us to do. The present format of First Friday Evening Adoration was begun in 1999, on the evening when the 33 foot high pilgrim Virgin statue arrived at our parish. There are prayers said audibly by the congregation, and there is some quiet time too.

Keeping vigil during evening hours is an ancient tradition among Christians. It helps us remember God is the source of light and goodness amid sin. It also helps us maintain a sense of spiritual preparedness and expectation of the coming of our Lord.

So if you ever wanted that moment during Mass, when the priest says: "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb" to last longer than the time it takes for us to say: "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed," well than this time with the Lord is for you.

Exposition of the Blessed Sacrament flows from the sacrifice of the Mass and serves to deepen our hunger for Communion with Christ and the rest of the Church. The Rite concludes with Benediction and blessing with the Blessed Sacrament.

Afterwards, you'll find yourself wanting to spend more time giving thanks for all your blessings, as well as asking our Lord for help with some of your personal needs as we pray the Stations of the Cross (to be led by Mike Bednarz and joined by Pat Brenner, who will sing Via Dolorosa, along with his daughter, Rebecca, who will be the cross bearer). Come see what others have been enjoying for so long at our Parish June 3rd at our next First Friday Service.

All are welcome!

How to Book a Free AFSP IL Speaker

American Foundation for Suicide Prevention, Illinois Chapter speakers are available to speak for free thanks to the generosity of our walkers, donors, and volunteers. To request a free AFSP Illinois volunteer speaker at your company, organization, club, religious center, meeting or other group complete the simple form at www.AFSPILSpeaker.org. For free AFSP materials and resources thanks to the generosity of Walkers like you go to www.AFSPMaterials.org. To donate to support AFSP go to www.Chicagowalk.org.

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

WWII Veteran Experiences Honor Flight Chicago To Visit DC Memorials

For 70 years, Donald Larsen, 92, put his World War II service behind him as a 58-year resident of Chicago's Forest Glen community. He served from 1942-46, first training as an infantryman on the East coast and later serving in England, Austria and Germany, latter with the 1055th Combat Engineers in Gen. George Patton's Third Army. He wanted to forget the horrors of war and focus on his civilian life, which included 35 years as an accountant with Sears, Roebuck and Co.

Don's wife, Lois. died in 2010 after

seven years as a resident of nearby Norwood Crossing, a long-term care retirement community. The following year, Don needed personal care, home delivered meals and other assistance. He opted for Norwood Seniors Network, a home care not-for-profit provider affiliated with Norwood Crossing to help him continue living independently in his own

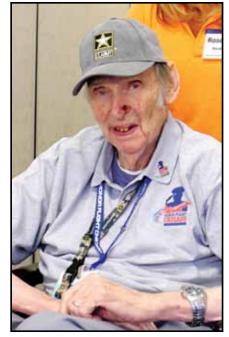
His most recent caregiver, Karen Campbell, knew of his military service and heard that Honor Flight Chicago was beginning to accept Korean War veterans since the number of ambulatory WWII veterans had greatly diminished. Wanting Don to participate as a WWII veteran, she and Don's friend, Jim Lefeber, a Norwood Seniors Network meal delivery volunteer and personal friend, submitted Don's name and monitored the application process. They were determined to have him participate.

"I didn't have anything to do with it," Don admitted, "but I was thrilled to be considered. I thought about it but never had any idea of getting involved or that it might happen. I can't walk well and had questions. Can I go? Will my health allow me to go?" Don was assured that every veteran is accompanied by an aide to assist them throughout the day and on the round-trip flight.

Finally, word came--Don was accepted. He was ecstatic. "It will be an experience I'll never forget, and they will take good care of us," he said. Karen bought some clothes for Don to wear as he prepared to be a part of HFC Flight #71 on June 8, departing from Chicago's Midway Airport.

Breakfast was served before his departure, and he ate two other meals while in Washington. "I really didn't know what to expect, but we had everything we needed," he said. "There were an awful lot of old men there, many in wheelchairs, including me, and I had a nice young lady pushing me."

Don Larsen was able to visit the World War II, Korean War and Viet Name War memorials



and was very impressed with their massiveness, beauty and emotion they evoked. "Everybody should see the memorials," he said. "I never could imagine how great they are."

Reflecting back on his whirlwind trip to Washington, DC, Don described it as "very enjoyable."

The return flight included mail call whereby letters were distributed to veterans on the plane. "I had a whole bag of mailfrom letters President, U.S. senators and many others," Don said. "Some read their mail on the plane, but I

needed to sleep. I didn't go to bed that night at all; I didn't want to miss it (the flight), and was ready to go at 3 a.m. when Jim picked me up.'

The group of 133 WWII and Korean War veterans returned to Midway Airport at 7:00 p.m. that evening to a large crowd of family members, veterans groups and well-wishers.

"When we got back to Chicago, hundreds of people wanted to thank me and shake my hand. They were happy we got back (from the war) in good shape and lived a good life. I wasn't expecting it, and I didn't know how they felt about me, but I was appreciative and grateful. I loved it. I was happy. I didn't want to reflect on the past. I was just enjoying every minute of the present."

"The trip brought back memories, but in a happy way," said Don. "I'm very happy and blessed with Karen and Jim. Without them, I don't know what I would do."





Yup! It's summer and with the summer weather comes higher humidity. It might be uncomfortably warm and humid in your home, so you turn down the thermostat and your cooling system works even harder. You may even see signs of mildew or even mold in your basement or bathroom areas. NOT healthy! Most homeowners know we need humidity in the winter so we can feel more comfortable; however, the complete opposite is true in the summer. Often, on hotter than normal days, we receive calls from customers telling us their air

conditioner is running all the time but it's still uncomfortable in the house.

A whole house dehumidifier is your air conditioners best friend in hot humid weather conditions. In extreme heat and humidity conditions even the best designed system will work extra hard and may not keep you as comfortable as you would like. A whole house dehumidifier makes life a lot easier for your air conditioner. Instead of carrying the heavy burden of eliminating humidity and cooling the air, your air conditioner will have a much easier job of keeping the air cool with the proper dehumidification. Many people find when they have a whole house humidifier they can raise the temperature in their home and still feel comfortable. It's a beautiful thing! Give us a call with any questions you may have. We are confident we can raise the comfort level in your home.



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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)

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

Village Cooking Corner

SHRIMP WITH TOMATOES AND FETA

2 Lbs. Medium Shrimp

2 to 3 Ripe Tomatoes, finely diced

1- 1/2 cups of Olive Oil

2 onions, finely diced (I prefer

Georgia Vidalia Onions

2 cloves of Garlic finely chopped 7 oz. Feta Cheese

2 tsp. Sugar

1 Bay Leaf

Sea Salt and Ground Pepper to taste

In a frying pan, sauté the onions and garlic in the olive oil for a few minutes. Do not permit the garlic to burn. Add diced tomatoes, bay leaf, sugar, salt and pepper and an adequate amount of water. Cook the sauce for about 30 minutes. Drop the cleaned shrimp into the sauce and continue cooking for another 4 minutes. Remove from heat. Place both shrimp and sauce in a baking dish and spread thin slices of Feta Cheese over the shrimp.

Bake in 350 degree preheated oven for about 10 minutes.

Serve over rice accompanied by a Baby Greens Salad with Kalamata Olives and a dressing of olive oil, red wine vinegar, oregano, salt and pepper to taste. Enjoy!

Recipe from Anastasia E. Weaver

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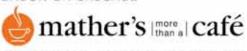
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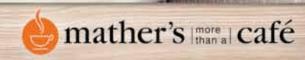
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